



**STOWMARKET  
=STRIDERS=**

## SPRING 2012 CAPTAIN'S UPDATE

Hello Stowmarket Striders.

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

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

**DIANNE HUGHES**  
London Marathon Runner



**Age:** 49

**Occupation:** Work part-time for Axa Insurance in Ipswich.

**When did you join the Stowmarket Striders?** I knew Olly and Frank from spinning and they encouraged me to go along to the beginners class in April 2009.

**What do you enjoy about being a Strider?** The people, it is a club for all abilities and I am encouraged and motivated by what other members have achieved or are training for.

**Favourite type of race?** 10 miles is my favourite distance and I prefer road races in the country rather than town centres

**Favourite training session?** Fartlek sessions in small groups.

**What is your favourite race?** Tarpley 10.

**What are your favourite running shoes?** Saucony Triumph

**STEVE HUGHES**  
Olympic Park Runner



**Age:** 48

**Occupation:** Chartered Engineer for BT in the laboratories at Martlesham

**When did you join the Stowmarket Striders?** Dianne dragged me reluctantly along to the new beginners class in April 2009. I've not looked back since.

**What do you enjoy about being a Strider?** The structured training sessions and being able to talk to everyone about running.

**Favourite type of race?** 10 miles. It is not too long and not too fast.

**Favourite training session?** Tempo running with Mr Starmer and I enjoyed the cross country training during the winter.

**Favourite race?** Joe Cox Half Marathon.  
Great undulating Suffolk scenery.

**What is your greatest running memory?** Running in the tunnel before entering the

## DIANNE HUGHES

**Weaknesses?** Hills!

**Do you have any advice for new runners?** Have a realistic goal and work towards it as it will keep you motivated.

**Goals for the future?** I will be 50 soon so I want to obtain the club silver standards for all distances (but maybe not a marathon!!).

**How many marathons have you done?** One, London 2012.

**How did you go about your marathon training?** Steve worked out a 16 week training plan based on a runners world programme incorporating Strider's Tuesday and Thursday sessions.

**What was your marathon training diet?** I gave up alcohol, but didn't drink much in the first place. I carried on with my usual healthy diet (apart from a few cakes).

**What did you enjoy/hate most about marathon training?** I didn't hate anything about the training. I enjoyed the sense of achievement on completing the long runs and I enjoyed burning lots of calories.

**Pre-marathon snack/drink?** Bagel and banana with a glass of water.

**Post marathon snack/drink?** Milky hot chocolate.

**What shoes did you run in?** Saucony Triumph 8

**What was your longest run?** 20.5 miles

**Do you have any advice for somebody thinking of doing their first marathon?** Concentrate on the marathon and don't try to continue with all the other activities (there isn't enough recovery time). Listen to other people who have already completed a marathon, they know the good and the bad.

## STEVE HUGHES

Olympic stadium at the Olympic Park Run. The sound was amazing and it felt like I was flying.

**What is your pre-race drink / snack?** Still experimenting but at the moment it is a slice of toast loaded with peanut butter and a banana, at least 3 hours before.

**What are your favourite running shoes?** Brooks Ghost.

**Weaknesses?** I don't like running in the heat and I find it difficult to drink in a race without getting a stitch.

**Do you have any advice for new runners?** Book yourself a race at least 3 months in advance and create a training plan to achieve a realistic time. Also have at least two rest days a week.

**Goals for the future?** For 2012 I want to get under 90 minutes for a half marathon and under 20 minutes for a 5K (Nearly there but as Paula Radcliffe said "Nearly is not enough"). Longer term I want to achieve a Gold club standard (any distance will do).

**How many marathons have you done?** I have a 1984 medal for the Manchester marathon. I don't remember much about it but I know I didn't train properly and it took me 25 years before I ran again! I think I have another one in me somewhere.

## OLYMPIC TORCH RELAY



**Wendy Hughes will be one of the 8,000 inspirational people carrying the Olympic torch as it journeys across the UK. Wendy will carry the Olympic torch on 5 July 2012 through Melton, near Woodbridge. Come and join the Striders who will be there to cheer her on!**

## STOWMARKET FRIDAY 5

The Stowmarket Striders' Friday 5 takes place on Friday, 8 June 2012. Entries are now open and this year we will be using chip timing.

We are looking for marshals to help out both before and during the event.

If you can help in any way please contact:

Mary Narey

[mary.narey@tesco.net](mailto:mary.narey@tesco.net)

## CROSS COUNTRY FINAL SCORE

Stowmarket Striders finished third overall in the Suffolk Winter Cross Country League 2012. The men's team (A) finished in fourth position and the women's team (A) finished second. There were five races in the series and overall 39 men, 19 women and 5 juniors from the Striders competed in the series. Individually we had some excellent results:

Name	Place	Cat.
<b>Juniors</b>		
Emily Moyes	2 <sup>nd</sup>	U15
<b>Women</b>		
Laura Hicks	1 <sup>st</sup>	SW
Charmaine Geraghty	3 <sup>rd</sup>	W35
Alex Smith	4 <sup>th</sup>	W35
Mary Narey	2 <sup>nd</sup>	W40
Tracey Morris	2 <sup>nd</sup>	W50
<b>Men</b>		
Nick Palmer	4 <sup>th</sup>	MS
Chris Seymour	2 <sup>nd</sup>	M40
Nick Hammond	3 <sup>rd</sup>	M40
Chris Starmer	1 <sup>st</sup>	M50
Ker Macrosson	1 <sup>st</sup>	M55
Ron Ames	1 <sup>st</sup>	M60

Congratulations to everybody who took part and we look forward to the next season.



**Steve Hughes and Colin Pitts in action!**

## STRIDER OF THE MONTH

We have introduced a new award to be presented every month to a Strider who we feel has achieved something during the month. This could be for anything to do with being part of Stowmarket Striders so could include running a personal best, training to achieve goals, helping out with Striders races or events, encouraging and supporting others.

A certificate will be presented. The first winners of the Award are:

### February 2012 - Shaun Jones.

Shaun was chosen because he is a new member of the club but we were particularly impressed by the way in which he threw himself into all club activities and being part of the Stowmarket Striders.

### March 2012 – Carol Fowles.

Carol was chosen because she specifically set herself a target to train for the Stowmarket Half Marathon. She trained hard to a planned schedule and ran a great race in a time of 1:49:00. She was the first Strider lady home, leading the winning Striders Ladies team home in style.



## CLUB STANDARDS

Did you run the Stowmarket Half Marathon?  
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)

## STOWMARKET STRIDERS "SPRING MARATHON FEVER"!

Huge congratulations to all our runners who have completed  
a Spring marathon.

PARIS	
Frank Moggan	3:58:00
BRIGHTON	
Roy Fulcher	3:45:01
Paul Heeks	3:54:07
Denise Wright	5:03:39
BUNGAY	
Damian Hinchcliffe	3:20:59
Shaun Jones	3:40:38
Scott Williams	3:50:05
Harry Smith	4:02:44
LONDON	
Nick Hammond	3:17:06
Ian Keeble	3:20:40
Jason Walker	3:20:50
Vicky Moseley	3:55:17
Chris Edgar	4:00:09
Jo Stephenson	4:02:14
Emma Yarrow	4:09:55
Hayley Hedges-Quinn	4:12:31
Matthew Eveleigh	4:20:37
Harry Smith	4:22:42
Dianne Hughes	4:24:10
Susanna Pritchard	4:42:08
Claire Tricker	5:05:08

Keith Borrett	5:05:14
Wendy Hughes	5:06:41
Sam Metcalfe	5:24:31
Tina Monaghan	6:09:40
Jan Starmer	6:20:27
Catherine Osborne	7:05:37
MILTON KEYNES	
Tim Larke	3:12:03
Chris Seymour	3:15:43
John Craddock	3:49:41
Harry Smith	4:01:39
William Burdett	4:09:04
Jen Devaney	4:45:21
Sandra Mayhew	4:47:07
Keith Borrett	4:46:35
HERITAGE COAST	
Nick Hammond	3:34:17
Tina Belsom	4:13:30
Mark Harrison	4:14:42
Harry Smith	4:30:22
Lorraine Farley	4:30:25
Keith Borrett	5:16:18
Jen Devaney	5:16:19



**The Stowmarket Striders London Marathon Squad!**

## FORTHCOMING RACES & EVENTS

We are looking forward to a busy summer of races and events including the Friday 5 Series and the Suffolk Grand Prix Series as well as many other events. Here are just a few. Check out the race diary on the Striders website as well as the Facebook group for more information on races and events.

### FRIDAY 5 SERIES

Runners need to complete 4 of 5 races for the Series

Club	Venue	Date and Time
Ipswich Jaffa	St Josephs College, Ipswich	25 <sup>th</sup> May, 7.30 pm
Felixstowe Road Runners	Kirton, Recreation Ground	1 <sup>st</sup> June, 7.30 pm
Stowmarket Striders	Haughley Park	8 <sup>th</sup> June, 7.45 pm
St Edmunds Pacers	Nowton Park, Bury St Edmunds	22 <sup>nd</sup> June, 7.30 pm
Gt Bentley Running Club	The Village Hall, Gt Bentley	6 <sup>th</sup> July, 7.30 pm - tbc

### SUFFOLK GRAND PRIX SERIES

Runners need to complete 5 of 6 races for the Series

Club	Race	Date
Stowmarket Striders	Stowmarket Half	25 <sup>th</sup> March
Felixstowe Road Runners	Friday 5	1 <sup>st</sup> June
Newmarket Joggers	Newmarket 10K	1 <sup>st</sup> July
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

### BUNGAY BLACK DOG SUMMER SERIES

Bungay Black Dog hold a summer series of three 10K races between June and August. These are held on a Wednesday evening at 7.30 pm and start and finish at Broome. Runners can enter for one, two or all three races. Race HQ is Broome Village Hall, Broome, near Bungay. NR35 2RW

6 <sup>th</sup> June	4 <sup>th</sup> July	1 <sup>st</sup> August
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### EKIDEN MARATHON RELAY

Sunday, 15 July 2012

If you are not sure about running a full marathon or want to take part in a marathon with a difference why not join in with the Ekiden Marathon Relay which will be held at St Josephs College Ipswich on Sunday 15<sup>th</sup> July. Stowmarket Striders have always entered a number of teams and it is a really fun event to be part of. In teams of six you will complete the marathon distance of 42.2K as a relay race. Stage distances are 1<sup>st</sup> – 7.2K, 2<sup>nd</sup> – 5K, 3<sup>rd</sup> – 10K, 4<sup>th</sup> – 5K, 5<sup>th</sup> – 10K and 6<sup>th</sup> – 5K. The race is run on a multi-terrain course in the private grounds of the College on an accurately measured 2.5K lap course. We will be asking for volunteers over the next couple of months to run in this year's event and if you want more information check out the Jaffa website: [www.ipswichjaffa.org.uk](http://www.ipswichjaffa.org.uk). Alternatively ask your club captains for more information. In case you were wondering – Ekiden is the term used to refer to a long-distance relay running race, typically on the road. It is a Japanese term which originally referred to a post horse or stage coach which transmitted communication by stages!

### OTHER EVENTS

Sunday, 13 May 2012

Alton Water 10K

[www.altonwaterrun.co.uk](http://www.altonwaterrun.co.uk)

Saffron Walden Crocus Trail - 10 or 6 Miles

[www.saffroncrocustrail.co.uk](http://www.saffroncrocustrail.co.uk)

## FORTHCOMING RACES & EVENTS continued

Sunday, 24<sup>th</sup> June

Mersea Round the Island

[www.merseaislandraces.co.uk](http://www.merseaislandraces.co.uk)

Approx 13 miles multi-terrain. Chris Seymour says "This is possibly my favourite half marathon. The first year I ran it (2007) it was rather wet and I found myself slipping along muddy paths but have been back ever since (almost) and will be returning again this year".

Sunday, 8<sup>th</sup> July

Heveningham Hall Multi-terrain 10K

[www.countryfair.co.uk](http://www.countryfair.co.uk)

This is a fantastic 10K race around the stunning Heveningham Hall parkland. Your entry fee also gives you free entry to the Heveningham Hall Country Fair which is held on the same day. It is a really great event for all the family. Last year we watched falconry displays and Devil's Horsebackmen!

## STOWMARKET STRIDERS RUNNING FOR CHARITY

In addition to the individual amounts raised by our marathon runners for charity:

### SPECIAL CARE BABY UNIT

Claire Bardsley and Sean Doherty presented a cheque for £2,950.52 to the Special Care Baby Unit at Ipswich Hospital after a fundraising 10 mile run from Cotton Church to Stowmarket Leisure Centre and a "sky dive". All the money raised was in memory of her twin boys, Joshua and Jordan, who were born prematurely, and would have been 18 if they had survived. The money will go on to help other premature babies.



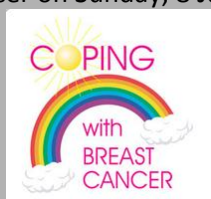
### MARATHON RELAY GB

The Stowmarket Striders are part of the world record breaking attempt for the longest continuous relay race. The race started on 4<sup>th</sup> May from Battersea Park, London and covers 3,100 miles around the coast of the UK. We will be joining in and doing our bit for Brain Tumour UK on Sunday, 20 May when we have four teams running a 26 mile leg of the relay from Diss to Ipswich. Our estimated start time is 5.00 pm. We would love you to either come along and support us in person or in our fundraising for Brain Tumour UK. We have a Virgin Money Giving page in the name of Stowmarket Striders. You can track progress of the relay at [www.relaygb.org](http://www.relaygb.org).



### COPING WITH BREAST CANCER

Susanna Pritchard and Tina Belsom were the winners of the draw for places in the British London 10K in aid of Coping with Breast Cancer on Sunday, 8 July 2012. Good Luck to both of them!



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

[facebook](#)

Stowmarket Striders Running Club