



# STOWMARKET =STRIDERS=

## MARCH 2011 CAPTAIN'S UPDATE

Hello Stowmarket Striders.

Welcome to the March 2011 update. We know that there are many of you who we don't know and that you probably don't know us either so we thought that we would start the first Captain's update by sharing a little bit of information about us.

### MARY NAREY Ladies Captain



**Age:** 43

**Occupation:** Human Resources Advisor, Muntons plc

**Joined Stowmarket Striders:**

July 2006. I had been too shy to join the Striders Running Club as I thought that you had to be a near Olympic Athlete but was encouraged to join by Debbie Ghant who also works at Muntons. I have loved being a

member from my very first session

**Favourite Type of Race:** Cross Country

**Favourite Training Session:** My favourite Tuesday night session is One Mile Reps but I also enjoy the Sunday morning Cross Country Training at Haughley Park.

**Favourite Race:** I love Framlingham 10km and Haughley Park Cross Country. Framlingham Cross Country is tough but a lovely venue. I like all the Friday 5s but particularly the ones at Kirton and St Josephs. Hadleigh 10 is my favourite 10 mile race but the race at Reedham is good too. Oh and Newmarket Duathlon is really good too ..... What about the wibbly wobbly ?

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

Friendship and the variety of the sessions. I enjoy turning up on a Tuesday night with no idea of what we are going to do and just doing as I am told for an hour or so.

**What do I enjoy about races?**

I enjoy going to different places but most of all I enjoy challenging myself and pushing myself to achieve.

**Pre-race Snack:** At the moment it is Sticky Malt Cake

**Post-race Drink:** Chocolate Milk Shake

**Favourite Running Shoes:** Nike Lunerglide

**Number of Pairs of Running Shoes:** Nine !!

**Weakness:** Plain Chocolate and cheese.

**Goals:** 10 miles in 70 minutes or less!

**Hopes:** No injuries

### CHRIS SEYMOUR Mens Captain



**Age:** 42

**Occupation:** Assessor/trainer in Health & Social Care for West Suffolk College.

**Joined Stowmarket Striders:** In April 2007 after running in the last Joe Cox 10 mile race. I had been running on & off for many years mainly to lose weight & prove that I could still run. I never thought that I would have

achieved so much & nor did I realise how competitive I am!

**Favourite Type of Race:** Any distance over 10 miles

**Favourite Training Session:** I agree with Mary with the Tuesday night session one mile reps & Sunday morning Cross Country Training at Haughley Park. Even Chris Starmers sessions!

**(least) Favourite Training Session:** Anyone who knows me will know that I hate sprints & 5k, but I am reassured by the coaches that its good for me !

**Favourite Race:** Too many to mention

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

Difficult question? Wearing yellow & eating cake- is there anything else?

**What do I enjoy about races?**

If I enter a race I want to be able to compete & know that I have run well. The finish is also good which then enables me to eat cake.

**Pre-race Drink:** Lucozade sport caffeine plus

**Pre-race snack:** Banana (only on long races)

**Post-race Drink:** Anything refreshing

**Post-race snack:** Cake & more cake

**Favourite Running Shoes:** The ones I am wearing at the time

**Number of Pairs of Running Shoes:** 3

**Weakness:** Cake & chocolate

**Goals:** Trying to regain my form & run as many races as possible

**Hopes:** continue to keep Steve Neaves at bay!

## STOWMARKET STRIDERS DOING INSPIRATIONAL THINGS

### THE GOOFY CHALLENGE

As many of you will know I've been a member of Stowmarket Striders for several years now - since being talked in to attending a 'beginner's running training session' organised by Muntons Grain Agent Peter Tricker back in 2004. Since then I've enjoyed organising holidays that allow me to race various distances in many great cities around the world including half marathons in Barcelona & Amsterdam and marathons in Prague, Dublin and New York.

My latest 'holiday' involved a 39.3 mile running adventure completed in two days around Walt Disney World in Florida. I entered the Donald Duck 13.1 mile half marathon on Saturday, 8<sup>th</sup> January 2011 and then the Mickey Mouse 26.2 mile marathon on Sunday, 9<sup>th</sup> January 2011 and because I successfully finished both races I was additionally awarded the Goofy Challenge Medal as I was certified 'goofy' enough to take part!"

Both the races involved running through the theme parks and were wonderful colourful, noisy events - a vast difference to my hundreds of miles training around the quiet Suffolk countryside. The only downside to the event was that the organisers needed the majority of the 20,000+ entrants to have completed the events before the bulk of the regular theme park guests arrived and before the temperature reached too high a level so I had to be in my starting pen by 04.30 am ready to start running at 05.30am and this necessitated getting up at 02.45 in the morning!

My next major event will be a little closer to home as I am lucky enough to have received a place for the Virgin London Marathon in April so if you happen to see me out running around Stowmarket, in all weather, in my lovely fluorescent yellow Striders top then do give me an encouraging wave - it will be gratefully received !

Debbie Ghant



### SUPPORTER OF THE YEAR!

As runners we all like support from friends and other club members at races. Stowmarket Striders' running in the Wymondham 20 wanted to give a special mention to Wendy Hughes who took "support" to a higher level when she cycled from Stowmarket to Wymondham, supported our runners during the race and then cycled home again. A round trip of 72 miles!! Thank you Wendy

### JOE COX HALF MARATHON

The Stowmarket Striders Joe Cox Half Marathon takes place on Sunday, 27 March 2011. We need runners, marshalls, all sorts of helpers and cakes. It is a fun club event to be involved with whether as a runner or a helper. Entries can be made on line though our website or if you are able to help contact Denise Wright, Race Director, at [denise105@btinternet.com](mailto:denise105@btinternet.com)

# RACE RESULTS

## COUNTY CROSS COUNTRY CHAMPIONSHIPS

### U13 Girls

|   |       |       |       |
|---|-------|-------|-------|
| 6 | 14.56 | Emily | Moyes |
|---|-------|-------|-------|

### Senior Women

|    |       |           |            |
|----|-------|-----------|------------|
| 10 | 29.07 | Hayley    | Suttle     |
| 12 | 29.27 | Charmaine | Geraghty   |
| 17 | 30.52 | Sue       | Garrod     |
| 19 | 31.16 | Carol     | Fowles     |
| 23 | 32.36 | Jo        | Stephenson |
| 24 | 32.37 | Tracy     | Morris     |
| 27 | 34.05 | Sandra    | Mayhew     |
| 29 | 34.18 | Rachel    | Toogood    |
| 30 | 34.29 | Katy      | Nash       |
| 31 | 36.14 | Denise    | Wright     |
| 32 | 38.00 | Kate      | Beer       |

### Senior Men

|    |         |        |          |
|----|---------|--------|----------|
| 14 | 47.22   | Nick   | Palmer   |
| 20 | 49.13   | Chris  | Starmer  |
| 28 | 52.12   | Nick   | Stephens |
| 29 | 52.17   | Chris  | Seymour  |
| 34 | 53.45   | Stuart | Green    |
| 36 | 53.57   | Steven | Neaves   |
| 52 | 56.52   | Andrew | Green    |
| 54 | 57.30   | Ron    | Ames     |
| 60 | 1:00.36 | Steve  | Gray     |
| 68 | 1:04.39 | Frank  | Moggan   |
| 72 | 1:13.52 | Mike   | Munsen   |

### REEDHAM 10

|     |         |               |
|-----|---------|---------------|
| 27  | 1:04:35 | Chris Seymour |
| 49  | 1:07:02 | Steve Neaves  |
| 53  | 1:07:48 | Tim Larke     |
| 91  | 1:10:45 | Steve Hughes  |
| 101 | 1:12:01 | Mary Narey    |
| 148 | 1:16:21 | Ron Ames      |
| 234 | 1:23:33 | Dianne Hughes |

### WYMONDHAM 20

|     |         |                    |
|-----|---------|--------------------|
| 13  | 2:11:54 | Ian Keeble         |
| 52  | 2:26:54 | Tim Larke          |
| 141 | 2:48:30 | Charmaine Geraghty |
| 153 | 2:52:20 | Tina Belsom        |
| 162 | 2:54:10 | Neil Martin        |
| 183 | 3:01:01 | David Daniels      |
| 209 | 3:08:38 | Debbie Ghant       |
| 252 | 3:27:33 | Katy Nash          |
| 258 | 3:31:31 | Anna Smith         |
| 259 | 3:31:31 | Harry Smith        |

### DORNEY RACE YOUR PACE HALF MARATHON

|    |         |              |
|----|---------|--------------|
| 75 | 1:28:42 | Jason Walker |
| 90 | 1:29:42 | Tim Larke    |

### ESSEX 20

|     |         |              |
|-----|---------|--------------|
| 203 | 2:47:41 | Frank Moggan |
|-----|---------|--------------|

## CROSS COUNTRY SERIES

### TEAM RESULTS

#### Overall

|   |                     |      |
|---|---------------------|------|
| 1 | St Edmunds Pacers   | 5305 |
| 2 | Stowmarket Striders | 4747 |
| 3 | Newmarket & Sudbury | 4674 |

#### Mens

|   |                     |      |
|---|---------------------|------|
| 1 | St Edmunds Pacers   | 4463 |
| 2 | Waveney Valley      | 3985 |
| 3 | Stowmarket Striders | 3841 |

#### Ladies

|   |                     |     |
|---|---------------------|-----|
| 1 | Newmarket & Sudbury | 951 |
| 2 | Stowmarket Striders | 906 |
| 3 | St Edmunds Pacers   | 842 |

### INDIVIDUAL RESULTS

#### Girls

|     |   |             |
|-----|---|-------------|
| U13 | 3 | Emily Moyes |
|-----|---|-------------|

#### Men

|    |   |               |
|----|---|---------------|
| 50 | 2 | Chris Starmer |
| 55 | 1 | Ker Macrosson |
| 60 | 1 | Ron Ames      |

#### Ladies

|        |   |               |
|--------|---|---------------|
| Senior | 2 | Laura Hicks   |
| 40     | 2 | Mary Narey    |
| 45     | 2 | Hayley Suttle |
|        | 3 | Sue Garrod    |
| 60     | 2 | Anne Fish     |

### NORWICH HALF MARATHON

|      |         |                  |
|------|---------|------------------|
| 88   | 1:28:17 | Chris Seymour    |
| 93   | 1:28:35 | Steve Neaves     |
| 100  | 1:28:52 | Jason Walker     |
| 181  | 1:33:16 | Tim Larke        |
| 240  | 1:35:39 | Rebecca Jordan   |
| 326  | 1:38:34 | Steve Hughes     |
| 535  | 1:45:28 | John Trowell     |
| 552  | 1:45:57 | Paul Heeks       |
| 566  | 1:46:22 | Frank Moggan     |
| 567  | 1:46:22 | Kevin Bradley    |
| 645  | 1:48:14 | Neil Martin      |
| 670  | 1:48:54 | Paul Wallace     |
| 673  | 1:48:58 | William Burdett  |
| 835  | 1:52:23 | Peter Finch      |
| 899  | 1:54:03 | David Daniels    |
| 1112 | 1:59:29 | Dianne Hughes    |
| 1128 | 1:59:59 | Angela Brinkley  |
| 1129 | 2:00:01 | Catherine Abbott |
| 1155 | 2:00:45 | Anna Smith       |
| 1350 | 2:06:25 | Keith Borrett    |
| 1403 | 2:08:01 | Suzanne Combes   |

## RACES TO ENTER & OTHER THINGS

| RACES   |                       |   |
|---|-----------------------|---|
| Race  | Date                  | Why?  |
| Bungay Marathon & Half Marathon                   | Sunday, 10 April 2011 | Scenic course. Not too far to go.   |
| Roger Wing 10K, Bungay                            | Friday, 22 April 2011 | Great way to start the Easter weekend.  |
| Great East Anglia Run 10K, Kings Lynn             | Sunday, 1 May 2011    | Large, well organised event.  |
| Heritage Coast Marathon, Half Marathon or 6 miles | Sunday, 1 May 2011    | Part-off road. Scenic and lovely atmosphere. Range of events.   |
| Breckland 10K, Thetford                           | Monday, 2 May 2011    | Road run through the forest.  |
| Newmarket Heath 10K                               | Thursday, 5 May 2011  | Raise money for the Camilla Milbank Appeal  |
| Alton Water 10K                                   | Sunday, 8 May         | Anti-clockwise run round Alton Water Reservoir  |
| FRIDAY 5 SERIES                                   |                       |   |
| Where   | Date and Time         | Why?  |
| St Josephs College, Ipswich                       | 20 May 2011 7.30 pm   | The hill just has to be done.   |
| The Recreation Ground, Kirton                     | 3 June 2011 7.30 pm   | Fast course. Lovely atmosphere.   |
| Haughley Park, Stowmarket                         | 10 June 2011 7.45 pm  | The most scenic venue.  |
| Nowton Park, Bury St Edmunds                      | 24 June 2011 7.30 pm  | Always lots of runners at this one  |
| The Village Hall, Gt Bentley                      | 8 July 2011 7.30 pm   | Fast, flat. PB potential.   |
| CLUB RELAY EVENTS                                 |                       |   |
| Event   | Date                  | What?   |
| Ekiden Relay, St Josephs College, Ipswich         | 10 July 2011          | 26.2 miles (marathon) run by teams of six as a relay. Each lap is an accurately measured 2.5k – run mainly on grass.  |
| Round Norfolk Relay                               | 17/18 September 2011  | 195 mile continuous relay race around Norfolk in 17 separate unequal multi-terrain stages. The ultimate club challenge and a unique experience to be part of. |

## CLUB STANDARDS

Stowmarket Striders Running Club uses a set of standards graded as Tungsten, Bronze, Silver, Gold and finally Platinum. The aim of the running club standards is to give each runner, regardless of ability, the motivation and the focus to train for a specific goal. Setting realistic and achievable standards within the club not only encourages a sense of fulfilment on achieving your target but will also hopefully motivates and inspires other athletes in having a go. You don't have to be a Paula Radcliffe or a Roger Bannister to achieve these standards. Full details, including times for each grade, are on the Stowmarket Striders website: follow through the link to The Club and then Club Standards. Should you achieve one of the graded standards for your age range in a "distance certified accurate" race, you can claim a certificate by completing the Certificate Claim Form available from the website and give it, together with the official results that include your time, to either Nick Hammond or your Club Captains (Chris Seymour or Mary Narey). Once confirmed, your certificate will be presented to you at a club night.

### GOOD LUCK

**To all everybody who is running this years Virgin London Marathon. We will be supporting you all the way!**

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

