



FELIXSTOWE ROAD RUNNERS

Club Magazine
Winter Edition
2008/2009

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, 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

- Andrew Morley
- Renny Paul Biggins
- Andy Gordon
- Neil Drane

Seniors

- Charlotte Wickens
- Luke Game
- Aiden Branton
- Laura Edwards
- Bradley Bullock
- Terry Dean



CHAIRMAN'S REPORT

Hi all firstly may I wish you all a Happy and Healthy New Year. Another Year has past us by and how I look forward to running with the sun on my back. 2008 was another good year for the club, looking back over the last 12 months again it is staggering the places and the lengths to which you guys and gals are prepared to travel to fly the FRR flag, well done to you all.

Where does one start:-

Dinner Dance, good food good company well organised what else can you say well done Sally.

Kirton Friday 5, good turnout good weather very stressful at times and a huge thanks to my mate Roger Causon, what a great support he was to me, and of course to all the FRR who help make the event so successful. Whatever part you play well-done and I will be looking for you again this year Thanks!

Summer social events, again the Two Rivers, Pin Mill and Run Bike Run are all good to look forward to, so let's hope the weather is kind to us and not like the monsoon we had at last years run bike run. Thanks again to Steve, Phil and Kate for organising and let's hope you guys are up for it again this year. At the BBQ another fine evening was had by all, I must have had one too many as apparently I volunteered my services to make a Wedding cake for Sue and Dave, only joking Sue! Thanks again Sally. So much preparation goes in to these events so let's support these events as best we can.

Half Marathon, another club success story that even made it on the Inside out programme on the BBC well done Elaine and Ann. What a day, I don't think I could have been any wetter if some one had thrown a bucket of water over me, I didn't realise the Chairman had to be so dedicated. Maybe I was too slow to grab one of the inside jobs like one of the past Chairmen, anyway thanks again girls for the last 2 years. Lets support and help Annabel and Richard this year and hope Richard leaves his handbag at home.

Quiz night, I really don't want to talk much about this event as my team come home in last place, I think I might have to go into the transfer market, but great fun was had by all thanks Dave and Mike.

Christmas fun run, how sorry I was not to be able to take part this year but that's life but a great evening was had by all thanks Ray for organising the run and food afterwards.

Lastly all I have to say is to remind you all of the AGM February 11th 19:00 hrs at Brackenbury sports center, see you there or the Dinner Dance and I will let you buy me a drink or two.

Richard

SOCIAL SECRETARY'S SCRIBBLES

Here we go with a New Year of exciting social activity for the Club! Well hopefully – but it depends on you the members to come along to the AGM to let me know what events you want to see scheduled for 2009. I'm always happy to try to accommodate any suggestions for new ideas as well as organizing repeats of popular past events so thinking caps on please.

A couple of "thank yous" are due for last year:

Mike Todd and Dave Songhurst hosted a great quiz night back in November which was one of the best attended I can recall so thanks Guys.

Thanks also to Ray Roberts who organized the Fancy Dress fun run and refreshments at The White Horse on 17th Dec – again we had lots of strangely attired and barely recognizable participants who contributed to a thoroughly enjoyable evening.

Time to look forward now to a highlight of the year, namely the Dinner Dance on Saturday 7th Feb. 100 places have been booked and I'm really looking forward to seeing lots of you there and to recognizing and congratulating those who will be presented with well-earned awards on the night.

That's all from me for now apart from to say that I am happy to continue in the role of Social Secretary for another year if you wish me to do so – again you'll have to come along to the AGM in February to vote for or against!

With my very best wishes to you all for a happy, successful and injury-free 2009.

SallyAnn

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 |

LONDON MARATHON SUNDAY APRIL 26TH 2009

We have booked a 49 seat coach for members, friends & family, who would like to travel to the London Marathon in April, either to run, or spectate.

It will be the same format as last year ~ depart from Solar car park in Felixstowe at 05:45 hrs, picking up en route at Walton, Trimley and Tesco's (Copdock)

Please be aware that the parking arrangements at Solar in Felixstowe have recently changed. You can no longer park there all day without incurring a penalty charge. You will need to make alternative arrangements.

Return from the Trafalgar Square area at 16:00 hrs

We recommend early booking to avoid disappointment.

Seats can be booked in advance on a first come, first served basis but can only be secured against receipt of a cheque.

This year's fares are;

| | |
|--------------------|--------|
| Adult members | £12.50 |
| Junior members | £10.00 |
| Adult non members | £15.00 |
| Junior non members | £12.50 |

Juniors are classified as being under 16 yrs of age

Once and if the coach is filled, we will operate a waiting list, again on a first come, first served basis

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

NB: I reiterate, a cheque is required to secure the seats

Many thanks

Ray Roberts



Captain's Comments.

We are now well in to the Cross Country season and I am pleased to see many of you 'enjoying' the series. As a club we are currently in 9th place out of 20 teams. Ben Parker is currently in an impressive 2nd place overall in the Under 13 Boys category and Sam Brooke is also lying in 2nd place in the Male Junior category. In the Ladies 35+ we have a Felixstowe one-two with Zibby and Jo Dickinson in the top slots.

There are only two races left in the series so if you fancy trying some off-road events then please join us at either of the following events:

| | |
|-----------------------------|----------|
| Framlingham, Castle grounds | 18th Jan |
| Stowmarket, Haughley Park | 1st Feb |

Well done to all those who joined us for the Cross Country championships on the 11th Jan at Haughley. The sun was shining bright but was struggling to thaw out the ground from 3 weeks of frost so each lap included both ice and water. The senior mens team did well coming in 5th out of 9 teams and missed out on 4th by just one point, and also our leading runners qualified for the inter-counties.

I'm looking forward to some longer brighter running days, and hope to see you at the next race,

Dave

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 Eastern Run Half Marathon (Peterborough) - 12th October 2008 | | |
| Kate Sherwin | 1.49:51 | |
| Phil Cooper | 1.49:51 | |
| | | |
| Martlesham Heath 10k - 12th October 2008 | | |
| Roger Stone | 36:39 | PB 8th overall |
| Paul Shaw | 39:56 | |
| Chris Batty | 41:04 | |
| Michelle Gordon | 43:33 | PB 2nd lady |
| Rob Clayton | 44:14 | |
| Mark Lankester | 44:44 | |
| Fred Boggis | 46:17 | |
| Helen Finegan | 58:34 | |
| | | |
| Martlesham Heath Fun Run - 12th October 2008 | | |
| Daniel Finegan | 14:20 | |
| | | |

| Dubai 10k - 17 th October 2008 | | |
|--|---------|---------------------------|
| Andy Free | 48:01 | 74 th / 210 |
|  | | 7 am and it was 30 degs ! |
| Wix 5 Mile - 19 th October 2008 | | |
| Rob Clayton | 34:24 | |
| Mark Lankester | 34:47 | |
| Round Lake 27k, St Wolfgang, Austria - 19 th October 2008 | | |
| Richard Bennett | 2.10:56 | |
| Annabel Bennett | 3.06:00 | |
| Cross Country Series, Bury - 26 th October 2008 | | |
| Men | | |
| Roger Stone | 34:31 | |
| Mark Pinney | 34:39 | |
| Vince Calver | 37:03 | |
| John Weston | 37:17 | |
| Sam Brooke | 38:51 | |
| Andy Forster | 40:08 | |
| John Gabriel | 42:08 | |
| Dave Gardner | 44:06 | |
| Dave Fox | 46:10 | |
| Dave Songhurst | 46:42 | |
| Nigel Dadge | 46:50 | |
| Steve Brooke | 47:20 | |
| Dave Coley | 47:31 | |
| Women | | |
| Annabel Bennett | 44:51 | |
| Zibby Parker | 45:45 | |
| Jo Dickinson | 53:28 | |

| Cross Country Series, Bury (Junior Race) – 26 th October 2008 | | |
|--|------------|------------------------|
| Ben Parker | 16:48 | 5th U13 boy |
| Great Yarmouth 10k – 26 th October 2008 | | |
| Mark Lankester | 44:35 | |
| Cross Country Series, Fritton Lake – 2 nd November 2008 | | |
| Men | | |
| Sam Brooke | 40:34 | |
| Mark Ford | 41:19 | |
| Andy Forster | 42:46 | |
| Richard Bannister | 44:42 | |
| Stan Threadwell | 44:52 | |
| Steve Brooke | 47:54 | |
| Dave Levans | 49:30 | |
| Nigel Dadge | 49:53 | |
| Dave Fox | 50:00 | |
| Jonathan Wilding | 52:19 | |
| Simon Watts | 53:19 | |
| Women | | |
| Zibby Parker | 49:40 | |
| Anne Oliver | 53:55 | |
| Elaine Brinkley | 54:11 | |
| Jo Dickinson | 59:02 | |
| Cross Country Series, Fritton Lake (Junior Race) – 2 nd November 2008 | | |
| Ben Parker | 13:49 | 5th U13 boy |
| Charlotte Wickens | 17:29 | 15th U13 girl |
| Stowmarket Scenic 7 Mile – 9 th November 2008 | | |
| Roger Stone | 41:51 | PB 10th overall |
| Renny Biggins | 44:31 | |
| Rob Clayton | 48:58 | |
| Michelle Gordon | 52:30 | |
| Kate Sherwin | 55:51 PB | |
| Phil Cooper | 55:54 PB | |
| Tim Finegan | 57:19 | |
| Dave Levans | 1:00:33 | |
| Annie Woodard | 1:03:01 PB | |
| Jo Dickinson | 1:03:02 | |
| Cross Country Series , Bungay- 16 th November 2008 | | |
| Men | | |
| Roger Stone | 28:39 | |
| Mark Pinney | 29:18 | |
| Vince Calver | 29:26 | |
| John Weston | 31:13 | |
| Sam Brooke | 32:21 | |

| | | |
|---|---------|---|
| Mark Ford | 32:30 | |
| Dave Gardner | 32:33 | |
| Andy Forster | 34:22 | |
| Dave Levans | 37:41 | |
| Steve Brooke | 38:02 | |
| Tim Finegan | 38:15 | |
| Dave Fox | 38:16 | |
| Dave Songhurst | 40:47 | |
| Jonathan Wilding | 41:23 | |
| Tony Wade | 43:11 | |
| Women | | |
| Annabel Bennett | 37:35 | |
| Zibby Parker | 38:07 | |
| Anne Oliver | 42:10 | |
| Jo Dickinson | 44:38 | |
| | | |
| Cross Country Series , Bungay (Junior Race) - 16th November 2008 | | |
| Ben Parker | 12:29 | 6th U13 boy |
| | | |
| Hadleigh 10 Mile - 23rd November 2008 | | |
| Roger Stone | 1:02:46 | 10th overall, 2nd MV40 |
| Vince Calver | 1:09:26 | |
| Rob Clayton | 1:16:05 | |
| Michelle Gordon | 1:18:54 | |
| Karl Penaluna | 1:25:56 | |
| Tim Finegan | 1:25:57 | |
| Christopher Browes | 1:29:37 | |
| Ann Rideout | 1:33:15 | |
| Jo Dickinson | 1:38:04 | |
| | | |
| Thetford Duathlon 5.5K Run, 14K Bile, 3.6K Run - 30th November 2008 | | |
| Individual | | |
| Dave Gardner | 1:16:00 | 10 th / 170 4 th MV40 |
| Andy Free | 1:24:56 | |
| Kate Sherwin | 1:41:21 | |
| Phil Cooper | 1:42:49 | |
| Team | | |
| Roger Stone/ Clive Peck | 1:15:01 | 3 rd (2 nd Male) |
| John Weston/ Federico Ferrigino | 1:37:11 | |
| | | |
| City of Norwich Half Marathon - 30th November 2008 | | |
| Josh Entwistle | 1.17:08 | 16th overall (2045 finishers) |
| Karl Penaluna | 2.06:35 | |
| Lorna Penaluna | 2.06:35 | |
| | | |
| Cross Country Series, Woodbridge - 7th December 2008 | | |

| | | |
|--|---------|-------------------------|
| Men | | |
| Vince Calver | 33:26 | |
| Roger Stone | 33:37 | 1st M40-45 |
| Dave Gardner | 35:21 | |
| Sam Brooke | 35:51 | |
| Mark Ford | 36:01 | |
| Ray Roberts | 36:32 | 1st M60-65 |
| Paul Shaw | 36:53 | |
| Andy Forster | 38:52 | |
| Dave Levans | 42:46 | |
| Steve Brooke | 42:55 | |
| Dave Fox | 42:59 | |
| Tim Finegan | 43:49 | |
| Dave Coley | 44:09 | |
| Nigel Dadge | 45:34 | |
| Dave Songhurst | 46:21 | |
| Women | | |
| Annabel Bennett | 43:06 | |
| Zibby Parker | 43:17 | |
| Jo Dickinson | 51:15 | |
| | | |
| Cross Country Series, Woodbridge (Junior Race) - 7th December 2008 | | |
| Ben Parker | 15:07 | 4th U13 boy |
| Lee Calver | 19:11 | 13th U15 boy |
| Dan Finegan | 25:20 | 11th U13 boy |
| | | |
| Hastings Marathon - 14th December 2008 | | |
| Richard Bennett | 3.16:30 | 90 th / 2000 |
| | | |
| Beccles Turkey Trot 10 Mile - 14th December 2008 | | |
| Rob Clayton | 1:11:42 | 1st MV50 |
| | | |
| Cross Country Championships - 11th January 2009 | | |
| U13 Boys (3K) | | |
| Ben Parker | 12:19 | |
| Chris Franks | 12:31 | |
| Dan Finegan | 18:12 | |
| Team: | | 4 th Team |
| U13 Girls (3K) | | |
| Charlotte Wickens | 14:25 | |
| Senior Men (12K) | | |
| Josh Entwistle | 47:57 | |
| Vince Calver | 48:23 | |
| Mark Pinney | 49:58 | |
| John Weston | 52:48 | |
| Dave Gardner | 53:09 | |
| Paul Shaw | 54:29 | |
| Team: Calver, Pinney, Gardner, Shaw | | 5 th Team |
| Senior Women (6K) | | |

| | | |
|-----------------|-------|--|
| Annabel Bennett | 31:17 | |
| Jo Dickinson | 35:14 | |

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).

Felixstowe Road Runners Fixture List 2008/9

JANUARY 2009

| | | |
|----------------------|--|-------|
| Sun 11 th | Suffolk XC Championships @ Stowmarket | |
| Sun 18 th | Fenn Wright Suffolk XC league at Framlingham | 11:00 |
| Sun 24 th | Benfleet 15m | 10:30 |
| Sun 25 th | Lakenheath 5m | |

FEBRUARY

| | | |
|----------------------|---|--------------------------|
| Sun 1 st | Fenn Wright Suffolk XC league at Stowmarket | 11:00 |
| Sat 7 th | FRRC Annual Dinner Dance | FRRC SOCIAL EVENT |
| Sun 8 th | Great Bentley Half Marathon | 10:30 |
| Sun 15 th | Great East 20k Run at Bungay | 11:00 |
| Sun 22 nd | Bury 20m & nearly 10m | 10:30 |

MARCH

| | | |
|----------------------|----------------------------------|-------------|
| Sun 15 th | 20k run/bike event at Rendlesham | 11:00 |
| Sun 8 th | Wymondham 10 & 20m | 10:30/10:00 |
| Sun 29 th | Joe Cox Stowmarket Half Marathon | 11:05 |

APRIL

| | | |
|----------------------|-----------------------------|--|
| Fri 10 th | Sudbury Fun Run | |
| Fri 10 th | Bungay 10k | |
| Sun 19 th | Bungay Full & Half Marathon | |
| Sun 26 th | London Marathon | |

MAY

| | | |
|----------------------|--------------------------------|-------------|
| Sun 10 th | Alton 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 June | Kirton Friday Five | FRI5 |
| Fri 12 th | Stowmarket Friday Five | FRI5 |
| Sun 21 st | Capel 5m | |
| Mon 22 nd | Mersea Round the Island 13m | |
| Fri 26 th | Bury Friday Five | FRI5 |

++

SXC = Suffolk Cross Country League event

FRI5 = Friday Five Series

