

Riverside Relay

The online magazine for Riverside Runners

January 2011

SMALL PRINT

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

COMMITTEE

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Secretary Helen Liddle
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Membership sec Lucy Boothby
+ Ruth Chamberlain, Alison Cooper, Paul Meadows, Alan Turnbull
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Contents

Intro	2
You're a star	3
The biggest race of the year	4
Updates	6
The biggest relay of the year	7
Captain's Log	10
Presentation Award night	11
Race shorts	14

Images source:
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Chair's Intro

It gave me great pleasure to award the winners of the various trophies at our Annual Presentation evening on Saturday 22nd January. These awards are given to runners who have worked hard all year in their training and in the races they participated in and it is a good feeling when all that hard work was so worthwhile. To those who didn't pick up an award, they are there for the taking in 2011. Our club runs and speed work sessions are well attended and if you need any guidance with training, there are Coaches on hand to do this – so please ask. I did thank Tony Hainsby on the evening for his record keeping. We are very fortunate that when choosing the award winners we can check the records and know exactly how each runner performed. It was unfortunate that not all the award winners were present but we look forward to presenting these at the next club meeting.

2010 was another busy year for the members and the Club. Runners racing all over the country and a very successful overseas trip to Zagreb. One of the highlights for me was picking the trophy up for the Riverside Chicks at the Round Norfolk Relay when we won the Ladies category. A marvellous effort, not only by the runners but the supporters, who cycled, drove cars and cheered us round. As always we show our strength when it comes to organising events and we are fortunate to have a team of people who can set up courses, organise marshals to make these the success they are. Cambridgeshire Cross Country Championships, our Frostbite Race and The St Neots Half Marathon are the most obvious.

We have continued with two teams in the Frostbite and with the two nominated captains Paul Ridley and James Bolm they have created a friendly rivalry and hopefully you will turn out for the remaining two races.

The New Year does bring a new championship year. We have decided this year to nominate specific events. It is good to see the green and white vests out in force and hopefully we will achieve this. All distances are included from 5K – Marathon and it will be age-graded.

The Last Monday of the month (LMOTM) was a new event in the club calendar last year and we are very grateful to Maurice for the work he has put in to make it such a success. Thanks must also go to Pam, Catherine and Tom and the other helpers who turn up in all weathers to assist with the necessary tasks that are required to run this event. We are delighted that this will continue in 2011.

The club can only be successful by the effort that you the members put in. It is not just turning up at events but getting involved in the day to day running of it. Our AGM in April gives you the opportunity to put that little bit extra into the Club by joining the Committee. I see so many new young members who are so enthusiastic about their running if they could get involved I am sure it would bring fresh ideas into the club.

I hope you have a successful and injury free 2011.

Yours in Running
Norma



You're a star!

Well, these runners in particular!

Sept 2010

4 stars	Karl Hiner	Wolverhampton Marathon
2 stars	Amanda Phillips	Bourne To Run 10 K
1 star	Hazel Ferriera	Ipswich 1/2 Marathon
Completion	Dawn Parr	Great North 1/2 Marathon
	Caroline Freeman	Stroke 10 K

October 2010

8 Stars	Annie Furbank	Fenland 10 Mile
5 Stars	Maurice Hemingway	Great Eastern ½ Marathon
	Simon Boothby	
4 Stars	Malcolm Pritchard	Great Eastern ½ Marathon
3 Stars	Paul Milson	Great Eastern ½ Marathon
	Jonnie Prouse	Zagreb Marathon
	Rob Moir	Zagreb ½ Marathon
	Stephanie Williams	
	Lucy Taylor	Cardiff ½ Marathon
	Oliver Wright	Abingdon Marathon
	Neil Shorten	Fenland 10 Mile
2 Stars	Lucy Boothby	Great Eastern ½ Marathon
	Russell Scrivener	
	Michelle Byatt	
	Nick Scotcher	Felixstowe ½ Marathon
	Josef Rivers	Hyde Park 10 K
1 Star	Dawn Parr	Great Eastern ½ Marathon
	Nigel Owen	
	Lesley Carroll	
	John Willcock	Zagreb ½ Marathon
	Nigel Owen	Henlow 10 Mile
Completion	Owen Hurley	Cardiff ½ Marathon

November 2010

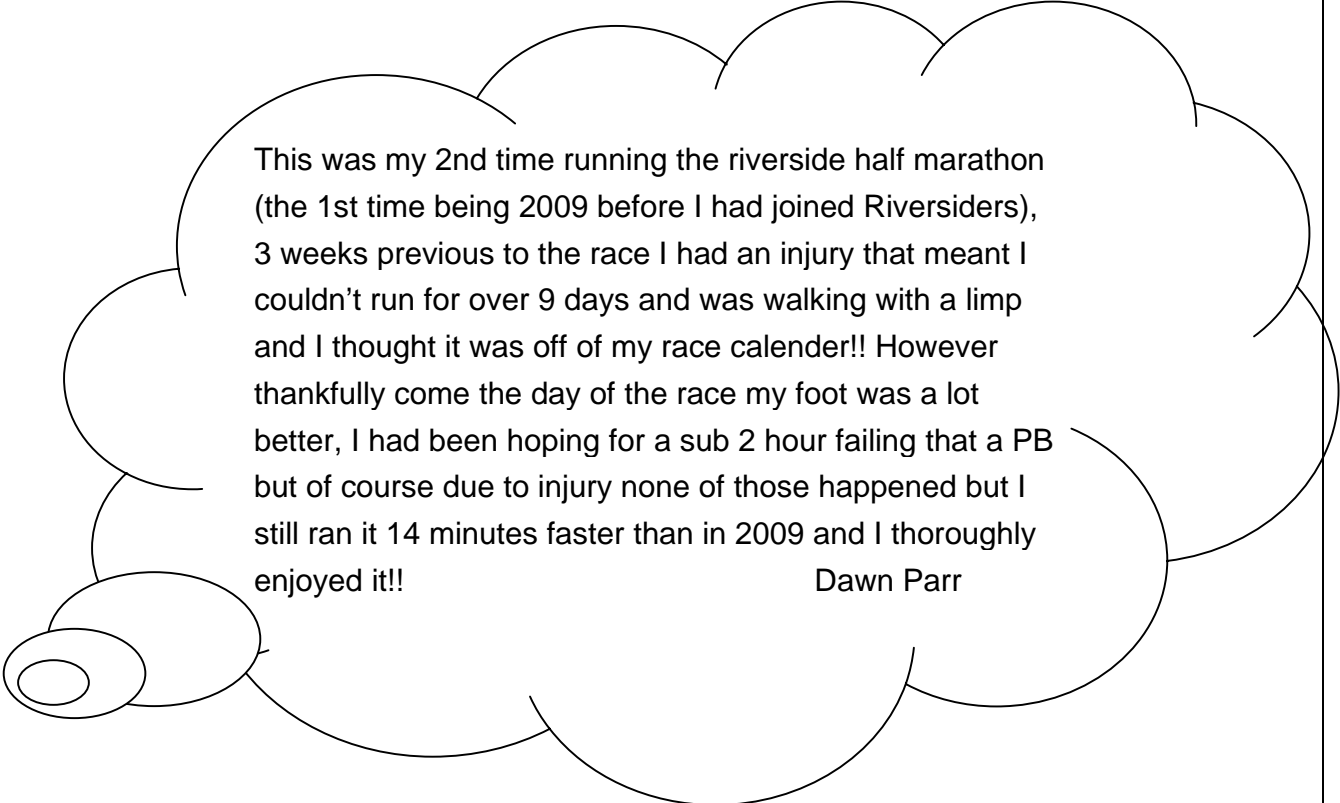
4 Stars	Sam Windebank	Riverside 1/2 Marathon
3 Stars	Anne Woods	Riverside 1/2 Marathon
	Jonnie Prouse	
2 Stars	Leslie Carroll	Riverside 1/2 Marathon
	Michelle Ritchie	
1 Star	Michelle Byatt	Rutland Water Marathon
	Karen Hosking	Riverside 1/2 Marathon
	Matt Gooderham	
	Sarah Gomm	
Completion	Sarah Bates	Riverside 1/2 Marathon
	Sarah Taylor	



What are star awards for? How are they calculated?

Write in and let the editor know – he's confused!

The biggest race of the year

A large, hand-drawn thought bubble with a scalloped edge, containing text. It has several smaller circles connected to it by thin lines, suggesting a trail of thought.

This was my 2nd time running the riverside half marathon (the 1st time being 2009 before I had joined Riversiders), 3 weeks previous to the race I had an injury that meant I couldn't run for over 9 days and was walking with a limp and I thought it was off of my race calendar!! However thankfully come the day of the race my foot was a lot better, I had been hoping for a sub 2 hour failing that a PB but of course due to injury none of those happened but I still ran it 14 minutes faster than in 2009 and I thoroughly enjoyed it!!

Dawn Parr

'There is an air of calm over the whole event' that was the words of the BARR race scrutineers as I sat with them in the hall after the race. And as a champagne cork popped just next to us I thought how much you all deserved just one little sip of it....!!!

The half marathon is our showpiece and thanks to each and every one of you there was a sense of calm and we managed to pull it off once again.

Riverside Relay

The online magazine for Riverside Runners



The weather turned out to be near perfect for runners but not so good for the marshals. But despite that everyone remained cheerful, which I think is at the route of our success. This year we lost Peter, a very dedicated member of the committee and we welcomed James and Simon into the hub of the organising committee. They both took on their roles and responsibilities admirably and I think both took on board and learnt a lot from the experience.

We decided to make a few minor changes this time and opted not to have a booklet printed but to send email notifications out to runners instead. We also decided that giving numbers out on the day had worked well last year so we would take this option again.

This years goody bag packing party was once again a **great success** and we had all bags packed in just over an hour. Just goes to show what team work can do!

And so to the race itself – 896 starters from 1200 entrants and a few of those were Riversiders due to injury or colds. KP had to drop out the day before so Karl was drafted in as a pacer for the 1.30 group. All 6 pacers did a fantastic job and all came in on their target times with most of their groups crossing the line before them. So, thanks to, Olly and Karl, Phil and Rob, Ali and Emma.

The winner Matt King was a last minute transfer – I think he entered at around 9.45 that morning. We were getting reports back from Norma and it looked like he could be on for a course record. However, he came in at 1.12 - 3mins over.

Two prizes for Riverside this year – Simon Boothby won the 1st local man MV40 and Maurice Hemingway MV50, so well done to them. We, did however have a clean sweep in the fun run 😊

'an awesome race'

This year we had a new sponsor Fitness Focus, along with Advance Performance, Barratts and Annie Furbanks. Many thanks to all of them. Our chosen charities were Magpas and East Anglia Air Ambulance.

So, whether you packed bags, gave out numbers, manned a water station, gave out goody bags, made the announcements, shifted baggage or marshalled or helped in anyway – give yourselves a huge 'pat on the back' for you did good guys and gals!! Many many thanks.

To quote the words of one of our lovely marshalls 'an awesome race, such a lovely friendly atmosphere, testament to the UK's friendliest running club' ...You should all be very very proud. Also thanks to Kathryn, Iain and Alan who took on the task of the Fun run and did an amazing job. And have made some recommendations for next year to make it even better!! And as for the half committee, Dave Irwin, Paul Veitch, Simon Deacon, Barbara Reading and James Bolm, I cant thank you guys enough for your hard work throughout the year.

Helen

to submit an article email: parkerbirch@ekit.com

Updates

Virgin London Marathon draw

These lucky three will be running, support them on the day

Maurice Hemingway
Kevin Hickling
Michaela Ridley

Back ups – just in case....

Paul Milson
Amanda Phillips
Paul Ridley
Paul Reader
Dawn Parr
Karen Childerly
Michelle Byatt
Caroline Freeman
Sheena Runham

Join the
next social
evening

1st Thursday
of the
month

- Raffle
- Updates
- Wally
award
- Bar
- Chit chat

The club has:

191 seniors
60 juniors

Watch out for news on
the 2011 "Riversiders
goes International"
Club Trip

Palermo

In 2012, Riverside Runners will celebrate its 25th
Anniversary!
Over the last few months, the committee has been
collecting ideas on how we can mark this special event.

Email them now with your ideas

The biggest relay of the year

Round Norfolk 2010

A successful weekend for both teams once again – all runners did fantastically and there were some outstanding performances.

However, the co-ordination side of things on my team did not go quite so smoothly. I can't emphasize enough how important it is to have a strong support team as well as runners and this will become apparent as you read further into this report.

I was drafted in as team captain for the open team a week and half before as James was called away on business. So began the task of organising the team, cyclists, drivers etc. The weekend arrives and Paul picked me up at 7.30am to arrive in Kings Lynne for 9am. We registered the team had a quick cuppa and Paul was ready for the off. I was driving Paul's car to Sunny Hunny whilst Kev cycled. Because we couldn't fit the bike in the car poor Kev had to cycle all the way to Hunstanton and arrived only mins before Paul!

I, however, had my first silver boot moment. For those of you who know Hunstanton car park you will remember there is an overhead barrier – not a problem I hear you say – unless of course you have a bike on the roof. Loud thud – bike on floor – I really didn't wanna do that! And that was just the start of a nightmarish weekend. As for Paul, there's only one word for him – fast!!

Yes I know its Norfolk.....!!!

So onto stage 2 – Iain had been drafted in a week before and had not rechecked his route so was a little concerned he would get lost. He set off with Martyn as buddy runner for the first 4miles until Kev took over on the bike.

Iain also had a fantastic run and didn't get lost. He handed over to Matt for stage 3. Matt had run this leg the year before but it had been changed slightly this year. So there I was chatting away to Jane his mum – we thought we had at least 10 mins when suddenly he appeared from out of the trees! Amazing run - Matt finished 2nd on the stage by 1 second!

Next up was Nick, who although he had rechecked his route was still worried he would go wrong, but he managed to find his way to the finish and also had a great run.

Next up were the Pritchard brothers on legs 5 and 6. KP was running up and down the car park when he said 'I know my leg is 9 something - but what's the something?' Err actually Keith its 10.81 – oh dear if looks could kill! Silver boot for him maybe? This in my opinion has to be the hardest stage – it starts on shingle, brief relief on grass, followed by more shingle, followed by very steep hills. Yes I know its Norfolk.....!!! Despite the extra 2miles KP finished strong and 5th overall on the stage. He handed to Malcolm. Here comes my 2nd wally moment. I was cycling for Malc, so we headed off to the meeting place, but got caught in traffic going through Cromer. I waited by the Golf course, chatting to another cyclist, and I waited and I waited some more! When Kev comes screeching into the car park

The online magazine for Riverside Runners

– ‘you’ve missed him, he’s 2miles up the road’ I swore.....so jumped in the van and off we went. Kev had kicked Iain out of the his van to cycle with Malc. Thanks Iain. Malc had a blinding run to finish 3rd on the stage.

Paul Ridley was next with Michaela on the bike. I had elected to drive his car, kids n all! – uh oh he had a bike on the roof – I didn’t tell him about my earlier incident until afterwards!! I arrived at the next stage car park and was asked to pull over into the lay-by by the marshal, at which point Danny says ‘shall we get out in case you crash the car?’ As if..... Paul also had a great run and handed over to Mark who ran into Horsey.

Mark set off in day light and arrived in darkness to hand over to Adrian. I was cycling, with Nick following in the car. Adrian calls to me to cycle along side him and says ‘I haven’t driven this route and I don’t know it’ - not a good time to tell me that!! However, I had ran it once before so kind of knew it. He kept asking me if it looked familiar – ‘yes of course Adrian’ – thinking hmm not really! We came to a roundabout with Yarmouth sign posted as straight on but the RNR arrows directed us left. Hmm....oh yes look its ok we could see a flashing light ahead. So we continued on, only to find the flashing light was infact a pub sign – uh oh! But all was ok and Adrian arrived in Yarmouth with a strong finish to hand over to Gary.

Things were starting to get complicated now – I was due to carry on and cycle with Gary but I was also down to drive for the next leg and I knew that Jonnie would be waiting. Hmm the logistics of it all, not to mention the timekeeping don’t forget about that! So I spent most of my cycle with Adrian trying to decide what to do and getting Nick to make phonecalls, he said I was bossy – moi??!! Fortunately James was back in the country and came out to cycle for Gary. Janice was down to drive, however, the flashing light wouldn’t fit in her cigarette lighter so Nick carried on to drive. Warning - 3rd wally moment approaching, I left my phone in Nicks car so I had no idea this had happened!! So for the 2nd time that day I waited and I waited and I waited..... and was just about to ask someone if I could borrow their phone when Janice appeared and all was revealed!! Janice and I headed off past Gary who shouted ‘Nick needs diesel’ that was the least of our worries, as this is where it all went horribly wrong. I checked the stop watch as I always do all throughout the relay and oh my god it had stopped – I don’t know what happened I swear I didn’t touch it – but the reality was it had stopped. The back up watch was in Nicks car, so about turn to flag Nick down to stop!! I jumped in Nicks car and Janice carried on with the hazard warning lights on. This technically is not allowed but James used his powers of persuasion and sweet talked a marshal so we were all ok.

We were now on the same leg as the chicks and as Nick and I headed to a petrol station we passed Naomi en-route and she was running really well. This is where my 4th wally moment happened. We were heading towards Bungay or were we? – we were in fact driving the next stage towards Schole – doh!!

So back to the runners, Gary had a fantastic run to finish in just over 2 and a half hours and he handed over to Jonnie. This is where I got to drive the Lotus.....n i c e ☺

Jonnie also had a great run and said he really enjoyed it. He handed over to Simon, who set off with Lucy on the bike. I was driving his car and again the light wouldn’t fit in the cigarette lighter so set off with hazards on – tut tut! A few miles up the road Kenny flagged me down and gave me a light that

Riverside Relay



The online magazine for Riverside Runners

did fit. Well what can I say about Simon – he ran so hard for the whole 19 miles and he was so exhausted at the finish that he couldn't stand up – he had given it his all to finish in 2.23.

Next up was Ian Cousins, who was drafted in to replace James. I knew he was worried from his Facebook posting the night before, but he also ran hard to finish the 13 miles strongly. We were really gaining on the girls now and Kev was limbering up and psyching out Lucy Taylor for the next leg. Would it be on this leg? Poor Lucy.....

A great weekend

Sam came in before Ian and Lucy set off followed by her mum and big yellow!! Ian arrived not so long after and handed over to Kev, who did indeed pass Lucy somewhere en-route, even if he did stop to tie his shoelace up! So now we were ahead of the chicks, but we kept seeing them popping up which was nice. Kev came in to hand over to Andy, who ran a constant fast pace to hand over to Kurt, who set off really quickly and managed to maintain the pace for most of the stage. Next up was Martyn for the glory leg. Again Martyn had a brilliant run and the team finished in 23.23.01.

Unfortunately although I had taken the stage times on a digital watch the organisers would not take those times because they had not been taken on a stop watch, so the guys after Gary did not get recorded in the results. Fortunately our finish time was the same as the organisers so we got our placing in the overall results. If I hadn't have told them they wouldn't have known – so much for being honest!

All the guys gave the event everything and I am very proud of all of them. 5th in our category and 10th overall.

Many thanks to Paul, Kev and Iain for their help on Saturday, to Janice and James at Yarmouth but especially to Nick for his support of the whole weekend.

A great weekend and lots of lessons learnt.....

Helen

What is round Norfolk – silly question?

- A 197-mile-long circular route beginning and ending in King's Lynn
- Stages varying between 5.5 and 20 miles
- Runners pounding the roads through the night
- Riverside Chicks team came home in 27hrs 51mins 37secs to finish as top ladies
- The men clocked 23hrs 23mins 01sec to finish an excellent 10th
- Next race - <http://www.roundnorfolkrelay.com>



Captain's Log

In the first of our Captains reports Katie Ridley, Junior Girls' Captain leads with...

Hello, my name is Katie Ridley and I am the Junior Girl's captain. I am 14 years old and I have been running with Riverside Runners for four years now.

I was really thrilled when I was asked to be the girl's captain, after Katie Bates our former Captain stepped down. If any of you junior runners need any help or advice or just someone to chat too, I'm always here. As you probably know I'm not the fastest of runners but I go every week whenever I can and try to make as many races as possible – especially the Frostbite races – our next one being at Bourne.

The juniors have so far had a busy season with 23 running our home Frostbite at Priory Park where we came a stable third. By the time the 3rd Frostbite meeting came around in December at Hinchbrooke Park our numbers had dropped slightly with 21 running. It was Cliona Blackwell's first race and she did really well. While we were all huddled in the huge bundle on the start line, people pushing and shoving ready to get into position the nerves kick in and my dad kindly informs me that it is a 'tough course' and it 'doesn't matter' where I come. The trail through the icy woods was pretty difficult but I can promise you that every junior who ran managed to find that little extra bit of energy on the final straight to sprint finish. Henry, Matt, Will, and Alex had a battle with a three second gap between them. Jarred Taylor was first Riverside boy and Catherine Hemmingway was first girl and we managed to finish in first place. A big well done to all you junior Riversiders that ran or cheered us on, you made us Captains proud.

a busy season

The 23rd December saw us juniors get together for our annual festive run. Everyone's fancy dress costumes were amazing. The evening began with a run around St. Neots with the seniors joining us, visiting the homes of our running friends and singing them Christmas carols. After our run we made our way back to the club house where it was the junior's responsibility to choose the winning senior's fancy dress costumes. Maxwell won the junior prize for best costume and came dressed as a Rubic's cube and his sister India also won and was dressed as a large pink sparkly Christmas present. I would like to say thanks to Liz on behalf of the juniors for organising the kid's hamper, which was won by Catlin. I would also like to thank Norma for organising the evening and all of the seniors who turned and joined in making a really great evening for us juniors.

Next issue; Captains Log, Martyn Blackwell

Riverside Runners Presentation Award night

Sandwiches, DJ, dancing, bar, presentation and more sandwiches!

Saturday 22 January; St Neots Town Football Club hosted the yearly presentation award night. Always a night to remember, over 100 Riversiders turned up, most with partners to celebrate another year of success and achievement.

Some surprises, two speeches and some wonderful moves on the dance floor complemented the award presentations by Norma . Even Paul's Dad made an appearance!

The Riverside Runners Presentation Award Winners

Most Promising Newcomer	Lucy Taylor
Most Improved Female	Lucy Boothby
Most Improved Male	Simon Boothby
Lady of the Year	Helen Liddle
Senior of the Year	Malcolm Pritchard
Veteran of the Year	Paul Ridley
Captain's Cup	Matt Nicholson
George Callow Award	Mike Entwisle
Club Person of the Year	Maurice Hemingway

Club Championship Awards

Senior Female	Liz Hiner
Senior Male	Neil Shorten
Over 35 Female	Lucy Boothby
Over 40 Male	Simon Boothby
Over 45 Female	Alison Cooper
Over 50 Male	Maurice Hemingway
Over 55 Female	Annie Furbank
Over 60 Male	Frank Scutt
Overall Female Champion	Lucy Boothby
Overall Male Champion	Maurice Hemingway
Handicap Male Winner	Simon Boothby
Handicap Female Winner	Lucy Boothby

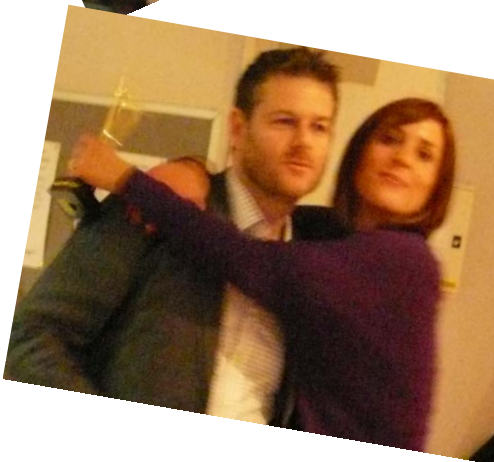


Riverside Relay



The online magazine for Riverside Runners

Top left – right: **Maurice Hemingway, Paul Ridley, Frank Scutt, Matt Nicholson, Annie Furbank, Alison Cooper, Helen Liddle, Liz Hiner, Centre – Tony Hainsby and Norma Leckie** set up for the evening.



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In 2012, Riverside Runners will celebrate its 25th Anniversary!

Over the last few months, the committee has been collecting ideas on how we can mark this special event.

Email them now with your ideas

Race shorts

Sutton Feast Beast this year (2010 Ed).
Pushing 30 degrees...
...and absolutely no shade.

Steph

3 words

3 words to describe your last, best or worst race – you decide...

Cardiff ½ Marathon Flat, Fast, Picturesque
Next race - <http://www.cardiffhalfmarathon.co.uk/>

St Neots Half Challenging, Great Marshals
next race - <http://www.riverside-runners.com>

Bedford half Marathon Organised, Good atmosphere
next race - <http://www.bedfordharriers.co.uk/>

Sutton Feast Beast Feast, Beast, Scorcher
next race - <http://www.suttononline.org/default.asp>

Girton 5k Fast, Fast, Fast
Next race - <http://www.girton5k.org.uk/>

Great Eastern Flat, Good support
Next race - http://www.peterborough.gov.uk/leisure_and_culture/events_and_festivals/great_eastern_run.aspx