



STRIDERS NEWS

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

Volume Seven: Issue Two

June 2006

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TWENTY YEARS

Twenty Years

The first ever
"Striders News"

New updates

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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.**

Back in 1986 whilst training for the LONDON MARATHON, I noticed several likewise people running by themselves. Running long distances by oneself can be a very lonesome affair, with this in mind, I had an idea!!! Perhaps, these same likeminded people could be interested in forming a running club in Stowmarket. I duly placed an article in the East Anglian Daily Times and pinned notices in the two sport shops in town (SPORTS KIT AND STARMARK SPORTS) and also at the Stowmarket Leisure Centre.

In response to those flyers the following people turned up for a meeting at the Leisure Centre.

Myself (Phil Rampley)	Mike Beresford	John Steward
Bob Kemp	John Linton	Richard Chenery
Fiona Bufton	Gareth Bufton	Frank Mcsloy
Peter Rushton	Bill Mccue	

(Apologies if I have omitted anyone as my original minutes from the very first meeting have been lost).

FROM THIS MEETING STOWMARKET STRIDERS RUNNING CLUB WAS BORN.....

Over the years the club has gone from strength to strength and grown far beyond any expectations. With people nowadays being more health and fitness conscious, these I feel have been one of the factors for the growth and popularity of the club, the other being the true dedication of the committee, the friendliness of the members, and the tireless work by the Coaches encouraging both old and new members to succeed.

A big THANK YOU to you all!!!!!! FINALLY with this in mind I am sure STOWMARKET STRIDERS will continue to be successful, although I feel some of us OLDIES may not!!!!!!!!!!!!!!!!!!!!!!

Editor: Chris Gladwell
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PHIL RAMPLEY
FOUNDER MEMBER

20th ANNIVERSARY PARTY

Tickets are still available for the club's anniversary dinner-dance.

Saturday 17th June 2006

Cedars Hotel, Stowmarket

Live music and buffet.

Dress code is posh frocks & ties.

All past and present members are welcome.

To purchase your tickets or for further information, please contact either Kim Levett (Social Secretary), Tracey Lee, Rachel Toogood, Sue Garrod or Chris Chaplin or anyone else on the committee.



NEWSLETTER.....

On the next two pages I have re-produced the original club newsletter. Thanks to John Steward who produced it in December 1986 and thanks to Phil Rampley for finding this copy.

It contained club news and information, fixtures, results and coaching advice. Not much change there then.

In 1986 membership fees were £2.00 a year which means that they have gone up by 11% a year – a bit above inflation – there's a question for the treasurer at the AGM.

They ran some strange distances in 1986: - ¼ Marathons, 12½ miles, 5½ miles. Not a metric measurement in sight, those were the days. There was also a 7 mile race – that will never catch on.

And notice the charity run to Cambridge in April, they were tough back then. What do we have, Sport Relief miles and the 5k Race For Life. In 1986 runners wouldn't bother to get changed for such minor distances and they ran in plimsolls.

And another thing, nowadays we're told that it can take a couple of months to get over the effects of a marathon. Well look at Bob Kemp's times for the five weeks after he did a marathon:

Date	Race	Time
26 Oct 1986	Marathon	3: 01
2 Nov 1986	½ Marathon	1: 21
9 Nov 1986	A week off?	
16 Nov 1986	12 ½ miles	1: 19
23 Nov 1986	Another week off	
30 Nov 1986	10 miles	1: 04

And if you told the kids of today that they wouldn't believe you.

Striders News

No. 001 December 1986

Welcome to the first edition of Striders News, a quarterly newsletter designed to keep Club members informed on topics of interest, i.e. forthcoming events, times that Club runners have achieved in recent events, training hints etc.

For new and also prospective members here is a brief outline of the Club to date:

Stowmarket Striders Running Club

Club Officers:

Chairman: Phil Rampley
Secretary: Fiona Bufton
Treasurer: Mike Beresford

The Club was formed in June 1986 and meets on Wednesdays 7.30 p.m. and Sundays 9.30 a.m. at the Mid Suffolk Leisure Centre, Gainsborough Road. At present the membership stands at 16 members plus 7 junior members. Membership fees are £2.00 p.a. (50p juniors). Club colours are yellow vests and black shorts, (these are available from Sportskit in Station Road, which offers a 10% discount to Club members).

Forthcoming Events

December 14 th	-	Colchester Joggers 10/5 miles 1.30 p.m. start
January 1 st	-	Wymondham 10K
February 20 th	-	Bury St. Eds 20 mile 10 a.m.
April 11 th	-	Charity Run to Cambridge
April 26 th	-	10 th Bungay Black Dog Marathon/ ½ Marathon - 12 noon start
May 10 th	-	Mars London Marathon

Whats been happening

Some of the more recent events in which Club members have participated are listed as follows:

October 26th Harlow Marathon

Bob Kemp 3 hrs 1 min
John Steward 3 hrs 41 mins

Brightlingsea ½ Marathon

Gareth Bufton 1 hr 32 mins
Mike Beresford 1 hr 38 mins

¼ Marathon

Fiona Bufton 58 mins 30 secs

November 2nd Woods (Colchester) ½ Marathon

Bob Kemp 1 hr 21 mins

7 miles

Fiona Bufton 56 mins
Gareth Bufton 46 mins

November 16th Gt. Bentley 12 ½ miles

Bob Kemp 1 hr 19 mins
Mike Beresford 1 hr 21 mins
Gareth Bufton 1 hr 22 mins
John Steward 1 hr 26 mins

5 ½ miles

Fiona Bufton 45 mins
Dave Cartwright 42 mins

This was also entered by our 7 junior members, unfortunately their times were not available at going to press but it is believed they were all under 40 mins. An excellent performance.

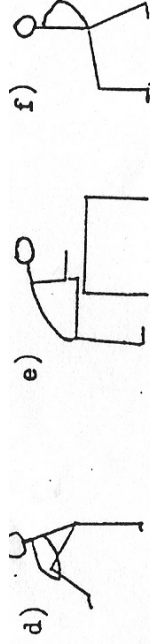
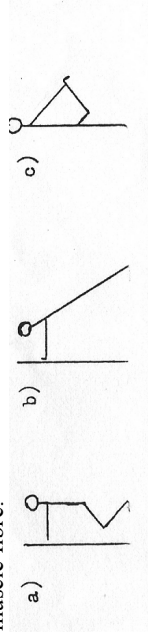
<u>November 30th</u>	
<u>Hadleigh 10 miles</u>	
Bob Kemp	64 mins 40 secs
John Steward	67 mins 50 secs

Club Championship

During 1987 it is proposed to hold a Club Championship designed to encourage members to enter local road races and promote the Club. Rather than simply based on performances it is intended to award points to members entering races under the Stowmarket Striders name and also wearing the Club vest. Members should inform Fiona when they comply with these requisites so that she can keep a register of the points awarded. At the end of the year a trophy will be awarded to the winner, so get your Stow Striders vests out, and if you don't possess one go into Sportskit and order one!

_____ Stretching Exercises

A lot of running injuries could be avoided by a warm up and stretching routine prior to each training session or race. Below are some diagrams of suitable stretching exercises. Each should be held initially for about 10 seconds progressing after regular stretching to about 30 seconds. Stretches should be static and done slowly with no bouncing or jerking which could tear muscle fibre.



Remember to wear something white or reflective when training on these dark winter nights.

Best wishes to Gareth doing his stint for Queen and Country in the Falkland Islands. Don't frighten the penguins too much on those long runs Gareth!

Finally Merry Christmas to all our members and remember- Marathon runners keep it up for hours!

J.S.

CLUB KIT

Les King holds a large range of club kit. He is usually at the club on Tuesday evenings with a boot load of kit. If you think there's anything that could be 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

JUNIORS

Numbers have increased again and there are regularly over 30 youngsters at the junior session on Tuesday evenings. Fun runs are a bit scarce at the moment but there's one at our 5 mile race and then one the next day at Framlingham.

6.30pm ADULTS GROUP

The number of people at the 6.30 group is amazing. There's regularly over sixty runners. There was a bit of confusion regarding running in the 6.30 group or the 7.30 group. To clarify and confirm the club's message for 6.30 group members with regards to running with the club on a Thursday or moving to 7.30 group - there is no hard and fast 9 min mile cut off pace.

CLUB STANDARDS

The club has introduced another level of standards below the current Bronze, Silver and Gold awards – called the Tungsten Award. This should capture more runners and give them a step onto the awards ladder. At the moment Richard Fellingham is reviewing all the standards to ensure that they are consistency across the four levels.

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).

COACHING ADVICE

I usually try to run with as long a stride as possible, because I thought it would make me run faster. But, someone recently told me that a long stride isn't necessarily good. Who is right?

All runners need to find their most efficient stride rate and length. This is particularly important for long-distance runners. Research conducted at the 1984 Olympics revealed that 95 per cent of Olympians running distances of 800 metres or more had a stride rate of about 180 steps per minute. So, if you adjust your stride rate to 180 steps per minute, your stride length at that rate will be your best stride length.

As a general rule, a shorter, lighter stride reduces shock and improves economy. Unless you're running quite fast, trying to lengthen your stride will usually result in a slower, more high-impact turnover. Before increasing stride length, you need to get fitter and stronger.

Determine your stride rate by counting the steps of one foot in a 50-second period. Multiply this by two to get your stride rate.

If your stride rate is fewer than 180 steps per minute, shorten and quicken your stride until you're close to 180 steps.

When you've hit the 180-step target you can start to build up your stride length while maintaining your stride rate. Putting in some speedwork is important. Add one shorter run to your weekly schedule. The shorter distance will allow you to speed up. Then you can break your short run down into intervals of increased effort.

Running up hills is also important; your stride will shorten and you'll have to put in more effort to maintain your rhythm, but once you're back on the flat this will translate into a longer, stronger stride.

Try mixing some cross-training and stretching in with your running schedule. Any improvement in your general strength will always have a positive impact on your running.

GUEST RUNS

It's that time of year when we use Thursday evenings to meet out and about to run from people's homes instead of the Leisure Centre. It's a chance to run somewhere different and see a bit more of the countryside. On guest run Thursdays we DO NOT meet at the Leisure Centre so keep a close eye on the notice board and listen to the announcements to make sure you don't miss a run.

FIXTURES

Sun 18 th June	Mersea Round The Island 13
Wed 21 st June	Midsummer 10 mile
Fri 23 rd June	Stowmarket Striders Friday 5 (Inc Fun Run)
Sat 24 th June	Midsummer Madness Half Marathon (Inc Fun Run)
Sun 25 th June	The First Harwich Triathlon
Sun 25 th June	Sutton Feast Beast 7
Sun 25 th June	Yaxley 7
Sun 25 th June	BHF Colchester Garrison Jog 3k
Sun 25 th June	The Horndon Feast & Fayre 10k
Thurs 29 th June	Wroxham 5k
Sun 2 nd July	Norwich Triathlon
Sun 2 nd July	High Ongar 10k
Sun 2 nd July	Stansted 10k
9 July	Mutford Relays
Wed 12 th July	Bungay Summer Series 10k
Sat 15 th July	Rowhedge 10k
Mon 24 th July	Jaffa vs Striders Track Challenge
Sun 23 rd July	Haverhill 10 & 5 Kilometre TBC
Fri 4 th Aug	Brandon Wibbly Wobbly Log Jog

Joe Cox 10m

26th March 2006

Male top three

1st	Ian Keeble	Unattached	56:52
2nd	Robin Coll	Newmarket Joggers	57:02
3rd	James Heath	St Edmund Pacers	60:50

Female top three

1st	Jayne Williams	Ipswich Jaffa	68:28
2nd	Wendy Lockwood	Haslemere Border AC	69:41
3rd	Becky McCorquodale	Great Bentley	70:22

Striders Results

Pos.	Name	Time
6	Nicholas Stephens	01:02:20
15	Stuart Green	01:04:11
27	John Squirrell	01:09:04
40	Lee Edwards	01:10:48
47	Ker Macrosson	01:12:13
57	Richard Nash	01:15:08
58	David Daniels	01:15:25
66	Kirk Braker	01:16:44
72	Richard Fellingham	01:17:50
75	Jason Bloomfield	01:17:56
78	Vincent Smith	01:18:30
79	Glenn Morton	01:18:49
80	Lorraine Mills	01:18:52
87	William Burdett	01:20:34
88	Les Basham	01:20:56
92	Rebecca Jack	01:22:04
100	Malcom Hogarth	01:23:40
101	Simon Browne	01:23:46
114	Rachel Champion	01:27:03
119	Elaine Wright	01:28:41
123	Frank Moggan	01:30:12
128	Ronel Vander-Merwe	01:32:05
129	Michelle Payne	01:32:12
133	Joe Naughton	01:32:58
136	Jenny Relf	01:34:06
138	Shirley Brame	01:34:55
143	David Loades	01:39:01
144	Beth Gipson	01:39:15
145	Caroline Hanna	01:42:28
147	Alison Bonham-Carter	01:48:40
148	Shena Smith	01:56:00

149 Finishers

Broadland ½ Marathon 19th March

Pos	Name	Time
32	Paul Canham	1:28:06
123	Richard Fellingham	1:44:42
149	Lorraine Mills	1:48:07
156	Les Basham	1:48:53
191	Simon Browne	1:54:33
258	Charmaine Geraghty	2:06:23
297	Shena Smith	2:35:50

There were 301 finishers

Sunflower 10k 2nd April 2006

Pos	Name	Time
339	Katy Nash	1:02:43

There were 436 finishers

Bungay Marathon 2nd April 2006

Pos	Name	Time
2	Roger Aldis	2:52:26
22	John Wankowski	3:17:37

There were 156 finishers

Bungay ½ Marathon 2nd April 2006

Pos	Name	Time
217	Simon Browne	1:57:26
228	Ronel Van Der Merwe	1:59:09
289	Joe Naughton	2:09:12

There were 382 finishers

Sudbury 5m Fun Run 14th April 2006

Pos	Name	Time
30	John Squirrel	32:49
37	Nick Hammond	33:54
86	Richard Fellingham	37:31
136	Michael Pallett	40:14
205	Anne Fellingham	44:00
230	Su Browne	46:07
231	Simon Browne	46:07
238	Michelle Scott	46:42
276	Sandra Mayhew	51:49

There were 312 finishers

Trowse 10k 16th April 2006

Pos	Name	Time
3	Richard Jordan	34:39
110	Lorraine Mills	48:11
263	Glenda Taylor	1:16:24

There were 263 finishers.

Isle of Wight**Newport to Ryde 7 15th April 2006**

In hope that I would finally be the 1st Suffolk runner to finish in a race, picking a small and remote race on the Isle of Wight, Raymond Hill from Ipswich Jaffa also makes the journey to the Island to finish a respectable 15th. Bah Humbug!

Good to meet you Raymond, see you again soon.
Richard Nash

Pos	Name	Time
38	Richard Nash	52:40

Thetford 10k 30 April 2006

Pos	Name	Time
34	John Squirrel (3rd M50)	40.04
187	Jane Dolan	53.19
205	Richard Cox	54.18
215	Rosemary Thurston	54.55
217	Su Browne	54.56
219	Simon Browne	54.58
273	Alison Bonham-Carter	60.02
282	Caroline Hanna	60.48
305	Sue Seggar	63.35
317	Glenda Taylor	77.36

Heritage Coast 6 mile 30 April 2006

Name	Time
Peter Tricker	40.44
Tamara Jordan	44:00
Lorraine Mills	46:00
Robert Tomlinson	47:00
Anne Fellingham	49:00
Debbie Ghant	51:00
Charmaine Geraghty	51:00
Jan Starmer	60:00

Heritage Coast Run 14 30 April 2006

Name	Time
Chris Starmer	1:30.33
Richard Fellingham	?:?:??
Chris Gladwell	1:50.00
Carol Prance	1:50.00
Sue Garrod	1:51.00
Les Basham	1:53.00
Frank Moggan	2:04.00
Millie Payne	2:00.00
Maria Reynolds	2:10.00

Woodbridge 10k 14 May 2006

Pos	Name	Time
22	Stuart Green	39:04
493	Sue Seggar	63:12

525 finishers

Dereham 10 mile 14 May 2006

Pos	Name	Time
4	Roger Aldis	58:55
81	Richard Fellingham	1:13:14
89	Chris Gladwell	1:14:33
99	Carol Prance	1:15:21
141	Les Basham	1:21:07

Gt Bromley 5m 19th May 2006

Pos	Name	Time
9	Nick Hammond	33:31
86	Ronel Van der Merve	42:40
90	Sandra Mayhew	44:02

There were 110 finishers

Oxford Town & Gown 10k 21 May 2006

Pos	Name	Time
277	Chris Gladwell	43:05

The winner's time was 31:40 and the first lady came in at 34:00

There were 2846 finishers

This is a flat course around the streets and parks of Oxford city centre. Despite having a number of twists and turns quick times are possible. It's well marshalled and run on closed roads. Timings are taken using a chip attached to the back of your race number! This year it was run in torrential rain, which kept the numbers of entrants down, but there were still big crowds on the course. It's classed as a fun run and charity run so there was an assortment of abilities and fancy dresses. The 10.00am start means an early departure from Stowmarket or staying over on the Saturday night.

Gt Baddow 10m 21st May 2006

Pos	Name	Time
379	Michael Pallett	1:24:34
492	Frank Moggan	1:30:42

There were 665 finishers.

Kirton Friday 5 26th May 2006

A sea of yellow and black saw 62 Striders attend the first race of the Friday 5 series at Kirton. When Roger is not in the top 10 and Chris Starmer finishes in 43rd, it shows that the standard of this race was extremely high. Even David Miller didn't win!

Pos	Name	Time
11	Roger Aldis	28:19
43	Christopher Starmer [3rd MV45]	30:56
54	James King	31:29
62	Andy Green	32:09
74	Ian O'Farrell	32:35
80	Paul Canham	32:59
86	Nick Hammond	33:12
90	Stuart Ruegg	33:16
95	Adrian Doig	33:34
104	Peter Tricker [2nd MV55]	34:19
112	Jason Bloomfield	34:47
127	Robert Tomlinson	35:36
133	Colin Thomas	35:46
136	Jonathan Levett	35:55
139	Bernard Debney [3rd MV55]	35:59
149	Kelly Kemp	36:21
152	Richard Fellingham	36:25
157	David Daniels	36:36
158	Chris Gladwell	36:45
162	Lorraine Mills	36:59
171	Sue Garrod	37:26
178	David Chittick	37:33
196	John Rednall	38:13
200	Leslie Basham	38:18
204	Sarah Tavener	38:29
206	Martin Ablett	38:31
209	Harry Smith	38:44
210	Rebecca Jordan	38:45
225	Carl Thorpe	39:33
231	Carol Prance	39:40
242	Anne Fish	40:01
243	Leslie King	40:02
244	Gary Halestrap	40:02
248	Penny Waggott	40:04
249	Alison Halestrap	40:10
250	Dave Watt	40:10
260	Malcolm Hogarth	40:38
272	Grayham Fish	41:10
273	Frank Moggan	41:11
278	Gail Sparkes	41:25
287	Debbie Ghant	42:02
291	Kim Levett	42:18
293	Anne Fellingham	42:46
294	Ronel van der Merwe	42:48
295	Ann Hogarth	42:48
297	Margery Brown	42:55

298	Charmaine Geraghty	42:55
301	Sandra Mayhew	43:23
303	Micelle Rooney	43:27
317	Jan Starmer	44:41
321	Roger Sparkes	45:05
329	Julia Smith	45:36
333	Beth Gipson	45:53
345	Katy Nash	46:45
348	Maria Reynolds	47:16
352	Clare Bailie	47:29
356	Rose Norris	48:16
363	Sue Lewis	49:49
367	Fiona Moody	50:01
381	Lesley Watt	52:12
386	Jeanne Lynch Aird	55:42
391	Glenda Taylor	59:17

There were 391 finishers.

Gt East Anglia Run 10km 28th May 2006

Sadly a 25 year old collapsed and died after finishing this run. To mirror the sentiments of the organisers, our thoughts go to the runner and his family.

Pos	Name	Time
218	Bob Grainger	44:46
711	Naomi Hall	54:43

There were 1344 finishers

Soham 1/2 Marathon 28th May 2006

Pos	Name	Time
66	Richard Fellingham	1:39.24
88	Vincent Smith	1:44.34

Brandon Forest 1/2 Mar 29th May 2006

Pos	Name	Time
178	Ronel Van der Merwe	2:04:55
202	Maria Reynolds	2:18:04

There were 214 finishers.

Bury Friday 5 2nd June 2006

61 Striders – another huge turnout

Pos	Name	Time
9	Roger Aldis [3rd MS]	28:32
42	James King	30:55
44	Christopher Starmer	31:15
56	Kirk Braker	32:19
57	Andy Green	32:20
70	Paul Canhan	33:07
73	John Squirrell [2nd MV50]	33:10
75	Stuart Ruegg	33:11
76	Nick Hammond	33:14

98	Adrian Doig	34:11
101	Peter Tricker [3rd MV55]	34:15
122	Chris Gladwell	35:38
130	Jason Bloomfield	35:52
136	Robert Tomlinson	36:11
138	Tom Wood	36:16
141	Jonny Levett	36:26
151	Richard Fellingham	36:45
153	David Daniels	36:49
158	Lorraine Mills	37:04
165	Sue Garrod	37:17
169	John Rednall	37:31
175	John Trowell	37:43
186	Miles Garrod	38:06
193	David Chittick	38:15
206	Martin Abbott	38:44
207	William Burdett	38:49
209	Michael Pallett	38:53
218	Rebecca Jordan	39:06
224	Sarah Tavener	39:13
232	Malcolm Hogarth	39:34
242	Leslie King	39:53
247	Dave Watt	39:58
252	Leslie Basham	39:42
253	Gail Sparkes [3rd FV45]	39:43
259	Carl Thorpe	40:12
276	Frank Moggan	40:55
280	Alison Halestrap	41:01
281	Gary Halestrap	41:05
291	Penny Waggott	41:29
292	Kim Levett	41:29
310	Debbie Ghant	42:25
312	Ann Hogath	42:31
313	Charmaine Geraghty	42:36
314	Roger Sparkes	42:38
316	Anne Fellingham	42:44
318	Margery Brown	42:48
320	Michelle Rooney	42:49
322	Jane Dolan	42:57
325	Naomi Hall	43:12
326	Sandra Mayhew	43:12
337	Alan Wells	44:07
342	Ronel Van der Merwe	44:25
351	Chris Chaplin	44:41
366	Jan Starmer	45:43
378	Michelle Scott	46:24
385	Katy Nash	46:40
395	Maria Reynolds	47:26
397	Clare Bailie	47:29
416	Rose Norris	49:16
429	Lesley Watt	51:48
444	Glenda Taylor	60:21

There were 445 finishers

UNIVERSAL RACE ENTRY FORM

Please print and send your completed form direct to the race organisers

Surname:	
Forenames:	
Male or Female?	
Address:	
Town:	
County:	
Postcode:	
Telephone (Day):	
Telephone (Evening):	
E-Mail:	
Date of Birth:	
Age on Race Day:	
Affiliated Club:	
Race Entered:	

I enclose a large SAE and cheque for the value of £

Competitors must be over 18 to run a marathon, 17 for a half marathon and 16 for a 10-mile race. Any additional information that may be of interest to the race director should be enclosed with this race entry form.

A signed entry form will be considered as an acceptance of governing body rules and a declaration that you will run entirely at your own risk.

Signed _____ Date _____