

# RIVERSIDE RELAY

November 2002

## Overwhelming!

That's the best way to describe the first running of the St Neots Riverside Half Marathon.

From Start to Finish it was a smooth operation, but it was no accident, it was down to the very hard-working organizing committee, Club members, families and friends. Steve's article on page 15, written before the race, details some of the work involved. We will hear a lot more about it in the next Relay.

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I heard on the news last week that the French authorities have notified Interpol to help in their search for a group of people from England who are suspected of removing a highly valuable banner from the Reims Marathon route, with the name REIMS on it.

The main suspect is described as – female, white, in her 50's and 'well spoken'.

A reward is being offered, anyone with information is asked to contact Interpol on Reims 121212.





## Chairman's Letter

Dear members

First I would like to welcome all our new members to the club, I look forward to running with you in the near future. I would also like to congratulate Nicky and KP on the birth of their second daughter and Jean who has just celebrated a very special birthday.

Now on to the running, both juniors and senior are near the top of the frostbite league with the vets not far behind and with two races down and four to go, it's going to be tough at the top.

The first Riverside Runners Half Marathon will be ran on Sun 17<sup>th</sup> Nov, and the entries for this are going well, so much so there may not be any on the day entries.

So what's in the near future? By now you all would have heard about the proposed move to the **Sports Association**, The committee have decided to have a nine month trial period so all our members have the chance to run from there and see what an opportunity this could be.

The senior **Presentation Night** is on Sat 25<sup>th</sup> January 2003, this will take place in the St Neots Bowls Club, all the arrangements have now been made and tickets will be going on sale from the December club meeting, this is not a night to miss.

**London Marathon** places, the club has three guaranteed places, which will be drawn at the January meeting, remember it's your rejection slip that's your raffle ticket and you must be a paid up member by the 1<sup>st</sup> January to enter the raffle.

It is nearly that time of year again, when the shops get busy and the parents stressed, but the ideal break from this festive stress is to join the many runners on Thursday 19<sup>th</sup> December for a festive run in Christmas fancy dress – hope to see you there.

I look forward to seeing you at the next meeting.

Regards

Mark

## Your Committee

Mark Beagley	Chairman	01480 381783
Pip Peakman	Secretary / Kit	01767 651966
Chris Windebank	Treasurer	01480 393898
Phil Redden	Club Captain / Vice Chairman	01480 212895
Keith Pritchard	Championship	01480 392939
Keith Ritchie	Championship	01480 381410
Julie Stock	Social Events / Raffle / Calendar / Kit	01480 471897
Gary Barnes	Social Events	01480 216810
Tony Hainsby	Results	01480 390979



## Useful Contacts

Relay	Ken Leckie	01480 350373
Riverside 1/2	Steve Ellis	01480 477183
Child Protection Officer	Steve Ellis	01480 477183
New York Fund	Frank Scutt	01480 393228
Results	Tony Hainsby	01480 390979
Physiotherapy	Sue Smith	01480 213365
Club captain/coach	Phil Redden	01480 212895
Star Awards	Tony Hainsby	01480 476282

## **CAPTAIN'S LOG**

What a busy few months since the last issue of The Relay. In June Sergeants Peakman and Stock persuaded me to take part in another Adventure race, this time in the Peak district. This involved leaving at 4am, driving to Derbyshire, running in the hills for 3 hours, cycling for 6 hours, plus a bit of canoeing and abseiling. Due to the fact that we acquired more penalty points than bonus points we were just pipped to first place by 1,000,654 points. All this as well as shutting my thumb in the van door at 4am at Pip's house, trying not to swear, and then breaking off the door handle. But I take my hat off to Julie and Pip for they are real stamina girls.

July and the St Ives 10K. This was my first attempt at this and I overtook Kevin Sadler in the last kilometre and thought I'd taken a scalp, but he took me back in the finishing funnel.

The Wibbly Wobbly Log Jog also takes place in July. This race is held in Thetford Forest on the last Friday of July. A fantastic race through the woods including old bomb craters and twisting tight turns for 5 miles. But best of all fish and chips at Brandon on the way home.

The Round Norfolk Relay this year seemed to be the best ever with everyone from both teams having a good run. My funniest memory was Dave Manning cycling on his daughter's tiny bike because his didn't fit in his car. But the best memory was Woody finishing on the track with masses of Riversiders cheering him in, a very emotional moment.

Onto the Frostbite. What a brilliant job Woody and his team did, it seemed to go without a hitch, although I found out later that it nearly had to be cancelled due to a booking confusion with the

football club. Also a big thank you to Woody's brother Terry who organises the car parking at the event. He is not a runner, but he turns out every year to do this for us. I gave him a hand this year and found out what a hard task it is.

The Reims trip has been the high point of the year so far. It was a very well organised event and thanks to Mark for arranging it. I enjoyed the marathon course with its changes of direction and loops of the town and the drinks stations were like market stalls with all manner of energy drinks, fruit and sugar lumps.

I have been turning up for the last few Thursday night training sessions and have been pleasantly surprised at the number of new faces that have joined us. Lets hope this trend continues. These sessions are supposed to be training, but a few of the lads and lasses end up racing each other, not all that social but a good way of improving speed.

Last Sunday (27<sup>th</sup> Oct) I arranged a recce run of the new half marathon course. I awoke to a howling gale and wondered whether to run in it, but as I had suggested the run I decided to go. I battled my way over the common into the strongest headwind I have encountered thinking to myself no one else will be out on a day like this I must be mad. But I need not have worried there were plenty of other mad runners out. With hindsight we should have stayed in bed because the wind got worse and it was potentially dangerous, but we all finished safe and sound. If it's windy on race day it will be a tough event with few P.B's.

Phil



## Riverside Runners Calendar – November / December 2002

Sunday 17	10.15/9.30am	<b>ST NEOTS RIVERSIDE ½ MARATHON &amp; 3K FUN RUN</b>
Monday 18	6.30pm	Club run
Tuesday 19	6.30pm	Speed work (George and Dragon)
Wednesday 20	8.00pm	Circuit training – Bushmead School
Thursday 21	6.30pm	Club run
Friday 22		
Saturday 23		
Sunday 24	9.00am	Hereward 4 Stage Relay / Leicester Marathon & ½ Marathon
Monday 25	6.30pm	Club run
Tuesday 26	6.30pm	Speed work (Cromwell Road)
Wednesday 27	8.00pm	Circuit training – Bushmead School
Thursday 28	6.30pm	Club run
Friday 29		
Saturday 30		
Sunday 1 <b>DECEMBER</b>	1.00pm	Nene Valley 10 Mile / Luton Marathon & 3 Stage Relay
Monday 2	6.30pm	Club run
Tuesday 3	6.30pm	Speed work
Thursday 5	8.00pm	Club meeting – RAFA Club
Friday 6		
Saturday 7		
Sunday 8	10.15/11.00am	<b>FROSTBITE (3) - RAMSEY</b>
Monday 9	6.30pm	Club run
Tuesday 10	6.30pm	Speed work
Thursday 12	6.30pm	Club run
Friday 13		
Saturday 14		
Sunday 15	8.00am	Club run
Monday 16	6.30pm	Club run
Tuesday 17	6.30pm	Speed work
Thursday 19	6.30pm	Club Festive Run (dig out the fancy dress!)
Friday 20		
Saturday 21		
Sunday 22	8.00am	Club run
Monday 23	6.30pm	Club run
Tuesday 24	6.30pm	Speed work
Wednesday 25		<b>CHRISTMAS DAY</b>
Thursday 26		Cople Boxing Day 10 Mile
Friday 27		
Saturday 28		
Sunday 29		Club run / Buntingford 10 Mile
Monday 30	6.30pm	Club run
Tuesday 31	11.00am 6.30pm	Ely New Year's Eve 10K Road Race Speed work
Wednesday 1		

Frostbite	(4)	12 January 2003	March Braza
	(5)	2 February	Bourne AC
	(6)	2 March	BRJ, Huntingdon



## Welcome

**Riverside Runners extends a warm welcome to the following new members.**

Helen Crawley	Helen's main reason for joining is to keep fit and hopes to run the London Marathon one day.
Kathryn Hall	Or Little Jack as she is better known has also joined mainly to keep fit but has aspirations not only to run the London Marathon but also to do the Canal Run having supported Gary and Ray.
Ian Williamson	Ian is looking forward to the social running offered by Riverside and also hopes to run the half marathon.
Sandra Holmes	Sandra has been running since March this year and joined to increase her speed and distance and hopes to run next year's London marathon.
Dean Longman	Dean has competed in the London Marathon (1999) and wishes to increase his training in order to compete in more races.
Nick Swift	Recently taken up running again to keep fit.
Darren Priest	Experienced runner. Member of Nene Valley Harriers, joined us as we are closer to home. Keen to take part in the Frostbites.
Keith Gotch	Ex footballer joined club to maintain fitness and hopes to start racing next year.
Neil Harvey	Neil has been running for twelve years, his favourite race distance is 10K
Petra Otto	Petra is an experienced runner with 15 marathons behind her is a member of Metros and joined Riverside because it is local to her workplace.
Jason Gabb	Been running for 10 months and would like to get involved in competitive events especially the Frostbite.
Severine Piot	Severine is an accomplished Tri Athlete and joined the club to help her in her training.
Peter Bissell	Wants to do a sub. 3hr. marathon and needs the motivation for speedwork etc.
Leigh Scott	Leigh has been running for 2 years and joined Riverside to improve his times and discipline in training.
Alan Hemingway	Alan has been running since April this year. Has joined to run in company, to improve his times and ultimately to complete a marathon.
Kenneth Ivory	Kenneth is someone who loves the Tough Guy, enjoys X-country running and joined the Club to improve times and train with other experienced runners.
Matt Pyecroft	Joined to improve times, to run regularly and train for a full marathon.
Mark Goward	Mark has run most distances up to half marathon and has competed at 800m indoors. Would like to improve his 10K time.
Ian Roach	Ian has been a runner for along time, he has competed in a few half marathons and the London Marathon.
Peter Duthie	Very experienced runner. Having moved around been a member of various clubs and joined Riverside on moving once again to Hilton. Enjoys Trail running and orienteering.
Daniel Simpson	Joined to get fit for the RAF. His ambition to be fit enough to tackle a London Marathon.
Lyndon Whitstance	Lyndon ran as a youngster and has been doing most of his running on a machine recently.

**The Club Membership currently stands at 120 Seniors (94 at the same time last year).**

**Remember! - Be Safe!**

**Always wear reflective tops when out training in the dark winter nights**



## SUMMER SPRINTS CHAMPIONS 2002

This year we thought we would try something new. With eight races to choose from, you had to Score in only four of them. Sounds easy, apart from the scoring races would be picked at random.

The first race was in May and the last in September. The series proved very successful, if also a little tiring for some runners who decided to do all eight races to guarantee all four scores. The races were very well attended with an average of nearly nineteen runners per race, and many P.B.'s along the way. There were also fun runs at most of the races, which again were well attended.

We have listened to comments, and next year when it returns it will hopefully be even better (and a new format).

Well done to all runners who picked up team and individual prizes along the way.

WELL DONE TO **JOHN STOREY & NORMA LECKIE** SUMMER SPRINTS CHAMPIONS 2002.

Thanks.  
The two Keith's

### WOMENS

	<u>LANGTOFT</u>	<u>PETERBOROUGH</u> <u>POLICE</u>	<u>GRIMSTHORPE</u>	<u>DEEPIG</u>	<u>TOTAL</u>	<u>SCORING</u> <u>RUNS</u>
<b>NORMA LECKIE</b>	<b>2</b>	<b>4</b>	<b>5</b>	<b>3</b>	<b>14</b>	<b>4</b>
ANN STOREY	3	3	6	4	16	4
PIP PEAKMAN	1	NOT RUN	2	2	5	3
LYNDSEY FOWLER	NOT RUN	2	3	1	6	3
ANNE FURBANK	NOT RUN	1	1	NOT RUN	2	2
BARBARA READING	5	NOT RUN	7	NOT RUN	12	2
HELEN CRAWLEY	NOT RUN	7	NOT RUN	5	12	2
JANET REDDEN	6	NOT RUN	8	NOT RUN	14	2
JULIE STOCK	NOT RUN	NOT RUN	3	NOT RUN	3	1
SUE SMITH	4	NOT RUN	NOT RUN	NOT RUN	4	1
ROSEMARIE MANNING	NOT RUN	5	NOT RUN	NOT RUN	5	1
JEAN RAGLIONE HALL	NOT RUN	6	NOT RUN	NOT RUN	6	1

### MENS

	<u>LANGTOFT</u>	<u>PETERBOROUGH</u> <u>POLICE</u>	<u>GRIMSTHORPE</u>	<u>DEEPIG</u>	<u>TOTAL</u>	<u>SCORING</u> <u>RUNS</u>
<b>JOHN STOREY</b>	<b>9</b>	<b>9</b>	<b>4</b>	<b>7</b>	<b>29</b>	<b>4</b>
PHIL REDDEN	1	NOT RUN	1	2	4	3
NEIL ADAMS	3	2	NOT RUN	3	8	3
ALEX HAMILL	2	NOT RUN	3	5	10	3
KEITH PRITCHARD	6	3	NOT RUN	4	13	3
TIM PHILPOTT	10	NOT RUN	5	8	23	3
MIKE READING	11	11	6	NOT RUN	28	3
BOB THOMSON	NOT RUN	13	8	9	30	3
JOHN WEST	13	14	7	NOT RUN	34	3
ANDY BOAST	NOT RUN	5	2	NOT RUN	7	2
KEITH RITCHIE	5	4	NOT RUN	NOT RUN	9	2
RUSSELL ARMSTRONG	4	7	NOT RUN	NOT RUN	11	2
JERRY BRYAN	8	NOT RUN	NOT RUN	6	14	2
GEORGE CALLOW	14	10	NOT RUN	NOT RUN	24	2
PHILLIP HAINSBY	NOT RUN	NOT RUN	NOT RUN	1	1	1
LEE WELHAM	NOT RUN	1	NOT RUN	NOT RUN	1	1
STEVE PLEDGER	NOT RUN	6	NOT RUN	NOT RUN	6	1
ANDY HYNES	7	NOT RUN	NOT RUN	NOT RUN	7	1
DEREK HURDEN	NOT RUN	8	NOT RUN	NOT RUN	8	1
RUSSELL STOCK	NOT RUN	NOT RUN	9	NOT RUN	9	1
JACK RIVERS	NOT RUN	12	NOT RUN	NOT RUN	12	1
NEIL SMITH	12	NOT RUN	NOT RUN	NOT RUN	12	1
COLIN BRADBURY	NOT RUN	15	NOT RUN	NOT RUN	15	1



## Loch Ness Marathon

On Saturday 28<sup>th</sup> September, a motley looking crew of Riversiders met up at Luton Airport for an early morning flight to Inverness. Present and correct were: Gary and Tracy Wale, Sue and Neil Smith, Dave and Doreen Pullen, Mick and myself, Gary Barnes, Ray Willett and a friend of Gary's called Mark. Standing in the queue for check-in, we could see other runners around us – old race t-shirts were very much in evidence!

We boarded our Easyjet flight and managed to get seats together. A very comfortable 1 hour 20 minutes passed, and we were landing in Inverness at about 10.00. I personally don't enjoy flying a great deal, and was very grateful to Mick and Gary Wale for letting me squeeze their legs as we landed. I think it took their minds of the landing also!! As we got off the plane, a comment was made about the temperature usually being higher when you arrive at your destination – however; the Highlands were living up to their reputation at that time!

We entered into Inverness International Airport and wondered on which belt our baggage would arrive. We had no problems – there is only one! The Wales, Smiths, Pullens and Entwistles were booked into one of the Travel Inns, so we collected our baggage and grabbed a couple of taxis so we could dump our bags.

On arrival at the Travel Inn, we were told that the walk into town “was about half an hour”. We're runners, we thought. We're fit people – it will probably only take us about 20 minutes. About an hour and 4 miles later we finally arrived in the centre of Inverness – worrying considerably about the Highland estimates of time and distance – were we running a marathon or an ultra on the Sunday?

The registration was not open until 4.30pm, and there was no way that we were walking back to the Travel Inn, and then back into town again that day, so a decision was made to spend the day in the city and go to registration as soon as it opened. We split up into two groups, and Dave, Doreen, Mick and I went for a wander around Inverness. We decided to catch a Guide Friday bus, which took us on a City Tour and then out to Culloden – the day before a marathon, its time **off** your feet that counts as far as I'm concerned!

We enjoyed our tour and then made our way to the Recreation Centre where registration was taking place – another mile or so away from the City Centre! We were having a chat with the organisers about the course. “What is the course like?” we asked. “Gently undulating”, they replied. “We come from Cambridgeshire”, we said. “Very hilly then”, they amended. Oh good!!! We then caught a taxi back to the Inn, enjoyed a meal at the nearby Brewsters, and retired for a very comfortable, deep and relaxing sleep!



The following morning – Race Day- we needed to be back at the Recreation Centre for 7.15am in order to catch one of the coaches that had been laid on to get runners/walkers/mad people to the start of the race. These coaches were the only way to get to the start – miss the coach, miss the race. Again, the taxis of Inverness were doing a sterling job on our behalf.

We all met up in the Centre at about 7.00am – and the ladies of the party were doing their bit to keep the sewers of Inverness well flushed. We were intrigued to see a sign to the “Projectile Room” – still don't know what it was, but I could have used it myself a little later on! It was the first time we had seen Gary, Ray and Mark since the airport. Ray complained to Neil of feeling a little under the weather. “Did you have a heavy night? Neil enquired. Ray assured him that they in fact hadn't been out the night before. However, he confided, the 6 pints they each had before leaving the airport may have been a contributing factor!

We boarded the coaches and made our way down to the bottom on Loch Ness. As well as not enjoying flying, I'm also not a great fan of coach travel – especially early in the morning. The road to the loch was very scenic, and very bumpy and twisty. There were plastic bags in the pocket of every seat, and I'm afraid to say that, within sight of the “Start”, my plastic bag was well used. Needless to say, I began the race feeling very wobbly – it was only the fact that there was no way I was getting back on that coach that made me take part in the race at all – Shank's Pony was the only alternative mode of transport back to Inverness!

Before the start, we were treated to a procession by traditionally dressed Highlanders, and then a bagpipe band. They were excellent and really set the mood for the race. We were surprised to see a guy wearing a





Grunty Fen t-shirt, and went for a chat. It turned out he was Scots, and had friends in Cambridge with whom he had been staying when Grunty Fen was being held. Doreen and I were very surprised to see a lady who we had bumped into training around Grafham when we had done our 18 mile run – it goes to show what a small world the running community really is!

The race began, and I waved goodbye to just about everybody! I started with Gary, Tracy and Neil and went away from them as I began my first “run” in my 8 min walk/ 5 min run cycle, sure in the knowledge that they would catch me up before long. I began playing Cat and Mouse with a man who was run/walking the opposite way round to me – I asked his name – Mike – and he asked where I came from. “Near Cambridge” is my standard answer. “Really? I come from Huntingdon” he replied. Were there any Scots in this race – or did they have more sense?

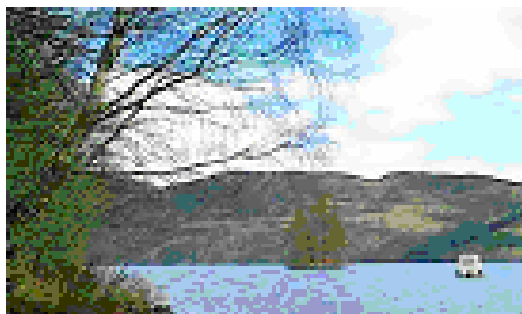
We were aware that there was a hill at 6 miles and another long drag at about 19 miles, but that the rest was supposed to be undulating. Well – I’m sorry, but I defy anyone to call the mountain at 4 miles and the brother of Everest at 5 miles merely “undulating”. There was a very wicked Scots sense of humour at work here – trying to weaken the Sassenachs, I think. Well, it was working! My earlier departure with my breakfast was really taking its toll at about 9 miles, which was when I met back up with Gary, Tracy and Neil. In fact, Neil was all for me catching one of the Red Cross minibuses that came up and down at frequent intervals; I must have looked so bad. However, its well known in my family that I am a stubborn person, and the sponsor money that I had raised for Samuel Pepys School kept me going. I passed a Medical Car at one point and asked if they had anything for sickness. “You don’t feel sick, you’re fine” was their medical diagnosis as I plodded past them. I explained over one shoulder that I had in fact already been ill that morning, and the next thing I knew, they had driven alongside me and popped a tablet out at me. That took the edge of my feeling yuck, and I was finally able to stomach a glucose sweet and eventually a Frusili bar.

The organisation of the race was better than anything I had ever seen. There were drink and lucozade stations every 2 miles or so, which were still open when I plodded past many hours after the winner. All the marshals were still in place and still offering encouragement – many of them young members of the ATS and the Brownies, whom I’m sure had much better things to be doing with their Sunday mornings. I for one was extremely grateful for them staying put. I believe that the last person finished in 7 hours 40 minutes, and that many of them were still there then.

I stayed with Gary, Neil and Tracy until about 19 miles, when Neil put a spurt on and disappeared into the distance. Gary tried his best to get me to stay with him and Tracy, but I think the lack of food and water earlier on in the race had finally taken its toll, and I was hanging on at this point. I told them to go on, and that I would definitely finish at this point. The support of the people of Inverness was great too, and they lifted me to the finish. There were people still standing at the side of the road, and people on bikes who shouted encouragement. At least by this point I knew that “not far to go” was truthful!

The finish was in the Recreation Centre’s athletic stadium, with one lap of the track leading to the finish. All the rest of the club members were there cheering for me, and I was so pleased that I had finally finished. It was great that they all waited – although I think the fact that sandwiches, hot pasta and soup all free being served by the organisers had more to do with it than I did. In fact, I expect some of them; Mick for example, probably wouldn’t have minded if I’d taken an extra half an hour!

We caught taxis (again!) back to the Inn, and had a well-earned bath and a rest. We had all arranged to meet up in the Brewsters that evening, as it was Gary Wale’s birthday that day. Tracy and Sue had arranged for balloons to be on the table, and Gary was taken off to the Kids Area to have his face painted. Gary, Ray and Mark also joined us, and we had a brilliant night reflecting on what had been a spectacular race. The scenery was something else – the sun had shone and the views of the Loch and the mountains behind had been stunning. No sign of Nessie, though – I suppose there is always next year!!



Caroline Entwistle October 2002

**STAR AWARDS**

The following members have been awarded Stars since the beginning of this year - well done.

<b>Name</b>	<b>Star</b>	<b>Race</b>	<b>Time</b>	<b>Date of Race</b>
Neil Adams	4 Star	St Ives 10K	37:38	21/07/02
	3 Star	Peterborough 1/2	1:25:08	17/03/02
	2 Star	London Marathon	3:16:12	14/04/02
Russell Armstrong	3 Star	Linton 1/2	1:28:12	24/03/02
	Completed	London Marathon	3:52:14	14/04/02
Sarah Bowles	1 Star	Grunty Fen 1/2	1:55:50	08/09/02
Colin Bradbury	Completed	London Marathon	5:07:06	14/04/02
Jerry Bryan	3 Star	Whittlesey 10 K	40:55	01/04/02
	2 Star	London Marathon	3:37:02	14/04/02
Eric Callow	1 Star	Elmbridge 10 k	47:29	21/02/02
	1 Star	Chingford 10 Mile	1:23:17	07/07/02
	1 Star	Roding Valley 1/2	1:43:51	03/03/02
Helen Crawley	Completed	Police 10 K	59:32	14/07/02
Sarah Dale	Completed	Peterborough 1/2	2:05:00	17/03/02
Lindsey Fowler	2 Star	Police 10 K	48:38	14/07/02
	3 star	Deeping 10 K	46:39	01/09/02
	3 Star	Ropsley 10 mile	1:15:32	20/10/02
	2 Star	Peterborough 1/2	1:44:15	17/03/02
	5 Star	Police 10 K	44:25	14/07/02
Anne Furbank	6 Star	St Ives 1 OK	43:57	21/07/02
	5 Star	Peterborough 1/2	1:40:06	17/03/02
	6 Star	Grunty Fen 1/2	1:35:22	08/09/02
	4 Star	London Marathon	3:37:34	14/04/02
	5 Star	Reims Marathon	3:38:32	20/10/02
	Completed	Reims 10 K	56:26	20/10/02
	5 Star	Langtoft 10 K	37:47	05/05/02
Richard Furbank	5 Star	Eastern Vets 10 mile	1:03:07	15/05/02
	5 Star	Soham 112	1:23:16	26/05/02
	Completed	London Marathon	3:42:08	14/04/02
Derek Hurden	1 Star	Police 10 K	44:10	14/07/02
	2 Star	St Ives 10K	43:05	21/07/02
Andy Hynes	1 Star	Ramsey 10 Mile	1:13:47	23/06/02
	4 Star	Whittlesey 10 K	39:53	01/04/02
	2 Star	Linton 1/2	1:36:09	24/03/02
	3 Star	Soham 1/2	1:30:53	26/05/02
	1 Star	London Marathon	3:44:46,	14/04/02
Phillip Ingle	3 Star	Peterborough 1/2	1:32:58	17/03/02
Dave Manning	1 Star	St Ives 1 OK	46:37	21/07/02
Dave O'Brien	Completed	Deeping 10 K	52:58	01/09/02
Pip Peakman	4 Star	Langtoft 10 K	44:41	05/05/02
	4 Star	Soham 1/2	1:39:20	26/05/02
	2 Star	Reims Marathon	3:50:32	20/10/02
	1 Star	Langtoft 10 K	44:16	05/05/02
	1 Star	Grunty Fen ½	1:38:15	08/09/02
Tim Philpott	Completed	London Marathon	4:44:03	14/04/02
	2 Star	Swineshead 10 Mile	1:24:00	15/09/02
Severine Piot	4 Star	Police 10 K	40:17	14/07/02
Steve Pledger	4 Star	Linton 1/2	1:51:40	24/03/02
Barbara Reading	3 Star	Langtoft 10 K	46:58	05/05/02
Mike Reading	1 Star	Eye 10 k	56:00	19/05/02
Janet Redden	7 Star	Grunty Fen 1/2	1:19:29	08/09/02
Phil Redden	2 Star	Langtoft 10 K	49:28	05/05/02
Sue Smith	1 Star	Ramsey 10 Mile	1:27:48	23/06/02
	Completed	Loch Ness Marathon	4:44:29	29/08/02
Julie Stock	4 Star	Grunty Fen 1/2	1:41 :02	08/09/02
Frank Walton	1 Star	Cambridge 1 OK	56:24	13/10/02
Graham Williams	6 Star	Eye 10 K	35:18	19/05/02
	6 Star	Eastern Vets 10 Mile	59:59	15/05/02
	6 Star	Linton 1/2	1:19:44	24/03/02



## **CLUB CHAMPIONSHIP 2002**

Each competitor throughout 2002 will **have to complete 2 of** the following distances: -

### **5 miles -10K - 10 miles - 1/2 marathon**

(A total of 8 races)

At the end of the year the form printed on the back page of this issue of Relay should be completed by yourselves. On that form you will write down your fastest two times over each distance. Those times will then be averaged to give you a time for each respective distance. Your times will then be placed in order and allocated with the relevant points. This will be done for all the distances. The end result will not only show you who the overall club champion is, it will also show you your position within the club over the 4 main running distances.

### **RULES**

- a. You must be a member of the club for the year commencing January 2002
- b. You must complete a minimum of 2 of each distance (there is no maximum)
- c. The races must be official and over the exact distances
- d. Only times with official race results will be allowed (times obtained by other club members like Tony Hainsby will be accepted)
- e. All submitted times will be rounded up to the nearest second
- f. In the case of a tie, the individuals concerned will have their exact times reinstated and the person with the fastest time will be declared the winner
- g. In the unlikely event of there still being a tie all parties will win.
- h. Prizes will be given for 1st, 2nd and 3rd places both male and female.

Record sheets for keeping track of your progress can be down loaded from the web site, or obtain from either Keith or Keith.

### **JUNIOR REPORT**

There have been some recent exciting developments that should set the foundations for ensuring the continued growth of the section.

The first of these is a Junior Committee that Tony Hainsby has established. The committee with Tony as chairman will consist of coaches and parents and will provide a regular forum for planning and discussing the section's activities.

With the demolition of the old gym at Bushmead School, we moved to the new gym. This proved to be too small for our purposes so we have now moved to the 'old' gym at Longsands, which is twice the size. We held our first training session there last night and it proved to be a great success.

Developing coaches is important not only for ensuring that the children are properly taught but also for insurance purposes. Following a break of 2 years caused by the BAF debacle, the coaching

scheme has been revamped by uk:athletics. Tony, Gary, Phil and Lee went on the Level 1 course earlier in the year, and last weekend Phil went on the Level 2 course. Its amazing how coaching has developed in recent years, and how some long held principles seem to have been turned on their head.

On the running front we suffered our first Frostbite league defeat for many years at Bushfield due to a combination of absences and poor form. While it is good for the league to have some competition **it won't happen again!** We are still top of the league on running points. On November 24<sup>th</sup> 6 juniors will be going to the Eastern Cross-Country Championships at Peterborough.

I'd like to welcome the following new members:  
Allison Morris, Daniel Holmes, James Parker,  
Jemma Watson and Richard Hamill.

Steve Ellis



## **Never say never – A cautionary tale**

I had no intention of ever running a marathon. In fact I prided myself on my cool will power to simply state when asked "that a marathon was just too far, a 'half' and perhaps the odd off-road endurance event were as much as I ever wanted to do". Why would anyone want to put themselves through the agony? I was assured by my physio friends that the body wasn't really designed for marathons and many an ex-runner had said to me in the pub that running a marathon was their final straw and that they hadn't run since. Why on earth would I want to inflict this on myself – I enjoy running, I want to keep on running so "No, definitely NO".

It was, therefore, with little concern that I signed up for the Club trip to Reims – a weekend away from the children, some shopping, lots of champagne and a nice flat half marathon. Perfect.

So why did I find myself at a 24km marker with legs feeling like lead and the terrible realisation that I still had 18 km more to go. Well, rather than focus on the blister that was rapidly spreading over my foot and likely to make it all the way to my knee by the finish, I spent the next 15km trying to work out how I got there. Not the big Life, God and the Universe question, or the miracle of how I got up in time to get the coach from the Market Square (3.45 am), but the more mundane how did an entry to a half marathon turn into a full marathon?

As far as I could determine it went something like this:

One balmy summer evening on a social run, one or other of the Chicks (Ann, Norma, Julie and Annie), mentioned that they were going to start the marathon schedule for Reims. I casually asked what this entailed and got the impression it would mean some slightly longer weekday runs and a gradual increase in the length of the Sunday run. You'd have thought I'd have been a bit wiser after the Grizzly, but there's no fool like

I duly went out for the first few weeks runs without giving it much further thought. Then I was given a printed plan of the training and at this point instead of looking at the later weeks training, I crossed off the runs I'd already completed. Mistake number two, it looked good to see in black and white how much I'd already done, I might as well keep going with the schedule, things were bound to get in the way (there were an awful lot of Sunday races left in the calendar). I would surely have a valid reason for sticking the 'half'

I had underestimated the organisational skill of the Chicks and the willingness of other Club members to ensure long runs were fitted around the races. However, I was really caught out by Mark asking me which race I was entering, just as I was starting to run my leg of the Round Norfolk Relay – I'm sure I answered "the half marathon" but some how the word 'half' got lost in the wind and he rang to confirm a few days later that I was entered for the Marathon.

It only began to dawn on me what I had let myself in for when Phil arrange for the 22 mile run on the schedule to be a lap of Rutland Water. For those of you yet to partake of this great run I should warn you that it is NOT like Grafham. It is a very scenic run but has the slight drawback of one or two 'slight' undulations. It nearly did for me – the last couple of miles are actually relatively flat as you approach and cross the dam, but you can see the dam for a least 3 miles and you never seem to get any closer. I could not imagine running any further.

Even still I had completed the 'long' run and so maybe, perhaps, I could do a marathon.

Back in Reims, thinking about the dam at Rutland was not good to dwell on, as I had only got to the 32 km marker, I tried to change tack and think of only having a 10k to run. This worked for couple of hundred yards until I foolishly calculated that at my fastest 10k race pace it would take me 45 minutes and the way I was feeling it would be more likely to be an hour. An hour more, no way!!!

I must be able to think of some more reasons for completing the marathon. I'd cracked it, at the last Club night the look on the faces of those who had just completed the Loch Ness marathon, albeit some were creaking a bit from assorted aches and pains but their obvious determination and satisfaction at completing was clearly seen. I wanted to feel like that – please!

Well, I think by this stage I'd got to about 39km – my brain was definitely shutting down, and any more reflection was impossible. The mantras – just a bit further and champagne tonight, managed to get me to the end, but I'm sure the red carpet at the finish must have been 500m long – it seemed to take me that long to get across it.

Somehow I'd finished a Marathon and the bad news is I think I'm hooked!!!!

So the moral is you can take a horse to water but the elephant will trumpet

Many thanks to the Chicks (including Kim, Ali and Jack), the Lads, the Lochnessers and especially Julie, my room-mate and a slave driver of a running partner – not only does she not have a sense of direction but she has no idea about distance. If she offers to take you on a 8 mile run, plan for 12 and don't be surprised when its 14. But without her there is no way I'd have made it. Thanks.

And Mark you may be deaf, but it was a great trip.

Pip Peakman





## The Reims Tour 2002

We left St Neots at 5.00 am on Friday, 18<sup>th</sup> October. Having made very good time on the journey, by coach, to Dover we were able to catch an earlier crossing. On arrival we had one passenger to pick up – his name was Jeremy and we soon made him welcome.

The ferry was very quiet and we were able to get together and chat over a cup of coffee. Arriving at Calais, the weather was fine and again we had a good journey down to Reims. After checking in at our hotel most of the party walked to the Race Headquarters. Unfortunately there weren't many stands to see and after we had all registered we made our way back. As it had been quite a trek some of us decided on the local bus others went the scenic route. I think at one point the group who had walked back thought they may have to swim the canal as they couldn't find a way across but eventually they did and managed back in time for dinner. We found a very good restaurant just a couple of doors from the hotel and I think most of us ate there. Needless to say a lot of pasta was on order. We went back to our hotel and had a few drinks. Some more than others. In fact the Beagley party acquired a taste for the Champagne and I think some regretted it the next morning.



On Saturday Mark arranged a visit to The Pommery Champagne Caves so we arranged to meet at 12.00 pm. That gave us the morning to do some sightseeing. A few of us visited the magnificent cathedral and also managed some shopping. We travelled the short distance to the Caves by coach. We had a tour and then sampled the champagne – which was very tasty indeed. After leaving there we travelled to the town of Epernay. The journey, in beautiful sunshine, didn't take long and the beautiful autumn colours of the trees were a sight to be seen. We also drove past the vineyards that supply the champagne houses. We spent an hour and a half in the town. I think the majority of us found a nice restaurant to have a leisurely lunch. On returning to the coach quite a few had found some very tasty pastries to eat. On the Saturday evening the city was much busier. Julie had mentioned the night before that perhaps we should book up in the same restaurant as it could be busy but we didn't. A few of us met at 7.30pm – no Pip and Julie. We thought they would probably have gone out a bit earlier. Sure enough when we got to the restaurant there they were, having eaten their main course ready for their sweet. It was busy – no room. However Annie used her charm and in her magnificent French accent managed to book a table. We were asked if we would like to cross the road to a bar for a drink and they came and told us when our table was ready. Pretty good service. It wasn't long before we were ordering – and yes it was pasta again. I was impressed with Annie's French but on this occasion it let her down. She ordered Spaghetti Bolognese, but she asked for a huge amount of spaghetti, small amount of meat but grande spaghetti. He gestured – was she pregnant but we soon put him right and told him marathon runner. However when it arrived it wasn't what she had hoped for but nevertheless it was obviously enough. Not a lot of drinking tonight when we got back to the hotel. An early breakfast on Sunday morning was had by a few. Although the marathon didn't start until 10.35am Annie

wasn't breaking the habit of not eating before a run and only had a coffee. The 10k boys, as they are now called, (Richard and Kenny) also Mark's brother-in-law Dean and John set off in one taxi followed by Annie, Ann, Janet and myself in another to the start of their race which was at the Race Headquarters.



Well it certainly was a lot busier – runners everywhere. We all deposited our baggage and saw the boys off. Unfortunately we couldn't wait to see them finish as we had to get back to our start, which was at the Cathedral Square. We got a shuttle bus back and soon spotted the rest of the gang. The weather was dull and very cold. Some runners were better prepared than others. I can remember standing with Pip when she said, 'Well at least we know the sun won't shine.' Julie and Pip also impressed those around us as they had all their split times on a piece of paper wrapped round their wrist. We set off and I must say the locals came out and supported well. There were some lovely parts to the course and some which were quite boring, especially when you had to run round it twice even although the second time was the other way round. Our own supporters were fantastic – noisy as usual. At this point I decided to get rid of my jacket so when I saw Kenny, Richard and Ann I threw it over to them. The next thing the sun was out and did it heat up. I thought the T-shirt has got to come off. So still managing to run I wriggled out of that and when I saw the gang, threw it at them. Richard wondered what was next but I managed to reassure him that there would be no other garments coming off. Like all races there were some high and low performances but the majority of the runners were pleased with the event. Our coach picked us up to take us back to the hotel. Not many of us had baths most of the rooms had showers but it was quite refreshing. We had arranged to eat in our hotel that night. Our coach driver joined us and so did Jeremy. He had had a brilliant run – 3.16 – and was very pleased. In fact someone suggested he should be made an honorary member. We do hope to keep in touch with him and promised him a copy of our next Relay. Unfortunately he can't make it to our half marathon. (We did take some entry forms with us so it will be interesting to see if we get any foreign entries.) The meal was delicious and guess what no **pasta** tonight. There were a few more glasses of champagne consumed but most of us had a fairly early night. Monday morning saw most of us up at a reasonable time and we managed a few hours in the city before we left at 11.00 am. The weather had just changed and it turned quite wet. We still had a good journey to Calais where we stopped to do some shopping. We had a couple of hours, so we managed a bite to eat before we hit the shops. Well I am sure you can imagine the amount of booze that accompanied us back across the channel – we made our visit worthwhile. After shaking hands with us all and promising to keep in touch we dropped Jeremy off at Dover. We arrived back in St Neots about 10.30pm. It had been a wonderful trip and we all enjoyed the friendship and fun during our time together. Well done to all the runners and especially our supporters – to see you out there on the route, shouting and waving is such a boost and we do appreciate it. Until the next time – thank you.

Norma



## Walking Section

SUNDAY 20 NOVEMBER - Children in Need Walk

5, 10 or 20km from Royal Oak, Doddington Road, Wellingborough OS.152 GR.890668. Entry fee £1.00. Start 10 to 11am. Car Parking. Route description provided, refreshments. Routed in urban areas, minor roads, farmland, and riverside paths.

SUNDAY 15<sup>th</sup> DECEMBER - Waendel Winter Series

10 or 20km from Royal Oak, Blisworth. GR.727535 OS.152. Entry Fee 50p. Cross-country routes with description provided but you are advised to bring OS Maps.

SUNDAY 20 DECEMBER - Stansted Stagger

23 miles in 10 hours from URC Hall Stansted GR.513249 OS. 167. A reversal of last year's route being north to Audley End, mainly on tracks and footpaths. Start 8.00am. onwards - runners 1 1.00am onwards. Entry £3.50 and £4.00, non LDWA (£4.00 and £5.00) on the day. Includes

certificate, 1CP providing drinks, soup and sandwiches. Drinks and snacks at finish. No actual entries on the day but non pre-entries must ring before the day. (Pat Ryan Tel: 01279 812725)

Wollaston Wobble

10 or 20km. from Wollaston WMC. Gr.906626 OS. 152. Start 10am to midday. Urban areas, minor roads and farmland. Entry Fee £1.00.Refreshments at start and finish.

### FUTURE EVENTS

SUNDAY 5<sup>th</sup> JANUARY - Waendel Winter Series

SUNDAY 19<sup>th</sup> JANUARY - Waendel Winter Series - The Wharfe P.H. at Wellford GR.644816 OS. 140

John Searle.

Tel: Home 01480 216434  
Work 01480 470055  
Fax: 01480-474680



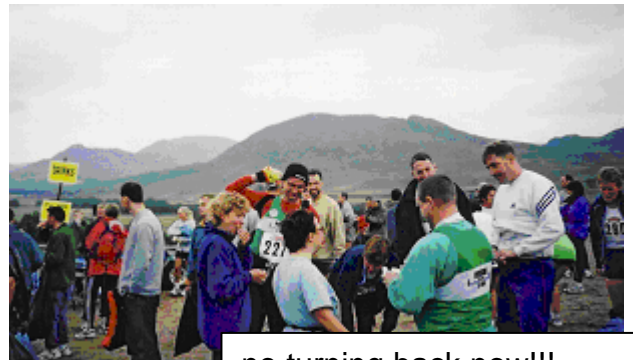
champagne anyone?



relaxing at Loch Ness



and this was before the race!!!



no turning back now!!!



## THE NIJMEGEN MARCHES THEN, NOW AND IN THE FUTURE

**At the turn of the century sport in Holland was not a popular pastime. In 1909 under the influence of the Dutch Army and newly formed Dutch League for Physical Education the first 4 days marches were arranged. This takes place from 15 separate venues with about 300 walkers, mainly soldiers.**

In 1910 one venue exists being Arnhem, in the north, with 4 days of marching finishing at Breda in the south. Nijmegen is an over night stopping place. Queen Wilhemina allows the completion medal to be worn on uniforms.

For practical reasons the marches for several years are centred upon different towns. Nijmegen proves to be a popular venue with good facilities. In 1925 it becomes a permanent base organised from the Prince Hendrik barracks.

With the Olympic Games at Amsterdam in 1928 the Marches become an international event and 40 Britons take part from the Road Walking Association.

The Thirties see numbers increase from 1400 to 3900. Questions are asked, "is this too many". In 1939 the long association with the Hendrik barracks ends which provided cheap accommodation and meals for most of the walkers.

The second world war interrupts the event with large parts of Nijmegen destroyed. Its people, with great spirit, rebuild their city and revive the marches. In 1946 they begin again 4011 walkers in total. Their physical condition is not good due to the war. Borrowed shoes and discarded army boots are used.

1947 and 1948 are hot with the tarmac melting on the roads. A lone Briton joins the marches (it's not me!) the forerunner of many.

10,000 finish in 1955 and in 1958 The Dutch League for Physical Education receives royal ascent in recognition of its contribution to the marches.

The 45<sup>th</sup> march is held in 1962 with heavy rain and thunder storms. A young British soldier collapses on the hills near Groesbeek and dies on the way to hospital.

Participants rise to 14,764 in 1966 The Golden Anniversary.\* In 1967 Prince Claus of the Netherlands takes part and completes to much public acclaim.

In 1972 high temperatures cause the deaths of a Swiss and Danish walker. 1974 saw 69 years old Hans Pfenniger walk 750km from Switzerland to Nijmegen,

then complete the 4 days. Bernd Kannenberg the Olympic race walker also took part but at slower pace. (Also myself for the 1<sup>st</sup> time at an even slower pace).

The 60<sup>th</sup> in 1976 attracts 17,253 and a commemorative figurine is presented to all by the Burgemeester and his staff at the end of the second day.

Troubled times exist between the end of the seventies and beginning of the eighties. The marches do not escape this with a hoax bomb found under the viewing stands on the last day in 1979 and the real thing in 1984, thankfully defused in time.

In 1985 Mies Klaver-Budding marches for the 50<sup>th</sup> time. She had not missed an event since 1930 and then retires.

People from Eastern Europe appear with Polish walkers followed by the Russians and East Germans. In 1989 the Russian military take part and east truly meets west.

1991 marks the 75<sup>th</sup> event and all that complete are awarded the gold numerals 75 to be attached to their medal ribbon. 38,854 take part.

From 309 walkers in 1909 the cumulative total reaches one million in 1998.

The new millennium increases numbers. Routes are changed to accommodate more walkers and to keep them all moving. In 2002 the number reached 150 short of 40,000.

What of the future. It has been imagined that for the 100<sup>th</sup> event in 2016 registration may equal 100,000. Due to increased building routes into open countryside may only be possible within the adjacent Ooij Polder and across the nearby German border.

If I manage to walk every year including 2016 it will be my 41<sup>st</sup> aged 73. I wonder.

\*Prince Claus of the Netherlands recently died and as is the custom, he was buried with all his awards and honours which included the medal of the Four Days Marches

JOHN SEARLE



## St Neots Riverside Half Marathon

The half marathon is now upon us, and the preparations nearly complete. After months of hard work we'll soon find out whether we've got it right.

The popularity of the decision to switch to a half marathon has really surprised us. Its very likely that by the time you read this that the revised entry maximum of 650 will have been reached and we will not be taking entries on the day. Norma has been taking entries at a rate of close to 30 per day for the last few weeks, which if nothing else, imposes a great workload on her, and then on Julie and Russell Stock who have the job of inputting them in to the computer.

Although we switched to the half marathon from the nine for safety reasons, it seems that runners prefer a longer race at a standard distance. It is surprising how much the old St Neots Half Marathon still seems strong in peoples' memories. We've now got nearly twice the number of runners that we used to get for the 'Nine', which now poses its own challenges. The start will be twice the size and although runners will be more strung out, the finishing funnel needs to be nearly twice as long. And inputting the results after the race will take twice as long!

### **BARR Grading**

We took the decision early on to try for a BARR grading for the race. The BARR grading scheme represents a best practise for road races. Although as it transpires we will put the application off until next year, we have nevertheless tried hard to meet as many of its requirements as we can. In fact we were told that we have done enough to get a Silver Grading.

The Riverside Nine already met many of its recommendations, but this year you will notice some changes. There will be an information desk, a supervised baggage area, a communications co-ordinator, more marshals and a PA system at the start.

We've also made some small improvements to the entry form and race letter and carried out a risk assessment.

### **T Shirt and goody bag**

We hope that you will like your T-shirt. For the first time all runners will receive a long sleeve T-shirt. A lot of effort has gone into the design, and we are very grateful to Russell Stock for his artwork and initial ideas. Runners will also get a goody bag containing a Jordans cereal bar and much more. Lee and Melanie Welham have been very busy approaching companies for extra goodies.

### **Publicity**

We have tried many ways to raise the profile of the race. Dave Woodward raved for twenty minutes on local radio and we also hope to get the local TV coverage on the day. Dave Parrack has had a lot of success getting the race onto the back page of the local papers, complete with our Riverside Ron cartoon man.

If you drive by the Recreation Centre you will notice an advertising banner outside letting people know what will be happening on the 17<sup>th</sup>.

### **New Team Cups**

This year we will be presenting cups to the winning teams. Alan Huckle (from co-sponsors Barretts of St Neots) has given us the men's team trophy from the old St Neots Half Marathon that Barretts donated. And so that the ladies don't miss out, I'd like to thank our other co-sponsors Anne and Richard Furbank who have donated a new trophy for the winning ladies team.

### **St John's Ambulance**

You'll probably be aware that we decided to replace some of the equipment stolen from the St Johns Ambulance premises in St Neots. We donated a combined TV and video for watching training videos. Putting something back into the local community has always been a key part of the race especially if, as with St John's Ambulance, they are an integral part of the race.



This year just prior to the race we will be handing over a cheque for £500 to the Huntingdon Workbridge project. The charity helps people who have or are recovering from mental health problems back to work. The donation represents some of the proceeds from last year's Riverside Nine.

**Who's been doing what?**

The half marathon has been a terrific team effort including the committee of Norma, Dave Parrack, Dave Woodward, Lee Welham, Bob Thompson, Adrian Jarvis and myself, plus many more. Space is too short to list what they have all done, but I'd like to thank everyone who has helped for their hard work.

**Fun Run**

And let's not forget the Fun Run. Phil Redden and Francis Shiner are again organising the Fun Run. Its hard work for

them too, as they have many of the tasks to carry out that we have for the half marathon, plus the job of controlling hundreds of kids. If you know of anyone who would like to run then they can enter on the day at a cost of £2.

As you can see from the little I have mentioned, putting on a professional standard race of this magnitude is a huge undertaking. We have tried to plan for every eventuality but that is probably impossible. But don't forget that above all this is a **club event**, not the committee's race. So please, on the day, as I'm sure you will, even if you are running, do your bit to help ensure that the race is successful and our visitors enjoy the experience.

*Steve Ellis*

## **Some long-term dates for your diary**

Next years Social Runs will be:-

May 14<sup>th</sup>  
28<sup>th</sup> May  
11<sup>th</sup> June  
25<sup>th</sup> June  
9<sup>th</sup> July  
23<sup>rd</sup> July  
6<sup>th</sup> August  
20<sup>th</sup> August

Next years BBQ will take place at Annie and Richard Furbank's again, in July - date to be arranged

**Results****St. Ives 10K - Sunday 21st July**

Phillip Hainsby	34:41	P.B.
Kevin Sadler	36:51	
Phil Redden	36:53	
Neil Adams	37:38	P.B.
Keith Ritchie	40:30	
Russell Armstrong	41:00	
Andy Hynes	41:16	
Andy Boast	41:57	
Derek Hurden	43:05	P.B.
John Storey	43:10	
Peter Dunning	43:38	
Anne Furbank	43:53	P.B.
Dave Manning	46:37	P.B.
Norma Leckie	47:42	
Rosemarie Manning	47:59	P.B.
Joe Boast	48:04	
Ann Storey	48:18	1st Lady O/55
Mike Reading	49:27	
Pip Peakman	50:14	
Darren White	50:49	
John West	51:12	
Suzy Boast	52:42	
Rosemary Boast	54:36	
Janet Redden	58:51	
Joan Dunning	58:51	
Terry Johnson	66:19	

**Peterborough 5K Series, Stamford - 17th July**

Phillip Hainsby	17:14
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**Elmbridge Road Runners 10K - 21st July**

Eric Callow	47:29
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**Golden Jubilee 10K London**

Jack Rivers	50:29
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**Huntingdon Carnival 10K**

Alan Turnbull	39:58	
Andy Wray		
Alan Huckle		
Bob Thompson		
Helen Crawley	59:07	P.B.
Keith Pritchard	59:07	
Colin Bradbury	59:27	

**Fairlands Valley Relay - Tuesday 23rd July**

Riverside sent two teams to the Fairlands Valley Relay at Stevenage, a Senior Team and a veteran Team.

The Veteran team completed the five legs of 3923 metres in a total time of 1hr 12:42 and finished in 3rd place in the Vets class and 12 overall out of 39 teams. The individual times were as follows:

Steve Pledger	14:56
Andy Phillips	14:17
Alex Hamill	15:16
Andy Boast	14:19
Phil Redden	13:56

The Senior Team completed the course in 1hr 15:42 and finished in 16th place in their class with junior, Joe Boast, standing in as a reserve and finished in 22nd place overall. The individual times were as follows:

Lee Welham	14:6
Joe Boast	17:29
Keith Ritchie	14:43
Andy Goold	15:4
Neil Adams	14:20

**Wellingborough 5 Mile Race - Sun 4th August**

Mike Entwistle	34:58
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**Eastern Vets 5 K Championships - Sun 4th****August**

Alex Hamill	19:20	8 <sup>th</sup> , 1st O/45
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**Young Athletes League -**

On Sun 4th Aug Graham Hainsby took part in the Young Athletes League Match at Bury St Edmonds, running the 1500m. Graham finished in a time of 4:56

**Thorney 5 Mile - Sunday 18th August**

Phil Redden	30:09	2nd Male O/50
Neil Adams	30:16	
Andy Boast	30:54	
Keith Pritchard	31:24	
Keith Ritchie	31:35	
Jerry Bryan	33:00	P.B.
Anne Furbank	34:36	P.B. 1st Lady O/50
John Storey	34:44	
Eric Callow	36:38	
Pip Peakman	37:45	
Lindsey Fowler	38:53	
Ann Storey	38:55	1st Lady O/55
Norma Leckie	38:57	
Mike Reading	39:26	
Jack Rivers	39:36	
Bob Thomson	40:32	
John West	40:45	
Barbara Reading	44:11	
Helen Crawley	45:11	
Janet Reading	46:32	
George Callow	49:14	

**Grimsthorp Castle 10K - Monday 26th August**

Phil Redden	38:11	14th, 1st V50
Andy Boast	39:59	
Alex Hamill	41:59	
Anne Furbank	44:38	1st Lady V50
Mark Beagley	44:48	
Tim Philpott	45:32	
Kim Masson	45:38	
John Storey	46:00	
Peter Dunning	47:29	
Pip Peakman	48:21	
Julie Stock	50:30	
Lindsey Fowler	50:30	
Mike Reading	50:42	
Norma Leckie	51:00	
Ann Storey	51:52	
John West	52:55	
Jamie Williamson	53:34	
Bob Thomson	54:01	
Barbara Reading	57:46	
Janet Redden	59:21	
Dave Pullen	61:04	
Russell Stock	61:06	
Joan Dunning	62:18	

**3K Fun Run**

Richard Hamill	10:55	3rd
Dale Williamson	11:20	6th
Suzy Boast	12:20	15th
Karl Lauria	12:32	17th
Joe Boast	12:53	
Bruno Lauria	13:28	
Emily Boast	14:28	
Rosemary Boast	15:31	
Matt Williamson	18:06	
Jamie Williamson	18:12	

**Deeping 10 K – Sunday 1<sup>st</sup> September**

15 Members of Riverside took part in the Deeping 10 K race near Peterborough and came home with 4 awards and 3 P.B.s. Phillip Hainsby won the award for 1st male under 20 in 7th place, Phil Redden won the 1st 0145 award in 12th place, Phil Redden, Alex Hamill and Jerry Bryan won the 1st male Vets team award and Lindsey Fowler, Pip Peakman and Norma Leckie won the 1st Ladies Vets team award, the times are as follows:

Phillip Hainsby	35:46	
Phil Redden	36:50	
Neil Adams	37:17	P. B.
Keith Pritchard	38:37	
Alex Hamill	39:20	
Jerry Bryan	41:17	
John Storey	44:3	
Tim Philpott	44:58	
Lindsey Fowler	46:39	P.B.
Pip Peakman	47:36	
Norma Leckie	47:57	
Ann Storey	50:1	
Bob Thomson	49:34	

Dave O'Brien	52:58	
Helen Crawley	57:37	P. B.
Phillip Hainsby	35:46	

**3K Fun Run**

Graham Hainsby	11:31	2 <sup>nd</sup>
Richard Hamill	11:32	3 <sup>rd</sup>
Dale Williamson	11:57	5 <sup>th</sup>

**Liverpool 1/2 marathon - Sun 1st September**

Andy Hynes	1:35:38
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**Brightstone 10 Mile. Isle of Wight**

Andy Hynes	73:47	33rd
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**Bishop Auckland Veteran 10 K**

Jack Rivers	48:24
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**London Triathalon**

Severine Plot of riverside took part in the London Triathlon at Victoria and finished in 33rd place out of 155 finishers in a total time of 2hrs 40mins 17secs, Sev's individual times were as follows:  
1.5 K swim 28mins.  
40 K cycle 1 hr 18mins  
10k Run 53mins

**Nene Valley 5K – Tuesday 5<sup>th</sup> September**

Phil Redden	17:23	P.B.
Lee Welham	17:42	P.B.
Alex Hamill	19:04	
Anne Furbank	20:59	P.B.
Norma Leckie	23:09	P.B.
Ann Storey	24:55	
Janet Redden	27:30	

**Grunty Fen 1/2 Marathon - Sunday 8th September**

Phil Redden	1:19:29	
Andy Phillips	1:19:57	
Lee Welham	1:24:13	P.B.
Alex Hamill	1:25:48	
Neil Adams	1:27:01	
Alan Huckle	1:29:13	P.B.
Gary Barnes	1:29:14	
Keith Pritchard	1:29:19	
Jerry Bryan	1:29:59	P.B.
Mark Beagley	1:32:36	
Anne Furbank	1:35:22	P.B.
John Storey	1:35:58	
Andy Hynes	1:36:05	
Tim Philpott	1:38:15	P.B.
Julie Stock	1:41:02	P.B.
Kim Masson	1:41:02	
Pip Peakman	1:44:02	
Ann Storey	1:47:42	
Mick Entwistle	1:49:56	
Rosemarie Manning	1:55:47	
Sarah Bowles	1:55:50	
Janet Redden	2:05:52	
Terry Johnson	2:30:52	

**1 mile Fun Run**

Richard McManus	6:31
Dale Williamson	6:46
Karl Lauria	7:26
Bruno Lauria	7:44
Stuart Entwistle	8:10
Ryan Barnes	8:46
Stephanie Bryan	9:05
Chloe Manning	9:09
Matt Williamson	9:56
Jamie Williamson	9:59
Louisa Abbott	11:19
Katie Entwistle	11:19

**Perivale 5 Mile Race - Sun 7th September**

Eric Callow	36:27
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**Round Norfolk Relay**

Over the weekend of 14th and 15th September the club sent two teams to compete in the Round Norfolk Relay. The race consists of 17 legs of varying length around the county of Norfolk, with a total distance of 190 miles.

The club had their best result ever in ten attempts, The Club team consisting of 6 veterans, 3 ladies and 3 juniors with the others made up any other category, finished in 2nd place in their class with a total time of 20hrs 50mins 56secs. Anne Furbank won the ladies best performance award.

The Open team finished in 9th place out of 21 in the open class with an overall time of 22hrs 56mins 10secs.

**Club team times:**

Leg 1	15.18miles	Phil Redden	1:37:13.
Leg 2	12.25 miles	Kevin Sadler	1:18:46
Leg 3	6.12miles	Pip Peakman	46:20
Leg 4	12.96 miles	Andy Phillips	1:16:23
Leg 5	10.09miles	Paul Oliver	1:3:39
Leg 6	5.89miles	Alan Williams	35:56
Leg 7	9.95miles	Tony Thompson	1:3:27
Leg 8	10.52miles	Simon Crampin	1:5:43
Leg 9	8.3 miles	Anne Furbank	57:14
Leg 10	15.08miles	Gary Barnes	1:44:39
Leg 11	20.20 miles	Neil Adams	2:23:47
Leg 12	17.77miles	Alex Hamill	1:59:50
Leg 13	13.98miles	Lee Welham	1:32:08
Leg 14	7.77 miles	Phillip Hainsby	43:53
Leg 15	6.76miles	Richard McManus	49:34
Leg 16	40.18 miles	Val Rice	40:18
Leg 17	11.77miles	Carl Rice	1:11:57

**Open team times:**

Leg 1	15.18miles	Keith Ritchie	1:49:14
Leg 2	12.25 miles	Steve Ellis	1:27:21
Leg 3	6.12miles	Jack Ellis	39:45
Leg 4	12.96 miles	Tim Philpott	1:27:31
Leg 5	10.09miles	Lindsey Fowler	1:17:44
Leg 6	5.89miles	Bob Thomson	47:29
Leg 7	9.95miles	Alan Huckle	1:06:14
Leg 8	10.52miles	Steve Pledger	1:11:12

Leg 9	8.3 miles	Andy Hynes	56:20
Leg 10	15.08miles	Jerry Bryan	1:48:34
Leg 11	20.20 miles	Mark Beagley	2:29:10
Leg 12	17.77miles	Keith Pritchard	2:04:56
Leg 13	13.98miles	John Storey	1:44:52
Leg 14	7.77 miles	Ann Storey	1:02:57
Leg 15	6.76miles	Norma Leckie	53:16
Leg 16	40.18 miles	Rosemarie Manning	43:33
Leg 17	11.77miles	Dave Woodward	1:26:

**Chariots of Fire Charity Relay Race**

On Sunday 22nd September five members of Riverside took part in the Chariots of Fire relay race around Cambridge representing the Crofton Pallets team.

There were six legs of 1.8 miles and the star of the Crofton team was Kevin Sadler who ran the first and last leg in times faster than the other four members. Kevin ran the first leg in 8mins 34secs and handed over to Phil Redden in 5th place. Phil's time was 9mins 22secs and he handed over to Phillip Hainsby in 2nd place, Phillip's time was 8mins 51secs. He handed over to Mark Beagley in 2nd place. Mark's time was 9mins 51secs. He handed over to Keith Ritchie in 2nd place, Keith's time was 9mins 23secs and maintained his position of 2nd place and handed over to Kevin with a lead of 5secs over the 3rd place runner. Kevin ran a good leg to increase his lead and finished in a time of 8mins 44secs with a total time for the team of 54mins 46secs, two and half minutes behind the winners, Cambridge University Hare and Hounds. The times of the First 3 teams would have won the race last year.

Steve Ellis also ran and anchored the Aviva team, running his leg in 9mins 48secs. The Aviva team came 13th overall and won the first Veterans category.

**Loch Ness Marathon - 29th September**

Gary Barnes	3.26.29	
Ray Willett	3.56.05	
Mick Entwistle	4.34.18	
Sue Smith	4.44.39	First Marathon
Neil Smith	5.27.19	
Dave Pullen	5.56.07	
Doreen Pullen	5.56.07	First Marathon
Tracy Wale	5.57.09	
Gary Wale	5.57.10	
Caroline Entwistle	6.18.49	PB

**Swineshead 10 mile**

Severine Piot	1:24
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Severine also took part in the La Bank Triathlon in France and finished in 2hrs 53mins finishing in 12th place out of 30 Ladies being 20mins behind the winner.

**Southend 10k Classic - Sunday 6th October**

Eric Callow	47:32
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**Great North Run – Sunday 6<sup>th</sup> October**

Andy Hynes 1:33:33 P.B.

**Cambridge Wildlife 10 K - Sunday 13th October**

Kevin Sadler 34:32 10th  
 Neil Adams 37:57  
 Keith Ritchie 39:2 P.B.  
 Kim Masson 40:3  
 Mark Goward 41:21  
 Jerry Bryan 41:26  
 John Storey 42:12  
 Annie Furbank 42:24 P.B.  
 Peter Bissell 43:44  
 Lindsey Fowler 45:20 P.B.  
 Darren White 46:20  
 Norma Leckie 46:52  
 Bob Thomson 47:6  
 Frank Walton 56:24 P.B.  
 Christine Bissell 58:30

**Reims Tour – Sunday 20<sup>th</sup> October**

**Marathon Official Times**

Phil Redden 2:53:59  
 Neil Adams 3:13:39 P.B.  
 Mark Beagley 3:25:38  
 Jerry Bryan 3:27:38 P.B.  
 Anne Furbank 3:28:32 P.B.  
 Pip Peakman 3:50:32  
 Norma. Leckie 3:50:59  
 Janet Redden 4:38:27

**Half Marathon**

Alan Huckle 1:27:57 P.B.

**10K Official Times**

Richard Furbank 0:56:26  
 Ken Leckie 1:00:43  
 Dean Ivemey 1:00:45

**Ropsley 10 Mile**

Lindsey Fowler 1:15:32 P.B.

**Cabbage Patch 10 mile Chingford**

Eric Callow 1:17:01 P.B.

**Stevenage 1/2 Marathon - Sunday 3rd November**

John Storey 1:37:42  
 Eric Callow 1:43:31 P.B.  
 Norma Leckie 1:44:37  
 George Callow 1:50:38

**Nijmegen 10K Multiterrain**

Jack Rivers 49:52

**Arnhem 10 mile Bridge to Bridge**

Jack Rivers 1:29:17

**Please send all results to Tony Hainsby on the evening of the race, telephone 01480 390979.**

**Riverside Runners in Print**

**George Callow** took exception to some remarks made in the running magazine **Running fitness** by the former record breaker and now London Marathon Race Director **Dave Bedford** as shown on the right.

George wrote to the editor as shown below

ages and club members have access to coaching, circuit training, social runs, training runs, barbeques, trips abroad, you name it! There's back up for members who want to do longer runs like the London to Brighton, the Birmingham to London canal run, or the Round Norfolk Relay.

In other words the club provides companionship a competitor on their own just does not get. I think Dave Bedford is a little out of touch when it comes to clubs.

*G Callow, Huntingdon*

**Get in touch please**

RE: the Dave Bedford article in the September issue. Quote: "clubs have got very little to offer people that run today."

I joined Riverside Runners a few years ago. They cater for all

"Clubs have got very little to offer people that run today. Most clubs are still track and field based, very few offer services other than coaching and entry to a number of club races. With all the different forms of accessible information around – the web, magazines, there's less need for people to go to clubs for help with training or to find out about races. There are so many events around now and you don't need to be a club member to do them."



## Frostbite Friendly League

### Juniors

We got a bit of a fright at the Bushfield Frostbite, didn't we?  
Seniors second, Vets fifth and Juniors second.  
It looks like the other clubs have taken up the challenge, so lets give them a fight!

Bushfield Positions				Overall results			
Position	Club	Total	Points	Position	Club	Total	Points
1	Bourne	43	13	1	Riverside	78	25
2	Riverside	46	12	2	Bourne	104	25
3	Hunts AC	67	11	3	Hunts AC	204	22
4	C&C	67	10	4	C&C	272	19
5	Ramsey	152	9	5	Ramsey	318	19
6	Werrington	243	8	6	Werrington	448	17
7	March	270	7	7	Bushfield	641	13
8	Bushfield	335	6	8	March	607	12
9	Yaxley	374	5	9	PACTRAC	700	10
10	PACTRAC	384	4	10	Yaxley	718	9
11	BRJ	413	3	11	BRJ	775	5
12	Thorney	465	2	12	Thorney	810	5
13	Police	465	1	13	Police	845	2

### Seniors

Bushfield Positions				Overall results			
Position	Club	Total	Points	Position	Club	Total	Points
1	Hunts AC	360	17	1	Riverside	684	33
2	Riverside	372	16	2	Hunts AC	851	33
3	Werrington	552	15	3	Werrington	1108	30
4	C&C	814	14	4	C&C	1517	28
5	Riverside Vets	816	13	5	Riverside Vets	1613	26
6	March	840	12	6	March	1669	24
7	Elv	850	11	7	Elv	1773	22
8	BRJ	1034	10	8	Eve	2144	19
9	Eye	1214	9	9	Bourne	2405	15
10	Bushfield	1302	8	10	BRJ	2624	15
11	Bourne	1388	7	11	PACTRAC	2375	14
12	Ramsev	1390	6	12	Ramsev	2899	12
13	PACTRAC	1397	5	13	Thornev	2906	11
14	Thornev	1707	4	14	Bushfield	3046	11
15	Yaxley	1723	3	15	Yaxley	3359	7
16	Police	1987	2	16	Police	4351	3
17	Lt Paxton	2639	1	17	Lt Paxton	4753	3

## Club Positions - Junior

Race	Riverside, St Neots			Bushfield			Ramsey			March			Bourne			BRJ, Huntingdon			Average Club Position		
Date	14th October			11th November			16th December			13th January			3rd February			3rd March					
Runners	75			92																	
Club Runners	22			19																	
Club Points	32			46																	
Club Position	1			2																	
Name	Time	Race Position	Club Position	Time	Race Position	Club Position	Time	Race Position	Club Position	Time	Race Position	Club Position	Time	Race Position	Club Position	Time	Race Position	Club Position	Time	Race Position	Club Position
Jack Ellis	07:04	2	1	8.18	2	1															1.00
Joe Anderson-Brown	07:12	3	2																		2.00
Richard Hamill	07:57	6	3																		3.00
Graham Hainsby	08:22	11	5	9.21	8	3															4.00
Dale Williamson	08:00	7	4																		4.00
Suzy Boast	08:29	14	6	9.47	17	5	2F														5.50
Chris Ritchie	08:49	20	11	9.2	7	2															6.50
Annie Wilde	08:36	18	9	9.27	12	4	1F														6.50
Tim McGlashan	08:30	15	7																		7.00
Karl Lauria	08:34	17	8	10.21	25	6															7.00
Abby Howarth				10.26	27	8	4F														8.00
Stephanie Bryan				10.48	36	9	5F														9.00
Emma Ritchie	09:04	25	13	10.22	26	7	3F														10.00
James Parker	08:45	19	10																		10.00
Daniel Holmes	08:50	21	12																		12.00
Emily Boast	10:16	48	14	11.35	56	10	6F														12.00
Ryan Barnes	10:28	54	18	12.06	66	11															14.50
Jemma Watson	10:24	52	16	12.41	70	14	9F														15.00
Lauren Payne	10:23	51	15																		15.00
Holly Welham	10:25	53	17	12.27	68	13	8F														15.00
Heather Hiles	10:48	57	19	12.15	67	12	7F														15.50
Chelsea Papworth	10:51	58	20	12.5	71	15	10F														17.50
Autumn Hynes				14.07	83	19	14F														19.00
Zoe Mulgrew	11:47	65	23	13.23	78	16	11F														19.50
Katie Entwistle	11:15	61	21	14	82	18	13F														19.50
Lousia Abbott	11:22	62	22	13.4	80	17	12F														19.50

Positions are in order of average Club finishing position.

Scorer



## Club Positions - Senior

Race	Riverside, St Neots			Bushfield			Ramsey			March			Bourne			BRJ, Huntingdon			Average Club Position
Date	14th October			11th November			16th December			13th January			3rd February			3rd March			
Runners	285			289															
Club Runners	68			64															
Club Points	Seniors 312 Vets 797			Seniors 372 Vets 816															
Club Position	Seniors 1st Vets 5th			Seniors 2nd Vets 5th															
Name	Time	Race Position	Club Position	Time	Race Position	Club Position	Time	Race Position	Club Position	Time	Race Position	Club Position	Time	Race Position	Club Position	Time	Race Position	Club Position	
Kevin Sadler (S)	28.08	9	2	28.32	9	1													1.50
Graham Williams (V)	29.21	17	5	28.45	10	2													3.50
Alan Turnbull (S)	26.37	1	1	30.10	28	8													4.50
Phillip Hainsby (S)	28.22	10	3	29.58	26	7													5.00
Andy Boast (V)	29.03	19	6	29.36	19	4													5.00
Andy Wray (S)	28.49	13	4	30.10	29	9													6.50
Lee Welham (S)	29.37	21	7	29.47	23	6													6.50
Alan Williams (S)	29.46	25	10	29.00	12	3													6.50
Ken Ivory (S)	29.44	24	9	29.45	22	5													7.00
Phil Redden (V)	29.39	22	8																8.00
Simon Crampin (V)				30.43	33	10													10.00
Neil Adams (S)	30.11	31	11	30.51	36	11													11.00
Andy Goold (S)	31.06	41	12	31.24	44	12													12.00
Keith Ritchie (S)	31.08	42	13																13.00
Keith Pritchard (S)				31.51	54	14													14.00
Alex Hamill (V)	31.52	55	14																14.00
Steve Pledger (V)	32.01	60	16	31.53	55	15													15.50
Kim Masson (S)	32.07	59	15	31.59	59	17	1F												16.00
Mark Beagley (S)	32.37	66	19	31.45	50	13													16.00
Gary Barnes (S)	32.26	63	17	31.54	56	16													16.50
Mark Goward (S)	32.37	65	18	31.59	60	18													18.00
Russell Armstrong (S)	32.49	72	20																20.00
Alan Huckle (V)	32.53	74	21	32.00	61	19													20.00
Phillip Ingle (V)				32.29	71	21													21.00
Andy Hynes (V)				33.05	83	22													22.00
Peter Bissell (S)	33.43	100	24	32.27	69	20													22.00
Tim Philpott (S)				33.29	93	23													23.00
Jerry Bryan (V)	33.24	87	22	33.31	94	24													23.00
Derek Hurden (V)	33.32	90	23																23.00
Peter Duthie (V)				33.36	96	25													25.00
Neil Harvey (S)				34.00	101	27													27.00
David Irwin (V)	34.38	117	25	34.45	117	29													27.00
Richard McManus (S)	35.32	132	29	33.39	99	26													27.50
Steve Ellis (V)				34.15	107	28													28.00
Ann Furbank (S)	34.04	119	26	35.08	128	30	2F												28.00
John Storey (V)	34.54	123	27	35.46	142	33													30.00
Dave Woodward (V)				35.10	129	31													31.00
Peter Dunning (V)	36.48	153	31																31.00
Sandra Holmes (S)	35.18	131	28	37.06	169	36	3F												32.00
Leigh Scott (S)				35.32	135	32													32.00
Brad Hales (S)	36.33	148	30	35.55	146	34													32.00
Roger Quince (S)	36.51	157	32																32.00
Dean Longman (S)	37.03	160	33	36.35	157	35													34.00
Neil Smith (S)	37.06	161	34																34.00
Darren White (S)	37.36	170	35																35.00
Lindsey Fowler (S)	37.38	171	36	37.51	186	37	4F												36.50
Dave Manning (V)	38.27	184	37																37.00
Norma Leckie (V)	38.04	188	39	38.24	193	38	5F												38.50
Julie Stock (V)	38.03	185	38	38.36	197	40	6F												39.00
Nick Swift (S)				38.20	195	39													39.00
Severine Piot (S)	38.51	191	40																40.00
Bob Thompson (S)				39.15	204	41													41.00
Dave Parrack (V)	38.51	192	41																41.00
Bob Thompson (S)	38.51	193	42																42.00
Mike Reading (V)	39.01	199	45	39.28	208	43													44.00
Rosemarie Manning (S)	39.19	201	46	9F	39.23	206	42	7F											44.00
Lisa Castell (S)	40.25	217	47	10F															47.00
Paul Ruffles (S)	40.26	218	48																48.00
John West (V)	40.48	224	49	41.50	234	47													48.00
Sue Smith (S)	41.23	231	52	11F	40.03	215	44	8F											48.00
Ann Storey (V)				42.13	241	49	10F												49.00
Steve Hill (V)	41.25	232	53	40.47	221	45													49.00
Paul Elliott (S)	38.55	195	43	43.20	253	56													49.50
Pip Peakman (S)	39.07	198	44	43.19	252	55	12F												49.50
George Callow (V)	40.59	226	50																50.00
Sarah Bowles (S)	42.08	234	54	12F	41.10	226	46	9F											50.00
Mike Entwistle (S)	41.07	228	51	42.13	242	50													50.50
Joe Boast (S)				42.21	244	51													51.00
Dave O'Brien (V)	42.29	237	56	41.55	235	48													52.00
Alan Hemmingway (S)				42.42	247	53													53.00
John Searle (V)	42.46	238	57	42.40	246	52													54.50
Liam Taggart (V)	42.23	235	55																55.00
Rosemary Boast (V)	44.34	252	59	13F	43.08	251	54	11F											56.50
Johanne Dowle (S)				43.22	256	58	14F												58.00
Richard Furbank (V)	43.23	242	58																58.00
Janet Redden (V)	44.57	255	60	14F	43.47	261	59	15F											59.50
Jason Gabb (S)				44.01	262	60													60.00
Kathryn Hall (S)	45.21	260	63	15F	43.21	254	57	13F											60.00
Ian Newland (V)	44.23	257	61	44.04	263	61													61.00
Frank Walton (V)				45.53	272	62													62.00
Frank Scutt (V)	45.01	258	62																62.00
Helen Crawley (S)				45.58	274	63	16F												63.00
Sarah Dale (S)	45.27	261	64	16F															64.00
Jean Raglione-Hall	46.03	265	65	17F															65.00
Barbara Reading (V)	46.22	266	66	18F															66.00
Terry Johnson	52.25	284	68	52.37	283	64													66.00
Joan Dunning (V)	47.56	272	67	19F															67.00

Positions are in order of average Club finishing position.

Senior Scorer

Vets Scorer



## Editors Notes

Welcome to another bumper edition of Riverside Relay, a bit later than I wanted but I hope it was worth waiting for.

It was a good summer for the club, lots of Races, Social Runs, Club BBQ, Sports Day, Norfolk Relay, trips to France and the greatest country in the world, to mention just a few of the activities that were on offer to members.

We are now deep into the winter season with two Frostbites already completed and our own Half Marathon still being talked about and praised.

Who said running was on a decline, our race was so popular, the response almost caught us out and with our membership on the up (look at the list of new members on page 5). There seems to be a real buzz about the club just now. George Callow's comments on page 20 were very apt.

Please send any contributions that you want to share with the membership.

Kenny Leckie  
01480 350373  
[kenny.leckie@ntlworld.com](mailto:kenny.leckie@ntlworld.com)

### **Riverside Runners Circuit Training**

**Place: Bushmead School Eaton Socon (possibly moving to Longsands soon.)**

**Time: Wednesday from 8 till 9 pm.**

**Cost: £1 for members £1.50 for non members (all welcome)**

**A good aerobic workout for the whole body that will help compliment your winter training schedule.**



## RIVERSIDE RUNNERS CLUB CHAMPIONSHIP 2002

PLEASE COMPLETE THE FORM BELOW AND RETURN TO EITHER OF THE KEITH'S OR ANY COMMITTEE MEMBER

PLEASE ENTER YOUR FASTEST TWO TIMES FOR EACH DISTANCE THEY MUST BE OFFICIAL RACES WITH ACCURATE TIMES

**"WE WILL CHECK" !!!!**

	5 MILE	10 K	10 MILES	HALF
TIME 1				
TIME 2				

THE CLOSING DATE FOR THE COMPLETED FORMS IS THE **CLUB MEETING JANUARY 2003**  
THE RESULTS OF THE CHAMPIONSHIP WILL BE ANOUCED AT THE PRESENTATION EVENING

SEE YOUR RELAY FOR A COPY OF THE RULES

**GOOD LUCK**

### NOTE FROM THE TREASURER

It was decided at our A.G.M. that subscriptions would remain at £7.00.

If you have not paid already and wish to rejoin, would you please make out your cheque to Riverside Runners, and send to me with the completed form below:

✂ .....

Please find enclosed my subscription for October 2002 - October 2003.

Name: .....

Address:.....

E-mail Address .....

To: C. Windebank, Honorary Treasurer  
26 Wheatsheaf Road  
Eaton Socon  
St Neots  
Cambs PE19 8HE