

FELIXSTOWE ROAD RUNNERS

Club Magazine
Autumn Edition
2008

Mediterranean Shipping Co. (UK) Ltd.



CLUB MEETING TIMES

Main Weekly Meeting	Wednesdays at 7.15, Brackenbury Sports Centre small hall.
Extra Training Sessions	Tuesdays at 6.45, Brackenbury Sports Centre - meet on balcony.
Juniors	Wednesdays at 6.00, Brackenbury Sports Centre - meet on balcony.

CLUB SUPPORTERS

The following organisations offer discount to Club members on production of your membership card

- Brackenbury Sports Centre - Free use of showers when training on a non-club night.
- Sweatshop (Next Generation sports club) – 10% off for FRR (01473 726652)

The following, whilst not offering discounts are recommended by Club Members:

- Coaching Services - coaching advice and training programmes for committed cyclists, athletes and squash players, available from John Gabriel, Tel: 01394 278473
- Felixstowe Physiotherapy Practice Walton House, 25 Princes Road, Felixstowe IP11 7QY, Tel: 01394 282002
- Sharon Robinson (The Magenta Triangle) Sports & Body Massage, Tel: 01394 385261, or 0467 634340
- A1 Sports Massage - Nigel Dadge 01473 274463 (www.a1sportsmassage.com) *See website for treatments available*

WELCOME

To the following new members who have joined us recently:

Juniors

- Angus Fotherby
- Sam Brooke
- Natasha McLaren

Seniors

- Chris Browes
- Ann Rideout
- Steve Brooke
- Laurence Scott
- Jayne Williams
- Paul McLaren
- Simon Watts



CHAIRMAN'S REPORT

Hi all I hope this report finds you all in good health and running well, in my last report we were looking forward to a good summer however blink and you missed it but we had some very good social events. The two rivers run again had a good turn out and I can't believe I had to relinquish my one and only title but well done Fred and thanks Steve Oliver again for organising the event.

Thanks also to Kate and Phil for what was a very pleasant fun run around Pin Mill, a very enjoyable evening and especially the pint or two afterwards. Also many thanks to Sally and her team for the summer BBQ, a superb evening and fun running the bar and good to have that opportunity to catch up with running friends socially. Thanks also to all who turned out on a very wet evening for the run bike run, I circled the course in the comfort of my car just to check on everyone and boy oh boy was it raining. Poor Ann Oliver could hardly see out of her glasses and Jayne was circling round as if it was a Sunday afternoon bike ride and as for Elaine Brinkley she was going for it big time well done to you all. To respond to what Mr Finegan asked, we will try and organise it in the Summer next year just let me know when that is? And a Huge thanks to Tim for organising the round Norfolk relays a massive event to co-ordinate but apart from one or two who ran a mile or two longer than they should have mentioning no names (Richard and Andy) everybody enjoyed the whole event. I don't know how they managed it but at 04:30 Sunday the Finegan family were still smiling well done Tim and Co looking forward to next year.

I am writing this dry and warm after what was a very wet Felixstowe Half Marathon but a another huge success story where do you start ? I think the turnout of Felixstowe Road Runners who helped on the day was tremendous in true club spirit come hell or high water we stood firm well done all. With a turn out of 558 runners it was brilliant and if you look on Felixstowe TV David Miller's interview just about sums it up. We all can be very proud of what Ann and Elaine have again achieved, so much hard work well done girls but as I said at the beginning they can only achieve this if they have support. They certainly had support from both their husbands, the two Steve's, and of course a Chief Marshall, thrills and all, well done Richard Bennett and all his Marshalls. As for our two commentators, thanks Lads I will see if we can get you a gazebo for next year, can't promise any pay though but thanks lads you do make the difference from any other race. Huge thanks to the Mayor of Felixstowe Mr Mike Deacon for starting the race along with Stan Cox who was celebrating his 90th year. For those of you who interested, Inside Out programme have been recording with Stan over the last 12 months and the show is scheduled to go out on the 29th October.

Lastly a more down to earth moment, please you guys turn up on club nights with some sort of hi-vis if you don't the club coaches will refuse to allow you

to take part in the session, it is your responsibility to be seen and be safe thanks.

As Christmas approaches can I be the first to wish all very happy one and just to remind you about the Christmas fun run and the nibbles afterwards at the White Hoarse Pub Old Felixstowe, and of course the draw for London Marathon places hence please could I have your rejection slips to me ASAP and good luck to all who have been accepted.

Merry Christmas and a happy New Year

Richard

FELIXSTOWE ROAD RUNNERS SOCIAL EVENT

**PRE-CHRISTMAS GROUP FUN RUN/JOG AND SOCIAL
EVENING ON WED 17TH DEC 2008.**

**MEET AT BRACKENBURY SPORTS CENTRE AT
7 PM FOR 7.30 START.**

**CHRISTMAS THEME FANCY DRESS ENCOURAGED ~ BUT
OPTIONAL!**



**AFTERWARDS, AT THE WHITE HORSE PUB AT 8.30, FOR THE
REMAINDER OF THE EVENING. A FINGER BUFFET WILL BE
AVAILABLE**

**FRRRC WILL PROVIDE THE BUFFET. YOU BUY YOUR OWN
DRINKS
(& MINE IF YOU FEEL INCLINED!)**

CONTACT RAY ROBERTS FOR MORE DETAILS, IF REQUIRED

MOBILE 07711133909

SOCIAL SECRETARY'S SCRIBBLES

My report for this issue of the magazine will be brief (alright no need to cheer quite so loudly!) as we are now into the quieter part of our social calendar.

I would like to convey our thanks to Phil Cooper and Kate Sherwin for a lovely scenic run on 16th July – all I'd like to add is *WHERE WERE YOU ALL??!!!* The turnout was very disappointing and has made us have to rethink about which days we put on "social" runs as perhaps more of you would come along on a Tuesday as that is the usual run night for many of you – we'll give that a try next time and see. We will also consider the distance people have to travel to any social events in case that is a factor in discouraging attendance.

A huge "thank you" is also due to Richard (and I'm sure Jayne!) Farnworth for organizing the bike/run duathlon back in August. Unfortunately I was away sunning myself on that date and so missed what by all accounts was a very enjoyable event – despite the awful weather. Well done to all of you who took part – I understand that 18 of you braved the elements to support the event which is great.

Time now to look forward to the quiz on Friday 28th November at St Felix Church Hall in Gainsborough Road. Cost will be £6 a head to include fish and chips but you need to bring your own drinks (and glasses). Teams of 6 please and let either me or Mike Todd know if you are coming a.s.a.p. so I can order the food.

Also don't forget the pre-Christmas fun run and food at The White Horse on Wednesday 17th Dec – start planning those fancy dress costumes now!

I'll close with a reminder to put the date for the Dinner Dance in your new 2009 diaries – it's on Saturday 7th February and will be a night not to be missed!! Full details will be sent out in due course.

Hope to see you all soon

SallyAnn

Running 'Can Slow Ageing Process'

Running on a regular basis can slow the effects of ageing, a study by US researchers shows. Elderly joggers were half as likely to die prematurely from conditions like cancer than non-runners. They also enjoyed a healthier life with fewer disabilities, the Stanford University Medical Center team found. Experts said the findings in Archives of Internal Medicine reinforced the importance that older people exercise regularly.

Survival of the fittest

The work tracked 500 older runners for more than 20 years, comparing them to a similar group of non-runners. All were in their 50s at the start of the study. Nineteen years into the study, 34% of the non-runners had died compared to only 15% of the runners. Both groups became more disabled with age, but for the runners the onset of disability started later - an average of 16 years later. The health gap between the runners and non-runners continued to widen even as the subjects entered their ninth decade of life.

If you had to pick one thing to make people healthier as they age, it would be aerobic exercise - Lead author Professor James Fries

Running not only appeared to slow the rate of heart and artery related deaths, but was also associated with fewer early deaths from cancer, neurological disease, infections and other causes. And there was no evidence that runners were more likely to suffer osteoarthritis or need total knee replacements than non-runners - something scientists have feared.

At the beginning of the study, the runners ran for about four hours a week on average. After 21 years, their weekly running time had reduced to around 76 minutes, but they were still seeing health benefits from taking regular exercise. Lead author Professor James Fries, emeritus professor of medicine at Stanford, said: "The study has a very pro-exercise message. If you had to pick one thing to make people healthier as they age, it would be aerobic exercise.

"The health benefits of exercise are greater than we thought."

Age Concern says many older people do not exercise enough. Figures show more than 90% of people in the UK over 75 fail to meet international guidelines of half-an-hour moderate intensity exercise at least five times a week. Gordon Lishman, director general, said: "This research re-confirms the clear benefits of regular exercise for older people. "Exercise can help older people to stay mobile and independent, ensure a healthy heart, keep weight and stress levels under control, and promote better sleep. "While younger people are barraged with encouragement to lead healthier lifestyles, the health needs of older people are often overlooked."



Captain's Comments.

Unfortunately there was not enough interest in some of the traditional relays during the summer to be able to enter a team. However as pointed out in e-mails from the 'captain of vice' the cross country season is upon us. The first race is in Bury and is a gentler start than the more normal approach of jumping in the deep end at Framlingham.

All the races are around 5 miles and are great chance to get muddy and try something slightly different. You don't have to have any special gear – though do expect your running shoes to get quite muddy so maybe use an older pair. You will need to wear your club vest or T shirt. When you turn up, look for me and I will sign you in and sort out payment for you – so it couldn't be easier!. The races are:

Bury, Nowton Park	26th Oct
Fritton Lake	2nd Nov
Bungay, Ditchingham	16th Nov
Woodbridge, Sutton Village Hall	7th Dec
Framlingham, Castle grounds	18th Jan
Stowmarket, Haughley Park	1st Feb

Well done to the following runners who had top 3 placings in the Friday 5 series:

Josh Entwistle	1st M junior
John Weston	2nd M 50
John Gabriel	2nd M 55

Hope to see you out in the mud later in the month.

Dave

Round Norfolk Relay 2008

The weather for this years event was perfect, close to 20C during the day and about 4C early in the morning (although felt more like -4C in our tent at 4am Sunday morning). This year we had two teams, 17 in each team, each team had a mix of ability with the aim to start at the same time and hopefully finish at the same time. Both teams set off at 6.30 on the Saturday morning and the lead changed several times before the teams arrived back at the start within 18mins of each other on the Sunday morning, not bad after 193.88 miles.



The highlights for me was again the great team spirit, even after 28 hours of little or no sleep team Felixstowe was out in force to cheer our runners home. Nearly 50 club members were involved over the two days.

Special mention for some of the support we had this year especially the night time legs, it takes a lot of concentration to drive at 5 miles per hour behind runners for 2, 3 or even 4 hours, and to then record the time at various stages (e.g. Andy Cox left the campsite at 1am picking up several people along the way to take to their starts then drove as the lead support with the runners until 7am before returning back to the campsite for some sleep, and there are many other examples similar to this) . So a big thanks to all of you who gave up some or most of your night, you know who you are and should all be suitably proud of your achievement.

The day time legs are a little less stressful for the support but again a big thanks to all that helped, special mention to Dave and Sue who drove up to North Norfolk just to help with the support, I have however an email from them saying that they want to run next time, I will keep this as evidence and use it against them.



As far as the running was concerned I have heard some stories about long delays at nighttime changeovers, some bad falls, some people ran 2 miles further than they needed. Some great performances with Helen and Lucy winning their age categories for their legs, Mark getting the best stage



placement for both teams and Joy the best age graded individual for the two teams, but although there were many more great performances it was all about getting the two teams around the perimeter of Norfolk in one piece.

Hoping to get a more detailed write up from the individual stages and support like last year but that will be for a future issue. There are also loads of pictures that I am in the process of gathering together.

Full results on website or www.roundnorfolkrelay.com

Tim



World Duathlon Championships

Flying into Rimini a few days before the race with the rest of the GB Team and Chris (my trusted mentor, coach, nutritionalist, mechanic) the thoughts of racing in 30 degree heat were soon shattered with torrential rain greeting us as we stepped from the plane. Fortunately it didn't last long (for now) and the Thursday and Friday were spent putting the bike together, looking over the courses and generally getting acclimatised. Saturday saw the first of the races with the Youths (Gold medal for Team GB in the female cat, great start), the Elite (Gold for Team GB with Paul Amey) and the Age Group Ladies. Watching Venessa Fernandes (Portugal) destroy the opposition in the Ladies Elite event made my weekend - what an athlete!

Before I knew it Sunday morning was upon us and my race beckoned at an unearthly 7.30am start. Queue for the timing chips at 6.30am (5.30am British time!) was a shock to the system especially as it was also raining and stayed that way for the entire 11k first run. The rain eased up a little on the bike which was held on the flat, fast promenade, only issue was the drafting of some riders and the sand being blown in off the beach. 40k came and went quite quickly and it was off on the 5k run (more of a stagger) and suddenly the finish gantry was in sight.

A great feeling to finish the event made even better in the fact that a few days before I could hardly run due to my season long hamstringing injury, a combination of pre-event massage and orthotics (from Sharon de Ponio at Felixstowe Physiotherapy Practice) combining to help me finish.

All that was left now was to attend the post event presentation and applaud the Team GB medallists, mock the lack of medals by the Aussies and have a good time.

A great event, next years is being held in Concord, North Carolina but I won't be there instead will be taking up my pre-selection of the European Champs in Budapest in May, part of a long term plan to compete in the Worlds in Edinburgh in 2010.



My overall time was 2:36:14 for 29th place in my category.

John Gabriel

RESULTS



At each race please can someone collect all the results and pass them on to Ray in one go, i.e.; one phone call, rather than several. It will also serve to alleviate the possibility of your results being omitted from the club magazine and press releases. Please call Ray on 01394 277226.

If possible please get the winners name and time which will be included in our results section.

Event / Name	Time	Position
Great Bentley Friday 5 Mile - 11th July 2008		
Josh Entwistle	28:40	14th overall
Roger Stone	29:23	
John Weston	31:00	
Rob Clayton	33:51	
Andy Forster	33:56	
Mark Lankester	34:43	
Michelle Gordon	34:51	
John Gabriel	35:06	1st MV55
Peter Finegan	35:50	
Fred Boggis	36:05	
Richard Bannister	36:12	
Richard Talbot	37:02	
Dave Levans	38:15	
Annabel Bennett	38:21	
Dave Songhurst	38:44	
Dave Coley	40:18	
Jo Dickinson	41:13	PB
Jenny Jarrett	41:26	PB
Ann Woodard	43:14	PB
Helen Finegan	43:53	PB
Tim Finegan	43:55	
Richard Farnworth	45:22	
Transcendence Sri Chimnoy 10 Mile - 12th July 2008		
Richard Bennett	67:59	2nd MV50

Harwich 5k Series - 17 th July 2008		
Rob Clayton	19:56	PB
Newmarket 10k - 18 th July 2008		
Zibby Parker & Nigel Dadge	1.38:33	57 th
Helen Finegan & Tim Finegan	1.42:12	59 th
Jenny Jarrett & Jo Dickinson	1.52:00	68 th
Dunwich Dynamo (Hackney - Dunwich 120 miles overnight cycle) - 19 th /20 th July 2008		
Adrian Hine	7h 14m	
Dartford Half Marathon - 20 th July 2008		
Roger Stone	1.22.46	17 th
International Snowdon Mountain Race - 26 th July 2008		
John Weston	1.39.37	167 th
Culford Triathlon - 27 th July 2008		
Val Dadge	1.20:08	PB
Newmarket 10k - 27 th July 2008		
John Gabriel	47:22	
Brandon Wibbly Wobbly Log Jog - 1 st August 2008		
Nigel Dadge	41:44	
Zibby Parker	41:44	
Mazda London Triathlon - 10 th August 2008		
Adrian Hine	2.37:42	
Cambridge Triathlon (Olympic Distance) - 10 th August 2008		
Andy Free	2:46:43	144 th /200
Borth Beach 10k: Aberystwyth AC, Wales - 10 th August 2008		
Mark Lankester	46:52	
Clacton Triathlon - 7 th September 2008		
Andy Free	2:35:56	
Framlingam Fun Run- 7 th September 2008		
Dan Finegan	6:13	22 nd overall/U13

Framlingam 10 K- 7 th September 2008			
John Weston	40:34	2 nd MV50+	
Vince Calver	43:35		
Rob Clayton	43:50		
Andy Forster	45:05		
Michelle Gordon	45:55		
Tim Finegan	51:32		
Helen Finegan	60:37		
Langham 10 K - 14 th September 2008			
Kate Sherwin	51:39		
Phil Cooper	51:40		
Round Norfolk Relay - 20 th /21 st September 2008			
Blue Team			
Leg	Miles	Runner	Time
1 Kings Lynn to Hunstanton	16.32	Michelle Gordon	2.12:56
2 Hunstanton to Burnham Overy	14.06	Tim Finegan	2.06:50
3 Burnham Overy to Wells	5.39	Lisa Cox	48:34
4 Wells to Salthouse	12.76	Phil Cooper	1.51:34
5 Salthouse to Cromer	8.61	Richard Bannister	1.15:31
6 Cromer to Mundesley	7.86	Lucy Rudduck	1.03:15
7 Mundesley to Lessingham	9.24	Kate Sherwin	1.15:54
8 Lessingham to Horsey	7.52	Lorna Penaluna	1.10:43
9 Horsey to Great Yarmouth	11.30	Karl Penaluna	1.39:12
10 Great Yarmouth to Geldeston	15.08	Jayne Williams	2.00:13
11 Geldeston to Scole	19.60	Paul Shaw	2.32:26
12 Scole to Thetford	19.67	Simon Wiggins	3.22:28
13 Thetford to Feltwell	13.25	Joy Griffiths	1.48:14
14 Feltwell to Wissington	8.80	Richard Talbot	1.11:20
15 Wissington to Downham Market	7.20	Helen Finegan	1.16:12
16 Downham Market to Stowbridge	5.49	Peter Finegan	42:54
17 Stowbridge to Kings Lynn	11.73	Annabel Bennett	1.42:59
Total			28.01:15
Red Team			
Leg	Miles	Runner	Time
1 Kings Lynn to Hunstanton	16.32	Andy Cox	2.23:31
2 Hunstanton to Burnham Overy	14.06	Vanessa Hollingworth	2.05:15
3 Burnham Overy to Wells	5.39	Adrian Hine	43:20
4 Wells to Salthouse	12.76	Jonathan Wilding	1.59:17
5 Salthouse to Cromer	8.61	Mark Ford	1.10:29
6 Cromer to Mundesley	7.86	Nigel Dadge	1.10:38
7 Mundesley to Lessingham	9.24	Annie Woodard	1.29:30
8 Lessingham to Horsey	7.52	Zibby Parker	1.00:40

9 Horsey to Great Yarmouth	11.30	Anne Oliver	1.50:40
10 Great Yarmouth to Geldeston	15.08	Rob Clayton	2.10:10
11 Geldeston to Scole	19.60	Lawrence Scarlet	2.25:48
12 Scole to Thetford	19.67	Richard Bennett	2.31:58
13 Thetford to Feltwell	13.25	Fred Boggis	1.47:29
14 Feltwell to Wissington	8.80	Damon Wheddon	1.14:45
15 Wissington to Downham Market	7.20	Richard Farnworth	1.13:38
16 Downham Market to Stowbridge	5.49	Jayne Farnworth	49:20
17 Stowbridge to Kings Lynn	11.73	Christina Howland	1.36:00
Total			27.42:28
Alton Duathlon - 21st September 2008			
Dave Gardner 5K run - 21:33 23K cycle - 42:49 5K run - 21:36	1:25:58	46 th	
Dedham 10 K- 21st September 2008			
Roger Stone	37:58	5 th overall/2 nd MV40+	
Tarpley 10 Mile - 28th September 2008			
Roger Stone	1:02:23	11 th , 2 nd MV40	
World Duathlon Championships: Rimini - 28th September 2008			
John Gabriel	2:36:14	29 th in category	
Great North Run - 5th October 2008			
Annie Woodard	2:10:02	PB	
Felixstowe Half Marathon - 5th October 2008			
<i>Winner: Dave Miller</i>	<i>1:13:09</i>		
John Weston	1.28:42		
Chris Batty	1.32:20	PB	
Andy Forster	1.38:39		
Michelle Gordon	1.39:05		
Rob Clayton	1.43:15		
Richard Bannister	1.47:13		
Tim Finegan	1.52:06		
Daniel Case	1.55:56		
Simon Watts	1.56:51		
Marion Parker	1.57:47		
Heidi Barnard	1.59:07		
Robert Case	2.01:27		

Mick Moore	2.01:56	
Jenny Jarrett	2.05:02	
Jo Dickinson	2.05:04	
Dave Coley	2.12:12	



And From The Jaffa 5Miler



Spot The New FRR Kit ?



Can you guess who and where this Felixstowe Road Runner is?

Send your photos of FRR kit in far off or unusual places for future magazine issues. Please, no digitally edited photo's on top of Everest or the likes! Interested in any kit see back of the magazine for details (and answer).

Felixstowe Road Runners Fixture List 2008

OCTOBER

Sun 5 th	Felixstowe Half Marathon & Fun Run	11:00
Sun 12 th	Martlesham 10k	11:00
Sun 12 th	Tiptree 10m	10:30
Sun 19 th	Saxons 5m at Saxmundham	11:00
Sun 19 th	Wix 5m	10:30
Sun 26 th	Fenn Wright Suffolk XC league at Bury	11:00
Sun 26 th	Great Yarmouth 10k	10:30

NOVEMBER

Sun 2 nd	Fenn Wright Suffolk XC league at Fritton Lake	11:00
Sun 9 th	Stowmarket scenic 7m	11:05
Sun 16 th	Fenn Wright Suffolk XC league at Bungay	11:00
Sun 23 rd	Hadleigh 10m	11:00
Fri 28th	FRRC Quiz night	FRRC SOCIAL EVENT
Sun 30 th	Brandon Duathlon	

DECEMBER

Sun 7 th	Fenn Wright Suffolk XC league at Woodbridge	11:00
Sun 14 th	Beccles Turkey Trot 10m	
Wed 17th	FRRC pre-Xmas fun run and social evening	FRRC SOCIAL EVENT
Fri 26 th	Witham Boxing Day 5m	11:00

JANUARY 2009

Sun 11 th	Suffolk Cross Country Championships at Stowmarket	
Sun 18 th	Fenn Wright Suffolk XC league at Framlingham	11:00
Sun 25 th	Lakenheath 5m	

FEBRUARY

Sun 1 st	Fenn Wright Suffolk XC league at Stowmarket	11:00
Sat 7th	FRRC Annual Dinner Dance	FRRC SOCIAL EVENT
Sun 29 th	Bury 20m & nearly 10m	

MARCH

Sun 15 th	20k run/bike event at Rendlesham	
Sun 29 th	Joe Cox Stowmarket Half Marathon	

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SXC = Suffolk Cross Country League event

FRIS = Friday Five Series

