

FELIXSTOWE ROAD RUNNERS

Club Magazine
Autumn 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

WELCOME

To the following new members who have joined us recently:

Juniors

- Alejandro Meecham-Aviles

Seniors

- Caroline Stafford
- Mary Burgess
- Kate Beach
- Linda Woodard
- Alan Bowles



CHAIRMAN'S REPORT

Hi all, where does the time go? is it my age? don't answer that having been chased for my Chairman bit apologies to Dave but here it is. I hope you all have had a good summer, as a club another successful Round Norfolk Relay, some outstanding runs and some amazing support. One can only marvel at how Lucy could manage to run with, at the time, unknown stress fracture to her foot, it is just true FRR grit. Well done Tim and Richard for again keeping it together with so much going on without worrying about RNR as Tim and Fiona packed Helen off to university and we wish Helen all the best and look forward to seeing her at the half term's.

Run bike run was well attended and looks firmly fixed in the diary for next year and hopefully Elaine and Jayne might go the right way, but hey if they can't run with a sat nav what else can I do. Thank you all for turning out.

Well done to Annabel and Richard for a very successful half Marathon 602 entries and the race went on without any hiccups and a very nice day and not a hint of High Tide's and gate closures, and of course all of you who helped on the day always makes it easier.

As we approach Christmas may I be the first to wish you all a very happy one and on that note we have to look forward to Christmas fun run and the London Marathon for which yours truly has a ballot place. I am hopeful for a mild winter, so if you are driving around Felixstowe and you see some old guy at the side of the road either give him a lift home or just cheer him on he will need all your support and knowing you lot he will get it. As you know this time last year my sister Heather lost her fight against cancer so running the Marathon will be quite emotional and I hope to raise some money for the Ipswich Hospice along the way. And good luck to all you others who will hopefully be lining up with me on the start line hope your training goes well and keep injury free.

Finally start polishing your brain powers for the quiz night and the Fish and chip supper.

Keep Fit and well.

Richard

Round Norfolk Relay, September 19-20 2009

Leg from - to	Miles	Red team	Blue team
1 K.Lynn - Hunstanton	16.32	Richard Bennett 02:04:56	Paul Shaw 02:07:09
2 Hunstanton - Burnham Ov.	14.06	Annabel Bennett 02:26:49	Fred Boggis 02:00:35
3 Burnham Ov. - Wells	5.39	Zibby Parker 00:45:46	Peter Finegan 00:49:26
4 Wells - Salthouse	12.76	Jon Wilding 02:00:31	Tim Finegan 01:58:48
5 Salthouse - Cromer	8.61	Mike Deacon 01:45:49	Richard Banister 01:28:42
6 Cromer - Mundesley	7.86	Lisa Cox 01:13:55	Helen Challis 01:23:45
7 Mundesley - Lessingham	9.24	Annie Woodard 01:28:35	Carla Johnson 01:42:21
8 Lessingham - Horsey	7.52	Nigel Dadge 01:06:41	Elaine Brinkley 01:08:36
9 Horsey - Gt.Yarmouth	11.30	Andy Cox 01:25:07	Roger Causon 01:48:45
10 Gt.Yarmouth - Geldeston	15.08	Michelle Gordon 01:57:59	Chris Perry 02:05:47
11 Geldeston - Scole	19.60	Dave Levans 03:17:11	Dave Robinson 03:24:18
12 Scole - Thetford	19.67	Roger Stone 02:17:28	Default
13 Thetford - Feltwell	13.25	Christina Howland 01:44:29	Default
14 Feltwell - Wisington	8.80	Kate Sherwin 01:11:04	Ann Oliver 01:32:44
15 Wisington - D.Mkt	7.20	Adrian Hine 01:00:02	Richard Farnworth 01:16:01
16 D.Mkt - Stowbridge	5.49	Lucy Sheehan 00:42:32	Jayne Farnworth 00:48:33
17 Stowbridge - K.Lynn	11.73	Phil Cooper 01:37:48	Vanessa Hollingworth 01:37:10
TOTAL		28 Hours 6 mins	31 Hours 33 mins

Note: Michelle Gordon was the fastest lady over leg 10

Full results available at <http://www.roundnorfolkrelay.com/>

Reminder - DINNER DANCE – Date Change

Please note that the date of the dinner dance has had to be changed. The date is no longer the 6th of February, it is now:

20th February 2010

So please update your diaries and calendars accordingly.

Sally

2009/ 2010 Cross Country Season

I hope all are fit and well and enjoying the nice weather, it's just a shame about the nights pulling in....

Well it's that time of year again when our thoughts go to cross country races and the up and coming Suffolk series. The series consists of five races in total spread over various locations with different terrain involved depending on the native land itself. Felixstowe Road Runners pay for the club to be entered into the series itself, they pay the entry fee for the club at each event and they pay the 3 quid for each member to take part in each race.... So all you have to do is turn up and enjoy yourselves whilst supporting your club at the same time - what could be simpler.....!

The only restrictions are that you must be a competing club member to take part, it's only open to club members (not unattached runners) and you must have paid your competing members fee to be eligible. When you race make sure you wear a FRR top (T shirt or running vest) to show your club membership.....

The race dates and venues are as follows:

Framlingham, Castle grounds - 1st Nov09

Usually the first one of the series and always the most fun for both runners and spectators :-) Last year's mud bath was something to behold by all accounts...

Bungay, Ditchingham - 15th Nov09

Decent footing with some areas of sand so good drainage, usually a 2-3 lap course.

Woodbridge, Sutton Village Hall - 6th Dec09

Looks like they are keeping the same venue as last time, a decent 2 lap course with good drainage apart from the last 800m across a ploughed field..

Bury, Nowton Park - 24th Jan10

This is a pretty standard race of 2-3 laps around Nowton Park so although a bit muddy, not too bad under foot apart from getting churned up quickly

Stowmarket, Haughley Park - Early Feb10 - date TBA

A good proper cross country course with tracks, mud, fallen trees, bomb craters and sheep, a fine end to the series.

The races are really good fun and the more people that we can field in each event, the better our club standing will be. The club supports you by paying all

the entry fee's for each event and the series so please look to support the club by doing as many of the races as possible. Many people will be going up so

there is always the chance to get a lift with people going to save petrol money and get a feel for the events with some light hearted banter enroute :-)

Put your best foot forward (hopefully with a pair of studded or spiked shoes on) and take part in the fun....

Cheers all and hope to see you all there...

Jons

Captain of Vice

SOCIAL SECRETARY'S SCRIBBLES

Summer has come to an end and so it's time to reflect on the fun we've had since the last magazine:

- The BBQ on 11th July was enjoyed by those who were able to attend but I'm afraid that I won't be organising a BBQ next year as there was such a poor response this year so I feel that it would be as well to have a break for a year and then reconsider introducing it again in the future.
- On a brighter note the duathlon was a great success on 26th August with lots of brave souls battling the fierce winds to enjoy a brilliantly organised event thanks to Richard and Jayne - the chilli and accompanying "liquid refreshments" were certainly appreciated after the gruelling runs and bike ride!

Looking forward it's time to polish up your I.Q.'s for the quiz on Friday 13th November (hope not too many of you are superstitious!) and then to turn your minds towards choosing your fancy dress costumes for the pre-Christmas fun run on Wednesday 23rd December. This will be rather different from previous years so watch out for more details in due course!!

Last but by no means least please remember to put Saturday 20th February in your new diaries when you get them as you won't want to miss what is arguably the social highlight of our year - the Dinner Dance. Again this will be a bit different from recent years as there will be a theme of back to the '70's so time to delve through your wardrobes for those fashion relics of old!

That's enough from me apart from to send my very good wishes to all of you involved in either running or organising the Half Marathon - here's to another successful race for you all!

SallyAnn

I was a Duathlon Virgin --- until last month

By Dave Coley

Oh the thrill of the chase; desperately trying to catch a middle aged lady on a heavy iron mountain bike and only just succeeding!

And then, at last I entered the Ipswich Duathlon at Alton water hosted by my other club Ipswich Tri. And what an experience. I really enjoyed it. I have never gone so fast on two wheels before. Even on my moped! Not that it was that fast. It wasn't, but even then, I was always too scared to give it full throttle- just as well since I wrote it off into the back of a car. My tri bike has better brakes!

And so it was that on a clear September day the first wave of us athletes assembled by the water for an 8.10 start on a Sunday morning. Two other waves of faster athletes were to leave later at 8.20 and 8.30, and gradually pass us as the race progressed. So I was drawn with retinue of generally fit young women; an inspiring sight. Off we went on the first 5k circular run, crossing the dam by the water, but trouble with starting my watch found me right at the back of the field. I eased forward a little but not too far, taking my cue from fellow club mate, Wendy Quantrill, also pacing herself. With two kilometers to go I sighted a lady in yellow ahead but decided to level peg her to conserve energy. We were neck and neck at the transition because as I expected she had to change to fancy tri bike shoes whereas I kept with my trainers, not even using toe clips. This gave me the advantage of a running start which she told me later annoyed her because I got away first! I thought I was breaking the rules when the spectators yelled but was gratified their excitement was at the competition. I thought she'd overtake but my aim was to hold her off as long as I could.

By now the fast second stage racers were beginning to flash past and you could tell by the speed difference which stage they were. One after another and sometimes in twos and threes, suitably spaced against drafting, they came. Then you could hear a car approaching from behind. It flashed by and then you saw it was actually another bike with those carbon wheels- except it was going faster than a car! Then a black flash of a lady passed me, at a speed I knew was from our group. Could I catch her? Then yellow lady flash goes by and I see her ahead take Miss black flash. Which way do I shift these gear levers? I have to think! Not best for a race! Big hill somewhere, don't ask me where. It's all a blur to me now. Oops - the chains come off. A minute's lost replacing it. As I remount Wendy goes by. Did not realise I was ahead of her. Any way I am not now! Can I catch them? We are about four miles into the ride and I reckon it could take me another 5 to catch. Gradually I get the hang of the gears and try and keep effort and precession the same. Still the faster ones come, probably the really fast from the last start! A perfectly proportioned shapely goddess in white hums by at quite a pace. She's a beautiful sight for sore eyes but not for long!. In a moment she's gone, humiliating all the same. And still they come, but mostly they have bulging muscular hairy thighs of a younger generation. Not too bad. Two boys

in blue go by not too quickly. I select a better gear, control my breathing and level peg them. Black clad lady comes into view. They gain on her. If I keep this up I can gain too. Suddenly I am on them all, and we go by her, but I am abreast of blue boys! I can't drop back because of drafting rule so I pass them, and expect them to retake me quickly. I plod on not looking back and see Wendy ahead. I take her up a hill, but it's another two miles before blue boys retake me. And then I see her in the distance. Yellow lady! I am getting the hang of things now, cycle touring experience helping in my first ever bike race. But she's not there. Yellow flash has moved on. I keep up the effort. Mile after mile, but she evades me. She does not know I am there. She's pedaling her own race. Mile after mile of an occasional glint of yellow ahead coming closer as she goes up a slow hill only to pull away when I am struggling with the same hill. And here come the double mini roundabout by A14 and I am pounding away when the marshal, my headmistress from Farlingaye inspires me with shouts of encouragement. Good job she didn't catch me napping or it would have been a hundred lines "I must try harder". Only a couple of miles now and it's getting harder. Can I reach her. Then Wendy goes by me! I thought I'd dropped her ages ago! We are both gaining on yellow flash now. Half a mile to go. I go round Wendy just before the bend into the reservoir and see Miss yellow 100metres ahead. I give it everything and pull up abreast of her just by the dismount sign, annoying her again no doubt.

I grab the headstock, breathing very heavily and run to the transition area. Well that was my intention. No amount of prior warning from the experienced can convey the absolute loss of coordination you suffer and I stumbled yelling "Where are my legs" with Miss yellow close behind. With no shoes to change I was out of the transition fairly quickly in contrast to my slow running pace for the last 5k. But I apparently gave the St John's ambulance a fright, who apparently getting the oxygen ready until Suzanne Tri Marshal told them I always breath heavily, as I think you all know!

Well the fairer gendered were, as usual, playing a more intelligent game than I, overcome by competitive spirit which killed my last run. It was a massive 4 minutes slower than my first.! I told yellow lady as she passed with sporting words of encouragement, that I'd see her at the finish if all the marshals were still there. She came in one minute ahead of me while cunning Wendy came in a minute ahead of her.

But it wasn't all that bad. Apparently they are sending me a medal for winning my age group. Its great being alive at 60! And like all virgins after their first time I am looking forward to more practice!.

Dave Coley

WANTED: New Chief Marshall & Race Director



Annabel and Richard are stepping down as Race Director and Chief Marshall so to continue the success of Suffolk's premier race the club needs two (or more) volunteers to step forward. It is not too difficult and Annabel and Richard will, of course, help bring the new team up to speed.

FELIXSTOWE ROAD RUNNERS SOCIAL EVENT

**PRE-CHRISTMAS GROUP FUN RUN/JOG AND SOCIAL
EVENING ON WED 23rd DEC 2009.**

**STOP PRESS: NEW FUN RUN FORMAT, WITH THE EMPHASIS
ON "FUN".**

**MEET AT BRACKENBURY SPORTS CENTRE AT
7 PM FOR 7.30 START.**

**CHRISTMAS THEME FANCY DRESS ENCOURAGED ~ BUT
OPTIONAL!**



**AFTERWARDS, AT THE WHITE HORSE PUB AT 8.30, FOR THE
REMAINDER OF THE EVENING. A FINGER BUFFET WILL BE
AVAILABLE**

**FRRRC WILL PROVIDE THE BUFFET. YOU BUY YOUR OWN
DRINKS
(& OURS IF YOU FEEL INCLINED!)**

**CONTACTS: LUCY SHEEHAN FOR THE FUN RUN AND RAY
ROBERTS FOR THE SOCIAL EVENING,**

**LUCY MOBILE 07734 865260
RAY MOBILE 07961040087, OR**

20 Questions (well 14 actually)

To find out a little more about some of the members of the club, i.e. what motivates them to run and what they like and dislike about running, each magazine will feature a runner answering a few questions. This magazine features the Half Marathon ex-Chief Marshall, Richard Bennett.

1) *When did you first start running and what was your first Club ?*

Started running at 7 at junior school, 1st club Hallamshire Harriers (Sheffield)

2) *What was your first race ?*

1st race was to get the first pair of "Alan Ball" white soccer boots

3) *What is your favourite race and why ?*

Wolfgangsee round the Lake 27k (Austria) - for the beauty of the terrain, the leiederhausen, the friebdlines of the locals, seeing sweatbands make a comeback, the beer provided at the end of the race, and the von Trapp family singers

4) *What do you like most or least about FRR ?*

Most like about FRR - small, friendly, don't take ourselves too seriously
Least like about FRR - massive current account. Give it to Project London/Medicin sans frontieres or Amnesty International

5) *What is the best excuse you have heard / made for a poor performance in a race?*

"It was a 10k but I honestly thought it was a half"

6) *What is best running experience ?*

The coastal path from St Antony to Helford, Cornwall

7) *and your worst ?*

The 6 mile stretch of concrete dual carriageway in the 1984 Birmingham marathon

8) *What is the best running accessory that you have bought ?*

I have never bought running accessories - get out there and throw away those s\$5(*g Garmins

9) *Besides running do you have any hobbies?*

Reading novels e.g., Margaret Atwood, Peter Carey,

10) *What is your favourite training session?*

I do not do training sessions, just go out and run as I feel

11) *What sporting achievement most impressed you?*

Sporting achievement - we can all learn from watching anyone of the paraolympians who put many of use to shame with their ever positive attitudes

12) *Who would you most like to meet and why ?*

To meet - the most rewarding thing in my work as a doctor (GP then with torture survivors) is meeting ordinary people who, without complaint or blowing their own trumpet, carry out remarkable kindness and selflessness

13) If you weren't a runner what would you be ?

If I weren't a runner - I'd be more of a pain in the arse than I am already

14) Four words to describe yourself ?

Let - others-do-that

Thank You

A big thank you from me to all the members of the running club who assisted in any way whatsoever with the half marathon. There were a huge number of helpers involved in marshalling, water stations, setting up the gantry, putting up signs and taking them down again, recording numbers, sorting out the fun run and handing out goody bags. A special mention to Daniel Finegan who put up with abuse from the general public while he ferried the results sheets up and down the prom for the officials.

Annabel



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).



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
Dartford Half Marathon - 19th July 2009		
Roger Stone	1.24:32	
St Ives 10k - 19th July 2009		
Simon Wiggins	43:37	PB
Carla Johnson	70:02	First 10k
Brantham 5 Mile - 24th July 2009		
John Weston	32:47	
Simon Wiggins	33:39	PB
Mark Lankester	34:28	
Rob Clayton	35:34	
Fred Boggis	36:55	
Dave Coley	39:30	
Carla Johnson	51:56	
Culford Sprint Triathlon - 26th July 2009		
Adrian Hine	1:01:54	
Dave Fox	1:02:37	3rd M50
Bungay 10k - 29th July 2009		
Simon Wiggins	42:44	PB
Carla Johnson	1:06:05	PB
London Triathlon, Olympic distance - 2nd August 2009		
Heidi Barnard	3.20:16	First triathlon

Great Yarmouth Half Marathon - 9 th August 2009		
Roger Stone	1.29:01	
Reepham 10k - 16 th August 2009		
Simon Wiggins	45:45	
Carla Johnson	1:11:49	
Ipswich Junior Triathlon, Framlingham College - 23 rd August 2009		
Ellie Mellor Hine	18:40	(16th overall, Girls 8-9)
Dan Finegan	21:49	(6th overall, Boys 11-12)
Ipswich Half Marathon - 30 th August 2009		
Roger Stone	1.21:33	
Mark Ford	1.28:00	
Michelle Gordon	1.35:02	
Simon Wiggins	1.36:01	
Mark Lankester	1.41:06	
Richard Talbot	1.47:11	
Rob Clayton	1.47:12	
Christopher Browes	1.57:08	
Jonathan Wilding	1.57:39	
Dave Levans	2.01:01	
Dave Coley	2:14:13	
Roger Causon	2.15:15	
Framlingham 10k - 6 th September 2009		
Roger Stone	37:31	1st MV40+
Jon Davy	39:17	3rd MV50+
Rob Clayton	45:40	
Dave Levans	50:09	
Tim Finegan	52:43	
Helen Finegan	57:46	
Treggy 7 Mile (Cornwall) - 6 th September 2009		
Carla Johnson	1.22:49	
Great North Run - 20 th September 2009		
Renny Biggins	1.27:35	
Ipswich Duathlon (5k run, 23k cycle, 5k run) - 20 th September 2009		
Dave Coley	1.48:04	
Round Norfolk Relay - 19-20 th September 2009		
Red Team	28 hours 6 mins	
Blue Team	31 hours 33	

	mins	
Dedham 10k - 27 th September 2009		
Simon Wiggins	42:47	
Michelle Gordon	43:43	
Dave Levans	51:55	
Mike Deacon	1:00:09	
Carla Johnson	1:03:42	PB
New Forest Half Marathon - 27 th September 2009		
John Weston	1.35:04	
Felixstowe Half Marathon - 4 th October 2009		
Roger Stone	1.24:41	1st MV40
Kate Beach	1.33:21	2nd lady
Paul Shaw	1.34:41	
Simon Wiggins	1.36:02	
Vic Brooks	1.41:01	
Chris Howland	1.48:32	
Marion Parker	1.53:51	
Pauline Barr	1.54:46	
Tim Finegan	1.55:02	
Dave Coley	1.59:56	
Jenny Jarrett	2.11:40	
Kate Hendy	2.13:16	
Jo Dickinson	2.19:47	

CLUB KIT

**** Special Offer ****

Vests	£ 8.00	(Men's Cut Sizes: Medium, Large and X. Large) (Ladies Cut Sizes: Medium and Large)
T-Shirts	£ 3.50	(Sizes: Small, Medium and Large)
Club Fleeces	£15.50	(sizes from small to extra large adult)
Junior Hoodies	£10.50	(all sizes suitable for 7 to 16 year old)

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

Fiona Finegan

(Answer: Mike Deacon in Vancouver)

**** Special Offer ****

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

Felixstowe Road Runners Fixture List 2009/2010

OCTOBER

Sun 4 th	Felixstowe Half Marathon & fun run	11:00
Sun 11 th	Tiptree 10m	10:30
Sun 11 th	Martlesham 10k	11:00
Sat 17 th	Harwich Discovery 10k	
Sun 18 th	Wix 5m	10:30
Sun 18 th	“Saxons” 5m at Saxmundham	11:00
Sun 25 th	Great Yarmouth East Coast 10k	10:30

NOVEMBER

Sun 1 st	Suffolk Cross Country League ~ Framlingham	11:00	SXC
Sun 8 th	Stowmarket Scenic 7m	11:05	
Fri 13th	FRRC Quiz night		SOC
Sun 15 th	Suffolk Cross Country League ~ Bungay	11:00	SXC
Sun 22 nd	Hadeigh 10m	11:00	
Sun 29 th	Norwich Half Marathon	11:00	

DECEMBER

Sun 6 th	Suffolk Cross Country League ~ Woodbridge	11:00	SXC
Sun 13 th	Beccles 10m Turkey Trot		
Wed 23rd	FRRC Pre Xmas fun run and social evening		SOC
Sat 26 th	Witham Boxing Day 5m		

JANUARY

Fri 1 st	Wymondham New Year's Day 10k	11:00	
Sun 10 th	Suffolk XC Championships at Newmarket		
Sun 24 th	Suffolk Cross Country League ~ Bury	11:00	SXC

FEBRUARY

Sun 7 th	Suffolk Cross Country League ~ Stowmarket (TBC)	11:00	SXC
Sat 20th	FRRC Dinner Dance		SOC
Sun 21 st	Bungay Great East Run 10/20k		

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STOP PRESS:

BURY 20 MILE CANCELLED FOR 2010 (the Wymondham 20m is a good alternative!)

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SXC = Suffolk Cross Country League event

FRI5 = Friday Five Series

SOC = FRRC social event

