

# STRIDERS NEWS

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

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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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## Education, Education, Education

Welcome to a highly informative edition of Striders News. It contains a host of training tips; many of them borrowed from Gwyn Potts and Paul Evans following their training night with us.

I have also included one or two pearls of wisdom from other anonymous sources – all top class professionals and athletes. (Hopefully the true authors won't read this or recognise their skilfully edited work).

It also contains the usual race results and fixtures service plus social news and a few very brief race reports.

## Haughley Park Friday Five

This was the most successful Friday Five that the club have held. There were 317 entrants (with over one hundred entering on the night) and 297 finishers. Feedback on the race has been very positive. I'm not allowed to publish how much profit the club made from the race but suffice to say it was quite a bit.

The club were using a new computer programme for the first time, we had more entrants than ever before and a couple of runners finished without numbers which caused a few problems for the timekeepers and meant the results were a bit late coming out.

However, your committee was quickly on the case and has reviewed the event and made a note of some improvements that will be made next year.

I might be slightly biased but I thought it was a great course, well organised and really enjoyable. I also like the fact that the course is an average of five miles long, some years it's a bit less, some years it's a bit more. The course can't be guaranteed because it's on a working estate and could be subject to last minute changes. But it's always a good talking point after the race.

## FIXTURES

### Fri 1<sup>st</sup> August

Wibbly Wobble Log Jog 5 miles  
The Events Field, nr Mayday  
Farm, Brandon  
7.30pm

### Sun 3<sup>rd</sup> August

Harlow 10 ml  
Harlow Sports Centre, Harlow  
10.30am

### Sun 10<sup>th</sup> August

Lowestoft Carnival 10k  
Isle of Mann ½ & full marathons  
10th August

### Sun 17<sup>th</sup> August

Mid-Suffolk Triathlon  
Mid-Suffolk Leisure Centre,  
Gainsborough Road,  
Stowmarket

Cambridge Triathlon  
7.30am  
(1500m swim, 40k bike, 10k run)  
Mepal Outdoor Leisure Centre

Thorney 5 ml  
Bedford Hall, Thorney,  
Peterborough

Great Yarmouth Asco 1/2 Mar  
Gorleston Football Club,  
Emerald Park, Great Yarmouth

### Sun 24<sup>th</sup> August

Mersea Island 10 ml  
West Mersea, Mersea Island,  
Colchester

### Thu 28<sup>th</sup> August

Wroxham 5k  
Broadland High School,  
Hoveton, Norwich

### Mon 1<sup>st</sup> Sept

### Jaffa Challenge

### Sun 7<sup>th</sup> Sept

Potters Framlingham 10k  
The sports club, Badlingham  
Road, Framlingham

Wissey 1/2 Marathon  
Oxborough Village Hall,  
Oxborough, Swaffham

Blackwater Charity Triathlon  
Blackwater Leisure Centre, Park  
Drive, Maldon

### Sun 21<sup>st</sup> Sept

Equinox 10k

### Sun 28<sup>th</sup> September

Dedham 10k

### Sun 5<sup>th</sup> October

Felixstowe 1/2M

### Sun 12<sup>th</sup> October

Martlesham 10k

### Sun 19<sup>th</sup> October

Tiptree 10ml

### Sun 9<sup>th</sup> November

### Stowmarket Striders Scenic 7

### Sun 14<sup>th</sup> December

Lowestoft Turkey Trot 10m

## TRAINING IN SECRET

You may be wondering why running in secret? No I don't go out at 2am to squeeze a few extra speed sessions in while you are all safely tucked up in bed nor am I superwoman and cut through the speed of light but I am a new mum and have a 2 month baby who sleeps soundly in his pram as I run along his side.

I gingerly step out my front door still feeling quite conscious about wearing shorts and have had to invest in an industrial sized sports bra (to help prevent baby having milkshake for tea!). I pretend I am going for a walk with my baby (my warm up) and then I come across a very quiet country lane which is a no through road thereby no traffic and no pedestrians!

I have just returned from setting out to a 12 min run along my "secret" route only to discover on my return that I had done 15! During my pregnancy it wasn't soft cheeses and peanuts that I missed but it was running! I saw a family of Muntjacs and butterflies were fluttering by my side. I am slowly beginning to feel like a runner again and dreaming of my next race (any baby sitters out there?)!

Thanks to Peter Tricker for his beginners training sessions as this really helped to boost my confidence to go out running again.

**Katy (& William) Nash**

## RESULTS

### Walton & Frinton Half Marathon 11th May 2003

28 Andrew Green 1:32.26 (PB)  
37 Chris Gladwell 1:36.15

9 Rachel Champion 1:50.09  
(9<sup>th</sup> Lady & a PB)

### Woodbridge 10k 11th May 2003

45 Gordon Slack 41.16  
101 Andy McIntyre 44.17  
262 Anne Fellingham 52.03  
319 R Van der Merwe 54.42  
331 Rosemary Thurston 55.08  
352 J Fellingham-Boyce 56.39  
There were 483 finishers.

### Halstead Marathon 18th May 2003

Having run the London Marathon a month before this race, Richard and Les join forces to run the Halstead Marathon. "Mad" some people would say!...

102 Richard Fellingham 4:14.38  
103 Les Basham PB 4:14.39  
There were 144 finishers.

### Eye 10k 18th May 2003

112 David Hartley 43.56  
There were 364 finishers.

### Kirton Friday 5 23rd May 2003

17 Chris Starmer 28.58  
60 Gordon Slack 32.51  
70 Chris Gladwell 33.39  
83 Joe Naughton 34.20  
97 Richard Fellingham 35.22  
117 Bob Ratliffe 36.23  
127 Gail Sparkes 36.37  
138 Ian Leedham 37.33  
139 Sue Garrod 37.33  
175 Grayhame Fish 39.33  
179 Anne Fellingham 39.50  
180 Anne Fish 39.53  
188 Lorraine Phillips 40.14  
201 J Fellingham Boyce 41.26  
222 R Van-der-Merwe 42.31  
230 Paul Laking 43.06  
233 Tracey Lee 43.34  
240 Denise Naughton 43.56  
244 Sam Jackson 44.33  
258 Sue Seggar 45.28  
271 Richard Cox 47.08

There were 288 finishers.

### Ipswich Jaffa 5 & 10m 25th May 2003

#### 5 Miles

32 Chris Gladwell 33.56  
There were 117 finishers.

#### 10 Miles

4 Colin Pitts 58.50  
26 Chris Oliver 1:08.29  
43 Andy McIntyre 1:11.59  
50 Richard Fellingham 1:13.09  
56 Gail Sparkes 1:14.59  
79 Anne Fellingham 1:24.34  
98 Denise Naughton 1:30.42  
100 R Van der Merwe 1:31.25  
There were 117 finishers.

### Dunmow 5 1st June 2003

27 Michael Jones 31.26  
There were 233 finishers.

### Bury Friday 5 6th June 2003

18 Chris Starmer 29.03  
45 Michael Jones 31.24  
83 Tamara Jordan 33.16  
84 Gordon Slack 33.22  
89 Bernard Debney 33.49  
97 Chris Gladwell 34.07  
107 Joe Naughton 34.37  
126 Richard Fellingham 35.30  
127 Bob Ratliffe 35.32  
180 Gail Sparkes 37.47  
198 Sue Garrod 38.25  
202 Ian Leedham 38.30  
241 Les King 39.58  
250 Karen Goodwin 40.15  
260 Grayhame Fish 40.31  
263 Anne Fish 40.38  
274 Anne Fellingham 41.03  
279 Lorraine Phillips 41.26  
301 Ronel Van der Merwe 42.40  
309 J Fellingham-Boyce 43.05  
318 Paul Laking 43.42  
320 Denise Naughton 43.42  
351 Rosemary Thurston 45.29  
354 Jeanne Lynch-Aird 45.43  
360 Jan Starmer 45.50  
363 Tracey Lee 45.54  
367 Maria Reynolds 46.10  
379 Sue Seggar 46.59

There were 414 finishers.

### Suffolk 5k championships Bury St Edmunds 9<sup>th</sup> June 2003

4 Tamara Jordan 19.42  
9 Emma White 21.37  
10 Ellen Broughton 21.43  
12 Sue Garrod 22.13  
14 Gail Sparkes 23.06  
15 Karen Goodwin 23.08  
17 Lorraine Phillips 23.29  
18 Mary Tricker 23.56  
19 Anne Fellingham 24.16  
20 Linda Steward 25.23  
21 Denise Naughton 25.36

7 Chris Starmer 17.00  
17 Peter Tricker 20.04  
19 Chris Gladwell 20.13  
20 Richard Fellingham 21.09

## TRAINING IDEAS

Here are some of the training ideas that we were given by Gwyn Potts and Paul Evans

Plan ahead and write down your training plan and keep a training log.

Only ease down for key races

Use lesser events to try out new tactics but don't ease down for these

Every fourth week have an easier week

When building miles do not add on more than 10% from week to week

Have 3 key sessions per week:  
#1 Speed session  
#2 Threshold pace  
#3 Long run

Link your training to the needs of your target race

Always warm up and stretch before a fast session

Always cool down & stretch after a run.

Use a peak flow meter to gauge your lung capacity

In last few days before your target race only run with slower teammate

**Get a coach – get a plan!**

## WHAT TRAINING ELEMENTS DO YOU INCLUDE IN YOUR TRAINING PROGRAMME?

### Speed endurance training

Intervals

Repetitions

Hill work

Pyramids

### Up and down the clock

Parlauf

Fartlek

Sprints

Multi pace

Acceleration

### Threshold pace

Testing vo2

Lactate

Long runs

### Cross training

Weights

Flexibility

Mobility

Ply metrics

Core stability

Pilates

Altitude

Warm weather

Race tactics

Pace judgement

Stretching

Rest

Some of these you will know or remember from Gwyn and Paul's visit. Others may not be so familiar.

Ask our coaches for a fuller explanation of any that you are not familiar with. They will be able to tell you which ones will be best for your training.

## OTHER HINTS AND TIPS

**Build up your aerobic base then add the quality element.**

**Add in circuits before weights.**

**Circuits and weights help vets not to lose muscle mass.**

**Change the emphasis of your training with approach of summer - include more anaerobic content.**

**If you improve your 10-week average miles you will improve as you establish a better aerobic background.**

## How to improve your 10-week average mileage:

Increase your weekly mileage by about 10% per week but include regular easier weeks in the plan.

This is the example that Gwyn gave us:

Your average weekly mileage for the last 10 weeks has been 20 miles per week

The plan for the next ten weeks is:

Week One	23 miles
Week Two	26 miles
Week Three	29 miles
Week Four	23 miles
Week Five	26 miles
Week Six	29 miles
Week Seven	32 miles
Week Eight	26 miles
Week Nine	29 miles
Week Ten:	32 miles

This has increased the average mileage over this second ten weeks to 27.5 miles per week

An increase of 37%

This might be useful for anyone wanting to build up his or her mileage ready for marathon training.

Remember to include the 3 key sessions in to each week:

- Speed session
- Threshold pace
- Long run

## MORE RESULTS

### Ipswich JAFFA Friday 5 13th June 2003

14	Chris Ling	29.37
20	Chris Starmer	30.09
28	Michael Jones	31.02
40	Joe Naughton	32.40
43	Chris Oliver	32.52
51	Gordon Slack	33.38
54	Chris Gladwell	33.53
70	Andrew Green	35.11
82	Bob Ratliffe	35.52
85	Richard Fellingham	36.14
99	Gail Sparkes	37.36
115	Richard Nash	38.24
118	Sue Garrod	38.28
131	Karen Goodwin	39.20
133	Les Basham	39.22
154	Anne Fellingham	40.55
155	Grayhame Fish	40.55
166	Ronel Van der Merwe	41.36
183	J Fellingham-Boyce	42.44
194	Paul Larking	43.44
195	Denise Naughton	44.03
205	Rosemary Thurston	44.50
217	Tracey Lee	46.17
226	Sue Seggar	47.38

There were 235 finishers.

### Norwich Half Marathon 15th June 2003

It was a very hot day and it was my fourth race in ten days! It started badly and got worse.

99	Chris Oliver	1:29.38
169	Tamara Jordan	1:34.41 PB
292	Gail Sparkes	1:43.33
299	Richard Fellingham	1:43.53
364	Chris Gladwell	1:47.27
430	Joe Naughton	1:50.47
506	Les Basham	1:54.37
524	Bob Ratliffe	1:55.32
592	Anne Fellingham	1:59.10
703	Grayhame Fish	2:05.22
720	Paul Goldman	2:06.37
766	Denise Naughton	2:09.17

There were 1018 finishers.

## Stowmarket Striders

### Friday 5

27<sup>th</sup> June 2003

(In reverse order)

35	Jones Michael	31:05
48	Green Stuart	32:23
59	Jordan Tamara	32:55
64	Allard Adam	33:11
66	Pottage Martin	33:19
73	Green Andrew	33:45
83	Gladwell Chris	34:30
141	Sparkes Gail	37:32
150	Leedham Ian	37:54
154	Garrod Susan	38:09
187	King Les	39:49
199	Fellingham Anne	40:33
219	Fellingham-Boyce Jane	41:50
223	Phillips Lorraine	42:08
233	Jack Rebecca	42:47
245	Fish Grayhame	43:38
248	Naughton Denise	43:42
259	Thurston Rosemary	44:31
281	Starmer Jan	47:04
282	Relf Jenny	47:05
286	Lee Tracy	47:31

There were 297 finishers

### Newmarket 10k

6<sup>th</sup> July 2003

13	Michael Jones	38:46
20	Joe Naughton	39:53
27	Chris Oliver	41:25
40	Chris Gladwell	43:30
60	Richard Fellingham	46:47
88	Anne Fellingham	51:10
95	Grayhame Fish	52:56
105	Anne Fish	54:40
106	Denise Naughton	54:44
112	Rosemary Thurston	56:51
126	Sue Seggar	61:07

134 finishers

**Bentley Friday Five  
11th July 2003.**

40 Joe Naughton	30' 35
67 Tamara Jordan	32' 28
79 Gordon Slack	33' 05
118 Robert McPhillips	34' 49
165 Gail Sparkes	37' 04
175 Susan Garrod	37' 39
207 Ann Fellingham	39' 14
209 Grayhame Fish	39' 15
224 Lorraine Phillips	40' 05
233 Anne Fish	40' 38
240 R Van Der Merwe	41' 07
247 Jane Fellingham Boyce	41' 33
248 Richard Fellingham	41' 33
293 Tracy Lee	44' 31
303 Rosemary Thurston	45' 31
306 Sue Seggar	45' 59
335 Jean Lynch-Airde	72' 04

**SOCIAL NEWS**

**Bike Ride: 15th June 2003**

An elite group enjoyed the sun and Suffolk countryside on Karen's well planned and relatively easy bike ride. Suitable picnic refreshments were taken in Thornham Walks. A definite success.

**BBQ:** Another success. In the end there was no charge to come along so everyone felt it was good value for money. It had all the usual activities, including a treasure hunt for the kids, bouncy castle and the usual over competitive game of rounders to finish the afternoon off Christmas Party. There is no problem from Jim and Daphne. KG to set a date for Christmas Party.

**Forthcoming attractions**

A trip to "Going Ape" somewhere in Thetford Forest that costs £14.50 for adults and £9.50 for children.

Ask Karen, not me.

Christmas party

Ipswich Pantomime

**Karen Goodwin  
Social Secretary**

**HERE'S SOME MORE TRAINING ADVICE.**

The questions are hypothetical and I have put this together from different articles that I have seen in books, magazines and the Internet.

I'm not saying that all the answers are the right answers because we're all different. If you're in doubt, talk to a coach.

\*\*\*\*\*

**You're halfway through a training run and you've never felt better in your life. Do you put your foot down or ease back on the throttle? Alternatively, you're halfway through a workout and you feel awful. Do you grit your teeth and carry on or stop and walk the rest of the way?**

"The answer depends on the run. If it's steady run, and the only one you are doing that day you could probably go for it but not if it was near an important session or a big race.

**What about the other side of the coin?** "If you are just feeling tired, push on. But if you are feeling ill, or know you were close to being over trained stop straight away and make sure the next run was a sensible one. In these situations, your body tells you when you need to rest, its up to you to listen to it.

\*\*\*\*\*

**Picking a stone out of your running shoe, you notice that it has hardly any grooves left. The outsole is almost worn through. Still, the shoes should get you through the**

**next six weeks until your birthday when your mother always buys you a new pair. Right?**

People often judge the wear on their shoes by how much outsole tread is left. What they should be looking at is the midsole. Its a sure bet that if the outsole is showing signs of wear the midsole will also be close to, if not past, the end of its effective use life as well. And as the midsole is your primary protective layer in the shoe running in a pair with a dead midsole means that you'll be transferring all the shock from your feet to your ankles, knees and hips.

Although signs of midsole wear are harder to see than a hole in the outsole rubber, you should feel the gradual change. In any case runners should expect to change their shoes every 400-600 miles. That is the effective lifespan of most foam outsoles.

\*\*\*\*\*

**The day before your big race you're strolling round the sports shop when you spot a stand where they're selling a new sports bar loaded with carbohydrates, vitamins, minerals and an assortment of chemicals that you've never heard of. Should you buy one and eat it before your big race?**

No. If you hang around the finish area after any marathon, you can guarantee that you'll hear tales of woe which start "I shouldn't have taken X during the race / eaten Y last night / worn Z. Why oh why didn't I stick to my game plan?"

You've trained too hard and long for the race to blow it with an impulse buy.

When it comes to any key race have faith in your own preparation and planning. That includes the foods you are going to consume before and during the race.

\*\*\*\*\*

**In a race, you pass the one mile marker 20 seconds under your goal pace. What do you do?**

You always produce so much adrenaline at the start of the race that it's hard not to go off faster than you meant to. When it happens the main thing is not to panic and think 'Oh no, I've just ruined it all. Just drop your shoulders, think about your form and your style and above all relax, then you should fall naturally into the right groove. You don't need to make a conscious effort to slow down thought. After all this could be that one time when everything clicks in to place and you have the best race of your life.

\*\*\*\*\*

**There's one particular runner who finishes ahead of you in every local race you enter. One day you find yourself changing next to him and you notice he's wearing a heart rate monitor. Is this the magic ingredient you're looking for?**

Maybe, maybe not. A heart rate monitor (HRM) is certainly a useful training aid. Most highly motivated runners work too hard too to reap the full reward from their training. By using a heart rate monitor you can control the

intensity of your running. It also ensures that you don't run all your sessions at the same intensity, which is another common mistake.

Unfortunately, wearing an HRM on race day is unlikely to boost our performance in itself. True, it can warn you if you're going out too hard, but overall, the effects of adrenalin and other physiological factors distort your heart rate to give artificially high readings that don't reflect your real pace.

**So what's the bottom line?**

Linford Christie is never going to run a really fast marathon, whether he uses a heart rate monitor or any other training aid. What a monitor does is help you to make the most out of the ability you already possess. Providing, that is, you use it in combination with something that you can't buy in a shop - common sense.

\*\*\*\*\*

**You're out training when your knee starts to hurt. What do you do?**

Stop and walk. When you get home, ice the knee and if there's any swelling, take anti-inflammatories to reduce it. Once the swelling has gone down, try to lock the knee; if that doesn't hurt, there's nothing seriously wrong. If it does, turn your attention to your quadriceps. Most runners' knee problems are caused by an imbalance in power between the outer and inner quadriceps. Muscle-strengthening exercises should correct this.

Here's a simple exercise to strengthen the quadriceps: lying on your back, raise both

legs about three inches off the ground, keeping them straight, and hold them there for a few seconds before lowering them slowly.

It may also help to stretch the quadriceps, because if these muscles are tight, they exert an abnormal pull on the knee. Standing on one leg, grasp the other foot with the opposite hand and slowly pull the foot up behind you, towards the buttocks. Hold this for 30 seconds.

If the pain in your knee is still present after a few days of strengthening and stretching exercises, or if it returns when you resume walking or slow jogging, go and see a physiotherapist.

\*\*\*\*\*

**You start a 14-week training programme leading up to a marathon. But six weeks into the programme, a friend suggests that you come and run a scenic marathon with him in the Scottish Highlands - in a month's time. Should you or shouldn't you?**

The crucial factor is the extent of your experience. If the marathon you're training for is your first, then you might be better off staying at home and saving your money. Alternatively, if you want to keep your friend company, you could go along and run a third or half of the race with them, if that's feasible. If you're a reasonably seasoned marathoner, though, by all means head for the Highlands and take part in the race - as a training session. Treat it as a steady three-hour run and take in plenty of carbohydrates within

an hour of finishing, and for the next 24-48 hours. This way, the scenic race becomes your last long training run - and the enjoyment of running in picturesque surroundings will give you a mental boost into the bargain.

\*\*\*\*\*

**You weigh yourself in the morning and notice that you're five pounds your overweight. Is it time to stock up Slimfast?**

Don't panic. Weight gains of as much as this can be attributed to a reduction in training, an increase in weight training (muscle weighs more than fat) or something as basic as the after-effects of a Sunday roast with all the trimmings. If you raise your mileage, the extra pounds will soon melt away again.

**What if it's a persistent problem?** Weight can fluctuate considerably from month to month. You could remedy it by putting in a few extra long runs or changing your diet. But above all, you need a positive mental attitude. You've got to be strong and tell yourself how important it is that you don't succumb to that extra chocolate bar, no matter how much you want one".

\*\*\*\*\*

**You've had seven bad days of training in a row. You're tired and bad-tempered and your motivation is waning but you have a big race in a few weeks. What do you do?**

Back off for a week, to give your

body time to recover. Don't stop running, cut speed and mileage right back. In severe cases it might be a good idea to rest completely for a couple of days. Stop running and eat well - you'll soon bounce back and you'll be that bit fresher when race day comes around. If you're still dragging after an easy week, it's best to forget about the race and take a longer break. Fighting through fatigue in a race is one thing; in periods of extended training, though, you're tempting fate and risking injury, illness or overtraining.

\*\*\*\*\*

**The runners who finish in front of you in your age group at a 10k are all wearing the latest running kit. You look down at your Union Jack shorts, which haven't been in style since the Beatles split up and consider making a change.**

Good idea. While clothes themselves can't make you run any faster, they can make you feel faster and that, in turn can make you run faster. You'll be more comfortable in modern kit, too. Fabrics are designed to wick sweat away from your skin, helping you to stay dry, cool and light on your feet.