

## FLORA LONDON MARATHON REPORT

### RUNNING DIARY

#### Tuesdays @ 8:00pm

Meet at the Lord Butler Leisure Centre for group runs over a variety of 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

9 PBs made it possibly the most amazing day in Striders' history.



Ros Barker produced an epic run of 3:11 which qualifies her to start the 2007 race alongside Paula Radcliffe and the other elite women.

Also invited to start with the elite runners will be Phil Robson who finished a mere 300 places behind Haille Gebrselassie.

Liam McLaughlin smashed his previous FLM time to sneak under five hours and Sue Bunten was awe-

inspiring with 3:40 which secures entry into the 2007 event.

Claire Waters produced an outstanding PB of 3:23 and Nigel Coates also set a PB of 2:50 which secured him 568<sup>th</sup> position.

Terry Downing produced another sub 4 hour run and Regan Willis finished in the top 10% with an impressive time of 3:21

Even with a heavy cold, Anthony Bonelli still clocked 4:38

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

Andy Bryant recorded a superb time of 3:23 and in his first ever London Marathon, Rob Woodward finished with an impressive time of 3:28

Steve White generally prefers the peaks of the Alps but nevertheless still produced a PB of 3:39



### Round Norfolk Relay 16 / 17 Sept 2006

2006 could see our first ever appearance in this epic 17 leg, 24 hour relay.

We still need more runners & support crew (cyclists, time keepers, drivers etc) before we can enter a team, so give Nigel a call on 01799 523056 to get involved.

The legs vary from 5-20 miles over a variety of terrain.

Each runner is followed by a support team (bicycle or car with flashing light).

The challenge is not how quickly the team finishes, but how accurately they predict their finishing time.

All members of all abilities are urged to participate.

### 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

Clare Parry produced a PB performance in the Basildon 5.

Gavin completed his first marathon 4hrs 5mins in Rome.

Bryn won the Henham 10K and Patricia was the first lady home.

Chris Gibson, Sarah Warner and Paul Burgess all set PBs in May.

Bryn became Herts U20 champion at a variety of distances.

Janet was the first female home at the Newmarket Gallops.

Patricia was the first female vet at the Brandon Half Marathon and Claire Waters was the first female vet at the Tilty Hilly.

Margit was the second placed local female in the Walden Triathlon

A specialist running shop, complete with treadmill gait analysis has opened in Cromwell Road, Saffron Walden.



Our own Clare Parry is among the staff, so make sure you visit her next time you need shoes or running gear.

### 5K RACE—don't forget

Thurs 29 June 7:30pm

Swan Meadow Car Park

### STRIDERS' FLEECE

We will shortly be ordering some reversible fleeces (waterproof one side, fleece the other).

They will be black with a small 'tasteful' crocus logo on the breast pocket.

It is anticipated that the cost will be around £ 35.00

Just imagine how our cross country rivals will tremble when they see the professional looking Striders turn up to the next race.



Call Nick on 01799 521895 to make sure you are included in the order.

### UPCOMING RACES

Felsted 10K : 9 July

The Abbey 10K : 23 July

Striders' 21K Relay : 23 July

Harlow 10M : 6 Aug

Milland Valley 21K : 6 Aug

Cambridge 5K : 10 Aug

Newmarket 5K : 7 Sep

Great Bardfield 10K : 10 Sep

Round Norfolk Relay : 16 Sep

Walden 10K : 24 Sep

### STRIDERS' HALF MARATHON RELAY & BAR-BE-QUE

Sunday 23 July : Mixed ability teams of 3, selected with the aim that all teams finish at approx at the same time.

Probable start at 2:00pm and finish about 4:00pm, then a BBQ at Geoff & Christine's about 5:00pm.

This is a Striders' social event, so bring your own food & drink. Make sure you contact John, Nigel or Clare to put your name down.



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

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

Tell your friends & family - technical running top for each finisher  
Entry forms now available on the website or calling 01799 500109