



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

Volume Seven: Issue One

March 2006

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**Do you have any news  
you would like to share  
with the rest of the club?**

**Run any interesting  
races?**

**Let me have a few  
details and I will include  
it in the newsletter.**

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## FLORA LONDON MARATHON

At the last count I had the names of fifteen Striders who will be running in the London Marathon:

Richard Denwood	Matt Dunn	Lee Edwards
Malcolm Hogarth	Sandy Pottage	Bob Ratliffe
Jenny Relf	Shena Smith	Nick Stephens
Colin Thomas	Rosemary Thurston	Penny Waggott
John Wankowski	Alan Wells	Helen Wrigley

Apologies if I have missed anyone but don't worry it won't affect your race time.

Phil Rampley has now booked the second coach so if you haven't paid for your seat you need to do so soon so you don't miss out. Phil is at the Leisure Centre most Tuesdays and Thursdays to take bookings.

## CLUB CHAMPIONSHIPS

**Congratulations to the 2005 Club Champions:  
Ladies Champion is Penny Waggott  
Men's Champion is Anthony Reidy**

**Striders of the Year  
Congratulations to the 2005 Striders of the  
Year:**

**Glenda Taylor and Chris Starmer**

**Annual subscriptions are due  
If you have paid, thank you**

**If you haven't paid yet – please pay them  
It's £15 until 31 March. £18 from 1<sup>st</sup> April**

**Junior membership is only £8.00**

## COMMITTEE MEMBERS

Here's confirmation of the new committee. The successful future of the club is in their hands (for the next 12 months anyway). These are the people you complain to if you have a problem!

Richard Nash <i>Chairman &amp; Website Manager</i>	Les Basham <i>Club Secretary</i>	Rose Norris <i>Club Treasurer</i>
Chris Chaplin <i>Race Director</i>	Chris Starmer <i>Men's Captain</i>	Lorraine Mills <i>Ladies Captain</i>
Kim Levett <i>Social Secretary</i>	Chris Gladwell <i>Publicity Officer</i>	Carole Prance <i>Welfare Officer</i>
Les King <i>Club Kit Officer</i>	Sue Garrod <i>Coach Coordinator</i>	Peter Tricker <i>General Committee Member</i>

## ANNIVERSARY

Stowmarket Striders will be 20 years old this year and plans are well advanced for the 20<sup>th</sup> Anniversary celebration on 17<sup>th</sup> June.

There will be a dinner-dance at the Cedars, more details to follow (don't worry; it doesn't clash with any of England's World Cup games).

We may also have 20<sup>th</sup> anniversary car stickers available!

## MARATHON PASTA PARTY

A Pasta Party will be arranged for the Friday prior to the London Marathon. As usual, it will be open to everyone, not just marathon runners. Details will be posted on the website and announced at Club Nights. If you're not running, go along, get drunk and make the runners feel really envious.

## CLUB KIT

Les King holds a vast array of club kit including some Ladies style Viga Cyclone jackets (in small and x-small sizes). If you think there's anything that could added to

the kit range (like Gillets, Crop tops, Caps or kit bags) let Les know. If there's enough interest it will make it cost effective and cheaper

## THURSDAY NIGHT CLUB RUNS

Just to confirm that we try to run out on Thursdays in pace groups because the club has a responsibility for your well-being and Health & Safety. The coaches try to manage the groups to keep them together by:

- Using checkpoints/waiting points to re-group
- Ensuring all the runners are confident they can run the route in the planned time.
- Setting the pace and keeping the group at that pace
- Advising faster runners to move up to faster groups and the slower runners to move to slower groups

On the flip-side of this of course, as runners we all have a responsibility to consider others and what the coaches are trying to achieve. If you run off too fast or decide to take a different route without letting the coach in your group know you put them in a very difficult position.

## JUNIORS

The training sessions at the Rugby Club are working well but there are concerns about the quality of the pitch and whether it will remain suitable if we have much more wet weather. Alternatives are being explored For the benefit of the juniors the race fixture list now includes details of fun runs. Junior numbers are down slightly although this was expected during the winter. The summer sessions will begin in April when we get daylight until 7.30pm

## 6.30pm ADULTS GROUP

This used to be called the beginners group but most of the runners in this group have been with us for several months and are now getting quite experienced. When the next summer sessions start in April and we get a lot of new runners joining us they will be the old hands, unless they move to the 7.30 group.

## TUESDAY NIGHT SESSIONS

You may wonder whether there is a structure to what we do on Tuesday evenings. Well, the more observant of you may have noticed the following pattern of training sessions:

- 800m/1200m
- Sprints/Shuttles
- Hills
- One mile
- 400m
- Two mile
- Fartlek/Short Intervals
- 5K time trial
- Timed Pyramid

(This is subject to the timetable for the 5k-club championship, time trials and weather conditions).

## RISK ASSESSMENTS

All the routes we use for our training sessions are being risk assessed by the club coaches who have all been on some fascinating risk assessment training.

All the routes that we use will have to be risk-assessed and eventually these assessments will be available for you to see.

This means that we can still go ahead with the summer club runs and guest runs in the countryside but a coach will have to run them first with the host to identify hazards.

In the meantime, as the old sergeant used to say at the start of Hill Street Blues "Let's be careful out there".

## CLUB STANDARDS

There are rumours that the club will be introducing another level of standards below the current Bronze, Silver and Gold awards. This should capture more runners and give them a step onto the ladder. Any suggestions on a name for this level to Chris Oliver.

## DON'T FORGET THE NEWSLETTER SURVEY (Back Page)

## FIXTURES

19 March	Broadland Half Marathon South Walsham
26 March	Stowmarket Striders Joe Cox 10ml <i>(includes Fun Run)</i>
2 April	Bungay Marathon & half marathon <i>(Includes off-road Fun Run)</i>
14 April	Roger Wing Memorial 10k Bungay
14 April	Sudbury 5 mile fun run
16 April	Trowse 10k (9.30 start)
23 April	Flora London Marathon
30 April	Breckland 10k Thetford <i>(includes 1 mile fun run)</i>
30 April	Suffolk Heritage Coast marathon, half-marathon & 6 mile races
1 May	Rotary Relays 5 x 1.75 ml Felixstowe
4 May	Heath Run 6-7 Kilometres, Newmarket
10 May	Bungay 10Km Series
14 May	Woodbridge 10Km <i>(includes 1.5km Junior Run)</i>
26 May	Kirton Friday 5 <i>(includes fun run)</i>
28 May	Great East Anglia Run 10k Kings Lynn
29 May	Brandon Forest Half Marathon
2 June	Bury St Edmunds Friday 5 <i>((includes fun run)</i>
9 June	Ipswich Friday 5(tbc) <i>(includes fun run)</i>
23 June	Stowmarket Friday 5 <i>(includes fun run)</i>
9 July	Mutford Relays

## TAKE A BREAK

You may remember that last year we were approached by Take A Break magazine.

They were looking for someone who decided to take up exercise at the beginning of the year and who has found it has made a huge difference to their lives. The point of the article was to motivate people to make changes in their lives.

Julia Smith contacted them and her story appeared in the magazine. Here's the full transcript of her interview:

### MY ARTICLE!

Julia Smith watched her big brother run in the London marathon three times. And each time she thought, "I'd like to do that next year". But there was always something more important to do.

Her brother James told her, "It's easy - all you have to do is run to the pillar box, and then when that gets easy, run a little further. You build it up little by little." After Julia had watched James compete for the third time, she realised she had run out of excuses. She says, "I have a mental checklist of things I want to do in my life and running a marathon was on that list. I don't ever want to sit back and regret all the things I have never done."

Julia, a 26 year old school teacher, from Stowupland Street, Stowmarket, Suffolk, had not run since she'd left school. She practised on her own, but realised she would need some skilled coaching to run the marathon. She joined her local running club, Stowmarket Striders in October 2004. Half way through her first session, she realised she was two miles from the starting point and most of

it was uphill. "I couldn't imagine how I would ever run back. But once it was over, I felt a real sense of achievement."

Over the next few months Julia built up her runs, setting herself targets. She would run for half an hour, and then an hour. "I told myself it didn't matter how fast or slow I ran, as long as I kept going." Soon four miles was no longer an effort. By January she was training four times a week, sometimes running in the dark. Eventually she managed 20 miles, accompanied by her mum on a bike. This was six miles short of the marathon route, but she decided it would have to do.

"Three weeks before the marathon I was advised to slow right down, and the week before I didn't run at all to avoid any risk of muscle strain or overtiredness. Just before the race I was worried that I might not be able to finish it, and told myself that if I couldn't run then I would walk. No way was I going to give up."

On the day itself, the run seemed much longer than six extra miles. "After 22 miles, it started to kill. My thighs felt like lead weights and my back and shoulders were aching and painful. I told myself I would do one more mile and then walk the rest. After that mile, I told myself I would run the next mile and by the time I reached the 25<sup>th</sup> mile it would have been stupid to stop running.

"I finished in five hours and 37 minutes. It wasn't possible for people to wait at the finishing line, so I finished alone. I put on a pullover and ate all the food I could find in my bag, because I was ravenous. My brother was already home

and showered and changed by the time I finished. I tried to phone people, but all the lines were busy so I went to Nelson's column in Trafalgar Square because it is a good meeting place and collapsed in a heap until my boyfriend picked me up. I could barely put one foot down in front of the other. When we got to his flat, I had an ice cold bath to try and reduce the swelling in my feet and legs.

"For a few days afterwards it was painful to sit up or stand and I had to go up the stairs backwards to ease the strain on my calf muscles. It was worth it to have run the marathon.

"I can run for an hour now without effort. It's very relaxing after a hard day in the classroom. I go out on my own, just plod along, and forget about everything. I'm hoping to run the marathon again this year, and improve on my time" she says.

### CLUB CHAMPIONSHIPS

The 5k club championship races will be held on the following days through the summer:

Tuesday 2<sup>nd</sup> May 2006  
 Tuesday 30<sup>th</sup> May 2006  
 Tuesday 27<sup>th</sup> June 2006  
 Tuesday 25<sup>th</sup> July 2006  
 Tuesday 29<sup>th</sup> August 2006  
 Tuesday 19<sup>th</sup> September 2006

## CROSS COUNTRY RESULTS

Framlingham 30th October 2005

Pos	Name	Time
10	Roger Aldis	30:22
15	Chris Ling	31:01
17	Nick Stephens	31:11
19	Chris Starmer [1st MV55]	31:20
20	Colin Pitts [2nd MV55]	31:26
28	John Wankowski	32:50
34	Michael Jones	33:25
41	John Squirrel [1st MV50]	34:05
45	Tamara Jordan [1st Female]	34:26
54	Nick Hammond	35:26
56	Andrew Green	35:43
72	Adrian Doig	37:20
81	Colin Thomas	38:13
93	Bernard Debney	39:31
98	Sandie Pottage	40:38
122	Les Basham	43:06
125	Jason Bloomfield	43:12
128	Matthew Dunn	43:32
131	Sue Garrod	43:52
133	Jim King [2nd MV60]	44:51
135	Dave Watt	45:22
143	Becky Jack	46:42
146	Rachel Champion	46:49
153	Grayhame Fish	47:51
155	Charmaine Geraghty	48:08
156	Anne Fish [1st FV55]	48:16
157	Maria Reynolds	48:16
161	Sandra Hammond	49:02
166	John Cassells	50:19
168	Ronel Van Der Merwe	50:28
171	Clare Bailie	51:17
177	Jenny Sommers	54:53
178	Jan Starmer	54:57
180	Lesley Watt	59:46
183	Rose Norris	61:31

There were 183 finishers

**Bungay 20th November 2005**

Pos.	Name	Time
8	Chris Ling	31.53
10	Colin Pitts	32.03
15	Roger Aldis	32.27
16	Chris Starmer	32.45
18	Nick Stephens	32.50
27	Michael Johns	34.10
34	John Squirrel	34.46
37	Tamara Jordan	34.54
50	Nick Hammond	36.26
51	Ker Macrosson	36.33
60	Robert McPhillips	38.06
61	James Mwayi	38.07
66	Adrian Doig	38.28
69	Colin Thomas	38.42
73	Peter Tricker	38.57
79	Richard Nash	39.04
87	Bernard Debney	39.34
97	Kim Zilke	40.52
100	Jason Bloomfield	41.14
101	Robert Tomlinson	41.16
109	Sue Garrod	41.49
112	Richard Fellingham	41.53
114	Les Basham	41.56
129	Becky Jack	43.31
134	Matthew Dunn	44.27
144	Penny Waggott	46.17
146	Anne Fish	46.45
147	Grayhame Fish	46.47
155	Anne Fellingham	48.14
156	Charmaine Geraghty	48.38
158	Debbie Gbant	49.25
159	Sandra Hammond	50.05
161	Tracy Lee	50.48
165	John Cassells	53.52
166	Maria Reynolds	54.02

There were 172 finishers

## NEWSLETTER SURVEY ON THE BACK PAGES

**Woodbridge****4th December 2005**

Pos.	Name	Time
8	Richard Jordan [1st MV45]	28:43
11	Roger Aldis	29:02
14	Nick Stephens	29:14
17	Colin Pitts [2nd MV45]	29:27
22	Simon Brummilt	29:50
26	Michael Jones	30:41
28	Richard Denwood	31:00
35	John Squirrel [1st MV50]	31:55
51	Tamara Jordan [1st F]	33:01
52	Nick Hammond	33:16
53	Ker Macrosson	33:18
65	Adrian Doig	34:14
76	Peter Tricker [2nd MV55]	34:54
78	James Mwayi	35:09
83	Richard Nash	35:25
85	Miles Garrod	35:34
98	Sandie Pottage [3rd FV40]	36:21
107	Jason Bloomfield	37:10
111	Richard Fellingham	37:24
121	Sue Garrod	37:50
126	Les Basham	38:24
131	Matthew Dunn	39:02
133	Robert Tomlinson	39:10
134	Becky Jack	39:21
144	Rachael Toogood	40:47
148	Jim King	41:33
149	Andrea Cassells	41:34
152	Ann Fish [2nd FV55]	41:45
155	Elaine Wright	42:17
157	Jenny Relf	42:21
159	Ronel Van Der Merwe	42:56
166	Rachael Champion	43:41
167	Su Browne	43:48
172	Debbie Gbant	44:32
175	Maria Reynolds	44:47
180	Sandra Hammond	45:38
181	Jan Starmer	45:41
184	Claire Bailey	46:26
187	Andy Bond	46:56
191	John Cassells	48:44
196	Sue Seggar	54:49
197	Glenda Taylor	64:53

There were 197 finishers

**Stowmarket 4th December 2005**

Pos.	Name	Time
4	Richard Jordan [1st MV45]	33:23
13	Rodger Aldis	34:29
17	Nick Stephens	34:44
22	Simon Brummitt	35:20
27	Michael Jones	35:52
31	John Wankowski	36:11
32	Chris Starmer	36:16
37	Adam Moye	37:18
41	Tammy Jordan [1st FS]	37:29
45	John Squirrell [2nd MV50]	37:52
61	Ker Macrosson	39:06
67	Andy Green	39:27
72	Adrian Doig	39:38
73	Paul Canham	39:39
76	Stu Cameron	39:46
81	Peter Tricker [2nd MV55]	40:12
83	Kevin Brand	40:16
87	Nick Hammond	40:38
98	Richard Nash	42:05
99	Sandie Pottage [2nd FV40]	42:07
103	Miles Garrod	42:14
116	Kirk Braker	43:02
119	David Hartley	43:21
122	Lee Edwards	43:42
131	Robert Tomlinson	44:46
133	Sue Garrod	44:48
137	Les Basham	45:30
146	Becky Jack	46:13
149	James Mwayi	46:26
157	Jim King [3rd MV60]	47:56
158	Simon Bruun	48:11
161	Rachel Champion	48:38
164	Ellen Broughton	48:49
171	Malcolm Hogarth	49:21
172	Anne Fish [2nd FV55]	49:25
176	Grayhame Fish	50:22
178	Jo Naughton	50:33
181	Charmaine Geraghty	51:03
186	Jo Fraser	51:41
187	Ronel Van der Merwe	51:59
190	Jenny Tipton	52:33
195	Maria Reynolds	53:03
198	Debbie Ghant	54:05
200	Andy Bond	54:46
204	Claire Bailey	56:13
205	Jan Starmer	56:28
206	Sandra Mayhew	56:43
210	Sue Seggar	61:15
211	John Cassells	61:15
214	Glenda Taylor	75:35

There were 214 finishers

**Bury (Culford) 12th February 2006**

Pos.	Name	Time
11	Richard Jordan	-
13	Roger Aldis	-
17	Nick Stephens	-
18	Simon Brummitt	-
23	John Wankowski	-
24	Chris Starmer	-
31	Michael Jones	-
32	Colin Pitts	-
49	Andy Green	-
50	Tamara Jordan	-
54	Nick Hammond	-
68	Colin Thomas	-
73	Peter Tricker	-
83	Malcolm Penn	-
85	Paul Canham	-
89	John Trowell	-
91	Richard Nash	-
96	Jason Bloomfield	-
100	Sandie Pottage	-
109	David Daniels	-
110	Ker Macrosson	-
120	Richard Fellingham	-
121	Les Basham	-
123	Jim King	-
126	Chris Gladwell	-
127	Becky Jack	-
134	Rachael Champion	-
137	David Watt	-
138	Lorraine Mills	-
142	Anne Fish	-
146	Peter Sewell	-
147	Simon Browne	-
149	Grayhame Fish	-
158	Margaret Browne	-
160	Ronel van der Merwe	-
163	Debbie Ghant	-
165	Charmaine Geraghty	-
170	Claire Bailie	-
173	Sandra Hammond	-
177	Sue Seggar	-
178	Lesley Watt	-
183	Glenda Taylor	-

There were 183 finishers.

## SUFFOLK WINTER CROSS COUNTRY LEAGUE 2005/6

### STRIDERS INDIVIDUAL RESULTS (Best of 4)

These are the individual results for all the Striders who competed in four or more of the races in the cross country series

	NAME	FRAM	BUNG	WOOD	STOW	BURY	NO	TOTAL
<b>FEMALE 20</b>								
1	Tamara Jordan	1	1	1	1	1	5	4
3	Becky Jack	9	7	4	10	4	5	24
4	Charmaine Geraghty	10	11		16	7	4	44
5	Clare Bailie	11		10	20	8	4	49
<b>FEMALE 35</b>								
3	Debbie Gbant		5	4	5	7	4	21
<b>FEMALE 40</b>								
1	Sandie Pottage	4		3	2	2	4	11
3	Sue Garrod	8	4	4	4		4	20
4	Rachel Champion	10		12	7	7	4	36
7	Sandra Hammond	13	10	15		11	4	49
<b>FEMALE 45</b>								
6	Ronel van der Merwe	9		8	8	5	4	30
7	Maria Reynolds	7	7	9	10		4	33
<b>FEMALE 55</b>								
1	Anne Fish	1	2	2	2	2	5	7
<b>MALE 20</b>								
4	Roger Aldis	6	6	6	6	7	5	24
7	Michael Jones	16	10	13	12	14	5	49
13	Nick Hammond	23	19	24	33	26	5	92
17	Adrian Doig	29	23	26	28		4	106
19	Richard Nash		24	29	35	37	4	125
21	Jason Bloomfield	36	28	35		38	4	137
<b>MALE 40</b>								
5	Nick Stephens	7	8	5	6	5	5	23
<b>MALE 45</b>								
1	Colin Pitts	2	1	2		5	4	10
2	Chris Starmer	1	3		4	3	4	11
<b>MALE 50</b>								
1	John Squirrel	1	1	1	2		4	5
<b>MALE 55</b>								
2	Peter Tricker		3	2	2	3	4	10
6	Les Basham	5	8	7	7	8	5	27
8	Grayhame Fish	9	11		10	10	4	40
<b>MALE 60</b>								
3	Jim King	2		6	3	3	4	14
5	John Cassells	4	5	9	5		4	23

# SUFFOLK WINTER CROSS COUNTRY LEAGUE 2005/6

## SENIORS - FINAL TEAM RESULTS

### OVERALL

POSN	TEAM	FRAM	BUNG	WOOD	STOW	BURY	TOTAL
1	Ipswich Harriers	1008	936	1084	1177	1003	5208
2	St Edmunds Pacers	859	1012	1007	1221	1077	5176
3	Stowmarket A	979	959	1067	1138	984	5127
4	Waveney A	920	953	861	886	798	4418
5	Newmarket	849	481	933	882	716	3861
6	Flying Shufflers	733	682	813	843	676	3747
7	Felixstowe	811	611	666	789	625	3502
8	Stowmarket B	585	613	719	804	640	3361
9	Ipswich Triathlon	668	547	633	634	717	3199
10	Brandon & Thetford	560	436	548	699	461	2704
11	Lowestoft	587	510	578	432	372	2479
12	Waveney B	404	624	230	185	73	1516
13	Bungay Black Dog	101	416	606	201	97	1421

### MEN

POSN	TEAM	FRAM	BUNG	WOOD	STOW	BURY	TOTAL
1	Ipswich Harriers	844	793	890	969	836	4332
2	St Edmunds Pacers	686	856	873	993	891	4299
3	Stowmarket A	816	810	875	937	815	4253
4	Waveney A	819	798	689	708	661	3675
5	Newmarket	705	481	740	729	552	3207
6	Flying Shufflers	570	569	638	667	529	2973
7	Felixstowe	696	488	523	676	540	2923
8	Stowmarket B	482	519	580	668	527	2776
9	Ipswich Triathlon	546	433	449	521	596	2545
10	Brandon & Thetford	427	390	497	581	373	2268
11	Lowestoft	528	426	525	417	333	2229
12	Waveney B	404	561	210	80	73	1328
13	Bungay Black Dog	101	325	487	166	76	1155

### WOMEN

POSN	TEAM	FRAM	BUNG	WOOD	STOW	BURY	TOTAL
1	St Edmunds Pacers	173	156	134	228	186	877
2	Ipswich Harriers	164	143	194	208	167	876
3	Stowmarket A	163	149	192	201	169	874
4	Flying Shufflers	163	113	175	176	147	774
5	Waveney A	101	155	172	178	137	743
6	Ipswich Triathlon	122	114	184	113	121	654
7	Newmarket	144	0	193	153	164	654
8	Stowmarket B	103	94	139	136	113	585
9	Felixstowe	115	123	143	113	85	579
10	Brandon & Thetford	133	46	51	118	88	436
11	Bungay Black Dog	0	91	119	35	21	266
12	Lowestoft	59	84	53	15	39	250
13	Waveney B	0	63	20	105	0	188

**SUFFOLK COUNTY CROSS COUNTRY  
CHAMPIONSHIPS  
15TH JANUARY 2006**

**Mens - 12km Race Results**

Pos	Name	Time
11	Roger Aldis (A)	44:44
14	Simon Brummitt (A)	45:35
16	Nick Stephens (A)	45:52
18	John Wankowski (A)	46:22
26	Chris Starmer (A)	47:07
30	Richard Denwood (B)	48:09
33	John Squirrell (B)	48:50
40	Andy Green (B)	50:28
46	Nick Hammond (B)	51:20
60	Colin Thomas (B)	55:28
61	Richard Nash (B)	55:44
65	Jason Bloomfield (C)	57:17
69	Jim King (C)	59:47
71	Les Basham (C)	1:01:28
72	Richard Fellingham (C)	1:01:42
74	Grayhame Fish (C)	1:06:54

**Ladies - 6km Race Results**

Pos	Name	Time
3	Tammy Jordan (A)	25:19
9	Kim Zilke (A)	29:02
20	Becky Jack (A)	31:26
21	Rachel Toogood (A)	31:35
26	Rachel Champion (B)	32:31
28	Elaine Wright (C)	33:09
29	Anne Fish (B)	33:12
30	Ronel Van der Merwe (C)	34:11
31	Charmaine Geraghty (C)	34:13
32	Kim Levett (B)	34:24
34	Penny Waggott (B)	34:39
36	Debbie Ghant (D)	35:16
37	Maria Reynolds (D)	35:28
39	Anne Fellingham (C)	36:13
41	Sandra Hammond (D)	38:05
42	Jan Starmer (D)	38:06

There were 74 finishers in the men's race

The Striders 'A' team finished in 2nd place behind St Edmund Pacers. The B Team were 6th and the C team were 9th out of 9 teams.

Tom Woods finished 11th out of 17 in his junior race

There were 44 finishers in the ladies race. Again, the Striders ladies team came in 2nd place after St Edmund Pacers, with the B team in 7th, C team in 8th and D team in 11th, out of 11 teams.

Sophie Stephen ran in the U13's category and finished 19th out of 22 finishers.

**HEREWARD RELAY  
27TH NOVEMBER 2005**

This is a relay event for a team of 4 to run over 38.4 miles of multi-terrain from Peterborough Cathedral to Ely Cathedral.

**Out of 126 finishing teams, the Stowmarket Striders results are:-**

**Stowmarket Striders A 8<sup>th</sup> overall**

Pos	Team Pos.	Distance miles	Name	Time	Cum.
17	17	6.1	John Wankowski	40:49	40:49
12	13	11.6	Simon Brummilt	1:14:45	1:55:34
6	8	10.3	Nick Stephens	1:06:34	3:02:08
6	8	10.4	Roger Aldis	1:06:09	4:08:17

*Average of 6 minutes 28 seconds per mile*

**Stowmarket Striders B 71<sup>st</sup> overall**

Pos	Team Pos.	Distance miles	Name	Time	Cum.
86	86	6.1	Les Basham	49:57	49:57
22	35	11.6	Michael Jones	1:17:53	2:07:50
117	81	10.3	Grayhame Fish	1:43:50	3:51:40
65	71	10.4	Colin Thomas	1:21:13	5:12:53

*Average of 8 minutes 9 seconds per mile*

**Striders Ladies A 100<sup>th</sup> overall**

Pos	Team Pos.	Distance miles	Name	Time	Cum.
125	125	6.1	Maria Reynolds	58:01	58:01
94	106	11.6	Sue Garrod	1:35:40	2:33:41
72	96	10.3	Kim Zilke	1:26:38	4:00:19
112	100	10.4	Anne Fish	1:35:19	5:35:38

*Average of 8 minutes 44 seconds per mile*

**Hadleigh 10m 27th November 2005**

Pos	Name	Time
30	Stuart Green [PB & 2nd MV45]	1:03:49
91	Nick Hammond	1:11:39
118	James Mwayi	1:14:36
144	Jason Bloomfield	1:17:35
150	Richard Fellingham	1:17:56
172	Lorraine Mills	1:20:22
186	Rachael Toogood	1:22:39
202	Joe Naughton	1:23:48
207	Malcolm Hogarth	1:24:37
216	Penny Waggott	1:25:39
221	Ronel Van Der Merwe	1:26:11
245	Rosemary Thurston [3rd FV50]	1:30:11
257	Charmaine Geraghty	1:31:56
264	Jane Dolan	1:32:58
269	Su Browne	1:34:23
294	Sue Seggar	1:44:42

There were 306 finishers

**Turkey Trot 10m 18th December 2005 (Beccles)**

**Striders won the 1st Ladies Team Prize (Tammy, Lorraine and Penny)**

Pos	Name	Time
9	Roger Aldis	59:32
10	Nick Stephens	59:36
23	Tammy Jordan [1st Female]	1:04:53
43	Andrew Green	1:09:55
52	James Mwayi	1:12:19
73	Richard Fellingham	1:15:22
77	Jason Bloomfield	1:15:51
106	Matthew Dunn	1:19:38
109	Lorraine Mills	1:20:23
116	Malcolm Hogarth	1:22:11
118	Penny Waggott	1:22:35
120	Anne Fish	1:23:32
131	Frank Moggan	1:26:06
133	Grayhame Fish	1:26:49
137	Rosemary Thurston	1:28:31

There were 176 finishers.

**Witham Boxing Day 5 26th December**

Pos	Name	Time
79	James Mwayi	33:31
188	Vincent Smith	38:16
270	Margery Brown	41:18
445	Shena Smith	55:28

There were 462 finishers.

**Ely 10k 31st December 2005**

Pos	Name	Time
72	Ker Macrosson	41:37
129	Sandie Pottage [PB & 2nd FV40]	44:37
199	Becky Jack	47:40
322	Jane Dolan	54:34

There were 477 finishers

**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 will be included if you tell Richard Nash or myself.**

**Wymondham New Years 10k 1st January 2006**

Pos	Name	Time
6	Richard Jordan [1st MV45]	34:46
22	Simon Brummitt	37:47
23	Michael Jones	37:55
61	James Mwayi	42:39
151	Vincent Smith	48:46
338	Shena Smith	?

There were 341 finishers.

**Plympton 10k 6th January 2006**

Pos	Name	Time
87	Bob Ratcliffe	45:48

There were 278 finishers.

## Folksworth 15 22nd January 2006

I'm trying to cure my addiction of entering races every single weekend, but I've been at it again... this time it was the Folksworth 15, one I've always fancied doing. And I wasn't disappointed, despite a longish drive out to the A1(M) from Suffolk.

The race HQ consisted of a village hall and school, nice facilities. Again, an impressively well organised race drawing entrants from quite far away, it consisted of 2 x 7.5 mile laps around scenic but quiet undulating country roads. The hills were not steep but were long, and into the second lap were beginning to thin out the field as people began to tire. Conditions were cold and overcast, with a slight headwind on the higher ground in parts, but way better than in past years which have seen grim wintry conditions.

The winner broke the course record in under 1 hour 20 minutes, a bit out of my league sorry to say! But there were a lot of fit runners at this race, possibly using this as a progress test for their London Marathon training. The number of runners I spotted from other Suffolk clubs was very low, not surprising given the distance from home. You could get your race photo printed straight after the race, they had great bacon sarnies, and the now famous long-sleeved T-shirt. Yaxley Runners are a very friendly lot which made the day even better; how about it next year Striders?  
Ker Macrosson

### 15mile Race Results

Pos	Name	Time
100	Ker Macrosson	1:46:30

There were 443 finishers.

### Lakenheath Charity 5 mile

Pos	Name	Time
6	Michael Jones	32.44
76	Ronel van der Merwe	46.35

## Gt Bentley 10 ml 19 February 2006

Pos	Name	Time
128	Sue Garrod (PB)	1:19:53

There were 284 finishers

## St Peters Brewery 20k 19 Feb 2006

Pos	Name	Time
5	Roger Aldis	1:12:57
12	Colin Pitts (1 <sup>st</sup> V 45)	1:16:24
38	Stuart Green	1:20:51
187	Colin Thomas	1:37:44
214	Vincent Smith	1:40:37
267	Malcolm Hogarth	1:46:10
279	Anne Fish	1:47:33
324	Rosemary Thurston	1:53:55
328	Ronel Van Der Merwe	1:53:59
353	Su Browne	1:58:19

There were 443 finishers

## Bury 10 26 February 2006

Pos	Name	Time
11	John Squirrell	01:03:56
46	Leslie Basham	01:16:07
62	Anne Fish	01:18:29
70	Debbie Ghant	01:22:10
78	Jane Dolan	01:23:52
94	Su Brown	01:27:57
118	Sue Seggar	01:40:46
125	Shena Smith	01:48:29

There were 127 finishers

## Bury 20 26 February 2006

Pos	Name	Time
125	Glenn Morton	02:44:34
285	Ronel van der Merwe	03:17:40
290	Rosemary Thurston	03:18:34
309	Lesley Buckle	03:23:52

There were 369 finishers

**Wymondham 20 mile 5 March 2006**

Pos	Name	Time
3	Richard Jordan	02:00:21
7	Nick Stephens	02:03:37
75	Ker Macrosson	02:38:25
114	Colin Thomas	02:48:04
129	Carol Prance	02:53:35
142	Penny Waggott	02:58:30
143	Rachel Toogood	02:58:30
148	Malcolm Hogarth	03:03:53
162	Rosemary Thurston	03:14:27
177	Ronel van der Merwe	03:28:14

**Wymondham 10 mile 5 March 2006**

Pos	Name	Time
33	Nick Hammond	01:09:34
71	Lorraine Mills	01:19:04
83	Les Basham	01:21:54
90	Simon Browne	01:24:07
118	Charmaine Geraghty	01:29:56
119	Joe Naughton	01:29:58
161	Shena Smith	01:53:17

**Bildeston 10k 12 March 2006**

Pos	Name	Time
12	Stuart Green	35:05
19	John Squirrell	40:15
26	Nick Hammond	41:41
42	Richard Fellingham	46:06
48	Chris Gladwell	46:56
67	Margaret Brown	51:44
102	Sue Seggar	61:53
113	Glenda Taylor	75:23

**There were 113 finishers****Bildeston ½ Marathon 12 March 2006  
Striders won the 1st Ladies Team Prize  
(Penny, Ronel & Shena)**

Pos	Name	Time
12	John Wankowski	01:27:00
	Ker Macrosson	01:35:04
31	Bob Ratliffe	01:39:16
34	Richard Nash	01:40:09
50	Les Basham	01:48:56
51	Penny Waggott	01:48:59
63	Frank Moggan	01:56:40
66	Ronel van der Merwe	01:58:09
87	Shena Smith	02:41:30

**There were 87 finishers****FOR THE MARATHON RUNNERS.....**

You had a great race, but it was hard. Sunday afternoon you'll feel great, Sunday evening you'll be a bit tired, but that's understandable. Then on Monday morning your legs will be screaming at you, and you will barely be able to walk! This is called delayed onset muscle soreness (DOMS).

DOMS is the pain, tenderness and stiffness that occurs in muscles a day or two' after exercise. This soreness generally peaks 48-72 hours after exertion, and then gradually diminishes.

The exact cause of DOMS is unknown. Lactic acid often mistakenly - gets the blame. Lactic acid does stimulate pain receptors during activity, but is removed quickly from the muscle once the activity stops - it's usually cleared after an hour or so.

A combination of factors is more likely to cause DOMS. Overuse causes inflammation or swelling in the muscle tissue; this reduces blood flow, which leads to muscle spasms. Spasms cause additional inflammation, which continues the cycle and can lead to structural damage to the tissue, hence the belated soreness.

Follow these simple tips and minimize the effects:

**Stand in iced water**

Ice or cold water reduces inflammation, a cause of DOMS, so immersing your legs in a cold bath, or even a water butt in the back garden, is well worth a try.

**Hot/cold treatment**

If you hop into a steaming, hot shower, try following it with a cold one. Start by spraying your legs with hot water for five minutes, and then turn off the heat for five minutes. Do this for 25 minutes (always ending with cold) as it expands and contracts the blood vessels, which helps to whisk away waste products without increasing inflammation.

**Exercise**

The temptation after a hard race is to take a few days off. You might, though, actually recover faster if you do an easy run or some light aerobic cross-training in the days following the event. But not too much: A 20-minute jog is enough to flush blood through your aching muscles and clean out some of the waste that builds up after an extended effort.

**Massage**

Light massage gets your blood moving and breaks up scar tissue, which speeds proper healing.

**Stretching**

DOMS can limit your joints' range of movement. Continue a programme of light stretching after your race to help keep you supple.

## STRIDER NEWS – READER SURVEY

This is the sixth year that I have produced Strider News. Over that time it has changed slightly in frequency and layout. But this has been due to how I felt at the time rather than based on feedback from you, the readers. In the past I haven't had much feedback on the newsletter, so now's your chance to have you say.

**Complete this survey and return it to me by the end of March. If you don't want to tear up your newsletter there will be copies of this at the club**

**CHRIS GLADWELL**

### Do you read Striders News?

Cover to cover	
Most of it	
One or two bits	
None of it	

### How do you read it?

Paper copy	
On line	
Both	

### How long do you spend reading it?

Up to ½ hour	
½ -1 hour	
1-2 hours	
Over 2 hours	

### Do you use it a reference source (i.e. for race details, past results?)

Yes	
No	

### If yes – what do you refer back to?

--

### How often would you like to see it?

Weekly	
Monthly	
Every two months	
Quarterly	
Every six months	
Never	

### Which of the following would you like to see more or less of in Striders News?

	More	Less	About right
Race diary/fixtures			
Race results			
Race reports			
Social events			
Committee updates			
Club information			
Injury prevention advice			
Features on members			
Training and racing information			
Training schedules for all race distances			
Advertisements			
Photos			

### Would you be willing to write small articles for Striders News?

Yes	
No	
Yes but only a few lines	
Yes if someone edited for me	
Yes if there was a form to use/follow	

### If you could complete a form for race reports would you complete one for the newsletter?

Yes	
No	
Don't know	

### If you could complete a form for personal profiles would you complete one for the newsletter?

Yes	
No	
Don't know	

### Overall, how do you rate Striders News

Excellent	
Good	
Average	
Poor	

### Any other comments: