

STRIDERS NEWS

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

Volume Six: Issue Four

October 2005

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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.**

Editor: Chris Gladwell
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Well hello again. Your fairly reliable editor here. This newsletter has the usual in-depth race results information and it also has an assortment of information about future events.

There's also a chance to get your name in print. Inside there are details of three requests from magazines that are looking for interesting running and fitness stories. These look like they are most relevant to people who have only been running for a few months.

Did you take part in the Round Norfolk Relay? Good wasn't it! 191 miles in less than 25 hours. Probably the biggest relay event the Striders have done since the days of the Suffolk relay event years ago. Being continuous, the race ran through the night and we finished just after 9.00am on Sunday morning - ahead of our predicted schedule.

Each runner had a convoy of support with a cyclist each and a team support vehicle in attendance. Through the night, this vehicle was required to stick with the runner complete with flashing orange light (even through Thetford Forest). The logistics of getting the runners and cyclist to the start proved to be a tough challenge in itself. Needless to say, the organisation went very well and the taking part and completion of this race was a very proud moment for the Striders who were the only club from Suffolk in the event.

It would be fantastic if you would all write a paragraph on your stage and/or RNR experience for the website and the next Newsletter. This offer is open to the bikers, drivers, chauffeurs etc etc as well as the runners. We can then put together a full picture of the race which should guarantee enough interest for at least two teams next year (A men's and lady's team. There's a thought). A couple of race reports are already on the Striders Website. It would also be nice to e-mail them to Chris Oliver who is currently in Bosnia for the next 3 to 4 months. Also, let Richard know if you can think of anything that would improve the Striders team organisation in next year's race – yes we will be back next year.

Full results are inside but we haven't mentioned the host of people that made the club's completion of the race possible – I think it would be good to include details of everyone involved – runners, bikers, drivers, chauffeurs etc etc.

Please email your paragraphs back to Richard at RNRStory@stowmarketstriders.org.uk.

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.

Great Yarmouth 1/2M 14th Aug 2005

Pos	Name	Time
4	Richard Jordan [1st MV45]	1:16:24
251	Ronel Van der Merwe	2:00:25

There were 313 finishers.

Newmarket Duathlon 28th Aug 2005

Run 5k - Bike 23k - Run 5k

Pos	Name	Run	Bike	Run	Time
70	Les Basham	21.08	49.08	22.55	1:33:11

There were 106 finishers.

Mersea Island 5m & 10m 28th Aug 2005

As is sometimes the case with races organised by Lions or Rotary, you don't get the results posted on the internet, I had to order a set of results by snail mail. Over 500 runners were running the 10 mile race aka the Essex 2005 10 mile Championships this year. The weather was..HOT!!!! (Apparently St John's Ambulance had their work cut out attending to 'casualties' out on the course). Can you call this an Indian Summer even if there was no summer in the first place?

Ker Macrosson

5 Miles Race Results

Pos	Name	Time
5	Michael Jones	31:33
14	Ker Macrosson [2nd MV50+]	33:37

There were 148 finishers.

Grunty Fen 1/2M

11th Sept 2005

Pos	Name	Time
87	Ker Macrosson	1:29:09
290	Colin Thomas	1:46:10
407	Frank Moggan	1:55:46
499	Maria Reynolds	2:10:32

There were 549 finishers

Langham 10k

11th Sept 2005

Pos	Name	Time
3	Richard Jordan	34:39
11	Michael Jones	37:56
17	Stuart Green	38:42
18	Tamara Jordan	38:43
40	Nick Hammond	42:22
74	Sandie Pottage [PB]	45:39
77	Miles Garrod	46:08
95	Sue Garrod	47:59
161	Ronel Van der Merwe	57:27

There were 182 finishers.

Nottingham ½ Marathon 11th Sept 2005

Pos	Name	Time
5118	John Cassells	2:12.50
5236	Joanna Cassells	2:13.17

7090 Finishers

Harwich Discovery 10k 17th Sept 2005

Don't get too excited about the times. Apparently the organisers forgot their tape measure and it was a bit short.

Pos	Name	Time
15	Tammy Jordan [2nd female]	30:48
84	Sue Garrod	37:37
99	Richard Fellingham	38:54
164	Anne Fellingham [3rd FV55]	43:07
172	Tracey Lee	43:36

There were 228 finishers.

Great North Run**18 Sept 2005**

Pos	Name	Time
n/k	Sandie Pottage	1:42.00
5675	Martin Ablett	1:52.58
17276	John Rednall	2:15.30
26232	Andy Bond	2:33.13

Tarpley 10**25th Sept 2005**

This is a new race from Beyton School along the roads around Hessett and Drinkstone. Slightly undulating (no long or steep hills apparently) and very scenic. Everyone I have spoken to said they enjoyed it. (Chris)

Pos	Name	Time
10	Tammy Jordan [1st Female]	1:04:09
70	Robert Tomlinson	1:23:34
75	Frank Moggan	1:25:29
81	Alison Taylor	1:28:24
86	Debbie Gbant	1:29:38
87	Malcolm Hogarth	1:29:48
89	Ann Hogarth	1:30:10
97	Rosemary Thurston [1st FV50]	1:32:48
108	Lesley Buckle [2nd FV50]	1:37:01
120	Sue Seggar	1:46:27

There were 124 finishers.

Dedham 10k**25 Sept 2005**

Pos	Name	Time
005	Richard Jordan	35.26
058	Nick Hammond	43.33
092	Miles Garrod	47.02
168	Su Browne	54.52
189	Ronel Van Der Merwe	56.36

There were 271 Finishers

Felixstowe ½ Marathon 2nd Oct 2005

Pos	Name	Time
3	Richard Jordan	1:15:29
24	Tamara Jordan	1:24:53
29	Nicolas Stephens	1:25:30
38	Ker Macrosson	1:28:56
167	Colin Thomas	1:46:26
195	Lorraine Mills	1:50:50
201	David Pile	1:51:35
204	Frank Moggan	1:51:40
205	Robert Tomlinson	1:51:43
207	Penny Waggott	1:52:20
210	Kevin Mortimer	1:52:34
236	Malcolm Hogarth	1:55:07
237	Jason Bloomfield	1:55:18
249	John Rednall	1:56:49
270	Debbie Gbant	1:59:10
274	Su Browne	2:00:26
290	Matthew Dunn	2:03:27
291	Jane Dolan	2:03:33
292	Charmaine Geraghty	2:03:54
297	Rosemary Thurston	2:04:37
303	Joe Naughton	2:04:57
309	Lesley Buckle	2:06:38
320	Michael Pallett	2:10:04
334	John Cassells	2:14:15
344	Sue Seggar	2:18:17
358	Michelle Scott	2:27:03

There were 367 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. You don't need to wait until the London Marathon before you put pen to paper for the newsletter and website.

ROUND NORFOLK RELAY

24/25 SEPTEMBER 2005

Stage	Stage details	Distance Terrain	Name	Time	Team Time	Age grade perform %	Pace (min/mile)	Stage Pos	Race Pos
1	Kings Lynn to Hunstanton	16.32 Multi Terrain	Bob Granger	2:13:53	2:13:53	56.70	8:12	32	32
2	Hunstanton to Burnham Overy	14.06 Multi Terrain	John Wankowski	1:42:08	3:56:01	63.16	7:15	17	29
3	Burnham Overy to Wells Next The Sea	5.39 Multi Terrain	Jenny Relf	0:48:26	4:44:27	57.46	8:59	32	29
4	Wells Next The Sea to Salthouse	12.06 Multi Terrain	Ella Canham	1:47:19	6:31:46	56.13	8:54	36	32
5	Salthouse to Cromer	10.09 Road	Richard Nash	1:21:04	7:52:50	55.64	8:02	28	31
6	Cromer to Mundesley	5.89 Road	Jan Starmer	0:54:54	8:47:44	55.60	9:19	34	32
7	Mundesley to Lessingham	9.95 Road	Tracy Lee	1:29:32	10:17:16	54.88	9:00	34	34
8	Lessingham to Winterton on Sea	10.52 Road	Sue Garrod	1:25:41	11:42:57	63.15	8:08	32	34
9	Winterton on Sea to Gt Yarmouth	8.30 Road	Penny Waggott	1:08:42	12:51:39	60.50	8:16	29	34
10	Gt Yarmouth to Gelderston	15.08 Road	Chris Starmer	1:42:00	14:33:39	72.21	6:46	8	31
11	Gelderston to Scole	19.60 Road	Nick Stephens	2:11:34	16:45:13	72.60	6:43	9	28
12	Scole to Thetford	18.37 Road	Roger Aldis	2:02:11	18:47:24	70.33	6:39	8	25
13	Thetford to Feltwell	13.98 Multi Terrain	Chris Gladwell	1:53:50	20:41:14	61.07	8:08	29	26
14	Feltwell to Southery	7.70 Road	Becky Jack	1:00:14	21:41:28	62.26	7:49	25	26
15	Southery to Downham Market	6.76 Road	Rachael Toogood	0:52:48	22:34:16	62.05	7:48	23	26
16	Downham Market to Stowbridge	5.49 Road	Martin Ablett	0:42:25	23:16:41	55.82	7:44	20	25
17	Stowbridge to Kings Lynn	11.63 Road	Alan Wells	1:41:07	24:57:48	55.71	8:41	36	28

Ipswich Duathlon

Sunday 25th September 2005

Run 5k, Bike 23km, & Run 5km.

Pos	Name	Run	Pos.	Cycle	Pos.	Run	Pos.	Time
78	Richard Fellingham	23:11	82	50:02	83	24:07	69	1:37:20
79	Colin Thomas	22:43	79	50:21	85	24:56	75	1:38:00

There were 102 finishers.

Toronto Half Marathon

Sunday September 25th, 2005

Place	Name	Final Time	Pace km	Real Time	Gender Place/Total	Category Place/Total	0-12k split	12-21k split
1670	Les Basham	1:58:29	5:37	1:54:37	1158/2089	47/133	1:10:13	48:17

There were 4752 Finishers

Anyone want there name in print? If so – read on.....

'Take A Break' magazine have been in touch with Richard.....

"I have been approached by a journalist for the 'Take a Break' magazine having given a brief interview over the phone. She is asking for the following:-

"I am writing an article for a new year issue of Take A Break magazine on resolutions and how they often fail. As part of this I am looking at the best ways of finding resolutions which work.

I am looking for someone who decided to take up exercise at the beginning of the year (does not have to be this year, but fairly recently) and who has found it has made a huge difference to their lives. The point of the article is to motivate people to make changes in their lives.

I wonder if any Striders would fit the bill. They would need to be prepared to have their real names and photos in the magazine. I am only looking for one or two interviewees. If anyone is interested would they reply to this email with a few details and a phone number and I will get in touch.

Thank you for your information and help."
Ann Kent

To contact Ann, e-mail her at ann.kent@csbb.co.uk. (And let us know if you appear in print).

'Human Race' – Runners World

Richard has also been e-mailed by a journalist for the Runners World magazine who is looking for runners who have overcome difficulties to succeed in running. She writes:-

"I am currently working freelance for Runners World Magazine and we are looking for stories to feature in our Human Race section.

In the past this section has appeared at the back of the magazine with stories such as people overcoming great difficulties to succeed in running. We are now changing the feature slightly and bringing it to the front of the magazine.

We are looking for stories of people who are very good runners or have shown a massive improvement. We are also looking for people with a running "obsession" or people taking part in running challenges such as a marathon in every county.

This is an ongoing feature so if you know of anyone who could be featured in this section of the magazine please contact me or telephone Elizabeth Hufton on 020 7339 4409 or email elizabeth.hufton@natmag-rodale.co.uk .

We are also looking for couples who have met through running or whose relationship has broken down because of an obsession with running. This would involve an interview either in person or over the phone and a photo.

Again please contact me or Elizabeth if you have anybody who could feature in this section in your running club.”

Best regards
Sarah Caudrey
Runners World

And I this was on an email circular that I recently received from Runners World.....

Do you – or does someone you know – have a story of running success to share? If you think you have a tale that could inspire our readers, new and old, let us know. If it's appropriate, we'll aim to follow it up and write a story.

We most of all want to hear from people who've achieved a clear goal using clear steps – for example, a race breakthrough after a number of attempts; a determined beginner finally making it to 20 minutes non-stop; or maybe even finally finding your feet in off-road running. Frankly, the more varied the better.

We'd also like at least two good quality photos, please, one of which must be a running shot. (Ideally by email.)

In the first instance, please [email us](mailto:editor@runnersworld.co.uk) with a couple of paragraphs about the success and how it was achieved, ideally including photographs. Please include a daytime phone number.

editor@runnersworld.co.uk “success story”

FIXTURES

DATE	ROAD RACES	FENN WRIGHT SUFFOLK WINTER CROSS COUNTRY LEAGUE
16 October	Gt Yarmouth 10k	
	Tiptree 10 mile	
23 October	North Norfolk 7 (Holt)	
30 October	Fenland 10m (Wisbech)	Framlingham
6 November	Billericay 10k	
13 November	Stowmarket Scenic Seven	
20 November	St Neots Riverside ½ Marathon	Bungay
	Chelmsford 10k	
27 November	Hadleigh 10 mile	
4 December	Nene Valley 10 mile	Woodbridge
18 December	Lowestoft Turkey Trot (10ml) County Championships	
26 December	Witham Boxing Day 5ml	
31 December	Ely New Years Eve 10k	Stowmarket
15 January		Suffolk County Cross Country Championships RAF Barnham
12 February		Bury St Edmunds

SUFFOLK WINTER LEAGUE

If you've never run in the cross countries before you may want to make a note of a few of the rules. A full set of rules are available at www.suffolkathletics.org.uk/crosscountry.htm

* Competing Clubs shall ensure that their members wear CLUB VESTS of the same design for each race.

* A team comprises of the first seven men (of any age category) and the first three ladies (of any age category) from that club.

* The minimum age for a competitor in the men's team shall be over 16 years on the first race date and over 17 years for the ladies team.

* Amongst other things, each Host Club will ensure that:

- The course length is closest to 8Km or 5 Miles
- Provide athletes with free beverages for AFTER the race.
- Provide and present at least six spot prizes for finishers of the race.

* A Junior Run may take place after the start of the Senior race. The length of this run shall be no more than 4 kilometres or 2½ miles. No athlete under the age of 11 years is to run

* Entry Fees for 2005/6 are £3.00 per runner per race entry (payable on the day)

CROSS COUNTRY TRAINING

Probably begins on Sunday 16th October at 9.30 at Haughley Park. Always good fun and it continues throughout the winter to the middle of February 2005. It will be run by Chris Starmer with one of the newer Level Two coaches (Les, Olwyn, Stuart, Sue or me). 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.

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.

LONDON MARATHON ENTRIES CLOSE 21ST OCTOBER 2005

And finally, another update from Merv Evans who is now somewhere in New Zealand, I think.....

Hi everyone

Just a quick e-mail to update those of you with the time (and I do have to remind myself that most of you have full time jobs to fit into your lives)/inclination/interest to hear my latest ramblings.

FIRSTLY and most importantly - I have sent a big piece into the first page of the website which talks about the 'training' so please go and have a look at www.evanselpem.com (Press contacts, and anyone else for that matter, can stop reading this now if they wish!

This trip just gets better and better - but before addressing some of the highlights I must just put the record straight on two fronts. Firstly, I am having a terrific time - from your replies I gather I have been sounding 'whingey' in my mails - unintentional honestly. Maybe it's just that

I usually only go to the internet when things aren't that great - not this time though. It happens on those rare nights where I haven't bumped into anyone or arranged to do anything and I am feeling like Billy no mates while the rest of the world is partying (did a bit of that myself in the adventure capital of the world - Queenstown the other night.) The other explanation is that the 'mishaps' and 'down' times are more amusing than trying to describe in words the amazing majesty, beauty and sheer size of this lovely place.

Woke up with a hangover for the first time the other morning which is pretty good (or bad, depending which way you look at it) considering I'm up to day twenty something. I deserved the break - earlier in the day I had arrived in Queenstown and had to kick my heels while my room was being prepared - prepared my foot! I went up and let myself in with all sorts of visions of grandeur and luxury to find the worst scene possible.

This little broom cupboard of a room had four bunks in. Three of them (and remember this is on the other side of the world, mid afternoon) were littered by three pimply youths playing on their DVD's!!!! What?? Half way round the world and stuck in a darkened room. Anyway the sight wasn't the worst sense to be affected. I could barely walk the three steps it took to get from the door to the other side of the room where I made a lunge for the window without passing out. Now, on this trip so far I have shared rooms with Canadians, Germans, Danish and some I've not been sure of so why is it the first time the air is putrid its in a room occupie4d by English ;lads - symbolic of the complete breakdown of moral fibre in the old country I thought.

Anyway, these wombats had been in the room for a week and hadn't worked how to open the window (or been able to summon up the energy to). Anyway, I got out pretty quick and apart from a brief return for a shower I didn't return until 7.00a.m. By which time I was a little past noticing if I had been given a bed in an abattoir.

Anyway, there I go again - meant to tell you about the amazing day traveling down lake Wakapitu(?), transferring to a 4x4, tramping through some forests in the Aspiring national park, before continuing our journey deeper into the stunning wilderness scenery on a jet boat. (These things are amazing; they are very nippy, maneuverable and can operate in just ten inches of water - the drivers philosophy seems to be, 'the more dangerous it looks, the narrower the gap between the rocks, or the shallower the water - the faster we go'). It was a bit against my conservationist beliefs but it was great fun and I felt that I deserved after getting wet through the day before while climbing up to Rob Roy's glacier just outside of Wanaka.

Other highlights were the journey from Queenstown to Franz Josef, this luxury youth hostel, and the run I went on tonight. Do you know, I reckon if the marathon was in these Southern Alps I'd just get through it because the scenery just takes your mind off any pains (with the exception of the cut foot I seem to have no pains at the moment),.

That reminds me, I said I was going to dispel two mistruths - the second was that I didn't actually stand on a jellyfish at all - sorry for any illegally elicited sympathy,

Well the money's about to run out, the whisky glass is empty and I seem to be the only one left in the hostel lounge. Many reasons to go now –
PLEASE GET TO THE WEBSITE AND HAVE A LOOK AT THE UPDATE ON THE FRONT PAGE - LEAVE A MESSAGE ON THE FORUM.

Love to you all

Merv xx