

STRIDERS NEWS

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

Volume Two: Issue Three

July 2001

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Do you have any news you would like to share with the rest of the club? Run any interesting races?

Let me have a few details and I will include it in the newsletter.

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STRIDER ON INTERNATIONAL DUTY!

Anne Fish has been selected to represent Great Britain in the World Triathlon Championships. The event takes place in Edmonton, Canada on 21st July. Anne will be competing over the Olympic Triathlon distance: – **1500 metre swim, 40 kilometre bike and 10 kilometre run** - which is a very long way. Anne was too modest to give a quote this newsletter but look for the full report in the next edition.

She will be off to Edmonton a week before the event, with her right hand-man Grayhame, for last-minute altitude training & acclimatisation.

Everyone in the club wishes Anne the best of luck

STRIDERS 5k TRACK CHALLENGE - 29 JUNE

The weather was good and the atmosphere was ready for a bit of friendly inter club rivalry. The challenge was put on to replace our Friday Night 5m at Haughley Park, which had to be cancelled due to Foot and Mouth. The three races with about 20 runners in each were very competitive and there was some close racing with rivals neck and neck on the final straight. Many thanks to all those who took part and helped on the night in our one off 5k track challenge. Well done to you all, especially the youngest runners in the junior race, two of whom were just 6 years old.

GUEST RUNS

Thursday July 26th – Old Newton Village Hall with Bob Smith

Thursday August 9th – Somersham with Richard & Katy

ANOTHER INTERNATIONAL STRIDER....

Paul Goldman has entered the Walt Disney Marathon in Florida on 6th January 2002. He claims that the race just happens to coincide with a family holiday to Florida

THANKS BUT.....

Thanks to those of you that have given me information for this newsletter, especially Richard & Katy for information from the website that I have included in this newsletter.

I'm happy to collate results, fixtures and news for the newsletter but newsletters should be for club members, **by** club members. If you run any unusual or different races give me a bit of information about it. Just a few lines will do – I've even set up a form that's kept with the race entries just for this, all you need to do is fill in the boxes – it will only take you five minutes.

FIXTURES

July 13th

- Great Bentley 5

July 27th

- Wibbly Wobbly Log Jog 5

July 29th

- Poundgates Ekiden Marathon
Relay. Woodbridge School

August 2nd

- Lowestoft Carnival 10k

August 12th

- Waveney Valley Carnival 10k

August 19th

- Great Yarmouth 1/2 M
- Mid Suffolk Triathlon 2001

August 26th

- Mersea Island 10 ml

September 9th

- Framlingham 10k
- New Forest Half Marathon
- Grunty Fen 1/2M

September 16th

- Halstead Marathon, Essex
- GREAT NORTH RUN

September 23rd

- Lowestoft Equinox 5m
(*Suffolk Championships*)

September 24th

- JAFFA CHALLENGE

September 30^h

- Robin Hood Marathon & 1/2
Marathon, Nottingham

October 7th

- Felixstowe Half Marathon
(*Suffolk Championships*)

October 14th

- Nowton Park Relays
Bury St Edmunds

October 21st

- Martlesham 10k
Club Championships

November 11th

- Stowmarket Scenic Seven
(*Suffolk Championships*)

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

RESULTS

Felixstowe 5 ml 7th May

10 Chris Starmer	30.03
20 Stuart Green	31.55
62 Richard Nash	37.59
70 Katy Williams PB	40.24
72 Grayhame Fish	41.08
81 R Van der Merwe	44.05
85 Anne Fish	45.08

Woodbridge 10k 13th May

16 Nick Stephens	37.55
29 David Boggis	39.41
53 Gordon Slack	42.47
75 Will Thurston	44.23
145 Richard Nash	48.41
148 Malcolm Rendell	48.54
208 Grayhame Fish	52.27
214 Katy Williams	52.46
277 Anne Fish	56.32

(*3rd in age group*)

279 Diane Heaney	56.36
292 Rosemary Thurston	57.52

(*4th in age group*)

294 Ronel Van der Merwe	57.54
335 Sue Seggar	62.17

There were 363 finishers

Kirton 5 mile 25th May

19 Chris Starmer	29.37
21 David Boggis	30.28
44 Will Thurston	32.41
59 Robert McPhillips	34.04
128 Grayhame Fish	39.32
154 Anne Fish	41.30
163 Rosemary Thurston	42.44
173 Ronel Van der Merwe	43.11
179 Joe Naughton	43.47
184 Sue Seggar	44.15

There were 219 finishers

Jaffa 5 mile 27th May

18th Men	
Stuart Green	31.32
23 rd Ladies	
Ronel Van der Merwe	43.32

There were 92 men and 29
lady finishers.

Jaffa 10 mile 27th May

6 th Lady	
Tamara Jordan	70.45
60 th Men	
Paul Goldman	79.40

There were 93 men and 27 lady
finishers.

**Brandon ½ Marathon
28th May**

8 Nick Stephens	1:20.55
13 Chris Starmer	1:24.36
15 Malcolm Penn	1:25.12
93 Richard Fellingham	1:53.13

There were 132 finishers

**Norwich ½ Marathon
10th June 2001**

23 Nick Stephens	1:20.22
178 Tamara Jordan	1:34.34
367 Paul Goldman	1:45.10
522 Heidi Bingham	1:53.37
523 George Leggett	1:53.38
821 Finishers	

Wymondham Ladies 5k

17 Anne Fish	26.03
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Winner Ladies 50+

**Striders 5k Track Challenge
29th June**

Fun Run (Juniors) - 1600m

3 Thomas Naughton	7.18
4 Ben Naughton	7.32
6 Matthew Naughton	9.09
7 Joanne Starmer	9.13

Ladies Race 5k

3 Tammy Jordan	20.33
13 Anne Fish	25.02
17 Maria Reynolds	26.05
18 Jean Lynch-Aird	26.28
19 Rosemary Thurston	26.57
20 Sue Seggar	27.28

Men's Race 5k

6 Nick Stephens	17.37
16 Joe Naughton	21.28

**Newmarket 10k 1st July (Club
Championship Race)**

20 Nick Stephens	37.11
24 Chris Starmer	37.48
68 Gordon Slack	42.50
112 Richard Nash(PB)	46.20
142 Joe Naughton	48.30
150 Paul Goldman	49.21
163 Grayhame Fish	50.28
174 Katy Nash	51.39
200 Rosemary Thurston	54.49

(**1st over 50**)

201 Ronel van der Merwe	54.58
213 Maria Reynolds	56.35

There were 236 finishers.

SOCIAL EVENTS

Sunday August 5th



Join the mystery tour - A bike ride involving a pub lunch.

One for all the family. Make sure your name goes on the notice board.

Leave about 10:45am from the Leisure Centre. The circular route goes through Wetherden, Norton, Tostock and Drinkstone Green to Rattlesden where we plan to stop at the Brewers Arms for a spot of lunch and a pint or two. Then it's on to Buxhall and the final five miles back to the leisure centre. Total distance is approximately 21 miles

A menu will be circulated nearer the time to pre-order your lunch. We should be back at the leisure centre for 3:30pm to 4pm.

Make sure you bring your cycle helmet, sun cream, plenty of water, puncture repair kit and money for your pub lunch.

SUMMER BARBECUE

Now on 2nd September at Haughley Park. Treasure Hunt, Bouncy Castle & fun for the kids as well.

CLUB TRIP

The New Forest Half & Full Marathon

Sunday 9th September

Itinerary:

We will drive down to the South coast on the Saturday 8th will be staying in a hotel Bournemouth or somewhere else along the south coast.

The race is on Sunday 9th so the evening free for celebrating PBs. We will then travel home on the Monday.

To save costs we will be travelling down by car rather than coach or minibus. To be kind to the environment we would ask to car share.

Because we will be travelling by car the itinerary is flexible and it is up to the individuals when they arrive or leave. Some people may travel down on the Friday night and return either on the Sunday or Monday.

When you book with Katy let her know when you will be travelling and how many nights you will be staying. Katy will let us have hotel details shortly.

Entry forms for the race are available from the notice board at the Leisure Centre or the website. The closing date for entry to the races is August 18th or when entry limit is reached - make sure you've sent yours in.

CHRISTMAS PARTY

Don't forget to book the date - Friday 14th December, probably at the Rugby Club. Book early - tickets are going fast

The Striders 15th Anniversary Dance

Took place at the Cedars on Friday 15th June.

The good company matched the good food and all those who attended enjoyed the event. Many thanks to Katy for arranging everything

NEWS

EKIDEN RELAYS-29 JULY

Gordon is acting team captain for this event. Striders will enter at least two teams so can you all confirm with him that you will be running.

Thursday Run - 16th August

JAFFA will be joining us for our Thursday run. (Peter - This is a social run, not a race & stick to the agreed route).

JAFFA 5k CHALLENGE

Date agreed....

Monday 24th September

By popular demand we now have a date for this year's 5Km track challenge against Ipswich JAFFA. Hopefully it won't be quite so windy this year.

ACCIDENT BOOK

The club now has an accident book that is kept with the race entry forms. If you have a trip or fall on a training night please make sure you record the details in the book.

CLUB CHAMPIONSHIPS

To qualify for entry into the club championships you must have completed a 10k last year. Make sure that Tamara has you 10k times for 2000.

GOALS AND GOAL SETTING

If you read any books on running and you will see that one of the most important things you can do to improve your running is to set yourself goals.....

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SO WHAT IS GOAL SETTING?

We all have hopes and we all have dreams.

“A dream is something you hope for, but a goal is something you work for.”

Goals have long been accepted as a crucial aspect in improving sports performance

People with goals achieve much more than people with no goals at all and yet it is one of the most neglected aspects of training programs.

We have a love-hate relationship with goals. We love them because they are an excellent way to help us to achieve what we want and to measure our achievements. But we hate them because if we don't manage them properly they can so easily go unattained and frustrate us.

Goal setting is deciding what you want and how you're going to get it.

Goal setting allows you to choose where you want your running to go. By knowing what you want to achieve, you know what you have to concentrate on and improve and it gives you long-term vision and short-term motivation.

Goal setting is something we have all done at some time or other.

We all set ourselves the goal of taking up running and we all achieved that major goal.

By setting goals you can:

- Achieve more
- Improve performance
- Improve the quality of your training
- Increase your motivation to achieve
- Increase your pride and satisfaction in your performance
- Improve your self-confidence

KEY STRATEGIES IN GOAL SETTING

Start with a narrow focus: Pick a few important goals, three or four at the most. You will be able to control a small number of goals and still have time to relax and enjoy being human.

Express your goals positively – “I will achieve this”. Not “I must not do this again”.

Goals must measure performance not outcomes. This is *very* important. You should have as much control as possible over your goals. If you base your goals on personal performance targets or skills to be acquired, then you can keep control over their achievement.

Keep the long term in mind but focus on the short-term goals. This will give you regular victories instead of regular progress reviews

Goals must be set at a realistic level. You should set goals so that they are slightly out of your immediate grasp, but not so far that there is no hope of achieving them: no-one will put serious effort into achieving a goal that they believe is unrealistic. Stick with what you know is right rather than what other people think. Setting goals at

the correct level is a skill that is acquired by practice.

Set specific measurable goals so that you can measure your achievements. Include dates, times and races. When you achieve a measurable goal you will be confident and comfortable in its achievement and you will see your progress towards greater goals.

Set Priorities: where you have several goals, give each a priority. This helps you to avoid feeling overwhelmed by too many goals, and helps to direct your attention to the most important ones.

Write goals down to avoid confusion and give them more force.

Be organised and regular in the way that you use goal setting. Review your goals systematically, regularly and be organized. You will remember your goals, your achievement will be measurable and you will have facts to use to set new goals.

Learn from failure! If you have failed to reach a goal, ensure that you learn from it. Did you try hard enough? Was your technique faulty? Was the goal unrealistic? Use this information to adjust the goal or to set goals to acquire new skills. Turn everything into a positive learning experience.

Consider your other commitments. Take the needs of work, school or your family into account. How much time you will have available for training?

(In the next newsletter there will be the second part of this article – how to set specific goals in running and how to use training logs to improve your running)