

RIVERSIDE RELAY

www.riverside-runners.org.uk
www.riverside-runners.com

December 2003

Super Chicks!

It seems that our Riverside Ladies can do no wrong these days ..

2nd Ladies team in the Round Norfolk Relay at their first attempt, Annie Furbank winning the Gold Medal in the UK Masters Marathon Championship at Wolverhampton, Sandra Holmes dipping under the 3:00 hour mark in the Dublin Marathon, Rachel winning our own Half Marathon, Rachel, Annie, Sandra and Kim winning the Hereward Relay, Annie and Sandra gaining 7 Stars, to mention a few.

It's not that many years ago that we struggled to field 2 ladies in the Frostbite this year we had 18 in our own race and for the first time we had 3 ladies scoring at Bushfield.

The Girls seem to be following suit for the juniors with 2 girls scoring at St Neots and 16 out of the 27 club runners were girls.

The male runners in the club have not been sitting back and letting the ladies take all the glory, Andy Wray has been winning on the track; Graham Williams and Phil Redden have been winning their age groups in races and both Phil and Graham now have 7 Stars.

More noticeable, the number of P.B.'s from many of the club members is fantastic (22 in the Riverside Half Marathon alone).

.....full details of all performances in the Results section page 17.



Chairman's Letter

Dear members

Well what a great couple of months we've had, we seem to be going from strength to strength.

So much has happened, forgive me if I forget something..

Well done to everyone who has taken part in any events recently, Great North Run, St. Neots Half and of course the Frostbite League.

I seem to remember saying that no one would ever get an 8 star, well Anne, Sandra and Phil seem to be determined to prove me wrong, crack on !

I just say well done to Sandra Holmes you are now one of only seven members to get under 3 hours in a Marathon and are the only Lady to achieve it in a Riverside vest..Well Done.

The Championship is almost over, but there is still time to get that last result in, please remember to pass your results on to Tony.

Our presentation night preparations are well under way and as always it promises to be a good night. Tickets go on sale at the December Club Meeting.

Well what's for the future?

As most of you are aware I have decided to make this my final year as your Chairman. I have always considered it an honour to be Chairman of Riverside Runners, and will always be proud to have held this position. However I feel the club needs someone new, with new ideas and fresh blood, and with enthusiasm to take the club forward. At the same time I would like to concentrate on my running and maybe be more competitive (watch this space Masson).

I look forward to running with you all.

Yours in running

Mark.



Your Committee

Mark Beagley	Chairman	01480 381783
Pip Peakman	Secretary	01767 651966
Alan Hemmingway	Treasurer	01767 652011
Phil Redden	Club Captain / Vice Chairman	01480 212895
Matt Dowle	Championship / Website	01480 391580
Jo Dowle	Kit/Social Events	01480 391580
Jack Hall	Social Events / Raffle	01480 475766
Richard Furbank	Club promotions	01480 810428
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
Circuit Training	Neil Smith	01480 213365

Circuit Training

Circuits continues to be well attended with 16 -20 people each week, they stop for the holidays on 10th December and resume on the 14th of January.
We meet at the Old Gym Longsands School at 7pm on Wednesdays.

All welcome!!
Neil Smith

Adidas Footscan and Try & Return

Adidas have confirmed that we will be at the rugby club on the 5th and 8th of January 2004, we will arrive at 6pm and do "footscans" until 6:30/7pm when myself and the Adidas rep Chris Spinks will join members for a training run!!

The members will have their feet scanned and a shoe will be recommended according to their "gait".

Members can purchase Adidas shoes on a "try and return" basis. If they like the shoe they keep it, if they don't like the shoe it has to be returned within 4 weeks when a different shoe or refund will be given.

This is a nationwide event starting in January so club members will be the first to receive this service from Adidas!!

Andy Wray

andy@runnersworld.ltd.uk



Club Calendar

December 2003			
Thursday 04 December	Club Meeting	8pm	
Sunday 07 December	Nene Valley 10		
Sunday 07 December	Luton Marathon		
Saturday 13 December	Kettering Cross Country		Kettering
Sunday 14 December	Great Barford Half	11am	Great Barford
Sunday 14 December	Frostbite Cambs & Coleridge	10.15/11am	Swavsey
Thursday 18 December	Festive Club Run (Fancy Dress)	6.30pm	Rugby Club
Thursday 25 December	Christmas Day (no club run)		
Sunday 28 December	Buntingford 10		
Wednesday 31 December	Ely New Years Eve 10k Road Race	11:00	
January 2004			
Sunday 4 January	Cambs County Cross Country Championships		Hinchingbrooke Park
Thursday 08 January	Club Meeting	8pm	Rugby Club
Sunday 11 January	Frostbite, Ramsey	10.15/11am	
Wednesday 14 January	Circuit Training restarts	7pm	Longsands
Sunday 18 January	Folksworth 15		Folksworth
Saturday 24 January	South of England CC Championships		Parliament Hill
Saturday 24 January	Riverside Presentation Evening	7.30pm	Bowls Club
Feburary 2004			
Thursday 05 February	Club Meeting	8pm	Rugby Club
Sunday 08 February	Frostbite, Bourne	10.15/11am	
Sunday 15 February	Stamford St Valentines 30K	11am	Stamford
March 2004			
Sunday 07 March	Frostbite, Huntingdon	10.15/11am	
Thursday 04 March	Club Meeting	8pm	Rugby Club
Sunday 14 March	The Grizzly		
Sunday 14 March	Club Run	9.30am	Rugby Club
Sunday 14 March	Thorney 12K	10.30	Bedford Hall
Friday 19 March	Frostbite Presentation Evening		March
Sunday 28 March	Linton Half Marathon	10.30	
Sunday 28 March	Oakley 20	10am	Oakley
Sunday 28 March	Oakley 12	10am	Oakley
April - September 2004			
Sunday 04 April	Sandy 10	10:30am	Sandy
Sunday 18 April	Flora London Marathon	9:45am	Blackheath
Saturday 19 June	Midnight Sun Marathon Half Marathon 10K		Tromso Norway
Friday 13 August	Thorney 5	10:30am	Thorney
Saturday 18 September	Round Norfolk Relay		
Sunday 19 September	Round Norfolk Relay		
Sunday 26 September	Great North Run		



CAPTAIN'S LOG

I took part in my first triathlon for ten years in August; the big gap due to the fact that I am a very poor swimmer, but as this was a mini tri with only a 200metre swim a comeback was on. The event took place at Bedford embankment with a 200m swim in the Ouse followed by a 15k bike and 3.3k run. I climbed out of the river in 57th pos out of 60 competitors in 6min 17secs, the leader took 2min 55secs and Christine Bissell who was also taking part, in 4min 40 secs. Jumping onto an ancient racing bike that I borrowed from Frantic I set off in pursuit of Christine and the others. Sixth fastest on the bike I was in with a chance of a good finish. I had good run and was delighted with 5th place overall, but if only I could swim, who knows. Christine finished in 23rd (6th lady).

My first marathon DNF was at Wolverhampton in Sept. It was the British Vets champs and also my 80th marathon and I really wanted to do well. I don't know exactly what happened but I think someone stole my legs at 17miles and I had to drop out. My apologies to the members of the club that I have ridiculed in the past for dropping out of marathons as I now know what the wall is. Graham Williams and Anne Furbank had excellent runs and won awards in their categories.

It was a fantastic RNR as usual with all the usual riverside support on hand. The pink chicks ran their socks off and I think this was the start of the chicks run of great recent results. Yes chaps we have to wake up to the facts that the girls are leaving us behind. The two 7star standards for Anne F and the brilliant 7star sub 3 marathon by Sandra (the first by a riverside chick) are showing the way. Another first by the chicks was having three scorers at the Bushfield frostbite, this has also happened twice in the juniors so even the chicklets are getting in on the act.

The Riverside Half was another big success, although some of the half committee seem to be beating themselves up over a few minor hiccups. I have heard and read only good things about the race, so come on committee concentrate on the positive.

I don't know what we have to do to beat BRJ at the Hereward relay. As some of you know they pipped us by 11secs last year over a race of 38.5 miles and this year we were determined to win. We got an excellent start with Andy Wray winning the first leg and giving me a lead of 30secs over Fairlands, but more importantly 7mins on BRJ. I had a super run and increased our lead on all but BRJ. With 2miles of my 11.6mile leg to go I was passed by Pete Galpin, and he gave a lead of 1.40mins to their third leg runner. Alan Williams soon regained the lead and handed his dad (Graham) a 3min lead. Last year this would have been more than enough for victory, but Derek Lines and the off road shoes that he borrowed from Pete ran the 10.4mile last leg in a very impressive 59.32 to take the honours by 1.40mins. Our chicks, Rachel, Annie, Sandra and Kim also took part and finished 27th out of 103 teams and were first ladies team. 2 Mats and their chicks, Jo and Sarah improved this year to 78th.

Just got back (Sun 30th Nov) from a XC race at Bedford, accompanied by Helen, Rosie M, Seve and Paul.. A not too taxing 4.5miles with bread rolls, cakes and tea supplied at the finish, good value for only £3. More XC on 4th Jan 2004 with the county champs at Hinchingsbrooke Park. See me ASAP if you want to run as there are no entries on the day.

Phil



Half Marathon

On the face of it, the race was a great success with a new course record, record entries and record finishers. And judging from the positive feedback from the runners, an enjoyable experience for those taking part.

The increase in the race entry to 1000 and the decision to raise the quality of the race to achieve the BARR Silver Grade standard stretched us to the limits. Unknown to many, there were a number of oversights that were sorted out often with minutes if not seconds to go. It was due to the quality of the race team that none of these affected the running of the race.

The race was a real learning experience that will bear us in good stead for next year, already planned for 14th November.

We began the organisation of the race back in March. There were many decisions that needed to be taken before the entry form could be produced and the race publicised. One was to offer online entry via the Runners World website. This proved successful and provided us with 280 entries, many from areas such as London where we hadn't had many entries in the past.

Although the organisation took a holiday during the summer, it picked up in September when the entries started to flood in. The last few weeks were particularly manic as all the pieces were pulled together. We reached the race limit on the Wednesday, 11 days before the race. Well over a hundred entries were taken in the last week, and they were flooding through Norma's letterbox at a rate of over 20 per day at one point. As it turned out we could easily have taken another 200 - something we'll have to think about for next year.

Race day dawned to great weather, with clear blue skies and light winds. Bearing in

mind the gales of the previous Friday, and the wet Sunday the following week, we were very lucky. However we were not prepared for the news from Lee Welham, the course director, that many of the signs on the course had been stolen overnight. Fortunately he had decided not to erect the mile markers until the day so we hadn't lost them. Lee did fortunately have some spare signs, so he was able to replace many of the lost ones without anybody noticing.

The toilet provision was if anything over generous judging from the lack of queues. I can't remember a race where the last half-hour was not spent trying to fit a long wait into my pre-race preparations. The urinals, the subject of much pre-race derision, turned out to be easy to erect and dismantling was not the messy job many predicted. I can even confirm that it all worked as designed.

The result service proved to be a problem mainly due to a new race timing method we were recommended to adopt by the race officials. Without boring you with the details, it was clear that when the results went on the web late Sunday afternoon that something had gone badly wrong. After pulling the results from the web, I was able in a few hours, with the help of my wife Christine, to correct the problems so that by 12:30 am we had it all sorted if not entirely accurate. By 6:00 am later that morning the corrected results were back on the web.

The race required a large band of helpers, nearly a hundred in number. Lack of space prevents me mentioning them all but a big thank you to you all! There are however some who deserve special mention:

Starting with the race committee:

- Norma Leckie, Entries Secretary, Treasurer, voice of the race, position recorder and general Girl Friday. She is so organised and enthusiastic, and will



be sorely missed from the committee next year. Thank you Norma for a fantastic job over all those years!

- Dave Parrack, Race Secretary, publicity. He spent much of race day setting up the start and finish or out on the course. Dave also organised the portaloos.
- Lee Welham, Course Director. The great course is down to him. Hopefully not such a stressful job next year.
- Dave Woodward, photocopier, great race commentator, urinal erector, and much more.
- Adrian Jarvis, Chief Marshall, organised the marshals and car parking. The marshalling in general received great praise from all that took part – well done Adrian and his team!
- Bob Thompson, start, finish and drink/sponge station co-ordinator. Very, very busy on the day.
- David Irwin, Chief Medical Officer – it was really useful to have a professional on the team. Dave helped compile the medical incident procedure. His paramedic services were for once called upon.
- Phil Redden, Fun Run. Another great success, very smoothly run with a record field.

And others with important jobs:

- Russell Stock, resident artist who designed the medal and the artwork for the T-shirt. Both were highly commended, a fantastic job.
- Christine Ellis, provided the words for the T-shirt, helped me with the data entry and she was half of the results input team.
- Melanie Welham, the other half of the results input team, also badgered companies into providing many of the goodies in the goody bags.

We also couldn't have run the race without our very generous sponsors. Our main sponsors were:

- Barretts of St Neots ("Open every day until Christmas!") who provided all the prizes - and fantastic they were, the lead vehicle and the bags for the goody bags.
- Anne Furbank of Buckden ("Not open every day until Christmas!")
- Cryovac who did all the photocopying, mailing out and provided the water for the drink stations

Plus the following who sponsored specific items:

- William Ransom who sponsored the start and finish banners and provided the Radian B samples for the goody bag – thank you Alan Hemingway for setting it up
- At Your Own Pace, the sports shop in Bedford who provided the race numbers
- Jordans who provided the cereal bars for the goody bags
- Jacobs who provided the "scrumptious" Thai Bites

So all in all, not a bad job. But it has given us much to ponder on for next year.

One thing we will be doing is increasing the size of the organising team. It was clear that individually we had too much to do and things fell through the cracks as a result. I have already begun the process with the recruitment of Matt Dowle to run the website, but we will need many more. Let me know if you want to help out. Enthusiasm, willingness to do some work and take responsibility is all we ask.

Steve Ellis



Welcome

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

- **Teresa James** - Relocated from the Hereford area, joined club to meet people & run.
- **Mandy King** -run for pleasure & to keep fit for a number of years. Runs regularly with their Labrador "Barney". Loves running in early morning in the peace & quiet .Currently training at Crosshall Junior School to be a teacher.
- **Alan King** - Ran for pleasure over last year. Has a place in London Marathon next year .Also plays golf & tennis & is an Arsenal supporter. Works as Engineering Manager at Siemens in Hitchin.
- **Amanda Rawson** - Has completed 11 marathons & 1 Ultra .Joined club to regain some speed & meet new people & to be an active club member.
- **David Rawson** - Has completed 5 marathons. Joined club to train with & meet like minded people.
- **Trevor Rickwood** - Wants to compete in a marathon in the future. Joined the club for both extra motivation & to enjoy the social side.
- **Neil Holmes** – Started running January this year and graduated to running the Riverside ½ marathon, wants to chip away at his P.B's and hopefully complete a Marathon

The Club Membership currently stands at 94 Seniors and 31 Juniors.

The Treasurer would like to remind members that subscriptions for the year 2003/2004 are now overdue

Club Kit

NEW: Micropore polyester running tops (as seen at the December club meeting)

Available in long and short sleeves
Club colours with riverside logo on front – perfect for those frosty frostbites!

How to order:

Put your name on the list on the club house notice board or email me kit@riverside-runners.com

Provisional prices (including postage):

Long sleeves £16 - £17

Short sleeves £15 - £16

Junior sizes also available

Also available:

Club vests £14.65

High visibility bibs £4.25

T-shirts £6.70

Crop tops £13.25



Chicks Night Out

A group of 18 of Riverside's finest Chicks gathered at Eat n Bowl on Friday 28th November for an evening of, well, Eating and Bowling – or rather Bowling then Eating (we had to work up an appetite!!). Despite initial protests of “I’m not very good at bowling” or “I haven’t played since I was 5” and the all time classic “Mine always roll down the gutter” I think either there were a few professionals in our midst or some of us had been getting some sneaky practice in!!

Our players were split into 3 teams on adjacent lanes and were all very supportive of each other - for both the good and the bad attempts. Norma and Annie had a bit of a problem with their balls going to the left and according to an anonymous source Rachel may not be as good at bowling as she is at running!! Two games, a few strikes (most of them Pip's) and a lot of spares later we were well and truly worn out - Jo and Jack didn't even have enough energy for the Dance Mat in the arcade (and we were so looking forward to watching their Britney Spears moves!!). The group then sat down for the “eating” part and we all replaced the calories lost on the bowling alley (and possibly a few more after the dessert course!).

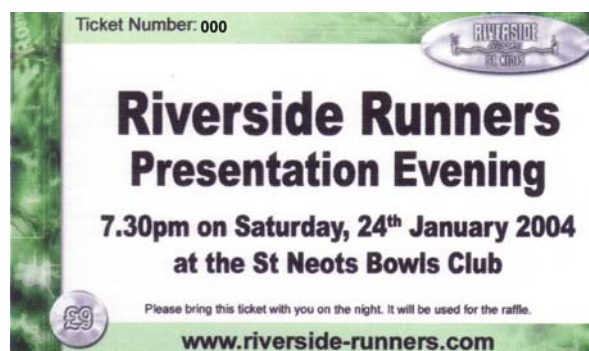


Then the most important part of the evening – presentation time. The winner with a massive score of 215 was Jack “KingPin” Hall, who received, to rapturous applause an award only second in importance to the Webb Ellis trophy. But of course, the loser did not go away empty handed, Michelle became the proud owner of the prestigious wooden spoon.

I think the chicks will all agree it was a great evening and we are all looking forward to the next one (a few of us might be found putting some more practice in before then though!!).

Krystyna

**Have You Got Your Ticket Yet?
See any member of the committee – NOW**





Summer Sprints 2003

This years summer sprints went into October due to a busy month for the club in September. Again this year the races were well attended apart from Wellingborough (only 11) however this race turned out to be the non scorer.

The results are as follows:-

NAME	Titchmarsh	Embankment	P/borough	Frostbite	Races	TOTAL
LADIES						
N. Leckie	2	1	2	5	4	10
P. Peakman	3	0	3	6	3	12
J. Raglione-Hall	4	2	7	0	3	13
M. Dunning	4	4	0	9	3	17
C. Bissell	6	5	8	0	3	19
R. Sutcliffe	1	0	0	2	2	3
A. Furbank	0	0	1	4	2	5
S. Bowles	0	0	6	8	2	14
B. Reading	5	0	0	13	2	18
J. Dowle	0	0	5	17	2	22
There were also 15 runners who completed 1 scoring race.						
MEN						
A. Phillips	1	2	3	11	4	17
P. Bissell	6	4	10	12	4	32
N. Adams	2	0	5	10	3	17
K. Ritchie	8	0	9	13	3	30
J. Bryan	5	0	7	19	3	31
T. Philpott	7	3	0	22	3	32
K. Bates	13	7	19	0	3	39
J. Storey	11	0	11	23	3	45
M. Reading	12	0	24	31	3	67
A. Hemingway	15	0	21	34	3	70
J. West	16	0	23	36	3	75
There were 45 runners with 2 races or less.						

A walking weekend in the Cotswolds

Several people have approached me regarding a weekend in The Cotswolds. I have provisionally booked 20 rooms for the weekend of the 23/24th April. (A chance to relax after the London Marathon) If you are interested I need your names and a £25 deposit per person by our meeting in January which will be on the 8th. The cost of the weekend will be £165 per person this includes dinner, bed and breakfast, escorted walks and packed lunches on both days. Not forgetting of course, the main event of the weekend, the Pudding Club on the Friday evening. Should I get more than 20 couples interested I will take bookings on a first come, first serve basis.

Norma



A Weekend in Berlin

A quick web search, and I'd found out about the race. A few more clicks, and there was Ryanair with lots of seats and cheap flights. Another search, and there were the hotels. Organising a trip to a foreign marathon really can't be any easier. Which is how Ray Willett, Gary Barnes, Gary's friend Mark and I spent four nights in Berlin at the end of September for one of top three 'big city' marathons.

We decided to stay out at the Holiday Inn, a 4 star hotel near the airport on the outskirts of the city, for £25 per night. This was because all the central hotels were full by the time we got around to booking. Being so far outside the city was not a problem as we were able to catch the Airport Express train that left every 30 minutes from the station a short walk from the hotel. You can buy a day ticket (Tageskarte) for €5.60 from the hotel that covers the train, the underground (U-Bahn), and much more.

As for the marathon itself, this was the most expensive part at €70 (approx £50). It would have been €50 had we got our act together earlier! The course started and finished from the same point close to the Reichstag (the German Parliament building which recently featured in the Hitler dramatisation on TV) in the Tiergarten, a huge park in central Berlin. The course

was very flat and wound its way through much of suburban Berlin before passing through the Brandenburg Gate, an impressive sight just before the finish. There were 35,000 runners and the toilet arrangements were inadequate – if I'd known I could have knocked up a quick homemade urinal! Nevertheless the event was well organised, and was enthusiastically supported around the whole course, with drum bands being the local specialty. There were drink stations every 5K and unlike the London, many food stops and even hot tea stations.

The city itself was badly bombed during the war, and as a result lacks a lot of old original architecture, although the little that remains is a poignant reminder of WW2. However, Ray and I found the wall, sections of which are still standing, with its fading graffiti and slogans, to be the most interesting part. We even saw a replica of Checkpoint Charlie. Since reunification there has been a mass of reconstruction so that the old East Berlin is now indistinguishable from the West apart from some strange 1-foot diameter, elevated pipes that ran above head height along many of the central old East Berlin streets, that Ray found especially 'interesting'. We never found out what they were.

There are artist's quarters, museums and art galleries for the culture vultures (which didn't include many of our little group) and lots of opportunities to sample alternative lifestyles, which we didn't as we had a marathon to run. But the sun shone, das Bier was good, and while it helped to speak a little German you can get around most parts as many locals speak some English. Just don't call them 'Berliners' when in Berlin, it's German for a type of doughnut.

As for other 'interesting' bits, Gary and Mark went in search of some local culture, allegedly to practice their lap dancing techniques. They immersed themselves in this fascinating city to such an extent that they actually got lost much of the time - and had to be rescued by obliging taxi drivers.

Oh yes and our runs – I think its best to say that we've all run a lot faster, but we all made it to the finish. Stopping before the Brandenburg Gate to clean the ground-up energy tablets off of my camera lens didn't help.

All in all, a city with plenty to see and do, and a great weekend interrupted by a marathon.

Steve Ellis



KARRIMOR INTERNATIONAL MOUNTAIN MARATHON



It all started on Friday morning 24th October, We decided to travel up to Langholm hills in Scotland. Mark Beagley and myself were both up for the challenge that awaited us. We had a great journey up making it in 4hrs “wow 270 Miles from Godmanchester in 4 hrs.”

The scenery was simply breathtaking at times, such a picturesque place of peace and tranquillity, about to be invaded by the Riverside Orienteering Team, Pip Peakman and Kim Masson Ladies team and representing the men were Neil Adams and our very own chairman Mark Beagley.



Above Mark and myself about to start day 1 Fresh and up for the challenge, and behind us one of the smallest hills in Langholm?

The weather was being kind not a drop of rain in the air, this is going to be great I remember telling myself trying to constantly gee myself up, not really knowing what to expect but I remained optimistic that we could complete both days and still be alive to tell the tale.

Ok let's get on then, we get to the start and wait for our time to be called “ 11.08” came bellowing over a small hand held microphone. So finally we get the Maps that were top secret in this game, so no one had any advantage. And we were off an all out March up the first of many hills to start collecting points in a bid for position, on day 1.

Looking at the map for the first time is a bit daunting but you soon pick it up, Marks map reading was excellent we didn't put a foot wrong once, Well at least I didn't, but I will tell you all about that a bit further down.

It's mad people travelling in all directions, some were running some walking.

Below mark checking his bearings after collecting our first points and well on the way to many others, the terrain was very demanding on our legs and ankles.



I remember thinking to myself I had better keep an eye on him, if the grass gets much longer I will lose him, he was up to his neck in it at times

“Ok Neil this way” and we would be off again not a minute to spare.

“Alright” I said lead on, these hills are getting bigger and going down hill was a bit frightening, we ended up sliding down them, much quicker.

Mark decided to take an early bath at one of the checkpoints he fell in a stream and was soaked from his waist down, but all credit to



him he just got up and carried on I was also falling all over the place just couldn't get the grip needed to stay upright, Bloody hillsAfter getting 120 points on the day we decided our bodies couldn't take much more pounding so we ran to the over night camp totally exhausted and in need of food. And rest. Mark brought a bottle of whiskey and I have to say we could have done with two, but it went down very well and helped us sleep. Now over to Mark for his story " Tell them who forgot the tent pegs mark "

Thanks for that Neil...yes it's true, imagine this.. after running all day we finally reached the half way camp, we were very tired and very cold and also one of us was very wet. We decided the most sensible thing to do was to erect the tent before it got any darker. First the frame went up then the tent and then I say to Neil 'pass the tent pegs', to my horror Neil replies 'you've got them', I then remember where I must have left them and I think I said something along the lines of 'Oh sugar' !!

Anyway as luck would have we found ourselves next to someone who carried extra so we were sorted. First problem over and we are now in the tent nice and warm (NOT)! Luckily we had decided to take Pip's advice and bring a metal container with us to use as a hot water bottle, however ours was not full of water but Whiskey, now that's what I call a hot water bottle!.

As the night closed in so did the weather, it was now very dark and very cold (-15) and also it was very quiet, so quiet you could hear a pin drop. Neil and I were chatting away trying to keep warm when we realised that Pip and Kim should have been there by now, a couple of text messages later we found out that the girls had retired. We were very sorry that they had had to pull out but were pleased that we had carried the Whiskey.

As morning broke so did the silence, all those who had managed to get any sleep (not many) were woken by the sound of a single Scottish piper, I was just thinking that it was a really nice touch when Neil jumped up and shouted 'shut up it's not as if you can play the thing', that's when I realised that Neil was not a morning person.

Day two and off we go again, as I hobbled and Neil limped to the start we discussed our tactics or tictaks, or something like that. I told Neil that we should try and stay off the high ground, follow the contours and use the streams as a navigational handrail. Neil said that it was a good idea but wondered why we hadn't done that the day before.

On route to our first checkpoint we ignored the contours, left the streams and climbed to the top of the highest peak (so much for tactics) when we arrived at the checkpoint we both needed a drink, it was then we realised that Neil had lost our drinking water (Revenge Neil), this meant that for the rest of the completion we had to drink from the many streams!! Thanks for that one teammate.

We finished the 2003 Karrimor at lunchtime on Sunday 25th October, coming in 91st place overall and also winning a bronze award. On reflection we know where we went wrong, and what decision we made in error but we really enjoyed the event. We are both very sorry for Pip and Kim, it must have been difficult, but there is always next year!

Before I close I would like to thank Neil he got wet, cold, hungry, tired and run for 2 days with blisters that looked like bullet holes, but he was a brilliant partner Thanks.

Until next year

Mark and Neil





The Great North Run has to be one of the 'must-do' events in the running calendar, so when Norma suggested a club outing back in January, Peter and I didn't need much convincing to take part.

For someone like me, whose first and only Half Marathon was five years ago, September seemed pleasantly far away, leaving plenty of time for me to get in shape - surely. There must be a lot of people entering the big races like the London Marathon and the Great North Run, who would otherwise not run that sort of distance. It's somehow nice to think you can't be that mad if 47,000 other people are doing the same thing.

As it turned out, this was going to be a kind of marathon for Norma, who was now organising two major events on consecutive weekends in September - the Riverside Chicks Team for the Round Norfolk Relay and the Great North Run. We didn't see the amount of effort Norma had put in to find a hotel that wasn't booked out and a reasonable means of transport. It must be a relief now to be able look back on two extremely successful and enjoyable weekends.

Soon enough the months had flown and September was approaching. I almost left it too late to get time off work and others in our group also had to do some fancy footwork to get the holiday. So, when we stood at the Riverside Car Park on Friday morning, watching the cars and kids stream into town on the school run, it felt good to be doing something so different.

Our five-hour journey to Darlington went smoothly and we arrived at the White Horse Hotel mid-afternoon, giving us the chance to rest - or, for the keen ones, go for a run. The rest of the Riverside contingent arrived safely and we were soon established in the hotel bar. The colder weather up north meant we weren't too keen to venture out and we didn't need to, as we were well catered for on the premises. Our only worry was that we were told breakfast on Sunday would be pasta and fruit. For some unfathomable reason, someone had already ordered this as a 'runner's breakfast'. (Not one I've ever seen in Runner's World). Of course, we made sure that there was a much more unhealthy option available, too.

We had plenty of time on Saturday to acclimatise ourselves to the northern temperatures and accents. We also saw the Ladies and Junior Great Mile races. Later on, the very 'sincere' CBBC Presenters fought their way through adoring fans to start the Children's three mile race. This was a fantastic sight. Many children had made a real effort with very imaginative costumes and make-up. The rain was torrential, but it didn't stop thousands of kids taking part in a great event.

We had arranged to meet up later at the sports show put on by the organisers, but none of us had read the part in the brochure about booking tickets early for £2. When we got there, we were told that it would cost £5 for entry to what were basically just lots of stalls selling sports equipment. Funnily enough, none of the Riversiders decided to go in. One comment summed it up - at the price of the beer in the hotel bar, the entry fee was worth at least three pints! These pints were duly consumed in the evening.

Next morning, after breakfast - the pasta didn't get touched - our driver Dave brought us safely to the centre of Newcastle in plenty of time for the race.

All the necessary precautions taken care of (in various bushes), we only had to wait for the off.

Never having taken part in the London Marathon, I've only experienced the mass start from the sidelines, so this was new for me. First, there was Jimmy Savile doing a solo Mexican Wave to see us off. Then, came the amazing sight of a flow of bodies in colourful t-shirts (including countless pairs of 118 shirts) as far as the eye can see, both ahead and behind. But, being in amongst the runners, I also saw how each person around me was facing their own individual challenge. Some obviously found it easier than others and, in my case, I had the support I needed to get me round - the advantage of being part of a running club. Without Alan H. I would certainly have struggled to finish. It also means that you have someone there to share your success. We had some great results and I know for myself it means much more to be able to share these with people who know what you had to go through to get a PB or complete a new distance for the first time. In fact, in this race a PB was no mean feat, considering the first few miles of shuffling and the dodging required to avoid numerous 'walkers'. Passing Brendan Foster seems to have been a highlight for some of our faster runners, too.

For those who stayed on Sunday evening there was a chance to relax and discuss the nominations for the next golden Wally award. I may have heard the various anecdotes four or five times during the weekend, but they are still cracking stories and I look forward to hearing them again at the next club meeting. I thought we could also ask Phil to give us a demonstration of the right way to do pull ups.



ROUND NORFOLK RELAY – 2003

At the beginning of this year a few of us wondered if it would be possible to get a ladies team in the Norfolk Relay. With so many new lady members joining the Club this was the ideal opportunity to commit ourselves to taking on this challenge. We are very fortunate in the Club to have some outstanding runners, but also to have girls, who may not be so fast, but who are very committed and willing to get out there and do the best they can. We were fortunate that we had 20 volunteers, so with 17 being the required amount for the team it was a luxury having 3 reserves. We named our team and all was well. Our first disappointment, due to injury, was Meriel Howe who was unable to do Stage 2 but with a bit of shuffling around Barbara Reading swapped her 8 miler to Meriel's 12 miler and Christine Bissell stepped into Barbara's stage. The day before the race I dreaded my phone ringing in case someone had to drop out but Saturday arrived and it seemed everything was fine.

Kenny and I arrived at King's Lynn in plenty of time. First shock of the day. Little Jack had suffered terrible pain in her foot during the night and had taken herself off to Accident and Emergency. We needed to call on our next reserve and that was Janet Redden. She was slightly shocked – but I knew she wouldn't let the side down.

We were registered as the 'Riverside Chicks' and no-one could fail to notice us with our bright pink tee-shirts with the above slogan on them. I was the 'Chief Chick' and Kenny, who was in charge of the timing, was the 'Chick Checker'. We really were in good spirits that beautiful sunny morning. Rachel Sutcliffe was our first runner and we managed a photo shoot with the Paul Evans before the start of the Relay. Unfortunately we had no other runners at our start so Rachel went off on her own with her friend Marjorie as her cyclist. The support as usual was excellent even although it was an early start. Phil, our captain, was around too, which was great. Things somehow feel better when he is around. Rachel ran a stormer and gave us such a good start. She found the main road to Hunstanton quite frightening and poor Marjorie fell off her bike at one point but still they kept going.

Stage 2 and Barbara is raring to go accompanied by husband Mick on the bicycle. Barbara never fusses, she just gets on with things. This was not an easy stage as part of it was off road and you do rely on your cyclist to lead you the right way. Barbara coped well with the terrain, however, with a few stiles to negotiate Mick didn't find the going so easy and he took a tumble off his bike too. Phil watched Barbara on her stage and his comment was 'she was motoring.' Other team supporters were on the route and more than one person commented on the fact that we had a ladies team and how you couldn't miss us with our bright pink t-shirts.

Now it was Jean Raglione-Hall's stage. Another chick that just gets on with the job in hand. Hubby Jim was her

cyclist and as they had reced the route prior to the event, felt they wouldn't get lost. As usual Jean completed her stage having had a good run and her usual smile at the end, but Jim was complaining he had aching legs.

I can't remember showing much concern for Jim as I knew he was carrying on to cycle with Julie Stock so basically he just had to get on with it. Even although Julie knew where she was going, she was still quite anxious and I think the fact that her race instructions mentioned something about if the tide is in do this but if the tide is out do something else she had reason to feel a little worried. The weather was heating up now and we all know Julie isn't too keen running in the heat but she finished well.

Stage 5 and Rosie Manning was pacing up and down when I arrived. She was concerned her friend Wayne, who was her cyclist had been held up in traffic and wasn't sure if he would get there on time. As always, with any Riverside event, there is always someone ready to help out and at this point it was Mick Reading, he didn't mind cycling again. With minutes to go Wayne turned up and with help with his bicycle he soon got himself ready to go. This part of the relay is very undulating and Rosie found it quite hard going. She also informed us that she wasn't sure and neither was Wayne how to find her way through the streets of Cromer. On hearing this John, Ann and I placed ourselves in strategic points in the town and Rosie completed her stage and handed over to Helen.

Helen Liddle is a fairly new member to the Club and was a complete bag of nerves. Bob Thomson kindly accompanied her on the bicycle and had a job keeping up with Helen on her downward finish into Mundesley.

Bob had also volunteered to cycle with our next runner Lindsay Fowler. We had missed seeing Lindsay around as she is working out of the area but we were delighted she could be part of this team. She looked a vision running with her long blonde hair flowing behind. Considering she hadn't been able to train as much as she would have liked she ran a very good leg.

Sarah Bowles was raring to go at Stage 8, so was her Dad, as cyclist and we now needed a support vehicle to drive behind as it would be dark before Sarah finished, so good old Mum completed the trio. Another runner who just gets on with it and always with a smile.

This took us to Lessingham where Christine Bissell was ready to run Stage 9. As hubby Peter was running in the men's team it took them a bit of re-organising so as they could be together at this point. She ran very well and it was lovely to see her smiling face to at the end.

Stage 10 and it was Kim Masson's turn. She had over 15 miles to run and I am sure husband Bob must have been worn out trying to keep up with her. She ran a stormer



and when she finished could still be seen running round the McDonald's car park where the changeover took place.

Sandra Holmes was next to go and without a cyclist had a long lonely stage to do. 20 miles in fact. Tim, her husband, was driver. Whenever I have been involved in the event it is always the men who do these long stages but being an all ladies team we just had to get on with it and this is where we were so fortunate to have girls who were not daunted by the task that was in front of them. Sandra finished well but was disappointed with her time. Personally I was speechless – I mean to say over 20 miles in 2hrs 34 mins – say no more.

Stage 12 it is now the early hours of Sunday morning and Annie Furbank sets off with husband Richard driving and John Storey cycling. Annie never makes excuses but she was afraid she may not manage to run to her predicted time as she had sore feet from the marathon she had ran the previous week. I tried to reassure her that just being there and running was more than enough. This stage was 17.77 miles and she actually ran it in 2hrs 16mins – 4 minutes faster than her predicted time. She didn't even get a chance to get her breath back as she had to jump into their vehicle as Richard was continuing to drive the next stage.

This is the one through Thetford Forest and who better to do this than Pip Peakman. Afraid of nothing. John Storey kept on his bicycle to accompany Pip. Things had been going pretty well until Richard felt the call of nature. Annie didn't feel they could stop the car as Pip was relying on the beam from the lights to help her through the wood. However Richard felt that he had approached an appropriate stretch of woodland to jump out and relieve himself. Annie is now in the driving seat watching Pip disappear. No end of shouting to the other half made any difference so she drove off leaving Richard behind. Eventually a rather exhausted Richard caught up with the trio and they continued. It didn't finish there. Annie then felt unwell – roles reversed – she gets out and Richard leaves her behind. However fortunately for her the next vehicle along was one of our members and she got a lift to the changeover point. Needless to say, although Pip must have wondered what on earth was going on she just kept on running and ran a very good stage.

Stage 14 it's now Ann Storey's turn. I don't know how many Norfolks Ann has run in but I knew she had done this leg before and it is not the most inspiring. Richard accompanied her on the bicycle and John was her driver. Not having the best of years due to niggling injuries Ann ran very well.

I was anxious to get to the Stage 15 changeover point early as our next runner was Seve. Seve finds it difficult getting up for a 9.30am training run so you can understand my anxiety as she was due to run at around 6.15 am. I felt slightly reassured when Andy Philips

offered to drive her to her start. Well I don't know why she doesn't get up early more often as she ran a stormer and with Pip as her cyclist they made a formidable pair.

It was now Janet Redden's turn and we were delighted that she was able to step in at the last minute to run the stage that Little Jack should have done. Having supported us and also accompanying Phil with the men's team, it had been pretty hectic but she ran a brilliant stage.

Stage 17 – the final one and it was me to go. We knew the boys were catching us up but were delighted that we had held them off for so long. I felt quite ill. Not because the boys were catching us but that 16 girls had ran their socks off and it was up to me to complete it. What if something happened - I tripped, or had some type of injury. Time didn't concern me because just to complete this event would be a triumph in itself for the Chicks. Kenny was my cyclist. He didn't say very much, I just kept asking him if he thought I was running hard enough. The support from the Chicks was fantastic. I never knew when to expect them popping up so kept running as hard as I could. Alan Turnbull appeared with his camera so I knew Andy Wray wasn't far away. However it took my mind off my running as Alan had to make more than one attempt with his camera before he could get a photo of Andy overtaking me. I wasn't disappointed at this point as we wished the boys well but deep down I thought he might have blown it so I kept my head down just in case.

The end was in sight, even if I crawled on my hands and knees I would surely finish. I could hear the shouts of the girls and the boys and I was on a high now. I nearly did a Kim – I could have run on and on.

We did it and to our surprise picked up the second ladies team prize. This was indeed the icing on the cake.

To be able to field 17 lady runners and complete this event was indeed a wonderful occasion and a great achievement for the Club. We do realise that it took our partners, members of our families and friends to make this event such a success for the Chicks and we are very grateful to everyone.

Roll on 2004. I reckon the Chicks will be stronger than ever and they will have a time to aim for too.

From all The Chicks have a great Christmas and we wish you all an injury free 2004.

**Results****Woodford Green 3000metres – Sunday 20th July**

Andy Wray	2:04	1st
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Doug Anderson Memorial 5K - Wednesday 30th July at Bedford

Lee Welham	18:05	
Dean Longman	21:40	PB
Keith Bates	23:47	PB
Jack Rivers	24:19	
Sarah Bowles	24:32	PB
Matt Pyecroft	24:35	PB

Harlow 10 Mile – Sunday 3rd August

Neil Adams	65:45	
Jerry Bryan	68:15	PB

Wellingborough 5 Mile - Sunday 3rd August

Andy Phillips	29:40	14 th
Lee Welham	30:43	23 rd
Steve Pledger	32:53	38 th
Peter Bissell	32:59	39 th
John Storey	34:55	
Ann Storey	41:14	
James Bolm	41:20	
Jean Raglione-Hall	42:14	
Katherine Hall	46:16	
Christine Bissell	51:17	
Krystina Dillon	51:17	PB

Andy Phillips, Lee Welham, and Steve Pledger won the 2nd men's team award.

Fun Run

Chris Ritchie	4:35	1 st
Emma Ritchie	5:16	2 nd
Stuart Entwistle	5:28	4 th
Steven Kerr	5:37	5 th
Ryan Williams	5:39	6 th
Holly Welham	6:33	
Adam Welham	6:54	
Katie Entwistle	7:37	

Eastern Vets 5K Championships

Graham Williams came second in a time of 17:32 and was 1st in the O/45 category.

Isle of Wight 10 Mile

Andy Hines	73:47
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Newark 1/2 Marathon - Sunday 10th August

Anne Furbank	1:47:28	1st O/55
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Peterborough G.P. 5K Series - Wednesday 13th August

Lee Welham	18:04	
Dean Longman	21:28	PB

Northampton Classic Triathlon – Sunday 10th August

Severine Piot.		
Total time	2:33:11	116 th , 14th Lady
Swim – 1 mile	32:59	113th
Cycle – 26 miles	1:18:12	132nd
Run – 6miles	42:00	96th

Huntingdon 10K Mid Week Series - Wednesday 13th August around the Huntingdon Racecourse

Andy Goold	39:13	1st
Matt Dowle	40:52	5th P.B.
Rachel Sutcliffe	41:20	1st lady
Peter Duthie	47:22	
Joanna Dowle	47:52	P.B.
Colin Pennington	49:25	
Alison Goold	57:15	

Brugge Golden 10K – Friday 15th August

Jack Rivers	47:26
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Thorney 5 Mile - Sunday 17th August

Alan Williams	27:53	9th P.B.
Graham Williams	28:06	11th P.B.
Peter Bissell	31:56	P.B.
Jerry Bryan	32:36	P.B.
Matt Dowle	33:27	P.B.
George Callow	40:55	
Christine Bissell	41:08	P.B.
Terry Johnson	54:34	

Midkerke Veterans 10mile - Sunday 17th August

Jack Rivers	78:41
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Jordan's Bedford Classic Triathlon Sunday 24th August

Andy Phillips		
Total time	2:30:13	144th
1500metres river swim	34:05	
40K cycle	1:17:03	
10K Run	39:05	

Mini Triathlon

Phil Redden		
Total Time	48:20	5th
200metres river swim	6:17	
15K cycle	29:34	
3.3K run	12:29	
Christine Bissell		
Total time	56:52	23rd 6th Lady
200metres river swim	4:40	
15K cycle	34:26	
3.3K run	17:46	

Woodford Green 800metres – Sunday 25th August

Andy Wray	2:04	1 st
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Grimsthorpe 10 K – Sunday 25th August

Matt Dowle	41:33	P.B.
Russell Armstrong	44:04	
Alan Turnbull	45:35	
Ian Turnbull	45:35	
Dean Longman	49:03	
Joanna Dowle	49:27	P.B.
Mike Reading	52:00	
Barbara Reading	55:57	
Kathryn Hall	57:03	P.B.

Marshall Peugeot Games Peterborough - Monday 25th August

U/11 80metres

Heat 1 Holly Welham	5th 13.5secs
Heat 2 Leanne Staddon	3rd 12.8secs
Emily Boast	6th 14.1secs
Final Leanne Staddon	2nd 12.6secs

U/11 Long Jump

Holly Welham	2nd 3.23m
Emily Boast	3rd 3.12m

U/11 Boys 600mts

Stuart Entwistle	7th 2mins 16secs	P.B.
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Girls 600mts

Leanne Staddon	3rd 2mins 6secs	P.B.
Emily Boast	2mins 7secs	P.B.

U/15 Girls High Jump

Suzy Boast	2nd 1.55m	P.B.
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U/15 Girls 800m

Suzy Boast	1st 2mins 31secs
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Senior Ladies 100m

Rosemary Boast	3rd 16.1secs
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Senior Men 800m

Andy Boast	2nd 2mins 28secs
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Colchester 800mtrs – Wednesday 27th August

Andy Wray	2min1.9sec	5th
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Wolverhampton Marathon - Sunday 7th September

Annie Furbank and Graham Williams competed in the Wolverhampton Marathon, which also included the National Masters Marathon Championship.

Annie Furbank completed the course in a time of 3hrs 29mins 32secs which was 4th Lady overall and earned her the Gold Medal in the National Masters Championship in the O/55 category and also 1st Lady O/55 in the main race.

Graham Williams completed the race in a time of 2hrs 52mins 42secs finishing in 13th place which earned him the Bronze Medal in the Masters Championship in the O/45 category.

Half Marathon

Kim Masson	1:29:32
Bob Thomson	2:02:10

Welwyn Garden City 10 Mile - Sunday 7th September

Neil Adams	1:04:57	P.B.
Rachel Sutcliffe	1:06:2	P.B.
Jerry Bryan	1:07:40	P.B.
Keith Bates	1:23:30	P.B.
Alan Hemingway	1:25:22	P.B.

The line-up for the start of Ladies team in the Round Norfolk Relay at 9:00am on Saturday 13th September. Rachel had just been introduced to the starter Paul Evans but since she did not even know who he was she didn't get very excited about it. Not like some others we could mention!



**Round Norfolk Relay – Saturday 13th and Sunday 14th September**

Over the weekend of 13th and 14th Sept Riverside Runners entered two teams in the Round Norfolk Relay which is a relay of 17 stages around the County of Norfolk starting and finishing in Kings Lynn. Riverside's teams consisted of one of Ladies and one of Men. The Ladies started at 9.04am on Saturday morning and finished in 25hrs 33mins 28secs on Sunday morning. This result gave the Ladies the Runners up award in the Ladies category.

Sandra Holmes, running the longest stage of 20.2 miles in the middle of the night won the Vet Ladies record with a time of 2hrs 34mins.

The ladies times were as follows:

Stage 1	15.18miles	Rachel Sutcliffe	1hr 47mins
Stage 2	12.25miles	Barbara Reading	1hr 51mins
Stage 3	6.12miles	Jean Raglione-Hall	53mins
Stage 4	12.96miles	Julie Stock	1hr 45mins
Stage 5	10.09miles	Rosie Manning	1hr 29mins
Stage 6	5.89miles	Helen Liddle	52mins
Stage 7	9.95miles	Lindsey Fowler	1hr 29mins
Stage 8	10.52miles	Sarah Bowles	1hr 24mins
Stage 9	8.30miles	Christine Bissell	1hr 10mins
Stage 10	15.08miles	Kim Masson	1hr 42mins
Stage 11	20.2miles	Sandra Holmes	2hrs 34mins
Stage 12	17.77miles	Anne Furbank	2hrs 16mins
Stage 13	13.98miles	Pip Peakman	1hr 56mins
Stage 14	7.77miles	Ann Storey	1hr 04mins
Stage 15	6.76miles	Severine Piot	52mins
Stage 16	5.49miles	Janet Redden	55mins
Stage 17	11.77miles	Norma Leckie	1hr 32mins

In the Open Class the Men's team finished in 3rd place in a time of 20hrs 59mins 58secs which in record for the Club.

Darren Priest was the star of the team, winning his stage of 10.09miles in a record time of 57mins 43secs. Alan Williams broke the junior record for his 10.52mile stage in a time of 62mins 22secs.

The times for the Men's team are as follows:

Stage 1	15.18miles	Kevin Sadler	1hr 35mins 18secs
Stage 2	12.25miles	Lee Welham	1hr 22mins 25secs
Stage 3	6.12miles	Ken Ivory	39mins 03secs
Stage 4	12.96miles	Keith Ritchie	1hrs 29mins 30secs
Stage 5	10.09miles	Darren Priest	57mins 43secs
Stage 6	5.89miles	Andy Hynes	39mins
Stage 7	9.95miles	Simon Crampin	60mins 06secs
Stage 8	10.52miles	Alan Williams	62mins 22secs
Stage 9	8.30miles	Gary Barnes	58mins 09secs
Stage 10	15.08miles	Mark Beagley	1hr 55mins 47secs
Stage 11	20.2 miles	Graham Williams	2hrs 10mins 05secs
Stage 12	17.77miles	Neil Adams	2hrs 11mins 45secs
Stage 13	13.98miles	Phil Redden	1hrs 30mins 06secs
Stage 14	7.77miles	Keith Pritchard	49mins 49secs
Stage 15	6.76miles	Steve Pledger	44mins 28secs
Stage 16	5.59miles	Peter Bissell	35mins 21secs
Stage 17	11.77miles	Andy Wray	1hr 19mins 10secs



Nottingham Marathon - Sunday 14th September

Matt Dowle	3:46:08
Joanna Dowle	4:28:52
Peter Elliott	4:28:52
George Callow	4:46:39

1/2 Marathon

Joan Dunning	2:10:
Peter Dunning	2:10:

Grunty Fen 12 Marathon - Sunday 14th September

Jerry Bryan	1:31:38
David Irwin	1:44:29
Jacqui Hainsby	1:48

Swineshead 10 mile - Sunday 14th September

Andy Boast	63:08	4 th , 2nd Vet
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Chariots of Fire Relay - Sunday 21st September

On Sunday 21st Sept, members of Riverside represented Crofton Pallets in the Chariots of Fire race at Cambridge.

Once again they finished in 2nd place behind the Hare and Hounds Club from Cambridge, their total time was 55mins 57secs, finishing 3mins behind the winners.

The team was led off by Kevin Sadler who handed over in 3rd place with a time of 8mins 48secs, Phillip Hainsby took the 2nd leg and gained a place to hand over in 2nd place with a time of 9mins 14secs, Neil Adams ran the 3rd leg and handed over in 3rd place with a time of 9mins 47secs, Lee Welham took the 4th leg and regained 2nd place in a time of 9mins 34secs. Running for the 2nd time, Kevin Sadler ran the 5th leg and held 2nd place with a time of 9mins 17secs, Phillip Hainsby, also running again, finished the race in 2nd place with a time of 9mins 13secs. For Crofton Pallets 'B' team Graham Hainsby ran the 2nd leg in a time of 9mins 58secs, Lee Welham also ran for the 'B' team and ran the 5th leg in a time of 9mins 54secs.

Great North Run - Sunday 21st September

Darren Priest	1:14	
Peter Bissell	1:30:47	
Phil Redden	1:30:47	
Sandra Holmes	1:33	
Matt Dowle	1:35:56	P.B.
Mark Goward	1:37:44	
John Storey	1:44:15	
Joanna Dowle	1:50:	P.B.
Eric Davies	1:55:05	
Norma Leckie	1:57:20	
Ann Storey	1:57:20	
Tim Holmes	2:	
Mike Entwistle	2:00:02	
Christine Bissell	2:16:	

Alan Hemingway	2:16:	
Janet Redden	2:30:	
Christine Popple	2:30:	(Little Paxton)
Caroline Entwistle	3:07	

Ramsey Multi Terrain 1/2 Marathon - Sunday 28th September

Graham Williams	1:18:37	2 nd , 1st O/45
Sandra Holmes	1:33:36	1st Lady
David Irwin	1:36:38	
Sarah Bowles	1:47:26	P.B.
George Callow	1:48:53	

Fun Run

Will Mackay	10:07	1st
Anna Levitt	10:58	2nd Girl 1st 13-15
Stuart Entwistle	11:07	1st Boy 7-9
Katherine Mackay	11:53	2nd Girl 10-12
Katie Good	11:59	
Tom Levitt	12:46	
Louisa Abbott	15:27	
Katie Entwistle	16:00	

Great Kibworth 1/2 Marathon

Matt Pyecroft	1:56:10	Matt Pyecroft
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Saffron Walden 10K

Eric Foxley	55:58
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Berlin Marathon

Gary Barnes	03:40
Steve Ellis	03:48
Ray Willett	04:23

Cambridge 10 K - Sunday 5th October

Alan Williams	34:01	P.B.
Graham Williams	35:13	P.B.
Kevin Sadler	36:25	
Peter Bissell	38:42	P.B.
Andy Goold	38:59	
Rachel Sutcliffe	39:27	P.B. 2 nd Lady
Matt Dowle	39:59	P.B.
Phillip Ingle	40:35	P.B.
Alan Huckle	41 :56	P.B.
Anne Furbank	42:19	P.B. 1 st 0/40
John Storey	43:02	
Sandra Holmes	43:06	
Rod Mackenzie	46:36	P.B.
Norma Leckie	46:59	
Eric Davies	47:16	
Sarah Bowles	47:41	P.B.
Johanna Dowle	47:41	P.B.
Richard Furbank	49:18	P.B.
Norman King	62:52	



Bourton on the water 10K

Jack Rivers 51:06

Biddenham River Run

George Callow 50:37

Corby Glen 10K

Russel Armstrong 44:38 9th

Peter Duthie 52:14

Nene Valley 10K

Russel Armstrong 19:52

Abingdon Marathon - Sunday 19th October

Phil Redden 2:54:55

Peter Bissell 3:16:28 P.B.

Jerry Byran 3:25:30 P.B.

Johanna Dowle 4:03:55 P.B.

Alan Hemingway 4:04:33 P.B.

Barbara Reading 4:17:04

Scott King 5- Sunday 19th October

Andy Wray 27:56

Beachy Head Marathon - Saturday 25th October

Keith Pritchard 4:12

Keith Ritchie 4:19

Gary Barnes 4:19

Fenland 10 Mile - Sunday 26th October

14 members of Riverside took part in the Fenland 10 Mile race which was held near Wisbech. This was a race of 4 races in one, so there were many awards to be won, of which Riverside members won 15 in total. Times are as follows:-

Alan Williams 55:33 2nd P.B.

Graham Williams 58:15 6th 1st O/45

Simon Crampin 61:50

Rachel Sutcliffe 64:30 P.B. 2nd Lady

Peter Bissell 64:30 P.B.

Annie Furbank 70:50 P.B. 1st O/55

John Storey 72:50

Norma Leckie 77:18

Jacqui Hainsby 77:48

Mike Reading 81:15

Barbara Reading 84:35

Richard Furbank 85:55 P.B.

Darren White 90:42

Eric Foxley 93:54

1st Ladies Team - Rachel Sutcliffe, Annie Furbank and Norma Leckie.

Cambridgeshire Championship

Alan Williams 1st Man

Rachel Sutcliffe 1st lady

Norma Leckie 2nd 45-54

Annie Furbank 1st O/55

Graham Williams 1st O/40

Peter Bissell 3rd O/40

John Storey 1st O/55

Eastern Vets Championships

Graham Williams 2nd Man and 1st O/45

Jacqui Hainsby 2nd O/40

Eric Foxley 1st O/70

Dublin Marathon - Monday 27 October

Sandra Holmes took part in the Dublin Marathon and came home in the excellent time of 2hrs 58mins 41secs beating her P.B. by over 25mins. This time gave Sandra the honour of being the first Lady to complete a Marathon in under 3 Hours in the Clubs history and also elevated Sandra into the top 50 Ladies in the Country. Sandra finished in 185 place out of a field of over 6000 runners and was 13th lady in the race.

Karrimor Challenge - Saturday 25th October

Mark Beagley and Neil Adams took part in the Karrimor Challenge over the Langholm Hills in Scotland. This is an orienteering event where they had to find their from check point to check point using a map and compass. This was the first time Mark and Neil had attempted this and they finished in 91st place out of a field of 500 runners in a time of 25hours 48minutes 10seconds covering over 40miles.

Stevenage 1/2 Marathon - Sunday 2nd November

Phil Redden 1:22:26 10th, 1st O/50

Peter Bissell 1:29:52 55th P.B.

Rachel Sutcliffe 1:29:54 57th, 3rd Lady, 2nd senior Lady, P.B.

Annie Furbank 1:37:59 127th, 1st O/55

George Callow 1:55:51

Dove Dale Dash 5 Mile - Sunday 2nd November

Tim Philpott 38:20 223rd/1500

Cross Country Match between RAF, Cambridge University and Eastern Counties over 5 1/2 miles Running for RAF

Alan Turnbull 33:05 7th

Running for Eastern Counties

Alan Williams 34:07 18th

Andy Wray 35:05 24th

Graham Williams 36:05 36:05

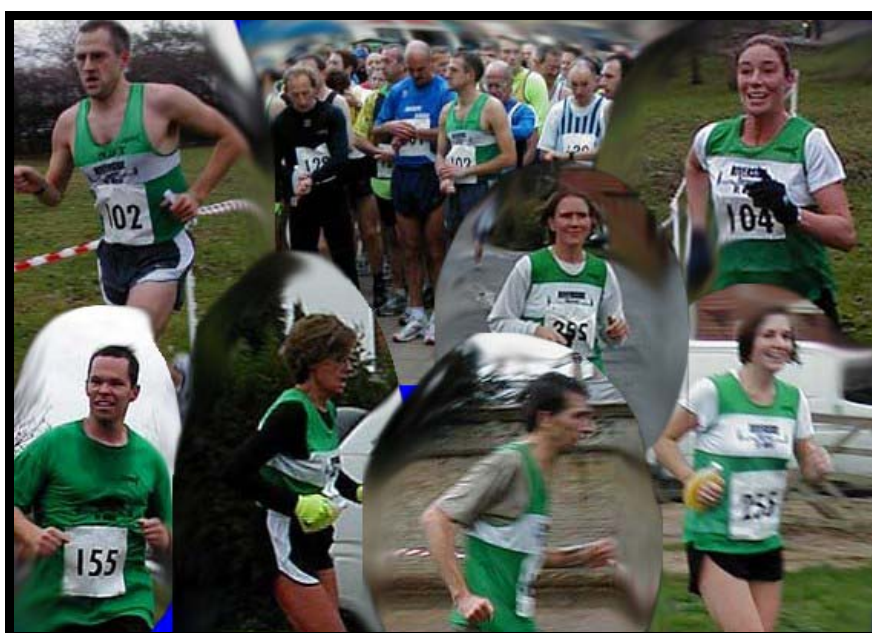
The match was won by Cambridge University from RAF and Eastern Counties

Riverside Relay December 2003



Riverside ½ Marathon – Sunday 16th November

Andy Wray	1:20:17	9 th	Dave Longworth	1:47:08	336 th
Graham Williams	1:20:59	11 th , 3rd V40	Paul Elliott	1:48:04	374 th P.B.
Kevin Sadler	1:22:04	14 th	George Callow	1:50:02	409 th
Neil Adams	1:27:03	41 st	Severine Piot	1:50:19	412 th P.B.
Rachel Sutcliffe	1:27:10	45 th , 1 st Lady P.B.	Nick Swift	1:50:27	417 th
Kim Masson	1:27:59	51 st , 1st V35	Chris Windebank	1:50:28	418 th
Russell Armstrong	1:28:26	57 th	Leigh Scott	1:50:29	419 th
Sandra Holmes	1:29:34	73 rd , 2 nd V35 P.B.	Darren Price	1:50:32	421 st P.B.
Jerry Bryan	1:30:08	78 th	Tim Holmes	1:50:50	423 rd P.B.
Philip Ingle	1:30:48	83 rd	Michael Reading	1:52:14	447 th
Mark Beagley	1:31:12	90 th	Julie Stock	1:52:22	451 st
Andrew Gould	1:31:25	91 st	Alan Hemingway	1:52:26	452 nd P.B.
Alan Huckle	1:31:25	92 nd	Richard Furbank	1:53:27	470 th P.B.
Neil Shorten	1:34:21	132 nd P.B.	Nick McGlashan	1:54:59	502 nd P.B.
Anne Furbank	1:34:40	135 th , 1st V55	Keith Bates	1:55:15	508 th P.B.
Keith Pritchard	1:34:40	136 th	Michelle Dunning	1:55:55	517 th P.B.
Matt Dowle	1:36:03	150 th	Trevor Rickwood	1:56:21	523 rd P.B.
Derek Hurden	1:36:26	157 th	Lindsey Fowler	1:56:34	529 th
Steve Rendell-Read	1:38:18	189 th	James Hopperton	1:57:07	538 th
Dean Longman	1:39:50	210 th P.B.	Colin Bradbury	1:59:12	570 th
Lyndon Whitstane	1:41:38	243 rd P.B.	Tim Philpott	1:59:12	571 st
John Storey	1:42:15	256 th	Sue Rendell-Read	1:59:37	581 st
Dave Manning	1:44:22	289 th P.B.	Jean Raglione-Hall	2:00:14	589 th
Matt Pyecroft	1:44:27	291 st P.B.	Jason Gabb	2:03:19	626 th P.B.
Eric Davis	1:44:45	303 rd	Carrie-Ann Beals	2:06:11	652 nd P.B.
Paul Trinder	1:44:48	305 th P.B.	Eric Foxley	2:07:43	671 st
Sarah Bowles	1:45:32	320 th P.B.	Joan Dunning	2:11:48	702 nd
Johanna Dowle	1:45:45	325 th P.B.	Peter Dunning	2:11:50	703 rd
Juliet Good	1:45:46	326 th	Keith Bowker	2:20:25	735 th



Hereward Relay

**Hereward 4 Stage Relay - Sunday 23 November 2003**

Riverside entered 3 teams in the Hereward Relay which is a 4 leg relay from Peterborough to Ely a total of 40 miles. Riverside picked up 6 individual awards and 2 team awards. The Ladies team of Rachel Sutcliffe, Annie Furbank, Sandra Holmes and Kim Masson won the Ladies team award with a total time of 4hrs 37mins 36secs. The men's team of Andy Wray, Phil Redden, Alan Williams and Graham Williams came 2nd to old rivals, BRJ Club from Huntingdon, with a total time of 3hrs 56mins 53secs. The 3rd team from Riverside of Matt Pyecroft, Sarah Bowles, Johanna Dowle and Matt Dowle were 17th with a time of 5hrs 27mins 09secs. Individual awards are as follows:-

Andy Wray	1 st Senior man on 1st leg of 6.1 miles
Rachel Sutcliffe	1 st Senior Lady on 1st leg
Phil Redden	1 st Vet man on 2nd Leg of 11.6miles
Annie Furbank	1 st Vet Lady on 2nd Leg
Alan Williams	1 st Senior Man on 3rd leg of 10.3 miles
Sandra Holmes	1 st Vet Lady On 3rd leg

Riverside Runners - Total Time: 3:56:53 – 2nd

Stage	Name	Time	Stage Place	Team Place	
Stage 1	Andy WRAY	0:37:05	1	1	
Stage 2	Phil REDDEN	1:12:41	3	2	-1
Stage 3	Alan WILLIAMS	1:02:50	2	1	+1
Stage 4	Graham WILLIAMS	1:04:17	6	2	-1

The Riverside Chicks - Total Time: 4:37:36 – 27th

Stage 1	Rachel SUTCLIFFE	0:41:56	19	19	
Stage 2	Anne FURBANK	1:27:43	51	37	-18
Stage 3	Sandra HOLMES	1:18:01	30	32	+5
Stage 4	Kim MASSON	1:09:56	22	27	+5

Mat & The Chicks - Total Time: 5:27:09 – 78th

Stage 1	Matthew PYECROFT	0:49:42	68	68	
Stage 2	Sarah BOWLES	1:40:12	88	84	-16
Stage 3	Johanna DOWLE	1:35:06	87	88	-4
Stage 4	Matthew DOWLE	1:22:09	64	78	+10

Eynesham 10K – 30th November

Kim Masson 39:38

At the Cambridgeshire AAA AGM Kevin Sadler and Chris Ritchie received their County Colours.

Barbados Marathon - Sunday 7th December

Sandra Holmes 3:22 3rd Lady

Nene Valley 10 - Sunday 7th December

Phil Redden	58: 43	P.B, 20 th , 1st O/50
Graham Williams	58: 59	22 nd , 2nd O/50
Kim Masson	63: 39	P.B., 3rd Lady
Peter Bissell	64: 12	P.B.
Russell Armstrong	64: 40	P.B.
John Storey	73: 34	
Peter Dunning	73: 54	
Eric Davis	74: 52	
Matt Pyecroft	79: 35	P.

If you ran a race and your results are not listed, you must have forgotten to tell Tony!

All results should be phoned/e-mailed to Tony Hainsby by Sunday evening so that he can get them to the local papers on the Monday for that week's publication.

Tony uses your results to calculate your Star Awards and his records are used to identify possible award winners at our annual presentations, forgetting to tell Tony could mean that you miss out on a well-deserved award!

Telephone 01480 390979 or tony.hainsby@ntlworld.com



Frostbite Friendly League Latest League positions and Club positions

Seniors			
Position	Club	Running Points	Points
1	Riverside	826	30
2	Ely	990	26
3	Hunts AC	1254	24
4	Werrington	1364	23
5	C&C	1278	22
6	Riverside Vets	1346	22
7	PACTRAC	1843	17
8	March	1969	16
9	Ramsey	1970	15
10	Eye	2069	12
11	Bourne	2290	9
12	BRJ	2299	9
13	Bushfield	2316	9
14	Yaxley	2971	4
15	Thorney	3411	2

Juniors			
Position	Club	Running Points	Points
1	Bourne	79	24
2	Hunts AC	94	22
3	Riverside	104	20
4	Ramsey	363	17
5	Werrington	380	17
6	C&C	515	14
7	Yaxley	608	11
8	March	619	11
9	Bushfield	748	6
10	BRJ	802	6
11	PACTRAC	812	5
12	Thorney	820	4



Riverside Runners St Neots Club Positions Frostbite Friendly League 2003/2004 - Junior



Race	Riverside, St Neots			Bushfield			Cambridge			March			Bourne			BRJ, Huntingdon			Average Club Position
Date	12th October			9th November			14th December			11th January			8th February			7th March			
Runners	85			84															
Club Runners	27			22															
Club Points	54			50															
Club Position	3			3															
Name	Time	Race Position	Club Position	Time	Race Position	Club Position	Time	Race Position	Club Position	Time	Race Position	Club Position	Time	Race Position	Club Position	Time	Race Position	Club Position	
Graham Hainsby	7.17	3	1	8.35	4	1													1.00
Annie Wilde	7.43	6	2	1F															2.00
Will Mackay				8.43	7	2													2.00
Ricahard Hamill	7.55	12	3																3.00
Dale Williamson				8.44	8	3													3.00
Abby Howarth	8.17	16	4	2F															4.00
Suzy Boast	8.18	17	5	3F	9.07	14	4	1F											4.50
Emma Ritchie	8.19	18	6	4F															6.00
Anna Levitt	8.30	21	8	5F	9.27	17	5	2F											6.50
Tim McGlasham	8.25	19	7																7.00
Stuart Entwistle	8.41	27	9		9.39	18	6												7.50
Peter Taine	8.43	28	10		9.47	21	7												8.50
Katherine Mackay	8.51	31	11	6F	10.05	27	8	3F											9.50
Katie Good	9.03	39	14	7F	10.08	30	9	4F											11.50
Steven Kerr	8.53	34	12																12.00
Thomas Levitt				10.48	39	12													12.00
Ollie McGlashan	8.54	36	13																13.00
Leanna Staddon	9.36	53	18	9F	10.37	36	10	5F											14.00
Emily Boast	9.28	49	16	8F	11.06	44	13	6F											14.50
Ryan Williams	9.10	45	15																15.00
Josef Rivers	9.37	54	19		10.44	38	11												15.00
Karl Lauria	9.33	52	17																17.00
Holly Welham	10.14	63	21	11F	11.35	53	14	7F											17.50
Jemma Watson	9.58	60	20	10F	11.40	57	16	8F											18.00
Lilly Walker				12.26	64	18	10F												18.00
Jordan Adams	10.51	73	24		11.39	56	15												19.50
Chelsea Papworth	10.40	70	23	13F	12.10	60	17	9F											20.00
Chelsea Patmore				14.47	83	22	14F												22.00
Zoe Mulgrew	10.15	64	22	12F															22.00
Sara Maycroft	11.23	75	25	14F	13.32	72	19	11F											22.00
Louisa Abbott	11.48	79	26	15F	13.37	74	21	13F											23.50
Katie Entwistle	11.55	80	27	16F	13.33	73	20	12F											23.50



Riverside Runners St Neots Club Positions Frostbite Friendly League 2003/2004 - Senior & Vets



Race	Riverside, St Neots			Bushfield			Cambridge			March			Bourne			BRJ, Huntingdon			Average Club Position
Date	12th October			9th November			14th December			11th January			8th February			7th March			
Runners	288			295															
Club Runners	61			49															
Club Points	Seniors 390 Vets 636			Seniors 436 Vets 710															
Club Position	Seniors 1st Vets 5th			Seniors 1st Vets 5th															
Name	Time	Race Position	Club Position	Time	Race Position	Club Position	Time	Race Position	Club Position	Time	Race Position	Club Position	Time	Race Position	Club Position	Time	Race Position	Club Position	
Alan Williams (S)	27.12	4	1	26.46	4	1													1.00
Graham Williams (V)	28.22	11	2																2.00
Kevin Sadler (S)	28.39	15	3																3.00
Andy Wray (S)	28.59	18	4																4.00
Phil Redden (V)	29.28	21	5	29.05	17	3													4.00
Phillip Hainsby (S)				29.11	18	4													4.00
Simon Crampin (V)	29.34	22	6	29.00	16	2													4.00
Ken Ivory (S)	29.57	28	8	29.59	25	5													6.50
Andy Boast (V)	29.48	25	7																7.00
Josh Steele (S)				30.39	39	7													7.00
Lee Welham (S)	30.05	30	9																9.00
Peter Bissell (V)	31.21	53	12	30.18	31	6													9.00
Neil Adams (S)	30.46	42	10	31.06	48	9													9.50
Andy Philips (V)	31.16	51	11																11.00
Rachel Sutcliff (S)	31.44	61	14	31.06	47	8	1F												11.00
Kim Masson (S)	31.41	60	13	31.15	50	10	2F												11.50
Andy Goold (S)				31.50	63	12													12.00
Gary Wale (V)	32.39	84	18	31.22	52	11													14.50
Keith Ritchie (S)	31.46	62	15																15.00
Russell Armstrong (S)	32.04	70	16	31.55	67	14													15.00
Phillip Ingle (V)	32.29	78	17	32.14	73	15													16.00
Mark Beagley (V)	33.21	98	20	31.52	64	13													16.50
Neil Harvey (S)				33.29	99	18													18.00
Sandra Holmes (S)	33.24	101	21	32.16	75	16	3F												18.50
Alex Hamill (V)	33.08	93	19																19.00
Alan Huckie (V)	33.38	105	23	32.35	79	17													20.00
Jerry Bryan (V)	33.31	103	22	33.30	101	19													20.50
Anne Furbank (V)	34.01	112	24	34.04	108	20	4F												22.00
Chris Ritchie (S)	34.56	126	25	34.33	118	21													23.00
Dean Longman (S)				35.30	141	23													23.00
Matt Dowle (S)				37.01	162	24													24.00
John Storey (V)	35.41	141	27	35.18	136	22													24.50
Jacqui Hainsby (V)				37.23	171	26	5F												26.00
Dave Parrack (V)	37.45	176	28																28.00
Peter Duthie (V)	37.54	180	31	37.17	168	25													28.00
Paul Elliott (S)				37.27	173	28													28.00
Dave Manning (V)	37.45	177	29																29.00
Norma Leckie (V)	37.54	179	30	37.45	180	30	7F												30.00
Rosie Manning (S)				38.23	187	31	8F												31.00
Pip Peakman (S)	38.03	181	32	37.36	178	29													32.00
Joe Boast (S)	38.25	189	35																32.00
Severine Piot (S)	38.05	182	33	37.36	178	29													33.00
Eric Davis (V)	38.14	185	34																34.00
Sarah Bowles (S)	38.47	191	36	38.35	188	32	9F												34.00
Tim Philpott (S)	35.13	132	26	41.51	236	43													34.50
Tim Holmes (S)	38.48	193	38	39.09	196	33													35.50
Chris Windebank (V)				39.53	210	36													36.00
Nick McGlashan (V)	38.48	192	37																37.00
Mike Reading (V)	38.55	195	39	39.14	198	35													37.00
Richard Furbank (V)	39.59	209	44	39.13	197	34													39.00
Tracey Patmore (S)				41.00	225	39	12F												39.00
Matt Pyecroft (S)	39.20	198	40																40.00
Jack Rivers (V)				41.04	227	40													40.00
Jason Gabb (S)				41.07	228	41													41.00
Paul Trinder (S)	39.28	200	41																41.00
Michelle Dunning (S)	40.10	211	45	40.14	215	37	10F												41.00
George Callow (V)	39.36	203	42																42.00
Alan Hemingway (S)	39.54	208	43																43.00
Johanne Dowle (S)	50.56	280	60	37.26	172	27	6F												43.50
Carrie Beals (S)	42.42	241	51	40.24	220	38	11F												44.50
Ann Storey (V)	40.43	219	46	40.43	219	46	10F												46.00
Barbara Reading (V)	41.56	232	50	41.50	235	42	13F												46.00
Kathryn Hall (S)				45.37	273	46	15F												46.00
Sue Smith (S)	40.57	222	47	41.50	235	42	13F												47.00
Janet Redden (V)				46.34	281	47	16F												47.00
Hassina Maycroft (S)	41.05	224	48	41.05	224	48	12F												48.00
Bob Thomson (V)	43.33	248	53	43.22	249	44													48.50
John West (V)	41.47	230	49																49.00
Rosemary Boast (V)	45.05	261	55	44.07	255	45	14F												50.00
Eric Callow (V)	43.28	247	52																52.00
Norman King (V)	49.08	273	58	48.15	286	48													53.00
Dave O'Brien (V)	43.36	251	54																54.00
Lynn Reynolds (V)	50.17	278	59	48.32	288	49	17F												54.00
Eric Foxley (V)	45.19	263	56																56.00
Frank Scutt (V)	45.27	265	57																57.00
Krystyna Dillon (S)	50.57	281	61	50.57	281	61	18F												61.00

Positions are in order of average Club finishing position.

Senior Scorer

Vets Scorer



Editors Notes

Welcome to the December edition of Riverside Relay. Many thanks to all who have contributed. This month was a bit of a struggle getting all the material in and edited so that it could be printed and distributed before Christmas but I got there although there – just, so the November edition is now the December edition.

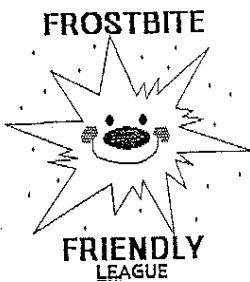
Now that the dark nights are upon us don't forget to wear light, bright clothing when out training, preferably buy a reflective/fluorescent jacket or bib, it might be the best investment you ever made!

One of our sponsors Ransom Consumer Healthcare has asked that we complete the questionnaire on page 28, please respond (assuming you used your tube of Radian B after the Half Marathon).

Those of you that used to receive your copy by e-mail will already know that we have changed the arrangements for the electronic distribution; you can now download your copy from the new website at www.riverside-runners.com

Some club members are planning to run the Midnight Sun Marathon on Saturday 19th June 2004 at Tromso, Norway. Rachel Sutcliffe has details or look at www.nirvanaeurope.com or www.msm.no for more information. There is also a Half Marathon, 10K, mini-marathon (4.2K) and a Children's fun Run

Kenny Leckie
01480 350373
kenny.leckie@ntlworld.com



FROSTBITE FRIENDLY LEAGUE

Now has a new website. For all the latest results, news and directions go to:

www.frostbiteleague.org.uk

	Date	Venue	Host
3 rd Race	14 th December 2003	Swavesey Village Collage	Cambridge & Coleridge
4 th Race	11 th January 2003	Ailwyn School	Ramsey Road Runners
5 th Race	8 th February 2003	Bourne Woods	Bourne Town Harriers
6 th Race	7 th March 2003	BRJ Club, Huntingdon	BRJ

The Senior Presentation this year is being hosted by March Braza on Friday 19th March at The GER Club in March. A band and cabaret have been booked. It will be a great night out. The ticket price is £10, which includes a Buffet supper.

Secretary of the Frostbite League, Adrian Jarvis.
01480 475717



Radian[®]B

WARM UP (& DOWN) FOR SPORT

THE EFFECTIVE SOLUTION FOR MUSCULAR ACHES AND PAINS

Radian-B is a range of topical muscle warming products comprising Muscle Rub, Pain Relief Spray, Muscle Lotion, an Anti Inflammatory Ibuprofen Gel and a Red Oil Roll-on. All products are easily absorbed into the skin to provide fast relief from muscular and rheumatic pain, back pain, fibrosis, sciatica, lumbago, sprained ligaments, bruises, muscle stiffness, strains, tennis elbow, golf shoulder and other minor injuries.

Sports users have traditionally used the product for warming up pre-event and for relief from aching muscles post event. Radian B works even more effectively if you have a hot bath or shower before application.

On the other side of this leaflet is a questionnaire which we would be grateful if you could spare 5 minutes to complete and return to the above address in order that you can help us to understand how our range can be developed to help athletic sports consumers such as yourself. In return we will be able to send further samples to your team. If you have any stories of success with racing using Radian B we would be particularly interested in hearing from you.

Thanks for your co-operation.

Yours sincerely,

Suzanne Corne

Ransom Consumer Healthcare

FAO: Suzanne Corne
Ransom Consumer Healthcare
104 Bancroft
Hitchin, Herts, SG14 2JP



RADIAN B SPORTS CLUBS QUESTIONNAIRE

1. Personal Details

Name: _____
 Address: _____

 email address: _____
 Sports Club/Team: _____
 Type of Sport: _____

2. Are you aware of Radian B range of topical painkillers?

Yes Never heard of it

3. Do you use Radian B or have you used any of the Radian B product ranges before?

Personally On your team

4. If you have used Radian B personally, why did you choose Radian B?

Cost Smell Ease of application It works!

5. If you have used Radian B which of the wide range of products have you, or do you use?

Radian B Lotion Radian B Pain Relief Spray Radian B Muscle Rub
 Radian B Ibuprofen Gel Radian B Red Oil Radian B Mineral Bath

6. Where did you first find out about the Radian B product range:

Advertising Article/Feature Instore Promotion Pharmacy Posters

7. What and which area did you use them for?

8. Where do you buy them from?

Retail outlet Please state: _____

9. Which other products do you use to treat sporting injuries?

Deep Heat Ralgex
 Ibuleve Volteral
 Movelat None of the above

Other please state _____

10. Would you be interested in receiving samples for team use:

Yes No

11. Would you be interested in taking part in future product trials?

Yes No

12. Please attach any particular stories you have with racing using Radian B

Thanks for your help (please reply to the address overleaf)



CHAMPIONSHIP 2003

This year's club championship is coming to a close with just 4 weeks left to complete your required races.

This is the form you will need to fill in with your race details to be entered into the championship.

NAME

AGE ON 1.1.03

5 MILE DATE TIME

5 MILE DATE TIME

10K DATE TIME

10K DATE TIME

10 MILE DATE TIME

10 MILE DATE TIME

1/2 MARATHON DATE TIME

1/2 MARATHON DATE TIME

PLEASE NOTE: - THESE FORMS MUST BE IN BY THE 7th JAN. NO EXEPTIONS

**HAND FORMS TO ME OR IF YOU WISH TO YOU CAN E-MAIL YOUR RESULTS TO ME AT
KEITHMPRITCHARD@AOL.COM.**

Thanks
Keith Pritchard.