



**STOWMARKET  
=STRIDERS=**

## **AUTUMN 2012 CAPTAIN'S UPDATE**

Hello Stowmarket Striders.

Welcome to the Autumn Edition of the Captain's Update which we hope you will enjoy!

**Chris Seymour** (Men's Captain) & **Mary Narey** (Ladies Captain)

### **ANDREA FRIEND**



**Age:** 44

**Occupation:** Centre Manager for West Suffolk College in Stowmarket

**When/How did you join the Stowmarket Striders?** I joined striders in April 2008, I had sponsored my friend Wendy Hughes who had just ran the Joe Cox half marathon and I thought I would love to be able to "just run". I started at the beginners group and my first session was a mile time trial! I did this in 13.30 minutes but I gave myself six weeks and if I hated it after this time I would stopping coming but the group was so friendly and I never felt slow or left behind.

**What do you enjoy about being a Strider?**

I enjoy that you can turn up to any training session/run and always know someone to talk or run with. I have made so many friends at the club and we have quite a social life outside of

### **MICHAEL SAVILLE**

**Age:** An extremely youthful and virile 51 year old.

**Occupation:** Following redundancy from the Audit Commission last year I have gone down a completely different career path. I am now a mobile caravan service engineer and bodywork repairer (blatant plug [www.caravanrepairs.biz](http://www.caravanrepairs.biz)).

**When/How did you join the Stowmarket Striders?** I first joined in January 1998 after getting a golden bond place for the London marathon. I was working away from home so just went out for long Saturday morning runs with Richard and Anne Fellingham. They were very patient despite my mithering on all the time about how knackered I was. I stopped running after the Marathon and didn't re-join until 2007. Frances joined the following year.



## ANDREA FRIEND

running. Everyone encourages each other and if you've had a bad run/session there is always reassurance from fellow members.

**Favourite Type of race/run?** I really enjoy the Friday five races and the trail runs are a fantastic way to enjoy cross country run on a summers evening

**Favourite training session?** Short sharp sprint sessions or bizarrely hill sessions as they really do improve your running

**Best running memory?** My first half marathon the "Joe Cox" this was the furthest I had ever run. I ran this with my two friends Laura & Kirsti and we kept each other going, I can remember thinking at mile 8 "how much fun" it was (obviously not running hard enough). This was the thing that had inspired me to start and here I was doing something a couple of years ago seemed unimaginable. I'd got the training right and felt on such a high for a few days afterwards.

**Pre-running drink/snack?** Porridge for breakfast with a cup of tea. Banana and water couple of hours before a race.

**Post running drink/snack?** Water & chocolate

**Favourite running shoes?** I use to wear New Balance but recently changed to Brookes as they are a wider fit and much more comfortable.

**Advice for new runners?** We all run for different reasons and want different things from it so you don't compare yourself to runners who are always chasing PB'Ss or follow a strict regime. Run for yourself enjoy every milestone, don't be too hard on yourself if things haven't gone well at a session/race we all have bad days at least you got out and done it.

**Goals for the future?** I have promised my friend (Sue Bloomfield) that I would do Brighton marathon with her in 2014 so unless I can get out of it that's my next biggest challenge!

## STRIDERS ALTON WATER SOCIAL

**Sunday, 2 September 2012 at 2.00 pm**

Bring: Picnic/drinks/entertainment

Enjoy the lovely walk/jog/run/bike around the lake

## MICHAEL SAVILLE

**What do you enjoy about being a Strider?**

The camaraderie and the inclusive nature of the club. All abilities are catered for. You don't have to be a Billy or Betty Wizz to feel part of the club.

**Favourite Type of race?**

One where I am a course Marshall and can offer encouragement (and false hope) to the runners, such as "it's all flat now" just before they turn the corner and head up Cutlers Lane in the 'Scenic Seven'.

**Favourite training session?**

I might be a bit odd but I like the hill sessions. It could be a throwback to my roots growing up in Morley, West Yorkshire. Like Rome, Morley was built on seven hills (although I think Morley did it first).

**Best running memory?** In 1993 we went up to see a pal who had been posted at RAF Lossiemouth. In a drunken haze at 2am a decision was made to enter the Forres Highland Games 10K that afternoon. The route appeared to be like one of those Escher's never ending staircase optical illusion pictures. It seemed to be all uphill even though we started and finished in the same place. The finish in the main arena was great. There were blokes in skirts throwing tree trunks around, a marching pipe band (dodging the tree trunks), blokes (the size of tree trunks) lobbing kettle weights over a high bar, and loads of kids (that had nothing to do with tree trunks) running around like lunatics. I did the 10K in just under 46 minutes which I was pretty chuffed about.

**Pre-running drink/snack?** Porridge at 5.00 in the afternoon is quite liberating.

**Post running drink/snack?** A couple of years ago I became rather partial to the vanilla flavour 'For Goodness Shakes' recovery milkshakes. But I ended up having them at random times during the day whether I had been exercising or not, so I had to knock them on the head. Nowadays it's just water.

**Favourite running shoes?** Ones that are in the sale. Asics seem to fit well.

**Advice for new runners?** Do not be worried about entering a local race. The support from

## SUE PHILP'S STORY

2012 has been a year of firsts for me, first half marathon (Joe Cox), first Friday Five series and First Ekiden Relay and I wouldn't have done any of them if I hadn't become a Strider almost four years ago. I am not naturally sporty and only took up running the year I turned 50 when a guy at work suggested we put a team together to run a 10k for Cancer Research - I may not be sporty but I am competitive and figured that if I was going to do it then I wanted to run the whole distance and started training. Couldn't make it to the end of the road when I started and two sprained ankles taught me a valuable lesson in the science and technology of running shoes! With one successful, if not fast, 10k under my belt I found that I wanted to keep going and joined Striders - first time in my life that I have ever committed to a sports club or indeed to any sport.

Had a few ups and downs including the best part of year off due to a health scare but I love every session and was overjoyed to run my first ever 13.1 miles in the Joe Cox earlier this year. I'll never be a fast runner, I think I left it too late to start to change that but I love taking part.

I love being part of the club but didn't fully appreciate quite what it means to belong until the recent Eikiden relay. I wasn't originally signed up for it and only joined at the last minute to fill a gap. I was down for slot 3, a 10k leg which is a distance that I am happy with, never fast but usually comfortable. I don't really know what happened, maybe it was nerves, maybe the heat on the day, maybe I set off too fast but I found myself really struggling half way round lap 2, my legs felt weak and I wanted to vomit. As I approached team members at one of the cheer points I shouted that I didn't think that I could manage the final two laps and trudged on. What happened next was astonishing and quite overwhelming -an entire support network kicked into action and Striders appeared at various points along the course shouting encouragement and checking if I was ok, two of my team members who had already run their legs, ran alongside me for pretty much

## MICHAEL SAVILLE

Marshalls on the course is fantastic (see Favourite type of race above) and you are very unlikely to finish last. Even if you do finish last so what! Some races even give you a prize for being last.

**Goals for the future?** At some point I would love to take part in the Medoc Marathon in France. Getting pi\*\*\*d whilst out on the course seems to be the complete antithesis of sensible running. Sounds good. In the more immediate future I hope to enter a Saville team (me and my two boys) into the Suffolk Whole Hog event in November.

## Congratulations to our STRIDERS OF THE MONTH

### May 2012

#### WENDY HUGHES

Chosen for the donation of her London Marathon medal to "bionic woman" Clare Lomas and her heroic efforts to go to London and present it to her.



### June 2012

#### SAMUEL BURDETT

Chosen for his mature attitude to running, training and racing.

### July 2012

#### MICHAEL JONES

Chosen for the supreme training effort and success at the Outlaw Ironman Triathlon

### August 2012

#### SUE PHILP

Chosen for her heroic run at the Ekiden Relay

of the final two laps talking to me and spurring me on. One even made the offer to finish the leg for me if I couldn't go on by but by then pride had kicked in and I had to finish.

I was last to finish my leg which gave my team rather a challenge to make up any time over all and my heart went out to them for trying to make up the difference but we did finish. It would have been so tempting to have stopped at lap 2 feeling like I did but the team would have been disqualified. I can't thank everyone enough for the support that day, I've never experienced anything like it before.

I am realistic enough to accept that I will never win an event, I will always be at the back of the pack but to be part of a club that can offer that amount of support to someone like me makes me proud beyond belief.

## CROSS COUNTRY TRAINING and SUFFOLK WINTER LEAGUE

Yes it is that time of year again when you need to dig out your off road shoes because cross country training is due to start again in October at Haughley Park. We meet at 9.30 am on Sunday mornings (except the days on which there are league races) just a little way in from the front gate. The sessions last approximately one hour. This is a good introduction to cross country and we welcome all runners.

The first cross country league race of the season is at Framlingham on 28 October at 11.00 am. It is a great course which includes running through the moat and ruins of Framlingham castle. Other dates are yet to be confirmed but races will be at Bungay, Woodbridge, Bury St Edmunds and, our race, at Haughley Park.

Come along and join in. Runners who take part are at all levels. It is just about getting out and enjoying a run.

## CLUB STANDARDS

Did you compete in the Friday 5 or Club Championship series? If so, look at your finishing times and check to see if you have achieved a Club Standard.

For full details and a claim form check out the website:

[www.stowmarketstriders.org.uk/clubStandards.shtml](http://www.stowmarketstriders.org.uk/clubStandards.shtml)

## IPSWICH PARK RUN

You may have heard that the first Park Run in Suffolk starts on 8 September 2012 at Chantry Park, Ipswich.

Park Run is the latest running craze to sweep the country. Park Run is FREE to enter. All you need to do is to pre-register on the Park Run website, print off your unique bar code (which can be used at any Park Run worldwide) and turn up for a 9.00 am start on a Saturday. All Park Runs start at 9.00 am and are held every Saturday. All Park Runs are 5K, are timed and results made available on their website, or sent to you by text, shortly after all results are completed.

These runs are an excellent way of tracking your progress over 5K on a regular basis and could give you a head start for the Club Championships!

For further information and to register visit their website:

[www.parkrun.org.uk](http://www.parkrun.org.uk)



## STOWMARKET STRIDERS DOING INSPIRATIONAL THINGS



Lorraine Farley &  
Mark Harrison

**Hadrian's Wall, 69 miles, 600 runners, 2 days, 1 goal.....to finish.** The Wall, an event of two ultra marathons back to back from Carlisle Castle to Gateshead Millenium Bridge, West coast to East coast. Why? After Mary Narey and Debbie Ghant (yes....named and shamed) encouraged me to join Stowmarket Striders in January 2011 I remember saying "I'm not going to do anything competitive and no I most definitely won't be running a marathon", but Debbie handed me some running magazines and an advert caught Harry's eye "Run The Wall....Iconic ultra 2000 years in the making". The seed had been sown, the addiction began and 9 months training and 2 pairs of worn out trainers later....



← 23<sup>rd</sup> June, day 1 (32miles). Delayed start to put in a course diversion as a section of it is now part of the river! 100mils of water fell in 24 hours. 8:20am we say goodbye to Carlisle Castle, hello rain and not long before we're running through 6" of water. 1<sup>st</sup> blister 15 miles.

Yep, more wet stuff, but we have great views and are next to The Wall. Some good hills as you'd expect....

.....this one requiring 4 or 5 points of contact! On day 2 (37miles), after a night under canvas and Harry sampling the Rat Race Real Ale we are still wearing waterproofs.



Gateshead. What a feeling. A fantastically organised event by Rat Race Adventure Sports. Find out more about this run at [www.thewallrun.com](http://www.thewallrun.com). If you have ever thought of doing an ultra, just do it, there are plenty to choose from, a real personal challenge.



**69 miles, 2 very sore feet, friendships formed, Hadrian's Wall.....conquered**

## RACE RESULTS AND EVENTS

The Striders have had some fantastic individual results over the summer and we are so proud of all our runners and our club. Here is just a very small selection of results from club and team events!

### FRIDAY 5 SERIES

The Stowmarket Striders were piped to second position this year behind Ipswich Jaffa. However, the Striders were out in force at all the races and also achieved some great individual placing's as follows:

Category	Name	Place
Ladies Senior	Rebecca Jordan	4 <sup>th</sup>
Ladies Master 35	Charmaine Geraghty	1 <sup>st</sup>
	Vicky Moseley	2 <sup>nd</sup>
	Anna Smith	3 <sup>rd</sup>
	Alex Smith	4 <sup>th</sup>
Ladies Master 40	Emma Yarrow	4 <sup>th</sup>
Ladies Master 45	Haley Suttle	4 <sup>th</sup>
Ladies Master 55	Christine Hall	4 <sup>th</sup>
Male Junior	Samuel Burdett	4 <sup>th</sup>
Male Master 60	Frank Moggan	4 <sup>th</sup>

### EKIDEN MARATHON RELAY

The Stowmarket Striders were out in force once again with a record number of teams entering this popular relay. In the 20 year history of the relay we hold the record of the most teams entered from one club, fielding six mens and five ladies teams. Although we did not come away with any prizes there were some fantastic and heroic individual and team performances. Well done everybody. Let's try and make 2013 even better.

### SUFFOLK COUNTY GRAND PRIX SERIES 2012

This series is open to all runners. This is an individual and team event. Stowmarket Striders are currently in second place. Remaining races of the series are:

Framlingham Flyers	Framlingham 10K	2 <sup>nd</sup> September
Bungay Black Dog	Bungay 20K	4 <sup>th</sup> November
Hadleigh Hares	Hadleigh 10 Mile	25 <sup>th</sup> November

### HEREWARD RELAY

Sunday, 25 November 2012

The Hereward Relay is another popular event on the Striders calendar! This is a 38 mile multi-terrain race with 4 runners taking part in relay from Peterborough Cathedral to Ely, with the race starting at 9.00 am and stage distances of:

Peterborough to Whittlesey – 6.5 miles

Whittlesey to March – 10.5 miles

March to Welney 10.3 miles

Welney to Ely – 10.4 miles

Or you can run the whole 38 miles as an ultra-event!

Last year we fielded three teams and, as with Ekiden, the cost of entering as part of a team is met by the club. If you would like to take part please contact Chris Seymour or Mary Narey.

## OTHER LOCAL FORTHCOMING RACES

Please check out the websites for more information and entry forms....

DATE	RACE	ENTRY FEE
SUNDAY, 9 SEPTEMBER	<b>GRUNTY FEN HALF MARATHON</b> No entry on the day <a href="http://www.elyrunners.co.uk/gruntyfen/">http://www.elyrunners.co.uk/gruntyfen/</a>	£15 affiliated £17 non affiliated
SUNDAY, 23 SEPTEMBER	<b>IPSWICH HALF MARATHON</b> Postal entry's close on the 15 <sup>th</sup> Sept <a href="http://events.ipswichjaffa.org.uk/ipswich-half-marathon/enter/">http://events.ipswichjaffa.org.uk/ipswich-half-marathon/enter/</a>	£19 affiliated £21 non affiliated
SUNDAY, 23 SEPTEMBER	<b>DEDHAM 10K</b> Pre-enter or enter on the day. <a href="http://www.dedhamrun.co.uk/2011/Welcome.html">http://www.dedhamrun.co.uk/2011/Welcome.html</a>	Postal: £8 affiliated £11 unaffiliated On the day: £10 affiliated £13 unaffiliated
SUNDAY, 30 SEPTEMBER	<b>WEST SUFFOLK WHEELERS &amp; TRIATHLON CLUB SPRINT TRIATHLON</b> from Stowmarket Leisure Centre <a href="http://www.westsuffolkwheelers.co.uk">http://www.westsuffolkwheelers.co.uk</a>	
SATURDAY, 13 OCTOBER	<b>DISCOVERY RUN (HARWICH) 5K OR 10K</b> <a href="http://www.discoveryrun.co.uk/">http://www.discoveryrun.co.uk/</a>	£6 (10k) affiliated £8 unaffiliated £1 extra on the day
SUNDAY, 21 OCTOBER	<b>SAXONS 5 MILE RACE</b> <a href="http://www.thesaxons.org.uk/">http://www.thesaxons.org.uk/</a>	£6 affiliated £8 unaffiliated £2 extra on the day
SUNDAY, 21 OCTOBER	<b>GREAT YARMOUTH MARATHON &amp; 10K</b> Entry closes for marathon 13/10 Entry closes for 10k 14/10 <a href="http://gyrr.squarespace.com/">http://gyrr.squarespace.com/</a>	£22 affiliated £24 unaffiliated £10 (10k)affiliated £12 (10k) unaffiliated
SUNDAY, 18 NOVEMBER	<b>ADNAMS SOUTHWOLD 10K</b> <a href="http://adnams10k.co.uk/">http://adnams10k.co.uk/</a>	(online entry opens early September)
SUNDAY, 25 NOVEMBER	<b>CITY OF NORWICH HALF MARATHON</b> Entry closes midnight 17/11 <a href="http://www.cityofnorwichhalfmarathon.com/index.asp">http://www.cityofnorwichhalfmarathon.com/index.asp</a>	£18 affiliated £20 unaffiliated
SATURDAY, 15 DECEMBER	<b>HEVENINGHAM HALL SANTAS 'HELL RUN' &amp; LITTLE HELPERS RACE</b> <a href="http://www.runheveningham.co.uk/heveningham-hell/run-heveningham.php">http://www.runheveningham.co.uk/heveningham-hell/run-heveningham.php</a>	Santa's Little Helper Race £ 5.00 Santa's Heveningham Hell Run £10.00 Santa's Heveningham Hell Run Relay (2 Adults)£15.00

Don't forget you can join us on & join in on



Stowmarket Striders Running Club