

# STRIDERS NEWS

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

Volume Five: Issue Four

October 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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## WELCOME TO ALL OUR NEW MEMBERS.....

...especially all those who have joined through the early Tuesday training sessions

As you know, we have combined the 6:30pm and 7:30pm training groups so on Tuesdays we are now getting over 70 runners to the session. However, we will still train as one group with a couple of the level one coaches taking it in turns to support any runners near the back of the field (and “encourage” any runners near the front of the field who could be working harder).

We did not consider splitting into two groups at 7.30 because this would have defeated one of the main objectives of the club – to be open and inclusive to runners of all abilities. After all we all have to start somewhere. We have identified a few places where we can safely train in a large group but if anyone knows of anywhere else that may be suitable – ideally within a mile of the Leisure Centre and relatively traffic free – mention it to one of the coaches and we will risk assess it. Although the coaches decide what we will do in the Tuesday sessions it is up to you to decide how hard or fast you want to train.

On Thursdays it is easy to run a few routes of varying lengths, from 3.6 miles up to 6.2 miles. We will try to get a coach with each group but make sure someone knows what distance you are running if you are not doing the full 6.2 miles.

Please remember to wear your high visibility reflective clothing/bibs now that the nights are dark.

There are few hints and tips for newer runners in this newsletter which should make your running enjoyable and explain some of the mysteries of what is after all a quite simple sport.

If this advice raises questions talk to any of the club coaches who will be able to give you the benefit of their vast experience. There’s also a lot of information in previous newsletters which can be accessed on the club’s website.

## SUFFOLK CROSS COUNTRY SERIES

### Fixtures:

	Venue	Date
Framlingham	Nr Castle	31 <sup>st</sup> Oct 2004
Bungay (TBC)	Broome Heath?	21 <sup>st</sup> Nov 2004
Woodbridge	Rugby Club	5 <sup>th</sup> Dec 2004
Bury (TBC)	Nowton Park	2 <sup>nd</sup> Jan 2005
Stowmarket	Haughley Park	13 <sup>th</sup> Feb 2005

The Series is a team event. All five events count for the team awards. In each race the first seven men and first three ladies in each team will count towards the score for that team. However, even if you don't finish in a scoring position for your team you could still finish ahead of another runner who is scoring for their team.

\*\*\*\*\*

The Suffolk Cross Country Championships is to be held on the 16<sup>th</sup> January 2005 at RAF Barnham, Nr Thetford.

## CROSS COUNTRY TRAINING

The cross country training started on Sunday 17<sup>th</sup> October at 9:30am. It continues throughout the winter to the middle of February 2005. It is usually held by Chris Starmer, Level 2 UKA coach. Meet on Sunday mornings, 9.30am, at The Barn in Haughley Park. As this is the home of the Stowmarket Striders own cross country event, you will have home advantage of country park woods, fields, dips and jumps. All abilities welcome.

## CROSS-COUNTRY RACING

Cross-country is an off road activity, so the chance of you picking up an impact injury is less than running on a road or track.

To reduce the chance of injuries you can wear appropriate footwear, look up and

look ahead, pick your line wisely, think about where you are putting your feet, adjust your pace and your stride over difficult or slippery ground.

For the most secure footing, wear good quality running shoes that offer adequate support and cushioning with a good tread pattern on the sole for the kind of terrain you are running over.

Pace varies much more on cross countries, as you climb and drop more frequently and abruptly. The variation in terrain also lends itself to tactical injections of pace. Cross-country runners must be able to cope with both these aspects.

In terms of other gear, you don't need anything special but in winter, obviously it can get cold, so wrap up warmly by wearing several layers and take a towel and a complete set of dry, warm clothing to change into after your run. Take a polythene bag along for your mucky gear and wash it as soon as possible to avoid bacteria developing and having your clothes head off to the washer on their own!

Finally, make sure you enjoy yourself.

## CLUB COACHES

UK Athletics have developed a five level coaching structure which covers all levels of athletics coaching from club to international level.

Stowmarket Striders has three Level 2 coaches (Richard Fellingham Chris Starmer and Peter Tricker).

It also has five Level 1 coaches (Sue Garrod, Les Basham, Chris Gladwell, Olwyn Clayden and Jenny Relf).

Level 1 coaches are qualified to assist the level 2 coaches in a coaching session and to lead, under supervision, elements of that session.

## RESULTS

### Mutford 5k Road Relay 11th June 2004

20 teams ran

#### Team A (Finished 2nd Overall)

Leg	Name	Individual Time	Team Time
1	Tammy Jordan*	19:00	19:00
2	Nick Stephens	17:43	36:43
3	Chris Starmer	17:42	54:25
4	John Squirrel	18:44	1:13:09
5	Chris Oliver	18:41	1:31:50

\* Fastest senior lady.

#### Team B (Finished 8th)

Leg	Name	Individual Time	Team Time
1	Louise Bunch	21:28	21:28
2	Les Basham	23:01	44:29
3	Colin Thomas	20:44	1:05:13
4	Richard Nash	21:32	1:26:45
5	Nick Stephens	18:07	1:44:52

#### Team C (Finished 15th)

Leg	Name	Individual Time	Team Time
1	Sue Garrod	22:37	22:37
2	Tony Edwards	23:32	46:09
3	Shaun Grimes	23:51	1:10:00
4	Grayhame Fish	24:09	1:34:09
5	Chris Starmer	18:58	1:53:07

#### Team D (Finished 19th)

Leg	Name	Individual Time	Team Time
1	Jenny Relf	25:41	25:41
2	Katy Nash	24:44	50:25
3	Jan Starmer	25:57	1:16:22
4	Rachel Champion	23:44	1:40:06
5	Anne Fish	24:10	2:04:16

### Mettingham 10k

13th July 2004

Pos	Name	Time
77	Anne Fish	49:22
83	Grayhame Fish	50:50

There were 111 finishers.

### St Ives Dairy Crest 10k

18th July 2004

Pos	Name	Time
172	Tony Edwards	49:55

There were 278 finishers

### Newmarket 10k

25th July 2004

Pos	Name	Time
7	Nick Stephens	36:59
29	Chris Gladwell	43:10
74	Sue Garrod	49:07
101	Roger Spinks	53:05
108	Maria Reynolds	54:33

There were 133 finishers.

### Wibbly Wobbly Log Jog

6th Aug 2004

Pos	Name	Time
6	Nick Stephens	29:34
15	Chris Starmer	30:35
36	Adrian Doig	33:00
47	Bernard Debney	34:00
78	Colin Thomas	36:25
87	Gemma Porch	37:26
99	Richard Fellingham	38:11
100	Sanchia Bettany	38:11
148	Anne Fellingham	41:12
149	Shaun Grimes	41:14
157	Jane Fellingham-Boyce	41:56
169	Jan Starmer	42:39
170	Mike Goodwin	42:43
174	Ronel Van der Merwe	42:58
178	Alison Taylor	43:12
186	Maria Reynolds	44:02
192	Jean Lynch-Aird	44:33
224	Jenny Relf	45:57
282	Sue Seggar	53:16

There were 324 finishers.

**Great Yarmouth 1/2 Mar 15th Aug 2004**

Pos	Name	Time
5	Colin Pitts	1:18:56
193	Ronel Van Der Merwe	2:00:26

There were 264 finishers

**Framlingham 10k 5th Sept 2004**

Phew, this was a hot one! At about 30°C and those famous hills in the 2 lap course, this is tough and times reflected this.

Pos	Name	Time
25	Stuart Green	41:27
31	Adrian Doig	42:02
54	Colin Thomas	44:36
60	Richard Fellingham	45:30
64	Bob Ratliffe	45:53
74	David Hartley	46:34
153	Ronel Van der Merwe	54:54
174	Katy Nash	57:59
197	Rosemary Thurston	60:28
209	Maria Reynolds	63:23
226	Sue Seggar	67:17

There were 240 finishers

**Grunty Fen ½ Marathon 12th Sept 2004**

Pos	Name	Time
23	Nick Stephens	1:21:21

There were 527 finishers.

**Langham 10k 19th Sept 2004**

Pos	Name	Time
8	Nick Stephens	37:06
23	Tammy Jordan [1st Female]	38:57
36	Stuart Green	40:00
61	Richard Fellingham	42:43
73	Bob Ratliffe	43:42
102	Sandie Pottage [PB]	46:17
103	Heidi Bingham	46:25
109	Richard Nash	46:49
122	Sue Garrod [PB]	47:44
171	Ronel Van der Merwe	51:39
172	Anne Fellingham	51:53
186	Maria Reynolds	53:20
191	Katy Nash	54:10

**Dedham 10k 26th September 2004**

The Dedham Run has enjoyed 5 years of competitive running and is set in beautiful Constable Country on the Essex / Suffolk border. The results can take an hour or so to collate.

Pos	Name	Time
36	Chris Gladwell	41:48
47	Bob Ratliffe [PB]	43:00
92	Sue Garrod (PB) *	47:21
125	Ronel Van der Merwe *	50:25
131	Anne Fellingham *	50:55
135	Jane Fellingham-Boyce *	51:27
141	Katy Nash	51:56
166	Tracey Lee	55:28

\* First Ladies Team

There were 224 finishers

**Diss 7.5m 26th September 2004**

Pos	Name	Time
7	Tammy Jordan [1st Lady]	48:45
51	Maria Reynolds	1:09:02

There were 66 finishers

**Southend 10k 3rd Oct 2004**

Pos	Name	Time
122	Stuart Green	39:34

There were 1779 finishers.

**Felixstowe ½ Marathon 3rd Oct 2004**

Pos	Name	Time
5	Nick Stephens	1:19:54
9	Colin Pitts	1:22:05
27	Tammy Jordan [2nd Lady]	1:26:12
85	Bob Ratliffe	1:37:27
190	Brian Buckle	1:54:07
198	Frank Moggan	1:54:47
228	Maria Reynolds	1:56:53
272	Andy Bond	2:12:11
273	John Rednall	2:12:11
283	Leslie Buckle	2:18:50
286	Sue Seggar	2:19:19

There were 304 finishers.

## Ekiden Marathon Relay 1st August 2004

An amazing 36 striders ran Ekiden this year.  
Well done to everyone who took part

**Leg:-**

**A: 7.2 k; B: 5k; C: 10k; D: 5k; E: 10k; F: 5k**

### Team 1 (Finished 7th Overall)

Leg	Name	Individual	Team
A	Chris Starmer	27:15	27:15
B	Stuart Green	19:33	46:48
C	Nick Stephens	37:39	1:24:27
D	John Squirrel	19:35	1:44:02
E	Colin Pitts	36:16	2:20:18
F	Peter Tricker	20:17	2:40:35

### Team 2

Leg	Name	Individual	Team
A	Lorraine Phillips	35:19	35:19
B	Ellen Broughton	23:18	58:37
C	Tammy Jordan	40:26	1:39:03
D	Katy Nash	25:36	2:04:39
E	Louise Bunch	47:57	2:52:36
F	Rachel Champion	24:32	3:17:08

### Team 3

Leg	Name	Individual	Team
A	Chris Gladwell	30:23	30:23
B	Andy Green	20:30	50:53
C	Bob Ratliffe	45:09	1:36:04
D	Neil Weaver	34:52	2:10:56
E	Colin Thomas	44:10	2:55:06
F	Richard Nash	22:30	3:17:36

### Team 4

Leg	Name	Individual	Team
A	Grayhame Fish	36:39	36:39
B	Anthony Reidy	26:22	1:03:01
C	Robbie McPhillips	46:16	1:49:17
D	Tony Edwards	24:01	2:13:18
E	Les King	50:01	3:03:19
F	Sean Grimes	24:41	3:28:00

### Team 5

Leg	Name	Individual	Team
A	Frank Moggan	36:42	36:42
B	Tracey Lee	27:41	1:04:23
C	Les Basham	49:38	1:54:01
D	Sue Seggar	28:38	2:22:39
E	David Hartley	44:22	3:07:01
F	Maria Reynolds	26:36	3:33:37

### Team 6

Leg	Name	Individual	Team
A	Ronel Van der Merwe	38:04	38:04
B	Ute Bride	24:52	1:02:56
C	Gemma Bloomfield	49:30	1:52:26
D	Jan Starmer	26:06	2:18:32
E	Ann Fish	53:21	3:11:53
F	Jeanne Lynch-Aird	26:27	3:38:20

## Culford Sprint Triathlon 25th July 2004

Pos	Name	Swim	Cycle	Run	Time
116	Les Basham	13:40	45:24	19:25	1:18:29
135	Joe Naughton	9:50	48:20	31:46	1:29:55

There were 139 finishers

## Ipswich Duathlon 26th September 2004 Alton Water

Pos	Name	Run (5km)	Bike (23k)	Run (5km)	Time
14	Nick Stephens	17:43 [5]	42:22 [24]	19:16 [7]	1:19:21
20	Chris Oliver	18:56 [22]	41:24 [18]	21:37 [32]	1:21:57
60	Richard Fellingham	21:18 [53]	50:15 [74]	23:15 [48]	1:34:38
62	Leslie Basham	22:39 [69]	48:51 [65]	24:51 [58]	1:36:21
69	Grayhame Fish	23:56 [76]	47:24 [55]	26:58 [77]	1:38:18
12	Anne Fish	22:36 [10]	50:41 [15]	25:48 [12]	1:39:05

There were 83 Men and 22 Lady finishers

## Track Challenge 23rd August 2004

An evening that was well supported by the Striders in a track challenge between Stowmarket, Ipswich Jaffa and the combined Woodbridge/Framlingham running clubs. There were guest appearances by Felixstowe.

Ipswich Jaffa were always going to be difficult to beat being that Northgate running track in Ipswich is their home territory and that Mondays are their club running nights. However, a well deserve win of the evening by the hosts (again!) followed by a friendly drink at the bar with some nibbles.

The Stowmarket Striders results are:-

### Ladies

Pos	Name	Time
1	Tamara Jordan	18:35
11	Ellen Broughton	22:28
12	Heidi Bingham	22:41
14	Sanchia Bettany	22:57
16	Lorraine Phillips	23:02
17	Maggie Tabley	23:52
19	Katy Nash	24:45
20	Jeanne Lynch-Aird	25:05
25	Tracey Lee	26:21
27	Leni Andrews	27:08
28	Rosemary Thurston	28:26
29	Leslie Buckle	28:26
30	Sue Seggar	28:26

There were 30 finishers.

### Men's A race

Pos	Name	Time
6	Nick Stephens	17:39
8	Chris Starmer	17:43
14	John Squirrell	18:56
17	Alistair Bunting	19:11

There were 21 finishers.

### Men's B race

Pos	Name	Time
1	Andrew Green	19:53
2	Peter Tricker	19:56
10	Colin Thomas	20:48
12	David Hartley	21:01
13	Richard Fellingham	21:10
14	Peter Ciappi	21:19
15	Bob Ratliffe	21:27
20	Richard Nash	22:00
27	Les Basham	22:44
29	Shaun Grimes	22:57
32	Mike Garrod	23:28
36	Mike Goodwin	25:00
37	Anthony Reidy	25:09

There were 39 finishers.

## CLUB: FUTURES

Club: Futures is a UK Athletics incentive to bring all clubs to a high standard that encourages bringing youngsters from local schools to the club. This will of course be hard without the facilities like a proper running track. Funding is available, but with all these things it all takes time.

Stowmarket Striders Running Club has been approved as a CASC (Community Amateur Sports Club) by the Inland Revenue, the second running club in the country to be given CASC status (the first is in Devon).

This allows the club to reclaim the tax on the interest the club earns on building society balances. Although this isn't much, but looking to the future the club will be able to reclaim tax on donations/gift aid and should the club get its own club house, then there are tax advantages with this. It is all about the future

## FIXTURES

17 <sup>th</sup> Oct	Tiptree 10 m
17 <sup>th</sup> Oct	Gt Yarmouth Promenade 10k
31 <sup>st</sup> Oct	Framlingham XC
7 <sup>th</sup> Nov	New York City Marathon
7 <sup>th</sup> Nov	Dovedale Dash
<b>14<sup>th</sup> Nov</b>	<b>Stowmarket Striders Scenic 7</b>
21 <sup>st</sup> Nov	Bungay XC (TBC)
28 <sup>th</sup> Nov	Hadleigh 10m
5 <sup>th</sup> Dec	Woodbridge XC
12 <sup>th</sup> Dec	Lowestoft Turkey Trot
26 <sup>th</sup> Dec	Bungay Boxing Day Cross Country
2 <sup>nd</sup> Jan 2005	Bury XC (TBC)
13 <sup>th</sup> Feb 2005	Stowmarket XC
17 <sup>th</sup> April 2005	Flora London Marathon

**DON'T FORGET.....**

### 2005 FLORA LONDON MARATHON

**Entries for the ballot close on Friday  
22<sup>nd</sup> October**

**Other ways to enter the Marathon if your ballot application is unsuccessful:**

#### Through a charity:

Should you be unsuccessful in the ballot, or would like raise money for you favourite cause then consider running for a charity. Each Charity has to pay approximately £250 for each place, so charity places are not handed out for free. You will be expected to raise a large sum of money, between £1,000 and £1,500, for your London Marathon place.

#### As an elite runner

Men who can run a marathon in under 2:45 or woman who can run a marathon in under 3:15 can apply for automatic entry to the London Marathon.

There is also a sliding scale for those who are 'Good for your Age'. Again, apply to London Marathon for a guaranteed place. The scale is as follows:

#### Men

Age	Time
18-59	2:45 - 3:15
60-64	sub 3:31
65-69	sub 4:01
70+	sub 5:01

#### Women

Age	Time
18-49	3:15 - 3:45
50-54	sub 3:51
55-59	sub 4:13
60-64	sub 4:35
65-69	sub 5:45
70+	sub 6:15

#### Through a club place

Each UK Athletics-affiliated club is guaranteed a number of places depending on the number of members. The Striders usually have 3 guaranteed places. The committee has agreed the following criteria for members to apply for a club place:

- You must have been a paid-up member for the year prior to the London Marathon. i.e. for 2005 you must have paid 2004 membership by 31st March 2004.
- You must have run a minimum of 5 established races for the club in the year prior to the London Marathon.
- You must have applied for and been refused entry to the London Marathon, as per above. Please keep you rejection advice from the London Marathon to back up your claim.
- Preference will automatically be given to those applicants who have not run or had a Strider's club place for London before.
- Members who have been rejected for the London Marathon the most times will take priority. If rejections are equal then a draw will decide the club member receiving the London Marathon Club place.

If none of the applicants for the London Marathon meet all the criteria above, then the rules will be applied as best they can.

## 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.

## 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)

**\*NEW\*** Club Fleece

S, M, L & XL  
Our price £18.00 plus VAT



**Suffolk County Athletics Association (SCAA) have warned all clubs that their runners must run in the club's colours, especially for those who wish to qualify for individual, age related or team prizes.**

**For us this means wearing our club vest with black shorts. It has been noted by the SCAA that some Striders have been seen wearing the plain bright yellow club t-shirts or long sleeved tops, or vest top with red or blue shorts. None of these combinations are strictly club colours. If it is cold, the club vest over a tee-shirt would be acceptable and black leggings.**

**Could club members please try to keep to this colour scheme so that the club is not disqualified from any potential team prizes.**

## **ADVICE FOR NEW RUNNERS (And reminders for the older ones)**

These pearls of wisdom have been gathered together from previous newsletters and other sources to give a rough guide for those people who are in the first few months of running and who are now starting to realise that there may be more to this than meets the eye.

### **1. Start slowly and build up**

Lots of new runners get carried away and try to do too much too soon. This can lead to disappointment, loss of enthusiasm and possibly injury. If you want to be able to enjoy running for the rest of your life, start out slowly and build up.

### **2. Stretch**

There are few runners who would not benefit from running half an hour a week less, and using that half an hour a week for stretching instead. Stretching makes muscles more flexible and reduces the chance of injury.

### **3. Get decent running shoes**

One of the benefits of running is that you do not need to spend a fortune on kit. The one essential item is a pair of running shoes, and you should not scrimp on getting the right pair for you. (If you are a woman, you also need a decent sports bra). Go to a specialist running shop, not a general sports store.

### **4. Run safely**

Research (in the US) shows that most (73%) accidents involving vehicles and runners are the fault of the runner, not the driver. Take responsibility for your own safety.

### **5. Eat properly**

Runners burn up more energy than non-runners, both while they are running (at about 100 calories a mile) and afterwards. So you need to eat more, and you need to consume more of your calories as carbohydrate. You also need drink plenty of

water.

Eat plenty of a wide variety of fresh or unprocessed foods. Your body needs carbohydrate, protein and fat, as well as vitamins, mineral, trace elements and water. If you deny it those things, you are likely to become lethargic, ill or get injured. About half of your daily calories should come from carbohydrates. This means lots of potatoes, pasta, bread, cereals and fruit. Unfortunately, most pasta (the runner's staple) is refined: try wholemeal instead. You should not eliminate fats altogether, but they should not form more than about 15 per cent of your calorie intake each day. This is not much fat.

Replenish your carbohydrates within two hours of exercise. Your muscles will recover much more quickly, and your body will increase its capacity to store glycogen, if you eat easily digestible carbohydrates (e.g. bananas) or drink a recovery sports drink soon after exercise - preferably within half an hour, and certainly within two hours.

Eat little and often. Ideally, start the day with a big breakfast with plenty of carbohydrates, such as muesli or toast. This will give you more fuel for the day, and help to increase your carbohydrate intake. Then eat every 4 hours or so. It is better to keep your body topped up than to let your blood sugar levels swing.

### **6. Drink lots of water**

Try to consume at least 2 litres a day. Always have a bottle of water on your desk at work, and sip regularly during the day. Put a bottle on the kitchen table and sip whenever you walk past. Being properly hydrated will improve your running and your complexion! Tea and coffee don't help: they are diuretic (i.e. they make you urinate more) so they increase the need to drink water. (Herbal tea is OK.)

## **7. Don't try to stick religiously to a detailed daily programme**

Use your programme to guide you on the amount of running you are aiming for, and the type of running you should be doing, but don't worry too much if you can't fit in a particular session on a particular day. Run according to how you feel: don't let it become a duty.

## **8. Vary your routes**

Don't just run the same old routes every day. Go out and explore your neighbourhood, the countryside or run off road so that you are not running on road the whole time. (You should in any case vary your route for your own security, and to avoid injury, as well as avoiding boredom.)

If you feel you are getting stale, run for a week without wearing a watch. Run how you feel, not according to the time it is taking you.

## **9. Run in the mornings**

Although you may not be at your best in the morning, you can at least be fairly sure that nothing will intervene to prevent you going out. If you run in the evenings, you may find you have to work late, or an unexpected social engagement gets in the way. Use your morning runs to clear your head and plan your day. There is something quite special about watching the sun rise over Suffolk.

## **10. Set yourself a goal**

What's the difference between a jogger and a runner? One distinction that is sometimes proposed is that runners have goals against which they measure their performance.

For some people, the joy of running is setting, and achieving, their goals.

It helps to have something to aim for. This could be running in a 5km race, or losing a stone. Make sure your goal is something achievable. If your goal is to run a marathon, you might want to set yourself

some milestones (such as completing a half marathon) on the way. These intermediate targets should be measurable, time-phased, and aimed at producing the optimum performance to meet your ultimate goal.

Whatever your level, it is exciting and motivating to see how you are improving and to reach your goals.

Set a goal which is achievable but challenging. It should be specific, positive, and tied to a particular timeframe.

Seek advice from more experienced runners about what you might realistically achieve. There are some well known relationships between, for example, half marathon times and marathon performances which can be used to estimate what you are likely to be able to do.

Tell your friends, colleagues, and clubmates about your goals. This will help to maintain your commitment. Pin a reminder on the fridge. Get together with a friend, and agree to do something together. You might both agree to run in a race, for example.

Don't become obsessive, or put your goal above your family, friends, or your health. If you get injured before your marathon and cannot safely take part, then adjust your goals. You can always take part in another race.

## **11. Keep a running log**

A running log is a place where you record each run that you do. It is excellent for motivation. It also provides useful information which you can use as you improve, to see what works for you.

You can record how far you ran, the time you ran for, the time of day, where you ran, how you felt, which shoes you were wearing, your average and peak heart rate,

who you ran with, the weather, or anything else you think is relevant, interesting.

A running log will help you to track your progress, and keep you to your training programme. Over time, it will be a useful source of information to trace the origins of a period of good running, or of injury and boredom.

Lots of people keep their running log in a notebook, or in their diary. Some use an electronic diary or a spreadsheet on their PC

There is also a wide range of bespoke software available on the internet designed for athletes to track their running.

## **12. Enter races**

You don't have to be a great athlete to run races - people of all ages and abilities enter them, and they are a fun day out. You can use them as a training run, or to test your progress. They are also a great way to go for a longer run, because the route will be marked out for you, free of traffic, and there will be water tables on the way round. Every runner in a race has, at some point, had to enter their first race, usually with some trepidation.

You do not need to be fast to enter a race. Races are always full of runners of all abilities, from young to old. One of the great merits of running is that you can enter the same competition as world class athletes, whatever your level of running.

You do not need to be competitive to enter a race. A very few people in a race are hoping to win. The rest of us are running it for fun. You should not think of most races as a competition - the people you are running with want you to succeed as much as they want to succeed themselves.

For most races of half marathon or shorter, you can usually enter on the day, rather than send in your form in advance (though there are some races which do not take

entries on the day). But it is usually more convenient to enter in advance so that you don't have to queue up on the day, and having your race number in advance will give you a target to train for. The Striders website lists most of the races in East Anglia. Runner's World or Running Fitness magazines also have details of races throughout the UK. Read the form carefully: it will usually contain information about the time of the race, and may include directions to get to the start.

Plan your kit the night before, pin your number on to your vest, and lay your clothes out over a chair. Bring some extra clothes to change into afterwards (especially a fresh pair of socks, which are always welcome after a long run). Runners often take with them: toilet roll, Vaseline (to prevent chafing), money, a banana, a recovery drink, and safety pins to pin your number on the front of your shirt.

There is nothing worse than feeling rushed when you arrive so arrive at least half an hour, preferably an hour, before the start time, to pick up your number (if you are entering on the day) and to go to the toilet.

Resist the temptation to go shooting off with the faster runner: take it easy at first, and you can speed up towards the end if you still have the energy. (It is said that every 10 seconds a mile you run too fast at the start will cost you 20 seconds a mile at the finish). People are generally more sociable in the middle of the pack, since most people are not aiming for a very fast time. You may not cross the start line immediately, but this won't matter unless you are aiming for a fast time.

Your first race is a special moment. Take time to savour it.

# 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 \_\_\_\_\_