



**STOWMARKET
=STRIDERS=**

SPRING 2013 CAPTAIN'S UPDATE

Hello Stowmarket Striders.

Welcome to the Spring 2013 Edition of the Captain's Update which we hope you will enjoy!

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

LAURA HICKS

(Great Britain Triathlete & Stowmarket Strider)

Age? It's rude to ask a lady that!! Ok, 30 yrs.

When and how did you join the Striders?

Around 6 or 7 years ago when I moved from Ipswich to Sunny Stowmarket as I thought it would be a good way to meet other local people with a shared interest while getting a bit fitter

What do you enjoy about being in the

Striders? Being around so many other runners keeps me motivated and stops me skiving off and having so many good runners to train with keeps me pushing hard to improve



What is your favourite type of race? Triathlon! Although my main focus is Olympic distance races I actually prefer the sprint distances as generally find them more fun though I'm also a fan of cross country too.

STUART GREEN

(Chairman – Stowmarket Striders)



Age? Can't remember!

Occupation? School Sports Co-ordinator. My role is to promote all sports, fitness and PE (curricular and extra-curricular) and to reinvigorate competitive activities.

When/How did you join the Stowmarket Strider? 1998. I turned up on a Thursday evening (being fairly new to Stowmarket) and did an around the town run with about ten Striders

What do you enjoy about being a Strider?

Coaching and working with the coaching team, helping others to improve, the camaraderie, support and encouragement of the members during race days and the banter on our Thursday runs!

LAURA HICKS

Favourite training session? I love training in general so it's hard to pick a favourite. I like to feel like I've worked hard so hill sessions are possibly high on the list

Favourite race? Waveney Valley sprint triathlon. It was one of the first races I did and have done it every year since! They run it twice each year, once in March and once in September. It's a great race to open the season and a good way to measure your fitness coming out of winter training, and a fun way to end the season and see if you've improved. It is always really fun and well organised event – highly recommend it for any Tri newbies.

Greatest sporting memory? Being selected to represent Great Britain at the world triathlon Championships in Auckland in 2012. It was surreal to be staying in a hotel surrounded the great British Elite athletes and being able to chat to them about training and racing at the top level.

Pre-race drink/snack? Triathlons tend to start early so my routine is now normally up at around 4 – 4:30 and eat porridge with honey and a banana (if I'm away racing I will soak porridge oats in a bowl of milk overnight and eat them cold the next morning, tastes better than it sounds). About an hour before my wave is due to start I will drink a bottle of energy drink and have a gel

Post-race drink/snack? I take a recovery drink / protein shake straight away– followed by a reward of a naughty take away when I get home

Favourite piece of tri equipment? I love my bikes!! The perfect number of bikes to own? The amount you currently own +1 😊 I currently have a Scott Plasma TT bike and a Felt AR4 to race on.

Weaknesses? I get nervous before I race, like STUPIDLY nervous! And this can effect my race performance

Any advice for new triathletes? Triathlon is not a cheap sport! Try to beg borrow and steal kit until you're sure it's a sport you want to pursue

Goals? to qualify for the GB team this year and be able to race at London in front of a home crowd – its good to aim big after all!

STUART GREEN

Favourite type of race or run? Favourite race distance: 10k or 5 miles. Favourite run: any run through the countryside on a sunny evening with the club.

Favourite places to run? On a Middle Eastern beach by the Red Sea with lagoons, the desert and the Saudi Arabian coast as the backdrop, serious heat but totally inspirational! If not then running on the vast sands of Holkham beach in Norfolk, tough and bracing but worth it

Favourite training session? 400m or any anaerobic session, plus sprints (but not favourite the following day!)

Best running memory? Finishing 2nd in a county 10k race.

Pre-race drink/snack? a banana, water with fruit juice

Post running drink/snack? Post race - Berry Powerade, a cup of tea and porridge or muesli

Favourite running shoe? Asics

Advice for new runners? Keep your targets realistic, persevere and make friends at Striders.

Goals for the future? To keep injury free and hopefully improve racing speed.

Other Interests? Sport, travel, music (dance, soul, R n' B) and fine cuisine.

CONGRATULATIONS to our STRIDERS OF THE MONTH

JANUARY 2013
LIZ BEIGHTON

FEBRUARY 2013
CHRIS
MORTON

MARCH 2013
DIANNE
HUGHES



LAURA HICKS

How many triathlons have you done and what distances? I started doing sprint races with pool starts and then moved to open water Olympic triathlons – someone forgot to tell me there was such thing as open water sprint races! D’oh!! I race on average around 4 sprints and around 5 Olympics each season.

How do you go about your triathlon training? I try to fit in at least two swims, two bikes and two runs a week plus at least one weights session and a core session like body balance – though there is often more! The up side to triathlon is there is always something different to do so you never get bored or have to cancel due to bad weather but the drawback is there are three disciplines to train for which can be very time consuming and a struggle to fit in.

How do you train for the transitions? I try to fit in a short run after any bike, this could be an outdoor ride / run or sometimes a spin class / treadmill run

Do you have any advice for someone doing their first triathlon? Get up early and allow yourself plenty of time to arrive, register and set up your transition area. Trying to rush will just add to the nerves and stress. Then simply enjoy the race!

Which is your favourite discipline? I like the bike. I find the swim can be difficult with a lot of people swimming into you and over you and it’s hard to get your breathing settled when you nervous / excited. When you get on the bike you can take a few deep breaths and settle into the task ahead. I’m always a little amazed to find how fast you find yourself on the run leg as the bike section seems to fly by.

Don't forget the STRIDERS PRE-MARATHON PASTA PARTY

Friday, 19 April 2013, 7.30 pm

Carluccio's Italian Restaurant
Bury St Edmunds

Contact: Keith Borrett or e.mail:
stowmarketstriders@gmail.com

**Marathon runners and
marathon supporters are all welcome!**

CLUB STANDARDS

Have you recently taken part in a race? 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)

PARK RUN

When? Every Saturday

What time? 9.00 am

How far? 5 km

How much? FREE

Where?

Brandon Country Park (IP27 0SU)

Fritton Lake Country Park

Ipswich Christchurch Park (IP4 2BE)

Thetford Abbey Meadows (IP24 1BB)

Soon available: Bury St Edmunds and
Colchester

How do I enter? Register online at
www.parkrun.org.uk



2013 CLUB 5K CHAMPIONSHIP DATES

Tuesday, 7th May

Tuesday, 4th June

Tuesday, 25th June

Tuesday, 30th July

Tuesday, 27th August

Tuesday, 17th September

7.30 pm start.

CROSS COUNTRY FINAL SCORE

Stowmarket Striders were overall winners in the Suffolk Winter Cross Country League 2012/13 with both the men's and ladies A teams winning heading their tables too.

Individually we also had some excellent results:

Name	Place	Cat.
Women		
Laura Hicks	1 st	FS
Heidi Bingham	3 rd	F35
Mary Narey	1 st	F45
Dianne Hughes	1 st	F50
Men		
Chris Seymour	3 rd	M40
Ker Macrosson	1 st	M55
Ron Ames	2 nd	M60
Peter Gay	1 st	M70



Stowmarket Striders in action at Bungay's Cross Country

Congratulations to everybody who took part in this season's races. It was a cold, wet, muddy year. We look forward to more muddy fun next season!

If you haven't tried cross country before there is nothing better for building strength, flexibility and balance.

STOWMARKET HALF MARATHON

We were very disappointed to be beaten by the weather on 24th March. The race has been rescheduled for

**NEW DATE:
Sunday, 7th April 2013**

Marshalls and helpers needed. This is an important event for us and we want to make our race the very best possible for all runners and their supporters.

If you can help on either Saturday, 6th from 1.30 pm onwards or on Sunday, 7th for the race itself please contact: Angela Burdett

Don't forget to bring cakes!

Please keep your fingers crossed for better weather too!

BLUEBELL RUN



The date for our glorious Bluebell Run in Haughley Park will be announced when the bluebells are in full bloom.

STOWMARKET STRIDERS DOING INSPIRATIONAL THINGS ROUND NORFOLK RELAY by Jo Stephenson



*The Winning Picture from the “Running in the Dark” Photo Competition Category.
Title: “Dark Handover at Horsey”. Taken by Tim Chapman of Fenland Running Club.*

My favourite annual running event took place this year on the weekend of the 15/16 September; The Round Norfolk Relay. The relay race was first run in 1987. The route is 197 miles long following the border of Norfolk, starting & finishing at Lynnsports, Kings Lynn. The route is divided into 17 unevenly distributed running stages (see below). For the daylight road sections each runner must have a cyclist with them and for the night sections each runner must be accompanied by a vehicle with headlights and a flashing orange beacon (it’s also good to have cycle support on these sections too). Each team must also record their own stage times so we must have nominated Time Keepers that move from stage to stage and at night time the time keeper doubles up as the drive support too – this year time keeping was shared by Denise Wright, Chris Starmer and me with much assistance from

Daniel Starmer who swapped between time keepers cars and his bike. Since this is such a popular event with limited spaces, to guarantee ourselves a place, we also marshal one of the hand over points, which this year was marshalled for us by Ron Ames and Tony Burdett.

The first 5 stages, keeping the sea to our left, cover 35 miles of the multi terrain (mostly off road) stunningly beautiful Norfolk Coastal path via Hunstanton Lighthouse to Cromer. The next 4 stages to Gt Yarmouth are on the road via some beautiful Norfolk villages with lovely views. It’s normally dark once we get to Gt Yarmouth so the next 64 miles (4 stages, including the 2 longest stages) are run in the dark, until around Wissington when day breaks, finally finishing at breakfast time on the track at Lynnsports.

The 2012 team was made up as follows;

Stage	Distance (miles)	Start	Runner	Cyclist	Time Keeper/Night drive support
1	16.81	Kings Lynn	Harry Smith	(Jo for a few miles only)	Denise Wright
2	14.06	Hunstanton	Jo Stephenson		Denise Wright
3	5.76	Burnham Overy	Katy Nash		Denise Wright
4	11.14	Wells	Chris Seymour		Jo Stephenson & Daniel Starmer
5	10.81	Cley	Carole Fowles		Jo Stephenson & Daniel Starmer
6	7.90	Cromer	Matt Eveleigh	Denise Wright	Jo Stephenson & Daniel Starmer
7	9.24	Mundesley	Anna Smith	Harry Smith	Jo Stephenson & Daniel Starmer

8	7.52	Lessingham	Ron Ames	Nick Hammond	Jo Stephenson & Daniel Starmer
9	11.30	Horsey	Emma Yarrow	Richard Yarrow	Jo Stephenson & Daniel Starmer
10	20.06	Gt Yarmouth	Richard Nash	Chris Seymour	Chris Starmer & Daniel Starmer
11	14.60	Bungay	Tony Burdett	Chris Seymour	Chris Starmer & Daniel Starmer
12	19.67	Scole	Mary Narey	Richard Narey	Chris Starmer & Daniel Starmer
13	13.25	Thetford	Paul Heeks	Jo Stephenson	Chris Starmer & Daniel Starmer
14	7.27	Feltwell	Sandra Mayhew	Daniel Starmer	Chris Starmer
15	10.59	Wissington	Denise Wright	Daniel Starmer	Jo Stephenson & Paul Heeks
16	5.49	Downham Market	Angela Burdett	Daniel Starmer	Jo Stephenson & Paul Heeks
17	11.73	Stowbridge Marshalled by Ron Ames & Tony Burdett	Chris Starmer	Daniel Starmer	Jo Stephenson & Paul Heeks

So on Friday evening Denise (Team Captain) & I arrived at Lynnsports to register the final team arrangements. Participants are welcome to camp in the grounds of Lynnsports or bed down inside the sports centre if you'd prefer, (Denise & I went for luxury and booked a hotel). Up at 4am and on the start line with Harry, (supported by Anna), for a 5:30am start. I cycled for as long as I dare with Harry, since I had to get back to my car to drive on to Hunstanton ready for my run. Unfortunately we followed the lead and took the wrong turning almost straight away and although we managed to get back on route it did mean Harry had an extra 30 minutes of running to do!!!

Harry's 1st stage is a beautiful route of road, farm track, shingle, sand, grass and promenade with sea and river views – by far my favourite route so far. Harry arrived to hand the baton over to me at Hunstanton light house at 8:15. I was very nervous of my stage having never done it before and being mostly off road it's run almost entirely on your own. It was however another beautiful route with a complete mix of scenery and terrain. However at 12.24 miles with Burnham Overy in sight on the horizon I looked at my Garmin and inwardly had a tantrum wanting to jump & down on it because it wasn't saying 14 miles already.

When I came back on the road at Burnham for the final section and Ron was waiting for me to cycle the last bit of road section I was so pleased to see a friendly face I had to fight back tears – crying and running is toooo hard. I was so pleased to see Katy and more Striders when we turned the corner where I handed the baton to Katy for her to carry it along stage 3.

Daniel & I jumped in the car and drove on along the route to watch Katy mid section and give her a cheer and then moved on to watch her hand over to Chris and on to watch Chris hand over to Carole. We picked up Steve Hughes and drove to a mid way point to do a drink stop for Carole and then went on to see her hand over to Matt. Matt ran this route for the first time last year and came back to have another go this year. He tells me he enjoyed it even more this year – well done Matt. Denise cycled with him on her new bike and she enjoyed it more this year too. When Matt handed over to Anna we had been running for just over 10 hours. Anna, supported by Harry on bike, had a very good run and handed the baton to Ron with Nick cycling for him. There are lots of happy photos of these two on Facebook. Ron arrived at the very picturesque Horsey Mill and handed over to Emma with husband Richard cycling for

her. Emma's children jumped into the back of my car and we stopped off several times along the way to cheer a very "happy to be taking part" Emma as she made her way to Great Yarmouth Sea Front, watching the sun set as she ran. I had the pleasure of handing over the stop watch to Chris Starmer so I could grab some Fish & Chips with Katy & Emma and families before heading home for a shower and a 2 hour sleep. Leaving the baton to be carried through the night by Richard & Tony, accompanied by Chris Seymour and then Mary accompanied by husband Richard and followed with headlights and flashing beacon by Chris and Daniel Starmer. I felt very guilty leaving them to it. But the alarm was set for 1:30am so I could get up to drive to Feltwell to do a car shuffle with Paul to Thetford, so I could cycle with him while he ran from Thetford back to Feltwell. Seeing Mary turn up in front of the car's head lights having carried the baton for 20 miles through the night was really quite emotional. Paul & I enjoyed a good chat for his 13 miles, (it was mentioned that perhaps there was a little too much chatting but we were having a good time). Paul handed over the baton as the day was breaking to Sandra who ran in her ideal

conditions, dry and chilly with Daniel on his bike. Chris then handed the Time Keeping back to me while he drove on to sleep/prepare for the final stage. Sandra, pleased with her run handed the baton to Denise (supported again by Daniel) who carried it on to Angela. Paul and I stopping along the way to cheer Denise along. Poor Angela, having had to stand at her hand over point for ages was very pleased to see Paul & I turn up ahead of Denise, so she could jump in the car and get warm again, before she ran along the roads through the fens to the final handover at Stowbridge where Chris took the baton for the last time and continued its journey to Lynnsports, finishing on the track. So in over 29 hours we very happily and proudly handed the baton back to the organisers and headed off to grab a well earned cuppa and the best bacon butty I've ever tasted.

I'm looking forward to next year already (which will be my 7th year) and if any of you like the sound of any of the above do not hesitate to put your name down next year when we shout out for volunteers. The next event is on 14 & 15 September 2013.

GOOD LUCK TO ALL OUR SPRING MARATHON RUNNERS

"Photo call" for all Spring Marathon Runners

Please gather at the leisure centre on Tuesday, 9th April 2013 at 7.20 pm.

Please let Emma Yarrow know:

Which marathon you are running and which charity you are supporting

Here are just a few of the great charities which will benefit from our amazing runners!



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	31 st May, 7.30 pm
Felixstowe Road Runners	Kirton, Recreation Ground	7 th June, 7.30 pm
Stowmarket Striders	Haughley Park	14 th June, 7.45 pm
St Edmunds Pacers	Nowton Park, Bury St Edmunds	21 st June, 7.30 pm
Gt Bentley Running Club	The Village Hall, Gt Bentley	5 th July, 7.30 pm

SUFFOLK GRAND PRIX SERIES

Runners need to complete 5 of 6 races for the Series

Club	Race	Date
St Edmunds Pacers	Tarpley 10	24 th February
Stowmarket Striders	Stowmarket Half	24 th March
Sudbury Joggers	Good Friday 5	29 th March
Ipswich Jaffa	Friday 5	31 st May
Newmarket Joggers	Newmarket 10K	7 th July
Waveney Valley AC	Lowestoft Scores	8 th September
Haverhill Running Club	Thurlow 10	20 th October

EKIDEN MARATHON RELAY

Sunday, 14 July 2013

Why not join in with the Ekiden Marathon Relay which will be held at St Josephs College Ipswich. Stowmarket Striders always enter 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 1st – 7.2K, 2nd – 5K, 3rd – 10K, 4th – 5K, 5th – 10K and 6th – 5K. We will be asking for volunteers over the next couple of months to run in this year's event.

OTHER LOCAL EVENTS

Sunday, 12 May 2013	
Ickworth Park 10K Hoohaah	www.hoohaah.co.uk
Sunday, 14 April 2013	
Saffron Crocus Trail 6 or 10 miles	www.saffroncrocustrail.co.uk
Saturday, 18 May 2013	
Debenham 10K	www.debenhamcommunityswimmingpool.org

GUEST RUNS will start from the first week of May.

If you would like to host a guest run showing off your local runs please contact Keith Borrett

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



Stowmarket Striders Running Club