



# STRIDERS NEWS

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

Volume Seven: Issue Three

August 2006

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NOTE: 25 September -  
Last date for articles for  
October newsletter

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

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

**Editor: Chris Gladwell**  
[chris.gladwell1@btinternet.com](mailto:chris.gladwell1@btinternet.com)

## Suffolk's Friendliest Running Club - Running for all abilities

Up and coming events, not to be missed....

### Alton Water run/bike followed by a picnic

The Striders will be gathering for a social run/bike around Alton Water, starting at **11:30am, Sunday 13<sup>th</sup> August.**

### Summer Barbecue

I think this is on **20<sup>th</sup> August** and probably at Haughley Park! Listen out for announcements at club nights

### 5km Striders/Jaffa Track Challenge

The date of the annual Striders/Jaffa track challenge is **Monday the 21<sup>st</sup> August**

### Round Norfolk Relay

The Round Norfolk Relay is being held on the weekend of the **16<sup>th</sup>/17<sup>th</sup> September.** A fantastic event. You have to do it to realise how good it is.

### Striders on tour in Sunny Thruxton



### Ipswich Jaffa Friday 5 9th June 2006

Pos	Name	Time
6	Roger Aldis	28:34
18	James King [2nd MU17]	00:31
33	Chris Starmer	31:44
39	Andy Green	32:36
53	Paul Canham	33:34
54	Stuart Ruegg	33:43
67	Ian O'Farrell	34:28
75	Peter Tricker [2nd MV55]	35:10
76	Malcolm Penn	35:16
81	Jason Bloomfield	35:45
82	Tom Wood	35:47
87	Sandie Pottage	36:13
94	Jonathon Levett	36:43
95	David Daniels	36:46
107	Nicholas Bretherton	37:27
109	Vincent Smith	37:34
110	Sue Garrod	37:36
112	Richard Fellingham [3rd V55]	37:45
120	Robert McPhillips	38:08
121	David Chittick	38:09
122	Lorraine Mills	38:14
129	Harry Smith	38:34
131	Martin Ablett	38:38
146	Rebecca Jordan	39:22
166	Malcolm Hogarth	40:32
168	Leslie King	40:40
169	Gary Halestrap	40:57
176	David Watt	41:07
187	Alison Halestrap	41:29
189	Debbie Ghant	41:35
193	Robert Davis	41:43
195	Frank Moggan	41:50
196	Joe Naughton	41:56
199	Rachel Toogood	42:08
200	Dennis Davis	42:15
204	Charmaine Geraghty	42:44
208	Kim Levett	43:10
213	Margery Brown	43:55
214	Alan Wells	44:00
217	Michelle Rooney	44:18
219	Naomi Hall	44:29
227	Ronel Van der Merwe	45:10
236	Clare Baillie	45:57
244	Jan Starmer	46:44
259	Maria Reynolds	49:17
274	Susan Seggar	51:20
276	Lesley Watt	52:13
277	Kelly Kemp	52:48
288	Katy Nash	53:54

295 Finishers

### Striders Friday 5 23rd June 2006

No rain, more finishers than ever, 65 Striders

#### Men's Prize winners

1st Place	Gregory Billington	Newmarket Joggers	26:06
2nd Place	Paul Spowage	Colchester Harriers	27:17
3rd Place	David Gibbon	Colchester & Tendering	27:34
1st U18	Lee Grocott	Harwich Runners	27:56
1st Vet 40	Kevin Vaughan	St. Edmund Pacer	25:47
1st Vet 45	Robin Coll	Newmarket Joggers	28:42
1st Vet 50	Peter Golding	St. Edmund Pacer	28:29
1st Vet 55	Harry Morris	St. Edmund Pacer	31:43
1st Vet 60	Danny Mullane	Tiptree Road Runners	33:39
1st Vet 65	Glyn Peck	Harwich Runners	34:45

#### Female Prize winners

1st Place	Jayne Williams	Ipswich Jaffa	33:06
2nd Place	Val Jennings	Ipswich Jaffa	33:22
3rd Place	Haley Suttle	Newmarket Joggers	33:32
1st U18	Samantha Wing	Thetford AC	35:32
1st Vet 35	Sally Steedman	Ipswich Jaffa	34:26
1st Vet 40	Sandie Pottage	Stowmarket Striders	35:07
1st Vet 45	Sally Pearce	Felixstowe Road Runners	37:13
1st Vet 50	Diane Wooller	Colchester & Tendering	38:08
1st Vet 55	Julia Middleton	Newmarket Joggers	36:43
1st Vet 60	Maureen Wright	Ipswich Jaffa	40:40

#### Team Prizes

Men		
Pacers	Kevin Vaughan	27:47
	Stephen Robinson	27:49
	William Barnes-Smith	28:08
Ladies		
Jaffa	Jayne Williams	33:06
	Val Jennings	33:22
	Sally Steedman	34:26

## Striders Friday 5: Striders Results

Position	Name	Time
10	Rodger Aldis	00:28:13
27	James King	00:30:48
37	Andy Green	00:31:54
38	Kirk Braker	00:31:58
40	Stuart Green	00:32:00
43	John Squirrell	00:32:36
47	Ian O'Farrell	00:32:48
49	Nick Hammond	00:32:53
58	Paul Canham	00:33:18
61	Malcolm Penn	00:33:23
69	Adrian Doig	00:33:46
72	Peter Tricker	00:33:58
76	Tom Wood	00:34:10
82	Robert McPhillips	00:34:27
86	Jason Bloomfield	00:35:03
90	Sandie Pottage	00:35:07
97	Robert Tomlinson	00:35:41
103	Glenn Stephens	00:35:50
104	Jonny Levett	00:35:54
106	David Daniels	00:36:00
110	Vincent Smith	00:36:08
119	Sue Garrod	00:36:37
122	Kelly Kemp	00:36:45
133	William Burdett	00:37:29
136	David Chittick	00:37:37
137	Nick Bretherton	00:37:48
144	Joe Naughton	00:38:02
145	Harry Smith	00:38:04
153	Rebecca Jordan	00:38:26
155	Martin Ablett	00:38:27
161	Gary Halestrap	00:38:43
175	Rachel Toogood	00:39:06
176	Malcolm Hogarth	00:39:06
184	Dave Watt	00:39:37
186	Les King	00:39:41
191	Michael Pallett	00:39:45
194	Alison Halestrap	00:39:53
219	Carl Thorpe	00:40:50
221	Anne Fish	00:40:57
227	Charmaine Geraghty	00:41:23
233	Laura Hicks	00:42:08
237	Debbie Ghant	00:42:21
238	Frank Moggan	00:42:22
241	Namoi Hall	00:42:26
246	Alan Wells	00:42:45
249	Michelle Payne	00:42:50
250	Sandra Mayhew	00:43:07

254	Ronel Van Der Merwe	00:43:28
257	Anne Fellingham	00:43:42
263	Michelle Rooney	00:44:04
273	Heather Bexon	00:44:32
299	Michelle Scott	00:46:36
301	Beth Gipson	00:46:52
302	Clare Bailie	00:46:54
308	Katy Nash	00:47:39
311	Emma Lucas	00:47:57
314	Maria Reynolds	00:48:16
331	Lesley Watt	00:51:36
339	French Amy	00:54:02
340	Sarah John	00:54:02
341	Virginia Bond	00:54:05
342	Christine Meadows	00:54:35
343	Sam Jackson	00:54:35
344	Glenda Taylor	01:01:12
345	Saran Howick	01:01:44

345 Finishers

### Alton Water run/bike..... Followed by a picnic

The Striders will be gathering for a social run/bike around Alton Water, starting at **11:30am on the Sunday 13<sup>th</sup> August.**

There is no need to book, just come along for a social gathering. For those who wish to do so, there will be a 7 mile run around the lake. There is a bike hire shop should you wish to join the runners on two wheels.

This will be followed up by a picnic by the lake. If you are feeling a little lazy, there is also a café from which you can buy some snacks.

For those unfamiliar with the location, follow the signs from the A137 or follow the link below for a map to where we meet:  
<http://www.streetmap.co.uk/streetmap.dll?G2M?X=615630&Y=235360&A=Y&Z=3>

**Great Bentley Friday 5 14th July 2006**

Pos	Name	Time
28	Nicholas Stephens	29.30
43	Andy Green	30.51
48	John Wankowski	31.00
52	Kirk Braker	31.14
68	Nicky Hammond	32.07
71	Paul Canham	32.15
77	John Squirrell	32.26
84	Adrian Doig	32.42
112	Tom Wood	33.54
113	Peter Tricker [3rd MV55]	33.57
116	Nick Bretherton	34.05
118	Jason Bloomfield	34.08
122	Sandie Pottage	34.14
143	Jonny Levett	35.19
144	Robert Tomlinson	35.25
150	Kelly Kemp	35.37
153	David Daniels	35.51
156	Lorraine Mills	36.06
160	Sue Garrod	36.27
161	Miles Garrod	36.33
168	David Chittick	36.49
190	Rebecca Jordan	37.46
196	Martin Ablett	37.56
212	Malcolm Hogarth	38.34
214	Dave Watt	38.36
220	Lesley Basham	38.48
225	Harry Smith	38.54
239	Charmaine Geraghty	39.38
248	Penny Waggott	39.50
254	Kim Levett	40.21
259	Debbie Ghant	40.40
261	Anne Fellingham [3rd FV55]	40.56
268	Sandra Mayhew	41.23
270	Laura Hicks	41.29
276	Frank Moggan	42.04
284	Ronel Van Der Merwe	42.54
304	Clare Bailie	44.32
331	Rose Norris	47.49
335	Sue Seggar	48.27
337	Jen Summers	48.51
346	Lesley Watt	50.26
357	Glenda Taylor	60.42

There were 358 finishers.

There are results of the last three races:

Has anyone seen the final results of the series????

**A Strider triumphs in Australia...**

**John Rednall helps England seal Tri-Series bowls victory July 27, 2006 - 8:09PM**

The English men's bowls team snatched victory over Australia in the final Test match to claim the Tri-Series Classic at the Tweed Heads Bowls Club.

In a sensational finish, England secured the trophy after winning the deciding triples encounter on the second end of a nail-biting tie-breaker.

Earlier in the day England won the pairs and Australia hit back in the singles rubber.

"There was nothing between the two teams," said national coach Cameron Curtis. "Each of our boys can walk away with their heads held high. It is disappointing to walk away without the trophy."

In the pairs, England upstaged Australia's combination of Todd Simmons and Commonwealth Games gold medallist Wayne Turley beating the duo in straight sets.

England's **John Rednall** and Brett Morley jumped out of the blocks notching up a 4-0 lead after two ends before Australia responded with two consecutive counts of three.

**Rednall** and Morley fought back scoring an impressive count of four on the fifth end and raced away to win the first set by 8 shots.

The English combination had all the momentum in the second set claiming victory with a 15-7 10-4 score line.

Sydney-based Scott Caundle then tied the Test with an emphatic win over English singles champion Nicky Brett.

Caundle was in top form early winning the opening set 11-7, but Brett hit his straps in the second winning the set by 9 shots to force the match into a best-of-three-ends shoot-out.

With the pressure mounting Caundle remained calm to secure victory on the second end of the tie-breaker 11-7 2-11 2-0.

In the must-win triples encounter Simmons, Caundle and Turley got Australia off to a promising start edging out the English line-up by four shots in the opening set.

The English fought their way back into contention, however, winning the second 11-3 to push the game into a tie-breaker.

**Rednall**, Brett and Morley prevailed in the best-of-three-ends shoot-out to register a 4-8 11-3 2-0 victory.

England scored a 3-0 win over South Africa on Tuesday to go with Thursday's victory.

**A victory over the Australians in Australia - how sweet is that. Bring on the Ashes.**

**Norwich 1/2 Marathon  
11 June 2006**

Temperatures up to 30C led to slow times. The winning time was six minutes slower than last year at 70.26 and the winner was from Kenya and he said it was hot!...

Pos	Name	Time
135	Bob Grainger	1:45:39
310	Lorraine Mills	2:01:50
334	Les Basham	2:04:18
460	Jo Fraser	2:13:49

There were 729 finishers.

**Mersea Round the Island 13  
18th June 2006**

Pos	Name	Time
143	Ronel Van der Merwe	2:18:52

There were 182 finishers

**Harwich Triathlon 25th June 2006**

Pos	Name	Swim	Bike	Run	Time
42	Miles Garrod	9:30	51:08	21:04	1:21:42
55	Les Basham	10:58	51:40	22:32	1:25:10
68	Maria Reynolds	8:46	57:52	26:19	1:32:57

There were 76 finishers

**Sutton Feast Beast 7 25th June 2006**  
7mile Race

Pos	Name	Time
27	Richard Fellingham	49:48

There were 68 finishers.

**Newmarket 10k 2nd July 2006**

Pos	Name	Time
3	Richard Jordan	36:51
28	Nick Hammond	45:19
60	Penny Waggott	55:15
69	Ronel van der Merwe [2nd FV45]	58:33
71	Sandra Mayhew	58:43
77	Anne Fellingham [2nd FV55]	61:28

There were 89 finishers.

**Rowhedge Heritage Trust 10k 15 July 2006**

Pos	Name	Time
2	Richard Jordan [1st MV40]	36:17
59	Ronel Van Der Merwe	58:13

There were 75 finishers.

**5km Striders/Jaffa Track  
Challenge**

The annual Striders/Jaffa track challenge is on **Monday the 21<sup>st</sup> August 2006.**

For the first year there will be the addition of a junior race starting at 7:15pm open to 10 to 16 year olds.

The sequences of event are:

6:50pm – Registration opens for juniors at track side

7:05pm – Registration opens for seniors in the Gym

7:15pm – Juniors 1500m Race

7:30pm – Men's (B) Race (20 mins and over)

8:00pm – Ladies Race

8:30pm – Men's (A) Race (Sub 20 mins)

**Round Norfolk Relay**

The Round Norfolk Relay is being held on the weekend of the **16<sup>th</sup>/17<sup>th</sup> September.**

This is a 193 mile race made up of 17 stages ranging in length from 5 miles to 19 miles. It's a continuous 24+ hour relay event running the circumference of Norfolk. It is a fantastic weekend (*just ask those who ran this last year!*) where we require 17 runners per team with cyclists, drivers, and support crew to help in the taking part of this event. To get a feel for last years race see the runners' race reports on:

[http://www.stowmarketstriders.org.uk/RaceResults/2005RaceResults/RoundNorfolkRelay\\_2005.htm](http://www.stowmarketstriders.org.uk/RaceResults/2005RaceResults/RoundNorfolkRelay_2005.htm)

Further details of the Round Norfolk Relay can be found on their website:

[www.roundnorfolkrelay.co.uk](http://www.roundnorfolkrelay.co.uk).

**If you are interested in running a leg, cycling support, driving or otherwise, please let the *Chris Starmer or Lorraine Mills* know as soon as possible. The club is planning to enter two teams for this event.**

## Thrupton 10k

16 July 2006

The Thrupton 10k weekend turned out to be another enjoyable tour with 20 members travelling down to Winchester on Saturday morning.

We were eventually booked in at the Winchester hotel after a small hic-up by the Norton park hotel! However this proved to be better located allowing most to amble around Winchester in the afternoon, and then back to the hotel pool later. With all twenty of us having the same idea the pool got a bit crowded and as always winkle races and create a whirl pool got under way, well what else can you do in a 10m pool! Things became even more crowded in the sauna and steam room but very cosy!

After a pleasant evening meal at the hotel some of the girls were keen to hit the bars and night clubs to get hydrated! so it was only right that they were escorted by three responsible old boys well two anyway. The light weights enjoyed a more sensible evening at the hotel.

No names mentioned but some had more sustenance than required for a 10k preparation but it was all good fun returning back to the hotel around 2am for a good nights sleep, assuming you put your room key in the door and not your credit card.

We all surfaced around 8am for a full English breakfast, then onto Thrupton arriving in plenty of time except Chris of course who likes to turn up with just a few minutes to spare.

The temp was already into the 30's very little breeze and no shade of course around race circuits and with most of us dehydrated from the previous evening session it was highly unlikely any PBs were about to be set.

We all set off at a sensible pace and with approx 100 runners we had already won the most runners from one club trophy which was greatly appreciated by the organisers. However Chris managed to get into the top 10 excluding the two wheelchairs and Anne Fish picked up the 1st v50 trophy and well done Debbie who actually managed a PB, the rest of us, well we all got round the 2.6 laps.

The showers were very basic with plenty of screams coming from the girl's side and nothing to do with the lads but more the cleanliness!

I think we can say it was another successful tour and all had an enjoyable time and looking forward to the next.

Peter Tricker

### Results

Pos	Name	Time
12	Chris Starmer	39:46
32	Peter Tricker	47:53
43	Harry Smith	50:53
44	Anne Fish	51:16
46	Robert Tomlinson	51:35
47	Lorraine Mills	52:20
49	David Watt	53:16
50	Debbie Ghant (PB)	53:37
53	Kim Levett	54:19
54	Penny Waggott	54:19
55	Charmaine Geraghty	54:19
64	Grayhame Fish	56:54
70	John Steward	58:58
73	Frank Moggan	60:39
75	Jan Starmer	60:48
83	Jenny Relf	62:39
88	Linda Steward	66:00
89	Mary Tricker	66:51
90	Lesley Watt	67:10
97	Glenda Taylor	79:11

## Ekiden Marathon Relay 23rd July 2006

Many thanks for all those who ran.

Ladies "Stowmarket Striders C" came 3rd in the ladies category. The event includes a 7.2k first leg followed by alternate 5K and 10K legs. They are run mainly in the grounds of Woodbridge School on a 2.5k lap.

Pos.	Name	Time	M/Mile
<b>8 Stowmarket Striders A 2:43.13</b>			
12	C Starmer	0:27:51	( 6:13)
9	A Green	0:19:33	( 6:17)
9	N Stephens	0:39:20	( 6:19)
7	S Green	0:19:37	( 6:18)
4	R Aldis	0:36:48	( 5:55)
10	N Hammond	0:20:04	( 6:27)
<b>25 Stowmarket Striders E 3:21.56</b>			
30	R Nash	0:34:37	( 7:44)
26	T Burdett	0:23:11	( 7:27)
30	S Gray	0:48:18	( 7:46)
30	M Hogarth	0:25:37	( 8:14)
34	D Daniels	0:50:55	( 8:11)
6	N Stephens	0:19:18	( 6:12)
<b>28 Stowmarket Striders B 3:26.45</b>			
33	M Ablett	0:35:51	( 8:00)
38	F Moggan	0:27:00	( 8:41)
39	L Basham	0:51:26	( 8:16)
29	O King	0:25:10	( 8:05)
16	C Starmer	0:41:43	( 6:42)
36	J Naughton	0:25:35	( 8:14)
<b>39 Stowmarket Striders C 3:43.40</b>			
41	S Mayhew	0:37:55	( 8:28)
43	J Starmer	0:29:13	( 9:24)
35	L Mills	0:50:52	( 8:11)
34	C Gray	0:26:52	( 8:38)
32	K Kemp	0:50:12	( 8:04)
46	A Hogarth	0:28:36	( 9:12)
<b>42 Stowmarket Striders D 3:47.36</b>			
34	R Toogood	0:35:59	( 8:02)
39	A Hogarth	0:27:00	( 8:41)
40	C Geraghty	0:51:38	( 8:18)
45	K Nash	0:30:15	( 9:44)
41	D Ghant	0:54:09	( 8:42)
45	M Reynolds	0:28:35	( 9:11)

## Mutford Relays

9th July 2006

3 <sup>rd</sup> Stowmarket 'A'	Time	Pace/ Mile	Strider Pos	Total
Hayley Suttle	20:10	06:29	1	0:20:10
Nick Stephens	18:14	05:52	1	0:38:24
Nick Palmer	17:44	05:42	1	0:56:08
Simon Brummitt	17:38	05:41	1	1:13:46
Roger Aldis	17:15	05:33	1	1:31:01
12 <sup>th</sup> Stowmarket 'G'	Time	Pace/ Mile	Strider Pos	Total
Lorraine Mills	22:18	07:11	2	0:22:18
Penny Waggott	24:21	07:50	3	0:46:39
Kelly Kemp	22:12	07:09	3	1:08:51
Kerr Macrosson	21:13	06:50	2	1:30:04
Miles Garrod	22:08	07:07	2	1:52:12
14 <sup>th</sup> Stowmarket 'C'	Time	Pace/ Mile	Strider Pos	Total
Debbie Ghant	24:34	07:54	4	0:24:34
Andy Green	19:34	06:18	2	0:44:08
Ann Hogarth	26:13	08:26	4	1:10:21
Dave Watt	23:27	07:33	4	1:33:48
Richard Nash	22:08	07:07	3	1:55:56
16 <sup>th</sup> Stowmarket 'D'	Time	Pace/ Mile	Strider Pos	Total
Anne Fellingham	25:52	08:20	6	0:25:52
Charmaine Geraghty	24:17	07:49	6	0:50:09
Becky Jordan	23:13	07:28	6	1:13:22
Les Basham	23:08	07:27	6	1:36:30
Nick Hammond	19:46	06:22	4	1:56:16
17 <sup>th</sup> Stowmarket 'F'	Time	Pace/ Mile	Strider Pos	Total
Rachel Toogood	23:26	07:33	3	0:23:26
Kim Levett	24:44	07:58	5	0:48:10
Frank Morgan	25:08	08:05	5	1:13:18
Sue Garrod	21:50	07:02	5	1:35:08
Jonny Levett	21:24	06:53	5	1:56:32
18 <sup>th</sup> Stowmarket 'E'	Time	Pace/ Mile	Strider Pos	Total
Sandra Mayhew	25:51	08:19	5	0:25:51
Jason Bloomfield	20:57	06:45	4	0:46:48
David Daniels	21:22	06:53	2	1:08:10
Malcolm Hogarth	24:13	07:48	3	1:32:23
Joe Naughton	24:26	07:52	6	1:56:49
19 <sup>th</sup> Stowmarket 'B'	Time	Pace/ Mile	Strider Pos	Total
Jan Starmer	27:34	08:52	7	0:27:34
Elaine Wright	24:55	08:01	7	0:52:29
Martin Ablett	23:03	07:25	7	1:15:32
William Burdett	23:11	07:28	7	1:38:43
Chris Starmer	18:20	05:54	7	1:57:03

There were 24 teams.

## Summer Barbecue

The annual Stowmarket Striders summer barbecue will be at Haughley Park on **Sunday 20 August, 2.00pm kick-off.**

The cost is negligible so there's no excuse not to come.

See Kim for more details. Put your name down on the poster available on club nights – so we know how many people are coming and don't run out of burgers.

## Trailer Purchase

It has been identified that the club owns a great deal of equipment consisting of tents, signs, posts, ribbon, urns and a whole host of other items for the purpose of our club races. Currently the gear is being held at various locations at various members homes. In order to efficiently control the inventory that the club owns and to efficiently transport this to club races, the committee have proposed and agreed to the purchase of a second hand box trailer in good condition up to the value of £2,000. If anyone has any ideas or knowledge of a trailer in good condition, please contact Chris Starmer who has agreed to look further into this.

## Training Tips

**Dare to be different** (but don't be stupid!)  
"In training, don't be afraid to be an oddball, eccentric or extremist Only by daring to go against tradition can new ways of training be learned. The trick is recognising quickly when a new approach isn't working."  
*-Benji Durden, 1980 Olympic marathoner*

**Show some horse sense**  
"During long, slow distance training should think of yourself as a thoroughbred disguised as a Shire horse. No need to give yourself away by running *fast*" - *Marty Liquori, former World number one miler*

## Build with care

"If you put down a good solid foundation, then you can build one room after another and pretty soon you have a house. After your base mileage, then you add hills, pace work, speed work and your ability to run races and races out"

*-Rod-Dixon, Olympic 1500m medallist and NY City Marathon winner*

## Listen to your body

"Your body is always trying to tell you where you are. Listen to it. Beware when you become tired and listless, when you lose interest in training sessions and approach them as a chore rather than a pleasure." – *Dr George Sheehan*

## Don't get stuffed

"Day-to-day consistency is more important than big mileage. Then you're never 'stuffed the next day.'" -*John Campbell, former world veteran marathon record holder*

## Keep it in proportion

"If you run 30 miles a week, then about seven of those - or approximately one-quarter should be quality miles. Quality miles will boost your aerobic capacity." |  
*-Dr Owen Anderson, running researcher*

## Don't force it

Overly aggressive stretching can actually increase your injury risk."

*Tim Noakes, author of "The Lore of Running"*

## Striders 20<sup>th</sup> Anniversary Dinner Dance

A great night was had by all! Over 100 people turned up in an assortment of posh frocks and dinner jackets.

There are pictures on the Striders website in the social events section.

[http://www.stowmarketstriders.org.uk/SocialEvents/20thAnniversaryPictures/20thAnniversary\\_2006.htm](http://www.stowmarketstriders.org.uk/SocialEvents/20thAnniversaryPictures/20thAnniversary_2006.htm)

## CLUB CHAMPIONSHIPS UPDATE

Name	Surname	Race 1 Time	Race 2 Time	Race 3 Time	Race 4 Time	Total Points after 4 races
Charmaine	Geraghty	26.54	25.38	24.55	24.26	99
Debbie	Ghant	26.19	25.35	25.07	24.55	90
Lorraine	Mills	22.40	22.10	21.29	21.57	76
Millie	Payne	26.52		25.49	26.08	74
Glenda	Taylor	36.35	35.54	35.57	39.55	69
Malcolm	Hogarth	27.58	24.35	23.44	25.00	68
William	Burdett (06)	23.31	23.12	23.03	22.49	67
Jason	Bloomfield (+1)	20.40	21.26	20.34	20.57	64
Penny	Waggott	24.14	24.26		24.06	64
Julia	Smith (+1.5)	27.31	27.28	28.38	28.08	63
Alison	Halestrap (06)(+0.5)	25.02	24.17		24.13	60
Lesley	Watt		31.51	31.29	30.48	59
Martin	Abblett	23.46	23.39	23.15	23.02	58
Marjori	Brown (06)	26.17	26.22	26.21	27.48	57
Robert	Tomlinson	22.19		21.10	21.40	53
David	Scotford (06)	26.08	25.09	25.19	24.54	51
Nick	Hammond	19.48	20.02	19.30		49
John	Rednall	23.21		22.44		48
Rachel	Toogood			24.11	23.47	46
Jane	Dolan	26.30	26.01		27.03	46
Rose	Norris (+0.5)	28.42	28.44			42
Anne	Fellingham	26.08	26.00		26.18	40
Peter	Tricker		21.11	20.50		40
Roger	Aldis	17.18	17.42	17.16		39
Kirk	Braker (06)		19.46	19.31	19.20	38
Ann	Hogarth	26.11		26.18		37
Nick	Palmer (06)	18.37	18.11		17.57	35
Colin	Pitts (06)	18.24		18.25	18.09	35
David	Daniels (06)	22.39	22.19	22.15	23.29	35
Vincent	Smith (06)	23.53	25.35	22.20		35
Rebecca	Jordon (06)	24.12	22.51	23.05		35
Beth	Gipson	28.42		28.10		35
Tom	Wood (06)	21.13	21.37	20.14	22.18	33
Sandra	Mayhew (06)	27.15	25.59	26.08		33
Carl	Thorpe (+1.5)		25.56			32
Gary	Halestrap (06)(1.0)	26.01	24.05			32
Les	Basham	23.43	24.05	24.13		32
Nick	Bretherton (06)	21.17		21.10	21.07	31
Jonny	Levett (06)	22.59		21.11		31
Simon	Brummitt				17.59	30
Sue	Seggar	29.35		29.31	30.52	29
Dave	Watt (06)	24.15	23.28		23.26	28
Niomi	Hall (06)	27.28	26.45		27.36	28
Shelly	Rooney	26.25	25.38			28
Jim	Rossitter (06)	30.26			29.44	27
Sue	Garrod			22.07		27
Richard	Fellingham	23.22	22.53			26
Joe	Naughton			24.34		25
Maggie	Tabley	26.58				24

Colin	Thomas	21.36				20
Andrew	Green			19.03		20
David	Chittick (06)	23.41	22.31			20
Nick	Stephens	18.50		18.44		18
Grayhame	Fish	24.59				17
Katy	Nash (06)	28.07	28.03	27.06	29.07	16
Frank	Moggan	27.44	28.22	25.31		15
Chloe	Booty (06)		28.29			14
Peter	Ciappi	23.22			23.40	13
Carol	Prance (06)	22.56				13
Daniel	Launder (06)	20.56	20.59			13
Rachel	Champion	23.59				13
C	Beatty			27.38		13
Claire	Bailie (06)	27.56		28.12		13
Jan	Starmer	30.19	28.23	26.54		12
James	Mwayi	20.41				12
Kim	Levett	24.34				12
John	Walden (06)		28.12		28.58	11
John	Trowell				22.09	9
David	Pile				23.03	9
Kevin	Mortimer				23.23	8
Becky	Jack			23.29		8
Sue	Moggan				33.28	7
Bernard	Debney (06)	22.57				6
Jenny	Relf				28.38	5
Linda	Steward	28.51				5
Chris	Gladwell	25.14	23.03			4
Mary	Tricker	28.26				2
Tamara	Jordon	23.56				2
Steve	Gray				22.15	1
Mary	Narey				25.12	1
Carole	Fowles				26.23	1
Kelly	Kemp				28.22	1
Lucy	Brett				30.45	1
Georgina	Shelley				30.46	1
Ginny	Bond				33.12	1
Angus	Western (06)	23.54				1
Julia	Waller			28.13		1
Malcolm	Penn			20.10		1
Ian	O'Farrell (06)	22.59				1
Kevin	Newman (06)		26.07			1
Robbie	McPhillips					1
Kerr	Macrossan	24.29				1
Josie	Leary (06)	27.05				1
Anna	Goodrum (06)	28.28				1
Miles	Garrod	25.13				1
Denis	Davis			23.17		1
Sue	Brown (06)	26.47				1
Heather	Bexom			26.31		1

## FIXTURES

Date	Race	Venue	Details
Sunday 6 Aug (9.30)	Harlow 10mile	Mark hall School, Harlow	<a href="http://www.thehrc.org.uk/harlow10">www.thehrc.org.uk/harlow10</a>
Sunday 13 Aug (10.00)	Gt Yarmouth Half Marathon	Emerald park, Gt Yarmouth	<a href="http://www.gtyarmouthroadrunners.com">www.gtyarmouthroadrunners.com</a>
Monday 21Aug (7.30)	Jaffa Track Challenge	Northgate Sports Centre, Ipswich	7:30pm to 8:30pm On the night entries only Open to local clubs only. <a href="http://www.ipswichjaffa.org.uk">www.ipswichjaffa.org.uk</a>
Sunday 27 Aug (10.30)	Mersea island 5/10 miles	Mersea island	
Sunday 3 Sept (11.00)	Framlingham 10k		
Sunday 3 Sept (10.30)	Wissey Half- Marathon	Oxborough Nr Swaffham	<a href="http://www.rystonrunners.org.uk">http://www.rystonrunners.org.uk</a> Oxborough Village Hall, Oxborough, Swaffham
Sunday 10 Sept	Langham 10k	Langham Community Centre	<i>CANCELLED</i>
Sunday 10 Sept	Grunty Fen half marathon	Witchford Village College, Nr Ely	<a href="http://www.gruntyfen.co.uk">http://www.gruntyfen.co.uk</a> Popular event. Pre-entry recommended
Saturday 16 <sup>th</sup> – Sunday 17 <sup>th</sup> Sept	<b>Round Norfolk Relay</b>	Lynnsport Leisure Centre, Kings Lynn	<a href="http://www.roundnorfolkrelay.com">www.roundnorfolkrelay.com</a> 193 mile continuous relay in 17 separate unequal multi-terrain stages. The ultimate club challenge and a unique experience.
Sunday 24 Sept (10.30)	Diss 15 mile	Diss High School	<a href="http://www.dissac.co.uk">www.dissac.co.uk</a>  1.25 mile fun run
Sunday 24 Sept (10.30)	Tarpley 10 (mile)	Beyton Middle School	<a href="http://www.tarpley10.co.uk">www.tarpley10.co.uk</a>  1.1 mile fun run (£2)
Sunday 24 Sept (8.10)	Ipswich Duathlon	Alton Water, Tattingstone, Ipswich	<a href="http://www.ipswich-tri.org">http://www.ipswich-tri.org</a> Run 5km / Bike 23km / Run 5km
Sunday 8 Oct (11.00)	Felixstowe half marathon	Felixstowe Leisure Centre	<a href="http://www.frr.org.uk">www.frr.org.uk</a>  1 mile fun run (£2)
Sunday 15 Oct (11.00)	Martlesham 10k		
Sunday 12 Nov (11.02)	Stowmarket Striders Scenic 7 (mile)	Mid Suffolk Leisure centre	1.5 mile fun run (£2)
Sunday 26 Nov (11.00)	Hadleigh 10 mile		

# UNIVERSAL RACE ENTRY FORM

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*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 \_\_\_\_\_