

RUNNING DIARY

Tuesdays @ 8:00pm

Depart from the Lord Butler Leisure Centre for group runs on the winter circuit

Tuesdays @ 9:45pm

Apres-run discussion & beverage at The Railway Arms, Station Rd

Thursdays @ 7:30pm

Depart from the Lord Butler Leisure Centre for alternate weeks of Hill or Sprint training.

Cross Country League

3rd Dec : Ware
17th Dec : Bishops Stortford
7th Jan : Saffron Walden
14th Jan : Harlow

STRIDERS TIME TRIALS

The last Tuesday evening of each month will be classed as a Time Trial session.

Basically, you run the winter course as fast as possible and time yourself. Give this time to Rob who will maintain a log so that you can monitor your progress over the winter season.



Usual Tuesday evening runs will still be on for those not wishing to participate.

UPCOMING RACES

- 18 Oct Peterboro' Half Marathon
- 22 Oct Wix Essex 5M
- 29 Oct Hatfield House 10K
- 5 Nov Stevenage Half Marathon
- 12 Nov Stebbing 10M
- 19 Nov St Neots Half Marathon
- 19 Nov Bishops Stortford 10M
- 26 Nov Hereward Relay
- 3 Dec Luton Marathon
- 3 Dec Ware Cross Country
- 10 Dec Bedford Half Marathon
- 17 Dec Bishops Stortford X/C
- 26 Dec Witham 5M
- 31 Dec Buntingford 10M
- 31 Dec Ely 10K

See website for further information

WALDEN 10K : 10th ANNIVERSARY

Sunday 24th September was a remarkable occasion. It was the fruition of hours of hard work and the result was a hugely successful 10K race that everyone seemed to thoroughly enjoy.

We were only able to make it such a special occasion and give each finisher a fantastic technical, wicking running top thanks to the generous assistance from Kevin Henry, Holroyd, Benten & Co, Chesterford Research Park, Colin Clapp and Johnson Matthey.

One of the highlights of the day was surely the goody bag, for which we are indebted to Waitrose, Runnerway, Traidcraft, Ridgeons and Printpack.

For those lucky enough to be marshalling in the park, the band playing an hour long rendition of 'Chariots of Fire' will long live in the memory.

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

The Town Crier, the Farm Club open day and a stunning new course record of 32:19 by Crispian Bloomfield all added to make it a memorable event.

It was a fantastic effort by everyone involved, so a big THANK YOU

BTW The police still

have no leads regarding the theft of our huge green parasol and steel-weighted base that was pinched from the course between 9:15am - 10am



Round Norfolk Relay

We decided not to participate in the 17 stage relay this year as we could not guarantee being able to raise a team. Maybe next year?

RECENT HIGHLIGHTS

Visit the specialist running shop in Cromwell Road.



Flash your Striders membership card for a 10% discount on purchases over £ 50.00

CROSS COUNTRY SEASON

Mud, fields, hills, mud, streams, mud, forests and even more lovely mud.

The season is compact this year (4 races squeezed in from 3 Dec to 14 Jan).

All members of all abilities are encouraged to participate.

RECENT HIGHLIGHTS

Clare W & Bryn R won the individual awards for the 5K summer league.

Paul B completed his first trail marathon in 4:11

Nick M finished in 1:27 for the Newark Half Marathon

John H competed in his 21st race of the year.

Manuden 10K - Christine W posted an impressive 52:12

Grundy Fen Half Marathon—The Striders team came 8th, mainly thanks to great runs by Phil R & Nigel C

Clare P recorded 1:18 for 10M at the impressively titled British Masters Road Race Championship.

RUNNING COMPANIONS

Below is the rota of Tuesday evening runners who will run the distance & speed to suit new / potential members.

- 3rd Oct Chris
- 10th Oct Gavin
- 17th Oct Toby
- 24th Oct Nigel
- 31st Oct Time trial

- 7th Nov John H
- 14th Nov Graham
- 21st Nov Claire W
- 28th Nov Time trial

Want to be included ?
Contact Robert W on
01223 836017

THE HERWARD RELAY Sunday 26 November 2006

Always one of the highlights of the year.

Teams of 4 negotiate the 39 mile route from Peterborough Cathedral to Ely Cathedral.

Leg 1 is 6.1M on paths. Legs 2, 3 & 4 are 10-11M and are likely to be a bit muddy.

Saffron Striders entered 5 teams in 2005, with our 'elite' team taking 20th position.

Want to get involved ? Contact Nigel on 01799 523 056



Closing date for entries to the 2007 Flora London Marathon is the **20th October 2006**. Pick up an entry form from Runnerway