

STRIDERS NEWS

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

Volume Six: Issue Two

May 2005

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Contains 50% new and original information

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 BEGINNERS AND JUNIORS

This year we had an awesome response to our beginners class with 70 people coming up on a Tuesday evening. For the first time we have started Junior classes and were overwhelmed with the response, 40 runners are coming to these classes. Welcome to everyone and it's good to see running is so popular

LONDON MARATHON

Nineteen Striders completed this year's Flora London Marathon. The hot and sunny conditions were perfect for spectators but not so good for the runners, especially as the hot weather came out of the blue. The full, official times from the London Marathon Website for ALL the Striders are on page 2.....

Congratulations to everyone who completed the race. Colin Pitts came home first for the Striders and was 42nd in the male vet 40 category. Well done as well to Richard Fellingham who had run the Paris Marathon the week before and was suffering from a bit of an injury.

Denise has put pen to paper and revealed the trauma of preparing for and running a marathon when she wasn't quite 100% fit.

As usual, some have vowed never to run a marathon again but others just can't wait for the next one. Meanwhile, we expect to see all the marathoners making full use of all that stored up potential that their marathon training gave them. Within a few weeks they will be using that edge that they have to set PBs from 5k to half-marathons.

Then the next thing you know is the London entry forms will be out again the applications for next year will be going in. It's a vicious circle. Thanks again to Phil Rampley for arranging the coaches for runners and supporters.

And finally, I think the runners, through their efforts, raised about £12,000 for various charities. Good luck with collecting in the pledges.

LONDON MARATHON RESULTS

Name	Cat.	Overall Position	Gender Finish	Age Group	10k Split	20k Split	1/2M Split	30k Split	40k Split	Finish Time
Colin Pitts	M40	254	231	42	00:36:13	01:12:50	01:16:47	01:49:52	02:32:51	02:42:43
Nick Stephens	M40	478	449	123	00:38:41	01:16:52	01:21:03	01:56:28	02:39:52	02:49:28
Richard Denwood	M30	1081	1018	459	00:39:51	01:20:50	01:25:15	02:02:28	02:50:19	02:59:32
Bob Grainger	M30	4787	4207	157	00:47:47	01:35:57	01:41:12	02:26:36	03:20:38	03:32:19
Carole Prance	W40	5818	693	198	00:48:38	01:38:14	01:43:39	02:30:22	03:27:17	03:39:31
Les King	M40	11307	9423	2966	00:55:07	01:51:01	01:57:34	02:49:40	03:55:32	04:07:58
Les Basham	M50	12080	10008	1108	00:58:17	01:55:56	02:02:12	02:55:01	03:57:37	04:10:58
Alan Wells (<i>Elvis</i>)	M40	14588	11955	3672	00:55:09	01:51:04	01:57:36	02:50:03	03:59:55	04:15:57
Richard Fellingham	M50	15060	12218	1346	00:55:17	01:50:19	01:56:36	02:50:12	04:05:05	04:21:59
Maria Van der Merwe	W40	15472	2952	764	00:59:08	02:01:29	02:08:03	03:02:55	04:09:16	04:23:32
Susan Browne	WO	25000	5975	1497	01:02:45	02:08:03	02:15:10	03:21:07	04:42:43	04:56:57
Rosemary Thurston	W50	24098	5842	411	01:08:05	02:18:17	02:25:44	03:28:25	04:41:53	04:58:11
Jane Dolan	W40	26400	6490	1621	00:59:05	02:02:19	02:09:12	03:19:43	04:47:56	05:04:03
Jim King	M60	25335	19033	482	00:58:18	01:55:57	02:03:13	03:16:47	04:47:12	05:04:34
Denise Naughton	W30	26174	6620	2476	01:03:02	02:11:50	02:19:16	03:33:44	04:53:38	05:09:33
Joe Naughton	M40	29154	21314	6110	01:06:39	02:24:05	02:33:16	03:43:43	05:11:30	05:30:40
Russel De Beer	M20	29508	21526	4255	01:07:10	02:23:30	02:32:29	03:49:44	05:17:21	05:34:02
Julia Smith	W20	29880	8133	2387	01:12:42	02:30:00	02:38:27	03:51:01	05:20:28	05:37:43
John Kirk	M30	32917	23640	4248	01:09:12	02:26:14	02:33:35	03:49:36	05:43:52	05:59:09
Michael Saville	M40	32380	20018	6522	01:06:17	02:29:26	02:39:28	04:08:29	05:53:46	06:13:04
Sue Friend	W40	34502	10159	561	01:03:15	03:04:28	03:15:17	04:42:20	06:22:17	06:42:33

London Marathon Report

I would like to start by saying a big thank you for allowing me to have a club place. My dreams came true that afternoon Richard phoned me and offered me a place.

The weeks leading up to the marathon were going really well. In fact the best training I'd ever done for a marathon. No injuries, no illness and some pleasing results. With two 20 mile runs under my belt and feeling good afterwards I thought I was well on the way to a PB this year.

Then with one week to go everything went wrong. I came down with a virus, high temperature and a rash. For someone who doesn't do illness I tried to rest as best as possible. The Monday night before the big day I was in hospital and then on the Thursday I fainted. I thought my dream of completing the Marathon on the Sunday was not to be and people kept telling me I'd be mad to do it! By Saturday I felt a bit better so mad or not I thought I'd have a go. If I was taken ill then I'd be able to see another A&E department and see if they operate any different to West Suffolk Hospital. So ensuring plenty of fluids on board and kit bag packed I tried to have an early night. Ha, ha!

Awoke bright and early Sunday morning ready to go. Caught the bus at 5.40am and fell asleep on route. Awoke just outside London. Panic took over as I thought I'd missed the stop, where I had planned to have a coffee, toilet stop and eat my porridge. The driver did not realise we were stopping so I proceeded to eat my congealed porridge out of my flask. Yum, yum! Arriving at Blackheath (think we were the first ones there!) we got off the bus and I waved goodbye to my boys. Will I ever see them again, tears came to my eyes waving good buy to everyone. Am I totally mad I thought? Anyway coffee time, the other runners, Batman, Elvis and myself headed for the coffee tent and prepared ourselves. Woolly hat, gloves, long trousers, sweatshirt all at the ready but not needed as beautiful day. Did I bring the sun tan lotion or sun hat? Don't be silly!

Time soon passed by with nerves kicking in, and not long after arriving I was on the start line. I had lost Joe (Batman) by now, think he'd gone off to the loo again. Taking ten minutes to cross the start line I eventually started a slow run. Soon arrived

at Cutty Sark feeling great. With the odd Oggy oggy oggy to keep me going. Just got over Tower Bridge and there stood Anne, Jane and some other Striders, a bit further on I saw Linda and round the corner stood my three boys cheering 'come on Mum', how lovely to see them all. I continued to feel great till 15 miles with the terrific crowds and other runners to keep you going the atmosphere was awesome. Oh how glad I was running I thought.

Then just before 16 miles I felt awful. I felt faint no energy and kept going dizzy. Oh my god what have I done? Why did I not listen to other people? Must keep going I told myself so the next 11 miles it was walk, jog and so on. Taking in the sights of London on the way.

Eventually hitting the Embankment with Big Ben in sight more striders cheering me on oh how glad I was to see familiar faces and Linda with her jelly babies! Not far now I kept telling myself. Oh yes, Buckingham Palace nearly there, the finish clock in sight, so a sprint (well sprint for me) to the finish. I crossed the line in 5 hours 9 minutes received my medal and I felt overwhelmed tears sprang to my eyes again I've done it!

I then slowly proceeded to the meeting place, no Joe. Oh no I've taken so long they've all gone and left me. I decided to find a tree and fall down next to it. I phoned my son Ben and asked where Joe was. He's a good 20 minutes behind you was the reply. The day got better not only did I complete it I beat Joe. (Don't think he will ever live that down!)

Perhaps I was mad to do it but I enjoyed every minute even those miles I felt awful. But what made it worth every ache and pain was to be greeted by my youngest son Matthew, who ran up to me put his arms around me and said 'Mum I love you and I'm so proud of you.' Those words will stay with me forever.

So one more big THANK YOU to the Striders who made that day possible for me. Here's to the next Marathon.

Love Denise

OTHER 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.

Broadland ½ Marathon 20th March

Pos	Name	Time
93	Lorraine Phillips [PB]	1:46:26
160	Joe Naughton	1:58:30

There were 207 finishers

The Roger Wing Memorial 10k 25th March

Pos	Name	Time
51	Ronal van der Merwe 1st. over 45 female	49.03

82 Finishers

Sudbury Fun Run 25th March 5 Miles

Pos	Name	Time
65	Bernard Debney	34:09

There were 296 finishers

Joe Cox 10m 27th March 2005

Easter Sunday and the first day of the British Summer Time. 167 runners and all profits donated to the MS charity in memory of Joe Cox.

Pos	Name	Time
1	Gordon Irvine (Thames Valley)	00:57:03
2	Benvenuto Baldelli (Cambs&Coleridge)	00:57:06
3	David Laing (Jaffa)	00:58:06
4	James Beeton (Newmarket)	00:58:08
5	Colin Pitts (1st Vet 40)	00:58:51

6	Rodger Aldis (unatt)	00:59:20
7	Ashley Gimson (Pacers)	00:59:44
8	Richard Denwood	01:00:45
9	Terry Back (Jaffa)	01:01:07
10	Scott Mac.Sephney (Jaffa)	01:01:54
22	Stuart Green	01:05:38
30	John Browning	01:07:12
40	Andrew Green	01:09:55
62	Richard Nash	01:13:38
72	Chris Gladwell	01:15:25
73	Robert McPhillips	01:15:28
92	Les King	01:18:33
96	Lorraine Phillips	01:19:02
109	Rachel Champion	01:21:05
118	Alan Wells	01:23:15
121	Neil Brame	01:23:44
122	Ronel Van Der Merwe	01:23:52
124	Ella Canham	01:24:53
125	Jane Fellingham-Boyce	01:24:57
126	Martin Ablett	01:25:10
129	Adela Bamber	01:26:08
132	Sue Browne	01:26:13
134	Penny Waggott	01:26:35
145	Denise Naughton	01:30:19
156	Joe Naughton	01:37:45
157	Tracey Lee	01:37:55

(Striders unless stated otherwise)
167 Finishers

Bungay Half Marathon 3rd April

Pos	Name	Time
5	Colin Pitts (2 nd mv40)	1.18.12
8	Chris Ling (3 rd mv40)	1.22.45
209	Joe Naughton	1.57.15
218	Ronal van der Merwe	1.57.46
280	Jane Fellingham-Boyce	2.05.17
287	Denise Naughton	2.06.09
294	Sue Brown	2.06.52
306	Anne Fellingham	2.08.24
363	Rosemary Thurston	2.20.08

Trowse Spring 10k

10th April

Pos	Name	Time
111	Sandie Pottage	47:40

262 finishers

Castle Camps 6 mile

10th April

Pos	Name	Time
10	Tamara Jordan (2 nd lady) [PB]	39.02
45	Miles Garrod [PB]	45.10
107	Sue Garrod [PB]	46.35

Marathon de Paris Dimanche 10 Avril 2005

Pos Cat.	Name	Pos. off.	Official Time	Real Pos.	Real Time
8075	Chris GLADWELL	8075	3:39.30	8057	3:35.21
19267	Richard FELLINGHAM	19267	4:23.41	20014	4:17.55

Diary of the Marathon de Paris

6.30: Get woken by alarm.

6.35: Start breakfast – Lucozade Sport, banana & Powerbar.

7.00: Room service arrives with continental breakfast – eat far too much Croissants, rolls, yoghurt, cheese, fruit juice, coffee etc etc. (A far cry from my normal pre-race meal of porridge & a banana).

8.00: Check kit – number on vest, appropriate bits vaselined, delicate bits protected with Micropore? Prepare a bottle of Lucozade for first half of race and two energy gels for the second half.

8.15: Down to reception with Cathy to meet Anne & Richard and stroll to start on the Champs-Elysées.

8.25: Arrive at start.

8.35: Wave goodbye to Cathy & Anne and get into the loose scrum at the right starting pen.

8.45 Race starts.

8.49: Cross the start line.

8.50: Wave to Cathy & Anne on the side of the Champs Elysee.

8.51: (200m) Stop by a tree for “relief” (Apparently when the organisers clear the start area they also wash down the tree trunks – how hygienic).

8.51.30: Set off at a 5 minute per kilometre pace towards the Place de la Concorde. The race is marked in kilometres and miles, which is useful for the 2000 British in the race.

9.00: (1.5k) Pass the Louvre on the right.

9.02: (1.7k) Pass the Hotel de Ville.

9.14: (5.0k) Arrive at first food station. There are food stations at every 5k serving out water, apples, bananas, sugar cubes and dried fruit (the French know how to put on a marathon).

The only down side to this is that everyone makes a dash for the first tables at these stations so you need your wits about you to that you don't get cut-up by a swerving runner (The French, they run like they drive).

09:39: Through 10 km in 9906th place

9:40 – 10:30: (10k – 20k) Run through the Bois de Vincennes, a huge park west of Paris. Can't believe how many runners there are running at this pace, the road is crowded.

10.34: (21.1k) Half way – in exactly 1hr 45 minutes in 9344th place and on schedule for 3:30.

10:50: (24k) Take the first energy gel, which tastes of nothing, with copious amounts of water, which also tastes of nothing.

10.55: (25k) Drop downhill to the Seine Embankment, which we will follow for the next 8k.

11.10 (28k) Run down and up through the first of four underpasses. The short sharp climbs out of the underpasses were just what I need at this stage and these were the only really unpleasant parts of the course.

11.19: Through 30k in 9291st place

11.20 (30k) Can't detect any effect from the first energy gel so take a second energy gel, which also tastes of nothing and which I also take with copious amounts of water, which also tastes of nothing

11.25: (31k) Pass the Eiffel Tower, but I'm concentrating so much I miss it!

11.40: (34k) Succumb briefly to fatigue and take a short walk break

11.45: (35k) Enter the Bois de Bologne

12.00: (38k) Succumb briefly to fatigue again and take another short walk break

12.20: (42.2k) cruise on to the Avenue Foch and finish in 3:35.21 (8057th position from about 29,000 runners). In London 3.35 would have placed me 5140th – showing the higher overall standard of the

French race. There were hardly any "fun runners" and fancy dressers.

Collect medal, collect water, apples, bananas and dried fruit (the French know how to put on a marathon).

12.40: Struggle through the crowds in the finish area back to Cathy & Anne. Hugs, congratulations etc etc then a kebab.

13.20 Richard arrives, search for tea, fail, so return to the hotel to a cold bath, short rest then its out for the afternoon, sightseeing around the Eiffel Tower.

Interesting facts:

30 000 runners, 150 000 spectators, 2 000

volunteers

9 food stands (KM 5, 10, 15, 20, 25, 30, 35, 40 and finish).

On these stands:

- 8 500 kg on the route + 30 000 bananas on the finish area

- 14 250 kg of oranges on the route + 30 000 oranges on the finish area

- 400 000 bottles of water

- 2 750 kg of lemons

- 1 935 kg of dried fruits

- 2 000 kg of sugar (cubes)

- 11 400 litres of energy drink

- 30 000 energy tablets

This marathon is so easy

(To enter and get to)

I entered on-line in October, no ballot, it took about 10 minutes and a few weeks later I got confirmation of my entry and race number.

We made a weekend of it and went over on Friday and came back on the Monday but it is possible to do it with one overnight stay.....

Leave Stowmarket Saturday morning, drive to Ashford, catch Eurostar and arrive in Paris at tea-time, in time to book into your hotel, collect your number from the exhibition and enjoy the free pasta party.

On Sunday the race starts at 8.45am so you can be finished and ready to catch the late afternoon train back to Ashford. Arrive in Ashford at about 5.00pm and get back to Stow at about 7.30pm (Not much later than getting back from London).

It's that easy

(Chris Gladwell)

St George's Day - Great Langdale 10k 23rd April 2005

Pos	Name	Time
55	Richard Nash	45:48

There were 323 finishers

A long and traffic ridden journey along the A14 and M6 finally rewarded with the mountains of Cumbria on the evening before the Great Langdale 10k. Staying at the New Dungeon Ghyll in Great Langdale was a perfect choice of accommodation as the start and finish of the race was just 50 yards away.

The 12 noon start allowed a lazy morning after the full English breakfast. Whilst downstairs, I saw a face that I thought I recognised. After checking the hotel comments book my suspicions were confirmed that I wasn't the only runner from Suffolk. James Kelly from Framlingham Flyers had also made the long journey. We had a good chat before the race and also with a few other locals who recognised that Stowmarket was a long way from Cumbria.

The race started at the New Dungeon Ghyll on an out-and-back route that had a small loop through Elterwater before returning on the same and very undulating route. In fact it was so undulating the only flat bits of road were the peaks on the hills! With an unusually hot and sunny day in the wet county, combined with the hills, I can only be pleased with this time.

This race has probably some of the best scenery in the country and the friendliness of the runners is even more than usual. Overall a great race that comes with recommendation,... once I recovered!
Richard Nash

Balmoral Tartan 10k

30th April

Pos	Name	Time
317	Richard Nash	49:12

There were 1393 finishers.

Okay, so you might be wondering why I am wearing a kilt. (It's not a skirt - a kilt!) It is not that I have come out of the closet at the weekend, but the honest answer is that I was running in the Balmoral Tartan 10k.



Those wearing a kilt were automatically entered for a free draw for a weekend for two in New York. Believe me, when an all expenses paid trip was on offer, I was not alone in wearing the kilt!

It also made for a light and friendly atmosphere with as many spectators along the course as runners. Within the Queen's estate, the race started quite flat along 3km of road before swinging left up a steep 1 in 3 hill with about 1000 feet of ascent. The incline saw many runners walk at least part of the 1.5km relentless climb (myself included) before summiting the local highest point. The next 3km was down hill before running back around the castle and to the finish.

This was a very tough course highlighted by the Ethiopian winner disappointed with his time of 32:25. I was not overly chuffed with my time either (*confirmed by wearing a champion chip around your ankle*) and have prepared excuses to include the weight of the kilt, the sheer number of runners around you, that very steep hill, oh and I had a stinking cold!

Well, regardless of the excuses, this race was for the fun and enjoyment of the event, the absolutely gorgeous scenery in the grounds of Balmoral and the large number of supporters creating a great atmosphere.

Running in the kilt was surprisingly okay and even Katy commented on that it seemed natural with those running in shorts seeming somehow out of place! Though I was worried when a Scot's runner offered me his water at the 7km water stop calling me 'Big Man'. Hopefully my kilt wasn't swinging that high!

A great fun race despite not winning the weekend trip to New York draw!

Richard Nash

Heritage Coast Run

1st May

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

Marathon

Pos	Name	Time
n/k	Chris Gladwell	4:11.53

This was my second marathon in three weeks and in hind-sight probably wasn't the most sensible thing I've ever done. This is a most scenic course and well over half is off-road so it's not one for a PB and the heat on Sunday didn't make it any easier.

The plan was to get round at an even pace in about 4hrs 15 minutes, which would be 40 minutes slower than Paris and so, probably achievable. Anyway, I'd done about five miles when two "older" runners caught up with me, I fell in step with them and we chatted about this and that.

After about 12 miles we got on to how many marathons they had run, one had completed 230 but was a novice compared to the other who had done over 360 marathons. I had been quite proud of my eight marathons but suddenly they felt very inadequate. What I hadn't noticed was that while we had been talking the pace had also increased and instead of 9:30 miles I was doing 8:30 miles and we reached half-way in 1hr 55 minutes instead of my planned 2:08.

I was way ahead of schedule and the only way to get back on track was to stop, so I did. I stopped at the next water station and walked for two minutes. I repeated that at every mile through the second half of the race. I got to meet a lot of other runners this way because when I was walking runners passed me and when I was running I passed them.

Even using this run-walk process I was still exhausted at the end but managed to finish in 4hrs 11 minutes.

I saw my running partners in the car park, they had got round in 3:55 and 4:05 respectively.

"It's the Halstead marathon in two weeks time". They said. "And your point is?" I said.

Chris Gladwell

Heritage Coast Run 1st May

14 Miles

Name	Time
Chris Starmer	1.32.54
Ker Mccrosson	1.45.30
Colin Thomas	1.50.30
Frank Mogan	2.12.45
Maria Reynolds	2.35.34
Jan Starmer	2.35.34

Heritage Coast Run 1st May

6 Miles

Name	Time
Peter Tricker	41.17 (4th)
Robert Tomlinson	44.40
Debbie Gant	55:19
Helen Wrigley	62.40

Breckland 10k 1st May 2005

Pos	Name	Time
9	Colin Pitts	34.43
32	Rick Denwood	37.51
43	Tamara Jordan [PB] (1 st female open)	38.37
99	Bernard Debney	42.51
194	Miles Garrod	48.03
214	Leslie Basham	49.12
222	Anne Fish	49.47
260	Su Browne	51.59

263	Grayhame Fish	52.09
349	Tracey Lee	57.43
371	Rosemary Thurston	59.39
408	Sue Seggar	65.54

429 Finishers

RACE REPORTS

It's always good to add a short report to the race results. Some of you are regular contributors to the website and I publish some of the reports here for those without Internet access. However, the London Marathon will give you memories that will live with you forever, please put pen to paper for the newsletter and website.

Members discounts at sports shops

Last month I included information on where you could get discounts with your club membership. Davey West sent me this additional information to share with you all:

"Hi Chris,
Just reading the new newsletter, excellent as usual. (*How true: Ed*)

Just a comment ref discounts at stores in BSE. Shoe Boks only does fashion sports shoes (but may still offer a discount), with ski-ing gear upstairs.

Mick McNeals in Whiting St should offer a discount (Ipswich store does to Pacers) they have a good stock of running gear, similar to Ipswich, but some different brands.

Not offering discount, but worth a look is the Factory Shop in Barton Rd.

I've just bought Adidas Response here for £18(originally £35, RRP £60), presumably "last years model". I saw other Adidas and Nike running shoes for £35 in amongst the fashion "sports" shoes.

Regards. David".

FIXTURES

8 th May	Benfleet Bluebell 5
15 th May	Woodbridge 10k Entries closed. No EOD
15 th May	Halstead Marathon
22 nd May	JAFFA 5 & 10m
27 th May	<i>Kirton Friday 5*</i>
3 rd June	<i>Bury Friday 5*</i>
10 th June	<i>Ipswich Friday 5*</i>
24th June	<i>Stowmarket Friday 5*</i>
3 rd July	Newmarket 10k
8 th July	<i>Gt Bentley Friday 5*</i>
10 th July	Mutford Relays
24 th July	Haverhill 5km & 10km
4 th Sept	Framlingham 10k
11 th Sept	Langham 10k
2 nd Oct	Felixstowe 1/2 Marathon
9 th Oct	Martlesham 10k
13th Nov	Stowmarket Striders Scenic 7

* THE FRIDAY 5 SERIES

The Friday 5 series is what it says it is – A series of five races of about five miles that are run on Friday nights. To count for series prizes you must run four of the five races. Entry into the series is free, but you have to pay to enter each race.

MANAGING HECKLERS

Though all runners at some point in their running careers suffer heckling and verbal abuse, there is no question that it is more intimidating when the heckler is male and the runner a lone female. While a brilliant one-line retort might make you feel better, is that really the best course of action? In short, no - it could just inflame the situation. While running with a partner or group and making sure you keep to well-lit, well-traveled paths is sound advice these aren't always practical options. Here is our five-step plan for dealing with men who just can't keep their mouths shut

KEEP MOVING

Unless the heckler invades your physical space, follows you or makes a move towards you, you should simply ignore him. Just keep moving, that's the safest thing.

SHOW YOUR MUSCLE

Most women tend to feel smaller and more vulnerable when men harass them, displaying their vulnerability with bowed heads and hunched shoulders, which gives men the 'courage' to continue their harassment Resist showing your fear; remember how strong you are; focus on feeling powerful; run with your head held high and your shoulders back and really fly by Mr Heckler.

STAY ALERT

Pay attention to your surroundings at all times. This means ditching the personal stereo - you can't stay alert if you're lost in a world of music. Personal stereos make you vulnerable to attack, and they also prevent you from hearing traffic.

TAKE CHARGE

Let's assume you come across the same person again during the second half of your run, but this time he invades your space. You can't ignore him, but you can tell him what to do. Look him straight in the eye, and calmly but firmly tell him to back off. Then keep running towards your home. Such assailants usually tend to have a 'script' in their heads about how things are going to go, based upon the idea that women are weak and can't defend themselves. The assailant thinks, "I'm going to say X and she is going to say Y". You can change the script by taking charge.

REPORT THEM TO THE POLICE

Call the police as soon as you get home and report any incident You might be inclined to laugh it off as nothing, but you owe it to other female runners to report whatever happened and to describe your assailant to the police.

HEAL SPORTS INJURIES

QUICKLY AND SAFELY!

**By using natural
homeopathic remedies,
you can be back running
again sooner than you
think!**



I have recently been treating people successfully who have suffered from a variety of sports injuries such as:
torn muscles and ligaments, sprains, painful joints and recurring cramp.

Call me on 01473 311666 for more information,

**Please quote your membership details for ‘Stowmarket Striders’ as
this entitles you to discounted treatment.**

Michele James

Homeopath LCPH MHMA
Member of NHS Directory of Complementary Practitioners

