



SUMMER 2011 CAPTAIN'S UPDATE MARATHON SPECIAL

Hello Stowmarket Striders.

Welcome to the second issue of our Captain's update which is a Marathon Special.

Chris Seymour & Mary Narey
Men's Captain. Ladies Captain

ANGELA BURDETT Ran the 2011 Virgin London Marathon

Age: 44

Occupation: Team Leader in the Operating Theatre at Ipswich Hospital (nurse)



When did you join the Stowmarket Striders: I joined the Striders in April 2006 in the beginners group. I had a friend at work who passed away in March 2006, she was only 32 years old. As a mark of respect several of the girls at work decided to compete in the Race for

Life. I was going to

walk the 3 miles with everyone but changed my mind and set myself a challenge to run it. I had not run since I was at school. At my first session with the Striders I could just manage to run for three minutes.

What do I enjoy about being a Strider? Being part of such a friendly club. It does not matter what your ability is everyone encourages each other.

How many marathons have you done?

London 2011 was my first marathon which I completed in 5 hours 12 minutes and 40 seconds.

How did you go about your marathon training?

Following an injury last October I did not have the best training. I was not allowed to run for six weeks and

JASON WALKER Ran both the Bungay & Halstead Marathons

Age: 39

Occupation: Production worker for Bosch Lawn and Garden



When did you join the Stowmarket Striders: I joined Striders two weeks before the 2010 London Marathon. I'd been running for about a year on my own doing about 5 or 6 miles a week and wasn't

getting any better

so I decided it would be a good idea to join Striders to improve my running.

What do I enjoy about being a Strider? I enjoy the Tuesday training sessions; I think they have improved my running the most. Having other people to ask advice and share running stories with. Making new friends and how everyone shares in others achievements.

How many marathons have you done?

I have done two marathons, both this year. Bungay and Halstead & Essex.

How did you go about your marathon training: I start off by doing a mile or two before club nights and

my first three mile run was on Boxing Day. I was under the instruction and guidance of a Physio. I would ask Chris Stamer each week for a distance or time I was allowed to run. In my training I only managed to run up to 17 miles.

What was your marathon training diet? I had Porridge for breakfast followed by a protein shake each day. As I did not like the taste I mixed a small Yazoo Chocolate Milk Shake in it. I had pasta at least three times a week and jacket potatoes, cheese and baked beans. I tried to eat and drink very well on a Friday before my long run on a Saturday.

What did you enjoy most about marathon training?: I enjoyed the challenge of running further each week. For most of my long runs I would have someone run or cycle with me for all or part of the run. Also I liked seeing the seasons change from winter into spring. I also enjoyed time on my own running through the countryside.

Pre-Marathon Snack?: Banana

Post Marathon snack/drink? Chocolate flavoured For Goodness Shake.

What shoes did you run in? Asics 2160

What was your longest run? 17 miles

Do you have any advice for someone thinking of running their first marathon? If I can do it you can.

Goals: To do the Wattisham Triathlon next year.

adding a long run on Sundays. Starting at about 10 miles and working up to 20 miles. After the first few weeks I was trying to run between 30 and 35 miles a week.

What was your marathon training diet? I didn't really have a set diet, but I didn't drink alcohol and tried to keep junk food to a minimum, which wasn't so easy as I like to cook and bake. So I did eat quite a lot of cake and biscuits. Plenty of fruit and veg, some pasta, rice and peanut butter sandwiches.

What did you enjoy most about the marathon training? To start with it was the excitement of the challenge and that each run was counting towards a goal. Once the long runs got over 13 miles each long run was the furthest I'd ever run so the achievement of that felt good but as the weeks went on I was looking forward to just running for fun and not to do set mileage.

Pre-Marathon Snack? Not so much a snack as 3 hours of eating. 3 hours before the start porridge and raisins, toast with peanut butter. 2 hours before the start 2 bagels with jam and 1 Lucozade sport. 1 hour before 1 Lucozade sport.

Post-marathon snack/drink? Lots of water as I can't face food for at least 15 to 20 minutes. Once I can eat though I'll eat anything and a Chinese Take Away when I get home.

What shoes did you run in? Asics 2150's

What did you like/hate most about marathon Training: I liked that I had a goal to train for. Hated the last few slow miles of my 20 mile runs. I thought they would never end!

What was your longest run? The longest run was 22 miles in just under 3 hours.

Do you have any advice for someone thinking of running their first marathon? Do it! But don't underestimate the challenge and give yourself plenty of time to train for it. Make sure you eat enough and rest. Don't try and up mileage too quickly but make sure you build up the long run.

Goals? To run a sub 20 min 5K, sub 40 10K and a sub 3hr 10 marathon. My ultimate goal would be a sub 3 hr marathon but that is a big challenge but I believe I can do it. 2.59.59 would do!

Hopes for the future? To run London and Berlin marathon next year, then New York, Chicago and Boston marathons at some point. More marathons around the world, it is a good excuse for a holiday! To stay fit and injury free and to continue to enjoy being part of the Stowmarket Striders and to be able to support and encourage other Striders the way so many of them have supported me.

| Future Marathons you may be interested in | | |
|---|----------|--|
| Venue | Date | Website |
| Loch Ness | 2/10/11 | www.lochnessmarathon.com |
| Chester | 9/10/11 | www.chestermarathon.co.uk |
| Kielder | 9/10/11 | www.visitkielder.com/site/kielder-marathon |
| Greensands | 23/10/11 | www.trionium.com/greensands |
| Dublin | 31/10/11 | www.dublinmarathon.ie/index.php |
| Cold Christmas to Good Easter | 8/01/12 | www.springfieldstriders.org.uk |

DUBLIN MARATHON

There is a group of Stowmarket Striders taking part in the Dublin Marathon on Monday, 31 October. For more information on travel and accommodation arrangements speak to Frank Moggan who will be glad to give you the details.

Jason Walker will be running the CHESTER MARATHON with Tim Larke on 9 October. Chris Seymour will be running the GREENSANDS MARATHON on 23 October.

STOWMARKET STRIDERS DOING INSPIRATIONAL THINGS

THE JURASSIC COAST CHALLENGE

In this edition Harry Smith tells us about his experience in undertaking the Jurassic Coast Challenge

I've run marathons, nearly all on the road. I fancied a new challenge, a goal. Essentially, I am a lazy runner, I need a target or I don't move. I would all too soon morph into Homer Simpson and require surgery to remove the sofa. I started to look and found exactly the right event. The Jurassic Coast Challenge, three off road marathons over three days, along the picturesque Dorset coast. I'd done marathons, this would be just the ticket, a few days in Dorset, reminiscent of my time in the Navy. I was based in Portland. It could be great. I could do a run, have a beer, my kind of thing and a nice part of the country too. I entered last August.

I'd never done three marathons on consecutive days, so I planned to go slow and take it steady. It's easy to run out of energy on a marathon. I've done it more than once!! Suddenly you find yourself struggling, when minutes before you were on top form. My preparation was similar to my usual, weekly 13 to 18 mile runs for 4 weeks and then a long one (the Wymondham 20). Then nothing but really short stuff, for a couple of weeks. That's normally enough, I don't break records but I get round and stay injury free.

My wife (far more sensible than myself) pointed out that I had never run distance on consecutive days, so under advice (that cannot be ignored) I did 12 miles the day after Wymondham. It felt okay, I was in reasonable shape but I would have to run with a back pack carrying: a complete set of dry clothing, water proofs, a compass, maps (provided), a notebook with emergency phone numbers, a whistle, a pencil, a chocolate or energy bar, 1.5 litres of water and a fully charged mobile phone. Without these items you were not allowed to run. All had to be packed in waterproof bags, so it would be kept dry regardless of weather conditions. This was getting to be more like an exercise with the Royal Marines, just the ticket!



Day 1. Registration was on Chesil Beach, at the Ferry Bridge Inn, race HQ. Maps for all three days were provided with an orienteering timer chip that had to be checked in at each of the three checkpoints en-route. There was a compulsory brief, covering emergencies; what to do if you fall off a cliff and what to do if you find a casualty, all very reassuring! We were bussed out to the start, the chain ferry at South Haven Point, the entrance to Poole Harbour.

Lined up on the beach we were told "enjoy and have a good run". Then we all set off, over soft sand for nearly 3 miles around Studland Bay.

It was tough going and within a mile we were spread out, off sand the route started to rise. Getting to the top of Ballard Down I was rewarded with a panoramic view of Poole Harbour, really stunning, this was going to be good. Then downward and a jog along the sea front at Swanage and out to the check point at Peverill Point by the Coast Guard Station, a gain a beautiful spot.

From the check point the terrain started to climb following the cliffs westward to the finish. The day was bright and sunny and though hot I was enjoying the run. It was typical off road running; narrow paths but with more hills than I am used to. By check point 2 the cliff edge was about 300 feet above the sea and the view was incredible. After chocolate and a drink I set off, I know there would be hills on this run but until you are looking right at them you really don't realise how big they are. St Albans Head a place forever seared into my consciousness, this is what I would call "the ultimate Stuart Green hill on steroids" 350 feet down at about 60 degrees of incline, then immediately 350 feet up at 60 degrees. By the time I got to the top I was dead, my legs would not function correctly and all I could see was hill after hill. I had ten miles of this to go. I had looked at my Garmin before I had started down, I had covered 0.15 of a mile. I would not be able to keep this up. Walk is all I could do, drink more and keep going, yes - I slowed right up.

After half a mile I had pulled myself together and started jogging again. That was the toughest point of the day; other hills did not affect me as badly and by check point 3 I was as comfortable as you can be after 21 long slow miles. Jogging through the finish I caught up with several runners, finishing in 6 hours 16 minutes. This was by far the toughest run I had ever done, definitely the most scenic and so very satisfying. I had to do it all again tomorrow. I returned by running number to the race steward and walked to the car thinking about food and a bath.

Day 2 Registration at Race HQ. I picked up my chip and running number and sat in on the days running brief. I looked at the other runners being taped and having blisters drained by the attendant paramedics. I was impressed. They really did have a first class medical team. I realised why, I had a few aches and pains, nothing to worry about though. This time we were bussed to Lulworth Cove. I was in the second drop, and the fast runners were 40 minutes behind. I set off slowly, we all did, the hills are huge and just pick up from the day before. This part of the coast at Durdle Door is beautiful, walkers were moving in the opposite direction, making it more difficult, especially on narrow footpaths a few feet from the cliff edge. Once at the check point at Osmington Mills, the terrain flattened out. As the coast path took us into Weymouth Bay I touched flat no hills tarmac, I managed to get some rhythm into my running for the first time in two days. It was hot and navigating Weymouth was not easy. Once over the river, the route follows an old railway line out to Portland, it's a good flat surface and I started to progress at what I thought was a good pace.

Check point 2 was opposite race HQ as I took a drink the two lead runners passed me. We still had 13 miles around Portland Bill to go. Portland loomed, it stands about 400 feet above you - a huge piece of grey granite. I had run up it before but never around it. The trouble is to run around it you have to run up it first. Cooler now it started to rain half way up. It was better than being hot though. I caught up with four runner ahead and knowing Portland was able to navigate better, they all stuck with me. The coast path was not clearly marked at this point and prior knowledge was useful as we met several runners moving in the opposite direction. We headed to the Bill and check point 3.

From the check point five miles to go, the coastal path along west Portland passes very close to huge cliffs. Impressive, I really did check my footing, this was the most dangerous place I had ever run. As we descended I started to speed up. Once on the flat beach road I was able to maintain a good pace to the finish. 6 hours 22 minutes. This time I had a blister - one last day to go.



Day 3. Under advice (that cannot be ignored) I had my blister drained and taped by a paramedic. I picked up my running number and sat through the brief. A feeling of déjà vu swept over me. The start was outside the HQ marquee and flat but hot. It was undulating ground and reasonable underfoot. I made good progress to the first check point. The scenery changed to rolling hills at I passed Abbotsbury. Check point 2 was at West Bexington and here it was flat again. Progress had been good but my legs were feeling heavy. I knew I had 12 miles to go but the map told me hills.

As I approached the town of Bridport it started to climb. The hills were not as steep as before, but just as high, West Cliff was first then check point 3. I was tired, I stopped and tried to eat and drink more but felt awful. I set off at a slow jog. Dog House Hill next, after that was Golden Cap, the highest point. I walked up it, legs feeling heavy, feeling ill. I kept drinking even though it made me feel sick. As I got to the summit I caught up with a group of army runners only 2 miles to go they said but my faithful Garmin indicated nearly 4 miles. I just plodded on. The finish was downhill, once over the line I sat with my feet in the sea, cooling down with a drink. 7 hours and 5 minutes. I felt hot, exhausted and relieved to finish without callusing. I had my blisters drained got in the car and slept all the way to Salisbury.

MARATHON RESULTS

Bungay Black Dog Marathon – 20 April 2011

| Position | Time | Name | Age Category | Club Standard |
|----------|----------|--------------|--------------|---------------|
| 33 | 03:19:07 | Tim Larke | MS | Bronze |
| 52 | 03:30:08 | Jason Walker | MS | Bronze |
| 165 | 04:17:38 | Tina Belsom | F45 | Tungsten |
| 199 | 04:38:05 | Harry Smith | M40 | |

Virgin London Marathon – 27 April 2011

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|-------|----------|---------------------|-------|--|
| 675 | 02:54:45 | Ian Keeble | 18-39 | |
| 6318 | 03:45:54 | Steve Nunn | 18-39 | |
| 8291 | 03:55:54 | Charmaine Gheraghty | 18-39 | |
| 12626 | 04:15:10 | Neil Martin | 18-39 | |
| 13747 | 04:19:53 | Paul Heeks | 40-44 | |
| 15229 | 04:25:44 | John Rednall | 45-49 | |
| 19527 | 04:42:46 | Katy Nash | 40-44 | |
| 20001 | 04:44:40 | Sarah Spink | 18-39 | |
| 21346 | 04:50:27 | Debbie Ghant | 45-49 | |
| 21606 | 04:51:32 | David Daniels | 45-49 | |
| 21953 | 04:52:59 | Sandra Mayhew | 45-49 | |
| 23945 | 05:01:55 | Alison Leech | 40-44 | |
| 25904 | 05:12:40 | Angela Burdett | 40-44 | |
| 26176 | 05:14:25 | Denise Wright | 45-49 | |
| 26481 | 05:16:08 | Keith Borrett | 55-59 | |
| 27436 | 05:21:59 | Anna Smith | 18-39 | |
| 27515 | 05:22:29 | Barry Hastings | 40-44 | |
| 29060 | 05:32:50 | Sue Lewis | 50-54 | |
| 29428 | 05:35:37 | Dave Loades | 60-64 | |
| 29505 | 05:36:18 | Lisa Nobes | 40-44 | |

Halstead & Essex Marathon – 8 May 2011

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|-----|----------|-----------------|-----|----------|
| 48 | 03:22:57 | Tim Larke | MS | Bronze |
| 64 | 03:27:12 | Jason Walker | MS | Bronze |
| 294 | 04:11:06 | Frank Moggan | M60 | Bronze |
| 455 | 04:43:48 | Angela Brinkley | F50 | Tungsten |
| 529 | 05:07:46 | Sandra Mayhew | F45 | |
| 536 | 05:10:32 | Debbie Ghant | F45 | |

Heritage Coast Marathon – 1 May 2011

| | | | | |
|----|----------|---------------|--|--|
| 12 | 03:49:16 | Ker Macrosson | | |
| 30 | 04:41:10 | Harry Smith | | |
| 38 | 05:11:42 | Keith Borrett | | |

I hope that we have not missed any marathon runners out. I am sorry if we have.

EKIDEN MARATHON RELAY Sunday 17 July 2011

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 in Ipswich on Sunday, 17 July 2011. 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 42.2 Km as a relay race. Stage distances are 1st - 7.2 k, 2nd 5 k, 3rd 10k, 4th 5k, 5th 10k, 6th 5k. The race is run on a multi-terrain course in the private grounds on an accurately measured 2.5 k lap course.

We are asking for volunteers to run in this years event and if you want more information check out the Ipswich Jaffa website or alternatively ask your club captains or other committee members.

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 stagecoach which transmitted communication by stages!!

SUFFOLK COUNTY ATHLETICS ASSOCIATION SUFFOLK GRAND PRIX SERIES 2011

The Suffolk County Athletics Association has announced the start of a great new county road running Grand Prix Series for 2011. The Series consists of six road running races throughout 2011, held across the county where individuals and clubs are scored for the Series of races to compete in the Suffolk Championships. The races selected for 2011 are:

- Joe Cox Half Marathon - 27th March
- Kirton Friday 5 - 3rd June
- Newmarket 10K - 3rd July
- Famlingham 10K - 4th September
- Bungay 20K - 6th November
- Hadleigh 10K - 20th November

Further information and ull results can be found on the Suffolk County's website

www.suffolkathletics.org.uk .

SUPPORTERS OF THE YEAR

As a club we pride ourselves on the strength of our supporters as well as our runners and we wanted to give special mention to three of Stowmarket Striders' best who have given fantastic support to all our members from the sidelines in recent weeks despite the fact that we all know that all three of them would much rather have been taking part if injury or illness had not prevented them from doing so. They are (in alphabetical order):

JAN STARMER

JO STEPHENSON

HALEY SUTTLE



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

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Stowmarket Striders Running Club