

STRIDERS NEWS

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

Volume Three: Issue Two

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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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LONDON MARATHON

I know it was six weeks ago and the aching muscles have all fully recovered but there's a breakdown of all the runners' split times on page 2 & 3. I am happy to give anyone any advice on how to run a negative split in a marathon. It's all about controlled pacing in the first half of the race.

Thanks to Olwyn for opening up baring soul and revealed the military precision that went into her race. There's also a report from a fancy dress runner and apologies if you've seen it before. I have also included extracts from Nigel Lloyd's race report. He's a runner from Halesowen who regularly sends me his clubs newsletter. He had an extraordinary experience with an injured runner in Birdcage Walk.

SOCIAL EVENT NEWS

If Katy organises many more social events there won't be time for any running. Up and coming events are a weekend trip to Stowmarket's twin town in France; a night at the Newmarket races with a chance to see Status Quo rocking all over the world – at their age that must only be in rocking chairs; then there's the barbecue, another bike ride (if we can find a free Sunday in the summer) and there's several runners going to the Nottingham half/full marathon in September. Looking further ahead, this year's Christmas party will be a departure from the norm with a barn dance at Haughley Park barn. – see page 11 for full details



OLWYN'S 1st LONDON MARATHON 2002

Thanks to everyone for their sponsorship - £1,400.00 raised for Breast Cancer!

My personal target Run all the way and complete in 4 hrs. The day started at 04.45 a.m. when the alarm went off. I was awake already - this is it, today's the day. First thing, another drink of water, must have drunk 8 pints yesterday. Forced down breakfast. Vaseline in all the appropriate places, running gear on. Walk down the road to catch the Striders coach at 6.00 a.m. On the coach are my fellow runners with their families and friends; there is an atmosphere of nervous anticipation.

Arrived at Blackheath where we were to start from. The coach went off with the spectators to Tower Hill. On Blackheath there were thousands of runners. First priority - find your starting pen, mine was Blue start, pen 7, along with Mary, Lorraine and Maria. Next priority - toilet. Massive queues and lots of men's urinals, but only 2 ladies loos - typical! Find the right lorry for your kit bag and head for the start. Met up with Jean who had travelled by car, and she was extremely keen to swap her pen 5 number for my pen 7 - thanks Jean - so I headed on forwards to try and locate the runners world 4 hr pace marker.

And we're off! Crammed in the road with thousands of others, walking to start with and finally started running. Must have been about 1/2 mile before we went over the start line and the mats that activate the shoe chips. Press the start button on my watch, at last, 4 hrs or so to go.

Couldn't locate the 4hr pacers, so gave up on that idea. The pace is slow, there's no space to get going in, but hey, there's plenty of time for that later, and the words of wisdom from Richard F. & Co. come into my mind. I hadn't read the newspaper in the morning, but made up for it by reading the runners t-shirts with charity details, names and slogans on - some had a picture of the child they were running for. Spectators were cheering, and soon I heard the first music booming from a pub. In the first few miles there's lots to take in and see, and also to concentrate on picking your way through other runners to keep in some sort of regular pace. I had written my running times for a 4hr finish on my arm, the first being 5 miles at 45.45. Each mile on the route is marked on an overhead archway. At 5 miles, I was on target, which was a pleasant surprise considering the slow start. At 6 miles, a friendly face - Bob, and we kept together for the next 4 miles. Just before 7 miles, we ran round the Cutty Sark, which was nice. At 10 miles, I was a minute or so under target of 1hr 31.30. Feeling good, but decided to take on more water because I missed a few water stops to avoid getting held up or tripped up.

The various bands booming out their cheerful music were very uplifting and I even sang along and ran in time with the beat. 12 ½ miles, over Tower Bridge. This part was great, packed with spectators and I saw friends and family in the crowd. 15 to 19 miles - feeling it now, legs getting sore, where have all the bands and music gone? I hear the crowd shouting, "Come on Frank" and it takes a while to register in my brain, before I look round and see Frank Bruno behind me. He's looking tired. Finally the 20 mile marker, that is a psychological boost and still on target, but can I keep it up.

22 miles - ouch it hurts! Only 4 miles to go - I picture 4 miles on my route at home and tell myself that I have only got to run for another 39 minutes, then I can sit down. This is what all the training was for. Each of those last 4 miles went on forever. Legs in automatic mode, listen to the crowd "Well done, you're looking good" - Liars. I'm thinking of Buck House and the Mall; I can't wait to run down the Mall to the finish.

Slightly over pace at 24 miles, I know I'm slowing so must pick it up - it hurts anyway, so a little more pain won't matter. Along Birdcage Walk by St. James's Park, I know I'm nearly there - the watch is getting close to 4hrs. Keep going, keep going. I see the finish line, must remember to lift my arms up as I go through (makes a better photo).

Wow - I've done it. Just let me lay down somewhere - anywhere. Thanks to all the Striders supporters - it makes such a difference to see friendly faces in the crowd.

Olwyn Clayden

FRANKIE GOES TO LONDON

Frankenstein is relieving himself behind a baggage lorry on the Blue start

Unknown runner: "Mind if I take a leak next to you Hulk?"

Frankie: "No but I'm actually Frankenstein, I seem to have transformed into the Incredible Hulk during make-up"

Unknown runner: "Well I've transformed from an athlete into a nervous wreck and I'm really worried about doing this"

Frankie: "Don't worry, you're in the middle of a London park talking to a strange man and you've got your w**** out, that should be more worrying than running the marathon".

So why was I running the marathon dressed as Frankenstein? It had been a last minute decision to run at all. I'd carried over my entry from last year when I had been struck down by a career threatening injury and then, just as my serious training for this year's race was starting I injured my knee again, on 24th January. The pain was similar to a blunt nail being hammered through the kneecap and then wiggled about by a psychopath. Running a bath was difficult so running a marathon seemed impossible. I didn't run again until 19th March. At that time I had no intention of running a marathon.

However, in the days before Easter I had some sort of mental aberration and thought that maybe I could do it. So Easter Saturday saw me shuffling 18 miles around Stowmarket. This was the test, if I could do it without ill effect or that nail being driven through my kneecap I would do London. The test run was a great success, no stiffness, and no nail through the kneecap. I read somewhere that to stand any chance of running well in a marathon your five longest training runs should ideally total 100 miles and at least 65 miles, mine totalled 68. It was all systems go for London – but I didn't tell Richard Fellingham because I knew he would quite rightly tell me I was a fool, except he wouldn't be so polite.

I knew I would have to be slow and I focused on the Runners World, Get You Round pacing group. They would run five minutes and walk one minute and I thought that if I stuck with them it would help my self-control, stop me going off too fast and hopefully prevent the nail-kneecap scenario. Fancy dress seemed appropriate; it would be a sort of excuse for the slow time, but what could I wear? This is where Indi came in, we've worked together for a few years, I've trained with her a few times and last year I "coached" her through her training for the Sheffield and New York City marathons, however she is completely mad. She convinced me that Frankenstein would be good and not to worry about a costume, she could sort it out, the writing was on the wall, but not the one I was looking at.

Half an hour before the start I was gelling my hair and having green stage make-up applied to every visible part of my body. I put on my neck bolts, made from flesh coloured plastic and which Cathy had expertly sown onto the waistband of a pair of ladies tights. I couldn't help but notice the admiring glances I was getting from others. I filled the pockets of my costume, a slightly worn suit, with sweets, camera and my sunglasses. I also took my mobile phone and during the run got a steady stream of calls and text messages from friends and family. It meant I knew where exactly on the route to expect friends.

For the first few miles I stuck with the Get You Round group who were making steady progress but I was finding it hard to run at their slow pace. At seven miles I stopped to touch up the make-up, I wanted to look good in the photos. At ten miles I left the pacing group and struck off on my own. I kept my self-control and stuck to the pattern of five minutes running and one minute walking. I got to halfway in 2:44 and realised just how slow I had run the first few miles. I would be lucky to be back in time to catch the coach at this rate.

The crowd were absolutely amazing; there were times when quiet sections erupted into a combination of spontaneous cheers, applause and laughter when they spotted me approaching. People were cheering and shouting, "Come on Frankie". Some people shouted, "Come on Hulk". I politely pointed to my neck bolt and said "Frankenstein actually". They all apologised. The funniest ones were when I heard people being corrected by their partners – "No dear he's not the Hulk, he's actually Frankenstein". I had celebrity status for one day, now I know what Posh and Becks go through when they go to Marks & Spencer's. I

apologised to the parents of the young kids giving High Fives who recoiled in terror when they saw me approaching. Other children who were giving out sweets gave me their whole packets, cried don't hurt me mister and ran to their parents. Between 16 and 17 miles I had kids shouting, "Come on Einstein". Is this proof that the school at the bottom of all government league tables is in Poplar?

I found miles 17 to 20 a real pain, I was feeling fine but couldn't move at the pace I wanted because of the narrow roads and all the walkers and slower runners. Something I hadn't thought of before I ran was just how many Lycra-clad women of assorted sizes there are running at the back of the field. It was just an observation, nothing more.

By mile 21 I got my second wind, I "flew" through the Limehouse tunnel and on to mile 23 where Indi and her family were waiting. I quick chat, photo and a check of the make-up and I was off again. Just after the 24-mile marker I found the Peter, Linda, John and Heidi. Apparently they had had a marathon of their own taking one of Peter's short cuts from Tower Bridge, which involved scaling the walls of the Tower of London.

I bounced along the Embankment relatively easily then hit my only really bad patch as I turned into Birdcage Walk but by then the finish was so close it didn't really matter. I finally crossed the line in 5:06 a personal worst but I ran the second half in 2:22, twenty-two minutes faster than the first half and a negative split that anyone would be proud of.

AND HERE'S PART OF NIGEL LLOYD'S LONDON.....

..... There are shades of emotion and relief when it's all completed and when you have crossed the finish line. Whatever performance you have done you'll have your medal hanging with pride around your neck to prove it, and the feeling? Just indescribable! Then there are the days after when the legs seem to disown you and the aches and pains remind you of your greatest day. You will reflect, and it finally sinks home "I ran the London Marathon!" These are a few reflections of London 2002.

It's back at the hotel. I am flat on my back, crashed out on the bed, tired and spent. Poor old Mandy is putting up with the post-mortem as we watch the BBC2 highlights. Looking back at the highlights, it all comes flooding back. When you're out there running a marathon it is just a blur as you are in deep concentration. Thank god your subconscious takes it all in or it would be a total blank. Mandy nudges me in the ribs "Look its you!" The cameras had caught a shot of me assisting a fellow runner across the line. It all happened on Birdcage Walk. I wasn't feeling too good. In fact rubbish. It was a relief that I was in the last mile. I passed a chap in equal distress. It looked like he had twisted an ankle or something. Another runner was aiding him. Surely, two bad runners equal one good one? So I offered my assistance and together we carried Ben to the finish. I guess Ben was his name, by what the crowds were chanting. There again when we finished there was his name on his shirt! Who says marathon runners are not sharp? "*My hero!*" Mandy gives me a hug. So the day wasn't that bad after all.

It's Tuesday morning and I am back at work, down to earth with a bump. I am back in reality were running no longer dominates my life. It's all over for this year...what about next? My legs ache, my body tired. I feel like I should have weeks off let alone one day. But above all, there is an over whelming feeling of a job well done, another Flora London Marathon well run and in the bag. Well maybe not time wise, but the sacrifice and what I did that afternoon.

Later that morning the phone bursts to life. I pick up the receiver. "Is that Nigel? ...Nigel Lloyd?" An unfamiliar voice asks. "It's Ben...Ben Walsgrove!" A moment's pause, then "Ben...yes how are you?"

The last time that I say Ben was literally on the finish line on The Mall were we deposited him in the capable hands of paramedics. "...I'm in hospital, have you not heard? I broke my hip and had surgery to put two pins into it to hold it together" My initial reaction was a stunned one. My reactions on the day were that Ben had either twisted or sprained an ankle, and not fractured the right neck of the femur. Pete

was already with him then when they decided to hobble their way to the finish as I past them. There was no way that the two were going to get there alone so I volunteered my shoulder. The Good Samaritan in me took over. Ben had a pained expression but a strong determination to finish. Hopping on one foot Pete and myself look his weight "Do you mind?" Ben went on. "Come on, whatever it takes we're getting you across that finish line" Pete insisted. Taking an arm each around our shoulders we hoisted Ben off the ground and ambled a few steps forward. It was here that I realised that running twenty-five and a half miles then balancing the weight of a 14 stone runner was probably not the wisest of ideas as the knees buckled slightly. After that brief rest we picked Ben up again. Quickly, we developed a style with Ben skipping on one leg for 15 to 20 yards at a push. This seemed to work as Ben grimaced his way along Birdcage walk. "You're amazing!" Ben constantly insisted, "You're brilliant!" Every now and then St John's would offer to take him every time as they spotted Bens pained expression when we paused for breath. Pete and I shook our heads "We're taking him all the way!"

It would be so unfair to run so far and then to be forced to finish so short of the line. We also knew that once they had got their hands on him, Ben's marathon would be over. Ben's pledge was to only collect his sponsorship money when he had crossed the line and there was nine grand at stake in aid of Whizz Kidz riding on our shoulders. So he had to finish and we were going to get him there! The effort continued unaware of the damage that Ben had done. Let alone the pain he was in. Two weeks earlier Ben unknowingly had fractured his hip and was carrying a stress fracture. It wasn't until four miles he felt something pop! The fracture had snapped. By the time he had made it to Birdcage walk the pain in his leg was so excruciating, he had to pull up. So me stumbling and treading on his foot during a brief stop didn't aid him much either? Ben was concerned how far to the finish. We could hear the announcements echoing across St James Park from the finish as Buckingham Palace was in sight and we turned off Birdcage walk. More remonstrating with the officials who wanted to take Ben of the course, but no way were we, or Ben having it. "We're going to do it guys we're going to do it!" In the tradition of the 'Three Musketeers', or should we say 'Three marathonteers'? It was all for one and one for all until the finish line. We were going to get Ben across whatever! We started to get ambitious, carrying with Ben skipping a 50-yard stretch at a time. The crowd were behind Ben. Runners, tired like us who had picked up a final sprint to the line urged us on "GO ON GUYS!" and patted us on the back as they passed. It was so encouraging. "GO ON BEN GO FOR IT!" chanted the crowd. It was so loud and scary. Enough to make the hairs on your neck stand on end. But that inspiration made us more determined to get Ben home and in safe hands. If the crowds were behind Paula Radcliffe and Khalid Khannouchi with the same enthusiasm no wonder they produced two outstanding performances as they demonstrated earlier that day. The finish line was in sight. Two or three more efforts and we were a strides length away from finishing. With one last gasp for breath. I swapped shoulders with Pete. Two officials stepped up "We'll take the weight from you now?" one said. "We're finishing together," once again Pete stated. "You can, but we'll carry him for you?" I explained that we had carried Ben from the top of Birdcage Walk. "These last few yards we were going to do together!" This was the encounter that many saw on BBC2. Taking Ben one final time we edged him towards the line, and as if choreographed all three of us put our right feet on the line at the same time. Two paramedics quickly rushed up and grabbed Ben and took his weight. I remember the look of relief on his face, a satisfaction. Briefly we shook hands "I'll get your numbers" Ben shouted as he was carried away to a waiting ambulance. At the time Pete and myself wouldn't know the continuation of the story how Ben was instantly transported to the University hospital and under went surgery to have two pins inserted to hold his hip together. One thing I do know the feeling within myself, and that feeling had over shadowed the performance. What was time? I am not sure? I never looked at the clock as we crossed the line. I lost Pete in the melee at baggage collection, and wasn't until I found Mandy that I realised that I had failed to stop my watch also. I had actually done something good that afternoon even if I hadn't of raced that well. There was a warm glow of achievement, satisfaction and pride.

I have since spoken to Ben and he is recovering well. He is back at home with his family in Nottingham and working part time. Rumour has it that the 'Three Marathonteers' will return next year to run the marathon together and unaided.

FIXTURES

Sun June 9th

Golden Jubilee Job Junior Race
Mid-Suffolk Leisure Centre

Race for Life Women's 5k Jesus
Green, Cambridge

www.raceforlife.co.uk

City of Norwich 1/2 Mar
Norfolk Showground

www.conac.org.uk

Braintree District Triathlon
[400m/22k/5k]

Riverside Centre, Notley Rd

pcheartbeat@aol.com

Dunmow 5

Helena Romanes School,

Parsonage Downs

fitness@grangefarm67.feeseerve.co.uk

Victim Support 5k FR

Gloucester Park Athletics Track,
Basildon

Sun 16th June

Jim Peter's Southend 1/2 Marathon

Southend Leisure Centre,
Eastern Ave, Southend

www.southendracess.co.uk

Wed 19th June

Race for Life Women's 5k
Ferry Meadows Country Park
Peterborough 7pm

Fri 21st June

Little Clacton Friday 5
Little Clacton Village Hall

Sun 23rd June

Race for Life Women's 5k
Nowton Park Bury St Eds

Stansted 10k

www.stansted.net

Fri 28th June

Stowmarket Striders Friday Night 5, Haughley Park

Sat 29th June

Dovedale Willingale 10k

The Street, Willingale

drixon@supanet.com

Sun 30th June

Wymondham Midsummer 10

Morely Sports Centre

www.wymondhamac.org.uk

Race for Life Women's 5k

Hylands Park Chelmsford

Hordon Feast/Fayre 10k

High Rd, Hordon on the Hill

Sun 7th July

Newmarket 10k

Exning Road, Newmarket

(*County Championships*)

Sun 14th July

Mutford Relays

(*County Championships*)

Sun 28th July

Ekiden Relays

Sun 11th August

Waveney Carnival 10k

Sun 18th August

Mid Suffolk Triathlon

Sun 8th September

Framlingham 10k

Sun 22nd September

Equinox 10k

Diss 7.5m & 15m

RESULTS

Bildeston 1/2 Marathon & 10k 17th March 2002

The race, being the final one in the Suffolk Grand Prix series, saw a good turnout from the Striders despite many training for the London Marathon.

My aim for this race was to beat a close competitor in the Suffolk Grand Prix, and having spotted my rival before the race, I knew my target. What I didn't know before the race that Katy, my loving wife, had secretly spoke to my rival pointing out that I was the man he had to beat! Cheers wifey!!

The first mile of the race is all up hill so I took it easy. However 1km from the start, my rival sped past me so I had no choice but to take up the challenge and shadow him. The pace was quite strong and I was concerned if I could keep with him for the full half marathon. At the 5km point, having pushed up a hill I had edged ahead. In an attempt to keep the advantage I continued to keep the strong pace going and began working my way up the field, leaving my rival behind.

Towards the end I realised that I must be on a blinder of a race, running with competitors who I knew were normally better than me. When I finally crossed the finish line, I had broken my previous PB by over 3 minutes! So I must thank my rival for pushing me at the start, who sadly pulled his calf muscle in our racing scrap.

Congratulations go to the others for a hard race and breaking their PB's. It was pleasing too for the Men's team winning 1st prize. Thanks go to the supporters, Richard & Anne, Peter & Mary and Jean (on her bike) for their cheers and encouragements.

Rich

Bildeston 1/2 Marathon

Men won 1st Team Prize

2	Nick Stephens	1:19.23
10	Richard Denwood	1:27.42
17	Jason Allard-Austin	1:29.48
20	Richard Nash PB	1:31.40
32	Bob Ratcliffe	1:38.27
43	Paul Goldman	1:46.19
48	Olwyn Clayden PB	1:48.43
51	Katy Nash	1:49.38
55	Grayhame Fish PB	1:52.03
66	Malcolm Rendell	:59.11

There were 77 finishers.

Bildeston 10 Kilometres

11	Stuart Green	38.38
43	Anne Fish PB	49.04
56	Ronel Van der Merwe	53.40

There were 64 finishers.

Brentwood Half Marathon

17th March 2002

251	Jonathon Slack	1:40.54 PB
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There were 1014 finishers.

Worthing 20m

24th March 2002

The information sheet received with my running number told me that this wasn't going to be the most enjoyable of races. The course is a dull 4 laps of a 5 mile urban route, some of which was along the south coast sea front. For most of the race the runners are encouraged to run along the uneven concrete pavements, weaving in between gardens overgrown shrubs and street lamp posts.

The good point was that this was a well spectated race compared to rural Suffolk with good marshalling and water stops. I can also claim my best suntan of the year from this race!

The field of runners exceeding 800 runners represented all abilities and there were many out on the course with still a lap to go when I left for home. The lead runner passed me at about

1:40 mark finishing in a time well under 2 hours.

Katy, my ever keen supporter, must have run over 5 miles herself between points on the circular course in an effort to keep me topped up with Lucozade and moral encouragement. Thanks to Katy and to the lady from Chichester Running Club with whom I ran the last 10 miles. *Rich*

Pos	Name	Time
no idea?	Richard Nash	2:38

There were lots of finishers.

Sudbury 5m Fun Run 29th March 2002

73	Katy Nash	38.22
95	Karen Goodwin	39.41
114	Anne Fellingham	41.56
115	Richard Fellingham	41.58

There were 188 finishers. What a beautiful sunny day. It was nice to fill comfortable wearing vest top and shorts again although we had to stay in the sun - the shade was still too chilly. We collected in a group and just before the race started, another fellow runner approached me. He said "Hey! Did you do the Bungay 20k?" At last, fame has finally reached me. Perhaps it was my good looks, my unique running style, my personality? Yes that's right I said. He said "Oh I thought so, you were sick towards the end weren't you?". My fame shattered round me and reality struck. Ann Fellingham and Karen Goodwin found this highly amusing. *Katy*

Breckland 10k, 5th May

A high calibre field attracted by prize money meant lower placings for Colin and Chris, both coming back from injury.

17	Colin Pitts	35.12
19	Chris Ling	35.54

144	Joe Naughton	45.04
184	Grayhame Fish	48.34
187	Anne Fish PB	48.43
255	Denise Naughton PB	55.32

295 finishers

Felixstowe Rotary 5, 6th May

17	Stuart Green	31.49
34	Richard Nash	36.32
47	Karen Goodwin	39.23
50	Anne Fish	40.34
52	Katy Nash	41.11
60	Ronel Van der Merwe	43.22

68 finishers.

A low turnout started the Rotary 5m run. Whether it was the 5 laps or the reputation of Bent Hill, there was a reduction of over 20 runners on last year. What does appear increasingly popular is the 1-hour charity fun run after the main race.

For the Striders, the race saw the ladies claiming 1st team. Well-done ladies! However after the hour long wait to claim their trophies, they were not only issued with wrong plaques (claiming 3rd Men's team), but had to hand them straight back to be corrected! Stuart pulled a muscle at about 3.5 miles, and this race saw Richard a relaxed return to racing after his first Marathon.

Frinton Half Marathon

12th May 2002

Pos	Name	Time
40ish	Chris Gladwell	1:43.26

There were 71 finishers

A little known event that I have never seen publicised. It is run from a school in Frinton and is classed as a fun run (along with a 5 mile and 2 mile event). There are ample changing facilities and showers at the school and as the runs are part of the school's Spring Fair there are all sorts of refreshment stalls, a car boot sale etc etc. As a fun run it doesn't have an official permit but the

organisers stated that it is accurately measured. It's a fairly flat course which at worse could be described as undulating. After a couple of miles around the streets of Frinton the course runs along the esplanade to Walton where it snakes through the streets and down to the promenade. It then swings back towards Frinton and runs for a couple of miles along the promenade before turning back up to the esplanade and back through Frinton to the finish. I would estimate that at least eight miles of the course are either along the promenade or within sight of the sea and there are water and sponge stations every mile!

The only down side was the small field of only seventy-one runners but this is probably due to the fact that the organisers don't appear to advertise the race outside Frinton. Most of the runners appeared to be fun runners and the only other club runners were from Harwich, Colchester and Great Bentley who took the team prize. The winner finished in 1hr 10min and the first lady's time was 1hr 26min. All in all an event that has a lot going for it and one that I would do again - next year's race - 10.30am, Sunday 11th May 2003.

Woodbridge 10k 12th May 2002

Course in reverse this year...

4	Colin Pitts	34.55
14	Nick Stephens	37.27
66	Gordon Slack	41.35
82	Phil Rampley	42.32
110	Richard Nash	44.09
223	Karen Goodwin	48.15
232	Anne Fish	48.44
238	Katy Nash	49.02
249	Grayhame Fish	49.20
273	Anne Fellingham	50.23
313	Rosemary Thurston	52.12

355	R Van der Merwe	53.48
367	Maria Reynolds	54.27
445	Sue Seggar	60.41

There were 473 finishers

Beccles Regatta 10k 19th May 2002

43	Ronel Van der Merwe	
[1st Lady 35-44]		54.54

There were 54 finishers.

Halstead Marathon 19th May 2002

50	Richard Miller	3:33.50
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There were 160 finishers

Kirton Friday 5 24th May 2002

A very strong field with entries having to close due to the popularity of the race. Well done organisers - an excellent race. This must be the biggest turnout of Striders in any one race seen for a long time. Everyone was smiling and a few PB's were broken. Well done!

7	Richard Miller	27.50
36	Chris Starmer	30.13
81	Joe Naughton	33.13
82	Gordon Slack	33.23
90	Bernard Debney	33.51
91	Richard Nash	33.52
105	Robbie McPhillips	34.33
112	Chris Gladwell	34.49
138	Bob Ratliffe	36.08
156	Ellen Broughton	37.14
162	Olwyn Clayden	37.36
170	Karen Goodwin	37.58 PB
180	Malcolm Rendell	38.25
196	Grayhame Fish	38.52
197	Anne Fish	38.58 PB
202	Katy Nash	39.05
211	Paul Larking	39.23
215	Anne Fellingham	39.40
224	Les Basham	40.25
225	Lorraine Phillips	40.25
237	Rosemary Thurston	41.59
239	Ronel Van der Merwe	42.05
250	Jane Fellingham-Boyce	43.19
251	Denise Naughton	43.19 PB
286	Sue Seggar	47.01

There were 309 finishers.

Ipswich JAFFA 5 & 10m 26th May 2002

A risky race on the weather front but luckily was completed in the best part of the day. Another good turnout from the Striders with a few trophies to take home after the race, despite some tired legs from the Kirton Friday 5 a couple of days earlier.

5 Mile Men's

[Striders 2nd team]

7	Nick Stephens	29.30
15	Malcolm Penn	30.42

[1st over 45]

28	Gordon Slack	33.20
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[2nd over 50]

30	Peter Tricker	33.52
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There were 79 men finishers.

5 Mile Ladies

17	Anne Fellingham	39.58
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[1st over 50]

21	Rosemary Thurston	41.24
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[3rd over 50]

26	Ronel Van der Merwe	42.53
29	Denise Naughton	43.32
38	Sue Seggar	46.59

There were 46 lady finishers.

10 Mile Men's

[Striders 2nd team]

2	Colin Pitts	57.49
23	Joe Naughton	1.08.49
30	Richard Nash	1.11.43
36	Chris Gladwell	1.14.00
37	Richard Fellingham	1.14.24
48	Bob Ratliffe	1.17.15

There were 73 men finishers.

10 Mile Ladies

15	Katy Nash	1.22.06
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There were 19 lady finishers

Stowmarket Striders Gear

The following items are available:

Item	£
Vests (ladies and mens)	12.00
Long sleeve training shirt (Aqua duct)	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

Item	£
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
Hats from £ 5.50

Thermal gloves from £6.00
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 a committee member

UK ATHLETICS COACHING COURSE

(Repeated from the last newsletter because the editor didn't put in the questionnaire)

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:
PETER TRICKER**

So that every club member can give their own reasons for joining and getting involved with our running club complete the simple questionnaire below and return it to Peter Tricker

----- Tear Off -----

Club member's questionairre

Why did you start running/join the club?		What do you want from your club?	
Reason	Tick	Reason	Tick
To train for a specific race (London Marathon)		Training to improve my times	
To get fit and/or lose weight		Other people to run with	
To put some structure to my running		To help me stay fit & healthy	
Persuaded by a friend		A good social diary	
Other reasons		Other reasons	

Comments: