

RIVERSIDE RELAY



www.riverside-runners.org.uk

July 2003

Frostbite Dates for the 2003/2004 season

The following dates have been agreed for the season 2003/2004 in the Frostbite Friendly League, more details page 21.

12th October 2003
9th November 2003
14th December 2003
11th January 2004
8th February 2004
7th March 2004

St Neots - Riverside Runners
Ramsey - Ramsey Road Runners
Bushfield, Peterborough - Bushfield Joggers
March - March Braza
Bourne - Bourne AC
Huntingdon - BRJ

Are you in?

The teams for this years Round Norfolk relay have been selected, check out page 9 to see both the Mens and Ladies (Riverside Chicks) teams.

All the results

Over 6 pages of race results starting on page 15

Canal Running – seems to be catching, but with mixed outcomes, see page 10

Juniors – page 14

St Neots Riverside Half Marathon – page 13

Club Calendar – Page 12



Chairman's Letter

Dear Members

Welcome to what I'm sure (thanks to Kenny Leckie) will be another exciting edition of the Riverside Relay.

At a recent committee meeting we reviewed the past few months and came to the conclusion that despite a couple of niggles the Club must be on an all time high, we now have 162 senior members and nearly 40 juniors, **FANTASTIC**

The Championship is now at the half way stage and in the ladies competition **Anne, Kim, Sandra** and **Rachel** all look able to take the top spot, **I WISH YOU ALL THE VERY BEST OF LUCK.**

Social runs seem to be going very well.

The Not Kenny's Relay / Club Fun Day went well, a big Thanks to our Club Captain for organizing the race and of course Tony for keeping time and records as usual. My team came second thanks to little **Zoë** (until I got disqualified) **sorry Zoë.**

The Club BBQ hosted by the Furbies on Friday 18th July was a resounding success, many thanks to Annie and Richard.

So what's in the future?

Well of course we have the second half of the Championship and social runs in July, August by comparison is much quieter and in September we get busy-busy-busy with the Nene Valley, Round Norfolk, Great North and a race between seniors, vets and juniors.

Before I close I would like to take this opportunity to personally thank our Club secretary **PIP** for all her hard work behind the scenes with the upgrading of our child protection policy, the legal side of the data base, the constant communications with our affiliation, the calendar and for everything else I seem to have lumbered on her.

Well that's all for now

Yours in running

Mark

PS,

Please remember if anyone has any questions, suggestions or concerns you can call me or any other committee member at any time.



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/Juniors	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
Junior Section	Keith Ritchie	01480 381410
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



Some Riverside Runners in action in the Bedford Embankment 5 on Sunday 8th June



CAPTAIN'S LOG

Since my last log Neil Smith and myself have become U.K. Athletics Level 2 coaches which means we now know everything about nothing, and Neil even turned up on the wrong day.

Two teams were entered in the Eastern Vets relays at Hemingford in April, and the ladies team of Anne Furbank, Sandra Holmes and Rosemary Boast ran well to finish in 2nd place. The men's team containing Andy Boast, Andy Phillips, Graham Williams and myself finished in 3rd although we did manage to get into 2nd for a short time. We also entered the National Vets 8 stage relays at Sutton Park, Birmingham for the second time improving both our time and finishing position from the previous year. It would be nice next year to enter teams in all vet categories in the Nationals; we are a strong club especially in the Vets dept.

In June I ran the Poppyline Marathon with Julie, Pip, Jerry, Neil, Lee and Andy H. This event is more a challenge than a race, the aim being to complete the distance finding your own way by route description. We all stayed together enjoying the scenery, food stops and each others company and finished by racing a thunder storm along the cliffs at Sheringham. The lightning striking the North Sea was a bit to close for comfort.

Also in June I completed the Colworth challenge, a full marathon over three days comprising of a 5 miler on Friday night, an 8.1 miler on Saturday lunchtime and a half marathon on Sunday. All the races were multi-terrain and very hard going underfoot. I finished third overall, the winner being an extremely fit 60 year old

Reliant Robin driver. Straight after the half I had to rush back to the rugby club to help with the Not Kenny's Relay which was part of the fun day. The day went very well this year and great fun was had by all, although I had to disqualify the club chairman from the relay. Well done to the winners Keith R, Stu and Jordan.

You are probably aware that Wally is back and until recently I held it for spending 20 minutes trying to get into the clubhouse with the wrong key. I'm glad to say that a worthy member has seen fit to do some very silly things to relieve me of it. Yes it had to happen sooner or later, Jerry's got it. Here's why:

1. Nearly knocked his own daughter out at the fun day. [accident]
2. After getting his BBQ to the optimum temperature at the fun day he found he'd forgotten the meat.
3. After taking charge of route finding at the recent Holcot Hobble, going the wrong way after 50 metres.
4. Losing his tally card almost immediately at the above event.
5. Falling down a hole, also at the same event.

So if any of you see or hear of a Riversider doing something daft enough to warrant a Wally, be sure to let Jerry know.

The friendly speedwork on the first Thursday of the month is still going well with over 30 seniors and juniors at the July session. Please feel free to join in; it's hard work but good fun.

Phil



Athletics Welfare - Are you aware of your responsibilities?

I am sure you will agree that one of the most important aspects of our Club is that we are very supportive and keen to ensure that all our members are valued whatever their ability, age or background.

In line with this we have just received the latest factsheet from the Amateur Athletics Association of England (AAA) giving guidance on policies and guidelines to ensure that clubs consider all aspects of athletes welfare. Athletics Welfare covers many areas such as child abuse, drug misuse and abuse, guidance on coaching methods, behavioural standards expected by participants and officials at events and at training and sexual, racial and disabled discrimination. Athletics welfare is particularly important for our Junior section, but is also relevant for the rest of the Club. I

have put a copy of the factsheet on the notice board and recommend that you read it.

The Main committee and the Junior committee are reviewing our procedures to ensure we are in compliance with the guidelines.

Like you I find it hard to believe that any child abuse or other welfare malpractices could happen within our club, but I am sure that this can be said of most clubs and unfortunately, incidents still occur. Therefore it is important that we are aware that this could happen in our Club, it is important that we remain vigilant.

This does not mean we have to stop being a friendly, supportive club, but we will ensure that we follow the national guidelines. We already have a designated Child Protection Officer, Steve Ellis and we will keep

you informed of any additional initiatives or changes we make as a result of our reviews.

So what are your responsibilities?

The Committee asks that all members are responsible for ensuring that they report to a Committee member or Steve Ellis any behaviour or actions that may be considered inappropriate or discriminatory, however trivial they may appear. Also, please consider how your own actions could affect others and how they could be interpreted by other members of the Club or by the public. Senior members are the role for our Juniors

If you would like further information on Athletics Welfare and Child Protection Policies, please contact me.

Pip Peakman, Secretary.



Cooling off at Colworth



And then there were three.

Following my last article in Relay earlier this year Team Chicken Legs, as we have become known, have now expanded from myself and Gary to include a new member, Jon. Jon is considerably younger than both Gary and I and makes up for this in his unending enthusiasm and speed downhill, which leaves us older more sensible (scared?) team members behind.

We have continued our racing career doing a round of a local race series and also another enduro in Thetford Forest. The local race was at Tewin near Welwyn. The course was based around the local river and involved crossing it twice, first time by jumping into 18 inches of water and pushing across, the second time by riding over a very slippery wooden bridge. The fact that the course was extremely muddy made most peoples progress across the bridge somewhat slower than may have been expected. Why did all the spectators gather at this point? We all survived the race, which was Jon's first with me in 11th, Jon in 35th and Gary 37th.

At the beginning of June we headed off to Thetford Forest again for another enduro. This time we were not the main attraction as we had been earlier in the year but were playing second fiddle to the grandly named "European Single Speed Championship". This was a race that had been organised for strange people who like to ride off-road without the benefit of gears. The lack of gears was not the only strange thing about them; two guys were on unicycles, which is quite an achievement round the single-track of Thetford. One gentleman (?) was on his own on a tandem and his riding kit was a very cut down boilersuit, which left very little to the imagination.

Some of the overseas contingent also had some strange customs which meant that their refreshment during the race was lager. I can see this catching on with some Riverside Runners. Perhaps we could try and get some sponsorship from Stella Artois for the Half Marathon later in the year?

Also they have a sort of Le Mans start. All the competitors leave their bikes on the start line and then have to run about 400 metres to get their bikes. Unbeknown to the riders the officials mixed up all the bikes while no one was looking so not only did you have to run to get your bike, you then had to find it. One unfortunate ended up without a bike but apparently he had been taking himself too seriously and had to have some sort of handicap.

Our race started about ten minutes after the "main event", 4 9 mile laps. The field was very much smaller than in February with only about 30 or 40 starters. Nevertheless once the gun went we were off and racing. The course was excellent as usual, lots of single-track linked together with the forest roads. Once we got going it was not long until we were catching the slower single speeders. I think Murphy's Law came into play a few times as you also seemed to catch slower riders just as you went into a section of single-track, where overtaking is impossible.

At the finish I was again first team member home in about 2hrs 45 minutes, Jon was just behind in about 2hrs 50 and Gary was a minute or two behind Jon. We do not have any race positions yet as they have not been posted on the web.

Once again we were ably supported by our long suffering pit crew, my wife Sue, Gary's wife Tracey, son Marcus and dog Skip, who supply us with flapjack, bananas, water and any other of the necessities of bike racing, a big thank you to them.



At the finish Gary's face was covered in blood where he had had a crash. He went to the first aid people who cleaned him up and then tried to put a plaster/dressing on his face. They expressed surprise that the dressing wouldn't stick, could it be because Gary had just finished a three-hour bike ride and was sweating slightly? On his way home Gary noticed that not only did his face hurt but his elbow was starting to ache. A couple of hours in casualty and an x-ray later showed a crack in the bone above his elbow. No off road cycling for Gary for a couple of weeks.

Our racing career continues at the end of June when Jon and I are doing another of the local race series.

Neil Smith

Welcome

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

Keith Bates	Keith has been running for 5 years mainly running in 10 K races and has completed 1 marathon, Keith hopes to improve his stamina & speed, wants to compete in more races and especially for charity.
Jenna Morris	Jenna was a competitive cross country runner during her school days, recently returned to running completing the Liverpool Women's 10K in 48 min. Jenna was also 3 rd in the National Biathlon !
Andrew Kinglake	Andrew was also a competitive runner in his youth and is having a go at running again to "win the battle of the bulge" (Andrews own words – Ed.)
Hassina Maycroft	
Krystyna Dillon	
Paul Trinder	
Rod MacKenzie	

The Club Membership currently stands at 162 Seniors (133 at the same time last year) and 39 Juniors (42 last year).

Of the 162 members we now have 52 ladies.

Reminder New York 2005

The deadline to join this scheme is 31st August 2003, any ideas for fund-raising events, please give details to any Committee Member or Frank Scutt.

If you are new to the club and want more details on the trip contact Frank on 01480 393228



ROUND NORFOLK RELAY- 13 / 14 September 2003

After a long session Tony, Phil, Ann and I managed to put together what we hope, are two outstanding teams for this year's relay. It was not an easy task and we had to omit many good club runners who have performed so well this year. However we will be keeping all the names of those interested as reserves, so keep up your training you never know you may be called up. I would also hope that any Club members, who are interested in this event, may like to support the runners by accompanying them on a bicycle or when darkness falls driving behind in a car. Keep Monday, 18th August free as we intend holding a meeting at the Rugby Club for all those involved. (Tony will be talking about this at the next Club meeting). As for the 'Chicks' special T-Shirts are on offer so anyone interested (you don't need to be in the team) can order one. Just put your name on the list which is on the noticeboard. For all those running there is an entry fee of £10 which should be given to Tony or me by the 18th August.

Norma.

RIVERSIDE OPEN TEAM

STAGE	NAME	DISTANCE	START POINT
1	Kevin Sadler	15.18	Kings Lynn
2	Lee Welham	12.25	Hunstanton
3	Ken Ivory	6.12	Burnham Overy Hamlet
4	Andy Phillips	12.06	Wells
5	Darren Priest	10.09	Salthouse
6	Andy Hynes	5.89	Cromer
7	Simon Crampin	9.95	Mundesley
8	Alan Williams	10.52	Lessingham
9	Gary Barnes	8.30	Winterton-on-Sea
10	Mark Beagley	15.08	Great Yarmouth
11	Graham Williams	20.20	Geldeston
12	Neil Adams	17.77	Scole
13	Phil Redden	13.98	Thetford
14	Keith Pritchard	7.70	Feltwell
15	Keith Ritchie	6.76	Southery
16	Peter Bissell	5.49	Downham Market
17	Andy Wray	11.73	Stowbridge

"RIVERSIDE CHICKS"

STAGE	NAME	DISTANCE	START POINT
1	Rachael Sutcliffe	15.18	Kings Lynn
2	Meriel Howe	12.25	Hunstanton
3	Jean Raglione -Hall	6.12	Burnham Overy Hamlet
4	Julie Stock	12.06	Wells
5	Rosie Manning	10.09	Salthouse
6	Helen Liddle	5.89	Cromer
7	Lynsey Fowler	9.95	Mundesley
8	Sarah Bowles	10.52	Lessingham
9	Barbara Reading	8.30	Winterton-on-Sea
10	Kim Masson	15.08	Great Yarmouth
11	Sandra Holmes	20.20	Gelderston
12	Annie Furbank	17.77	Scole
13	Pip Peakman	13.98	Thetford
14	Ann Storey	7.70	Feltwell
15	Severine Piot	6.76	Southery
16	Kathryn Hall (Jack)	5.49	Downham Market
17	Norma Leckie	11.73	Stowbridge



Jack's Canal Capers

Out of our five Riversiders taking part in the Canal run this year, I was supporting Ray Willett and Gary Barnes. I have previously supported them, but never for the whole run and never on my own. So this was both a personal challenge for me as well as a team challenge to get Ray and Gary to the finish! Little did I know that they had other ideas. When Gary suggested we go up the night before for an 'early night', I did not envisage what was to follow!! We left at 8.30pm, arrived in Birmingham at around 10pm, dropped our stuff in the hotel and went to the pub to join Nick and the Keith's about an hour and a half and quite a few beers later, I was well and truly hammered. I don't think I was the only one!! But it seemed like a good idea at the time!! We got thrown out at closing time, set our alarms for the morning and went to bed. Unfortunately it was not a good night's sleep, I chucked up and my hangover started then!! I will never again trust Ray or Gary's idea of an "early night". At 5.50am the next day, Nick, Keith and Keith were all happily at the start while we are all panicking because we were not gonna make it. After much f-ing and blinding from Gary while Ray had a cup of tea, we made it to the start, half an hour late and behind the other three. So they left me, at Gas Street with a map of Great Britain, Gary's car and a big fat hangover!! Thanks guys!! It wasn't long until they caught the other three and the five of them appeared to be making good progress, and I joined Michelle, Helen, Nic and Chris who were supporting the other three. Although Ray had packed the car with everything except the kitchen sink, I felt a little inferior when the others started cooking bacon rolls for the Keith's for breakfast!! I was still feeling sick and hungover. Oh well, the weather was good, my Nurofen were starting to work and Nick had been sick as well, in the first mile, never mind only 144 to go!!! I guess the downside for the runners is the persistent lack of toilets but I wasn't too impressed when KP took a dump just around the back of the bridge where we were due to meet

him!!! It was disgusting!!! Fortunately Keith had been kind enough to provide his Nic and Helen with canal maps so we were all able to find our way to the meeting points together. We met Annie and Richard and Phil and Janet at the first official checkpoint where the Keith's and Nick arrived first, looking pretty good. As they left, my two arrived, all looking good and pleased to see familiar faces, but still a long way to go. As we reached mid afternoon, I had a little 30min sleep in a car park somewhere before Phil took us to a nice fish and chip shop he knew! This stop was marred by an accident where we were and a dog got killed. Phil and I went for a little walk to see how far away the guys were and I was really glad we did that as it took my mind off the poor dog. Thanks Phil. The lads arrived oblivious to all the commotion which had happened, still looking fairly good, but grumbling more than before!! By Blisworth at 8-9pm, it was chucking it down, I was bored waiting and thinking what I could do!! I sorted the car out again, those men are so messy, I took some photos of a rainbow and then real boredom hit me and I thought I should brush my teeth in the middle of the road!! Keith, Keith and Nick came through, soaked and not happy, Gary was still dressed for the sun, but Ray, ever prepared had already put on his glow in the dark, "you can't miss me" fluorescent heavy weight night-time coat!! And he seemed chirpy. By this stage I was restaging that Gary just liked to grab food and go, whereas Ray would want a bit of each food and a chat and change his clothes and then stroll off! And they couldn't understand why they were not staying together!! Stoke Bruerne saw Nick pull out, he was freezing and so he was put in the Land Rover with loads of blankets. This was a shame as he looked to be going well. Keith R was looking fairly good too and KP was not looking too good. He wasn't talking to anyone and it scared me, so I just smiled!! Then the Land Rover broke down. After hours on the go, this was not funny. However, we moved on and after 2 hours waiting, it was fixed and we were all sorted.



At the Navigation pub, Keith Ritchie told me to go and tell them he was pulling out. I thought he was joking!! Whoops. He wasn't, and I felt guilty that I made him walk an extra 20metres to tell them himself when his feet were already knackered. By this point the other Keith looked so bad; I still didn't dare talk to him!! But he was determined to carry on. So three left, and two support vehicles, with the night still to come. Milton Keynes was a nightmare; we drove to a stately home type building, a random river bank, roundabout after roundabout and no blinking bridges and then bridge 75. We wanted 76 but that would do us. However, there were a young couple behaving strangely and none of us dared to get out of the cars!!! We all made each other jump and got more scared, however, the lads soon arrived, appearing to be ok, though Keith could hardly walk.

At the next stop, I was sure that if KP made it through the night, he would do it and was convinced all three would finish. So I was surprised when Ray knocked on my window to wake me up and say Keith was dropping out as he had almost made it through what I thought was the worst part. I wasn't really with it as I had been asleep, but I suddenly realised it was 3-4am and I was on my own from here. I got some canal maps off Helen as Ray and Gary didn't think about that, and went to the next stop.

By then, it was clear I only had the maps of where we had been, not where I was going!! Somehow, using my map of Great Britain and trying to recall the stops from last year, I made it through to the outskirts of London, having slept in Tesco's car park (every little helps) and Waitrose car park and endured the pongy feet stench as they both changed their socks. As I reached London, I thought that the Atlas of GB would perhaps not be so helpful in the City and so I had to stop and buy an A to Z and my main meal of the day, a salmon sandwich!! Soon after this came

the call from Gary that he needed his vest, he wasn't going to wear it, but if you want to know where it went, you will have to ask him!!!

The last official feeding station was great, we were making good progress and I felt really proud of Ray and Gary. I got chatting to 2 ladies from another running club who made them feel very welcome as they checked in. I told Gary it was "only a marathon to go now!!!" and he looked quite relieved!!! I have yet to even run a marathon!! I had been in good spirits to this point and went through several emotions throughout the experience, but the third from last stop was a bad point for me, it was a rough area in London, I was alone and fed up!! It was early evening and I think the tiredness was getting to me. But it soon passed as I met them at 10 miles to go. I agreed that would leave them to the end from here and I made my way, fairly quickly and successfully for once, to Little Venice. (I always thought it should be little Menace as it's so hard to find.) It was nice to be there in daylight, we never had done that before. I had another sleep, and woke up convinced I was in the Blue Peter studio, Ray said you start to hallucinate but I never believed it till then. Ray rang to say they had overtaken a few people and I was so pleased and got ready to greet them at the finish where the winner had been waiting for 13 hours!! They crossed the line together in 40hours 47mins but they were allowed to take the time off they missed at the start I was so proud of them for finishing and the sixth place on top of that was just excellent, and they took three hours off their previous best time. It was a fantastic achievement for them both and I felt a sense of personal achievement for making it through myself! I thought we had worked really well as a team and felt really inspired by what they had done.

They have agreed to support me when it's my turn. Then they'll see how tough it is!!



Club Calendar

August		
Friday 1	pm	Wibbly Wobbly Log Jog
Sunday 3	11.00am	Summer Sprint 4 - Wellingborough 5m
Wednesday 6	6.45 pm	Social Run - Duncombe Arms, Waresley, Pip Peakman, 01767 651966
	8.00pm	Club Meeting - Sports Association
Wednesday 13	7.00 pm	Huntingdon 10k mid week series
Friday 15	7.30 pm	Cranfield 5m
Sunday 17	8.00am	Thorney 5m (AAA)
Wednesday 20	6.45 pm	Social Run -Leeds Arms, Eltisley, Norma & Kenny Leckie 01480350373
Monday 25	6.30pm	Grimsthorpe 10k
September		
Wednesday 3	pm	Nene Valley 5k (AAA)
Thursday 4	8.00pm	EGM Club Meeting - Sports Association
Sunday 7	8.00am	Garden City 10, Wolverhampton Marathon
Wednesday 10	7.00 pm	Huntingdon 10k mid week series
Saturday 13		Round Norfolk Relay
Sunday 14		Round Norfolk Relay ,Grunty Fen 1/2M, Nottingham Marathon
Sunday 21		Great North Run

Other Dates for your Diary		
October 2nd	8.00pm	AGM Club Meeting - Sports Assoc
October 5th		Cambs 10K (AAA)
October 12th	10:15/11:00	Frostbite, St Neots
October 19th		Abingdon Marathon
October 26th		Snowdonia Marathon
November 9th	10:15/11:00	Frostbite, Ramsey
November 16th		St Neots Riverside Half Marathon
December 14th	10:15/11:00	Frostbite, March



Congratulations to Paul and Lisa Ruffles who were married on Saturday 5th July at Kimbolton Castle, Paul and Lisa honeymooned in Mexico.





St Neots Riverside Half Marathon

Race organisation has taken a bit of back seat recently as holidays and other matters have taken precedence. However there's still things to be done, and decisions to be taken.

We have taken a close look at the BARR recommendations and have decided to implement the ones that make sense for us.

Chief Medical Officer

As you can imagine we have to take health and safety very seriously. The Riverside Nine was one of the first races to employ the services of a paramedic, and we have continued this with the Half Marathon. Last year David Irwin did a fantastic job although luckily his medical services were not called upon. This year David has agreed to join the race as Chief Medical Officer. His responsibilities will include carrying out a medical risk assessment and planning and co-ordinating the St John's Ambulance and Paramedic services.

Toilets

Not the most savoury of subjects, but nevertheless something we need to improve on. Last year we had too few toilets with the result that there were long queues. The BARR guidelines are very stringent, but are I believe based on the experiences from the best races. As a result we are probably going to have in total 20 sit down toilets, of which 13 will be porta-loos that we will need to hire in. In addition we will build a temporary urinal for the men. Any volunteers to help build and dismantle it?

Mementoes

This year we will be giving each finisher a short sleeve white T-shirt, **plus** a specially minted medal. Russell Stock will have a hand in the design of both of these - in fact he's probably designing them as we speak. The T-Shirt we hope will be quite innovative - but that's all I'm saying at the moment!

Entry Forms Available

The entry form is now available on the web site, or if you prefer in paper form from Norma or one of the other committee members. The entry fee this year will be £9 for members of attached running clubs, otherwise £10. We believe this still represents good value compared to other similar races.

Enter Online

We have teamed up with Runners World to offer you the chance to enter online. To do this, simply visit the Runners World web-site www.runnersworld.co.uk and click on events. There is a supplement of £1.50 for using the convenience of this service.

After Race Massage

Sue Smith has kindly agreed to again provide an after race massage service to soothe your aching legs. More details to follow...

Don't forget there are no entries on the day again this year. So you had better get your entries in early to be assured of a run...

Steve Ellis

P.S.

Norma reports that she has received 10 entries already!



Riverside Juniors

Riverside juniors are now a rapidly growing section with 39 current members ranging in ages from 8 to 17 years.

Because we have such large number of athletes with varying ages and abilities it has become essential that we organize ourselves so that we can give the children the best start possible to their running careers.

With that in mind we have recently set up a new working committee, which consists of the following people :-

Keith Ritchie :-	Chairman
Caroline Entwistle:-	Treasurer
Julie Sandever :-	Kit lady
Steve Ellis :-	Child protection Officer
Coaches :-	Keith Ritchie, Phil Redden, Tony Hainsby, Lee Welham, Steve Ellis & Nick McGlashan

It is the aim of the new committee to give the juniors a pre arranged and structured introduction to running and athletics, which will endeavour to cater for all ages and abilities.

Future events: -

Wellingborough 3k fun run	03 August
Phil's 3k Paxton pits race	11 September
St Neots Frostbite	12 October

For further details on these events please contact one of your coaches or ring me (Keith) on 01480 381410 .

It is our intention to publish a regular newsletter that will encompass all past and future goings on within the junior section.

Junior training times are: -

Thursdays 06.30 pm @ Rugby ground
Saturdays 09.30 am @ Rugby ground

Training duration of about 1 hour give or take 5 minutes

Safety note

Please can all be aware that the juniors and seniors meet at the rugby ground on Thursdays. I respectfully request if seniors would meet either in the hall or in side the field behind the barriers, as the juniors tend to mingle with you in the car park, which I am sure you will agree is a recipe for disaster.

Thanks, in advance for your co-operation.

REMEMBER

OUR JUNIORS ARE THE CLUBS FUTURE GIVE THEM THE SUPPORT THEY DESERVE

For issues regarding the junior section please don't hesitate to contact me. Keith Ritchie on 01480 381410



Results

Wilmslow 1/2 Marathon - Sunday 23rd March

Kim Masson	1:30:57
Bob Thomson	1:46:02

Shouldham Warren Cross Country - Sunday 23rd March

On Sunday 23rd March, two junior members of took part in the final race of the cross country series at Shouldham Warren near Downham Market.

In Boys U/9 over 800metres Stuart Entwistle finished in 4th place in a time of 3mins 19secs, in Boys U/13 over 3000metres Dale Williamson finished in 4th place in a time of 11mins 29secs.

Linton 1/2 Marathon - Sunday 30th March

Andy Phillips	1:21:14	5th
Tim Philpott	1:29:12	P.B.
Keith Pritchard	1:29:14	
Jerry Bryan	1:29:52	P.B.
Andy Goold	1:31:22	
Peter Bissell	1:32:45	
Rachel Sutcliffe	1:32:50	
Sandra Holmes	1:34:25	P.B.
James Hopperton	1:39:27	P.B.
John West	1:55:39	

3000 Metres Fun Run

Chris Ritchie	10:59	1st
Emma Ritchie	12:05	5th, 1st Girl

Coombe Gibbet to Overton, 16 mile off-road – Sunday 30th March

Peter Duthie	2:33:38	147th
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Sandy 10 - Sunday 6th April

Andy Phillips	60:17	2nd vet O/40
Phil Redden	62:26	1st vet O/50
Andy Hynes	68:55	P.B.
Tim Philpott	69:33	P.B.
Kim Masson	71:30	
Peter Dunning	72:45	
Simon Moore	74:41	
James Hopperton	78:50	
Rosemary Manning	78:50	P.B.
Norma Leckie	80:14	
Ray Willett	80:14	
Bob Thomson	83:21	
John West	83:55	
Barbara Reading	85:20	
George Callow	86:36	
Jean Raglione-Hall	87:50	P.B.
Juliet Good	93:20	
Kathryn Hall	95:46	
Vicky Willett	95:46	
Joan Dunning	96:42	

3K Fun Run

Graham Hainsby 4th / 3rd male

Royston Heath 10K - Sunday 6th April

Mick Entwistle	49:59
Aidan Jarvis	52:23

3K Fun Run

Ryan Williams	13:51	3rd U/11 Boy
Stuart Entwistle	13:52	4th U/11 Boy
Katie Entwistle	18:24	
Louisa Abbott	18:52	

Castle Camps 6 mile – Sunday 6th April

Peter Duthie	42:00	18th
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Young Athletes 3 Stage Road National Relay -

On Sunday 6th April 5 junior members of Riverside took part in the 3 Stage national Relay at Sutton Park, near Birmingham.

In the U/13 Girls race the Riverside team came 77th in a time of 30mins 46secs for the 3 legs of 2338K.

Suzy Boast	9:42	47th
Jemma Watson	10:49	82nd
Stephanie Crampin	10:15	67th

In the U/13 Boys Riverside had only 2 Runners and their individual time and position were:

Dale Williamson	9:9	54th
Karl Lauria	10:15	91st

London Marathon - 13th April 2003

(Official Times)

Kevin Sadler	02:52:54	
Lee Welham	03:08:36	
Mark Beagley	03:13:31	
Kim Masson	03:16:15	
Neil Adams	03:16:44	
Sandra Holmes	03:25:22	P.B. by 12 min.
Keith Pritchard	03:28:23	
Alan Huckle	03:30:49	
Tim Philpott	03:33:46	
Nick Folbigg	03:39:24	
Jerry Bryan	03:40:56	
Steve Pledger	03:41:29	
Ray Willett	03:42:33	
James Hopperton	04:04:42	
Jack Rivers	04:16:51	
David Jackson	04:19:54	
Barbara Reading	04:27:32	
Alan Hemingway	04:41:38	
Gary Barnes	04:43:47	
Vicky Willett	04:55:21	

**Rotterdam Marathon and 10K**

On Sunday 13th April the Bissell family travelled to Holland to take part in the Rotterdam Marathon and 10K races. Peter took part in the marathon and finished with a P.B. time of 3hrs 28mins 42secs. Christine took part in the 10K race and finished with a time of 59mins 40secs.

Maidenhead 10 mile - Friday 18th April

Anne Furbank	1:13:23	217th
Phil Redden	1:13:23	218th

Byesdales 10 mile race.

Andy Hynes travelled up to Yorkshire on Good Friday to take part in the Byesdales 10 Mile race and came home with a P.B. time of 68mins 48secs.

Whittlesey 10K - Monday 21st April

Andy Phillips	37:3	24th
Peter Bissell	39:51	44th P.B.
Sarah Bowles	51:07	P.B.
Christine Bissell	56:19	P.B.

Stanwick 10K - Monday 21st April

Peter Duthie	43:19	55th
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Eastern Vets Relay Championships

On Sunday 27th April the club entered a Men and Ladies team in the Eastern Vets Relay Championships at Hemmingford Grey over a 2-mile course.

The Ladies team in the 3-leg race finished in 2nd place, beaten by a team from Chelmsford A.C. Their total time was 42 minutes 36 secs and the individual times were:

Rosemary Boast	15:46	Rosemary Boast
Annie Furbank	13:10	Annie Furbank
Sandra Holmes	13:40	Sandra Holmes

The men finished in 3rd place in the 4-leg race behind Chelmsford A.C. and Milton Keynes. Their total time was 45 minutes and individual times were:

Andy Boast	11:13	Andy Boast
Phil Redden	11:12	Phil Redden
Graham Williams	11:14	Graham Williams
Andy Phillips	11:21	Andy Phillips

Stratford Marathon - Sunday 27th April

John Storey	3:26:53	
Keith Ritchie	3:28:13	
Lindsey Fowler	4:09:41	P.B.
Bob Thomson	4:22:50	1st Marathon

Stratford 1/2 Marathon - Sunday 27th April

Norma Leckie	1:50:54	Norma Leckie
Mike Reading	1:55:31	Mike Reading
Barbara Reading	1:57:11	Barbara Reading

Cambridge Duathon

Matt Pyecroft	2:30:20
7K Run	32:15
35K Bike	1:20:55
7K Run	37:10

Titchmarch 10 K Race - Sunday 4th May

Andy Phillips	37:23	
Neil Adams	39:27	
Andy Goold	40:42	
Rachel Sutcliffe	40:48	1st Lady
Keith Pritchard	40:58	
Jerry Bryan	41:00	
Peter Bissell	41:15	
Tim Philpott	41:26	P.B
Keith Ritchie	41:45	
Andy Hynes	42:46	
Mark Goward	43:39	
John Storey	43:50	
Norma Leckie	48:45	3rd Lady
Mike Reading	49:38	
Keith Bates	49:47	
George Callow	50:14	
Pip Peakman	50:15	
Jean Raglione-Hall	52:48	
Alan Hemingway	53:04	
John West	53:44	
Barbara Reading	54:11	
Christine Bissell	60:08	

Leighton-Buzzard 10 Mile - Sunday 4th May

Sandra Holmes	70:49	4th Lady / 1st Lady Vet
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Breckland 10k - Sunday 4th May

Jack Rivers	49.17
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Great Wesson 5 mile Multiterrain – Monday 5th May

Peter Duthie	35:18	44th
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Newmarket Heath Run 6K – Thursday 8th May

Peter Duthie	23:09
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Great Baddow 10

Andy Wray	61:59	17th
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Cambridgeshire Athletic Championships

On Saturday 10th May Riverside Runners Juniors took part in the Cambridgeshire Athletic Championships at Cambridge and came home with one county champion.

U13 Girls

Emma Ritchie won the Girls U/13 800 metres in a time of 2mins 52.3 secs.

Emma also competed in the 200 metres and came 8th in her heat in a time of 33.87secs and in the long jump Emma came 7th with a Jump of 3.8 metres.

In Girls U/13 Shot Katie Entwistle came 3rd with in the final with a throw of 4.9metres

U13 Boys

Karl Lauria came 3rd in his heat of the 200 metres in a time of 33.3 secs and in the final came 7th in a time of 33.5 secs. In the 100metres Karl came 5th in his heat in a time of 16.1secs and in the long jump Karl came 6th with a jump of 3.21metres.

U15 Girls

Chelsea Papworth came 2nd in her heat of the 100 metres in a time of 14.9secs which was a P.B. In the final Chelsea came 8th in a time of 15.1secs In the long jump Chelsea came 6th in the final with a jump of 3.83metres which was a P.B. for her.

Suzy Boast came 2nd in the final of the 800 metres in a time of 2mins 27.1secs and in the 200metres she came 3rd in her heat in a time of 29.9secs and 7th in the final in 30.7secs. Suzy also competed in the high jump and came 2nd with a jump of 1.4 metres.

Jemma Watson came 6th in her heat of 100metres in a time of 17.0secs and in the 200metres she came 4th in her heat in a time of 34.75secs.

Louisa Abbott came 9th in her heat of 100 metres in a time of 15.8secs which was a P.B. In the Shot she came 5th in the final with a throw of 6.27 metres

U17 Boys

In the 800metres Graham Hainsby, running for Bedford and County, came 4th in a time of 2mins 23.6secs and in the 400metres he came 4th in 61.7secs.

Chris Ritchie also competed in the 800 metres and came 7th in a time of 2mins 31.8secs and in the 400 metres came 7th with a time of 65.8secs.

Barton on the Clay 10K Race - Saturday 10th May

Sandra Holmes	45:19	4th Lady
Andy Hynes	45:01	

White Peak Marathon - Saturday 10th May

Keith Pritchard	3:13
Phil Redden	3:21
Tim Philpott	3:36
Gary Barnes	3:45
Julie Stock	4:15
Pip Peakman	4:15

Daffodil 5 mile cross Country – Sunday 11th May

Peter Duthie	36:03	28th
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Dwaars door Brugge 15K - Sunday 11th May

Jack Rivers	81:21
750M	
Josef Rivers	3:34

National Veterans 8 Stage Relay

On Saturday 17th May the club entered a team in the National Veterans 8 Stage Relay held at Sutton Park near Birmingham.

Running in the over 40 class, Riverside finished in 39th place out of an entry of 69 teams, this is the best position they have achieved and also the fastest time of 2hrs 23mins 15.17secs.

Leg 1 Andy Boast	16:58.07	44th place
Leg 2 Phil Redden	17:18.28	43rd place
Leg 3 Graham Williams	16:44.49	34th place
Leg 4 Andy Phillips	17:18.17	32nd place
Leg 5 Simon Crampin	17:30.42	32nd place
Leg 6 Peter Duthie	19:36.13	35th place
Leg 7 Andy Hynes	19:04.79	38th place
Leg 8 Steve Pledger	18:45.17	39th place

Eye 10 K - Sunday 18th May

1st Ladies Team:- Sandra Holmes, Anne Furbank, Rosemary Manning, Sarah Bowles.

3rd Mens Team:- Simon Crampin, Phil Redden, Ken Ivory, Neil Adams.

Simon Crampin	37:20	19 th , 1 st O/40
Phil Redden	37:48	22 nd , 1 st O/50
Ken Ivory	38:39	30 th
Neil Adams	38:51	32 nd
Peter Bissell	41:11	68 th
Jerry Bryan	41:47	78 th
John Storey	42:37	90 th
Sandra Holmes	42:44	93 rd , P.B. 3 rd Lady
Anne Furbank	43:58	113 th , 1 st O/55
Mark Goward	44:19	120 th
Rosemary Manning	48:10	185 th , P.B.
Mike Reading	49:04	196 th
Tim Holmes	49:05	197 th
Sarah Bowles	50:43	233 rd , P.B.
Jean Raglione-Hall	51:10	243 rd , 1 st O/50
Nick McGlashan	51:18	247 th
Richard Furbank	51:51	254 th , P.B.
Keith Bates	52:17	261 st
John West	52:24	263 rd
Barbara Reading	52:48	267 th
Jack Rivers	56:20	308 th
Christine Bissell	56:25	312 th

3k Fun Run

William Mackay	12:24	6 th , 1 st U/123 Boy
Anna Levitt	12:39	7 th , 1 st U/16 Girl
Tim McGlashan	13:11	10 th



Ryan Williams	13:25	25 th
Stephanie Crampin	13:26	18 th , 1 st U/13Girl
Karl Lauria	14:06	23 rd
Katherine Mackay	14:40	27 th
Oliver McGlashan	15:03	32 nd
Josef Rivers	15:53	46 th
Jack Rivers	15:55	47 th

Rockingham 5 Mile - Wednesday 21st May

Sandra Holmes	31:29
Annie Furbank	33:00
Rosemary Manning	35:29

Offord One Mile Fun Run

On Sat 24th May, 9yr old Stuart Entwistle took part in the Offord Fun Run and came home in first place overall much to his delight winning his first race.

Great Manchester 10K – Sunday 25th May

Caroline Entwistle	1:16:17
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3K Fun Run

Stuart Entwistle	13:26
Katie Entwistle	16:45

Brandon Forest ½ Marathon - 26th May

Peter Duthie	1:49:25	101 st
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Bonnington 10K - 26th May

Annie Furbank	43:14	1 st O/55
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Birmingham- London Canal Run.

Over the Bank Holiday weekend two members of Riverside completed the 145 mile race from Birmingham to London race along the Grand Union Canal. Running together Gary Barnes and Ray Willett completed the race a time of 40hrs 24mins in 6th place and knocked 3hrs of their previous best time.

Arthur Bowden Memorial 5 - Thursday 29th May

Phil Redden	29:27	14 th 1st O/50
Ken Ivory	30:27	22 nd
Mark Goward	33:43	56 th
John Storey	34:14	67 th
Annie Furbank	34:36	73 rd 1st O/40
Sarah Bowles	40:27	138 th P.B.

Woodhall Spa Half Marathon – Sunday 1st June

Sandra Holmes	1:29:40	3rd lady, PB.
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Lake Vrynwy Marathon – Sunday 1st June

Peter Bissell	3:49:11
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Great Dunmow 5

Andy Wray	29:24	12th
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Hickathrift 10K - Saturday 7th June

John Storey	42:32
Matt Pyecroft	49:07
Sarah Bowles	50:49

Carpenter Glossop Derby 10 mile – Sunday 8th June

Sandra Holmes	71:33	2rd Lady, 1 st Vet
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Bedford Embankment 5 Mile - Sunday 8th June

Simon Crampin	29:30	P.B.
Andy Phillips	29:44	
Tim Philpott	32:30	P.B.
Peter Bissell	32:34	P.B.
Steve Pledger	34:09	
Dean Longman	37:30	
Norma Leckie	38:14	
Keith Bates	39:57	
Jean Raglione-Hall	40:52	P.B.
Michelle Dunning	43:24	
Helen Liddle	43:48	P.B.
Christine Bissell	46:57	
Colin Bradbury	52:01	
Terry Johnson	52:21	
Jack Rivers	56:49	

Weedon 10K – Tuesday 10th June

Sandra Holmes	43:05	5 th Lady
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Race for Life, Bedford – Sunday 15th June

Christine Bissell	29:32
Krystina Dillon	29:32
Caroline Entwistle	36:15

Mersea Island "round the island" 13 mile trail run – Sunday June 22nd

Andy Wray	1:22:29	6th
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Colworth Marathon Challenge Friday 20th, Saturday 21st and Sunday 22nd June 2003

Over the weekend of 20th, 21st, and 22nd June 14 Members of Riverside took part in the Colworth Marathon Challenge, which is three races totalling the distance of one Marathon with a 5 mile, 8.1 mile and a 1/2 Marathon. All three races were run mainly off road with the 1/2 marathon particularly hard

	5 Mile		8.1 Mile		1/2 Marathon		Marathon Challenge	
Phil Redden	7th, 1st O/50	30:22	5th	51:17	4th, 1stO/50	1:26:42	3rd, 1st O/50	2:48:21
John Storey	47th	34:39	31st	61:18	30th	1:42:27	30th, 2nd O/60	3:18:14
Norma Leckie	115th, 1stO/45	38:19	62nd	66:12	48th, 1stO/45	1:49:52	33rd, 3rd Lady	3:34:13
Mick Entwistle	113th	38:18	75th	68:40	88th	2:01:16		3:48:14
Jack Rivers	148th	44:45	89th	70:49	105th	2:07:02	54th	4:02:36
Ann Storey	159th, 1stO/55	41:21	101st	73:32	108th	2:08:02	56th, 1stO/55	4:02:55
Rosie Manning	124th	38:38	100th	73:23	115th	2:12:09	57th	4:04:13
Peter Duthie	57th	35:17	94th	72:58	-	-	-	-
Pip Peakman	126th	38:55	-	-	-	-	-	-
Sarah Bowles	145th	40:29	-	-	-	-	-	-
Bob Thompson	212th	46:55	-	-	-	-	-	-
Annie Furbank	-	-	-	-	31st, 2nd Lady	1:42:27	-	-
Helen Liddle	-	-	-	-	106th	2:07:52 PB	-	-
Michelle Dunning	-	-	-	-	116th	2:13:16 PB	-	-



Some of the hardy souls who took on the Colworth Challenge on the weekend of 20/21/22 June.

Eastern Vets 10K, Comberton

Graham Williams	36:45	2 nd , 1 st O/45
Andy Boast	37:40	6 th

Barrow 10 mile – Sunday 29th June

Sandra Holmes	69:29	PB
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Humber Bridge ½ Marathon – Sunday 29th June

Alan Hemingway	2:00:45
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Ryston Runners Mid Summer 5 Mile - Thursday 3rd July

Alan Williams	28:16	8 th
Andy Boast	29:13	13 th

Eastern Vets 5 Mile Championship - Sunday 6th July

Graham Williams	28:30	1 st , 1st Vet O/45
Sandra Holmes	33:10	18 th , 3rd lady, 2nd Lady O/35, PB

Stowmarket 5 mile – Friday 27th June

Sandra Holmes	33:53	PB
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Launceston ½ Marathon – Sunday 6th July

Jerry Bryan	1:33:37
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Biggleswade Sports Meeting

On Saturday 12th July, Members of Riverside took part in the Biggleswade Sports Meeting and came home with 16 individual winners, results are as follows:

50 metres	U/9	Amy Mulgrew	2 nd	10.5secs
100 Metres	Boys 9-10yrs	Peter Taine	1 st	16.1secs
	Girls 9-10yrs	Leanne Stadden	1 st	15.06secs
		Emily Boast	2 nd	16.62 secs
		Zoe Mulgrew	3 rd	16.9 secs
	Girls 11-12yrs	Emma Ritchie	2 nd	15.47secs
	Girls 13-14yrs	Suzy Boast	1 st	13.82secs
		Chelsea Papworth	2 nd	14.72secs
		Jemma Watson	3 rd	16.28secs
	Ladies	Rosemary Boast	1 st	15.9secs



800 metres Girls 9-10yrs	Boys 9-10yrs	Peter Taine	4 th	3mins 14secs
		Emily Boast	3 rd	3mins 16secs
		Zoe Mulgrew	5 th	3mins 22secs
	Girls 11-12yrs	Emma Ritchie	1 st	2mins 54secs
	Girls 13-14yrs	Suzy Boast	1 st	2mins 40secs
150 Metres	Boys 15-16yrs	Jemma Watson	2 nd	3mins 11secs
		Chris Ritchie	1 st	3mins 11secs P.B.
	Girls 9-10yrs	Leanne Stadden	1 st	
		Zoe Mulgrew	2 nd	
		Emily Boast	3 rd	
	Girls 11-12yrs	Emma Ritchie	2 nd	
	Girls 13-14yrs	Suzy Boast	1 st	
200 Metres		Chelsea Papworth	2 nd	
		Jemma Watson	3 rd	
	Boys 9-10yrs	Peter Taine	1 st	36.06secs
	Girls 13-14yrs	Suzy Boast	1 st	31.59secs
	Ladies	Rosemary Boast	1 st	35.55secs
1500 Metres	Boys 15-16yrs	Chris Ritchie	2 nd	28.8secs
	Girls 11-12yrs	Emma Ritchie	1 st	2mins 54secs
	Girls 13-14yrs	Suzy Boast	1 st	6mins 22secs
	Girls 9-10yrs	Emily Boast	1 st	6mins 33secs
Shot	Girls 13-14yrs	Suzy Boast	1 st	8.08mtrs
	Girls 11-12yrs	Emma Ritchie	2 nd	5.30 mtrs
	Girls 9-10yrs	Zoe Mulgrew	4 th	4.42 mtrs
		Emily Boast	5 th	4.39mtrs
		Leanne Stadden	5 th	4.20 mtrs
4 x 100 mtrs Relay	Girls 11-12yrs	Emma Ritchie, Zoe Mulgrew, Emily Boast, Leanne Stadden	1 st	
	Girls 13-14yrs	Suzy Boast, Chelsea Papworth, with 2 Girls from Biggleswade	1 st	

Peterborough Police 10 K - Sunday 13th July

Graham Williams	35:38	9 th , 1st Vet O/45	Alan Hemingway	54:03	301 st
Andy Boast	37:40	19 th	Dave O'Brien	54:48	312 th
Andy Phillips	38:04	22 nd , 1st O/40	John West	54:59	317 th
Ken Ivory	38:54	29 th	Mike Reading	55:09	318 th
Neil Adams	38:56	33 rd	Jason Gabb	55:11	320 th
Andy Goold	40:49	64 th	Christine Bissell	59:00	354 th
Jerry Bryan	42:13	81 st	Helen Crawley	59:41	361 st
Mark Beagley	42:29	88 th	Joan Dunning	60:43	369 th
Keith Ritchie	42:32	90 th	The ladies team of Anne Furbank, Norma Leckie, Pip Peakman and Rosie Manning won the Ladies team prize.		
Peter Bissell	42:34	91 st	The men's team of Graham Williams, Andy Boast, Andy Phillips and Ken Ivory came joint 2 nd .		
John Storey	44:09	117 th	3 K Fun Run		
Anne Furbank	44:27	123 rd , 1st Lady O/55	Will Mackay	11:02	5th 1st 12-13 Boy
Derek Hurden	44:41	127 th	Suzy Boast	11:28	17th 1st 12-13 Girl
Mark Goward	44:59	133 rd	Emma Ritchie	11:28	18th 1st O/12 Girl
Matt Dowle	45:30	141 st , P.B.	Tim McGlashan	12:20	23rd
Peter Dunning	46:47	170 th	Abby Howarth	12:28	25th
Dean Longman	48:16	197 th , P.B.	Emily Boast	13:35	49th
Norma Leckie	48:49	206 th	Sam Boast	13:38	54th
Pip Peakman	48:58	211 th	Stephanie Crampin	14:00	59th
Adrian Jarvis	50:23	235 th	Oliver McGlashan	14:31	73rd
Rosie Manning	50:28	237 th	Holly Welham	15:10	85th
Richard Furbank	50:43	241 st	Rosemary Boast	15:26	92nd
Johanna Dowle	51:07	246 th , P.B.	Zoe Mulgrew	16:19	112th
Keith Bates	52:09	266 th	Chloe Manning	17:43	142nd
Nick McGlashan	52:22	276 th			
Sarah Bowles	53:12	289 th			
Jean Raglione-Hall	53:36	295 th			



St. Ives 10 K - Sunday 20th July

Alan Williams	35:19	P.B.
Graham Williams	35:46	1st O/45
Kevin Sadler	36:16	
Andy Boast	37:40	2nd O/45
Neil Adams	39:08	
Andy Goold	40:08	
Peter Bissell	40:14	
Jerry Bryan	40:40	P.B.
Rachel Sutcliffe	40:45	P.B. 2nd Lady
Mark Beagley	42:43	
Mark Goward	43:29	
Anne Furbank	43:43	1st Lady O/ 55
John Storey	43:47	
Andy Hynes	44:31	
Alan Huckle	44:41	P.B.
Peter Dunning	46:22	
Meriel Howe	48:25	P.B. 2nd Lady O/55
Mike Entwistle	49:17	
Rosie Manning	49:17	
Mike Reading	49:33	
Richard Furbank	49:39	P.B.
George Callow	50:20	

Keith Bates	50:29	
Alan Hemingway	52:06	P.B.
John West	54:33	
Bob Thomson	55:57	
Joan Dunning	61:15	3rd Lady O/50
Krystyna Dillon	71:23	P.B.
Christine Bissell	71:23	
Rachel Sutcliffe, Anne Furbank and Meriel Howe won the Ladies Team Prize		
Alan Williams, Graham Williams, Kevin Sadler and Andy Boast were 2nd Men's Team.		
3 K Fun Run		
Will Mackay	11:10	2nd, 1st U/15
Emma Ritchie	12:14	7th, 1st Girl U/13
Ryan Williams	12:27	9th, 2nd U/13
Stuart Entwistle	12:34	10th, 3rd U/11
Stephanie Crampin	13:25	16th, 2nd U/13 Girl
Emily Boast	13:29	17th, 1st U/11 Girl
Sam Boast	13:30	19th
Danny Sadler	15:15	38th
Harwich 10K Handicap - Tuesday July 22nd		
Andy Wray	17:03	2 nd (by 2 seconds)

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

London Marathon 2003

In the last Relay you heard about the expectations of some of the members who were running in the London Marathon this is what they actually achieved on Sunday 13th April, 2003.

Lee Welham - 3:08:36, Lee was going to have another go at breaking the 3:00 hour barrier, next year hopefully.

Alan Huckle - 3:30:53, Alan had hoped for a 3:15 but had an off-day his training up to the race was going well but happy that his fundraising was good (£4,000)

Sandra Holmes – 03:25:22, Sandra's 1st London, was on target at 20 miles for a 3:15, but pulled a muscle and only just finished. Sandra collected £1,000 for the Arthur Rank Hospice.

Jerry Bryan – 3:40:56, Jerry wanted to beat his PB of 3:27, didn't feel well and very hot, walked/ran last 6 miles. Will try again next year.

Alan Hemmingway – 04:41:38, disappointed but still hoping to beat 4:15/4:20 – next year!.

Kevin Sadler – 2:52:53, Kevin wanted to run better than last year (2:53), he was pleased that he achieved his target, and commented that it was very hot at the end.

Tim Philpott – 03:33:46, Tim's target was 3:15 – 3:30., his first 2 miles were slow and struggled to catch-up, heat in last 6 miles was bad, still happy.

Mark Beagley – 3:13:31, Marks aim was to top last years time of 3:13 and beat Neil Adams, he thought he was doing badly but picked up when he realised Neil was just in front of him, Mark matched his time and beat Neil.

Neil Adams – 3:16:44, Neil had hoped to better his PB of 3:12, "could do better"



Editors Notes

Welcome to the latest edition of Riverside Relay, I delayed the publication by two weeks from my original deadline so that the dates of the Frostbite Friendly League could be included.

Many thanks to all who have contributed.

The largest area in this edition seems to be the results; it is great to see that so many take part in races throughout the year but especially in the summer months when events are more frequent, although the heat at some races this year has been a problem.

The holidays are now upon us and I hope that wherever you go that you have a relaxing and enjoyable time ☺. Don't forget to pack your trainers and keep up your training, the Norfolk Relay is in September and the Frostbites start again in October.

Our Captain has reminded you that the Wally is back. It has been noticed that at the recent Fairlands Valley Challenge Phil got lost!!!!

Kenny Leckie

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Frostbite Friendly league AGM

At the Frostbite AGM on July 20th I have a few points you might like to know about.

1 st Race	Riverside Runners, St Neots	12th October 2003.
2 nd Race	Ramsey Road Runners, Ramsey	9th November 2003
3 rd Race	Bushfield Joggers, Bushfield, Peterborough	14th December 2003
4 th Race	March Braza, March	11th January 2004
5 th Race	Bourne AC, Bourne	8th February 2004
6 th Race	BRJ, Huntingdon	7th March 2004

Start times, Junior 10:15, Senior 11:00.

All runners are reminded that it is compulsory to wear club colours; you could be disqualified if you don't.

Riverside made the following requests:-

To enter 2 Senior teams to be split by the age of 40 by the first race. This was agreed all in favour

The league should recognise individuals who run in all races and award trophies in the normal age groups. Riverside thought that this would be a good way of increasing support for the presentation evening and give an incentive for individuals to attend all races.

Following a discussion a vote took place and this voted against 16:1.

The Frostbite presentation evening is planned to take place at March Braza on the evening of Friday 12th March at a cost of £10.00 per head.