

STRIDERS NEWS

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

Volume Six: Issue Three

August 2005

Inside this issue

Results	2 - 9
Fixtures	9
News	10

**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.**

Editor: Chris Gladwell
chris.gladwell@btinternet.com

**THE LONDON MARATHON.....
MAGAZINE IS OUT NOW AND CONTAINS THE
LONDON MARATHON APPLICATION FORM.**

**AVAILABLE FROM ALL GOOD SPORTS SHOPS. GET YOUR
APPLICATION IN NOW.**

REMEMBER: You only stand a 40% chance of getting into the race through the ballot so you can tell everyone that you have entered knowing that there is only a slim chance that you will actually have to do.

While we are on the subject of marathons:

Merv Evans is to run in the Auckland marathon as one of three charity ventures he is undertaking. Full details of the events and the charities he is raising cash for can be found on his website at: www.evanselpem.com

As well as information there is a pledge page and a message board. Merv is hoping to 'keep in touch' during his travels through the message board (forum).

So please visit the site, and leave a message. Also feel free to 'make a pledge' (every penny of which is guaranteed to go to the charities, not towards Merv's expenses!

Les Basham has kindly agreed to 'co-ordinate' things at this end for striders and he will put a sponsor form on the club board if you would like to contribute to a club pledge.

The marathon has its own website and the address can be found on the www.evanselpem.com website.

TUESDAY 23RD AUGUST TRAINING SESSION

For one week only, on Tuesday 23rd August the training session for the whole club will be held at 6:30pm.

There will be no training session at 7:30pm on the 23rd and those who would normally attend this session is encouraged to come along at the earlier time. The idea of this is to bring the first and second groups together for one week only.

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.

Woodbridge 10k 15th May 2005

Lovely race - the atmosphere was fantastic! Just seen the results, a PB for me and first F40 -which makes it an even better race!! Boy was it hot though!

Sandie Pottage

Pos	Name	Time
110	Sandie Pottage [1st W40 Vet]	46:00
134	Mile Garrod	47:06
200	Sue Garrod	49:43
250	Ronel Van der Merwe	51:43
377	Rosemary Thurston	56:41
478	Sue Seggar	1:05:45

There were 488 finishers

Ipswich JAFFA 10 mile 22nd May 2005

Pos	Name	Time
2	Richard Jordan [2nd Man]	57:35
16	Tamara Jordan [2nd Lady]	1:06:14
30	John Wankowski	1:09:50
44	Heidi Bingham	1:17:17
46	Colin Thomas	1:17:43
50	Chris Chaplin	1:20:03
54	Lorraine Phillips	1:20:47
62	Ronel Van der Merwe	1:25:21
70	Jenny Relf [3rd FV30]	1:32:40
71	Debbie Ghant [2nd FV35]	1:33:28
74	Maria Reynolds	1:33:49

There were 87 finishers.

Ipswich JAFFA 5 mile 22nd May 2005

Pos	Name	Time
8	Rodger Aldis	28:50
9	Richard Denwood	29:14
12	Chris Starmer [2nd MV45]	30:30
20	Stuart Green	31:21
36	Peter Tricker	34:15
42	Chris Gladwell	35:12
44	Robbie McPhillips	35:25
49	Miles Garrod [2nd MV40]	36:44
67	Anne Fish [1st FV55]	39:09
72	Grayhame Fish	40:11
88	Tracey Lee [3rd FV35]	43:36
89	Sue Garrod	43:37
90	Malcolm Hogarth	43:41
91	Ann Hogarth	43:58
92	Jan Starmer	44:05
94	Rosemary Thurston	44:30
95	Denise Naughton	44:56
108	Helen Wrigley	53:26
112	Glenda Taylor	1:05:58

1st male team - Rodger, Richard & Chris.
There were 112 finishers.

Brandon 1/2 Marathon 30th May 2005

Pos	Name	Time
108	Colin Thomas	1:42:39
111	Carole Prance	1:42:59
178	Ronel Van der Merwe	1:55:45
193	Frank Moggan	2:00:13
208	Maria Reynolds	2:02:18

There were 248 finishers.

Mersea Round the Island 1/2 marathon

Pos	Name	Time
Xxx	Colin Thomas	1:40.00
Xxx	Ronel Van der Merwe	2:05.00
Xxx	Maria Reynolds	2:07.00

Framlingham Carnival 1/2 Marathon

Pos	Name	Time
xxx	Ronel Van der Merwe	1:55.00

Newmarket 10k 3rd July 2005

Pos	Name	Time
21	John Wankowski	40:10
43	Colin Thomas	44:03
63	Miles Garrod	46:44
71	Sue Garrod	48:21
73	Leslie Basham	48:33
80	Anne Fish	49:56
87	Penny Waggott	50:48
97	Grayhame Fish	52:50
108	Tracey Lee	55:27
109	Glenn Lee	55:27
111	Denise Naughton	56:50
112	Maria Reynolds	57:11

124 Finishers

Brentwood 10k 17th July 2005

Pos	Name	Time
3	Richard Jordan	35:44

463 finishers

Wibbly Wobbly Log Jog 5th Aug 2005

Pos	Name	Time
15	Chris Starmer	29:14
52	Adrian Doig	33:13
68	Colin Thomas	34:20
85	Sandie Pottage	35:43
121	Anne Fish [2nd FV55]	39:18
127	Grayhame Fish	39:41
135	Ronel Van der Merwe [2nd FV45]	40:13
137	Frank Moggan	40:16
158	Su Browne [1st FV50]	41:20
169	Jenny Relf	41:36
178	Maria Reynolds	42:27
203	Jan Starmer	44:16
206	Richard Cox	44:28
283	Rose Norris	56:05
285	Helen Wrigley	56:17

There were 293 finishers

Harlow 10 7th August 2005

Pos	Name	Time
208	Ella Canham	1:18:09
413	Paul Canham	1:58:42

There were 418 finishers

FRIDAY FIVE RESULTS

Kirton Friday 5 27th May 2005

46 Striders in one race - this has to be a club record...!

One in eight of the runners were a Strider.

Pos	Name	Time
4	Colin Pitts	27:57
8	Roger Aldis	28:28
10	Richard Jordan	28:42
16	Richard Denwood	29:36
32	Tammy Jordan [3rd lady]	30:40
34	Chris Starmer	30:51
49	John Wankowski	32:10
52	Andrew Green	32:29
66	Paul Canham	33:28
79	Nick Hammond	34:05
85	Peter Tricker	34:16
98	Adrian Doig	35:00
108	Chris Gladwell	35:42
109	Colin Thomas	35:44
114	Louise Bunch	35:59
123	Heidi Bingham	36:24
125	Miles Garrod	36:35
153	Robert Tomlinson	37:43
159	Chris Chaplin	37:49
162	Lorraine Phillips	37:56
163	Ella Canham	38:01
178	Les Basham	38:39
180	Sue Garrod	38:40
186	Richard Fellingham	38:57
196	Martin Ablett	39:28
199	Rebecca Jack	39:34
206	Christopher Street	39:57
221	Ronel Van der Merwe	40:36
223	Joe Naughton	40:46
238	Su Brown	41:43
253	Frank Moggan	42:15
267	Jane Fellingham-Boyce	42:55
273	Tracey Lee	43:19
274	Jan Starmer	43:23
282	Jenny Relf	43:57
284	Ann Hogarth	44:13
285	Malcolm Hogarth	44:13
286	Anne Fellingham	44:18
287	Debbie Ghant	44:39

289	Jane Dolan	44:36
304	Maria Reynolds	45:35
305	Denise Naughton	45:38
316	Rosemary Thurston	47:27
341	Rose Norris	53:18
344	Helen Wrigley	54:14
354	Glenda Taylor	1:05:39

There were 354 finishers.

Kirton Junior Race

Pos	Name	Time
2	Thomas Wood	10:17
5	Nicholas Bretherton [3rd Male]	10:29
7	Thomas Naughton	10:38
14	Ben Naughton	10:56
15	Kieran Morley	10:58
16	Jonathon Wood	11:05
21	Harry Smith	11:31
22	William Garrod	11:32
42	Louis Jarrold	13:02
53	Matthew Naughton	14:36
54	Maisie Lee	14:38
85	Danni Lee	17:58
101	Jordan Murton	19:23

There were 111 finishers

Bury Friday 5 27th May 2005

A great turnout despite the weather. Thunder, lightning and torrential rain did their best to dampen spirits, as did the foot-deep flood at 1½ miles. Thanks to the organisers for making the juniors run in torrential rain and holding back the start of the main race until the rain eased off.

Pos	Name	Time
11	Roger Aldis	29:14
26	Chris Starmer	30:43
30	Tamara Jordan [3rd Lady]	30:57
44	John Wankowski	32:20
53	Andrew Green	33:08
65	Nick Hammond	34:04
66	Paul Canham	34:04
75	Adrian Doig	34:39
77	Chris Gladwell	34:37
89	Peter Tricker	35:32
92	Louise Bunch	35:43

100	Miles Garrod	36:04
126	Richard Fellingham	37:47
129	Colin Thomas	37:51
135	Lorraine Phillips	38:05
136	Robert Tomlinson	38:07
143	Leslie Basham	38:16
156	Sue Garrod	38:54
157	Ella Canham	38:57
168	Martin Ablett	39:29
169	Kimberly Zilke	39:34
190	Joe Naughton	40:58
194	Ronel Van der Merwe	41:07
207	Su Browne	41:30
226	Frank Moggan	42:30
240	Jenny Relf	43:24
250	Jan Starmer	43:44
256	Chris Chaplin	44:23
258	Anne Fellingham	44:23
260	Maria Reynolds	44:28
271	Jane Dolan	45:13
274	Denise Naughton	45:33
275	Debbie Ghant	45:55
276	Andy Bond	45:59
278	Charmine Geraghty	46:06
307	Sue Seggar	49:49
318	Helen Wrigley	54:45
319	Glenda Taylor	1:04:36

There were 334 finishers

Junior Race

Pos	Name	Cat
2	Thomas Wood	1st U15
4	Nicholas Bretherton	2nd U15
7	Kieran Morley	1st U13
13	Tom Naughton	-
22	Harry Smith	-
23	Jonathon Wood	-
25	Ben Naughton	-
29	William Garrod	-
43	Louis Jarrold	-
64	Matthew Naughton	-

There were 86 finishers

Ipswich Friday 5 10th June 2005

Has there ever been a race with a worse hill in the last mile?

Pos	Name	Time
4	Colin Pitts [2nd Vet 45]	28:11
17	Nick Stephens	30:07
19	Richard Denwood	30:16
23	Chris Starmer	30:39
39	John Wankowski	32:14
48	Andrew Green	33:05
66	Chris Gladwell	34:38
70	Peter Tricker	34:48
77	Colin Thomas	35:27
82	Miles Garrod	35:52
109	Robert Tomlinson	37:47
114	Lorraine Phillips	37:56
118	Kimberley Zilke	38:05
123	Sue Garrod	38:16
126	Martin Ablett	38:19
138	Les Basham	39:07
139	Rebecca Jack	39:09
144	Joe Naughton	39:21
148	Mervyn Evans	39:33
157	Anne Fish	40:16
166	Penny Waggott	40:54
174	Grayhame Fish	41:43
181	Ronel Van der Merwe	42:07
186	Frank Moggan	42:45
200	Pamela Welburn	43:28
207	Jenny Relf	43:49
211	Maria Reynolds	44:10
212	Malcolm Hogarth	44:14
215	Ann Hogarth	45:11
216	Debbie Ghant	45:24
218	Rosemary Thurston	45:46
219	Denise Naughton	46:10
221	Jan Starmer	46:17
232	Sue Seggar	49:45
237	Helen Wrigley	53:07
240	Rose Norris	53:22

There were 244 finishers.

Ipswich Friday 5 - Junior Race

Pos	Name	Cat
4	Thomas Wood	8:53
11	Tom Naughton	9:05

22	Jonathon Wood	9:52
26	Harry Smith	10:03
31	William Garrod	10:24
51	Louis Jarrold	11:04
88	Matthew Naughton	12:58

There were 112 finishers

Stowmarket Friday 5 24th June 2005

Despite the glorious weather leading up to this race, Mother Nature blessed us with a little rain and cooler 'runner friendly' temperatures. Of course, others consider our end of June race day as guaranteed rainy weather!

Men's Prize winners

1	Sam Godfrey	W Suffolk	24:41
2	Andrew Taylor	Pacers	25:06
3	David Miller	Woodbridge	25:45
Vet 40	Kevin Vaughan	Pacers	26:18
Vet 45	Terry Back	Jaffa	27:53
Vet 50	Colin Arnold	Pacers	28:15
Vet 55	Henry Morris	Pacers	31:00
Vet 60	Michael Chaplin	Woodbridge	32:31

Female Prize winners

1	Sara Bird	W Suffolk	29:48
2	Gillian Leathers	Pacers	30:32
3	Sindy-Marie Mark	Norwich AC	31:24
Vet 35	Anita Buxton	Newmarket	34:46
Vet 40	Val Jennings	Jaffa	31:36
Vet 45	Barbara Sanders	Hadleigh	32:41
Vet 50	Pat Partridge	Pacers	32:15
Vet 55	Julia Middleton	Newmarket	35:05

Team

Men's	Pacers	Andrew Taylor	25:06
		Kevin Vaughan	26:18
		Julian Long	27:56
Ladies	Pacers	Gillian Leathers	30:32
		Pat Partridge	32:15
		Cath Jeffery	33:37

Pos	Name	Time
6	Rodger Aldis	27:02
14	Nicholas Stephens	28:07
27	John Wankowski	29:36
31	Stuart Green	30:10
34	Andrew Green	30:21

52	Nick Hammond	31:35
60	Robert McPhillips	32:07
63	Paul Canham	32:19
65	Adrian Doig	32:23
76	Peter Tricker	32:52
87	Louise Bunch	33:47
105	David Pile	35:04
107	Kimberly Zilke	35:08
113	Robert Tomlinson	35:17
151	Rebecca Jack	36:48
166	Martin Ablett	37:50
179	Ronel Van Der Merwe	38:35
196	Su Browne	39:31
209	Frank Moggan	40:08
212	Anne Fellingham	40:24
220	Ann Hogarth	41:08
231	Michael Pallett	41:37
232	Charmaine Geraghty	41:41
233	Alison Taylor	41:46
238	Malcolm Hogarth	42:12
246	Jane Dolan	43:19
253	Andy Bond	44:08
257	Denise Naughton	44:45
259	Margery Brown	45:01
262	Joanna Cassells	45:58
268	John Cassells	47:41
269	Rosemary Thurston	47:44
271	Sue Seggar	47:44
273	Alan Wells	48:25
274	Derek Oliver	48:25
276	Beverley Bullett	50:03
277	Michelle Scott	51:44
280	Diane Pennington	60:55
282	Glenda Taylor	63:02

282 Finishers

Gt Bentley Friday 5 mile 8th July

Pos	Name	Time
11	Roger Aldis	28.08
19	Chris Starmer	29.25
33	Tamara Jordan	30.40
39	John Wankowski	31.10
58	Andrew Green	32.13
82	Paul Canham	33.34
89	Colin Thomas	33.46

90	Adrian Doig	33.49
94	Peter Wankowski	34.08
130	Miles Garrod	35.36
139	Louise Bunch	36.07
140	Sandie Pottage	36.08
156	Lorraine Phillips	36.41
168	Robert Tomlinson	37.18
169	Leslie Basham	37.19
172	Ella Canham	37.23
175	Rebecca Jack	37.25
197	Martin Ablett	38.19
206	Anne Fish	39.18
211	Grayhame Fish	39.31
227	Su Browne	40.14
234	John Steward	40.36
245	Malcolm Hogarth	41.15
251	Frank Moggan	41.37
268	Ann Hogarth	42.45
271	Tracey Lee	43.05
272	Mary Tricker	43.19
276	Charmaine Geraghty	43.25
278	Jan Starmer	43.29
290	Denise Naughton	44.11
292	Linda Steward	44.25
301	Joanna Cassells	45.53
306	John Cassells	46.32
314	Fiona Swan	47.04
330	Rose Norris	51.16
335	Helen Wrigley	53.19
338	Glenda Taylor	63.12

339 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.

FRIDAY FIVE SERIES – TEAM RESULTS

Club	Overall Position		Kirton		Bury		St Joseph's		Stowmarket		Bentley	
	Total Points	Pos	Total Points	Team Pos	Total Points	Team Pos	Total Points	Team Pos	Total Points	Team Pos	Total Points	Team Pos
Pacers	2037	1	754	4	511	1	479	2	425	1	622	2
Jaffa	2131	2	479	1	704	2	474	1	638	2	540	1
Striders	3042	3	683	3	770	3	740	3	957	3	849	3
Felixstowe	4609	4	1148	5	1264	4	899	4	1360	6	1298	5
Col & Tendring	6310	5	664	2	2238	8	2324	19	2410	14	1084	4
Shufflers	7536	6	1880	7	2491	9	1318	5	2002	9	2336	11

Apologies to all those people who hoped to see their name in lights after getting top three finishes in their categories but finding a full set of individual results for the series has been difficult. In fact I haven't managed to get a copy in time for this newsletter. By the way Peter Tricker tells me he did well in his category!

Ipswich Triathlon Culford Sprint

31st July 2005

Pos	Name	300m swim	Pos.	21 km Cycle	Pos.	4km Run	Pos.	Time
11	Chris Oliver	4:44	15	37:30	11	15:19	14	57:33
66	Andrew Green	8:18	160	42:40	63	16:18	32	1:07:16
93	Colin Thomas	7:11	138	44:31	89	18:21	78	1:10:03
114	Les Basham	7:23	141	45:48	107	19:38	109	1:12:49
135	Maria Reynolds	6:44	123	49:56	138	20:58	134	1:17:38
155	Joe Naughton	8:12	157	52:19	150	22:05	150	1:22:36

There were 165 finishers.

Ekiden Marathon Relay

24th July 2005

Striders Team A (M/Open 6th/21 teams - 8th/45 teams overall)

Leg	Name	Pace	Time	Cum.
7.2k	Chris Starmer [6th in leg]	6:03	27:06	27:06
5k	Stuart Green [9th in leg]	6:08	19:04	46:10
10k	Nick Stephens [10th in leg]	6:13	38:40	1:24:50
5k	Adrian Doig [14th in leg]	6:32	20:18	1:45:08
10k	Roger Aldis [4th in leg]	5:52	36:29	2:21:37
5k	Peter Tricker	6:43	20:55	2:42:32

Striders Team B (M/Open 18th/21 teams - 29th/45 teams overall)

Leg	Name	Pace	Time	Cum.
7.2k	Bernard Debney	7:31	33:39	33:39
5k	Frank Moggan	8:12	25:31	59:10
10k	Chris Gladwell	7:13	44:56	1:44:06
5k	Jim King	7:51	24:24	2:08:30
10k	James Mwayi	7:45	48:10	2:56:40
5k	Chris Starmer [9th in leg]	6:09	19:08	3:15:48

Striders Team C (L/Open 4th/7 teams - 21st/45 teams overall)

Leg	Name	Pace	Time	Cum.
7.2k	Heidi Bingham	7:31	33:41	33:41
5k	Lorraine Phillips	7:39	23:48	57:29
10k	Tamara Jordan [1st Lady in leg]	6:14	38:50	1:36:19
5k	Becky Jack [4th Lady in leg]	7:26	23:08	1:59:27
10k	Louise Bunch	7:25	46:07	2:45:34
5k	Kimberley Zilke [4th Lady in leg]	7:16	22:35	3:08:09

Striders Team D (L/Vet 2nd/2 teams - 45th/45 teams overall)

Leg	Name	Pace	Time	Cum.
7.2k	Tracey Lee	9:14	41:20	41:20
5k	Jenny Relf	8:32	26:32	1:07:52
10k	Ronel Van Der Merwe	8:29	52:43	2:00:35
5k	Sue Seggar	9:49	30:31	2:31:06
10k	Ro Thurston	9:24	58:25	3:29:31
5k	Maria Reynolds	8:42	27:02	3:56:33

A FIRST FOR STRIDERS?

It was hardly ideal preparation for my first fell run. Six hours of driving a minibus full of excited thirteen year olds off on a trip to the Lakes for a week. Having sorted the children out at the YMCA centre on the shores of Windermere I slid off to the local hotel where I had heard that there was to be the annual fell run.

'Yes mate' said the guy in charge, 'there is a place for you, someone's just dropped out. We start in ten minutes'. Ten minutes? I was dressed in tee shirt, shorts and fashion trainers – hardly ideal but I had no choice.

I was going to miss my training runs for the week and this little jaunt must help my marathon preparation (the event is in Auckland on the 30th. October and you will all hear lots more about it!).

The race began in a field. It started there over an hundred years ago when somewhere between two and three thousand people would spectate. After a short run through the meadow, there was a short road section to the local hotel.

The rowing boats were lined up and you pushed your chosen vessel into the water (in my case it was a limited choice as there was only one left.). A quick row across Windermere, beach your boat and then it was a three hundred metre climb to the top of Gummerts Howe.

Collect a wrist band as proof of ascent and then back down. I came down very gingerly (it would have been irresponsible to break an ankle on the school trip). The professionals just seemed to abandon themselves to gravity and throw themselves down the mountainside – if it was their foot that made contact with the ground then that was a bonus but a knee, bum or back would suffice if not.

Back to the lake, row back and run to the hotel steps to the cheering of the 200 hundred or so holidaymakers watching. The winner managed a time of 25 minutes.

I managed 45 minutes and took 14th. Place. There's no need to ask!

Merv Evans.

Mutford 5k Relay 10th July 2005

Please note, results are as per those provided on the Waveney Valley website, as some times do not appear to add up..?!

Striders Team A (2nd/19 teams)

Leg	Name	Lap	Cum.
A	Tamara Jordan	19:11	19:11
B	Richard Denwood	18:18	37:29
C	Roger Aldis	17:55	55:24
D	Nick Stephens	18:33	1:13:57
E	Chris Starmer	19:11	1:33:08

Striders Team B (6th/19 teams)

A	Louise Bunch	22:21	22:21
B	Chris Oliver	19:23	41:44
C	Andrew Green	20:02	1:01:46
D	Colin Thomas	21:28	1:23:14
E	Simon Brummit	20:51	1:44:05

Striders Team C (9th/19 teams)

A	Lorraine Phillips	23:06	23:06
B	James Mwayi	22:13	45:19
C	Nick Hammond	20:32	1:05:51
D	Miles Garrod	22:24	1:28:15
E	Les Basham	23:46	1:52:01

Striders Team D (14th/19 teams)

A	Sue Garrod	22:22	22:22
B	Rachel Toogood	23:34	45:56
C	Kim Zilke	22:44	1:28:40
D	Rachel Champion	24:49	1:33:29
E	Ann Fish	24:16	1:57:45

Striders Team E (17th/19 teams)

A	Maria Reynolds	27:21	27:21
B	Grayhame Fish	25:33	52:33
C	Frank Moggan	25:51	1:18:24
D	Kim Levett	25:01	1:43:25
E	Penny Waggott	26:05	2:09:30

Striders Team F (18th/19 teams)

A	Jenny Relf	27:03	27:03
B	Denise Naughton	27:45	54:48
C	Charmaine Geraghty	27:58	1:22:46
D	Ann Hogarth	27:32	1:50:32
E	Malcolm Hogarth	26:49	2:17:21

FIXTURES

22 nd August	JAFFA Track Challenge 5K
28 th August	Mersea Island 5 & 10m
4 th September	Framlingham 10k Wissey ½ Marathon STRIDERS BARBECUE
11 th September	Langham 10k Grunty Fen ½ Marathon Langham 10k
24 th & 25 th September	Round Norfolk Relay
25 th September	Tarpley 10 mile Saffron Waldon 10k Dedham 10k Diss 7.5 & 15 mile
2 nd October	Felixstowe ½ marathon <i>County Championships</i> Harlow 10k Southend 10k
9 th October	Martlesham 10k
13 th November	Stowmarket Scenic Seven
27 th November	Hadleigh 10 mile (TBC)
18 th December	Lowestoft Turkey Trot (10ml) <i>County Championships</i>

JAFFA TRACK CHALLENGE

Monday 22nd August is the annual challenge between Ipswich JAFFA, Woodbridge, Framlingham, Felixstowe and Stowmarket Striders held at Northgate Sports Centre. The race is 5km in length held on the track for the 3 races being Men's over 20 minutes, Men's under 20 minutes and Ladies.

Open to all members of all standards; please arrive by 7:15pm for registration and a buffet will be provided in the bar after the race where the overall results will be announced.

FOR SALE

Nike Perseus running shoes.

Size - 10.5. Suit mild over-pronator. Not suitable for 'neutral' runners. £40 new from Sweatshop and are now £60. Have done 7 miles but they are not suitable. Will sell for £20 and a 'non obligation' trial is welcome.

MERV EVANS

Contact via: www.evanselpem.com

STRIDERS SUMMER FAMILY BBQ

The Striders Annual Summer family BBQ will be held from 3pm on Sunday 4th September at Haughley Park (the house beyond the Barn). Bring the family and along. There will be a bouncy castle for the children, with a full BBQ and soft drinks provided. No doubt that there will also be a game of rounders afterwards.

Cost: £2 per adult & £1 per child
Please bring a dish (salad to go with the burgers or a desert) and your own alcohol.

Please add your name to the list that will be in the Leisure Centre meeting room so that we know how many burgers & sausages to order.

ROUND NORFOLK RELAY

We, as a club, have entered the 24hrs, 192-mile, 17-leg **Round Norfolk Relay** (RNR).

It runs over the weekend of the 24/25 Sept. 05. It's a 17 legs range in distance between five and nineteen miles.

WE NEED 17 RUNNERS TO COMPETE!!! 19 runners would be fantastic (2 in reserve). To make this work we also need individuals to help out with admin and support to the runners etc

If you can spare the time, like a challenge or even prepared to give a hand, please email Chris Oliver and state if you can help or would like to run.
To Contact Chris e-mail oliver1459@aol.com or please phone: 01473 831304.
For more info visit: www.roundnorfolkrelay.com.

Chris Oliver

Note: Although in Norfolk, no passports are required. Webbed fingers and pointed heads are optional!!

STRIDERS CHRISTMAS PARTY

The Striders Christmas Party is provisionally booked for Saturday 10th December at Haughley Barn. A live band is being booked and tickets are estimated at £5/head open to Strider members plus one. More information will be out nearer to the time.

AND FINALLY.....

Ever wondered whether your favourite running magazine gives you value for money. Well here's a vaguely interesting comparison between Runner's World UK and Runner's World USA.

A few months ago I was in New York and picked up a copy of the American version of Runner's World. It had all the same features as the UK version and I didn't pay much attention to the adverts which all looked similar to the ones in the UK version. Then I came across a two page ad for Viagra and a one page ad for "Ogoplex – The ultimate male experience" (www.ogoplex.com). That got me wondering about a number of things and one was whether there was any other significant differences between the adverts in the two magazines. So when I got home I ordered my Ogoplex and while I waited for it to arrive I compared magazines (Runner's Worlds).

The most obvious difference is the huge volume of adverts for running kit in the UK compared to the USA. This is because the US magazine doesn't have pages of ads from running stores, just the glossy manufacturer's ads. Surprisingly in the USA they only have 6 pages dedicated to energy foods and drinks. Cars were big in the US magazine but I notice that we now have car ads in the UK magazine. There's no Race Diary in the US version due, obviously to the size of the place. It would be massive, of little real value to runners and would, I imagine be a nightmare to collate.

Anyway, here's how it all added up. I could do further analysis but my Ogoplex awaits.

Topic	RUNNER'S WORLD USA 124 pages		RUNNER'S WORLD UK 134 pages	
	No of pages	% of magazine	No of pages	% of magazine
Kit	11	8.8%	33	24.6%
Beer	2	1.6%	0	0
Cars	11	8.8%	1	0.7%
Food	6	4.8%	2	1.5%
Other	9	7.3%	5	3.7%
Races	5	11.2%	10	7.5%
Total	44	35.9%	51	38%

Chris Gladwell