



# STRIDES AHEAD

The newsletter of SAFFRON STRIDERS RUNNING CLUB

SEPT 2007

## RUNNING DIARY

### Tuesdays @ 8:00pm

From the Leisure Centre

This is the main club run. Different speeds following our 6.65 mile winter route.

Shortcuts allowed - suitable for all abilities.

### Tuesdays @ 9:45pm

Meet at the Railway Arms

Post-run chat & beverage.

FREE DRINK the first time you turn up

### Thursdays @ 7:30pm

From the Leisure Centre

Alternating weeks of Hill or Sprint training.

Suitable for all abilities

### Time Trial (participation optional)

The last Tuesday of each month around the winter circuit

### Hereward Relay

Sun 25 Nov - Teams of 4 needed

### Cross Country League

Dec / Jan

Dates & venues to be confirmed

### Tinsel Run

Tues 18 Dec

### AGM

## Summer 5K League

The season finished with victory again for C&C. Newmarket just pipped us to second place.

A fantastic number of 35 different Saffron Striders ran during the season, with Chris Gibson, Monica Krylander and Chris Dodge participating in every race.

## RECENT HIGHLIGHTS

PBs were achieved by Paul B, Steve W & Laura M (Hatfield 10K), Gavin L (White Peak 21K) Laura M again (Henham 10K) Liz S (Newmarket 10K) Steve W & Janet B (Bardfield 10K) Janet B again (Epping 10K)

Carole W, Tony D, Chris D, Matt H, Gavin L & Kate H completed the Walden Triathlon.

Steve W (as you may have seen in the local papers) participated in the tough Borrowdale Fell Race.

8 new members made their debut for Striders in the 5K league— Anne W, Fiona T, Janet B, Laura M, Liz S, Stephane T, Tim G & Kim H,

Chris D held off Janet L to win the individual 5K Strider award.

**SAFFRON  
WALDEN  
10K**

**Sunday 30 September 2007 10:30 start £ 6.00 affiliated, £ 8.00 unaffiliated + £ 2.00 on the day**

Entry forms now available on the website, by calling 01799 500109 or visiting Runnerway,

If you are not running, then please, please, please help out on the day. We need people to marshal the course, man the car parks, serve refreshments, set up the start / finish areas etc, Let Nigel or Nick know if you can help.

## QUESTIONNAIRE FEEDBACK

Many thanks to all those who filled out the club questionnaire. There was quite a mixed set of responses, which makes providing concise feedback quite difficult, however Rob produced an excellent summary, highlighting the main recurring themes. Generally the feedback was positive with the two main themes being i) that both publicity and the club website are very good and ii) many new and less experienced runners would like more support.

Following quite a detailed committee discussion, we now hope to start addressing some of these issues, and in fact have already attempted to introduce some changes:

### Tuesday Evening Training

Many people would like to see better support for new and less experienced runners on Tuesday evenings, especially in the summer with so many different running speeds, distances and routes. As a result, we have recently attempted to make the summer evening runs more structured by using several guide runners, ensuring that everyone starts with a group and trying to stick to a few main routes so that more members can get to know the way. More emphasis will also be placed on guides ensuring that no group members get left behind in case of accident or navigational problems.

### HEREWARD RELAY : 25th November

38.4 mile route, split into 4 stages from Peterborough to Ely.

Get yourself into a team of 4 and let race co-ordinators Rob or Jim know.

## WEBSITE FORUM

We are going to start utilising the website forum more to inform everyone of events & news.

Please check it often

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



## PHOTOS

We need photos for the website & press reports— please forward them to [pamjohn@ntlworld.com](mailto:pamjohn@ntlworld.com)

As we are now back on the winter town circuit, this is not such an issue, but we still need to try and ensure that most runners do have a group with which to run.

### Coaching

There is quite a strong demand for coaching so we have contacted Essex AA about what coaching schemes they have on offer. In the longer term, the club should be trying to improve its coaching, and Rob is the first to have started this having completed a level 1 course.

### Ladies Running

This seemed quite a prominent theme, so it is suggested that the club run a Thursday evening ladies session in parallel with the interval/hill training session. We need a group of volunteers to take responsibility for this, so if you are interested in participating and/or helping, then please let Nigel or Chris know.

Please continue to provide comments and feedback as to how the club operates, and help in the organisation of any of the club's activities is always greatly appreciated. If you would like to see the full summary, please contact Nigel.

*Do you know potential Striders ?*

*Get them along 8.00pm for a Tuesday Run, call 01799 500109 or visit Runnerway*

Keep up with all Strider news

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

## FUTURE RACES

### SEPTEMBER

30th SAFFRON WALDEN 10K

### OCTOBER

7th ABINGTON 10K  
7th MANUDEN 10K  
7th SOUTHEND 10K  
14th TIPTREE 10M  
14th LEE VALLEY 10K  
14th RIDGEWAY 15K  
14th GREAT EAST RUN 20K  
14th TOUGH CHALLENGE 21K  
21st HATFIELD HOUSE 10K  
21st BASILDON 5M  
21st AMPHILL XC CHALLENGE  
27th SNOWDON MARATHON  
27th BEACHY H'D MARATHON

### NOVEMBER

4th BILLERICAY 10K  
4th STEVENAGE 21K  
11th STEBBING 10M  
11th STOWMARKET 7M  
12th HELLRUNNER  
18th ST NEOTS 21K  
18th BISHOPS STORTFORD 10M  
25th HEReward RELAY 38.4M

### DECEMBER

2nd NORWICH 21K  
9th BEDFORD 21K  
10th NENE VALLEY 10M  
26th WITHAM 5M  
31st ELY 10K  
31st BUNTINGFORD 10M