

# Felixstowe Road Runners

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Club Newsletter

SEPTEMBER 2011



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# Welcome

Hello and welcome to the September edition on the FRR Newsletter.

I hope you are all ok and running well, I am gradually getting back in to it again, managed my third short run this morning! Can't wait until I can get back out and race again, it has been a shame to miss so many of the summer races.

Speaking of races, you will see from the results page that last month was pretty quiet! Hopefully September will bring in a few more race results - have a look at the race fixtures on the next page and why not think about entering a couple!

Thanks must go to Richard and Jayne for organising a fantastic Run Bike Run event, it was very well attended and loads of people stayed and enjoyed the delicious homemade chilli's.

Thanks also to Wyn Jones who has stepped forward and volunteered to

take over the FRR website. I am sure you will agree that Dave Songhurst has been doing a fantastic job over the years and his dedication has been really appreciated, thanks Dave!

Wyn has lots of ideas for a new site so keep a look out for some exciting new developments online. If you have any suggestions then I am sure Wyn would be happy to hear them.

Please keep sending me your stories and photographs, I was worried that it was going to be the shortest newsletter ever until Lesley kindly forwarded her marathon story. Thanks also to Dave Solomon for sending some photos from the Brantham 5 mile race, including the picture used on the cover.

That's all from me, keep running and try to keep injury free!

**Carla**

## Welcome...

A very warm welcome to Lesley Cooper, a new senior member to the club, you may remember her inspirational story in last month's newsletter. Lesley ran her marathon in a fantastic time of 4 hours and 28 minutes.

You can read about her terrific achievement in this newsletter. Well done Lesley, and welcome to the road runners!

Welcome also to junior members Joe McGlynn and Hannah Lygo.



# Forthcoming Fixture List

<b>SEPTEMBER</b>		
Sun 4th	Framlingham 10k	11.00
Sun 4th	Newmarket Duathlon 4k/23k/4k	12.00
Sun 11th	Langham 10k	11.00
Sun 11th	Lowestoft Scores Race	
Mon 12th	Jaffa 5k Track Challenge	
17th/18th	Round Norfolk Relay	
Sun 18th	Great North Run	
Sun 25th	Dedham 10k	11.00
Sun 25th	Ipswich Half Marathon	9.00

<b>OCTOBER</b>		
Sun 2nd	Martlesham 10k	
Sun 9th	Tiptree 10m	10.30
Sat 15th	Harwich Discovery Run 5k	10.45
	Harwich Discovery Run 10k	11.30
Sun 16th	Wix 5m	10.30
Sun 16th	Saxons 5m, Saxmundham	11.00
Sun 16th	Wibbly Wobbly Log Jog 5m	11.00
Mon 31st	Dublin Marathon	

<b>NOVEMBER</b>		
Sun 6th	Bungay 10k/20k	
Sun 13th	Stebbing (Essex) 10m	11.00
Sun 13th	Stowmarket Scenic 7m	
Sun 20th	Chelmsford 10k	14.00
Sat 20th	Hadleigh 10m	
Sun 20th	Adnams Southwold 10k	
Sun 27th	Norwich Half Marathon	

<b>DECEMBER</b>		
Sun 4th	Woodbridge Cross Country - Suffolk X Country	
Sun 11th	Beccles Turkey Trot 10m	
Wed 21st	FRRC Pre Xmas Fun Run & Social Evening	
Sun 20th	Chelmsford 10k	
Mon 26th	Witham 5m	11.00

# Well done Lesley!

## Lesley talks about the day she ran her very special marathon

After 15 weeks of training the day had arrived – Saturday 20th August 2011 seemed to have crept up on me so quickly and today was the day I had to put all I had into the run of my life.

I leapt out of bed at 6am and looked out of the window and my stomach hit the floor... bright sunshine... not a cloud in the sky... where was the cloud and drizzle which was forecast?

I got up and went outside and already the day was warming up. I had run in very hot conditions with Elaine on more than one occasion so I knew I could do it.

I did my normal routine, same breakfast, had a shower and got ready. The breakfast didn't stay down long and I was extremely nervous but I knew once I got going I would be ok.

So 08:30 arrived – I had a group of supporters outside the front of the house, Mark was on his bike ready with drink and food so off I went to cheers and screams... that helped!

I got my pace sorted quite quickly keeping an eye on my GPS as I didn't want to go sprinting off but also needed to make sure I was keeping a good pace. I ran along the seafront and it was just a great view. The sun was coming up and Cleethorpes was getting ready for a busy Saturday. All the time I am reassuring myself that I can do this and although the weather was not ideal I knew if I kept hydrated and ran in the shade as much as I could I would be ok... then I thought well at least the supporters will have a nice day in the sun.

At 8 miles I had a runner from Cleethorpes running club join me. He had seen the article in the local paper and had got in contact as he had to run 18 miles as he was training for a marathon in Liverpool. He had run 34 previous marathons, 4 in 4 weeks so I knew he would perhaps have the experience and knowledge to get me round if things got tough. I appreciated the company but towards the end of the run I found him quite irritating and he did mention several times he was used to running a slightly faster pace. On more than one occasion I told him to run on as I didn't want



to hold him back but he didn't which I found quite frustrating. That probably sounds ungrateful I wasn't at all but I had fully explained before the run that I had only been running 5 months and this was my first marathon distance and I would have to run at my pace and what I was capable of doing.

Anyway back to the run...

The first lap, 13 miles was fine, I had a good pace everything felt really good and I was actually enjoying the run. Grandma was on my mind the whole way and when I passed certain areas I remembered conversations and events and that gave me that little extra push.

At 20 miles I hit the wall, badly. I was then joined by another runner who wanted to run the last 6 miles with me. He had taken up running to lose weight and had lost 4 stone in the first 6 months. He was extremely supportive and he pointed out that I had just three more corners and I was done. I then started to have a problem with my right knee which I had never had before the entire training schedule and the only way I can describe it was someone putting a knife in the side of my knee and wriggling it up and down. I had to slow my pace down and almost drag my leg around to rest my knee as I was unsure what I had done. After the initial panic I thought even if I am on my hands and knees I am finishing this. I had just 4 miles to go.....

The most painful 4 miles I have even done....Marks phone never stopped ringing with supporters at home willing me on as they knew I was in trouble as I had been updating facebook as I was running round. I was almost in tears with pain but I kept it together and pushed on.

2 miles to go...Mark made a comment of 'Come on Lesley dig deep only 2 miles to go'. I thought do I stop and push him off his bike, I shouted back I am trying my best don't tell me to dig deep you bleep bleep bleep bleep bleep bleep I have been digging deep for the last 24 miles you try and do it you bleep bleep bleep bleep bleep bleep LOLOL !!

At this point my supporters were at the finishing line and I could see the flag from the distance and I could hear the screaming and shouting so I knew I was less than a mile away. The tears started to flow and I knew I had nearly done it. I knew that I could complete 26.2 miles dressed as Wonder Woman for my Grandma. I completed the last 100 metres with a sprint...the pain in my knee didn't matter anymore...it was all about Grandma.

I had done it !!!!!.....there wasn't a dry eye at the finishing line. I just broke down. 26.2 miles in 4 hours 28 minutes and 42 seconds. I wanted to run the distance in 6 hours so my time was better than I could have ever imagined I could do.

There was a buffet and drinks laid on at the finishing point and I just sat with a bag of ice on my knee with my glass of champagne watching everyone leaping around and talking about me thinking oh my god I had done it I have actually run a marathon I have done it...me....I have just run a marathon. I felt numb.

My Uncle made a speech and again the tears flowed. He presented me with the one thing I didn't think I would get.....A MEDAL !! I had my own marathon medal. Elaine and Jayne had secretly posted a medal to my Uncle. I remember a conversation I had had with my two pixies (Elaine and Jayne) after a run one evening and said I wouldn't get a medal like you do at the London Marathon. My medal is unique and there is only one and I was so thrilled that they had done this for me. Mark also presented me with a massive bouquet of flowers and I then apologised for my outburst at 24 miles. He was my rock all the way round. My Grandma had always said he was a good man and she was right. I was so glad she got to know him and he had spent time with her too.

I went back to where we were staying about 4pm

and laid in the bath and just couldn't get my head around what I had done. I hurt from the top of my head to the bottom of my feet everything hurt but I was so so proud.

That night I watched everyone get very drunk and party. I think I was in shock and I just sat and tried to take on what I had done.

Sunday afternoon we headed home and I had to said goodbye....that was very difficult. So many people had made an effort to come along and support me and now it was time to head home and get back to some kind of normality. It wasn't goodbye it was see you soon..... I wore my medal all the way home....

I had the running blues when I got back. It felt like I had had a divorce from Elaine as we had practically been joined at the hip for 5 months and then nothing. I felt gutted that she was running and I couldn't. I had the week off from running and felt lost. I was still hurting and the knee was still painful. I continued with the magnesium oil and massage and after a few days the pain went and I started to feel better.

I ran last night for the first time, Tuesday 30th and everything felt good. I only ran 3 miles but I did it in a reasonable time of 24 minutes. First half mile my legs and backside felt I had done a million squats. Once I had got going it felt great to be back out running. Nothing fell off and all was well again – Wonder Woman was back on the road ☐

Again I have to say a massive thanks to Elaine Brinkley – she has become a great friend and running partner. Without her dedication and commitment to run with me I am not sure if I would be writing this now. I also need to say a big thanks to Jayne Farnworth she has also become a good friend and I have enjoyed our runs together when Elaine has been having a life LOL !

The support I had have to complete this run has been overwhelming. My Grandma was an extremely special and precious lady and the support I have received shows that. A lot of people didn't know her but they know me and they know how much she meant to me and how much she is missed. I miss her everyday but for those 26 miles it was just me and my Grandma and those 26 miles will stay with me forever.

If I ever hear anyone now say 'I can't do that' I just say well I said that 8 months ago when I gave up smoking and then ran a marathon....you can do anything if you put your heart into it....I did.

Total raised for the stroke unit: £ 2583.00.

## The day had arrived – the run for my Grandma

# Newsbites

Here's where we catch up with any forthcoming events, find out the latest news and enjoy some classic comedy!

## Adnams Great East Run

Previously organised in February, the Adnams Great East Run will take place on Sunday 5th November 2011.

There are two races, 10k or 20k and the event is sponsored by Adnams Brewery in Southwold who are providing a bottle of beer for all finishers over the age of 18 - what more incentive do you need!



For further information or to enter simply go to [www.bungayblackdogrunningclub.co.uk](http://www.bungayblackdogrunningclub.co.uk)

## Felixstowe Half Marathon

Thanks to everyone who showed their support and tried to help save the Felixstowe Half by writing and supporting the Evening Star Campaign. The response has been huge and will hopefully make a difference.

Some of the FRR committee met with the police last month, they talked about changing the route of the run and a new route suggestion was made. The logistics are currently being investigated and discussed, please watch this space for more information.

The race will still have to be stopped for this year as there is not enough time to get everything in place for a new route, however, hopefully it will be returning next year - it might be a slightly different kind of race but I am sure it will still be one that people will want to take part in.





# Breakfast Run

The breakfast run took place on Sunday 14th August, with a really good turn out of people travelling all the way to Woodbridge for a challenging but enjoyable (I hope) run. Breakfast was then enjoyed at the Cherry Tree pub. Thanks to everyone who supported the event.





A beautiful day for the early morning breakfast runners!



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# Run Bike Run

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On Wednesday 24th August, Richard and Jayne kindly organised a Run Bike Run event. Loads of road runners turned up with their bikes to take part including Dave and Robin who cycled on their tandem.

It was an excellent night, finished off with chilli and beers... what more could we want!



# 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.*



## Mersea Island 10m

28 August

Roger Stone .....61:02  
2nd V40, 6th overall



## Brantham 5m

22 July

Robin Harper .....33:13  
Simon Wiggins.....34:12  
Mark Goodwin .....36:03  
Fred Boggis .....39:15  
Dave Levans .....40:03  
Richard Smith .....40:34  
Wyn Jones .....40:52  
Jenny Jarrett .....43:08  
Dave Lampard .....44:19  
Mike Deacon.....50:05



## Dartford Half Marathon

24 July

Francis Fox ..... 1.25:42  
30th overall

## Virgin London Triathlon

31 July

1500m swim, 40k bike, 10k run  
Adrian Hine.....2.25:37  
11th M45 (of 214)



# Club information

## Meeting times

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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](mailto:tim.finegan@bt.com) or call 01394 279870

## Club Supporters

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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**  
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**Treasurer : Tim Finegan**  
01394 279870

**Team Captain : Roger Stone**  
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**Vice Team Captain : Jonathan Wilding**  
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**Membership Secretary : Ray Roberts**  
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**Kit : Fiona Finegan**  
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**Magazine Editor : Carla Johnson**  
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**Club Coach (adults from June) : Nigel Dadge**  
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**Social Secretary : Sally-Ann Pearce**  
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**Results : Ray Roberts**  
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**Webmaster : Dave Songhurst**  
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