

STRIDERS NEWS

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

Volume Three: Issue Three

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Inside this issue

Verneuil Trip	1-3
Fixtures	3
Race results	4-7
Race reports	
Social News	7
Member's benefits	8
Commonwealth Games 2002	8-9
Universal Race Entry Form	10

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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Verneuil-sur-Avre, 1/2 Marathon & 10k 9th June 2002

Between the 7th and 10th of June eleven Striders visited Stowmarket's Twin town of Verneuil.

This is how the local paper reported our visit.....

LE BALADIN...

...A remarqué avec plaisir que onze Anglais de Stowmarket, la ville jumelée avec Verneuil, ont profité du voyage dans le cite vernolienne pour s'inscrire au semi-marathon du Pays-d'Avre-et-d'Iton. Mais le plus intéressant dans cette affaire, c'est que leur venue est l'occasion d'une belle solidarité associative locale. Le comité de jumelage les accueille, les membres de "l'Eure du Désert" les logent et les accueillent à leur table tout au long du week-end et le Stade Vernolien paie leur participation à la course, Sympa, non?

Very roughly translated it means....

The Wandering Entertainer....

With pleasure noticed that eleven English people from Stowmarket, Verneuil's twin town, made the journey to Verneuil to take part in the half-marathon of the Avre and Iton region.

But the interesting fact in this event is that their visit is an occasion of solidarity between the local associations. They stayed with the families of the twinning committee and members of l'Eure of the Desert running club who fed them

throughout weekend
and they took part in

Verneuil-sur-Avre

After I had booked this trip I realised that I would be driving across France in a minibus instead of watching the England v Argentina game. The game kicked off as we were in the Channel Tunnel and we managed to listen to crackly commentary on the game as we traveled south. Michael Owen was fouled in the box; it was a penalty, Beckham stepped up to take it.... we went into a tunnel. As we emerged from the tunnel the sun was shining, birds were singing and England were winning. Was this an omen for good weekend?

With Joe's expert driving and Grayhame's expert navigating with a ten-year-old map ("You see this road isn't actually on my map but I would imagine it's running roughly parallel to the one that is on the map") we made excellent time and arrived in Verneuil in the early evening.

We then went off to meet our various hosts. Ours, Annie & Louis were very hospitable but spoke little English. I knew a lot of French words but didn't know how to make them into sentences. Cathy knew "Ou et le chat, le chat est sur la mur". However when Louis brought out the local wine and cider we quickly got to know each other.

Our full weekend of events started with a meal in a local restaurant with all the French families (more drinking) then it was back to our hosts for another drink. By 2.00am I could speak fluent French.

We were up early the next morning - mysteriously I could

the race from the Vernolien Stadium. Super!?

no longer speak fluent French - for a trip to the market and a reception in the Town Hall to enjoy a social drink with the Mayor of Verneuil. The Striders were addressed with two speeches from Philippe Blot (the main organizer on the Verneuil side) and the Mayor, Christian Perron. Both welcomed the Striders to Verneuil and the Normandy ½ Marathon championships. The exchange brought together 3 associations of Verneuil. The *Stade Vernolien*, the *Twinning Association*, and the running association *Eure du Desert*. It was hoped that this was first of many exchanges for the future.

In the afternoon we had a guided tour of some of Verneuil's more famous sights, The *Grey Tower* and *St Magdalen's Church* This weekend was also Verneuil's town fest, including a fete and many other activities.

We spent the rest of the afternoon at a barbecue with our hosts and had a few drinks with a few of their friends. As the afternoon progressed my grasp of the French language slowly returned.

The traditional pre-race day pasta party followed this in the evening - with more beer and wine.

The following morning was race day. 115 runners began the flat and beautiful ½ Marathon course. Shortly after a further 73 runners began the 10k race. Being a championship race for Normandy, the field of runners was of a high caliber. However, several of the Striders were more concerned about keeping their breakfasts down. I was worried that I had not hydrated properly

so I drank two litres of water and a bottle of lucozade in the hour before the race, which gave me a chronic stitch for the first ten miles.

The results for Stowmarket Striders were:

10 km Race

55th Anne Fish 50:04 [1st Lady over 50 and winner of a fine trophy]
62nd Lorraine Philips 53:10
64th Anne Fellingham 53:31
65th Denise Naughton 53:31
[PB by over 2 minutes]

1/2 Marathon

45th Jo Naughton 1:29:52
69th Richard Nash 1:39:14
89th Chris Gladwell 1:43:45
90th Richard Fellingham 1:43:48
111th Katy Nash 2:05:09
112th Grayhame Fish 2:05:09

The Striders team came 4th.

Of course there was friendly rivalry between the hosts and the Striders with much wine being poured throughout the weekend.

To some the race wasn't about running but the alcohol consumption!

There were "water" stops every 5k. At 15k there was water, orange juice, oranges, dried fruit, cakes, jelly babies and a choice of red or white wine but by then I could only face the water. Cathy was manning this water stop and had to drink the left over wine when the last runner had gone through, but she didn't drink the left over Orange Juice or water.

After the race we collected our bags from Philippe's car, as we did so he offered us a beer. Then it was back to our hosts for a

leisurely lunch then a couple of hours sleep.

The day ended with a barbeque for all the visitors and hosts. Here the Stowmarket Striders presented the our hosts with a silver trophy and a signed club running vest, which will be hung at the mayor's house in Verneuil.

The weekend was immensely enjoyable. The people of Verneuil were fantastic hosts and looked after us really well. We all agreed that it would be appropriate that the Striders, the Twinning Association and the people of Stowmarket should reciprocate the hospitality and friendship offered in 2003.

So what about the return trip?

The runners of Verneuil will be coming to Stowmarket next year. They certainly like to enjoy themselves and this will be a great opportunity for a weekend of events for our entire club.

Although they are a small club of between 20 and 30 members there will probably be partners and maybe some of the twinning association families so we're not sure how many will be coming

There will be a chance for anyone in our club to be involved and we can show them that we are the friendliest running club in Suffolk.

The trip to France was arranged with the running club in Verneuil and their Twinning Association so we will be talking to our Twinning Association and getting their expert advice on how to plan events.

We've got a very provisional itinerary:

Friday Evening:
Meal in a local restaurant

Saturday:
Morning - with their hosts or possibly a small reception in the Council Offices.

Afternoon – a sightseeing trip, Stowmarket, Bury St Edmunds (possibly the Brewery)

Evening – Pasta Party

Sunday
Morning run, we've picked three possible races – Jaffa 10 in May, Brandon ½ Marathon in June or Newmarket 10k in July. We are not sure which one will suit best them.

Sunday afternoon- Barbecue

Monday – return to Verneuil.

I know this may sound similar to what they did for the Striders but it worked well so why change it – unless anyone has any other good ideas.

I went to France and I am sure that our French hosts has as good a time as we did so I see it as a great opportunity for all our club members to get involved in any way they want to and have a good time. Whether it's coming along to the social events, taking part in the run or having a couple of guests for the weekend, it's up to you.

There will be more information coming out about this in the next few months but if you want to help don't wait to be asked. Tell anyone who went on the French trip (the Fellinghams, the Fishs,

the Gladwells, the Nashs, the Naughtons and Lorraine) especially if you have any contacts with the Twinning Association, know of any good restaurants or you are a fluent French speaker.

FIXTURES

Sun 18th August

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

Sun 25th Aug

- Mersea Island 10m

Sun 1st Sept

- British Sugar Wissey 1/2M
- The 7th Lowestoft Scores 4.75m Race. Bayfields Hotel

Sun 8th September

- Framlingham 10k
- Grunty Fen Half Marathon Wichford, Cambs

Sun 22nd September

- Equinox 10k
- Diss 7.5m & 15m

Sun 22nd Sept

- Equinox 5m
- Carlton Colville, Lowestoft
- Diss 15 & 7.5m Road Race

Sun 29th Sept

- Dedham 10k & Fun Run

Sun 6th October

- Felixstowe ½ marathon (*County Championships*)
- Great North Run

Sun 13th October

- Martlesham Heath 10k

Sun 20th October

- Tiptree 10 mile
- Tolleshunt Major 11.00am

Sun 10th November

- Stowmarket Striders Scenic 7

Sun 17th November

- Hadleigh 10m (*County Championships*)

Sun 15th December

- Waveney Turkey Trot

RESULTS

All race reports are courtesy of Richard & Katy Nash unless otherwise stated. Comments from anyone else would be greatly appreciated, no matter how brief.

Chris

Brandon 1/2 Marathon 2nd June 2002

A rather hot day for this one!...

46 Richard Fellingham	1:46.52
68 Olwyn Clayden	1:55.28
83 Anne Fish	2:00.22
84 Anne Fellingham	2:01.03
85 Grayhame Fish	2:01.55
101 Maria Reynolds	2:12.47

There were 114 finishers.

Bury Friday 5 7th June 2002

9 Colin Pitts	28.26
23 Nick Stephens	29.45
35 Richard Denwood	30.29
38 Benjamin Ronald	30.45
77 Gordon Slack	33.38
86 Bernard Debney	34.08
87 Robbie McPhilips	34.11
119 Bob Ratliffe	36.21
156 Ellen Broughton	38.29
182 Ian Leedham	39.22
184 Karen Goodwin	39.24
233 Leslie Basham	41.53
237 Ronel Van der Merwe	42.18
250 Rosemary Thurston	42.47
262 Maria Reynolds	44.22
336 Sue Seggar	47.51

There were 369 finishers.

Norwich 1/2 Marathon 9th June 2002

12 Colin Pitts	1:16.38
199 Bob Ratliffe	1:39.13
266 Paul Goldman	1:45.37

There were 300 finishers.

Little Clacton Friday 5 21st June 2002

4 Richard Miller	28.37
42 Joe Naughton	33.20
44 Gordon Slack	33.38
60 Bob Ratliffe	35.21
117 Karen Goodwin	38.56
131 Grayhame Fish	40.20
139 Anne Fish	41.04

154 Denise Naughton 42.42

There were 192 finishers.

Bury St Edmunds

Race for Life 5k

25th June 2002

Never seen so many lycra clad women in one place before!... Well done to our Stowmarket ladies with Katy and Anne certainly finishing within the top 50 finishers. Also a big well done to those ladies who trained with Chris Starmer and Richard Fellingham in the weeks before the race.

The Striders results are:-

Katy Nash	23:39
Anne Fellingham	24.17
Jane Fellingham-Boyce	25.46
Jan Starmer	28.13
Linda Steward	28.13
Ellen Broughton (sorry time n/k)	

There were over 2,500 finishers.

Stowmarket Striders Friday 5 28th June 2002

Some superb times? Not exactly, the race was not an accurately measured 5 miles. Due to a last minute course change the route was probably short of 5 miles by about 500 metres. You may have noted that mile markers were not seen on the course too.

Sadly, this *maybe* the last time we can host the Friday 5 event at

this location. The Park now has a licence to conduct civil wedding ceremonies in the barn and from next year it will be used for these most weekends. They probably won't want sweaty, muddy runners leaving their remains all over the place on the night before a wedding.

However, we are planning an alternative venue should this be so.

(Chris – from an original work by Richard)

The Striders results are:-

14 Richard Miller	26 20
24 Nick Stephens	27 34
42 Timothy Gort	29 28
59 Gordon Slack	30 41
77 Bob Ratliffe	32 13
127 Ellen Broughton	34 28
128 Olwyn Clayden	34 30
151 Karen Goodwin	35 29
184 Leslie Basham	37 49
189 Anne Fellingham	38 50
215 Denise Naughton	39 39
229 Linda Steward	41 20
236 Andrew Mutimer	41 53
250 Sue Seggar	44 27

Wymondham 10m 30th June 2002

53 Bob Ratliffe	1:15.22
72 Olwyn Clayden	1:20.59
[1st over 40]	
85 Grayhame Fish	1:28.39
87 Rosemary Thurston	1:29.11
91 Lorraine Philips	1:30.37
100 Denise Naughton	1:33.08
101 Joe Naughton	1:33.09
112 Leslie Webb	1:37.29
113 Brian Buckle	1:37.29

There were 125 finishers.

Newmarket 10k 7th July 2002

32 Gordon Slack	41.16
40 Joe Naughton	41.59
98 Brian Buckle	51.14
107 Rosemary Thurston	53.25

117 Denise Naughton 54.41
122 Lesley Webb 56.12
132 Sue Seggar 59.56
There were 143 finishers.

Bournemouth International Triathlon 7th July 2002

Grayhame Fish recalls the events of an epic day

Anne and I had both entered the Bournemouth Triathlon but due to an unfortunate disagreement with a car on a roundabout near Sudbury only I was able to participate. By the way no refund for Anne, insufficient notice, we need to plan ahead more. She is recovering well from a broken collarbone, bone in hand and bumps and grazes.

We travelled down on the Friday evening taking 6 hours due to the Friday volume of traffic. We found the hotel we had booked by Internet to discover a party of OAP Bowlers from March were camped out at the Hotel. It seems that the owner is a keen Bowler and OAP groups treat the Hotel as some kind of Mecca. One of them, dressed as the Rhinestone Cowboy, sang us a song while we enjoyed a quite pint that evening.

I tried the wetsuit out for the first time before breakfast on the Saturday morning. The sea was calm and the suit fitted well so all seemed good, almost confident, It was back to the Hotel for breakfast with the Rhinestone Cowboy, yehaa.

I registered for the event and collected my number and Goody Bag in the afternoon, and then Anne insisted we went shopping. When for a short ride to test the hill up from the Exhibition Centre and to select the right gear for the morning to make the hill easy, I didn't find it. I racked my bicycle by 0620hrs and studied the opposition, some very fit looking athletes.

My start time was 0745 (third wave), the first wave of elite triathletes was off at 0658 following a briefing. Interestingly the sea had 'got up' overnight and waves were evident and white horses' etc. Also, a wind chill factor before the start so we all looked like Antarctic Penguins ready to dodge the Killer Whales.

I actually missed the start in that I didn't have my goggles on and rinsed them as I waded through the waves. We swam straight out to a buoy then 90 Deg right and parallel with the beach for 4 buoys turn left, another buoy, turn left again and back towards the pier passing 3 more buoys. Finally left back to the beach again 1500 meters total whilst wrestling with the other 99 triathletes in my wave. It seemed at times as if the wet suites had 'magnetic' properties as lots of other swimmers kept bumping into me.

Out of the sea, run along the beach starting to take off the wetsuit and fighting that light headed feeling you get having spent 30 minutes bobbing about in the waves.

I found my bicycle ok, it was the only one left on my part of the rack. So out of transition and up the hill as a good starter for the 40 Km cycle. By the time we cleared Bournemouth there was a steady stream of super fit cyclists overtaking me, getting there own back for not having had such a good swim. I was encouraged by the ambulance that went rushing past me at 6 Km and again at 13 Km when I saw it attending an injured lady triathlete. All this helps the concentration.

I was pleased with my new bicycle although not going fast by the standards of some of the others. I was having problems with the shorts however, and on the return from Ringwood was beginning to wonder if I had left a sheet of sandpaper in the shorts for safe keeping. Anyway back into Bournemouth and straight down the hill, through the main Town Centre Square having first

dismounted under the instruction of the marshals. This was because of the light rain and the very smooth paving stones.

Back towards the transition passing Anne on the way. She had waited 1 hr 20 minutes to get a picture of me only to meet up with some long lost acquaintance 15 seconds before I arrived. As I ran down the hill looking backwards and shouting 'Anne', thinking she might just worry that I was lost out on the cycle course somewhere.

Triathlon rules do not allow you to take off your helmet until you have racked your bike. So being brain dead at this stage and seeing a competitor with his helmet in hand I went for the clip on the chinstrap. At this stage a burly marshal jumped in front of me and screamed "don't even think about it" I got the feeling he was a big 'Dirty Harry' fan. The daft thing is I stood for a second or two thinking "don't even think about WHAT" !

Quick change into the Asics and out of the transition area (I think it was the same fencing as used at Glastonbury this year) next was the run along the prom for 5 Km turn and back 5 Km, at this stage it was a case of survival. I was very aware that I was the entertainment for those holidaymakers sitting in their deckchairs licking ice creams or sipping tea from their flask. I plodded on at a very poor pace before a short sprint for the cameras at the finish. An enjoyable experience and I'm sure I can do better.

Split times were recorded as follows, includes transition.
Swim (1.5k) 32.38,
Cycle (40k) 1.23.26
Run (10k) 59.14.

My first Olympic distance triathlon and I finished 595th out of 626 in the men's event. 21st in my age group out of 24.

This was an international triathlon as well as being the Army

championships, six Army chaps behind me. Disappointingly the SAS recruitment officer didn't ask me my name!

Grayhame Fish

Great Bentley Friday 5 12th July 2002

57 Joe Naughton	32.06
96 Bob Ratliffe	34.44
115 Chris Gladwell	35.50
159 Grayhame Fish	38.50
185 Denise Naughton	41.45
198 Leslie Basham	42.39
199 Ronel Van der Merwe	42.45
206 Linda Stewart	43.53
224 Sue Seggar	45.33
234 Jeanne Lynch-Aird	50.36

Joe continues to get quicker and quicker

Denise sets yet another PB

Les has problems with the road signs, goes to Harwich by mistake and misses the start.

Jeanne's Achilles swells up like a balloon at three miles and she completes the course with the help of the ambulance

Chris

There were 235 finishers.

Mutford 5k Relay 14th July 2002

Just the sort of beautiful sunny day when you wish you sitting by a pool sipping an exotic cocktail and what are we doing? Running a race in the middle of the day in temperatures in the high 80s!

George thought it would be kind to cool Chris Starmer down by throwing a few cups of water over his t-shirt before we started!

The race got off to a fast start. I was on the first leg and as we had to run round the field before we got onto the road in full view of everybody, I reckon everybody

put on their best show of speed before turning out of sight! At least this time I didn't have the motorbike following me as the last runner but come to think of it I didn't see the lead bike either - oh well!

Lots of windy single track road before running back on to the field. To be polite, before passing the baton onto Stuart I kindly wiped the sweat off it onto my vest top - how considerate was that?

My leg was over and it was nice to run where the only buzz you can hear is the bees gathering nectar from the flowering blackberries!

Not everybody had a fantastic run though, Will had a tough time. I put this down to his detoxing from Uni. He has been home for a week now and I'm sure the shakes must have started - he let his Mum beat him! I'm sure if he went night clubbing the night before and downed 6 pints he would have been fine!

A lovely day was had by all and it was nice to relax after the run and enjoy the sun.

Richard

Team A

7th overall out of 19 teams

Katy Nash	23.53	23.53
Stuart Green	18.55	42.48
Malcolm Penn	19.07	1:01.55
Richard Denwood	18.43	1:20.38
Nick Stephens	18.20	1:38.58

Team B

16th overall out of 19 teams

Ro Thurston	25.23	25.23
Will Thurston	27.16	52.39
Les Basham	24.46	1:17.25
George Leggett	24.00	1:41.25
Chris Starmer	18.44	2:00.09

The British Golden Jubilee 10k Open Road Race

21st July 2002

Sunday 21st July was the 'British Golden Jubilee 10k Open Road Race' in central London. Approximately 12,500 (largest 10k in the UK) runners started the race along Piccadilly past many of London's famous landmarks, St James's Palace, Trafalgar Square, Whitehall & Houses of Parliament, St Paul's Cathedral and the London Eye, finishing along the Embankment.

Preceding the race was a precession of commonwealth countries followed up by 300 runners raising money for the New York Fire Brigade and victims of September 11th, lead by 3 of the firemen who were at ground zero. Elite runners included Zola Budd, Steve Cram and Mark Steinle. [I believe Mark won the race].

Stowmarket Strider results are:

Richard Nash 43:47

Katy Nash 49:58

A well spectated race, as you would expect for London and great atmosphere. For the price the race was a little disappointing with no water at the finish or any T-shirts (unless paid for) or other goodies at the finish except for a medal given to all finishers. I would equate this to a mini London Marathon, suitable to those who wish for the thrill and excitement of running a mass race in London, but at a quarter of the distance!

...and from the sublime to the ridiculous.....

Wibbly Wobbly Log Jog

26th July

104 G Fish	43.16
123 Ronel Van der Merwe	44.55
130 Maria Reynolds	45.44

135	Rosemary Thurston	46.19
143	Anne Fish	48.03
165	Sue Seggar	50.41

Ekiden Marathon Relay 28th July 2002

While a number of the club were watching a marathon in the Manchester Commonwealth Games, a few poor souls were running one in Woodbridge. It seems like a curse for those who run this race. You wait all year for a nice summer hot day and when it turns up, you are doomed to a run around the hilly Woodbridge 2.5k course in temperatures of between 28 - 30°C. Wow it was hot and it certainly affected many people's times. Did anyone else get home to find their back a bronzed salmon colour..?

We only managed to get a single men's team put together from all running abilities. Certainly it wasn't looking good for us when we first started being low down in the pecking order. However the team effort pulled through together with a few good performances and we worked our way back up the league ending 8th overall and 7th in the Men's Open category out of 14 teams. Given all the factors, it was a very pleasing result. However, it still amazes me that club runners like Nick, Colin & Malcolm can run faster individually than our team overall finishing time of 2hours 59minutes & 24seconds.

8th overall out of 32 teams 7th in Men's Open out of 14

Leg	Name	Ind. Time	Cum. Time
7.2k	J Allard-Austin	31.47	31.47
5k	Will Thurston	23.54	55.41
10k	Nick Stephens	40.14	1:35.55
5k	Richard Nash	21.57	1:57.52
10k	Stuart Green	42.18	2:40.10

5k Malcolm Penn 19.14 2:59.24

Totnes 10k (Devon) 4th August 2002

98th Chris Gladwell 48.29
There were 364 finishers.

The entry form described this as: "A scenic 10k route alongside the beautiful River Dart on footpaths and bridleways". That will be a nice way to start the holiday and see a bit of the countryside I thought. However, roughly translated the description means a severe cross-country that will test you to the limits of your physical and mental endurance! (I was shattered at the finish). The winning time was 40.01, the first lady did 43.28 and there were only 57 runners under 45 minutes so my time wasn't that bad – was it!

The race started and finished at the Totnes leisure centre so there were plenty of toilets, changing facilities and showers, lots of places to get refreshments and plenty for the non-running family members to do. Cathy sat in the sun and ate chocolate and yoghurt cake.

After a normal start around the sports field the race headed straight onto twisting and turning tracks beside the river. The first mile was fairly flat and quite quick despite sections of narrow twisting path. But after that it wasn't so flat; the paths climbed steeply up the side of the river valley only to plunge rapidly back down near-vertical slopes towards the river. Some of the uphill were so steep there were steps and hurtling flat-out down a narrow footpath towards a deep river while avoiding tree roots can focus the mind.

The ascents and descents varied from a few yards to a few hundred yards and were broken up by stretches through riverside and hill side meadows.

The race was well-marshalled, special thanks to the young woman at about three miles who gave us directions while holding off a herd of Bullocks trying to get to their normal watering hole on the river bank.

One or two runners were finishing with cuts and bruises following falls over tree roots and trunks.

Combine all this with a scorching hot day and the times are explained.

This was probably the most interesting and challenging 10k that I've ever done and others must feel the same because it has grown from an entry of eight runners in the early 1990's to 397 entrants in this year's race. If I'm ever in South Devon in August I'll do it again, but next time I'll be ready for it!

Chris Gladwell

Christmas Party

A date for all diaries for the best Christmas party yet.

Venue: Haughley Barn.

Date: Saturday December 14th

Bring your dancing shoes as this year we are having a barn dance! The group "Clutching at Straws" have been booked, start 7.30pm till late (not sure exactly).

Tickets cost £10, which includes entertainment and a finger buffet.

The deadline for club members who wanted a guaranteed place has now passed. Tickets are on "general release" and the invitation has gone out to non-members.

There is limit of 100 so if you want tickets – act now.

Membership Benefits

Below is a list of Membership Benefits and contacts: -

Cheaper Race Entry Fees

Being a member of a running club will usually mean that you pay £1 or £2 per race less than runners unattached to a running club.

Club Kit

We sell a range of running clothes and accessories to the members of the club. The price of these items is usually non-profit making to assist members to afford running clothes. Most items however will advertise the club's name on it somewhere. Note that to run many races, club vests must be worn.

The following items are available:

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
Training jackets from	£34.50
Hats from	£5.50

Other items available/ordered on request

Ladies Lycra tops from	£14.50
Sweatshirts	£11.00
Reflective safety bibs	£4.50
Shorts From	£10.50
Training bottoms from	£12.50
Training tights from	£12.50
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

(Membership Benefits, cont)

Discounts at Sports Shops

A great benefit of being a running club member is the ability to get discounts at certain sports shops. On production of your membership card you can claim up to 10% discount. The discount should be available at these local sports outlets to name but a few:-

Sportskit, The Meadow Centre, Stowmarket.

Shoe Boks, 14 Brentgovel Street, Bury St Edmunds

Mick McNeals, Upper Brook Street, Ipswich

Sweatshop, The Next Generation Club, Ransoms, Ipswich

Massages & Physiotherapists

A couple of regular Stowmarket Striders club members have taken sports massage courses. Should you experience any problems, they will be happy to help. They are:-

Phil Rampley

Tel: 01449 613944

Maria Reynolds

Tel: 01449 612513

Alternative try asking at the Mid-Suffolk Leisure centre or either:-

'Magic Mike' MAK, MAVR Healthyu

Alternative Health Consultant
8 Pincroft Road
Ipswich
IP1 6BW
Tel: 01473 741023

Stephen Robinson

Registered Osteopath
62 Hardwick Lane

Bury St Edmunds
Suffolk
IP33 2RB
Tel: 01284 760392

Commonwealth Games 2002

Fourteen Striders made the trip to see history being made at the Commonwealth Games in Manchester. We had tickets for the Saturday evening with a wide range of events and the highlight of the mens 100 metres final.

Cathy & I travelled up separately as we were stopping in the Peak District for a couple of days on the way back. We travelled up on Saturday morning and after crawling through the slow moving traffic on the M6 got to Warrington just after the others who had travelled up by mini bus. The Travel Inn in Warrington was the closest that Jan could get accommodation for such a large group. (Note if you ever need to decide between a Travel Inn and a Travel lodge go with the Inn as they are linked to – an Inn. Lodges are linked to a Little Chef, need I say more). We had a quick meal in the pub and Jan tried without success to persuade the manager to open an hour early on the Sunday so we could have breakfast before going into Manchester to see the marathon.

After a half hour train journey we arrived in Manchester Piccadilly where every building and screwed-down object had a Commonwealth Games poster of some sort attached to it. Manchester had clearly gone to town on this. The signs at the station led us to the free shuttle bus service to the Stadium, which was about ten minutes away.

There were officials everywhere, giving advise, help and instructions. Security was tight, we had to put everything in our pockets into a clear plastic bag and hand it to a security guard for checking! We then got our first good view of the 38,000-seater athletics stadium. Both sides and one end of the stadium formed one huge U shaped stand under a flowing, suspended roof. At the other end of the stadium was a massive temporary stand. I wondered whether 38,000 athletics fans can make as much noise as 38,000 football fans.

Saturday night was the only night when England failed to win a Gold medal, however, we still saw some excellent athletics and one or two major talking points, especially in the 100metres final when Mark Lewis-Francis and Dwain Chambers both pulled up in the last few metres. As well as the mens and women's 100metres semis and finals we also saw the final; events in the women's heptathlon, the opening events in the mens decathlon and the semi-finals of the 400metres with Daniel Caines winning his race. Although he didn't get a medal in the final he made his mark a few days later on the anchor leg of the 4x400m relay. But the biggest cheer of the night went to Bob Weir who got Bronze in the discus, at the ripe old age of 41. The noise the crowd made when he got Bronze was amazing so it must have been absolutely awesome when England won Gold.

I can understand why the athletes have been so impressed by the crowd's support, the noise is amazing and seems to roll around the track in front of the runners, drawing them along.

Only negative aspect of the event (and this is being picky) was the huge queue for the merchandising store (sorry, but it was far to big to be called a gift shop). Even so there were a couple of stalls selling T shirts etc and several stalls selling a wide range of food and a bar with very busy but very efficient staff.

In August 2003 this stadium will become the home of Manchester City FC. By the time you read this work will already have started to transform it into a football stadium. The temporary stand will be removed, the track and field will be removed and then excavated and the football pitch will be laid 6 metres lower than the track is now. A whole additional tier of seating will also be installed below the existing seating. The temporary stand at the end of the ground will be replaced by a new stand that will link up at seat and roof level with the rest of the stadium. This will create a 48,000-seater football stadium.

This is great news for Manchester City but if only British Athletics could justify a permanent stadium like this.

It was an early start on Sunday to get into Manchester to see the marathon. On Saturday night Jan had persuaded the pub manager to open at 7.30am to provide toast and coffee for those who wanted it. We parked near Old Trafford (what an ugly stadium) and waited opposite Salford Quays to watch the marathon. Grayhame had the map (as usual) and had identified the spot where the runners would pass four times during the race. The women's race produced a 1-2-3 for Australia, only because Paula Radcliff was saving herself for later. The winner's time was 2 ½

miles slower than her time at London! The biggest cheer in the mens race went to James Donaldson of Norfolk Island who was well off the pace even at the 10k point and who finally finished in 3hrs 30min, 1hr 18 mins behind the winner.

Manchester seems to have undergone a massive amount of regeneration in the last few years and the venues for the Commonwealth Games have made full use of these areas. On Saturday evening we walked back from the Stadium to the City centre along a route that had been recently repaired and refurbished. Salford Quays, where we watched the marathons is an internationally recognised site of urban regeneration; the centrepiece is the hugely acclaimed Lowry museum and arts centre, which towers over an area that also features the equally impressive and brand new Imperial War Museum North.

A great weekend, great athletics and several of us were surprised to hear ourselves say that we would like to go back to Manchester for another visit. Grayhame was seriously studying the Triathlon course around Salford Quays so I expect he will definitely be going back.

UNIVERSAL RACE ENTRY FORM

At last a practical use for the newsletter. If you ever need an entry form just tear off the last page and use it.

Of course, if you're viewing this on the website you can print it

straight off the Universal Race
Entry Form page, that's what I

did.

UNIVERSAL RACE ENTRY FORM

Please print and send your completed form direct to the race organisers

Surname:	
Forenames:	
Male or Female?	
Address:	
Town:	
County:	
Postcode:	
Telephone (Day):	
Telephone (Evening):	
E-Mail:	
Date of Birth:	
Age on Race Day:	
Affiliated Club:	
Race Entered:	

I enclose a large SAE and cheque for the value of £

Competitors must be over 18 to run a marathon, 17 for a half marathon and 16 for a 10-mile race. Any additional information that may be of interest to the race director should be enclosed with this race entry form.

A signed entry form will be considered as an acceptance of governing body rules and a declaration that you will run entirely at your own risk.

Signed _____ Date _____