

# GBRC NEWS

**MARCH/APRIL 2004 ISSUE**

# GBRC NEWS

March 2004

Volume 6 Issue 1

## CHAIRMAN'S BLAB

### Inside this issue:

- Witham 5** 2 Much has happened over the last few weeks since I last wrote to you. We have had our annual dinner and a hectic but overall successful Bentley 10 which Barbara is busy calculating all the figures as we speak.
- Essex Cross Country** 2 We have had three Cross Countries of mixed fortunes but a superb level of support from you all. In fact at the last count I believe Jon told me we have the third largest number in support of the events which is a marvelous achievement from the Club. We may not have beaten Harwich for the Pool B title but we beat them at Ipswich and hopefully we will have another great performance at Hylands Park in the Club Championship. A marvelous performance was achieved at the Essex Cross Country Relays at Notley Park also. Well done to all those who ran.
- Other Races** 2 This is the time of year where all the long runs are prevalent with London looming in April and Tom Geddes and Keith Scrivener have been very busy here.
- Layer Cross Country** 3
- Gosfield Cross Country** 4
- Ipswich Cross Country** 5
- Local Races** 6

Lyn and Paul Foster have been busy also. They are the real travelers at the moment. They were running in Cheshire only a few weeks back I have not any times but I know Lyn has been recovering from I believe ankle problems and must be glad to be back in training.

We have had several new recruits too. I cannot remember you all as I have been very busy of late. My wife has had me as the proverbial Handy Andy at weekends and it is unbelievable the work involved in organizing our 10 however welcome to Martyn Patterson, Jonathan Nears, Gary Baker, Alix Jordanova to name a few.

Our teams are being strengthened all the time now. The Ladies are going from strength to strength and have the makings of a very useful outfit and the Men's Team has had a big boost recently as well. I feel we will have a very talented outfit this year for all competitions and particularly look forward to the Ekiden Relays in July and if Harwich do their challenge again this year I feel revenge coming on and it will be our year this year.

Congratulations to those who won awards at our meal this year. Peter Pearce has been in superb form over 2003 and deserved his award and Geoff Tomlinson always gives great support to the club and I know is always a popular runner at the Club. It was also lovely to see recognition of Larry and Keith's efforts as well after such tough times and shows how everyone's efforts are recognized in the club not just our jewels in our crown.

The Ladies had many making great moves forward in running. Nikki Bennett, Michelle Robinson, Lucy Westcott, Michelle Van-Looy and Caroline Goldsworthy all making great progress last year and I am sure will continue to progress. Other runners such as Lyn Foster and Hayley Tatum, Susie Barker and Alix will make movements forward too I am sure this year.

Many thanks to you all for your support in the Bentley 10. It made the job much easier. I wanted to push hard for your support as it is so important to have names down when organizing our races and I allowed several to run. Unfortunately at our 5 last year we were a

little threadbare on help so I hope to continue to pressure you all to volunteer again for our 5 just so we can more reliably know we have enough helpers we must remember that the runs we put on contribute greatly to your costs being reduced so it has a vital spin off for you all really. In fact taking were so good last year we can offer reduced membership for the 2004-2005 year to £8 single membership, £12 family membership and £4 special student and under 18 rate. I do not think you will find better value than that.

Anyway back to the subject of the 10. The only problem Rita had was car park duty so I must ask that although not liked it is a very important job however to make it fairer to all we intend to do a Rota so once you have done car park one race you will not be called on again for a while to do this. I think I may volunteer myself to help out there at the 5 if not needed elsewhere to help over that.

Finally do not forget we have a London Coach for the big day in April. It is only £6 to members and £8 guests to come a great price for transport there, dropping off at the start and spectators off in London and return fare back so put your names down if interested please.

Also don't forget to support our club Championships and Handicap series. The winner of the Handicap series we hope to give a £30 sports voucher so worth having a go.

Later on in the year we will have the Mickey Edwards Handicap where I hope Michelle and Graham will be there to defend their titles from 2003 and hopefully some of the great trail wandering runs organized by Jon. On the subject of Jon don't forget his trail race at Alton Water on March 28th. It is only £2 to run and will add to the coffers of the club funds if you support it. There is a short 6 mile run and a longer 13 if you fancy a little further.

Anyway you must be yawning by now so I will sign off and leave you in peace. I also have to get my son ready for his football training.

Ttfn  
Dean

## JEFF BREAKS 30 MINUTES FOR FIRST TIME AT WITHAM 5

17 runners from GBRC were at the annual Witham Boxing Day 5. Showing no effects from the Christmas Festivities there were 2 of our runners who achieved personal bests.

Leading the Club home breaking the 30 minute barrier for the first time was Jeff Wharton in a time of 29-41 followed closely by Geoff Tomlinson in a time of 30-14.

Fred Bees shows no sign of aging running wise with another fine time of 32-25 followed by Jon Bolton finally showing some form from a long period working back from injury with 35-26.



Brian Telford also had a good run with 37-11 ahead of Keith Porter on 38-09 and Paul Spinks on 38-54. Frank Gardiner finished off the men under 40

minutes with 39-54.

Peter Reeve had a good run too with 40-42 ahead of youngster Robert Gowans 55-41 and Martin Whitmill 55-50.

The Ladies were led home by the other runner breaking a personal best Nikki Bennett who stormed round in 36-07. The next three Ladies were packed together with Lindsay Horton 41-42, Barbara Law 42-04 and Caroline Porter 42-39.

Finishing of the Ladies challenge were Kate Riley in 44-20 and Jenny Luckin

### GOOD EFFORT BY BENTLEY AT NOTLEY PARK

4 teams from Bentley took on the best in Essex in the Essex Cross Country Relay Championships at Notley Park,

The Mens A team were 16th with Peter Pearce taking the first stage with the fastest time of 18-22. Second runner was Geoff Tomlinson who also had a fine time of 18-49 followed by Martyn Patterson with 20-07. The last two legs were run by Jeff Wharton and John Cottis running times of 19-35 and 19-15 respectively.

Team B also did well and finished 26th overall with Jon Bolton leading the team with a fine 21-56. Jonathan Nears followed him with 20-57 and Fred Bees with a time of 21-51. Frank Gardiner was on 4th leg a ran his stage in 25-00 and finally Keith Porter completing his lap in 26-44.

The Ladies did equally well with their A team finishing in 9th place and the B Team 16th.

For the A Team Michelle Van Looy started and had a super run with a time of 22-56. She was followed by Kim Chatting in 25-31. On the third leg was Lindsay Horton who completed the course in 26-47 and Nikki Bennett took the anchor role and finished the team well with 23-40.

The B team was led by Indi Allen battling round for a time of 27-38 and Caroline Goldsworthy taking second leg also worked hard for her 33-22. Caroline Porter took the third leg finishing in 28-54 and on the final leg was Barbara Law who put in a great effort finishing in 29-27.

### Inside Story Headline

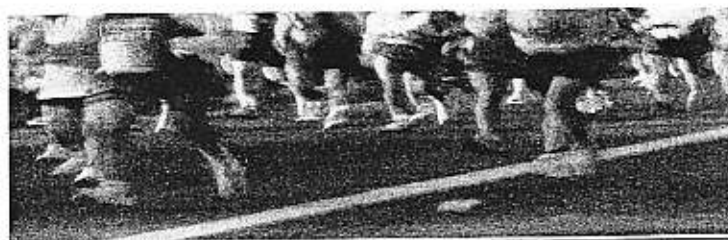
Over the months of January and February there has been three long distance runs ideal for those aspiring or London in April. Tom and Keith have been especially busy with these runs as you will see later.

In the first we had the Club Championship Folkesworth 15 near Peterborough. This is a fairly tough 2 lap course with a stiff hill which really gets you on the second lap. Well done to Club Champion Tom Geddes who ran a very good time of around 2 hours.

The following week was the Benfleet 15 a flat off road course which gets very muddy making the course a tough one. Running for the Club were Brian Telford and Keith Scrivener. Brian was first from the club home in a time of 2-38-10 with Keith Scrivener not far behind on 2-56-50.

Finally there was the Essex 20 at Melbourne Park, Chelmsford. It was a 3 lap course and made a change from the last 3 years where it has been at Rochford. We had 3 competitors from the club battling it out for Club Championship and Handicap.

First home and Club Champion for the Men was once again Tom Geddes who was 129th with a time of 2-50-37. The Ladies Champion was Barbara Law who is coming back from injury late last year and although not her best was pleased with her time of 2-54-07. Finally Keith Scrivener was the Male Vet 60 champion with 3-25-16.



## BATTLING PERFORMANCE BY GBRC AT LAYER-DE-LA-HAYE CROSS COUNTRY

Yet again a large turnout of blue vests saw Great Bentley have a very respectable performance in the muddy Layer course.

For the Men Peter Pearce led the team home in 19th followed by new member Gary Baker in 23rd - this made all the more remarkable for the fact Gary ran in road shoes. Jeff Wharton was next in 35th followed by Geoff Tomlinson in 40th. Matt Anderson was 51st followed by another new recruit Jonathan Nears in 73rd and finishing the scorers for the men was Fred Bees with 75th.

This gave the men fifth position in their group with 316 points.

For the Ladies well they were led home by Michelle Van Looy in 19th place just ahead of Lucy Westcott in 20th and finishing the Ladies counting contribution was Nikki Bennett making a Captains performance to finish 24th.

This gave the Ladies 6th position in their group with a combined score of 63 points.

Overall we scored 379 points frustratingly just 14 points higher than our rivals Harwich. They now have a 3 point lead in Pool B and it will take some effort to catch up however the team vow to stretch them all the way feeling they are capable of being even better next time round with 2 top runners absent from this race.

Here is a list of all the runners and scores from the clubs.

| Name                    | Pos.       | Name                     | Pos.      |
|-------------------------|------------|--------------------------|-----------|
| <b>Peter Pearce</b>     | <b>19</b>  | <b>Michelle Van-Looy</b> | <b>19</b> |
| <b>Gary Baker</b>       | <b>23</b>  | <b>Lucy Westcott</b>     | <b>20</b> |
| <b>Jeff Wharton</b>     | <b>35</b>  | <b>Nikki Bennett</b>     | <b>24</b> |
| <b>Geoff Tomlinson</b>  | <b>40</b>  | <b>Paula Bolton</b>      | <b>30</b> |
| <b>Matt Anderson</b>    | <b>51</b>  | <b>Caroline Porter</b>   | <b>43</b> |
| <b>Jonathan Nears</b>   | <b>73</b>  | <b>Barbara Law</b>       | <b>44</b> |
| <b>Fred Bees</b>        | <b>75</b>  | <b>Michelle Robinson</b> | <b>46</b> |
| <b>Jon Bolton</b>       | <b>108</b> | <b>Anne Baxter</b>       | <b>48</b> |
| <b>Brian Telford</b>    | <b>135</b> | <b>Rita Page</b>         | <b>52</b> |
| <b>Keith Porter</b>     | <b>139</b> |                          |           |
| <b>Andy Cable</b>       | <b>140</b> |                          |           |
| <b>Frank Gardiner</b>   | <b>148</b> |                          |           |
| <b>Mark Finbow</b>      | <b>149</b> |                          |           |
| <b>Graham Sheward</b>   | <b>150</b> |                          |           |
| <b>Paul Felton</b>      | <b>151</b> |                          |           |
| <b>Steve Cartwright</b> | <b>160</b> |                          |           |
| <b>Dean King</b>        | <b>162</b> |                          |           |
| <b>Larry Wise</b>       | <b>169</b> |                          |           |

### Overall Scores

| Club                         | Score | PTS |
|------------------------------|-------|-----|
| Colchester Harriers          | 116   | 11  |
| Springfield Striders         | 166   | 10  |
| Ipswich Jaffa                | 203   | 9   |
| Harwich Runners              | 368   | 8   |
| Great Bentley Running Club   | 379   | 7   |
| Colchester & Tendring        | 384   | 6   |
| Grange Farm Trotters         | 422   | 5   |
| Tiptree Roadrunners          | 595   | 4   |
| Halstead                     | 700   | 3   |
| Witham Running Club          | 939   | 2   |
| Hadleigh & Mid Essex Casuals | 1245  | 1   |



# BENTLEY STRUGGLE AT TOUGH EVENT AT GOSFIELD

The conditions were muddy and tough at Halstead and with a slightly below par team at the scoring end coupled with particularly strong teams from other clubs it took it's toll on the clubs hopes of catching Harwich.

However there was many worthy opponents from the team as a whole and a good solid performance was given by all in the run. 13 men and 67 Ladies started in the race from the club.

First home for the Men in 9th position was Peter Pearce in 9th place ahead of Geoff Tomlinson in 16th steadily improving his form. In 44th was Jeff Wharton and newcomer Martyn Patterson having a fine debut for the club in 56th position.

Another 2 new recruits to the season saw Tony Benjamin in 83rd and Tony Thomas in 104th just ahead of Jon Bolton in 105th making up the 7 men scorers for a total of 417 which gave them 8th position.

For the Ladies Michelle Van-Looy led the team home in 16th just ahead of their Captain Nikki Bennett in 19th. Kim Chatting with a brave run was the final Ladies scorer in 40th to make their score 65 for 6th position.

We had a combined score of 492 which gave us 7th overall for 5 points. Unfortunately Harwich were 4th and now are firmly in the driving seat with a 6 point lead but we vow to keep going and see how much ground we may be able to get back on the final 2 races. Here are all the runners from the club and stats for race 3.

| Men              |      | Ladies            |      |
|------------------|------|-------------------|------|
| Name             | Pos. | Name              | Pos. |
| Peter Pearce     | 9    | Michelle Van-Looy | 16   |
| Geoff Tomlinson  | 16   | Nikki Bennett     | 19   |
| Jeff Wharton     | 44   | Kim Chatting      | 40   |
| Martyn Patterson | 56   | Hayley Tatum      | 45   |
| Tony Benjamin    | 83   | Caroline Porter   | 48   |
| Tony Thomas      | 104  | Barbara Law       | 54   |
| Jon Bolton       | 105  |                   |      |
| John Gwillim     | 119  |                   |      |
| Mark Finbow      | 128  |                   |      |
| Graham Sheward   | 128  |                   |      |
| Steve Cartwright | 140  |                   |      |
| Dean King        | 142  |                   |      |
| Larry Wise       | 145  |                   |      |

Overall Scores for Heat 3

| Team                       | Score | Pts. |
|----------------------------|-------|------|
| Colchester Harriers        | 91    | 11   |
| Springfield Striders       | 146   | 10   |
| Ipswich Jaffa              | 310   | 9    |
| Harwich Runners            | 342   | 8    |
| Colchester & Tendring      | 345   | 7    |
| Halstead                   | 395   | 6    |
| Great Bentley Running Club | 492   | 5    |
| Grange Farm Trotters       | 613   | 4    |
| Mid Essex/ Hadleigh        | 748   | 3    |
| Tiptree Roadrunners        | 896   | 2    |
| Witham Running Club        | 1161  | 1    |



# BEST BENTLEY SCORE GAINS BACK A POINT AT IPSWICH

After a frustrating and disappointing result in a tough run at Halstead Bentley enjoyed a far better performance at Ipswich although made better on the back of weaker teams but overall probably has fanned things out fair overall.

12 Men and 8 Ladies from the Club competed on a bright and surprisingly pleasant day and much better course than first anticipated considering the ice overnight.

First home yet again for the Men was Peter Pearce with another consistent 9th with Geoff Tomlinson behind him in 15th. Matt was a welcome return at this race and he had a fine run for 40th just ahead of Martyn Patterson showing great promise for Bentley in 42nd. Another fine recruit to the club has been Jonathan Nears and he had a fine 57th and Jon Bolton had a good finish too for 71st position. This gave the Men 286 for 5th position.

For the Ladies a closely fought challenge between Lucy Westcott and Michelle Van-Looy had them finish together with Lucy just edging Michelle with 9th place and 10th respectively. Making the third Ladies scorer doing a fine Captains job was Nikki Bennett finishing 15th. This gave the Ladies 34 points and earned them 4th their best performance of the season.

Overall we finished 5th this time getting one back from Harwich to bring the gap to 5 going to the last race at Hylands Park.

Here are the full team places and stats after the 4 races. Please note Tiptree had 5 runners short for teams to Withams 3

Men

Ladies

Overall Scores

| Name             | Pos. | Name               | Pos. |
|------------------|------|--------------------|------|
| Peter Pearce     | 9    | Lucy Westcott      | 9    |
| Geoff Tomlinson  | 15   | Michelle Van-Looy  | 10   |
| Matt Anderson    | 32   | Nikki Bennett      | 15   |
| Jeff Wharton     | 40   | Becky McQuolondale | 23   |
| Martyn Patterson | 42   | Lindsay Horton     | 28   |
| Jonathan Nears   | 57   | Barbara Law        | 32   |
| Jon Bolton       | 71   | Caroline Porter    | 33   |
| Frank Gardiner   | 97   | Michelle Robinson  | 35   |
| Brian Telford    | 98   |                    |      |
| Paul Felton      | 104  |                    |      |
| Keith Porter     | 107  |                    |      |
| Larry Wise       | 112  |                    |      |

| Club                       | Score | Pts. |
|----------------------------|-------|------|
| Colchester Harriers        | 110   | 11   |
| Ipswich Jaffa              | 151   | 10   |
| Colchester & Tendring      | 234   | 9    |
| Great Bentley Running Club | 300   | 8    |
| Harwich Runners            | 362   | 7    |
| Halstead Roadrunners       | 400   | 6    |
| Grange Farm Trotters       | 418   | 5    |
| Springfield Striders       | 448   | 4    |
| Mid Essex/Hadleigh         | 823   | 3    |
| Witham Running Club        | 1077  | 2    |
| Tiptree Roadrunners        | 1061  | 1    |

## Positions after 4 races

| Pool A                | Pts. | Pool B                     | Pts |
|-----------------------|------|----------------------------|-----|
| Colchester Harriers   | 44   | Harwich Runners            | 31  |
| Ipswich Jaffa         | 37   | Great Bentley Running Club | 26  |
| Springfield Striders  | 34   | Halstead Road Runners      | 19  |
| Colchester & Tendring | 29   | Tiptree Roadrunners        | 12  |
| Grange Farm Trotters  | 17   | Mid Essex/ Hadleigh        | 8   |
|                       |      | Witham Running Club        | 7   |



# YOUR LOCAL RACE GUIDE

**MARCH 14TH—BILDESTONE 10KM AND HALF MARATHON—Chambeline Hall, Bildestone—**I HAVE DONE THIS RUN BEFORE. They comprise of 2 out and back courses with a fast downhill at the end. They are both £6 before 6/3 or £2 more on the day. Both 10.00 start.

**LAKENHEATH CHARITY 5—Lakenheath Cricket Club, Eriswell Road, Lakenheath—**This is a multi-terrain race at £4 before 7/3 or £5 on the day. 11.00 start (200 limit).

**BRENTWOOD A BECKETT HALF MARATHON—Sawyers Hall College, Sawyers Hall Lane, Brentwood—**This is billed as a flat course. It's £7 before 8/3 or £8 on the day. 10.00 start.

**MARCH 28TH—ALTON WATER STUMBLE—Alton Water—**This event is organized by our Jon for the Club. It is only £2 to enter and there will be a 6 mile narrative course and a 13 mile one approx for you to choose from. Entries are £2 both before and on the day. Please note you may need £1 for parking. 9.30 start.

**LINTON HALF MARATHON—Linton Village College, Cambridge Road—**This is a nice run and has a mug for all finishers. There is a mug for finishers. It's £6.50 before 24/3 but another £2.50 on the day. 10.30 start. (300 limit)

**JOE COX 10—Mid-Suffolk Leisure Center, Stow market—**This is a pleasant run in the Suffolk countryside. It's £6 before 22/3 or another £1 on the day. 11.00 start.

**APRIL 4TH—CAMBRIDGE DUATHLON—Bottisham Village College Cambridge—**This is an event with no entries on the day. Its £20 before 28/3. 9.00 start (250 limit)

**BUNGAY BLACK DOG MARATHON—Old Grammer School Field, Hillside Road, Bungay—**This event has proved popular in recent years by the Club. Its £10 before 27/3 or its another £3 on the day. 10.30 start.

**ESSEX PB5—Gloucester Park Athletics Stadium, Cranes Farm Road, Basildon—**This event is handicap and Club Championship. A nice flat course suitable for that personal best. £6 per person before 28/3 or £10 on the day 10.00 start (1000 limit).

**APRIL 18TH—THE LONDON MARATHON—**The moment many are waiting for. Good luck all entries

**APRIL 25TH—NICOLA'S CANVEY ISLAND 5—Canvey Island Infant School—**I thoroughly enjoyed running this one. It is a pleasant and well mapped out course. It is also Handicap series so worth a shout. £3 before 18/4 or £4 on the day. 10.30 start.

**APRIL 25TH—HARWICH RUNNERS HANDICAP SERIES—Harwich & Dovercourt Crickey Club—**This event starts today and is always popular with the club. It's £1.50 on the day only. 8.00 p.m. start

**MAY 3RD—ASHDON 10KM—Village Hall, Ashdon—**This is a multi-terrain course £6 before 26/5 or £1 more on the day. 10.30 start (200 limit).

**MAY 9TH—WOODBIDGE ROUND THE TOWN 10KM—Woodbridge School—**This is a popular tricky little 2 lap course through Woodbridge. It's £7 before 1/5 or £10 on the day. A t-shirt for finishers. 12.00 noon start (500 limit)

**BENFLEET BLUEBELL 5—**This is a Cross Country course at £4 before 2/5 or £1 more on the day. 10.30 start.

**FRINTON AND WALTON HALF MARATHON 10 & 5—Tendring Technology College, Frinton-On-Sea—**This always attracts the Club and is Handicap Series too. It's £5 for the 5, £2 for the 2 and £10 for the half before 1/5 or another £1 on the day. All starts 10.30 (1100 limit).

**MAY 16TH—HALSTEAD MARATHON—The Ramsey School, Colne Road, Halstead—**This is a tough challenging Marathon which is Peter Reeves favourite. It's £11.50 before 10/5 or £14 on the day. 10.00 start (1000 limit).

**MAY 23RD—IPSWICH SWEATSHOP JAFFA 10—Northgate Sports Center, Sidegate Lane, Ipswich—**Another popular run and Handicap Series this race. It's £6 before 14/5 or another £2 on the day. 10.30 start (1000 limit)

**RIDLEYS GREAT BADDOW 10—Great Baddow Recreation Ground, Baddow Road, Chelmsford—**This event is Essex and Club Championship. It's £5 before 17/5 or another £1 on the day. 11.00 start.



# A race of mud and fun

Oundle Winter Quadrathlon Challenge  
3<sup>rd</sup> Race in Series

Sunday 25<sup>th</sup> January 04

By Graham

Anne and I after a pleasant drive on empty roads arrived at the venue and met up with our old friends Anne (cook superb) and Eric (Three times Quadrathlon World Champion, now race organiser.)

This is one of the most enjoyable events that I ever do. It is very, demanding and exciting. An event entered just for the pleasure of competition. There are not any marshals just the organiser Eric who does lap counting and the time keeping with the help of his wife Anne and a friend.

The course is all carried out in two large and extremely hilly fields, with a church in the centre, and a river running at the bottom, this being the only level part of the course; mud and water makes up for the lack of hills. This all being set in the very beautiful village of Wadenhoe near Oundle.

The weather was forecast, snow and gales, in reality a super cold sunny day.

There were two different races running simultaneously, the main race:- run, canoe, run, bike and run. The other race missed out the canoe section.

On getting there we took the canoe and kit down to the river and met and chatted to old friends. One of the good things about going to races. On the start line Eric the organiser sometimes known as 'The Quad-Father' gave us a short Briefing:

## The Race

There were 39 of us lined up for the start; 9 were not doing the canoe section. The run as with the bike started going down a steep hill, over a stream then up a steep hill along a undulating part which all ran as fast as possible so they were not held up at the style. It was down a very steep hill over the stream again then up the other side of the hill and then a long winding run down to the river. Turn right at the river and along a very muddy path, in places

**You are going to enjoy this race; The hills are steep, mud is deep, water cold and flowing fast.  
.....Go!**



then up the steep muddy path



through the trees up to the start/finish. By now we were well spread out, and I was panting like a tired dog. Another lap and a half brought us to the canoes. Being old and feeble when I got to the canoes only four were left, I grabbed mine and set off. At first I was in a bit of trouble, owing to my new shoes I was unable to work the tiller properly so found myself being taken by the strong current. The river there is very beautiful snaking along between steep hills mainly wooded. Soon I was back on track and making good time along the river overtaking lots of other canoes, although my kayak is very fast it is also very tippy and when I reach were there were waves it was also crowded and became just a little dodgy! I did not want to fall in as the water was cold indeed. {The lead runner did fall in as he started the canoe going right up to his neck.} When I got back to the finish I found there were only 4 canoes back before me, I had made up about 20 places on the canoe. "Great." It was now run back to the start where the bikes were left.

**Bike** We now had 8 laps on the bike, almost all on the same course as the run, only leaving out the out the style and the far field. We turned before getting to the style, which again took us down a steep hill over the stream again up a hill past the **church** and now down a really steep decline; there was a choice of two ways; I went right, it was brakes on and try to go slow enough not to be knocked off with a rut, pothole or bumps. Got to the bottom okay just as someone coming down the other rout fell off and came down with legs, arms and bike going in all directions almost taking me out. Right behind him was another guy still on the bike but out of control and also trying not to be knocked off. We both survived and laughed in relief, of not being *zapped*. There must have been something in it though as several others during the race did the same thing. It was then turn right and try and get up the matching incline, the only way was to get off and drag the bike up; it was not easy with all that mud, all were struggling. Back on the bike and along the side of a hill on undulating wet grass turn up the hill where we joined the running course, and back to start/finish then round another 7 times before the final run for one more lap. The finish was a welcome sight.



After the finish, we all hosed down our bikes before going to the village hall. A beautiful stone built building in a village all built in stone and looking as if they should be on the front of a 'chocolate box' with the river running past. Inside there was coffee, cakes and home made food. A superb morning of sport, just for the fun of sport.

Results:- 17<sup>th</sup> out of 30 starters I retired.  
 2 ½ laps run; of the of a 1 mile course.  
 2 mile canoe on the river.  
 ½ mile run.  
 8 laps of about ¾ mile  
 1 last lap of run.

## Franks first Triathlon

4<sup>th</sup> in Series Sunday 15<sup>th</sup> February 2004

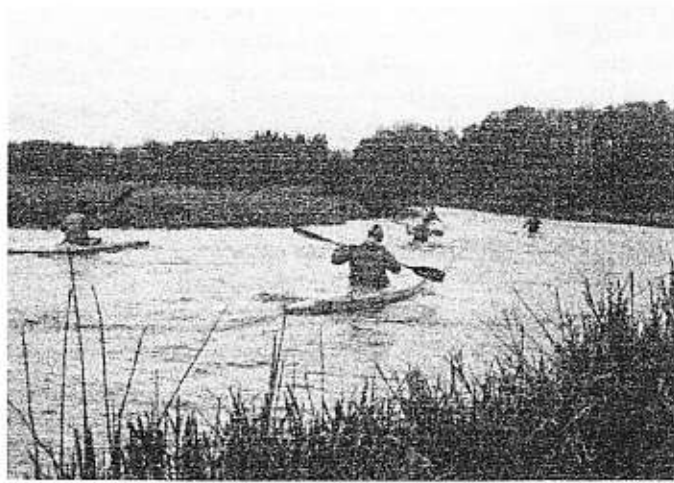
By Graham

Anne and I were up early to get ready for a 7-30am start. Frank was calling round so to follow us to the muddy hilly field near Oundle which is the venue for this demanding event. On the way we did a hedge stop, "You didn't say anything about the rain" said Frank.

The uneventful journey was very wet with a mixture of drizzle and heavy rain, but on getting there the sun came out and the rest of the day was bright and warm. The first thing to do was to book in then set out our kit. Canoes first down by the river with paddles and lifejacket, down to the river just as steep and muddy as last time only this time Frank was experiencing how muddy and steep it was. He was not impressed!. Next we set out the bikes just in time to line up for the start. "What?" Asked Frank "Have you let me in for?"

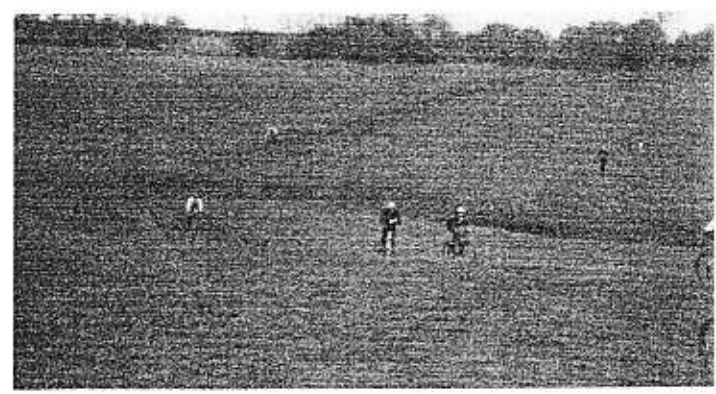
Go

first was



After a brief 'Briefing' from Eric the race organiser, we were About 40 of us sprinted down the hill (Down hill is the only time I sprint these days) jump the brook, up the hill the other side, half way up Frank passed me, then along to the style a very short well needed rest waiting to get over. By the time I was over Frank was well away. Two and half laps, the mud was well up to just going round the first corner about 100m ahead when I set off. In the canoe I was in my first past Frank then slowly catching and

element and soon skimming across the water passing most of those before me. I love canoeing! Soon back on the run to the bikes and away down the hill; it was wonderfully muddy and the bike was great fun. Frank said when he got out of the canoe his legs hardly worked and he almost fell in the fell bog. All will admit that when getting out of the canoe it is hard to start running, going straight through a bog and up a steep muddy hill is not easy. Soon Frank was on his bike he told me that he thinks he fell off on every lap, for every one it is a very demanding course, but when you have done as little biking as Frank it is **Hard very Hard.**



Frank did very well, I admire him taking on such a tough, first multi-discipline race. "I sure I didn't mislead him; *honest*"

After the race we went down to that super village hall for Anne's wonderful food and prize giving for the BQA Winter Series Quadrathlon awards. It was a wonderful day of real sport.

My results 15<sup>th</sup> out of 30 competitor the only competitor over 50 well pleased. Frank for first attempt did well being a little behind me.

Anyone wishing to take part in any of these friendly but challenging events, this coming season. Please feel free to ask me.

Graham on 01206 520202 or Eric on 01832 720402.

# The men's captain's page

Original title that isn't it, tried to think of something dramatic or exciting but that's the best it gets.

Its been rather a busy time lately – some are training up for London or Grizzly, We have many new members over recent months and the club is much stronger than for a very long time. It's the first chance I have had to put a real article together – first thing to mention must be cross country - love it or hate it, and many do hate it I know – but we have done much better than last year, must say how unfortunate Fred and Mark have been this season and missed out with injury but hopefully come spring we will see them back in action. We are currently second in our pool – a pool I feel it would have been easier to win than come second in. Our women are better than Harwich, we have 6 men at least that can match Harwich first 3, yet we are 5 (?) points behind – I question that as the situation at the very first race is unclear as one club broke league rules regarding running junior and senior races – yet league management have taken no notice – makes you wonder why rules are there in the first place if they choose to ignore. But that's another story. We have just beaten Springfield for the first time ever in cross country, but look destined to finish 2<sup>nd</sup> for the 3<sup>rd</sup> time running. Great individual performance's, Geoff T is back to form, Peter is consistent as always – Jeff and Matt have been superb – Martyn Patterson has proved a very useful addition, Keith Porter has enjoyed cross country and done well, in road shoe's too! Franks form is picking up very nicely too. We had the support this season, just still missing some of our top runners on a regular basis – I really believe if we had everyone out on the same occasion, we could grab 3<sup>rd</sup> spot overall – that's not being too ambitious. The women have performed extremely well – best supported in the league, but that's not my page to write about that - well done to them anyway – best supported club in the league – something to be proud of there for the women. Need I point out that next season, with very good support, we could win this league – been saying that for 4 years though – next year can be OUR year! I will probably be saying the same thing next year if we do what we usually do.

What is coming up in the near future then – well there is Frinton- Walton in May, usually popular with our club but has become a tad expensive for what it is - no more than a local fun run ( £10 for the usual tacky medal ) – is there any interest in teams here – must be entered before the day – I will get teams in if there's interest. Usually the week after this is Sevenoaks 7 – now this is a superb event and well organised and supported – again, if there is interest I will put in teams – its in Knowle Park – has wild deer running around – and is very scenic – an off roader, but the ground is bone dry at that time of year. Well worth a visit ( May 12<sup>th</sup> ). Further on we have North Downs run – a near 20 mile mixed terrain run – not everyone's cup of tea I know, but some great scenery ( likewise South Downs in August ). This year also see's the bi- annual Stanstead 10k - a picturesque run in some lovely countryside – we were team winners 3 years ago and came close the year before that, despite having 4 or 5 men in the top 10 - I think 4 in the top 6 in fact – and still didn't get first team ( it goes by last runner only – very odd ! ) – we have always done well here, though don't expect fast times – did I mention its part off road ? – about 50% on country tracks – I do seem to be developing a theme here don't I ? If non of those are your thing, then there's Ekiden relay in late July - we have done well again here in recent years, after many years of being also rans – the high point being 2<sup>nd</sup> overall in 2001 ( I think it was that year ) – we have done well since though in 4<sup>th</sup> & 6<sup>th</sup> or thereabouts. The women have won the vet team now for 2 years running. It would be nice to get 3 or more men's teams in – 3 I would say is ambitious, but possible.

September – well \_ looking at a couple of possibilities – Essex Way relay or Norfolk relay – Norfolk again is a bit ambitious – a 2 dayer involving someone driving a van as back up. Essex way is more realistic and takes place on the first Sunday of September each year – I think 11 legs ...again a fair bit of off road. So whats going on on the blackstuff I hear you ask – in August is West Mersea 10 ( though I expect I will be at South Downs ), Felsted 10k ( July – county champs ), later in the year – Langham 10k, Dedham 10k – all worth having a go for team prizes – Dunmow 5 miles in June ( ? ) is worth a go – but not a PB course. Oh yes, there's a Friday night 5 series coming up ( my favourite being Stowmarket – its all grass ) and of course Harwich 5k series on Tuesday nights over the summer – these are very good for speed work for those that don't get to do that sort of thing - a short distance but quite exhausting – and its quite amazing how many people cheat by giving false times at the start of the series – well worth popping along just to see who has been telling porkies ( I expect a certain team captain of our's which isn't me to be one of them this year too – 23.30, just who is someone trying to kid !! – and Tom – anticipated time in the first one last year – 26.30 was it ? – and I am told off for thinking of using a stick at Grizzly ) – this is a good event over the summer, and those who do have "generous" times to start with are soon bought back to equality with the rest.

That's your lot for this month – if anyone is interested in anything I have mentioned, or has idea's for other events – please let me know.

Jon

## LADIES CAPTAIN PAGE



Hi, sorry I didn't manage to put an article in the last newsletter, as I was busy being a granny. Firstly I'd like to thank you for your support on the cross countrys for the those who came along. Especially to some of the newcomers, Kim Chatting, Hayley, Susie, Caroline Porter. ( I think Caroline will possibly be leaving Keith behind, as her running is improving!) Thanks Barbara also, as I know you don't particularly enjoy them. Thanks to Michelle(ladies Vice Captain) too as I know she has been poorly lately. Well done to Lucy and Michelle who are always there to lead the ladies back. The Babes done well at the Great Notley Cross Country Relay on the 18<sup>th</sup> January, the A team (Michelle Van Looy, Kim, Lindsey, myself) were 9<sup>th</sup> overall, with the B team also doing well came 16<sup>th</sup> overall( Indie, Caroline Goldsworthy, Caroline Porter, Barbara). Everybody enjoyed it, despite the hills.

Lyn Foster has also been doing a few races lately, half marathons I believe, one at Cheshire and at Bungay, with some good times. I'm sweet talking her into X- countries for next season. Barbara has made good come back after injury, completing the Essex 20 in under 3 hours. ( I hope I have got the right time).

We musn't forget the Ekiden Relay this year, usually in July, will let you know the date. I would like to get a couple of teams in for this again as we have won two years consecutively. It makes a good day out. Seven Oakes is another good race, again would like to get teams up for that also, this is in Kent, around the park area amongst the deer. Jon and I done it last year, really enjoyed it and a nice medal too. Harwich 5K series start in April if anyone interested, these are good for speed sessions, usually on Tuesday evenings. Friday 5 series also coming up roundabout end of May time.

Can't think of anything else at the moment, apologies if I have left anyone out. Keep up the good work girls. Love from Nikki.

**CROSS COUNTRY STATS 2003/04**

|                      | WRAB | LAYER | HALS | IPS | SPR | COL   | IPS  | SPR  | AVERAGE |
|----------------------|------|-------|------|-----|-----|-------|------|------|---------|
| Peter Pearce         | 10   | 19    | 9    | 9   | 9   | COL   | 73   | 84   | 88      |
| Geoff Tomlinson      | 21   | 40    | 18   | 15  | 15  | IPS   | 274  | 138  | 145     |
| Jeff Wharton         | 35   | 35    | 44   | 40  | 49  | SPR   | 113  | 131  | 165     |
| Gary Baker           |      | 23    |      |     |     | C&T   | 334  | 210  | 214     |
| Henry Emerton        | 25   |       |      |     |     | HAR   | 284  | 318  | 314     |
| Matt Anderson        |      | 51    |      | 32  | 34  | GB    | 316  | 266  | 315     |
| Martyn Patterson     |      |       | 58   | 42  | 47  | GFT   | 379  | 359  | 337     |
| Mark Ross            | 81   | 75    |      |     |     | HAL   | 397  | 331  | 302     |
| Fred Bees            | 75   | 73    |      | 57  | 89  | TIP   | 500  | 738  | 595     |
| Jonathan Nears       |      | 108   |      | 71  | 72  | MID   | 603  | 494  | 644     |
| Jon Bolton           | 119  |       |      |     | 90  | WIT   | 700  | 630  | 754     |
| Jon Gwillim          | 121  |       |      |     |     | Women | 862  |      | 788.20  |
| Tony Benjamin        |      |       |      | 83  |     | COL   | 29   | 16   | 55      |
| Tony Thomas          |      |       |      | 83  |     | IPS   | 21   | 13   | 16      |
| Brian Telford        | 148  | 135   | 104  | 98  | 122 | SPR   | 73   | 317  | 40      |
| Frank Gardiner       | 144  |       |      | 97  |     | C&T   | 10   | 24   | 17      |
| Graham Sheward       |      | 150   | 129  |     |     | HAR   | 61   | 44   | 61      |
| Larry Wise           | 163  | 169   | 145  | 110 | 138 | GB    | 54   | 34   | 44      |
| Dean King            |      | 162   | 142  |     | 131 | GFT   | 39   | 59   | 36      |
| Paul Felton          | 151  | 151   | 140  | 104 | 130 | HAL   | 105  | 69   | 223     |
| Stephen Cartwright   | 159  | 160   | 140  |     |     | TIP   | 115  | 323  | 534     |
| Andy Cable           |      | 140   |      |     | 133 | MID   | 461  | 329  | 218     |
| Keith Porter         | 128  | 139   |      | 107 | 101 | WIT   | 125  | 447  | 534     |
| Stuart Baggs         | 160  |       |      |     |     | Total | 77   | 266  | 289.80  |
| Andy Raynor          |      | 149   | 128  |     |     | COL   | 110  | 110  | 143     |
| Mark Finbow          |      |       |      |     |     | IPS   | 252  | 151  | 163     |
| Lucy Westcott        | 13   | 20    | 16   | 9   | 17  | SPR   | 234  | 448  | 205     |
| Michelle Van Looy    | 17   | 19    | 19   | 10  | 12  | C&T   | 409  | 345  | 234     |
| Nikki Bennett        | 24   | 24    |      | 15  | 15  | HAR   | 343  | 362  | 375     |
| Paula Bolton         | 30   | 30    |      |     | 26  | GB    | 420  | 300  | 359     |
| Becky McQuorquodale  |      |       |      | 23  | 26  | GFT   | 509  | 418  | 373     |
| Lindsay Horton       | 54   | 44    | 54   | 28  | 28  | HAL   | 502  | 400  | 525     |
| Barbara Law          | 51   | 43    | 48   | 32  | 35  | TIP   | 484  | 1061 | 1129    |
| Caroline Porter      | 62   |       |      | 33  | 30  | MID   | 1064 | 823  | 852     |
| Caroline Goldsworthy |      |       |      |     |     | WIT   | 825  | 1077 | 1288    |
| Hayley Takum         | 50   |       | 45   |     | 34  | COL   | 116  | 110  | 143     |
| Kim Chaiting         | 36   |       |      |     |     | IPS   | 203  | 151  | 163     |
| Suzanne Parker       | 49   |       |      | 35  |     | SPR   | 166  | 448  | 205     |
| Michelle Robinson    | 41   | 46    |      |     |     | C&T   | 384  | 345  | 234     |
| Anne Baxter          | 48   |       |      |     |     | HAR   | 343  | 362  | 375     |
| Rita Page            | 52   |       |      |     |     | GB    | 420  | 300  | 359     |
| Katherine Arthey     | 35   |       |      |     |     | GFT   | 509  | 418  | 373     |
|                      |      |       |      |     |     | HAL   | 502  | 400  | 525     |
|                      |      |       |      |     |     | TIP   | 484  | 1061 | 1129    |
|                      |      |       |      |     |     | MID   | 1064 | 823  | 852     |
|                      |      |       |      |     |     | WIT   | 825  | 1077 | 1288    |