



## TOP TIMES OF 2007



### MEN

- 5K Chris D 17:22
- 10K Chris D 36:12
- 10M Chris D 1:00:21
- 13.1M Danny C 1:27:10
- 15M Nigel C 1:40:09
- 20M Nigel C 2:20:46
- 26.2M Nigel C 3:08:19

### WOMEN

- 5K Janet L 20:14
- 10K Janet L 42:01
- 10M Janet L 1:10:17
- 13.1M Janet L 1:35:14
- 15M Carole W 2:16:01
- 26.2M Debs F 3:57:20

## RACES IN FRANCE



Who could forget Stephane's presentation at the AGM ?

Further information is on the attached AGM minutes. Also see the website forum or contact Stephane who will be only too pleased to assist

[stephanet@autonomy.com](mailto:stephanet@autonomy.com)



## STRIDER OF THE YEAR

Make sure you cast your vote.

Either at a Tuesday session or by email to Nigel

[allcoates@ntlworld.com](mailto:allcoates@ntlworld.com)

## WALDEN CROSS COUNTRY

Sunday 13 January 10:30am Newport Free Grammar School.

We need runners, marshals & helpers *please*.

Also, we need to provide refreshments for this race, so cakes and snacks will be greatly appreciated.

Please let Rob W know if you can help 01223 836 017 [rammie.woodward@virgin.net](mailto:rammie.woodward@virgin.net)

## 2007 : How to cram a year of races into 300 words

Striders took 3<sup>rd</sup> place in the cross country & 5K leagues.

Steve W ran 30 races (17 of which were Fell Races).

John H ran the most local races (27).

Clare T (nee P) represented GB in Duathlon coming 13<sup>th</sup> in Hungary and 10<sup>th</sup> in USA.

13 Striders ran in the London Marathon.

Paul B ran 3 trail races over the Easter Weekend.

Janet L won the Walden 5K.

Chris D won his first ever race (Great Abingdon 10K).

Claire W came 11<sup>th</sup> in the Hong Kong Half Marathon.

Debs F & Julie S both broke 4 hours in the Amsterdam & Venice marathons respectively.

Carole W won Sports Personality of the Year at her work.

Janet B won Strider on the month twice .

Injury disrupted the year for Howard W, Maurizio M, Rob W and Phil R.

Cathy Gunn shot (ha) into the lead to win the Summer Relay with Paul B & Steve W.

We entered two teams into the Turing Relay.

John J was 32<sup>nd</sup> at Hereward despite stopping to help an injured runner.

Margit W was pulled along by Frida in numerous runs.

Andy B ran two legs of Hereward which helped Frances, Janet & Lucy's team hang onto their impressive 80<sup>th</sup> position.

Gavin L & Paul B warmed up for the Stortford XC by running there from Debden.

Linda N and Stephanie C clocked 66 minutes in their first ever 10K.

New members Kim H, Laura M and Liz S all had excellent debut 5K seasons.

Toby L is getting back to his best with tremendous HBO & Buntingford runs.

Danny C was 7<sup>th</sup> place in the Newport 10K.

Stephane T's enthusiasm defined *joie de vivre*.

Nigel C continued to excel in the longer, tougher races.

Kate H won her class at the Walden Triathlon.

Paul W produced the run of his life in the final leg at Hereward.

Gary H went sub 55 at Ely Tony D recorded three sub 45 min 10Ks.

Bjorn K established himself as a crucial member of the 5K team.

Monika K established herself as a crucial member of both the 5K and cross country teams.

Patricia M was 2<sup>nd</sup> female at the Ashdon 10K.

Nick M along with Tim G, Chris D & Nigel C were the first veteran team at Hereward.

## MEMBERSHIP FEE

£ 19

Your £ 19.00 subscription was due on 1st January.

Please post your cheque payable to Saffron Striders to Chris Dodge 52 South Road, Saffron Walden CB11 3DN



## ANNUAL DINNER Friday 1st February

Places are limited, so book as soon as possible.

Menu and price will be confirmed shortly, although it should be similar to last year (£ 21.00)

Booking forms will be available for download from the website. If preferred you can receive it by email or collect one before a Tuesday evening run.

John Howe is handling the bookings.  
Tel : 01799 500109 [pamjohn@ntlworld.com](mailto:pamjohn@ntlworld.com)

## HEREWARD RELAY



Andy B had already run the first leg for his Saffron Crocus team before stepping in and running the final leg for Saffron Belles.

Saffron Spice (Tim, Nigel, Chris & Nick) were the first placed veteran team.

Saffron Howe (a team comprising John Howe's family) finished in 121st. How many other families could have managed that?

The other results were  
Saffron Continental 85th  
Saffron Belles 80th  
Saffron Sprint 40th  
Saffron Crocus 25th  
Saffron Spice 8th



At the Christmas Tinsel Run, John J & Stephane T were successful in the Striders' ballot for our London Marathon places.

We then enjoyed a fabulous evening of merriment courtesy of Chris & Vera. Thank you very much.

There will be a record number of Striders running in the 2008 race.

Check the forum for details of informal weekend long training runs. You don't have to be running the marathon to tag along.

The first one is 18 miles on Sun 3 February departing Waitrose car park @ 8.30am.

## 2008 COMMITTEE

**Chairman** : Nigel Coates (01799 523056) allocates@ntlworld.com  
**Secretary** : Janet Lipski (01799 524687) janet.lipski@insurance-words.com  
**Treasurer** : Geoff Suckling (01799 527780) geoffandchris@gsuckling.wanadoo.co.uk  
**Website / IT** : John Howe (01799 500109) pamjohn@ntlworld.com  
**Social** : Claire Waters (01799 542631) claire@waters.eclipse.co.uk  
**Kit** : Nick Mahoney (01799 521895) mahoney.swalden@ntlworld.com  
**Publicity** : Gavin Long (01799 599198) gavin@uktapes.com  
**Membership** : Chris Dodge (01799 502769) chris@redrat.co.uk  
**Race co-ordinator** : Robert Woodward (01223 836017) rammie.woodward@virgin.net  
**Race co-ordinator** : Andy Bryant (01223 897249) adbdba@gmail.com  
**Race co-ordinator** : John James (01799 520130) jwjames@talk21.com



Running shoes are more technologically advanced than ever before.

The sales girl told me of this new model that can even predict the weather! I asked "How?" and she said

*"Leave them outside for a little while: if they are wet it's raining, if they are dry it's sunny, if you cannot see them it's foggy".*



## WINTER TRAINING

Winter is the ideal time to build a strong base for your spring & summer running. Long, slow runs are essential to build strength and stamina.

Check out the race calendar on the Striders' website and pick a race to work towards.

Remember to dress appropriately for the conditions. Cold weather often means starting

out with a hat and gloves, which you can remove as you warm up. Don't wrap up too much – dress for weather that feel 10° C warmer than it is outside.

Hi-Viz clothing is a must for road running, but why stick to the roads? We have miles of traffic free paths on our doorstep. Also, many of the byways have recently been resurfaced and are now excellent to run on.

Despite the cold, dehydration is still a danger. Drink plenty of water before, during and after your run.

Record of your training to monitor your progress. Several Striders use the free [www.fetcheveryone.com](http://www.fetcheveryone.com).

Vary your training. Come along to Thursday intervals and hills. Run Tuesdays at different paces. Add faster 'Fartlek' spurts to your runs.

**Running Tips** email your best running tips to [gavin@uktapes.com](mailto:gavin@uktapes.com) for inclusion in the next newsletter

## Tuesday Evening Running Buddy

The rota seems to work very well so we are continuing it throughout 2008.

New volunteers to join the rota are needed. Please contact Chris D [chris@redrat.co.uk](mailto:chris@redrat.co.uk)

## TURING RELAY 16th March 2008

Bury > Cambridge > Bury  
6 stage relay, each stage approx 6 miles  
Interested?

Let one of the race co-ordinators know

## RACE CO-ORDINATORS

John J and Andy B are joining Rob W as race co-ordinators.

Cross Country, 5K, 10K, Turing, Hereward + much more. Maybe even the Round Norfolk Relay

If you want to participate or if you have any suggestions about other events, please let one of them know.

## ON SALE NOW

From Nick M  
01799 521895



Running vest  
£ 13.00

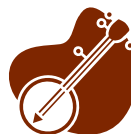


Reflective bib  
£ 5.00



Striders' Reversible fleece  
£ 22.00

## WALDEN BUSKERS



Sat 26 Jan from 8:30pm  
Free admission  
The Railway (Station Road)

Traditional music of the British Isles. Tim Penn and colleagues are celebrating 25 years of playing in and around Walden.

They promise sing-along numbers later in the evening.

## FORTHCOMING RACES

### January

20 Folksworth 15M  
27 Benfleet 15M  
27 Lakenheath 5M

### February

3 Great Bentley 21K  
9 Brands Hatch 21K  
17 Great East 20K  
24 Bury 10M & 20M  
24 Knebworth House 10K

### March

2 Cambridge 21K & 42K  
2 Muddy Marvel 5M  
2 Roding Valley 21K  
9 Mondri March 15M  
16 Turing Relay  
30 Sandy 10M

[www.saffronstriders.org.uk](http://www.saffronstriders.org.uk)

We are using the forum on the website to keep everyone informed about news and events.

Make sure you check it regularly.