



Mediterranean
Shipping Company



Felixstowe Road Runners

.....

Club Newsletter

AUTUMN 2011

Welcome

Hello and welcome to the Autumn edition of the FRR Newsletter.

I'm afraid this issue was put on a bit of a back burner when I found out I had a place in the London Marathon – amazing how much time and energy that takes up! I'm sure Richard Smith, Adrian Hine and Pauline Barr would agree as they were lucky enough to win the three club places. Good luck to everyone who is facing a long winter of training.

There has been some great running results in the last couple of months, notably Robin Harper's three PB's in just 15 days, fantastic!

Christmas is now just round the corner, and the road runners will be celebrating with a treasure hunt run and evening in the Grosvenor, hope to see a lot of you there!

Merry Christmas and Happy New Year Running!

Carla

New Members

A very warm welcome to all our new members:

SENIORS:

- Dominic Smith
- Lee Crisp
- Rachel Crisp
- Tony Bradford
- Amy Cheau

JUNIORS:

- Oliver Bos
- Owen Bradford
- Megan Addison
- Georgia Addison
- Anna Vincent
- Eleanor Durrant

Felixstowe Road Runners achieve Clubmark Accreditation

Fantastic news! Our club has just achieved Clubmark Accreditation. Well done to all those who have worked very hard for this. Here's part of the letter from James Cudmore of English Athletics.

I am pleased to inform you that following assessment of your file by the National Clubmark Panel, that took place yesterday, Felixstowe Road Runners have been granted Clubmark Accreditation, valid to 24 November 2014. The feedback from the panel was very positive and from what I've seen in the folder and at the training session I attended, may I congratulate you on the excellent setup you have developed and all the hard work that has gone into both the Clubmark file and in the development of the junior section in recent months.



Forthcoming Fixture List

DECEMBER		
Sat 3rd	Santa's Heveningham Hall Run	10.30
Sun 4th	Woodbridge Cross Country - Suffolk XC League	11.15
Sun 18th	Turkey Trot 10 miles (Beccles)	
Wed 21st	FRR Pre-Christmas run and social evening	
Mon 26th	Witham 5 miles	11.00

JANUARY 2012		
Sun 1st	Wymondham New Years Day 10k	11.30
Sun 8th	Suffolk Cross Country Champs at Ickworth	
Sun 22nd	Bury Cross County - Suffolk XC League	
Sun 22nd	Benfleet 15 miles	10.30
Sun 29th	Reedham 10 miles (Norwich)	11.00

FEBRUARY		
Sun 5th	Great Bentley Half Marathon	
Sun 19th	Bungay Cross Country - Suffolk XC League	
Sat 18th	FRRRC Pre Xmas Fun Run & Social Evening	
Sun 26th	Tarpley 10/20 miles at Bury	

MARCH		
Sun 4th	Stowmarket Cross Country - Suffolk XC League	
Sun 4th	Wymondham 20 miler	
Sun 4th	Essex 20 miles at Langham	
Sun 25th	Brentwood Half Marathon	
Sun 25th	Joe Cox Half Marathon (Stowmarket)	

APRIL		
Sun 1st	Braintree 5 miles	
Sun 22nd	Virgin London Marathon 2012	

Good luck to everyone racing over the next few months and don't forget to submit your times to Ray Roberts

Forthcoming Events

FRR Christmas Fun Run

You are cordially invited to this year's Christmas fun run and get together

This year's run will take place on Wednesday 21st December. Please meet at Brackenbury for 6.45pm ready to start at 7pm. This year the run will involve a team treasure hunt style competition that will test your mental agility and running fitness?!?!?

It's a fun run so you won't have to run too far or too fast (unless you're very determined to win!!) and teams are usually very fairly mixed. We encourage everyone to come in Christmas fancy dress, we have had some fantastic efforts over the past couple of years and would love this to continue.

After the run we will head to the Grosvenor for some nibbles and drinks (please keep your fancy dress on!! It'll give the festive boozers something to laugh at!)

FRR Dinner Dance



WHEN Saturday 18th February 2012

WHERE Waldringfield Golf Club

WHAT Delicious 3 course dinner with live entertainment from the 'Tequila Amigos'

WHY A great evening with your fellow runners and friends, the presentation of awards, a chance to dress up (either in fancy dress or glad rags and dance your dinner down!

HOW Tables of 8 or 10, booking forms available from SallyAnn (sapearce@sky.com or 01394 282371) If you can't get a table together, don't despair, just come along and enjoy the night!

COST £30 per person and £5 for return bus fare (optional)

So come on Gringos and Chiquitas, dust off those sombreros, grow those moustaches and let's shake those maracas!



Round Norfolk Relay 2011

Well done to everyone who ran, cycled or supported this years Round Norfolk Relay, Tim Finegan sums up a great day!

The team finished one minute 58 seconds outside the predicted time on the master plan which was a little disappointing and I take full responsibility, I had to stop and talk with a couple out walking that I knew from Felixstowe (bizarre) I do however now blame them for me not winning stage 3.

Overall we finished 50th out of the 58 teams that declared, one dropped out having seen the forecast for the weekend, our overall time was 27hours 25 minutes and 11 seconds (rounding the 1/100's of a second up)

Some great performances need a mention

Vanessa stormed off to give us a great start despite having to run an extra half a mile because the beach hut owners at Snettisham refused to let the run pass in front of their huts. Vanessa and Sean then supported with driving and cycling for the next 66 miles.

Fred exercised some demons on this leg having finished worse for wear two years ago on the same he was so fresh this year that he supported the next two then right through the night.

Tim E unfortunately not only had a tough off road leg but also had to contend with the worst weather we have had in our five years with the RNR. I was amazed that he only slipped over the once. Like Fred he dusted himself off, and stayed with the team remainder of the day then supported throughout the night.

Mark, on leg 5 produced a remarkable time on this most difficult but extremely scenic leg. He was running so fast down a shingle bank that he did a forward role that would not have looked out of place in gymnastics. The only disappointing thing was that nobody recorded it.

Our first novice of the RNR Sam was bang on her target despite the fact that she had to go on hands and knees at one point it was so steep.

Pauline had another great leg, to run at 8.20 pace (third in age group) and talk nonstop takes some doing, she was 6 seconds slower than predicted time. Pauline also cycled best part of 40 miles and stayed with the team from leg 4 until the finish (156 miles and 22 hours), and she was still awake at Kings Lynn.



Helen arrived back in the country at 12.30am Saturday morning left for Norfolk at 8am and still managed the 5th fastest pace of FRR, albeit on the best leg. She also finished second in her age group for this leg. And like Pauline once she had finished her leg she cycled the next one.

Richard Allport was our second novice to RNR. Richard set off at a blistering pace and was not put off at all by the bright lights of Great Yarmouth at 8pm on a Saturday night. He was 15 seconds a mile quicker than predicted which is excellent over 11 miles.

Simon Wiggins now runs twenty miles for breakfast and was two minutes quicker than he had suggested he would do it in. I used to be able to be able to run with Simon until he became all serious and competitive, when are you going to join myself and Jonathan back on the dark side Simon? Big thanks to Carla here for driving support especially as injury had robbed her of a place this year.

Our penultimate debutant was Linda, she not only produced the third quickest pace in the team but did it at night when most normal people are going to bed and over 14.5 miles. She was also third in her age group overall, Not bad for a first attempt!

Big thanks to Christina for cycling legs 10 and 11 (35miles), I'm sure she kept Simon and Linda going into the small hours.

Roger was next with again best part of 20 miles starting at 1am. I found it amazing that Roger predicted he would run at 6.40 pace for the duration, I can't run 100m at that pace! But unfortunately Roger



was 5 seconds a mile quicker than he predicted and finished 6th overall for the leg having overtaken 9 teams.

Richard Smith has been trying to break 2 hours for a half marathon for some time, well here is your answer find a half that starts at 3am. Unfortunately although you did this in 1.56 it does not count because its further than a half marathon. Richard went on to be lead car for the next couple of legs and was still in one piece at Kings Lynn

Our final debutant Paul produced a great performance 6th quickest pace of our runners after setting off at 2.30am and driving for best part of two hours with Zibby and Annie, he deserves a medal just for that! He then was lead support vehicle to the finish.

Next was Zibby and yes despite complaining about the time I had assigned her and the cold at the start of her leg she was 5 seconds per mile quicker. Zibby then went on to cycle the last few legs.

Again our penultimate runner Annie thought that the time assigned to her was unrealistic but then ran 25 seconds per mile quicker. This was Annie's quickest run this year so again may I suggest at the London 10k next year you wake up at 2.30am as part of your preparations.

Our final runner and FRR coach Nigel said he would run 8.45 pace and ran 8.45 pace. You have to respect Nigel for this if I am still running at all at his age I would be happy, never mind running 11.7 miles in 1.42

Well done once again to you all.



Round Norfolk Relay Team Results

	Runner	Miles	Time	Team Time	Pace	Stage Position	Age Cat Position	Off Road?
1	Vanessa Hollingworth	16.8	02:22:35	02:22:35	08:28.9	46	4	yes
2	Fred Boggis	14.1	02:02:48	04:25:23	08:44.0	45	29	yes
3	Tim Finegan	5.8	00:50:34	05:15:57	08:46.7	34	13	yes
4	Tim Emery	11.1	01:45:40	07:01:37	09:29.1	54	23	yes
5	Mark Ford	10.8	01:28:31	08:30:08	08:11.3	25	13	yes
6	Samantha Linassi	7.9	01:11:36	09:41:44	09:03.8	51	9	yes
7	Pauline Barr	9.2	01:17:06	10:58:50	08:20.6	42	3	
8	Helen Finegan	7.5	01:02:14	12:01:04	08:16.5	43	2	
9	Richard Allport	11.3	01:32:43	13:33:47	08:12.3	44	21	
10	Simon Wiggins	20.1	02:58:31	16:32:18	08:53.9	51	17	
11	Linda Woodard	14.6	02:00:24	18:32:42	08:14.8	47	3	
12	Roger Stone	19.7	02:09:45	20:42:27	06:35.8	6	3	
13	Richard Smith	13.3	01:56:15	22:38:42	08:46.4	46	26	
14	Paul Kingsford-Bere	8.8	01:13:01	23:51:43	08:17.8	45	26	
15	Zibby Parker	7.2	01:00:50	24:52:33	08:26.9	42	7	
16	Annie Woodard	5.5	00:49:50	25:42:23	09:04.6	46	16	
17	Nigel Dadge	11.7	01:42:48	27:25:11	08:45.8	47	23	yes

Running Shorts



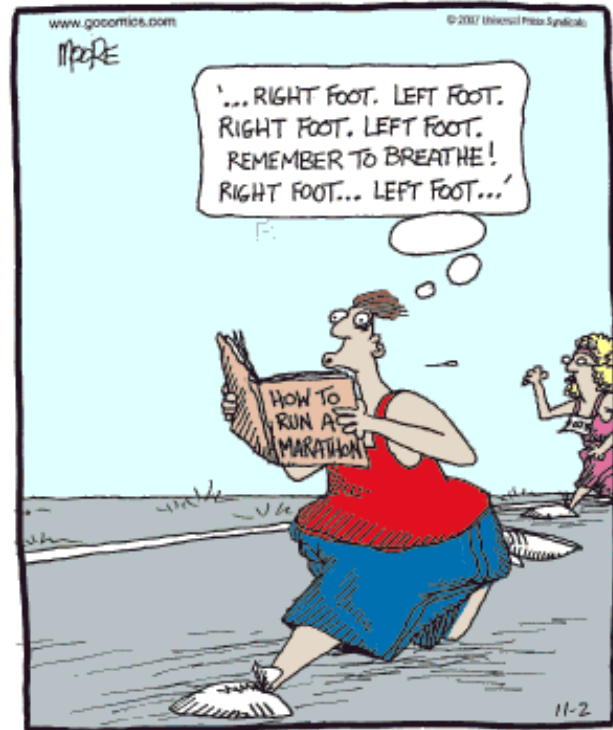
A bit of running humour to brighten up your day

Running Prizes

It's always nice to win something at a race, (I would imagine). Dave Solomon came 3rd at the Saxon 5 mile race in October, we all stayed to watch him collect his trophy...



...it was worth the wait!



Two hikers on a trail came around the bend to find an enormous brown bear about 75 yards up the trail. The bear spies them and begins running toward them at a full gallop. One hiker drops his backpack, sits down, throws off his boots, and starts lacing up a pair of running shoes. The other hiker says: "What are you doing? You will never outrun that bear!". The first hiker replies: "I don't have to outrun the bear..."



Bob Jack A Running Legend

by Simon Wiggins

I would like to take this opportunity to introduce you to someone I consider to be a running legend, for a change it is not due to the fact that he has amazing talent or breaks any records but because he shows the spirit that I think we can all learn from.

Bob Jack is a Bungay Black Dog runner and carries the odd pound or two more than is ideal for a runner but it doesn't stop him, in fact if he was a Felixstowe Road Runner he would win the Le Jog trophy for racing the most miles in a year on a regular basis.

In 2006 he completed the Marathon Des Sables (51 hours 13 minutes running in a week), in 2009 he completed the Kalahari Extreme Marathon. These are both challenges that I would not even consider starting due to the difficulty (I am clearly a woss). He has now completed 58 marathons, including ones in New Zealand, Japan, France, Germany, Holland



Just a few
of Bob's
medals



and Scotland. He has also climbed Mount Kilimanjaro, and Mount Kimabalu (highest peak in Asia)

He does not aim to win races, or even set PBs, he just aims to finish them. He carries money in case he feels hungry during a race. During the Loch Ness marathon he stopped for a portion of fish and chips, during the Berlin marathon he accepted the offer of a glass of wine from a pair of spectators.

His race preparation puts us all to shame, the night before a marathon he hydrates with a bottle or two of red wine. If something works, why change it?

If you do go to a race in or around Bungay, hang around for the slower runners to come in and you will see Bob, probably shirtless, pushing all the way to the line with a smile on his face. He gets the most support in each race because he is such a character, everyone knows his name.



Bob is currently training for an ironman.



The Virgin London Marathon 2012

Congratulations to all those who have been accepted to run!

The club has booked a 49 seat coach for members, friends & family, who would like to travel to the London Marathon in April, either to run, or support. Non members are welcome, whether or not they are directly, or indirectly connected with FRRC.

The coach will depart from Solar car park in Felixstowe at 05:45 hrs, picking up en route at Walton, Trimley and Tesco's (Copdock). Return from the Trafalgar Square area will be at 16:00 hrs. Book early to avoid disappointment. Seats are on a first come, first served basis and can only be secured against receipt of a cheque.

This year's fares remain yet again unchanged from last year:

- Adult members £10.00
- Junior (U16) members £5.00
- Adult non members £15.00
- Junior (U16) non members £10.00

Please send your booking to me with details of adult/junior, members/non-members places required, together with, or followed by, a cheque to secure your seats.

Please send cheques payable to 'Felixstowe Road Runners' to;
Ray Roberts, 8 Estuary Drive, Felixstowe. IP11 9TL.



Marathon TALK



Some of you may know that I am a huge fan of 'Marathon Talk', a free weekly podcast dedicated to keeping you on the inside track to successful running. Presented by Martin Yelling and Tom Williams it gives some great advice and information which I think is second to none. There are also weekly interviews with some amazing runners such as Ron Hill, Liz Yelling and even Paula Radcliffe.

Marathon Talk has recently updated their website and created a web space which is for the running community, you can log races, see who else is running locally, chat on the forum... it is a great platform to become more involved in the wider world of running.

I really recommend going to **www.marathontalk.com** have a look around and maybe download a few podcasts... I would love to hear a few of you chatting about it on a Tuesday night, I can't be the only one who thinks it is awesome!

Jantastic

Marathon Talk has started running challenges to keep you motivated during the winter months.

The first one - Jantastic is all about setting yourself a target based on how many times a week you'll run throughout the month of January. Basically, log in to the website, say how many runs you want to do and try to keep to it.

Adidas Prizes!

Thanks to their new partner 'adidas', there are for some incentives to help you set your target, stick to it and finally run it.

When you participate in Jantastic it's possible to win one of Marathon Talks brilliant adidas prizes including footwear, clothing and MiCoach. There are prize categories for teams and individuals, surely it's worth giving it a go?!

Please let me know if you would be interested in entering a team, it would be great to hear a few Felixstowe runners get a mention!

(carla.e.johnson@gmail.com)

Race Results



Well done to everyone who has competed in races over the last few months, below are all of the results. Any PB's are highlighted in blue.

Maylarch Eynsham 10K

Sunday 27th November 2011

Joshua Entwistle32:54
3rd overall

Norwich Half Marathon

Sunday 27th November 2011

Dave Solomon 1:28:16
Robin Harper 1:33:07
Tim Emery 1:54:09

Adnams Southwold 10k

Sunday 20 November 2011

Francis Fox0:37:17
8th overall
Linda Woodard0:45:36
Paul Schwer.....0:47:04
Andy Wooden0:48:54
Fred Boggis0:49:24
Lisa Cox.....0:50:33
Tim Emery0:51:22
David Fox.....0:51:29
Richard Smith 0:53:01
Katherine Oliver0:53:22
David Lampard 0:57:19
Jayne Farnworth0:59:47
Anne Oliver 1:02:30

Hadleigh 10m

Sunday 20th November 2011

SENIORS:

Dave Solomon62:52

3rd MV40+

Jon Davy 67:01

2nd MV55+

Robin Harper 69:01

Ray Roberts.....69:20

3rd MV60+

Simon Wiggins..... 73:11

Mark Goodwin73:32

Sam Linassi88:07

Carla Johnson 103:14

JUNIOR FUN RUN:

Callum Stone 8:10

Jack Goodwin 11:55

Stowmarket Scenic Seven

Sunday 13th Nov 2011

Dave Solomon43:46

1st MV40, 8th overall

Jon Davy44:46

1st MV55, 15th overall

Jason Taylor.....48:03

(10 mins after a 60 mile cycle ride)

Rob Harper..... 48:18

Great East Run (Bungay)

Sunday 6th Nov 2011

20K

Dave Solomon 1:20:48

2nd MV40 13th overall

Simon Wiggins..... 1:34:07

10K

Carla Johnson 1:02:17

Framlingham Cross Country

30 October

MEN

27 Mark Pinney.....29:35

30 Dave Solomon29:51

35 Jason Taylor..... 30:17

62 Steve Brooke 32:26

88 Robin Harper 34:03

98 Tony Bradford..... 34:45

102 Andy Cox 35:09

106 Stephen Shaw 35:33

118 Richard Allport..... 36:33

120 James Seinet-Martin.... 36:45

133 Steve Seinet-Martin 38:18

144 Tim Emery 39:52

161 Dave Coley48:31

WOMEN

30 Sally Pearce..... 39:24

42 Lisa Cox.....41:32

45 Marion Parker 42:11

46 Annabel Bennett42:29

56 Kaye Branton43:59

58 Jenny Jarrett44:24

Birmingham Half Marathon

Sunday 23 October

Helen Finegan 1.51:21

East Coast Run, Great Yarmouth

Sunday 23 October

Mark Goodwin44:24



Saxon 5 miles, Saxmundham

Sunday 16 October

Dave Solomon30:54

3rd overall

Robin Harper	33:58
Simon Wiggins.....	35:41
Tony Bradford	35:59
Mike Deacon.....	51:42
Carla Johnson	54:54
Paul Schwer.....	55:39

Blenheim Palace Rotary 10k
Sunday 16 October

Josh Entwistle	33:49
2nd overall	

Martlesham 10k
Sunday 2 October
10K

Roger Stone	36:59
12th overall	
Dave Solomon	39:28
Jon Davy.....	40:10
Robin Harper	42:54
Steve Brooke	43:06
Simon Wiggins.....	44:42
Adrian Hine.....	45:48
Tony Bradford	47:19
Steve Seinet-Martin	50:07
Vivienne Woodgate.....	54:22
Paul Schwer.....	76:59

JUNIOR FUN RUN:

Callum Stone	12:52
Jack Goodwin	18:08
Mark Goodwin	18:08

Dedham 10k
Sunday 25 September

Richard Smith	51:13
Dave Fox.....	51:27
Dave Lampard	55:39
Jenny Jarrett	57:17
Jayne Farnworth.....	58:57

Ipswich Half Marathon
Sunday 25 September

Roger Stone	1:22:37
-------------------	---------

Dave Solomon	1:29:43
Jason Taylor.....	1:30:41
Robin Harper	1:33:55
Mark Goodwin	1:39:43
Linda Woodard	1:42:23
Mark Lankester.....	1:43:23
Paul Schwer.....	1:46:45
Michael Everitt	1:47:24
Vince Calver	1:48:24
Darryn Nunn	1:58:48
Tim Emery	1:58:51
Sam Linassi.....	1:59:37

Para's 10 Catterick
Sunday 11 September

Christina Howland	1:23:20
Chris Howland	1:25:45

Framlingham 10k
Sunday 4 September

Roger Stone	39:00
2nd M40	
Jon Davy.....	40:01
3rd M50	
Dave Solomon	40:20
Sam Brooke	41:15
Rob Harper.....	42:30
Steve Brooke	43:32
Simon Wiggins.....	44:31
Stephen Shaw	49:33
Rob Clayton.....	49:41
Vivienne Woodgate.....	54:16
Dave Lampard	56:44



Club information

Meeting times

.....

The main club meeting takes place at Brackenbury Sports Centre, High Road East, up on the balcony.

- **Tuesday at 6.45pm**
For anyone able to run for about 30 minutes or more, come along and join in with our friendly and fun club night.

Club Kit * Special Offer*

- **Vests : £6.00**
Men's – Medium, Large and Extra Large
Women's – Medium and Large
- **T-shirts : £3.00**
Small, Medium and Large
- **Club Fleecees : £13.00**
Red and Black, small to extra large adult
- **Junior Hoodies : £10.00**
All sizes suitable for 7 to 16 year olds

Have most sizes in t-shirts and vests in stock but may have to order fleecees and hoodies.

If you would like any kit please contact Fiona Finegan
Email tim.finegan@bt.com or call 01394 279870

Club Supporters

.....

The following organisations offer discount to club members

- Brackenbury Sports Centre – Free use of showers even on a non-club night.
- Sweatshop (at David Lloyd) – 10% off for FRR (01473 726652)

Felixstowe Road Runners Committee 2010

Chairman : Richard Farnworth
01394 273340

Secretary : Simon Wiggins
simon.p.wiggins@gmail.com

Treasurer : Tim Finegan
01394 279870

Team Captain : Roger Stone
sharon.stone@btinternet.com

Vice Team Captain : Jonathan Wilding
01394 671089

Membership Secretary : Ray Roberts
01394 277226

Kit : Fiona Finegan
01394 279870

Magazine Editor : Carla Johnson
carla.e.johnson@gmail.com

Club Coach (adults from June) : Nigel Dadge
01473 274463

Social Secretary : Sally-Ann Pearce
01394 282371

Results : Ray Roberts
01394 277226

Webmaster : Wyn Jones
wyn@wynco.demon.co.uk