

# Felixstowe Road Runners

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Club Magazine

Dinner Dance  
SPECIAL EDITION 2011



Mediterranean  
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# Felixstowe Road Runners Fixture List 2011

FEBRUARY 2011			
Sunday 20th	Suffolk XC Winter League at Bungay	11:00	X Country
Thursday 24th	Club AGM	7.30	
Sunday 27th	Suffolk XC Winter League at Woodbridge	11.00	X Country
MARCH 2011			
Saturday 5th	Dunmow Duathlon	9.30	
Sunday 6th	Essex 20m, Great Bromley	10.00	
Sunday 6th	Wymondham 20m	10.00	
Sunday 13th	City of Norwich Half Marathon	11.00	
Sunday 20th	Brentwood Half Marathon	10.00	
Sunday 20th	Mud and Mayhem, 10k and duathlon	11.00	
Sunday 27th	Joe Cox Half Marathon, Stowmarket	11.00	
Sunday 27th	Dunmow 10k	10.30	
Sunday 27th	Braintree 5m	11.00	
Sunday 27th	Colchester Half Marathon	11.00	
APRIL 2011			
Sunday 3rd	Broadland Half Marathon, South Walsham	10.00	
Sunday 10th	Bungay Marathon (10.30) and Half Marathon (12.30)		
Sunday 17th	London Marathon		
Friday 22nd	Sudbury 5m and Fun Run	9.15	
Friday 22nd	Bungay 10k, Broome		
MAY 2011			
Sunday 1st	SSAFA Half Marathon, Bury		
Monday 2nd	Breckland 10k		
Sunday 8th	Alton Water 10k and Fun Run		
Sunday 8th	Colchester Rotary 10k	10.30	
Sunday 8th	Halstead Marathon		
Sunday 8th	Frinton and Walton Half Marathon	10.30	
Sunday 15th	Woodbridge 10k	12.00	
Friday 20th	Ipswich Jaffa 5m	19.30	Friday 5
Sunday 22nd	Great Baddow 10m	10.30	

## Welcome to the Dinner Dance!

Good evening Ladies and gentlemen!

It gives me great pleasure to welcome you all to Waldringfield Golf Club for the Felixstowe Road Runners dinner dance and awards evening.

We look back on another successful year in which the club continues to grow in numbers with Tuesday night proving very popular, thanks to our coaches ably led by Nigel Dadge .

There was a record number of entries for our 3 London marathon club places with 15 people in the draw. That's an incredible amount of people prepared to put themselves through 5 months of hard training, I would like to claim some of the credit for motivating them, by which I mean if I can do it anyone can. And yes, you can!!!

Our two main races, the Felixstowe half marathon and Kirton 5 continue to be very popular. A huge thank you goes to our sponsor MSC for the half and to Felixstowe Family Amusements for the Kirton 5 and in previous years AMF Builders, Bannister Estate Agents and the Yeo Group have all supported us. Looking forward, I would like to thank a new sponsor Parker Network.

Thanks again to all of our sponsors for your continued support which represents a huge contribution towards the running costs enabling us to support Kirton Scouts, Air Ambulance and other local charities.

Thank you to Sally Pearce again for organising tonight's event and I hope you enjoy this first publication of our Dinner Dance Magazine and lastly have a great evening and see you at the bar, it must be my round!!!!

**Richard**

## Award Winners for 2010

Below are the 11 awards that will be awarded this evening, feel free to fill in the gaps.

**Adrian Clarke Lady Runner of the Year**

*Kate Beach*

**Most Improved Male Runner**

*Steve Brooke*

**Most Improved Lady Runner**

*Pauline Barr*

**Cross Country Runner of the Year**

*Jo Dickenson*

**Flash Trophy Male Runner of the Year**

*Josh Entwistle*

**Junior Runner of the Year**

*Callum Stone*

**George Buxton's 'Le Jog' Trophy**

*Simon Wiggins*

**Female Newcomer of the Year**

*Caroline Stafford*

**Male Newcomer of the Year**

*Richard Smith*

**Club Member of the Year**

*Carla Johnson*

**Chairman's Trophy**

*Dave Gardner*

**CONGRATULATIONS to all of the winners!**

# Alf Tupper

Steve Brinkley reminisces about an old running legend....

Can anyone else remember the “Victor” comic of the early sixties?

Can anyone else remember the comics’ running hero, Alf Tupper – “the tough of the track”? (If you’re under 40 you may need to get “Googling”)

I do.

I remember Alf Tupper, star of the comic, renowned for his physical hardness and mental resolve. His ability to eat a fish & chip supper and then go on to beat, at all costs, all comers on his favourite terrain, the running track.

Not for him the “softness” of a warm-up or indeed a warm down no, just the iron will to don shoes (not the new fangled “soft-soled”, “cushioned” types of today you understand) take on & beat the world.



I loved Alf.

I wonder if now, in his retirement, Alf has the time to sit and reflect on his past performances and wish he’d done it differently. I wonder if he’s injured due to his persistence on running through the pain barrier. I mean he was one hard cookie!

I suppose today’s runners would seem “soft” to him. They’d be slower and lacking in his resolve perhaps? Perhaps they don’t run as far or as fast? Perhaps they lack the “bite” required of Alf’s generation?

Or maybe today’s runners are smarter than Alf? Perhaps their “softness” & slower times will allow them a comfortable retirement not hindered by the pain of repetitive strain or impact injuries but still healthy after a lifetime of running and enjoying it?

Alf enjoyed his running. I enjoyed mine. If I had I my time again I’d do it more slowly, for longer and with a smile on my face not a grimace (I suppose Elaine would agree with that!).

However, Alf was also very smart and I think Alf would think today’s runners have got it about right.

I don’t know what happened to Alf but I hope he’s enjoying his well earned retirement and if, by chance, he’s suffering injury; get well soon Alf.

Love from your adoring fan,

**Steve**

(Forever injured, always aching but at least cheerful)!

## Virgin London Marathon 2011

The London Marathon is quickly approaching as I'm sure some runners are only to aware of.

This year we have eight Felixstowe Road Runners hoping to complete the 26.2 miles, they are; Dave Coley, Alan Bowles, Roger Causon, Jacky Causon, Michelle Gordon, Heidi Barnard, Dave Lampard and Samantha Linassi. Good luck to all of you – with the training and on the day.

### TRAVEL ARRANGEMENTS

The club has booked a 49 seat coach for members, friends & family, who would like to travel to the London Marathon in April, either to run, or support. Non members are welcome, whether or not they are directly, or indirectly connected with FRRC.

The coach will 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. Return from the Trafalgar Square area at 16:00 hrs,

Book early to avoid disappointment. Seats are on a first come, first served basis and can only be secured against receipt of a cheque.

This year's fares remain unchanged from last year: Adult members £10.00, Junior (U16) members £5.00, Adult non members £15.00, Junior (U16) non members £10.00.

Please send your booking to Ray Roberts with details of adult/junior, members/non-members places required, together with, or followed by, a cheque to secure your seats.

Please send cheques to;  
Ray Roberts, 8 Estuary Drive  
Felixstowe IP11 9TL

For more information please call 07961 04008



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# Guess who...

Can you work out which committee members the following children grew up to become?

Which FRR runner has raced in the last 50 Friday Five's, but has not won any of them?



A:



B:



D:



C:

E:



F:



G:



H:



I:

Give up? Answers are on page 14

# Running Shorts

Are you struggling to get motivated (like your editor?). This may not get your reaching for those abandoned running shoes, but hopefully it will raise a smile!

You know it is time to resume running when...

- You try to do a few pushups and discover that certain body parts refuse to leave the floor.
- Your children look through your wedding album and want to know who mum's first husband was.
- You get winded just saying the words "10 kilometer run".
- You come to the conclusion that, if God really wanted you to touch your toes each morning, he would have put them somewhere around your knees.
- You analyse your body honestly and decide what you should develop first is your sense of humor.
- You step on a talking scale and it says, "Come back when you are alone".



Date for the diary...

Felixstowe Road  
Runners AGM

24th February 2011  
7:30pm

at Brackenbury Sports  
Centre (in the small room)

Look forward to seeing  
you there!

Did you know? During 2010 the Felixstowe Road Runners donated £2223 to charities. £223 went to the Kirton Scouts who help at the Friday 5, and £2000 was given to the Motor Neurone Disease Charity - the nominated charity of the Felixstowe Half Marathon.

# Mud Larks



Something very strange happened at the opening cross country event of the season at Framlingham. Anyone who has done the cross country series before will know the thick mud at Fram very well – partly because it makes it the toughest race of the series and partly because months later it will still be in your shoes, socks, toenails, car seats etc.

The reason is that it is almost always raining or snowing and on one occasion was blowing a gale so strong that the organizers had to re-route the course to prevent trees falling on competitors. It still remains the only time I have seen a person to be blown over by the wind.

But this year there was no rain, there were no gales and strangest of all, and I don't think this has happened before, the sun came out? ... but, as always, so did a lot of members of the club. There

was the usual apprehension, discussion about the correct footwear and lots of excuses in readiness of a slow time while people made their way to the start line.

The aches and pains, and the looks of gritted-teeth determination soon gave way to smiles as everyone crossed the finish line. The course was still taxing enough that everyone went away with a story about skidding down a slope or a lost shoe, and also the feeling that they had had a good workout which would be of benefit to them (yes it is good for you!).

If you have never tried a cross country race and this appeals to you then there are still a couple of events to go before the end of the season: Bungay on Sunday 20th February and Woodbridge on the 27th. You do not need any specific kit, you can run in your normal trainers as long as you don't mind getting them a bit muddy (however I wouldn't recommend running in brogues as someone once did), and the club will pay for your entry.

I look forward to seeing FRR in force at the next event and who knows, it might even be sunny.

**Dave Gardner**  
Team Captain

# Local at the London Olympics...1948

For those of you who don't know me, or those of you who just see me as that coach who turns up every other Tuesday evening to put you through your paces and make comments to some of our committee members about their ever declining race times, there is more than meets the eye. I do in fact have a huge interest in athletics and, as can be seen from a glance in my study, have a huge collection of books, magazines and junk (according to some) covering the subject. I have been lucky enough to witness Commonwealth, World and European Championships as well as numerous domestic events although have yet to go to an Olympics. We are now just under 2 years away from the London Olympics and I thought it would be interesting to re-publish an article I wrote for the magazine some 5 years ago as it concerns a local gentleman who actually ran the last time the games were held in London. This article followed an interesting evening I spent interviewing him many years ago. Some of you may or may not know the subject of this edition's athlete but you will probably have seen him around. The gentleman in question is Stan Cox, veteran of two Olympic Games and former AAA Champion.

Nowadays Stan can be seen leading walks in Felixstowe as part of the Stepping Out in Suffolk campaign aiming to encourage walking but back in the 1940s and 1950s Stan was at the top of his game in athletics. Stan first started his athletics career as a young boy back in the 1930s when his first victory was in a Boy Scouts race. Upon leaving school the advice given to him from a schoolmaster was 'Go join a club', advice we would still recommend today. First senior victory came in the Southgate Harriers cross country in 1937 with Stan training hard and progressing to his first full International outing at

a GB v USA match at White City. The place on this team came as a result of the great Sydney Wooderson (subject of a later article) being injured and a reserve needed. Stan stepped into what was to turn out to be a memorable race including the breaking of the native all-England record. The race was run at such speed that Stan, in fourth place also surpassed the previous record. This first international appearance started a span of 17 years representing GB finishing in 1956.

Stan was well on his way to representing GB at the 1940 Olympics but then war broke out and the games scheduled to be in Tokyo were cancelled. The war put on hold many a great athlete's career, Stan being no exception with his being called up into the RAF. Between 1940 and 1943 Stan saw service in Iraq and was unable to do any training. Fortunes changed in September 1943 when Stan was posted back to the UK and ended up in Felixstowe of all places and able to start training again. As are the fortunes of war a further posting then sent him off to Hamburg before being seconded back to RAF Uxbridge in a pre-Olympics training camp. It had been decided to have the first post-war Olympics in London and the AAA decided on a specialist training camp to get our athletes back in good form. Following his de-mob in 1946 Stan was able to concentrate back on his athletic training aiming towards the games.

1948 turned out to be a good year for Stan with his winning the AAA 6 Mile Championship thus securing his place in the GB Olympic team. Out of interest, the winning time for this race being 30:08.04, a time that would still win races around Suffolk today! In a stark contrast to athletes today, Stan had one day off work to race in the Olympic 10000m final and was then back

at work the following Monday. No concentrated training camps with a full support team in those days, it was a full time job first followed by training second. The final itself was a memorable race and the first Olympic Gold for the legendary Emil Zatopek. During the race Zatopek was so far ahead the race officials got totally wrapped up in him and there was some confusion as to the other athletes lap counting. Commentating on that day was Harold Abrahams who insisted, as do many books to this day, that Stan actually ran an extra lap. Whether he did or not Stan still finished in 7th but we will never know what might have been.

Following his success at the Olympics, Stan over the next few years, started to concentrate on the marathon. Back in those days the major marathon in the UK was the Polytechnic Marathon which ran from Windsor to Chiswick and was the marathon that, back in 1926, added the extra yardage to the 26 miles. In the early 1950s Stan and a fellow GB international, Jim Peters, were the top runners in this race if not the world and it is the 1952 running of this race that he remembers as his best performance. It was in this race that both runners were the first men to run sub 2:20, in what was thought to have been mis-marked and was in fact half a mile too long.

In this rich vein of form both Stan and Jim were seen as firm favorites going into the 1952 Olympics being held in Helsinki. This is the games that will be remembered as the one that Zatopek took three gold medals in the 5000m, 10000m and the Marathon. So what happened to Stan? Things started badly for both athletes when they had to travel to Helsinki in a cold ex-cargo plane where daylight could be seen through the door. Prior to the race they had their pre-race medical and were told not to run by the Finish doctor after observing some irregularities but both decided to go ahead. During the race both collapsed and by some irony the doctor who told Stan not to run was actually in the ambulance that took him to hospital.

Back from the games both recovered and then prepared over the next two years for the 1954 Empire (now Commonwealth) Games in Vancouver. Unfortunately luck was not to be with Stan again and the race started off in very hot conditions. In a race with similarities to this year's (correct at time of original article) Athens Marathon when Paula Radcliffe dropped out, Stan collapsed from heat exhaustion and never finished. Jim in a cruel blow also suffered the same fate but in the very last part of the marathon and this can be seen in famous footage of Jim collapsing in the stadium yards from the finish after being many minutes in the lead prior. Stan recovered after two days on a drip replacing lost fluids and made a full recovery.

Stan's final attempt at Olympic glory would have been in Melbourne in 1956 but for a selectors' decision. At the time Stan was the best marathoner in the UK and was leading in the Polytechnic marathon, which acted as the team selection race, when at 22 miles he pulled a muscle and ended up finishing in second place. Rules were rules so Stan didn't go.

Stan stepped down from international athletics in 1956 and eventually moved onto being an AAA official. There are many more stories I could have filled these pages with but will leave those for a future edition. For example I could have gone on to talk about his training which was over a 100 miles a week at the same time as working 8am to 6pm in a full time job or the time he was hit by a javelin but lets leave that until next time.

I hope the re-printing of this article has inspired some people to take an interest in our rich athletics past. If you are keen for me to continue this series of articles then drop me a line with a suggestion and I will put my collection of resources to good use

## Nigel Dadge

# Race results

Below are the latest the results from the last quarter, well done to everyone who took part in the races, particularly those who achieved PB's and placements.

★ PB for race distance    ☆ First race of that distance    ☆ Placement ([details in blue below result](#))



## Framlingham Cross Country

Sunday 31 October 2010

### MEN

9	Roger Stone . . . . .	28:56	★
	<b>2nd M40</b>		
18	Mark Pinney . . . . .	30:20	
56	Jason Taylor . . . . .	34:07	
59	Paul Shaw . . . . .	34:12	
65	Mark Ford . . . . .	34:30	
81	Steve Brooke . . . . .	36:33	
100	Stephen Shaw . . . . .	37:51	
111	Robin Phillips . . . . .	38:41	
121	Dave Fox . . . . .	40:03	
124	Steve Seinet-Martin . . . . .	40:14	
136	Dave Coley . . . . .	43:30	
141	Tim Finegan . . . . .	45:06	
145	Dave Songhurst . . . . .	45:59	

### WOMEN

10	Michelle Gordon . . . . .	37:14
14	Kate Beach . . . . .	37:55
38	Annabel Bennett . . . . .	44:11
50	Marion Parker . . . . .	47:31
52	Jenny Jarrett . . . . .	47:36
62	Jo Dickinson . . . . .	52:02

### JUNIOR RACE

Callum Stone . . . . .	53rd
Dan Finegan . . . . .	70th

**Whole Hog Race**

Sunday 7 November 2010 at Wantisden Valley

**SENIOR MALE:****Team "Blood Sweat & Tears"**

Steve Seinet-Martin,  
Robin Phillips  
Nigel Harrison . . . . . 9th place in 1.11:15

**SENIOR MIXED RACE CATEGORY:****Team "Up For The Mud"**

Adrian Hine  
Kate Beach  
Paul Shaw . . . . . 2nd place in 1.06.06

**Team "The Hangovers"**

Michelle Gordon  
Andy Gordon  
Graeme Connor . . . . . 7th place in 1.19.00

**VETERAN MIXED RACE CATEGORY:****Team "The Puppies Noses"**

SallyAnn Pearce  
Sarah Whitman  
David Dulake . . . . . 3rd place in 1.22.10

**Stowmarket Striders Scenic 7**

Sunday 14 November 2010

Ray Roberts . . . . . 47:34 ★

**2nd V60**

Steve Seinet-Martin . . . . . 54:22  
Dave Fox . . . . . 54:59  
Robin Phillips . . . . . 55:23  
Vivienne Woodgate . . . . . 58:26  
Jo Dickinson . . . . . 70:44

**Stebbing Remembrance Sunday 10m**

Sunday 14 November 2010

Simon Wiggins . . . . . 71:27

**Hadleigh 10m**

Sunday 21 November 2010

Vivienne Woodgate . . . . . 1:28:03

**Mucky Races, Guts and Glory 13k**

Sunday 21 November 2010

Andy Cox . . . . . 1:26:06

**Mucky Races, Guts and Glory 5k**

Sunday 21 November 2010

Marion Parker . . . . . 55:30  
Jo Dickinson . . . . . 55:52

**Southwold 10k**

Sunday 21 November 2010

Adrian Hine . . . . . 46:38  
Dave Fox . . . . . 47:58  
Fred Boggis . . . . . 48:02  
Paul Schwer . . . . . 49:23  
Linda Woodward . . . . . 49:25

**Glynneath 5m**

Boxing Day 2010

Christina Howland . . . . . 37:49 ★

**3rd lady vet**

Chris Howland . . . . . 40:48

**Suffolk Cross Country Championships**

Sunday 9 January 2011

**U13 GIRLS**

13 Rebecca Cox . . . . . 16:35  
15 Hannah Cox . . . . . 17:33

**U13 BOYS**

8 Matthew Haskell . . . . . 13:42  
18 Callum Stone . . . . . 14:55

**SENIOR MEN**

3 Josh Entwistle . . . . . 43:37  
15 Roger Stone . . . . . 47:35

*Matthew Haskell and Josh Entwistle qualify for the Inter-Counties cross country championships in Birmingham, March 5th*

# RACE RESULTS

## Stowmarket Cross Country

Sunday 23 January 2011

### MEN

9	Roger Stone	.34:13	★
<b>3rd M40</b>			
22	Mark Pinney	.36:14	
67	Paul Shaw	.41:07	
72	Steve Brooke	.41:34	
92	Stephen Shaw	.43:11	
120	Mick Moore	.47:01	
134	Tim Finegan	.51:26	

### WOMEN

12	Kim Reader	.44:37
34	Annabel Bennett	.51:14
37	Marion Parker	.51:53
40	Jenny Jarrett	.53:12
55	Jo Dickinson	.60:12

### JUNIOR RACE

10	Callum Stone	.15:32
12	David Finegan	.18:05

*Good luck to all of you who are running races over the next few months, if you have any race photos then why not send them in for the mag..*

Please email any future results to [rayandlin@rroberts30.freeserve.co.uk](mailto:rayandlin@rroberts30.freeserve.co.uk)

## Fun Quiz Answers...

Answer to the Friday Five question: Tim Finegan  
 A: Tim Finegan B: Fiona Finegan C: Nigel Dudge  
 D: Dave Songhurst E: SallyAnn Pearce F: Simon Wiggins  
 G: Carla Johnson H: Dave Gardner I: Richard Farmworth



# Club information

## Meeting times

The main club meeting takes place at Brackenbury Sports Centre, High Road East, up on the balcony.

### ■ Tuesday at 6.45pm

For anyone able to run for about 30 minutes or more, come along and join in with our friendly and fun club night.

## Club Kit \* Special Offer\*

### ■ Vests : £6.00

Men's – Medium, Large and Extra Large  
Women's – Medium and Large

### ■ T-shirts : £3.00

Small, Medium and Large

### ■ Club Fleeces : £13.00

Red and Black, small to extra large adult

### ■ Junior Hoodies : £10.00

All sizes suitable for 7 to 16 year olds

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

If you would like any kit, please contact Fiona Finegan.

Email [tim.finegan@bt.com](mailto:tim.finegan@bt.com) or telephone 01394 279870

## Club Supporters

The following organisations offer discount to club members

- Brackenbury Sports Centre – Free use of showers even on a non-club night.
- Sweatshop (at David Lloyd) – 10% off for FRR (01473 726652)

## Felixstowe Road Runners Committee 2010

**Chairman :** Richard Farnworth

01394 273340

**Secretary :** Simon Wiggins

[simon.p.wiggins@gmail.com](mailto:simon.p.wiggins@gmail.com)

**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 :** Carla Johnson

[carla.e.johnson@gmail.com](mailto:carla.e.johnson@gmail.com)

**Club Coach (adults from June) :** Nigel Dadge

01473 274463

**Social Secretary :** Sally-Ann Pearce

01394 282371

**Results :** Ray Roberts

01394 277226

**Webmaster :** Dave Songhurst

01394 271405