



STRIDERS NEWS

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

Volume Seven: Issue Four

October 2006

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NOTE: 25 November -
Last date for articles for
December 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
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Suffolk's Friendliest Running Club - Running for all abilities

Suffolk Sports Awards 2006

**Striders coaches runners up for the
Unilever Spirit of the Games Award**



Round Norfolk Relay

Total distance travelled: 387.2 miles
Total time: 53hrs 34 minutes and 6 seconds
People involved: 34 runners and so many more supporters
and helpers
A fantastic event
If you weren't there you don't know what you missed

Competition

For a chance to win a great prize see inside*

Results results results.....

More results than you can shake a stick at.....
including the full and final results from the Friday Five Series

Christmas Party

**The Christmas party will be on Friday 22nd December at
The Riverside Club (Snooker Club).**

* Prize has not yet been decided and may not actually exist

Over 1000 young people representing Suffolk's sporting future converged on Bury St Edmunds on 16 July for the seventh Suffolk Youth Games. The competition in all ten sports was keen with standards of performance the best to date. This was ably demonstrated to all in particular in the last event of the day, the Tag Rugby final, which went to extra time. Mid Suffolk emerged as worthy winners by the narrowest of margins over Forest Heath side. The big crowd, which had assembled were entertained by a thrilling spectacle where the level of skill, commitment and fair play was an example for all.

Waveney won the overall Team award for the second consecutive year with Ipswich and Mid Suffolk in second and third places respectively.

The Mid Suffolk Athletics Team was coached by coaches from Striders (Richard, Sue, Peter, Stuart, Les and Chris) and achieved a highly creditable third place in the Athletics competition.

A team of seven boys and seven girls competed in a range of events. On the track there were races over 60m, 150m and 600m. Field events were the long jump, triple jump, high jump, shot, hammer and javelin. The competition finished with the boys, girls and mixed relays with the final positions not being decided until the last events.

The Youth Games programme is designed to get more young people taking part regularly in club sport. In the weeks leading in to the Games the Striders coaches in partnership with the Mid Suffolk District Council Sports Development Team recruited and coached the prospective athletes and selected the final team.

The Mid Suffolk Sports Development Team was so impressed with our work that they nominated us for the Suffolk Sports "Unilever Spirit of the Games Award".

This is their nomination:

"On the day of the Suffolk Youth Games 2006 and the weeks building up to it, Mid Suffolk's Athletics Coaches overcame many barriers in achieving and inspiring many youngsters in the District to reach their full potential as well as enjoying their progress in their chosen sport.

Without an Athletics Club in the District it was evident Mid Suffolk was going to struggle to find enthusiastic and experienced Coaches to assist in the Programme, but from the initial meeting with Stowmarket Striders Road Running Club my opinion soon changed.

It was evident how enthusiastic and excited each Coach was about the prospect of challenging something new as well as the chance to enter such a massive Festival of Sport in the County. I truly admired their enthusiasm, asking about how they would look to link in with the local Schools, enthusing the youngsters in the area to 'come and try' at each session making it accessible to all.

With no experience of coaching certain disciplines within Athletics, they took it upon themselves to set up regular meetings, conducting their own research and sharing their experiences with the Group so they could learn from each other as well as Sports Development. Their enthusiasm was unquestionable from the first instant, and the first session they performed in such a professional and encouraging manner, every Child attending was enthused by their optimism and knowledge.

In addition to their enthusiasm and commitment, every Saturday the Coaches travelled to Bury Leisure Centre to train the keen youngsters, none of the Coaches received financial benefits, with Mid Suffolk making a donation to the Club as a developmental initiative for the Junior Section in the Club, as agreed by all.

The group of Coaches performed beyond their call of duty for the benefit of all the participants, organising additional Training Sessions for selected Squad Athletes enabling them to develop further, reaching their full potential.

On the actual day of the Suffolk Youth Games, the team of Coaches summed up what the Youth

Games are all about, friendly competitiveness, encouragement, enthusiasm and ensuring the enjoyment of all involved. Demonstrating their professionalism, ensuring a progressive pathway for the Children subsequent to the day, they asked Sports Development to recommend Athletics Clubs in the County to cater for their individual needs.

Throughout the day they requested updates on how everyone else was getting on; enthused by the occasion they supported individuals and teams in all other sports they watched. They were the first ones there supporting the Tag Rugby Team in the Final, rallying up everyone to support the District's Finalists, encouraging through out and acting as true role models to all.

Each and every one of these individuals should be recognised for not only their dedication and enthusiasm for developing Athletics in the District, but also their infectious passion they each have for Coaching and ensuring individuals develop further towards their aspired goals and objectives. This team of Coaches illustrates the exact qualities and attributes you look for in Coaches, as well as so much more. Therefore I believe the Suffolk Youth Games Athletics Team Managers from Mid Suffolk thoroughly deserve recognition from such an Award and I have no hesitation in nominating them."

Chloe McMorran, Sports Development, Mid Suffolk DC

We were runners up in the Unilever Spirit of the Games Award 2006 at the prestigious Suffolk Sports Awards Evening on Sunday 15th October at the Galleria, Ipswich Town.

Christmas Party

**The Christmas party will be on Friday 22nd
December.**

At The Riverside Club (Snooker Club).

From 7.30 pm until 1.00 am (wow).

Tickets will be £5.00 each. Disco and raffle included!

Bring a dish sweet or savoury.

Tickets from Kim and various committee members

Competition Time!

As you know, in March host the Joe Cox 10 mile race. This race comes in the middle of marathon training season and is probably too short to attract the runners training for the marathon. So the club is looking at extending the length of the race to a ½ marathon or a 15 miler. The chairman would like to offer you the chance to win an outstanding prize from the club. All you need to do to win the prize is to find a ½ marathon or 15 mile race route for a full club race to replace the Joe Cox 10. Submit your proposed route to the Chairman before the Joe Cox 2007 for consideration. Remember the race must start and finish at the Leisure Centre and be safe enough to pass a stringent risk assessment.

(* Prize has not yet been decided and may not actually exist)

Friday Five Series Results

These results were compiled by Peter Golding of St Edmund Pacers are taken straight from the Suffolk County AA website: www.suffolkathletics.org.uk

Here is his introduction:

“I must start by apologising for the delay in getting the results published.

Over 600 men and 300 women took part in the 5 events, 62 different teams.

The series is becoming more and more successful, 55 women completed 4 or more races and 113 men.

Congratulations to each of the event organisers for ensuring that there particular race attracted so many runners.

Just a small plea, please ensure that when you enter that it is always with the same name and club, in particular spellings and initials. As even a small change, such as; John Smith to J Smith affects the spreadsheet.

So see you all at Kirton next year.”

Editor’s note: Penny Waggott, Rose Norris, Lesley Watt, Kirk Braker, David Chittick, David Daniels, David (Dave) Watt and John Squirrell – All have duplicate entries in the final results, which in some cases could have affected overall positions

Friday 5 overall team results (Top 10)

Team	Kirton	Bury	Jaffa	Stow	Bentley	Total
Ipswich Jaffa	4823	4389	4598	4493	4474	22777
Stowmarket Striders	4657	3784	4209	4204	3993	20847
St Edmund Pacers	4379	4030	3972	4423	3814	20618
Felixstowe Road Runners	4558	3574	3960	3303	3631	19026
Ipswich Tri	3129	2250	3311	3120	1645	13455
Newmarket Joggers	2430	3483	2625	3014	1730	13282
Gt Bentley RC	3924	2701	2476	2013	1040	12154
Harwich Runners	2178	1092	2249	2340	2819	10678
Hadleigh Hares AC	3605	1556	1773	1015	2607	10556
Woodbridge Shufflers	3829	1656	2779	887	1237	10388

10 Overall Individual Results: MEN

	Surname	Club Name	Category	Kirton	Bury	JAFFA	Stow	Gt B	Total
1	Gregory Billington	Newmarket	M Junior	500	500	500	500		2000
2	Steven Robinson	St Edmund Pacers	M Senior	494	499		496	498	1987
3	Ian Keeble	Unattached	M Senior	495*	497	498	493	496	1984
4	David Laing	Ipswich Jaffa	M Vet 40	493*	493	497	494	499	1983
5	Lee Grocott	Harwich Runners	M Junior	496		499	495	492	1982
6	Roger Aldis	Striders	M Senior	490	492	495	491		1968
7	Peter Golding	St Edmund Pacers	M Vet 50	491		493	489	490	1963
8	William Barnes-Smith	St Edmund Pacers	M Junior	482		494	492	484	1952
9	Christopher Cooke	St Edmund Pacers	M Vet 40	484	483*	490	490	485	1949
10	Robert Chenery	Ipswich Jaffa	M Senior	480*	481	491	488	487	1947

10 Overall Individual Results: LADIES

	Name	Club Name	Category	Kirton	Bury	JAFFA	Stow	Gt B	Total
1	Val Jennings	Ipswich Jaffa	F Vet 40	499	500	500	499	496*	1998
2	Haley Suttle	Newmarket	F Vet 40	497	498	498	498	497*	1991
3	Jayne Williams	Ipswich Jaffa	F Senior		499	499	500	491	1989
4	Sally Steadman	Ipswich Jaffa	F Vet 35	496	497	496	497	490*	1986
5	Angie Alstrachen	St Edmund Pacers	F Vet 40		495	495	494	484	1968
6	Jemma Clarry	St Edmund Pacers	F Junior	488	496	489	490		1963
7	Louise Staunton	Ipswich Jaffa	F Senior	490	494	486	492	485*	1962
8	Sarah Golding	St Edmund Pacers	F Vet 40	483	493	492	491	483*	1959
9	Julia Midleton	Newmarket Joggers	F Vet 55	485	492	491	488	482*	1956
10	Liz Cahill	Colchester Harriers	F Vet 40	489	491	493		482	1955

Strider Ladies

Pos	Name	Category	Kirton	Bury	JAFFA	Stow	Bentley	Total
OPEN								
4	Lorraine Mills	Female Senior	92	97	96		91	376
6	Rebecca Jordan	Female Senior	86*	93	93	96	87	369
7	Kelly Kemp	Female Senior	94		80	98	93	365
8	Charmaine Geraghty	Female Senior	84	85	91	90	84*	350
9	Michelle Rooney	Female Senior	83	83	90	84		340
10	Clare Bailie	Female Senior	76	71*	87	80	75	318
	Naomi Hall	Female Senior		82	89	88		259
	Sarah Tavener	Female Senior	87	91				178
	Laura Hicks	Female Senior				89	81	170
	Michelle Scott	Female Senior		73		81		154
	Michelle Payne	Female Senior				87		87
	Julia Smith	Female Senior	81					81
	Emma Lucas	Female Senior				77		77
	Amy French	Female Senior				73		73
	Virginia Bond	Female Senior				72		72
	Sam Jackson	Female Senior				71		71
	Jen Summers	Female Senior					71	71
	Saran Howick	Female Senior				70		70
V35								
4	Alison Halestrap	Female Vet 35	94	93	95	92		374
6	Kim Levett	Female Vet 35	91	91	91		91	364
9	Katy Nash	Female Vet 35	88	83	82	83		336
	Rachel Toogood	Female Vet 35			93	95		188
	Penny Waggott	Female Vet 35	95	92				187
	Beth Gipson	Female Vet 35	89			84		173
	Penny Waggott	Female Vet 35					93	93

	Sarah John	Female Vet 35				77		77
V40								
56	Sue Garrod	Female Vet 40	95	95	94	95	91*	379
10	Debbie Ghant	Female Vet 40	87	84	88	89	81*	348
11	Sandra Mayhew	Female Vet 40	86	81		87	80	334
	Sandie Pottage	Female Vet 40			97	98	96	291
	Carol Prance	Female Vet 40	92					92
	Fiona Moody	Female Vet 40	79					79
V45								
3	Ronel Van der Merwe	Female Vet 45	95	89*	92	96	96	379
6	Lesley Watt	Female Vet 45	84	77	87	91		339
	Jan Starmer	Female Vet 45	89	86	91			266
	Gail Sparkes	Female Vet 45	96	98				194
	Ann Hogarth	Female Vet 45	94	96				190
	Rose Norris	Female Vet 45	86	78				164
	Jane Dolan	Female Vet 45		95				95
	Christine Meadows	Female Vet 45				90		90
	Rose Norris	Female Vet 45					90	90
	Lesley Watt	Female Vet 45					88	88
	Sue Lewis	Female Vet 45	85					85
V50								
7	Maria Reynolds	Female Vet 50	87	81	94	92		354
	Anne Fish	Female Vet 50	94			99		193
	Heather Bexon	Female Vet 50				98		98
	Jeanne Lynch Aird	Female Vet 50	74					74
V55								
3	Anne Fellingham	Female Vet 55+	87	95		98	98	378
4	Glenda Taylor	Female Vet 55+	100	88		94	92	374
	Margery Brown	Female Vet 55+		94	97			191
	Susan Seggar	Female Vet 55+			95		96	191

Strider Men

	First Name	Surname	Category	Kirton	Bury	JAFFA	Stow	Bentley	Total
JUNIOR									
4	James	King	Male Junior	94	89	97	96		376
6	Tom	Wood	Male Junior		86	95	94	93	368
	Nicholas	Bretherton	Male Junior			93	92	92	277
SENIOR									
3	Roger	Aldis	Male Senior	94	98	98	98		388
9	Andy	Green	Male Senior	70*	78	81	84	83	326
13	Paul	Canham	Male Senior	62*	73	75	74	68	290
15	Nick	Hammond	Male Senior	60	70		78	70	278
17	Adrian	Doig	Male Senior	54	61		70	67	252
21	Jason	Bloomfield	Male Senior	47*	49	62	64	57	232
	Ian	O'Farrell	Male Senior	65		69	79		213
	Stuart	Ruegg	Male Senior	57	71	74			202
	Martin	Ablett	Male Senior	27*	29	55	52	43	179
	Kirk	Braker	Male Senior		79		83		162
	Gary	Halestrap	Male Senior	19	9	49	50		127
	Vincent	Smith	Male Senior			58	59		117
	John	Wankowski	Male Senior					79	79

	Kirk	Braker	Male Senior					76	76
	Michael	Pallett	Male Senior		28		42		70
	David	Chittick	Male Senior					50	50
	Robert	Davis	Male Senior			45			45
	John	Trowell	Male Senior		38				38

V40

10	Jonathan	Levett	Male Vet 40	83	75	86	80	75*	324
11	David	Chittick	Male Vet 40	78	67	81	71		297
12	Harry	Smith	Male Vet 40	74		77	67	60	278
	David	Daniels	Male Vet 40	82	73	85			240
	Carl	Thorpe	Male Vet 40	70	54		54		178
	David	Daniels	Male Vet 40				78	72	150
	John	Rednall	Male Vet 40	75	70				145
	Joe	Naughton	Male Vet 40			68	68		136
	Miles	Garrod	Male Vet 40		68			68	136
	William	Burdett	Male Vet 40		63		73		136
	Colin	Thomas	Male Vet 40	84					84
	Glenn	Stephens	Male Vet 40				81		81

V45

6	Robert	Tomlinson	Male Vet 45	81	80		87	79	327
12	Malcolm	Hogarth	Male Vet 45	64*	69	80	79	69	297
15	Leslie	King	Male Vet 45	67	67	79	77		290
	Christopher	Starmer	Male Vet 45	98	94	97			289
	David	Watt	Male Vet 45			78	78	68	224
	Alan	Wells	Male Vet 45		55	75	72		202
	Malcolm	Penn	Male Vet 45			91	94		185
	Robert	McPhillips	Male Vet 45			87	91		178
	Chris	Gladwell	Male Vet 45	77	83				160
	Dave	Watt	Male Vet 45	65	66				131
	Roger	Sparkes	Male Vet 45	60	57				117
	Stuart	Green	Male Vet 45				98		98

V50

	John	Squirrell	Male Vet 50		99		97		196
	John	Squirell	Male Vet 50					97	97
	Dennis	Davis	Male Vet 50			81			81

V55

2	Peter	Tricker	Male Vet 55	99	98	99	99	98*	395
5	Frank	Moggan	Male Vet 55	89	88*	92	92	89	362
	Richard	Fellingham	Male Vet 55	97	95	98			290
	Leslie	Basham	Male Vet 55	91	90			92	273
	Bernard	Debney	Male Vet 55	98					98
	Grayham	Fish	Male Vet 55	90					90
	Chris	Chaplin	Male Vet 55		84				84

Results

Culford Sprint Triathlon

30 July 2006

Pos	Name	Swim	Cycle	Run	Total
126	Leslie Basham	7:56 (162)	44:34 (118)	18:23 (110)	1:10:53
142	Charmaine Geraghty	6:22 (116)	48:24 (146)	18:58 (121)	1:13:44

163	Alison Taylor	7:34 (155)	57:05 (169)	18:44 (118)	1:23:23
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The Round Norfolk Relay

Stowmarket Striders Ladies team

STAGE	NAME	AGE	CAT	Time	T.Time	Record	AG %	Stage Pos.	Cat Pos in stage
1	Hayley Suttle	42	LM	2:06:19	2:06:19		69.11	23	2
2	Charmaine Geraghty	33	LS	2:12:36	4:18:55		53.47	40	2
3	Anne Fellingham	57	LM	0:49:59	5:08:54		62.88	30	6
4	Sharon Crowe	37	LM	2:08:25	7:17:19		50.35	44	6
5	Abi Paton	29	LS	1:20:41	8:38:00		52.33	36	4
6	Jennifer Cowan	26	LS	1:04:38	9:42:38		57.49	26	6
7	Sandra Mayhew	40	LM	1:21:35	11:04:13		57.88	41	7
8	Jan Starmer	45	LM	1:09:16	12:13:29		57.34	38	9
9	Elaine Wright	41	LM	1:40:25	13:53:54		58.56	39	7
10	Debbie Ghant	40	LM	2:25:25	16:19:19		54.31	42	6
11	Carole Prance	42	LM	3:06:51	19:26:10		56.78	44	5
12	Penny Waggott	39	LM	2:45:33	22:11:43		58.33	40	4
13	Jo Fraser	36	LM	2:06:22	24:18:05		55.90	42	3
14	Katy Nash	35	LM	1:29:53	25:47:58		48.04	45	11
15	Mary Narey	38	LM	0:56:37	26:44:35		63.27	23	6
16	Maria Reynolds	49	LM	0:52:12	27:36:47		56.79	39	11
17	Rachel Toogood	36	LM	1:37:22	29:14:09		60.34	31	6
Total team time					29:14:09	Est time = 28:31:00. Diff = 0:43:09			

Stowmarket Striders Men (Open) Team

STAGE	NAME	AGE	CAT	Time	T.Time	Record	AG %	Stage Pos.	Cat Pos in stage
1	Bob Granger	26	MS	2:08:11	2:08:11		59.17	27	9
2	Paul Canham	34	MS	1:42:50	3:51:01		62.56	17	6
3	Tony Burdett	44	MM	0:43:22	4:34:23		57.02	20	8
4	Nick Palmer	31	MS	1:22:36	5:56:59		70.15	6	4
5	Steve Gray	40	MM	1:09:15	7:06:14		56.68	21	8
6	David Daniels	43	MM	1:01:59	8:08:13		56.81	20	7
7	Bob Ratliffe	59	MM	1:11:26	9:19:39		68.89	29	14
8	Richard Nash	34	MS	0:53:13	10:12:52		62.01	18	4
9	Les Basham	56	MM	1:39:13	11:52:05		59.73	37	16
10	Colin Pitts	46	MM	1:31:20	13:23:25	yes	81.26	3	1
11	Richard Fellingham	58	MM	2:48:57	16:12:22		64.25	40	19
12	Rodger Aldis	38	MS	1:59:39	18:12:01		72.31	7	5
13	Chris Gladwell	49	MM	1:48:42	20:00:43		64.45	27	15
14	Simon Brummitt	23	MS	0:52:13	20:52:56		75.10	2	2
15	Andy Green	39	MS	0:50:13	21:43:09		64.30	9	3
16	Les King	48	MM	0:42:40	22:25:49		60.91	24	8
17	Alan Wells	47	MM	1:54:08	24:19:57		50.19	43	21
					24:19:57	Est = 24:27:00 Diff =0:07:03			

Round Norfolk Relay

This was the 20th anniversary of the RNR and the second year that the Striders had competed and it was a memorable event for a number of reasons. Thank you to all the runners and to the helpers, drivers, bikers and supporters who were essential to the whole event. Organising the two teams and

supporting caravan of cars, bikes and helpers was, at times, a logistical nightmare. However, I think it all worked and Katy was the only runner who was left abandoned at the end of their leg. It was in the middle of Norfolk at 5.30 on Sunday morning but she managed to get a lift back to her car with another club – bless them. Next year we will start the planning earlier, and get the support teams more organised and coordinated (didn't we say that last year?).

Once again, City of Norwich AC routed the opposition with an organised and highly impressive performance. Not only did they win the Club Class by a margin of 26 seconds per mile, their second team was third just behind Headington Road Runners. To confirm their strength in depth they fielded a further two teams in the Club class. Their individual athletes achieved 10 stage wins (men and women) and they took three of the major individual honours.

However, we weren't without our successes – Colin Pitts set an age category record for his leg and Simon Brummitt was second fastest on his leg. Well done to both teams and individuals for completing the challenge of the Round Norfolk Relay. Make a note in your diaries – see you all next year over the weekend of 15/16th September for the 21st RNR

More results

Newmarket Duathlon 27th August 2006

Run 5km - Bike 23km - Run 5km

Pos	Name	Run	Cycle	Run	Total
65	Miles Garrod	22:23 (65)	49:50 (69)	20:27 (60)	1:32:40
66	Sue Garrod	22:03 (60)	50:33 (72)	20:06 (52)	1:32:42

105 finishers

London Duathlon 17th September

Richmond Park 10km run, 20km cycle and 5km run.

Pos	Name	Run	Cycle	Run	Total
	Miles Garrod				

Ipswich Duathlon 24th September

Alton Water. Run 5km - Bike 23km - Run 5km

Pos	Name	Run	Cycle	Run	Total
36	Andrew Green	20:12 (27)	44:35 (48)	21:49 (30)	1:26:36
98	Charmaine Geraghty	24:51 (92)	52:48 (108)	25:04 (69)	1:42:43

120 finishers

Were you at the Felixstowe half-marathon?

Did you enter on the day? Did you wonder why you had to pay £3.00 more to enter on the day?

Well, I've been in touch with the Race Director, Anne Oliver

"Dear Anne

Thank you for another well organised half marathon. My compliments to the commentators who manned their post to the very end, giving so much encouragement to the last finishers, and to the marshalls especially those on the busy junctions where they had their work cut out managing busy traffic and runners.

I was writing regarding one issue that has raised much discussion within our club, namely the pricing structure for the race.

What raised the discussion on pricing was the apparent inconsistent treatment of affiliated runners. Normal custom and practice is, we believe, to charge an extra £1.00 or £2.00 entry fee to unattached runners and to

increase "on the day" entries by £2.00. However, by charging a blanket £11.50 entry to you made affiliated runners pay an extra £3.00 to enter on the day whereas unattached runners paid only £1.00. It may be a concern that is peculiar to our club as I do know many of us do tend to enter on the day. I know we had a couple runners who did not enter because they thought it was unfair on club members who they felt generally make up most of the "on the day" entries.

I don't think this is an issue that will live long in the memory or that will sour relations between clubs, it's just that it generated a lot of discussion - for and against - so I said I'd ask you because you would know the answer! I said I would contact you and pass on your response to fellow Striders. (If it's a good reason that we haven't appreciated we may adopt it for our races!)

Thanks

Chris Gladwell
Stowmarket Strider"

And Anne's reply was.....

"Dear Chris,

Thank you for your email and compliments. My co-race director Elaine Brinkley and I had a huge amount of support both from our fellow club members and their friends and relatives, which I think is what helped to make the race as successful as it was.

As to your comments about the pricing structure, which I agree was a little anomalous, I'll try and explain. It has been usual for several years for Felixstowe half marathon to charge a flat rate for on-the-day entries and this is purely to make life easier for the people on the late entries desk. Last year we had over 100 entries on the day and this year I think we had around 130 + which is quite a lot to deal with in the space of one and a half hours or so. It's much easier if the person on the desk doesn't have to worry about whether or not each entrant is a club member and which price they need to pay.

This has always meant that there was a bigger jump between pre-race and on the day fees for attached runners than for unattached runners. The problem this year was that the levy that the club has to pay to UK Athletics or SEAA (I forget which it is) for each unattached runner who enters the race has gone up from £1 to £2, so the pre-the-day fee was already £2 more for the unattached runners than that for the attached runners. Having then added £1 to the on-the-day fee for the unattached runners and wanting to keep the one on-the-day fee for convenience explains how the poor old attached runners ended up paying so much more on the day.

It is something we are aware we will need to look at for next year and I'm also aware that it's the same problem for all clubs when putting on races. Having different on-the-day prices for attached and unattached runners is probably the fairest solution but we do have to consider our late entries 'staff'! I'm not sure yet which way we will go next year.

Incidentally, Joe Mower and Paul Felton reckon that more and more races are moving towards dropping the on-the-day entries altogether - one way to solve the problem!

Hope this answers the question for your disgruntled club members even if it doesn't totally satisfy everyone!
Best wishes,
Anne"

Who would be a Race Director?

Wibbly Wobbly Log Jog 4 August 2006

Pos	Name	Time
13	Chris Starmer	30.32
18	Andy Green	31.16
19	Nick Hammond	31.16
22	John Squirrell	31.54
98	David Watt	38.32
113	Malcolm Hogarth	39.45
153	Sandra Mayhew	42.48
165	Jan Starmer	43.27
180	Clare Bailie	44.27
255	Sue Seggar	51.34
275	Lesley Watt	54.56
294	Glenda Taylor	63.05

298 finishers

Reepham 8.25ml Run 20 August

Pos	Name	Time
4	Nicholas Stephens	53:56

135 finishers

Mersea Island 10ml 27 August

Pos	Name	Time
2	Richard Jordan	57:58
5	Colin Pitts	1:00:07
7	Nick Stephens	1:01:00
40	Ker Macrosson	1:10:41
146	Ronel Van Der Merwe	1:36:37

180 finishers

Framlingham Fun Run 3 September

Pos	Name	Time
14	Sam Burdett	00:06:01

Framlingham 10k 3 September

Pos	Name	Time
23	Stuart Green	00:40:28
45	Nick Hammond	00:42:43
71	Jason Bloomfield	00:46:30
92	David Daniels	00:48:41
97	David Chittick	00:48:51
100	William Burdett	00:49:19
123	Kelly Kemp	00:50:53
128	Jennifer Cowan	00:51:21
161	Michelle Payne	00:56:00
163	Frank Moggan	00:56:09
171	Ronel van der Merwe	00:57:17
229	Sue Seggar	01:08:47
232	Julia Smith	01:09:33

239 finishers

Wissey Half marathon 3 September

Pos	Name	Time
67	Ker Macrosson	1:42:37

126	Charmaine Geraghty	1:57:48
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Grunty Fen ½ Marathon 10th September

A very flat, two lapped course through the Fens. The biggest "hill" is between miles 3 and 4 and again between miles 10 and 11 where the course climbs from an altitude of 3 metres above sea level to 15 metres above sea level. The last two miles are a crazy 7 metre decent to the finish.

Pos	Name	Time
8	Colin Pitts (1 st V45)	1:19.12
18	Nick Stephens	1:21.30
102	Ker Macrosson	1:32.52
240	Chris Gladwell	1:44.24
242	Richard Fellingham	1:44.26
353	Les Basham	1:53:53
367	Sue Garrod	1:54:46
418	Charmaine Geraghty	1:58:49
426	Debbie Ghant	1:59:48

Winners time 1:12:12 608 finishers

Tarpley 10 24 September 2006

Pos	Name	Time
2	Richard Jordan 1 st MV45	57:02
30	Ker Macrosson	1:09.22
31	Hayley Suttle	1:09.39
34	John Squirrell	1:12.03
42	Steve Gray	1:14.04
45	Chris Gladwell	1:15.25
50	David Daniels	1:16.39
54	Vince Smith	1:17.54
65	Les Basham	1:21.47
69	Glenn Morton	1:22.40
73	Les King	1:23.54
79	Debbie Ghant	1:26.52
90	Malcolm Hogarth	1:31.34
91	Carol Fowles	1:32.28
104	Marcia Hyland	1:42.55
115	Glenda Taylor 2 nd FV55	2:13.26

Junior results

Pos	Name	Time
2 nd (Under 11)	Thomas Mills	8:12

Diss 15 Mile 24th September

Pos	Name	Time
7	Nick Palmer	1:36.58
86	Michael Pallett	2:32.09

97 finishers

Diss 7.5 Mile (and a bit.) 24th September

Pos	Name	Time
35	Lorraine Mills	1:02.20
67	Michelle Scott	1:14.44

Diss Fun Run (1.25 miles approx.)

Pos	Name	Time
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17	Becki Phillips	0:11.38
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Great North Run 1st October 2006

Pos	Name	Time
135	Colin Pitts (2 nd V45)	1:17.29
671	Nick Stephens	1:20.30
5876	Jon Rednall	1:51.09
????	Penny Waggott	1:57.00
2416	Abi Paton	2:03.14
9765	Chris Meadows	2:35.05
9767	Sam Jackson	2:35.05
31683	Andy Bond	2:46.33
31688	Keith Borrett	2:46.36

Winner's time: 1:01.00

There were over 38,000 finishers

Felixstowe ½ Marathon 8th October

Pos	Name	Time
2	Richard Jordan *1 st MV40	1:15:13
6	Colin Pitts	1:17:45
14	Roger Aldis *3 rd MSen	1:21:24
59	Ker Macrosson	1:32:17
66	Haley Suttle *1 st FV40	1:33:56
78	Steve Gray	1:36:57
89	Robert Grainger	1:38:11
93	Jason Bloomfield	1:38:28
94	Adrian Doig	1:38:37
113	Clare Lambert	1:41:13
125	Chris Gladwell	1:42:45
128	Vincent Smith	1:42:52
140	Carol Prance	1:44:06
155	David Daniels	1:45:33
166	Kelly Kemp	1:46:40
178	Kevin Mortimer	1:48:36
184	Rachell Toogood	1:49:35
200	Leslie Basham * 2 nd MV55	1:50:16
212	David Chittick	1:52:00
230	Charmaine Geraghty *8 th FSen	1:55:02
239	Gary Halestrap	1:55:40
243	Michelle Payne	1:56:00
248	Elaine Wright	1:56:24
261	Frank Moggan	1:58:00
262	Lorraine Mills	1:58:13
287	Malcolm Hogarth	2:00:57
296	Ann Hogarth	2:01:58
297	David Loades	2:02:21
314	Ronel ven der Merwe *4 th FV45	2:04:45
323	Alison Halestrap	2:07:28
381	Sue Seggar *4 th F V55	2:29:09
401	Heather Mortimer	2:54:51
402	Glenda Taylor	2:55.10

* County Championship Result

Winner's time: 1:12:57

403 Finishers

Jaffa Track Challenge Monday 21 Aug

Team Results

Race	JAFFA	Striders	Others
Men	252	567	585
Ladies	101	168	no score
Overall	353	735	no score

Ipswich JAFFA

Win 2006 5km Track Challenge

Strider Men's Results (A Race)

Pos	Name	Time
8	Simon Brummitt	17:21
9	Colin Pitts	17:22
11	Nick Stephens	17:35
17	Stuart Green	18:39
27	Nick Hammond	19:24

Strider Men's Results (B Race)

Pos	Name	Time
1	James King	19:30
2	Paul Canham	19:37
5	Tom Wood	20:04
6	Nick Bretherton	20:17
8	Robert McPhillips	20:55
11	Steve Gray	21:23
12	Joe Naughton	21:36
13	David Daniels	21:39
20	Tony Burdett	22:35
24	Les Basham	23:16
29	John Church	25:25
32	Graham Last	28:05

Strider Ladies Results

Pos	Name	Time
6	Sue Garrod	22:22
7	Carol Prance	22:26
12	Abigail Paton	23:43
16	Charmaine Geraghty	24:13
17	Debbie Ghant	24:57
19	Carol Fowles	25:19
20	Sandra Mayhew	25:26
21	Naomi Hall	25:29
24	Katy Nash	26:39
26	Angela Burdett	29:35

Striders: Junior 1500m Track Challenge

Pos	Name	Time
1	James King	4:56
8	Samuel Burdett	6:16
9	William Garrod	6:19
10	Jake Hammond	6:22
15	Sarah Cobbold	6:36
16	Thomas Mills	6:38
18	Oliver Smith	6:39

FIXTURES

Date	Race	Venue	Details
Sunday 22 Oct (10.30)	North Norfolk 7 mile	Gresham's School, Holt	www.nnbr.co.uk
Sunday 29 Oct (11.00)	Framlingham Cross Country	Framlingham Football Club	Includes Fun Run 11am. £3 per person payable on the day (Entry on the day only)
Sunday 5 Nov (9.45)	Billericay Striders Adidas 10K	Hannakins Farm Community Centre, Billericay	http://billericaystriders.com
Sunday 12 Nov (11.02)	Stowmarket Striders Scenic 7 mile	Mid Suffolk Leisure Centre	1.5 mile fun run (£2)
Sunday 19 Nov (11.00)	Bungay Cross Country		Includes Fun Run 11am. £3 per person payable on the day (Entry on the day only)
Sunday 26 Nov (11.00)	Hadleigh 10 mile	Hadleigh Football Club	http://hadleighhares.co.uk
Sunday 10 Dec (11.00)	Woodbridge Cross Country	Woodbridge Rugby Club	Includes Fun Run 11am. £3 per person payable on the day (Entry on the day only)
Sunday 17 Dec	Turkey trot (10 mile)	Beccles	
26 Dec (10.30)	Bungay Boxing Day Cross Country	Bungay	Groggy Doggy Cross Country Bungay Common www.bungayblackdogrunningclub.co.uk
26 Dec	Witham Boxing Day 5 mile	Witham	
31 Dec	Ely New Year's Eve 10K Road Race	Ely Cambs	
1 Jan 2007	Wymondham New Years 10k		www.wymondhamac.org.uk
Sunday 7 Jan	Suffolk County Cross Country Championships	Hadleigh	Includes County Junior Championships
Sunday 21 January	Stowmarket Cross Country	Haughley Park	Includes Fun Run 11am. £3 per person payable on the day (Entry on the day only)
Sunday 4 Feb (11.00)	Bury St Eds Cross Country	Culford School	Includes Fun Run 11am. £3 per person payable on the day (Entry on the day only)

UNIVERSAL RACE ENTRY FORM

Please 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 _____