

RUNNING DIARY

Tuesdays @ 8:00pm

Meet at the Lord Butler Leisure Centre for the town circuit or when the evenings are light enough, off-road routes. Suitable for all abilities

Tuesdays @ 9:45pm

Apres-run discussion & beverage at The Railway Arms, Station Rd Suitable for all abilities

Thursdays @ 7:30pm

Meet at Lord Butler Leisure Centre for alternate weeks of Hill or Sprint training. Suitable for all abilities

5K Summer League

First race 29th June, 7.30pm from Swan Meadow Car Park Suitable for all abilities

RUNNING COMPANIONS

We have a rota of Tuesday evening runners who will run the distance & speed to suit new / potential members.

Ask Rob if you want to be included on the rota or if you want a running companion.

RECENT HIGHLIGHTS

18 Striders (a record number) competed in the Walden Cross Country in January

The Striders women's team won the 05/06 Cross Country League. The men came 3rd.

Strider of the Year went to Ros who then won the FV35 class at the Folksworth 15

Nigel, Nick, Rob, Steve, Paul, Gavin & John all managed to get lost at the Cambridge Boundary run.

Andy posted an impressive PB at the Broadland Half Marathon

Claire came 2nd with a WAVA of over 70% at the Bildeston Half

OPEN FOR DISCUSSION

The Tuesday evening run starts at 8.00pm. How about starting at 7.30pm during the summer to make the most of the lighter evenings?

It's your club. What are your thoughts?

The benefits of joining a running club ?

If you are already a member of Saffron Striders, then you will be well aware of the benefits of joining a running club.

Running might just be the ultimate way to get and keep fit.

It is low cost, you can do it anywhere, it is very easy and it is highly effective.

One of the great things about joining a running club such as Saffron Striders, is that it links runners with other runners.

You will get motivation and enjoyment from running with other people.

No matter how fast or slow you are, you will

find other people in the club who are about the same standard.

You will get a wealth of advice from the experienced runners on how to start running, how to avoid injury, how to

chases at many sports shops and free entry into our annual ballot for London Marathon places.

All this plus much more for the embarrassingly low sum of just £ 15.00

For further information on Saffron Striders

Visit the website, turn up to LBLC @ 8.00pm for a Tuesday Evening Run or call 01799 500109

improve.

The club also organises its own races and will give you information on how to enter and train for other race events.

Also, as Saffron Striders is an affiliated running club, you get special entry rates for most races, discounts off pur-

It's not just hard work

Saffron Striders also has a busy social arm of the club.



We organise BBQs, beach trips, wine tasting, family days, the annual dinner and of course, our famous Christmas Tinsel Run.

This is in addition to our weekly Tuesday apres-run session of talking & drinking in the Railway Arms.

5K LEAGUE

The summer 5K league is once again kindly sponsored by Kevin Henry Estate Agents.



The first race will be on Thursday 29th June.

The races are open to all members of all abilities.

We need as many runners as possible, to help us improve on 2005's 3rd position.



FRENCH CONNECTION UK

The photo shows Geoff, Christine, Claire & John before the Le Touquet 10K last year.



The 2006 race is on Saturday 1st July at 4.00pm

Pre-register otherwise you need to get there before noon to enter.

Remember to take your Striders membership card along with you.

FUTURE RACES

HENHAM 10K
Sun 21 May 10.00am

GOG MAGOG 5 mile
Sun 21 May 10.30am

GREAT EAST ANGLIA 10K
Sat 28 May 10.30am

HATFIELD BROAD OAK 10K
Mon 29 May 11.00am

BRANDON HALF MARATHON
Mon 29 May 10.30am

TILTY HILLY 5 mile
Sun 4 June 11.00am

SAFFRON WALDEN 10K RACE >> 10th anniversary <<
Sun 24 September 10.30am

Terrific course, excellent organisation, individual / team events
Entry forms now available on the website or calling 01799 500109