



STRIDERS NEWS

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

Volume Eight: Issue Two

April 2007

**Suffolk's Friendliest
Running Club**

**Running for all
abilities**

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NOTE: 25 June - Last date
for articles for July
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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Flora London Marathon 2007

It was the biggest ever London Marathon and it was one of the hottest. What a great sense of achievement to complete a marathon in the conditions like the ones we had on Sunday. If you ran this year you can look back at finishing with a sense of pride.

Having said that, was it me or did there seem to be a slight air of slight disappointment around the tea rooms on the Embankment on Sunday afternoon? If there was, there shouldn't have been.

It may have been the heat or the lack of space due to the number of runners or a combination of both (plus the fact that 26 miles is a very very long way) but it's fair to say that most runners (not just Striders) didn't make the times they were after. But several hundred dropped out of the race – all the Striders finished in one piece.

As usual there were some outstanding performances. Roger ran the perfect race – constant 6:20 pace throughout and a negative split. I know he was aiming for 6.15 pace but we can forgive 5 seconds a mile in those conditions. Roger and Ian were the second and third Suffolk runners to finish.

The second half of Ker's run was only 2½ minutes slower than the first half. Lorraine ran a PB!

Congratulations to all the first-timers – it's not always such hard work – and I look forward to next year and seeing all those runners who said "never again" lining up on the start.

No course records were set this year.

The men's winner, Martin Lel, finished in 2:07:41

The women's winner Chunxiu Zhou finished in 2:20:38

There were 35,669 finishers

NAME	POSITION			TIME					
	Overall	Gender	Age	10 km	20 km	Half	30 km	40 km	Finish
ROGER ALDIS	267	254	75	0:39:30	1:19:21	1:23:35	1:58:26	2:37:36	2:46:15
IAN KEEBLE	322	305	75	0:36:32	1:14:10	1:18:12	1:52:47	2:37:37	2:48:12
MICHAEL REES	3139	2803	381	0:47:49	1:35:01	1:40:10	2:23:38	3:14:50	3:26:04
KER MACROSSON	7519	6373	451	0:54:41	1:49:25	1:55:09	2:43:28	3:39:02	3:52:44
CAROLE PRANCE	7550	1153	216	0:52:18	1:44:59	1:50:42	2:38:43	3:39:15	3:52:53
COLIN PITTS	8490	7122	943	0:36:32	1:14:10	1:18:21	1:56:26	3:33:56	3:57:00
MALCOLM PENN									3:57:00
ABI PATON	11284	2027	372	0:59:06	1:56:07	2:02:16	2:55:01	3:57:30	4:10:32
MILES GARROD	11586	9477	1782	0:56:33	1:52:25	1:58:39	2:52:30	3:58:39	4:11:50
DAVID WOOD	11807	9641	1804	0:49:31	1:40:22	1:46:08	2:43:37	3:58:59	4:12:51
VINCENT SMITH	12353	10037	1840	0:56:13	1:53:11	1:59:35	2:53:01	4:03:24	4:15:07
RACHEL TOOGOOD	12409	2332	483	1:00:28	1:59:13	2:05:41	3:00:41	4:03:20	4:15:19
MATT DUNN	13818	11116	1508	0:55:15	1:52:17	1:58:43	2:56:11	4:05:51	4:20:49
HALEY SUTTLE	14343	2825	503	0:48:48	1:40:05	1:45:46	2:40:41		4:23:01
LES BASHAM	15030	12014	406	1:00:27	2:00:49	2:07:33	3:03:14	4:11:25	4:25:51
DEBBIE GHANT	17402	3711	658	1:00:24	1:59:33	2:06:16	3:12:06	4:22:46	4:35:28
DAVID DANIELS	18150	14235	2704	0:52:18	1:49:22	1:55:27	2:59:09	4:22:10	4:38:29
LORRAINE MILLS (PB)	18181	3923	776	1:04:04	2:07:03	2:13:44	3:12:45	4:24:05	4:38:36
FRANK MOGGAN	18399	14413	519	1:00:58	2:03:08	2:10:09	3:11:54	4:24:29	4:39:25
CLARE BAILIE	19014	4158	847	1:01:53	2:05:04	2:12:08	3:13:38	4:26:22	4:41:51
ALAN WELLS	25453	19095	2318	1:02:51	2:06:36	2:13:43	3:19:24	4:54:09	5:09:55
ROSEMARY TYLER	25705	6454	134	1:06:36	2:17:00	2:24:37	3:36:00	4:54:34	5:11:13
MARIA REYNOLDS	30789	8424	443	1:14:39	2:32:37	2:40:55	3:55:09	5:24:09	5:41:41
JOANNA CASSELLS	33679	9752	535	1:10:31	2:43:43	2:53:17	4:20:16	5:56:33	6:16:02
JANIS REES	34993	10466	1679	1:20:04	3:00:22	3:10:08	4:51:00	6:31:12	6:53:22
GLENDA TAYLOR	35061	10507	289	1:22:43	2:54:48	3:04:02	4:40:35	6:33:26	6:56:47

Lorraine's Marathon.....

Developing Morton's Neuroma a couple of months before FLM had messed up my high mileage training somewhat, had even thought about pulling out a month before, but with help from some expensive insoles and a great Doctor I managed to get in a couple of 20 milers. Running a 4 miler 3 days before FLM and the foot pain, (which feels like running on broken toes by the way, ouch!) had started at 3 miles, I wasn't feeling very hopeful waiting for the big day to arrive.

On the Saturday I couldn't believe it when trying to add more music to my Ipod ready for FLM I wiped it clean by mistake so then spent the next 7 hours trying to put it right, I hate technology!

But like everyone else who was going down to London on the coaches up I got up at 4.45am and proceeded to make my porridge and coffee for my flasks, bleary eyed and yawning.

I didn't feel very fairy-like as I donned my dress and wig that made up my fancy dress costume. Having collapsed on my last 2 FLM's my thinking was that if I dressed up I would be mistaken for a fun runner and forgiven for walking but also that I might get dealt with a bit quicker if I went down!

Joe was up by this time too as he was coming to support me but being called by him to the PC twice whilst I was getting ready because he had an urgent need to look on EBay and my PC was playing up didn't go down to well at 5.30am and the phrase 'You're having a laugh' was used a couple of times as well as a couple of other well known phrases!

Arriving at the bus stop it was commented on that I looked like I had just arrived home from a hen night!

Arriving in London my stomach started to churn but I really started looking forward to the day ahead. Off the coach we got and made our way to the Blue start entrance which is where I realised that the same Ipod that I'd spent hours on the day before had been left on the coach! I didn't realise that non-runners were not allowed in the preparation area and so had to say goodbye to Joe and the boys and was left

on my own where I had a moment of panic over where to go and what to do next!

After disposing of my bag on the lorry I luckily bumped into fellow Strider, Abi, who pinned my wings on for me then proceeded to queue up for the loo. That done I started to make my way to pen 7 where I was starting, having to stop 3 times on the way by who I think were French runners wanting to take my photo. I think it was the pink wig that attracted them. I was very relieved to see Joe and the boys waiting for me on the other side of the barrier and so the wait began for the start.

Realised the race had begun when we all started to shuffle forward, a quick goodbye and off I went, over the line in 8 mins. After a short stop for us all again half a mile in, off we went.

The sun was shining, people were smiling and the mile markers seem to arrive so quickly even though due to the mass of people I was running a 9.40 pace.

The pain I expected in my foot started to niggle at 9 miles "here we go" I thought but astonishingly for the 1st time it didn't progress to anything worse.

Heading over Tower Bridge I nearly cried and seeing the Strider spectators cheering me on made my day. Managing to refill my drinks bottle when I needed to and taking my Gels when I'd planned to, on I continued until I reached 17 miles when my right thigh suddenly cramped up forcing me to briskly walk. Not something I'd suffered from before so assume it was the heat. From then on it was a case of run/walk due to the cramp and by 20 miles was thinking "I'm sure the mile markers have been moved".

Had had a couple of mobile calls by this time by Joe who I had missed both times so far in his spectator spots but had been spotted by Peter Tricker and his posse en-route which greatly helped.

Reaching the Embankment spurred me on and I hadn't collapsed like in times past so was feeling very pleased with myself albeit hot, bothered and VERY tired.

Quick stop with Charmaine and the girls just before 25 miles and off I went knowing that a PB was within reach. Reaching the 600m to go sign I knew it was going to be the longest 600m ever. Taking off my

sunglasses as I rounded the last corner ready for my photo shoot I could have cried once again but held it back. Puffy eyes DO NOT look good on camera!

Through the finish 4.38.36 mins, 52mins better than my best time. Fantastic. At last! Collected my medal, quick photo, climbed the mountain so my chip could be taken off then collected goody bag where I bumped into Frank. So pleased to see someone I knew. This was when I decided to feel really ill so we sat down and had an apple. Struggled to our feet, rounded the corner where I had to sit down again. Frank managed to get me to where I was meeting Joe where I sat down in my fairy costume on the gravel and proceeded to stay there for an hour whilst people tripped up around me!

Joe managed to find me eventually but just to finish off I stood up and proceeded to dispose of the apple I'd eaten earlier. Trying to discreetly vomit in a very crowded place was bad enough but having Joe stand back and yell "CHUNDER" was mortifying. Thanks babe!

Seeing everyone else at Cleopatra's needle was a welcome sight and after the best cup of tea in the world and another quick photo shoot we all gratefully got on the coaches. I said never again but after watching it.....

Lorraine Mills, Marathon Runner. X

PRAGUE MARATHON

Good luck to the Striders who will be running the Prague Marathon on 13 May: Kim & Jonny Levett, Penny Waggott, Charmaine Geraghty, Debbie Ghant and Richard Day. Apparently it's a hilly course on cobbled streets and it's usually quite hot. (There are the excuses for the slow times)

SPONSORS NEEDED

Anne and Grayhame Fish are competing in the UK Ironman 70.3 Triathlon on 17th June 2007. This is a challenging 1.2 mile swim – 56 mile bike ride – 13.1 mile run that is centred at Wimbleball Lake, Exmoor, Somerset.

We are seeking support in raising up to £1000 each principally for Leukaemia Research & also for the 2007 Rotary-IronmanUK charity causes of Breakthrough Breast Cancer, Children's Hospice Association, Shelter Box, Air Ambulance, St Margret's Hospice and Youth & Sports Programmes in the UK.

Anne originally came from Somerset and was born 10 miles away from the Exmoor venue for this testing triathlon so she is keen to return to her roots and put up a good show.

Details of the event can be viewed on www.half.ironmanuk.com and on line donations accepted by going to www.justgiving.com/anne-grayhame alternatively contacting Anne or Grayhame on 01359 250628, all contributions will be gratefully received.

LODGER REQUIRED

Fully furnished double room available with own private bathroom in modern three bedroom house on outskirts of Stowmarket – easy access to A14.

Would suit single professional person.

All bills included except telephone - £75.00 per week

Contact 01449 770443 (After 18.30)
07749 274606

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.

CAR PARKING AT THE LEISURE CENTRE

From 1st May the Striders will have use of our own designated VIP car park at the Leisure Centre.

It is on the playground between the High School and the Leisure Centre. The entrance is off Gainsborough Road, through the first set of large double gates to the right of the High School

Chris Gladwell... Hiking across the Pyrenees

<https://www.bmycharity.com/walking/chris>

I have a place on the **Royal British Legion's** Freedom Trail hike in July 2007. Fifteen people from the UK along with American airmen from RAF Mildenhall, members of the 4th Parachute Regiment and hikers from France will be taking part and raising funds for the Legion at the same time,

We start from Saint Giron on the French border and end in Esterri D'Aneu in Spain. On day one we climb from 391m above sea level to 766m. On day two we climb to 1499m but day three is the toughest with two huge climbs of 2382m and 2500m to overcome. Day four will be another ten-hour day but a respite as we descend from 2245m to 950m (however, much of this descent is through snow fields).

On the first night we have the luxury of sleeping on the floor in a local Gymnasium. On the other nights we pitch tents on the mountainsides and they can get blizzards in July. Oh, and yes, we have to carry all our own kit and food!

Hiking an average of over 10.5 miles per day, with full packs at altitudes of up to 2600 metres (8580 feet and almost twice as high as Ben Nevis) crossing snowfields and sections of enormous granite boulders – is just one side of the story.

I know that I will be helping men and women who risked their lives in many conflicts, including Northern Ireland, the Gulf War, Bosnia and the Falklands. The Legion works hard supporting them, their dependants and families and, like all charities, they need every penny they can raise. On line donations accepted by going to:

<https://www.bmycharity.com/walking/chris>

Chris Gladwell

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)
- And any other significant performances by club members

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.

RESULTS

Bury 20 25th February 2007

Pos	Name	Time
5	Richard Jordan (2 nd V40)	01:59:48
8	Ian Keeble	02:02:47
9	Colin Pitts	02:04:01
21	Nicolas Stephens	02:12:38
111	Steve Gray	02:32:24
133	Jason Bloomfield	02:37:14
166	Richard Day	02:43:36
187	Carole Prance	02:47:38
188	David Daniels	02:47:48
198	Jonathon Levett	02:48:48
235	Rebecca Jordan	02:55:50
236	Les King	02:55:50
244	Chris Gladwell	02:56:50
245	Gary Halestrap	02:56:51
250	Miles Garrod	02:57:04
253	Leslie Basham	02:57:20
263	Debbie Ghant	02:59:08
288	Vincent Smith	03:07:33
293	Alan Wells	03:08:22
339	Ronel van der Merwe	03:19:28
373	David Chittick	03:35:48
389	Glenda Taylor	04:29:32

Winner's time: 01:52:48 389 Finishers

Bury Nearly 10 25th February 2007

Pos	Name	Time
45	Carol Fowles	01:15:49
98	Faye Harrington	01:32:28

Winners time: 52:29 129 Finishers

JUNIOR SECTION

Are your children interested in running?
Are they between 9 and 15 years old?
Are they a beginner or wanting to improve?
We can cater for all standards.

We run coaching sessions specifically designed for juniors on Tuesday evenings from 6.00pm to 7.00pm

Venue: Mid Suffolk Leisure Centre,
Gainsborough Road, Stowmarket.

UK Athletics qualified coaches run all our sessions.

For more details speak to Richard, Les or Sue

Auckland Half Marathon – 25/02/07

On my recent holiday in New Zealand I took part in the Auckland Half Marathon.

There were over 2000 competitors in a combined half marathon and 11km run or walk. The race was classed as a Fun Run and each runner had to estimate the time it would take them to complete the race and calculate their own start time to finish as close as possible to 10.30am. Spot prizes were selected at random by computer for those who completed the course close to 10.30am and in their stated time.

The entire course was on footpaths and the first few km followed the seafront beaches and harbour – very pleasant as this part of the course was flat and there was a warm sea breeze. After about 7km I saw Sue who gave me a drink and took a photo of the back of my shoes!!!

The middle part of the course was run on undulating suburban streets and was quite challenging as the sun got brighter and the temperature rose, but there were lots of drinks stations and many residents out offering support. Then it was back to the seafront and a flat surface again to the end. I completed the run in 2hrs 5mins.

I found it quite strange at the end to have no friendly Striders faces cheering me on and even Sue wasn't there as she had confused the finishing lanes and was waiting patiently at the 11km finish.

The race was sponsored by lots of companies and most of the competitors and their families stayed on for the prize-giving afterwards. This lasted for over an hour with the total value of the many spot prizes being over \$30000. These included a holiday to Hong Kong and several money prizes of \$500.

All in all there was a very friendly atmosphere throughout. It was a well-marshalled, scenic race and it was a great experience as well as being good preparation for the London Marathon.

Frank Moggan.

Wymondham Spring 10 4th March 2007

Place	Name	Time
6	Nick Palmer	0:59:55
104	Jo Frazer	1:23:10
111	Anne Fish	1:24:22
113	Grayhame Fish	1:24:42

Winner's time: 56:11

200 finishers

Wymondham Spring 20 4th March 2007

Congratulations to Colin for a great victory, beating Chris Cooke of Pacers by 1½ mins

Pos	Name	Time
1	Colin Pitts	2:00:50
17	Malcolm Penn	2:14:39
81	Haley Suttle	2:39:00
87	Richard Day	2:41:39
93	Carole Prance	2:43:59
94	David Daniels	2:43:59
119	Penny Waggott	2:53:48
128	Kim Levett	2:55:54
129	Rachel Toogood	2:55:54
141	Leslie Basham	2:57:17
144	Lorraine Mills	2:57:38
145	Chris Gladwell	2:57:40
159	Charmaine Geraghty	3:07:21
168	Debbie Ghant	3:13:18
169	Clare Bailie	3:13:18
185	Rosemary Tyler	3:22:19
191	David Chittick	3:28:58

202 finishers

1st V40 women's team:

Hayley, Carole & Penny

1st Senior women's team:

Kim, Rachel & Debbie

Hastings Half Marathon 11th March

It's a classic...truly. The course, coupled with the whole town pride in the event makes a great day. Crowds from start to finish and 5000 "athletes" lined up. International field with a Kenya 1, 2, 3 winning time about 1-03! The first 5miles is all uphill with 2 further tough climbs at mile 9 before a steep descent and 3 flat seafront miles to the end. It always rates in Runner's World as one of the best half marathons in the country...or should that be hardest with only 3900 finishing!!

Pos	Name	Time
432	Adrian Doig	1:34.49

Winners time: 1:03.222

3878 Finishers

Mondi 15 11th March

Pos	Name	Time
34	Ker Macrossan	1:47.35
93	Richard Fellingham	2:04.16

Winners time: 1:26.53 176 Finishers

adidas London ½ Marathon Silverstone 2007 18th March

Pos	Name	Time
84	Malcolm Penn (1 st V50)	1:24.48
3319	Wendy Hughes	2:01.00
4191	Chris Gladwell (PW)	2:09.13

Winner's time (Hendrick Romaala): 1:06.53
6105 Finishers

Bungay ½ Marathon 1st April

Pos	Name	Time
68	Jonny Levett	1:39.26
112	Richard Fellingham	1:45.29
181	Les Basham	1:52.19
443	Glenda Taylor	2:50.52

Winner's time: 1:17.33 445 Finishers

Sudbury 5 Mile Fun Run 6th April

Tamara wins and is more than a minute clear of the second lady

Pos	Name	Time
20	Tamara Jordan	30:47
101	Mike Munson	37:09
122	Richard Fellingham	38:05
142	Kirsty Denwood	39:03
160	Heidi Bingham	39:52
190	Chris Gladwell	42:14
279	Chris Chaplin	48:03

Winners time: 27:36 397 Finishers

Trowse 10k 8th April

Pos	Name	Time
4	Ian Keeble	34:38
7	Roger Aldis	35:01
10	Colin Pitts	36:00
321	Glenda Taylor	1:15:08

Winner's time: 32:17 321 Finishers

Newport to Ryde 7 miles 7th April

Pos	Name	Time
64	Katy Nash	1:13:44

"It was hilly, especially at Havenstreet and having done Cross Country at high school on the Island, Katy was never going to run up the last 200 metre hill before the end of the race. Katy never ran up this hill at 16 years of age and she certainly didn't want to run it 2 decades later! Katy did beat 2 Isle of Wight residents though."

West Wight 3 Hills 8 mile 9th April

Pos	Name	Time
66	Richard Nash	1:08:43

"A VERY hilly race (makes Waspes's Hill look flat!) taking in some scenic countryside. Whilst engrossed in view of Tennyson Down and the Isle of Wight Needles, I promptly fell down a 4-foot hole on the path. Four miles in, climbing out of Alum Bay up Tennyson Down there was a steep climb where I was made to feel particularly un-athletic by a large beer bellied gentleman running past me up the 3 in 2 incline after his 6 year old child bounding up like a mountain goat! Very beautiful scenery, but forget the PBs!"

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.

FIXTURES

May 2007		
Thurs 3rd	Newmarket Heath Run Newmarket Heath, Bury Road	(near BP Garage) Approx 6k – all off road (£5.00/£7.00) Children's fun run commencing at 7pm Fun Run: £2.00 http://www.newmarketjoggers.co.uk/Races.htm
Sun 6th	Heritage Coast 6M, 14M & Marathon Thorpness Playing Field (B1353)	6/14 miles: £7.00. marathon: £12.00 (Plus £3.00 on day)
Sun 6th	Gt East Anglia Run (10k) Tuesday Market Place, Kings Lynn	£12.00/£14.00 No ED www.greateastangliarun.co.uk
Mon 7th	Ashdon 10k Ashdon Village Hall, Saffron Walden	£6.00/£7.00. Plus £2.00 on day
Weds 9th	Bungay Summer Series Broome 10Km Broome	
Sun 13th	Prague Marathon	
Sun 13th	Dereham 10 mile Neatherd High school, Norwich Rd,	11.00am http://www.derehamrunners.co.uk/RoadRaces.htm £6.00/£8.00. Plus £1.00 on the day
Sun 20th	Woodbridge 10k	RACE FULL
Sun 20th	Great Baddow Charity 10 mile race Recreation Ground, Great Baddow	11.00 am start - £7.00/£9.00. £10.00 on the day Plus Junior 2 mile Fun Run www.baddowraces.org.uk
Mon 28th	Brandon Forest 1/2 Marathon Mayday Field, off the B1106	£8.00/£10.00 No ED http://www.bfh.org.uk
June 2007		
Fri 1st	Bury Friday 5 mile Nowton Park, Bury St Eds	(£6.00/£8.00 unattached. Entries on the night plus £1.00) Junior Fun Run 7:00pm - Enter on the night - Fee £2.00 http://www.pacers.org.uk/bury5.htm
Weds 6th	Bungay Summer Series Broome 10K Broome	
Fri 8th	Ipswich Friday 5 mile St Josephs College, Ipswich	(£6.00/£8.00 unattached. Entries on the night plus £1.00) Junior Fun Run 7:00pm - Enter on the night - Fee £2.00 http://www.ipswichjaffa.org.uk/races/fridayfive.php
Fri 15th	Kirton Friday 5 Mile	County Championship event (£6.00/£8.00. E/D + £1.00) Junior Fun Run 7:00pm - Enter on the night - Fee £2.00 http://www.frr.org.uk/
Sun 17th	Hethel Engineering 10 mile race Chapman Way, Hethel, Norfolk	10.30am (£8.00/£10.00. Entries on the day plus £1.00) http://www.wymondhamac.org.uk/race_info/forms.htm
Fri 22nd	Stowmarket Friday 5 Mile	(£7.00/£9.00 unattached. Entries on the night plus £1.00) Junior Fun Run 7:15pm - Enter on the night - Fee £2.00
Sat 23rd	Framlingham Half Marathon	
Sat 23rd	Off Road Sprint Triathlon Wattisham Airfield	Swim 300m, Bike 12k, Run 5k £15.00 No E/D Relay Teams - £20 (one team member per discipline) www.ssafa.org.uk/branch/suffolk.asp
Sun 24th	Mersea Round the Island Race (13 miles)	Willoughby Ave Car park, West Mersea Entry £6.00 (£2.00 extra on the day)
Wed 27th	Harwich Runners handicap Series 5K	
July 2007		
Sun 1st	Newmarket 10k Ellesmere Centre, Stetchworth	11.00am start. New route for 2007 around Stetchworth & Woodditton. Children's fun run commencing at 10am http://www.newmarketjoggers.co.uk/Races.htm
Wed 4th	Sudbury Joggers 5 Mile MT AFC Sudbury, Brundon lane, Sudbury	7.30pm £5.00/£7.00. Plus £2.00 on day Junior fun run commencing at 7.35pm
Sat 7th	Rowhedge 10k	
Sun 8th	Mutford Relays	
Weds 11th	Bungay Summer Series Broome 10K	Broome
Fri 13th	Gt Bentley Friday 5 Mile	(£6.00/£8.00 unattached. Entries on the night plus £1.00) Junior Fun Run 7:35pm - Enter on the night - Fee £2.00
Sun 22nd	RAF Marham 10M	
Fri 27th	Worstead 5M	

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 _____