

STRIDERS NEWS

www.stowmarket.striders.btinternet.co.uk

Volume Two: Issue One

March 2001

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Editor: Chris Gladwell

JOE COX 10 IS CANCELLED

Due to the nationwide outbreak of the Foot and Mouth disease, the Stowmarket Strider committee decided to cancel the Joe Cox 10 race on Sunday 11th March. Although there had been no occurrences of the disease in Suffolk, it was known that humans could host this highly contagious virus and pass it to hoofed livestock. With runners coming from all over East Anglia it was possible that by running the Joe Cox 10 we could have been adding to the spread of the disease.

The committee believed that this was the sensible and responsible action to take, showing consideration to the countryside for which many of us are lucky enough to enjoy and run through.

• • •

Of course we should all be considerate to the wishes of farmers and local authorities during the current Foot and Mouth outbreak. Runners should follow these common sense tips to ensure that we don't unwittingly help spread this devastating disease.

If you run in the country then don't run close to, and especially through, farmland containing livestock.

Respect any warning signs regarding the disease, and any footpath and bridleway closures.

Don't travel to races that could run close to livestock in areas with infected animals.

A number of races have already been cancelled across the country. For details of cancellations watch the local papers or check the Runners World website (www.runnersworld.co.uk) which has information about many races.

LONDON MARATHON

Good luck to all Striders in next month's London Marathon. Remember... "One of the basic rules of a training programme is that it should be building you up, not breaking you down, and it won't do this unless you get enough rest" – Bruce Tulloh.

Of course the most important thing is to make sure you get to the start so **make sure you see Phil Rampley** to book seats for you and your supporters on the club coach. There are the usual pick-up points in Bacton, Haughley, Stowmarket and Needham Market. Runners are dropped off at the start and supporters at various points around the course.

After the race we depart from the Embankment, opposite Cleopatra's Needle, at 4.00pm.

At the start of a marathon, imagine yourself holding back, wearing a confident, knowing look, as you set off at the same gentle pace at which you have successfully completed all your long winter runs – Cliff Temple

FIXTURES AND RESULTS

FIXTURES

April 1st

Bildeston ½ Marathon & 10k

April 8th

Bungay Marathon & half

Marathon

Marathon - County Champs

April 13th

Sudbury Fun Run

Bungay 10K

April 22nd

LONDON MARATHON

May 7th

Felixstowe Rotary 5

County Championship

May 13th

Woodbridge 10K

Ipswich Race for Life
women's 5k

May 20th

Beccles 10k

May 25th

Kirton Friday Five

Friday Five Series

May 27th

Jaffa 5 & 10 Mile

10 Mile - County Champs

June 1st

Bury Friday Five

Friday Five Series

June 22nd

Clacton Friday Five

(Provisional) Friday Five

Series

JUNE 29th

Stowmarket Friday Five

Friday Five Series

**There's much more race
information the web-site**

RESULTS

Wymondham 10k

Michael Jones 28th 38.20

Grayhame Fish 141st 49.55

Anne Fish 168th 53.02

221 finishers.

Weather conditions fine, ice at one corner only and no rain during race. One or two hangovers and runners overfed during the Christmas Break.

Bungay 20/10k – 18 Feb 2001

This was the 2nd St Peter's Brewery race seeing a large increase in runners from last year. Despite the foggy conditions most runners enjoyed the run with a bottle of beer to all finishers.

There was a mix up with the results for some runners leading to some confusion. Therefore the results below are unconfirmed.

20k Results

10 Nick Stephens
? Will Thurston
? Malcolm Rendall
? Grayhame Fish
? Ronel Van der Merwe

10k Results

23 Stuart Green 38.05
43 Tamara Jordan 42.06
74 Richard Nash 48.52
85 Anne Fish 52.14
89 Katy Williams 52.30

There were 123 finishers.

Haughley Park X Country

Stowmarket Strider Results

:

Pos	Race	Name	Time
8	8	C Starmer	34.08
13	13	N Stephens	34.29
29	29	M Jones	36.40
32	32	M Pottage	36.59
39	39	M Penn	37.45
44	44	D Boggis	37.56
53	55	P Tricker	39.47
54	56	R McPhillips	39.50
64	67	G Stephens	40.27
86	101	S Baldry	46.14
91	111	T Abbott	48.16
95	126	J Naughton	52.42

Pos	Race	Name	Time
4	68	T Jordan	40.30
11	93	E Broughton	45.17
15	99	H Bingham	45.41
21	113	D Stephens	49.02
31	125	A Fish	51.45
32	127	R Thurston	52.42
35	130	L Steward	55.01

Brandon Cross-Country

Stowmarket Strider Results:

Pos	Race	Name	Time
7	7	N Stephens	27.13
16	16	C Starmer	27.57
37	39	P Tricker	31.03
42	44	B Debney	31.35
70	87	G Leggett	36.27
74	93	R Nash	37.05
78	101	G Fish	38.46

There were 86 men finishers

Pos	Race	Name	Time
5	50	T Jordan	31.54
12	74	J Calame	34.49
17	86	H Bingham	36.27
30	112	K Williams	40.48
31	113	A Fish	40.52
32	114	A Fellingham	41.00
34	120	M Tricker	42.58
35	121	S Seggar	44.03
37	123	L Steward	44.15

**Final team results are on
page Five**

NEWS ♦ NEWS ♦ NEWS ♦ NEWS ♦ NEWS

LONDON MARATHON ADVICE

Many marathoners stuff themselves with any sort of carbohydrate for 48 hours before a marathon. However, **high glycemic** carbs are practically useless for storing glycogen. All runners should eat low glycemic carbs such as: fructose, soybeans, kidney beans, lentils, sweet potatoes, apples, oranges, whole wheat spaghetti, oats, brown rice, buckwheat pancakes, whole wheat bread, pears, chocolate milk, chick peas and skimmed milk. High glycemic carbs taken within 30 minutes of concluding training or racing makes sense (Frank Horwill)

There must be something there that you like: Ed

SOCIAL EVENTS

The Stowmarket Striders social events are organised by Katy the committee social secretary.

Future Events

Friday April 20th

Pre-marathon pasta party for all those too excited to cook for themselves!

Supporters welcome.

At the Magpie Inn, Stowmarket

Friday June 15th

As 2001 will be the Stowmarket Striders 15th year, plans are in motion for a dinner dance! Keep watching this space ...

Summer time

Local bike ride involving a couple of pub stops! One for all the family.

Sunday September 30th

Robin Hood Half Marathon (if this is cancelled, I will find an alternative half marathon) . There are quite a few people in the club who want to run their first half marathon this year so put this date in your diary and I'll organise the rest!

If you have any social event ideas please contact me by [e-mail](#) or see me on running nights.

Katy

10K = SCENIC SEVEN

This is to confirm that this event is has been changed from the 10Km to the Scenic Seven. Chris Starmer will formally notify the County of the change. The change has been made on safety grounds.

The

Scenic Seven is a much safer route than the 10k, which has a particularly risky section along the Onehouse Lower Road between three and five miles. The

Scenic Seven is also a much easier race to marshall because it is a looped out and back course.

JAFFA CHALLENGE 2001

Jaffa have apologies that they cannot fit in the Jaffa / Striders 5Km track challenge this year.

However, they have suggested that we chose a summer night and that they come across for a country run with us.

CLUB CHAMPIONSHIPS

The Club Championship races this year will be the Beccles 10k on May 20th and the Martlesham 10K on October 21st.

The Club Championship will be based on the percentage improvement between your best 10k time in year 2000 and your best time for either of the above

races. So, if you run both the Beccles and Martlesham 10k your best time from these two will be compared with your year 2000 best 10K.

Tammy is organising this and will need any 10k times that have not been published in the newsletter.

CHRISTMAS QUIZ

Congratulations to Anne Fish for winning the Christmas Quiz with a stunning score of 23 out of 25. The £20 gift voucher for Striders kit is in the post.

Anne was the only one to hand in an entry. For all those that got as far as thinking about it but not actually entering - I have come to the conclusion that this is not enough to entitle you to a prize.

GREAT NORTH RUN

Jaffa have invited any Striders who have entered the Gt North Run to join in with their travel plans. They are running a bus to the race and will be staying at

Durham University on the Saturday & Sunday night. We are welcome to share with them and anyone interested to contact Stuart.

RACE REPORTS

It's always good to add a short report to the race results but I know a lot of you are too shy to put pen to paper. So I've done most of the work for you. I've produced a race report for you to fill in. All you need to do is give marks out of ten to different aspects of the race. Forms available at the club.

RACE RESULTS

If I'm at a race I will get a copy of the race results for the newsletter. But if I'm not at a race please could you get the Striders results and let me have a copy for the newsletter.

MASSAGE

After those long training runs give your legs a treat by having a massage.

Phil Rampley is completing his training and would be more than happy to give any members a free massage.

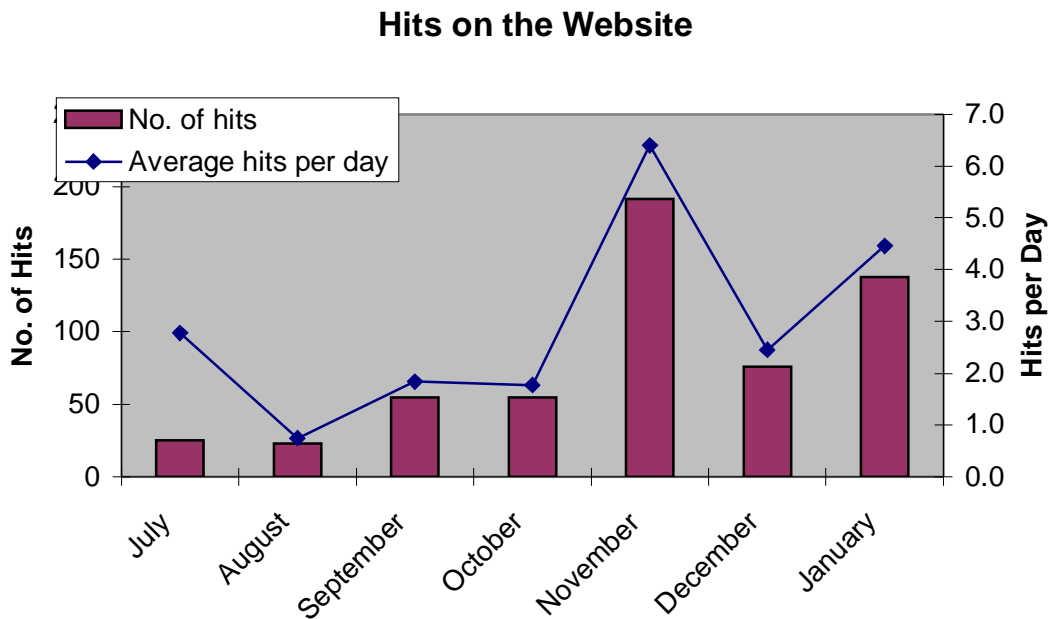
CLUB INSURANCE

At the AGM you asked about the club's accident insurance. Sorry I've run out of space this month.

I'll put details in the next newsletter.

Since the Stowmarket Striders website was first published on the Internet on the 23rd July 2000, the site has attracted 625 hits to the 11th February 2001. An average of over 3 people accessing the club website (hits) a day!

By the wonders of Internet information, you can see on the graph below how the popularity of the site has grown since its birth from less than one hit per day to 4½ hits a day in January. Indeed, as I write February is showing an even better picture with over 5 hits a day on average.



The exceptional item worth noting is the large number of people accessing the website in November. Principally this is down to runners of the Scenic Seven race accessing the results published on the web.

It is also possible to see where these hits are coming from. Most notably is a hit from Germany and France each (*We must be getting some international recognition at last!*), and 8, yes eight, hits from the US Department of Defence! Is Big Brother watching us?

Some Club Members have told me that they find this a useful way to keep in contact with the club and events. Others outside the club have commented that our website shows the most comprehensive list of local running events in Suffolk and surrounding counties.

If you haven't already, take a look and let me know your comments.

Richard Nash

Fenn Wright Suffolk Winter League, 2000/2001

Final team positions

	Position	Team	Framlingham 05/11/00	Woodbridge 03/12/00	Haughley Park 21/01/01	Brandon 11/02/01	Total
Men	1	St Edmund Pacers A	522	621	650	580	2373
	2	Felixstowe Road Runners	486	580	581	547	2194
	3	Flying Shufflers	422	599	491	554	2066
	4	Brandon and Newmarket	462	477	457	449	1845
	5	Stowmarket Striders	465	501	524	348	1838
	6	Ipswich and Cambridge Tri	368	401	524	472	1765
	7	Waveney Valley and Bungay	365	408	382	175	1330
	8	St Edmund Pacers B	249	320	427	286	1282
	9	Suffolk Harriers	208	533	332	154	1227
	10	Bildeston Bounders	135	144	0	74	353
	11	Haverhill Striders	0	159	104	0	263
Ladies	1	St Edmund Pacers A	127	120	116	127	490
	2	Flying Shufflers	129	136	116	99	480
	3	Stowmarket Striders	113	125	102	104	444
	4	Brandon and Newmarket	97	115	102	102	416
	5	Felixstowe Road Runners	23	112	95	102	332
	6	Ipswich and Cambridge Tri	112	105	60	45	322
	7	St Edmund Pacers B	71	54	48	87	260
	8	Waveney Valley and Bungay	63	86	39	51	239
	9	Suffolk Harriers	46	40	27	26	139
	10	Bildeston Bounders	0	0	0	0	0
	11	Haverhill Striders	0	0	0	0	0
Combined	1	St Edmund Pacers A	649	741	766	707	2863
	2	Flying Shufflers	551	735	607	653	2546
	3	Felixstowe Road Runners	509	692	676	649	2526
	4	Stowmarket Striders	578	626	626	452	2282
	5	Brandon and Newmarket	559	592	559	551	2261
	6	Ipswich and Cambridge Tri	480	506	584	517	2087
	7	Waveney Valley and Bungay	428	494	421	226	1569
	8	St Edmund Pacers B	320	374	475	373	1542
	9	Suffolk Harriers	254	573	359	180	1366
	10	Bildeston Bounders	135	144	0	74	353
	11	Haverhill Striders	0	159	104	0	263

LONDON RUNNERS

Good luck to:

Ellen Broughton (running for St Elizabeth Hospice), Jo Calame (Ringshall School), Kirsty Denwood (MacMillan Nurses), Richard Fellingham, Grayhame Fish (Imperial Cancer Research), Gordon Slack (Leukaemia Research Fund), & Nick Stephens

They would all be glad to hear from anyone who would like to support them in their good causes.
(and my apologies to anyone who I have missed, it's nothing personal)

Newsletter distribution

At the AGM, some of you raised concerns about getting copies of this newsletter. I appreciate that people can't always get to the club to collect their Newsletters and so we need to look at alternatives to collecting them at the club.

I aim to get a newsletter out every other month hence 6 per year. Gordon Slack has agreed to help with the distribution, but first we need to find out how people want to get the newsletter.

The normal way to get a copy of the newsletter will be to collect it from the club on a Tuesday or Thursday. However, we may be able to arrange other methods in exceptional circumstances:

- By post, if you give Gordon six stamped, self-addressed envelopes we will send you a copy.
- By e-mail, if you let me know I can e-mail the newsletter to you. However, you may not get all the pages, as sometimes the newsletter contains pages that are not prepared on my PC. (I took this month's Cross-country results straight from the results that I got in the post).

You should have ticked your name off the list with this newsletter so we can record who has collected one. At the end of March we will try to contact anyone who has not had a newsletter and ask them if they want the Newsletter posted or Emailed to them. This way we will keep in touch with our members.

Back Copies

Last year there were nine newsletters but I know some of you missed one or two. There will be a supply of previous issues at the club – in the folder with the race entries.

Annual subscriptions are due

If you have paid, thank you

If you haven't – please pay them as soon as possible

And finally, some thoughts for those of you doing London.....

Mentally, I've conquered the distance. I still respect it – 26 miles is a hell of a long way – but once I finished a race properly, I thought, "That's a big psychological barrier out of the way" – Paul Evans

Marathon training should include runs at varying paces and at varying levels of fatigue. If you know you'll need to break into a survival stride to complete those tough last miles, try that stride in practice –
Jack Daniels

The morning after winning London, I woke up feeling as though I had been run over by a bus, and it took me nearly a month before I could start running freely again – Allister Hutton