

STRIDERS NEWS

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

Volume Four: Issue Two

May 2003

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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.

Editor: Chris Gladwell

chrisxxx@cgladwell.freemove.co.uk

London Marathon

Twelve Striders completed this year's Flora London Marathon.

The full, official times from the London Marathon Website are on page 2.....

Congratulations to everyone who completed the race.

Race reports are a bit thin on the ground this year so it must have been an uneventful race! As usual there's a write up from Richard – on page 6 - that he wrote for his work colleagues.

As usual, some have vowed never to run a marathon again but by the time the entry forms come out for next year will they have forgotten all the painful memories and remember only the wonderful ones (just like child-birth, apparently). And will they will all do it again -probably

Verneuil return

As you all know, we expect a number of runners from Verneuil to come over to Stowmarket for the weekend of the 4th to 7th July. There's full information on the proposed itinerary for this weekend on page 9.

Obviously there will be expense involved in this and the committee feel that the club as a whole should decide on any financial support that comes from club funds. The committee have honoured their AGM promise to call an EGM for all members to discuss this visit and it's funding. At the time of writing the date had not been fixed for the EGM (Richard had other things on his mind). However, keep a look out for emails and notices at the club about this. It's important everyone attends, understands the issues and has a chance to comment and vote on any proposals.

And finally, Congratulations to Richard and Katy on the birth of William on 2nd May – full report on page 8

FLORA LONDON MARATHON - FULL, OFFICIAL TIMES

	Start Time	Position	KM10:	KM20:	HALF:	KM30:	KM40	FINISH
NICK STEPHENS	9:45.18	485	00:41:04	01:21:26	01:25:51	02:02:33	02:45:08	02:54:00
BOB RATLIFFE	9:46.12	3227	00:49:28	01:38:24	01:43:48	02:26:16	03:15:36	03:26:59
JOE NAUGHTON	9:45.39	5349	00:50:11	01:40:19	01:45:54	02:34:08	03:30:42	03:43:22
RICHARD NASH	9:46.14	6760	00:49:28	01:38:25	01:43:56	02:32:36	03:39:40	03:52:45
RICHARD FELLINGHAM	9:46.08	6761	00:51:56	01:43:19	01:49:12	02:36:44	03:40:30	03:52:45
ANDREW MCINTYRE	9:50:08	9147	00:57:12	01:53:54	02:00:00	02:50:02	03:49:11	04:01:49
PAUL GOLDMAN	9:50:20	11729	00:54:56	01:49:58	01:56:19	02:50:22	04:03:17	04:16:51
IAN LEEDHAM	9:55.58	14241	01:13:34	02:18:16	02:25:02	03:20:31	04:24:09	04:37:14
LES BASHAM	9:55.34	15385	01:13:20	02:16:17	02:22:54	03:20:10	04:30:21	04:44:37
TREVOR ABBOTT	9:45:18	18288	00:57:27	02:01:18	02:09:07	03:19:18	04:40:03	04:55:39
ROBERT THOMPSON	9:48.24	19338	01:00:27	02:05:21	02:12:25	03:15:54	04:46:52	05:03:59
KAREN GOODWIN	9:53.22	4776	01:13:49	02:20:52	02:28:30	03:31:14	04:50:56	05:07:09

FIXTURES

Sun 11th May 2003

Woodbridge 10k
Frinton & Walton ½ Marathon
(& 5 mile fun run)

Sun 18th May 2003

Beccles 10k
Halstead Marathon
Eye 10k (Peterborough)
Dereham 10 mile
Harlow Race for Life 5k

Friday 23rd May 2003

Kirton Friday Night 5 mile *

Sun 25th May 2003

Ipswich Jaffa 10 mile & 5 mile

Friday 6th June 2003

Bury Friday 5 mile *

Friday 13th June

**Claydon High School
Ipswich Jaffa Friday 5 mile ***

Sun 15th June 2003

City of Norwich ½ Marathon

Sun 22nd June 2003

Bury St Edmunds Race for Life
Mersea: Round the Island Race

Fri 27th June 2003

**Stowmarket
Friday Night 5 mile ***

Sunday 6th July 2003

Newmarket 10k

Friday 11th July

**Gt Bentley
Friday Night 5 mile ***

Sunday 13th July 2003

Mutford Relays

Sunday 10th August 2003

Lowestoft Carnival 10k
Isle of Mann ½ & full marathons

* Friday Five Series Entry

To take part in series, competitors must compete in 4 out of the 5 races to count for Series prizes.

Entry into the series is FREE, but competitors must enter each race individually.

You must tick the box for series entry on the race form. Runners who complete the Series will receive a medal. Presentations will be made at the Great Bentley 5 mile.

GUEST RUNS

Watch the notice board for details of guest runs on Thursday evenings.

And if you have a favourite run you'd like to share put your name up on the board.

Some dates so far:

8th May: Haughley Park
Bluebell run!

15th May: The Starmers,
Granary Farm,
Bacton

29th May: Les Basham
Borough Lane
Gt Finborough

5th June: The Trickers
Barn Meadow
Combs

19th June: Bob Smith
Old Newton
Community Centre

RESULTS

Great Bentley 10m 16th Feb 2003

160 Chris Gladwell 1:22.50
(Running with friend who is training for London)

Race report:

Men had a small changing room (for six at a time) with a double shower cubicle!

Race HQ at Village Hall. Cheap refreshments. Adidas foot scan from Sweatshop. Ten minute walk from car park on village green to race HQ. Presentations 2hrs, 10 min. after start

309 entrants, 260 finishers. David Miller won in 52.23. A lot of unaffiliated runners and no large numbers from any one club. Jaffa won team prize with runners in 17th, 19th & 34th places!

Flat, fast, country roads, not a lot of traffic. Good one for a PB but a bit of a breeze that gave sub-zero wind chill! Loads of marshals with two-way radios, three water stops

Stamford 30k 16th February 2003

Richard Nash 2:27.00
Bob Ratliff 2:27.00
Karen Goodwin 2:54.00

Bungay 20k 16th February 2003

Gordon Slack 87.11
Robert Thompson 96.31
Ronel Van der Merwe 111.39

Bungay 10k 16th February 2003

David Hartley 44.48

Wymondham 20 mile 2nd March 2003

Les Basham 3:09.30
170 finishers

Bury 20 mile 2nd March 2003

11 Nick Stephens 2:09.32
94 Richard Nash 2:38.53
95 Bob Ratliffe 2:39.35
190 Joe Naughton 3:07.54
215 Karen Goodwin 3:18.37
There were 240 finishers

Well, the race pack did warn us about the hills! After the Stamford 30k, I thought I was ready for any hilly road race. And certainly up to about 9 miles there was nothing of any real note, but then that real steep one came at 9!...

The first 5 miles were easy and friendly running with Chris and Bob. Pacing ourselves at our 8 minute mile pace and having started from the back of the pack, we slowly weaved our way through the field. We sadly said farewell to Chris at 5 miles as we parted ways for our longer run.

Now with only Bob for company and encouraged by the cheering Striders, supporting kindly enough at the bottom of the hill, we battled up. Total concentration and hard work got me to the top of the dreaded hill when I realised that Bob wasn't with me anymore. I looked ahead in case my slow progress was too slow for Bob. Nope, not there. Bob was behind casually walking up the hill. Still it gave me a few moments to get my breath back before tolling onwards.

Also being supported by Katy and the parents-in-law, it was good to see friendly faces around the route.

At 15, I was beginning to feel a little weary knowing full well that the infamously talked about hill at 18 miles was looming closer. Bob helped keep the 8 minute mile pace going whilst I was going through a tough stage. Then the hill...

Bob fell back soon after starting up the steep slope whilst I battled onwards and most certainly upwards. The hill would have been tough if running up it fresh, but we had tired and sore legs after running the previous 18 miles. This hill was most certainly a killer. Somehow a reserve of energy together with excessive and silly swinging of arms helped me shuffle up the hill into the final 2 miles home.

Being very tired, even the running down the hill towards the finish seemed like a real effort to push forwards. Bob now left a little behind, I pushed towards the finish and known rest to finish with a cheer from my family and Striders under the target time of 2 hours 40 minutes as planned. Hurrah! I am pleased also to say that Bob also managed to beat the time with 25 seconds to spare.

We only hope now that the London Marathon's flat course will feel a breeze compared to the positively hilly Bury 20.

Rich

Bury almost 10 mile 2nd March 2003

(9 miles 760 yards)

23 Chris Gladwell 1:11.48
49 Brian Buckle 1:20.35
62 R Van der Merwe 1:23.36
77 Rachel Champion 1:27.49
84 Lesley Webb 1:34.02
86 Sue Seggar 1:34.32
There were 94 finishers.

Joe Cox 10 mile 9th March 2003

26 Gordon Slack 1:09:45
34 Tamara Jordan 1:11:10
1st Lady
38 Bob Ratliffe 1:11:30
49 Andrew McIntyre 1:13:36
54 Chris Gladwell 1:15:03
59 Joe Naughton 1:16:42
62 Gail Sparkes 1:17:07
75 Colin Thomas 1:20:53
86 Richard Fellingham 1:25:32
88 Les Basham 1:26:40
92 R Van Der Merwe 1:27:06
114 Paul Laking 1.41.24

Broadland 15 mile 16th March 2003

69 Andrew MacIntyre 1:56.20
103 Robert Thompson 2:06.42
109 Joe Naughton 2:10.17

Cranleigh 21 mile 16th March 2003

114 Richard Nash 2:46.53
345 Karen Goodwin 3:39.04

Picture the scene, it's Saturday evening, Richard and Katy are enjoying their last, romantic evening together (before you know what) in an intimate hotel room. The warm glow of the log fire fills the room. "Lets enjoy this evening." Says Katy "After the birth the shoe will be on the other foot". "Shoe" says Richard, "Shoes, where are they? I've left them at home". Richard thought quickly and calmly. It was 8.00pm on Saturday; no chance of buying new shoes and any way 21 miles in new shoes could do serious damage. He could miss the race but it was a crucial part of his training and they had dragged Karen all the way down to Cranleigh to do it as well.

He would have to go home to get them, a four hour round trip, but how would he break this to Katy? "I'm just popping down to the bar for a bottle of alcohol free Champagne darling". He whispered. "I won't be long". Four hours later, when he returned Katy was fast asleep.

The Ed

Bungay 1/2 Marathon & Marathon 30th March 2003

Anne and I had been saying for some time that we needed a target to aim for as the winter training had been very much without focus. Looking at the race diary nothing seems particularly attractive then somehow we agreed to do Bungay Half. Although we have done most of the local races this one had escaped us –or we had escaped it. We were aware that in the winter particularly the serious runner must try and fit in regular long weekend runs so three weeks before Bungay we fitted in a 12 mile Sunday run and a 10 miler the week before – not a very sound race plan, but we were to learn of other race plans before the day was through !

Setting off on the day early as usual, we've helped them measure some courses in the past, but as we approached the race HQ with ¾ Hrs to go we found the road was closed and the traffic nose to tail. We were in the middle of Bungay and joining in the party atmosphere a couple of locals, possibly in their early sixties who set about swearing at the patiently waiting drivers. They steadfastly refused to move back on the kerb and allow drivers to get by down the narrow road. The hold up was the police closing the road for the fun run, this soon cleared once the fun run / walk had passed. By the time we had parked we had only

20 minutes to get dressed and mentally ready.

I rubbed the energy gel in my toes and swallowed the Vaseline as I made my way down to the start. Since the plan was to start the half marathon (one lap) 1 ½ hrs after the full marathon (2 laps) we all managed to miss the call and were then frantically setting watches as we ran along. The race profile was shown as a steep hill one mile into the race with undulations out to 6 miles and then pretty flat to the end. In fact it was a huge hill to start and lots of significant hills out to 6 miles.

It was a glorious day with 6 Striders doing the half and one Strider, Richard Fellingham, having decided the night before, doing the full marathon. Bob Ratliffe was soon into his running and we saw no more of him. Apologies but I don't know Robert Thompson and I didn't see the Strider's vest. Joe Naughton started steadily and increased pace to the end, or so he said. Ronel started ahead of us and we kept her in sight. Things carried on like that for 6 miles or more while we played, "Spot the Digitography man" with first Joe and then Ronel gradually getting away. Crossing the river at 6 ½ mile saw the first significant shuffle in positions as the distraction of people sat outside the various Pubs, drinking beer, took it's toll on the serious race plan. Anne and I were looking for sub 9-minute mile pace all the way for a sub 2 hr finish. This plan was going fine until the 10 mile marker when it was clear that pace would need to be injected to achieve objective. Pace was not injected and the last 3 miles showed a tail off, to finish just past the 2 hr point. It was at 12 ½ mile I made my second mistake of the run (the first was applying to do the race).

Having stayed with Anne all the way encouraging her to keep going, she wasn't at her best, I was distracted by a Stowmarket resident in a Pacer top who overtook me with the usual wind up chat line, namely David. I watched him get 50 meters ahead and then thought "no I'll catch him up and pip him at the post" always enjoying the chase. Anyway I think he was wearing wing mirrors because as I got nearer he speeded up and the 50 meters ended up 60 meters.

This was a great race venue, well marshalled and well supported around the course, mile markers, three drink and three sponge stations. The drinks included a weak juice, which was most welcome, unless you happen to pour it over your head.

Full Marathon (133 finishers)

Richard Fellingham 3:51.57

Half marathon (340 finishers)

Bob Ratliffe	1:36.05
Joe Naughton	1:43.56
Robert Thompson	1:48.14
Ronel van der Merwe	1:57.18
David West (Pacers)	1:02.32
Grayhame Fish	2:02.53
Anne Fish	2:04.09

Grayhame Fish

The London Marathon

This was to be my 2nd London Marathon and somehow my heart wasn't in it. I hadn't done the winter training as well as I should have. I was also more concerned this year that Katy, my heavily pregnant wife only 2 weeks short of her due date, would be visiting the maternity ward of Ipswich hospital whilst I was half way round the London Marathon. I had visions of finishing the Marathon and running a further 10 miles to

Liverpool Street Station and getting a train home sharpish!

A 5am wake up ensured that I had time for a quick shower and breakfast before catching the Stowmarket Striders Running Club coach from Needham Market. The atmosphere on the coach was tense with anticipation. The first challenge of the day was negotiating the coach's on-board toilet. It is very confined for a tall lanky lad like me!

The second challenge was quickly evident when we had to advise the coach driver the best route through London to Greenwich and the Marathon start. He dropped us runners off at the wrong start, leaving us to walk a mile up a big long hill to our correct start. The spectators were driven and dropped off at Tower Bridge.

The final challenge of the morning was to beat 30,000 other runners to the limited number of toilets around the start area. Visiting the toilets after many other nervous runners is certainly the less glamorous side of the Marathon!

After changing, dropping off our baggage at our designated trailer, it was time to wait at the start. Based upon your expected finish time you are given a pen number from 1 to 9. 1 being for the elite runners and 10 for the fun runners. I was in pen 3 and with my running partner, Bob, whom I was pacing. We crossed the start line after a minute from the gun being fired and began the 26.2 gruelling miles.

The crowds were great and running the start is an uplifting experience. Aiming for an 8 minutes a mile pace, we settled in at a slightly faster than planned at 7 minute 50 seconds every mile. The crowds were buzzing around the Cutty Sark after 6 miles and the bands along the route were great.

A little over 12 miles and the famous Tower Bridge came into

view. The noise from the crowds, 10 people deep, was incredible. Bob and I reached the half way point in 1 hour and 43 minutes. This was too fast for me, I was feeling tired and sent Bob on his way to beat his target time of 3 hours 30 minutes. I had done my pace making job and settled into a slower pace to get round the last half.

Heading into the docklands I was feeling worse and at 18 miles I hit that wall they all talk about on TV. My leg muscles cramped and physically were a wreck. It was a very hot day to run a marathon. I was forced to walk out the cramp so as not to cause myself injury. Once the cramp eased, I could hobble along at a slow jog. Soon other members of my club passed me, concerned for my well being. I wasn't the only one suffering and saw many others receiving medical assistance.

A fellow Stowmarket Strider, Richard Fellingham, caught up with me and I managed to run along with him as far as St Catherine docks, but again was forced to walk due to cramp. A rather attractive St Johns Ambulance lady offered me a massage at the side of the road and was dismayed that I turned her down. I was simply focused on finishing and collecting my medal. The crowds were great, shouting out encouragement for the runners to finish and I managed to jog a little more along the Embankment. With a little less than 2 miles left I was walking again when a TV lady asked if I would like to be interviewed by Roger Black. Meeting a great sporting personality was not an opportunity to be missed; besides I needed the rest, so I accepted. Although sadly not shown on television I had a brief interview with Roger before he wished me well. Course, this was a great pick-me-up and I was running again.

From nowhere, Richard caught me up again explaining that he'd stopped for the toilet, and thankfully ran with me the last leg past Big Ben, along Birdcage walk, round past Buckingham Palace and into the final 200 metres to the finish. A final time of 3 hours, 51 minutes. Slower than last year by 11 minutes but within my target time of 4 hours. My final placing was about 8000th finisher out of an estimated 32,000 finishers.

We got our photo taken together, walked up a little platform for the marshals to remove the computer chip from your laces that measures your time, picked up a very heavy bag of goodies and I immediately disappeared into the massage tent for a much needed leg massage.

Feeling a little better I slowly hobbled down the row of lorries to collect my belongings before getting changed into some clean fresh clothes. It was then onto the café by Cleopatra's needle for feeding and watering.

Other club runners arrived at the café with their various war stories and by 5pm we were back on the bus going home, each of us with a glass of champagne to celebrate.

I would recommend anyone thinking of running the London Marathon to go for it. The atmosphere is amazing, the crowds carry you along, and you'll never experience anything like it being probably the world's greatest Marathon. Yes there is pain at the end but the accomplishment is so rewarding. Also you should never worry about being last – there's always that guy in the deep sea diving outfit who'll be 3 days behind you!

Having now done the London Marathon twice, would I do it again? Yes – but maybe not next year, as I will no doubt have other priorities being a new parent. However, I may yet change my mind!?

Richard Nash

**Civil Service Sports Club
10k Championships
Battersea Park
Wednesday 30th April**

Chris Gladwell 43.44

The race from hell! My target time had been 42 minutes. It was all going ok at half way – 21.14 – but then it all went horribly wrong. Maybe it was the 3.00pm start, maybe it was the wind or maybe it was the heat. Whatever the reason I just got slower and slower in the second half. The race was four laps around the park and a short section onto the athletics track to the finish. To add insult to injury just as I started the last lap the winner lapped me and he worked for the Inland Revenue.

**Heritage Coast Runs,
Sunday 4th May**

There are three runs to choose from: six miles, half marathon /fourteen miles (the exact distance was not clear) and a full marathon.

Richard Fellingham ventured out onto the marathon sporting a hat that looked like it was straight from the Foreign Legion. Les Basham and I completed the half/fourteen miler in about 1hr 57 minutes. Anne, Jane, Linda, Maria and Jan ran the six miler. I wonder why more from Striders don't go as these are excellent races, there's a distance for everyone, they are well organised and in a superb location.

All the races run from Thorpness. The six miler takes a circuit through country lanes and footpaths out towards Sizewell. The half and full marathons run up the coast, through the dunes past Sizewell and on along the cliffs at Dunwich where they head inland

through country lanes and woodland. The marathon carries on through the countryside to the north before heading back to rejoin the half marathon route for the last five miles. The last three or four miles, where both runs rejoin the six mile route, are through narrow footpaths and sandy tracks, very hard at the end of a half marathon and harder still at the end of a marathon.

It was a very hot day and the run along the dunes in full sun with the breeze behind us was very hot. Richard's hat would have been useful. We took advantage of any shade that was offered.

The half marathon course was absolutely gorgeous, it's not somewhere you'll do a particularly good time but as a run it can't be beaten. Full results were not available, to be honest time was not an issue but here are the approximate finish times.

Marathon

Richard Fellingham 4 ½ hours

½ Marathon

Chris Gladwell 1:57

Les Basham 1:57

6 mile

Linda Steward 51.35

Jane Fellingham-Boyce 52.34

Anne Fellingham (not well!)

Maria Reynolds 53.00

Jan Starmer 61.35

**Breckland 10K
4th May 2003**

Colin Pitt 7th 35.50

Bernard Debney 62th 43.31

Grayhame Fish 131st 51.45

Anne Fish 149th 53.55

Sue Seggar 160th 60.15

(David West 159th 55.09)

Five Striders ventured to Thetford to take part in the Breckland 10Km. This will be the third time Anne and I have done this race and I wonder why more from Striders don't go as this is an excellent race, well organised and a great location. Situated some 3 miles out of Thetford in the village of Croxton this is an almost flat run through the forest on very quite tarmac roads. The start is in the centre of the village of Croxton and you run down a slight hill, then up a slight hill in the first Km and after that almost completely flat. The course dog legs out to a turn point at 6 Km and then you retrace your steps for 1.5 Km before returning to the start area (finish) on a different road. The best description is that the route takes the form of the outline of a chair. The last 1Km is essentially down a gentle slope so good for the fast finishers. There were 193 finishers (down on recent years) in a pretty competitive field. The day was hot with a moderate wind that seems to slow most people up by one to two minutes. Colin was the 4th over 40 man so he just dropped out of the prizes. I crossed the line in a dead heat after a tussle with a runner from Norwich only to see in the results I was down as two seconds slower than him, still it's the taking part.

**Felixstowe Rotary 5 Mile
5th May 2003**

Chris Starmer 29.58

Stuart Green 32.00

Richard Nash 36.39

Gail Sparkes 39.34

(Missed the start by several minutes)

Ronel V der Merwe 41.23

SOCIAL NEWS

Bike Ride Sunday 15th June 2003

Meet at Stowmarket Railway Station

Open to all members and their families.

The provisional route is of about 22 miles from Stowmarket, north to Mendlesham, Thornham and back to Stowmarket through Gislingham and Bacton.

Summer Barbecue 6th July 2003

This will be part of the “French” weekend and we expect to hold it at Haughley Park as usual.

Other future events could include:

An evening at the races

Ten pin bowling

Karen Goodwin
Social Secretary

William Nash: The early days

Here’s the news you’ve all been waiting for!

Please let us introduce our new son, William, who was born at 00:56 on 2nd May weighing in at 7lb 11oz.

At 5:30am on 1st May Katy’s waters broke. After going back to bed for an hour we decided it would be best if we went to hospital who confirmed that the waters had broken.

We returned home and Richard went back to work. Later on at 2.30pm Katy’s contractions started and Richard came home to finish off our epic jigsaw puzzle whilst Katy was experiencing contractions! (We promised ourselves that the baby would arrive once we had finished the puzzle – it came true!)

We stayed home as long as possible. Richard was relaxed enough to go to the local “chippy” to stock up on those essential carbohydrates as he knew it was going to be a long night. When the contractions were about 3 minutes apart Katy decided that she would rather be in hospital as she was becoming worried about the car journey.

We arrived at the hospital shortly after 9pm where the midwife confirmed that Katy was 6cm dilated and the midwife subsequently decided that she would be better off in the delivery room. For the next 3 hours the contractions were becoming more intense when finally at midnight Katy went into the second stage of labour.

After adopting a number of positions and what appeared to be an alternative to pushing Katy elected to deliver the baby in a squatting position supported by Richard. We were both keen to see our progress and the midwife put a mirror on the floor to allow us to see the baby’s head. A few more pushes and tribal screams baby William was born.

The umbilical cord was around his neck and Richard quickly cut the cord before the midwife rushed him to the resuscitator but William managed to clear his own airways and appeared to be just in shock.

Throughout the whole ordeal Katy received no pain relief not even a paracetamol although for Richard Katy was scarily spaced out and she didn’t even appear to know where she was. Richard is very proud of Katy and her uncomplicated birth. Katy is over the moon she managed to do it naturally.

Katy & Rich

Richard has circulated a number of photos via email but Katy has told me not to publish them in the newsletter! She sends her apologies as it is not the most glamorous photo but please bear in mind it is “fresh” after the event!

Update:

Monday 5th (age 3 ½ days)

Visited first Road race:

The Felixstowe Rotary 5 mile

Return visit from the Verneuil running club

Come to the EGM to have your say and have your vote

As you all know, last year a number of Striders visited Verneuil for the weekend and ran in their local half marathon. We expect a number of runners from Verneuil to come over to Stowmarket for the weekend of the 4th to 7th July.

The information we have so far is:

- The Verneuil runners will be coming!
- They are having a meeting over the next couple of days and should report back soon on details.
- Numbers are currently not clear (but we would want to limit it to a maximum of 25)
- Transport arrangements are currently unclear.

The planned weekend itinerary is:

Friday evening: Meal at restaurant
Saturday morning: Time with the hosts to show local area
Saturday afternoon: Arrange for tour of Bury St Edmunds – brewery tour, Abbey Gardens
Pasta party around Olwyn's house – help would be required.
Sunday morning: Travel to Newmarket and run the Newmarket 10k
Sunday afternoon: Stow Striders BBQ at Haughley Park. For all Striders and family event.
Monday morning: French visitors leave for home.

A number of people have already volunteered to accommodate the visitors and they will cover the costs of transport to Bury, Haughley Park (for BBQ) & Newmarket and all additional food and drink.

Obviously there will be additional expense involved in this and the committee feel that the club as a whole should decide on any financial support that comes from club funds. The committee has written to the Twinning Assoc. asking for financial support, a reply is awaited.

The committee have honoured their AGM promise to call an EGM for all members to discuss this visit and it's funding. The things that will need to be discussed at the EGM include the cost of the Bury St. Edmunds tour, the Friday meal and the Newmarket race entry.

At the time of writing the date had not been fixed for the EGM (Richard had other things on his mind). However, keep a look out for emails and notices at the club about this. It's important everyone attends, understands the issues and has a chance to comment and vote on any proposals.

The committee have already discussed this at length and have agreed that the EGM should discuss and vote on the question on funding, during which the Committee shall inform the club that they support donating a maximum of £500 towards the cost of the weekend.

More details will be available before the EGM so you all have a chance to weigh up the pros and cons for the club and make an informed decision.

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 _____