

# STRIDERS NEWS

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

Volume Five: Issue Three

July 2004

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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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## FRIDAY NIGHT FIVES

The Friday Five races continued to prove very popular as over 1400 runners had the chance to compete in a wide range of courses and conditions over the five races. The last two races showed the extreme range of events in the Series. At Haughley Park, forty-eight hours of heavy showers had left the conditions wet and muddy, with cross-country running shoes the choice of the astute runner. It was run in typical winter cross country conditions - cold, wet, hilly and muddy. Then seven days later Gt Bentley gave us warm(ish) dry weather and a flat fast road course where several Striders had satisfying ends to the Series by running PBs.

We can no longer use of the Barn at Haughley Park for our races so for the first time had to run our Five from an assortment of tents and marquees. It also meant a revised course was needed and the 100 late entries on the night created extra pressures on the administration of the race.

Fourteen Striders completed the Series and there were a number of personal successes for Striders. Congratulations to Tamara who dominated the Ladies Series and was a clear first and to Chris Starmer who was second in his category:

Tamara's success in the series has been a continuation of her successful running throughout the season which has brought a number of victories, PBs at 5k, 5mile, 10 mile & ½ Marathon, including an excellent second place in the Norwich ½ Marathon and the title of County Champion.

While we're talking about County Champions, congratulations also to Chris Starmer who won the men's title at Northgate in June.

## RESULTS

### Frinton & Walton ½ Mar 9th May 2004

Pos	Name	Time
2	Nick Stephens [PB & 1st Vet]	1:15:55
13	Stuart Green	1:24:57

There were 178 finishers.

### Dereham 10m 16th May 2004

It was a scorcher. I've never seen so many people drop out of a race due to the heat and none of us wore any sun screen!

All three of us said we felt ok until about 5 miles then just fell apart. After a brief walk at six miles, where Bob passed me, I managed to pull myself together and re-pass him at 9 miles.

*Chris Gladwell*

Pos	Name	Time
26	Tamara Jordan [2nd Senior Lady]	1:07:20
59	Chris Gladwell	1:13:45
63	Bob Ratcliffe	1:14:24

There were 207 finishers.

### Ipswich JAFFA 5 & 10 mile 23rd May 2004

#### 5 MILES

Pos	Name	Time
7	Chris Starmer	28:52
8	Nick Stephens	28:59
34	Chris Gladwell	33:18
39	Bob Ratcliffe [PB]	34:20
55	Robbie McPhillips	35:51
64	Richard Nash	37:21
69	Sue Garrod	38:23
93	Anne Fellingham	40:20
101	Jane Fellingham-Boyce	40:44
125	Rosemary Thurston	45:16

There were 138 finishers.

#### 10 MILES

Pos	Name	Time
15	Tammy Jordan [PB & 1st Lady]	1:04:12
17	Chris Oliver	1:05:10
26	Joe Naughton	1:07:58
65	Les Basham [PB]	1:21:33
68	Lorraine Phillips	1:21:53
72	Ronel Van der Merwe	1:23:53
75	Anne Fish	1:24:39
99	Denise Naughton	1:31:21

There were 128 finishers.

### Brandon Half Marathon 31st May 2004

A message from 118

You may have heard that Cathy and I had our wedding anniversary on Monday and I told her that this year we would do something different (by that I mean we would actually do something) and I would take her for a picnic in Thetford Forest. She's no fool and her first question was "Is there a race?" I was honest and said there was but she was still happy to go but made the mistake of forgetting to ask the distance first. When we got there we found out that it was Les and Anne Basham's anniversary as well and we actually got married on the same day, us in Stowmarket and them in Creting and (you'll never believe this) we all went to Norfolk for our honeymoon.

Anyway we both had a good time (in Thetford Forest), I ran, she studied - perfect. It was a scorching hot day so I wore a yellow Joe Cox baseball cap and rather sporty (or so I thought) sunglasses. After seeing my photo on the digitography site I'm not so sure. After the race we had the promised picnic with great company. Cathy had bought Smoked Salmon and various other tasty morsels that appeared to make Grayhame very jealous.

The picnic was to be the start of a day that would build to a crescendo. However, Cathy fell asleep in the car on the way home and when we got back I went to bed for a couple of hours. When I woke up, just after 5.00pm, Cathy was also in bed asleep. It must be an age thing because we both decided to put off the crescendo until we both had a bit more energy. Chris Gladwell (Race Number 118)

### Brandon Half Marathon results

Pos	Name	Time
33	Chris Starmer	1:33:12
43	Joe Naughton	1:36:38
51	Chris Gladwell	1:38:12
52	Bob Ratliffe	1:38:16
77	Richard Fellingham	1:42:46
118	Les Basham	1:51:29
130	Ronel Van der Merwe	1:55:06
139	Sue Garrod	1:56:23
142	Anne Fellingham	1:57:09
151	Anne Fish	1:59:22
161	Jenny Relf	2:02:47
162	Jan Starmer	2:02:49
170	Denise Naughton	2:06:37

There were 196 finishers.

### Ruby Run Half Marathon 13th June 2004

The race was The Ruby Run ½ marathon, and my time was 1.51.48, which is 16 minutes off my best ½ marathon time. Yay!! I was also 7th women, unless the Jo in front of me was a man then in that case I was 6th. Yay again!! And NO there was not 8 women running thank you.

*Lorraine Phillips*

Pos	Name	Time
52	Lorraine Phillips [PB]	1:51:48

There were 138 finishers.

### Norwich Half Marathon 13th June 2004

Pos	Name	Time
47	Tamara Jordan [2nd lady]	1:27:10
51	Chris Oliver	1:27:48
90	Alistair Bunting	1:31:25
116	Adrian Doig	1:33:28
183	Richard Fellingham	1:38:02
184	Joe Naughton	1:38:03
192	Bob Ratliffe	1:38:42
225	Chris Gladwell	1:40:24
467	Heidi Bingham	1:52:25
666	Anne Fellingham	2:02:13
721	Denise Naughton	2:04:33

There were 1085 finishers.

### Blackpool Marathon & Half Marathon

20th June 2004

#### Marathon

Pos	Name	Time
83	Richard Denwood	3:17:28

There were 538 finishers.

#### Half Marathon

Pos	Name	Time
631	Kirsty Denwood [PB]	1:53:29

There were 1136 finishers.

### Suffolk 5k Track Championships

21st June 2004

**Stowmarket Striders can now boast the current 2004 Suffolk 5k track Champions! Well done to us.**

#### Ladies

Pos	Name	Time
1	Tamara Jordan	18:31
6	Sue Garrod	22:03
8	Heidi Bingham	22:15
11	Jan Starmer	24:13
12	Maria Reynolds	25:31
13	Rosemary Thurston	26:27

There were 13 finishers.

#### Men's

Pos	Name	Time
1	Chris Starmer	16:55
7	Nick Stephens	17:43
12	Adrian Doig	19:31
13	Andy McIntyre	20:38
14	Bob Ratliffe	20:40
16	Colin Thomas	21:29
19	Les Basham	22:36

There were 19 finishers.

### Newmarket 10k 4<sup>th</sup> July

Pos	Name	Time
26	Richard Fellingham	43:49
68	Joe Naughton	50:29
70	Anne Fellingham	50:47
79	Jane Fellingham-Boyce	53:26
83	Denise Naughton	54:59

100 Finishers

**Kirton Friday Five 28th May 2004**

31 Striders at a race has to be a record

Pos	Name	Time
10	Chris Starmer [2nd V40]	28:38
29	Tamara Jordan [PB] [1st Female]	30:27
54	Joe Naughton	32:42
61	Chris Gladwell [PB]	33:21
65	Bernard Debney	33:32
69	Robbie McPhillips [PB]	33:50
70	Nick Hammond	33:54
77	Richard Fellingham	34:12
104	Adam Miller	35:26
133	Roger Sparkes	36:41
139	Lorraine Phillips	36:51
140	Gemma Bloomfield [PB]	36:53
143	Sue Garrod	36:57
148	Sanchia Bettany	37:00
156	Kirsty Denwood	37:19
157	Les Basham	37:21
162	Heidi Bingham	37:48
184	Miles Garrod	39:02
185	Ellen Broughton	39:06
186	Ute Bride	39:06
189	Sean Grimes [PB]	39:13
191	Ronel Van der Merwe [PB]	39:29
195	Anne Fellingham	39:46
196	Jean Lynch-Aird	39:50
221	Jan Starmer	41:20
226	Jenny Relf	41:54
233	Donna Miller	42:34
234	Katy Nash	42:41
238	Alison Taylor	43:13
255	Rosemary Thurston	44:37
283	Marcia Hyland	49:32

There were 288 finishers

**Bury Friday Five 4th June 2004**

30 Striders at this race, one less than Kirton.

Pos	Name	Time
13	Chris Starmer [3rd V40]	29:37
24	Tammy Jordan [1st Lady]	31:02
62	Adrian Doig	33:50
67	Nick Hammond	34:14
83	Adam Miller [PB]	34:49
84	Joe Naughton	34:52
88	Chris Gladwell	35:00
89	Robbie McPhillips	35:08
90	Bob Ratliffe	35:22
103	Richard Fellingham	35:56
125	Colin Thomas	36:28
141	Roger Sparkes	36:59
159	Ellen Broughton	37:35
171	Lorraine Phillips	38:08
184	Sanchia Bettany	38:26
185	Les Basham	38:29
197	Gemma Bloomfield	39:10
212	Mile Garrod	39:43
214	Heidi Bingham	39:52
217	Ute Bride	39:58
236	Ronel Van der Merwe	40:54
243	Anne Fellingham	41:18
255	Jan Starmer	41:47
297	Denise Naughton	43:53
304	Donna Miller	44:38
313	Katy Nash	44:59
326	James Reynolds	46:04
342	Chris Chaplin	47:10
353	Sue Seggar	48:19
368	Marcia Hyland	50:36

There were 400 finishers.

**JAFFA Friday Five**  
23 Striders at this race.

**11th June 2004**

Pos	Name	Time
14	Chris Starmer	29:28
49	Joe Naughton	33:12
50	Nick Hammond	33:13
62	Robbie McPhillips	33:56
69	Bob Ratliffe	34:19
70	Richard Fellingham	34:25
81	Chris Gladwell	35:24
87	Colin Thomas	35:43
110	Gemma Bloomfield	36:54
119	Ben Naughton	37:24
122	Sanchia Bettany	37:30
126	Les Basham	37:52
127	Les King	37:58
144	Alan Wells	39:46
156	Ronal Van der Merwe	40:17
161	Anne Fish	40:40
177	Tony Edwards	41:51
181	Grayhame Fish	42:25
182	Donna Miller	42:27
187	Maria Reynolds	43:05
193	Frank Moggan	43:35
209	Rosemary Thurston	46:07
213	Sue Seggar	48:14

There were 217 finishers.

**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 of the last three legs for your diary:

- Leg 4: Tuesday 27<sup>th</sup> July 2004**
- Leg 5: Tuesday 31<sup>st</sup> August 2004**
- Leg 6: Tuesday 28<sup>th</sup> September 2004**

**STOWMARKET STRIDERS FRIDAY 5**  
**2<sup>ND</sup> July 2004**

Pos	Name	Time
32	Tamara Jordan [2 <sup>nd</sup> lady]	32:25
44	Stuart Green	34:11
58	Robert McPhillips	35:42
70	Bob Ratliffe [3 <sup>rd</sup> Vet 55]	36:34
85	Roger Sparkes	37:27
125	Les King	39:11
134	Miles Garrod	39:42
136	Lorraine Phillips	39:52
142	Gemma Porch	40:17
158	Ute Bride	41:42
161	Anne Fellingham	41:55
169	Jane Fellingham-Boyce	42:39
178	Shaun Grimes	43:10
181	Jan Starmer	43:15
184	Katy Nash	43:44
212	Richard Sellers	46:48

There were 238 finishers

**Gt Bentley Friday Five**  
**9<sup>th</sup> July 2004**

Pos	Name	Time
13	Chris Starmer	28.52
38	Tamara Jordan 3rd Lady]	30.33
75	Chris Gladwell [PB]	33.10
81	Richard Fellingham	33.33
93	Robert McPhillips	34.03
94	Bob Ratliffe [PB]	34.08
111	Ben Naughton [PB]	34.56
151	Lorraine Phillips [PB]	36.50
168	Gemma Porch	37.41
174	Leslie Basham [PB]	37.56
177	Miles Garrod [PB]	38.05
182	Heidi Bingham	38.22
200	Anne Fellingham [2 <sup>nd</sup> Vet 50]	39.31
213	Shaun Grimes	40.25
216	Jane Fellingham-Boyce [PB]	40.43
217	Jan Starmer [PB]	40.46
219	Katy Nash	40.52
235	Steven Clarke [PB]	41.53
238	Denise Naughton [PB]	42.01
260	Linda Stewart	45.16
261	John Stewart	45.17
262	Joe Naughton	45.44
263	Sue Seggar	45.45

There were 285 finishers

## FRIDAY FIVE SERIES STANDINGS 2004

These are results for the Striders that completed four or more of the five races in the series

MENS V40 CATEGORY							
Psn.	Name	Kirton	Bury	Ipswich	Haughley	Bentley	Points
2	Chris Starmer	2	3	4		3	12
11	Joe Naughton	10	16	12		31	69
20	Miles Garrod	32	35		23	26	116
MENS V45 CATEGORY							
Psn.	First Name	Kirton	Bury	Ipswich	Haughley	Bentley	Points
8	Robert McPhillips	11	13	8	9	21	41
9	Chris Gladwell	9	12	14		15	50
MENS V50 CATEGORY							
Psn.	First Name	Kirton	Bury	Ipswich	Haughley	Bentley	Points
14	Leslie Basham	15	18	14		18	65
MENS V55 CATEGORY							
Psn.	First Name	Kirton	Bury	Ipswich	Haughley	Bentley	Points
4	Bob Ratcliffe		5	4	3	4	16
5	Richard Fellingham	6	7	5		2	20
LADIES SENIOR CATEGORY							
Psn.	First Name	Kirton	Bury	Ipswich	Haughley	Bentley	Points
1	Tamara Jordan	1	1		2	3	7
4	Lorraine Phillips	9	6		11	8	34
5	Gemma Porch	10	10	5	12	11	36
10	Katy Nash	22	31		21	17	91
LADIES V40 CATEGORY							
Psn.	First Name	Kirton	Bury	Ipswich	Haughley	Bentley	Points
8	Jan Starmer	13	9		5	12	39
LADIES V50+ CATEGORY							
Psn.	First Name	Kirton	Bury	Ipswich	Haughley	Bentley	Points
4	Anne Fellingham	5	7		4	2	18

### First Three Team Positions

### Friday 5 Series

Team	Overall Position		Kirton		Bury		Claydon		Haughley		Bentley	
Ipswich Jaffa	1994	1	445	1	597	1	425	1	527	2	667	2
St Edmund Pacers	2253	2	561	2	610	2	730	2	484	1	598	1
<b>Stowmarket Striders</b>	<b>3888</b>	<b>3</b>	<b>858</b>	<b>3</b>	<b>1044</b>	<b>3</b>	<b>975</b>	<b>3</b>	<b>1011</b>	<b>3</b>	<b>1095</b>	<b>3</b>

Notes:

1. The results are based on a team of 5 men and 5 women with a penalty added for each runner short.
2. Teams do not have to be entered specifically, the top 5 men and women scoring
3. The results and penalty are based on the overall finish position as the published list for the race
4. Unattached Runners and those that did not finish are not included in the analysis.
5. As far as is known no clubs have joined together for the series or asked for special consideration.
6. The trophies for 1st, 2nd and 3rd club are awarded for the best 4 out of 5 performances
7. Clubs must compete in 4 out of 5 races, thus only clubs that competed in race 1 or 2 are entered above

## WHO WORE THE BODYSUIT?

This appealed to me because my mind goes numb within two seconds of looking at one of these. My usual answer is "Who cares?" but there may be some of you who like a mental challenge as well as a physical one.

One day, five clubmates raced over different distances, in different places, wearing different clothing and shoes and scoring different points for their club championship.

### Who was wearing the bodysuit and did it do them any good?

**Runners:**

Ali, Chris, Julie, Steve, Stew

**Locations:**

Bristol, Edinburgh, London, Manchester, Newcastle

**Shoes:**

Asics, New Balance, Nike, Reebok, Saucony

**Distances:**

5K, 10K, 10m, half marathon, marathon

**Clothing:**

Vest, Helly, Coolmax t-shirt, Lycra bodysuit, long-sleeved t-shirt

**Scores:**

90, 100, 110, 120, 130

**Clues:**

1. Chris scored the least.
2. Julie wore a vest.
3. Ali ran a marathon
4. 110 points weren't scored in London but were scored the same side of Manchester (i.e. north or south) as where 100 points were scored.
5. The 5K runner scored 110 points.
6. The runner in the Lycra bodysuit also wore Reeboks.
7. The runner who scored 120 points isn't sure how to pronounce the manufacturer of their shoes.
8. The runner in the long-sleeved t-shirt also isn't sure how to pronounce the manufacturer of their shoes either.
9. The half marathon was in Manchester.
10. Stew wore a Helly in London.
11. The Sauconys were worn south of Manchester.
12. The 10K was run in Asics.
13. Steve wore New Balance.
14. Stew didn't score the most.
15. The Sauconys raced more than 10 miles.
16. The 10K was north of the 5K.
17. The t-shirts weren't worn at the 10K.

**Answer Grid:**

Runner	Location	Shoes	Distance	Clothes	Points

This teaser has been attributed to Einstein. The fastest solution time known is 30 minutes.

**The answers are on Page 9**

If you found it too hard try the easy version:-

## WHO, WHAT, WHERE, WEAR?

Four runners are racing somewhere and you need to figure out who is running what distance, where and in which top.

**Runners:**

Dave, Steve, Anne and Kevin.

**Places:**

Suffolk, Norfolk, Essex. Cambridgeshire

**Races:**

5K cross-country, 10K road race, 10 mile multi-terrain, road marathon.

**Clothing:**

Vest, t-shirt, Helly, tyvek.

**Clues:**

- Dave is running a metric distance in Suffolk.
- The tyvek jacket is being worn on the ten-miler.
- Anne is running less than ten miles.
- The marathon is in Cambridgeshire.
- Kevin is running off-road in Norfolk.
- The Helly isn't being worn in a metric race.
- Steve's doing a road race in a Helly.
- Anne's vest is getting very muddy.

From all that you should be able to fill in this table:

Name	Race	Clothing	Location

The answers are on Page 9

## SOCIAL EVENTS

### Climbing the Cragg

Friday 23<sup>rd</sup> July, 8pm



Lorraine has organised beginners session with instructors to climb the Cragg at Stowmarket Leisure Centre. There are 16 places for 2 instructors. The cost is dependent upon numbers, so the more that go - the cheaper it'll be (estimations are at £8 per person). There is a viewing gallery for those of you who wish to heckle and the bar is there for drinks afterwards.

To book your place, contact Lorraine or put your name on the list in the club.

### Summer Family BBQ

22<sup>nd</sup> August 2004

At Haughley Park and open to runners and their families. Usual activities include a bouncy castle for the kids, BBQ food, kids' treasure hunt, and a rounders match.

### Chinese Meal at the Barking Fox - September 2004

Plans are also in motion for a Chinese meal at the Barking Fox. Keep an eye out for further details.

**If you have any questions, please contact Lorraine Philips - Social Secretary.**

## SO WHO *DID* WEAR THE BODYSUIT?

Chris wore the bodysuit and no, it didn't do them any good 'cos s/he scored the fewest points!

Runner	Location	Shoes	Distance	Clothes	Points
Chris	Manchester	Reebok	Half marathon	Lycra bodysuit	90
Ali	Bristol	Saucony	Marathon	Long-sleeved T-shirt	130
Steve	Newcastle	New Balance	5K	Coolmax T-shirt	110
Julie	Edinburgh	Asics	10K	Vest	100
Stew	London	Nike	10m	Helly	120

### Who, what, where, wear? Solution

Name	Race	Clothing	Location
Dave	10K	T-shirt	Suffolk
Steve	Marathon	Helly	Cambridgeshire
Anne	5K XC	Vest	Essex
Kevin	10M M/T	Tyvek	Norfolk

These items and the Cost of running are courtesy of Garry Perratt, The Lean, Mean Runner Bean and a member of Axe Valley Runners. There more like this at: [www.lmrbean.plus.com](http://www.lmrbean.plus.com)

## RUNNING AND SEX - KEEP IT UP

New research suggests that men who continue running into their 50s and 60s are more likely to retain their sex drive than men who live a more sedentary lifestyle.

Scientists at the University of Newcastle upon Tyne have found that levels of the male sex hormone testosterone in male runners aged 55-65 are significantly higher than those among their healthy but inactive contemporaries. A drop in testosterone levels is expected after the age of 40, and can lead to a drop in sex drive and the onset of erectile dysfunction. But the scientists discovered that testosterone levels in pensioners who put in 40 miles a week were 25 per cent greater than among men of a similar vintage who preferred to spend their time at the social club.

The researchers also found that the runners produced four times as much growth hormone as their sedentary peers. As with testosterone, growth hormone levels fall as we age, which results in less muscle, more fat and weaker bones.

Dr Pat Kendal-Taylor, who directed the study, said, "Our research proves that men who exercise regularly not only benefit from better overall health, but actually produce more of the hormones associated with younger bodies and sexual activity."

It's a shame they are all too tired to do anything about it!

## THE COST OF RUNNING

It is sometimes said that running is free - you just need a pair of shoes. But there's the crunch. I reckon on a pair of shoes, price approximately £50, lasting about 750 miles. (Running shoes are a classic example of 'your mileage may vary' with some people (manufacturers) recommending shoes be replaced every 300 miles and others going up to 1,000 miles. I am a light runner and find that the uppers generally fall apart before the midsoles go. Perhaps this is due to them being left 'orrible 'n' muddy but if I tried washing them between runs they'd never get dry!) Anyway, fifty quid divided by 750 miles gives a cost of about 7p/mile - cheap, but not free! Comparing runners' rubber with cars', four new £50 tyres every 20,000 miles is only 1p/mile!

But what about other clothing? I don't get through much running gear other than socks and shorts (the elastic goes, either due to too much washing, or to too much time left rotting unwashed - you can't win!). Say two pairs of socks and half a pair of shorts every year. At £6 for socks and £16 for shorts at my average of 20 miles a week that's twenty quid divided by a thousand miles, or 2p/mile. Total clothing bill: 9p/mile! But there's more ... fuel! Although cost per Calorie is obviously highly dependent upon diet most common high-carbo foodstuffs are a few pence per 100kCal. For example an unsliced brown 800g loaf costs around 80p and supplies around 2,000kCal resulting in about 4p/100kCal. To a first approximation we use about 100kCal to run a mile, regardless of pace. Hence a mile costs 4p in fuel. Comparing with motoring again, 40mpg at £3.50/gallon (it's shocking when you go back to the old units, isn't it!) gives about 8p/mile.

Total cost of running: 13p/mile. This isn't much less than motoring costs! If you want to take comparisons to the extreme I guess you could equate private medical insurance with servicing your car - they *are* similar costs!

OK, This isn't exactly rigorous science but I think it does make an interesting point.

## FIXTURES

25 <sup>th</sup> July	Haverhill 10k
1 <sup>st</sup> Aug	Ekiden Relays (Woodbridge)
6 <sup>th</sup> Aug	Wibbly Wobbly Log Jog <i>NB: See Page 11</i>
13th-19th	Olympic Games, Athens Greece
29 <sup>th</sup> Aug	Mersea island 10 mile
5th Sept	Framlingham 10k
12 <sup>th</sup> Sept	Robin Hood Marathon Nottingham
19 <sup>th</sup> Sept	Langham 10k
26th Sept	Dedham 10k
26th Sept	Gt North Run
26 <sup>th</sup> Sept	Saffron Walden 10k
2 <sup>nd</sup> Oct	Harwich Discovery Run
2 <sup>nd</sup> Oct	World Half Marathon Championships New Delhi India
3 <sup>rd</sup> Oct	Felixstowe 1/2 Marathon <i>(County Champs)</i>
10th Oct	Martlesham 10k
17 <sup>th</sup> Oct	Tiptree 10 m
7 <sup>th</sup> Nov	New York City Marathon
<b>14<sup>th</sup> Nov</b>	<b>Stowmarket Striders Scenic 7</b>
28th Nov	Hadleigh 10m
11 <sup>th</sup> Dec	European Cross Country Championships Herringsdorf Germany
11 <sup>th</sup> Dec	World Cross Country Championships Le Mans France
12th Dec	Lowestoft Turkey Trot
26 <sup>th</sup> Dec	Bungay Boxing Day Cross Country
17 <sup>th</sup> April 2005	Flora London Marathon

**Don't Forget.....**

**2005 Flora London Marathon**

**Entry forms out soon**

# NEWS • NEWS • NEWS

## Thursday Night Runs

For the next few weeks Thursday night is guest run night:

Thursday 22<sup>nd</sup> July 7:30pm – Starmers @ Thornham Magna Country Park (Car Parking Costs £2)

Thursday 29<sup>th</sup> July 7:30pm – Richard @ 67 The Street, Bramford

Thursday 5<sup>th</sup> August 7:30pm – Peter/Stuart @ Barn meadows, Combs

Thursday 12<sup>th</sup> August 7:30pm – Shaun @ Buxhall (map to follow)

## Wibbly Wobbly Log Jog

The Runners World race diary states “NB NO E/D”. This is a typo at Runners World and the race director has confirmed to me that entries are more than welcome on the day.

However, he has also added:

“Unfortunately, due to health and safety issues, and on instructions from the Forestry Commission, we have had to change the course completely this year. The race HQ and car park are still in the same place as always, but this year, the race will take place on the opposite side of the B1106.

We have done our best to produce an interesting course, the single Wibbly wobbly tracks will still be there but unfortunately the bomb craters will not. I hope you and your colleagues will still come and support our race.

From a personal point of view, I have taken the news about the course quite badly, as this has for several years been my baby.

I have seen entries increase year on year, with 269 turning up last year, along with a photographer from RW.

I get a kick out of seeing the Log Jog t-shirts on the backs of runners at all sorts of races, and it is just great hearing, (on several occasions), a couple of runners discussing this "crazy" but great run, not knowing the man responsible for it is standing next to them.

Kind regards and hopefully looking forward to your continued support.

Ian Cooper

## Membership

The club now has over 125 members and is on the way to doubling in size in a space of 2 to 3 years.

For newer members, if you are paid up and not received your membership card, please speak to David Hartley, our Club Secretary, or any other committee member, who will ensure you will receive your card. Presentation of this card is required by most sports shops to allow you to claim 10% discount on purchases.

If you have not yet paid your membership fee of £12, please complete a membership form, available from the Blue Folder brought to the club house each session, and send with your fee to David.

## Certificate of Running Achievement

These certificates will be coming out imminently for those who have achieved bronze, silver, gold or platinum achievement. Achievement will be back dated to the beginning of the year. Further details of the achievements required will be advertised soon at the club house and on the website.

## Stowmarket Striders Club Kit

The Strider gear is available from Les Basham. Remember that when representing the club in a running event you must wear club colours to score in the team.

Men's/Ladies club vests.  
Our price £12.00

Men's/Ladies Club T-Shirt (Aqua duct).  
Sizes S, M, L & XL  
Our Price £16.50

Men's/Ladies long sleeve training shirts  
(Aqua duct). Sizes S, M, L & XL  
Our Price £19.00

Men's/Ladies club T Shirt, 100% cotton.  
Sizes S, M, & L  
Our Price £5.70  
Special price to new members only £3.00

Men's/Ladies club shorts, black, lightweight  
super soft polyester. Sizes S, M, & L  
Our Price £10.50

Ladies Lycra crop-top.  
Sizes S, M, & L  
Our Price from £14.50

Various training bottoms/tights  
Sizes S, M, L & XL  
Our Price from £12.50

"Technical" sports socks, cotton outer layer  
& soft Tactel inner layer.  
Our price from £4.50

Reflective safety bibs  
Our price £4.50

Thermal gloves & hats.  
Our price from £5.50

Fastrax Teamster Jacket yellow/Black.  
Teflon treated, Rain resistant, Scotchlite for  
night visibility, 2 Large pockets.  
Our price from £34.00 (embroidery on right  
breast £2.50 extra)

There has been some desire by members to extend the club kit to include black fleeces with yellow logo stitching, costing an estimated £18 each. Les Basham has been looking at this and getting advice from the lady membership regarding crop tops in club colours. If you would like to express your desire for items of club kit, please contact Les or leave your name on a list held on the club house notice board.

## Club Coaches

Jenny, Olwyn, Sue, Les, Chris O and Chris G have put their names forward to attend the UK Athletics Level 1 Coaching Course in August. On completion they will be able to assist our existing Level 2 coaches (Richard Fellingham, Peter Tricker and Chris Starmer) with the training sessions. The cost will be £50 per person that the club has agreed to sponsor. Funding is being sought from external sources for the courses.

## Circuit Training

**Every Wednesday 7.00pm  
Only £1.00**

**The club runs circuit training sessions every Wednesday evening on the field behind the Leisure Centre.**

**Circuit training is used in a variety of sports to develop and maintain all-round fitness. The number of different exercises and combinations is infinite but a typical circuit will consist of between eight and ten different exercises which between them will cover the main muscle groups.**

**Sessions are run by Olwyn or George and are a good way to improve your muscular endurance and strength as well as your cardio-vascular system.**

**And it's good fun!!!!**