

STRIDERS NEWS

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

Volume Five: Issue Two

May 2004

FLORA LONDON MARATHON

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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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Congratulations to everyone who completed the London Marathon. The marathon is never a race for the faint hearted and this year the conditions made it even more demanding than usual.

Well done to Les King and Jeanne Lynch-Aird who ran PBs. There were the usual stories of personal triumph over adversity and the full race times with 10k splits are overleaf. The 10k splits can tell their own story but for reference the winner, Evans Rutto ran the first half in 1:03.11 and the second half in 1:03.07. Not bad for consistent pacing, however it was bettered by Tracey Morris the first British woman home who ran the first half in 1:16.57 and the second half in 1:16.55.

There are also a couple of write-ups from Gordon and Tracey that capture the atmosphere, excitement and emotion of the day. Thanks once again to Phil Rampley for organising the coaches and coordinating everyone so that we all arrived back in good time.

FRIDAY NIGHT FIVES

The Friday night fives start soon. Dates are on the fixture list on page 10. Entrants can count 4 of the 5 races for the overall championship. There will be trophies for the top 3 male and female runners in each race there may be a team prize. Team vests need to be worn by all runners.

As well as the Friday Fives there are details of nearly twenty races that take place over the next three months. They are all within an hour of Stowmarket (just about) so a high turnout of Striders would be great to see.

And the Universal Entry Form is on the back of this newsletter – so there's no excuse.....

STOWMARKET STRIDERS – LONDON MARATHON 2004

Name	Position (Overall)	Position (Gender)	KM10	KM20	HALF	KM30	KM40	FINISH
ALISTAIR BUNTING	2287	2111	0:45:43	1:31:38	1:36:31	2:17:06	3:03:11	3:12:55
BOB RATCLIFFE	3978	3617	0:47:52	1:35:06	1:40:10	2:22:19	3:14:58	3:26:56
ANDREW GREEN	4698	4221	0:49:42	1:38:03	1:43:22	2:27:34	3:19:44	3:30:45
LES KING	7448	6544	0:54:52	1:46:28	1:52:09	2:38:42	3:34:21	3:45:52 (PB)
GORDON SLACK	9825	8513	0:53:10	1:46:48	1:52:29	2:40:54	3:42:34	3:55:19
SUE GARROD	12679	1925	0:58:18	1:55:50	2:02:11	2:55:21	3:54:28	4:06:24
ALAN WELLS	14223	11950	0:54:52	1:46:41	1:52:44	2:46:43	3:57:11	4:12:58
RACHEL CHAMPION	14950	2453	0:58:17	1:55:50	2:02:10	2:55:21	4:01:38	4:16:03
LES BASHAM	15051	12564	1:00:10	2:00:42	2:06:59	3:01:18	4:03:27	4:16:27
TREVOR ABBOTT	17158	14133	0:59:45	1:59:29	2:06:12	3:02:17	4:10:45	4:24:55
JEANNE LYNCH-AIRD	20420	3993	1:01:50	2:04:21	2:11:16	3:09:52	4:23:03	4:38:26 (PB)
RICHARD MARSDEN	23493	18466	1:00:13	2:04:45	2:12:09	3:17:37	4:38:04	4:53:21
TRACEY LEE	26199	5990	1:05:03	2:11:24	2:19:20	3:27:59	4:53:42	5:10:22

Total number registered: 32581 Total number started: 32099 Total number finished: 31796 Total Men finished: 23355 Total Women finished: 8441

Never say Never Again?

The sign creaked as it swung in the gusting wind and driving rain. No, not a scene from Jamaica Inn but Needham Station Car Park at 6 a.m. on the 18th April. Did I really want to catch the Striders coach and attempt my 5th London marathon? I'd only slept fitfully since 2:30 and, almost certainly like my fellow masochists, was worrying about whether my knees or shins had suffered so much in training that they wouldn't last the final 26 miles. After some confusion about an excess number of passengers on the bus (would anyone really stow away?) we were on our way and there was no opting out. Thurrock Services gave us the chance to meet up with coach 1 and by then the rain had eased. The coach dropped us conveniently at Greenwich Park (at least for the Blue Start) and the countdown reached 90 minutes. The priority was to find somewhere to shelter from the wind and drizzle and a cup of PG Tips drunk in an aroma of Vaseline and muscle rub wasn't part of the pre-race plan but was very welcome.

The minutes ticked away and we were off, jettisoning old sweatshirts and bin liners as we went. The atmosphere was good-natured and the early crowds encouraging. This is the time when you can get carried away and I forced myself to keep to the schedule. This would have been simpler if I'd pressed the lap marker on my stopwatch at the second mile point instead of the stop button. I didn't realise until mile three and spent the rest of the race struggling to add 8:30 to the elapsed time shown.

The Cutty Sark is always a welcome landmark (about 25% of the distance) and I started looking for supporters. It really does help to be cheered on and Richard, Ann and Denise made their presence felt. The next few miles were uneventful (so much so that I didn't even notice the girders of the Dome). I was a little disappointed to find that Ray with his toolbox (I shan't go into details) and also the telephone box were keeping up with me, but I've got used to being passed by Wombles and all manner of animals over the years and enjoyed the shouts of the crowd as they responded to these amazing runners.

Tower Bridge with its big crowds and the first tranche of photographers seemed to arrive in no time with the welcome prospect of greeting the main Striders support contingent a little round the bend – no, Linda, I don't mean you. Then the halfway mark and the opportunity to see some of the elite men and women as the out and back routes passed side by side. No sign of former colleague David Miller who I'd seen at this stage on my previous run. I struggled with the arithmetic trying (unsuccessfully) to decide the significance of this on his time or mine, but I did see Jaffa's Gail Pryke.

It was around this time that I started chatting to a one-armed Scot from Newcastle (yes, really) who was running at my pace, and the next few miles passed quickly and fairly pleasantly. By 19 miles I was struggling to keep up with him and the part of the route through the City became a struggle culminating in dropping down to a walk between miles 23 and 24. Perhaps foolishly I'd refused the Lucozade Sport earlier and where was it now that I needed it? Like all good children I've never taken sweets from strangers before, but now I was searching the spectators ahead for those who were offering gifts. I consumed a few jelly babies and wine gums and managed to get my aching legs moving again.

My son and daughter had set new records and given great encouragement by already spotting me in four different places. They were poised for a massive fifth rendezvous on Birdcage Walk but somehow I slipped past them unnoticed. (Perhaps they were distracted by Bob the lobster who finished just behind me.) This made them wonder if I'd dropped out and their relief was enormous when I finally made contact.

For me, crossing the line is a bag of mixed emotions. After all, as experienced runners we expect to finish really but it's still a relief to do so. The processing at the finish is super efficient with timing chip removal, photo, goody bag and baggage handling all completed rapidly. This year it was a little too wet to sit around and I was glad to stagger away from the crowds back to the normal streets. Every café and pub seemed to be filling with runners and their supporters and we were lucky to find seats as the rain came on more heavily.

The crowds along the Embankment were almost non-existent as we waited for our coach and pitied those still passing us on the course with a couple of miles to go.

Thanks to supporters, Phil for arranging the coach, and club members for support and advice along the way.

Gordon Slack

Billy no Mates

The alarm was set for 5 o'clock and as it sounded I leapt out of bed. As soon as I had washed and dressed straight down stairs to start forcing porridge down my neck!! Was I excited at this point YES I WAS, was I nervous? No. Soon the rest of the family were up and off to the coach which was waiting at the football club.

So we were on our way, as I had made my way down the coach to my seat it was full of friendly faces. As I past Ann and Richard they handed me a card, was it a Get Well Soon I asked myself!!!!!!!!!!!!!! Of course it wasn't it was a lovely Good Luck Card [thanks again]

Was I excited at this point, YES I WAS.

This was the first time I had seen my running buddy Sue and she sat with her daughter and was feeling very sick. She had found it hard to eat as I had and nerves were making her feel sick, she sat very still and surprisingly quiet. I sat with my husband Glenn and opposite Heidi and Tamara and chattered on and off, more on probably, well definitely!

I remembered we stopped at services before we hit London and was concentrating on timing my toilet stops this had to be the last BIG toilet if you get my drift. Wee wees and be done anytime anyplace anywhere but PORTALOOS don't go there! Mission completed! As we left the services I knew I had left so much behind but that felt good. Was I nervous? No I couldn't wait to get to Greenwich, all I could think of is lucky lucky me, how many people get the opportunity to fulfill an ambition, and if all goes well I can fulfill my dream today. Was I excited YES YES YES!

The coach stopped, it was time for the runners to get off the bus at Greenwich. Tamara and Heidi had also given me a beautiful card, I gave this to my mum for safe keeping and gathered together all that I needed, I hugged and kissed all my family and my mates and to the sound of good luck wishes left the bus. I was very upset at this point I suddenly felt very alone and the task ahead was beginning to seem so very real. I began to think about my Knees, were they gonna get me round? could I really run 26 miles, as all these things went through my head the bus pulled away and I waved like mad and couldn't stop crying, I missed them all already. But as I wiped away my tears there stood Les Basham, Chris Gladwell, Sue, Rachel and the Fellinghams and the Norton Posy so how could I feel alone.

As we crossed the Green all I kept thinking was OH MY GOD, OH MY GOD. I could here Jamie Theakston on the loud speaker I could see masses of people I WAS SO SO SO SCARED BUT AT THE SAME TIME EXCITED. Les and I were on Red start but most of the others were on Blue so we got to a cross roads where we had to leave the others. I hugged Sue and Rachel and I really began to cry, Sue was always with me she and now suddenly she goes right and I go left. We said our good lucks and our goodbyes. As I turned away Les was there with his kind smile, "lets go find the Red Start" he said I knew he would help me and he did. Les helped me find the lorry to leave my kit bag on and was so kind and sweet to me. We bumped into RNLI man Richard from Striders and stood with him for a while he had orange hair to match his vest.

It was time to find our pens; Les was in 7 and me in 8. Les and I walked over and we then had a hug and wished each other luck and the rest is history! Now I was PROPER ON MY TODD BILLY NO MATES this was so unreal I was stood like an extra in Lord of the Rings, I had never ever been surrounded by so many people but I felt so lonely, and at this point to past the last few minutes I began to read peoples shirts and a lump came to my throat and I felt so emotional, but as I fought back the tears the mass in front of me began to move this was it I was on my way.

My Knees started aching from the start line and although I had covered them with Titanium I

kept telling them they were not going to ruin this fantastic day. The next 26 miles was a carnival the weather was wet and cold but the crowds were warm and caring and supportive. People called your name, gave you sweets, cheered and made you want to carry on however much it hurt. I ran for 21 miles solid and I couldn't believe my luck, and then I started to feel a bubble like sensation in my calf muscle, OH NO I had never felt this before so I began to power walk and this feeling went. I had seen my kids, mum & dad, Hubby, cousin, auntie & uncle, Miles and Family all on tower bridge so knew how they would be waiting to see me again about 23 miles. I Knew once I made it to 22 mile mark I would be going home with that medal, 23 came sooner than I thought and seeing my family again fired my legs back up into a run now all I had to do was the Embankment my legs were now heavy but as I power walked my stride became longer and my confidence grew. With only 200mtrs to the corner of the MALL I heard Joe, Denise, Ann, Richard, and a few other Striders what a feeling to see them all now I was chocked as my eyes filled with tears of joy I proceeded to RUN down the Mall it seemed like a lifetime and as I turned the corner I whispered to myself "there's the Finish Well done you!"

As reports go this is probably the longest in Strider History but a Billion words would not be enough to express how I felt. From start to finish I had a day that will live with me forever and a memory so precious to last me a life time, or 2005! Thanks to everyone who supported the dance, all the support through training.

Stow Striders Is Such A great Club

Proud Owner OF Marathon Medal

Tracey Lee

MORE RESULTS

Bury 20

29th February 2004

Well done to Sue Garrod for coming in 4th Senior Lady, Rachel Champion for 4th lady vet 40, Les Hunt for 3rd Male vet 45, & Gordon Slack 2nd male vet 55.

Pos	Name	Time
52	Nick Stephens	2:25:41
81	Bob Ratcliffe	2:34:32
85	Andrew Green (PB)	2:35:32
110	Gordon Slack	2:42:30
148	Les Hunt	2:50:07
158	Alan Wells	2:53:00
188	Graham Reeve	3:00:14
189	Sue Garrod	3:01:29
192	Rachel Champion	3:01:50
194	Les Basham	3:02:57
235	Jean Lynch Aird	3:22:11

There were 271 finishers

Bury Nearly 10m Race

Well done to Chris Gladwell for finishing 11th overall (editor's privilege)

Pos	Name	Time
11	Chris Gladwell (PB)	1:09:08
19	Andy McIntyre	1:11:45
35	Anne Fish [3rd lady]	1:16:59
37	Grayhame Fish [3rd V50]	1:17:10
65	Mike Goodwin	1:25:26
70	Ronel Van der Merwe	1:26:17
71	Denise Naughton	1:26:33
89	Lesley Webb	1:40:03
90	Sue Seggar	1:40:03

There were 93 finishers.

Wymondham 20 mile 7th March

Pos	Name	Time
139	Joe Naughton	3:11:59
148	Jeanne Lynch-Aird	3:25:09

There were 159 finishers

Wymondham 10 mile 7th March

Pos	Name	Time
62	Lorraine Phillips	1:20:31
68	Anne Fish	1:21:00
76	Rachel Champion	1:22:25
77	Grayhame Fish	1:12:39

159 finishers as well

Bildeston ½ Marathon 14th Feb 2004

Pos	Name	Time
17	Richard Denwood	1:30:05
30	Bob Ratliffe	1:36:22
32	Richard Fellingham	1:37:35
43	Joe Naughton	1:44:08
44	Chris Gladwell	1:44:23
67	Ronel Van der Merwe	2:02:04

There were 77 finishers.

Bildeston 10k 14th Feb 2004

Pos	Name	Time
9	Tamara Jordan [2nd Lady]	39:29
12	Chris Oliver	40:05
30	Adam Miller	45:42
36	Sandie Pottage	47:03
51	Anne Fish	51:13
55	Grayhame Fish	52:26
59	Mike Goodwin	52:57
60	Mary Tricker	53:22
61	Jenny Relf	53:26
65	Jan Starmer	54:22
67	Linda Steward	55:06

There were 87 finishers.

Mondi Packaging Pre-London 15

21st March 2004

To March in March

Fast flat pre London race to gain confidence and possibly a P.B. I was warned by the more experienced but decided to give it a go anyway. The Saturday winds had abated somewhat but until you reach the Fens you forget the openness and lack of wind shielding.

I followed the signs to Whitemoor Prison and was one of the last to register, but the changing facilities were adequate and it was soon time for the gun. (A real starting pistol) The first Mile with the gale force wind at our backs was fast but soon that was to change as we turned for a second mile into the wind and then a further turn put it side on. After 3 miles I had settled and wind assisted running well but as usual too quick. The talk was all about after half way and what the conditions might be like and that it could only get worse if it rained.

IT DID. After a very short spell with the protection of a small village we turned for home at 7.5 miles. Straight monotonous flat roads with the small field really strung out would have been bad enough but with horizontal rain in a bitter wind I could hardly put one foot in front of another. This went on for about 4 miles with only the odd house and a passing car to help. A marshal appears when I expected to make a right turn and hopefully some protection to point straight on along a track, could things get any worse than my mile splits dropping from around 7.20 over 10. No! After a final turn 1.5 miles from the finish I just had enough energy to make it home wind assisted.

Could the split times be so erratic or were the mile markers wrong I don't know, but be warned listen to the old and experienced. I am old and now a little more experienced

Bob Ratliffe

Pos	Name	Time
27	Bob Ratliffe	1:54:36

Broadland 15 21st March 2004

Pos	Name	Time
32	Richard Fellingham	1:52:45
62	Sue Garrod	2:09:16
64	Les Basham	2:09:37
86	Tracey Lee	2:30:26

There were 96 finishers.

Joe Cox 10m 28th March 2004

This year saw a slight change in date from early March to late March. This allowed the race to be included into this years Suffolk Championships and would not clash with the Bury 20 and Wymondham 20.

The race was convincingly won by David Miller in time of 52m 33s, nearly two and a half minutes clear of his nearest rival. The ladies race was won by the great new talent of Nola Turner from Great Yarmouth in a time of 1hr 4m 58s. Both these times are certainly the fastest we have seen in the last 4 years and the fastest we've seen on our re-measured course.

Pos	Name	Time
8	Nick Stephens	00:59:20
29	Adrian Doig	01:08:29
34	Richard Fellingham	01:09:36
36	Gordon Slack	01:10:02
38	Bob Ratliffe	01:11:03
57	Carole Prance	01:14:36
71	Adam Miller	01:17:41
74	Les King	01:18:22
75	Alan Wells	01:18:32
83	Joe Naughton	01:21:04
89	Lorraine Phillips	01:22:02
94	Anne Fellingham	01:23:44
103	Mike Goodwin	01:26:20
104	Ronel Van Der Merwe	01:26:28
110	Frank Moggan	01:26:59
112	Mary Tricker	01:27:25
113	Richard Denwood	01:27:26
120	Jenny Relf	01:29:07
121	Jan Starmer	01:29:16
122	Denise Naughton	01:29:32
123	Linda Steward	01:29:48
135	Sue Seggar	01:42:48

Bungay Marathon 4th April 2004

Pos	Name	Time
65	Joe Naughton	3:48:01

There were 150 finishers.

Bungay Half Marathon 4th April 2004

Pos	Name	Time
231	Ronel Van der Merwe	1:59:44
310	Lesley Webb	2:13:36
329	Sue Seggar	2:19:59

There were 360 finishers.

Paris Marathon 4th April 2004

Pos	Name	Time
10,059	Richard Fellingham	3:38:45

There were 30,430 finishers

Sudbury 5 9th April 2004

Well here we go my first road race since Sep 2002 when I ran the Robin Hood Half and I was 9 weeks pregnant. I knew that race was going to be my last one for a while and I did finish it with a tear in my eye.

On Thursday night I felt as if I was going to run a marathon the next day - the nerves were running high. I had a few words of encouragement from the Runners World Forum and I knew I was going to see some old familiar faces the next day.

Unfortunately Rich & William couldn't come to support me as William was still contagious with chicken pox so I drove down myself and miraculously didn't get lost - a good sign if ever there was with my sense of direction. I first saw Chris Gladwell at the finishing car park and we walked/jogged to the start which was 1.5 miles. I didn't know whether it was nerves about the race or because Chris was the first adult I had seen all week but I couldn't stop talking, the poor guy - sorry Chris.

We got to the start with 10mins spare which was enough time to put my bag in the baggage car and find a loo. I just had a few minutes to adjust my laces and we were off. Oh yes it's all coming back to me now, the mad rush at the start of the race helped with a decline from Sudbury town centre, I was determined to pace myself and quite a few over took me but I knew I was going to catch up with some of them eventually - the High Street trainers and bomber jacket kind of gave it a way! The other Striders disappeared in to the distance and I set myself in my pace.

I began to catch up with the walkers who had started 30mins before the runners and I passed

an Easter Bunny, some bunny girls, the Teletubbies and firemen in their full kit which spurred me on.

The beginning of the course was a lot more scenic than I had remembered and it was good to see so many locals standing in their front gardens supporting. Between the 3 mile marker and the 4 mile marker was a long mile with a gradual incline but it made the last mile a little shorter which is always welcoming. I ran in to the finish area with 43mins on the clock which is what I was hoping to achieve so I felt very pleased with myself.

It was a good run with a fun atmosphere and is becoming more popular each year. If you haven't done this one yet then I would say it was worth the drive.

Katy

Pos	Name	Time
4	Nick Stephens [1st V40]	29:15
21	Stuart Green	31:48
56	Chris Gladwell	34:17
61	Richard Fellingham	34:43
71	Robbie McPhillips	35:21
164	Anne Fellingham	41:00
191	Katy Nash	43:20

There were 296 finishers.

Mettingham 10k 9th April 2004

Pos	Name	Time
23	Martin Pottage	40:10
27	Adrian Doig (PB)	40:48
49	Sandie Pottage [1st V35]	46:42
62	Ronel Van der Merwe [1st V45]	51:01

Castle Camps 6 11th April 2004

Castle Camps is just the other side of Haverhill on the Suffolk/Cambridgeshire border. The terrain looked very similar to terrain around Stowmarket, slightly undulating with the odd short hill.

It was a very low-key event in its third year with little formality and a field of just under 100. It was classed as a fun run and I entered on the day, no forms to fill in, the women on the late entries table just wanted my name and age (and they could not believe I was 47, "You look so much younger". They said).

The entry fee was only £5.00 and this included all the tea you could drink. From the start the race left the village and for the first mile or so it ran gently down hill, which means only one thing, there must be an uphill. The next three or four miles were a roller coaster ride up and down numerous short sharp hills. Over the last mile, the race ran gradually uphill back to the village. I only saw two cars during the whole race, which was all on small lanes through very picturesque countryside.

Overall, this was a very casual race, on a quite testing course. There were no distance markers and I only saw a handful of marshals.

Therefore, I had a great incentive to keep in touch with the runner in front in case I came to a road junction and didn't see which way they went. Without distance markers I wasn't sure how far I had run but as I made my way up the hill back into the village I recognised the road and realised there was only a few hundred yards to go, my watch read 39.28 so with one last lung-bursting effort I raced to get under 40 minutes and just failed. With distance markers I could have paced my finish and beaten 40 minutes!

Pos	Name	Time
24	Chris Gladwell	40:02

There were 103 finishers

Suffolk Championships Track 5km Monday 26th April

20	Richard Fellingham	21.05
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There were 32 finishers

Hands up if you knew about this race. Of the 32 entries in the men's race there were 27 from Jaffa, 3 from Pacers and one each from Striders and Lowestoft. There were fifteen in the women's race, twelve from Jaffa and three from Pacers.

Civil Service Athletic Assoc. 10K Champs Hyde Park, Wednesday 28th April 2004

Pos	Name	Time
88	Chris Gladwell	43:22

177 finishers

I was hoping for a minute or two quicker than this. Did the first half in 20.40. Did the second half a lot lot slower.

I bumped into a Serpentine Runner while I was there - Sue Lambert - who won her age category (60+) at the London Marathon in 3hrs 36mins. She did the 10k in 47.50.

Heritage Coast Run 2nd May 2004

There are only official times for the first three finishers in each race so we didn't trouble the time keepers. All times are from the runners own watches or a rough guess if they didn't use a watch.

Marathon

Name	Time
Richard Fellingham	4:10

14 Miles

Name	Time
Chris Gladwell	1:45 (PB)
Colin	1:45 (PB)
Anne Fellingham	2:13
Jane Fellingham-Boyce	2:13
David West	2:15
Sean	2:20 (PB)

6 Miles

Name	Time
Chris Starmer	45 ish
Olwyn Clayden	48
Jan Starmer	50.08
Jenny Relph	52.30
Maria Reynolds	57 ish

Breckland 10k 2nd May 2004

Pos	Name	Time
8	Nick Stephens (PB)	35.32
71	Bernard Debney	43.30
101	Sandie Pottage	46.22
212	Sue Seggar	61.24

There were 224 finishers

Woodbridge 10k

9th May 2004

Not many Striders in this year's race that is no doubt to entries closing a week before the date. Woodbridge 10k had reached its 500 runner limit for the 1st time and it is worth noting that entries should be sent well in advance for future years.

Pos	Name	Time
38	Adrian Doig (PB)	40:07
57	Peter Tricker	41:16
61	Richard Fellingham	41:28
251	Ronel Van der Merwe	50:53
278	Anne Fellingham	52:06
404	Rosemary Thurston	58:24
428	Sue Seggar	1:00:11

There were 482 finishers

I include all race results from the website and any others that I am told about.

If you have raced and it's not here – or you've set a PB and it's not here you haven't told me or Richard.
(We never make mistakes!)

CLUB CHAMPIONSHIPS

The 2004 championships will retain a same format as 2003 and will be run over six legs. Full details are on the website and in the last newsletter.

Here are the dates for your diary:

Leg 2: Tuesday 25th May 2004

Leg 3: Tuesday 29th June 2004

Leg 4: Tuesday 27th July 2004

Leg 5: Tuesday 31st August 2004

Leg 6: Tuesday 28th September 2004

FIXTURES

16 th May	Eye 10k
16 th May	Dereham 10mile
16 th May	Halstead Marathon
23 rd May	Jaffa 5 & 10mile (<i>5m County Champs</i>)
23 rd May	Ridleys Great Baddow 10 mile
28 th May	Kirton Friday 5
31 st May	Brandon Forest Half Marathon
4th June	Bury Friday 5
11 th June	Jaffa Friday 5
13 th June	City of Norwich Half Marathon
20 th June	Mersea Round the Island Race (13m)
23 rd June	Wymondham Mid Summer 10 mile
2nd July	Stowmarket Striders Friday 5
4 th July	Newmarket 10k
11 th July	Mutford Relays (<i>County Champs</i>)
25 th July	Haverhill 10k
1 st Aug	Ekiden Relays (Woodbridge)
6 th Aug	Wibbly Wobbly Log Jog
29 th Aug	Mersea island 10 mile
5th Sept	Framlingham 10k
19 th Sept	Langham 10k
26th Sept	Dedham 10k
26 th Sept	Saffron Walden 10k
3 rd October	Felixstowe 1/2 Marathon (<i>County Champs</i>)
10th Oct	Martlesham 10k
17 th Oct	Tiptree 10 m
7 th Nov	New York City Marathon
14th Nov	Stowmarket Striders Scenic 7
28th Nov	Hadleigh 10m
12th Dec	Lowestoft Turkey Trot

HOW TO GET IT WRONG ON RACE DAY

With summer almost here and everyone training hard every Tuesday many of you are now ready to run the perfect race.

But what if you don't and instead it's absolutely horrible. Here are the six classic ways to cock up a race. Avoid them, and you're on the way to a great performance.

Do a hard work-out close to race day. Hard running within three days prior to a race increases your chance of delayed-onset muscle soreness and fatigue, and reduces muscle glycogen levels. Tapering before a race, on the other hand, can lead to a dramatic improvement in performance.

Arrive late. When you show up late for a race (or more accurately, not early enough), valuable energy that could be channelled into speed is squandered on finding a parking space, registering, waiting for the loo and worrying if you'll have time to warm up. Plan to arrive at least an hour before the start.

Don't warm up. A good warm-up fills your muscles with oxygen-rich blood and increases flexibility. Heart rate and respiration also rise, which means you'll work more efficiently during the first few minutes of the race. Skip your warm-up, and you'll produce more lactic acid early on in the race, which will slow you down.

Try something new on race day. New shoes, new socks, new pre-race meal... you get the idea. Try something new in a race and you're courting disaster. If your shoes are too tight on a training run you can adjust them or cut the run short, but that's not a race-day option. Always test things out in training, when you've got nothing to lose.

Pile on the layers. Shivering at the start of the race is not necessarily a bad thing. Physical exertion quickly warms you up, and a rise in body temperature of more than a few degrees will hurt your performance. Yet many runners insist on racing in tights or long-sleeved shirts and jackets, even when it's only slightly cool. A rule of thumb for cool or cold race days: if you're warm at the start, you're overdressed. Unless it's sub-zero, limit yourself to shorts, T-shirt, vest, gloves and hat. And as soon as you finish, change into warm, dry clothes.

Run someone else's race. Early on in a race, you instinctively want to match the pace of those around you. But when you let someone dictate your pace, it's easy to ignore your body's signals and you'll often find yourself running too fast too soon. Have a pacing plan before you start, then stick to it. When the gun goes off, focus inward, stay relaxed, and trust your ability to pace yourself.

Speaking personally, at my last 10k on 26th April I ran a hard 13 mile training run three days before the race, didn't warm up properly and, for the first time ever, had a cup of tea an hour before the start. Excuses, excuses.

NOT SO SPORTING RACE TIPS

So you have taken note of what not to do before the race started but you still find that you need that extra edge. Sometimes all that hard work, training and preparation isn't quite enough; you need to do more than simply run quickly.

By and large running is an honest sport and we're not talking real cheating here, such as using performance enhancing drugs or taking short cuts, but there are a few psychological tricks you can use to get ahead of your rivals.

Strike up a (one-sided) conversation. If you can still master the power of speech during a run, why not ask your rival a question - particularly one that requires a long answer. Ask them about work, a relationship, or the state of English sport. Talking will disrupt their breathing and slow them down. This works particularly well if you start them chatting on a hill.

I know a tune that will get on your nerves. Ever find yourself running with an irritating song in your head? If so, you know how it can disrupt your natural rhythm. So the next time you're in a race, share that tune with your fellow runners. Get them humming along and they, too, will lose their concentration. Recommended songs are *Achy Breaky Heart*, anything by Busted or the entire latest Blazing Squad album.

Ooh, that must hurt! If you know that your rival's been recovering from an injury, or has a persistent nagging ache or pain, remind them about it. Simply asking, "How are the shin splints?" can do wonders. Your nemesis will start to concentrate on that rather than focusing on their running.

Push on ahead... but only just. Once you've reeled in a rival, don't be happy just to sit on his shoulder. Instead, edge just in front. This will give the impression - true or not - that you're running faster and feeling stronger. Once these thoughts take effect your rival will start to feel as if he can't keep up and will soon begin to fade.

START RUNNING WITH STOWMARKET STRIDERS

As you know, our annual beginner's classes have just started for anyone who wants to start running but who need a bit of advice, support and encouragement.

We run these classes every year and they are ideal for anyone who:

- Wants to lose the pounds that they gained over the winter.
- Wants to get fit and active again
- Wants to tone up their body
- Wants to get in shape ready for summer
- Wants to get on to the road to a healthier lifestyle
- Or wants to take up running seriously and run road races, cross-countries or even marathons

Peter Tricker runs the sessions and we have beginners of all abilities coming up to the classes.

If you know someone who wants to start running tell them to meet us at 6.30pm every Tuesday evening on the playing field behind the Mid Suffolk Leisure Centre.

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 _____