

STRIDERS NEWS

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

Volume Six: Issue Five

December 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
chris.gladwell@btinternet.com

A MERRY CHRISTMAS TO ALL STOWMARKET STRIDERS...

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

But if you collected this from the club on Tuesday 29 November don't mention it yet - it's only November for goodness sake.

My apologies for these early Christmas wishes but there were one or two important bits of information to get out to you early – London Marathon entries, Christmas party and so on.



Anyway, this massive edition has all the usual features including race reports from Dublin to Dovedale and Fenland to Auckland with a quick stop off in Toronto. Striders are spreading faster than Avian flu.

SCENIC SEVEN 2004

Without wanting to get repetitive, again, in November we had yet another successful Scenic Seven. This was the fifth year that the race has been run in November; it previously took place in March. We had 162 finishers in the first November running of the race in 2001. This year we had 328 finishers. If we carry on doubling in size every five years by 2030 we will have more runners than the London Marathon*. The race was run in almost ideal conditions which led to fast times and Tamara set a new ladies course record of 43:37 which I suppose means that she is the fastest woman in the world over this course!

* talking about the

FLORA LONDON MARATHON

We will have three club entries for the 2006 Flora London Marathon and these are available to Strider Members but you have to meet some strict conditions – full details are on page 8.

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 SOUTH RUN 18 Sept 2005

10 mile Race Results

| Pos | Name | Time |
|------|--------------|---------|
| 1101 | Bob Ratliffe | 1:14:28 |

TORONTO ½ MARATHON 25 Sept 2005

Otherwise known as the Scotiabank Toronto Waterfront Half Marathon.

Les Basham took the club colours to Canada to take part in the Toronto Half Marathon:-

| Pos | Name | Time |
|------|---------------|---------|
| 1670 | Leslie Basham | 1:54:37 |

WIX 5 23 Oct 2005

The inaugural Wix 5 was held on 23rd October from Wix village just west of Harwich. Harwich Runners had declared a race limit of 150 people and around 120 turned out on the day. As there are few 5 milers this end of the year, the race organisers said it was an experiment, but they concluded it was a success and I tend to agree. Apart from no showers, the facilities were modern and excellent with plenty car parking; the race started and finished on a sports field; the course was a simple circuit; if you kept turning left at every junction you get back to the start / finish area, so you couldn't go far wrong. The race memento was a dated engraved medal, and next year it will be a T-shirt. There was no team event this year, but next year one will

be introduced. The post-race cakes were very good indeed, but not quite as good as the cakes at the last Joe Cox 10 race (naturally!).
Ker Macrosson

5m Race Results

| Pos | Name | Time |
|-----|--------------------------------|-------|
| 2 | Richard Jordan | 27:32 |
| 26 | Ker Macrosson | 31:52 |
| 78 | Ronel Van der Merwe [1st FV45] | 39:59 |
| 90 | Anne Fellingham [2nd FV55] | 41:58 |
| 91 | Richard Fellingham | 41:59 |
| 96 | Margery Brown [3rd FV55] | 43:08 |

There were 121 finishers.

NORTH NORFOLK 7 MILE 23rd Oct 2005

| Pos | Name | Time |
|-----|--------------|-------|
| 8 | Rodger Aldis | 40:41 |

There were 216 finishers.

FENLAND 10 MILE 30 Oct 2005

Fenland 10 was on the 30th October run from West Walton village north of Wisbech; it incorporated the EVAC (Eastern Veterans Championships and the Cambs. County Championships). The course was rural, flat and fast '-ish'; the weather was very mild with a stiff southerly breeze against you over the last few miles. There were no EOD as entries were full by the weekend before the race; driving up there, the fenland landscape was really picturesque. The race memento was a woolly hat in the Fenland Runners club colours (purple & white). The organisation was good. I failed to get a PB but did manage a gold standard for the distance, and it was another excellent result by Richard in the face of tough competition and the wind.
Ker Macrosson

| Pos | Name | Time |
|-----|----------------|---------|
| 3 | Richard Jordan | 58:11 |
| 63 | Ker Macrosson | 1:07:52 |

There were 331 finishers.

DUBLIN MARATHON 31 Oct 2005

WET AND WINDY

The flight from Exeter was straight forward and only took an hour but it was already pouring with rain. The idea of going the day before the race was to have less pressure to sample the nightlife. Registration took place in the afternoon which involved lots of queuing but was relatively simple. Sunday night, more pasta and just one Guinness and then an early night.

Monday morning, Bank Holiday, so should have expected rain. It didn't really start to pour though until all the gear was off and in the baggage area. A walk of about $\frac{1}{2}$ mile to the start meant getting extremely cold and wet but the buzz of being involved in another mass race kept my enthusiasm high. I enjoyed the throng at 8 minute pace maker and in the crowd of 10,000 came face to face with the old opposition - Pacers. Pleasantries were exchanged and then at last we were off. Still pouring, we ran alongside the Liffey and then across and out of the city towards Phoenix Park.

Windy had nothing to do with the weather. I started to feel uncomfortable in the stomach after just a couple of miles and I put it down to the usual nerves, but things got worse and I was forced into a first pit stop in the loo at the park. That did my race plan no good at all but for a little while things settled down and I continued.

The rain continued to pour and I was now seriously concerned about taking on water, and whether I should continue. Towards mid-day another serious attack and this time I had to make an emergency stop in a local pub that was just opening. A drowned rat clutching his stomach must have been a fine sight to the locals. Back on the road, 13 miles - half way, no point in stopping now. 1hr 48mins I thought a reasonable time considering and because my stomach was so painful I hadn't thought about my legs.

No more emergencies although always uncomfortable I battled on to the hill at 20 miles which shouldn't have been a problem but it felt like hell. Back into the city was a slow drag a mixture of jogging and fast walking until the crowds got me going again and the final mile to the line with my thighs hurting so much the stomach was all but forgotten. Never have I felt so bad at the end of a race. Was it lack of training or something I had eaten? First pub sighted and they didn't sell Guinness but the next did so a slow recovery took place during the afternoon. The result wasn't near my best but under the circumstances I was happy with the 3:43:33.

The legs repaired over the next couple of days as we shopped and drank Guinness.
Bob

| Pos | Name | Time |
|------|-----------------------------|---------|
| 1668 | Bob Ratliffe [37th in Cat.] | 3:43:33 |

50th DOVEDALE DASH 6 Nov 2005

This is the description of the Dovedale Dash from their website:

"The Dovedale Dash is a cross country race of $4\frac{3}{4}$ miles, run by about 1200 people of all abilities. The venue is the picturesque area around the village of Thorpe and Dovedale in the south of the Derbyshire Peak District. The course is mainly along field paths and open ground in the valleys of the rivers Dove and Manifold. There are short stretches along tarmac and there is some stony ground. One of the excitements is the crossing of the river Dove at the well known Stepping-Stones".

This is Peter Tricker's much more accurate description of the race:

Each year several members from the club have attempted what's become a regular grueling, mud splattered fell race in the peak district. This year was no exception. It started raining during the night and with three hours to go became steadily worse! This posed problems for the race marshals trying to get cars onto the field that doubled

as a car park with several stuck in the mud in various positions all over the field. In some places four wheel drive was not enough. The marshals diverted cars to nearby car parks up to a mile away plus along the lanes leading to Thorpe where the race started. This led to the race being delayed for 15 minutes until 11.15am to allow all the 1000 or so runners to get to the start.

With 15 minutes to go we started to emerge from our cars onto the now well-waterlogged field only to spot five of our girls squatting behind Denise's car. Well if nature calls I guess you've just got to go.

The start was the usual stampede down a steep slope towards the River Dove. I haven't come across a race where the sensible slow start is so totally ignored. So with runners slipping and sliding we headed down the gully towards the three feet deep waters of the River Dove. Like herds of Wildebeest where one entered the rest followed in a charge across the river. It was well over thigh deep and very cold. Several runners stumbled, momentarily vanishing below the waves, well if you're going to get wet, and we really were, what does it matter? Some were luckier than others - Miles only got his knees wet but Rachel was waist deep.

The next two or three miles were across the sloping fields that the hill farmers used for cattle rearing and, yes, the smell after several runners had been through each muddy gateway stunk of s*** (sorry, farm yard manure). We were by now almost continuously running in mud, up to our knees in places. ("Mud, mud. Glorious mud").

Finally we got back to the Dovedale but now we ran along a precarious, stony, path – or in the river which ever you fancied and then, finally, slowly back up the steep, muddy slope we had hurtled down at the start. Just what you want when you've run four miles in

mud, soaked to the skin and totally knackered.

Well will we do it again? Of course we will, we love it!

Who said that?

Results are a bit random as there are no official results outside the top 10 but all finishers are given a certificate (that instantly gets covered in mud).

Striders places and approximate times

| Position | Runner | Time |
|-----------------|--------------------|---------------------|
| 94 | Tamara Jordan | 36.40 |
| 157 | Miles Garrod | 39.12 |
| 252 | Peter Tricker | 42.15 |
| 268 | Les Basham | 43.48 |
| Just behind Les | Richard Fellingham | Just behind Les |
| 312 | Chris Gladwell | A bit less than Sue |
| 315 | Sue Garrod | 44.20 |
| 408 | Glen Lee | ? |
| 565 | Anne Fish | 52.17 |
| 566 | Grayhame Fish | 52.17 |
| 710 | Anne Fellingham | ? |
| 711 | Tracey Lee | ? |
| 712 | Kim Zilke | ? |
| 713 | Rachel Toogood | ? |
| 714 | Penny Waggott | ? |
| 781 | Mary Tricker | ? |
| 782 | Denise Naughton | ? |
| | | |

There were 943 finishers
The oldest was 72 years old and the youngest was 5 years old.

STOWMARKET STRIDERS SCENIC 7 13th November 2005

This race was blessed again with beautiful sunny weather on a crisp Remembrance Sunday morning. The 2 minutes silence was almost deafening from the 328 runners and supporters, followed by a round of applause. The race was then quickly started.

It is with huge thanks that we can report this event to be the biggest Scenic 7 yet increasing the finishers by over 25% on the previous year.

Course records have been broken again, with Raymond Hill from Ipswich Jaffa and Veronica Maney from Wymondham breaking the Men's & Ladies Vet 55 category. Our very own Stowmarket Strider, Tammy Jordan, broke the female course record by 45 seconds in a time of 43:37. A new prize category for V60+ for the ladies and V65+ for the men's was added this year.

Deepest gratitude goes to those who helped marshal and organise the race especially with the 47 Striders running today. A good turnout from the club all round.

Striders results

| Pos | Name | Cat. | Actual Time |
|-----------|----------------------|-------------------------|-----------------|
| 6 | Rodger Aldis | | 00:40:17 |
| 8 | Nick Stephens | V40 | 00:40:41 |
| 16 | Michael Jones | | 00:43:06 |
| 17 | Stuart Green | V45 | 00:43:22 |
| 20 | Tamara Jordan | 1st F | 00:43:37 |
| 21 | John Wankowski | | 00:43:40 |
| 31 | John Squirrell | V50 | 00:45:16 |
| 63 | Nick Hammond | | 00:48:09 |
| 74 | John Trowell | | 00:48:59 |
| 79 | James Mwayi | | 00:49:15 |
| 82 | Colin Thomas | V40 | 00:49:35 |
| 98 | Robert McPhillips | V45 | 00:50:43 |

| | | | |
|-----|---------------------|-----|----------|
| 102 | Richard Nash | | 00:51:08 |
| 107 | Miles Garrod | V40 | 00:51:51 |
| 110 | Jason Bloomfield | | 00:51:57 |
| 126 | David Daniels | V40 | 00:53:17 |
| 130 | Robert Tomlinson | V45 | 00:53:35 |
| 131 | Lorraine Mills | | 00:53:43 |
| 132 | Les Basham | V55 | 00:53:45 |
| 154 | Jim King | V45 | 00:55:20 |
| 159 | Penny Waggott | | 00:55:38 |
| 177 | Elaine Wright | V40 | 00:56:51 |
| 180 | Anne Fish | V55 | 00:57:02 |
| 191 | Malcolm Hogarth | V45 | 00:57:47 |
| 194 | Ronel Van Der Merwe | V45 | 00:57:59 |
| 202 | Su Browne | V45 | 00:58:39 |
| 208 | Ann Hogarth | V45 | 00:58:52 |
| 212 | Neil Brame | V40 | 00:58:57 |
| 213 | Grayhame Fish | V55 | 00:59:04 |
| 219 | Jenny Relf | V40 | 00:59:25 |
| 221 | Alison Taylor | | 00:59:42 |
| 223 | Joe Naughton | V40 | 00:59:46 |
| 224 | David Loades | V55 | 00:59:53 |
| 228 | Debbie Ghant | | 01:00:10 |
| 234 | Jo Fraser | | 01:00:22 |
| 238 | Charmaine Geraghty | | 01:00:45 |
| 241 | Jane Dolan | V45 | 01:01:03 |
| 246 | Shirley Brame | | 01:01:12 |
| 247 | Rosemary Thurston | V50 | 01:01:13 |
| 262 | Anne Fellingham | V55 | 01:02:24 |
| 265 | Sandra Mayhew | V40 | 01:02:57 |
| 270 | Clare Bailie | | 01:03:23 |
| 284 | Denise Naughton | V40 | 01:04:45 |
| 313 | Sue Seggar | V55 | 01:10:04 |
| 319 | Marcia Hyland | | 01:10:49 |
| 326 | Sheena Smith | | 01:18:16 |
| 328 | Glenda Taylor | V55 | 01:27:50 |

328 Finishers

Men's Results

| | | | |
|-----------------|--|------------------|-------|
| 1st | Andrew Taylor | Pacer | 38:31 |
| 2 nd | Tim Lenton | Norfolk Gazelles | 38:56 |
| 3rd | Thomas Glynn | Ipswich Harriers | 39:17 |
| Vet 40 | Robin Coll | Newmarket | 40:14 |
| Vet 45 | Terry Back | Ipswich JAFFA | 41:54 |
| Vet 50 | John Squirrel | Striders | 45:16 |
| Vet 55 | Raymond Hill | Ipswich JAFFA | 42:49 |
| Vet 60 | John Forkes | Eastern Vets | 46:59 |
| Vet 65 | Reginald Woodard | u/a | 46:45 |
| Team | Rodger Aldis Nick Stephens Michael Jones | Striders | |

Lady's Results

| | | | |
|-----------------|---|------------------|-------|
| 1 st | Tamara Jordan | Striders | 43:37 |
| 2 nd | Joanna Gapp | City of Norwich | 45:01 |
| 3rd | Ellie Greenwood | u/a | 47:38 |
| V40 | Trudi Green | Milton Keynes AC | 48:02 |
| V45 | R Vander Merwe | Striders | 57:59 |
| V50 | Pat Partridge | Pacers | 48:24 |
| V55 | Veronica Maney | Wymondham AC | 53:31 |
| V60 | Jean Cox | Woodbridge RC | 59:17 |
| Team | Pat Partridge Clare Taylor Cath Jeffery | Pacers | |

Junior Fun Run Results

Junior race was held on the field behind the leisure centre. There were three races in one. Those with race number 1 to 12 (8 & under) race 1 laps, 101 to 115 (aged 9 to 11) ran 2 laps and 201 to 207 (aged 12 to 15) ran 3 laps of the field. Prizes were given to the 1st male and female in each age and are highlighted below.

| Pos | Name | Age Cat. | Club (if known) | Time |
|-----|------------------|----------|-----------------|------|
| 1 | Tom Mills | 8 | Striders | 4:36 |
| 2 | Sophie Coll | 8 | Newmarket | 4:41 |
| 3 | Aaron Marley | 6 | | 4:59 |
| 4 | Becki Phillips | 8 | Striders | 4:59 |
| 5 | Xanthia Geraghty | 8 | | 5:13 |
| 6 | Alanah Barton | 7 | | 5:41 |
| 7 | Laura Williams | 6 | | 6:09 |
| 8 | Tom Garrod | 5 | Striders | 6:19 |
| 9 | William Lambert | 6 | Pacers | 6:34 |

| | | | | |
|----|-----------------|----|------------------|-------|
| 10 | Edward Lambert | 7 | | 6:38 |
| 11 | Jasmine Marley | 4 | | 7:04 |
| 12 | Luke | 5 | | 7:05 |
| 13 | William Garrod | 10 | Striders | 8:26 |
| 14 | Jake McCarthy | 9 | Pacers | 8:52 |
| 15 | Roberta Coll | 10 | Newmarket | 8:54 |
| 16 | Jake Hammond | 10 | Striders | 9:05 |
| 17 | Ryan Jarrold | 11 | Striders | 9:07 |
| 18 | Louis Jarrold | 11 | Striders | 9:10 |
| 19 | Joanne Starmer | 10 | Striders | 9:14 |
| 20 | Maisie Lee | 10 | Striders | 9:32 |
| 21 | Georgia Barton | 10 | Ips Tri Club | 9:43 |
| 22 | Gemma Payner | 9 | | 9:50 |
| 23 | Sophie Sturgeon | 10 | Striders | 10:27 |
| 24 | Matt Naughton | 11 | Striders | 10:32 |
| 25 | Teanie Champion | 11 | Striders | 10:35 |
| 26 | Jordan Lee | 14 | Striders | 10:38 |
| 27 | James King | 14 | | 10:44 |
| 28 | Nicola Morgan | 14 | West Suffolk | 11:05 |
| 29 | Nick Bretherton | 15 | Striders | 11:23 |
| 30 | Tom Wood | 14 | Striders | 11:35 |
| 31 | Joe Levett | 11 | Striders | 11:48 |
| 32 | Harry Haughton | 12 | | 12:34 |
| 33 | Olivia Calver | 12 | Ipswich Harriers | 14:01 |

GARMIN SOFTWARE

Have you got the **Garmin Forerunner** Personal trainer? If you haven't, put it on your Christmas list.

The software on the Garmin website is pretty good for downloading your running times/splits and analyse your previous runs but the map is pretty basic. As an alternative there's really good, free, software from SportTracks (*available for Garmin's 201 or higher*) that lays a road map on top of the GPS recorded route, and allows you to see your splits on map too.

To download a free copy, try this link:
<http://www.zonefivesoftware.com/SportTracks/Downloads/index.html>

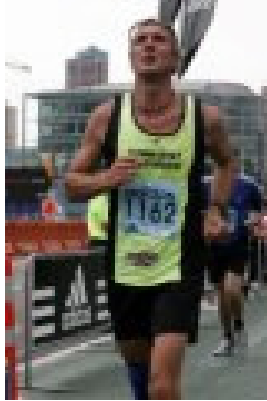
AUCKLAND MARATHON 30 OCTOBER

| Pos | Name | Grade | Grade Place | Gun Time |
|-----|--------------|-------|-------------|----------|
| 876 | Mervyn Evans | M45 | 71 | 4:51.47 |

Hi All

Finished safely.

Nothing hurts too much almost twelve hours on, but walking downstairs is excruciating. The day in a nutshell went something like this



3.45 -alarm goes off - but hadn't slept for more than an hour continuously all night!

4.30 - Tony picks me up

5.00 - Bizarre walk to Ferry terminal through night clubs still full of party people

6.30 - Race starts - felt good. Light just coming up, stunning views across harbour to City skyline and then a real privilege to run across the harbour bridge - it's the only time in the year pedestrians are allowed on it.

21K - 6000 half marathon runners leave us. I'm feeling good and even beginning to wonder if I'm going to get through this without too much pain.

27K - No such luck - at about now it all starts to hurt and old injuries cause discomfort.

32-42K Really painful - had to 'dig deep'. Took to talking to myself out loud! Encouraging, trying to stay positive, thinking of all the training, nearly there, you can do this, etc.etc.

10.45 (4 hours and three-quarters) cross the line having achieved objective of getting

round without walking (although for much of the time towards the end I could have walked more quickly than my pained jog).

11.30 - Tony finds me lying flat out on my back in the middle of Victoria Park. We go and join some of his friends and blag our way in to the Adidas VIP lounge - magic - a fridge full of free beer - back to normal life.

I get invited to join the group tomorrow - meet at the Northvale tavern (sounds promising) and then.....a five K run AARGH, followed by a few beers. Think I might try and make it as there were some good people there.

My 'gun time was 4.51.47 although my actual time was about 4.47. And I finished in 846th place! (Only a thousand runners I'm afraid - but I don't care). Full results are available on Aucklandmarathon.co.nz along with assorted photos.

When I get the energy I will update the website: www.evanselpem.com - but it will probably be very wordy - maybe you are better off staying with this mail unless you have an hour or two to kill.

Anyway, 2 down and just the monastery to go - nearly finished! As my leg muscles slowly untie themselves and the pain eases off, the healing process would be made a lot easier if some of you incredibly generous people who have said you will make a pledge but haven't got around to it yet were able to get on the site and help cancer research and Little Elms. Those who have already pledged, thanks once again - I do feel that after all the training, the injuries and illnesses and today's pain, your generosity to those in much greater need makes it all worthwhile.

Leave a message on the website - the forum page looks blank but if you scroll down you will find the information.

Take care everyone,

Merv.

My race number was 1162.

FIXTURES

| | |
|---------------------------|---|
| 4 December | Woodbridge XC Woodbridge Rugby Club |
| 4 December | Nene Valley 10 mile |
| 26 December | Witham Boxing Day 5 |
| 31 December | Ely New Year's Eve 10k |
| 1 January | Wymondham New Year's Day 10k |
| 8 January 2006 | Stowmarket XC Haughley Park |
| 15 January | Suffolk County Cross Country Championships RAF Barnham |
| 15 January | Cold Christmas to Good Easter Marathon Trail Race |
| 22 January | Folksworth 15 |
| 12 February | Bury XC Nowton Park |
| 19 February | St Peters Brewery 20k |
| 26 February | Muscular Dystrophy Bury 20 |
| 12 March | Brentwood 1/2 Marathon |
| 19 March | Broadland Half Marathon |
| 26 March | Stowmarket Striders Joe Cox 10ml |
| 2 April | Bungay Marathon |
| 23 April | Flora London Marathon |

CROSS COUNTRY TRAINING

Cross Country training is being held every Sunday at 9:30am from the car park behind Haughley Barn, Haughley Park, unless it is a Cross Country race date.

All Striders are welcome to join the training sessions.

2006 FLORA LONDON MARATHON

Every year, the Club applies for a number of guaranteed London Marathon places. If you want to apply for a club place fill in the application on the back page and give it to Richard Nash before the deadline. You need to include your marathon rejection letter.

To be eligible for one of the club places:

You must have been a fully paid up club member for one year, before the date of the 2006 London Marathon

You must have independently applied for a place in the 2006 London Marathon and the application must have been rejected

You must have completed five races in club colours in the year prior to the London Marathon.

Preference will automatically be given to those applicants who have not run or had a Strider's club place for London before.

Members who have been rejected for the London Marathon the most times will take priority. If rejections are equal then a draw will decide the club member receiving the London Marathon Club place.

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

ANNUAL GENERAL MEETING

**Monday 30th January 2006
Mid-Suffolk Leisure Centre (TBC)
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

Voting slips will be handed out at club nights. The male and female Strider who has the most votes will be announced and presented with a small trophy at the Christmas Party.

STRIDERS CHRISTMAS PARTY

**The Stowmarket Striders
Saturday 10th December 2005,
7:30pm at Haughley Barn.**

There is a live band and a bar

**Open to members plus one
Tickets are available from Tracey Lee
and Sue Garrod at a cost of £5 each.
Please bring a Christmas sweet or
savoury dish.**

It is traditional at the Christmas party where the Male & Female Club Champion is announced (based on the final result of the summer handicap races) and the final vote for the Male & Female Strider of the Year is announced too.



AND 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.

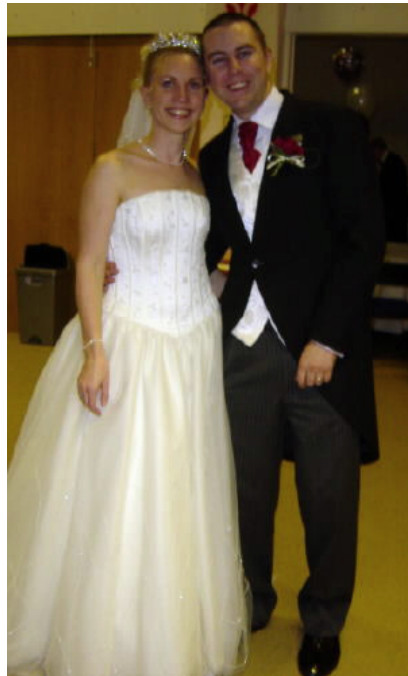
Newsletters should be for club members, by club members. If you run any unusual or different races give the editor a bit of information about it.

Just a few lines will do – There's even 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.

KAREN GOODWIN AND PAUL AUSTIN TIE THE KNOT

The Stowmarket Striders send our best wishes and congratulations to them both for their future together.

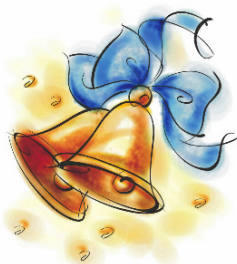
Stowmarket Striders Running Club wish their very best to members Karen Goodwin and Paul Austin who were married on Guy Fawkes Night, 5th November 2005. They were married in a local civil ceremony at the



Stowmarket registry office with the day's events ending at Coddendam Village Hall for the evening reception.

Karen, who has been a member of the club since 2001, met Paul in 2003. The love must have been strong as in late 2004 Paul could not beat Karen and joined the running club just in time for the Cross Country season. That's dedication.

At the end of their wedding day, Paul whisked Karen off to the Belstead Brook Hotel for their wedding night and then on to the Canaries for their honeymoon



ROUND NORFOLK RELAY



We had full results from the relay in the last newsletter but since then one or two runners have been so moved by the experience that they have put pen to paper:

Leg 1

It was an early start on a Saturday morning for my support cyclist and me. The traffic however was very clear and we made it to King's Lynn in good time. There we met with Richard, Rose and some of the other Striders. After a quick warm-up I was on the start line. I felt pretty nervous, being the first Strider off and not having run this sort of distance since London back in April. But as soon as I started the nerves disappeared and I settled into a good pace.

It was strange being part of such a big race but at the same time no other runners were in sight. The route was a multi-terrain one, starting on a cycle path, then pavement, road, cycle path back to road. All seemed to be going well, then around the 8 mile mark this lovely quiet farm track turned to grass, then over a rather uneven dike. Things then get a little harder, going over shingle then turning to sandy-shingle then soft sand! It was really hard on the legs, but it was even worse for Andrew, my support cyclist who ended up giving up trying to cycle and running with bike behind me.

Rose and Co. were at a view point and it was lovely to have some encouragement. A little while after around the 14 mile point a runner from another club shot past me - it wasn't so much that I was being passed but that he had started 15 minutes after me!! It was a little disheartening! Eventually the ground turned to a lovely flat concrete promenade. At the end it was a quick run up a cliff and along a grassy incline to the

lighthouse where I handed over to John and tucked into some well deserved Jelly Babies!

I loved being a part of the team and taking part in a great team event, very different to any other team event I have done. I hope to get the opportunity to take part in this next year; I have some sandy shingle to conquer again! **Bob Grainger**

Leg 5

Having been inspired by Tracey to take on a longer leg than my current ability, I blindly took on leg 5 (10.09 miles). It turned out that this leg ended very close to the holiday cottage my family and I were staying at which was very handy. However, it appears that I also took on the hilliest leg too.

Driving the route in reverse to the start of my leg left me stunned with how hilly this leg really was. Not that anyone believed me at the start! But they agreed later. So, daunted by this, and this race being the longest I had run since April 2003 and 4 months of no running over the summer... (*Did I miss any excuses!?*), I was very nervous at the start. Ella finished her leg looking very tired and handed the baton over.

I began and the nerves settled immediately. Keeping to a pace that felt comfortable, rather than to a time, I plodded through the hilly route with Justin Relf cycling behind using all his gears on the hills. With a couple of water sips, a few cars coming too close for comfort and taking the sights on route, the miles just slipped away.

Having worked up the last hill, I began the last descent into Cromer. The cyclist could not follow me down the pedestrian streets and I was pleased to see the route was signposted. I was even more pleased when I saw Chris and Tracey cheering me on a few hundred meters from the end on the sea front. With the post box and Jan Starmer in sight, I ran with elation as a host of Striders

and other supporters applauded and cheered me to my finish.

I was overwhelmed, though a little tired. It hits home when Joe Mower (a senior name in the running community for East Anglia) said to me that this was the hardest leg. If anyone says that Norfolk is flat, let me suggest they run from Salthouse to Cromer! Even so, I loved it and would do it again... tomorrow! **Richard Nash**

Leg 6

The weather was good and we arrived in Cromer with plenty of time before my 4pm start. As all women I first checked out the toilets and then walked to the start to see a friendly face of Joe Mower the referee. Then "the girls" arrived. Jenny, Rose and Helen first then after lots of hooting and shouting Sue, Tracey and Peggy, followed by Katy and family. I decided it was time for the toilet again and then pinned on my number. Suddenly I heard Chris shouting that Richard was coming, I threw my sweatshirt off and ran like hell to the start only to be told that Chris had got it wrong. After a few chosen words with my husband I managed to get my heart rate back to normal and was ready to start.

Richard appeared with a big smile and arms out definitely very pleased to be finishing. I was off but no Jenny on the bike as Justin had got lost in Cromer's one way system. I knew my route was undulating so decided best not to look up too much and just keep going. After 10 minutes Jenny caught me up and we continued to climb up and up, eventually I was unable to answer Jenny any more but she kept on encouraging. Suddenly at the top of the cliff I could see Sizewell power station but then decided we should be miles away from Sizewell and it was only an observatory but we were at the top. The final mile was all down hill and I was feeling quite good and even managed to speed up a bit. I could see the finish ahead and all the smiley faces of many striders. It was a great feeling handing over

to Tracey and I was very pleased to have been part of the team. **Jan Starmer**

Leg 8

Tracey was due to finish her leg in approximately 1hr and 40 minutes, so time for one last wee... wrong! Penny ran up the road screaming "She's coming Sue". I ran out of the hall and sprinted down the road in a mad panic, not a good look, but it was a false alarm. So off to the loo again and on my return I spotted Tracey approaching, 10 minutes quicker than expected. She ran towards me, arms held high triumphantly, obviously delighted with her leg of the run. We exchanged the somewhat sticky baton (only joking) and I ran off down the road feeling really pleased for Tracey and looking forward to the next 10.52 miles. I had the perfect companion in Jan, my cyclist, chatting away mainly about Tracey's good time and I replied when I could.

It soon became dark and Chris was there to guide my way along the country lanes. My route followed the coastal road and it was extremely flat, lucky me! Jan guided me perfectly; she warned of any overtaking and checked on my pace if she felt I had to speed up. We arrived at the start of leg 9 in 1hr 25 mins, much to my delight as I too had finished quicker. In the distance was Tracey calling out "Is that you Sue?" Unable to reply, I waved my arms. Tracey was still not sure if it was me or someone with a strange running style, she called out again. This time I replied and she ran off screaming at Penny that I had arrived. I found Penny ready and waiting, handed her the baton and wished her luck.

It was great fun being part of such a large & well organised team. I would recommend to any nutter, I mean runner. **Sue Garrod**

Leg 10

We were due to leave for Cromer at 1 o'clock so at 12 o'clock I decided it was time to fix the flashing beacon to the car ready for the nights legs, much to Jan's annoyance. Only 15 minutes late leaving

(that's not bad for me) got in the way of an ambulance complete with flashing lights but arrived in good time for Jan's leg from Cromer. After watching Jan start we drove to Mundesley from where I was on the bike for Tracy.

At the end of Tracy's leg Jan took over on the bike for Sue's leg, by which time it had started to get dark so the kids and myself followed in the car complete with flashing beacon. At the end of Sue's leg Daniel took over the bike duties, Jan followed in the car and I got a lift to Gt. Yarmouth with Colin Thomas who was to be my cyclist when I ran.

On the way to Gt. Yarmouth I received a phone call from a distraught Jan, I had forgotten to transfer the times from the stopwatch to the sheet which had to be handed in at the end of leg 9 (half way). The problem was the stopwatch only went up to 10 hours but we were over 12 hours into the race. Luckily the watch continues from 0 again so adding 10 hours solves the problem. Arrived at Gt. Yarmouth with about 45 minutes to spare.

I hadn't eaten much during the day what with the cycling and driving behind runner's etc, so I was feeling hungry. My warm up consisted of running to a chip shop to buy a bag of chips and cup of tea. Standing on the start line I was happy that my training had been up to its usual standard and that I had tapered well. (3 runs in a month due to harvest and work commitments).

Penny hands over the baton at around 9pm and off we go, along the sea front past the docks to join the A143 to Beccles 15 miles away. I enjoyed the run even though the last 6 miles rose steadily to the finish passing 3 runners before arriving at the change over (a McDonalds) at around 10.45pm. Jan handed the watch and paperwork over to Jason, who was support car for Nick, while I took Joanne to the toilet in McDonalds (the poor girl had been waiting 3 hours to go). Jan and the kids grabbed a burger before

we took Colin and his bike back to Gt. Yarmouth to collect his car.

On the way home we managed to get to Scole just in time to see Nick hand over to Roger at about 1am arriving home at around 2am. Sunday morning the alarm goes off at 6am, check the pigs, eat some breakfast then Daniel and I go to Kings Lynn to see the team finish at approx. 9.15am. Many thanks to Colin for keeping me supplied with water at regular intervals and Daniel and Joanne for all their help throughout the day.

Chris Starmer

Leg 13

People are generally in one of two places at 2.15am on a Sunday morning – either in bed or in Jokers. But I was on the side of the A1066 in Thetford and bizarre it was to. I drove up from Stowmarket and didn't see a soul until I crossed the roundabout on the A1066 and there, down both sides of the road were dozens of people in reflective tops and an assortment of vehicles with orange flashing lights on them.

Throughout the evening I had received phone calls and texts from other Striders telling me that we were 30 minutes ahead of schedule and to be early, so I was there, at the start of my leg 45 minutes early and had a chance to talk to some of the other clubs who all seemed to have at least two support vehicles, a team manager and various other supporters. All the runners from Biggleswade AC had been up two weeks before to run their legs and the woman doing my leg told me how horrible she had found it. Just then Roger galloped in to view, still looking frighteningly fresh after 19 miles and handed me the baton. After a quick well-done & good luck I was away.

John Wankowski was on the bike for my leg and Richard was in the "pace car". We headed out of Thetford on the A 134 towards King's Lynn and John gave me a quick update on events; the team were 30 minutes ahead of schedule and Chris, Nick and Roger had, between them, passed 10

runners. "No pressure then" I said to John. Every so often we passed lay-bys with usually, a few hardy souls politely clapping and offering encouragement – at 3.30 in the morning – how bizarre. After about six miles we turned left onto minor road and into Thetford Forest.

When I volunteered for Leg 13 I didn't actually check the route so I was a bit perturbed when I found out it went through the forest. I'm not particularly keen on the dark. Well it's not the dark as such, more the savage wild animals, evil creatures and aliens that you always hear rustling about in the undergrowth. We turned onto a soft, sandy, undulating, uneven and potholed track through the dark forest. I was glad John was with me on his bike. Just then I heard a thud and a curse, I looked behind and saw John spread-eagled across the track – his road bike couldn't cope with the sandy track. I didn't see John again until I was two miles out of the forest. I found out later he's had to carry his bike because the sand was too soft to ride on. I thought my calf muscles were suffering but John's must have been worse. Richard tried to stay close in the car but in places he had to weave around pot holes and obstacles. After a few miles we left the forest – past a lay-by full of supporters and turned back on to the road and towards Weeting and then on the Hockwold where we were greeted by a bunch of clapping and cheering supporters. They were possibly the same one's that we'd seen before but by now I was starting to suffer and the last three miles felt like the last three of a marathon.

Eventually the lights of RAF Feltwell came into view and I reached the changeover point just by the entrance to base. I handed the baton the baton over to Becky and after a quick well-done & good luck she was away. I will be back next year to run Stage 13 again and to run it quicker. As Becky headed off into the darkness I was getting a lift with Frank and Rachel to meet Richard at Stage 15. Frank got a flask out of his boot.

“Fancy a cup of tea Chris?” he asked. He’d read my mind. **Chris Gladwell**

Leg 14

Rachael and I were really pleased that Frank offered to drive us; it took all the stress out of having to find the way and it was nice to doze on the journey. I soon woke up when we got there as the nerves kicked in and I started to ask myself “why am I doing this”. I felt a lot more confident when Andy turned up with his bike, all kitted out with map, light and something for every kind of emergency. Once we were through Feltwell the road was straight and flat to Southery. I quite liked running in the dark but found some of the flashing lights very bright. I really enjoyed being part of the team in such a big event. It is also the only race where I have managed to over take a car!

Becky

Supporters

For 14 years I have been to races with Stowmarket Striders, 14 years! So it was great, after all this time, to be part of the team! I biked leg 9 with Penny. It was getting well into hours of the dark by then so we also had mum in the car following us with our amazing beacon light that blinded you every time you looked behind! Penny did around an hour and 10 mins (I know runners like to be precise and I’ll probably be in trouble so here is her exact time... 1:08:42 !) pretty impressive if you ask me! I was in charge of the map (not my idea!) so I directed us along the course and we eventually made it onto the sea front at Great Yarmouth. This was the worst part of the leg as I was sure I was supposed to direct Penny off the road and onto a path and, well basically, the path never came! (Goes to show how great my map work is!) Finally I could see the change over point. We had made it. I very much enjoyed the whole experience of the Round Norfolk relay and think that the club should enter the event again next year! **Daniel Starmer**

RNR does this stand for Rose’s (and Helen’s) Nightmare Runaround? Being the

conscientious type, I decided to do a recce the weekend before the race. Cue head gasket blow up in Lynnsport car park, £100 tow back home (having not seen anything of the actual route) followed by £400 repair. Saturday arrived and at last I was on my way.....only to arrive at Helen’s at 6 a.m. to pick her up when my car decided it doesn’t like Norfolk and had to be abandoned.

Hence, we arrived in King’s Lynn in Helen’s car, having stolen it from her husband for the weekend (he did not appreciate being woken at 6 a.m. to be told this!!). Being such a big event we were expecting tent city and thousands of people at the start. In fact, we were underwhelmed by one man (Bob Grainger) and his baton at the start line! Never mind, he started off in style and it was great to cheer him on his way along the lovely shores of the first leg. Watching the runners, Helen and I felt guilty that we weren’t running, but the comfort of our car, sweeties and drinks consoled us in our anguish.

Ace driver Helen kept us on track most of the way....except for missing one of the stops completely which we didn’t notice until we got to Holkham Hall – so quick dash back to greet John Wankowski (sorry about the spelling JW) and press the button on the timer at handover. Having travelled right around from King’s Lynn to Cromer and beyond, we were genuinely in awe of the participating runners taking part in Striders first RNR. Each runner came in exhausted having put in at least 100% effort, over terrain which was sandy, hilly, rough and having had to run the gauntlet of THE TWITCHERS!!!! With a sigh of relief at the end of a 192 mile journey, we decided to celebrate in the happening place that is King’s Lynn (not!) with a slap up meal and several glasses of wine. If you ever go, take a map and money for a taxi to get you out of King’s Lynn ! On the up side, we did get a good night’s sleep in a B&B with full English next morning only a stone’s throw from tent city, and were able to be there in time to witness Elvis cross the finish line. What an

experience – well done everyone. Next year.....?

Rose & Helen

An enormous “thank you” to Riverside Running Club, St. Neots – for saving me from ignominy and other far more unpleasant words that might have been used about me. Having agreed to ride a bicycle behind runners in the Round Norfolk Relay I was not really surprised when Richard Nash rang to ask me to be at Feltwell at 5.15am Sunday. On Saturday, therefore, I spent nearly all day preparing my trusty touring bike: fitting a map holder, attaching enough lights to blind a football stadium and ensuring it carried tools and spares for every eventuality (so I thought)

Things began badly (getting up at 3.00am for a start) then got worse. Reaching Brandon about ten minutes drive from Feltwell – if you know the way (I didn't), I received a call to say the runners were nearly there. They were 45 minutes earlier than expected! A heart-pounding dash later, I was grabbing my bike from my abandoned car and racing to the checkpoint 200 yards away. Within three minutes I was pursuing Becky Jack on her leg of the race. Now I could calm down and relax while Becky gave it her all – overtaking at least three runners in the last two miles. Things continued well as Rachel Toogood continued the good work began by Becky, the cold and darkness were over as dawn broke in Downham Market, where Martin Ablett was raring to go (despite running the Great North the previous Sunday) Now I felt confident enough to stop and turn the map to the right page, knowing I could soon catch Martin on my twenty four geared, 531 tubed tourer which had never let me down. Until then!

As Martin disappeared round a corner 300 yards away, the gear changer disappeared into the spokes of the rear wheel and I ground to a halt. I knew what to do, however: PANIC! Then I wrenched the gear out of the wheel and disconnected the chain to allow it to run freely. Unfortunately, in

the next three hundred faltering yards the chain was also free to fall off the chain wheel four times. Martin was by now a mile away I guessed. Only two more legs of the 24-hour race to go – just sixteen miles. All the gallant Striders who had been busting a gut running round Norfolk would be disqualified because I would not be able to catch up with the last two runners on my *****bike! As I kicked my bike in despair, a car came round the corner with a bike on its rear carrier.

Years of practice as a trainee highwayman paid off. Standing in the road, I brandished my bicycle pump at them. Naturally they stopped. Whether or not it was because I looked fearsome or pathetic, I'm not sure, but the lady and gentleman in the car lost no time getting out, donating the lady's mountain bike and taking care of my wreck. As I pedalled like a man possessed, with my knees hitting my chin, my mobile went. Chris Gladwell was ringing to say Martin was a mile and a half ahead, where was I? It's not easy answering the phone, holding a map and pedalling at 20mph on an undersized mountain bike, but I think I said something, which was almost intelligible and not as rude as my thoughts at the time.

Anyway, I caught Martin up (doddle!) and met Alan Wells at Stowbridge as planned. Eleven miles later Alan was overtaking runners in Kings Lynn and the Round Norfolk Relay was over – with hardly a hitch! P.S. I intend to find out who my rescuers were and thank them properly. I was still suffering from shock when I met them again in Kings Lynn. However, I am told they were from Riverside Running Club. So to that kind couple, once again, THANK YOU. P.P.S. When I eventually got back to my car at Feltwell, thanks to Roger Aldis, it was unlocked, the windows were wide open and it had rained on the driver's seat. Still, you can't expect to have it easy all the time, can you!

Andy Bond



Stowmarket Striders

London Marathon Club Place Application

Please answer the following questions and return the form together with your London Marathon rejection letter to Richard Nash, Chairman, 67 The Street, Bramford, Ipswich, IP8 4DX or hand to me at a club night.

| | |
|--|--|
| Name | |
| Have you been a paid up member of Stowmarket Striders Running Club since April 2005? | Yes <input type="checkbox"/> No <input type="checkbox"/> |
| Have you entered and been rejected for the 2006 London Marathon? <i>(if yes then please attached your rejection letter)</i> | Yes <input type="checkbox"/> No <input type="checkbox"/> |
| How many races have you ran in Stowmarket Strider colours during 2005? | |
| How many times have you run the London Marathon? | |
| How many times have you applied for entry to the London Marathon? | |