

# STRIDERS NEWS

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

Volume Three: Issue One

February 2002

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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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## STRIDERS MEN WIN SUFFOLK COUNTY CROSS COUNTRY CHAMPIONSHIPS

The Stowmarket Striders Men's team produced an outstanding performance to win the Suffolk County Cross Country Championships at West Stow on 6<sup>th</sup> January. They were up against the best runners in the county but Chris Ling, Colin Pitts, Nick Stephens and Tom Jarret stormed home over the 12km course to beat Woodbridge Shufflers, by 6 points. Ipswich JAFFA finished 3<sup>rd</sup> and St Edmund Pacers were back in 4<sup>th</sup> place. It's the second time the Striders have won this trophy in 3 years. The Lady's team also did well against tough opposition from a number of strong teams.

Our top 4 men and our leading lady, Nicola, were all offered to represent Suffolk in the Inter-Counties Cross Country Championship in Nottingham. **(Results on page 2)**

## THE ALTERNATIVE AGM MINUTES

If you're on the committee you'll know we meet every month and talk for about two hours. So why does the AGM, the meeting that shapes the future of the club in the coming year, only last 40 minutes? Can the committee learn a lesson from the slick, tightly controlled way that the AGM takes place?

Twenty-five members were present at this year's AGM at the Leisure Centre on 28<sup>th</sup> January. They were lucky enough to witness the following highlights (in no particular order):

- The club had another financially successful year despite losing races to Foot & Mouth.
- Good news – No change to the membership fees and (added bonus) this year all the relays will be free to members as they are now fully subsidised by the club. (Some resistance from Richard F & Chris C on this one).
- A new committee were elected (see page 6 for the usual suspects).
- Chris Starmer gave an eloquent, detailed and balanced summary of the club's year and then gave the outgoing treasurer and secretary a bottle of wine in recognition of all their hard work. Perhaps incoming members should get a bottle of wine and then members may not be so reluctant to put themselves forward for the committee.

## FIXTURES

**March 10<sup>th</sup>**

**Stowmarket Striders Joe Cox 10m**

**March 17<sup>th</sup>**

Bildeston ½ Marathon (*Grand Prix 2001/2*)

**March 24<sup>th</sup>**

Linton Village College 1/2 Marathon  
Broadland 15

**March 29<sup>th</sup>**

Sudbury Fun Run

**April 7<sup>th</sup>**

Bungay Marathon\* & Half Marathon  
(*Suffolk Championships*)

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

**LONDON MARATHON**

**April 21<sup>st</sup>**

Canvey Island 5 mile

**May 6<sup>th</sup>**

Felixstowe Rotary 5

**May 12<sup>th</sup>**

Woodbridge 10k

**May 19<sup>th</sup>**

Great Baddow 10 mile

**May 26<sup>th</sup>**

JAFFA 5\* & 10 miles  
(\**Suffolk Championships*)

## RESULTS

**Hadleigh 10**

**18th November 2001**

6	Colin Pitts	56.44
10	Nick Stephens PB	58.19
38	Richard Denwood	63.00
104	Paul Goldman	75.39
119	Jonathan Slack	77.31
154	Anne Fish	82.19
170	Rosemary Thurston	85.44
175	Ronel Van der Merwe	86.22

**Chelmsford 10k**

**25th November 2001**

9	Colin Pitts	34.10
135	Jonathan Slack	45.24
There were 349 finishers		

## SUFFOLK COUNTY CROSS COUNTRY CHAMPIONSHIPS

### Top Men's Teams

1 <sup>st</sup>	<b>Stowmarket Striders</b> 48pts
2 <sup>nd</sup>	Woodbridge Shufflers 'A' 54pts
3 <sup>rd</sup>	Ipswich Jaffa 'A' 60pts
4 <sup>th</sup>	St Edmund Pacers 'A' 63pts
5 <sup>th</sup>	Newmarket Joggers 'A' 96pts
6 <sup>th</sup>	Hadleigh Hares AC 130pts
7 <sup>th</sup>	St Edmund Pacers 'B' 138pts
8 <sup>th</sup>	Felixstowe Road Runners 140pts

### Top Lady's Teams

1 <sup>st</sup>	St Edmund Pacers 'A' 6pts
2 <sup>nd</sup>	St Edmund Pacers 'B' 25pts
3 <sup>rd</sup>	Ipswich Harriers 39pts
4 <sup>th</sup>	Felixstowe Road Runners 48pts
5 <sup>th</sup>	<b>Stowmarket Striders</b> 50pts
6 <sup>th</sup>	Woodbridge Shufflers 58pts
7 <sup>th</sup>	Newmarket Joggers 'A' 67pts
8 <sup>th</sup>	Framlingham Flyers 70pts

### Strider's Team Results

#### Men

6	Chris Ling	45.36
7	Colin Pitts	45.53
10	Nick Stephens	46.31
25	Tom Jarret	48.39
35	Richard Denwood	51.00

#### Ladies

9	Nicola Knott	27.13
19	Ellen Boughton	29.19
22	Katy Nash	30.50
26	Anne Fish	31.29
34	Diane Heaney	33.31

## William Edwards School 10k

**16th December 2001**

99 Jonathan Slack 42.48 **PB**

## Lowestoft Turkey Trot 10m

**16th December 2001**

4	Chris Ling	56.00
6	Colin Pitts	56.38
56	Gordon Slack	1:08.28
105	Richard Nash	1:15.03
151	Grayhame Fish	1:21.28
162	Anne Fish	1:23.21
164	Katy Nash	1:23.35
173	Lorraine Phillips	1:27.53
There were 200 finishers.		

## Waveney Valley AC Winter 10

**27th January 2002**

86	Anne Fish	1:23.20
87	Grayhame Fish	1:23.22
101	Ronel Van der Merwe	1:34.24
There were 115 finishers		

## Benfleet 15 mile

**27 January 2002**

99	Richard Nash	2:02.51
109	Jonathon Slack	2:05.08
118	Bob Ratcliffe	2:06.55
There were 291 finishers.		

## Stamford Valentines 30k

**10th February 2002**

171	Richard Nash	2:24.19 PB
There were 398 finishers.		

## Bungay 20k

**17<sup>th</sup> February 2002**

8	Nick Stephens	1:13.57
28	Colin Pitts	1:19.02
33	Tom Jarret	1:20.34
56	Gordon Slack	1:25.24
90	Richard Nash	1:29.23
	Bob Ratcliffe	1:34.00
	Katy Nash	1:43.00
	Ronel Van der Merwe	

Now in its 3rd year, the Bungay 10k and 20k race is going from strength to strength! With over 450 runners, the lure of the St Peter Brewery bitter and engraved glass trophies have only had a positive effect. With the exception of the first and last 2km, the course is relatively flat and in good scenic countryside. Good marshalling and water stops using bottles rather than those flimsy cups mean thumbs up from me.

*Rich*

### **Lincoln Lions 1/3rd Marathon 18th November 2001**

The Lincoln Lions 1/3 Marathon is run from the North Kestevan Leisure Centre, North Hykeham, Lincoln. Being a RAF child I moved around a lot and the start was just 1/4 mile away from a school I used to go to (1964). Of course the school dinners are not in wooden bowls any more and you can get second helpings these days.

Lincoln is built on a junction of several Roman Roads and has a natural feature of a large hill. In fact a ridge runs north/south through that part of Lincolnshire. Well the run soon picked up on this and after 2.5 miles we started to climb (Waddington Hill) I can't think of anything comparable in Suffolk. The first water stop was at the top being 4 miles (yes the climb is approx 1.25 miles). We then had a 1-mile down hill stretch, which had its own set of problems. The run then was flat, a large portion through housing estates with the usual gravel and curbs to cope with. Finally the last 600 meters was round the sports field.

This produced a comical moment, just as we entered the field at the back of a building a small group of people were clapping and cheering. At this point a keen male runner sprinted past me, I was just thinking how impressed I was going to be with his 600 meters sprint finish, but then he realised his mistake and slowed to a jog. I eased past him and didn't see him again.

I arrived at the finish line to find no water left and a cheerful gentleman handing out a goody bag. I was a little tired and didn't examine the contents but thought the bag seemed a little light. In the changing rooms I opened the bag to find three items: An entry form for the Sleaford 1/2 marathon, a Mencap leaflet for

London sponsorship and a small plastic, Lions 1/3 marathon, badge. I expected to find a hole also but there wasn't one! (Well it was for charity) Just like Waddington Hill I can't think of anything comparable in Suffolk!!! I was 121st out of? (No results Website) in a time of 63min 38secs with an interesting set of splits: 7.24, 8.11, 8.40, 9.44, 7.36, 8.25, 8.04, 8.41, 6.48 (part mile). Not a run I was proud of. If anyone wants the Sleaford 1/2 marathon application form see me.

*Grayhame Fish*

### **Benfleet 15m 27th January 2002**

If anyone classified this as a road race, they couldn't be further from the truth. With the exception of an obstacle course, I would classify this race along with the 'tough man'. A cross country of the most muddy proportions!

A race ran principally along the sea wall both sides of the Thames on Canvey Island and between Benfleet and Old Leigh. The tough part came running along the downs that was covered in more mud than... than... well anything! Along with that came the slant of the hill meaning that many of the runners had their left sides caked in the stuff from slipping over.

Luckily I wore my cross shoes, but with the excessive mud the grip all but disappeared as your shoes had a thick layer compacted in the tread. On top of this a certain hill was so slippery so you had to run on the farmers clay field. Clay weighed your shoe down now that the mud was sandwiched between the clay base and the upper sole. To add further insult the route soon after went over wood chippings!... Yep - you guest it! This stuck on too

and we had may as well been running in our Wellington boots!

Anyway, finally back to proper paths and deliberately running through large puddles helped relieve the muddy burden. A slow middle section from me that was made up by a satisfactory strong finish.

*Richard*

### **Stamford Valentines 30k 10th February 2002**

They described this race as undulating, but I think the race organisers were being modest. It was positively hilly!

With Katy providing me with the energy drinks support, this was a thoroughly enjoyable race in the morning sunshine. A new plan of staying in a B&B made the travelling to the race a totally stress free 10 minute drive. This gave me plenty of time in the morning to have the full English breakfast and cereal – quality running food!

Having started at the back of the crowd, giving me time to warm up into the kilometres, I found my pace and began working my way through the field of runners. It's a much better feeling to pass runners than to be passed. It was good to look around at the countryside and both Katy and I saw some fallow deer with a full antlers buck herding them pass the runners.

I finished strong making this race the furthest and longest run I have ever done. I was very happy. It was even more pleasing knowing that I finished ahead of most of the relay teams (doing 8k,8k,12k). I can recommend a proper sports leg massage after a race like this for novices like me. It hurts like hell but the next day I had little aches or pains to speak of. Katy had more having ridden the 30k with me!

*Rich*

## SUFFOLK WINTER LEAGUE CROSS COUNTRY

### Haughley Park Cross Country 20th January 2002

Probably the best cross country event in the series, the turn out was good and the weather conditions almost perfect. Remember last year with all the sleet and snow?

#### Men's:

Men's Pos.	Race Pos	Name	Time
4	4	Colin Pitts	34.10
7	7	Richard Miller	34.43
11	11	Chris Starmer	35.15
14	14	Nick Stephens	35.32
25	25	R Allen	37.05
44	46	Malcolm Penn	39.26
61	64	Jason Allard-Austin	40.56
64	69	Peter Tricker	41.27
74	86	Bob Ratcliff	44.03
106	144	Joe Naughton	54.23

#### Ladies:

Ladies Pos.	Race Pos	Name	Time
17	109	Gail Sparkes	46.09
19	113	Ellen Broughton	46.55
29	128	Katy Nash	50.40
34	136	Anne Fish	51.50
35	137	Sue Leedham	52.10
36	138	Anne Fellingham	52.14
38	143	Diane Heaney	54.19
44	154	Denise Naughton	60.22
45	155	Sue Seggar	60.22

This was a good race for the Striders Men's team in the battle for 3rd, Although the Strider Ladies dropped positions, only three points separated them from equal 4th placed Harriers and St Edmund Pacers B.

The good news for the overall position was that Stowmarket had gained a place and lead Waveney Valley & Bungay by 6 points.

Felixstowe were now 55 points behind the Striders in 5th. The leaders Flying Shufflers and St Edmund Pacers A had stormed off in a race of their own.

As for the individual results, with one race to go it looked like Peter Tricker would win the Men's Vet's over 40 for the second year running. Colin Pitts, Gail & Anne looked to be a medal hopes too.

## SUFFOLK WINTER LEAGUE CROSS COUNTRY Bungay 24<sup>th</sup> February 2002

The final event of the winter cross country series saw an excellent turnout for Striders with 25 runners braving the windy weather with various maps to travel to Bungay. Thanks everyone for turning up.

In the men's event we were lying equal 3rd with the Bungay/Waveney team and the Ladies were 6<sup>th</sup>, one point behind Pacers 'B'. Hence going into the final event the overall position was Striders 3rd with 7 points more than the Bungay/Waveney team.

The men's team at Bungay was the strongest we have fielded in this series and the ladies team the strongest possible turnout. We welcomed Nicola back having got over her cold, Gail still improving after injury, Ellen scoring yet again and Katy well up in support.

I got carried away with the strength of our team, particularly the men, and believed we could hang on to third place. Even coming close to winning the men's on the day. However, Waveney/Bungay had other ideas and put out an even stronger team which I guess was clinched by Mr Balls of W/B coming second behind David Miller. This seems to have been the first outing of Mr Balls this series. Anyway the Ladies came in 5 points clear of the W/B team but the men were 24 points adrift resulting in Striders coming 4th on the day.

In the series the Men finished 4th the Ladies 3rd and the combined team 4th with (3083) just 13 points behind W/B who had (3096). The battle between W/B men and Striders pushed Pacers 'A' men back into 4th place at Bungay and no doubt helped the Flying Shufflers to a clear and well-deserved victory in the series, and I congratulate them on the win.

On a lighter note Sue Leedham needs to start a little slower and not pace off with David Miller, she was missing Anne Fellingham's influence. Karen Goodwin was welcomed back from injury.

Thank you to all Striders that turned out for the events and put in such a good performances making the series as exciting as it has been.

*Grayhame Men's Captain*

**Several age group trophies were picked up: Peter Tricker won the men's 50-55 age group. Colin Pitts, Gail Sparkes and Anne Fish were second in their respective age categories.**

The Winter League Cross Country competition continued to grow in popularity in 2001/02. This season there were nearly 100 more runners than last with every race showing an increase in entrants:

Race	2000/01	2001/02
Brandon/Bungay	127	140
Stowmarket	135	158
Woodbridge	142	166
Framlingham	128	163
Totals	532	627

The Striders also had more runners at this season's races – 85 compared to 76 last season. Strangely, all our extra runners were at the last race. The numbers of Striders at each of the first three races were exactly the same in both seasons! – Action point for the team captains - *Ed*

In 2000/01 Striders Men finished 5<sup>th</sup>, the Ladies finished 3<sup>rd</sup> and the combined team was 5<sup>th</sup> in the Series.

This year the men finished 4<sup>th</sup>, the Ladies were 3<sup>rd</sup> and the combined team were 4<sup>th</sup> – just think what we could do with even more runners.

The full results are on page 5 (sorry Edward, couldn't get the Junior results off the web site).

	Position	Team	Framlingham	Woodbridge	Haughley Park	Bungay	Total
<b>Men</b>	1	Flying Shufflers	753	769	728	695	<b>2945</b>
	2	St Edmund Pacers A	705	745	693	632	<b>2775</b>
	3	Waveney Valley and Bungay	700	723	622	671	<b>2716</b>
	4	Stowmarket Striders	659	712	674	647	<b>2692</b>
	5	Felixstowe Road Runners	731	618	595	287	<b>2231</b>
	6	Brandon and Newmarket	670	624	446	387	<b>2127</b>
	7	Ipswich and Cambridge Tri	600	585	575	338	<b>2098</b>
	8	Suffolk Harriers	486	590	460	208	<b>1744</b>
	9	Lowestoft Road Runners	407	471	270	461	<b>1609</b>
	10	St Edmund Pacers B	384	488	448	197	<b>1517</b>
	11	Bildeston Bounders	0	202	256	149	<b>607</b>
<b>Ladies</b>	1	St Edmund Pacers A	150	146	153	118	<b>567</b>
	2	Flying Shufflers	137	136	125	108	<b>506</b>
	3	Stowmarket Striders	103	102	94	92	<b>391</b>
	4	Felixstowe Road Runners	115	110	120	39	<b>384</b>
	5	Waveney Valley and Bungay	88	96	109	87	<b>380</b>
	6	Brandon and Newmarket	70	94	110	76	<b>350</b>
	7	St Edmund Pacers B	117	68	117	32	<b>334</b>
	8	Suffolk Harriers	100	106	97	22	<b>325</b>
	9	Lowestoft Road Runners	39	19	44	62	<b>164</b>
	10	Ipswich and Cambridge Tri	0	0	75	0	<b>75</b>
	11	Bildeston Bounders	0	0	26	0	<b>26</b>
<b>Combined</b>	1	Flying Shufflers	890	905	853	803	<b>3451</b>
	2	St Edmund Pacers A	855	891	846	750	<b>3342</b>
	3	Waveney Valley and Bungay	788	819	731	758	<b>3096</b>
	4	Stowmarket Striders	762	814	768	739	<b>3083</b>
	5	Felixstowe Road Runners	846	728	715	326	<b>2615</b>
	6	Brandon and Newmarket	740	718	556	463	<b>2477</b>
	7	Ipswich and Cambridge Tri	600	585	650	338	<b>2173</b>
	8	Suffolk Harriers	586	696	557	230	<b>2069</b>
	9	St Edmund Pacers B	501	556	565	229	<b>1851</b>
	10	Lowestoft Road Runners	446	490	314	523	<b>1773</b>
	11	Bildeston Bounders	0	202	282	149	<b>633</b>

#### Men age category

Senior	40-45	45-50	50-55
1. D Miller FS	1. R Coll BN	1. A Dawson PA	<b>1. P Tricker SS</b>
2. S Hart FS	<b>2. C Pitts SS</b>	2. T Powell FS	2. K Rooke FS
55-60	60-65	Over 65	
1. P Harrington WB	1. N Bonham BN	1. H Bennett FE	
2. D Pryce WB	2. R Mawer LO	2. H Bareham IC	

#### Ladies age category

Senior	35-40	40-45	45-50
1. G Kieran PA	1. J Abbott FS	1. S Pearce FE	1. P Partridge PA
2. L Potter WB	2. A Bennett FE	<b>2. G Sparkes SS</b>	2. A Millett WB
	50-55	Over 55	
	1. D Braverman BN	1. J Potter WB	
	<b>2. A Fish SS</b>	2. J Cox FS	

## NEWS

The new Committee were elected at the recent AGM. The management of the club is in their hands so if you have any issues – you know who to speak to –

Position	Current Member
Chairman	Chris Starmer
Secretary	Richard Fellingham
Treasurer	Richard Nash
Race Director	Chris Chaplin
Men's Captain	Grayhame Fish
Ladies Captain	Anne Fellingham
Social Secretary	Katy Nash
Newsletter	Chris Gladwell

Other Committee Members:  
Leslie Webb  
Malcolm Penn

## CLUB CHAMPIONSHIPS

At the last committee meeting there was a lot of discussion about the format of the Club Championships for 2002. Many ideas were put forward with 'age calculated' and straight 'time improved' being supported by different members. It was also suggested that all six races in the 'Suffolk County Championships' be used as the venues, (rather than just the two that we had in 2001). It was then suggested that participants need only compete in 4 of the six events to be considered. The committee would then look at the performances and decide a winner. The fine-tuning will take place at a further committee meeting or through a sub committee. Grayhame will advertise the final decision on the Club Notice board(s).

## Suffolk

### Championships 2002

Here are some important dates for your diaries. The races in the Suffolk Championships 2002 series are:

Venue	Date
Bungay Marathon	7th April
Jaffa 5m	26th May
Newmarket 10k	7th July
Mutford Relays	14th July
Felixstowe ½ Mar.	6th Oct
Hadleigh 10m	17th Nov

Note: To qualify club colours must be worn.

### Suffolk Grand Prix 2002/3

Just a reminder – the events for the Suffolk Grand Prix 2002/3 are

Lowestoft Equinox 5m	2002
Felixstowe 1/2 Marathon	2002
Stowmarket Scenic 7m	2002
Lowestoft Turkey Trot 10m	2002
Bungay 20k	2003
Bildeston 1/2 Marathon	2003

Note: To qualify club colours must be worn

Four out of the six races must be run to qualify for the series.

## 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

## SOCIAL EVENTS

The 2001 Christmas Party, held at the Rugby Club, went down very successfully. It was nice to see members of the club turn up with their partners who are so often forgotten about in our little running world but I know they

play an important part in all of our training.

Well done to all who contributed to the raffle. It was very successful and it has been known that a certain person who donated a raffle prize actually won it back. After much persuasion the girls managed to drag a few guys onto the dance floor. Who would have thought they would resist so greatly when at the end of the day how often is it that you get to dance with a dozen of fit females!

*Katy*

On **Friday 12th April 2002** we will have our annual **Pre-marathon pasta party** - venue probably The Magpie. Time to start carbo-loading. All runners & spectators are welcome.

*See Katy for details.*

A Ten-Pin Bowling evening is being planned. Both Ipswich 'Solar Bowl' and Bury Bowl are being checked.

Jan Starmer has booked tickets and accommodation for those Striders who are going to the Commonwealth Games on the weekend of the 26<sup>th</sup> - 28<sup>th</sup> July with seats on the 27<sup>th</sup>.

It has been suggested that the club should consider a different venue for the next Christmas party as the rugby club lacked atmosphere. Haughley Barn was suggested but this needs to be booked well in advance.

Discussions are ongoing with Jim King on the idea of using the Barn. It's also been suggested that we have a Barn Dance and open it up to non-club members, as we would need to have sufficient numbers to fill the place. The committee is having further discussions on this.

The **barbecue** will be at Haughley Park in late August

## FEET ACROSS THE SEA

Stowmarket's twin town - Verneuil sur Avre (between Caen & Paris) in France have invited the Stowmarket Striders to their town on the weekend of 8<sup>th</sup> & 9th June.

On this weekend, the town holds two races, a Half Marathon and a 10k. This race is also the regional championship for Normandy. For this weekend they also host the feast of the town.

The people of the town will accommodate us and no doubt feed those travelling and staying for the weekend. You only need to get there! From Stowmarket, the quickest route suggested by autoroute is using the Channel Tunnel between Dover and Calais and driving the rest. If there is sufficient interest, the cost of travelling could be further reduced by hiring a mini van for the weekend.

If you can confirm that you would like to come along, please give your names to Katy by the 28th March and indicate which race, if any, you would like to run. Partners are obviously invited too. Katy will then be able to work out the costings for the trip.

### 15% discount from UP & RUNNING

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

**Use this number to get a 15% discount when you buy anything from the Up & Running web site or by mail order from Up & Running**

Up & Running are at:  
16 Station Parade, Harrogate HG1 IUI (01423 562162)  
& 261 Otley Road Leeds LS16 5LQ (1132 788866)

## UK ATHLETICS COACHING COURSE

**PETER TRICKER**

Following in the footsteps of Chris & Richard I attended the UK Athletics Level One coaching course at the Northgate Sports Centre during February.

This was a full days coaching course covering all aspects of athletics from track to field events. The sessions consisted of classroom explanations followed by practical activities and coaching process for each of the following Sprint, Endurance, Jumping and Throwing.

UK athletics is committed to developing a coach education and training scheme that will meet the needs of coaches at all levels. The new scheme has also been developed to provide athletes at all levels with suitable qualified coaches that will enable them to attain their own goals. Hopefully this will lead onto each club member getting what they want from the club.

The traditional approach was very much an authoritarian one in which the coach told athletes what to do, but there's a growing shift away from this to a much more athlete-centred approach where the telling and showing is complemented by involving the athlete by asking questions to generate awareness on what the athlete wants from sport.

This nicely leads onto what this is all about and to get some feed back from club members:

### **TASK ONE**

**To give every club member the opportunity to express your own reasons for joining and getting involved with our running club and how we can as coaches best achieve this**

## Strider of the Year & Winner of the Club Championships

It's fair to say that the Nash household dominated the award ceremonies at the Christmas party. Katy and Richard won both the Club Championships and they were also both voted by the club members as the male and female Striders of the Year.

**Congratulations to them both.**

## Stowmarket Striders Gear

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

<b>Item</b>	<b>£</b>
Vests (ladies and mens)	12.00
Long sleeve (Aqua duct) training shirt	19.00
Club T Shirt (cotton)	
New Member	3.00
Existing Member	5.60
Club T Shirt (Aqua duct)	16.50

**Other items available/ordered on request**

<b>Item</b>	<b>£</b>
Ladies Lycra tops	from 14.50
Sweatshirts	11.00
Reflective safety bibs	4.50
Shorts	from 10.50
Various training bottoms/tights	From 12.50
Training jackets	from 34.50
Thermal gloves	from 6.00
Hats	from 5.50
Various socks (per pair)	4.50

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

# LONDON MARATHON 2002

## Best of luck to the Striders in the London Marathon

**Olwyn Clayden**  
**Jean Lynch-Aird**  
**Lorraine Phillips**  
**Maria Reynolds**  
**Mary Tricker**  
**Trevor Abbott**

**Jason Allard-Austin**  
**Les Basham**  
**Richard Denwood**  
**Richard Nash**  
**Colin Pitts**  
**Phil Rampley**

**Bob Ratcliff**  
**Malcolm Rendell**  
**Jonathon Slack**  
**Nick Stephens**  
**Mark Van Hinsbergh**  
& (last but not least, even though he's not a proper Strider) **David West.**

All these runners will receive a vast amount of advice and be told a bizarre array of anecdotal stories about running the marathon – so this year here is some advice for their spectators and supporters

## LONDON MARATHON SPECTATOR GUIDE

### Before the Marathon

#### Why is my marathoner acting funny?

After months of intense training, marathoners “taper” in the weeks immediately before the race, meaning that they cut back on mileage and intensity in order to ensure they’ll be in top form on race day. This manifests itself in daily life as mood swings, excess energy, occasional irritability, and possibly other unpleasanties. On top of that, the pre-marathon jitters set in, complete with dreams about missing the bus to the start, losing the Champion Chip, tripping just before the finish line or running such a slow time that they miss the coach home. All in all, your marathoner might not always be fun to be around. My advice? Be patient and supportive, just as you’ve been all along. Pre-marathon anxiety is actually a good sign-it means your marathoner’s done everything right.

#### What nice things can I do for my marathoner in the days before the race?

Give massages, cook carbohydrate-rich meals, and tuck your marathoner in early. You can also sneak a nice surprise into your marathoner’s race-day bag—a note, a photo, or a good luck charm that they’ll come across when they get to the start on Marathon Morning.

### Race Day

#### What will I need during the marathon?

Definitely wear comfortable layers of clothes and comfortable shoes. Be sure you’re prepared for all possible weather conditions - you’ll be outdoors most of the day, and shouldn’t have to suffer! And you will notice that rain more than your marathoner. Bring some money for snacks and transportation. Don’t forget your camera and a watch, and your mobile phone to keep in touch with your marathoner after the race. A rucksack is probably your best option for carrying all this and more (see below).

#### What should I bring for my marathoner?

Snacks and beverage of their choosing, as well as anything they’ll want for after the race. Find out exactly what that might be - the right flavor energy bar, the exact ripeness of banana, which fleece jacket. Some kind of pain-relief medication could come in handy (again, find out the right kind), as could plasters, sunscreen, Vaseline, extra socks, a hat, and gloves, stretcher, wheel-chair etc etc.

#### What should I cheer?

Many marathoners wear their names on their shirts. This means they want you to cheer for them.

Some suggestions:

“Go Strider!” (A bit corny, impersonal & American); “Way to go Strider!” (Even more corny, impersonal & American); “You’re doing great Mary!” or “Keep it up Nick!” are good calls, (Change the name as appropriate). Marathoners will appreciate almost any words of encouragement (including

“Looking good!” even if they’re not). Just don’t try to tell them it’s all downhill from here (it isn’t), or that they’re almost there (unless you’re in front of Buckingham Palace).

### **How can I see the Finish Line?**

Well the only real way to see the finish line is on television! The chances of seeing your marathoner cross the line are, well, “Nil”.

### **After the Race**

#### **How will my marathoner and I find each other after the race?**

The Reunion Area in Hyde Park is set up to reunite thousands of runners with their fans. It’s a heaving mass of sweaty, knackered runners and tense spectators. To find your runner, you need to agree a really specific location from the map in the marathon magazine. Your marathoner will actually have an easier route to the finish than you will. You may have to fight through vast crowds or cross the course (which can be almost impossible). Mobile phones are handy in case you get held up – your marathoner won’t want to stand around for ages waiting for you, nothing takes the edge off that feeling at the end of the marathon more than waiting for ages to tell someone about it. You could also meet at Cleopatra’s Needle on the Embankment – there will always be other Strider runners and spectators at this point.

#### **Will my marathoner’s moods return normal now?**

After the race, your marathoner is likely to have runner’s high for several days. They soak in the experience. Then they’ll come down, and may even sink into the “what now?” state known as marathon depression. Help them to recover by setting new goals to work towards. A suggestion that they can now decorate the bathroom in their spare time should get them out running again. With the solid base of marathon training behind them they should be able to cruise the summer’s 10ks and 5 milers.

#### **What if I want to do the London Marathon?**

This feeling, too, is normal, and you should go with it! Many spectators start out wondering how their friends could ever want to run 26.2 miles, and they end up so impressed and inspired that the next they know they’re entering the ballot and reading training guides. It’s called marathon fever, and it’s highly contagious!

## **LONDON MARATHON COACH**

Phil Rampley has agreed by popular demand to arrange the coach for runners and supporters to the London Marathon. Runners will be dropped off near the start of the Marathon at Greenwich (depending on your colour start) and supporters at the Tower of London.

The pickup points and times are:-

Haughley Bus Stop	05:50am
Stowmarket F.C.	05:55am
Stow Railway Station	06:00am
Combs Ford Bus Stop	06:05am
ICI Roundabout	06:05am
Needham Swan	06:10am



The coach will leave the Embankment near Cleopatra's Needle at approximately 16:00 hrs.

The tickets cost is £7 for club members and £8 for non-club members - so you don't have to be a Stowmarket Strider to benefit from the coach trip. Cheques payable to 'Stowmarket Striders'.

If you would like to book your seats, please contact Phil Rampley ASAP (by 10th March latest) stating your name, the number of seats required and your desired pick-up point. Phil can be contacted at club nights or by telephoning (01449) 613944

## STRIDERS BEST – 2001

Following on from last year Richard has compiled a list of Stowmarket Striders best times for 2001. This table only uses information from results published on the website & this newsletter.

If you have race results showing a better time, please tell Richard and he will update the information.

Name	5k	5m	10k	10m	1/2M	Marathon
Trevor Abbott	-	-	-	-	1:53.15	-
Jason Allard-Austin	19.02	-	-	-	-	-
Heidi Bingham	22.44	-	-	-	1:53.37	-
Julia Balment	-	-	-	-	-	6:39.00 PB
David Boggis	18.34	30.28	39.41	-	-	-
Anthony Boyd	-	-	-	-	-	4:09.00 PB
Ellen Broughton	22.46	-	46.36 PB	-	-	4:16.00 PB
Jo Calame	-	-	-	-	-	4:05.36
Olwyn Clayden	23.33	-	-	-	-	-
Linda Cochrane	-	-	-	-	-	6:41.00 PB
Kirsty Denwood	-	-	-	-	-	4:16.00 PB
Richard Denwood	-	-	-	1:03.00	-	-
David Evans	23.50	-	-	-	-	-
Anne Fellingham	23.54	38.44	49.39	-	-	-
Richard Fellingham	21.08	34.47	42.34	-	1:53.13	4:05.00
Jane Fellingham-Boyce	-	44.38	-	-	-	-
Anne Fish	23.39	39.36 PB	50.45 PB	1:22.19 PB	2:02.58 PB	-
Grayhame Fish	22.52	37.52 PB	49.33	1:21.28 PB	1:59.50	4:29.57 PB
Paul Goldman	-	-	49.21	1:15.39	1:40.25	4:03.26
Karen Goodwin	23.53	41.00	50.24 PB	-	-	-
Chris Gladwell	-	-	46.36	-	-	-
Stuart Green	19.01	31.32	38.05	-	-	-
Diane Heaney	24.47	-	56.36	-	-	-
Tom Jarrett	17.51	-	37.37 PB	-	1:30.04	-
Michael Jones	-	-	38.20	-	-	-
Tamara Jordan	20.33	-	42.06	1:10.15	1:34.34	-
Jim King	23.15	-	45.56	-	-	-
Les King	22.19	-	-	-	-	4:27.42 PB
Nicola Knott	22.27	-	-	-	-	-
George Leggett	-	-	-	-	1:53.38	-
Chris Ling	16.50	-	-	56.00	1:17.03	-
Jean Lynch-Aird	25.00	41.42	54.06	-	2:31.00	-
Robbie McPhillips	19.58	34.04	42.16	-	1:40.12	-
Richard Miller	17.00	-	-	-	-	3:29.58
Katy Nash	22.24	37.36 PB	47.19 PB	1:21.09 PB	1:48.22 PB	-
Richard Nash	19.41 PB	33.29 PB	42.12 PB	1:09.59 PB	1:34.42 PB	-
Jo Naughton	21.28	43.47	48.30	-	1:47.34	-
Malcolm Penn	18.33	-	40.28	-	1:25.12	-

Lorraine Phillips	-	-	-	1:27.53	-	-
Colin Pitts	-	-	34.10	55.33	1:17.16	-
Martin Pottage	21.09	-	-	-	-	-
Chris Rees	-	32.00	-	-	-	-
Malcolm Rendell	-	-	48.54	-	-	-
Maria Reynolds	25.08	40.53	54.45	-	-	-
Sue Seggar	27.28	44.15	61.04	-	-	-
Gordon Slack	20.52	33.15	41.16	1:08.28	1:32.38	3:35.54 PB
Jonathon Slack	-	36.17	42.48 PB	1:17.31	-	-
Chris Starmer	17.32	29.37	37.48	-	1:24.20	-
Nick Stephens	17.24	27.28	36.43	58.19 PB	1:20.22	2:58.13
Gail Sparkes	22.43	-	53.07	-	-	-
Rosemary Thurston	25.35	40.34	51.58 PB	1:25.44	-	-
Will Thurston	21.29	32.41	44.23	-	-	4:08.57 PB
Mary Tricker	26.02	-	-	-	-	-
Peter Tricker	19.34	-	-	-	-	-
Peter Turvey	24.31	-	-	-	-	-
Ronel Van Der Merwe	25.05	40.39	51.31	1:26.22	2:02.51	-
Adam Wankowski	22.13	-	-	-	-	-

## RACE REPORTS

It's always good to add a short report to the race results. Some of you are regular contributors to the website and I publish some of the reports here for those without Internet access. However, the London Marathon will give you memories that will live with you forever, please put pen to paper for the newsletter and website.

## MESSAGE

After those long training runs give your legs a treat by having a massage. Phil Rampley and Maria Reynolds are completing his training and would be more than happy to give any members a free massage.

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**Annual subscriptions are due  
If you have paid, thank you  
If you haven't – please pay them as soon as possible**

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### **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.

# RULES OF STOWMARKET STRIDERS RUNNING CLUB

When you when you joined the club you all completed a membership form. Each year you complete a new membership form when you pay your subscriptions. The declaration you sign states:

“I.....agree to abide by the rules of the club.”

Have you ever seen a copy of the rules of the club? The committee have reviewed the rules and had then thoroughly checked by a legal expert. They are now published below for you all to see. They will also be available on the club’s website and if you want another copy I can get you one.

## RULES OF STOWMARKET STRIDERS RUNNING CLUB

- I. The Club shall be called the Stowmarket Striders Running Club.
2. The objects of the Club are to provide facilities for running for the members and to promote and encourage running as a sport in Mid Suffolk.
3. The Officers of the Club shall be:
  - A Chairman
  - A Secretary
  - A Treasurer

They shall be proposed, seconded and elected by ballot at each Annual General Meeting. They shall hold office until the next Annual General Meeting when they shall retire but shall be eligible for re-election from year to year.
4. The entire management of the Club (except as otherwise provided by these Rules) shall be deputed to a Management Committee (hereinafter called “the Management Committee”).
5. The Management Committee shall consist of all the Officers of the Club and not less than one or no more than nine other members of the Club who shall be proposed, seconded and elected by ballot at each Annual General Meeting. Elected members of the Management Committee shall hold office until the next Annual General Meeting when they shall retire but shall be eligible for re-election from year to year.
6. Three members of the Management Committee shall form a quorum.
7. The Management Committee shall meet at least once a month during the year to arrange the affairs of the Club. Minutes shall be taken of all proceedings of the Committee and shall be open to the inspection of any member of the Club applying to the Secretary therefore.
8. The Management Committee may from time to time appoint from among their number such sub-committees as they deem necessary or expedient and may depute or refer to them such of the powers and duties of the Management Committee as the Management Committee may determine. Such sub-committees shall periodically report their proceedings to the Management Committee and shall conduct their business in accordance with the directions of the Management Committee.
9. The Management Committee will fill any casual vacancy on the Management Committee. Any member so chosen for the Management Committee shall retire at the following Annual General Meeting and shall be eligible as a candidate for election on the Management Committee at such Annual General Meeting.
10. The Management Committee in addition to the powers herein specifically conferred upon them shall have the control of the finances of the Club, power to engage control and dismiss the Club

servants and all such administrative powers as may be necessary for properly carrying out the objects of the Club in accordance with these rules.

11. The Secretary shall conduct the correspondence of the Club and shall have the custody of all documents belonging to the Club. He shall keep full and correct minutes of all proceedings and records of all competitions of the Club.
12. The Treasurer shall keep the accounts of the Club and shall make up the annual statement of accounts and balance sheet of the Club to the 31st day of December each year which shall after audit be printed and circulated amongst the members with a notice of the Annual General Meeting. All payments made for or on behalf of the Club shall be made by cheque only, such cheques to be signed on behalf of the Club by the Treasurer and either the Chairman or Secretary, or by such officers of the Club as the Management Committee shall determine.
13. An auditor shall be appointed at the Annual General Meeting. He shall audit the annual statements of account and balance sheet and shall certify the same before it is printed.
14. The Annual General Meeting of the Club shall be held each year in the month of January at such time and place as the Management Committee shall determine.
15. Any member desirous of moving any resolution at the Annual General Meeting shall give notice thereof in writing to the Secretary not less than seven days before the date of such meeting.
16. The Management Committee shall call an Extraordinary General Meeting when any question of urgent importance shall arise and shall be bound to do so on receiving a requisition signed by five members of the Club.
17. At least fourteen days notice of any General Meeting specifying the business to be transacted and the day, place and hour of meeting shall be sent to every member by letter to his address in the Club register.
18. Subject to Rule 20 no rule of the Club shall be repealed or altered and no new rules shall be made save by a two-thirds majority of the members present at a General Meeting. Not less than three weeks written notice of the intention to propose any new rule or alteration shall be given to the secretary who shall send notice of the same to every member to his address in the Club register not less than ten days before the General Meeting.
19. The Management Committee is empowered to make, repeal and amend all such byelaws and regulations (not inconsistent with these rules) as they may from time to time consider necessary for the well being of the Club. Such byelaws, repeals and amendments shall have effect till otherwise determined by the Management Committee or a General Meeting.
20. The annual subscription for members shall be such sum as shall be determined at the Annual General Meeting by a simple majority of the members present thereat. Subscriptions shall be due on the 1st Day of February in every year.
21. All annual subscriptions shall be payable on the first day of February in every year and if after a reminder has been given a subscription has not been paid on or before 31<sup>st</sup> March following, the defaulter shall thereupon be subject to a financial penalty, in addition to the annual subscription, of an amount determined at the Annual General Meeting by a simple majority of the members present thereat.
22. Any member may resign his membership by giving to the secretary notice in writing to that effect provided that if notice be given after the first day of March in any year he shall be liable to pay his subscription for that year.

23. If at any time the Management Committee shall be of the opinion that the interests of the Club so require they may, by letter, invite any member to resign from the Club within a time specified in such letter. In default of his resignation the question of his expulsion shall be submitted to a Special General Meeting to be held within three weeks after the date specified in such letter as the date before which he shall have been invited to resign. The member whose expulsion is sought shall have notice of such meeting and of the grounds on which it is sought to expel him. At such meeting the member shall be allowed to offer an explanation for his conduct verbally or in writing and if two-thirds of the members present shall vote for his expulsion he shall thereupon cease to be a member of the Club. Providing that the voting at any such Special General Meeting shall be by ballot if not less than five members present thereat shall so demand. It shall be in the power of the Management Committee to exclude such member from any Clubhouse and grounds until such Special General Meeting shall be held.
24. Any person on ceasing to be a member of the Club shall forfeit all right to and claim upon the Club its property and funds.
25. If at any General Meeting a resolution for the dissolution of the Club shall be passed by a majority of the members present, and such resolution shall at a Special General Meeting held not less than one month thereafter at which not less than one-half of the members shall be present be confirmed by a resolution passed by a majority of two-thirds of the members voting thereon, the Management Committee shall thereupon or at such future date as shall be specified in such resolution proceed to realise the property of the Club and after the discharge of all liabilities shall divide the same equally among all the full members and upon the completion of such division the Club shall be dissolved.
26. Neither the Club nor the Management Committee shall be liable for injuries incurred to Club members running on official Club nights or in their own time. Reference to the club's insurance may be appropriate in case of injury.
27. Every member shall be bound by and submit to the Rules and byelaws of the Club.

