

# STRIDERS NEWS

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

Volume Two: Issue Three

September 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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## SUCCESSFUL INTERNATIONAL TRIP FOR ANNE!

Triathlon World Championships. Edmonton, Canada...

It seemed a bit like a dream, but I was really there and soon settled into getting focused for the big day. I had only done two Olympic distance triathlons and felt quite a novice listening to everyone's exploits and what seemed to be many world championships.

The course started and finished in Hawrelak Park. I was off at 7.30 a.m. It was warm and sunny and the two circuits of the lake went well (32 mins). The bike was three circuits (9 hills in all) returning to the park after each lap. It was a scenic but very hilly course, very enjoyable apart from the first very steep hill with hairpin bend at the top. Back to the park for three circuits of the run course down by the lake. It was quite hot by this time and I felt my usual lack of energy at this point, stopping several times for energy drinks.

Ian Petit (Team Manager) and his band of supporters were really encouraging, forcing a British flag into our hands as we sprinted (well almost) for the finish 3.07.07 - a minute faster than my previous best time and not last in my age group but still room for improvement.

The whole trip was a truly memorable experience. The Canadians were so helpful and everything was arranged meticulously. Thanks also to my support team - Grayhame (bike mechanic, bag carrier, map reader etc.) and to Steve for sorting out my back and arm and persuading me to enter in the first place. (p.s. Steve - the knees playing up now!!)

Canada is a beautiful country and well worth a visit. We had four days travelling to Jasper and Banff National Parks. To quote a popular Canadian phrase "awesome".

Anne Fish

Anne was placed 34th out of 37 at the world Triathlon Championships with a total time of 3:07:07. Anne's 1500m swim took an impressive 32:30, the 40km bike ride 1:30:51, and the 10k run 58:34. Anne is ahead of another Brit, Patricia Angus, a Canadian and an Aussie. Well-done Anne. You can see the full results on: [www.triedmonton2001.com](http://www.triedmonton2001.com).

## FIXTURES

### September 30<sup>th</sup>

- Robin Hood Marathon & 1/2 Marathon, Nottingham
- Wymondham 10 Mile
- Langham 10k
- Saffron Walden 10k

### October 7<sup>th</sup>

- **Felixstowe Half Marathon** (*Suffolk Championships*)
- Round the Island 12 Mersea Island
- Southend 10k Classic
- Great Yarmouth 10k

### October 14<sup>th</sup>

- **Nowton Park Relays** Bury St Edmunds

### October 21<sup>st</sup>

- **Martlesham 10k Club Championships**

### October 28<sup>th</sup>

- Fern Hopper 5 mile
- Gt Bentley 10 mile
- Fenland 1/2 Marathon

### November 4<sup>th</sup>

- **NEW YORK MARATHON**
- Billericay Striders 10k
- Leiston 10k

### November 11<sup>th</sup>

- **Stowmarket Scenic Seven** (*Suffolk Championships*)

### November 18<sup>th</sup>

- Hadleigh 10 mile

### November 25<sup>th</sup>

- Chelmsford 10k

### December 16<sup>th</sup>

- **Lowestoft Turkey Trot** (*Suffolk Championships*)

### 2002

- April 7<sup>th</sup>
  - Bungay Full & 1/2 Marathon
- April 14<sup>th</sup>
  - **LONDON MARATHON**
- May 6<sup>th</sup>
  - Felixstowe Rotary 5
- May 12<sup>th</sup>
  - Woodbridge 10k

## RESULTS

### Mutford Relays – 8<sup>th</sup> July

|                        |         |
|------------------------|---------|
| St. Edmunds Pacers 'A' | 1:27.40 |
| St. Edmunds Pacers 'B' | 1:30.58 |
| Lowestoft RR 'A'       | 1:31.01 |

### Team A - 4<sup>th</sup> Place

|                 |       |         |
|-----------------|-------|---------|
| Anne Fish       | 25.02 | 25.02   |
| Chris Starmer   | 17.54 | 42.56   |
| Malcolm Penn    | 18.33 | 1:01.29 |
| J Allard-Austin | 20.06 | 1:21.35 |
| Nick Stephens   | 17.40 | 1:39.15 |

### Team B - 13<sup>th</sup> Place

|                   |       |         |
|-------------------|-------|---------|
| Rosemary Thurston | 25.35 | 25.35   |
| Gordon Slack      | 20.52 | 46.27   |
| Joe Naughton      | 22.05 | 1:08.32 |
| Grayhame Fish     | 24.00 | 1:32.32 |
| Tom Jarrett       | 18.53 | 1:51.25 |

20 Teams ran

You can see that with over 8 minutes behind third place the Striders would have struggled to improve their placing. However the Striders 'A' team did well enough to pip Gt. Yarmouth RR 'A' team to 4th by 16 seconds! A big thanks goes to Rosemary for the last minute stand in. Also congratulations to Anne and Rosemary for getting 2nd and 3rd place for ladies over 50.

### Gt Bentley Friday 5 – 13<sup>th</sup> July

|                     |       |
|---------------------|-------|
| Grayhame Fish (PB)  | 37.52 |
| Ronel Van der Merwe | 40.39 |
| Anne Fish (PB)      | 41.13 |
| Jean Lynch-Aird     | 41.42 |
| Sue Seggar          | 45.01 |

### Wibbly Wobbly Log Jog 5 27<sup>th</sup> July

|     |                   |       |
|-----|-------------------|-------|
| 58  | Will Thurston     | 38:26 |
| 124 | Rosemary Thurston | 45:18 |
| 130 | Sue Seggar        | 47:14 |

There were 155 finishers

### Framlingham 10k – 9<sup>th</sup> September

|     |                     |       |
|-----|---------------------|-------|
| 16  | Tom Jarrett         | 39.07 |
| 17  | Stuart Green        | 39.08 |
| 42  | Gordon Slack        | 42.28 |
| 77  | Richard Fellingham  | 46.56 |
| 111 | Anne Fellingham     | 51.25 |
| 130 | Rosemary Thurston   | 54.16 |
| 134 | Maria Reynolds      | 54.45 |
| 138 | Ronal Van der Merwe | 55.49 |
| 140 | Jean Lynch-Aird     | 56.17 |
| 147 | Sue Seggar          | 61.04 |

There were 153 finishers

Congratulations to Stuart Green who won the Suffolk 10k vet championships at Framlingham

### Grunty Fen Half Marathon 9<sup>th</sup> September

A great day for the Stowmarket Striders seeing two of our best runners back from injury! Great times I'm sure you'll agree:

|                   |               |         |
|-------------------|---------------|---------|
| 2 <sup>nd</sup>   | Chris Ling    | 1:17.03 |
| 5 <sup>th</sup>   | Colin Pitts   | 1:17.54 |
| 13 <sup>th</sup>  | Nick Stephens | 1:21.20 |
| 155 <sup>th</sup> | Paul Goldman  | 1:40.25 |
| 254 <sup>th</sup> | Trevor Abbott | 1:53.15 |

There were 375 finishers.

### Halstead Marathon, 16<sup>th</sup> September

|                |         |
|----------------|---------|
| Richard Miller | 3:29.57 |
|----------------|---------|

(Perfect pace!)

### Lowestoft Equinox 5 23<sup>rd</sup> September

|    |                    |          |
|----|--------------------|----------|
| 8  | Nick Stephens      | 29.36    |
| 20 | Chris Rees         | 32.00    |
| 29 | Gordon Slack       | 33.15    |
| 31 | Richard Nash       | 33.29 PB |
| 44 | Richard Fellingham | 34.47    |
| 64 | Katy Nash          | 37.36 PB |
| 82 | Anne Fellingham    | 41.38 PB |

There were 104 finishers.

Despite the long trek up to Lowestoft, this was a good fast race. Chris Rees, new to racing thought it would be fun to run with David Miller (winner of this race!) for the first mile before realising the pace to be a little too fast for him!?! This was however an excellent time for his first race and we have good hopes for the future. Gordon and Richard ran together for the first 3 to 4 miles before Gordon left his pacemaker for a strong finish. Perhaps it may have been the other way round as Richard achieved his PB at this distance, beating his last PB by over three minutes. Katy & Anne both did well and both set PBs for the distance. Katy's was almost 3 minutes over her previous best and put her as 4th lady and only 30 seconds short of winning a trophy! Well done.

## Ekiden Marathon Relay - 29th July

Team A - 5th Place in Men's Open category (7th overall)

| Leg  | Name           | Place in Leg (35) | Minute per Mile | Time  | Overall Time |
|------|----------------|-------------------|-----------------|-------|--------------|
| 7.2k | David Boggis   | 10th              | 6:31            | 29:11 | 0:29:11      |
| 5k   | Tom Jarret     | 3rd               | 6:14            | 19:24 | 0:48:35      |
| 10k  | Malcolm Penn   | 9th               | 6:30            | 40:28 | 1:29:03      |
| 5k   | Stuart Green   | 4th               | 6:20            | 19:41 | 1:48:44      |
| 10k  | Nick Stephens  | 6th               | 6:16            | 39:58 | 2:27:42      |
| 5k   | Martin Pottage | 6th               | 6:48            | 21:09 | 2:48:51      |

Team B - 7th Place in Ladies Open category

| Leg  | Name           | Place in Leg | Minute per Mile | Time  | Overall Time |
|------|----------------|--------------|-----------------|-------|--------------|
| 7.2k | Ellen Boughton | 25th         | 8:16            | 37:00 | 0:37:00      |
| 5k   | Mary Tricker   | 31st         | 9:04            | 28:13 | 1:05:13      |
| 10k  | Katy Nash      | 26th         | 8:23            | 52:09 | 1:57:22      |
| 5k   | Maria Reynolds | 25th         | 8:39            | 26:53 | 2:24:15      |
| 10k  | Gail Sparkes   | 26th         | 8:32            | 53:07 | 3:17:22      |

Despite a thin layer of cloud, the temperature at the start of this relay was a staggering 25°C. This was certainly going to be a hot one! As the first runners came in the hot and humid conditions was confirmed by their buckets of sweat! Even the spectators were taking precautions from the sun. So bad was the heat that I had writers block and had to rely on Rich for this write up – no change there then. Water stops were with a difference over last year with water hoses cooling down the runners at a couple of points around the 2.5km route. By lunchtime it is estimated that the temperature reached, if not exceeded, 30°C! This was Gail's first run since the Woodbridge Cross-Country and she couldn't have picked a hotter one. One final note – if you are going to a race this weekend make sure you pack your shorts.

## New Forest Half Marathon - 9th September

| Ov. Pos. | Cat. Pos. | Name          | Own Time          | Official Time |
|----------|-----------|---------------|-------------------|---------------|
| 301      | SM 148th  | Richard Nash  | 1:41:32 <b>PB</b> | 1:41.57       |
| 303      | M40 46th  | Chris Starmer | 1:41:35           | 1:42.00       |
| 484      | SM 220th  | Joe Naughton  | 1:47:34           | 1:48.00       |
| 556      | SW 35th   | Katy Nash     | 1:50.28 <b>PB</b> | 1:50.54       |
| 801      | M50 62nd  | Grayhame Fish | 1:59.50           | 2:00.18       |
| 847      | W50 9th   | Anne Fish     | 2:02.58 <b>PB</b> | 2:03.24       |

There were 1176 finishers for the Half Marathon.

**There's an interesting report on the trip on page four.....**

## SOCIAL EVENTS

### Bike ride

The bike ride organised by Katy was an overwhelming success even for those of us who were forever a mile behind the main group. It was all a secret ploy so that we could take a short cut and get to the pub first. Over 25 people took part and everyone enjoyed both the ride and the meal. Not surprisingly the friendly game of French boules at the pub proved a little competitive. Phil Rampley showed that he was making good use of the free time.

### Barbecue

Thanks to everyone who helped organise the barbecue. A great time was had by all. Editor's note: Next year, please can we have games that do not involve balls and hand-eye coordination.

### Forthcoming attractions:

#### Christmas...

..Is in December as usual so Friday 14<sup>th</sup> December 2001 has been booked for the Christmas disco which will be at the Rugby Club as usual.

#### Jools Holland

Anyone interested in seeing Jools Holland in Ipswich on 21<sup>st</sup> November? Speak to Katy or Richard who are happy to organise tickets at £19.50 each.

## CLUB KIT

Kirsty now holds the stock of club kit and will be happy to supply you with the latest running gear. If she is not available ask Katy or me and we should be able to act a go-between and get what you need.

## New Forest Half Marathon

This was the club weekend away. It was a big shame that many could not make the trip this year as not only was the race very enjoyable but the whole weekend was a giggle from start to finish.

Others from the club did come down to support like Jan and Denise whose husbands ran in the half marathon, but also Karen, Heidi and their partners making the big trip down to support. So in all there were 12 of us.

Katy, Richard, Karen & Sean made the trip down on the Friday night to the caravan site not far from Bournemouth. After a quick tour of the campsite to find the facilities, we ended up at the smoky clubhouse for the evening. A loud disco and about 200 kids with parents accompanied our cafe style dinner. Later on a cabaret show hosted by an ex Stars-in-their-Eyes competitor entertained the campers whilst we whiled the evening away playing pool. Richard however had a brief moment of fame being spotted and singled out by the host doing a silly dance to one of the numbers! *Don't do embarrassed!*

Saturday morning was far more relaxed. Prior to the rest of the Striders arrival we went for a gentle 3-mile jog around the forest spotting colourful birds and foxes. Karen & Sean went to workout in the gym and the rest chilled in the sun and chatted. By 3pm everyone had arrived and settled in.

Having booked an Italian restaurant in Bournemouth, we hit the town taking in the sites of the waterfront, pier, amusements and ice cream (*yum*). This was the time of night in Bournemouth when local men went around in nurses uniforms and girls wore very little. Even the pubs seemed to have strange vending machines in the toilets selling sexy snakes that buzz!?

Unabashed we had our meal and a few drinks before returning back to the campsite. Gathering in one caravan, with Jan being a great source of entertainment and Grayhame's tea-making abilities, we chatted and laughed into the night.

The next morning was race day. Nerves were showing (*Jo missing the turning and many toilet stops*) as we gathered for the start of the race. The gun went off and 25 seconds later we were across the start line. Over 1100 runners started slowly through the town of New Milton with many supporters cheering. Chris and I waved back thinking every cheer was for us!

Chris decided to keep me company being that this was my first half marathon and that he had done no training... well actually only Katy and I did any training for this and we wanted a good time! Slowly the town was left behind and supporters filtered out into odd pockets cheering and clapping. Whole lines of cars were stopped while grumpy drivers waited for us to pass.

Up a big long hill brought us into the New Forest, wild horse played and ran alongside watching us crazy runners. Jan, Denise and Heidi walked to parts of the forest to support while Karen & Sean rode out and across the New Forest.

About half way round, we were cheered on by Katy's family who had come over from the Isle of Wight to support. Chris was still pace-making me and we were still on for our 8 minute pace. Feeling pretty good at this stage I decided to pick up the pace a little starting to pass many runners who were already feeling tired. Seeing our Stowmarket Striders cheer leaders again helped to keep me going, running the second 6 miles nearly 4 minutes quicker than the first.

Nearing the end of the race, I was feeling the pace. However Chris allowed no respite constantly talking to me, picking the pace back up if I slowed. Back into town and with less than a mile to go, I kicked down to a fast finish in front of all the crowds (*and a surprise visit from Katy's aunt & uncle!*). I was ecstatic! This was not only my first half marathon, but also a fantastic time for me and I still felt great!!

For this I express a MASSIVE thank you to Chris Starmer for his company and support throughout the race. Over the next 20 minutes the other striders came in. Katy got a PB too but the others felt a little more training would have meant this race to be a little less painful!

After the race and a picnic with Katy's parents, Katy and I met back up with the others at the camp site. Sadly Chris & Jan, Karen & Sean had left for home, so the rest of us took to the leisure pool, steam room, sauna and Jacuzzi. This was a nice way to ease those muscles after the race... Well that and Heidi's personal massages! To satisfy one of Heidi's desires, we ate that night back in Bournemouth at 'Harry Ramsdens' for some good 'ol Fish & Chips. A little tired we headed back to our caravans to relax. The girls in the group kicked the boys out to the bar to have their girly chats, though Rich did manage to infiltrate as a honorary girl to catch the gossip. Believe me, they have far dirtier minds than men discussing the size of men's genitalia just before the drunken boys returned! Though Jo did go missing for a while, hummmm??

**This was a very enjoyable weekend, full of friendly bantering, laughs and for me, personal achievement. I also feel I know 10 other people a bit better now and cannot wait for the next Stowmarket Striders weekend away next year... the more the merrier!**

## RUNNING NEWS

### NOWTON PARK CROSS COUNTRY

14th October 2001

New format for 2001

2.00pm:

Senior women 3 x 3Km

Veteran Women 3 x 3Km.

2.45pm:

Senior men 4 x 5Km

Veteran Men 4 x 5Km

Striders have entered four mens teams and two ladies teams for the event. Grayhame has probably already asked you to run...

Entry fee £2.00 per runner

### SUFFOLK WINTER LEAGUE CROSS COUNTRY

The dates for this season's races have now been confirmed. These are the races you have been waiting for all summer. Who wants to run around dry, level roads when you can run through the mud in Framlingham Castle moat?

4<sup>th</sup> November Framlingham  
2<sup>nd</sup> December Woodbridge  
20<sup>th</sup> January Stowmarket  
24<sup>th</sup> February Bungay

Book these dates in your diary now. If you don't Grayhame will be after you.

### CROSS COUNTRY TRAINING

Richard has again agreed to run Sunday morning training sessions at Haughley Park. These went very well last year and helped acclimatise the novices to the pleasures of cross-country.

### STRIDERS SCENIC SEVEN, 11TH NOV 2001.

This race will be sponsored by "24-Seven, who I believe used to be part of Eastern Electricity.

They will support the club for up to £250 towards essential race equipment, signs, finishing banner and other race expenses.

The club have agreed that "Digitography" could take pictures at the Scenic Seven. This would mean they will take digital pictures at point(s) along the way and display them, for sale to the runners, at the end on the race. It would cost the club nothing.

**Marshals will be needed for this race and so will runners, as it is part of the Grand Prix Series**

### CLUB CHAMPIONSHIP 2001

As you know, the Club Championship races this year were the Beccles 10k which was on May 20<sup>th</sup> and the Martlesham 10K which is on October 21<sup>st</sup>.

The 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.

Martlesham entry forms are now available. To be in with a chance to win the championship you need to run a time faster than any of your posted 10k times in 2000.

The main contenders are those who have been regularly setting PBs throughout this season so far. We know who you are...

### GOOD DEALS....

Richard is collating a list of useful contacts which will include: shops that do club discounts, Physiotherapists, etc, etc. this list will be posted on to the website and will be included in the next newsletter for those who do not have Internet access.

### COMMONWEALTH GAMES MANCHESTER 2002

The organisers of this event are after volunteers. I wonder if they will struggle to get marshals like we do for our races?

### SUNDAY MORNING LONG RUNS

The number of people turning up at the Leisure Centre for a long on Sunday mornings is increasing. These runs are open to everyone and start at 9.30am. Long runs at the moment are up to about 10 miles. It's best to check with other runners before hand to see who is going to be running as these fit in around cross country training and races.

### SUFFOLK GRAND PRIX SERIES

The Lowestoft Equinox 5 mile was the first race in this season's Grand Prix Series. To qualify for prizes runners need to compete in four of the six races in the series.

**The next races in the series are:  
Felixstowe Half Marathon  
Stowmarket Scenic Seven  
Lowestoft Turkey Trot**

**The final two races are  
Bungay 20k & Bildeston Half  
Marathon in 2002**

### LONDON MARATHON 2002

The club have applied for their usual two places for the London Marathon. These go to deserving club runners. The usual criteria to qualify for consideration for the club places are:

- 1) You must have been a paid-up club member for at least one year
- 2) You must have run at least five races in club colours in the last year
- 3) You must have entered and been rejected by the ballot for the 2002 London Marathon
- 4) You must not have run the London Marathon previously.

The committee will decide who will be awarded the two places based on the above criteria and their decision will be final. The committee are not open to bribes or inducements of any kind (sadly).

## GOALS AND GOAL SETTING (Part 2)

### Using Goal Setting in Running

What is the difference between a jogger and a runner? One suggestion is that runners have goals against which they measure their performance.

The first step in setting any running goals is to decide your level of commitment. For some people, the joy of running is setting and achieving, their goals - to take part in a particular event, to lose weight, to achieve a particular time, or to improve over time. For others the joy of running is to have a bit of fun every now and again. So everyone will have differing goals depending on their reasons for running.

Once you have decided what your goals are you need to work out what you will need to do to attain those goals. If you are new to running ask your club coaches about what you could realistically achieve. There are some well-known relationships between times for 10ks, half marathons and marathons, which can be used to estimate what you are likely to be able to do.

Aim for a target that is realistic, achievable and not a pipe dream. Decide how much time a week you can devote to training. Set goals that raise your average performance and make it more consistent. Many people base their goals on their best performance, however long ago that was. This ignores the inevitable backsliding that can occur for good reasons, and ignores the factors that led to that best performance.

Improvement should be measurable, time-based and aimed at producing the best performance at the right time. If you have run well or badly, ask yourself why? Consider the days beforehand and how you executed your performance. Above all, did you have a clear plan in your head when you started?

If your goal is a long way off - like completing a marathon - set some intermediate targets for yourself - like completing a half marathon or set yourself monthly goals throughout your training

programme. These intermediate targets should also be measurable, time-phased, and aimed at producing the optimum performance to meet your ultimate goal - and when you meet them you will be able to celebrate your success each month.

Review and adjust your plan according to how successful these interim goals were.

Visualise what it will be like to achieve your goal. Promise yourself a reward for when you achieve it.

Tell your friends and clubmates about your goals as this will help to maintain your commitment. Pin a reminder on the fridge. Get together with a friend, and agree to do something together. You might both agree to run in a race, for example.

Don't become obsessive, or put your goal above your family, friends, or your health. If you get injured before your marathon and cannot safely take part, then adjust your goals. You can always take part in another race.

\* \* \* \* \*

### The Training Plan

All running magazines offer plans for any distance and our coaches can also help.

Prepare a training plan for major races and stick it on your bedroom wall. When you get up each morning it's there for you to see what you need to do that day. This will help you to focus your attention before a session on what you need to achieve. This helps to ensure that training sessions and performances are always useful for improvement.

When you complete each session put a tick beside it on your plan. Put a red cross if you don't! A tick in the box means that the goal for the day has been achieved - well done.

\* \* \* \* \*

### The running log

You can help yourself to achieve your goals by keeping a Running Log - a written record of all your training sessions and races. You can record whatever you like in your log - where you ran, how far, how fast, when you ran and who with, your achievements and any errors

you made and suggestions for future improvements or future goals, the quality of session, how you felt, your heart rate, which shoes you wore, the weather, how much sleep you had. A log will help you to track your progress, keep you to your training schedule & play an important part in your motivation.

\* \* \* \* \*

Goal setting helps you decide how committed you are to running, what is important for you to achieve and what is irrelevant. Remember, you can set goals effectively by:

Phrasing them positively & precisely - Prioritising them - Writing them down - Keeping them manageable: Not too hard, but not too easy. - Setting performance goals, not outcome goals

\* \* \* \* \*

And don't worry if you fail - Failure to meet your goals can be useful in improving technique and long-term success as long as you draw useful lessons from it and feed these back into your training program.

\* \* \* \* \*

Where you have achieved a goal this should feed back into your next goals: If the goal was easily achieved, make your next goals harder. If the goal took a dispiriting length of time to achieve, make the next goals a little easier. If while achieving the goal you noticed a weakness, set goals to fix this. If you learned something that would lead you to change goals still outstanding, do so

When you have achieved a goal, take the time to enjoy the satisfaction. Absorb the implications of the achievement and see the progress you have made towards other goals.

If the goal was a significant one, or one that you had worked towards for some time, give yourself a big reward.

\* \* \* \* \*

**As a final point, if you do not already have set running goals now is a good time to start!**