

RUNNING DIARY

Tuesdays @ 8:00pm

Depart from the Lord Butler Leisure Centre for group runs

Tuesdays @ 9:45pm

Apres-run discussion & beverage at The Railway Arms, Station Rd

Thursdays @ 7:30pm

Leave the Lord Butler Leisure Centre for alternate weeks of Hill or Sprint training.

MEMBERSHIP DUES

At the AGM it was agreed to slightly increase the annual membership fee to cover the increased affiliation fees

£ 17.00 PER YEAR

Still exceptional value for money

Your membership is due now

Cheques payable to Saffron Striders should be given to

Janet Lipski on a Tuesday run or posted to her at 10 Oasthouse Court Saffron Walden CB10 1DX

A copy of the AGM minutes is enclosed

UPCOMING RACES

- 4 Feb Great Bentley 13M
- 10 Feb Brands Hatch 13M
- 18 Feb Great Eastern Run 20K
- 25 Feb Bury 10M & 20M
- 4 Mar Cambridge 13M & 23M
- 4 Mar Woburn 10K
- 11 Mar Mondri March 15M
- 18 Mar Turing Trail Relay
- 24 Mar Orion 18M
- 25 Mar Stowmarket 10M
- 25 Mar Broadland 13M
- 25 Mar Sandy 10M
- 1 Apr St Clare's Hospice 10K
- 1 Apr Bedford Harriers 20M
- 6 April Sudbury 8M
- 15 Apr Flitwick 10K
- 22 Apr Flora London Marathon
- 7 May Ashdon 10K
- 13 May Halstead Marathon
- 13 May Basildon Essex 5M
- 13 May Benfleet 5M

See website for further information

THAT WAS THE YEAR THAT WAS

2006 was an epic year for Saffron Striders. It started so well with the women's team winning the Cross Country League.

Ros, Claire, Janet and Patricia also claimed victories in a wide range of road races throughout the year.

12 Striders made us proud with their immense performances in the Flora London Marathon in April.

During 2006, Striders travelled to races in Ireland, Holland, France, Italy and Austria.

There were 372 appearances by Striders in races in 2006, with John Howe featuring in an amazing 27 of them.

Striders took 3rd place in the summer 5K league, with Claire and Bryn taking the overall individual awards.

20 Striders participated in the Hereward relay, with 3 of our teams finishing in the top 30. An enviable statistic for any running club.

For further information on Saffron Striders, visit the website, turn up to LBLC @ 8.00pm for a Tuesday Evening Run or call 01799 500109

Despite the heatwave in the summer, Paul Burgess took training seriously by running every single day in July and August.

It took Howard 13 hours of continuous exertion to complete the Austrian Ironman and nearly as long to read the huge amount of publicity that followed.

Turing Trail Relay

18 March 2007

Ely—Cambridge—Ely
6 stages, each approx 6 miles

Named after Alan Turing, the founder of Computer Science, who apparently used to run this route.

It should be a good, informal event for all abilities.

The deadline is rapidly approaching, so contact Rob on 01223 836 017 to get your place in one of the teams

ANNUAL DINNER

Friday 23 February 2007

THE DISH (Saffron Walden)

£ 21.00 per person

Menu attached

Bring your completed form and cheque along to a Tuesday or Thursday session



RECENT PERSONAL BESTS

Paul B, Steve W & Carole W @ St Neots
Danny C & Chris D @ Stobbing 10M
Julie Staples @ Nene Valley 10M
Howard W @ Bedford Half Marathon
Paul B, Gavin L & Carole W @ Ely 10K
Robert W @ Folkestone 15M
Margit W @ Box Hill Fell Race



LONDON MARATHON BALLOT

The 2006 tinsel run attracted a huge number of Striders.

The mulled wine and mince pies were fantastic and we owe a special 'Thank You' to the Dodge Family for their fantastic hospitality.

Frances Reynolds and Robert Woodward were the lucky recipients of the 2 guaranteed marathon places.

CROSS COUNTRY SEASON 2006 / 2007

There was excellent participation from Striders in the XC races. It was great to see so many new faces and there really were some tremendous performances.

Congratulations go to Chris Dodge who was the first Strider home in every one of the four races.

It was also impressive that John James, Danny Collins and Robert Woodward all participated in every race.

RUNNING COMPANIONS

for New / Potential members

FEB

6 : John H, Howard W
13 : Chris D, Jim S
20 : Nick M, Claire W
27 : Time Trial

MAR

6 : Robert W
13 : Graham S
20 : Gavin L
27 : Time Trial

APR

3 : Toby L
10 : Janet L
17 : John H
24 : Time Trial

Want to be included ?
Contact Robert W on
01223 836017