

# STRIDERS NEWS

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

Volume Two: Issue Four



Christmas 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 SCENIC SEVEN!

Sunday 11<sup>th</sup> November 2001 will be forever remembered as the day that Stowmarket Striders hosted one of its most successful races.

In a bold move, Chris Chaplin suggested that we move the previously lacklustre and poorly attended Scenic Seven from August to November. With some trepidation the committee agreed and the race went ahead. I was told to order two hundred T-shirts. "Surely that will be too many", I pleaded, but Chris insisted and so 200 it was. I felt slightly relieved in the week before the race when we had over 100 entries. I even phoned the supplier to see if I could get more if I needed them. I told him how many entries we had had. "200 should be fine" he said, "trust me, I'll put in a few extras". 208 T-shirts arrived.

On race day entries flooded in and for a while I thought the 200 mark would be broken but we stopped at 176 entries with 162 people running. With T-shirts going to all runners and all the marshals we had a few left over – well eight actually.

Christmas quiz question: In the above example, who made the correct estimate for the number of T-shirts required for the race? Chris or the supplier?

However, on a serious note, let's talk money. The club took over £1000 in entry fees alone for this race and early signs are that it made a healthy profit, unlike previously when it struggled to break even. Add this to the generous sponsorship from 24 Seven (for new race signage and equipment) and it was a very successful day.

The success is not just measured in terms of money but in the feedback that we got from the competitors who to a runner said that they felt it was well organised, well marshalled and had excellent facilities at the start/finish.

Every one who marshalled on cold windy road junctions (in some cases suffered a bit of verbal abuse from inconsiderate motorists) deserves a huge thank you. Every race now needs to be risk assessed and we need to

be 100% safety conscious. If a race doesn't have enough marshals it simply has to be cancelled. The

## FIXTURES

**December 16<sup>th</sup>**  
- Lowestoft Turkey Trot  
(*Suffolk Championships*)

**Tue January 1<sup>st</sup>**  
Wymondham  
New Year's Day 10k

**January 6<sup>th</sup>**  
Harlow Turkey Buster 5 mile

**January 27<sup>th</sup>**  
Benfleet 15 mile

**February 3<sup>rd</sup>**  
Essex 20 mile

**March 29<sup>th</sup>**  
Sudbury Fun Run

**April 7<sup>th</sup>**  
Bungay Marathon & Half  
Marathon

**April 14<sup>th</sup>**  
LONDON MARATHON

**May 6<sup>th</sup>**  
Felixstowe Rotary 5

**May 12<sup>th</sup>**  
Woodbridge 10k

**May 26<sup>th</sup>**  
JAFFA 5\* & 10 miles  
(\**Suffolk Championships*)



club can't run the race and take the risk.

Last but by no means least, any report on this race has to mention Heidi who was directing her first race – and did so superbly.

## RESULTS

### Great North Run

**16th September**

804 Tom Jarrett 1:30.04  
4370 Paul Goldman 1:47.38

### Langham 10k

**30th September**

8 Nick Stephens 36.43  
13 Stuart Green 38.51  
81 Ronel Van der Merwe 52.43  
There were 108 finishers

### Wymondham 10m

**30th September**

39 Richard Nash 1:10.43 **PB**  
62 Paul Goldman 1:17.13  
77 Katy Nash 1:21.09 **PB**  
84 Grayhame Fish 1:23.38 **PB**  
94 Anne Fish 1:27.35  
There were 113 finishers

### Felixstowe Half Marathon

**7th October**

4 Colin Pitts 1:17.16  
10 Chris Ling 1:21.40  
11 Nick Stephens 1:21.41  
19 Chris Starmer 1:24.20  
40 Gordon Slack 1:32.38  
50 Richard Nash 1:34.42 **PB**  
86 Robbie McPhillips 1:40.12  
101 Paul Goldman 1:43.15  
139 Katy Nash 1:48.22 **PB**  
198 Ronel Van der Merwe 2:02.51  
There were 240 finishers

### Southend 10k

**7th October 2001**

53 Stuart Green 38.23  
The main contingent of Stowmarket Striders were running at Felixstowe, so Stuart was the only Strider to make the trip down to Southend.  
There were 1176 finishers.

### Bridlington Half Marathon

**14th October 2001**

15 Chris Ling 78.02  
There were 523 finishers.

### Havering 90 Joggers 10k

**14th October 2001**

88 Jonathon Slack 47.52  
There were 182 finishers.

### Martlesham 10k

**21st October 2001**

2 Colin Pitts 34.13  
8 Tom Jarrett 37.37 **PB**  
14 Stuart Green 38.39  
32 Gordon Slack 41.16  
40 Richard Nash 42.12 **PB**  
41 Robbie McPhillips 42.16  
44 Richard Fellingham 42.34  
71 Jim King 45.56  
78 Chris Gladwell 46.36  
79 Ellen Boughton 46.36 **PB**  
86 Katy Nash 47.19 **PB**  
94 Grayhame Fish 49.33  
95 Anne Fellingham 49.39  
100 Karen Goodwin 50.24 **PB**  
101 Anne Fish 50.45 **PB**  
103 Ronel Van der Merwe 51.31  
107 Rosemary Thurston 51.58 **PB**  
111 Jean Lynch-Aird 54.06

### Fenland 1/2 Marathon

**28th October 2001**

Jean Lynch-Aird 2:31.00  
Jean was running with her best friend, doing her first and possibly last half marathon. Jean kept her friend company throughout, so the time reflects her time rather than Jean's. However, they were not the last!

### Great Bentley 10m

**28th October 2001**

5 Colin Pitts 55.33  
62 Richard Nash 1:09.59 **PB**  
122 Katy Nash 1:23.26  
There were 169 finishers.

### Brandon Fern Hoppers 5m

**28th October 2001**

4 Nick Stephens 27.28  
82 Grayhame Fish 38.35  
85 Anne Fellingham 38.44  
95 Anne Fish 39.36  
99 Rosemary Thurston 40.34  
103 Maria Reynolds 40.53  
106 Karen Goodwin 41.00  
126 Jane Fellingham-Boyce 44.38  
127 Richard Fellingham 44.40  
143 Sue Seggar 49.04  
There were 160 finishers.

### Unofficial result:

As part of his Florida Marathon training Paul Goldman recently ran the Bury 20 course with Rod Allard

from Pacers in a time of 2:43.25.  
(His previous best was 2:52.25).  
Does this count as an unofficial PB?  
The Florida Marathon takes place on  
January 6<sup>th</sup>.



## RESULTS (Cont)

### Framlingham Cross Country 4th November 2001

#### Men

Men's/ Race Pos.	Name	Time
5/5	Colin Pitts	26.35
7/7	Nick Stephens	27.01
11/11	Chris Starmer	27.28
34/34	Richard Denwood	29.21
51/54	Gordon Slack	31.15
52/55	Peter Tricker	31.26
63/69	Robbie McPhillips	32.13
68/74	Richard Nash	32.29
76/84	Richard Fellingham	33.22
96/116	Jim King	36.11
109/138	Grayhame Fish	39.09

#### Ladies

Ladies/ Race Pos	Name	Time
9/86	Nicola Knott	33.31
20/115	Gail Sparkes	36.09
24/125	Ellen Broughton	36.57
26/130	Katy Nash	37.46
29/137	Anne Fellingham	39.07
32/142	Anne Fish	39.55
34/145	Maria Reynolds	40.26
44/161	Sue Seggar	44.43

#### Team: (out of 10 teams)

<b>Men's</b>	<b>6<sup>th</sup></b>	<b>666 points</b>
<b>Ladies</b>	<b>5<sup>th</sup></b>	<b>100 points</b>
<b>Overall</b>	<b>5<sup>th</sup></b>	<b>766 points</b>

Not as good a start as last year, but only 130 points separate the leaders and us. Plenty of time yet to creep up the board!

### Stowmarket Striders Scenic 7 11th November 2001

3	Colin Pitts	38.32
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10	Nick Stephens	40.48
18	Tom Jarrett	43.04
22	Stuart Green	44.01
42	Gordon Slack	46.48
48	Jason Allard-Austin	47.25
59	Richard Nash	48.56
75	Nicola Knott	51.20
76	Bob Ratcliffe	51.26
111	Katy Nash	55.46
119	Trevor Abbott	56.56
125	Anne Fish	57.31
140	R Van der Merwe	60.37

There were 162 finishers

### Nowton Park XC Relays 14th October 2001

#### Mens Open Results (all ran 5k)



'A' Team - 2nd Place (31 seconds behind 1st place St Edmunds Pacers)

Name	Time	Cum. Time
Nick Stephens	18.48	18.48
Tom Jarrett	19.38	38.26
Chris Rees	20.22	58.48
Colin Pitts	18.35	1:17.23

'B' Team - 8th Place out of 14 teams

Name	Time	Cum. Time
Richard Denwood	20.08	20.08
Michael Jones	20.50	40.58
Richard Nash	22.47	1:03.45
David Boggis	21.17	1:25.04

'C' Team - 13th Place out of 14 teams

Name	Time	Cum. Time
Glenn Stephens	22.06	22.06
Jim King	24.41	46.47
Chris Gladwell	23.22	1:10.09
Jo Naughton	25.31	1:35.40

#### Mens Veterans Results (all ran 5k)

'A' Team - 8th Place out of 15 teams

Name	Time	Cum. Time
Peter Tricker	21.53	21.53
Robbie McPhillips	22.35	44.28
Richard Fellingham	23.30	1:07.58
Gordon Slack	22.36	1:30.34



#### Ladies Open Results (all ran 3k)



'A' Team - 5th Place out of 12 teams

Name	Time	Cum. Time
Katy Nash	14.49	14.49
Nicola Knott	14.03	28.52
Gail Sparkes	14.59	43.51

'B' Team - 8th Place out of 12 teams

Name	Time	Cum. Time
Ronel Van der Merwe	16.04	16.04
Karen Goodwin	14.52	30.56
Diane Heaney	15.58	46.54

'C' Team - 11th Place out of 12 teams

Name	Time	Cum. Time
Mary Tricker	16.14	16.14
Maria Reynolds	16.14	32.28
Linda Steward	19.22	51.50

#### Ladies Veterans Results (all ran 3k)

'A' Team - 3rd Place out of 9 teams

Name	Time	Cum. Time
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Olwyn Clayden	14.39	14.39
Anne Fellingham	15.38	30.17
Anne Fish	15.37	45.54

'B' Team - 9th Place out of 9 teams

Name	Time	Cum. Time
Lesley Webb	17.40	17.40
Sue Seggar	17.48	35.28
Rosemary Thurston	17.04	52.32

### FELIXSTOWE 'ARF (SO THE T-SHIRT SAYS)

Two very funny commentators were warming up the runners waiting for the hooter to go off. Any innocent passer by would have thought the entertainment season had started again.

The race attracted a strong field of club runners and amazingly after the first mile I felt as if I was right at the back. I checked my watch and I just run 7½ min mile so I wasn't going that slow. I told myself to ease off and not to worry about the ones racing ahead, I'm sure if I kept a steady pace I'll be able to pass one or two.

The sun was out and the wind was for once helping us up the hills. It was quite gusty and certainly not a day to wear a hat. Up ahead I could see a man in a yellow sweatshirt. This meant two things it was either a marshal or a Stowmarket Strider supporter. It was the latter and there was Chris Gladwell cunningly dressed in jeans so he wouldn't be tempted to enter on the day. I asked 'where's your trainers' and he just grinned back knowing what was to come.

As the route led us out into the countryside the next spectator I spotted was David West. He was standing opposite a pond so I ran a little faster as I know he wants to get me back for when I purposefully, accidentally stamped my foot into a puddle and instead of getting my intended victim, Richard Nash, wet David got the brunt of it.

The course was slightly undulating and the miles were ticking by. There

were odd pockets of spectators and enough marshals and water stops to ensure an enjoyable race.



I was just turning back to the seafront to finish the first lap when I saw the Stowmarket Striders supporters. Refreshed from their cross country training, the Fellinghams & Denwoods were there cheering me on. I also spotted the Fish's who I understand just completed a duathlon that morning and of course the Starmer family were there who I imagine just getting Chris to a race on time was a race of sorts in its own right.

The wind had certainly picked up for the second lap. Unfortunately after a couple of miles it was against you and it was a real battle to keep pushing forward. A couple of people had started to walk and I was beginning to feel tired. But I had my special reserve formula in hand if fatigue was starting to kick in. I dived into my little pocket and found a red wine gum. Perhaps its psychological or perhaps I just have a sweet tooth but I find it certainly helps. I find one wine gum lasts for about 2 miles (don't tell my dentist though). Amazing value!

The end was getting near and I found the 11<sup>th</sup> mile of this race to be the hardest due to the wind. I checked my watch knowing that the Stowmarket Strider's men would have easily finished by now. I clocked mile 12 and I knew I was on for a PB which did surprise me because of the weather conditions. I started to push the pace slightly and when I turned to go along the seafront I could see the clock ticking away. I had to get under 1hr 50min for my PB and judging the distance I realised I could perhaps squeeze under 1hr 49min. Never have I been

so transfixed on a clock before. It seemed to speed up as I was getting closer but I did manage to do it and I was pretty pleased with myself as I wasn't planning to do a PB.

I collected my goody bag and donned the t-shirt. Grabbed a banana and joined the rest of the group.

Thanks everybody for your support.

I must be reaching my limit on PBs now – I think 2002 will be a very hard racing year.

*Katy Nash*

### Framlingham Cross Country



A bright and warm day by November standards saw the start of the Suffolk Cross Country Championships at Framlingham. A slightly extended route down and back up a hill added an extra challenge to this already tough course.

The course challenges became very evident with Chris bashing his knee against a stile and Rosemary left with a near broken nose. An impatient unknown junior who slipped on a bank overtaking her swung his arm out in getting his own balance. His arm smashed into Rosemary's nose leaving her reeling and blood pouring! It's believed that the unknown junior continued without hesitation or a word of apology at that point or at the end of the race! Cheers to St John's Ambulance who assisted Rosemary in her plight. Jeers to that junior!

Other more humorous challenges became apparent when running through the more muddy part of the course. A fellow runner was precariously hobbling on one leg thick in the mud, leaning over desperately trying to recover his other shoe from the suction!! Special mention goes to Gordon Slack and Peter Tricker who not only ran a close race together but also lead the Men's over 50 category. Colin

Pitts and Chris Starmer are also an impressive 2nd and 3rd in the Men's over 40 category.

The best individual results for the ladies go to Gail Sparkes and Maria Reynolds who are 2nd and 3rd in the Ladies over 40. Striders also dominate in the Ladies over 50, with Anne Fellingham, Anne Fish and Sue Seggar taking the 3rd to 5th positions out of the 6 ladies in the category. Edward Tricker did very well in the junior race coming 12th out of 30 junior runners with a time of 16.38... the first 11 year old in!!

## STRIDERS V JAFFA CHALLENGE 24TH SEPTEMBER 2001

For our second 5000m track challenge against the Ipswich Jaffa Club, running conditions on the evening were perfect (remember the previous year!). What a fantastic turnout of Striders, 35 runners (we would have had over 40 but for the late withdrawals).

So with our 15 ladies on the track the first event was underway. Right from the start Tracy Turner of Jaffa dominated the race and finished in an impressive 20.01. Jaffa took the next 3 places followed by our first lady, Katy Nash in 22.24 just ahead of Nicola Knott. It was an excellent effort by our ladies, but we were narrowly defeated by 92 pts to 82 pts.

Now to the second event, the men's over 21 mins race. This one was closely contested by our Robbie McPhillips and Robert Chenery of Jaffa, with Robbie (19.58) just out sprinted over the last 100m, (so you're in the fast race next year Rob!). Richard Fellingham was our second man home in 21.08 (6th), but with Jaffa taking 7 of the first 10 places we lost this one by 133 pts to 79 pts.

So to the final event, the sub 21 min men. We had a strong team, and this race was very competitive with some close personal battles being enjoyed by the enthusiastic spectators. David Laing won for Jaffa in 16.46 just ahead of our Chris Ling (16.50), closely followed by teammate Richard Miller.

We took 5 of the first 10 places but just lost out by 109 pts to 102 pts. Each race was well competed and considering Jaffa's members number well over 150, we should be proud of our efforts to run them so close. Overall Jaffa won the challenge trophy by 263 pts to 344 pts.

As a final comment may I thank everyone who ran, also for the co-operation with the "spotting" and for the tremendous vocal support and encouragement given to those on the track. We look forward to taking them on again next year

Stuart Green

### CHALLENGE – RESULTS

Chris Ling	16.50
Richard Miller	17.00
Nick Stephens	17.24
Chris Starmer	17.32
Torn Jarrett	17.51
David Boggis	18.34
Stuart Green	19.01
Jason Allard-Austin	19.02
Peter Tricker	19.34
Richard Nash	19.41
Robert McPhillips	19.58
Richard Fellingham	21.08
Will Thurston	21.29
Edward Tricker	21.42
Adam Wankowski	22.13
Les King	22.19
Grayhame Fish	22.52
Jim King	23.15
David Evans	23.50
Peter Turvey	24.31
Katy Nash	22.24
Nicola Knott	22.27

Gail Sparkes	22.43
Heidi Bingham	22.44
Ellen Broughton	22.46
Olwyn Clayden	23.33
Anne Fish	23.39
Karen Goodwin	23.53
Anne Fellingham	23.54
Diane Heaney	24.47
Jean Lynch-Aird	25.00
Ronel van der Merwe	25.05
Maria Reynolds	25.08
Mary Tricker	26.02
Heather Wankowski	DNF

## FLORA LONDON MARATHON

Rejected by the ballot for the London Marathon?  
Still want to run?

You may qualify for the chance to be awarded one of the club places

To qualify for consideration for the club places you must meet the following criteria:

**\* You must have been a paid up club member for 2001.**

**\* You must have run a minimum of 5 races for the Club in 2001. (Established events).**

**\* You must have applied for and been refused entry to the 2002 London Marathon.**

**\* You must not have had a Strider's Club place for London before.**

The club have two places available. If you meet the following criteria you must give your name to Chris Starmer by Tuesday 11<sup>th</sup> December 2001.

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

The successful applicants will be told before Christmas and will get the entry forms from Chris Gladwell.

The bad news for the successful applicants is that they still have to pay the entry fee.

### **YELLOW CARD FOR THE YELLOW VEST**

**The club have been warned that their members will be disqualified from races if they do not run in official, current club colours.**

County officials have warned us that individual runners can be disqualified but they also have the powers to disqualify whole teams if any of the team members are not running in the same kit. This could also apply to any runner not wearing black shorts!

We have now had three warnings about this and if we don't comply with the rules very very soon we will find people being disqualified.

If you do not have the latest version of the club vest, please get one now or you and the team may be disqualified from any future races.

Why not put it on your Christmas list and see if Santa gets you one.

### **SUFFOLK WINTER LEAGUE CROSS COUNTRY**

We have not had the best of starts to the league this season but we are

only 130 points behind the leaders, Flying Shufflers. There is plenty of time to catch up in the remaining races:

**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 and wait for the call from Grayhame.

We should get details of the exact venue for the Bungay race soon.

### **CROSS COUNTRY TRAINING**

Richard is again running Sunday morning training sessions at Haughley Park. These have been well attended so far and are great for getting used to the pleasure of Cross Country.

Due to race commitments these don't happen every week, check with Richard for details.

### **SUFFOLK GRAND PRIX SERIES**

We have now had the first three races in this season's Grand Prix Series. To qualify for prizes runners need to compete in four of the six races in the series.

If you did the Lowestoft Equinox 5, Felixstowe Half Marathon or the Scenic Seven you can still qualify for prizes by running the Lowestoft Turkey Trot on 16<sup>th</sup> December and the Bungay 20k and Bildeston Half Marathon in 2002.

### **SUFFOLK COUNTY CHAMPIONSHIPS 2002**

The County Championship races for 2002 will be:

- Bungay marathon
- Jaffa 5 mile
- Newmarket 10k
- Felixstowe ½ Marathon

- Hadleigh 10 mile

The Mutford Relays will be the team championship event.

Dates for all these races and the other Suffolk races in 2002 will be in the next Newsletter

### **STRIDER RACES 2002**

The dates for our club's races in 2002 are as follows:

10<sup>TH</sup> March – Joe Cox 10 mile

28<sup>th</sup> June – Friday Five

10<sup>th</sup> November – Scenic Seven

### **NEW RACE CONDITIONS**

The conditions that clubs have to meet in order to hold a race have been increased. As well as all the normal rules & regulations the club now has to:

- Complete a full risk assessment of the course, highlighting all perceived "risks" to runners. This assessment must be written up and show the "risks" and the steps that the club will take to overcome them. (The Scenic Seven risk assessment was on display in the Leisure Centre on race day).

- Apply for a permit for the race at least six months in advance.
- Provide two timekeepers and result recorders at the finish line
- And have qualified first-aiders available.

This means that our races should be as safe as we can make them but on the down-side it means we need many more club members to help put on each event.

(It would interesting to see the risk assessment for the Framlingham Cross-Country. The way to minimise the risk would probably be to stay at home).

### **LEVEL ONE COACHING COURSES**

Anyone fancy themselves as an athletics coach? There are regular

weekend coaching courses taking place across the region. The courses cover all athletics events but you are able to spend time focusing on your own particular discipline. If you have serious ambitions to help coach within the club you should speak to

Chris Starmer about the courses. They cost £45 but the club may be able to assist with the costs.

Anne Fellingham will shortly be issuing voting slips to all club members so we can vote for our "Strider of the Year". Trophies will be awarded at the Christmas party.

## SOCIAL EVENTS

### CHRISTMAS PARTY

Is on **Friday 14th December at 7.30pm** at Stowmarket Rugby Club, Chilton Way. Tickets £4 per person, on sale soon. Open to partners. Please bring a dish, sweet or savoury and if possible a raffle prize

The party is also the time when the club championships and Strider of the year awards (voting forms available from Anne Fellingham) are given out as well as the two club places for the London Marathon (see page 4 for qualification details).

**Friday 12th April 2002**

Pre-marathon pasta party - venue to be confirmed.  
Time to start carbo-loading.  
All runners & spectators are welcome

### **Saturday 6th January 2002 Pantomime**

New Wolsey Theatre  
Ipswich

Cost £11.95 adult, £7.95 child.

Katy has reserved a number of tickets to see Cinderella for the matinee performance. Can she have names and the money as soon as possible please, but by 1<sup>st</sup> December at the latest

## STRIDER OF THE YEAR



## 15% discount from UP & RUNNING

**Use this number to get a  
15% discount on any goods  
from Up & Running:**

**R-4-1-10-2001**

Up & Running, in combination with Running Fitness Magazine, have put together a discount package for running clubs. Apparently this package is better than any currently being offered in the UK. When you buy anything from their web site or mail order you simply use the above number to get your discount.

Up & Running are at:  
16 Station Parade, Harrogate  
HGI IUI (01423 562162)  
& 261 Otley Road Leeds LS16  
5LQ (1132 788866)

## STRIDER PROFILE David Boggis

HOW LONG HAVE YOU BEEN RUNNING?  
21 years! Started when I was 14 at Stow High School. Used to go out

before dawn as I was embarrassed at my slowness.

WAS IT YOUR PREFERRED RUNNING SHOE?  
Saucony

WHAT IS YOUR FAVOURITE DISTANCE?  
10 miles

WHAT WAS YOUR BEST EVER RACE?  
Hadleigh 10 miles 1998 – 61.30

WHAT WAS YOUR MOST MEMORABLE RUNNING EVENT?  
Stowmarket ½ Marathon. I was only 15, knew little about running & was exhausted for a week  
WHAT IS YOUR FAVOURITE RUNNING COURSE?  
Hadleigh 10 miles

WHAT WAS YOUR FUNNIEST MOMENT IN RUNNING?  
Anything to do with Peter Tricker

WHAT WAS YOUR WORST MOMENT IN RUNNING?  
A hip injury 2 weeks before Nottingham Marathon 1993 after training 60+ miles a week for months. It was caused by over-enthusiastic "dancing" on Simon Dobbs' stag night.

WHAT ARE YOUR PERSONAL AMBITIONS IN RUNNING?  
Sub 60 min for 10 miles

WHAT FOOD/DRINK DO YOU HAVE BEFORE RUNNING?  
Porridge, toast & tea

WHAT ARE YOUR PET HATES?  
Smoking. People who don't keep fit. Norwich City

**WHO IS YOUR MOST ADMIRERD SPORTS PERSONALITY?**  
 Marco Pantani (he's a cyclist for the uninitiated)

**WHAT ARE YOUR HOBBIES OTHER THAN RUNNING?**  
**Ipswich Town.** Fuchsias,  
 Cycling, Nightclubs, dance music

**WHAT DO YOU DO IN A TYPICAL WEEKS TRAINING?**  
 20 miles running, 30 cycling, one hour of five-a- side football

**WHAT ARE YOUR RACE PLANS FOR THE NEXT SIX MONTHS?**  
 Framlingham 10k  
 Felixstowe half marathon  
 Hadleigh 10 miles

\*\*\*\*\*  
 Editor's note: David completed this profile in the summer – have a look at the race results to see how successful his race plans were!!!!!!.

## SWIMARATHON 2001

On the 9th October two teams of six took part in the Stowmarket & District Lions Club swimarathon. Each member of the team had to swim one length of the pool in relay for 45mins. Well done all those that took part, and this was after a hard session of 800's up and down Chilton Way. Most importantly the event was organised to raise money for local charities: -

The Suffolk Accident Rescue Service  
 Riding for the Disabled

At very short notice [2 days] between us we managed to collect £165.50  
 Next year the Lions have promised to give us more notice as all enjoyed the swim and surprisingly wanted to repeat it, although Tamara will need a water buggy.

For the record:

Team A	Team B
Tamara	Linda
Heidi	Alison
Ellen	Leslie
Richard D	Jan
Richard F	Anne
Peter	Grayhame
Completed 104 lengths	Completed 80 lengths

Next years Swimarathon 2002 is on the 8/9 Oct.

## Stowmarket Striders Gear

**The following items with club name are available:**

	£	
Vests (ladies and mens)	12.00	In stock
Long sleeve (Aqua duct) training shirt	19.00	In stock
Club T Shirt (cotton)      New Member	3.00	In stock
Club T Shirt (cotton)      Existing Member	5.60	In stock
Club T Shirt (Aqua duct)	16.50	New .on order
Ladies Lycra tops              from	14.50	Ordered on request
Sweatshirts	11.00	Ordered on request

**Other items available**

	£	
Reflective safety bibs	4.50	In stock
Shorts (ladies and mens)      from	10.50	Ordered on request

Various training bottoms/tights	from	12.50	Ordered on request
Training jackets	from	34.50	Ordered on request
Thermal gloves	from	6.00	Ordered on request
Hats	from	5.50	Ordered on request
Various socks (per pair)	from	4.50	Ordered on request

All items not in stock can be ordered and received usually within 1 week. If you would like to see the brochure details before ordering please speak to Kirsty or a committee member.

## **STOWMARKET STRIDERS**

# **ANNUAL GENERAL MEETING**

## **TO BE HELD IN**

## **MID SUFFOLK LEISURE CENTRE**

### **OCEAN ADVENTURE**

## **AT 7.30PM ON MONDAY 28TH JANUARY 2002**

**All members are requested to attend this meeting since all committee members will have to resign and the new committee for the year 2002 will have to be voted in.**

The present committee has discussed the possibility of forming a smaller committee of say 11 members as opposed to the present 13 and would welcome the views of club members. A smaller committee would incorporate 'Vice Chairman' and 'Minute Secretary' into other positions. i.e. the Treasurer could act as Vice, 'Secretary' as 'Minute Secretary'. Do the Captains need to be on the committee?

Your thoughts on the above suggestion(s) and your views on any other matter regarding the composition and functioning of the committee should be made known to the Chairman (if you have time preferably in writing) and thus raised at the AGM.

The present committee is as follows:

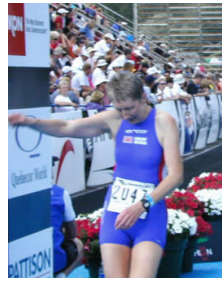
1	Chairman	Chris Starmer
2	Vice Chairman	Chris Chaplin
3	Secretary	Anne Fish
4	Treasurer	Stuart Green
5	Minute Secretary	Grayhame Fish
	Men's Captain	Grayhame Fish
6	Ladies Captain	Tamara Jordan
7	Social Secretary	Katy Nash
8	Newsletter	Chris Gladwell

Without portfolio (impressed or what)

9	Richard Nash (website)
10	Anne Fellingham
11	Gordon Slack
12	Glenn Stephens
13	Heidi Bingham

All positions are available for re-election at the ACM and should you be interested in serving on the committee please speak to one of the committee members listed above for further information

Anne Fish  
Secretary



## 18-WEEK SCHEDULE FOR NOVICE MARATHONERS STARTING ON 7<sup>TH</sup> DECEMBER 2001

Week	Monday	Tuesday	Actual miles	Wednesday	Actual miles	Thursday	Actual miles	Friday	Actual miles	Saturday	Actual miles	Sunday	Actual miles	Weekly Mileage	Actual Weekly Mileage
1	Rest	Club		3 slow		Club		Rest		8 slow		3 easy		25	
2	Rest	Club		3 slow		Club		Rest		10 slow		4 easy		26	
3	Rest	Club		3 easy		Club		Rest		12 slow		4 @ m/p		28	
4	Rest	Club		4 Fartlek		Club		Rest		8 slow		6 easy		27	
5	Rest	Club		4 @ m/p		Club		Rest		14 slow		X/country		32	
6	Rest	Club		Rest		Club		Rest		10 slow		6 easy		27	
7	Rest	Club		5 Fartlek		Club		Rest		16 slow		4 @ m/p		34	
8	Rest	Club		5 easy		Club		Rest		12 slow		7 easy		35	
9	Rest	Club		4 @ m/p		Club		Rest		18 slow		5 easy		38	
10	Rest	Club		4 easy		Club		Rest		14 slow		X/country		34	
11	Rest	Club		Rest		Club		Rest		20 slow		4 @ m/p		35	
12	Rest	Club		3 slow		Club		3 easy		16 slow		5 @ m/p		38	
13	Rest	Club		1s-1q-1s		Club		3 easy		20 slow		5 easy		42	
14	Rest	Club		4 Fartlek		Club		3 easy		16 slow		7 @ m/p		41	
15	Rest	Club		4 easy		Club		3 easy		20 slow		5 easy		43	
16	Rest	Club		4 easy		Club		Rest		17 @ m/p		7 easy		39	
17	Rest	Club		3 easy		Club		Rest		13 slow		5 easy		28	
18	Rest	Club		Rest		4 slow		Rest		Jog		RACE		11+26.2	

Slow = 1.5 to 2 minutes slower than 10K pace.

Easy = 1 min slower than 10K pace

Tuesday club nights for main speed session

Thursday club nights for tempo run but not race pace

Get used to taking on fluids and walk if necessary when on long runs

As strength increases resist the urge to run faster on the long run, the other sessions will give the speed

There is a space for the actual mileage ran but it's better keeping a diary (see September Newsletter, page 6 – "The running log")