

Stour Valley Marathon - Race Report

Report by Mary Narey

If you know me you will know that I like off road, self-navigated routes. The Stour Valley Marathon ticks both these boxes. The Marathon is a beautiful course starting from Nayland and doing a figure of eight along part of the Stour Valley Path, as well as the Essex Way and St Edmund's Way. The race notes say "The route is scenic and surprisingly hilly for East Anglia, featuring over 1,500 ft of climbing". Great. That's another couple of boxes ticked for me!

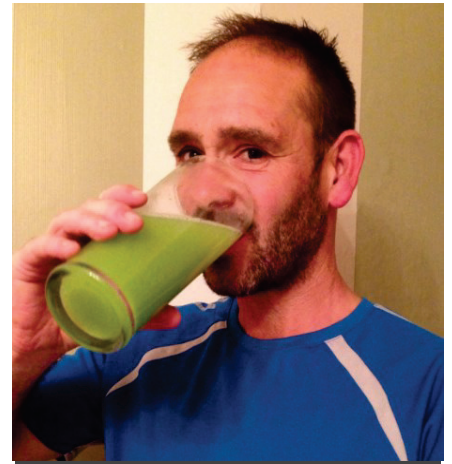


This was the first running of the event. I was running as part of my preparation for Race to the Stones in July, Chris Seymour and Jason Allard were doing a recce for the Stour Valley Path Ultra in August and Tina Belson was running for fun!

At 8.45 am there was a race briefing and by 9.00 am we had ambled out to the starting flag at the back of the Village Hall and were off through the streets of Nayland and up and out into the countryside. The trails passed through picturesque Stoke by Nayland and then on to Stratford St Mary before starting to loop back towards Nayland. By this time we were starting to group together with other runners, collaborating to find the way and discussing our running biographies. Back at Nayland, after topping up our water and grabbing a piece of cake, we headed out towards Little Horkesley and then Wormingford where hymns were being sung as I passed by the church. We dropped down into the valley, crossed the river near Bures at the mill then up and out again along St Edmunds Way to start the final leg back towards Nayland and the finish. The undulating, off road terrain continued to provide glorious sights and sounds of the countryside to help our weary legs on their way.



Back at the finish we collected our individually painted horseshoe mementos and tucked into plates of hot pasta. What a great day! Who is coming with us next year?



STRIDER SECRETS

Jason Allard, Mens Team Captain alluded to his best pre-race meal in the last newsletter. He prefers either porridge or his favourite homemade juice, so here it is the

Mean Green.....

Yield: 1-2 Servings 16oz. (500 mls)

Ingredients:

- 1 cucumber
- 4 celery stalks
- 2 apples
- 6-8 leaves kale
(Australian tuscan cabbage)
- 1/2 lemon
- 1 tbsp ginger

Jason says 'I also add half a lime sometimes for taste!'

Put all the ingredients into a juicer and juice.

A great nutritious drink .

