

# Felixstowe Road Runners

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Club Magazine

SPRING/SUMMER 2011



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## Editor's Letter

Hello! Sorry this is so late coming out, time just keeps flying by...

You may have noticed that I have changed the format a little, I am hoping to make the magazine a bit easier to read online or in a format that you can print out yourself without too much trouble. It was decided at the AGM that the magazine will now only be sent online – I hope this doesn't cause too much disappointment.

Loads has happened since the Dinner Dance edition of the magazine but the big event has been the London Marathon – five Felixstowe Road Runners took part, with fantastic results - see page 5 for more information.

There has been a fantastic turn out at the Friday five mile races this year, be good to see lots of you travelling further afield to Bury on the 24th.

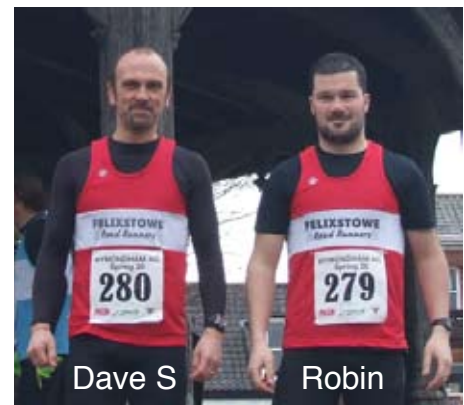
Apologies for putting a picture of Simon on the cover, please send me you pics if you don't want to see too much more of him!

Hope you enjoy the mag and keep running!  
Carla – [carla.e.johnson@gmail.com](mailto:carla.e.johnson@gmail.com)

## Welcome

A huge welcome to all of our new members!

- Jonathan Bailey
- Paul Bailey
- Kaye Branton
- Steven Durrant
- Michael Evenett
- David Ferguson
- Robin Harper
- Kim Reader
- Stephen Shaw
- Dave Solomon
- Jason Taylor
- Gerry Watson



## MEMBERSHIP RENEWAL FOR 2011-2012

Membership renewal was due with effect from March 1st.

If you have not renewed your membership for the year 2011-12 by now, you are effectively no longer an affiliated member of FRRRC.

However, you can of course rejoin at any time during the year and we hope you will. In that event, please download an application form from the club website

Ray Roberts, Membership Secretary

# Summer Fixture List

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<b>JUNE</b>		
Fri 24th	Bury Friday Five & Fun Run	
Sat 25th	FRRRC Summer BBQ	
Sun 26th	Mersea Round the Island Multi-Terrain 10m	10:30
Sun 26th	Humpty Dumpty 10k	
Wed 29th	Broome Summer Series 10k (Race 2)	

<b>JULY</b>		
Sun 3rd	Newmarket 10k	
Fri 8th	Great Bentley Friday Five & Fun Run	19:30
Sun 10th	Ipswich Jaffa Ekiden Relays	
Sun 17th	Capel 5m	
Tues 19th	FRRRC Social Fun Run	
Fri 22nd	Brantham 5m	
Sun 24th	Mutford Relays	

<b>AUGUST</b>		
Wed 3rd	Broome Summer Series 10k (Race 3)	
Sun 14th	Great Yarmouth Half Marathon	
Sun 14th	FRRRC Breakfast Run	8.30
Wed 24th	FRRRC Run/Bike/Run	
Sun 28th	Mersea Island 5/10m	

<b>SEPTEMBER</b>		
Sun 4th	Framlingham 10k	
17th/18th	Round Norfolk Relay	
Sun 18th	Great North Run	
Sun 25th	Ipswich Half Marathon	9.00

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

# Social Secretary's Scribbles

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First of all a couple of 'thank yous' to start this report with:

- Ray Roberts for organising the London Marathon coach
- Annie Woodard for the post-London Marathon meal at The Alex

I'd also like to say a personal 'thank you' to all of you who came to the Dinner Dance in February – it's very satisfying to get such great support for the event and to see so many of you enjoying yourselves.

Now on to what we have to look forward to this summer and you'll see from the table below that there is lots going on for you to participate in and enjoy.

Event	Organiser	Date
BBQ	Volunteers please	Sat 25 June
Social / Fun Run	Phil Cooper	Tue 19 July
Breakfast Run	Carla	Sun 14 August
Run / Bike / Run	Richard & Jayne	Wed 24 August
Quiz	Dave Songhurst & Mike Todd	Fri in November TBC
Pre-Christmas Fun Run etc	Lucy TBC	Wed 21 December
Dinner Dance	SallyAnn	Sat 18 February 2012

**SallyAnn Pearce**

# Summer BBQ

The FRR Summer BBQ is on Saturday 25th June at Felixstowe Tennis Club in Bath Road. It will be from 6pm and the Putting green and some short tennis nets will be available for kids (young and old!) to enjoy.



The format is as usual in that the club will provide a hot dog for everyone and then it's up to you to bring your own food.

Please use the bar at the tennis club for your drinks though as this is a condition of our hire. The prices are very reasonable!

We need to know numbers in advance please – it's fine to bring along partners/spouses and children who aren't members as long as there is 1 member per family.

If you can come along please email Sally ASAP – [sapearce@sky.com](mailto:sapearce@sky.com)

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# London Marathon 2011

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After months of hard work and perseverance, four Felixstowe Road Runners set off their 26.2 mile journey around the streets of London for the 2011 Virgin London Marathon.

Despite the heat, Michelle Gordon, Samantha Linassi, Heidi Barnard and Dave Lampard all performed very well and earned the sought after London Marathon medal. Full results can be found in the results section.

Sam obviously loved the experience as she then entered the Halstead and Essex marathon just three weeks later – crazy lady!

Well done to all and good luck to anyone who has entered for next year.

**M**arathon challenge,  
a blooming long way!

**A** hundred training  
runs, that's a lot I say!

**R**unning in snow, wind  
and rain,

**A**t some points I did  
feel a little insane!

**T**he day arrived,  
amazing crowds,

**H**ot, hot, hot though,  
where were the clouds?!

**O**h my goodness,  
to cross the line,

**N**othing left in my legs, but  
a lovely medal, all mine!



# Dave's Road to London

Most of us will have to wait until the end of October to find out if we are lucky enough to be running in London 2012, but not Dave...



Dave's fantastic time of 3:10:59 at the Bungay Black Dog Marathon gave him the right to apply for a 'Good For Age' place at London 2012. He has recently received positive acknowledgement to his initial application.

Before Bungay, Dave had only run one marathon – London in 1998, having been successful in the ballot on his first application. He was in effect a cycling rugby player back then and trained from scratch, alone. He ran in no other race events prior to or after the big day, but finished the marathon in 3 hours 46 minutes.

Dave 'discovered' running and has now been doing it as his main sport since late last year. He thought it might be nice to do another marathon, and given the first was in his thirties, intended to get one in within his forties and then repeat for subsequent decades until impossible!

Well Bungay not only whetted the appetite for the distance, he now detects a stirring of excitement within his soul at the thought of getting round the London course faster than his first attempt fourteen years ago. If Bungay in anything to go by, he should be speeding round about forty five minutes faster!

Dave had initially planned to enter the public ballot and hope for the best, or if that was not successful he would have entered the club ballot, he then stumbled across the Good for Age scheme and so he is in!

Are you also lucky enough to know you are running in London next year? Email the club and let us know, we would love to follow your story.



## Dragon Boat Race

On the 25th September 2011, St Elizabeth Hospice are working with Gable Events to bring the Dragon Boat Race to Alton Water.

Dragon boat racing is an ancient Chinese tradition and the fastest growing water activity in Britain today – as well as the most fun!

Up to 10 people paddle each 30ft boat with a drummer at the front beating time and a helm at the tail steering a straight course. No previous experience required, just plenty of team spirit!

St Elizabeth Hospice is working with Gable Events to bring the Dragon Boat Race to Alton Water in Stutton, Suffolk.

The event is open to everyone and the crews will battle it out over the 200m course watched by crowds of spectators.

Alton Water offers a superb venue for racing and a fabulous day is guaranteed for spectators and competitors alike.

Standard entry is £350 per crew. Crews may have less than 11 people but there are no fee reductions for crews of less than 11.

Platinum entry is £950 per crew and includes team entry, your logo on your dragon boat, two banners at the event, a promotional space at the event, an advert in the souvenir programme and PA acknowledgements.

Entries will be accepted on a first come, first served basis with full payment.

If you are interested in leaving your running shoes at home for a day, and taking up a new and different challenge, then please speak to Annabel Bennett who is hoping to get a team together to take part,

You can also email Annabel to register your interest at : [hollyrosie@btinternet.com](mailto:hollyrosie@btinternet.com)

# Bacon and Mushroom Risotto

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Why not try this fantastic recipe for mushroom risotto, inspired by a recipe by Kate Percy, author of Go Faster Food... This is great to carbo-load the day before a big race

Ingredients:

- 1 tbsp olive oil
- 1 onion, peeled and finely sliced
- 1 leek, finely sliced
- 1 stick celery, finely chopped
- 2 cloves garlic, crushed
- 350g three grain rice
- 225ml white wine
- 1 and a half litres vegetable stock
- 250g mixed mushrooms
- 1tsp ground cumin
- Salt and freshly ground pepper
- Chopped parsley or coriander
- 75g freshly grated parmesan



1. Heat up the stock in a saucepan so that it is ready to ladle onto the rice.
2. Gently heat the olive oil in a large heavy-bottomed saucepan.
3. Fry the onion, leek, garlic bacon and celery for a couple of minutes without allowing them to brown.
4. Add the rice and stir until the grains become translucent and glossy.
5. Pour in the glass of wine and stir constantly until it is absorbed. Add the hot stock, a ladle at a time. You need to make sure that each ladleful is absorbed by the rice before you add the next one. (You may need more or less stock according to the rate of absorption of the rice.)
6. After about 10 minutes, add the mushrooms and combine well with the rice. Continue to gradually add the stock for another 8 to 10 minutes.
7. When the rice is almost cooked, add the cumin, black pepper and fresh herbs. The texture should be nice and cream. You may need to add some salt depending on the taste.
8. When the rice is cooked, turn off the heat, stir in the parmesan and the herbs. Let the risotto stand for a couple of minutes before serving.
9. Serve with extra grated parmesan and herbs on top.

# Junior Spotlight

The Juniors have now started after their winter break and meet at Kingsfleet School every Wednesday, let's find out a bit more about coach Zibby Parker

**Name?** Zibby Parker

**Age?** 40

**Where do you work?**

Colneis Junior School

**What sort of music do you like?**

Take That are my favourite band!

**What is your favourite book?**

Ash's cheque book!

**What is your favourite film?**

Breakfast at Tiffany's

**How long have you been a member of Felixstowe Road Runners?** 6 years.

**What do you enjoy most about FRR?**

The friendship and banter of fellow runners; it stops you taking it too seriously.

**What do you enjoy least about FRR?**

Nothing. It is a great club and a privilege to be an active member of it.

**What is your best running memory/experience/achievement?** The London Marathon 2005. I went from being a non-runner in November 2004 to finishing the Marathon in April 2005. (4hrs 29 mins)

**What is your worst running memory/experience?** The London Marathon 2008. I was running with an injury and I wouldn't have finished without support from Nige. Thank you.

**Which famous sports person do you most admire and why?**

Daley Thompson. He was the first decathlete to hold the European, world and Olympic titles simultaneously and whistle through the national anthem!

**Who has influenced your running the most and why?** Billy Whizz! And the music from the Flora London Marathon!

**What other sports/hobbies do you have?** Sailing and cooking.

**What do you like to do to relax?** Spend time with my family and friends.

**What are your running/sporting ambitions for the future?** To keep fit and injury free and maybe run one more marathon.

**Do you have any running tips/advice for other juniors or kids who might be thinking of joining?** To train hard, relax and enjoy it! Or, as someone once told me, if you get out of breath slow down!!!

If you fancy joining the Juniors please contact Nigel Dadge or Zibby Parker



# Race Results

N.B. Results from 22 May will appear in the next magazine

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.](#)

## South London 10k

22 May

Francis Fox ..... 37:29 5th overall

## Wattisham Triathlon

21 May

Adrian Hine..... 62:59

Andy Free ..... 69:44

Dave Coley ..... 82:24

## Ipswich Jaffa Friday Five

20 May

Roger Stone ..... 29:17 2nd MV40

Dave Solomon ..... 31:20

Mark Ford ..... 32:59

Steve Brooke ..... 33:15

Robin Harper ..... 33:18

Paul Rumbellow..... 34:54

Simon Wiggins..... 35:08

Gerry Watson..... 36:27

Matthew Wooden ..... 37:14

Kim Reader..... 38:11

Stephen Shaw ..... 38:15

Rob Clayton ..... 38:32

Dave Fox..... 38:40

Richard Talbot..... 38:53

Marion Parker ..... 40:42

Andy Wooden ..... 41:07

Dave Levans ..... 41:14

Tim Emery ..... 41:16

Richard Smith ..... 41:50

Lisa Cox..... 41:54

Andy Gordon ..... 42:18

Tim Finegan..... 42:30

Annabel Bennett ..... 43:13

Jenny Jarrett ..... 43:15

Wyn Jones..... 43:20

Jo Dickinson ..... 51:06

Carla Johnson ..... 51:39

Jane Bailey ..... 52:47

Mike Deacon..... 54:59

29 FRR finishers – possibly a Club record for any road race!

## Bognor Regis 10k Prom Race

15 May

Rob Clayton ..... 47:45

## Newmarket Triathlon

(300m swim / 22k cycle / 4k run)

15 May

Adrian Hine..... 1.03:46

Andy Gordon ..... 1.18:23 1st Tri

## Woodbridge 10k

15 May

[Roger Stone ..... 36:03 3rd overall](#)

Dave Solomon ..... 38:48

Sam Brooke..... 40:18

[Robin Harper ..... 41:44](#)

Ray Roberts..... 42:24 1st MV60+

John Weston ..... 43:31 1st MV55

Dave Fox..... 46:52

Pauline Barr..... 50:33

[Richard Smith ..... 51:15](#)

Marion Parker ..... 51:42

Steve Seinet-Martin ..... 51:51

Tim Finegan..... 51:51

Sam Linassi ..... 52:37

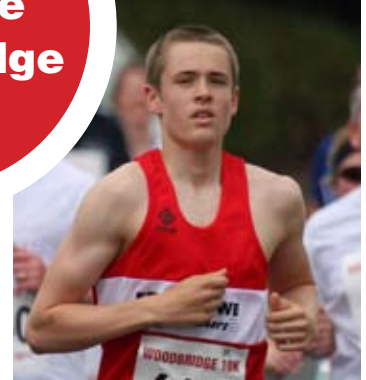
Jenny Jarrett ..... 54:16

Robin Phillips..... 54:32

[Dave Lampard ..... 54:43](#)



**Photos from the Woodbridge 10k**



### Woodbridge 10k continued

Helen Phillips..... 60:46  
Jo Dickinson ..... 62:32

Felixstowe were second affiliated team  
(Roger, Dave and Sam)

### Woodbridge 1 mile fun run

Callum Stone ..... 6.08 10th (B12-13)  
Daniel Finegan..... 6.32 25th (B14-15)

### Orpington Marathon

14 May

Richard Bennett..... 3.28:41 9th overall

### Frinton & Walton Half Marathon

8 May

Rob Clayton ..... 1.55:50

### Suffolk Sunrise 100 mile cycle

8 May

Christina Howland ..... 6h 26min

### Clapham Common 10k

8 May

Francis Fox ..... 38:59 7th overall

### Halstead and Essex Marathon

8 May

Vanessa Hollingworth.... 3.55:52  
Linda Woodard ..... 4.00:00  
Sam Linassi ..... 4.25:21

### Alton Water 10k

8 May

Simon Wiggins..... 44:20  
John Weston ..... 45:34  
Andy Cox ..... 46:21  
Fred Boggis ..... 49:07  
Steve Seinet-Martin ..... 51:06  
Lisa Cox..... 52:49  
Richard Smith ..... 53:48  
Marion Parker ..... 54:57  
Daimon Wheddon ..... 55:54

Jenny Jarrett ..... 56:43  
Dave Lampard ..... 57:43  
Elaine Brinkley..... 60:05  
Jayne Farnworth ..... 60:09  
Anne Oliver..... 64:51  
Jo Dickinson ..... 65:15  
Carla Johnson ..... 76:46

### Alton Water 2k Fun Run

Rebecca Cox ..... 8.48 3rd girl  
Hannah Cox..... 10:06

### Suffolk Heritage Coast Run, 13m

1 May

Dave Solomon ..... 1.29:37 6th overall  
Rob Harper..... 1.39:21

### Kesgrave 5k

1 May

Callum Stone ..... 20:12  
Roger Stone ..... 20:13

### Guernsey Race Series

John Weston's results

April 22 10k road race ..... 44:05  
April 23 4.75m cross country..... 35:40  
April 24 4x2m cross country relay .. 14:17  
April 25 Half Marathon..... 1.36:21  
Overall series position 31st

### Bungay 10k

22 April

Simon Wiggins..... 43:46  
Carla Johnson ..... 77:57

### London Marathon

17 April

Michelle Gordon ..... 3.33:02  
Sam Linassi ..... 4.21:39  
Heidi Barnard..... 4.44:59  
Dave Lampard ..... 5.43:10

## Bungay Marathon

10 April

Dave Solomon ..... 3.10:59

17th overall, 6th in age class

Vince Calver ..... 3.57:02

## Bungay Half Marathon

10 April

Ray Roberts..... 1.32:32 1st MV60+

Linda Woodard ..... 1.48:24

Rob Clayton ..... 1.50:06

Sam Linassi ..... 1.57:42

## Broadland Half Marathon

3 April

Dave Solomon ..... 1.25:25 7th overall,  
1st MV40

Robin Harper ..... 1.37:20

## Colchester Half Marathon

27 March

Roger Stone ..... 1.19:36 12th overall

Rob Clayton ..... 1.46:11

## Joe Cox Stowmarket Half Marathon

27 March

Dave Solomon ..... 1.26:16 18th overall

Dave Fox..... 1.47:26

Dave Coley ..... 2.35:21

## Clapham Common 10k Series, race 1

20 March

Francis Fox ..... 37:43 3rd overall

## Mud and Mayhem 10k, Thetford

20 March

Dave Solomon ..... 37:33 3rd overall

Robin Harper ..... 43:13

Mick Moore ..... 53:54

## Orion 15m, Epping Forest

19 March

Simon Wiggins..... 2.08:54

## Norwich Half Marathon

13 March

Dave Solomon ..... 1.27:32

Robin Harper ..... 1.36:39

Tim Emery ..... 1.52:50

Richard Smith ..... 2.00:06

## Essex 20m

6 March

Michelle Gordon ..... 2.32:00

## Bath Half Marathon

6 March

Sam Cloud..... 1.53:48

## Wymondham 20m

6 March

Dave Solomon ..... 2.21:01

Rob Harper ..... 2.44:03

Linda Woodard ..... 3.07:20

Sam Linassi..... 3.07:20

## Suffolk Winter League Cross Country Series Results

*For full results see Raceres)*

Jo Dickinson ..... 7th F40

Annabel Bennett ..... 4th F45

Marion Parker ..... 5th F45

Jenny Jarrett ..... 6th F45

Roger Stone ..... 2nd M40

Paul Shaw..... 8th M40

Steve Brooke ..... 10th M40

Stephen Shaw ..... 14th M40

Tim Finegan..... 23rd M45

Callum Stone ..... 9th B U15

Dan Finegan ..... 10th B U15

## Woodbridge Cross Country

27 February

### MEN

17	Dave Solomon .....	35:03	2nd M40
51	Steve Brooke .....	38:48	
53	Gerry Watson.....	38:51	2nd M55
101	Tim Finegan .....	47:36	

### WOMEN

9	Kim Reader.....	41:22	
26	Marion Parker .....	47:55	
27	Annabel Bennett ....	48:02	
29	Jenny Jarrett .....	48:39	
50	Jo Dickinson .....	55:40	

### JUNIOR RACE

Matthew Haskell .....	16:17	8th B13
Callum Stone .....	16:45	10th B15
Daniel Finegan.....	18:28	11th B15

## Bungay Cross Country

20 February

### MEN

10	Roger Stone.....	35:40	3rd MV40
22	Dave Solomon .....	39:19	
51	Paul Shaw.....	42:10	
52	Steve Brooke .....	42:37	
58	Gerry Watson.....	43:03	
68	Robin Harper .....	43:55	
69	Richard Bennett.....	44:10	
77	Stephen Shaw .....	45:21	
114	Tim Finegan.....	53:04	

### WOMEN

13	Kim Reader.....	45:25	
42	Marion Parker .....	54:29	
45	Jenny Jarrett .....	54:47	

56	Jo Dickinson .....	60:39	
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### JUNIOR RACE

16	Matthew Haskell.....	13:34	8th B13
19	Callum Stone .....	14:37	8th B15
24	Daniel Finegan.....	16:27	10th B15

## Nowton Park Cross Country

6 February

### MEN

10	Roger Stone.....	33:14	1st MV40
18	Dave Solomon .....	35:01	2nd MV40
45	Paul Shaw.....	38:16	
63	Steve Brooke .....	39:33	
64	Robin Harper .....	39:43	
80	Stephen Shaw .....	40:57	
95	Mick Moore .....	42:50	
121	Tim Finegan .....	48:28	

### WOMEN

41	Annabel Bennett ....	49:15	
42	Marion Parker .....	49:28	
43	Jenny Jarrett .....	49:39	
62	Jo Dickinson .....	59:27	

### JUNIOR RACE

Callum Stone .....	12:44	9th B15
Dan Finegan .....	13:42	10th B15

## Great Bentley Half Marathon

6 February

Michelle Gordon .....	1.40:12	
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## Reedham 10m

30 January

Roger Stone .....	60:37	
10th overall, 2nd MV40		

Good luck to any of you planning to run races over the Summer,  
it is always good to receive any of your race photos so please  
email them to [carla.e.johnson@googlemail.com](mailto:carla.e.johnson@googlemail.com)

Please email your results to [rayandlin@orangehome.co.uk](mailto:rayandlin@orangehome.co.uk)

# ...and Finally

We can't leave the magazine without mentioning the fantastic Kirton 5 mile event this year. 507 people entered and some even had to be turned away on the night. There was a record number of finishers (473) and a staggering 41 Felixstowe Road Runners took part and 7 achieve PB times. It was a gorgeous evening and everyone was in high spirits before and after the race. The club results are as below...

Roger Stone .....	30:02	2nd MV40+	Fred Boggis .....	37:19
Dave Solomon .....	30:17	PB	Paul Schwer.....	37:28
Robin Harper .....	32:32	PB	Linda Woodard .....	38:02
Steve Brooke .....	33:05		Richard Bannister .....	38:11
Michelle Gordon .....	33:40	PB	Paul Bailey.....	38:30
Paul Rumbellow .....	33:45		Marion Parker .....	39:25
Jonathan Bailey .....	34:03		Richard Smith .....	39:28
Simon Wiggins.....	34:04		Sam Linassi .....	39:59
Vince Calver .....	34:09		Chris Howland.....	39:59
Gerry Watson.....	34:20		Dave Levans .....	40:13
Andy Forster .....	34:43		Wyn Jones.....	40:34
Adrian Hine .....	34:46	PB	Vivienne Woodgate.....	42:23
Matthew Wooden .....	35:37		Jenny Jarrett .....	42:28
Kim Reader.....	36:02		Dave Lampard .....	42:36
Richard Talbot.....	36:07		Annabel Bennett .....	42:42
Steve Durrant.....	36:35		Tim Finegan.....	42:43
Mark Goodwin .....	36:43		Dave Coley .....	43:17
Dave Fox.....	36:54		Jo Dickinson .....	48:59
Steven Shaw.....	36:56		Carla Johnson .....	50:58
Rob Clayton .....	37:10		Emma Bailey .....	56:15
Richard Allport .....	37:10			

Huge thanks to Sally and all her willing helpers and marshalls. Special thanks also to Richard's family, Roger Causon, George Buxton, Tim and Fiona Finegan, Fred Boggis, Dave Songhurst, Christina Howland, our new sponsor, Graham Parker (who was also working on the day) and any one else who provided support and help on the day... See you all next year, hopefully with electronic chips to time the race.