

Riverside Relay

Riverside Runners Regular Roundup

May 2008

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Riverside Relay

Whilst Riverside Relay is one of the methods that the club uses to communicate to all its members – be it via the website or through the post – not all the contents in it are necessarily the opinion of Riverside Runners, its committee, membership as a whole, or the editor of Riverside Relay. Sometimes they may be the opinions of just one person or even just included to test opinion.

New Welcome...

...from our New Chairman

Welcome to the latest edition of Relay in its new format and my first since becoming Chairman, I hope you like it.

Summer and the lighter nights are now here and everyone can now get out on our off-road training routes a lot more.

Social Runs

Summer for Riverside Runners also means that the Social Runs have started, with the first one from the Anchor, Little Paxton being well attended with twenty-five runners, six walkers and twenty-eight staying on for a meal. Thursday training on the second Thursday of the Month is from Paxton Pits and more races are available from 5K up to Marathon.

Marathons

Talking about Marathons, what a month April was with eighteen completing London and sixteen completing The Shakespeare Marathon at Stratford with many PBs and some outstanding performances as well as

the disappointments that unfortunately happen.

An outstanding event that happened at Stratford was Phil Redden running in his 100th Marathon – well done Phil.

I would like to thank Richard and the previous committee for their hard work over the past year and also thank all the members of the new committee for either remaining on for another year or coming on for the first time. I believe we have a good mix of experience, abilities and most of all the enthusiasm to serve the club. Don't

forget if you have any problems, or suggestions please let a member of the committee know and we will try our best to accommodate all requests.

Future Communication

Communication is high on our priorities and to this end Paul Ridley has taken on responsibility for keeping the Riverside

Runners website up-to-date. This is a great resource that we should be using more but is only useful when the information available is current. Any member can add Race or Social dates to the Calendar. If you hear of an event, share it with other members by putting it on the Calendar. Maurice Hemingway has agreed to take on the production of Relay and as you can see has produced a very professional job. Hard copies are available to those members who have no internet access.



Kenny Leckie
Club Chairman

With a more up-to-date website, the revamped Relay and the regular monthly meeting on the first Thursday of the month, every member has the opportunity to find out everything that is going on in the Club.

Yours in running
Kenny Leckie

Round Norfolk Relay

As announced at club meetings in March and April, this year we hope to enter two teams again – but this time to try for a Vets team category open class entry. Both teams will be mixed sex teams. The race is round the county of Norfolk and is approximately 194 miles, starting and finishing at Lynn Sports Centre, Kings Lynn.

Each team has to estimate their finishing time and is Saturday morning that will see them finish at about 10:00am on Sunday morning based on their estimates. The team which is the furthest from their estimated time wins the wooden spoon. There are prizes for the fastest leg runners and age related prizes.

The club will select the teams in early July, so could anyone wishing to run please advise Kenny Leckie or Helen Little by the May members meeting. It would be helpful if those wishing to get a place in one of the teams would complete a pro-forma which provides the two team captains with important information. Pro-forma available at the clubhouse, from Kenny or Helen.



Ali Cooper handed over to Karen Childerley at Lessingham watched over by Norma in the 2007 race

Each runner is accompanied by a cyclist and at night also by a car with a flashing light, so it needs a great number of people to

THE ROUND NORFOLK RELAY COURSE



Interested runners please get your completed pro-forma to Kenny or Helen

Leg 1	Kings Lynn - Hunstanton	16.32 miles
Leg 2	Hunstanton - Burnham Overy, part off-road	14.06 miles
Leg 3	Burnham - Wells, part off-road	5.39 miles
Leg 4	Wells - Salthouse, part off-road	12.76 miles
Leg 5	Salthouse - Cromer	8.61 miles
Leg 6	Cromer - Mundesley	7.86 miles
Leg 7	Mundesley - Lessingham	9.24 miles
Leg 8	Lessingham - Horsey	7.52 miles
Leg 9	Horsey - Gt. Yarmouth	11.3 miles
Leg 10	Gt. Yarmouth - Geldeston	15.08 miles
Leg 11	Geldeston - Scole	19.6 miles
Leg 12	Scole - Thetford	19.67 miles
Leg 13	Thetford - Feltwell, part off- road	13.25 miles
Leg 14	Feltwell - Wisseton	8.8 miles
Leg 15	Wisseton - Downham Market	7.2 miles
Leg 16	Downham Market - Stowbridge	5.49 miles
Leg 17	Stowbridge - Kings Lynn	11.73 miles

(See RNR website at www.roundnorfolkrelay.com)

Recent Star Awards

Since the last edition of *Riverside Relay*, Star Awards have been presented at the club meetings on 3 April and 1 May 2008.



Phil Redden - Marathon



Tracey Patmore - Marathon



Madeline Boardman - Marathon

Nigel Prout - Marathon

Paul Veitch - Marathon

Alison Cooper - 10m



Sioban Parker - Marathon



Andy Hynes - Marathon

Andrew Wolfe - Marathon

Andy Anderson - 10m

Rob Moir - 10m

Emma Wallis - 10m



Steve Childerley - Marathon

Kathy Garbould - Marathon

Dianne Prout - Marathon

Emma Wallis - Marathon

John West - Marathon

Steve Clayden - 10m

Kathy Garbould - 10m

Samantha Windebank - 10m

Steve Clayden - 10k

Membership Matters

Emma Ritchie has transferred from the Junior section into the Adults section since the last edition of *Riverside Relay*. There are no new members to welcome in this edition, but we would expect to be welcoming several following the Beginners Sessions being run again this year by Helen Liddle and a team of helpers.

Twelve Week Programme

Once again the club has started a twelve week introductory pro-

gramme designed to help new and up-coming runners feel part of the scene.

The sessions run on Monday evenings from the Rowing Club and began on 21 April 2008.

Any more beginners?

If you know of people that would like to be a part of this group, it's not too late for them to join in. Please get them along to the sessions and introduce them to Helen or one of her team.

Membership Subs 2009

The membership year for Riverside Runners is 1 January to 31 December each year and the current subscription is £15 adult and £10 child. At the AGM it was voted to retain this price for 2009 subject to the English Athletics levy remaining the same. If the athletics levy rises or falls, the subscriptions for 2009 will rise or fall by the same amount.

A brief history of *Riverside Relay*

Those that have been members for a while will know that the first *Riverside Relay* was published in May 1990. This was before the days when it was commonplace for a PC to be in nearly every home and when cut and paste literally meant that you used real scissors and glue to assemble some of the pages.

First Edition

The first edition had twelve A4 pages under the Chairmanship of Dave Woodward. It continued its occasional publication interspersed with newsletters under the chairmanships of Steve Ellis and Adrian

Jarvis. It seems that in late 2000 / 2001 it became a smaller publication and less frequently produced but was resurrected in December 2001.

2001 - 2004

Our new Chairman, Kenny, took on responsibility for its production. He produced six issues between 2001 and his last one issued in July 2004. It was then that its production ceased until resurrected by Darren White in the summer of 2007. Maurice Hemingway has now taken up the task of editing and publishing for the time being. The committee hopes that the

revised *Riverside Relay* will be a useful tool to help communications to and between members.

Call for articles

Will anyone that has material that helps fulfill this objective get it to Maurice - photos taken at events and short or long articles about future events etc are especially welcome.

The intention is that *Riverside Relay* will be published to the members using the club website as a series of pages in PDF format, but it is also produced in a format that is capable of being printed as a folded booklet A5 size.

The Extra Mile



Strange things happen in Lincolnshire as told by Maggie Tanner

Our Club Runners certainly found out what was meant by 'the extra mile' when they took part in the Sleaford Half Marathon on 24th February this year.

Good start

All started off well, good weather, facilities okay, loudspeaker system, and a finish line merrily dressed with bunting etc. The gun went off and the runners followed a lead vehicle from the pavilion field out across some country and on to the road. Two miles in to the race (according to their GPS) the mile marker on the road showed "1 mile" – slightly disconcerting. This discrepancy continued throughout the whole race. As tiredness kicked in, one runner started to believe she had forgot to set her watch on time. As the runners approached the true mile 13 –

(which they claim was at the end of the only killer hill in Lincolnshire!) there was still little evidence of a race finish line being imminent. A few hundreds yards around the corner, however, parked up outside some houses, was a man sat in his van with a clipboard.

Middle of nowhere

That was it, no bunting, no crowds, no goodie bag... just a bottle of water on the pavement. Then a mile walk back to the decorated finish line and loudspeaker announcements of the course goodie bag!!

It is not clear what happened, but one theory is

that the lead vehicle took the runners along the fun run route before joining the half marathon route.

A long day but two PBs and also a good training run for Kathy in preparation for her marathon debut. It was also a return to a longer distance run for Karl after some time off due to injury.



Four Riversiders in Lincolnshire
Maggie Tanner, Liz Sandever, Kath Garbould & Karl Hiner

Junior Club Championship 2008

There has been a great deal of information on the forum in recent weeks about the adult's club championship, but not much about the junior's version. So as a reminder (or news to newer members), the juniors version of the championship is based upon two elements :

Three time trials (400m, 800m & 1,000m)

Five results from nine named races in the year

Tony Hainsby undertakes the time trials every now and again and we will advise you of them at junior training sessions and on the forum trying to give a weeks notice each time. Don't worry if you miss one - all three get repeated from time to time. However, if you can get to more than one of them for each of the three distances so much the better as your best time in each distance is what is used. They will normally be held on a Thursday evening, but if there is the demand / necessity, then we may hold one on a Saturday morning.

The nine named races from which your best five results are taken are listed below. You need to have times for at least five and if you can get to more, then again so much the better, because then you can drop your worst placing. The nine events to select from are / were :

BRJ Frostbite	Sun 2 March 2008
Sandy Fun Run	Sun 30 March 2008
Eye Fun Run	Sun 11 May 2008
Everton Fun Day	Sat 7 June 2008
Ramsey Fun Run	Sun 15 June 2008
St Ives Fun Run	Sun 20 July 2008
Swineshead Fun Run	Sun 7 Sept 2008
Riverside Frostbite	(Provisionally Sun 5) Oct 2008
St Neots Fun Run	Sun 16 Nov 2008



Star of the Month : March 2008

Riverside Runners introduced Star of the Month in March 2008 in recognition of some outstanding achievement or act by one of its members. The intention is that this award will be given to those that achieve great personal results or for great deeds.

The March 2008 award was given to **Maggie Tanner**. The committee felt that Maggie deserved this for her effort and success as a runner borne out through her PBs in recent races. See Maggie at Lincolnshire and read her bizarre tale on page four of this edition



Star of the Month : April 2008

The April 2008 award was given to **Phil Redden** for his outstanding achievement completing 100 marathons having picked up his ninety-ninth in the London Flora Marathon

run on 13 April and his one hundredth when he cruised around The Shakespeare Marathon at Stratford upon Avon two weeks later with his daughter Emma. Phil and Emma pictured here after crossing the line at Stratford upon Avon.



Riverside Championship 2008

At first glance, the championship this year looks complex. It isn't complex for the individual runner and in this edition, we have included a simple chart that will demonstrate the fact. Everyone can follow their own progress because the results can be used by each runner to help them monitor their own performance improvement over the year. A runner can also monitor their own performance over the years, because the calculations normalise to compensate for age.

Three distance bands

In the championship, there are three distance bands and a runner

will want two good times in each band. To help maintain the camaraderie, we have nominated races in each distance band, but because it is recognised that many people have a life outside running and cannot be certain of getting to all the nominated races no matter how keen, there is also the possibility of self selection of races for each distance band.

Self select

However, a runner can only "self select" one race in each of the three distance bands. The nominated races are listed on the club website under "Championship".

Publish your own results on the

club website for the nominated races or the self selected ones and we will calculate your percentage ranking which takes age and sex into account. The percentages are published on the club website and you can keep track of your own performance by filling in the boxes below, updating it with any improved percentages.

A more full description of the criterion for the races, the calculations etc are also described on the club website. Any questions, ask Martyn or Maurice.

In a subsequent issue of *Riverside Relay*, we will describe more about the percentage calculations.

1 to 5 miles		10k to 10 miles		Half to Full Marathon		Final percentage
Your Percentage	Your Percentage	Your Percentage	Your Percentage	Your Percentage	Your Percentage	Your average of six percentages

Photo Call

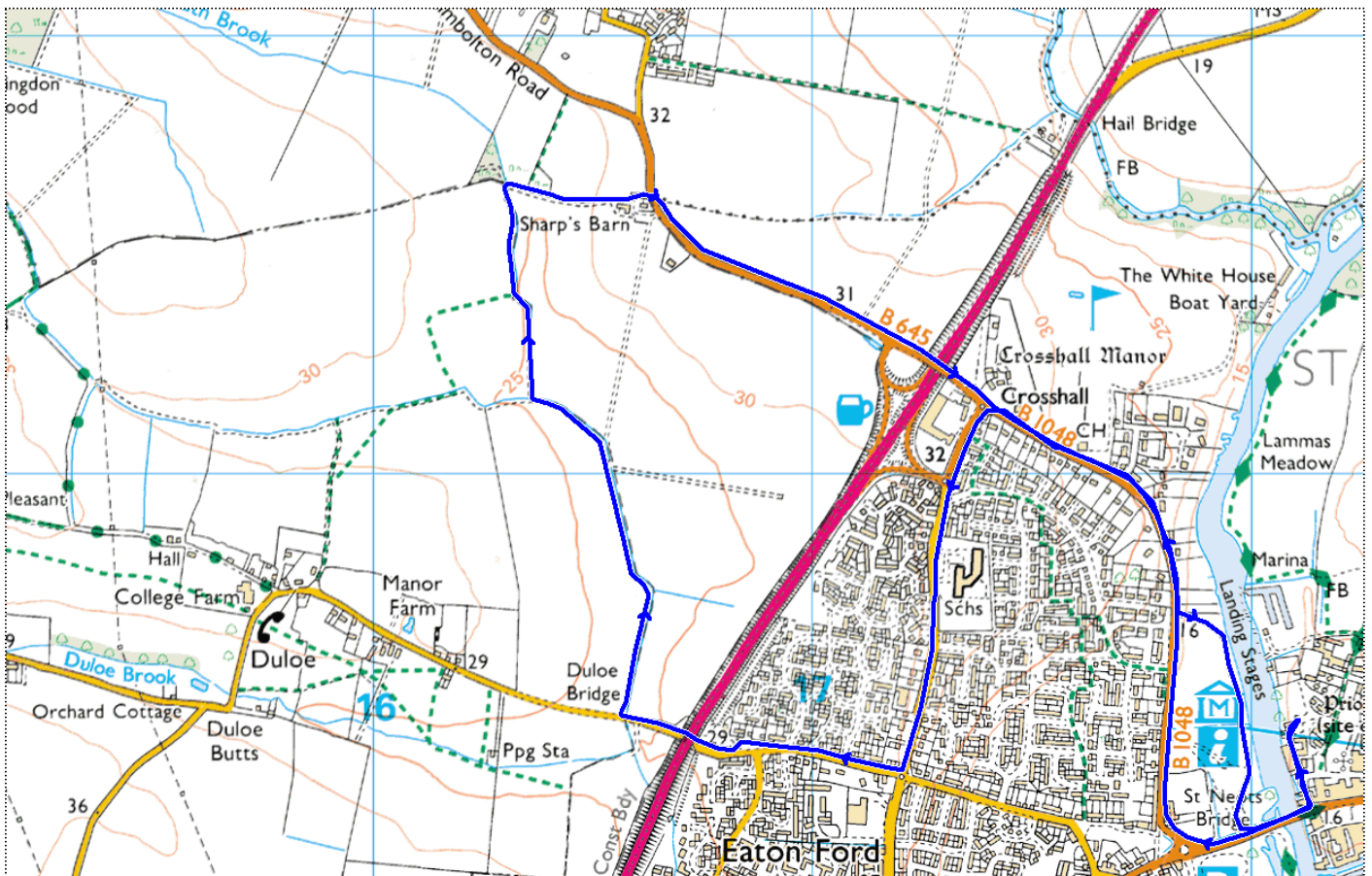
A few photos that have recently slipped onto the editor's desk...



Norma's Riverside Runs

Crosshall Road, Duloe Bridge & Sharps Barn

4.72m 85 feet climb



From Rowing Club cross river bridge and go up Crosshall Road

Turn left at Eaton Oak along Gt North Road

Turn right along Duloe Road and go under A1. Continue along road for 150 metres

Take right turn through gate on to farm track and follow main track across fields heading roughly North and aiming for the small wood in the distance. Turn right at the wood up towards the cottages "Sharp's Barn"

Emerge from fields at Sharps Barn on Hail Weston – St Neots road, cross the road and head back to St Neots.

At Eaton Oak mini roundabout, continue straight on and down the hill.

At foot of Crosshall Road, turn left into the park and follow path to river and along side river to concrete steps back up on to the Rowing Club to finish

This is a "Monday evening run" that can easily be extended by just over one mile by continuing on into Duloe after passing underneath the A1. Bear right in Duloe and follow the road round passed the village hall and on to the pylons. Turn right into the field system and pick up the route on the approach to the small wood West of Sharpe's Barn.

Now you've seen the latest Riverside Relay...

Now you've seen this latest Riverside Relay, if you want it to continue, please let us know what you want to see in it and send in some articles, comments, photos, features etc. Let us know if you want it only to be future looking or if you think it should have some race results. We are sure that you would like to see some race reports and photos - but we need people to write them. Send them to Maurice at :

maurice@riverside-runners.com

We will aim to produce the next edition Riverside Relay at the start of September 2008.

A few of the forthcoming events

Sun 18 May 2008	Bentley Charles 10k & 3k fun run at Deeping St James
Wed 21 May 2008	Social Run - The Racehorse at Catworth - Pete & Christine Bissell
Wed 4 June 2008	Social Run - The Horseshoes at Offord Darcy - Paul Ridley
Sat 7 June 2008	Everton Fun Day
Thurs 12 June 2008	Eye 5m road race 2008 Charity Run www.eye10k.co.uk EOD only)
Sat 14 June 2008	Grafham Relay, organiser Keith Ritchie (Riverside Runners event)
Sun 15 June 2008	Ramsey 10k & Fun Run
Wed 18 June 2008	Social Run - The White Horse at Tilbrook - Ian Newland
Wed 2 July 2008**	Summer Peterborough 5k at Eye. EOD only
Mon 7 July 2008	Riverside Runners 5k "Time Trial" in Priory Park - Adults meet as normal at the Rowing Club, Juniors meet as normal at Longsands
Wed 16 July 2008	Social Run - The Anchor at Tempsford - Not Kenny's Relay
Sun 20 July 2008	St Ives 10k & Fun Run
Sun 3 Aug 2008**	Wellingborough 5m www.wdac.org
Sun 7 Sept 2008**	Swineshead 10m & Fun Run
Sat 20 & Sun 21 Sept 2008	Round Norfolk Relay - see page 2

** Indicates this is one of the nominated races in the Riverside Runners 2008 Championships
Pete Bissell produces a more detailed race listing page and this is available at most monthly club meetings

Your Committee

Chairman..... Kenny Leckie
Secretary..... Helen Liddle
Treasurer..... Vicky O'Gram
Captain & vice chairman Martyn Blackwell
Membership secretary..... Norma Leckie

Ruth Chamberlain
Tony Hainsby
Maurice Hemingway
Paul Ridley
Email them at committee@riverside-runners.com