

STRIDERS NEWS

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

Volume Five: Issue Five

December 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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A MERRY CHRISTMAS TO ALL STOWMARKET STRIDERS...

.... And their families, friends etc etc etc

My apologies for these late Christmas wishes and in future I promise to get the Christmas edition out in time for the start of the festive season - in early September.



Anyway, welcome to the Christmas edition of Striders News. As you can see it is packed with all the usual features – fixtures, results, race reports, training information and details of the club's certificate of running achievement scheme. You can use this to include some target race times in your new year's resolutions. Just to help, I've included some information on goal setting.

SCENIC SEVEN 2004

Without wanting to get repetitive, in November we had yet another successful Scenic Seven. Entries were a record with 257 finishers and the conditions were nigh on perfect. Robin Coll (Newmarket) and Raymond Hill (Jaffa) broke the course record in their V40 & V55 age categories and this was the fastest Scenic Seven on record with all finishers back within 75 minutes. Results on page 3. It was also one of the best marshaled races that I have run with all tricky junctions and bends in the course well covered. There were 32 Striders in the race and it was good to see so many new members out there. A good turnout from the club all round.

FLORA LONDON MARATHON

David Hartley has three club entries for the 2004 Flora London Marathon in his sweaty hands. These are available to Strider Members and are guaranteed places in the London Marathon, although the entry fee will still be paid! There are strict conditions that club members have to meet – full details are on page 4. Entries for these places have to be received by the London Marathon by 16th January 2005 so if you think you qualify speak to David.

RESULTS

Most race results are now taken straight from the websites of the race organisers.

The information from the site and any inaccuracies are the result of errors or omissions by the race organisers.

Information on PBs etc is included if you tell Richard Nash or myself.

Martlesham 10k 10th October 2004

Pos	Name	Time
10	Chris Starmer	36:32
35	Adrian Doig	40:46
44	Chris Gladwell	42:17
81	Heidi Bingham [PB]	46:08
83	Les Basham [PB]	46:15
89	Miles Garrod [PB]	46:50
99	Nicola Knott	48:07
118	Rachel Champion ?	49:46
127	Jan Starmer [PB]	51:14
135	Katy Nash	51:46
143	Ronel Van der Merwe	53:03
148	Jane Fellingham-Boyce	53:39
152	Paul Laking	54:06
174	Rosemary Thurston	55:37
178	Anthony Reidy	56:16
208	Sue Seggar	58:20
216	Neil Weaver	59:35

There were 231 finishers.

Tiptree 5 mile 17th October 2004

Pos	Name	Time
20	Stuart Green	31:21
65	Heidi Bingham [PB]	36:56
107	Karen Goodwin	41:17
108	Paul Austin	41:32

There were 218 finishers

Tiptree 10 mile 17th October 2004

Pos	Name	Time
52	Tammy Jordan	1:06:13
318	Ronel Van der Merwe	1:26:47

There were 443 finishers

Great Yarmouth 10k 17th October 2004

Pos	Name	Time
	Sandie Pottage	46:20

Great South Run 17th October 2004

Pos	Name	Time
653	Bob Ratliffe	1:10:26

Deal Castle 5 7th November 2004

Pos	Name	Time
205	Mike Goodwin	40:28

There were 392 finishers

Cross Country results

See page 4



Scenic Seven Results

Pos.	Name	Time
1	Robin Coll Newmarket Joggers	38:06
2	Ben Baldelli Cambridge & Coleridge	38:09
3	Richard Jordan Ipswich Jaffa	39:37
4	Colin Pitts 1 st Vet 40	39:55
7	Nick Stephens	40:48
29	Stuart Green	45:28
44	Andrew Green	47:18
59	Chris Gladwell	48:58
72	Bob Ratliffe	50:00
77	Nick Hammond	50:37
102	Miles Garrod	52:47
105	Louise Bunch	52:55
123	Karen Goodwin	55:00
125	Anne Fish 1 st V55	55:16
132	Rachel Champion	55:39
136	Rachel Toogood	55:51
141	Rebecca Jack	55:57
144	Trevor Abbott	56:03
150	Frank Moggan	56:25
155	Kim Levett	56:52
157	Jane Fellingham-Boyce	56:53
160	Ronel Van Der Merwe	57:08
161	Neil Brame	57:10
165	Lorraine Phillips	57:35
168	Mike Goodwin	58:08
170	Katy Nash	58:10
178	Penny Waggott	59:01
191	Jeanne Lynch-Aird	60:18
192	Jan Starmer	60:21
201	Debbie Ghant	61:42
211	Rosemary Thurston	62:32
212	Tracy Lee	62:48
241	Sue Seggar	67:18
243	Neil Weaver	67:44
240	Jane Dolan	66.57
249	Beth Hunter	70:19

There were 257 finishers

FIXTURES

12th December	Lowestoft Turkey Trot 10ml
26 th December	<i>Bungay Boxing Day Cross Country</i>
31 st December	Ely New Year's Eve 10k
1 st January	Wymondham New Year's Day 10k
2 nd January	<i>Bury Cross Country, Nowton park (TBC)</i>
16 th January	<i>County Cross Country Championships RAF Barnham, Thetford</i>
30 th Jan	Benfleet 15ml
13 th February	<i>Stowmarket Cross Country, Haughley Park</i>
20th February	St Peters Brewery 20k
20th February	St Peters Brewery 10k
20th February	Gt Bentley 10ml
27th February	Bury Nearly 10ml
27th February	Bury Muscular Dystrophy 20ml
6th March	Wymondham 10ml
6th March	Wymondham 20ml
13th March	Bildeston 1/2 Marathon
13th March	Bildeston 10k
20 th March	Broadland Half marathon
27th March	<i>Stowmarket Striders Joe Cox 10ml</i>
3 rd April	Bungay Marathon
10 th April	Castle camps 6 ml
10 th April	Paris Marathon
17 th April 2005	Flora London Marathon

Framlingham XC 31st October

This race was full of mud and the pre-race announcements asked runners to tie their running shoes up extra tight so as not to lose them in the mud!

Pos	Sex	Name	Time	Points
11	11	Colin Pitts (4 th)	30:31	125
13	13	Nick Stephens	30:47	123
15	15	Chris Starmer (2 nd)	30:54	121
46	45	John Browning	35:24	91
49	48	Andy Green	35:49	88
51	50	Nick Hammond	35:58	86
58	56	Chris Gladwell	37:14	80
72	66	Colin Thomas	37:52	
77	7	Louise Bunch (3 rd)	38:08	55
78	71	Bernard Debney (4 th)	38:15	
89	79	Miles Garrod	39:38	
93	11	Nikki Knott (4 th)	40:06	51
107	16	Ellen Broughton (5 th)	41:46	46
109	91	Les Basham	41:49	
117	22	Rachel Champion	42:20	
118	95	Chris Chaplin	42:23	
134	104	Jim King (2 nd)	44:27	
139	31	Karen Goodwin	45:13	
140	108	Mike Goodwin	45:14	
143	110	Paul Austin	45:48	
148	35	Maria Reynolds	46:20	
156	38	Katy Nash	47:29	
158	119	Grayhame Fish	48:28	
160	39	Anne Fish (2 nd)	48:30	
163	40	Jan Starmer	49:00	
177	51	Denise Naughton	53:22	
178	126	Jo Naughton	53:24	

There were 179 finishers

(*) = individual age category position.

Ben Naughton ran in the junior race for the Striders.

Team: (out of 13 teams)

Position	Team	Points
5th	Men's	714
2nd	Ladies	152
5th	Overall	866

2005 FLORA LONDON MARATHON

So here's how you qualify for one of the club's guaranteed London marathon places:

Members must:

1. Be a fully paid up member for one year before the London Marathon;
2. Have been rejected for the year concerned;
3. Priority given to those who have never competed in the London Marathon;
4. Have completed five races in club colours in the year preceding the draw.
5. The member(s) who have been rejected the most times take(s) priority. If rejections are equal a draw decides the member(s) receiving the club entry.
6. If none of the applicants for the London Marathon meet all the criteria above, then the rules will be applied as best they can, in the order they are currently in.

These were agreed at the 2003 AGM so there's no argument!

Did you know the Marathon:

- Gives out 35,500 sandwiches
- Has twenty-five water stations
- Has eight elite water stations
- Has five Lucozade Sport drink stations
- Distributes 710,000 bottles of Vittel Water throughout the day
- Distributes 120,000 Lucozade Sport soft packs throughout the day
- Uses 300 litres of blue line paint to mark the course
- Has 76 pubs on the route

ANNUAL GENERAL MEETING

Monday 24th January 2005

**Family room
Mid-Suffolk Leisure Centre
7:30pm.**

You are encouraged to attend the AGM to provide feedback on how the club has been run, and to have the opportunity to have your say in how your club will be run.

The agenda of these meetings follows this general format:

- Apologies of absences
- Accuracy of the previous minutes
- Chairman's report
- Treasurers report, adopting accounts & recommended membership fee for the following year
- Matter arising
- Any other business
- Election of Officers
- Date of the next AGM

THE COMMITTEE

Every year at the AGM the whole committee stand down and all committee places are up for election.

We actively encourage any member who wishes to stand for a committee position. Please speak to any existing committee members for information. Minutes of previous meetings are available on the website.

This is your club, your committee, your vote

STRIDER OF THE YEAR

Every year the members vote for the male and female Strider of the Year.

Every club member can vote for the male and female runners who you feel have contributed most to the club, or who you believe has been the best or most improved runner, or any other criteria you feel. It's a secret ballot so vote for whoever you want. There's democracy in action

David Hartley has been handing out slips at club nights to take your votes. The male and female Strider who has the most votes will be announced and presented with a small trophy at the Christmas Party.

Last chance to vote: Thursday 2nd Dec.

CLUB WEEKEND AWAY

Tracey Lee is planning a dirty weekend in Blackpool and is keen to take as many club members with her as possible.

Actually, it has been suggested that the Blackpool Marathon and Half Marathon on the 19th June 2005 would be a good weekend away.

The popular view is to spend the weekend in Blackpool, travelling up Friday night, on the beach/pier Saturday, on the town that night and running the Marathon or Half Marathon on the Sunday before returning home.

In order that accommodation can be booked well in advance to beat the holiday crowds, we need an idea of numbers. Please let [Tracey Lee](#) know if you would like to put your name down.

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
Hats with the club badge from £7.00

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

RUNNING IN THE COLD

In cold weather you are more prone to injury because your muscles and tendons are tighter. Also your extremities (fingers, nose, toes ears, lips etc etc) are more susceptible to frostbite – and it doesn't have to be sub-zero for this to happen. You could also suffer broken bones if you slip or fall on ice ~~so it's best not to run at all from late October through to mid April.~~

So for safe running in cold weather:

- Wear several layers of thin clothing to keep warm (the club have a wide range available – see opposite!)
- Wear a wool hat to conserve body heat and stop frostbitten ears (now available in yellow with the club badge!)
- Use gloves to keep protect your fingers from the cold
- Keep your feet dry
- Warm up slowly and completely before running, especially before a hard session
- If you are not running with the club, run during the warmest part of the day – usually noon or early afternoon
- Run into the wind when you start your run and with the wind behind you when you return
- Continue to drink plenty of fluids before during and after running.

RUNNING AT NIGHT

The main and most obvious issues when running at night is to see and be seen – especially by car drivers so:

- Run in well lit areas – so you can spot potholes, rocks or uneven roads and pavements.
- Run against the traffic
- Wear reflective clothing (the club have a wide range available – see opposite!)
- Run in areas and on roads that you know

NEW YEARS RESOLUTIONS

Q: What's the difference between a jogger and a runner?

A: A runner sets themselves goals

In a few weeks time it will be New Year - when we have all, at some time made some attempts to improve something about our lives by making New Year's Resolutions. It's as good a time as any for you to set some New Years Running Resolutions and here are a few tips about goal setting to help you through the process.....

Good planning, organisation and evaluation are essential in every walk of life from doing the shopping to building a house. If your goal is to build your house you start by deciding what sort of house it should be, where it should be, when you need it, how much you can pay for it and who will build it. All these are part of the planning process. (By the way we have a number of highly skilled builders in the club but this isn't an advertising feature).

As the builders start work you monitor their progress to ensure everything is going to plan and once it is complete you evaluate how well the house meets the original plans, what went well and perhaps what did not go so well and so what you might learn for any future event.

The same planning applies to your running if you want to see significant improvements. Unfortunately planning and goal setting are often neglected and yet these are two of the most important skills that you need to help you stay focused on improving your running.

The first step in setting any running goals is to decide your level of commitment. For some people, the joy of running is setting and achieving, their goals - to take part in a particular event, to lose weight, to achieve a particular time, or to improve over time. For others the joy of running is to have a bit of fun every now and again. So everyone will

have differing goals depending on their reasons for running.

Once you have decided what your goals are you need to work out what you will need to do to attain those goals. If you are new to running ask the club coaches about what you could realistically achieve. There are some well-known relationships between times for 10ks, half marathons and marathons, which can be used to estimate what you are likely to be able to do.

Aim for a target that is realistic, achievable and not a pipe dream. Decide how much time a week you can devote to training. Set goals that raise your average performance and make it more consistent. Many people base their goals on their best performance, however long ago that was but this ignores the inevitable effect that age can have on running performance.

Improvement should be measurable, time-based and aimed at producing the best performance at the right time. If you have run well or badly, ask yourself why? Consider the days beforehand and how you executed your performance. Above all, did you have a clear plan in your head when you started?

If your goal is a long way off - like completing a marathon - set some intermediate targets for yourself - like completing a half marathon or set yourself monthly goals throughout your training programme. These intermediate targets should also be measurable, time-phased, and aimed at producing the optimum performance to meet your ultimate goal - and when you meet them you will be able to celebrate your success each month.

Review and adjust your plan according to how successful these interim goals were. Visualise what it will be like to achieve your goal. Promise yourself a reward for when you achieve it. Tell your friends and clubmates about your goals as 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.

* * * * *

Goal setting helps you decide how committed you are to running, what is important for you to achieve and what is irrelevant. Remember, you can set goals effectively by:

Phrasing them positively & precisely -
Prioritising them - Writing them down -
Keeping them manageable: Not too hard, but not too easy - Setting performance goals, not outcome goals

* * * * *

And don't worry if you fail – Failure to meet your goals can be useful in improving technique and long-term success as long as you draw useful lessons from it and feed these back into your training program.

* * * * *

Where you have achieved a goal this should feed back into your next goals: If the goal was easily achieved, make your next goals harder. If the goal took a dispiriting length of time to achieve, make the next goals a little easier. If while achieving the goal you noticed a weakness, set goals to fix this. If you learned something that would lead you to change goals still outstanding, do so

When you have achieved a goal, take the time to enjoy the satisfaction Absorb the implications of the achievement and see the progress you have made towards other goals. If the goal was a significant one, or one that you had worked towards for some time, give yourself a big reward.

* * * * *

As a final point, start thinking about your New Year goals now!

The Training Plan

All running magazines offer plans for any distance and our coaches can also help.

Prepare a training plan for major races and stick it somewhere where you see it every day. When you get up each morning it's there for you to see what you need to do that day. This will help you to focus your attention before a session on what you need to achieve. This helps to ensure that training sessions and performances are always useful for improvement. When you complete each session put a tick beside it on your plan. Put a red cross if you don't! A tick in the box means that the goal for the day has been achieved – well done.

The running log

You can help yourself to achieve your goals by keeping a Running Log – a written record of all your training sessions and races. You can record whatever you like in your log - where you ran, how far, how fast, when you ran and who with, your achievements and any errors you made and suggestions for future improvements or future goals, the quality of session, how you felt, your heart rate, which shoes you wore, the weather, how much sleep you had. A log will help you to track your progress, keep you to your training schedule & play an important part in your motivation.

A running log for you to use is on Page 12. Print it off & photocopy or cut & paste it into a document to use on your PC.

This is a cheap alternative to buying your own as they can be quite expensive

So now you will be keen to set your goals.

On Pages 10 and 11 are the club's "Standards" to give you something to aim at in 2005

SOME MYTHS ABOUT GOAL SETTING...

Myth #1: Goal Setting is Not That Important.

Reality: Success Requires Goals - End of Story! A life of meaning needs goals and specific plans to achieve them. Success does not happen by accident.

Myth #2: Goal Setting is Difficult and Takes Too Much Time.

Reality: Performance is accelerated by time invested in strategy. The game of life is won behind the scenes, in time spent on preparation.

Myth #3: New Years is the Best Time To Set Goals.

Reality: There's no better time than now to take control of your life. Goal-Setting is not about timing it's about decision. This life is not a dress rehearsal; it's the only one you've got.

Myth #4: Goals Don't Need To Be Written. You Can Keep Them In Your Head.

Reality: Written goals clarify thinking, objectify their potential, and reinforce commitment. The palest ink is better than the strongest memory. Your mind can only take in new information at the expense of losing old.

Myth #5: Long-Term Planning Is A Waste of Time.

Reality: Your Future deserves consideration. It will someday be your present reality. It's worth considering seriously.

Myth #6: A Good Plan Is All You Need To Be Successful.

Reality: Success is active, not passive. All plans require action. Preparation is no substitute for action. Commit to the philosophy of implement now - perfect later.

Myth #7: The best Way To Achieve a Goal Is To Just Begin.

Reality: Action without planning is the root cause of most failure Success is a choice. With a plan to lead you, you can figure out how to get where you are going.

Myth #8: All It Takes is Hard Work To Achieve Your Goals.

Reality: Hard work is important, but working smart is mandatory. Quit trying harder, look for new solutions, and you will accomplish far more in far less time with only a fraction of the effort you have been giving.

Myth #9: I Can Do It On My Own. I Don't Need Help.

Reality: Success requires cooperation. Nobody does it alone. In order to achieve more you must learn to help yourself. Success requires the cooperation of others.

Myth #10: Goals Only Need to Be Reviewed Once a Year.

Reality: Inspect what you expect. Everything changes. Your goals must keep shaping, shifting and flexing to fit these fast-changing times. Adopt a regular and consistent review process.

AND FINALLY, THANKS.....

.....to those of you that have given me information for this newsletter, especially Richard for information form the website that I have included in this newsletter.

I'm happy to collate results, fixtures and news for the newsletter but newsletters should be for club members, by club members. If you run any unusual or different races give me a bit of information about it. Just a few lines will do – I've even set up a form that's kept with the race entries just for this, all you need to do is fill in the boxes – it will only take you five minutes.

STOWMARKET STRIDERS MENS' AND LADIES' CLUB RUNNING STANDARDS 2004

Men under 40	Bronze	Silver	Gold	Platinum
5 km	19:40	18:15	17:15	15:50
5 miles	33:00	30:30	28:45	26:20
10 km	41:00	38:00	36:00	33:00
10 miles	1:08:00	1:03:00	1:00:00	54:00
Half Marathon	1:30:00	1:23:00	1:20:00	1:12:00
15 miles	1:45:00	1:38:00	1:34:00	1:23:00
20 miles	2:40:00	2:21:00	2:13:00	1:54:00
Marathon	3:30:00	3:10:00	3:00:00	2:35:00
Men 40 - 44	Bronze	Silver	Gold	Platinum
5 km	20:55	19:10	18:00	16:20
5 miles	35:00	32:00	30:00	27:10
10 km	43:30	40:00	37:30	34:00
10 miles	1:12:00	1:06:00	1:02:00	56:00
Half Marathon	1:36:00	1:28:00	1:24:00	1:15:00
15 miles	1:54:00	1:44:00	1:38:00	1:26:30
20 miles	2:48:00	2:28:00	2:18:00	1:58:30
Marathon	3:45:00	3:20:00	3:05:00	2:40:00
Men 45 - 49	Bronze	Silver	Gold	Platinum
5 km	22:20	20:10	18:55	16:55
5 miles	37:15	33:30	31:30	28:00
10 km	46:30	42:00	39:30	35:15
10 miles	1:16:00	1:09:00	1:05:00	58:00
Half Marathon	1:42:00	1:33:00	1:28:00	1:18:00
15 miles	2:03:00	1:51:00	1:43:00	1:30:00
20 miles	2:58:00	2:36:00	2:23:00	2:02:30
Marathon	4:00:00	3:30:00	3:12:00	2:45:00
Men 50 - 54	Bronze	Silver	Gold	Platinum
5 km	23:45	21:05	19:55	17:25
5 miles	39:30	35:15	33:15	28:50
10 km	49:30	44:00	41:30	36:15
10 miles	1:20:00	1:12:00	1:08:00	59:40
Half Marathon	1:48:00	1:38:00	1:32:00	1:20:00
15 miles	2:13:00	1:58:00	1:48:00	1:32:30
20 miles	3:09:00	2:45:00	2:28:00	2:06:00
Marathon	4:15:00	3:40:00	3:20:00	2:50:00
Men 55 - 59	Bronze	Silver	Gold	Platinum
5 km	25:25	22:35	20:55	18:30
5 miles	42:30	37:30	34:45	30:30
10 km	53:00	47:00	43:30	38:30
10 miles	1:25:00	1:16:00	1:11:00	1:03:30
Half Marathon	1:55:00	1:43:00	1:36:00	1:25:00
15 miles	2:25:00	2:06:00	1:53:00	1:38:00
20 miles	3:22:00	2:55:00	2:35:00	2:14:00
Marathon	4:33:00	3:50:00	3:30:00	3:00:00

Ladies under 35	Bronze	Silver	Gold	Platinum
5 km	24:20	21:50	20:35	18:00
5 miles	40:36	36:30	34:15	29:55
10 km	50:45	45:35	42:45	37:30
10 miles	1:23:35	1:15:00	1:10:00	1:01:45
Half Marathon	1:52:00	1:40:45	1:34:30	1:22:35
15 miles	2:10:10	1:56:50	1:49:15	1:35:55
20 miles	2:56:45	2:38:30	2:28:15	2:10:10
Marathon	3:57:30	3:33:45	3:19:20	2:54:50
Ladies 35 - 39	Bronze	Silver	Gold	Platinum
5 km	25:35	22:50	21:20	18:55
5 miles	42:15	38:00	33:35	31:30
10 km	53:10	47:30	44:35	39:25
10 miles	1:27:30	1:19:15	1:14:30	1:05:00
Half Marathon	1:57:50	1:45:30	1:38:50	1:26:30
15 miles	2:14:00	2:02:30	1:54:00	1:12:10
20 miles	3:05:15	2:46:15	2:34:50	2:16:20
Marathon	4:09:00	3:44:10	3:29:00	3:03:20
Ladies 40 - 44	Bronze	Silver	Gold	Platinum
5 km	26:25	23:45	22:30	19:30
5 miles	43:45	39:30	37:15	32:15
10 km	54:50	49:25	46:30	40:30
10 miles	1:30:15	1:21:00	1:15:15	1:07:00
Half Marathon	2:01:00	1:48:45	1:41:20	1:29:15
15 miles	2:20:25	2:06:30	1:58:00	1:43:45
20 miles	3:11:30	2:52:10	2:40:00	2:20:35
Marathon	4:16:45	3:51:30	3:35:45	3:08:45
Ladies 45 - 49	Bronze	Silver	Gold	Platinum
5 km	28:20	25:00	23:45	20:45
5 miles	46:30	41:50	39:30	34:30
10 km	59:00	52:30	49:15	43:15
10 miles	1:35:30	1:26:30	1:20:55	1:11:10
Half Marathon	2:08:15	1:55:15	1:47:50	1:34:45
15 miles	2:29:45	2:14:00	2:05:30	1:50:35
20 miles	3:22:45	3:02:15	2:50:10	2:29:45
Marathon	4:33:30	4:05:30	3:49:45	3:20:50
Ladies 50 - 54	Bronze	Silver	Gold	Platinum
5 km	29:00	26:50	24:15	21:35
5 miles	48:35	43:35	40:30	35:46
10 km	1:00:15	54:00	50:50	44:45
10 miles	1:39:00	1:29:10	1:23:45	1:19:10
Half Marathon	2:13:10	1:59:45	1:51:35	1:39:00
15 miles	2:34:50	2:19:30	2:19:30	1:54:15
20 miles	3:30:35	3:09:00	2:56:25	2:35:45
Marathon	4:43:30	4:14:45	3:58:30	3:28:50
Ladies 55 - 59	Bronze	Silver	Gold	Platinum
5 km	31:10	28:00	26:20	23:20
5 miles	52:15	46:50	44:10	38:30
10 km	1:04:45	58:30	54:55	48:10
10 miles	1:47:10	1:36:15	1:30:00	1:19:15
Half Marathon	2:24:00	2:09:35	2:00:35	1:46:15
15 miles	2:47:25	2:30:20	2:20:35	2:03:15
20 miles	3:46:50	3:23:25	3:10:50	2:47:25
Marathon	5:05:10	4:34:30	4:16:30	3:45:00

TRAINING LOG		WEEK COMMENCING:		2005
DAY/DATE	MILES	TIME	ROUTE & NOTES	
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
	In Week	Cumulative		
Mileage Total				

TRAINING LOG		WEEK COMMENCING:		2005
DAY	MILES	TIME	ROUTE & NOTES	
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
	In Week	Cumulative		
Mileage Total				