



# STRIDERS NEWS

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

Volume Eight: Issue Three

August 2007

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NOTE: 18 October - Last date for articles for next 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

So what's happened since the last newsletter came out?

279 Striders ran in the Friday Five Series – a record

347 people ran in the Friday Five at Haughley Park – a record

Tamara has won the Friday Five series.

Anybody seen the final series results? If you have can you get me a copy – Ta.

Striders won the Mutford Relays

Six Striders ran in the Prague Marathon

We had five teams at the Ekiden Relays

In fact, by my reckoning, in the last three months Striders have taken part in 24 different races.

Anne & Grayhame Fish completed an Iron Man Triathlon (That was a 1.2 mile swim, a 56 mile bike race and a 13.1 mile run)

Another Strider walked across the Pyrenees.

**THE LONDON MARATHON MAGAZINE IS OUT NOW AND IS AVAILABLE FROM DALE SPORTS. IT CONTAINS THE LONDON MARATHON APPLICATION FORM.**

**GET YOUR APPLICATION IN NOW.**

**REMEMBER**

You only stand a 20% chance of getting into the race through the ballot so you can tell everyone that you have entered knowing that there is only a slim chance that you will actually have to run.

## First – a thank you

Thank you to everyone who sponsored me or who have taken part in one of my Trail Runs. With your support I have raised over £1100 for the Royal British Legion.

As you should know, I had a place on the Freedom Trail hike across the Pyrenees. It was probably the hardest thing I've ever done and one of the most rewarding. One of the guys I was walking with said he'd never felt so close to death yet so much alive at the same time. My emotions didn't go quite that far but it was something else!

We hiked from France into Spain, a distance of about 50 miles and including total climbs and descents of over 6000 metres (metres, not feet). We carried full packs weighing over 15 kilograms with all we needed for the walk at altitudes of up to 2600 metres (8580 feet).

If you hit a bad patch half way through a marathon you've only got a couple of hours to keep going. If we hit a bad patch half way through the Freedom Trail we only had another two DAYS to keep going.

If you want to read all about it try this link..

<http://www.conscript-heroes.com/escapelines/Chemin-2007-Chris.html>

If you are suitably moved and want to sponsor me (it's not too late), follow this link.....

<https://www.bmycharity.com/walkingchris>

And don't forget there's one more Trail Run left on 29<sup>th</sup> August at Rattlesden Bells.

Same arrangements as the others. Start any time after 6.30pm, but don't leave it too late as the nights are drawing in.

## Junior Strider runs for charity

Kyrie Bloomfield, a junior member of Stowmarket striders, ran in the Race for Life on Jesus Green, Cambridge on a warm sunny afternoon on 8<sup>th</sup> July.

Kyrie (aged 12) ran the 5k race in 26 mins 11 secs and raised £150 for Cancer Research.

Kyrie would like to thank all her sponsors.....and well done Kyrie.

## Random emails!

The Striders website receives its fair share of emails. As well as the ones about the club, races and running it gets a huge amount of Spam. But it also gets one or two random that take some explaining.

### We got this one a few weeks ago:

"My daughter is running track for her school. She runs 800, 1600, and 3200 typically. Between races, she needs to rest, hydrate, and regain some energy by eating lightly. What foods would you recommend between races (typically 1 to 2 hours)? Also, for these races, what types of foods do you recommend for breakfast and/or the prior night?"

Nothing odd there really, until you see that the email came from America. Good to see our little club is having an international impact on the world of athletics.

### But here's an even stranger one:

The email read:

"Not an athlete- BUT Just GOOGLED 'rules for club' -and it came up with your web site - great - I was trying to update the constitution of our Organ Club (musical not donor!!) and was so pleased to see we are doing it right - just thought you'd like to know how helpful it was."

# Swedish Massage

As many of you may know, I have successfully completed a year's course studying Swedish Massage and I am now fully qualified.

For those not familiar with Swedish Massage here are some benefits:-

- Improve joint mobility
- Improve muscle tone
- Relieve muscle tension and tightness
- Increase circulation
- Reduce muscle fatigue and soreness
- Promote rapid removal of toxins and waste products
- Reduce oedema
- Promote relaxation
- Relieve stress

I am fully mobile and have my own equipment.

If you are wondering about cost it is £18 for back, shoulder, neck massage (approx. ½ hour) or £30 for a full body massage (approx 1 hour).

If you recommend a friend you will receive 10% off your next treatment.

**Please call Katy Nash on 01473 748571 for an appointment.**

Gift vouchers are also available.

For the next academic year I will be learning Sports Massage. Watch this space .....

# PhysioFixx

Sports physiotherapy clinic  
Based at Bodywize Gym, Stowmarket

Robert Grainger MCSP SRP CSCS

Injured, in pain, or wanting to improve your performance? Specialising in sports and training injuries PhysioFixx can offer you a full range of assessment, treatment and rehabilitation programmes

New patient appointments £40 (approx 60 mins)

Follow-up treatments £35 (approx 25-30 mins)

Discount for Strider members of £5 per appointment

For more information or to book and appointment call Robert Grainger (01449 616458) (07796 347835)

## Sports and Remedial Massage Therapy

Discount for Stowmarket Striders

### Treatments

1 hour      ~~£35.00~~      £30.00  
(Including initial consultation & treatment)

½ hour      ~~£24.00~~      £20.00

To book an appointment contact:  
Complementary Health Centre, Clarice House, Bury St Edmunds (01284 716121)

The Self Centre, Kempton Way, Bury St Edmunds (01284 769090)

Or contact Gemma Basham direct on 07876 203933

## Banana fitness

Striders get discounted, membership at **Banana fitness** at Mid Suffolk Leisure Centre.

Striders get a 20% discount on the monthly membership fee (£26.40 instead of £33.00)

Membership includes full use of the Fitness Suite, Free swim pool sessions, Circuit Training, Spin and a whole range of other exercise classes.

If you already a member but don't get your membership discount see the staff on reception at MSLC.

## Round Norfolk Relay

The Round Norfolk Relay is being held on the weekend of the **15<sup>th</sup>/16<sup>th</sup> September**.

We have two teams in this 17 stage, 193 mile, continuous, 24 hour, relay event running the circumference of Norfolk.

Debbie has sorted out runners for the two teams but we will still need cyclists to ride with the runners, as well as drivers, and support crew to help in the taking part of this event. It is a fantastic weekend (*ask those who have run in the last couple of years*).

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 cycling support, driving or otherwise, please let Debbie Ghant know as soon as possible.**

## The Christmas Party

Will be on 22<sup>nd</sup> December 2007 at  
Stowupland Village Hall  
Tickets will be on sale soon

## Strider Website Forums

Keep an eye on the Strider website for the introduction of club member forums on a range of running and club related topics.

These will be something of an experiment and I would like feedback on how useful you think they are.

## 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 therefore decided that in future, results of the following races will automatically be put into the Race Results section on the website:

- All club races
- 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.

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

## Sudbury 5 Mile 6th April (Updated)

Pos	Name	Time
20	Tamara Jordan	30:47
25	Stuart Green	31.13
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

## Heritage Coast Run/Walk Sun 6th May

### Marathon

Pos	Name	Time
3	Ker Macrossan	3-37-05

### 14 Miles

Pos	Name	Time
4	Chris Starmer	1-29-23
45	Richard Fellingham	1-49-34
68	Frank Moggan	1-9-44
71	Graham Fish	2-01-54
74	Anne Fish	2-02-47
99	Michelle Payne	2-11-32
112	Susan Seggar	2-44-23

## Gt East Anglia Run Sun 6th May

Pos	Name	Finish Time	Net Time
423	Abi Paton	49.29	49.29
425	Richard Day	49.29	48.55
989	David Loades	59.57	57.57

Winner's time: 30.45 1509 finishers

## Prague Marathon 13th May 2007

An intrepid group of Striders took on the very flat and fast Prague Marathon on Sunday. Only about one kilometre of the course is on cobblestones as it passes through the historic city centre. The course is designed to give runners a great view of many of the beautiful monuments while still enabling them to finish with a very good time!

A word of note to Richard and Jonny for getting under the 4 hour mark. Well done to those who were all making their first forays into the world of International competition - and to Debbie who ran London three weeks ago in a time of 4:35

Pos	Pos (Cat)	Name	Clock Time	Actual Time
1244	373	Richard Day	03:57:30	03:53:53
1382	218	Jonny Levett	04:01:56	03:58:18
1584	24	Kim Levett	04:10:05	04:06:28
1585	28	Penny Waggott	04:10:05	04:06:28
2066	95	Charmaine Geraghty	04:27:12	04:22:47
2073	38	Debbie Ghant	04:27:32	04:23:07

## Dereham 10 mile Sun 13th May

Pos	Name	Time
26	Tamara Jordan (1 <sup>st</sup> SF)	63.23
166	Neil Cross	84.49
172	Jennifer Cross	86.01

Winners time: 51.29 226 finishers

## Woodbridge 10k Sun 20th May

Pos	Name	Time
23	Stuart Green (1 <sup>st</sup> MV 45)	39.36
336	Ronel van Der Merwe	57.15

Winner's time: 34.08 484 finishers

## Brandon Forest ½ Marathon 28th May

Pos	Name	Time
4	Nick palmer	1.21.46
11	Nick Stephens	1.26.14
22	Ker Macrossan	1.30.55
70	Hayley Suttle	1.41.14
132	Rebecca Jack	1.50.53
134	Frank Moggan	1.51.07
160	Anne Fish	1.55.57
187	Grayhame Fish	2.02.54
208	Rosemary Tyler	2.08.11
222	James Denman	2.23.10
228	Glenda Taylor	2.57.34

Winner's time: 1.15.50 228 finishers

## Hethel Engineering 10 mile 17 June 2007

Pos	Name	Time
66	Carole PRANCE (2 <sup>nd</sup> FV40)	1:13:50
84	Hayley SUTTLE (3 <sup>rd</sup> FV40)	1:18:02
99	Penny WAGGOTT (4 <sup>th</sup> FV40)	1:20:11
111	Les BASHAM,	1:22:14
176	Rosemary THURSTON	1:37:48

Winner's time: 55.41 205 finishers

## Framlingham ½ Marathon Sat 23<sup>rd</sup> June

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

Winner's time: 1:17.33 445 finishers

## Newmarket 10k 1<sup>st</sup> July 2007

Pos	Surname	Time
55	Haley Suttle	00:44:48
118	Charmaine Geraghty	00:49:46
120	Leslie Basham	00:49:51
137	Debbie Ghant	00:51:48

Winner's time 34:11 200 Finishers

## Sudbury Joggers 5 Mile MT Wed 4 July

Pos	Name	Time
8	Stuart Green	31:19
27	Chris Seymour	35:54

This was the first multi terrain (Summer?) event held by Sudbury Joggers.

The course was altered slightly on the day due to one section being knee deep in mud! The course starts on road for a short distance, just enough for runners to get into their stride, before the tarmac ends and the pot holed slippery mud track starts (at this point I guessed we would be finishing the race via the same track).

After about half a mile of dodging sludge and JAFFA runners things dried out on a gravel road and then onto a roadside footpath for about a mile. After a sharp left turn the route goes over a river bridge (gushing with brown water following the afternoon downpours), through a gate and onto the route of the old Sudbury to Melford railway line which is effectively a loose gravel track. The scenery at this point would have been nice to look at, but with the rain beating down and the sound of thunder getting louder it was a case of head down, watch your footing and close down the JAFFA runner in front.

At the end of the rail track there is a sharp right turn on to an uphill farm track. This is the bit that makes up the distance and you have a choice of either running up the middle through saturated long grass, or keep to the narrow tractor track and run through the muddy water trickling back down the hill. After about 500 metres uphill it's time to turn around a post and slip and slide back down the track.

At the bottom of the farm track you turn right and hit the home straight, up and over a small bridge and back onto the same outward bound pot holed mud track (with bigger puddles this time!) finishing at the AFC Sudbury football ground.

The turnout was slightly disappointing as the organisers were hoping for 200, but understandably there were few "on the night" entrants due to the weather (about 85 started and I think a few gave up, but only one other Strider?). Hopefully next year the race will be more popular and the weather will be a bit more like summer!.

## Rowhedge 10k 7<sup>th</sup> July 2007 Richard Jordan wins Rowhedge 10k...

Pos	Name	Time
1	Richard Jordan	36:08

## Marham 10 mile 14<sup>th</sup> July

Pos	Name	Time
22	Carole Prance	1:15.00
38	Penny Waggott	1:22.00

## Wibbly Wobbly Log Jog 3<sup>rd</sup> August

Pos	Name	Time
74	Mike Munson	38.32
88	Les Basham	39.32
105	Frank Mogan	40.50
110	Debbie Ghant	41.13
146	Sandra Mayhew	43.54
153	Anne Fish	44.23
154	David Watt	44.28
157	Grayhame Fish	44.35
174	Jan Starmer	45.26
224	Lesley Watt	49.01
232	Rosemary Tyler	50.50
245	Sue Mogan	53.06
248	David West	53.30
249	Sue Seggar	53.30
287	Glenda Taylor	69.57

Winner's time: 28:16

292 finishers

## Bury Friday 5 mile 1st June

**A huge entry from the Striders  
Tamara Jordan - first lady!!  
The ladies dominate the age categories**

Pos	Name	Time
4	Ian Keeble	27.52
20	Nick Palmer	29.24
29	Chris Starmer	29.57
33	Tamara Jordan (1 <sup>st</sup> Lady) (PB)	30.17
38	Nick Stephens	30.30
53	Malcolm Penn	31.37
82	Jason Bloomfield (PB)	33.20
92	Nick Bretherton	33.52
95	Stuart Ruegg	33.55
103	Mary Narey (1 <sup>st</sup> FV35)	34.32
114	Michael Rees	35.08
116	Jonathon Levett	35.09
119	Steve Gray	35.17
126	Richard Day	35.28
132	Haley Suttle (1 <sup>st</sup> FV40)	35.41
150	Rebecca Jordan	36.17
165	Phil Norris	36.59
167	Richard Nash	37.00
176	Miles Garrod	37.23
194	David Daniels	37.40
199	John Rednall	37.53
228	Mike Munson	38.53
235	Tina Belsom	39.00
242	Becky Jack	39.11
245	Jennifer Cowan	39.15
248	Abi Paton	39.15
257	Neil Cross	39.40
258	Lorraine Mills	39.41
260	Martin Ablett	39.45
261	Merv Evans	39.45
262	Leslie Basham	39.46
263	Peter Sewell	39.46
265	Charmaine Geraghty (PB)	39.50
272	William Burdett	40.07
275	David Watt	40.13
282	Frank Moggan	40.37
285	Maureen Wright	40.58
295	Jo Stephenson	41.23
301	Gail Sparkes	41.43
302	Naomi Hall	41.43
323	Harry Smith	42.33
340	Margery Brown	43.25
343	Jane Dolan	43.28
344	Colin Forrester	43.32
353	Malcolm Hogarth	43.48
359	Debbie Ghant	44.19
371	Jan Starmer	44.44
383	Sandra Mayhew	45.16

390	Claire Bailie	45.46
397	Wendy Hughes	46.13
402	Alison Taylor	46.38
406	Andy Bond	46.52
408	Roger Sparkes	46.59
413	Denise Wright	47.07
431	Andrea O'Connor	48.34
432	Keith Borrett	48.34
437	John Steward	49.12
442	Angela Burdett	49.24
443	Sue Lewis	49.24
453	Linda Steward	50.31
468	Lesley Watt	51.59
477	Sue Moggan	53.23
479	David West	53.58

Winner's Time: 26.53

There were 495 finishers.

## Bury Friday 5 junior results

Pos (in age)	Name	Cat	Age	Time
2	J. Jack	M	u9	5.55
9	E. Burdett	M	u9	7.07
10	B. Hammond	M	u9	7.10
12	T. Garrod	M	u9	7.25
33	M. Jack	F	u9	8.55
5	W. Garrod	M	u13	9.35
9	S. Burdett	M	u13	10.11
14	J. Hammond	M	u13	10.22
22	K. Bloomfield	F	u13	11.52
28	A. Cobbold	M	u13	13.16
13	J. Wright	M	u15	10.46
16	S. Cobbold	F	u15	12.05

**Ipswich Friday 5 8th June**

Another huge entry from the Striders

Tamara Jordan wins!

The ladies dominate the age categories

Pos	Name	Time
5	Ian Keeble	28:17
12	Nick Palmer	29:37
17	Chris Starmer	30:15
22	Tamara Jordan (1st lady) (PB)	30:39
25	Nick Stephens	30:49
55	Nick Bretherton	33:39
62	Jason Bloomfield	33:52
70	Mary Narey (1 <sup>st</sup> F35)	34:49
83	Haley Suttle (1 <sup>st</sup> F40)	35:38
86	Rebecca Jordan	35:47
87	Richard Day	35:52
101	Gary Halestrap	36:46
106	Richard Nash	37:13
111	David Wood	37:29
112	Miles Garrod	37:31
117	David Daniels	37:55
121	Robert Tomlinson	38:19
132	Mike Munson	38:45
149	Martin Ablett	39:35
150	Mervyn Evans	39:36
152	Peter Sewell	39:39
154	Lorraine Mills	39:40
155	Frank Moggan	39:45
157	Richard Fellingham	39:54
159	William Burdett	39:57
161	Ron Ames	40:04
164	Les Basham	40:08
165	Charmaine Geraghty (PB)	40:08
166	Tina Belsom	40:10
180	Jo Stephenson	41:24
187	Jennifer Cowan	41:51
200	Gail Sparkes	42:34
203	Harry Smith	42:43
205	Debbie Ghant	42:43
212	Margery Brown	43:04
213	Malcolm Hoggarth	43:05
216	Naomi Hall	43:21
228	Colin Forrester	44:22
237	Roger Sparkes	45:22
240	Jan Starmer	45:42
244	Sandra Mayhew	45:58
248	Jane Dolan	46:16
249	Rosemary Tyler	46:39
251	Clare Bailie	46:47
256	Denise Wright	47:01
264	Keith Borrett	48:23
274	Angela Burdett	49:54

Winner's time: 27:20

286 finishers.

**Kirton Friday 5****15th June**

Another huge entry from the Striders

Tamara Jordan wins again and continues to re-write the club's record books!

Striders win Male Team Prize: Ian Keeble, Roger Aldis, Richard Jordan

Pos	Name	Time
5	Ian Keeble	27:50
6	Roger Aldis	27:53
13	Richard Jordan (1st V45)	28:33
21	Nick Palmer	29:08
27	Chris Starmer	29:34
30	Tamara Jordan (1 <sup>st</sup> Lady) (PB)	29:39
37	Nicolas Stephens	30:16
50	Malcolm Penn	31:09
59	Andy Green	31:37
90	Nick Bretherton	33:22
97	Jason Bloomfield	33:37
101	Mary Narey (1 <sup>st</sup> fv35)	33:43
112	Haley Suttle	34:24
119	Steve Gray	34:44
126	Rebecca Jordan (PB)	34:59
129	Richard Day	35:05
147	Jonny Levett	35:47
156	Debbie Ghant	36:21
164	David Wood	36:40
166	Tina Belsom	36:43
172	David Daniels	36:52
176	Richard Fellingham	37:05
178	Miles Garrod	37:07
180	Lorraine Mills	37:09
194	Robert Tomlinson	37:31
203	Becky Jack	37:58
210	Martin Ablett	38:09
211	Martin Gibson	38:11
214	Abigail Paten	38:17
221	Mike Munson	38:25
222	Ron Ames	38:27
227	Peter Sewell	38:39
230	Mervyn Evens	38:46
237	Les Basham	39:00
242	William Burdett	39:17
249	Charmaine Geraghty (PB)	39:29
254	Jo Stephenson	39:50
260	Frank Morgan	40:08
268	Jennifer Cowan	40:33
279	Steve Culverhouse	41:02
282	Colin Forrester	41:06
284	Malcolm Hogarth	41:12
299	Harry Smith	41:45
306	Naomi Hall	41:56

308	Roger Sparkes	42:11
310	Gail Sparkes	42:13
339	Jane Dolan	43:42
347	Alison Taylor	43:57
348	Sandra Mayhew	44:06
356	Jan Starmer	44:43
361	Claire Balie	45:09
372	Denise Wright	46:10
377	Wendy Hughes	46:34
394	Angela Bagley	48:35
398	Sue Lewis	48:51
405	Su Browne	49:45
406	Simon Browne	49:45
411	Sue Morgan	50:32
412	Sue Seggar	50:34
413	Lesley Watt	50:38
423	Rosemary Tyler	53:21
428	David West	53:46

**Winner's time: 26:39    There were 442 finishers.**

### **Kirton Fun Run, 15 June 2007**

Selected results – where I recognised the name from the list of runners

Pos	Time	Name	Age
12	10:53	William Garrod	12
13	10:54	Niall McPhillips	12
18	11:17	Samuel Burdett	12
23	11:44	Jake Hammond	11
40	12:25	Jacob Jack	8
45	12:47	Kyrie Bloomfield	12
50	13:04	Maisie Lee	12
51	13:05	Elliot Burdett	8
52	13:22	Rachel Stephenson	10
93	16:05	Ben Hammond	7
95	16:18	Tom Garrod	7
113	17:22	Toby Levett	7
128	18:54	Ben Stephenson	6
150	24:15	Megan Jack	5

### **Gt Bentley Friday 5**

**13 July**

Pos	Name	me
1	David MILLER	26.27
7	Roger ALDIS	27.36
18	Nick PALMER	29.16
20	Christopher STARMER	29.24
23	Nicholas STEPHENS	29.43
26	Tamara JORDAN	29.52
42	Malcolm PENN	30.45
44	Andy GREEN	30.53
99	Jason BLOOMFIELD	33.44
107	Haley SUTTLE	34.10
111	Steve GRAY	34.20
120	Rebecca JORDAN	34.40
121	Nick BRETHERTON	34.42
142	Richard DAY	35.50
146	Joe NAUGHTON	35.59
155	David WOOD	36.33
160	David DANIELS	36.42
164	Lorraine MILLS	36.45
169	Tina BELSOM	36.57
181	Ron AMES	37.07
182	Heidi BINGHAM	37.10
191	Mike MUNSON	37.30
203	Martin ABLETT	38.07
209	Mervyn EVANS	38.27
221	Jo STEPHENSON	38.58
223	Peter SEWELL	39.01
225	Leslie BASHAM	39.07
226	Frank MOGGAN	39.09
236	Tracey MORRIS	39.31
237	Colin FORRESTER	39.35
242	Debbie GHANT	39.54
256	Trudi ABLETT	40.32
273	Malcolm HOGARTH	41.43
280	Margery BROWN	41.57
290	Harry SMITH	42.31
301	Clare BAILIE	43.10
304	Jan STARMER	43.28
312	Sandra MAYHEW	43.42
315	Sharon CROWE	43.50
335	Su BROWNE	45.26
336	Simon BROWNE	45.27
340	Denise WRIGHT	45.49
341	Wendy HUGHES	45.53
347	Angela BURDETT	47.12
348	Lesley WATT	47.48
349	Tracey LEE	47.54
351	Keith BORRETT	48.17
360	Sue LEWIS	49.58
364	Sue MOGGAN	52.23
376	David WEST	54.29

## Mutford Road Relay Results 2007 Main Relay

**Sunday 8<sup>th</sup> July 2007**

Striders had a successful visit to the Mutford relays with Stowmarket winning the team prize. Tamara Jordan was first senior lady. Striders also took the Ladies Vet 45 and the Men's Vet 50 prizes. We entered 6 teams and thanks were expressed to Chris Starmer for organising.

(1 lady + 1 vet and 3 others)

<b>1st</b>	<b>Stowmarket Striders "A"</b>		<b>1:29:29</b>	<b>Suffolk Champions.</b>
	Tamara Jordan	F	18:35	Fastest Lady
	Nick Stephens	M1	18:12	
	Nick Palmer	M	17:33	
	Roger Aldis	M	16:55	
	Chris Starmer	M1	18:14	
<b>14th</b>	<b>Stowmarket Striders "D"</b>		<b>01:56:13</b>	
	Charmaine Geraghty	F	23:48	
	Sandra Mayhew	F1	26 11	
	Ron Ames	M2	23:12	
	Dave Watt	M1	24 07	
	Andy Green	M	18:55	
<b>15th</b>	<b>Stowmarket Striders "C"</b>		<b>01:56:21</b>	
	Debbie Gbant	F1	24 06	
	Becky Jordan	F	21:10	
	Lesley Watt	F2	30 21	
	David Daniels	M1	22:02	
	Malcolm Penn	M2	18:42	1st Vet 50 Prize
<b>16th</b>	<b>Stowmarket Striders "F"</b>		<b>01:56:49</b>	
	Jan Starmer	F2	27 13	
	Jo Stephenson	F1	24 13	
	Neil Cross	M	23:14	
	Frank Moggan	M2	23:41	
	Nick Stephens	M	18:28	
<b>17th</b>	<b>Stowmarket Striders "B"</b>		<b>0:1:57:24</b>	
	Lorraine Mills	F1	22:04	
	Tracy Morris	F2	24 11	1st V45 Prize
	Hayley Suttle	F1	21:13	
	Sue Moggan	F3	30 23	
	Michael Nelhams	M	19:33	
<b>21st</b>	<b>Stowmarket Striders "E"</b>		<b>01:58:12</b>	
	Denise Wright	F1	27 07	
	Trudi Ablett	F	25 07	
	Mike Munson	M2	22:42	
	Martin Albett	M	22:44	
	Tom Wood	M	20:32	

**Ekiden Relays 2007**  
**Orwell Park School, Nacton**

**Sunday 29 July 2007**

The Striders entered five teams for this event and had enough people at the event to field another two teams. By far the biggest showing from any club and showing the strength in depth within the club.

<b>Team Pos</b>	<b>Indiv. Pos</b>	<b>Team</b>	<b>Category</b>	<b>Time/pace</b>
<b>6</b>		<b>Stowmarket Striders A</b>	<b>M/OPN</b>	<b>2:38.40</b>
	7	Simon Brummitt		26.50 (5:59)
	7	Malcolm Penn		19.42 (6:20)
	5	Roger Aldis		37.18 (6:00)
	4	Nick Stephens		18.45 (6:02)
	3	Richard Jordan		36.28 (5:52)
	9	Andy Green		19.37 (6:18)

<b>Team Pos</b>	<b>Indiv. Pos</b>	<b>Team</b>	<b>Category</b>	<b>Time/pace</b>
<b>32</b>		<b>Stowmarket Striders B</b>	<b>M/OPN</b>	<b>3:32.25</b>
	12	Stuart Green		29.22 (6:33)
	35	Malcolm Hogarth		26.20 (8:28)
	34	David Daniels		49.44 (8:00)
	38	Keith Borrett		28.34 (9:11)
	36	Neil Cross		51.38 (8:18)
	37	Roger Sparkes		26.47 (8:37)

<b>Team Pos</b>	<b>Indiv. Pos</b>	<b>Team</b>	<b>Category</b>	<b>Time/pace</b>
<b>33</b>		<b>Stowmarket Striders C</b>	<b>L/OPN</b>	<b>3:35.24</b>
	29	Heidi Bingham		34.37 (7:44)
	27	Tracy Morris		24.43 (7:57)
	33	Carol Prance		49.38 (7:59)
	27	Kim Levett		24.52 (8:00)
	41	Gail Sparkes		56.45 (9:07)
	33	Rachel Toogood		24.49 (7:59)

<b>Team Pos</b>	<b>Indiv. Pos</b>	<b>Team</b>	<b>Category</b>	<b>Time/pace</b>
<b>44</b>		<b>Stowmarket Striders E</b>	<b>M/OPN</b>	<b>3:55.41</b>
	40	Colin Forrester		38.18 (8:33)
	42	Lesley Watt		30.06 (9:41)
	37	Mike Munson		51.38 (8:18)
	41	Sarah Hutchins		31.01 (9:58)
	37	Frank Moggan		53.23 (8:35)
	45	Katy Nash		31.15 (10:03)

<b>Team Pos</b>	<b>Indiv. Pos</b>	<b>Team</b>	<b>Category</b>	<b>Time/pace</b>
<b>44</b>		<b>Stowmarket Striders D</b>	<b>L/OPN</b>	<b>4:09.53</b>
	46	Ginny Bond		43.29 (9:43)
	46	Kay Southgate		32.41 (10:31)
	45	Sandra Mayhew		56.59 (9:10)
	44	Sue Morgan		32.08 (10:20)
	42	Clare Bailie		56.47 (9:08)
	40	Jan Starmer		27.49 (8:57)

**UK Ironman 70.3 Triathlon 17th June 2007**  
**Wimbleball Lake, Exmoor, Somerset**

1.2 mile swim – 56 mile bike ride – 13.1 mile run

Pos	Name	Cat	Pos Cat	Swim Open	Pos	T	Bike	Pos	T	Run	Pos	Total
776	Grayhame Fish	M55- 59	5	33:18	234	07:06	4:18:55	812	02:25	2:34:37	771	7:36:16
782	Anne Fish	F55- 59	2	43:15	773	07:11	4:20:31	818	02:40	2:24:51	686	7:38:24

T = transition time between disciplines

**Culford Triathlon 29 July 2007**

Swim 300m (pool) - Bike 21km - Run 4km

Pos	Name	Cat	Swim	Pos	Cycle	Pos	Run	Pos	Total
33	Chris Oliver	MG	5:05	25	39:45	30	16:50	47	1:01:40
79	Leslie Basham	MK	6:21	95	42:57	75	18:37	97	1:07:55
106	Debbie Gbant	FH	7:35	141	45:31	98	18:11	83	1:11:17
115	Charmaine Geargthy	FF	6:32	109	48:22	119	18:35	96	1:13:29

(Bike time includes both transitions)

**World Property Centre Forest Challenge 2007**  
**Friday 20th July**

Pos	Time	Runner 1	Runner 2	Race Cat
2	1:09:27	Chris Starmer	Nick Stephens	Male
20	1:22:16	Joanne Frazer	Stuart Cameron	Mixed
27	1:24:28	Vincent Smith	Sam Morris	Male
39	1:32:04	Jonny Levett	Haley Suttle	Mixed
40	1:34:00	Colin Waggott	Penny Waggott	Mixed
45	1:37:14	Carole Prance	Les Basham	Mixed
50	1:40:26	Frank Morgan	Debbie Gbant	Mixed
52	1:41:25	Jonathan Wright	Colin Forrester	Male
54	1:43:17	Olwyn Clayden	Kelly Clayden	Female
55	1:46:50	Charmaine Geragthy	Sean Geragthy	Mixed
59	1:48:48	Denise Wright	Jan Starmer	Female

## FIXTURES

August 2007		
Fri 17th	<b>Blisworth 5 mile</b> Blisworth, Northampton	<b>Wootton Road Runners</b> <a href="http://www.woottonroadrunners.co.uk/">http://www.woottonroadrunners.co.uk/</a>
date tbc	<b>RBL Charity Trail Run</b>	Click <a href="#">here</a> for more information
September 2007		
Sun 2nd	<b>Framlingham 10k</b> The Sports Club, Badingham Road, Framlingham	£7.00/£9.00 (E/D £9.00/£11.00)
Wed 5th	<b>Honington 10k</b> <b>2.00pm</b> RAF Honington	<b>Note: 2.00pm start</b> <b>£7.00</b> (£9 on the day)
Sun 9th	<b>Langham 10k</b> Langham Community Centre	11.00am £5.00/£7.00. Plus £2.00 on day <b>Includes 1.5mile junior fun run</b>
Sun 9th	<b>Grunty Fen Half Marathon</b> Ely, Cambs	Sun 9th Sept 2007. 10.30am <b>Includes Fun Run</b>
Sun 9th	<b>Wymondham Abbey 5k</b>	<a href="http://www.wymondhamac.org.uk">www.wymondhamac.org.uk</a>
Sat/Sun 16/17	<b>Round Norfolk Relay</b>	
Sun 23rd	<b>Tarpley 10 mile</b> Beyton Middle School	£9.00/£11.00 (E/D £10.00/£12.00) <b>Includes Fun Run</b>
Sun 30th	<b>Felixstowe Half Marathon</b>	£9.00/£11.00 (E/D £10.00/£12.00) <b>Includes Fun Run</b> <b>IMPORTANT INFORMATION.....</b> Due to the race limit being reduced to 500 for this year's event it would be advisable to enter the race in advance. Download an entry form from: <a href="http://www.frr.org.uk">www.frr.org.uk</a>
October 2007		
Sun 7th	<b>Cancer Research 10k</b> Ickworth House	Entry fee: £17.50 (no E/D) <a href="http://www.cancerresearchuk10.co.uk">http://www.cancerresearchuk10.co.uk</a>
Sun 14th	<b>Martlesham 10k</b>	
Sun 14th	<b>Gt Yarmouth 1/2 marathon</b>	
Sun 21st	<b>North Norfolk 7 mile</b>	
Sun 28th	<b>Fenland 10 mile</b>	
November 2007		
Sun 11th	<b>Stowmarket Scenic Seven</b>	
Sun 18 <sup>th</sup>	<b>St Neots Riverside ½ Marathon</b> St Neots Leisure Centre, Eynesbury, St Neots, PE19 2SA	Entry fee: £12.50/£14.50 no ED <a href="http://www.riverside-runners.com">http://www.riverside-runners.com</a>
Sun 25th	<b>Hadleigh 10 mile</b> Hadleigh United F.C. Duke St Hadleigh Suffolk	£8.00/£10.00 (E/D £9.00/£10.00) <a href="http://www.hadleighhares.co.uk">http://www.hadleighhares.co.uk</a>
Sun 25th	<b>The Hereward Relay 38.4</b> Peterborough, Cambridgeshire	Multi terrain, four stage relay (Peterborough to Ely) Entry fee: £6.00/8.00 per runner. No ED
December 2007		
Sun 2nd	<b>City of Norwich 1/2 Marathon</b> Norfolk Showground, Costessey, Norwich	£13.00/£15.00 (No ED) <a href="http://www.conac.org.uk">http://www.conac.org.uk</a>
Weds 26th	<b>Witham Boxing Day 5</b> Witham Football Club, Spa Road, Witham, CM8 1UN	<a href="http://www.withamrc.co.uk">http://www.withamrc.co.uk</a>

# UNIVERSAL RACE ENTRY FORM

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

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

*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* \_\_\_\_\_