

FELIXSTOWE ROAD RUNNERS

Club Magazine
Spring Edition
2009

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

- Hugo McLean Spruce

Seniors

- Sarah Whitman



CHAIRMAN'S REPORT

Hi to you all again another London marathon has passed by hope every one enjoyed the day and all the runners' home safely.

How good it is to go out in the evening's and run in day light, I must say a huge thank you to Sally, Tim and Jonathan who have courageously continued to coach on a Tuesday night, hopefully we will soon have others to add to the rota. On that note a huge plea to any one of you who might be interested to train as a coach along with me, **YOUR CLUB NEEDS YOU** please please come forward - speak to Sally if you require any more info.

So much goes past so quick I know it's my age, so Tim reminds me, but a big thank you to Sally again for a well organised dinner dance.

A big thank you to all who turned out for the AGM and special thanks to Nigel Dadge who stood down as club coach but will continue with the juniors. In the first days of my running Nigel you where a huge help to me and I know you were to many others, for that we thank you and wish the junior section every success this year.

Kirton rapidly approaches and I ask again for all those not running please help either marshalling or time keeping, etc. there is a job for every one. This news letter will be brief as I have a 4 tier Wedding cake to make for some couple's wedding in the next week or so with that I am sure you will all join me in wishing Sue and Dave all the happiness in the world and enjoy the day.

Cheers

Richard

Oh and have a great running summer

SOCIAL SECRETARY'S SCRIBBLES

A brief report from me for this issue as the first quarter of the year is a quiet one for the social calendar – except of course for the Dinner Dance held on 7th Feb which from the feedback I've received was enjoyed by those who went.

The programme of events planned for the coming months is as below

EVENT	ORGANISER	DATE
London Marathon Coach Trip	Ray Roberts	Sunday 26 th April
Post-London Meal	Annie Woodard	Thursday 30 th April
X-Country Relays	SallyAnn & Christina	Tuesday 19 th May
2-Rivers Run	Anne Oliver & Richard & Jayne Farnworth	Wednesday 17 th June
Juniors Swimming Eve	SallyAnn & Zibby Parker	Saturday 4 th July
Social/Fun run	Kate Sherwin & Phil Cooper	Tuesday 7 th July
BBQ	SallyAnn	Saturday 11 th July
Bike/run/bike "Duathlon" & chilli for survivors	Richard Farnworth	Wednesday 26 th August
Quiz	Dave Songhurst & Mike Todd	Nov – date t.b.c.
Pre-Christmas fun run & refreshments at The White Horse	Ray Roberts & Lucy Sheehan	Wednesday 23 rd Dec
Dinner Dance	SallyAnn	Saturday 6 th Feb 2010

As ever I ask you to support these events as much effort and hard work goes in to organizing them for you to enjoy. If there is anything else you'd like to see included please give me your suggestions.

Good luck to those of you brave enough to be running in London on 26th April and I wish everyone a good springs running.

SallyAnn



Captain's Comments.

Once again we had a successful cross country series with 4 trophies being picked up at the final meet – or in fact not picked up as the organiser forgot to order enough trophies! The final placings were:

Ben Parker	3rd U13 boy
Zibby Parker	2nd F35
Jo Dickinson	3rd F35
Annabel Bennett	4th F40
Sam Brooke	3rd M junior
Mark Ford	4th M40
Dave Gardner	5th M40
Steve Brooke	8th M40
Nigel Dadge	9th M40
Andy Forster	8th M45
Dave Fox	9th M50
Dave Songhurst	5th M60

Not much else to report other than to remind people that the Friday 5 series kicks off on 29th May with the Jaffa race. And finally good luck if you are running London.

Dave

Our Marathan Runners

Name	Marathons	PB	Charity
Mick Moore	16	2.44:00	not yet known
Vic Brooks	1 st Marathon	-	St Elizabeths Hospice
Karl Penaluna	3	3.59:24	CLIC
Simon Wiggins	3	3.49:00	N/A
Richard Talbot	10	3.14:58	N/A
John Weston	11	3.26:00	N/A
Rob Case	1 st Marathon	-	Muscular Dystrophy Campaign
Daniel Case	1 st Marathon	-	Muscular Dystrophy Campaign
Jayne Williams	3	3:14:07	St Elizabeths Hospice

The Century Turns with a Jog

(on the tenth Anniversary of the Road Runner's "Le-Jog" A fortnight in June 1999)

In the last months of the century the world of communication technology was preoccupied with the all fearful Millennium bug which was forecast to blight all business and government, laying a trail of chaos through software predicated on the nineteenth century. The geeks who had written the plans had thought their algorithms would quietly click through 1997, 1988 and so on. Oops we didn't put 2000 in the schedule. They'll all fall over! But just as Christopher Columbus had found five hundred years earlier, his ship did not fall off the end of the flat earth when he sailed westwards, but sailed round it to the West Indies and America. As then, so in 2000; it was all damp squib! The world kept turning in year 2000 and so did our computers.

A more unnoticed, virulent and damaging bug was to attack us and destroy the comfort of a keen band of Road Runners as we set out on the adventure told below

Ayes it passed by eight ordinary people from the road Runners, who set off from the Brackenbury Centre one Saturday morning in June for a twelve day adventure to run a relay from Land's End to John'O Groats. It was lead by the eponymous George Buxton with the philanthropic partnership of his employer, BT.

It was in aid of Multiple Sclerosis and George provided two BT support vehicles and three BT drivers, including himself, Andy who also joined George in the walking and faithful Rob, who took good care of us doing most of the driving and first aid. The others in the team were Brenda Buxton who came along as cook, and the runners were Dave Robinson- sometime member of RR, myself, Indy, (propelled by ears!) and Brian Rogers from JAFFA who joined two days later due to work commitments.

Due to the shortage of participants, we took along two bicycles to keep to our schedule of twelve days. We were blessed with the two BT transit vans, so were able to take enough equipment for some to have a tent to themselves.

We camped at Tiverton in Cornwall on the Saturday evening and drove to Land's End the next morning to run back the seventy or so miles. On one of these run's I stopped for the loo in a pub and was given £ 20.00 for my charities (which I split two ways with MAF - Mission Aviation Fellowship and MS). The donor was very worse for drink but sincere in his generosity! The idea was to carry a bronze elliptical medal George had made and to hand this over at each stage. We did 40miles, 30 short of our schedule the first day, no doubt due to spending a little too long sightseeing and eating traditional Cornish pasties at Land's end, so we drove back on the Monday to our finishing point and carried on increasing the distance with some cycling. The vans relieved us with a fresh runner on an 'ad hoc' basis as the road and traffic permitted.

It was quite hot, and we had to keep on the move all the time. I found it difficult to get comfortable back in the bumpy van and settle my stomach after eight to ten miles road running. I tried to keep a diary but there were several days gaps throughout, because I lost it a few times in the melee of kit; - an inevitable by product of progress! I can't find it now so this is written from memory, hence the lack of dates and place names! The first and second day took us through Dartmoor and steep barren country lanes. We soon found that the organisation of striking camp was so time consuming it ate into our running time so we changed our plan.

The first man off in the morning would cycle as far along the route as possible while everyone else took down the tents and cleared up, and then the first van would catch up and relieve the cyclist with a runner. After this, or the next changeover, the two vans would be together. It was the luck of the draw whether you got a quiet country stint or a busy city, and we were often out on our own without van backup due to traffic conditions. I remember well negotiating the cycle through the busy Bristol city outskirts and centre with all the signs designed for motorists taking you over big multi lane bypasses linked with the motorway.

As the bike mechanic I had a number of punctures to repair along the way but because we had a spare bike this was sometimes left for a day or two. I remember fashioning a drinking water bottle bracket from a discarded wire bucket handle found in the waste tip of a Cheshire campsite. It hopefully added to the usefulness of Dave Robinson's mountain bike in the hot June weather. There were no catches for a tyre pump, though, so if we had a slow puncture and no contact with the van (mobile 'phones were in their relative infancy to some of us, even though we were effectively supported by BT!), we were stuck! This happened to me somewhere in Scotland, seven miles out from our night stop campsite. I had to walk the seven miles and cook my tea because the others had gone to the pub. This was ok, though, until the seat I sat on tipped sideways and the hot food scolded my thighs leaving quite a scar. We were worried about injuries but mainly running related. In the pre-organisation panic when there were so few volunteers to make it viable, Brian Rogers and I bumped into each other in plain clothes during a club night. We were both nursing injuries hoping to be better for the *Le Jog* and became amusingly concerned when each realised the other might not make it. But make it we did and although I picked up four such injuries; their telling now more amusing with the passage of time; none were running related or affected the progress. But more of that later!. Or maybe not!

Skirting Stirling and Edinburgh was quite fun and I seem to recall going somewhere near Gretna Green. Really it's all quite a blur by now. The highlands of Scotland were a real experience. Large expanses of rugged terrain, windy roads and rough hewn stone bridges over rivers, no doubt dating from Telford's day, who came from this end of the Kingdom. Jogging and cycling up the East Coast of Scotland brought over how sparsely populated and exposed the settlements are. Small villages centred on a church with graveyards bordered by ancient sandstone walls, quite visible from the distance as no trees grew in the poor soil and harsh winter gales. It's what makes the Scots such a hardy race!

Their insects are hardy too! We soon found this out! 1999 was renowned as being the worst year for midges. I was quite complacent about this because they never bothered me before. But there's always a first time. And this was it.! Their midges, are, allegedly biologically different to English midges. Much larger and more painfully effective. We were all attacked by them and all suffered. In the humid rain of the highland that June we were decimated by them. Red sore eyes and face, unable to sleep in a tent at night we were fed up. I was in so much pain I got up in the middle of the night to escape the confluence of swarms in my tent, and walked part of the West Highland Way, in a down pour. It was heaven to where I'd just been. I think that was our last camp because we all retreated to a Youth Hostel to escape the menaces after this. And this was so memorable -

Carbisdale Castle of the Scottish Youth Hostel Association was so big and grand we were issued with swipe security cards to pass through some parts of the grand halls and turrets. It was adorned with strong striking ornaments, statues, art work and artefacts befitting the history of powerful Lairds. There was one striking portrait which sticks in my mind to this day, of a beautiful woman with a radiant face, where the artist had captured so much feeling and beauty it was beyond words or portrayal by photograph. I longed to bring my artist daughter to see it and explain it. But alas it was not to be. She belongs now to another, but perhaps I'll take her faithful daughter, Faith, there one day, when she is not two years old !

On leaving the Castle we had about half a days cycling and running to do before our final goal and I recall a twenty mile stint in the saddle along the west coast invigorating and transforming. Transforming in the sense of a walk back through time, to quaint colourful fishing villages bereft of commercialisation and the mammon of modern technology, where even the nineteenth century had not seemed to reach. But alas I couldn't dwell there long.

We reached John O'Groats by about 1.30pm as far as I recall. I don't think I rode the last leg but I think we all arrived, vans and bike, together. It was cooler, less commercial than Land's End and less crowded. Altogether it seemed to have a greater sense of history with stone crofter's cottages and similar outbuildings, one of which was, I think, the Coast Guard Station and now a museum, but in a modest and understated way. It charted the strategic importance of the outpost as a Naval Base throughout history, and especially guarding the Western Approaches in both World Wars. There were models and photographs of famous ships and maps and stories of famous naval battles . There was also section dedicated to the first Radio Transmission in the world by Marconi from there to Nova Scotia in Canada , which heralded the start of mass electronic communication barely one hundred years later. I think some of the original equipment was preserved there for viewing. We waved goodbye to the Orkneys Islands looking so near we wanted to swim there and left after a short stay.

We reached Aviemore Youth Hostel that evening and left early the next morning for a five hundred mile or so drive back to Suffolk. I said I'd return soon, but never have done so!.

Dave Coley

Would You Like to Get Wet and Muddy in Aid of Optua?

Optua is putting together teams of 3 people to enter the adventure challenge race called "The Whole Hog" on Sunday 1st November at Rendlesham Forest. The Whole Hog is a 7 mile wet and muddy running (and walking) race with an adventure assault course thrown in for good measure. The terrain is the beautiful and hilly area of Rendlesham Forest near Wantisden. Last year we had two teams who got very muddy for us and we hope to have many more this year. Last year our fastest (and experienced) runner did the course in one hour and the rest in just over 2 hours.

Optua is a Suffolk Disability Charity providing local services including Homecare, Leisure Activities, Transport, Advice and support for people with Acquired Brain Injury; this can include car accidents, strokes and illness causing brain injury. We also have a Disability Sports Academy encouraging participation in Disability Sports leading up to the 2012 Para-olympics. Further information about our services can be seen at www.optua.org.uk

If you are interested in running in aid of Optua we offer a great support package to help you with the event including an online fundraising page, Optua team t-shirts and staff at the event. We are also planning to enter at least two staff teams this year.

For photographs of the event last year and for race report information the website for the Whole Hog can be found at http://www.acefundraising.co.uk/wholehog_1.htm - there may have been lots of mud but there were also lots of smiles. Last year's event raised money towards a garden in Stowmarket for two supported housing schemes and a library of resources to assist with rehabilitation and learning to communication after brain injury.

Please contact Lisa from our fundraising team for more information and for discounted rate registration forms on lisa.butler@optua.org.uk or 01473 836745.

Optua UK: charity number 1112093



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

2009 SEASON FROM 3rd May TO SEPTEMBER

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	£22
Students	£15
Families	£44
Children of Adult Members	£10
Guests of Members	£2.50 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 2009 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
Cross Country Series - Framlingham - 18th January 2009		
Men		
Vince Calver	32:09	
Mark Pinney	33:06	
Dave Gardner	36:45	
Mark Ford	36:54	
Andy Forster	39:15	
Dave Levans	42:12	
Stan Threadwell	42:18	
Steve Brooke	43:14	
Dave Fox	44:31	
Nigel Dadge	45:32	
Dave Songhurst	45:59	
Women		
Annabel Bennett	43:04	
Zibby Parker	44:15	
Katie Matthews	49:15	
Jo Dickinson	53:04	
Jenny Jarrett	53:07	
Cross Country Series Junior - Framlingham - 18th January 2009		
Ben Parker	10:33	3 rd U13B
Cross Country Series - Bury, Haughley Park - 1st February 2009		
Men		
Mark Pinney	35:48	3 rd M40
Sam Brooke	38:11	

Dave Gardner	38:51	
Ray Roberts	39:37	1st M60
Mark Ford	39:44	
John Weston	40:12	
Andy Forster	42:04	
Steve Brooke	45:34	
Dave Fox	46:30	
Dave Coley	47:44	
Nigel Dadge	47:58	
Dave Songhurst	49:30	
Women		
Annabel Bennett	46:29	
Zibby Parker	46:47	
Katie Matthews	49:41	
Jenny Jarrett	51:58	
Jo Dickinson	54:52	
Cross Country Series Junior - Bury, Haughley Park - 1 st February 2009		
Ben Parker	13:49	3 rd U13B
Gt Bentley Half Marathon - 8 th February 2009		
<i>Winner: Crispian Bloomfield</i>	<i>1:08:53</i>	
Mark Lankester	1.34:42	
Renny Biggins	1.37:09	
Dave Levans	1.54:09	
Roger Causon	1.59:00	
Jacky Causon	2.27:38	
Great East Run, 20K - 15 th February 2009		
Vince Calver	1.18:05	16 th
Rob Clayton	1.33:08	
Bury, Nearly 10 Mile - 22 nd February 2009		
Ray Roberts	1:02:47	1st M60
Michelle Gordon	1:09:57	4th senior Lady
Bury, 20 Mile - 22 nd February 2009		
Jayne Williams	2.23:30	PB 46 th overall
Karl Penaluna	3.00:26	
Paul Kingsford-Beere	3.11:46	
Steyning Stinger Multi-Terrain Half Marathon, West Sussex - 1 st March 2009		
Rob Clayton	1:52:43	
Inter-Counties Cross Country Champs, Nottingham - 7 th March 2009		
Josh Entwistle	46:55	273rd

Vince Calver	48:17	285 th
Wymondham, 20 Mile - 8 th March 2009		
<i>Winner: Craig Holgate</i>	1:58:38	
Roger Causon	3.27:02	
Brentwood, Half Marathon - 15 th March 2009		
<i>Winner: Paul Molyneux</i>	1:09:44	
Ray Roberts	1.26:01	1st MV60 37 th / 1783
Silverstone, Half Marathon - 15 th March 2009		
Dave Coley	2.02:15	
Rendlesham Forest Challenge, Run & Bike - 15 th March 2009		
Roger Stone / Clive Pack	1.32:13	
Andy Gordon / Michelle Gordon	1.47:23	
Simon Wiggins / Carla Johnson	1.53:55	
Tim Finegan / Helen Finegan	2.04:44	
Jenny Jarrett / Jo Dickinson	2.18:58	
A20 Pathway Run, ~25K - 22 nd March 2009		
Mick Moore	2.31:00	
Joe Cox Half Marathon, Stowmarket - 29 th March 2009		
Vince Calver	1.23:46	19th overall
Renny Biggins	1.26:26	
Rob Clayton	1.42:02	
Daniel Case	1.53:30	
Dave Coley	2.01:29	
Frettenham, 10K - 29 th March 2009		
Josh Entwistle	35:00	PB 6th overall
Cuxhaven Half Marathon - 5 th April 2009		
Christina Howland	1.37:17	PB 5th lady 2 nd in Age Group
Trevornick Multi-Terrain, 10 Mile - 5 th April 2009		
Richard Bennett	1.17:00	
Paddock Wood Half Marathon - 5 th April 2009		
Mick Moore	1.40:00	
Sudbury Fun Run, 5 Mile - 10 th April 2009		
Mark Lankester	35:34	

Bungay Half Marathon - 19 th April 2009		
<i>Winner: David Bettinson</i>	<i>1.17.23</i>	
Rob Clayton	1.40:28	
Vanessa Hollingworth	1.43:04	
Michelle Gordon	1.48:46	
Dave Coley	2.01:58	
Bungay Marathon - 19 th April 2009		
<i>Winner: Baard Grindberg</i>	<i>2.50.53</i>	
Vince Calver	3.26:23	
Roger Causon	5.24:01	
Hercules Wimbledon Young Athletes Meeting, 1500M Crystal Palace- 19 th April 2009		
Ben Parker	5:19	

Spot The New FRR Kit ?

Can you guess who and where these Felixstowe Road Runners are?



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).

Email Directory

The e-mail directory will return next quarter when the new membership is complete.

2009 COMMITTEE & CONTACTS

OFFICE	OFFICE HOLDER	PHONE
Chairman	Richard Farnworth	01394 273340
Secretary	Joy Griffiths	01394 274382
Treasurer	Tim Finegan	01394 279870
Club Team Captain	Dave Gardner	01473 729548
Vice Team Captain	Jonathan Wilding	01394 671089
Membership Secretary	Ray Roberts	01394 277226
Kit	Fiona Finegan	01394 279870
Magazine Editor	Dave Gardner	01473 218470
Club Coach		
Junior Club Coach	Nigel Dadge	01473 274463
Social Secretary	Sally-Ann Pearce	01394 282371
Results	Ray Roberts	01394 277226
Webmaster	Dave Songhurst	01394 271405

CLUB KIT

Vests	£ 12.00*	(Men's Cut Sizes: Medium, Large and X. Large) (Ladies Cut Sizes: Medium and Large)
T-Shirts	£ 5.00*	(Sizes: Small, Medium and Large)
Club Fleeces	£21.95**	(sizes from small to extra large adult)
Junior Hoodies	£14.95**	(all sizes suitable for 7 to 16 year old)

* Most sizes stocked

** Available to order

Fiona Finegan (Tel: 01394 279870)
(Answer: Annabel Bennett in Austria)

Felixstowe Road Runners Fixture List 2009

MAY

Sun 3 rd	Suffolk Heritage Coast Run/walk 26/13/6m	10:00
Mon 4 th	Breckland 10k	11:00
Sun 10 th	Alton 10k	
Sun 10 th	Colchester 10k	
Sun 10 th	Halstead Marathon	
Sun 10 th	Frinton & Walton Half Marathon	
Sun 17 th	Woodbridge 10k	
Sun 17 th	Great Baddow 10m	
Fri 22 nd	Brantham 5m	
Mon 25 th	Brandon Half Marathon	
Fri 29 th	Ipswich JAFFA Friday Five	FRI5

JUNE

Fri 5 th	Kirton Friday Five	FRI5
Fri 12 th	Stowmarket Friday Five	FRI5
Sun 14 th	Capel 5m	
Mon 22 nd	Mersea Round the Island 13m	
Fri 26 th	Bury Friday Five	FRI5

JULY

Wed 1 st	Sudbury Joggers 5m	
Fri 3 rd	20k run/bike event at Brandon (MDC)	
Sun 5 th	Newmarket 10k	
Fri 10 th	Great Bentley Friday Five	FRI5
Sun 12 th	Mutford Relays	
Sun 19 th	Ekiden Relays	
Sun 24 th	Brantham 5m	
Sun 31 st	Wibbly Wobbly Log Jog	

AUGUST

Sun 30 th	Mersea Island 5/10m	
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SEPTEMBER

Sun 6 th	Framlingham 10k	
Sun 13 th	Langham 10k	
Sat/Sun 19-20 th	Round Norfolk Relay	
Sun 27 th	Dedham 10k	
Sun 27 th	Tarpley (Bury) 10m	

OCTOBER

Sun 4 th	Felixstowe Half Marathon & fun run	11:00
Sun 11 th	Tiptree 10m	
Sun 11 th	Martlesham 10k	11:00
Sun 18 th	Wix 5m	

