

STRIDERS NEWS

<http://www.stowmarketstriders.org.uk/>

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MARATHON SPECIAL

This month's newsletter has a very strong London Marathon flavour to it. Thirteen Striders conquered the distance this year and here are their results.

Position	Name	Race No.	Official Time	Own Time	
779	Nick Stephens	372	2:58.15	2:58.13	
4852	Gordon Slack	14135	3:37.26	3:35.54	PB
1259	Jo Calame	43288	4:05.19	4:05	
10722	Paul Goldman	16509	4:10.11	4:03.26	
10804	Richard Fellingham	5885	4:10.40	4:05	
11538	Will Thurston	12754	4:14.44	4:08.57	PB
11607	Anthony Boyd	6201	4:15.00	4:09	PB
2343	Kirsty Denwood	42545	4:29.58	4:16	PB
2344	Ellen Broughton	42544	4:29.58	4:16	PB
15632	Les King	10939	4:38.18	4:27.42	PB
15922	Grayhame Fish	7250	4:40.21	4:29.57	PB
-	Julia Balment	31073	-	6:39	PB
-	Linda Cochrane	31074	-	6:41	PB

There was the usual mix of Striders - runners in search of a PB, anxious first-timers and fundraisers (but no George in fancy-dress)

Several of the runners have put pen to paper. Thanks to Grayhame, Gordon & Antony for opening up their hearts and their souls and revealed the true human story that is - The London Marathon! All these reports are on the website but for those of you that don't have access to the web their reports are included in this newsletter.

As usual, some have vowed never to run a marathon again but by the time the entry forms come out for next year will they have forgotten all the painful memories and remember only the wonderful ones.

And will they will all do it again -probably

FIXTURES

May 13th

- Woodbridge 10K
- Ipswich Race for Life women's 5k
- Frinton & Walton ½M & 5 m

May 20th

- Beccles 10k
- Club Championships*

- Cambridge Race For Life
- Norwich Race For Life

May 27th

- Jaffa 5 & 10 Mile
- 10 Mile - County Champs*

May 28th

- Beccles Straw Race
- Brandon Forest 1/2M

June 10th

- Jim Peters Southend ½ M
- City of Norwich ½ Marathon

June 17th

- Dereham 10
- Chelmsford Race for Life

June 24th

- Wymondham Women's 5k and Men's 5k

June 25th

- Kirton Friday 5

July 1st

Newmarket 10k

July 8th

- Brentwood 10k
- Southend Race for Life

July 29th

Poundgates Ekiden Marathon Relay. Woodbridge School

August 2nd

- Lowestoft Carnival 10k

September 9th

- Framlingham 10k

September 16th

- Halstead Marathon, Essex
- GREAT NORTH RUN

September 23rd

- Lowestoft Equinox 5m

September 24th

JAFFA CHALLENGE

September 30^h

- Robin Hood Marathon & 1/2 Marathon, Nottingham
- (possibly cancelled)**

October 7th

- Felixstowe Half Marathon

October 14th

- Nowton Park Relays
- Bury St Edmunds

October 21st

- Martlesham 10k
- Club Championships*

November 4th

- NEW YORK MARATHON

November 11th

- **Stowmarket Scenic Seven**

December 16th

- Turkey Trot

There's much more race information the web-site

RESULTS

Sudbury Fun Run 13/4/01

Richard Nash 37.19
Katy Williams (PB) 41.00

SOCIAL EVENTS

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

Future Events

Friday June 15th

As 2001 will be the Stowmarket Striders 15th year, get your tickets for the celebration dinner dance at the Cedars!

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](mailto:katy@stowmarketstriders.co.uk) or see me on running nights.

Katy

JAFFA CHALLENGE

2001

Date agreed....

Monday 24th September

By popular demand we now have a date for this year's 5Km track challenge against Ipswich JAFFA.

◆ MARATHON REPORTS ◆

Grayhame Fish

Well after finally gaining a place, all the build up, training, dieting, health concerns, logging runs, choosing kit, selecting charity, hype and advice from every one who has been there, I got to start my first ever marathon and a London one at that.

Pre race nerves were not too bad with the atmosphere on the bus being quieter than I had remembered on previous trips. We obviously missed George. I have to say that I was on record as saying "never again" and that was before I had started. I felt I could get round but was worried about dropping the clipboard half way. (private joke)

I handed my kit in to the lorry (blue start) and found my place at the back of the crowd, gate 7 for a submitted time (estimate) of 4 hours 15 minutes. The only slower gate was 8 with a couple of dozen runners mostly in fancy dress. It took 11 minutes to cross the start line and off we went Les and I. I had hoped to meet up with Kirsty and Ellen at the merge at 3 miles but it was quickly confirmed that the likelihood was slim.

Things went great up to the halfway point 2 hours 4 minutes and thoughts of a sub 4.15 time developing. However, I was beginning to feel the pressure and suggested Les went on because he looked stronger, so did the ones in the other lane going the opposite way. Come to think of it, so did most people I saw.

I had my first real celebrity experience at the 15-mile drink stop. I grabbed my drink and tried to keep jogging but found a barrier of 3 or 4 people line abreast walking right in front of me. Spotting a gap next to one of the big guys, I got my shoulder through and called out "excuse

me please" and eased / pushed through, 50 metres on Les informed me that the big guy was in fact Steve Redgrave. Anyway he didn't catch me after that, 'he may catch the occasional crab but not this fish'!

Somewhere around 16 miles I started to loose the plot and in the next 3 miles Kirsty and Ellen must have sneaked past. (Can't say I blame them). The mental effort then caught up with the physical effort and although I didn't feel that I hit the wall, I was definitely bouncing of the sides of it. Walking for a couple of hundred metres after each water stop and waiting for the steel band to play the next number, in case I knew it, didn't help. Anyway Linda had promised me a Big Bruno Jellybaby at 23 miles and I focussed on that.

The last 6 miles are a blur, 1 km after someone said "only 1 km to go" I saw a sign saying 800 metres. I finished in 4 hours 29 minutes and 57 seconds on my watch (honest). I should have raised approximately £750 for the 'Imperial Cancer Research Fund' and made my way to the post race party. Expecting to see party hats, balloons, cream cakes, etc. I was not convinced I could cope with musical chairs. I was fortunate to have a leg massage by an attractive young lady (Anne was watching) and although nearly as painful as the marathon but condensed into 10 minutes I was most grateful, as I knew it was doing me good.

I have been overwhelmed by the support I have received from everyone, especially at work.

Grayhame Fish
23 April 2001

By the way, "Never again".

Gordon Slack

So Rich and Katy were woken by the alarm! I bet few of the entrants needed their alarm clock last Sunday. The coach was very prompt: the Needham contingent filled the few remaining seats and we were off. A friendly wave to the Felixstowe coach at Copdock Mill (is that the first time we've led them this year?) and we settled down for the journey.

No George to entertain us with tales of a hearty marathon breakfast of fried eggs and bacon - well he always sounded convincing - so we had to rely on Grayhame for entertainment. An immaculately planned schedule and an early start from faraway Stanton dictated that breakfast time coincided with Witham and we all watched entranced as he poured milk on his muesli and consumed it with enjoyment.

The portable toaster and percolator were absent but we had plenty more entertainment as he vaselined his feet and donned the remainder of his running attire.

We understand he's booked the shower at Thurrock services for next year but only provisionally - remember Man. Utd. and their Cup Final hotel!

The next topic of conversation was what to wear. Choices ranged from a vest to a longed sleeved T-shirt + vest + Whizz-kids hat don't listen to them Antony - it suited you a treat) and we proceeded to change our minds twenty times as the sun streamed into the bus. All these decisions were revised as we left the coach to find a very chilly wind blowing across Greenwich Park.

The first few miles passed in the usual blur and nervous humour and my first celebrity spot was Frank Bruno at around 6 miles. I then started looking for daughter

Philippa strategically positioned at Cutty Sark and even allowed Elvis to gain a few yards on me so he wouldn't obscure me when the time came. Seeing her energised me and I settled into a steady patch to get back on my 8-minute/mile schedule which had been diverted by the crush over the first couple of miles. Tower Bridge found me giving a cheery wave to the Striders fan club/sweet shop on station at their regular post just before halfway.

From there on it was all downhill! The pace was beginning to tell and by 15 miles the few seconds I had in hand had slipped away. I tried my first taste of Liquid Power to see if it would work miracles (it didn't) and little by little - three seconds a mile here, ten seconds a mile there – I was slowing.

The family/friends fan club had swollen to four by this stage and I was still able to raise a smile. A massive yell from Katy and Rich was the next pleasant surprise and I knew I could finish but the legs were getting heavier and heavier.

I'd rather just forget the last few miles but Big Ben was striking one o'clock as I passed and I knew the end would come soon. I finished in 3:35 - a few minutes off target but at least feeling that I'd given it a good shot and hadn't got the strategy wrong. Never again though...

Back to the coach and the swapping of war stories and showing of blisters. Kirsty must have won the prize, except there were some who didn't even dare to look.

Thanks to Phil for his organisation and all the Striders and friends' support. You really give us a lift, folks, and we feel for those who come and cheer even though they missed out on the ballot or had to withdraw with injuries.

Antony Boyd.... No Pain, No Gain

There is definitely a love hate relationship developing here. I cannot deny the weeks (even months) of eager anticipation of the looming big day and all the expectations of what was to come, but at the same time there was something inside me pulling me in the other direction. Maybe it was the experience of "hitting the wall" last year as early as around 18 miles, or maybe it was what seemed to be a stream of Wombles passing me with one mile to go in that 2000 race, but something wasn't quite right.

For about four days prior to this year's race my body was desperately trying to convince me that going ahead with the 2001 race was not a wise move at all. My legs were tired; my feet lead weight and my insomnia running riot.

Miraculously I woke up (a little too) early on Sunday morning with all such anxieties and pains superseded by a newfound excitement akin to my 5 year olds waking up to a stocking on Christmas morning. The next thing I knew was that I was standing at the race start with the gun going off.

It was not long before I remembered why one half of me was so excited about the day. The crowds of cheering Londoners lining the streets, the live music, the feeling of one crowd & one voice (did anyone else partake in the "Who let the dogs out?" chorus?), the Blue boos when the Red start met up with us after 4 miles, Cutty Sark and the nutters in ridiculous outfits (I liked the couple getting married). It seemed all worthwhile and I couldn't understand what the problem was.

Then came the Isle of Dogs. My legs began to feel weaker. I was

soon feeling like the five year old after too much stocking chocolate and unable to manage the Christmas lunch. Nevertheless, I passed 18 miles and I was still running (one up on last year – must be the Jaffa cakes I ate).

It got worse, however, and the lack of strength soon turned to pain and grimace. There was a battle going on inside me and if I had any sense I should have pulled out there and then. But there is nothing about the marathon that makes any sense and I just kept putting one foot in front of the other and soldiered on, grabbing any morsel of food thrown at me by the sympathetic crowds.

The last four miles seemed like ten, the last 800 metres seemed like someone was havin' a laugh. Then came the finishing line, the space blanket, the water and the goody bag (incl pesto sauce ... hello?). It was all worthwhile in the end.

With the joy soon came the pain again. The cramp and jelly-leg syndrome is only now (Tuesday) ebbing away. I have learned to respect the distance, but I know that there still lingers a magnetic desire to go through it all again. Why? I ask myself. The answer, my friends, lies in the deep down urge to defeat the pain with the joy and pride of having won the battle. Thanks for the support, fellow coach travellers.

Antony

*So Grayhame and Gordon
have vowed never to do it
again, we shall see.*

*I personally feel that to run a
marathon once is outstanding,
but you can't call yourself a
true marathon runner until
after the second one.....*

CLUB INSURANCE

Some of you have asked for details of the club's personal accident insurance. Parts of the policy are copied below for your information. The policy covers all registered (paid-up) club members...

EFFECTIVE TIME

“ Whilst an insured Person is

- a) Participating in athletics at any meeting, organised by or recognised by the Amateur Athletic Association or Women's Amateur Athletic Association or,
- b) Participating in any training organised by the registered members Club and/or the Amateur Athletic Association and/or Women's Amateur Athletic Association,
- c) travelling directly to and from the above mentioned meetings or training sessions anywhere in the world.

CAPITAL BENEFITS

1. Death	2 Dismemberment	b) Loss of	3. Permanent	4. Temporary	5 Temporary	Deferment	Benefit
	a) Loss of	one Limb or	Total	Total	Partial	Period	Period
	two or more	one Eye	Disablement	Disablement	Disablement		
	Limbs or		(per week)	(per week)			
	both Eyes						
	or one of each						
£25,000*	£25,000**	£25,000**	£25,000	£250. or	£100. or	4 weeks	104 weeks
				100% of net	40% of net		
				weekly wage.	weekly wage		
				whichever is	whichever is		
				the lower	the lower		

* reduced to £2,500. in respect of those Insured Person's age 18 years and under

** See Section 2

Benefit shall not be payable under more than one of Benefits 1 to 3 to one Insured Person in respect of any one accident.

AGGREGATE LIMIT OF LIABILITY: £1,000,000 per Aircraft Accident

The Company shall not be liable for any amount in excess of the above stated Aggregate Limit of Liability. If the aggregate amount of all Benefits payable under this Section exceeds the Aggregate Limit of Liability the Benefit payable to each Insured Person shall be proportionately reduced until the total of all Benefits does not exceed the Aggregate Limit of Liability.

MEDICAL EXPENSES

This insurance is extended to include cover for Medical Expenses up to £50 per thousand pounds of the Benefit paid under Benefits I to 3 OR 15% of the total amount paid under Benefit 4 and 5 whichever is the greater in respect of any one Insured Person subject to a maximum of £1,000

COVER

If during any Period of Insurance an Insured Person sustains Bodily Injury which arises during the Effective Time or during a Journey and independently of any other cause results in the Death, Dismemberment or Disablement of the Insured Person the Company will pay the Insured the Benefit specified.

DEFINITIONS

- 1. Bodily Injury shall mean injury which is caused by accidental means and which within twenty four months from the date of the accident results in the Insured Persons Death, Dismemberment or Disablement.
- 2. Loss of Limb shall include loss of use of such Limb.

3. Loss of Eye shall include total and irrecoverable loss of sight.
4. Temporary Total Disablement shall mean temporary disablement which prevents the Insured Person from engaging in any occupation.
5. Temporary Partial Disablement shall mean temporary disablement which prevents the Insured Person from engaging in a substantial part of any occupation.
6. Deferment Period shall mean a period at the beginning of a period of temporary disablement during which compensation provided by Benefits 4 and/or 5 shall not be payable.
7. Benefit Period shall mean the total period (but not necessarily consecutive period) for which Benefits 4 and/or 5 are payable in respect of any one accident to any Insured Person.
8. Benefits 6 to 9 inclusive shall be reversed in the event of the Insured Person being left handed.
9. If compensation is payable in respect of one Insured Person under more than one form of Permanent Disability as a result of one accident the total payable shall not exceed 100% of the Sum Insured.
10. If compensation is payable for loss of or loss of use of a whole member of the body then compensation for parts of that member cannot also be claimed.
11. Medical Expenses shall mean expenses necessarily incurred and arising from treatment (up to the maximum specified) following Bodily Injury to an Insured Person.

DISAPPEARANCE

If an insured Person disappears and after a suitable period of time it is reasonable to believe that such Insured Person has died as a result of Bodily Injury, the Death Benefit shall become payable subject to a signed undertaking that if the belief is subsequently found to be wrong such Death Benefit shall be refunded to the Company.

EXPOSURE

Injury as a direct result of unavoidable exposure to the elements of the Insured Person shall be deemed to have been caused by Bodily Injury.

EXCLUSIONS

The Company shall not be liable in respect of Bodily Injury

1. Directly or indirectly consequent upon
 - (a) the Insured Person committing or attempting to commit suicide, or intentionally inflicting self-injury
 - (b) the Insured Person engaging in aviation other than as a passenger
 - (c) active service in any of the armed forces of any nation other than members of the Territorial Army Volunteer Reserve, the Royal Air Force Volunteer Reserve or the Royal Navy Volunteer Reserve or the like
 - (d) declared or undeclared war or any act thereof
 - (e) the Insured Person suffering from sickness or disease not directly resulting from Bodily Injury
2. Suffered after the expiry of the Period of insurance during which the Insured Person attains the age of 80 years (but reduced to 70 years in respect of competitors) or to members below the age of 5 years.

This has been copied from the club copy of the insurance policy and does not replace the information given in the policy
Any enquiries about this policy should be directed to the insurers via the Club Secretary