

FELIXSTOWE ROAD RUNNERS

Club Magazine
Spring Edition
2008

Mediterranean Shipping Co. (UK) Ltd.



CLUB MEETING TIMES

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

CLUB SUPPORTERS

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

- Brackenburg 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, 218 High Road, Walton, Felixstowe, 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

- Isher Mudhar
- James Baker
- Lydia Boggis

Seniors

- Anna Lyth
- Fred & Josephine Boggis
- Mark Lancaster
- Russell Munns



CHAIRMAN'S REPORT

Hi everyone by the time you receive this report our three club runners Zibby Parker Rob Clayton and Tim Finegan will I hope and pray have finished the London Marathon, so my best wishes go out to them to enjoy if possible the Greatest Race in our calendar, if you have ever taken part you will know what I mean. I am so sorry I wasn't able to be with you all but come 9:30am Sunday 13th April I will have butterfly's in my stomach and wish I was taking part, I would also like to offer my full support to all you other club members who are also taking part and wish you well.

Running a Marathon is no mean feat you guys have done all the hard work all the long runs out in all what Mother Nature can throw at you so my best wishes to all.

This years Club AGM had a reasonable turnout and I thank those who did come along, we had some new faces join and I would like to welcome them. I would also like to thank those who stood down this year, Neil Drane who has been our kit person for as long as I can remember and Helen Challis as our Secretary. Our new club kit person is Fiona Finegan and Joy Griffiths is our club secretary, please support our new committee in all they try and do to keep FRR the best in Town.

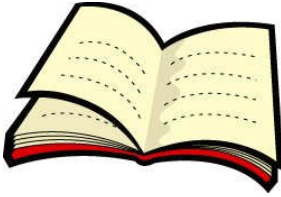
This years annual Dinner Dance was again a fantastic evening it is one of the Club events I have always looked forward to before I ever contemplated running. It is so good to enjoy the company of the other half of club member's family who otherwise we wouldn't see, the food was good the band was brilliant and the venue was superb. I so enjoyed handing out the awards this year they where all deserving winners and some surprised faces, congratulations to all, last but not least none of this would be possible without some one to organise it and again thank you Sally and assisted by Lucy, bring on 2009.

As the clocks have gone back how good it is to go out in the evenings and run in daylight, while you are out please keep safe. As the months roll by June 13th, the date of the Kirton Friday 5 is fast approaching, if you haven't got a job yet and you are not running please step forward we need your help to make it a success as the Kirton and the half marathon are our main source of income.

Enjoy the lighter nights and soon the warmer days, see you at the races good running to you all and keep healthy.

Richard

Club Magazine



As from the next issue of the magazine the default format will be an electronic version via e-mail which will also be downloadable from the club website (www.frr.org.uk). This means that if you have an e-mail address registered with the club (see the e-mail list at the end of this magazine) then, unless you tell me otherwise, you will receive an electronic copy of the magazine from the Summer edition onwards. The reason for this change is that there are considerable savings to be made by going to this format.

The magazine will still be available as a paper copy on request, if you have already requested to receive a paper copy then you will continue to receive it, if not then from next month you will be sent a copy electronically instead. To reiterate, if you do not have an e-mail address, then a paper copy will still be sent to you.

To ensure that you do not miss out, then please check that your e-mail address, listed at the back of this magazine, is correct. If you have not seen my e-mails asking for magazine input (towards the end of March) then your address may not be working correctly.

If you would like to receive a paper copy or you would like to update or maybe add your e-mail address to the list then please either e-mail me or phone me on.

Thank you for your assistance.

Dave Gardner

(Magazine editor)

Felixstowe Half Marathon 2008

This year's Half Marathon will take place on Sunday 5th October 2008.

Even if you are not planning to run the race please consider keeping the date free and coming along to help out on the day – without volunteers the race cannot happen.

Please be aware that this will definitely be our last year as race organisers. If there is anyone interested in taking on this interesting and challenging role you are quite welcome to shadow us at anytime.

Anne Oliver and Elaine Brinkley

SOCIAL SECRETARY'S SCRIBBLES

Firstly I would like to say "thank you" to all of you who took the time and trouble to tell me how much you enjoyed the Dinner Dance this year. I received particularly good feed-back regarding the band – so much so that I have taken the unprecedented action of already booking them for next year's do! So if you missed them this year you get another chance.

The social calendar for 2008 is now almost complete with nearly all dates confirmed as shown in the table below. You will notice that the date for the BBQ has been changed from July to the 28th June - this was necessary for several reasons which I won't bore you with now (but am willing to tell you if you ask me!) Please put the dates in your diaries and try to come along and support all of us who are giving up our time to organize the events for you.

EVENT	ORGANISER	DATE
London Marathon coach trip	Ray Roberts	Sunday 13 th April
Post-London meal	Annie Woodard	Thursday 17 th April
X-Country Relays	SallyAnn & Christina	Tuesday 3 rd June
2 – Rivers Run	Steve Oliver	Wednesday 18 th June
BBQ	SallyAnn	Saturday 28 th June
Social/fun run	Kate Sherwin & Phil Cooper	Wednesday 16 th July
Bike/Run/Bike "Duathlon"	Richard Farnworth	Sometime in August date t.b.c.
Quiz	Dave Songhurst & Mike Todd	Friday 14 th November
Pre-Christmas fun run & refreshments at The White Horse	Ray Roberts	Wednesday 17 th December
Dinner Dance	SallyAnn & Lucy	Saturday 7 th Feb. 2009

Finally "Good Luck" to the marathon runners – I am, as always, in awe of you all and full of admiration for your efforts.

SallyAnn

London Marathon (Dave Coley's third)

By the time you read this I hope I will have successfully completed this year's London for the Oasis Trust. Some of you may remember me saying how much Judith and I appreciated seeing the work of this charity when visiting Mumbai, Bangalore and Chennai in India in February 2006 just before my last London Marathon run for them. This year it's a charity place and I would like to thank all those generous folk in the club who have so willingly sponsored me so far. I am always bowled over by the friendliness, good will and friendship with which the club abounds.

We visited the work of the trust amongst street children and prostitutes in the large red light district of Mumbia and the sterling work they do in helping to rescue women and girls often forced into this work by criminal gangs.

Oasis was set up 22 years ago by Steve Chalk a Baptist minister. Steve broke the record for the amount raised for charity by one individual of over £1M for running the 2005 London Marathon and his time was a commendable 3and1/2 hours approx. The Charity works in four continents and has had years of experience of working in the UK with vulnerable and excluded youth, in inner city areas where gang culture and violence is rife. Because of their expertise they are the organisation of choice by the UK government for running academy schools in these areas and have had excellent offsted results.

It is not too late to sponsor me either @justgiving.co.uk or by hard copy at the post London bash.

Thank you all for your encouragement and support.

Dave Coley

Spot The New FRR Kit ?

Can you guess 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).



Accuracy Num SEAA 03/116



www.frr.org.uk



Permit Num 10061

Felixstowe Road Runners

Kirton 5 Mile

BBQ and Beer Tent by 1st Kirton Scouts

Friday 13th June 2008

Fun Run Start 19:00

5 Mile Start 19:30

Under UK Athletics rules

Sponsored By

Felixstowe Family Amusements



Richard Farnworth Tel 01394 273340

Captain's Comments.

Another cross country season is now behind us and another Friday 5 series is approaching fast, so it's time to throw your unwashed cross country shoes into the back of the garage, put your feet up, and watch the Marathon. Before we totally forget the winter series it is worth mentioning the final placings for some of our club members, namely:

Annabel Bennett	2 nd	40+
Josh Entwistle	2 nd	Junior (Ipswich Harriers)
Jonathan Wilding	21 st	senior
Tony Wade	15 th	40+
Tim Finegan	7 th	45+
John Weston	4 th	50+

A special mention should go to Haydn Wade as he took the trophy for the 2nd place in the under 15 boys category – well done to everyone who took part this year and hope to see you at one of the races this summer.

The Friday 5 series is:

30 th May	Ipswich Jaffa
6 th June	Bury Friday 5m
13 th June	Kirton Friday 5m
27 th June	Stowmarket Friday 5m
11 th July	Great Bentley Friday 5m

Some of these races fill up fast so don't rely on getting an entry on the day.

Good luck to those running the marathon.

Dave

Otley College Charity Event

On 9th/10th August 2008 the college will be hosting the county's first "Relay for Life", a Cancer Research UK event which is held every summer nation wide. The Relay is a fundraising event for Cancer Research UK, where teams, any age, any size (suggest between 8 and 15) fundraise prior to the event however they feel best: clean cars, Orwell 25 event, sell and decorate Candle of Hope bags, bake and sell cakes, abseil etc. etc.

On the event weekend itself, the event is a celebration – of monies raised, of those who have survived cancer, and of course to remember those who haven't. For more details contact:

Dave Robinson - 07766-466407
Relay for Life – Ipswich – Chair/Organiser



DELLWOOD LAWN TENNIS CLUB

WELCOMES NEW MEMBERS

2 Lovely grass courts on the Town Ground, Dellwood Avenue, Felixstowe
Entrance from Dellwood Avenue or wooden gate on Colneis Road

2008 SEASON FROM APRIL TO SEPTEMBER
(Awaiting actual dates from council)

Hours of Play :

Weekdays and Saturdays from 9 a.m. to dusk

Sundays from 10 a.m. to dusk

Tennis Club Nights: Tuesday and Thursdays from 6.30 p.m.

Ladies Afternoon: Thursdays from 2.30 onwards

EVERYBODY WELCOME

SUBSCRIPTIONS

Individual	£20.00
Students	£15.00
Children of Adult Members	£10
Guests of Members	£2 per session

PLEASE RING PENNY AINSLEY FOR FURTHER INFO: 01394 286476

If you would like to join the Club please return this form together with your subscription (cheques made out to Dellwood Lawn Tennis Club) asap to Sonia Bennett, 3 Sunningdale Drive, Felixstowe, IP11 9LE. 01394 285032

I/we wish to join Dellwood Lawn Tennis Club for the 2008 season and enclose my/our subscription of £

Name(s).....
.....

Address.....
.....
.....

Telephone No.....

Email Address.....

(Please let us know if you do not wish to share your email and/or telephone details with other members)

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
Stowmarket Cross Country ~ 5 Miles - 20th January 2008		
Ladies:		
Annabel Bennett	47:58	30
Helen Finegan	59:44	65
Men:		
Mark Pinney	35:57	20
Vince Calver	37:43	32
Jon Davy	38:30	38
Ray Roberts	38:34	39
John Weston	39:48	52
Paul Shaw	40:20	58
Andy Forster	43:05	84
Andy Free	43:13	85
Richard Bannister	46:39	112
Stan Threadwell	47:35	116
Jonathan Wilding	50:06	127
Tim Yeo	50:31	129
Dave Coley	50:42	130
Dave Songhurst	51:04	132
Tony Wade	54:14	147
Dave Levans	57:10	149
Tim Finegan	59:45	153
Canterbury 10 Mile - 27th January 2008		
Kate Sherwin	86:28	
Phil Cooper	86:28	
Jonathan Wilding	86:45	
Elaine Brinkley	90:30	

Jayne Farnworth	95:10	
Anne Oliver	96:03	
Richard Farnworth	102:10	
Bury Cross Country ~ 5 Miles - 3rd February 2008		
Ladies:		
Annabel Bennett	46:11	29
Men:		
Mark Pinney	34:49	15
Tim Finegan	45:42	91
Dave Songhurst	47:13	98
Dave Levans	49:50	109
Tony Wade	52:35	113
Series Team placings:		
Ladies	595 points	15 th /18 teams
Men	2983	13 th /18 teams
Bury Cross Country ~ Fun Run - 3rd February 2008		
Will Meadows	16:44	3rd B17
Haydn Wade	17:49	4th B15
Series Team placings:		
Girls	66 points	9th
Boys	299	6 th
Great Bentley Half Marathon - 3rd February 2008		
Mark Lankester	1.35:59	
Adrian Hine	1.47:53	
Kate Sherwin	1.51:52	
Phil Cooper	1.51:53	
Brands Hatch Half Marathon - 9th February 2008		
Richard Bennett	1.34:55	
Bungay (Great East Run) 20 K - 17th February 2008		
Vince Calver	1.23.17	
Adrian Hine	1.33.55	PB
Tim Finegan	1.41.50	
Kate Sherwin	1.46.09	
Phil Cooper	1.46.10	
David Levans	1.55.59	
Bury nearly 10 Mile - 24th February 2008		
Simon Wiggins	01:10:49	
Mike Deacon	01:23:42	
Bury 20 Mile - 24th February 2008		
<i>Paul Molyneux (Springfield Striders AC)</i>	<i>01:53:43</i>	
John Weston	02:20:03	

Paul Shaw	02:28:48	
Adrian Hine	02:48:46	
Mick Moore	03:04:07	
David Coley	04:21:16	
Wymondham 20 Mile - 2nd March 2008		
Tim Finegan	3:00:08	
Zibby Parker	3:06:38	(1st 20 mile race)
Nigel Dadge	3:11:03	
Wymondham 10 Mile - 2nd March 2008		
Jonathan Davy	1:04:50	(3 rd MV50+)
Ray Roberts	1:06:08	(1st male 55+)
David Levans	1:27:48	
Ann Woodard	1:37:46	(1st 10mile race)
Rendlesham Forest Challenge: 22km run/bike - 9th March 2008		
Andy Forster & Andy Free	1:33:41	
Lucy Rudduck & Christina Howland	1:52:30	
Helen Finegan & Tim Finegan	1:55:28	
Annie Woodard & Chris Gilbert	1:58:11	
Phil Cooper & Helen Challis	2:03:28	
Richard Farnworth & Jayne Farnworth	2:06:16	
Stowmarket Joe Cox Half Marathon - 23rd March 2008		
Michelle Gordon	1:40:42	
Mark Lankester	1:42:11	
Kate Sherwin	1:50:57	1 st 40+
Phillip Cooper	1:53:01	
An Resek Helly's Multi Terrain (Cornwall) 10.5 Mile - 30th March 2008		
Richard Bennett	1.09:45	
Richard Wold	1.17:30	
Annabel Bennett	1.30:17	
Bungay Marathon - 6th April 2008		
Vince Calver	3.27:55	
Bungay Half Marathon - 6th April 2008		
Ray Roberts	1.26:12	21st/1st MV60+ (First 60+ race)
Simon Wiggins	1.37:02	PB

London Marathon Runners

Runner	PB	Marathons Run	Charity
Nigel Dadge	3.53:00	8	TBD
Tim Finegan	3.34:00	8	East Anglian Children's Hospice
Adrian Hine	3.53:00	5	MacMillans Cancer Relief
John Weston	3.26:00	10	
Dave Coley	4:08:00	2	OASIS trust http://www.oasistrust.org/
Zibby Parker	4:29:00	1	Children with Leukaemia
Rob Clayton	3:38:00	4	
Paul Shaw	3:37:00	2	

Felixstowe Road Runners Fixture List 2008

APRIL

Sun 6 th	Diss Duathlon	09:30
Sun 6 th	Bungay Full & Half Marathon	10:30/12:30
Sun 13 th	London Marathon	
Thurs 17 th	FRRC Post London meal at the Alex	FRRC SOCIAL EVENT

MAY

Sun 4 th	Breckland 10k at Thetford	
Sun 13 th	Halstead Marathon	
Sun 18 th	Woodbridge 10k	
Sun 18 th	Great Baddow 10m	
Mon 26 th	Brandon Half Marathon	
Fri 30 th	Ipswich Jaffa Friday 5m	FRI5

JUNE

Tues 3 rd	FRRC X-Country relays at Landguard	FRRC SOCIAL EVENT
Fri 6 th	Bury Friday 5m	FRI5
Fri 13 th	Kirton Friday 5m	FRI5
Wed 18 th	FRRC 2-Rivers Run & social evening	FRRC SOCIAL EVENT
Fri 27 th	Stowmarket Friday 5m	FRI5
Sat 28 th	FRRC Summer BBQ	FRRC SOCIAL EVENT

JULY

Sun 6 th	Newmarket 10K	
Fri 11 th	Great Bentley Friday 5m	FRI5
Sun 13 th	Mutford Relays	
Wed 16 th	FRRC Fun Run & social evening	FRRC SOCIAL EVENT
Sun 27 th	Ekiden Relays	

AUGUST

Fri 1 st	Brandon Wibbly Wobbly Log Jog	
TBA	FRRC "Duathlon" (bike/run/bike)	FRRC SOCIAL EVENT

SEPTEMBER

Sat/Sun 20-21 st	Round Norfolk Relay	
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SXC = Suffolk Cross Country League event

FRI5 = Friday Five Series

