



STRIDERS NEWS

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

Volume Eight: Issue Four

December 2007

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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**

Christmas Party

The Christmas party will be on
Saturday 22nd December.

At Stowupland Village Hall

From 7.30 pm until midnight

**Tickets are only £5.00.
Bring a dish: sweet or savoury.**

**Disco and raffle included!
London Marathon places drawn, Strider of
the Year awards, Club Championships
announced, Coaches awards made - and
much more!!**

**Tickets from Les and various
committee members**

**Stowmarket Striders AGM
Stowmarket Rugby Club
Monday 28th January 2008**

RESULTS

Run Holkham Hall 5 August

Pos	Name	Time
153	Rosemary Tyler	62:53

Winners time 33:39 191 finishers

Striders/JAFFA 5k Track Challenge Mon 13th August

Men's results

Position	Time	Name
11	17:13	Nick Palmer
15	17:59	Nick Stephens
19	18:31	Stuart Green
24	18:45	Andy Green
42	21:54	Richard Day
46	22:02	Vincent Smith
47	22:08	Martin Ablett
48	22:12	Peter Reach
49	22:13	Ron Ames
50	22:27	David Daniels
51	22:37	Jim Rossitter
52	22:44	Robert Tomlinson
53	22:50	Edward Tricker
54	23:18	Grayhame Fish
55	23:42	Richard Fellingham
56	23:48	Frank Moggan

Winner's time: 15:22 60 Finishers

Ladies results

Position	Time	Name
3	17:46	Tamara Jordan
5	19:59	Mary Narey
11	21:07	Rebecca Jordan
12	21:23	Haley Suttle
14	22:06	Heidi Bingham
15	22:07	Lorraine Mills
17	22:09	Tina Belsom
18	22:14	Carol Prance
20	23:36	Charmaine Geraghty
21	24:16:00	Naomi Hall
22	24:32:00	Debbie Ghant
24	25:06:00	Margery Brown
26	25:41:00	Jan Starmer
27	28:40:00	Lesley Watt
28	30:16:00	Claire Tricker

Winner's time: 17:42 28 Finishers

Aldeburgh Mini Marathon (5.4 miles) 19th August

Name	Pos	Time
Richard Nash	30	41:15
Ron Ames	35	41:30
Sue Garrod	56	?
Frank Moggan	76	45:00
Miles Garrod & Bonnie & 2nd Dog	85	?
William Garrod	86	?
Robert Tomlinson & Toby & 4th dog	98	46:31
Dave Watts & Brock & 6th Dog	126	52:24
Vicky Tomlinson	132	53:30
Katy Nash	138	54:30
Jo Starmer	158	57:06
Sue Moggan	159	57:13
Jan Starmer	160	57:14

205 Finishers

Framlingham 10k 2nd Sept 2007

Pos	Name	Time
3	Richard Jordan	00:35:16
5	Roger Aldis	00:35:53
6	Nick Palmer	00:36:26
19	Stuart Green (3 rd MV40)	00:39:28
27	Andy Green	00:41:13
108	Richard Fellingham	00:50:22
114	Chris Gladwell	00:51:21
147	James Denman	00:55:29
188	Rosemary Tyler	01:00:37
203	Katy Nash	01:04:52

2nd Team: Richard Jordan, Roger Aldis,
Nick Palmer, Rosemary Tyler

Winners time: 00:34:42 214 finishers

Wissey Half Marathon 2 September

Pos	Name	Time
33	Ker Macrosson	1:30.05
80	Haley Suttle (1 st F Vet 40)	1.39.09
92	Carole Prance (2 nd F Vet 40)	1.42.16
123	David Daniels	1.47.57
127	Penny Waggott	1.49.15

Winner's time: 1:15:40 229 finishers.

Haley, Carole and Penny won the Ladies team prize. Stowmarket Striders Ladies strike again! Loads of Norfolk ladies there but there weren't a match for the Striders ladies.

Grunty Fen ½ Marathon 9 Sept

Pos	Name	Time
53	Tamara Jordan	1:29.25
167	Rebecca Jordan	1:39:57
289	Les Basham	1:51.26
293	Debbie Ghant	1:51.48
492	John Cassells	2:16.53
518	Jeanne Lynch-Aird	2:24.39
524	Joanna Cassells	2:38.43

Winner's time: 1:15.45 536 finishers

Langham 10k 9th September

Pos	First Name	Time
72	Richard Fellingham	00:48:49
92	Margery Brown	00:52:09

Winners time: 34:23 153 finishers

Dedham 10k 23 September

Pos	Name	Time
6	Tamara Jordan	00:38:02
60	Haley Suttle	00:45:13
77	Carole Prance	00:46:30
97	David Daniels	00:48:20
105	Kim Levett	00:48:48
107	Penny Waggott	00:48:51
108	Richard Fellingham	00:48:51

Winners time: 32:16 337 finishers

Great North Run 30 Sept 2007

Pos	Name	Time
6110	John Rednall	01:50:05
18832	Andrew Bond	02:12:35
29628	Keith Borrett	02:38:07

Winners time 1:00:10

Discovery Run 6 October

Pos	Name	Time
37	Richard Fellingham	47:18
102	Anne Fellingham	56:15

Winners time 35:20 132 finishers

Baxters Loch Ness Marathon 7 October

Pos	Surname	Time
586	Kelly Kemp	03:54:14
730	Harry Smith	04:05:06
795	Jo Fraser	04:10:39

Winners time 2:23:17 1427 finishers

Felixstowe ½ Marathon 30th Sept

Pos	Name	Time
8	Richard Jordan	01:18:05
22	Tamara Jordan	01:22:40
34	Stuart Green	01:26:15
48	Andy Green	01:28:54
77	Steve Gray	01:33:40
87	Jason Bloomfield	01:34:24
100	Rebecca Jordan	01:37:32
105	Haley Suttle	01:38:09
124	Jonny Levett	01:40:23
129	Carole Prance	01:41:10
143	Vincent Smith	01:42:24
161	David Wood	01:43:53
170	Kim Levett	01:44:49
173	David Daniels	01:44:56
176	Charmaine Geraghty (PB)	01:45:14
180	Tina Belsom	01:45:35
187	Penny Waggott	01:46:00
191	Frank Moggan	01:46:25
197	Becky Jack	01:47:15
208	Debbie Ghant	01:48:04
211	Leslie Basham	01:48:30
217	Kimberly Zilke	01:48:58
223	Gary Halestrap	01:49:34
225	Rachel Toogood	01:49:42
267	Robert Tomlinson	01:53:59
347	Wendy Hughes	02:04:00
414	Andrea O'Connor	02:14:52

Winners time 1:11:43 455 finishers

Martlesham Heath 10k 14 October

Pos	Name	Time
4	Roger Aldis	34:59
16	Stuart Green	38:13
33	Andy Green	40:36
44	Michael Rees	42:06
80	Ron Ames	46:25
81	Christian Seymour	46:50
89	Richard Fellingham	47:22
93	John Rednall	47:38
132	Malcolm Hogarth	51:49
170	Andy Bond	56:12
176	Anne Fellingham	56:49
191	John Cassells	59:07

Winner's time: 34:50 220 finishers

Dublin Marathon**29 October**

Pos	Name	Cat Pos	10k	Half Way	20K	Chip Time
2347	Ella Canham (PB)	139	58:47	1:58:04	2:45:33	3:47:51
2666	Leslie Basham (PB)	61	58:47	1:58:04	2:45:35	3:52:00
3186	Debbie Ghant (PB)	71	59:21	2:00:08	2:50:28	3:58:05
3103	Frank Moggan (PB)	74	58:47	1:58:05	2:45:53	3:56:56
6979	Jennifer Cowan	822	64:21	2:13:46	3:26:48	5:20:03

Dovedale Dash 5th November

Here are the Striders who ran the Dovedale Dash this year – not necessarily in the right finishing order as there aren't official times and I didn't collect times from everyone. If I have you in the wrong position – sorry – but, hey, it was only a bit of fun!

Name
Jonny Levett
Miles Garrod
Sue Garrod
Les Basham
Gary Halestrap
Colin Waggott
Chris Gladwell
Richard Fellingham
Grayhame Fish
Anne Fish
Robert Tomlinson & Toby
Anne Fellingham
Carole Prance
Hayley Suttle
Penny Waggott
Kim Levett
Christina
Debbie Ghant
Anthony Crowe
Elaine Wright
Sharon Crowe
Olwyn Clayden

Chelmsford 10k 18th November

Pos	First Name	Time
322	Margery Brown	50:53

Winners time: 31:44 468 finishers

Norwich Half Marathon 2nd December

Pos.	Name	Chip Time
44	Christopher Starmer	01:23:02
46	Tamara Jordan	01:23:21
120	Robert Grainger	01:30:20
261	Rebecca Jordan	01:37:02
282	Jonny Levett	01:37:53
335	Lee Edwards	01:39:50
355	Carole Prance	01:40:58
440	David Daniels	01:44:34
443	Heidi Bingham	01:44:37
557	Frank Moggan	01:46:15
583	Martin Ablett	01:48:18
621	John Trowell	01:48:46
658	Leslie Basham	01:49:57
726	Paul Sparrow	01:50:50
772	Malcolm Hogarth	01:52:02
825	Jo Stephenson	01:53:38
836	Matthew Dunn	01:55:03
1044	Susanna Munday	01:57:23
1101	Amanda Fear	02:00:25
1243	Wendy Hughes	02:03:51
1321	Lisa Moss	02:07:49

I include all race results that I receive plus anywhere 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.

Round Norfolk Relay

17	Stowmarket Striders Club Team							
STAGE	NAME	AGE	CAT	Time	Total Time	Age Graded %	Stage Pos.	Cat Pos (in stage)
1	Ella Canham	32	LS	2:18:41	2:18:41	59.95	44	4
2	Charmaine Geraghty	34	LS	2:02:21	4:21:02	57.95	40	3
3	Sandra Mayhew	43	LM	1:02:12	5:23:14	44.37	49	20
4	David Daniels	44	MM	1:51:01	7:14:15	55.12	42	29
5	Abi Paton	30	LS	1:18:51	8:33:06	53.51	36	2
6	Gary Halestrap	39	MS	1:05:17	9:38:23	52.42	28	10
7	Nick Palmer	32	MS	0:56:54	10:35:17	72.15	7	4
8	Bob Grainger	27	MS	0:50:20	11:25:37	65.70	7	3
9	Malcolm Penn	50	MM	1:16:17	12:41:54	73.89	7	1
10	Roger Aldis	39	MS	1:32:25	14:14:19	76.32	2	1
11	Paul Canham	35	MS	2:35:27	16:49:46	59.34	33	14
12	Simon Brummitt	24	MS	2:18:46	19:08:32	62.25	28	18
13	Jo Fraser	37	LM	2:00:53	21:09:25	58.90	44	6
14	Anne Fish	58	LM	1:19:57	22:29:22	66.20	46	10
15	Katy Nash	36	LM	1:13:59	23:43:21	47.66	48	11
16	Jo Stephenson	42	LM	0:44:32	24:27:53	62.64	29	5
17	Richard Nash	35	MS	1:30:17	25:58:10	58.69	31	13
				25:58:10		60.41		
Est time = 25:43:00								
Diff = 0:15:10				Overall position = 32		Position in Class = 7		
Average Age = 37								

18	Stowmarket Striders Masters Team							
STAGE	NAME	AGE	CAT	Time	Total Time	Age Graded %	Stage Pos.	Cat Pos in stage
1	Haley Suttle	43	LM	2:10:28	2:10:28	67.47	38	4
2	Steve Gray	48	MM	1:44:39	3:55:07	66.83	20	10
3	Jan Starmer	46	LM	0:50:16	4:45:23	56.33	31	10
4	Andy Green	40	MM	1:29:01	6:14:24	66.78	13	7
5	Jonny Levett	41	MM	1:11:20	7:25:44	55.42	23	10
6	Kim Levett	39	LM	1:04:38	8:30:22	59.19	27	6
7	Penny Waggott	40	LM	1:14:37	9:44:59	63.28	31	4
8	Rachel Toogood	37	LM	0:59:47	10:44:46	62.20	33	4
9	Carole Prance	43	LM	1:27:09	12:11:55	68.61	23	6
10	Debbie Ghant	41	LM	2:17:29	14:29:24	57.92	46	3
11	Les Basham	57	MM	3:08:07	17:37:31	57.19	48	24
12	Lorraine Mills	35	LM	2:48:06	20:25:37	56.15	47	6
13	Nick Stephens	44	MM	1:28:47	21:54:24	75.97	4	2
14	Mary Narey	39	LM	1:08:10	23:02:34	65.32	29	7
15	Chris Gladwell	50	MM	0:57:12	23:59:46	61.27	24	12
16	Chris Starmer	47	MM	0:32:58	24:32:44	78.22	2	1
17	Bob Ratliffe	60	MM	1:31:28	26:04:12	69.86	33	15
				26:04:12		64.00		
Est time = 26:27:00								
Diff = 0:22:48				Overall position = 34		Position in Class = 3		
Average Age = 44								

World Age Group Championships Hamburg 2nd September 2007.

Place	Place A/C	Name	Swim	tz1	Bike	tz2	Run	Total
573	24	Anne Fish	37:45	06:44	1:23:31	03:43	54:00	3:05:44

On 30th August, Steve Robinson (Ipswich Tri), Grayhame and I set off for the World Age Group Championships in Hamburg, Germany. It was my fourth Age Group Worlds for the Olympic distance and with the introduction this year of the Sprint Distance, Grayhame's first Championships and Steve's second. We all booked through the British Triathlon's official travel agents and arrived late on the Thursday at the Team Hotel the Radisson in the middle of Hamburg. Friday was spent registering for the event, making ourselves known to the Team Manager and Captains plus finding our way around central Hamburg including the course and transition areas. Friday was also an opportunity to assemble your bike and book it in for a 'check' with the Team Mechanics for a modest fee. This has proved well worth it in the past as they found a serious problem with the handlebars in Madeira which resulted in having to quickly purchase new ones.

The bike rack awaiting the Mechanics check, held a stunning array of very expensive bikes all having run the gauntlet of the Airport baggage handlers in either a bike box or bike bag. We carefully read all the messages from the various team captains placed on the 'official' notice board, the foyer window. After some debate we decided not to take up the 'cycle the bike route' option since it was happening during the Hamburg rush hour and the roads were not closed. Survivors of this 2 ½ hour ride said it was a waste of time and if anything confused them more than anything. The actual race on the day was on closed roads and went the wrong way up an einbahnstrasse, not possible in the rush hour. Instead of that Steve, Grayhame and I checked out the transition and run route more closely as well as the coffee shops.

Around the registration tent, set up on the waterfront side of the Binnenalster (lake), were a huge number of trade stands and displays offering everything the triathlete may want. The afternoon was spent watching the Elite Juniors and under 23s battle through the more compact, spectator friendly, multi lap, Elite course in central Hamburg whilst drenched with rain. We ended up buying umbrellas so we could watch the Elite races in relative comfort. The finishing 400 metres run and the Binnenalster swim are the only parts common to both Elite and Age Group events, the lake looked dark, murky and cold, with rumours circulating about oil slicks. Another decision was made not to do the Saturday evening practice swim; well the wetsuits would have still been wet for race start the following morning.

Sunday was race day and I was off at 0840 hrs after breakfast at 0530 hrs, lots of nervous chatter. I didn't enjoy the 1500 metre swim, the water was very cold and seemed a long way including swimming under two bridges that were more like tunnels. The long transition followed which must have been a nearly a kilometre to my bike, at least the cobble effect road was covered with a carpet. The bike was an out 11 Km, back 9 Km, out 9 Km and back 11 Km, hence a total of 3 "U" turns, not everyone spotted the second "U" turn and hence did the Sprint distance and were disqualified. Much of the confusion was due to the faster younger age groupers working their way through the field and a certain amount of drafting which didn't seem to be controlled very well. I found it very cold on the bike after a cold swim but soon started to warm up; I was pleased on the day with a 1 hr 23 min bike time. Next was the run, this time a straight forward out and back and consequently not the usual crowds to support and cheer you on (previous championships had been multi lap).

The GB team Manager hands out team lists to encourage supporters to cheer and call out your name, this works well on a multi lap run, but not so well on an out and back. The last kilometre was well supported with the cheers for the age groupers being unbelievable, a fantastic experience. I grabbed a Union Flag from the Support Team and raced for the finishing line. My time was 3:04:08; finishing 24th out of 34 in my age group (K) and have already booked my place in Vancouver, June 2008 when I move to the "L" age group.

After the race I was able to catch Grayhame and Steve exiting the swim after an 11.40 hrs start in the Sprint event. This was a memorable 4 days in Hamburg, it is such a lovely city and such a good atmosphere meeting and competing with people from all over the world coupled with the experience of being part of the GB team.

Anne Fish

Hamburg Cityman” BG Triathlon World Championships 2007

Place	pl. ac	Name	Swim	tz1	Bike	tz2	Run	Total
399	(25)	Grayhame Fish	13:33	5:05	44:36	3:19	26:15	1:32:49
362	(40)	Stephen Robinson	15:39	5:12	41:00	3:13	22:55	1:28:01

See www.hamburgcityman.de and www.asiphoto.net competitor number 1972. Grayhame was 4268 and Steve 4215.

I registered with British Triathlon for the Dambuster Tri, which was one of the Olympic Distance Team qualifying events for Hamburg. Unfortunately coming 6 days after the Wimbleball 70.3 Half Ironman it was not a good decision and hence I finished well down the field of 19 in my age group. However, it did open another door with the introduction of the less popular Sprint Distance at the World Championships for the first time. Having already registered with BT, I was given an opportunity to compete in the Sprint event.

So being given the opportunity (competitor 4268) I was keen to not end up embarrassing myself and being last, no pressure then. So a GB Tri suit had to be purchased as well as a GB polo shirt for the team photo call. Recently I have been struggling to get my 7 year old second hand wetsuit off at T1, so I decided to take advantage of the end of season bargains and bought a new Aqua-sphere Marlin. This suit has a seal skin finish and you get supplied with a tube of shark repellent cream for use in the sea, which proved unnecessary in the middle of Hamburg (joke – well Steve nearly fell for it).

Anyway I christened the suit 5 minutes before the start of the 750 metre swim and managed to exit the water in 7th place out of 32 in my age group with a time of 13:33mins. The long T1 run to the bike followed (and this time, for once, wasn't the last bike left on the rack) and away on the 22 Km cycle leg without problem. Sadly my cycle was not so good and I watched a succession of Black German Tri suits and the bulk of the GB team pass by, not all in my age group. T2 went well and I was off on the 5 Km run having tried recently to up my 5 Km time for this distance, just for this event.

Throwing a cup of cold water down my throat at the 1 Km point on the run was another bad decision, half went the wrong way and somehow set me off wheezing, which I then did to the finish line. I managed a bit of a sprint finish and secured 25th place out of 32 in my age group beating one Black Tri suit to the line but given the same time as him. (Check the picture at www.asiphoto.net).

Hamburg was a wonderful experience and a weekend to treasure, something to tell the grandchild when she is a little older, well maybe not. Winter training has to focus on the cycling and I am open to any advice that anyone might wish to offer apart from 'give up at your age'.

Grayhame Fish

The London Triathlon Sprint

10th August

On Saturday 10th August I competed in the London Triathlon Sprint distance. The London triathlon is the largest in the world with 9100 competitors on the Saturday and Sunday distances. What a great experience it was and I would encourage anyone to give it a go, this is now a race I shall be putting in my diary. The swim was not that bad, but I do recommend you don't go to the back, stay at the front and let others pass or else you could be fighting for position. I was in the top third of my field, not bad considering it was my first open water wetsuit swim.

I came 177/602 Swim 750m; Bike 21k ;Run 5,5km; with a total time of 1.35.32. I was the only Strider there but hope to encourage someone to join me.

Charmaine Geraghty

Pos	Name	Swim	T1	Bike	T2	Run	Total
89	Charmaine Geraghty	17:26	4:11	46:31	1:30	25:55	1:35:32

Ipswich Duathlon 2007 - Alton Waters

Sun 23rd Sept

Pos	Name	Run1	Bike	Run2	Overall
27	Malcolm Penn	19:10(9)	44:45(52)	20:33(19)	1:24:28
74	David Wood	22:36(58)	46:59(70)	27:21(89)	1:36:56
81	Charmaine Geraghty (PB)	23:42(72)	50:33(85)	24:22(60)	1:38:37

Hereward Relay Results (Over 37.6 MILES)

Team	Distance	Name	Time	Minute Miling	Pos. in stage	Team Position
Team A (2nd Overall)						
Stage 1	6.1	Nick Stephens	00:39:18	00:06:27	12	12
Stage 2	11.6	Roger Aldis	01:07:13	00:05:48	4	4
Stage 3	10.3	Ian Keeble	01:03:42	00:06:11	1	2
Stage 4	9.6	Nick Palmer	00:58:44	00:06:07	4	2
	37.6		03:48:57	00:06:05		2nd
Team B (16th Overall)						
Stage 1	6.1	Tom Wood	00:46:33	00:07:38	40	40
Stage 2	11.6	Andy Green	01:17:52	00:06:43	27	27
Stage 3	10.3	Malcolm Penn	01:10:18	00:06:50	9	18
Stage 4	9.6	Chris Starmer	01:03:10	00:06:35	15	16
	37.6		04:17:53	00:06:52		16th
Team C (70th Overall)						
Stage 1	6.1	Nick Bretherton	00:48:26	00:07:56	49	49
Stage 2	11.6	Richard Nash	01:30:11	00:07:46	75	66
Stage 3	10.3	Grayhame Fish	01:35:57	00:09:19	107	87
Stage 4	9.6	Nick Hammond	01:10:28	00:07:20	44	70
	37.6		05:05:02	00:08:07		70th
Team D Ladies (88th Overall)						
Stage 1	6.1	Anne Fish	00:54:30	00:08:56	92	92
Stage 2	11.6	Kelly Kemp	01:33:02	00:08:01	90	91
Stage 3	10.3	Charmaine Geraghty	01:28:58	00:08:38	86	90
Stage 4	9.6	Sue Garrod	01:18:40	00:08:12	88	88
	37.6		05:15:10	00:08:23		88th

[Full results on www.marchathleticclub.co.uk/hereward.htm.](http://www.marchathleticclub.co.uk/hereward.htm)

Out of 129 teams started - 122 finished...

Cold but otherwise good running weather with a general following wind.

Multi terrain - half on road, half over fields (some muddy).

Richard missed Nick Bretherton finish and lost about 20 seconds.

Winners were Muddy Mucky Monkeys, with the Striders 3:04 minutes behind.

Third were the Army Training Regiment over 5:34 minutes behind the Striders

Nick Palmer fell over in the mud about 3 times and was caked from elbow to toe!

SUFFOLK WINTER CROSS COUNTRY LEAGUE 2007/8

FRAMLINGHAM 28 October Seniors:

POSITION			POINTS		RUNNER			INDIVIDUAL	
O/L	M	F	M	F	TIME	NAME	CLUB	CAT	POS
1	1		163		26.34	Andrew Rooke	IH	M 17	1
2	2		162		26.36	Luke Allen	WV	M 17	2
3	3		161		26.57	Carl Prewer	LO	M 20	1
8	8		156		28.28	Nick Palmer	ST	M 20	3
13	13		151		29.15	Simon Brummitt	ST	M 20	4
21	21		143		30.19	Nick Stephens	ST	M 40	3
28	28		136		31.01	Chris Starmer	ST	M 45	3
41	41		123		32.01	Andy Green	ST	M 40	7
45	45		119		32.39	Kerr McCrossan	ST	M 50	1
53	52		112		33.20	Robin Belson	ST	M 45	7
54		2		92	33.26	Mary Narey	ST	F 40	1
72	63		101		34.25	Jason Bloomfield	ST	M 20	23
74	65		99		34.35	Steve Gray	ST	M 45	10
76	67		97		34.59	Nick Hammond	ST	M 20	24
103	90		74		36.29	Miles Garrod	ST	M 40	19
118		15		79	37.14	Kelly Kemp	ST	F 20	6
125	106		58		37.52	Ron Ames	ST	M 55	4
130	109		55		38.26	Mike Munson	ST	M 55	5
138	112		52		39.03	Robert Tomlinson	ST	M 45	18
139		24		70	39.04	Becky Jack	ST	F 35	3
143		28		66	39.25	Charmaine Geraghty	ST	F 35	4
147		30		64	39.34	Aby Paton	ST	F 20	9
151	118		46		39.41	Jim Rossiter	ST	M 20	40
159	123		41		41.16	Richard Fellingham	ST	M 55	8
160	124		40		41.26	Steve Culverhouse	ST	M 40	25
181		46		48	43.38	Gail Sparkes	ST	F 45	9
182		47		47	43.47	Tracy Harper	ST	F 35	6
184		48		46	44.10	Marjory Brown	ST	F 60	1
190	135		29		44.54	Jim King	ST	M 65	2
200	142		22		46.02	Roger Sparkes	ST	M 50	17
208		61		33	46.58	Sandra Mayhew	ST	F 40	13
212		64		30	47.35	Anne Fellingham	ST	F 55	4
214		65		29	47.39	Suzannah Munday	ST	F 20	18
227		73		21	50.14	Michelle Payne	ST	F 20	21
228		74		20	50.30	Lesley Watt	ST	F 50	7
229		75		19	52.09	Sue Seggars	ST	F 55	5
241		84		10	67.22	Glenda Taylor	ST	F 55	6

FRAMLINGHAM - JUNIORS

POSITION			POINTS		RUNNER			INDIVIDUAL	
O/L	B	G	B	G	TIME	NAME	CLUB	CAT (U)	POS
40	21		22		12.04	Jake Hammond	ST	B 13	11
59		34		24	13.31	Joanne Starmer	ST	G 13	10
60		35		23	13.32	Kyrie Bloomfield	ST	G 13	11

FRITTON LAKE 4th November SENIORS

POSITION			POINTS		RUNNER			INDIVIDUAL	
O/L	M	F	M	F	TIME	NAME	CLUB	CAT	POS
1	1		142		34.19	Chris Rooke	IH	M 17	1
2	2		141		34.55	David Miller	FS	M 20	1
3	3		140		35.04	Carl Prewer	LO	M 20	2
9	9		134		36.20	Simon Brummitt	ST	M 20	3
16	16		127		38.07	Nick Stephens	ST	M 40	5
18	18		125		38.22	Nick Palmer	ST	M 20	7
24	24		119		38.58	Chris Starmer	ST	M 45	4
33	33		110		40.00	Kollyn Martin-Smith	ST	M 40	9
35	35		108		40.31	Andy Green	ST	M 40	10
38	38		105		40.39	Kerr McCrossan	ST	M 50	3
40		1		66	40.45	Natasha Belson	ST	F 20	1
51	50		93		41.24	Robin Belson	ST	M 45	6
58	56		87		42.43	Tom Wood	ST	M 17	10
65	63		80		43.16	Nick Hammond	ST	M 20	22
67		3		64	43.24	Mary Narey	ST	F 40	1
86	77		66		45.34	David Daniels	ST	M 40	21
89	80		63		45.40	Richard Nash	ST	M 20	25
102		13		54	46.50	Kelly Kemp	ST	F 20	5
107	93		50		47.42	Ron Ames	ST	M 55	4
108	94		49		47.51	Nick Bretherton	ST	M 17	12
121		21		46	49.46	Tina Belson	ST	F 40	6
127	104		39		50.22	Jim Rossiter	ST	M 20	35
139		27		40	52.59	Naomi Hall	ST	F 20	10
146		31		36	54.23	Gail Sparkes	ST	F 45	6
155		35		32	56.01	Clare Bailie	ST	F 20	11
161	125		18		57.23	Roger Sparkes	ST	M 50	15
165		39		28	57.57	Sandra Mayhew	ST	F 40	11
169		42		25	59.01	Jan Starmer	ST	F 45	7
182		52		15	65.07	Sue Seggars	ST	F 55	3
183		53		14	66.34	Katy Nash	ST	F 35	5
190		57		10	84.21	Glenda Taylor	ST	F 55	4

FRITTON LAKE - JUNIORS

POSITION			POINTS		RUNNER			INDIVIDUAL	
O/L	B	G	B	G	TIME	NAME	CLUB	CAT (U)	POS
3	3		39		11.44	Asa Burnett	ST	B 15	1
38	20		22		15.18	Jake Hammond	ST	B 13	9
53		30		23	16.21	Joanne Starmer	ST	G 13	14

BUNGAY SENIORS 18th November

POSITION			POINTS		RUNNER			INDIVIDUAL	
O/L	M	F	M	F	TIME	NAME	CLUB	CAT	POS
1	1		164		33.29	Luke Allen	WV	M 17	1
2	2		163		33.44	David Miller	FS	M 20	1
3	3		162		33.49	Carl Prewer	LO	M 20	2
6	6		159		34.55	Roger Aldis	ST	M 20	3
9	9		156		35.13	Ian Keeble	ST	M 20	4
12	12		153		35.59	Nick Palmer	ST	M 20	6
31	31		134		37.36	Nick Stephens	ST	M 40	7
33	33		132		37.43	Chris Starmer	ST	M 45	3
43		1		77	38.50	Natasha Belson	ST	F 20	1
44	43		122		38.51	Malcolm Penn	ST	M 50	3
45	44		121		39.03	Andy Green	ST	M 40	9
56	55		110		40.06	Robin Belsom	ST	M 45	6
57	56		109		40.07	Kerr McCrossan	ST	M 50	5
64	63		102		40.42	Tom Wood	ST	M 17	11
75		4		74	41.38	Mary Narey	ST	F 40	2
77	73		92		41.42	Steve Gray	ST	M 45	10
80	75		90		41.56	Nick Hammond	ST	M 20	31
130		16		62	46.41	Sue Garrod	ST	F 40	3
135		19		59	47.22	Becky Jack	ST	F 35	2
137		20		58	47.33	Aby Paton	ST	F 20	7
141	119		46		47.52	Jim Rossiter	ST	M 20	44
148		28		50	48.25	Charmaine Geraghty	ST	F 20	9
158	127		38		49.34	Frank Moggan	ST	M 55	6
166		35		43	50.15	Debbie Ghant	ST	F 40	7
168	132		33		50.34	Richard Fellingham	ST	M 55	7
178	137		28		51.31	Jim King	ST	M 65	2
185		44		34	52.36	Claire Bailie	ST	F 20	12
186	142		23		52.38	Grayhame Fish	ST	M 55	8
192		49		29	53.33	Anne Fish	ST	F 55	3
195		51		27	53.46	Elaine Wright	ST	F 40	11
201		53		25	55.23	Jan Starmer	ST	F 45	9
204		55		23	57.13	Sandra Mayhew	ST	F 40	12
213		62		16	58.57	Lesley Watt	ST	F 50	8
216		64		14	63.12	Katy Nash	ST	F 35	7
217		65		13	64.02	Sue Seggars	ST	F 55	5
223		68		10	81.52	Glenda Taylor	ST	F 55	6

BUNGAY - JUNIORS

POSITION			POINTS		RUNNER			INDIVIDUAL	
O/L	B	G	B	G	TIME	NAME	CLUB	CAT (U)	POS
51	25		17		28.19	Jake Hammond	ST	B 13	12

OVERALL

POS	TEAM (CODE)	FRAMFRIT	BUNGWOOD	STOWBURY	TOTAL
1	Ipswich Harriers (IH)	1324	1036	1247	3607
2	Stowmarket A (ST)	1181	1012	1190	3383
3	St Edmunds Pacers A (PA)	1120	1051	1044	3215
4	Waveney Valley A (WV)	1079	960	1163	3202
5	Newmarket & Sudbury (NS)	1116	892	1142	3150
6	Flying Shufflers & Saxons (FS)	1076	837	1007	2920
7	Thetford & Brandon (TB)	972	499	902	2373
8	Lowestoft (LO)	818	768	754	2340
9	Ipswich & Newmarket Tri-Club (IN)	855	683	787	2325
10	Bungay Black Dog (BD)	650	771	714	2135
11	Stowmarket B (ST)	714	610	754	2078
12	St Edmunds Pacers B (PA)	735	574	633	1942
13	Felixstowe (FE)	749	412	703	1864
14	Waveney Valley B (WV)	527	488	534	1549
15	Diss (DI)	264	268	126	658
16	Stowmarket C (ST)	304	142	190	636
17	West Suffolk (WS)	559	0	0	559
18	Orwell Panthers (OP)	10	12	13	35

MEN

POS	TEAM	FRAMFRIT	BUNGWOOD	STOWBURY	TOTAL
1	Ipswich Harriers (IH)	1073	891	1044	3008
2	Waveney Valley A (WV)	943	827	979	2749
3	Stowmarket A (ST)	940	828	977	2745
4	St Edmunds Pacers A (PA)	871	885	977	2733
5	Newmarket & Sudbury (NS)	862	716	932	2510
6	Flying Shufflers & Saxons (FS)	862	703	813	2378
7	Ipswich & Newmarket Tri-Club (IN)	658	572	748	1978
8	Lowestoft (LO)	663	653	629	1945
9	Thetford & Brandon (TB)	719	443	694	1856
10	St Edmunds Pacers B (PA)	553	479	633	1665
11	Bungay Black Dog (BD)	453	626	583	1662
12	Stowmarket B (ST)	536	488	587	1611
13	Felixstowe (FE)	540	412	540	1492
14	Waveney Valley B (WV)	505	425	444	1374
15	West Suffolk (WS)	470	0	0	470
16	Stowmarket C (ST)	178	57	84	319
17	Diss (DI)	104	172	21	297
18	Orwell Panthers (OP)	10	12	13	35

WOMEN

POS	TEAM	FRAMFRIT	BUNGWOOD	STOWBURY	TOTAL
1	Newmarket & Sudbury (NS)	254	176	210	640
2	Stowmarket A (ST)	241	184	213	638
3	Ipswich Harriers (IH)	251	145	203	599
4	Flying Shufflers & Saxons (FS)	214	134	194	542
5	Thetford & Brandon (TB)	253	56	208	517
6	St Edmunds Pacers A (PA)	249	166	67	482
7	Bungay Black Dog (BD)	197	145	131	473
8	Stowmarket B (ST)	178	122	167	467
9	Waveney Valley A (WV)	136	133	184	453
10	Lowestoft (LO)	155	115	125	395
11	Felixstowe (FE)	209	0	163	372
12	Diss (DI)	160	96	105	361
13	Ipswich & Newmarket Tri-Club (IN)	197	111	39	347
14	Stowmarket C (ST)	126	85	106	317
15	St Edmunds Pacers B (PA)	182	95	0	277

16	Waveney Valley B (WV)	22	63	90	175
17	West Suffolk (WS)	89	0	0	89
18	Orwell Panthers (OP)	0	0	0	0
	Bungay Black Dog (BD)		131	583	
	Diss (DI)		105	21	
	Felixstowe (FE)		163	540	
	Flying Shufflers & Saxons (FS)		194	813	
	Ipswich & Newmarket Tri-Club (IN)		39	748	
	Ipswich Harriers (IH)		203	1044	
	Lowestoft (LO)		125	629	
	Newmarket & Sudbury (NS)		210	932	
	Orwell Panthers (OP)		0	13	
	St Edmunds Pacers A (PA)		67	977	
	St Edmunds Pacers B (PA)		0	633	
	Stowmarket A (ST)		213	977	
	Stowmarket B (ST)		167	587	
	Stowmarket C (ST)		106	84	
	Thetford & Brandon (TB)		208	694	
	Waveney Valley A (WV)		184	979	
	Waveney Valley B (WV)		90	444	
	West Suffolk (WS)		0	0	

GIRLS

POS	TEAM (CODE)	FRAM	FRIT	WOODSTOW	BUNGBURY	TOTAL
1	Waveney Valley (WV)	165	149	117		431
2	Ipswich Harriers (IH)	151	147	102		400
3	St Edmunds Pacers (PA)	145	100	78		323
4	Thetford & Brandon (TB)	140	121	51		312
5	Newmarket & Sudbury (NS)	110	108	59		277
6	Diss (DI)	63	64	14		141
7	Brandeston Hall (BH)	0	45	34		79
8	Stowmarket (ST)	47	23	0		70
9	Orwell Panthers (OP)	10	10	13		33
10	Felixstowe (FE)	26	0	0		26
11	Bungay Black Dog (BD)	0	0	0		0
12	Ipswich & Newmarket Tri-club (IN)	0	0	0		0
13	West Suffolk (WS)	0	0	0		0

BOYS

POS	TEAM	FRAM	FRIT	WOODSTOW	BUNGBURY	TOTAL
1	Ipswich Harriers (IH)	122	115	112		349
2	Thetford & Brandon (TB)	105	99	96		300
3	Waveney Valley (WV)	90	104	104		298
4	Orwell Panthers (OP)	48	61	57		166
5	Diss (DI)	44	44	46		134
6	Flying Shufflers (FS)	89	21	0		110
7	Stowmarket (ST)	22	61	17		100
8	Felixstowe (FE)	0	27	69		96
9	Newmarket & Sudbury (NS)	31	35	29		95
10	St Edmunds Pacers (PA)	42	0	52		94
11	Ipswich & Newmarket Tri-club (IN)	27	26	28		81
12	West Suffolk (WS)	66	0	0		66

Message from a committed runner.....

Hi Guys,

I hope any of you running the Norwich half today have had a better run than me! I've just spent the last few hours getting patched up in A & E at Pathos hospital! 😞

I fell over badly at about the eleven mile mark in the trail half marathon during a steep downhill section -my feet went under me and I knew I was going to fall and I hit the ground really hard - I looked down at my knee and not exaggerating I had this huge lump of flesh just hanging there and the blood was gushing down my leg (I now have red rather than white running shoes!) I also hit my right shoulder/arm and tried to put my hands down so they were stinging really badly too but I bravely/madly carried on for the last couple of miles to the finish line where there was an ambulance waiting...the doctor took one look and said I needed to go to hospital and I've ended up with 5 stitches!!!! (Never had a single stitch in my life before today)

I've got to return to hospital on Monday so they can take another look and hope that the travel insurance will cover the costs as just today cost 350 euros!

I'm guessing I'm going to be very stiff tomorrow and running the last race will be out but I hope to walk it if at all possible as I want my medal 😊. I look forward to seeing you next week.

Bye for now,

Debbie (Ghant)

Affiliation with BTA

We now have several members who compete in Triathlons or who are interested to doing triathlons. Grayhame Fish has explored the costs to Stowmarket Striders RC for being affiliated to the BTA and the benefits to our members if the club does affiliate. A decision on this will have to be raised, discussed and voted on at the AGM

Basic affiliation (£35) benefits:

£10 off individual BTA membership reduction. Access to members only area on website

Access to county funding specifically around coach education

Access to Regional Development Manager to help with development, provide local information, provide access to free courses and possibly access additional funding.

There is no insurance if you just affiliate.

Affiliation with added insurance benefit (£35+£80= £105):

All the above benefits plus.....

Public liability cover and product liability cover in relation to the clubs involvement in club events e.g. training sessions, coaching activities and running triathlons/duathlons (which Striders is unlikely to do).

It also covers any member who is involved in the activity including volunteers who might be helping on the day. This is irrelevant if the individual is a BTA member or not.

Insurance doesn't cover individual medical cover. If a club official caused an accident during a triathlon they would be covered for any claims against them for negligence but if they were personally injured they would not get money for their injuries or hospital stay unless they had BTA membership. If the club will be running group training sessions or events full affiliation (£105) is strongly advised.

Full Affiliation with insurance would open the door to taking part in Cycling Club weekend runs & time trials. But it's likely that if Striders became too regular with the Cycle Club, they would be expected to take up second claim. Several people have gone that route (i.e. Anne and Grayhame Fish are second claim West Suffolk Wheelers (BSE).

There's no likelihood of any group activity with swimming but Striders could form groups for weekend cycles and collectively doing cycle events and triathlons, which would be an introduction to the sport. Anne & Grayhame are happy to provide any further advice.

FIXTURES

DECEMBER 2007		
Wed 5th	East Anglian Cross Country League	Cancelled
Sun 9th	Woodbridge Cross Country <i>Suffolk County XC Series</i>	
Sun 16th	Bunwell Santa Run 5K Village Hall, The Turnpike, Bunwell, Norwich, NR16 1TE	11.00am http://www.bunwellstrollers.co.uk £10.00/£12.00 (E/D +£2)
Sun 16th	Children's Hospice 2k Santa Run Christchurch Park, Ipswich	Inc 200m dash for under 8s http://www.each.org.uk
Weds 26th	Witham Boxing Day 5 Witham Football Club, Spa Road, Witham, CM8 1UN	http://www.withamrc.co.uk
Mon 31st	Ely New Year's Eve 10K Village Hall & Cricket Club, Little Downham, Ely	ENTRIES CLOSED www.newyareseve10k.co.uk
JANUARY 2008		
1st Jan	New Years Day 10k	www.wymondhamac.org.uk
Sun 6th	County Cross Country Championships Holbrook	
Wed 9th	East Anglian Cross Country League	RAF Barnham, 14:30 Men 10km, Women 5km
Sun 13th	Cold Christmas to Good Easter Marathon	26.2 mile trail run . 7 hour time limit £10.00/£12.00
Wed 16th	East Anglian Cross Country League	Great Yarmouth, 14:30 Men 10km, Women 5km
Sun 20th	Stowmarket Cross Country <i>Suffolk County XC Series</i>	
February 2008		
Sun 3rd	Bury Cross Country <i>Suffolk County XC Series</i>	
Wed 13th	East Anglian Cross Country League	RAF Marham, Shouldham Warren, 14:30 Men 10km, Women 5km
Sun 17th	Great East Run 20k Bungay	http://www.greateastrun.org.uk £14.00/£16.00 (E/D +£2)
Wed 20th	East Anglian Cross Country League	Bury Pacers, Nowton Park, 14:30 Men 10km, Women 5km
Sun 24th	Muscular Dystrophy Bury 10 mile	http://www.burytwenty.org.uk £14.00/£16.00 (No E/D)
Sun 24th	Muscular Dystrophy Bury 20 mile	http://www.burytwenty.org.uk £16.00/£18.00 (No E/D)
MARCH 2008		
Sun 2nd	Wymondham 20 Miler	www.wymondhamac.org.uk
Sun 2nd	Wymondham 10 Miler	www.wymondhamac.org.uk
Sun 9th	Mondi 15 March, Cambs	
Sun 9th	MD Forest Challenge Rendlesham Forest Centre, Woodbridge	Teams of two - one running and one cycling
Wed 12th	East Anglian Cross Country League	RAF Barnham, EACCL Relays, 14:30
Sun 23rd	Joe Cox Half Marathon	

