

# RIVERSIDE RELAY



[www.riverside-runners.com](http://www.riverside-runners.com)

July 2004

## CAPTAIN'S LOG

I missed my 7 star award at London this year by only 85 seconds, I know it does not sound very much but with only a couple of miles to go 85 seconds may as well be 85 minutes. Anyway that's all the negative stuff out of my system.

Two days after London Chris W. the Paxton gang and myself headed off to Scotland to run the West Highland Way over 5 days. What a great time we had and anyone that says the Scots are mean are sadly mistaken. On our first night in Milngavie in the local pub the natives were so friendly and generous I physically could not drink anymore and staggered back to our digs in the wee hours, this set the standard for most of the evenings. The scenery is very nice and the terrain not too taxing, although there is a nasty 5 or 6 miles alongside Loch Lomond that is very rocky and care is needed. On the last day on arrival at Fort William, Paxton Bob (now known as old Riverside Bob since he has finally joined us) and myself climbed Ben Nevis. At the foot of the mountain the temperature was quite warm but the higher we got the colder and mistier it got. There came a point where the visibility was almost zero and we probably should have turned back, but common sense has never been my strong point so we carried on and gradually climbed above the clouds. The summit was still covered in winter snow and the view was spectacular with the tops of other mountains poking through the clouds. Whilst I'm on the subject congratulations to Kim and Gary B. for completing the West Highland Way race, 95 miles in one hit. Also on the same theme of ultra running Gary Wale's victory on his first attempt at the Grand Union Canal race will surely be the performance of the year. I used to think that I was the stamina man of the club, but I graciously concede to Gary. This race is not for the faint hearted and I know Gary did lots of off road miles, including 5 laps of Grafham Water. K.P. also deserves great credit for completing it in under 40 hours at only his second attempt, one of only three club members to achieve this and one of only six to finish it. As for myself, I will never ever definitely, positively, absolutely without doubt probably never take part in this race again.

It's taken a long time but I've finally got together a small group that enjoys long distance XC running. In the last few weeks we have completed the Poppyline, Colworth, Holcot and Stevenage marathons. These are not always competitive, can be run at leisure with plenty of food stops and are great for building stamina for when you want to run a serious marathon.

A few weeks ago it was suggested the club should have a Monday night session for those who want to start running but the thought of our usual 4-5 miles is a bit daunting. Helen, Jo, Michelle and myself took up the challenge and were pleasantly surprised when on the first night about 15 ladies, but no men turned up. After only 4 weeks some of the ladies are up to 3 miles and are almost ready to join in with the normal Monday runs.

The club is going from strength to strength with lots of new members both senior and junior, and our speedwork and social sessions are well supported. The only time we lack numbers are at the monthly meetings, why is this? Although we have this excellent Relay and the website the meetings are the best way to have your say, get to know who's who and find out what is going on. So please go to the meetings, especially in October when we have our AGM.

Our fun day was spoilt by bad weather and lack of numbers so The Not the Kenny's Relay was postponed. I am hoping that this long standing club event can now take place sometime in September, so keep a check on the race diary.

Lastly, a warning to new runners buying their first pair of running shoes. DON'T go to a poser shop. Go to a sports shop that specialises in running such as Advanced Performance in Peterborough. You can run in almost any clothing, but you will not get away injury free for long with a pair of unsuitable or ill fitting shoes.

Phil



## 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 / Membership	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

---



---

## **Social Runs**

### **The Social Runs have been going well this year.**

To start-off, on Wednesday 12<sup>th</sup> May Franks run from the Waggon & Horses took us on some familiar territory. On 26<sup>th</sup> May, Phil organised a run from Kisbys Hut at Papworth, which was mainly off-road around the surrounding fields. Next on June 9<sup>th</sup> a last minute bit of organising by Phil, John and Ann took us on a run along the banks of the River Ivel from the Wheatsheaf at Tempsford, Terry Johnston also organised a walk. On June 23<sup>rd</sup> Norma and Kenny organised their run from The Golden Ball, Boxworth taking in the villages of Connington, Elsworth and Knapwell. July 7<sup>th</sup> was Ian's run from the Horseshoe at Offord, unfortunately our first wet night which did not spoil the enjoyment across open countryside.

On July 27<sup>th</sup> Jack, Helen and Sarah organised one of the most 'unusual' runs from Jack's house. Runners were split into groups of 2/3. The teams were given a set of clues, questions and challenges which took them through Duloe, along the tracks to Staploe and back to Jack's house. Certain items had to be picked up on route e.g. a yellow flower, piece of wood, a nettle, cones and something to impress the girls. Along the way the girls set an ambush with water pistols, which slightly backfired when some devious runners sabotaged Sarah's car. Certificates were awarded to everyone at the end, also prizes and a most enjoyable evening finished in the garden with a BBQ.

The remaining dates for this year are August 4<sup>th</sup>, which is from Great Barford, organised by Matt & Jo and August 18<sup>th</sup> by Mick & Barbara.



## News from the committee

A round up of news from the committee covering the success of our new beginners' sessions, an update on the race for the Championship and reminders about the summer social runs, club meetings and the forthcoming frostbite season.

### Successful beginnings

We first advertised our beginners' sessions running parallel to the Monday night training run in early June. We realised that there were a number of people interested in joining a running club but were not quite ready for the 4-5 mile Monday session - but we didn't expect there to be such a good turn out. Almost 20 people turned up on the first night despite the tropical conditions and most of these have continued to come back week on week with newcomers arriving all the time.



We are pleased to report that the group are coming along in leaps and bounds and we expect to see the original members joining the Monday runs in mid-August – who knows they could be future scorers in the Frostbite League! The sessions will continue as long as there is demand and newcomers are welcomed at any time – we try to cater for any level of ability. Anyone interested in joining us simply has to turn up to the Club house on a Monday at 6.20 and introduce themselves to Helen or Jo or phone Jo on 01480 391580. More experienced runners who are coming back from an injury or a break may also be interested in joining us for a few sessions.

### The championship heats up

It's just over half way through the year and the new format Championship is heating up. At the last count we had 108 scoring runners who between them have taken part in 92 different races.



In the men's championship Pete Bissell has retaken the lead from Phil Redden and now leads by 2 points. Kim leads the ladies, closely followed by Sarah who is only 3 points behind. However, this could all change in the next 6-months with the start of the Frostbites and the final 2 double-pointers: the Grunty Fen Half in September and the November Frostbite.

Remember, if you run in a Riverside vest at any event anywhere in the country and get your time to Tony your points will automatically be logged on the championship database. The only limitation is that qualifying races must be open to all. Points are allocated based on your position versus other Riversiders competing in the same race, for more info see <http://www.riverside-runners.com/championship-about.asp>.

### Try our social runs

Summer social runs are a long established tradition in the club, members choose one of their favourite local pubs and plan a 4-6 mile (or there about) circular route starting and ending at this pub. After running at a sociable pace we sit down to a drink or two and some good pub food. Please join us - it's a great way to get to know other club members and discover some new routes, nearly all of which are off road.

The next social run is organised by Jo and takes place on Wednesday 4<sup>th</sup> August at 6.45 from the Anchor Inn in Great Barford. These great events continue every fortnight until the end of the summer.



### Club meetings

And a quick note about our club meetings - every first Thursday of the month from 8pm at the Club House. If you are new to the club or just haven't attended recently please do come along next Thursday. We try to keep the meetings informal and sociable – they are an indispensable way to keep up to date with club news, celebrate our successes and meet other members. The Rugby Club has recently recieved a new lick of paint and the all new café style furniture will be arranged to give a more intimate feel. As usual there will be chances to win a great prize in Jack's excellent raffle and the bar will be open (with very reasonable prices). Don't forget Phil's friendly Fartlek either at 6.30 (shower facilities are available).



If you have any suggestions for improving the meetings any further or would like to do an informal talk on a subject of general interest please get in touch with a member of the committee.



## Support the Frostbites

Although we are still in the height of summer we need to say a few words on the forthcoming Frostbite League. These start in October with the Riverside Frostbite on an all new course in Priory Park followed by 5 other 5-6 mile races (one every month 8 until March).



After last years surprise defeat we cannot allow ourselves to be complacent. We urge every club member to attend as many frostbite races as possible and help us to regain our title – with 2 new clubs entering the league competition could be fiercer than ever. So put the races in your diary (the dates are on the calendar). They are always fun, sociable races that can be competed in at any level and have great potential for stacking up Championship points. All you need to enter is a vest or t-shirt in club colours and £1 - if you can turn up early to support our junior team.

## Club Calendar

### Full Race and Social Calendar

Sun, Aug 01, 2004	Wellingborough 5	11:00am	Wellingborough
Wed, Aug 04, 2004	<b>Social Run</b>	6:45	The Anchor, Great Barford
Fri, Aug 06, 2004	Merry's Blisworth Friday 5	7:30pm	Northampton
Sat, Aug 07, 2004	Poppyline 50		
Sun, Aug 15, 2004	Cambridge Triathlon	7.30am	Mepal, Ely
Sun, Aug 15, 2004	Thorney 5	10:30am	Bedford Hall
Wed, Aug 18, 2004	<b>Social Run</b>	TBC	TBC
Sun, Aug 29, 2004	Wardown Park 5k	11:00am	Luton
Wed, Sep 01, 2004	Nene Valley 5k	7:00pm	Ferrymeadows
Sun, Sep 05, 2004	Garden City 10	11am	Welwyn Garden City
Sun, Sep 05, 2004	Carol Haslam Multi-Terrain 10 km	11am	Leighton Buzzard
Sun, Sep 05, 2004	Luton 10K	10.30am	Luton
Sun, Sep 12, 2004	Grunty Fen Half	10.30am	Witchford
Sun, Sep 12, 2004	Nottingham Robin Hood Marathon	10:00am	Nottingham
Sun, Sep 12, 2004	Nottingham Half Marathon	10:00am	Nottingham
Sat, Sep 18, 2004	<b>Round Norfolk Relay</b>		
Sun, Sep 19, 2004	Bedford Harriers Embankment 5	11am	Bedford
Sun, Sep 19, 2004	Round Norfolk Relay		
Sun, Sep 26, 2004	Great North Run		
Sun, Sep 26, 2004	Leighton 10	10am	Leighton Buzzard
Sun, Oct 03, 2004	London to Brighton		
Sun, Oct 03, 2004	Standalone 10K	10.30am	Letchworth
Sun, Oct 10, 2004	Biddenham River 10K	11am	Biddenham
Sun, Oct 17, 2004	<b>Riverside Frostbite</b>		
Sun, Oct 17, 2004	Amsterdam Marathon		
Sun, Oct 17, 2004	Abingdon Marathon	9am	Abingdon
Sun, Oct 17, 2004	Amsterdam Half		
Sun, Nov 07, 2004	Stevenage Half	10.30am	Stevenage
Sun, Nov 07, 2004	Stevenage Marathon	9.30am	Stevenage
Sun, Nov 14, 2004	<b>Riverside Half Marathon</b>	<b>10:00am</b>	<b>St Neots</b>
Sun, Nov 21, 2004	<b>Bushfield Frostbite</b>		
Sun, Nov 28, 2004	The Hereward Relay	9:00am	
Sun, Dec 05, 2004	Nene Valley 10	1pm	Bretton Centre
Sun, Dec 05, 2004	Luton Marathon	10am	Luton
Sun, Dec 12, 2004	<b>C&amp;C Frostbite</b>		
Sun, Dec 12, 2004	Great Barford Half	11am	Great Barford
Fri, Dec 31, 2004	Ely New Year's Eve 10K	11am	Little Downham
Sun, Jan 09, 2005	<b>Ramsey Frostbite</b>		
Sun, Feb 06, 2005	<b>Bourne Frostbite</b>		
Sun, Mar 06, 2005	<b>BRJ Frostbite</b>		



ROUND NORFOLK RELAY 2004 18<sup>th</sup> and 19<sup>th</sup> September

RIVERSIDE CHICKS TEAM



This September sees the second year The Riverside Chicks have entered a team in the Norfolk Relay. Last year we were so pleased just to be able to enter a team that to come second in the Ladies Team Section was the icing on the cake. Needless to say we have set our sights on winning this year and with the team now selected I know we will give it our best shot.

Stage 1	Rachel Sutcliffe
Stage 2	Sarah Bowles
Stage 3	Jean Raglione-Hall
Stage 4	Jo Dowle
Stage 5	Norma Leckie
Stage 6	Ann Storey
Stage 7	Seve Piot
Stage 8	Neve
Stage 9	Helen Liddle
Stage 10	Annie Furbank
Stage 11	Kim Masson
Stage 12	Sandra Holmes
Stage 13	Amanda Rawson
Stage 14	Pip Peakman
Stage 15	Barbara Reading
Stage 16	Christine Bissell
Stage 17	Michelle Dunning

We hope many of you will be able to come along at some point in the weekend and support, not only the Chicks but the Roosters as well. We would welcome anyone who might like to cycle with one of our runners, or in the hours of darkness, drive behind them. We anticipate starting at 8.30 am on the Saturday morning and hopefully finish within 24 hours. Each of the 17 stages varies in length from the shortest 5.39 miles to the longest 20.20 miles (which is in the early hours of Sunday morning.) This Relay takes you around some of the most beautiful parts of Norfolk and I can't think of a nicer way you could spend this particular weekend.

Norma Leckie  
Chief Chick



## Club Kit

	<p><b>Vest</b> Light, breathable sleeveless vest in club colours with Riverside logo printed front and back.</p> <p>Male: 36" 38" 40" 42" 44" Female: 34" 36" 38" 40"</p> <p><b>*Club price: £14.65</b></p>
	<p><b>Vestops</b> Long or short sleeve breathable training tops in club colours with Riverside logo front and back. Made from featherweight micropore polyester fabric for maximum comfort. Ideal for winter races and general training.</p> <p>Adult: 34" 36" 38" 40" 42" 44"</p> <p><b>*Club price: £18.00</b></p> <p style="text-align: right;"><b>NEW</b></p>
	<p><b>T-shirt</b> Short sleeve crew neck T-Shirt in 100% cotton with a full cut body and sleeves. Club colours with Riverside logo on front.</p> <p>Adult: S(36"), M(38"), L(40/42"), XL (44") Junior: Age 7/8(30"), 9/11(32"), 12/14(34")</p> <p><b>*Club price: £6.70 (adult), £6.15 (junior)</b></p>
<p>Sorry no photo available</p>	<p><b>Sweatshirt</b> Good quality 50/50 polyester/cotton fleece with raglan sleeves, twin needle stitch detail and ribbed cuffs/waistband. Club colours with Riverside logo</p> <p>Adult: S(36"), M(38"), L(40/42"), XL (44")</p> <p><b>*Club price: £10.70</b></p>
	<p><b>Crop Top</b> Ladies Lycra crop top in club colours with Riverside logo on front. Standard or T-back; midriff or waist length with hi-neck option.</p> <p>Made to measure.</p> <p><b>Club price: £13.25 - £16.95</b></p>
<p>Sorry no photo available</p>	<p><b>Reflective Bib</b> Ideal for those dark winter runs. Lightweight fluorescent yellow bib with reflective strips. One size.</p> <p><b>Club price: £4.25</b></p>

All prices include postage and packaging, other items are available on request.

All orders or queries should be given to Jo Dowle

Tel: 01480 391 580

Email: [kit@riverside-runners.com](mailto:kit@riverside-runners.com)



### More of Jack's Canal Capers!!

It's been building up for months and been fuelled with speculation over who would finish and who wouldn't, and if they finished, who would place where!!

This year I was supporting Keith Pritchard and Nick Folbigg. Ray had decided long before that he would go unsupported, but was later to change his mind due to a number of people wanting to support him. It was a little strange after 3 years as his support crew but I had the added incentive that Keith and Nick did not complete last year and they had a score to settle!!

Everyone knew Gary Wale was training madly for this and the general consensus seemed to be that he would either go too fast and pull out, or storm it and show everyone else up. Ray was a certainty to finish after 3 consecutive years completing the race and he was going for the record of 4 on the trot. If I'd had to have put my money on anyone, it would have been Ray!!

After a 3am wake up, all four men and their support crews arrived at Gas Street on time and without hangovers. I think I felt that I would have functioned better on a hangover. The race started in its usual low key way and off they went. I was thankful Phil was there as I can never find my way to the first stop!! We all met them after 10miles, Gary was one of the first through and already looked like he had been running for hours, he was followed by Ray and then Keith and Nick were close behind, all looked good and seemed to be going well.

After two or three more stops, Gary had gained such an advantage that I was not there in time to see him. Phil kept in contact to let me know his progress, though even he was concerned that Gary was going too fast. Ray and Keith and Nick were still fairly close though Ray still had the slight edge. Keith and Nick looked good and I was feeling positive, there was no way I would let them give up!! I was wondering how "with it" Nick was when I asked them how they took their coffee. Keith replied "black" whereas Nick wanted "black with milk"???. I did suggest to him that this was known as 'white'!! But this happened after they had already gone wrong after two miles, and I did start to wonder what I had let myself in for!!!

By the first official feeding station, Ray and Keith and Nick were almost together, Gary Wale was in 4th place and way out of sight!! Nick had written words of inspiration on his maps to help him through. While Keith was so obviously full of determination that I knew he had the mental strength to get through.

The rest of the day passed fairly smoothly with Gary going from 4th to 3rd and still going very strong, Phil had apparently run with him for a bit to slow him down,

though we thought he may be trying to protect his record!!! Keith and Nick overtook Ray mid afternoon and at approximately 5pm; we arrived at Weedon, where Matt, Jo, Pete, Christine, Gary Barnes and Janis were all waiting. It was nice to see familiar faces, though I was pretty shattered by now. I had my usual fish and chips and regained some much needed energy. I had taken Ray's idea of packing cheese and tomato rolls for myself and I was glad I did, they were lovely. Then Keith phoned wanting me to cook sausage and beans for him. He almost drank it down, it looked pretty nasty to me but he seemed grateful!! I have never been complimented on my cooking so much, one could hardly call it cooking but I took the compliment anyway!!!

Keith and Nick came through, and it was here that Nick first started to look a little weary. He felt sick. Whether it was due to his beloved West Ham being knocked out of the play offs or genuine tiredness, I'm not sure, but I started to fear he would drop out. I waited as long as I could to see Ray but he was too far behind. It seemed quite weird not to see him but I had to stick with my team, so I went on.

Over the next couple of stops, the story took the same line, Gary was creeping further ahead, Nick was feeling quite down, Keith was looking really good and Ray was doing his normal thing. We arrived at Stoke Bruerne in Northampton at around 8pm and I was glad to see Mark Beagley and his family there. It gets lonely and very tiring supporting as well as running!! We sat about talking and Mark had a beer, when Keith arrived but no Nick. This was where Nick dropped out last year. I was becoming concerned that I could not support them both apart, but Nick arrived and Mark joined them for a bit.

Five and a half miles later, Nick was a good couple of miles behind but he looked ok. Keith was just doing so well, I remember him saying "Jack, I'm scared, I feel really good" and he looked like a guy who was on top of the world and I knew he was so focused and felt good about it. Things were now very difficult as I could no longer support them both and Nick's night support crew had not arrived. I was becoming desperate for sleep and had two men to support in different places!!! Nick's crew had arrived but the message had not got to me!!! So at 11pm, I eventually transferred Nick's stuff to them and told Keith I wanted to grab a bit of sleep while Mark ran with him. He said that was fine, loaded himself up with stuff and off he went.

Well, so much for sleep, I think I grabbed about 40mins until Ray's support crew woke me up because he didn't want me sleeping on my own in a pub car park!!! So I woke up and followed them to the next stop in Milton Keynes - only we never found it, after one and a half hours looking!! (I should have learnt from last year!!) I was running on empty and decided I was going to drive



home, get 2 hours sleep and wake up at 5 and come back, and that's what I did. Keith was ok and Ray was seemingly going ok, Nick was with his crew and Gary was already heading out of Milton Keynes.

I got home and into bed when Ray rang with some "bad news". He was pulling out. Despite begging him not to as I couldn't bear to see him do it, he convinced me that too many things were going against him and it was for the best so I gave in!! Though I was gutted, it was the last thing I expected.

At 5 am, I text Keith to tell him I was on my way and he told me that Nick had also dropped out. I was unsure whether Nick would make it after seeing him last but was gutted to hear he had pulled out too. But I still had a job to do and as promised, I arrived back with Keith at half 5. Colin and Tim had already got to him and were already running, it was great to see them and Keith was still looking good. I cooked him some more sausage and beans and made everyone some coffee and off we went again.

When we got to Grand Junction Arms, at 99 miles, Gary was up to 2nd place, I couldn't believe it. Keith was in good spirits but his feet were starting to blister and he was starting to smell - bad. (Sorry Keith!!) He was close to two other men whose support crews we kept meeting. When Colin took over from Tim navigating, I just could not find the stops, I was taking him everywhere except the canal and doing nothing for the cause of women drivers!!

It was mid morning that I knew Keith was at his lowest point. I ran to Waitrose to grab him some blister pads and deep heat for his shin which just seemed to be swelling and swelling. When I got back, he looked bad, Colin said he had made him get up off a bench as he had tried to lie down for a rest, it's a good job I didn't see that!! It was a case of geeing him up again and telling him he could do it, apparently Gary was also having a lowish patch around this time. I knew if Keith got through this, he would do it and there was no way I was going to let him pull out until he was dying!!

When we got to 115 miles, Sarah and Helen arrived, this was really nice for me as I was pleased to see my drinking pals!!! The trouble was I was so out of it, I don't really remember saying much to them. As they arrived, I heard Gary only had 10 to go and he was now in the lead!! How amazing, to have a Riversider leading. Sarah and Helen were great, they got me a Fillet Tower burger from KFC and all I did in return was send them up the canal to meet Keith who was now on his own again!! I sent a coat with them and sure enough, as soon as they left, it chucked it down and I succeeded in

drenching them all, whoops!! Poor Helen, she was in her posh shoes too!!! She didn't have her handbag though.

They left after this and I was on my way to the 4th from last stop when Ray called to say he had come back to help. We met up at a pub and went to the next point before I went 2 stops on to meet Gary and Janis with 10miles to go. I heard then that Gary Wale had won in 32 hours. I felt proud to be a Riversider!! Well done Gary, what a phenomenal achievement.

I got to Gary and Janis but it took ages through the traffic. I was having a terrible time when I got to them, I was way past tiredness and could not sleep as I was too over tired!! I was quite scared at how tired I was and tried to sleep but couldn't. Pip rang and I could hardly talk to her, I was really at the lowest point of my whole 4 years supporting. Janis made me some soup and I gradually felt more relaxed and though I didn't sleep, I felt better. Keith soon came by and he was on a mission, he now knew he would finish and he was going to do it and that was great to see. No one would know he had just run 133 miles.

I stayed at the checkpoint for more rest while Ray continued to support Keith and then I headed off to Little Venice. It took a bit longer to find than usual but I got there earlier than ever previously and there were a number of people there already. Mark rang (drunk) to check on his progress and when I put the phone down I felt quite emotional as I was looking forward to seeing Keith. I rang him and he was convinced he was in the last mile

I waited.....and waited.....and waited!!.....Finally I saw him. Lots of people at the finish got excited as they thought it was their guy and I was feeling a bit cross, because he wasn't!!! They eventually realised and with about 30metres to go I shouted "come on Keith!" He crossed the line and gave me a big smelly hug and I felt so proud of him.

When he got his medal, he was quite emotional too, but what an amazing achievement, and he also broke the 40 hour mark to finish in 14th place. It was a really nice moment and I thought well deserved, he was so determined and I knew he would do it. Big big congratulations and well done, you did good!!

We went back to Gary's checkpoint, where everyone was speculating on next year. Phil wants his record back, Gary B and Ray want to beat 40 hours, Mark B wants a go, Matt D wants a try, and somewhere inside me is this crazy desire to try it myself one day.

**ONE LIFE, LIVE IT!!!**



## Seven go Mad in Colworth

On the weekend of 18<sup>th</sup> - 20<sup>th</sup> June, whilst other Club members were enjoying the delights of the Midnight Sun, 7 hardy souls took to the roads and trails of the Colworth Estate (near Sharnbrook), home of Unilever, for the Colworth Marathon Challenge. They were, Phil Redden, Gary Wale, Pete and Christine Bissell, Keith Ritchie, Dave Manning, and last, but by no means least, Mick Entwistle.

Friday night was a 5-mile road and track race. There were also races for children, starting with U3's who all received medals for their efforts. It was great to see them starting so young, the intrepid 7 were joined by Emma Ritchie, Stuart Entwistle, and Matt Pyecroft and Mat & Jo Dowle. Phil was first home for the club, Gary was second, with a close finish between Mat, Pete and Keith, for third, Mat taking the eventual honours. Emma and Stu did the Junior section proud, Emma finishing in just over 36 minutes and Stu in just under 38 minutes. Mick and Stu ran in together, and it was felt that it was kind of Stu to wait for his dad... A nice medal was handed to all finishers for today's run. There was a Bar-be-cue and cheap bar, and the weather dampened no-one's spirits as the beer flowed following the event.

Saturday lunch time saw the start of the 8.1 mile second leg of the challenge. This was billed as a Trail Race and was over rutted cross country. At this event, despite it being a Double-Pointer for the championship, only our 7 were there. Again, Phil came in first for the club, coming in second to the eventual overall winner. Gary followed not far behind, bleeding well having fallen over one of the small jumps that had to be made around the route - "Beechers Brook" as it became known. The sunshine and showers played a big part in the weekend, and the wind was quite strong on this Saturday, blowing down the finish gantry at one point - thankfully nobody was hurt. Finishers of the Trail Run received a drinks bottle, which made a nice change from Medals or T-shirts. Ploughmans and Strawberries were the order of the day this time, with many cups of tea being drunk, as the effects of last night's cheap beer took its toll.

Sunday morning dawned and the start of the 13.1 final leg of the challenge. Our 7 had been rejoined by Mat Dowle and joined for the first time by Jerry Bryan. This was a particularly evil route as it was a 2 lapper, which actually had the runners passing through the finish on their way to a second lap - great for us spectators, though!! The winner of the previous two days sailed in approximately 12 minutes in front of the second place and was amazing to watch. Again, as to be expected, Phil was first for the club, followed by Gary and then Mat, who had had the day off on Saturday (boo,hiss). All finishers this time received a rainproof jacket, and finishers of the Challenge received a goody bag with a Tote glass commemorating the event, pasta sauce,



the famous Iced tea and plenty of mayonnaise (extra low fat, fr course!). All in all, the event was enjoyed by the runners, and with subsidised tea, coffee, bar-be-cue, Bouncy Volleyball and free camping to anyone who was interested, it was a brilliant weekend. Anyone fancy an Ice cream??

Caroline Entwistle

## Thank You and Farewell but not Goodbye

Most of you know that I am moving up to the Peak District in August and so I will be standing down as Secretary. I'm not sure yet who is taking over but I'm sure they will do an excellent job, because I know the support that will be given them by the rest of the Committee and other members.

I would like to thank all the members of the Riverside Runners for their enthusiasm and support. When I first joined the Club three years ago I did so with some concern I had only been jogging on my own and thought of a formal running club was very daunting, but I was so warmly welcomed my first night that I'd need not have worried. Mind you if I'd been told of the things I'd be doing over next few years I would have thought you were all bonkers!

Grizzly's, adventure racing, marathons, trail running, road racing, wobbly log jogs are just a few of the fantastic events that joining Riverside has lead me to do. Whilst I have run with many members of the club and thank them all for their company I would like to especially thank Phil and Kim for taking part in some of my more daring adventures, Norma for getting me to and through my first marathon and Julie.

Julie deserves a special mention of her own. Over the last couple of years Julie has proved the perfect training partner, she has been with me through thick and thin. We've run from 5 – 30 miles, through the thickest of mud or on hottest of day, she's abseiled off cliffs (even though she doesn't like heights) and cycled down the odd precipice but she never gives up or turns down a run. Her only fault is she has NO sense of direction, so perhaps that why she's never left me or dared complain if a 5 mile run turned into 15. It's not my scintillating company but a fear of not finding her way home. Please when I leave make sure you don't lose her!! (don't bother giving her a map or compass though, I've tried - she still can't find St Neots !)

Anyway to my many friends at the Club farewell and happy running, and if you want to do some 'real hillwork' come and visit me in the Peaks – All Welcome.

Pip



## **Welcome**

Riverside Runners extends a warm welcome to all new members.

The Club Membership currently stands at 146 Seniors and 52 Juniors.

## **Half Marathon Report**

Although it's still only July, the entries are now coming in at quite a rate and race preparations are now well underway.

We have over 40 entries already which is quite amazing since it's over 3 months to race day. However as you will appreciate, we are likely to be oversubscribed, so if you want to run the race an early entry might not be that bad an idea.

The entry form is now available. Mat Dowle has done a superb job of designing it. This year the design is in multiple colours and it has been professionally printed. It is a major step forward for us and we hope it will help set us apart from other races.

All Riverside Runners can book their number with Helen Liddle and provided you actually enter before race day you will be guaranteed an entry. There should be no reason therefore for members not to get an entry. If you don't want to run, then **please** help. Contact Peter Bissell or myself. We are starting to plan the organisation in detail and realise for instance that we will need a Start Marshall. This will be an important role with a lot responsibility. We expect that we will need more people in similar positions. If you would like one of these roles, or perhaps something less onerous, please volunteer as soon as possible.

We have attracted another two sponsors, Potton Timber and Harpers. Potton Timber do not want this to impact their other charitable donations and therefore do not want any publicity in return. Harpers will be sponsoring a banner advertising the races across St Neots High Street in the two weeks leading up to race day. I'd like to thank Helen and Lee Welham for organising those.

We have decided to support the British Heart Foundation charity this year. It is our way of remembering George and Jim, as well as being a charity that benefits all runners.

We have made progress in other areas. We now hope to have crowd control barriers for the first time, courtesy of SDC. We also plan to produce a professional quality, race information booklet that will be given to all runners, which we hope to attract sponsors to cover the production costs for. We have been awarded a Gold BARR grading this year. It is the highest grading, and reflects our intention to improve the race's organisation further.

I hope that you all enjoy your summer holidays, while still remaining in training for November 11<sup>th</sup>.

*Steve Ellis*



## **MIDSUMMER DREAM PUB RUN**

### **SEATON, DEVON**

**19.06.04**

We arrived in Seaton at 10pm on Friday night and turned down the offer of a cup of tea from the Landlady of the B+B to head to the Hook and Parrot to check out the race start and have a couple of pints in preparation for the run on Saturday.

Lining up on the start line on a beautiful sunny day, we were disappointed to be informed that running in the clockwise direction that we had opted for meant that one of the pubs would be shut by the time we got there, (next year, we'll choose the other way!!)

The start was different to any other race either of us have experienced in that we stood behind a blue chalk line and ran towards those going in the opposite direction, And so we were off, following white dots, chalk arrows and Saucony strips, going UP HILL towards the 1st pub, which took in some of the Grizzly views that this time we could actually see!! On arrival at the first pub, our lager was ready and waiting for us.

The journey to the 2nd pub was slightly slower and still UP. However, upon arrival there was a band playing which we listened to whilst drinking our second beer and as we were wearing our club vests, the band members made various comments about St Neots, asking 'where the hell is it?'

With Henry the dog in tow, we set off towards Southleigh with the promise of a cream tea. At about 10 miles we began to meet the anti-clockwise runners and received a hug from a one-toothed Morris Dancer. The cream tea was much appreciated as we hadn't eaten since our huge cooked breakfast 6 hours earlier.

After stepping in a variety of cow pats and boggy areas we were delighted to discover that we had to cross a river and so had a chance to wash off.

On leaving the 3rd pub (and 3rd beer!) we had to decide - long or short route? Unlike most people who decided that the longer route was pointless as the pub was closed, we, in our drunken state, decided that it didn't matter and chose the longer way. However, it turned out that this was the wrong decision when we reached a field of cows. As we opened the gate, the cows, who obviously thought we were going to feed them, ran towards us. Our speed work finally paid off as we sprinted out of the field and decided that we'd find our way by road. After running a few hundred yards and not seeing a sign post or a brave runner to rescue us, we reconsidered our

decision and thought we'd face our fear of cattle and turned back. Returning to the gate, the cows were still there, but with assertive shouts and gesticulations we jumped over the gate and to our relief they ran away!

Feeling brave and confident we strode off across more fields, hurdling electric fences and coming face to face with another big cow, finally reaching pub number 4 which was shut. Had we not been so brave with the cows, we may have made evening opening time!

At this point we were totally alone without any evidence of white dots, arrows or anything else to indicate which way we should go and so, after much deliberation we set off by road, following signposts to the next pub.

After running in beautiful countryside all day, we now found ourselves on a busy, windy road and were grateful for our beer. We were amazed to find that there were still other runners arriving at the pub amongst whom were two men from Honiton who joined us for a drink and finished the run with us back to Seaton, where we celebrated with our final pint of the run (but not of the evening!)

Six and half hours, 21 miles and several pints later we were still standing and nobody seemed to care!

So, as we sit herein the pub (again!) writing this, we are looking for recruits to join us next year for a brilliant and fun weekend.

Helen and Sarah



Our trip to Norway started early on Friday, 18<sup>th</sup> June. Kenny and I left home at 3.45a.m to travel to Heathrow Airport. As we booked in our fellow travellers joined the queue. Annie F. (no Richard, he was on a fishing trip in Russia), Dr David and Charlotte, Rod and Rachel and their friends John and Emma (who were running the half marathon.). When we arrived in Oslo, apart from us, the rest of the party boarded a plane for Tromso We spent the rest of the day and early evening sightseeing around the city and we eventually arrived in Tromso at 12.30 am. It was cloudy but definitely daylight. The following morning we all had breakfast together and were informed by the others that Tromso was a bit depressing. The weather had been quite bleak the day before and after familiarising themselves with the town weren't overly impressed. However it did look different on Saturday, the sun was shining and it looked very pleasant. The mountains in the distance were quite spectacular. It was during breakfast that Annie informed me that perhaps we could crack 4 hours for this marathon. I thought we were only going to piddle round, take in the scenery and perhaps take a few photos. Don't get me wrong I had thought how wonderful it would be to do a decent time but with the niggly problems I had had and also Annie's problems I just didn't think it would be possible. She had calculated that if we did 9 minute miling we could just do it in 4 hours. As the course would be marked in kilometres we decided we would need to do 5:40 min per km.

We didn't exert ourselves during the day, Annie and I wondering when to eat, what to eat etc.



The marathon didn't start until 8.30 pm on that evening so it was difficult knowing just what to do. Rod seemed quite unaffected by all this, ate as normal and considering this was his first marathon seemed to be taking everything in his stride. I must say at this point that his training hadn't been ideal either. He managed about 3 longish runs and no short ones in between. Annie thought it might be a good idea to go to bed in the afternoon, have a good sleep, wake up and pretend it was morning. Needless to say that didn't work. At last it was time to get ready. Next problem – what to wear. Will it be shorts or leggings, long sleeved top, T shirt and vest or just vest? I opted for new long sleeved Riverside top and shorts. Annie went for shorts, T shirt and vest. Only to discard the T shirt at the start of the race. The usual Rachel, T shirt and leggings. As for Dr David, Union Jack clingy shorts, vest and of course his Viking helmet. He was the star attraction. (Made the headlines in the local paper next day and a photograph). Just before we started Rod and Rachel announced that they thought our tactics sounded good

and would try and keep up with us. Dr David had his race strategy sorted out. He would know within about 400 metres how his race would go and if he didn't feel good would run with us too. The sun was shining and there wasn't a cloud in the sky. Watches set and off we went. Well it didn't take us long to realise Dr David was obviously feeling good and he soon ran off in the distance. We had been running about 5 mins when I saw the 41Km sign. This confused me as I had expected to see the number 1. Rachel announced we were doing 8 minute miling. This was not going to plan but I thought good to have a bit in the bag. We then ran across this huge bridge and I knew by my watch we had missed the 2 Km. Over the bridge and there was 39Km that is when we realised the markers were in reverse and believe me at the end of this marathon we felt it really helped us.



I checked the watch – we were doing 5.20 mins, we decided we needed to slow down. Where were Rod and Rachel? Off into the distance they went. So it was just the two of us. The scenery was magnificent the crowds were very supportive, although we weren't quite sure what they were shouting, we smiled and waved back. The route took us out and back and then we crossed the bridge and did an out and back on



another island. We saw Dr David at about 10Km looking good, then Rod and Rachel, looking good. As for Annie and I our timing was still in the 5.20s but we felt okay so kept at that pace. Just before crossing the bridge again Kenny and Charlotte appeared with cameras in hand and a very welcome smile. Got to half-way in 1hr 54 mins. I was delighted and informed Annie who immediately took on a new lease of life and promptly asked me if I wished to up the pace. I soon told her – no – but if she wanted to go on to do so. She didn't and I think after about a couple of miles she was glad we hadn't. At this point we suddenly realised we were being overtaken by some very fast runners. This was the half marathon race which started at 10.30pm and we had obviously been ahead of them. I told Annie not to feel she needed to up her pace to keep up with them. Still perfect conditions, both of us seemed to be running well (neither of us complaining at this stage) but we had slipped to 5.30 pace. It must have been around the 26Km mark that we overtook Rod and Rachel. Rod had run so well – they had gone through halfway in 1:45 which was brilliant but he was paying the price now. Rachel – well she just smiled and wished us well. I was aware at this time that Annie was slightly behind me. She was taking an Anadin Extra .

She informed me she was okay but as she always took one around this stage in a marathon thought she had better stick to her old routine. As for me I was taking a Dextrose tablet every 10Km and I was sure that was doing the trick. Then things started to go downhill. I had tummy pains, needed a pit stop. I told Annie to go on but she didn't. It is one of the quickest stops I have ever had but it made this the longest Km we ran 6.48 – glad we had some spare minutes in the bag. We were now at 30 Km – only 10Km to go and psychologically this really made a difference. We were feeling tired but as I went to get the Dextrose out they had gone. I had obviously dropped them at my stop. However sheer grit and determination kept us going and I knew even if we dropped to 6.00 mins. we could still just make it. The finish was very emotional for us both – the crowds were cheering – Kenny, Charlotte and David were shouting and we cracked the four hours. 3hrs54min55secs. to be exact. Rod and Rachel completed it in 4hrs 20min, which was a wonderful achievement and Rachel, still smiling looked as if she had only run 6 miles. Dr David, although slightly disappointed with his time, did 3hrs 45min. John and Emma both completed the half marathon. By the time we gathered ourselves together, all Annie, Kenny and I

could think about was food. We had expected pasta at the end but that didn't happen so we ended up buying a Burger King. First we had to get past the Bouncers on the door, which is something we had never seen before and then we ordered. It was then back to our bedroom and the three of us tucking into our burger and chips, sun blazing outside and it was 2.00am in the morning. What an end to a perfect day. On the way back on the plane Annie was informed by someone that she had won 3rd place in her age category and I had 2<sup>nd</sup> place in my category – shame we weren't there to pick up our prize of a cut glass bowl. Although this must be one of Riverside Runners' smallest tours it was also one I will never forget. Friendships deepened over the three days we were together and I know we shall all have special memories of this weekend....

Norma



### 2 UK Champions for Riverside

Rachel Sutcliffe was first lady (6th overall) at the Fairlands Valley 26 mile trail run, becoming the UK Trail Runners' Association UK Champion. Phil Redden finished 8th to become the over 50 veterans' UK champion.



## The West Highland Way Race (95 miles) 12th June 2004

### A Runners view.....

**Whose idea was this anyway? Gary you cannot get away from the fact that, yes it was you, you who suggested it to give you something to aim for and motivate you back into running!!!!**

I cannot thank you enough, I thoroughly enjoyed myself. It was the most spectacular race I have ever taken part in. If you have not been to Scotland and do not know what areas it covers then you will not understand this. It is rough, mountainous and usually takes people 5-7 days to complete as a walk. It runs from just outside Glasgow all the way to Fort William. It is a well marked footpath, however this didn't stop us from getting lost in the first few miles, so we ended up adding at least half an hour if not more to our mammoth journey! It was 1am Saturday morning, dark and our head torches seemed inadequate, although we were relieved to be with a few other twits!

We had a lovely hill to climb before the first checkpoint, where Bob, Jack and Ray were patiently waiting for us. They were beginning to worry, because most other people had been and gone!!! We told them we had got lost and they encouraged us to up the pace a little because they wanted to get to bed Saturday night!!

The section along Loch Lomond seemed to go on forever, but it was amazing, looking down steep banks into the Loch. It was up and down, dodging tree roots and boulders, but we got along fine.

Once we got further along the course it got more and more beautiful. The mountains came into view and we were heading for Tyndrum. Where we had a pit stop for 5-10 mins, changed socks and used the loo and had ourselves an ice cream!! Julie and Russell phoned at that point to see how we were getting on and continued to

give us their support. Jack, Ray and Bob were as wonderful as ever!

Following this stop we were out more into the wilderness, the mountains unfolded around us and I just couldn't stop looking around me in awe. It doesn't matter how many times I have been to Scotland I love it. Unfortunately I lost Gary, I kept waiting for him to pitter patter up behind me, but there was no sign.

The weather became more showery, as I got out towards Rannoch Moor (anyone who knows this area, knows how barren and open it is). The Caledonian Challenge (Walk from Fort William to Loch Lomond in two days) was on and the walkers were all coming from the opposite direction. At one point I thought I was going to be speared by a Leki stick. I know Norma would not approve of these potentially lethal weapons being used against a riverside chick.

I heard from Jack at one of the pit stops that Ray was running with Gary. I knew he would be pleased, as Ray was showing interest right at the start. This meant a bit of a problem, as I had only Bob, and he couldn't run with me as other runners were all doing. I didn't mind, but the organisers were very careful and over protective of people. We all got given a bivvy bag that we had to carry, once the weather turned. Bob checked out with the mountain rescue, what the rest of the course was like and we both knew that I had been in the mountains many times and that I would be okay. I still felt a little apprehensive; I have great respect for the mountains and Scotland's very changeable weather.



Anyway off I went, up the devils staircase (which I didn't think was too bad) and over the hills. Kinlochleven was the next stop before the final section into Fort William. This steep descent was a tadge hard on the knees. I cannot describe the midges to anyone who does not know. They are awful; many supporters were by now wearing their Midgey nets over their heads. Bob hates them, and comes up in huge whelts. They may be small, but they have big teeth!!! In fact I think they are just flying teeth. Bob tells me it is only 10 miles left, on a tarmac track. Oh yes and where did he get this information from???? Planet porky pie??

It was 15 miles, up and down a track that was boulders, and when your feet are tired how many times do you trip? Loads!! My bruised big toes are testament to that last section. I had felt absolutely fine through out and I was wondering why I had had no down times. The last 6 miles were the hardest, I was worried about the forest and it was starting to get dark. I am a bit girlie at times and the thought of it getting dark in such a remote place on my own was scary. I was chanting to myself at this point 'I am a mountain goat, I can get there before dark'.

I had handed over my rucksack with everything in it, including my phone and map. I had my head torch which was not at its best (should have put new batteries in) and that was it!!! I got the spooks in the forest, I saw flashes of light, which initially I thought were people (it wasn't), but I changed it round in my head to it being my guardian angel (my gran actually, keeping

an eye on me). This way of thinking altered how I felt and held back my fear. It also felt like I was going round in circles and not getting anywhere. I finally found my way out and spotted a fellow runner up ahead, I felt relieved at least I was not lost!!

The last two miles are along the road; Bob was there to meet me and drove behind as I ran to the finish. I have to say it was an anticlimax, I don't know what I expected at just gone midnight. The man at the pool was five minutes before he even noticed I was there (I wanted respect)!!! He cut off my wrist band number and wrote my time down. That was it! I would have liked to have had some acknowledgement and I felt like shouting out I have just run more than 95 miles thank you!! But unlike normal races there was no one to talk it over with or compare notes. Bob and I went off to the nearby Travel Inn to bath and sleep. Up the next morning, breakfast in Safeway's and then driving 500 miles home, feeling very smug indeed. I really loved this race; it took both physical strength, but more importantly mental strength, especially the second half on my own. I want to thank those from the club who wished me well. I also want to thank Bob for his support, as he does not do sleepless nights well at all. Also to Jack, Ray and Gary they were great fun and are so fantastic. Gary, I should have left you my imaginary ski sticks!!

Kim Masson  
20<sup>th</sup> June 2004



## **West Highland Way**

### **A Supporters Tale.....**

Just when I thought I had recovered from the sleep deprivation of the canal run.....along came the West Highland Way. Gary Barnes and Kim Masson had entered long ago and I had agreed to support Gary with Ray.

I have never been to Scotland before, I knew I should not have told them this as we got to the airport and they started to wind me up. Ray asked if I wanted any Euros, in my total naivety I was gutted as I only had English pounds and thought if the currency was different it would only be Scottish pounds!! I should have known really to believe nothing those two say.

After a quick flight (50 mins) out to Glasgow Prestwick, we picked up the hire car for me and Ray to drive. Again he tried to convince me of the need to drive on the right but I was wise to this by now!!! I was quite excited about a new 04 reg car to drive but Ray got to drive first and off we went to Glasgow centre to find a supermarket. Good old Tesco came to the rescue. We stacked our trolleys with energy drinks and bars, food, and the purchase of the day, a doggy blanket for me!!! I had forgotten my blanket to keep me warm when I have to sleep in the car, and this £3 bargain was to be a Godsend.

We then went to MacDonaldis for dinner over the road and then made our way to the start. The race was due to start at 1am Saturday morning, and we arrived there at 9.30pm. Bob and Kim were there already and it was lovely to see them. They were at the end of a 2 week holiday up there and had been out hill walking the previous day. Oh and when I say "hill", I don't mean like "Mill Hill", I mean a mountain!!!

They got their goody bags, along with mosquito head nets and a bottle of beer and at 1am, with a start even more informal than the canal run, off they went.

I had been up since 6.30am, been to work, set some lessons, met some parents and then left to pack and get to the airport; I was run off my feet and was totally useless in the first 4 stops. Typically, Gary and Kim got mixed in with a group who went wrong after about 6 miles and so they immediately got left near the back. Bob was excellent finding the stops, he knew exactly where to go and how to get there and if it wasn't for him, I doubt we would have made it to the stops. It was weird because at 1am, it was still quite light in the sky and so by 4am, I felt wide awake and ready to go.

There was a beautiful checkpoint at about 26miles, coming down through some woods. It was so silent that I had to hold my breath to listen for the voices of Kim and Gary. It was just like skiing scenery without the snow, and it was especially nice for me as I had never seen it all before.

By 10am, they were reaching some bigger hills (mountains) and Gary was finding these hard work while Kim used her invisible ski poles to walk up the hills and ran down them. This was about 35-40miles and Gary was already grumpy about his calfs. Kim was still bubbly as ever and looked really strong.

I didn't enjoy this race so much in one respect because the checkpoints were further apart than the canal run, you could only meet your runners at set points because there simply are not roads to the places they go to and 10 miles through the mountains takes at least twice as long as normal, so supporting was tiring and at times quite frustrating.

By 4pm, Gary was in a really bad way, Kim had taken a big lead on him and Bob had gone ahead. I had been really thankful, because without him, we would never have found the checkpoints. Gary came in wanting to give up. Ray had warned me to gee him up and I had seen through the binoculars how dreadful he looked and was prepared to tell him to get his act together!!! Ray packed up a bag and ran with Gary for the last 35 miles. So, it was back to normality for me, supporting the terrible two!! Gary later admitted he had wanted to head butt us at this point for making us carry on. Well there's gratitude for you!!!

At least he had booked us all a nice hotel to stay in. He had planned to finish around 11pm. However, at 11pm, he was still 20miles from the finish; I was getting really tired again. I decided I would go to the finish, then go to the hotel and get some sleep and then come to get them as there was nowhere I could meet them before the end.



So, I drove off, so tired I had that horrible hallucinating feeling. I saw giants in the trees, really thin tall scary ones!! And then I was convinced someone had got in the car with me!! I was so scared, I had a word with myself and then I was ok!!! At Fort William, I drove around forever, I couldn't find the finish but I did find the hotel. It was 1am by now and I couldn't get in. Gary had not told them we were going to be late. So I slept in a car park under my doggy blanket!!!

I woke at 5.30am thinking I had missed them. I tried to call but there was no signal, so I went off to try and find the finish again. It was much easier feeling less tired, and I followed some other cars to find it at a sports centre. I rang again and they were only 4 miles away. Another hour and a half later, they arrived, though I slept through it and Ray had to wake me up.

I was really pleased Gary had done it but felt it had been a really cruel race that he had not enjoyed. I hoped that when he felt better he would be pleased he had done it. Kim had finished 7 hours before and had been 3rd lady in. If they had not got lost early on and she had run all out, throughout, who knows what she may have achieved. What an amazing achievement.

All in all, it was a fantastic experience and nice for my first taste of Scotland, but I think I will leave that race to the hill walkers and climbers of the world!!

Well done Kim and Gary.  
Little Jack

## 2004-2005 Frostbite League

### Here are a few details from the Frostbite AGM:

I'm pleased to report that both Nene Valley Harriers and Stamford Striders will be joining the league this season. Newmarket Joggers unfortunately did not attend the meeting and therefore had their application refused. NVH have approximately 180 members and Stamford 50. Both clubs expect around 10 - 20 of their runners to attend each race. With the exception of Riverside's new course around Priory Park the other venues will be the same as last year with minor improvements.

Spot prizes this year will be a drinks bottle specially printed with all of the league teams logos on them. 1 senior + 1 junior prize will be given per race.

#### Dates

17<sup>th</sup> Oct 2004 - Riverside Runners

21<sup>st</sup> Nov 2004 - Bushfield

12<sup>th</sup> Dec 2004 - Cambridge & Coleridge

9<sup>th</sup> Jan 2005 - Ramsey

6<sup>th</sup> Feb 2005 - Bourne

6<sup>th</sup> Mar 2005 - BRJ

Junior presentation will be at BRJ after the last race. The senior presentation will provisionally be on the weekend of 25<sup>th</sup> March but a host is still to be confirmed.

Regards  
Adrian



## Results

### Inter Counties Cross Country - 6<sup>th</sup> March

#### **Mens Senior Race over 12,000m**

Alan Williams	44:06	226 <sup>th</sup>
Graham Williams	44:36	235 <sup>th</sup>

#### **Ladies Senior Race over 8,000m**

Kim Masson	33:41	190 <sup>th</sup>
Sandra Holmes	35:46	245 <sup>th</sup>

#### **Boys U/15 race over 4,500m**

Will Mackay	18:10	272 <sup>nd</sup>
-------------	-------	-------------------

#### **Boys U/13 race over 3,000m**

Tim McGlashan	14:11	199 <sup>th</sup>
---------------	-------	-------------------

#### **Girls U/15 race over 4,000m**

Suzy Boast	178 <sup>th</sup>
------------	-------------------

#### **Girls U/13 race over 3,000m**

Emma Ritchie	15:31	212 <sup>th</sup>
--------------	-------	-------------------

### Wymondham 20 mile - 7<sup>th</sup> March

Kim Masson	2:25:18	P.B. 1 <sup>st</sup> Lady
Bob Thomson	3:2:01	P.B.

### Reading ½ Marathon - 7<sup>th</sup> March

Jack Hall	1:59:33	PB
-----------	---------	----

Sandra Holmes	1:34:19
---------------	---------

### Silverstone Flora ½ Marathon

Sandra Holmes	1:28:44	1 <sup>st</sup> O/40 lady
Andrew Kinglake	1:30:33	
David Irwin	1:35:36	PB
Simon Moore	1:48	
Tim Holmes	1:57:33	

### Grizzly – 14 March 2004

Peter Bissell	2:39:14	312
David Irwin	2:45:21	396
Mat Dowle	2:49:09	459
Dean Longman	3:17:14	916
Jo Dowle	3:25:29	1040
Barbara Reading	3:29:43	1105
Mike Reading	3:33:04	1148
John West	3:33:07	1151
Eric Davis	3:43:36	1257 PB
Julie Stock	3:54:19	1386
Severine Piot	3:54:19	1387
Paul Trinder	3:54:29	1388
Rosie Manning	3:58:42	1431
Pip Peakman	3:58:42	1432
Sarah Bowles	3:58:56	1436
Helen Liddle	4:02:04	1458

### Cub Run (Grizzly) – 14 March 2004

Christine Bissell	2:12:00	130
-------------------	---------	-----

### Ashby 20

Amanda Rawson	2:53:32	271
David Rawson	2:53:32	270

### Friskney Half – 14 March 2004

Sandra Holmes	1:30:28	8 (1FV35)
---------------	---------	-----------

### Hull 20 – 14 March 2004

Alan Hemingway	2:51:47	PB
----------------	---------	----

### Brentwood Half - 14 March 2004

Michelle Dunning	1:50:55	PB
------------------	---------	----

### Redcar Half Marathon – 14 March 2004

Andrew Hynes	1:39:42	266
--------------	---------	-----

### The Hemel 10 – 14 March 2004

Neil Holmes	1:27:41	447 PB
-------------	---------	--------

### Thorney 12K – 14 March 2004

Simon Crampin	45:52	8 (3MV45)
Ken Ivory	48:57	14 (6M)
Russell Armstrong	50:14	19 (10M)
Matt Pyecroft	59:27	83 (33M) PB
Trevor Rickwood	1:00:44	97 (39M) PB
Kathryn Hall	1:11:05	160 (7F) PB
Krystyna Dillon	1:14:53	172 (10F) PB

### British Masters XC (ladies) – 20 March 2004

Sandra Holmes	22:51	25
---------------	-------	----

### British Masters XC (ladies) – 20 March 2004

Graham Williams	40:38	11
Phil Redden	42:47	21
Andy Boast	43:29	43

### Calne 10k – 21 March 2004

Kathryn Hall	54:25	PB
--------------	-------	----

### Shoulden Warren XC – 21 March 2004

Stuart Entwistle	08:26	5
------------------	-------	---

### Mondi Packaging 15 (March) – 21 March 2004

Andrew Kinglake	1:45:42	13
Kim Masson	1:48:27	19 (1FV40)
Andrew Hynes	1:53:19	25 PB
Dean Longman	2:01:16	46 PB
Sarah Bowles	2:10:22	70



## Sportshall Athletics

On Sunday 21<sup>st</sup> March, Riverside Juniors travelled to Biggleswade for a Sportshall Athletic Match with Biggleswade Athletic Club, and this year Riverside came home victors.

Riverside Results are as follows:-

U/11 Boys 2 lap race, Kurt Saunders 2<sup>nd</sup> in 27.34secs, Jordan Adams 4<sup>th</sup> in 29.83secs  
U/15 Girls 2 Lap race, Lily Walker 1<sup>st</sup> in 26.12secs, Chelsea Papworth 2<sup>nd</sup> in 26.63secs  
U/13 Girls 2 lap race, Jemma Payne 3<sup>rd</sup> in 27.02secs, Lauran Payne 4<sup>th</sup> in 27.45secs  
U/13 Boys 2 lap race, John Welton 2<sup>nd</sup> in 25.93secs, Karl Lauria, 3<sup>rd</sup> in 26.25secs  
U/11 Girls 2 lap race, Alice Hewitt 2<sup>nd</sup> in 26.63secs, Rosie Maden 3<sup>rd</sup> in 26.68secs, Alison Abbott 4<sup>th</sup> in 26.95secs, Zoe Mulgrew 5<sup>th</sup> in 27.38secs  
Standing Long Jump  
U/13 Girls, Hannah Hutchinson 3<sup>rd</sup> 1.53mts, Heather Hiles 4<sup>th</sup> 1.44mts  
U/13 Boys, Dale Williamson 1<sup>st</sup> 2.02mts, Karl Lauria 3<sup>rd</sup> 1.7mts  
U/11 Girls, Faith Hewitt 1<sup>st</sup> 1.76mts, Holly Welham 2<sup>nd</sup> 1.6mts, Emily Boast 4<sup>th</sup> 1.57mts, Alice Hewitt 5<sup>th</sup> 1.57mts  
U/11 Boys, Kurt Saunders 2<sup>nd</sup> 1.56mts, Peter Taine 3<sup>rd</sup> 1.50mts, Elliott Hemingway 4<sup>th</sup> 1.38mts  
U/15 Girls, Chelsea Papworth 1<sup>st</sup> 1.88mts, Lily Walker 2<sup>nd</sup> 1.46mts  
Speed Bounce  
U/11 Boys, Peter Taine 2<sup>nd</sup> 44 Jumps, Jordan Adams 3<sup>rd</sup> 36 Jumps  
U/13 Boys, Philip Bush 1<sup>st</sup> 61 Jumps, Karl Lauria 3<sup>rd</sup> 51 Jumps  
U/13 Girls, Becky Lister 2<sup>nd</sup> 54 Jumps, Lauran Payne 4<sup>th</sup> 42 Jumps  
One Lap Race  
U/9 Girls, Sarah Lister 1<sup>st</sup> 14.7secs, Amy Mulgrew 3<sup>rd</sup> 15.35secs  
U/9 Boys, Elliott Hemingway 1<sup>st</sup> 14.71secs  
4 Lap Race  
U/11 Girls, Leanne Staddon 1<sup>st</sup> 57.27secs, Faith Hewitt 2<sup>nd</sup> 8.76secs, Emily Boast 3<sup>rd</sup> 9.77secs, Holly Welham 4<sup>th</sup> 61.76secs  
U/11 Boys, Peter Taine 2<sup>nd</sup> 60.12secs, Adam Welham 3<sup>rd</sup> 61.29secs  
U/15 Girls, Stephanie Bryan 1<sup>st</sup> 56.62secs, Lily Walker 2<sup>nd</sup> 58.82secs, Emma Watson 3<sup>rd</sup> 59.18secs, Louisa Abbott 4<sup>th</sup> 66.53secs  
U/13 Girls, Becky Lister 1<sup>st</sup> 58.06secs, Emma Ritchie 2<sup>nd</sup> 59.68secs  
U/13 Boys, Dale Williamson 2<sup>nd</sup> 55.68secs, Philip Bush 3<sup>rd</sup> 58.46secs  
Shot  
U/13 Boys, John Welton 2<sup>nd</sup> 7.25 mtrs  
U/13 Girls, Hannah Hutchinson 2<sup>nd</sup> 9.5 Mtrs, Katie Entwistle 4<sup>th</sup> 8.5 mtrs  
U/11 Boys, Peter Taine 2<sup>nd</sup> 9.0mts, Adam Welham 4<sup>th</sup> 7.0mts, Elliott Hemingway 5<sup>th</sup> 6.5mts  
U/11 Girls, Zoe Mulgrew 1<sup>st</sup> 8.0mts, Emily Boast 3<sup>rd</sup> 7.5mts, Faith Hewitt 4<sup>th</sup> 6.75mts, Alice Hewitt 6<sup>th</sup> 6.2 mtrs  
U/15 Girls, Louisa Abbott 1<sup>st</sup> 6.75mts, Jemma Watson 2<sup>nd</sup> 4.78mts  
Vertical Jump  
U//11 Girls, Holly Welham 1<sup>st</sup> 61cms, Rosie Maden 4<sup>th</sup> 49cms, Alison Abbott 5<sup>th</sup> 46cms, Faith Hewitt 5<sup>th</sup> 46cms  
U/15 Girls, Stephanie Bryan 1<sup>st</sup> 52cms, Chelsea Papworth 2<sup>nd</sup> 35 cms  
U/11 Girls, Leanne Staddon 1<sup>st</sup> 38cms, Alison Abbott 2<sup>nd</sup> 36cms, Faith Hewitt 3<sup>rd</sup> 35cms  
U/13 Boys, Philip Bush 1<sup>st</sup> 45cms, John Welton 3<sup>rd</sup> 41cms  
U/13 Girls, Becky Lister 2<sup>nd</sup> 38cms, Heather Hiles 3<sup>rd</sup> 37cms  
U/11 Boys, Jordan Adams 2<sup>nd</sup> 26cms, Peter Taine 3<sup>rd</sup> 25cms  
Standing Triple Jump  
U/15 Girls, Stephanie Bryan 1<sup>st</sup> 5.96mts, Chelsea Papworth 2<sup>nd</sup> 5.34mts  
U/13 Girls, Emma Ritchie 2<sup>nd</sup> 4.91mts, Heather Hiles 3<sup>rd</sup> 4.18mts  
U/13 Boys, Dale Williamson 2<sup>nd</sup> 5.67mts, Karl Lauria 3<sup>rd</sup> 5.12mts  
U/11 Girls, Emily Boast 1<sup>st</sup> 4.63mts, Faith Hewitt 3<sup>rd</sup> 4.52mts, Leanne Staddon 4<sup>th</sup> 4.51mts  
U/11 Boys, Kurt Saunders 1<sup>st</sup> 4.31mts, Adam Welham 3<sup>rd</sup> 3.67mts  
Javelin  
U/15 Girls, Stephanie Bryan 1<sup>st</sup> 18.00mts, Louisa Abbott 2<sup>nd</sup> 11.25mts, Lily Walker 3<sup>rd</sup> 10.5 mtrs, Jemma Watson 4<sup>th</sup> 8.00mts  
U/11 Girls, Zoe Mulgrew 1<sup>st</sup> 14.00mts, Alice Hewitt 3<sup>rd</sup> 10.25mts, Alison Abbott 4<sup>th</sup> 9.00mts, Rosie Maden 6<sup>th</sup> 7.00mts  
U/13 Boys, John Welton 3<sup>rd</sup> 13.5mts, Philip Bush 4<sup>th</sup> 13.00mts  
Obstacle Relay Race  
U/11 Girls, Riverside A 1<sup>st</sup> 1min 24.75secs, Riverside B 3<sup>rd</sup> 1min29.73secs  
U/11 Boys, Riverside 1<sup>st</sup> 1min 31.19secs  
U/13 Girls, Riverside A 1<sup>st</sup> 1min 21.95secs, Riverside B 1min 29.45secs  
U/13 Boys, Riverside 2<sup>nd</sup> 1min 17.5secs



## Riverside Relay July 2004

### Paddock Wood Half Marathon – 28 March 2004

Matt Pyecroft	1:48:12
Bob Thomson	1:53:58
Lee Welham	1:53:59

### Oakley 20 – 28 March 2004

Phil Redden	2:06:12	10(1 O/40M)
Sandra Holmes	2:13:54	27 (2F) PB
Peter Bissell	2:16:27	35 PB
Keith Pritchard	2:19:33	49 PB
Keith Ritchie	2:19:34	50
Neil Adams	2:19:50	51
Jerry Bryan	2:24:01	PB
Kim Masson	2:25:05	5 PB (1 O/40)
Mat Dowle	2:30:23	PB
Nick Folbigg	2:31:06	PB
David Irwin	2:31:40	
Dean Longman	2:47:38	PB
Sarah Bowles	2:58:18	PB
Jo Dowle	3:01:42	PB
Barbara Reading	3:03:45	
Mike Reading	3:05:41	PB(1 O/60M)
John West	3:08:56	PB
Kathryn Hall	3:22:08	PB

### Oakley 12 – 28 March 2004

Tim Holmes	1:40:35	Tim Holmes
------------	---------	------------

### Milton Keynes ½ Marathon – 28 March 2004

Alan King	1:58:11	PB
-----------	---------	----

### Sandy 10 – 4 April 2004

Simon Crampin	1:00:50	6 (1MV40)
Phil Redden	1:01:38	9 (1MV50)
Philip Ingle	1:06:21	PB
Peter Bissell	1:08:58	54
Matt Pyecroft	1:16:20	133 PB
Michelle Dunning	1:18:09	160 PB
Sarah Bowles	1:18:39	167
Adrian Jarvis	1:19:00	172
Mat Dowle	1:20:49	187
Darren White	1:20:49	186
Neil Holmes	1:21:52	PB
Norma Leckie	1:22:38	
Chris Windebank	1:23:45	
Mike Reading	1:23:55	
Barbara Reading	1:24:07	(1FV55)
John West	1:26:17	
Helen Liddle	1:27:30	
Rosie Manning	1:33:42	
Kathryn Hall	1:35:18	
Kathryn Hall	1:35:18	PB
Carrie Beals	1:35:55	313 PB
Ian Newland	1:35:56	

### Peterborough Track Meeting – 4 April 2004

U/11 Girls 80 mtrs	
Leanne Staddon, 12.9 secs, 1 <sup>st</sup>	
Rosie Maden, 14.2secs, 2 <sup>nd</sup>	
U/11 Boys 80mts, Kurt Saunders, 14.3secs, 2 <sup>nd</sup>	
U/13 Girls 600mts, Emily Boast, 2mins 9secs, 2 <sup>nd</sup>	
U/11 Girls 600mts, Leanne Staddon, 2mins 14secs, 1 <sup>st</sup>	

### Rotterdam Marathon – 4 April 2004

Kim Masson	3:30:28	1939 (24FV40)
Bob Thomson	4:46:02	7696 (1506MV40)

### RNLI Hatfield House XC – 4 April 2004

Jack Rivers	1:06:05	220
-------------	---------	-----

### Castle Camps 6 – 11 April 2004

Alan Turnbull	31:02	1
Phil Redden	34:13	5
Peter Bissell	36:01	11
Mat Dowle	38:24	16
Neil Shorten	39:10	PB
Dean Longman	42:12	26 PB
Jo Dowle	46:41	49
Kathryn Hall	52:09	71 PB
Christine Bissell	59:04	80
Krystyna Dillon	59:04	81 PB

### Stanwick 10k – 12 April 2004

Jack Rivers	50:48	Jack Rivers
Stanwick Junior 2k		
Jack Rivers		
Josef Rivers		4 (3JM)

### Flora London Marathon – 18 April 2004

Phil Redden	2:49:22	471 (12MV50)
Sandra Holmes	3:04:19	1465 (93F)
Kim Masson	3:08:26	1826 (130F) PB
Peter Bissell	3:15:40	2598 PB
Keith Ritchie	3:15:51	2618
Neil Adams	3:31:56	4878
David Irwin	3:33:11	5097
Nick Folbigg	3:37:39	5859
Ray Willett	3:50:04	8460
Michelle Dunning	4:05:06	12368 PB
Nick McGlashan	4:16:06	14972
Sarah Bowles	4:21:43	16332
Peter Wan	4:34:20	19523
Alan King	4:49:46	22850 PB
Kathryn Hall	4:56:00	24016 PB

### Bourne Wood Rotary 5 Mile – 25 April 2004

Sarah Bowles	38:35	
Helen Liddle	42:35	PB
Kathryn Hall	45:25	

**Royston Heath Trail 5 – 25 April 2004**

Norman King 55:41

**Flitwick 10k – 25 April 2004**

Julian Williams 37:05 12

**Shakespeare Marathon – 25 April 2004**

Jerry Bryan 4:00:41 182 (MV40)

**Shakespeare Half Marathon – 25 April 2004**

Paul Trinder 1:50:00 Paul Trinder

Severine Piot 2:00:00 Severine Piot

**Cottenham – 1 May 2004**

Julian Williams 24:30 1

**Knokke 10k – 1 May 2004**

Jack Rivers 50:27 1128

**Knokke 3.5K Jogging**

Josef Rivers 15:50 54 PB

Jack Rivers 16:28 80

**Knokke 850m Kids Run**

Josef rivers 03:19 4 (3JM) PB

**Sheffield Half Marathon – 2 May 2004**

Neil Holmes 1:57:03 1311 (M) PB

**Titchmarsh 10K – 2 May 2004**

Jerry Bryan 40:25 17 (MV40) PB

Amanda Rawson 42:50 (4F)

Jean Raglione-Hall 53:04

**Lingfield 10 – 2 May 2004**

Mat Dowle 1:13:09 7 PB

Jo Dowle 1:26:06 (2F)

**Langtoft 10k – 2 May 2004**

Tim Holmes 46:01 PB

**Cambridgeshire Athletic Championships – 15 May 2004**

Riverside sent a small group of Juniors to the Cambridgeshire Athletic Championships held at St. Ives and came home with two bronze medals.

**In Girls U/13 100 metres**, Leanne Staddon came 2nd in her heat in a time of 15.3secs. Becky Lister in the 2nd heat came 3rd in a time of 15.6 secs, both girls qualified for the final.

In the final Becky had a lot better run finishing in 4th place in a time of 14.3 secs which was a P.B. Leanne came 5th in a time of 15.1 secs which was also a P.B.

**In Girls U/13 800 metres** final, Emily Boast came 5th in a time of 2mins 50.4secs, Emma Ritchie came 8th in a time of 2mins 51.5secs.

**In Boys U/17 800 metres** final Graham Hainsby came 4th in a time of 2mins 14.2secs.

**In Girls U15 Shot** Louisa Abbott came 5th with a throw of 7metres 47cms, Katie Entwistle came 6th with a throw of 6 metres.

**In Boys U15 1500 metres** final Tim McGlashan ran a well controlled race to pick up the Bronze medal in a P.B. time of 5mins 00.5secs. John Welton, running his first race came 8th in time of 5mins 44.9secs.

**In Girls U/13 200 metres** Becky Lister running in first heat came 3rd in a time of 29.8secs. In the second heat Alice Hewitt came 2nd in 32.7secs and Emily Boast came 3rd in 36.4secs, Becky and Alice both qualified for the final. In the final Becky came 3rd in a time of 29.9secs to pick up the bronze medal and Alice came 6th in a time of 32.7secs.

**Eastern Vets Relays – 2 May 2004**

Riverside entered a over 50 and 2 over 40 teams in the Eastern Vets Relays

Held at Hemingford over a 2 mile course.

The over 50 team were the first team home in their category in a total time of 33mins 37secs.

Individual times were:-

Phil Redden 11mins

Andy Boast 11mins 05secs

Phil Redden 11mins 32 secs running a second leg

In the over 40 category the 'A' team came fourth in a total time of 44mins 47secs, individual

Times were:-

Kevin Sadler 10mins 58secs

Simon Crampin 11mins 02secs

Peter Bissell 11mins 27secs

Andy Phillips 11mins 20secs

The 'B' team finished in 8th place in the over 40 category in a time of 48mins 03secs.

Individual times were:-

Gary Wale 11mins 45secs

Steve Pledger 12mins 19secs

Philip Ingle 11mins 48secs

Andy Goold 12mins 10secs

**Silverstone Grand Prix 10K – 4 May 2004**

Norman King 53:57 PB

**Bentley Charles 10K – 9 May 2004**

Krystyna Dillon 59:22 PB

**Ellesmere Oswestry 10 Mile – 9 May 2004**

Julian Williams 61:42



## Eye 10K – 16 May 2004

Simon Crampin	36:17	14 (2MV45) PB
Phil Redden	37:15	18 (1MV50)
Peter Bissell	39:35	41
Keith Ritchie	39:58	45
Russell Armstrong	40:05	47
Jerry Bryan	41:14	60
Steve Pledger	41:47	71
Mark Beagley	44:04	101
Amanda Rawson	44:40	114 (2 FV35)
Matt Pyecroft	44:58	123 PB
Paul Trinder	44:59	124 PB
Dean Longman	49:51	196
Sarah Bowles	51:14	222
Nick McGlashan	51:50	229
Michelle Dunning	52:04	231 PB
Jack Rivers	52:23	239
Jean Raglione-Hall	52:52	244
Christine Bissell	59:11	325
Kathryn McCready	1:02:52	351
Juliette Havell	1:03:14	357 PB
Terry Johnson	1:05:31	371

## Eye3k fun run

Josef Rivers	13:01	20
--------------	-------	----

## Sandal Castle 10K – 16 May 2004

Mat Dowle	43:01
Jo Dowle	57:00

## Bedford 6 – 18 May 2004

Julian Williams	37:28	46
Dean Longman	45:30	179
Norman King	51:48	271

## Blisworth – 21 May 2004

Norman King	25:33	177 (18MV45) PB
-------------	-------	-----------------

## White Peak Marathon – 22 May 2004

Phil Redden	2:57:02	4 (1MV50)
Keith Ritchie	3:14:14	17
Peter Bissell	3:23:22	26
Mat Dowle	3:25:51	30 PB
Amanda Rawson	3:28:50	37 (1FV35)
David Irwin	3:43:02	64
Gary Barnes	3:59:58	102
Paul Trinder	4:27:19	138
Julie Stock	4:27:26	139
Severine Piot	4:27:26	140
Ray Willett	4:27:27	141

## White Peak Half Marathon – 22 May 2004

Keith Pritchard	1:27:00	14
Tim Philpott	1:27:31	16 PB
Jo Dowle	1:46:07	97
Christine Bissell	2:08:53	175 PB

## BUPA Gt Manchester Run – 23 May 2004

Jack Rivers	54:18	4581 (271MV45)
-------------	-------	----------------

## BUPA GT Manchester Junior Run

Josef Rivers	10:17
Joshua Rivers	12:28

## Soham ½ Marathon – 23 May 2004

Rachel Sutcliffe	1:28:56	1 <sup>st</sup> lady
------------------	---------	----------------------

## Arthur Bowden 5 – 27 May 2004

Dean Longman	35:15	PB
Norman King	42:50	
Terry Johnson	47:35	

## Grand Union Canal Run – 29 May 2004

Gary Wale	32:36	1 PB
Keith Pritchard	39:36	14 PB

## Brandon Forest Half Marathon – 31 May 2004

Kim Masson	1:31:49
------------	---------

## Hickathrift 10k – 5 June 2004

Sarah Bowles	48:28
--------------	-------

## Sweatshop Summer Sizzler 10k – 5 June 2004

Julian Williams	37:13	6
Mat Dowle	39:21	17 PB
Jo Dowle	46:31	44 (6F) PB
Dave O'Brien	54:42	70

## Two Castles 10k – 6 June 2004

Neil Holmes	49:56	PB
-------------	-------	----

## Weedon 10K – 8 June 2004

Norman King	56:39	289 (39MV45)
-------------	-------	--------------

## Pathfinder March – 12 June 2004

Norman King	11:29:15
-------------	----------

## Edinburgh Marathon – 13 June 2004

Sarah Bowles	4:08:26	PB
Matt Pyecroft	4:08:26	PB

## Norwich Half Marathon – 13 June 2004

Jerry Bryan	1:30:00	68
Neil Shorten	1:34:45	131 PB

## Poppyline Marathon – 13 June 2004

Mat Dowle	5:01:00
Phil Redden	5:01:00
Gary Wale	5:01:00
Keith Ritchie	5:01:00
Jo Dowle	6:35:00
Julie Stock	6:35:00
Severine Piot	6:35:00
Paul Trinder	6:35:00

## Riverside Relay July 2004



### Midnight Sun Marathon - 19 June 2004

David Irwin	3:45:00	
Anne Furbank	3:54:00	3 FV55
Norma Leckie	3:54:00	2 FV50
Rachel Sutcliffe	4:20:00	
Rod Mackenzie	4:20:00	

<u>Colworth Marathon Challenge 18/19/20 June 2004</u>								
	5 Mile		Trail 8		Half Marathon		Marathon Challenge	
Phil Redden	31:12	21 1MV50	50:31	2	1:26:30	6	2:28:13	1st O/50
Mat Dowle	31:32	25 PB			1:32:58	25 PB		
Keith Ritchie	31:42	26	58:29	42	1:35:13	36	03:05:24	
Peter Bissell	31:54	28	56:01	25	1:33:52	30	03:01:47	
Gary Wale	32:03	31	53:46	15	1:30:01	17	02:55:50	
Matt Pyecroft	35:28	91 PB						
Emma Ritchie	36:05	1JF PB						
Stuart Entwistle	38:48	PB						
Mick Entwistle	38:49	161	1:04:12	82	1:51:26		03:44:27	
Dave Manning	38:52	162	1:08:59	104	2:01:00		03:48:51	
Christine Bissell	49:32	282	1:19:35	124	2:14:00		04:23:08	
Krystyna Dillon	49:33	283 PB						
Jerry Bryan					1:34:01	31		

### Chris Brasher Memorial 10K – 20 June 2004

Jack Rivers 49:53

### North Downs 30k - 27 June 2004

Matt Pyecroft 2:54:00

### Holcot Hobble - 27 June 2004

Mat Dowle	3:45:00	1
Phil Redden	3:45:00	1
Jerry Bryan	3:45:00	1
Neil Adams	3:45:00	1
Keith Pritchard	3:45:00	1
Julie Stock	4:30:00	
Jo Dowle	4:30:00	

### Maulden Woods Multi-Terrain 5 – 3 July 2004

Norman King 46:00

### Aston 5 – 3 July 2004

Terry Johnson 51:19

### Eastern Athletic Association Championships - 11 July 2004

Three members of Riverside Juniors took part in the Eastern Athletic Association Championships at Bedford on Sun 11<sup>th</sup> July. Results are as follows:-  
**Boys U/15 1500mtrs** Tim McGlashan came 4<sup>th</sup> in a time of 5mins 05secs.

**Girls U/13 100 mtrs** Alice Hewitt came 5<sup>th</sup> in her heat in a P.B. time of 14.8secs  
Leanne Staddon also came 5<sup>th</sup> in her heat in P.B.time of 15secs

### Abbey 12k –

Andy Phillips	45:08	
Peter Bissell	49:03	
Steve Pledger	51:21	
Derek Hurden	52:42	
Matt Pyecroft	53:12	PB
David Irwin	54:16	
Nigel Sanders	57:56	
Mick Entwistle	58:11	
Peter Duthie	58:26	
Sarah Bowles	58:37	
Krystyna Dillon	14:17	PB

### Ramsey 3k fun run

Stuart Entwistle	10:38	4 (2JM)
Kurt Saunders	10:46	5
Alice Hurden	14:20	
Katie Entwistle	15:01	
Sam Hurden	17:05	

### Bedford Race for Life 5k – 11 July 2004

Carrie Beals	22:59	PB
Jean Raglione-Hall	23:28	PB

### St Ives Dairy Crest 10k – 18 July 2004

Alan Williams	34:32	8
Graham Williams	35:47	13
Phillip Hainsby	37:03	17
Peter Bissell	40:01	51
Mark Beagley	40:43	60
Jerry Bryan	41:37	71
Keith Ritchie	43:16	92
Chris Ritchie	43:17	93 PB



Bob Thompson (2)	46:03	124 (2MV60)
Nigel Sanders	46:48	132
Michelle Dunning	47:00	134
Neil Holmes	48:14	149
Jean Raglione-Hall	51:48	193
Carrie Beals	55:28	222 PB
Jason Gabb	55:51	228
Christine Bissell	55:54	229 PB
Kathryn Hall	57:41	236

### St Ives 3k fun run

Tim McGlashan	12:04	4
Kurt Saunders	12:44	8
Stephen Kerr	13:13	13
Katherine Mackay	13:24	15
Stuart Entwistle	13:25	16
Emma Ritchie	13:30	17
Ollie McGlashan	13:43	20
Peter Taine	13:53	21
Jack Stead	14:03	23
Phil Bush	14:04	24
Nick McGlashan	14:06	25
Adam Welham	14:30	30
Faith Hewitt	14:45	33
Alistair Graves	16:00	39
Philip Graves	16:01	40
Alice Hurden	16:11	53
Sally Hewitt	16:42	53
Elliott Hemmingway	16:52	57
Holly Welham	17:16	63
Tom Stead	17:25	69
Tiffany Hurden	20:11	84
Sam Hurden	20:12	85
Karen McGlashan	20:24	87

### Oostende 10km – 18 July 2004

Jack Rivers	49:13	1002
-------------	-------	------

### Oostende 5km

Josef Rivers	24:02	111 PB
--------------	-------	--------

### Stamford Race For Life 5K

Rachel Sutcliffe		1st
------------------	--	-----

### Fairlands Valley Marathon – 18 July 2004

Keith Pritchard	4:10:00	7 (5M)
Phil Redden	4:10:00	8 (1MV50)
Rachel Sutcliffe	4:10:00	6 (1F)

### Fairlands Valley Team Relay - 20<sup>th</sup> July

Riverside had six teams in the Fairlands Valley Team Relay held at Stevenage  
Over a 3K course with five in the men's team and 3 in the Ladies team.  
Results are as follows

Senior Men 9<sup>th</sup> overall in 52mins 06secs  
Individual times are as follows

Alan Williams	9mins 38secs
Keith Pritchard	10mins 58secs
Graham Hainsby	10 mins 33secs
Keith Ritchie	10 mins 53secs
Phillip Hainsby	10 mins 04secs

Veteran Men 11<sup>th</sup> overall in 52mins 52secs

Phil Redden	10mins 29secs
Peter Bissell	11 mins 16secs
Andy Boast	10mins 31secs
Graham Williams	10mins 10secs
Andy Phillips	10mins 26secs

Senior Men B team 26<sup>th</sup> overall 57mins 10secs

Lee Welham	10mins 40secs
Derek Hurden	11mins 49secs
Richard Glover	11mins 05secs
Andy Goold	12mins 19secs
Steve Pledger	11mins 17secs

Junior Mixed Team 33<sup>rd</sup> overall 1hr 01mins 48secs

Tim McGlashan	11mins 30secs
Tom Levitt	14mins
Chris Ritchie	11mins 25secs
Suzy Boast	12mins 38secs
Tim McGlashan	12mins 15secs

Junior Girls Team 9<sup>th</sup> overall 37mins 01secs

Anna Levitt	12mins 26secs
Katherine Mackay	12mins 41secs
Emma Ritchie	12mins 18secs

Ladies Team 13<sup>th</sup> overall 38mins 41secs

Sarah Bowles	13mins 23secs
Christine Bissell	12mins 27secs
Michelle Dunning	12mins 18secs

### Milton Keynes Half – 25 July 2004

Neil Shorten	1:34:10
--------------	---------

*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.*

*With the new Club Championship format; it is even more important that you get your results in, since ALL races count towards the championship*

*Telephone 01480 390979 or [tony.hainsby@ntlworld.com](mailto:tony.hainsby@ntlworld.com)*



## Membership Fees 2004 - 2005

The membership fees for 2004 – 2005 will remain as the same as this year:

- Seniors £10
- Juniors £5

The calculation has been based on a lower membership than this year and also less income from the likes of Frostbite subs and Circuits. I do not anticipate this to happen but it has been done to provide reassurance that even though subs have been kept at the same level, our funds are sufficient for the day to day running costs for next year.

Please see below the calculations behind the £10 subscription fee for next year

You may pay these before the 1<sup>st</sup> October to Jack Hall to avoid the rush at the first meeting in October!

### Riverside Runners Budget 2004 - 2005

	2003 - 2004 ( Est )	2004 - 2005	Movement
<b>Members</b>			
Seniors	142	125 @ £10	(17)
Juniors	52	40 @ £5	(12)
	194	165	(29)
<b>Income</b>			
Seniors	1,430	1,250	(180)
Juniors	260	200	(60)
	1,690	1,450	(240)
Frostbite	312	200	(112)
Total Income	<u>2,002</u>	<u>1,650</u>	<u>(352)</u>
<b>Expenditure</b>			
Rent	731	750	(19)
Circuits	(178)	(75)	(103)
Equipment	200	200	0
Stationery	20	20	0
Trophies	400	400	0
Postage	20	20	0
Other	250	250	0
Affiliation Fees	265	290	(25)
Kit	200	100	100
Presentation Evening	175	100	75
Total Expenditure	<u>2,082</u>	<u>2,055</u>	<u>27</u>
Increase / Decrease In Funds	<u>(81)</u>	<u>(405)</u>	<u>(324)</u>
Opening Bank Balance	1,745	1,664	
Closing Bank Balance	<u>1,664</u>	<u>1,259</u>	
Explained By :			
Reduced Members		(240)	
Frostbite Income		(112)	
Expenditure Reduction		27	
Total Movement		<u>(324)</u>	



## **Half Marathon Funds**

The club has received £2,156.70 as its share of the Half Marathon after expenses and charitable donations. This money will be ring - fenced from day to day expenses & will be available for major items of expenditure only which will improve the club and its members. The committee will be open to any ideas as to how this money could be spent, eg, filling in the pot holes / resurfacing the rugby club car park.

These funds will not be used for day to day expenses which are covered by membership subscriptions.

If you have any suggestions as to how you believe this money could be used to improve the club, please contact any member of the committee.

Alan Hemingway

Treasure

## **Riverside Frostbite**

This year the Riverside Frostbite Race will be held around Priory Park with the Rugby Club as base. The date is Sunday 17<sup>th</sup> October

The race will be of three laps with each lap different using Longsands School playing fields as part of one lap. The last lap will include the length of the spinney from the play area up to Rowley road.

The length of the Races are approx 5 miles long and start at 11.00am, please arrive early as there is sometimes a good distance to walk to the start.

The Club will field a Senior and Vets team and the cut off will be 1st October. Those members who are 40 before 1st October will run for the Vets team and those who are 40 on or after 1st October will run for the Senior team.

It is important to have as many runners as possible in the six races as it helps to push other possible scorers from other teams back down the running order. It is the first eight Men and first two Ladies that count in the team, but if there are three ladies in before the eighth Men the three Ladies will count with the seven men.

There are six races during the winter months starting in October every month through to March. The races are held at St. Neots, Peterborough, Bourne in Lincolnshire, March, Cambridge and Huntingdon.

When members arrive at the race the Seniors should report to Tony Hainsby, (look for the yellow hat) and the Vets to Kenny Leckie (look for the baldy head) (Ed). The entry fee is £1.00 which should be given to Kenny or Tony.

There are also races for Juniors under the age of 16 which are approx 1 mile in length and the Riverside Race will be around the Common, Juniors should report the Tony with their entry of 50p  
The Junior races start at 10:15 am.



## Club Championship

The latest positions are shown below; it is very tight in the men's competition with Peter and Phil battling it out at the top, only 2 points apart. Keith, Jerry and Matt are now 40+ points behind and will be stretched to get back in the running again.

In the Ladies competition Kim and Sarah are within 3 points with Sandra starting to slip a bit.

Position	Name	Surname	TOTAL	Position	Name	Surname	TOTAL
1	Peter	BISSELL	328	55	Helen	LIDDLE	25.5
2	Phil	REDDEN	326	56	Neil	SMITH	25
3	Keith	RITCHIE	281	57	Chris	WINDEBANK	25
4	Jerry	BRYAN	201	58	Amanda	RAWSON	23.5
4	Matthew	DOWLE	201	59	Kathryn	HALL	23
6	Neil	ADAMS	180.5	60	Neil	HOLMES	23
7	Alan	WILLIAMS	157	61	Julie	STOCK	21
8	Keith	PRITCHARD	149	62	Bob	THOMSON	21
9	Alan	TURNBULL	147	63	Christine	BISSELL	20.5
10	Simon	CRAMPIN	135	64	Joe	BOAST	19
11	Kim	MASSON	128	65	Nick	FOLBIGG	18
12	Sarah	BOWLES	125	66	Paul	ELLIOTT	17
13	Matt	PYECROFT	124.5	67	Mike	ENTWISTLE	17
14	Graham	WILLIAMS	117	68	Nick	McGLASHAN	17
15	Andrew	GOOLD	111	69	Alex	HAMILL	16
16	Sandra	HOLMES	108	70	Meriel	HOWE	16
17	Chris	RITCHIE	102	71	Bob	THOMSON 2	16
18	Andrew	HYNES	96	72	Peter	DUTHIE	14
19	Johanna	DOWLE	95	73	Richard	GLOVER	14
19	Phillip	HAINSBY	95	74	Neil	SHORTEN	14
21	Russell	ARMSTRONG	94	75	Ann	STOREY	14
22	Andrew	BOAST	91	76	Rachel	SUTCLIFFE	13.5
23	Philip	INGLE	87	77	Graham	KINCH	13
24	Derek	HURDEN	82	78	Jack	RIVERS	13
25	Gary	WALE	79.5	79	Kevin	SADLER	13
26	Dean	LONGMAN	74	80	Nigel	SANDERS	13
27	Barbera	READING	73	81	Norman	KING	12
28	Michelle	DUNNING	68	82	Jason	GABB	11
29	David	IRWIN	67	83	Sue	SMITH	10
30	Norma	LECKIE	64.5	84	Krystyna	DILLON	9.5
31	Lee	WELHAM	62	85	Carrie	BEALS	9
32	Pip	PEAKMAN	60.5	86	Alan	KING	9
33	Alan	HUCKLE	56	87	Andrew	KINGLAKE	9
33	Kenneth	IVORY	56	88	David	MANNING	9
35	Darren	WHITE	55.5	89	Julian	WILLIAMS	9
36	Steve	PLEDGER	54	90	Rosemary	MANNING	8
37	Michael	READING	53	91	Tim	PHILPOTT	8
38	John	STOREY	51	92	Garry	BARNES	6
39	Andy	PHILLIPS	50	93	Ian	NEWLAND	6
40	John	WEST	44	94	Rod	MacKENZIE	4.5
41	Alan	HEMINGWAY	43	95	Janet	REDDEN	4
42	Peter	DUNNING	42	96	Anne	FURBANK	3.5
43	Josh	STEELE	39	97	Terry	JOHNSON	3
44	Tim	HOLMES	38	98	Kathryn	McCREADY	3
45	Severine	PIOT	35	99	Trevor	RICKWOOD	3
46	Jacqui	HAINSBY	33	100	Ray	WILLET	2.5
47	Neil	HARVEY	33	101	Juliette	HAVELL	2
48	Adrian	JARVIS	30	102	Simon	MOORE	2
49	Richard	FURBANK	29	103	David	RAWSON	1.5
50	Paul	TRINDER	29	104	Keith	BATES	1
51	Mark	BEAGLEY	28	105	Colin	BRADBURY	1
52	Eric	DAVIS	28	106	Joan	DUNNING	1
53	Steve	ELLIS	27	107	Dave	O'BRIEN	1
54	Jean	RAGLIONE-HALL	26				



### Editors Notes

**Thanks** to all the contributors of this edition of Relay. I hope you enjoy it. Some of the Running tales are very humorous, so take time to read them; they also seem to involve some very long runs. We also have no less than 7 pages of results.

Make sure that you have the dates of the 2004/2005 Frostbite Races in your diary. This year could be an interesting one with new teams joining and the Riverside internal competition between the Senior and Vets teams coming to a head.

It is important that you turn out for all the races; we let things slip last year because some of our key runners chose to take part in other events when it was wrongly assumed that we had things all sewn up (its not over until the fat runner crosses the line???)

The Round Norfolk Relay will be coming round soon again, lets make it another super club event, even if you are not running, come along on Saturday/Sunday 18<sup>th</sup> and 19<sup>th</sup> September and ease the load on other members by helping to cycle or drive behind a runner. It's exhausting but great fun.

It is with sadness that I report that we lost another running friend recently. Jim Popple was an original member of Little Paxton Pathpounders, but he also enjoyed taking part in our running trips, joining the Riverside Runners tours to Amsterdam, Snowdon and the Great North Run last year. Our sympathies are extended to Christine and Sarah.

It is also with sadness that we have to say goodbye to Pip Peakman our very willing and strong Secretary for the past few years. Pip brought a new dimension to the club with some of the zany events that she took part in, often dragging along others such as Julie and Phil. It is no accident that they started calling her the Sergeant Major. We all wish Pip and her family every happiness for the future in their new life 'up north'.

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