

FELIXSTOWE ROAD RUNNERS

Club Magazine
Winter Edition
2009/10

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

- Haydn Wade

Seniors

- Tim Emery
- Tony Wade



CHAIRMAN'S REPORT

Hi all, here we are again another mag report, firstly I would like take this opportunity to wish you all a very Happy and Healthy New Year. Looking back over the last year we had a good year again, the club membership is healthy and we have good turnout on Tuesday nights. The club goes from strength to strength but we must not be complacent, without people stepping forward to run events or train as coaches we could quite easily struggle to keep going. Where would we be without coaches on a Tuesday night? Jons, Tim and Sally thank you we really appreciate all you consistent efforts and of course the junior section ably led by Nigel and his team of volunteers. I don't have junior Children so it would be quite easy for me to forget them. Time to get your violins out, when I was a junior we didn't have a running club in Felixstowe to go to, so every time I was inspired by athlete's on the telly (Black and White just in case you wondered Tim). Nowhere to go to, just think Richard Farnworth Gold Olympic medallist Yeah well I can dream can't I. Joking aside what a wonderful thing to have some one to coach you, guide you and inspire you to perform at your best, who knows what the future holds for the Kids well done Nigel and Gang.

On the events front again some wonderful social events and thanks to all who organised them capped by the Christmas fun run organised by Lucy. That was so much fun, Jayne, Ann and I really enjoyed it thank you Lucy and here's looking forward to Christmas this year what a thought! Thank you again to all who organised social events and I am sure there will be some good ones this year to look forward to, thank you Sally for all you efforts on the social front a very important part of the club.

As Dave Gardner has been our Club Mag editor for so long he has said he will be hanging up his pen so any budding Editors please come forward and speak to me or Dave. The Club Magazine is a vital way to keep members informed of all club activities who knows Fleet Street next!!

Whilst on the begging front **we still do not have a Race Director for THE FELIXSTOWE HALF MARATHON. PLEASE PLEASE** consider this post it is very rewarding and there are loads of people who could help you along the way, I for one have Directed the Kirton 5 and have had some great support from club members and non members.

My thanks go out to Richard and Annabel Bennett for last year's Half Marathon and all the support crew, the weather was kind to us this year and another successful Felixstowe Road Runners Event well done guys !!!!

May I wish all my fellow Marathon runners every success (see you all on the finish line I hope) especially Michele Gordon who I know has been looking forward to this for some while being her first London Marathon, Michele enjoy the day and every thing around it. **Go for it girl!!**

Lastly may 2010 bring you all **PB's** but mainly enjoy your running keep the Felixstowe Road Runners flag flying high and see you all at the Annual Dinner Dance.

Richard

GOODBYE

After many years editing the club magazine I have decided to hang up my pen (keyboard !). Thank you for numerous articles, photos, cartoons etc over the years. Carla Johnson has kindly offered to step in to my shoes and will take over from the next issue, assuming election at the AGM, so please give her the same support you provided me. More time now for training – maybe.

Dave

SOCIAL SECRETARY'S SCRIBBLES

Here I sit in the warm looking out at the deep snow outside and wondering if we'll ever see the pavements again let alone run along them! However it's nice to be able to reflect on the success of the recent social events which we have enjoyed since the last magazine:

The quiz night back in November was a great success with a record number of Roadrunners taking part and pitting their wits against each other - I'm sure you'll join me in sending many thanks to Dave and Mike for putting on such a great evening (aided by some woman who ordered the fish and chips for them!)

Huge thanks to Lucy for organising the treasure hunt/fun run on Dec 23rd - she certainly re-vamped the fun run and it was really enjoyed by all who came along - most in fancy dress too! (Of course as part of the winning team I thought it was a great evening!) Thanks also to Ray for organising the eats at The White Horse.

Now to this year's entertainment - the Dinner Dance is only a few weeks away on Saturday 20th February. I hope to see lots of you there - the deadline for booking places will have passed by the time you read this but I'm confident that it will be a great evening - and hopefully lots of you will really enter into the spirit by dressing from the seventies (and I do mean the decade not as if you are in your seventies!)

Don't forget that you can have your say about which social events we organise this year by coming along to the AGM and putting your suggestions forward. Alternatively you can let me know of any suggestions you have as fresh ideas are always welcome.

I wish you all a very happy and healthy 2010 packed with PB's!!

SallyAnn

2009/ 2010 Cross Country Season

There are still a couple of events left for this season so if you would like to give cross country a try the please join us at either of the events listed below. As always the club will pay, just bring your FRR vest/ 'T' shirt and find me at the venue to register.

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 – 7th Feb10

A good proper cross country course with tracks, mud, fallen trees, bomb craters and sheep, a fine end to the series. **NOTE:** *There will be reduced changing facilities this year. The barn at Haughley Park (Race HQ) will be undergoing refurbishments in February and therefore unavailable. Instead there will be outdoor facilities in the park; a marquee for shelter & changing, portaloos, and a mobile caterer. There will be no showers and limited changing arrangements, so please arrive changed and ready to race.*

The snow may even have gone by then !!

Dave

The FRR London Marathon Team

Runner	Marathons to Date	PB	Charity
Paul Shaw	3	3.30:00	MacMillan Cancer
Sam Cloud	4	3.54:57	VICTA (Visually Impaired Children Take Action)
Alan Bowles	29	3.45:00	SENCE
Heidi Barnard	3	4.27:04	Motor Neurone Disease (MND)
Roger Causon	11	3.40:59	N/A
Jacky Causon	1	5.45:28	N/A
Michelle Gordon	1 st	N/A	Neuroblastoma Society
Richard Farnworth	1	5.29:00	St Elizabeth Hospice

London Marathon Bus - 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.

Non members *are* welcome, whether or not they are directly, or indirectly connected with FRRC.

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 you can no longer park at the Solar car park all day, without incurring a penalty charge. You will need to make alternative arrangements.

Return from the Trafalgar Square area approx. 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.

The committee have agreed to a special one-off members fare reduced for this year. The fares are;

- Adult members £10.00
- Junior members £5.00
- Adult non members £15.00
- Junior non members £10.00

Juniors are classified as being under 16 yrs of age

Once 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 a list of names & a breakdown 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

The Jewfish Creek Half Marathon 2009

Earlier this year the first of many British Airways seat sales took place. With 30th Wedding anniversary looming the chance of a long haul trip hove into view and from then on it was a case of marrying up some form of running event with the boss's holiday plans.

Eventually we agreed on the Florida Keys and the Jewfish Creek Half Marathon, held at Key Largo on 14th November. Jewfish Creek is a stretch of water which separates Key Largo from the mainland. You won't find any jewfish there however as the species, which grows to up to 800 lbs in weight, has recently been renamed the 'Gigantic Grouper', for reasons which are probably self explanatory.

The event comprises a half marathon and 5K run/walk and is organised by the Key Largo Baptist Church. Possibly because of the church connections, it is run on Saturday rather than Sunday. The start time is just after 6am to coincide with sunrise, as temperatures do rise quite quickly into the eighties even in November.

This of course meant a very early start – we needed to get to the designated car park to catch the shuttle bus (a yellow school bus!) by 5am. Not too much of a problem if, like me, one was still on UK time, having flown in the previous day.

The race route is as simple as it comes – out along US Highway One for just over six and a half miles, then turn around and run back. The only gradient during the route is over the Jewfish Creek Bridge itself – a structure which is very similar to our own Orwell Bridge. Like the Orwell Bridge, it carries a dual carriageway and, remarkably, the organisers had managed to close the entire northbound carriageway for the duration of the race. The ultimate in traffic free running (with the added bonus of hooted support from southbound traffic).

The start was pure Americana – 'Star Spangled Banner', pre race prayers and more sherriff's officers (including rifles) than you might find at a 'Dukes of Hazzard' convention. By that stage I felt that wearing Union Jack shorts might make me a marked man, but I have to say that the welcome and 'Good Job!'s during the race were excellent.

The race route itself could perhaps have been improved, but nonetheless it was the first time I have run a route with designated crocodile crossings, passing Osprey nests. It was also fantastic to run at dawn with a subtropical sunrise.

The quality of the field was at best varied, but all seemed willing. Up to the half way turn I was still within a couple of hundred yards of the eventual winner, which was an event in itself. In the end, a summer of inactivity due to a persistent ankle injury took its toll and I faded badly to finish in over 1.36 – my slowest time for at least 10 years. Even so, I was delighted to finish 6th and to be given the prize for 1st vet 50, handed to me by no less a personage



than the local state senator. I also declared myself European Champion, having beaten (I understand) at least one German runner.

Good fun, and an excellent weeks holiday in the Keys to follow. Another British Airways sale, and who knows about next year? It won't be the Jewfish Creek half though – it has been renamed!

JOHN WESTON

RECEIVING VET 50 PRIZE FROM STATE SENATOR RON SAUNDERS (NOT THE FORMER ASTON VILLA MANAGER).

Quiz Night

Once again this year's quiz night was rife with fierce competition, banter and an element of whoops of joy when a rival team lost its placing in the league table.

For me I had two aims 1) to have fun with friends 2) lose to get the wooden spoon for last place. I have a sad affection for the booby prize in this event (chocolates and light bulbs this year). I took pride in the fact that our team came last especially as the quiz master announced any profits will be going to a charity of our choice.

So many thanks to the fantastic organisation of such a fun evening, great fish and chips, good company and the opportunity through Plan International to enrich the lives of 2 families in Uganda by purchasing 2 goats from the proceeds of the evening.

Many thanks guys.
The Broxtons, Davys and Roberts (Has Beens) team.

Gift of a Goat

Give a goat to give a family a better future. Milk and cheese that goats provide can improve a child's diet immensely. Calcium is vital for strong bones and teeth. This lively gift will also help children in Uganda with practical agricultural training at their school. And breeding goats could also bring in extra money for the home.



Jane Broxton

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.

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 (probably) your next magazine editor, Carla Johnson.

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

I ran for the first time in the summer of 2007, watching the Kirton 5k (I was there to support Simon) really inspired me and I set myself a target to try and run 5k. It was really hard getting started and I remember struggling to run for 2 minutes to start with. Gradually I got there and ran the Harwich 5k in October, I wasn't very committed though and lost interest after a slight injury. I continued to fuff but started again properly in January 2009, after meeting Zoe Brooks and arranging runs with her. I joined Felixstowe running club in May 2009.

2) *What was your first race?*

It was the Harwich 5k at Dovercourt in Essex. Simon ran it with me which was nice - but now I prefer to run races on my own - he nags too much!

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

Only really had one season so far, and its hard to choose a favourite, but I did enjoy the Dedham 10k, I was expecting it to be hard after speaking to Tim and Helen, and it was, some really nasty hills, but I overtook quite a few people in the last mile and couldn't believe my time when I crossed the line, I'd knocked 4 mins off my previous 10k best.

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

Everyone is really friendly and it is nice to run with other people instead of trudging around the roads on your own, it also pushes me to run faster and sets me targets that I would definitely give up on if I was running on my own. I think it would be good if the experienced runners past on some more tips and advice to newer runners, I tend to refer to Runners World which is brilliant, but I doubt I would have picked it up if Simon didn't subscribe to it.

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

Don't know about best, the most frequent has got to be 'still hungover after last night'

6) *What is your best running experience?*

Running the Turkey Trot in Bungay and knocking nearly 8 mins off my previous 10 mile pb - I felt really strong and finished in a time I thought I could never achieve.

7) and your worst?

Running the Turkey Trot and finishing last! It took me 6 miles to come to terms with the fact that I was going to finish last - it would have been easy to pull out to save the one thing I had always feared - and the weather in the last mile was absolutely hideous, hail hurts!

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

My drinks belt... it has room for my mobile, my iPod, food.... it is a fantastic security blanket for my longer runs, holding a hand bottle makes my arm ache!

9) Besides running do you have any hobbies?

Don't have a lot of spare time with my commute to Norwich each day and trying to keep up with running, but I do enjoy cooking and try to cook most meals from scratch. Making my own bread has been the latest experiment, so far so good. When I have a chance to relax I tend to catch up on the latest movies and read trashy novels.

10) What is your favourite training session?

I think I like my long easy runs the best, tend to set off with the boys at about 7 o'clock and spend between 1 and 2.5 hours running around the countryside.

11) What sporting achievement most impressed you?

Usain Bolt's 100m world record, how does someone run that fast?

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

I don't really get star-struck but I think it would be cool to meet Jamie Oliver - maybe he could give me some cooking tips, and he seems like a genuine and fun guy.

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

I'd go to the gym about three times a week and walk like I used to, but I wouldn't be as fit as I am now - and I still feel like I have a long way to go

14) Four words to describe yourself ?

Slow, healthy, stubborn, blonde

Fancy a Dip

The Great Eastern Swim is at Alton Water on Sat.19th.June and I have entered and wondered if any one else is doing it or thinking of doing it and would like to do some training swims in open water or the sea !!! Looking forward to hearing from you,

Sylvia

What Will They Think Of Next

"Colin Appleby, a sports enthusiast from the Holbrook area, has created a 'Turn Signal Indicator' innovation that has the potential to improve road safety throughout the UK for both runners and cyclists. Colin recently acquired the rights to a Turn Signal Indicator patent as of April 2009 thereby giving the concept exclusive rights to the British and Hong Kong markets. At present Mr Appleby a keen cyclist and horse rider from the East of England is keen to gain insights from runners and cyclists in the local community with regard to their initial impressions of his Indicator. Any feedback both positive and negative would be most appreciated.

If you are curious and would like some additional information about the idea please feel free to check out the following weblink which can be found within the UK Intellectual Property office website:

http://gb.espacenet.com/search97cgi/s97_cgi.exe?action=View&VdkVgwKey=GB2421421B&ViewTemplate=gb/en/textdoc.htm

Please email Chris Wade (wadey_uk@ntlworld.com) if you would like to share your views on the TSI or have any problems opening the website link"

Runners Photos

In case you had forgotten what warm sunny days can be like, here is a picture sent in by Dave Coley. It is a pic from Kirton 2008. P.S. I don't know if Roger won the sprint.



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
Clarendon Half Marathon - 4th October 2009		
Rob Clayton	1.49:30	
Martlesham Heath 10K - 11th October 2009		
Roger Stone	37:31	
Mark Pinney	37:57	
Jon Davy	38:38	
Mark Ford	39:31	
Vic Brooks	43:11	
Rob Clayton	44:16	
Mark Lankester	44:52	
Steve Brooke	44:55	
Dave Coley	48:52	
Dave Levans	48:53	
Jonathan Wilding	52:24	
Jayne Farnworth	54:10	
Andy Gordon	57:29	
Richard Farnworth	58:07	
Tiptree 10 Mile - 11th October 2009		
Carla Johnson	1.53:29	
Royal Parks Half Marathon, Hyde Park - 11th October 2009		
Tim Finegan	1.57:40	
Malcolm Silburn	2.50:14	
Wix 5 Mile - 18th October 2009		

Rob Clayton	34:04	
Jenny Jarrett	44:52	
Jo Dickinson	45:48	

Framlingham Cross Country, Senior Race – 1st November 2009

Mark Pinney	29:11	2nd M45
Roger Stone	29:48	1st M40
Mark Ford	32:18	
Paul Shaw	34:32	
Andy Cox	36:01	
Steve Brooke	36:11	
Sam Brooke	36:17	2nd M17
Rob Clayton	37:20	
Dave Levans	38:23	
Dave Fox	38:26	
Dave Coley	39:33	
Dave Songhurst	42:40	
Mark Ashton	42:45	
Jonathan Wilding	43:32	
Andy Morey	44:17	
Marion Parker	44:49	
Jenny Jarrett	47:38	
Jo Dickinson	50:29	



Framlingham Cross Country, Junior Race – 1st November 2009

Ben Parker	10:13	4th B13
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The Whole Hog, 8K Team Adventure Race - 1 st November 2009		
Mike Deacons, Simon Wiggins, Annabel Bennett	1.37:46	
Stowmarket Scenic 7 Mile - 8 th November 2009		
Jon Davy	44:40	
Michelle Gordon	50:17	PB
Mark Lankester	50:40	
Rob Clayton	51:08	
Dave Levans	55:54	
Samantha Cloud	57:38	
Bungay Cross Country, Senior Race - 15 th November 2009		
Mark Pinney	28:49	2nd M45
Roger Stone	29:24	1st M40
Mark Ford	31:05	
Steve Brooke	34:12	
Rob Clayton	35:41	
Dave Fox	38:36	
Annabel Bennett	40:06	
Jon Wilding	41:15	
Andy Morey	41:21	
Marion Parker	41:40	
Jenny Jarrett	45:39	
Jo Dickinson	47:35	
Bungay Cross Country, Junior Race - 15 th November 2009		
Ben Parker	12:12	7th B13
Hadleigh 10 Mile - 22 nd November 2009		
Jon Davy	1:04:52	3rd MV50
Dave Levans	1:23:08	
Chris Browes	1:29:15	
Ann Rideout	1:29:16	
Richard Farnworth	1:33:38	PB (by more than 10 mins !!)
Adnams Southwold 10K - 22 nd November 2009		
Simon Wiggins	44:20	
Michelle Gordon	44:22	
Fred Boggis	46:59	
Christina Howland	48:35	
Anne Oliver	1:00:15	
Carla Johnson	1:07:19	
Malcolm Silburn	1:10:06	

Norwich Half Marathon - 29 th November 2009		
Simon Wiggins	1.37:14	
Carla Johnson	2.33:14	First half marathon
Thetford Duathlon, 5.4k run, 14k bike, 3.6k run - 29 th November 2009		
Roger Stone	1.18:15	
Woodbridge Cross Country, Senior Race - 6 th December 2009		
13 Roger Stone	33:13	1st M40
41 Paul Shaw	36:27	
57 Simon Wiggins	37:52	
70 Ray Roberts	39:15	1st M60
79 Steve Brooke	40:13	
85 Rob Clayton	41:30	
23 Annabel Bennett	45:37	
114 Dave Songhurst	46:21	
116 Tim Finegan	47:37	
30 Marion Parker	48:14	
119 Jonathan Wilding	48:41	
40 Jo Dickinson	54:09	
42 Carla Johnson	58:50	
Woodbridge Cross Country, Junior Race - 6 th December 2009		
11 Ben Parker	15:25	4th B13
24 Dan Finegan	19:32	10th B13
Waveney Valley Turkey Trot 10 Mile - 13 th December 2009		
Simon Wiggins	1:11:03	PB
Michelle Gordon	1:12:27	PB
Rob Clayton	1:13:59	
Dave Levans	1:20:35	
Mike Deacon	1:37:52	
Carla Johnson	1:45:39	PB
NYRR Ted Corbitt 15k, Central Park, New York - 19 th December 2009		
Michelle Gordon	1:06:48	
Bungay Black Dog Groggy Doggy 5 Mile - 19 th December 2009		
Simon Wiggins	40:20	
Carla Johnson	1:05:32	

CLUB KIT

**** IMPROVED Special Offer ****

Vests	£ 6.00	(Men's Cut Sizes: Medium, Large and X. Large) (Ladies Cut Sizes: Medium and Large)
T-Shirts	£ 3.00	(Sizes: Small, Medium and Large)
Club Fleeces	£13	(sizes from small to extra large adult)
Junior Hoodies	£10	(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 (tim.finegan@bt.com or Tel: 01394 279870)

**** IMPROVED Special Offer ****

2010 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 2010

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
Sun 24 th	Benfleet (Essex) 15m	10:30
Sun 31 st	Reedham (Norfolk) 10m	11:00

FEBRUARY

Sun 7 th	Great Bentley Half Marathon	10:30
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	11:00
Sun 21 st	Mud & Mayhem Duathlon in Thetford Forest	11:00

MARCH

Sun 7 th	Wymondham 20m	10:00
Sun 21 st	Mud & Mayhem Duathlon in Thetford Forest	11:00
Sun 28 th	Stowmarket Half Marathon	

APRIL

Fri 2 nd	Sudbury 5m Fun Run	
Fri 2 nd	Bungay 10k	
Sun 18 th	Bungay Full & Half Marathons	
Sun 25 th	London Marathon	

MAY

Mon 3 rd	Breckland 10k	
Sun 9 th	Alton Water 10k fun run	
Sun 9 th	Halstead Marathon	
Sun 16 th	Woodbridge 10k	
Fri 28 th	Ipswich Jaffa Friday Five & fun run	19:30 FRI5
Sun 31 st	Brandon Half Marathon	
?	Frinton & Walton Half Marathon (TBC)	
?	Colchester 10k (TBC)	
?	Gt Baddow 10m (TBC)	

JUNE

Fri 4 th	Kirton Friday Five & fun run	
Fri 11 th	Stowmarket Friday Five & fun run	
Sun 13 th	Capel 5m	
Fri 25 th	Bury Friday Five & fun run	

SXC = Suffolk Cross Country League event
FRI5 = Friday Five Series
SOC = FRRC social event

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STOP PRESS:

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

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