

THE PACE



May 2007 Edition

The last Pace was published in December; I offer sincere apologies to our members for the delay in producing this latest edition.

Email

If you would like to receive 'The Pace' and other relevant information on races and club events via email, please send your address to joe.jogger@hotmail.co.uk

Club Mark

Martin Barnes-Smith has now completed all of the work to have our club accredited with Club Mark. Martin has worked tirelessly to achieve this; we have much to thank him for as this is a prestigious award and will benefit the club. It proves to all that the 'Pacers' have everything in place to support our Junior Section. For those of you who do not use the track you will not be aware that there are in excess of 100 juniors who now attend training on a Monday evening.

Athletics

To give the juniors the opportunity to compete in the whole spectrum of our sport, the club has joined a track league to give our over 11's up to and including our senior members the experience of racing in a variety of events and to learn about field events which up until now have been alien to the majority of our athletes.

The club's first foray in the East Anglian League was at Chelmsford on 6th May. Under the guidance of Terry Rigby they managed a very creditable 5th place overall against clubs like Colchester Harriers and Luton. The next fixture is at Great Yarmouth on 24th June, the City of Norwich and Braintree amongst others will be competing there. If you would like to run, jump or throw, or just help then contact Terry Rigby for more information.

The remaining fixtures are: 24th June – Great Yarmouth, 22nd July – Cambridge, 19th August – Colchester, The final is to be held on our home track 16th September.

New Members

We welcome those that have joined our club since the last 'Pace' and hope that they thoroughly enjoy being part of the local running scene

, they are: Clare Steadman & Family, Bruce Crabtree & Family, Chris Perry & Family, Joseph Atherton, Paul Webb, Philip Grose & Family, Nigel Robinson, Claire Dunn, Liz Fenwick & Family and two that have rejoined after a break, Sarah Whyand, Paul White & Family

Christmas Function

Yes it is that long since Christmas, but it would be remiss of me not to mention the Christmas Function held at the Flying Fortress Pub on the 22nd December. We owe Tricia Dennison a huge vote of thanks for getting it off the ground and to Rod Allard for co-ordinating it all. It was a great success with many of the clubs founding members telling stories of yore amongst stories in more recent memory. Long may events like these continue.

Cross Country Season

We have Carl Marston to thank for organising the clubs participation in the various cross country races of last season. He ensured that we had teams in both the Fenn Wright Sunday league and the Wednesday league, which is not an easy task.

The Fenn Wright League races are held at various venues across the county, during the previous 3 seasons we won twice and were runners up last year, on each occasion we were selected to go through to the National Final.

This season we finished 3rd behind Ipswich Harriers and Stowmarket Striders, to score in the league we require 7 men and 3 ladies to run each of those compete in their separate categories for the team awards, but the overall winners are the team that have consistently scored the highest combined total. Our neighbours, the Striders consistently managed to field 2 full teams and on most occasions 3, whilst we struggled to complete a team on numerous occasions.

I would like to ask you all to watch out for the 07/08 fixture list put the dates in your diary and turn out on a Sunday morning to get muddy, especially the ladies.

For those of you with afternoons to spare or flexible working hours the Wednesday afternoon races are a great way of getting in the extra cross country miles and provide the opportunity to run at venues not normally available to the general public. The men finished 2nd and the ladies 3rd last season, so please watch out for those fixtures too.

Marathons:

The spring marathon season is almost over; most of the big city events have been and gone. London, Rotterdam and Hamburg were all visited by some of our club members, but there is still the picturesque Windermere

Marathon to come at the end of the month, Kevin Vaughan is set to compete there with some friends from Thetford AC.

London was the usual flamboyant success, street carnivals, jazz bands, spectators 5 deep lining the course all help to make it the biggest marathon in the world. Rod Allard organised the 2 coaches that took our runners and their supporters to the capital, it is a great stress free way to get to the start, thank you Rod. There were many superb performances from our members, many personal bests and some who were running their first ever marathon. Miranda Wheatley ran yet another negative split to build on her Dublin time in the Rotterdam race and Julian Long also ran a very controlled negative split in Hamburg, many elite athletes run their races in that way it is obviously effective. Congratulations to you all, we realise just how much dedication it takes to train for such an arduous event, especially through those dark winter months and the early morning starts.

Groups like those formed by David Reed and Martin Barnes-Smith and the Paul Goldman group know how important it is having friends to train with on those long Sunday runs on the road. Why not try the forest as an alternative easy on the legs run like Chris Cooke and Julian Long have used to good effect?

I would like to mention one person in greater detail; Roy Miller ran this years London, his longest run ever. What is so remarkable about that? Roy has had a heart transplant, prior to his operation Roy could barely walk to the end of his garden. When he first came down to the track in Bury he could just about complete 1 lap in 4 minutes, most of the people he was training with had run

3 laps in that time, yet this never put Roy off, he persevered and got quicker ran further and last year completed the Tarpley 10 mile road race. I have not been able to find out where Roy's time ranks with others transplant patients, but it is wonderful achievement none the less, to finish in 6 hours and 7 minutes and a very long way from being last, there were over 36,000 runners.

If you need any motivation to train for and take part in a marathon, think about what Roy went through to get from the end of his garden path to the finish on the Mall.

Forthcoming events:

Sunday 20th May - Woodbridge 10k
Sunday 20th May – Oxford Town and Gown
Monday 28th May – Brandon Forest Half Marathon
Friday 1st Jun – Glasswells Bury 5
Friday 8th Jun – Ipswich 5, St Josephs College
Friday 15th Jun – Kirton 5
Friday 22nd Jun – Stowmarket 5, Haughley Park
Monday 25th Jun – Jaffa/Pacers Track Challenge
Sunday 8th Jul – Mutford Road Relays
Friday 13th Jul – Great Bentley 5
Sunday 20th Jul - World Property Centre Forest Challenge – Thetford Forest

Club Races:

The club hosts 4 races a year, 2 cross country events, the Bury 5 and the Tarpley 10. The cross country races take a lot of organising but do not require too many

marshals. On the other hand road races do need the support of many helpers especially for marshalling, car park stewards and water stations. So if you are at a loose end on the 1st June get yourself to Nowton Park for the Bury 5, you can help the club and cheer on your team mates at the same time. If you can make it, let Pete Golding know 01284 750753.

The annual Pacer/Jaffa track challenge will take place at the Northgate Arena, Ipswich on Monday 25th June. Everyone is welcome to come and run in this event, it is a 5K race on the track. There are 3 races, one for the ladies and 2 for the men, which are divided according to the pace you run at. So come along and try to run a p.b. during a friendly race.

The Relay season is almost upon us, the first being the Mutford relays, which offer a superb atmosphere. It is a really friendly event held in a small village, most folk bring along a picnic and enjoy the whole event with friends and like minded people. Each leg is just 5kms, each team has 5 runners, though at least one of our teams must have a lady, a veteran and 3 others in it, the remaining teams can be made up of any runners the race starts at 12 o'clock declaration by 11.30. If you would like to have a run in one of the teams, please let Pete Golding know.

View from the chair:

As many of you know I am in the Royal Air Force based at RAF Honington, long ago Sarah and I decided that we would like to finish my RAF career here. I now know that I will spend the remaining part of my time in the RAF at Honington and to that end we have bought a house in Risby, which we are renovating and hope to move in by July. What I could not have predicted is that I would be going 'Out of area' for 6 months, this has now happened and the prediction is that I will go in December (now changed to August) of this year. It is therefore with great regret that I have to inform you that I will resign as Chairman at the AGM, as I believe that the post requires someone to be here indefinitely. I have thoroughly enjoyed my time and will continue to support the club in anyway that I can.

The committee and I will continue to do our best for the club, I have been asked to organise a summer social event/BBQ which I am considering.

Humour:

A man deciding to take up jogging, but was astounded by the wide selection of jogging shoes available at the local sports shop. While trying on a basic pair of shoes, he noticed a minor feature and asked the assistant: "*What is this little pocket thing on the side for?*" And the assistant said: "*Oh, that's to carry spare change so you can call your wife to come pick you up when you've jogged too far.*"

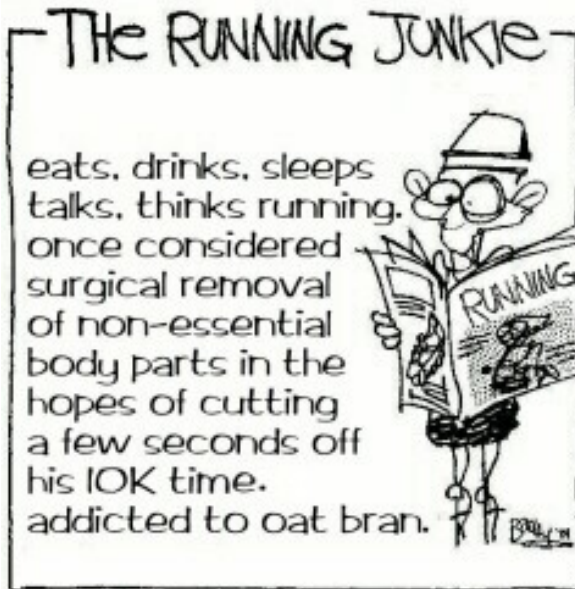
Michael Johnson, the Olympic gold medal runner, was on his way to a club with some friends. At the door, the bouncer turned to him and said: "Sorry, mate, you can't come in here — no denim." Michael was quite annoyed at this and retorted: "Don't you know who I am? I'm Michael Johnson." "Then it won't take you long to run home and change, will it?" replied the bouncer.

Two walkers on a forest path came round a bend to find an enormous brown bear about 75 yards in front. The bear spies them and began running toward them at a full speed. One walker dropped his rucksack, sat down, took off his boots, and started lacing up a pair of running shoes. The other walker said: "What are you doing? You will never outrun that bear!". The first hiker replied: "I don't have to outrun the bear....."

Running on Empty

by Jason Nocera (www.nichecartoons.com)





If you would like to have an article published in the PACE send it to Pete Golding.