

Bentley News

GREAT DAY FOR BENTLEY AT FRINTON & WALTON RUN

Inside this issue:

<i>Kirton, Harwich, Ipswich</i>	2
<i>Harwich Relay, Bury and Dunmow</i>	3
<i>Little Clacton, Harwich part 3 and Southend</i>	4
<i>Stansted, Brugges, Stowmarket and Handicap</i>	5
<i>Vice Chairmans Page</i>	6
<i>Race Diary</i>	6

The Frinton and Walton 1/2 Marathon and 5 mile races always brings out a strong contingent of Bentley Runners and 13 runners were there this year.

In the Half Marathon Bentley won the team prize who were led by Graham Sheward and John Gwillim with times of 1-37. Just behind them in 1-38 was Steve Bessant too.

In times of 1-44 there were 4 runners home, Carl Fenton-Jones, Frank Gardiner, Peter Howlett and Brian Telford to complete the team effort.

Following on without a wine stop this year on 1-49 was Peter Reeve and Keith Scrivener, who is making a steady recovery from an illness incurred at Grizzly, did 1-55.

The 5 mile race saw a fine performance by Kevin Bowles to come 5th with a time of 29-30 and Jon Bolton not to be outdone had a fine run to finish 10th in a time of 32-56.

Two Bentley Babes battled each other to the line with Nikki Bennett just beating Kate Riley to the line for a time of 38-08.

Also that weekend was the Woodbridge 10km where Dave Nugent ran a time of 1-17-49.



BUSY BENTLEY AT ROMAN WAY AND BADDOW 10

The weather was changeable to say the least on May 19th but Bentley were busy taking their chances at 2 events that day at both the Club Championship Roman Way Trail Runners Association Trail Race in Colchester and the Great Baddow 10, a tough run also which has itself in the past been the Essex Championship event. Fortunately the weather was kind to us and all enjoyed their runs.

The Roman Way Trail Race was around 13 miles going from the Beehive in Bromley Road Colchester going out to Wivenhoe and back again.

First home and Club Champion was Geoff Tomlinson with a fine 6th overall and vet40 Champion for the event with a time of 1-31-41. Second Club finisher in a time of 1-45-35 and learning about what a trail race is like was Dean King finishing in a time of 2-16-47. At Great Baddow the Bentley contingent was led home by Frank Gardiner who clocked 1-44-30 with Keith Scrivener just a smidgen behind in 1-25. Barbara Law finished the trio in a time of 1-27.

VISIT OUR WEBSITE
WWW.GBRC.CO.UK



NIKKI HAS FINE RUN AT SECOND HARWICH 5K

On another changeable and blustery evening 10 Bentley runners braved it to the second of the five Harwich 5k runs on May 21st.

Both the Club defending Champions started their defence of their titles that night. Rita is the present holder of the Ladies title and in amongst the many talented youngsters that are ferried to the event by Martin Whitmill was also the Men's Champion Dean Moss.

Remember the list I put below is in order of everyone's position in the handicap not their personal time so it may look confusing.

Of the runs that night the most notable were in improvers were Frank Gardiner who improved by 22 secs and Jon Bolton who improved by

12 seconds. The other was a fine 24-06 by the in form Nikki Bennett on her first attempt at the distance.

Pos	Name	Time	Act. Time	Points
4	Dean Moss	22-36	21-51	97
25	Frank Gardiner	23-05	21-06	78
30	Jon Bolton	20-12	19-35	73
36	Peter Reeve	24-01	22-47	68
40	Dean King	21-46	21-06	64
41	Nikki Bennett	24-06	23-53	47
44	Jeff Wharton	18-30	18-30	61
63	Rita Page	29-28	26-12	42
70	Martin Whitmill	33-46	31-36	42
72	Dave Nugent	37-55	33-19	40



GEOFF SHINES AT STORMY KIRTON

The weather continues to be showery and thundery but once again fortune smiled on the 6 runners from Bentley at the Kirton 5. In fact the event was by no means a washout as people had to be turned away when the full allocation of runners was reached suggesting we could do well at our event in July. The event was also part of the handicap, as was Ipswich on the Sunday so I will list points scored by runners at the end.

First from the club home in 4th overall plus the vet40 prize yet again was our very own Geoff Tomlinson with a time of 27-29 just 3 secs. Off his p.b.

Following him from the club was Jon Bolton who came home in a time of 34-25. This despite falling over on the tricky path at the

start. Just under a minute behind him for a much improved time of late was Dean King in a time of 35-23 with Eric Dunne the final Bentley man home in a fine 38-22.

For the Bentley Babes Kate Riley fresh from her Yarmouth races showed why she won the recent Yarmouth 5 mile series to finish in 37-58 and Nikki Bennett ran another p.b. performance of 39-10.

Scorers in the series were

Geoff Tomlinson	1 point
Kate Riley	1 point
Nikki Bennett	1 point

GEOFF TAKES 2ND VET40 PRIZE IN 3 DAYS AT IPSWICH

10 Bentley runners took part in the second club handicap event in 3 days at Ipswich Jaffa's 5/10 mile event at Northgate Sports Center. 3 runners were in the 5 and 7 in the 10 mile race.

The weather was as changeable as ever and wet in parts over the fairly flat, slightly twisty 1/2 lap course.

First home in the 5 was Jeff Wharton in 31-15 followed by 2 Bentley Babes Ann Crawshaw in 46-16 and Rita Page in 46-22.

In the 10 mile event Geoff Tomlinson once again took the vet40 prize with an overall 4th place time of 58-40, closely followed by John Cottis in 1-00-49.

Having a good run with a time of 1-18-13 was Graham Sheward who just pulled away from Frank Gardiner who finished in 1-19-25.

Coming in next for a fine silver standard winning performance in his debut 10 miler for the club was another Tomlinson, this time Rob

Tomlinson in a time of 1-22-28. Keith Scrivener finished a fine display for the men with a time of 1-24-55.

Nikki Bennett was the only Bentley Babe in the 10 mile event but she ran a head turning, silver standard time of 1-21-27.

This gave points for the handicap series as follows:-

Jeff Wharton	2 Points
Graham Sheward	2 Points (Joker)
Rob Tomlinson	2 Points
Nikki Bennett	2 Points
John Cottis	1 Point

So after 4 events we have John Cottis with a slender 1 point lead with 7 and Barbara in second with 6 Points. Nikki Bennett is in third place on 3 points

BENTLEY SECOND IN HARWICH 20th ANNIVERSARY RELAY

To celebrate their 20th Anniversary Harwich Runners organised a Relay Race between Bentley, Tiptree and themselves for an inter club trophy in aid of Breakthrough, a cancer Charity. The relay comprised of 8 stages running through all three clubs. Bentley entered 2 teams for this event.

Stage 1 started in Tiptree by the duckpond running through 5 miles round Layer Marney tower to Layer Brerton. This was done for team 1 by Barbara Law and for Team 2 Nikki Bennett.

Stage 2 was a short 3 mile run going from the end of the previous stage to the Malting Green in Layer-de-la-haye ran by Kevin Bowles for Team 1 and Nikki Bennett completed a double leg for Team 2.

The 3rd stage ran on through Abberton and ended at Fingringhoe a distance of 4 miles. This was ran by Geoff Tomlinson for Team 1 and Michelle Robinson for Team 2.

The 4th stage was the longest, some 8 miles running from Fingringhoe, on to Rowhedge and through a footpath to run along one side of the river to Hythe and then back down the other side

along the Wivenhoe Trail to Wivenhoe Station. This was taken on by John Cottis for Team 1 and Paul Felton for Team 2.

A 6 mile stage was next running up Wivenhoe High Street and then onto Alresford, through Thorrington and then out to Great Bentley Village Green. In Team 1 was Dean King and for Team 2 there was Martin Whitmill.

Going on across the Green out to Little Bentley and on to Tendring Heath a total of 5 miles for Stage 6 was Peter Howlett for Team 1 and Richard Button for Team 2.

Stage 7 was from Tendring Heath to Great Oakley a total of 4 miles and was ran by Jon Bolton for Team 1 and Dave Cornish with Gareth Griffiths in support for Team 2.

Finally was Stage 8, a 5 mile run from Great Oakley to Harwich and Dovercourt Cricket Club and the finish. This responsibility went to Peter Pearce in Team 1 and Adam Shepherd for Team 2.

Team 1 came a close second to Harwich and a good run by Team 2 also saw them well in contention.

GEOFF AND PETER IN TOP 10 AT BURY 5

In the 2nd event of the Friday Night 5 races at Nowton Park Bury-St-Edmunds 10 Bentley runners battled it out on a tough, mixed course. It is pretty much all hills for 3 miles with a fast downhill last 2 miles and it is a matter of if you can bet those times back down for the downhill stage.

Geoff Tomlinson was once again first Bentley finisher with 6th overall and 2nd vet40 with a time of 28-03. Peter Pearce finished 10th with a good time of 28-32.

Third Bentley runner home was Dean King who worked hard over the last 2 miles for 36-50 and Paul Felton after that with 39-50 just

edging away from Peter Reeve in 40-33.

Eric Dunne was the next runner with a fine agegroup time of 41-27 and finishing the Bentley male contingent was Dave Nugent with 1-05-21.

The Bentley Babes are getting very competitive these days. Particularly between Kate Riley and Nikki Bennett. They were both battling away again and Kate Riley just edged out Nikki on this occasion with 39-10 and 39-20 respectively. Michelle Robinson was the third Bentley Babe finishing in a time of 45-41.

JON BOLTON CLUB FASTEST AT TOUGH DUNMOW 5

8 runners from Bentley competed in the Dunmow 5 on 9th June.

The Dunmow 5 is a very tough hilly course and tested the stamina of all the competitors.

First home for the club in good form at present was Jon Bolton finishing in a time of 34-02 for the event who was followed in by Frank Gardiner who is well on his way back to form with a fine time of 38-07 just ahead of Peter Howden in 38-13 and Paul Felton in a p.b. time of 38-17 a fine club bronze standard performance on such a hard course.

Peter Reeve also had a good run coming home in 40-22 with Dave Nugent finishing off the Bentley Male contingent with 1-00-45.

There was also 2 Bentley Babes out on the course, Barbara Law being the first lady from the club home in 39-22 and Michelle Robinson who hates hilly races worked hard to finish in a time of 44-50 a fine time by the Ladies Captain. Also on that day was the Norwich half-marathon. Brian Telford was the sole representative for the club but ran well for a time of 1-50-06.



FRANK GARDINER 4TH AFTER 3RD HARWICH 5K

The third Harwich event of their 5k series saw 11 runners start from Bentley. Although still a little blustery conditions were much improved for the race. Frank Gardiner was first runner home for us and with another 85 points for 22-07 and 19th place is now in 4th place going on to the penultimate race in the series.

A much improving Jon Bolton came next in 21st with 19-32 just 5 points behind Frank on 225 points overall.

Rita Page was the first Bentley Babe home in 28-25 and 29th just ahead of Dean King who completed in 21-07 again just holding off Nikki Bennett as the middle of a Babe sandwich. Nikki having another p.b. run with 23-28.

Jeff Wharton was the next Bentley runner with 18-13 and Jenny Tatum making the final Babe home in 35-00.

Geoff Tomlinson just missing out on a big move through the field with his handicap for a time of 17-03 a superb time nevertheless and Martin Whitmill made a more pleasing effort for himself coming home in 35-18.

Dean Moss found the handicap he had much tougher this time around but put on a brave 24-14 for his efforts and Dave Nugent completed the 11 with 38-42.

The points scores and tallies for this round were as follows.

Pos	Name	Time	A.R. Time	Points
19	Frank Gardiner	22-07	20-13	85
21	Jon Bolton	19-32	18-56	83
29	Rita Page	28-25	25-16	89
30	Dean King	21-07	20-28	75
31	Nikki Bennett	23-28	23-16	46
41	Jeff Wharton	18-13	18-13	68
53	Jenny Tatum	35-00	34-51	42
55	Geoff Tomlinson	17-03	16-11	55
59	Martin Whitmill	35-18	33-00	51
64	Dean Moss	24-14	23-26	46
67	Dave Nugent	38-32	33-52	43

PETER PEARCE TAKES JIM PETERS TROPHY AT SOUTHEND HALF MARATHON

On a humid day 4 runners from Bentley took part in The Southend Jim Peters Half Marathon. The course is flat and fast, ideal for p.bs.

Peter Pearce was 2nd in the race and won the Jim Peters Trophy as the first Essex runner home in a superb 1-18-25.

Another fine performance from Jeff Wharton gave him 19th

place with a time of 1-25-26 a personal best for him. This gave us 2 runners in the top 20 a fine achievement by our runners.

Graham Sheward has been training for Half Marathons recently and he was rewarded with a fine time of 1-46-31 just ahead of teammate Frank Gardiner who past the post in 1-48-54.

GEOFF WINS VET40 PRIZE AGAIN AT LITTLE CLACTON 5

The Little Clacton is always popular with the club not only for its location but also in support one of our glamorous babes Rita Page who helps organise the race.

The course is fairly flat but covers some difficult terrain through fields and a wood not making it fast but it boasts an unusual feature in running up and down a pedestrian flyover twice, once out and again back.

Once again continuing his top class performances coming 3rd overall and 1st vet40 was our very own Geoff Tomlinson with a time of 27-53 and behind him in a p.b. time was another Jeff, Jeff Wharton who finished with a superb 16th place with 30-51.

Making the team up for the event was Jon Bolton who showed his cross country skills for a very fine 33-11 just ahead of Adam Sheffield with 33-33.

After that came 5 runners from the club within

11/2 minutes of each other. First was Brian Telford with 35-50 followed by Carl Felton-Jones in 36-20, Peter Howden in a time of 36-52, Frank Gardiner in 37-10 and Dean King with 37-14. Paul Felton had another fine run coming in next for the club in a time of 38-27 with Eric Dunne in 40-22, Peter Reeve in 40-54 and Martin Whitmill with a time of 54-06.

The Bentley Babes were out en force too with them being led in by Nikki Bennett smashing nearly a minute off her p.b. with 38-18 ahead of Kate Riley who finished in 38-55.

Michelle Robinson battled at the finish to beat the 45 minute barrier with 44-58 and Jenny Tatum completing the Bentley female contingent with a time of 54-05.

With 2 more events of the Friday 5 series to go all goes on to the Stowmarket 5 at Haughley Park on 28th June and the final event at Great Bentley on 12th July



Geoff posing for the photographers after the Little Clacton 5

2 BENTLEY RUNNERS COMPETE IN BRUGGE

2 Bentley runners competed in the Brugge Veterans Championships in Belgium over the 22nd and 23rd June. There are 2 courses 10k and 25k.

In the 25k event Barbara Law finished 3rd in her agegroup with a fine time of 2-07-28 and

was pleased with her performance. In the 10k event Dave Nugent ran in a time of 1-18-25.

This event finishes after this year it is believed and has been popular with the club for many years and it will be a shame that this event has ended.

JOHN COTTIS 7TH AT STANSTED 10K

2 runners entered the Stansted 10km event on 16th June.

This is a tough mainly off-road

course and we have won the team event in the past.

First home from the club in

7th place was John Cottis with a time of 38 mins and Jon

Bolton finished in 44-43.



MIKEY EDWARDS MEMORIAL HANDICAP - THE STORY SO FAR

21 runners turned out for the first heat of the Mickey Edwards Memorial Handicap on 26th June clubnight.

This event is over 4 races with the best 3 counting for the final event on 28th August.

The remaining dates are as follows:-

17th July

7th August

28th August

Taking an early lead on the

first event was Michelle Robinson. Graham Sheward is 2nd, John Cottis 3rd, Ann Crawshaw 4th and Carl Fenton Jones is 5th.

Here is the early list of points after 1st heat:-

Michelle Robinson	50
Graham Sheward	49
John Cottis	48
Ann Crawshaw	47
Carl Fenton-Jones	46
Nikki Bennett	45
Frank Gardiner	44

Tom Geddes	43
Lindaay Horton	42
Jon Bolton	41
Peter Howden	40
Brian Telford	39
Chris Simmonds	38
Peter Reeve	37
Barbara Law	36
Steve Bessant	35
Andrew Stevens	34
David Cornish	34
Charlotte Gowans	32
Jenny Tatum	31
Martin Whitmill	31



CLOSE TUSSLE BETWEEN GEOFF AND PETER PEARCE AT STOWMARKET FRIDAY 5

9 runners from Bentley in a 260 strong field competed in the fourth event of the Friday Five Series at Haughley Park where Stowmarket Striders were the hosts.

The course is a pleasant, twisty, fairly flat, trail style course running through pleasant parkland and paths.

There was a close tussle between Geoff Tomlinson and Peter Pearce for the first Bentley runner home with Geoff Tomlinson just beating Peter with 8th place and a time of 25-48 as against Peters 12th in a time of 26-10.

Following on was Jeff Wharton finishing in 29-40 with a welcome visit from Fred Bees, a classic club veteran following on from him for the club running in a time of 32 minutes.

Dean King was next man home in 34-49 and Jon Bolton on a coaching session run for Nikki came next with a time of 36-14

and finishing the men for Bentley was Dave Nugent with a time of 54-19.

There were two of our Bentley Babes at this race and as ever they were led home by Nikki Bennett in a time of 36-14 and just a little further behind was Michelle Robinson with 41-26. Everyone now waits for the final race of the series at Bentley on 12th July for the final event where all medals and trophies for the series will be presented.

A FEW WORDS FROM THE VICE CHAIRMAN

The racing season has been very busy since I last wrote in and published my last article. I seem to have drawn up 6 pages for this issue which shows how hectic things have been. The Harwich 5k series is drawing to a close now and although I will report on the last 2 events next issue we have with one leg to go Frank Gardiner in 7th place and several of Martins youngsters up there and competing for top place. For the Ladies Nikki Bennett has consistently improved throughout May and June and now into July appears to be continuing her progress. Her 5k time is now 23-10 or there about I cannot remember exactly but nevertheless getting better and better.

Another star for the men is Jeff Wharton who has the makings of a real top runner for the club. The Friday Night fives are also drawing to a close with as ever Geoff Tomlinson dominating things at them regularly winning the top trophies at them. Which brings us to our event on 12th July. Lets hope the event is a success as I am sure it will be with Cynthia organis-

ing it. We are in desperate need though of club volunteers to help out so please make sure you pass you name to her for help. If there is not enough volunteers there will be no one from the club running as the race must come first and that would be a pity. We also hope to organise a Trail Run in the autumn.

Looking ahead things are still to be busy. Miceys Handicap series is now under way and it's pleasing to see so many of you out at the first one. I intend to make my first effort soon. Also coming up is the Ekiden Relays held at Woodbridge School. This is a great team event. You have a 2.5 mile lap and we all do a series of 5 and 10k stages and one 7.5 one so its 1,2 or 3 laps and you work instead of for yourself as a team which is great fun so get your names down for that. Just see Jon, Michelle or myself for more details.

Runners of the month were for May Kate Riley for winning the Yarmouth Promenade 5 mile series and for June Nikki for her endless list of p.bs over recent months.

Still that's all from me ttfm Dean

LOCAL RACES JULY - OCTOBER 2002

JULY 14TH - GRANGE FARM TROTTERS 10Km - Felstaead Primary School - This event is our Club Championship and handicap race and also Essex Championships. It is £5/£6 before 10/7 or £1 more on the day. 11.00 start.

JULY 19TH - BRANTHAM FESTIVAL 5 - Brantham School - This is a tough little course as it has a hill towards the end but a good run all the same. It is £5 in advance or £6 on the day. 7.30 start.

JULY 21ST - ST. IVES DAIRY CREST 10K - St. Ivo Outdoor Recreation Center - An undulating course at £5.50/£6.50 before 14/7 or another £1 on the day. 10.30 start. (500 limit).

JULY 23RD - HARWICH 5K SERIES EVENT 5 - Harwich and Dovercourt Cricket Club - This is the final event and part of our handicap series. It's only £1.50 on the day. 8.00p. m. start.

JULY 26TH - WIBBLY WOBBLY LOG JOG - Thetford Forest, Brandon - A favourite of Daves this. It is a tough multi-terrain come Cross Country course with a t-shirt for finishers. It's £5/£6 in advance or £1 more on the day. 7.30 start. For more details try www.bfh.org.uk

JULY 28TH - HUNTINGDON 10K - Huntingdon Recreation Ground - This is a flat course at £4.50/£5.50 before 20/7 or 50p more on the day. 11.00 start.

POUNDGATES EKIDEN RELAYS - Woodbridge School - This is a great event. You have a 2,5km course and so a n 6 stage relay. Makes a great day out. See Jon, Michelle or myself for details

AUGUST 11TH - Harlow 10 - Harlow Sports Center - This undulating course is £6/£7 before 26/5 or £2 extra on the day. 10.30 start.

AUGUST 25TH - Mersea Island 5 & 10 - Victoria Espla-

nade Car Park - This local run is popular with the club. It is a 1/2 lap undulating course at £5/£6 before 18/8 or £6 on the day. 10.00 start.

SEPTEMBER 8TH - GREAT BARDFIELD 10K - Great Bardfield Primary School - This testing multi terrain course is £4.25 before 3/9. 11.00 start.

SEPTEMBER 22ND - MALDON PROMENADE FESTIVAL OF RUNNING 5KM - Promenade Park, Maldon - This flat course has seen our Bentley Babes as team winners in the past. It's £4/£5. 10.30 start.

INGATESTONE 5 - MARKET SQUARE, INGATESTONE - This event is Club and Handicap Championship. It's £3/£4 before 16/9. 11.00 start.

6TH OCTOBER - FELIXTOWE 1/2 MARATHON - The Cock Bar, Undercliffe Road - This undulating course is £6/£7 before 28/9. 10.00 start

HADLEIGH CARPORT 10K - Southchurch Park - This flat course is in Hadleigh Essex. It's £6/£7 before 30/9. 10.30 start.

20TH OCTOBER - MARTLESHAM HEATH 10K - Martlesham Vilage Green - This undulating course is £4/£5 before 10/10. 9.00 start.

TIPTREE 5/10 - Beckenham Business Center, Tolleshunt Major - This event is Club Championship, Handicap Championship and Essex Championship. It's an undulating 1/2 lapper at £6/£7 before 13/10. 11.00 start.

All runs in italics are Club Championship events

TRAIL RUNNING

Over the past 4 or 5 years a new type of race has become increasingly popular amongst runners, this is trail running. It doesn't get a vast mention in the major running magazine's, which still tend to concentrate on road racing firstly, then cross country, track and even cycling more - indeed I have yet to see any article on trail racing in the form that we have competed in. Running mags seem to treat it as purely a training exercise and will cover trail routes, but not the actual races.

The first trail race I did was in Princes Risborough, near Aylesbury, Dave and myself went not knowing what to expect and definitely not knowing that when we got there most of the runners would have already started out. The course itself was a very scenic one indeed, taking in a lot of the Chiltern Hills. We were given a bit of paper and wondered what we had to do with it - we were told that you had to find your own way round the course and these were the course notes. The race itself was supposed to be a marathon, but the actual distance we ran is anyones guess, I would however like to go back and do this race again some day - we did not finish that time and felt enough was enough, especially as we had not long previously completed Grizzly.

A couple of years later the same sort of event was taken up by Colchester Harriers, who now seem to put on at least 4 a year in different locations and all credit, they have found some marvellous courses. Springfield too are very active in trail running, though for a while they did argue about what the actual rules were (I suppose its up to the organiser). We are in the stages ourselves of putting on one of these runs, I have come up with a moderately hard route - I have found a few hills to make people curse me (you should have heard what my own club colleagues called me when I took them over part of the route - thanks Nikki, Dean, John G !). Harriers have come up with some excellent races at many locations - East Bergholt, Gt Blakenham, Colchester, Ardleigh, Gt Bromley to name but a few. I have yet to do one of Springfields but hope to change this soon, if just to see if there is a difference.

The good thing from a club point of view is that it takes very few people to run it, unlike a road race - you do not need huge amounts of marshall's. Harriers have in the past left a barrel of water and some plastic cups to cover as a water stop, if you are lucky you might find it! Start time can be pretty much when you like. It doesn't cost a great deal to put on and prizes too are minimal - a bar of chocolate at some. These runs are far more social than road races, most are just out to enjoy themselves. Maybe that's why there is no magazine coverage. All you need is the course instructions, a little bit of reading ability and navigation skills (that's half the club out for starters! including myself)- and that's about it. These runs are mainly on tracks and public footpaths with a little road thrown in here and there but I would very much recommend them for a nice social training run, or a race if you fancy - but do expect to go wrong now and again and DO NOT assume the runner/s in front know where they are going - it's a recipe for disaster if you just follow the leader, as a few of us have found out before - even Harriers don't know their own courses, we had made the mistake of thinking they would. It was a pretty 3 mile diversion we took.

What sort of kit? well, summer you will get away with normal gear, maybe a pair of trail/off road shoes, though in summer it usually makes no difference (and its raining steadily outside now on 5th July in London). Winter, you will definitely need off road shoes as many of these runs will have sections of ploughed farm land which will be extremely hard (muddy) to get over. Be prepared to work hard in a winter event.

These events are very good and very much fun, quite cheap and good value. Ours is in September by the way and will start and finish at Stoke by Nayland. It isn't flat but has some really nice hills (yes Nikki, Dean, John, I can still hear you swearing at me), sorry - tracks in it, though even now the route is being modified - I'm not taking THAT hill out of it though - any volunteers to help at the finish?

A Disastrous Tri in Dorset

9th June 2002

By graham sheward Gt Bentley R. C. & 53-12 Tri club
G.D. Triathlon team 60-67

Anne and I arrived in Weymouth on the Saturday afternoon, booked into our Hotel then went to register. We then walked round the town to see if we could find a place to eat, we did not find anywhere so decided to drive the bike course and find some where on route. The sun was shining and we thought the countryside on route was beautiful.

Sunday

The weather forecast for the Sunday had been for both good and bad! What it would be was any body's guess. I woke at 5.30am to a beautiful windless warm sunny morning. Wow. Looks as if we were going to be lucky again.

I took my kit down to the transition area and set it out ready for the event, the sea was like a millpond. I thought that it was going to remain mild and set out kit accordingly, but with a thin thermal vest just in case. That is more than was I usually put out, except for the Llanberis Triathlon last September. It was then back to the hotel for breakfast and put on my wetsuit ready to walk down to the beach. The beach at Weymouth is lovely sand that is except where the triathlon was being held; there the stones were as sharp as they come.

Anne and I walked down to the start where the three hundred triathletes were assembling on the water's edge a few were in the water having what they were laughing calling a warm up. A young women was standing with here teeth chattering others were coming out of the water saying how cold it was. A cool breeze was now blowing clouds over the once clear sky, and the sea was getting a bit of a chop. We went to the beach road just behind the back from the sea, and beneath the tennis courts, John and Patrice who were in the third swim wave called down to Anne and I to say that Andrea Whitcombe [The clubs elite lady member] was on her way down the steps, [she was in her wetsuit.] we spoke to her and she came over telling us that she was only doing the swim just as training. She asked Anne to look after here change of cloths for after the swim.

Soon the first wave of swimmers were off, and it was our turn next. They said we would be off in 5 minutes after the briefing and we started to get into the water. Most of us had not even got our swimming goggles on; when the start 'Claxton' sounded and we were running in still putting swim goggles on. The water was freezing, as my face plunged into the sea it stung with the cold! The swim went well and I pulled up on my bad start, but as I had put goggles on without the regulation lick they were misting up and I had to stop and demist them. As I was getting to the end of the swim, I had only been in the water 38min that was 10min less time than in Llanberis, I was freezing! Everyone was freezing! I was so cold that running was difficult; Anne was waiting for me with Andrea [Andrea was a bit faster then me] when getting to the bike getting my kit on was a struggle but I managed and was on my bike chasing the guy in front. Through the town we sped, up the big hill to out of Weymouth and on to Dorchester, the wind was now blowing a gale as cold as *sin*. Each cyclist I passed complained of the cold, they had seen nothing yet! After 20 miles and one hour on the bike I turned round a traffic island at Bere Regis this had