



STRIDERS NEWS

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

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NOTE: 23 April - Last date for articles for April 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.

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Suffolk's Friendliest Running Club - Running for all abilities

Flora London Marathon 2007

Twenty-Five Striders should be running in the forthcoming London Marathon. The "roll of honour" is on the following pages. If you are running and your name isn't on my list let me know. Good luck to you all and see you there.

The four London Marathon Club places were drawn at the Christmas Party and the successful members were Rachel Toogood, Debbie Ghant, Glenda Taylor and Becky Jordan.

Phil Rampley is organising the coaches to London. He will let us have full details shortly regarding costs, pick-up points, timings etc.

This will be Phil's last year for organising the coaches as he has decided he would like to hand over the job. A volunteer is being sought as you read this! Phil will help organise this year's coach(s) with whoever takes over.

Strider of the Year

Congratulations to Chris Starmer and Debbie Ghant who were voted Striders of the Year 2006.

Coaches Awards

The Coaches awards were given out at the Christmas Party. Recipients were Debbie Ghant, Millie Payne, and Jason Bloomfield.

New Committee

The club's committee for 2007/08 were elected at the recent AGM. For full details of who does what see page six.

Finally, congratulations to Debbie Ghant for getting her name on the front page four times.

Flora London Marathon 2007

This year the lucky runners from the club are:

**Roger Aldis
Les Basham
Miles Garrod
Debbie Ghant
Chris Gladwell
Naomi Hawkins
Becky Jordan
Ian Keeble
Les King
Lorraine Mills
Frank Moggan
Mike Pallett
Abi Paton
Malcolm Penn
Colin Pitts
Carole Prance
Maria Reynolds
Michelle Scott
Vince Smith
Hayley Suttle
Glenda Taylor
Rachel Toogood
Rosemary Tyler
Ronel van der Merwe
Alan Wells**

I expect the local papers to be in touch with me soon for more information on you lucky people so I will be conducting in-depth interviews with you over the next few weeks to gather interesting facts for the local papers and Stowmarket free magazines. The in-depth interview will cover – your age, how many previous marathons you have run, your target time and any other interesting information that you may have (like are you running for a charity).

Remember... "One of the basic rules of a training programme is that it should be building you up, not breaking you down, and it won't do this unless you get enough rest" – Bruce Tulloh.

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.

More information on this will soon be coming from Rachel Toogood.

Coaches to London

Of course the most important thing is to make sure you get to the start. Coaches will be running for runners and supporters to the start of the London Marathon and they will also drop supporters off in central London. It is an early start with first pick up at around 5:50am. There should be the usual pick-up points in Bacton, Haughley, Stowmarket and Needham Market.

Mentally, I've conquered the distance. I still respect it – 26 miles is a hell of a long way - but once I finished a race properly, I thought, "That's a big psychological barrier out of the way" – Paul Evans

"The morning after winning London, I woke up feeling as though I had been run over by a bus, and it took me nearly a month before I could start running freely again" – Allister Hutton

Try a Triathlon

With the start of a new year it's good to think of what goals or targets you will be setting for yourself for 2007. Many Runners will be thinking about a marathon and as April 2007 approaches then clearly the London Marathon is the one that fires the imagination. Others may be setting their targets lower at a specific half marathon, 10 mile or even 10 Km but why not try a different physical challenge by trying a 'Triathlon' or even a 'Duathlon' if you are not a swimmer.

A Triathlon is a swim, cycle, run in that order and essentially without a rest between 'disciplines' a 'Duathlon' is similar but normally a run, cycle, run. Distances for these events vary but typically the 'Olympic' distance is a 1500 metre swim, 40 Km cycle and a 10 Km run to the finish. There are 'Sprint' distance triathlons which are half the Olympic distance or shorter and or course endurance events which are much longer.

If you are tempted the Norwich based "Tri Anglia" have a short duathlon at Diss on 1st April 2007, which comprises a 5Km run a 24 Km cycle followed by a 5Km run. The course is down quiet country roads and is intended to be a novice event and is not taken too seriously.

For a triathlon one of the best novice events is the Waveney Valley Triathlon, in Beccles. The original event in May was sold out within 6 days and therefore a second event is planned for 9th September 2007. It comprises a 400m Pool Swim in the 25m Waveney Valley Pool; a 20km Single Lap Bike on open country lanes and 'A' roads with one mandatory foot down stop (?) and a 3.2km undulating out and back run. It is a novice event for all comers, for both events look at www.tri-anglia.co.uk for details. If you are interested get in quick as places are limited to 150. Cost is £22 for BTA/triathlon Scotland Members and £27 for others. Entries can be made [online](#) or by post using the [Waveney2 entry form](#).

Another date for your diary is the Culford Sprint & Youth Triathlon (just north of Bury St Edmunds) organised by the Ipswich Triathlon Club on 29th July. This event is a 300metre swim (12 lengths) a 20Km cycle and a 4.5Km run within the grounds of the school. Culford Tri is organised by Ipswich Triathlon Club. Look at www.ipswich-tri.org for more details. Entries are now open for this event on 29th July.

The thrill in doing a triathlon / duathlon is not only the actual swim, run, cycle but the change from one discipline to the other known as the 'transition'. Many a race is lost and won in how quickly you can change your shoes or get your cycle helmet on / off. If you are a weak swimmer but a strong runner then you have the pleasure or nipping past the better swimmers on cycle or the run.

If you would like more information about Triathlons or Duathlons, advice or tips speak to Anne or Grayhame Fish on 01359 250628.

After many years doing triathlons, Anne and Grayhame have chosen a target triathlon for 2007, as the Wimbleball Half Ironman Triathlon in Somerset, their biggest challenge so far. This event is held on 17th June 2007 in a hilly part of Exmoor not far from where Anne was born and spent her childhood and where Anne and Grayhame where married. It is a 1.9 Km swim in Wimbleball Reservoir followed by a very hilly 56 mile cycle and finishing with a half marathon on the footpaths by the lake.

They are doing the event through a sponsored Rotary Club place and for Leukaemia Research and other Rotary Charities.

For further details of this event please look at <http://half.ironmanuk.com>, they would warmly welcome sponsorship of any amount.

SUFFOLK COUNTY CHAMPIONSHIPS

Holbecks Park Hadleigh 7th Jan 2007

SENIOR MEN

Pos	Time	Name	Cat
10	00:50:41	Colin Pitts	Vet
14	00:52:38	Simon Brummitt	Sen
19	00:54:21	Nick Palmer	Sen
24	00:56:16	Malcolm Penn	Vet
30	00:57:08	Andy Green	Sen
31	00:57:15	Mick Hammond	Sen
42	00:59:30	Mike Rees	Vet
50	01:03:18	Steve Gray	Vet
53	01:05:05	David Daniels	Vet
59	01:06:22	Miles Garrod	Vet
67	01:12:29	Jim King	Vet
74	Finishers Winner's time: 45:46		

SENIOR LADIES

Pos	Time	Name	Cat
6	00:28:23	Mary Narey	Sen
17	00:31:11	Sue Garrod	Vet
26	00:33:10	Carol Fowles	Vet
27	00:33:10	Becky Jack	Sen
28	00:33:48	Laura Hicks	Sen
30	00:34:25	Charmaine Geraghty	Sen
32	00:34:40	Debbie Ghant	Vet
33	00:35:07	Anne Fish	Vet
34	00:35:08	Rachel Champion	Vet
37	00:36:16	Sandra Mayhew	Vet
47	00:39:58	Maria Reynolds	Vet
49	00:41:26	Katy Nash	Sen
50	Finishers Winner's time: 25:21		

UNDER 13 BOYS

Pos	Time	Name
16	00:16:56	William Garrod
22	00:18:51	Jake Hammond
Winner's time: 13:19 23 Finishers		

MEN'S TEAMS

1st	41 Pts	St Edmund Pacers A
2nd	41 Pts	Ipswich Jaffa A
3rd	67 Pts	Stowmarket Striders A
4th	124 Pts	Sudbury Joggers
5th	133 Pts	Newmarket Joggers
6th	137 Pts	Hadleigh Hares AC A
7th	143 Pts	St Edmund Pacers B
8th	157 Pts	Felixstowe RR
9th	176 Pts	Stowmarket Striders B
10th	191 Pts	Woodbridge Shufflers
11th	222 Pts	Ipswich Triathlon Club
12th	227 Pts	Hadleigh Hares B

Pacers A beat Jaffa A by virtue of highest placed 4th Runner

LADY'S TEAMS

1st	11 Pts	Ipswich Jaffa A
2nd	28 Pts	Newmarket Joggers
3rd	45 Pts	St Edmund Pacers A
4th	49 Pts	Woodbridge Shufflers
5th	50 Pts	Stowmarket Striders A
6th	69 Pts	Hadleigh Hares AC A
7th	73 Pts	Sudbury Joggers
8th	95 Pts	Stowmarket Striders B
9th	96 Pts	Ipswich Jaffa B

Map My Run

Mapping your running routes has never been easier! Training for a race? A marathon? Enter your address, plot your **run**, and we'll calculate distance, ...
www.mapmyrun.com

Fetcheveryone.com

If you haven't discovered it yet, check out the website www.fetcheveryone.com
This is a runner's forum containing an amazing amount of information – from race dates to lots of gossip and racing, training and coaching tips - well worth a look. The site is growing in size by the day but as yet only a handful of Striders have signed up. It is completely free to register on the site and if we can get more people to sign up we could get the Striders name on the top ten clubs listed. (Thanks to Debbie for this information)

Thursday night guest runs

During the summer months we take the advantage of the lighter nights and on Thursday evenings, instead of running from the Leisure Centre, members invite the club to run their favourite 5 to 6 mile training routes from their homes.

These is our summer Thursday night guest runs and they are a great way to enjoy and explore the local countryside around Stowmarket and get to see new places and find new running routes.

A notice will go up on club nights where members can book an evening to host a run. The provision of refreshments etc after the run is optional.

Keep an eye on this list which will be available on club nights and on the [website](#) to ensure that you book a date to host a run and know where the Thursday Club Night will be. If there is no entry against a particular Thursday, then the club night will be from the Leisure Centre as normal.

This year the guest runs will start on Thursday 3rd May.

Action photos

The Bury Free Press was at the Haughley Park Cross Country. You can view all of the pictures taken at Haughley Park if you go to the following link:

<http://www.photostoday.co.uk/Gallery.aspx?GalleryID=10186>

(Search through the gallery dated the Friday after the race – for Haughley Park this will be 26 Jan). Some of the photos are very good and people might like to buy them. BFP are often taking photos at local races so this site is worth checking after most local races.

Support your Club's races

The club organise four races each year – the Scenic Seven and Joe Cox Ten from the Leisure Centre and the Friday Five and Cross Country at Haughley Park.

These races only take place because club members and their families voluntarily help out with a whole range of activities before during and after the races.

The races may well look like that they are well organised and there are plenty of helpers and you may think that you wouldn't be needed. But, from experience, I know that some events have only just been successfully completed because the level of support from club members is only just enough to get by.

In the last few years it has become more important to make sure we have enough people in the right places, as there are new swathes of Health & Safety rules that have to be met.

Helping at a race doesn't necessarily mean standing all alone on a wind-swept road junction in Harleston. There are loads of different jobs as well as marshals. We need people to look after the water stops, to help at the finish and to help in the refreshments in the Leisure Centre.

Relay races don't come cheap

Did you know that the club had to pay £187 per team to enter the Round Norfolk Relay?

Did you know the club also has to pay for teams to enter the Ekiden, Mutford and Hereward relays?

Please bear this in mind the next time you agree to run for free in one of these events and then don't turn up.

Club Committee

At the AGM on 29th January a brand new club committee was elected and here they are:

Chairman:	Richard Nash
Vice Chair/Race Director	Chris Chaplin
Secretary:	Les Basham
Membership Sec	Penny Waggott
Treasurer:	Frank Moggan
Men's Captain	Chris Starmer
Lady's Captain	Debbie Ghant
Social Secretary	Rachel Toogood
Publicity	Chris Gladwell
Club kit	Les King
Welfare officer	Carole Prance
General Committee	Nick Hammond Hayley Suttle
Coach Coordinator	Peter Tricker
Male Welfare Officer	David Loades (Non-committee)

RESULTS

Results on the website

When the website was first conceived it used to record results from every race where a Strider competed. However, as the club has grown to almost 300 members it has become increasingly difficult to keep track of who is running where and when.

We have also got into the situation of duplicating information on the site. Results are recorded in the Race Results section on the website and in the newsletter, which is also on the website.

We have therefore decided that we need clear guidelines on what results will be put into the Race Results section of the website.

In future, results of the following races will automatically be put into the Race Results section on the website:

- All club races (Scenic Seven, Joe Cox Ten & Friday Five).

- All relay races where a Striders team is officially entered and competes.
- All other races where a Striders team is officially entered and competes.
- All County Cross Country races.
- All major events (i.e. London Marathon).
- All races entered during a club trip (i.e.: Thrupton last year)

I will still use the newsletter to publish results from other local races plus results from any race where I actually compete.

As the newsletter will be published on the website the results will still be available on-line, but we will cut out the duplication.

If you would like your result in the newsletter let me know – by email or even on a scrap of paper on a club night. Do not rely on simply telling me your time – my memory is hopeless.

Fenland 10 mile 29th Oct 2006

Pos	Name	Time
220	Jo Fraser	1:24:31

Chelmsford 10k 19th Nov 2006

Pos	Name	Time
310	Margery Brown	51:10
364	Ronel van der Merwe	54:05

(485 Finishers)

Turkey Trot 17th Dec 2006

Pos	Name	Time
12	Richard Jordan	0:57:16
16	Roger Aldis	0:57:53
53	Michael Rees	1:08:09
58	Nick Hammond	1:09:06
88	Robert MacPhillips	1:14:12
108	Richard Fellingham	1:16:54
133	Anne Fish	1:22:19
141	Jo Fraser	1:23:25
142	Grayhame Fish	1:24:11
174	Sandra Mayhew	1:34:08
196	Glenda Taylor	2:09:25

Winner's time: 52:15 196 Finishers

Groggy Doggy Cross Country 26th Dec

Pos	Name	Time
4	Richard Jordan	28:52

Winner's time: 26:36 107 finishers

Wymondham New Years Day 10k

A windy day to see in the New Year in (nothing to do with the sprouts). The event was over subscribed (300 limit) so several late arrivals were disappointed including Robbie McPhillips who quickly left to catch the Liverpool game on Sky. Richard Jordan was 11th with 35.35 and won the men's 45-49 and Michael Jones did a very respectable 39.01 on his return to running after a long period of concentrating on cycling. Nick Hammond declared a PB for 10k and Anne Fish managed a Sub 50 minute and 3rd in her age group.

Pos	Name	Time
11	Richard Jordan (1st MV45)	35:35
26	Michael Jones	39:01
52	Ker Macrosson (2nd MV50)	41:18
55	Nick Hammond (PB)	41:26
154	Anne Fish	49:43
166	Grayhame Fish	50:23
243	Sandra Mayhew	55:38

Winner's time: 32:48 306 Finishers

Gt Bentley ½ Marathon 4th Feb 2007

Pos	Name	Time
9	Richard Jordan (1 st MV45)	1:14.24
442	Chris Gladwell	1:52.14
547	Ronel van der Merwe	2:01.02
664	Glenda Taylor (PB)	2:47.54

Winner's time: 1:08.15 664 finishers
(52 runners under 1:20)

Brands Hatch ½ Marathon 10th Feb 2007

Pos	Name	Time
301	Chris Gladwell (PW)	1:58.35

Winner's time: 1:13.14 534 finishers
(Only 3 runners under 1:20)

Great East Run

18th Feb 2007

Pos	Name	Time
7	Roger Aldis	1:12.21
41	Stuart Green	1:21.33
51	Andy Green	1:23.15
81	Adrian Doig	1:26.49
353	Grayhame Fish	1:47.05
372	Anne Fish	1:48.24
395	Ronel van der Merwe	1:51.48
429	Rosemary Tyler	1:58.06
507	Maria Reynolds	2:22.37
512	Glenda Taylor	2:46.14

Winner's time: 1:07.42 516 Finishers

Dale Sports SportsKit in Stowmarket

Stowmarket now has its own specialist running shop at Dale Sports (Sportskit) in Wilkes Way.

We have had the following email from them:

We would like to introduce ourselves to you and your club members. Dale Sport has been selling running footwear, clothing and equipment in North England for several years.

Our mail order business has been popular with runners in East Anglia and we have now brought our Specialist Running Services to an existing sports shop (Sportskit) in Stowmarket. We feel that there are many runners in East Anglia who could benefit from better access to great gear so please spread the word!

We are keen to promote running of all types and levels and we like to get involved in and support local races – either on our own or bringing along the support of major running brands.

Since our focus is on running, we would like to support Stowmarket Striders much more. We'll hopefully also see you for a run on club nights when we are in Stowmarket!

Dale Sports have generously agreed to co-sponsor the Joe Cox Ten in March.

**1 Lowry Way
Stowmarket
Suffolk
13th February**

Dear Striders,

This short note from myself, Sarah and Hannah is to say thank you for all the love, support, thoughts and kind words you have given us since we lost Marion in December. Also thank you so much for the flowers and the donation you so kindly made to MSRC.

We are very proud to have received over a hundred cards and a total of £1105.50 in donations.

Once again many thanks,

Chris C

Suffolk Cross Country - Winter League

Full results for the series are available but not here as I have not been able to lay hands on a set. However, when I do get hold of a set I will put them onto the website

To qualify in the final standing a runner had to complete four of the five races in the series.

In summary, there were some excellent achievements from Striders.....

Ladies F20

4th Kelly Kemp
5th Abi Paton
6th Laura Hicks
7th Charmaine Geraghty

Ladies F35

1st Mary Narey
3rd Becky Jack
5th Katy Nash

Ladies F40

3rd Sue Garrod
6th Debbie Gbant
7th Rachel Champion
8th Sandra Mayhew

Ladies F45

7th Jan Starmer
8th Maria Reynolds
9th Lesley Watt

Ladies F55

2nd Anne Fish
3rd Anne Fellingham
4th Sue Seggars

Men M20

4th Roger Aldis
6th Simon Brummitt
8th Nick Palmer
13th Andy Green
14th Nick Hammond
19th Jason Bloomfield

Men M40

3rd Nick Stephens

Men M45

2nd Malcolm Penn
3rd Chris Starmer
6th Mike Rees
7th Steve Gray
9th Dave Watt

Men M55

3rd Grayhame Fish

Men M60

1st Jim King

Boys U13

8th William Garrod
10th Jake Hammond

Ipswich Harriers won the league but Stowmarket Striders were second overall and we go forward to the National Final. Our Ladies team were first overall and the men finished third.

Waveney Valley was third, Bury Pacers were fourth and Newmarket & Sudbury were fifth.

We fielded three full teams in every race – a minimum of 30 runners at every event, that's 21 men and 9 women and clearly shows how active we are as a club.

FIXTURES

Date	Race	Venue	Details
Sun 4 Mar (10.00)	Wymondham 20 mile Wymondham 10 mile	Central Hall, Wymondham.	£10.00/£11.00. Plus £1.00 on day £8.00/£9.00. Plus £1.00 on day http://www.wymondhamac.org.uk
Sunday 4 Mar	Lode Fun Run 5 mile		
Sun 11 Mar (10.00)	MONDI 15 March Cambs	HMP Whitemoor, March	£8.00/£9.00. Plus £1.00 on day www.marchathleticclub.co.uk
Sun 18 Mar	Adidas Flora London ½ Marathon	Silverstone Circuit, Northants	No E/D www.tophalfmarathons.co.uk
Sunday 25 Mar	Joe Cox 10 mile	Mid Suffolk LC Stowmarket	www.stowmarketstriders.org.uk
Sun 1 April (12:30)	Bungay Half-Marathon	Maltings Meadow Sports Field Bungay	Both races: £12/£14. Plus £3.00 on day http://www.bungay-marathon.co.uk
Sun 1 April (10:30)	Bungay Marathon	Maltings Meadow Sports Field Bungay	Fun Run: Adults £3, Children £1.50 Family £7 (max 3 children) Entries on the day – 11.00 am start
Fri 6 April (10.00)	Sudbury Fun Run	North St, Sudbury	£7.00/£9.00 Plus £3.00 on day www.sudburyfunrun.co.uk
Sun 8 April (9.30)	Trowse 10k	Norfolk Ski Club, Trowse	£7.00/£9.00 No ED http://www.conac.org.uk
Sun 15 April (11.00)	Flitwick 10K	Millennium Green, Flitwick, Beds	£8/£12. £12.00 on day www.flitwick10k.org.uk
Sun 22 April (9.45)	London Marathon	Blackheath, London	No E/D Coach to and from race available via club
Weds 25 April	Gt Yarmouth promenade 5 (Race 1)	Marine Parade, Gt Yarmouth	Price TBC www.gyrr.co.uk
Sun 29 April (11.00)	Breckland 10km	Croxton Village Hall, Thetford	£7.00/£9.00 No ED www.thetfordac.org.uk
Sun 6 May	Heritage Coast 6M, 14M & Marathon	Thorpe	
Sun 6 May (10.30)	Gt East Anglia Run	Tuesday Market Place, Kings Lynn	£12.00/£14.00 No ED www.greateastangliarun.co.uk
Mon 7 May (10.30)	Ashdon 10k	Ashdon Village Hall, Saffron Walden	£6.00/£7.00. Plus £2.00 on day
Tues 8 May (7.30)	Silverstone Grand Prix 10k	Silverstone Circuit, Northants	£4.50/£6.50. Plus £1.00 on the day www.silsonjoggers.org.uk
Wed 9 May (7.30)	Bungay Summer Series Broome 10Km	Broome	
Wed 9 May (7.30)	Gt Yarmouth promenade 5 (Race 2)	Marine Parade, Gt Yarmouth	Price TBC www.gyrr.co.uk