

# Riverside Relay

Riverside Runners Regular Roundup

Sept 2010

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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.

## Welcome to Riverside Relay...

### ...from our (Newish!) Chairman

Hi everyone, and welcome to the summer edition of the Riverside Relay.

As you are aware, the position of Chairperson came up for election in April and unfortunately no-one came forward to take this on. At the first meeting of the new committee, I, with their support, decided to take on this role.

I have been a member of Riverside Runners since 1988 and had various duties on the committee over the years. Treasurer, Secretary, Membership Secretary, so as you all know, the Club plays a big part in my life. I am fortunate that I can still train at club runs and take part in races. (Although not as many as I used to.)

I would like to thank the members of the previous committee, who have now stood down, for all their hard work. Kenny Leckie as Chairman, Vicky O'Gram Treasurer, Maurice Hemingway – Championship/Relay, Paul Ridley – Web content and Tony Hainsby – Results/Star Awards. I am delighted that all these members, apart from Vicky, who moved from the area with her husband James and daughter Emily, are still very active within the running of the club.

The club continues to grow in numbers and new members appearing every week. Our training sessions are very well attended and the new Beginners Sessions that commenced in April with over 20 people, rising to 34 the following week, has again been very successful. Under the coaching of Helen Liddle, they trained for twelve weeks culminating in them taking part in a 5K race

round Priory Park. Thirteen of them completed this race and received a very well deserved certificate. Thanks to the other members of the Club who assisted Helen during these weeks.

Club members can be found running races all over the country at all distances. 5ks, 10ks, 10 Milers, Half and Full Marathons and more popular are the ultra distances. A few members have completed the Jurassic Coastal Challenge (Three marathons in Three days), the Pathfinder Challenge (46 Miles) the Oxon (40 miles), Not for Nothing (50 Miles), Grand Union Canal Run (146 miles) and most recently two of our members completed the Three Peaks Challenge (Ben Nevis, Scafell Pike, Snowdon). Triathlons are becoming popular too, and a few of our members are taking part in

more of these events. There are others, but these are the ones that I wanted to mention. Wonderful achievements, so well done to everyone.

We look forward now to the Round Norfolk Relay in September. Two teams entered again this year. An Open Team and a Ladies Team. It is five years since we have had a Ladies Team so we are very excited that the club made the decision to enter one this year.

Many members will be running in races over the summer months and I wish you all success in whatever you do.

On behalf of the new Committee please keep us informed of your successes and also any problems you might have regarding the club. We can only try and put right things that we are told about.

Norma Leckie  
Chairman



Norma Leckie  
Club Chairman

# St Neots Half Marathon : A Potted History

*An article written by Alan Turnbull describing the history of the Riverside Half Marathon event.*

The First Local Home Trophy, in the St Neots Half Marathon was re-introduced in 2007. It has been renovated by the Riverside Runners Club with all names engraved and brought up to date. In 1988 the Trophy was presented by Huntsham Meats and awarded for the first time in the then 'Zanusso St Neots Half Marathon'. The original St Neots Half Marathon had a very colourful eleven year life and attracted many Inter-nationals before it eventually disappeared. The very enthusiastic Race Director Graham Pond, and many others, cemented St Neots on the running map even before the 'Riverside Runners' Club was even formed.

The original Half Marathon race was born in 1984 with 120 participants, was started with a shot gun and won by a farmer who had to chase his escaped cows off the course that morning. He was the previous winner of the County Cross Country Championships in the Junior, Youth and Senior age groups, Andy Boast (Suzi's dad). The Zanusso St Neots Half Marathon went on to swell to over 1,000 participants and was one of the more famous Half Marathons in the country. Residents of St Neots had to take note of the race as it took over the town, with the route going through the town centre. The years before this event there was a relay race from Bedford to St Neots, however apparently the roads became too busy and put an end to the competition.

The first Local Home Trophy was won by myself who and knew nothing about athletics in those days but just happen to be born and bred here. Mr George Bettis won it the year after and was no stranger to awards for athletic prowess. He was a member of the fledgling Riverside Runners and 1973 was highly competitive cyclist. He set a record by winning 24hr cycle race by covering 491miles, 50 miles further than the next competitor. Some remember him better for his school teaching days at Longsands! Our own Andy Phillips has also won the trophy and was; and still is instrumental in helping others reach their potential in running. Many Riverside Runners owe a debt of gratitude to his selfless coaching and dedication, setting in stone the week and weekend training sessions which still go on today.

Arguably the St Neots Half had its golden years in the 1990's St Neots attracted the likes of Benson Masya (Kenyan, world record holder and four time winner of the Great North run) to our streets. St Neots can even boast a first, Para-Olympian (Dame) Tanni Grey (-Thompson) competed in the inaugural British Half Marathon Wheel Chair Championships and managed to finish second on the day. The St Neots Half hosted the AAA Championships and local international, Teresa Dyer who won Silver, covered the distance in 75 mins and still competes in the Frostbites today. The Riverside men can shout about the day they finished a

credible 4th place in the Southern England Half Marathon Champs, just missing out on the medals.

Ultimately the original Half Marathon race folded where upon Ian Newland of Riverside took up the challenge to create the 'Riverside 9' mile race to keep an event going in St Neots. This race also went through the town centre but eventually evolved into the now more popular Half Marathon distance out of town in 2002. Although the original Half vanished, a Zanusso 10km race was held in 1996 with a winning time of 29mins 8sec with Emmon Martin finishing 3rd and was Graham Pond's last as race director. Years later Graham emigrated overseas (and has since returned and now lives in March, daughter ran the 2008 Fun Run) and contacted me so that I could have the First Local Trophy as I had won it the most plus was the last name on it. Rather than sit proudly, looking a little tired, in the front room I gave it to the Riverside Half Committee to carry on the tradition and there for others to add their name.

Results for Riversiders form the 2002 Race—the first in the current format

Phillip Hainsby 7th 1:17:3	Lindsey Fowler 264th 1:43:35
Kevin Sadler 11th 1:19:11	Dean Longman 277th 1:44:42
Phil Redden 18th 1:20:57	Dave Longworth 309th 1:47:20
Neil Adams 30th 1:24:55 pb	Dave Manning 319th 1:48:00 pb
Alan Huckle 38th 1:26:21 pb	Mike Reading 322nd 1:48:19
Russell Armstrong 41st 1:27:10	Nick Swift 330th 1:48:48
pb	James Hopperton 333rd 1:49:02
Kim Masson 44th 1:27:25 pb	Eric Davis 334th 1:49:05
Gary Barnes 46th 1:27:39	Criag Jallal 335th 1:49:06
Keith Ritchie 52nd 1:27:55	Matt Pycroft 340th 1:49:18
Mark Beagley 54th 1:28:01 pb	Paul Elliott 350th 1:50:24
Andy Goid 69th 1:29:01 pb	George Callow 359th 1:51:34
Mark Goward 75th 1:29:32	Severine Piot 364th 1:51:59
Keith Pritchard 78th 1:30:10	Steve Hill 369th 1:52:36
Phillip Ingle 84th 1:30:40 pb	Rosemarie Manning 371st 1:52:52
Peter Bissell 86th 1:30:43	John West 377th 1:53:28
Tim Philpott 102nd 1:32:11 pb	Darren White 391st 1:55:37
Andy Hynes 111th 1:33:09	Alan Hemingway 414th 1:58:05
Derek Hurden 120th 1:33:55	Frank Scutt 436th 2:00:15
Anne Furbank 125th 1:34:21 pb	Johanne Dowle 443rd 2:00:45
John Storey 128th 1:34:22	Ray Willett 445th 2:00:52
Sandra Holmes 156th 1:36:42	Kathryn Hall 447th 2:00:55
Peter Dunning 170th 1:37:44	Sarah Dale 457th 2:01:39
Brad Hales 178th 1:38:30	Joan Dunning 491st 2:07:12
Simon Moore 185th 1:38:59	Helen Crawley 505th 2:09:21
Paul Milson 187th 1:39:04	Terry Johnson 544th 2:21:46
Andy Wray 191st 1:39:24	
Eric Callow 217th 1:40:54 pb	
Leigh Scott 240th 1:42:03	

## An Unconventional Marathon

*An account by Rob Parker of what he has termed, "An Unconventional Marathon"*

The magazine dropped onto the doormat and 8 hours later after a long day at work I picked it up and gulped. Although I had entered the ballot for the 2010 Virgin London Marathon I hadn't expected to get in!

So, I've been running for 3½ years, since training for my first marathon, London, in 2007. Back then I had worked from scratch to run 26.2 miles in just over (only 32 seconds) 4 hours. I was pleased, but felt I could do better. After running 10k's, 10 miles and half marathons I suppose it was time to attempt the big one again.

I found a training plan in Runners World, the magazine I have subscribed to since 2007, and which gave me my training plan for the first London Marathon. Starting the plan on the 4 January 2010 I knew I had enough time to aim for a PB. I set my sights on running 3:45.

Now, I knew it was going to be tough. I had started a new full time job in Cambridge, and also a qualification which recommended 22 hours of study a week. So between the marathon training, work and study I was going to achieve little else. I also had two further motivating factors; my niece who had passed away aged 20 days in 2007 and my father-in-law who was dying of lung cancer. So I added to the pressure and set a target of fundraising £1k.

I like to have a plan and the Runners World plan was perfect, it set out every day of the week what I needed to achieve. It totalled the miles I would be running each week (25 building to 48) and had a good variety of sessions to keep me motivated. Off I went.

I didn't stick rigidly to the plan, I couldn't. In between work and the course I was travelling to Norfolk at weekends with my wife to visit my father-in-law. On occasions I would take my running gear with me, on others I was too tired to run. However each run I did I tried to make count, ensuring it was a quality run – no slacking. And although the schedule states 'easy 4' or 'long slow 10' I was aiming to run these at goal marathon pace (8 minutes a mile or quicker).

The big day was soon upon me, I felt exhausted – honestly! The last run I did on the Friday evening before, I had run up past St Neots station – my usual route as some of you will know, and into Little Paxton. Coming back past the station I felt shattered, and thought (or tried not to think) this was how I was going to feel on the day.

I travelled to London on the Saturday and stayed with my parents overnight. Porridge and a lift to Blackheath helped me prepare for the run ahead. The excitement was now building and I was trying to stay calm to conserve energy – but it was the London Marathon and you can't not get excited. My race plan was in place and I had thought carefully about my strategy. Pacing was key and I knew from previous experience I would get a slow start. I wore mile times on my wrist and would stick rigidly to them as they would bring me in at just over 3½ hours.

Within 5 mins of lining up I was waving at the TV camera and starting the 2010 Virgin London Marathon. The first mile was a stop start 10 mins (due to the huge numbers of people running). But after two miles I started to settle into a rhythm with the sun pushing through the clouds.

The blue and red starts merged after three miles and we all urged each other on, calling out taunts and encouragement in equal doses. Another couple of miles and my first supporter looked stunned to see me. I was still weaving past people to maintain my pace, keeping an eye on the mile markers, my watch and wristband with mile split times. I was never more than a minute adrift – feeling good.

Tower Bridge was a buzz, then mile 13 and Riverside Runners giving a huge, hearty cheer. I was to receive more cheers of encouragement as I came past again at mile 22. I was now looking forward to seeing my wife and Mum and Dad at Canary Wharf. The streets soon narrowed (Narrow Street was aptly named) for the winding route through Docklands. The noise of the crowd (and offers of orange segments and jelly babies intensified). I could then see my wife in the distance and gained a new spring in my stride. Hugs all round and intense thoughts of my niece and father-in-law got me through the next seven miles.

Coming through to the Mall I got a twinge of cramp in my hamstring, but I was too close to think about stopping. With a final sprint I was racing past the finish crowds and holding my arms up in the air for a finish photo.

I ran 3:35:13 and raised £2k. Fantastic weather, fantastic crowds, fantastic support and fantastic causes!



## What's This Cross Country Running About Then?

**All you need is the right shoes and an open mind.** The Riverside Runners, and other Frostbite clubs, run in the Schools, Seniors, Masters (Vets) Regional & National Cross Country (XC) Championships which are the biggest and oldest in the world. The Riverside Runners are blessed with willing volunteers and Priory Park, an increasingly popular venue for XC events such as the County XC Champs where you can be selected to represent Cambridgeshire. I have put together some info for the runner, guardian and inquisitive as cross country can make you stronger in mind and body as the soft ground gives way to your feet rather than your body to the road.

**The History** of Cross Country running started in the 1800s with early races conducted as 'paper chases' or 'hare and hounds' events. It appeared in the Modern Olympics for a short period of time and continues with a popular Inter National following throughout the world. It is a sport where **you** can compete in championships alongside with the Best in Britain and then watch the lucky few, who get selected, represent the country in World Championships on TV. More recently Haile Gebreselassie, others and the IAAF are trying to reintroduce XC into the Olympics once more.

**Races are held** between Sep-Mar (Season) each year building up towards major championships. Early season is often dotted with XC relays with the most popular being the 'National XC relays' at Mansfield in November. Don't be put off by the word National or Championships this is merely a title for an event where everyone in the country can participate regardless of standard. Regional and National entry forms are sent to the club direct rather than advertised in magazines so ask the committee about races. Unlike most road races, Cross Country races are split into age and gender competitions and are generally :

- Under 11s - 2Km
- U13 - 2.5-3.5Km
- U15 - 4-5Km
- U17 - 5.5-6.5Km
- U20/Seniors and Vets Women - 5.5-6.5Km (some championships 8Km)
- U20/Seniors and Vets Men - 8-10Km (some championships 12-15Km)

**Cross Country Leagues** are held over 5 or more races within the season with trophies only being awarded to those who have completed a set quota of races and respective scores. Lo-

cally there was an 'Icknield XC League' but this folded as clubs ventured further afield in search of competition or migrated to the Frostbite format event. The Frostbite in St Neots is a XC event and like most other XCs it is run over laps. This makes it great for friends, family and other clubs to encourage your progress rather than tedium of waiting your return.

Examples of XC Leagues & participants:

North Midlands League - Peterborough AC & Nene Valley Harriers.

Chiltern League - Bedford and County & Biggleswade AC.

Three Counties XC League - Bedford Harriers.

Royston Grand Prix - Cambridge Coleridge AC.

### Shoes

Although this is very much a personal thing, and it's worth talking to a Club coach, here are some general points:

**Trainer/Trail** type foot wear is a good start as you are already wearing something similar (so less chance of getting injured) and you are more likely to wear them throughout the year.

**Consider** the terrain you are willing to tackle and the tread of the shoe.

**Because the soft ground** is shock absorber manufactures may use a harder cushion between the sole of the shoe and foot, often darker in colour (grey) than your road shoes (white).

**Some shoes have reduced cushioning** which will bring the foot closer to the ground therefore less chance of twisting your ankle. **Caution** because your foot is lower to the ground you will run differently so gradually bring them into your training! Common injury occurs to the Achilles tendon because your lower leg will be forced into a larger range of motion.

**XC spikes** may make look the part but can cause more problems than they solve so make sure you get good advice before you buy. Spikes screw into the forefoot of the shoe and are inter-changeable with lengths varying from 5-15mm. If you encounter a hard surface in your race expect the spikes to bend & break so select the correct length. Some traditional XC races will put matting down over metallated paths to resolve this.

Alan Turnbull

## Recent Star Awards

Since the last edition of *Riverside Relay*, the following new Star Awards have been earned and presented at the club meetings in February, March, April, May, June, July, August & September. The following Riverside Runners richly deserve their "15 minutes" of fame :



Maurice Hemingway	10m
Ian Cameron	10k
Paul Ridley	10k



Simon Boothby	10m
Simon Boothby	10k



Ruth Chamberlain	Marathon
Simon Boothby	Marathon
Sam Windebank	Half Marathon
Simon Bellwood	10k
Tina Blackwell	10k



Dan Vajzovic	Marathon
Naomi Goldsmith	Marathon
Neil Shorten	Marathon
Rob Parker	Marathon
Andy Wray	Half Marathon
Paul Adams	Half Marathon
Darren Cantell	10m
Lucy Boothby	10m
Lucy Taylor	10k



Cont...	
Nick Scotcher	10k
Russell Scrivener	10k
Paul Adams	10k
Simon Miller	10k



Andy Anderson	Marathon
Lucy Taylor	Marathon
Hazel Ferriera	10m
Leslie Carroll	10m
Andy Anderson	10k
Dawn Parr	10k
Ian Cousins	10k
Josef Rivers	10k
Matt Gooderham	10k



Julia Stead	Marathon
Michelle Byatt	Marathon
Annabel Thompson	Half marathon
Becky Hull	Half Marathon
Caroline Freeman	Half Marathon
Lesley Carroll	Half Marathon
Annabel Thompson	10m
Caroline Freeman	10m
Annabel Thompson	10k
Chris Bates	10k
Jason Street	10k
Jenny Dowling	10k
Jenny Menton	10k
Nigel Owen	10k

Many thanks to Tony Hainsby who carefully and labouriously maintains the Star Awards for the club. Maurice and Tony are going to create a permanent record of members "best Star Awards" for each of the four distances on the club website this autumn.

## A Speedy Slippery Veteran! (Not a Riversider)

Virgin London Marathon organisers looked into suspicious chip timing irregularities of a 69-year-old who crossed the line ahead in a pretty nifty 3hrs 5mins 13secs—not a record, but pretty good all the same. Anthony Gaskell was shown on the official website as the first M65 as he crossed the finish line three hours five minutes and 13 seconds after he set off. However, London organisers investigated as chip timing implies he ran the last 20km (12.4 miles) in 40:50.



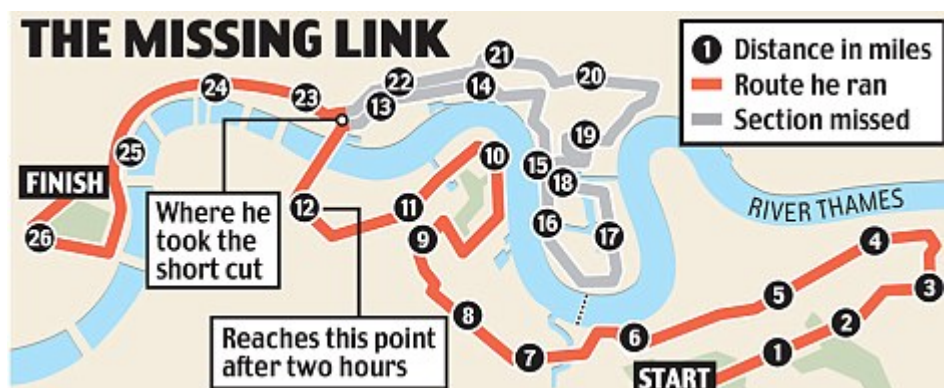
All runners in the Virgin London Marathon wear chips attached to their shoe and the data sent from Anthony Gaskell's creates a mind boggling set of splits. After passing the 20km point at Tower Bridge -1km short of the halfway mark in 2:05:12, he suddenly goes missing. Less than 41 minutes later, his chip passes over the 40km mark - suggesting either something is amiss or a world record 20km at 3m 17s miling. Then, lo and behold after running the second 20k at 3m 17s a mile he suddenly needs to slow his pace and photographic and TV footage shows him walking and jogging in the last 2.2km, which actually then took him 19m 11s – which is slower than 14m miling.

A less charitable person might say instead of a 3m 17s mile pace from Tower Bridge to Westminster via Canary Wharf etc, a left turn at Tower Bridge on to the Circle Line tube as far as Embankment would also just about do it. After all, retiring marathon runners get a free lift on the tube and don't look out of place on it.



Anthony Gaskell's recorded times :

START Time	9:45:17
5km	25:29
10km	54:41
15km	1:27:31
20km	2:05:12
Halfway	(missing)
25km	(missing)
30km	(missing)
35km	(missing)
40km	2:46:02
Finish	3:05:13



This chap also has a medal from the 2005 race but doesn't appear in the times then either!



## Stars of the Month



### Star of the Month : Feb 2010

The February 2010 award was given to **Lucy Boothby** for her run at the Folksworth15. Lucy completed the 15 miles around the undulating course at Folksworth in 2h 23m. This was to become the first of many good and further improving runs by Lucy.



### Star of the Month : Mar 2010

The award for March 2010 was given to **Simon Boothby** for his fantastic run in the Stamford Valentine 30k run. Simon ran the 30k of undulating country roads north of Stamford in 2h 14m 16s.



### Star of the Month : Apr 2010

The award for April 2010 was given to **Michelle Byatt**. Michelle has demonstrated that it is possible to make a comeback and improve following a road accident. Michelle made a recovery and participated in the London Virgin Marathon 2010 and despite the odds completed the marathon. Well done Michelle.



### Star of the Month : May 2010

The award for May 2010 was given to **Mick Entwistle** for completing the 145 mile long Grand Union Canal Run at his first attempt. This is an achievement not to be sneezed at. Not only is it 145 miles long but has to be completed in under 45 hours and no rest break can be more than 40 minutes. Mick completed his run in 41 hours 59 mins.



### Star of the Month : June 2010

The award for June 2010 was given to **Karl Hiner** who completed the Pathfinder Ultra Run in June. Karl won the race which takes an undulating route around Cambridgeshire of 46 miles in 7hrs 55mins setting a new record for this event.



### Star of the Month : July 2010

The award for July 2010 was given to **Andrew Moraghan** for his successes at the European Masters Games held in Hungary. Andrew won silver in the 800m in a time of 1m 58.27s and bronze in the 1500m in a time of 4m 3.74s. He was also one of the four runners in the 4x100m relay team that won silver in a time of 43.84s.



### Star of the Month : August 2010

The award for August 2010 was given to **Gary Barnes** for completing the Thunder Run. This is a very challenging event over a 10k loop that lasts 24 hours. Whilst you can enter as teams of two to a maximum of eight, Gary chose the more difficult option of running alone for the 24 hours. He completed 17 laps (106¼ miles).

A good many Riverside Runners entered one or more of the Colworth Races this last June, but twenty-three ran all three (5m, 8.1m Trail and 13.1 Half Marathon). It has to be said that the weather this weekend gave us excellent running conditions and the ground was less challenging this year than most years. There was not the slippery downhill section nearing the end of the five mile race coming out of the woods to the cattle grid, there was not the deep rutted troughs that are normal filled with muddy water on the trail race and, making it easier than ever, there was not the slippery, ouze climbing up towards the gatehouse that is taken twice on the Half Marathon

However, most would say it was still pretty tough.

Pos	Name	Category	Total	WAVA%
4	Paul Veitch	M Open	02:43:14	77.2%
12	Malcolm Pritchard	M Open	02:52:38	73.5%
14	Simon Boothby	M >40	02:56:01	75.2%
15	Andy Wray	M Open	02:56:16	70.9%
19	Phil Redden	M >50	02:57:48	83.7%
26	Neil Adams	M >40	03:06:01	70.0%
32	Peter Bissell	M >40	03:09:59	70.9%
47	Maurice Hemingway	M >50	03:17:22	74.0%
52	Gary Barnes	M >40	03:21:43	66.2%
58	Sam Windebank	F >35	03:25:22	68.6%
69	Naomi Goldsmith	F Open	03:31:59	64.3%
75	David Irwin	M >40	03:36:37	63.3%
86	Dianne Prout	F >35	03:47:36	65.2%
87	Norma Leckie	F >55	03:48:24	79.2%
90	Noel Betts	M >50	03:51:11	62.0%
106	Lucy Boothby	F >35	04:02:57	60.4%
110	Christine Bissell	F >40	04:04:11	59.4%
117	Elizabeth Hiner	F >35	04:13:49	53.8%
123	Lesley Carroll	F >45	04:22:35	55.2%
126	Michala Forster	F >35	04:30:48	51.0%
129	Annabel Thompson	F >35	04:34:09	51.1%
132	Caroline Freeman	F Open	04:44:29	47.6%
133	Pam Hemingway	F >45	04:46:00	54.1%

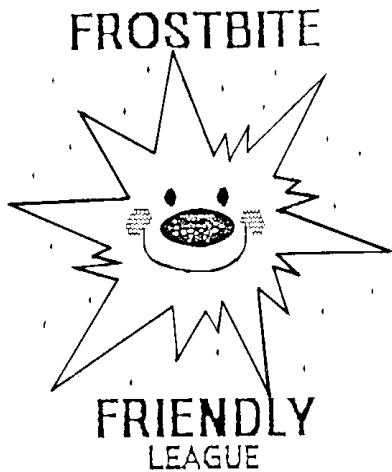


Phil Redden & Norma Leckie both finishing the Half Marathon. Phil and Norma were the two highest scoring WAVA% runners from Riverside over the three events.



## The Frostbite Friendly League

*A description of the aims and operation of the Frostbite Friendly League introduced by Norma Leckie*



The Frostbite Friendly League consists of sixteen teams. Each race is five miles on various terrains. All races start at 11.00am with the Juniors running at 10.15am. Riverside Runners will again have two teams this year. The Yellow Team, captained by Paul Ridley, scorer Tony Hainsby and

the Blue Team captained by James Bolm and scorer Kenny Leckie. If you have not competed in any of the Frostbites you just turn up on the day and report to Tony or Kenny and they will place you in a team. You will be given a badge which is helpful if you wear each time you run a Frostbite. You pay £1 entry fee to your scorer.

### Popular Races

These races are extremely popular and we have had over 400 runners taking part in a single race. When you cross the line at the finish you will be given a number which you then hand to your team's scorer. These are added up with the first seven men and three ladies in each team scoring. The teams' scores are then given to Adrian Jarvis who, not only is the Chairman of the League, but also a member of our Club. (He doesn't show any favouritism.) The results are given when all the scores are in and announced. Unfortunately not many people wait to hear the scores but I have always found it interesting and I feel if Adrian and his team can take the time to do this, it is encouraging for them to have at least a decent turnout of runners to hear the outcome of the event.

The results are posted on the website by the following day showing each individuals time also team positions. At the end of the season there is a Presentation Evening when the winning team is awarded the trophy and each Club nominates a Male and Female Runner of the Series. The recipients of these awards have to run all the races but it is not always given to the fastest runner. It could be the most improved over the series. No one ever knows as Tony and Kenny make the final decision. I have been fortunate to be fit enough to take part in this event since 1989. I have scored over the years, which I must admit is a good feeling, however, I

now find I can but dream as there are much faster ladies out there but it doesn't stop me. I find I test myself over the six events, trying to better my time or trying to beat another runner who has just pipped me the previous month. We all play an important part in these races. Obviously our fast runners are important but so are the others. By turning up and running we are supporting each other and making it a very popular event for the Club. I asked the team Captains to write a few words – this is what they had to say :

### Blue Captain – James Bolm

Another Frostbite season beckons lots of positives for the Blues after last year's victory over the Yellows. We finished sixth out of seventeen teams.

At one stage we could have taken third place overall but due to a poor turnout on three races we ended up neck and neck with the 'other' (Yellow) team fighting for sixth or seventh place.

We are not only competing at team level with the Yellows, we all have friendly rivalries within the club, the people we group up with during our runs, the other runners which we try to get the best of during speedwork, or we try to edge psychologically during our long runs, the ones we want to beat and the ones against we measure our improvement. Some of them are in the 'other team' to the Blues and we need to beat them!

On a serious note, the Frostbite League is a chance to show what our club is about, of how good we are. It is not an easy league to win and even more so now that, since last year, we have two teams. We will only do well if we turn up and show the other clubs in the region what Riverside Runners are capable of.

As the Blue team captain, I am not the fastest, I seldom count in the final results but each and everyone of the Blue team has a role to play, by finishing we are all taking a place ahead of a runner from another team who may count, that point (even though you may not score) is a valuable contribution to the results at the end of the season which could mean another victory over the Yellows and an improvement on our rather mediocre sixth place last year.

How do we improve? - We need a strong turn up from the Blue team members at every race, we need to become passionate about what we are trying to

achieve, in simple terms we need to COMMIT. Whilst some races are a bit further afield, I have driven to most of last year's races with five people in my car (yeah, some of them of the Yellow team as well), we all need to make an effort. We need to push our fellow Blue team colleagues to participate. With a good turn out at all the races we can achieve a third place overall and if we get the numbers even push for second, and of course beat the Yellow team again.

We have done it once and it was no fluke, we can do it a second time beating the Yellow team and on the way securing at least fourth place or better in the 2010/2011 Frostbite League. That is the target and to achieve that we need each and every single name on that Blue team to turn up - together we can do it.

We have a new crop of talented runners which have joined in the past six months and it would be great to have you all competing. Some of the juniors have become seniors and we need them as well and we look forward to seeing you all.

Start looking for your Blue badge from last year as you will need it to compete - if you are new you will be given a badge which you need to wear at every race.

#### **Yellow Captain – Paul Ridley**

Hello my name is Paul Ridley and I will be the captain of this season's Yellow Frostbite team. If you haven't heard of the Frostbites before they are a series of approximately five mile friendly races held by different

clubs including the Riverside Runners. We split the club into two teams last season to create some friendly competition and allow people to not only race against other clubs but to compete against friends within Riverside.

My commitment to you is that I will attempt to be there for every race, rain or shine and don't be surprised to see me popping up to strongly encourage members of the Yellow team to turn out for the races. It does not matter at what level you run, every member of the Yellow team will be making a contribution toward our points total that will ultimately see us winning the Frostbite league for Riverside and even more importantly beating the Blue team.

We have an opportunity this season to make the league an exciting one and it would be great to see experienced runners again attending the races as well as newcomers. I hope we can get a real team spirit going this season and I look forward to seeing all of you at the races.

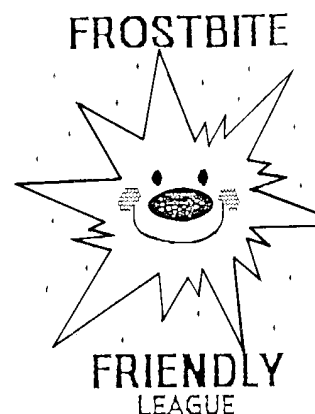
So there you have it some words of encouragement. Any members who do intend running and haven't taken part and regularly train with the Club then please give your name to Paul, James or myself and we can allocate which team you are in before the first event.

Please give your captains your support.

I look forward to running with you during the coming season. Norma.

## **The Next Season's Frostbite Friendly League Race Calendar**

<b>Date</b>	<b>Venue</b>	<b>Host Club</b>
3 Oct 2010	Priory Park, St Neots	Riverside Runners
7 Nov 2010	Bushfield Recreation Centre, P'boro	Bushfield Joggers
12 Dec 2010	Hinchingbrooke Park, Huntingdon	Hunts AC
16 Jan 2011	Ramsey Sports Centre	Ramsey Road Runners
6 Feb 2011	Bourne Woods	Bourne Town Harriers
6 Mar 2011	BRJ Club, Huntingdon	BRJ



## Frostbite Friendly League Teams

*A list of the runners who are already allocated to a team—Dig out your badge.  
Unallocated runners just turn up on the day and see Kenny or Tony with your £1.00.*

### **Yellow Team**

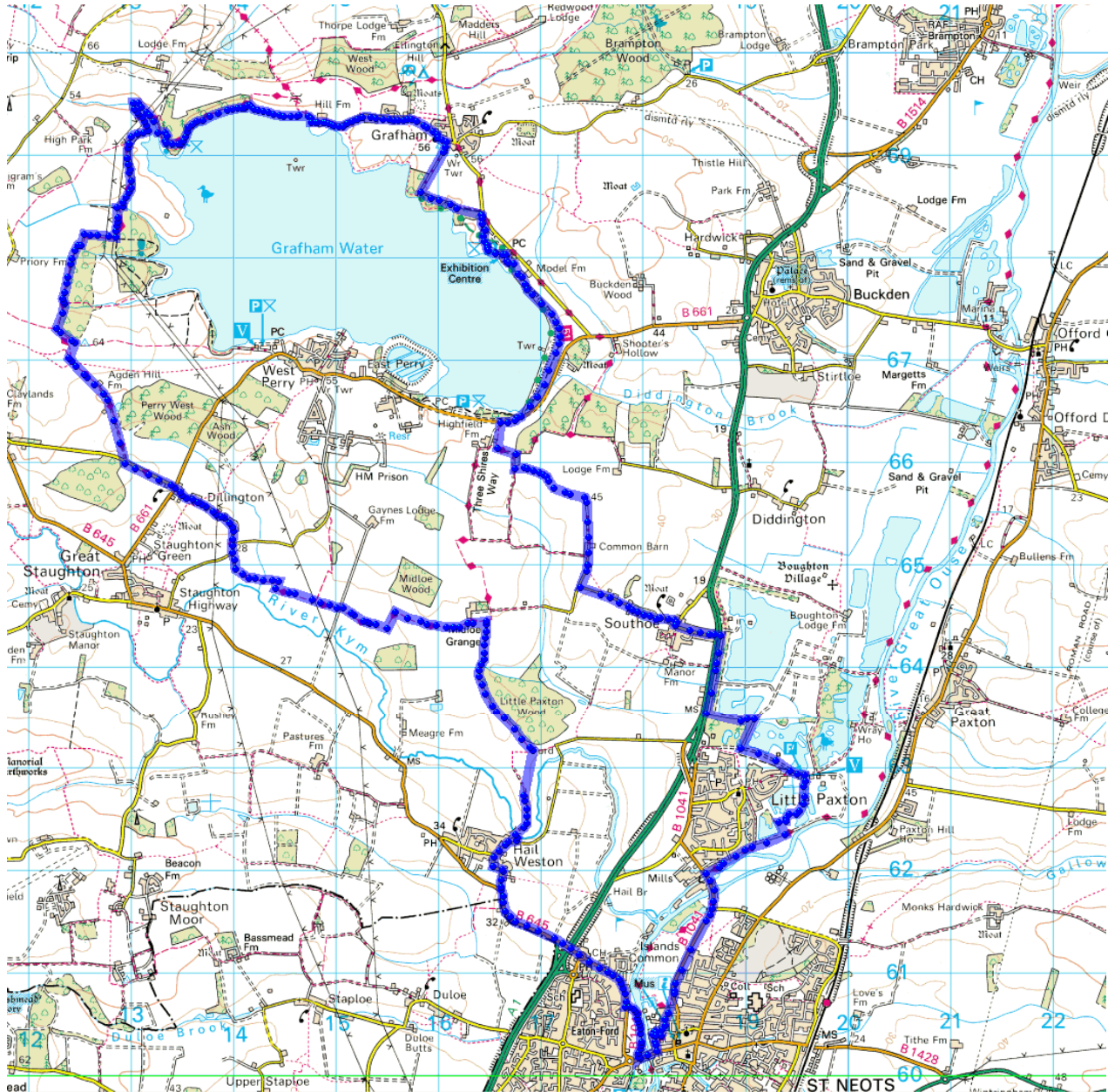
Alison Cooper  
Christine Bissell  
Emily Boast  
Lucy Boothby  
Madeline Boardman  
Maggie Tanner  
Michala Forster  
Norma Leckie  
Pam Hemingway  
Pauline Eastoe  
Sally Hewitt  
Sam Windebank  
Serena Squirrel  
Stephanie Williams  
Tracey Patmore  
Alan Turnbull  
Andrew Moraghan  
Andy Phillips  
Frank Scutt  
Ian Cameron  
Ian Cousins  
Jack Rivers  
James Gay  
Jason Street  
John Willcock  
Jon Mackay  
Jonnie Prowse  
Keith Pritchard  
Keith Ritchie  
Mark Beagley  
Mark Forster  
Matt Dowle  
Neil Shorten  
Nick McGlashan  
Oliver Wright  
Paul Ridley  
Paul Veitch  
Peter Dunning  
Phil Redden  
Ray Willett  
Richard Furbank  
Robert Parker  
Robert Thompson  
Russell Scrivener  
Simon Boothby  
Steve Childerley

### **Blue Team**

Alison Farrar  
Ann Storey  
Anne Furbank  
Dianne Prout  
Emma Wallis  
Jenny Dowling  
Jo Owen  
Liz Hiner  
Nicki Cartwright  
Naomi Goldsmith  
Rachel Sutcliffe  
Ruth Chamberlain  
Sarah Bates  
Suzi Boast  
Tina Blackwell  
Vicky Chapman  
Adrian Jarvis  
Andy Anderson  
Andy Boast  
Christopher Bates  
Dan Vajzovic  
David Irwin  
Gary Barnes  
Gary Wale  
James Bolm  
Joe Boast  
John Storey  
Kevin Hewitt  
Kevin Hickling  
Les Thomas  
Malcolm Pritchard  
Martyn Blackwell  
Matt Gooderham  
Maurice Hemingway  
Michael Reading  
Mike Entwistle  
Neil Adams  
Nigel Prout  
Paul Adams  
Paul Meadows  
Peter Bissell  
Rick Frolick  
Rod Mackenzie  
Ron Eastoe  
Steve Pledger  
Will Mackay

## Norma's Riverside Runs Number 6

A run of 20 miles that has lots of scope for variations so that you can build on it as part of your Winter Marathon training. This includes two cafe / water / toilet stops - one at Grafham Reservoir Exhibition Cafe and another at Paxton Pits



From Rowing Club, head up to Hail Weston and then across the fields for the West side of Little Paxton Wood and Middloe Grange. Here you turn West and follow the Three Shires Way across the fields to Dillington and Grafham Reservoir.

Head clockwise around Grafham Reservoir to the Cycle Shop and Exhibition Centre (good spot for refills and toilets etc.) then continue clockwise. Just after the end of the dam wall look for the route to the road and head towards Perry for a very short distance before South to tack the farm tracks to Southoe. At Southoe cross the A1 to get into Paxton Pits Reserve and down past the Visitors Centre (more refreshment and toilets). Leave via the track across the meadows down the side of the Visitors Centre and wend your way back to the river at Little Paxton and back to the Rowing Club.

A good twenty mile run suitable for any weather with little scope for getting lost.

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

You've now seen the last in this series of Riverside Relay. I am taking a break from its production and I am very pleased to say that Rob Parker is waiting patiently in the wings to produce his version of Riverside Relay. I have enjoyed assembling Riverside Relay for the last three years or so and I want to thank those that I have worked with who have provided contributions.

Rob joined Riverside Runners in 2007 and has run 5km - full marathons with the club. He says, "I'd like to put something back into the club and at the last meeting felt producing the newsletter would be a good way to help out. I plan to publish once a quarter and will publish submission dates for articles on the website. Let me know any ideas you have for future additions and sign up now to write one article a year." Contents may include : Race reports (good for new members or those of you that haven't tried that race before), a social section, the think tank, up and coming races the club hosts, in the running news/press, star awards... "Let me know your views!" [parkerbirch@ekit.com](mailto:parkerbirch@ekit.com) ...and Robert has convinced the committee to award a £20 prize for the "best article" submitted.

### A few of the forthcoming events

Sun 12 Sep	Grunty Fen Half Marathon
Sun 12 Sep	British Masters 10k Championships, Wolverhampton
Sun 12 Sep	Great Cambridgeshire Run, Wimpole Hall
Sun 12 Sep	Dunstable Downs 20m challenge
Sun 26 Sep	Biddenham 10k River Run
Sun 3 Oct	Frostbite—Priory Park, St Neots
Sun 10 Oct	Herts 10k
Sun 10 Oct	Great Eastern Half Marathon
Sun 10 Oct	Zagreb Marathon featuring many Riverside Runners
Sun 31 Oct	Fenland 10
Sun 7 Nov	Frostbite—Bushfield, P'boro
Sun 21 Nov	St Neots Half Marathon
Sun 28 Nov	Hereward Relay
Sun 5 Dec	Nene Valley 10m
Sun 12 Dec	Frostbite—Hinchingsbrooke Park, Huntingdon
Mon 20 Dec	Riverside Runners Monthly Handicap — Date Change
Mon 27 Dec	Riverside Runners Xmas Cross Country at Offord Darcy
Tues 28 Dec	Buntingford Year End 10
Fri 31 Dec	Ely 10k—Fills up very fast— entries open Thurs 9 Sept

### Your Committee

Chairman	Norma Leckie	Ruth Chamberlain
Secretary	Helen Liddle	Alison Cooper
Treasurer	Mark Forster	Paul Meadows
Captain & vice chair	Martyn Blackwell	Alan Turnbull
Membership sec	Lucy Boothby	Email them at <a href="mailto:committee@riverside-runners.com">committee@riverside-runners.com</a>