

Highlights

Margit W (assisted by Frieda) had a massive PB at the Box Hill Fell Race.

Tina R claimed a PB at the Watford Half Marathon.

Cathy G shot over to Spain for the Barcelona Half Marathon.

John H won cash money in the M70 category at the Bury 10.

June W finished her first ever 10M race in 1:28 at Bury

Alistair C took a 3:24 PB at the Bury 20.

Keith S claimed a 1:45 PB at the Cambridge Boundary Half.

Toby L took 1st M50 prize at the Lode Muddy Marvel 5M.

Steve W & Paul B were 2nd in the Toot Hill Trail Race.

Chris D & Howard W both improved their PBs at the Bath Half Marathon.

John P was back in action at the Sport Relief Mile.

Andy B had a top 10 finish in the Linton 5K.

Chris G ran two quick 10Ks in just 8 days.



12 excellent performances from the 12 Saffron Striders at the London Marathon.

Stephanie C, Stephanie W, Linda N, Sam U & Keith S were outstanding in their first ever attempt at the full 26.2 mile marathon distance.

Sue B & Fiona T again both produced excellent London Marathon runs which will qualify them for automatic entry into the 2009 race.

Amazingly John J ran his first London Marathon 20 years ago. This year he was in unstoppable form and was so unlucky to fail to claim a 'good for age' place by just 45 seconds.

Gavin L knocked 15 minutes off his marathon PB whilst Howard W improved his PB by a massive 29 minutes.

Stephane T surprised everyone except maybe himself by

maintaining his fast start and finishing in 3:13, still looking very cool.

Perhaps the highlight of the day was the start of the elite women's race. Liz Yelling, Gete Wami, Irina Mikitenko lined up at the front of the pack alongside Saffron Striders' own Ros Barker.

60th place in just 3:00:31 means Ros will again qualify as an elite starter in 2009.

ANNUAL DINNER



A great evening was enjoyed by all at The Dish for our annual dinner.

Unsurprisingly Nigel C gave another excellent Chairman's speech in which he reviewed the year and awarded a number of spot prizes. He will be a very tough act to follow next year.

Even less surprisingly, Chris D won the Strider of the Year award for his outstanding performances and the huge amount of work that he does for the club.

Well done Chris.

CROSS COUNTRY LEAGUE

A record number of 126 participants arrived at Newport for the final cross country race of the season. Thanks to everyone who helped make it such a success, especially those on the catering side who could not have anticipated so many people turning up.

The final race saw Anne W, Sam U, Steven I, Keith S & Tony D all make their XC debuts.

Congratulations to Danny C, Chris D, Nigel C & Janet B who all ran in every single league race.

Unfortunately, Saffron Striders were recipients of the wooden spoon. Please don't think that it gets us down. Next year, we will be looking for the same kind of transformation that Ware Joggers enjoyed, going from last place to champions in the space of 12 months.

DEBDEN DILLY DALLY

Come and run the inaugural 6.1 mile trail race around Debden. It will be the first time that Striders will have hosted such an event.

Sunday 11th May 2008 entries on the day only

From The Plough, Debden.
Start times from 10:30 to 12:00.

No route markers - you 'simply' follow the directions on the instruction sheet you get when entering.

PARKING : Please avoid parking in the pub's car park. Use the spaces by the village shop, and on the road in front of the tennis courts instead.

ENTRY : £ 4.00 (including a £ 2.00 drinks voucher)
£6.00 for unattached runners. TRA permit applied for.
Held under UK Athletics rules. Contact : pkburgess@btinternet.com



HEAD IN THE CLOUDS

Nigel C & Steve W are in training for the Three Peaks Race on 24th April 2008.

One race each year is given World Championship status by the WMRA. In 2006 it was Colorado and 2007 it was the Jungfrau.

In 2008, this accolade has been given to the Three Peaks of Pen-y-ghent, Ingleborough and Wharfedale, so the winner of this race will be regarded as the World Champion for long distance mountain running.

TURING RELAY 2008

Saffron Striders entered just one team into this year's race.

John J captained the mixed team which claimed 32nd place out of 61 teams.

Stage 1 was run by Gavin L, who breezed in at sixth place (must have been down to the 23 mile warm up the day before) and also sped off to another race in the afternoon.

Stage 2 was run by John H, who unfortunately came to grief on the treacherous Cambridgeshire footpaths, but refused to stop until the end of his stage. Well done John and glad to see the hip, leg and ankle are recovering.

Stage 3 was taken by Toby L, who stormed into Cambridge to hand over to Nick at the turn-around point, then turned round and ran the same stage back to his car!

Stage 4 saw Nick M battling into the strong head wind, but that didn't stop him overtaking 17 other runners.

Stage 5 was run on six legs, with Margit and her faithful hound Frieda. They were undeterred by the wind and chased down the opposition, with only one person daring to overtake them.

Stage 6 the final stage into Ely was run by John J and allowed an almost permanent view of the Cathedral, which never seemed to get any closer until the last bend around the sports field and finally away from the wind.

Congratulations to Rob W who has now achieved his Level 2 UK Athletics coaching license. We look forward to benefiting from Rob's expertise over the next few months.



Initially, we plan to build upon the Thursday session that is currently running. On alternate weeks there will be a training session on a playing field with the main aim to prepare for the 5K season.

The intervening Thursdays will continue as usual under the wise guidance of Simon T.

In addition, we hope to start running Sunday morning sessions with the aim of improving general fitness and running technique.

All sessions will be suitable for all abilities. Dates & venues to follow.

STRIDER CONTACTS

Chairman : Nigel Coates (01799 523056) allocates@ntlworld.com
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Race co-ordinator : Robert Woodward (01223 836017) rammie.woodward@virgin.net
Race co-ordinator : Andy Bryant (01223 897249) abdba@gmail.com
Race co-ordinator : John James (01799 520130) jwjames@talk21.com

KEVIN HENRY 5K SUMMER LEAGUE



The first Thursday evening of each summer month will see Striders

battling with the running clubs from Newmarket, Haverhill and Cambridge & Coleridge in the summer 5K league.

All members of all abilities are encouraged to participate in these enjoyable, informal races.

5 June : Newmarket 7:30pm
3 July : Cambridge 7:30pm
7 August : Haverhill 7:30pm
4 September : Saffron Walden 7:00pm

It is our turn to host the trophy presentation evening with refreshments after the final race on the 4th September.

WE NEED YOU TO RUN FOR US



FORTHCOMING RACES

May

1 Newmarket 3.5M
4 Gt East Anglian 10K
5 Ashdon 10K
5 Impington 5K
5 Watford 10K
11 Newport 10K
11 Debden Dilly Dally 6M
18 Gt Baddow 10M
18 Magog 5M
26 Hatfield Broad Oak 10K
26 Brandon Half Marathon

June

1 Tilty Hilly 5M
1 Whipsnade Zoo 10K
5 Newmarket 5K
8 Stortford 10K
8 Southend Half Marathon
8 St Albans Half Marathon
15 Stansted 10K
15 North Downs 30K
15 Ramsey Abbey 10K
22 Ely Sunshine 10K
22 Mersey Island 13M

July

3 Cambridge 5K
6 High Ongar 10K
11 Great Bentley 5M
13 Lee Valley 10K
13 Felsted 10K
20 St Ives 10K
27 Newmarket 10K
27 Harlow 10M

August

1 Wibly Wobby Log 5M
7 Haverhill 5K
10 Wandlebury 5M



Saffron Walden Triathlon

22 June 2008

750 swim—25K bike—5K run

Enter individually or in a team of 3

Walden Tri also operate swim, bike & core fitness training sessions.

Check out their website

www.waldentri.co.uk



Debs & Clare will be pleased to assist you in purchasing the perfect running shoes to suit your running style.

10% discount for Saffron Striders on sales over £ 50.00

Cromwell Road, Saffron Walden
Tel : 01799 527 528

Tues, Weds, Fri & Sat - 10am - 5pm
Thurs - 10am - 8pm

ON SALE NOW

From Nick M
01799 521895



Striders'
Running vest
£ 13.00



Reflective bib
£ 5.00



Striders'
Reversible
fleece
£ 22.00

HYDRATION

Every runner knows how important it is to keep hydrated.

Studies show that just 2% dehydration can reduce performance by 15%

A tried and tested method employed by many Striders is to opt for liquid refreshment supplied by The Railway Inn.

Everyone is invited to come along and join us for a drink and a chat at 9:45pm each Tuesday evening.

www.saffronstriders.org.uk

Keep up with all Striders' news

SAFFRON WALDEN 10K

Make a date in your diary : Sunday 28th September 2008
Tell your friends & family - we need runners, helpers & marshals