



# STRIDES AHEAD

The newsletter of SAFFRON STRIDERS RUNNING CLUB

MAY 2007

## RUNNING DIARY

### Tuesdays @ 8:00pm

Meet at the Leisure Centre  
A couple of different paced groups running out-of-town circuits. Suitable for all abilities.

### Tuesdays @ 9:45pm

Meet at the Railway Arms  
Post-run chat & beverage.  
FREE DRINK when you turn up for the first time.

### Thursdays @ 7:30pm

Meet at Leisure Centre  
Alternating weeks of Hill or Sprint training.  
Suitable for all abilities

### 5K Summer League

7 June - Saffron Walden  
5 July - Cambridge  
9 August - Newmarket  
6 September - Haverhill (tbc)

### Handicapped Evening Run

Tues 22 May—8.00pm from Sports Centre

### Summer Relay & BBQ

Sat 15 July - All welcome

## FORTHCOMING EVENTS

**Handicapped Evening Run** - At 8.00pm on Tues 22 May we are planning to run a 4 mile circuit from the Sports Centre. Based on the time trial results or other races, each runner will be handicapped according to their WAVA age-related rating. The least experienced runners will start first and (probably) Chris Dodge will start last. There will be post-run nibbles & refreshments plus a small prize for the first runner back.

### Club Relay & Summer BBQ

On the 15<sup>th</sup> July we are again organising an in-club relay followed by a BBQ. Each team of 3 will be a mixture of abilities and experience, with the stages divided into different lengths so that everyone can participate.

Make sure that you let Robert or Jim know if you want to be involved.

The club BBQ will follow in the evening. Try

*Do you know someone who would like to be a Strider ?*

*Get them to turn up at 8.00pm for a Tuesday Run, call 01799 500109 or pop into Runnerway in Cromwell Road*



The Turing Twelve



*Running is a mental sport.  
Does that mean we're all insane ?*

## New / Potential Members

Each Tuesday evening we have a nominated member who will run the distance and pace to suit new / potential members.

Remember to ask for the Running Buddy when you turn up on a Tuesday.

## 5K LEAGUE

Come along to run at the summer evening 5K races.

If you can run 5K, then we want you to run for Saffron Striders.



The first race is in Saffron Walden on Thurs 7th June.

7.30pm start from Swan Meadow Car Park.

## ?? QUESTIONNAIRE ??

We want **YOU** to get more from the club.

Help us by completing the enclosed questionnaire and returning by **23rd May** - thanks.

## PRESS REPORTS

Remember to send your race results & photos to John for inclusion on the website and in the local papers  
pamjohn@ntlworld.com



**CONGRATULATIONS** to Cathy, Frances, Rebecca, Alan, Debs, Sue, Howard, Anthony, Danny, Matt, Andy, Ros & Nigel.

Terrific performances by all twelve Saffron Striders, especially given the very tough running conditions.



The structure of Athletics in the UK has changed. On the 1st April we became affiliated to England Athletics (EA). We pay an club fee plus an additional fee for each club member which gives you EA membership and reduced entry to most races. For this, we have to submit details of each member to EA. If anyone has any concerns about this, then let Club Secretary Chris Dodge know 01799 502769

## Member's Folders

Let Janet know if you haven't received your member's folder or your membership card yet.

There are still a few membership fees outstanding.

Come on, it's only £ 17.00

## RECENT HIGHLIGHTS

We had a fantastic evening at the annual dinner where Gavin Long won Strider of the Year.

Two Striders' teams participated in windswept conditions in the Turing Relay from Ely to Cambridge.

PBs were achieved by Steve White (Bungay 20K), Chris Gibson (St Clares Hospice 10K) and Carole Wigley (Mondi 15M).

Paul Burgess competed in 4 trail races in 8 days, finishing 12th in the Essex Easter Eggstravaganza.

Liz Shields ran as a Strider for the first time in the Sawston 5M.

Danny Collins ran three sub 1:28 half marathons in 6 weeks.

## THURSDAY TRAINING

7.30pm on Thursday currently means hill or sprint training. We are also going to introduce supervised interval training for all abilities, followed by refreshments— info to follow.

## FUTURE RACES

- 7 May - ASHDON 10K
- 13 May - NEWPORT 10K
- 20 May - GOG MAGOG 5M
- 20 May - GT BADDOW 10M
- 28 May - HATFIELD B'OAK 10K
- 28 May - BRANDON HALF
- 3 Jun - TILTY HILLY 5M
- 10 Jun - HENHAM 10K
- 24 Jun - MERSEY ISLAND HALF
- 30 Jun - LE TOUQUET 10K
- 1 Jul - NEWMARKET 10K
- 8 Jul - FELSTED 10K
- 3 Aug - WIBBLY WOBBLY 5M
- 5 Aug - HARLOW 10M
- 9 Sep - GT BARDFIELD 10K

## SAFFRON WALDEN 10K RACE

Sunday 30 September 2007

Terrific course, great event—tell your friends & family

Entry forms now available on the website or calling 01799 500109

Keep up with all Strider news [www.saffronstriders.org.uk](http://www.saffronstriders.org.uk)