

Great Bentley News – February 2002 Edition

Contact your Vice-Chairman on (01206)504468 or on mobile No. 07905 239321
or e-mail dean.king@ntlworld.com

EXCITING NEW SEASON UNFOLDS WITH NEW HANDICAP SERIES COMPETITION AND FULL YEARS CLUB CHAMPIONSHIP LIST HERE

Special points of interest:

- A full list of all the new handicap and club championships
- Reports of our latest Cross Country performances
- Account of all the races since last issue
- A full account of local races until April 2002 so far
- A new look newsletter

Inside this issue:

Championship guide	2
Ipswich Cross Country	2
Halstead Cross Country	3
Reports on recent races	3
Accounts of big club runs	4
V.Cs article	4/5
Your Bentley local race guide	5

Yes if you did not attend our AGM this year you will not know of all the exciting developments coming up this year at Great Bentley Running Club.

First is the trial membership reduction to £10 per year for single members and £16 family membership as from April 1st 2002. Barbara must have made herself one the most popular members of the Club when she proposed that as Membership and funds seem so buoyant that a trial membership reduction be tried out for all members of the club.

Bentley has been growing fast in recent years, in particular the Ladies who have bucked the trend with many clubs to considerably increase in size. This has shown in the attendance at the Cross Countries where on a couple of occasions the Ladies have had almost as many runners as the men. The Men have not sat back though and have recruited some superb additional talent in the squad with Jeff Wharton, Paul Southernwood and Andy Wyatt to name a few. It all looks for another very successful year for us. Bentley just go from strength to strength.

To add to this a new Handicap Series is announced by the Committee as well as your usual Club Championship Races and The

Mickey Edwards Memorial Handicap which will be defended by Champion Barbara Law who looks as if she will have a very tough job winning it back.

The New Handicap is quite simple. You have a list of 12 events overleaf to consider for the challenge of which you must do 7 of the events to qualify. You then choose a joker of which you must let the Coach know at the start of the series for which will be obvious later in this article. Our coach will consider your p.bs and present form for each event and give you a predicted time to finish. This is your target. You score points for each minute you achieve under that predicted time with your Joker counting as double points. At the end of the challenge your points are tallied up and the runner with the most points is the winner and will win a prize and a trophy it's as simple as that so get your thinking hats on and go for it. Some of you may be able to include the Witham 5 just completed and include it in your tally already. Anyhow I will list all events including both the Club Championships and the Handicap events on the next page and wish you all good luck with your chosen events.

The Mickey Edwards Handicap



BEWARE BENTLEY RUNNER IN TRAINING

Series will be given out later on in the year when the time is nearer and we know when the Harwich 5k Series runs are so we do not clash. Hopefully the Inter-Club Challenge will be arranged also.

Don't forget to keep pushing for more members who can enjoy the benefits of running for Great Bentley Running Club. The committee also welcome Geoff Day as Male CPO and Graham and Anne as Social Secretaries. Make sure you support them and our Race Director as much as you can.

If help is offered to Cynthia early and plentifully for our races it will make it easier to have a possibility of teams, give some of you a chance to run and dare I say it (hope she takes it the right way) a happier Race Director too. Remember keep our race dates of 12th July and 3rd November free if you possibly could.

All the New Handicap and Club Championship Races for 2002

HANDICAP SERIES

Choose any 7 from the following

- Essex 20 - 3rd February
- Roding Valley 1/2 - 3rd March
- Kirton 5
- Ipswich 5/10 (either event) - 26th May
- Grange Farm 10k
- Dedham 10k
- Harwich 5k (last in series)
- Tiptree 5/10 (either event) - October 20th
- Ingatestone 5
- Hadleigh 10 - 17th November
- Witham 5 - 26th December

CLUB CHAMPIONSHIP RACES

- 5k event - Harwich (best of 5)
- 5 mile - Ingatestone
- 10k - Grange Farm
- 10 mile - Tiptree - 20th October
- 1/2 Marathon - Roding Valley - 3rd March
- 15 Mile - Diss
- 20 Mile - Essex 20 - 3rd February
- Marathon - Any event (open)
- X-Country - Tiptree - 10th February
- Trail Event - 19th May

Remember there is the Mickey Edwards Memorial Trophy in the summer and Team events like the Ekiden Relay on 28th July.

There will be many Sunday training runs in both Clacton and Colchester by Jon and Graham to help those in London and Grizzly.

Keep an eye out in you Club Newsletter and our website for details.

Don't forget to let us know of any bronze, silver, gold or diamond awards you earn too.



AN EVENING SUNSET OR EARLY MORNING RUN. SOMETHING MICKEY AND I LOVED

CROSS COUNTRY - BENTLEY BEAT TIPTREE BUT LOOSE OUT TO MAIN POOL B RIVALS AT LANDSEER PARK

2 Cross Country races in 2 weeks is a very difficult thing for a Club to sustain and commitments and injuries once again took their toll on our top runners leaving other runners the chance to make their names at the 3rd event at Landseer Park. 10 Men and 4 Ladies took to this open but hard going terrain. For the Men 1st home for the Club was Peter Pearce with a superb 8th closely followed by Club Captain Geoff Tomlinson in 10th. Matt Anderson sustained his consistent performances for the club with 33rd and a new rising star Jeff (not another one) Wharton in 57th. Paul Southernwood another man in his first Cross Country Season followed in 65th with the ever reliable Dave Mills close behind in 69th. The final scorer for the club was Jon Bolton in 92nd. The final three were Frank Gardiner in 102nd, Paul Felton 106th and Eric Dunne 118.

The Ladies gave a tremendous show with a superb run by Mary

Lenihan in 18th followed by Lindsay Horton in 22nd and making up the scorers was Kate Riley in 24th for their best points performance this season. Michelle Robinson did her Captains role by backing the Ladies up with a hard fought 30th. The Men were 5th with 332 and the Ladies were 6th with 64 points giving the club an overall score of 396 for 6th ahead of Tiptree, but unfortunately 15 points behind rivals for the title Colchester & Tendring to fall 1 point behind in the chase half way through the season. Here is the full list of Bentley finishers :-

MEN	
PETER PEARCE	8
GEOFF TOMLINSON	10
MATT ANDERSON	33
JEFF WHARTON	57
PAUL SOUTHERNWOOD	69
JON BOLTON	92
FRANK GARDINER	102
PAUL FELTON	106
ERIC DUNNE	118

LADIES	
MARY LENIHAN	18
LINDSAY HORTON	22
KATE RILEY	24
MICHELLE ROBINSON	30

POSITIONS AFTER 3 EVENTS

POOL A	
IPSWICH JAFFA	29
SPRINGFIELD	27
COLCHESTER	25
HARWICH	21
TIPTREE	16

POOL B	
COLCHESTER&TENDRING	15
GREAT BENTLEY	14
HALSTEAD	7
WITHAM	6
HADLEIGH	5

"The Ladies gave a tremendous performance with a superb run by Mary Lenihan"



CROSS COUNTRY -

GREAT EFFORT BY BENTLEY STILL SEES THEM SLIP ANOTHER POINT

Some 16 men and 6 lady runners came out in force to try and push forward in an attempt to catch up with Colchester and Tendring for the lead in Group B at event 4 of the series at Gosfield School. Little did they realise how tough the teams were at this venue. Everyone seemed to have singled out the event for their strongest teams so far.

Peter Pearce was first home again for the club repeating his 8th position at Landseer Park with Geoff Tomlinson going one better with 9th. Kevin Bowles was next with a fine performance to finish 28th with John Cottis following with 33rd. Matt Anderson was next in 39th making 5 of our runners in the top 40 finishers.

Paul Southernwood produced an absolutely storming run to finish 61st ahead of Club stalwart Fred Bees in 67th. To back them up were Paul Burton 69th, Ed Page 71st and Jeff Wharton 73rd. This gave the men 4th place in their category, their best performance of the season.

There were 7 Ladies out as well

with them being led in by Kate Riley in 27th place. Pam Earle ran well too just showing the Ladies Captain Michelle Robinson the way to the finish line in 33rd and 34th respectively. Following us were Ann Crawshaw in 36th, Rita Page in 39th and Claire Page 40th. This gave them 8th position. Despite the best team position of the season with 5th overall beating Harwich, Colchester & Tendring had only dropped 10 points for the Ladies for an overall score that edged us to slip another point behind in Pool B. Well done to all for a magnificent effort. A full list of the Bentley finishers are:-

MEN

PETER PEARCE	8
GEOFF TOMLINSON	9
KEVIN BOWLES	28
JOHN COTTIS	33
MATT ANDERSON	39
PAUL SOUTHERNWOOD	61
FRED BEES	67
PAUL BURTON	69
ED PAGE	71
JEFF WHARTON	73

DAVE MILLS	84
JON BOLTON	93
JOHN GWILLIM	111
PAUL FELTON	116
BRIAN TELFORD	117
GRAHAM SHEWARD	119

LADIES

KATE RILEY	27
PAM EARLE	33
MICHELLE ROBINSON	34
ANN CRAWSHAW	36
RITA PAGE	39
CLAIRE PAGE	40

POSITIONS AFTER 4 EVENTS

POOL A

= SPRINGFIELD	37
= IPSWICH JAFFA	37
COLCHESTER	34
HARWICH	26
TIPTREE	18

POOL B

COLCHESTER&TENDRING	22
GREAT BENTLEY	20
=HALSTEAD	10
=WITHAM	10
HADLEIGH	6



"This gave the Men 4th place in their category their best performance of the season"

GOOD PERFORMANCES AT 1/2 MARATHON AT FELIXTOWE AND GREAT BARFORD

Some excellent times were achieved by our runners at both the Great Barford and Felixtowe Marathons recently.

At Felixtowe Barbara Law ran an excellent time of 1 hour 44 minutes 30 seconds with Brian Telford doing a good time of 1 hour 52 minutes 14 seconds also.

At The Great Barford 1/2 two old rivals Peter Pearce and Geoff Tomlinson battled it out round Bedford, both achieving excellent times. First home was Peter Pearce with a pb time of 1 hour 16 minutes 7 seconds with Geoff coming in for time of 1 hour 17

minutes 47 seconds.

Martin Whitmill has also been busy running in the Nene Valley 10. He did a time of 1 hour 24 minutes and 31 seconds.

There was also 3 of our runners at the Discovery 10k at Harwich. This race has established itself as a popular international 10k with many runners competing from Holland who come over specially for the event. Representing the club were Brian Telford, Peter Reeve and Cynthia Allcock. First home was Brian with 48 minutes 53 seconds with Peter Reeve just behind with 49 min-

utes 5 seconds. Not far behind also was Cynthia with a time of 50 minutes 26 seconds a fine list of performances by you all.

To ring in the New Year Barbara Law ran in a very frosty and cold 10k at Ely. It did not deter her however from doing a fine time of 48 minutes 47 seconds. This earned her the top vet55 trophy earning her a bottle of wine to go with her bottle of beer for finishing. I am sure that was enjoyed by Terry and her when she arrived home that evening. A very good start for 2002.



Barbara stretching after a good run?

CHAIRMAN LEADS FINE BENTLEY ATTENDANCE AT LANGHAM 10K

11 runners from Bentley turned up for the Langham 10k recently. This race is a frequent favourite of the club on a flat fairly straight course running towards Colchester and back. First home for the club was our Chairman Jon Bolton who was 31st overall with a time of 42 minutes 38 seconds. Paul Southernwood was not far

behind with 44 minutes 3 seconds ahead of a battle royale between Barbara Law and Andy Wyatt. They both decided to share the spoils with them both clocking 46 minutes 20 seconds and just behind them was Graham Sheward with 46 minutes 46 seconds. Next came 2 Bentley Babes,

Lindsay Horton in a time of 48 minutes 29 seconds and Mary Lenihan with 49 minutes 22 seconds respectively. In another close battle Eric Dunne just pipped Kate Riley to the finish after that with times of 49-37 and 49-38. To complete the team were Steve Harrett with 53-25 seconds and Ann Crawshaw with 57-28.



JEFF WHARTON IS TOP BENTLEY FINISHER IN FINE TURNOUT FOR WITHAM BOXING DAY 5

Boxing Day this year was very cold and icy. You would have to be mad to run in it some might say but 18 of our runners felt differently. This race has always been a favourite of the club so it was no surprise to see 6 ladies and 12 men in royal blue thermal vests? turned up at Witham for their annual 5.

The first runner home for the club was a recent acquisition, Jeff Wharton who was 40th overall with a time of 32 minutes 17 seconds. Following him was Paul Southernwood with 34-55 and our Marathon expert Jon Gwillim next with 36-18. A good run by Keith Scrivener gave him a time of 37-32 but an even more impressive run went to Kate Riley

with a time of 37-40 which is just outside our Gold Standard. Graham Sheward was in the shadow of his friend Keith on this occasion with a time of 37-59. Better luck next time Graham.

Barbara added to her trophy haul for 1st lady over 45, however she was awarded the vet55 trophy instead. She came home in 38 minutes and 6 seconds just ahead of Frank Gardiner with 38-19. Lindsay Horton made it 3 runners in the 38 minutes zone with 38-56 and Gareth Griffiths although running well just missed out with 39-02. Eric Dunne was well behind his sparring partner on this occasion but nevertheless ran a good time with 39-13. Junior Harwich 5k champion Dean

Moss followed in 39-32 showing the way home to Peter Reeve who had a tough job running of his Christmas Pud with 40-39. Unlucky Michelle Robinson ran well for a time of 43-07 only to have her time missed out because in taking off a running top whilst hot she forgot her number was not on her garment underneath. Hard luck Chelle take a felt tip round with you next time!! Ann Crawshaw worked hard for a time of 46-01 and running together Martin Whitmill and Jenny Tatum clocked in for a time of 56-21. Dave Nugent completed the Bentley contingent with 62-08.

A fine effort by all on a very cold day.

"This race has always been a favourite of the club so it was no surprise to see 6 ladies and 12 men in royal blue thermal vests?"

A FEW WORDS FROM YOUR V.C.

It does not seem like 5 minutes ago I was seeing in 2001 only to be witnessing the start of 2002. They say as you get older the quicker time goes by. At this rate I will be retiring next week. Anyhow many things have happened for you to look forward to in the year to come. In April you have the added bonus of our thriving club with a reduction in annual membership from £15/£20 for the year to £10/£16. The club re-

cruited many new faces this year as well as some visits from some old ones who have returned to the Club. We welcome them more and hope to continue growing in 2002. This can be helped by you all telling everyone that you meet that maybe interested in joining a club about us and how good we are so put out the word. There is also the new handicap challenge to try. Just check out the article at the front of the

newsletter and fill in a form (out shortly and go go go. I have a copy of your target time and I am worried about mine. I have to get my skates on to beat those times. Still it's well worth a challenge so watch out for me slogging away to get weight and times down throughout the year. The Club Championships have been decided too so keep an eye out for those dates too. Hopefully last years results will be out a bit



The V.C. In training

...ker than for 2000s winners. Still it was a very busy year so I am sure things will be O.K. It has been very hard for us in the cross country this year too. I had a feeling this year was to be a tough one if Colchester & Tendring could field a full Men's team and has appeared to have been so. We had a magnificent effort at Halstead only for us to beat other teams but not the one we wanted. It is hard taking on a team though whose ladies only drop 10 points and so it's not lack of effort by anyone at all. We can only put out as best teams as we can and hope for the best. We at Bentley don't go down without a fight as we proved at Ekiden. Many of our injury troubles seem to be going now including myself and I will be out there at Hadleigh ding my best. Congratulations to those by the way who have qualified for The London Marathon on 14th April. Also congratulations to John Gwillim and Peter Reeve who have been drawn out of the hat for our club places. Good luck to you all and better luck next year to all those unlucky enough not to be selected. In the next issue I am hoping to do an article on peoples favourite runs, why and their experiences etc. If you would like to submit something to I would be delighted to hear from you. It can be a race not held anymore or just one run that seems more memorable than the rest. Anyway we will see how it goes. I have 2 replies so far.

Hopefully next time I write to you the Cross Country season will be over and we will be able to celebrate but I feel sure make it or not we will have a very successful year in 2002.
Tfn Dean

Contact your Vice-Chairman on (01206)504468 or on mobile No. 07905 239321 or e-mail dean.king@ntsworld.com

RACES LOCALLY JAN - APRIL 2002

- JANUARY 20TH - FOLKESWORTH 15.3 - Folkesworth Village Hall, Peterborough -** This is a popular 15 miler that is undulating with a t-shirt to all finishers. I have listed this to warn you no entries on the day. 11.00 start.
- DARTFORD LES WITTON 10 - Princes Golf Club, Darenth Road -** Another undulating course with a t-shirt for finishers and spot prizes. Entries only on the day now at £7. 11.00 start.
- JANUARY 27TH - WAVENEY VALLEY AC WINTER 10 - Beccles Sports Centre -** An undulating rural course with spot prizes at the finish. It's £5 before 23/1 or £7 on the day. 11.00 start (250 limit).
- BENFLEET 15 - Canvey Island Rugby Club -** This is another popular run with the club. Off-road and tough I believe but there are t-shirts for all finishers. There are spot prizes too. It is £6 before 21/1 or £7 on the day. 10.30 start.
- FEBRUARY 3RD - ESSEX 20 - King Edmund School, Vaughan Close, Rochford -** This event is club and handicap championship. Bury was the favourite but as it is no more the Essex 20 is the main progress check 20 for London. No medals for this but it is only £3 by 26/1 or £5 on the day. 11.00 start (350 limit).
- FEBRUARY 10TH - MCNEILS INTERSPORT CROSS COUNTRY LEAGUE EVENT 4 - Layer-de-la-Haye -** Well here it is the final event. Is it to be? All will be revealed. Don't forget it's the Club Championship. £1 only on the day. 11.00 start.
- FEBRUARY 17TH - BUNGAY ST PETER'S BREWERY 20K & 10K - Bungay Sports Centre -** This is an undulating, rural course with a beer and a certificate for the finishers. It's £4.50 for the 10k and £6.50 for the 20k or £2 extra on the day. 10.30 start. (400 limit).
- MARCH 3RD - WYMONDHAM AC 20 & 10 - Wymondham Central Hall -** Another undulating course ideal for London runners that's £7 for the 10 and £8 for the 20 before 25/2 or £2 more on the day. 10.00 start (600 limit).
- RODING VALLEY 1/2 - Ashton Playing Fields, Woodford Bridge -** This race is club, handicap and Essex Championships. It is once again undulating at £7.50 or £8.50 on the day. An early 9.30 start.
- MARCH 10TH - STOWMARKET STRIDERS JOE COX 10 - Mid Suffolk Leisure Centre, Stowmarket -** This is a nice little course undulating through villages. It's £6 before 4/3 or £7 on the day. 11.00 start.
- GRIZZLY -** Good luck you masochists
- MARCH 17TH - BRENTWOOD CHARITY 1/2 MARATHON - Hedley Walter High School -** This is a very popular run in it's 21st year. It is an undulating course £6 by 11/3. NO ENTRIES ON THE DAY.
- BILDESTON 10K & 1/2 MARATHON -** Full details not known
- MARCH 24TH - LINTON VILLAGE COLLEGE 1/2 MARATHON -** I ran this race in 2000 with Mickey and it comes recommended by us both. A pleasant undulating course next to the Linton Zoo for rare animals. A mug for finishers here. It's £6.50 before 19/3 or £9 on the day. 10.30 start (300 limit).
- MARCH 29TH - SUDBURY 5 -** Full details not known.
- APRIL 7TH - BUNGAY BLACK DOG MARATHON & 1/2 MARATHON - Old Grammar School Field -** The marathon at this venue is becoming a popular event for those not doing London. A pleasant 1/2 lap course, slightly undulating at £9 or another £3 on the day. There are also spot prizes here. 11.00 start (1000 limit).
- HAROLD WOOD 7K - Harold Wood Park, Romford -** Now that's an unusual distance. An undulating course at £5 before 1/4 or £6 on the day. Early 9.30 start.
- ST. CLARES HOSPICE Y2K2 FEET FORWARD DAY 10K - Hastingwood, nr. Harlow -** This is another undulating course with spot prizes at £6 before 1/4 or £7 on the day. 10.30 start.
- APRIL 14TH - THE LONDON MARATHON -** Good luck to all our runners. Join the club coach and cheer our runners on. See Jon for details.
- APRIL 28TH - THRIFTWOOD SCHOOL 3 FR - Thriftwood School, Galleywood, Chelmsford -** A flat course this with a certificate for finishers. It's £3 or £4 on the day. 11.00 start.
- Other runs - May 6th Felixtowe Rotary 5, May 12th Woodbridge 10k, May 26th Ipswich 5&10, 28th July Ekiden Relays.

Key - Club/Handicap events

WERE ON THE WEB!
HTTP://WWW.GBRC.CO.UK



MY GOODNESS I MUST GET FIT AGAIN!!

2001 AWARDS AND CHRISTMAS MEAL

The annual trophy awards took place at Gt Bentley country park on December 21st and some of the closest voting ever for these trophies was in evidence .

The Mickey Edwards Memorial Trophy - for the clubs annual handicap was won by Barbara Law , a close run competition with 7 people in with a chance going into the last race.

Two performances of the year were given this year as it was impossible to really decide which was the greater achievement . A team award for the Ekiden Relay team was given as our club finished second by mere seconds to Bury St Edmunds and thrashed all other opposition (G. Tomlinson , P. Burton , P. Pearce , K. Bowles, G. Day , J. Cottis) while the individual award went to John Gwillim for a superb 3.29 marathon.

Vet of the year were in both categories quite emphatic victories , Barbara defended her title while Geoff Tomlinson won male vet of the year for some excellent runs throughout 2001 .

Most improved runners were Geoff Day , now among the very best anywhere , and Mary Lenihan , who has improved a lot since joining the GBRC ranks .

Club person of the year – Dean King , although this was one of the close categories and mention must be made of Cynthia , Geoff T and Michelle (in fact , thanks to all who have helped in 2001).

I decided to give the chairmans award to Geoff Tomlinson , again a tough decision , who has worked relentlessly to get teams together for events , as has Michelle too , it was a tough call for me this year , unlike last years which I felt was an easy decision.

Male runner of the year – a very close one with 3 people in contention , and all with a very valid shout – the winners for the last 4 years between them – both Geoff's – finished joint second on 5 votes but winner by 1 vote was John Gwillim . Michelle Robinson won the womens award in another close call with Barbara , Lyndsay , Kate , Mary and Rita all close behind . Had injury not cut short Nikki Bennett's year then I think Nikki would also have been a close contender.

Onto the meal and dance . What can I say , what a night . It was like a night out on town with Leeds United (Woodgate and Bowyer) . The DJ almost left the building via the window , Ray Broad decided he wanted to be Mike Tyson while Matt Anderson assumed Frank Bruno role , there was the mystery of the missing torch . I can only assume that we don't drink much during the rest of the year . We have arranged a social event which be of no interest to the majority of the club , although how much of this was due to drink remains to be seen but 5 of us (I do not drink so I was serious) have decided to see the Sex Pistols on tour in 2002 (others – Ray Broad, Dave Mills , John Turner and Steve Harnett) - is there any other interest in going ?

It was , all in all , an eventful evening , most of which I missed as I busy doing something. Why do I always win the whooppee cushion , I mean , like I really need one . Still it gave Ray Pipe and Stewart Baggs plenty of amusement . Why the award for shorts ? What is wrong with my green ones . It's the only green thing I would wear !

So , apart from those driving – hopefully – everyone else seemed much the worse for drink and I bet there were a few hangovers the next day , you really should all get out and drink a bit more often and get used to it . Almost everyone has said that they actually enjoyed the evening , except perhaps the DJ , we have our own DJ too – Brian (Ignore all this if you read it) – IF you ever decide to do a GBRC event – hide your torch if you use one , or chain it too yourself . How many people on Saturday morning thought-
"Oh my god , what did I do last night " . Most I suspect !!!

McNiell Intersport Cross Country League Hadleigh 13/1/02

The cross country season final positions will be decided on the last race of the season in an incredibly close finish to both Pool A and B this season .

This has been the tightest battle ever seen in our league . Three teams are in with a good chance of winning Pool A , Ipswich , Springfield and Colchester Harriers , just two points separate all three , while in our league , we go into the last race with a one point deficit over Colchester and Tendring , having gained revenge for the surprise defeat at Halstead , this despite missing a few runners . The position is nice and easy , if we beat C&T at Layer de la Haye on February 10th , we win the league for the second time in our history so all is there to play for at the end of what has been a thrilling season and that has seen some new stars for our club .

Hadleigh is always a testing course - a two lapper with a couple of tough hills on each lap , though it is not usually as muddy as many other courses - there was very little mud this time around. Colchester Harriers put out a very strong side , the men scored just 64 points which would guarantee victory whatever their women did (which was 47) . Current joint leaders , Springfield and Ipswich had another close battle , with Ipswich coming off best by 13 points and which gives them the current lead . Incidentally - IF Colchester win the last race , Springfield 2nd and Ipswich 3rd , then all three will tie on the same amount of points - 56 (Colchester would then win as doing best on the last race). The same situation applies in Pool B - if we beat C&T , we win . Currently we trail by one point , they have done much better than anyone anticipated and at least they have attempted to get out teams unlike other recent entries to the league (Tendring Casuals, Braintree and Ipswich Tri). Both clubs are well clear of the bottom three in Pool B. Pool A also see's Harwich and Tiptree with nothing left to fight for as Tiptree have a 10 point deficit on Harwich, who in turn are 13 points behind Colchester in 3rd.

It came as no real surprise that we beat Tiptree , but we beat Harwich too , they seem to have taken the foot of the pedal now that Tiptree can't catch them . Would we have beaten them last season had foot and mouth not shortened the season ? we will never know , we are certainly hot on their trail this year being either 3 or 4 points behind (a error seems to have occurred at Hadleigh on the scoring - not for the first time either).

So, overall we finished 4th at Hadleigh , which is an excellent result . Peter Pearce (13), Geoff Tomlinson (19) and John Cottis(20) were well bunched, John running his best XC ever. Matt Anderson (43) and Jeff Wharton (50) followed , then Fred Bees (64) and Paul Southernwood (70) . Dave Mills (83) , Jon Bolton (103) , Graham Sheward (113) , Frank Gardiner (117) , Dean King(118) and Eric Dunne(129) also in attendance. The women saw Mary Lenihan (23) , Lyndsay Horton (24) and Barbara Law(27) as the scorers with excellent backup from Anne Crawshaw (33) , Rita Page (37)and Pam Earle (35)

Positions of teams

Ipswich	46	C&T	28
Springfield	45	Gt Bentley	27
Colchester	44	Halstead	14
Harwich	31 *	Witham	13
Tiptree	20	Hadleigh	7

Colchester	64/47	111
Ipswich	184/16	200
Springfield	193/20	213
Gt Bentley	279/74	353
C&T	356/17	373
Harwich	388/79	388
Halstead	453/60	453
Witham	363/110	473
Tiptree	366/120	489
Hadleigh	398/123	522

Club Competition 2002

We will be having a series of club handicap races throughout the year 2002. There will be 11 in all and you can score in a maximum of 7 of these, though there is nothing to stop members from running all 11 or fewer than 7. At the end of the competition, the runner with most points wins – we aim to have a major prize for the winner but will confirm soon.

The competition will work like this:

Each runner will be given a handicap time, hopefully giving everyone a realistic chance of winning, the races are over a wide range of distances at established road events, some may double up as club championships but that will not affect this competition.

Scoring example:

Runner A – handicap time for 5 miles 36 minutes, runs one of the 5 events in competition in 35.30 mins would score 1 point. If he/she ran 34.59 then 2 pts can be scored –

Time below handicap 1 second- 1 minute = 1 point

Time below handicap 1m1 sec- 2 mins = 2 points and so on.

Over handicap time – no points

You can play ONE joker in the series but this MUST be announced BEFORE THE DAY OF THE EVENT, ie on Wednesday at the club or by letting a committee member (Dean/Cynth/Geoff T/ Michelle or Jon) know. JOKERS WILL NOT BE ACCEPTED ON THE DAY.

Competition is open to ALL members, the runs are spread throughout 2002 and tables will be published after each event. Don't forget, you can score from a MAXIMUM of 7 runs, there is no minimum.

The races:

Essex 20 (Rochford) February 3rd

Roding Valley (March)

Kirton 5 (May)

Ipswich 5/10 (May – you have the choice of either event)

Grange Farm 10k (June)

Dedham 10k

Harwich 5k (last event in the series to score – handicap set at half minute differences rather than minutes due to distance)

Tiptree 5/10 (Again – choice of 2 distances – October)

Ingatestone 5 (September?)

Hadleigh 10 (November)

Witham 5 (Boxing day)

Good luck to everyone, let us know what you think of the competition and any ideas to improve it.

A WORD FROM THE LADIES CAPTAIN

I can't believe that Christmas comes each year, costs a fortune and then it's gone in an instant! But there you have it, it's like 'at the end of the day.....there's night!' Both will always happen! Anyway, Happy New Year one and all, hope this is going to be a good one for us all! Remember less than 52 weeks now 'til next Christmas!

Thanks must surely go to one of the Bentley Babes, Cynthia, for her a great GBRC Christmas night out. Personally, I have to say that it was probably one of the best Christams Meals we have had for ages and if you have anything to moan about, you weren't drunk enough! Of course, that doesn't include, the DJ's torch! One must only assume that the torch has some personal meaning for him or use?! (If you weren't there, the whole incident was pathetic but couldn't have ruined the whole evening if Stella hadn't sweet talked . Well done, Stella!).

A big thank you to all of you who for voted me with regards the trophies. Although the majoiity of you will now know probably, I received the 'Female Runner of the Year Award' and have to say, it was the first time I have been 100% lost for words and near to tears, all in one go! There are so many people worthy of such an award, that I consider myself priveleged to have received this one! Thank you so much (I'd have said this on the night if I'd been able to speak!).

Still, moving on, two X/C left to conquer. They beckon us on January 13th (Hadleigh) and February 10th (Tiptree). We have to continue to run at the pace we have all been trying to. The last X/C was not particularly kind to us. We couldn't have done anymore than we did and although, our fastest ladies weren't out, their presence would apparently have not helped (must be the guys then, eh?). Kate ran a blinder, being our first lady home (actually, I was our 2nd lady home but was so focused that in missing the finish line, earnt myself the name of Forrest Gump! I ask you, could anyone else have done that!). Pam was a millisecond behind me and then we had Claire, Ann and Rita (not necessarily in that order but their initials spell CAR!). I will add that I didn't think X/C conditions could get worse than the previous ones, we've all suffered, but on our trot round, Pam and myself could be breathlessly questioning what we were doing there and who could actually run in such awful conditions before pronouncing that we were both going to chuck! Still, although I'm sure some of you would not agree, they can be quite good fun!

Still, let me know if you can run either of the last X/C. It really is important to our promotion prospects and once again

HAPPY NEW YEAR!

Love Chellexx

I was unable to make the x/c at Hadleigh but you apparently did us proud, Babes. Well done!

Witham five Boxing Day Run

By Graham

The club was out in strength with 5 Bentley Babes 12 Bentley Boys + one It was a beautiful but cold morning and there seemed to be club members every where and it was good to see. On this very auspicious day Jeff Wharton a cyclist was running his first road race, not only that but was the first Gt. Bentley boy home! Terry Law, [The none member, yet!] also a cyclist was running his first ever, running race. Terry is even *older than me*, and a very good run he had too.

The race starts at 11am on the dot, and we ran straight up a hill, on a normal day not too steep or long a hill *but* for Boxing day, the day after Christmas day, with all that wine, turkey and Christmas pud; it's a mountain. The hill feels steep and long & *ard!*

Now once up that hill we all had two laps round the block dodging the frozen puddles as we went, all were enjoying this super race. [*I think*] However after the race, there were some mutterings of "No! no! never, not never again!" but these faded as the said person; had a few glasses of wine to "Well maybe"

Of course a race on this day has to be a bit of fun but just to mention a few who did very well with or without having been drinking the night before. Bentley Babes The first babe in was Kate with a stunning run. Barbara won F55 age group. Anne second in the same group. Lindsay had a super run coming within seconds of Frank. Frank also had a good run, and just behind Lindsay was Michelle running superbly even though her number was not recorded. Jenny Tatum was kind enough to stay with Martin so he would not get lonely, well done Jenny.

Bentley Boys. Keith beat me again, as he has done every Boxing Day, Eric had a good run and was third in his age group.

Other unmentioned runners who braved the cold weather, while the fire burned in the hearth at Christmas, Paul Southwood, John Gwillim, Peter Reeve, David Nugent, also listed where two young men who I think are some of Martins lads Gareth Griffiths and Dean Moss.

Anne and Graham's after season rest

Our months after season rest, which I had promised myself was to start after the 'Ball Buster' Duathlon in November. Anne and I started with a trip to the builders yard and bought a pile of drive blocks and some sand. We then dug up the concrete paths round the cottage and relayed with the blocks. Looked good. So we decided to.

Dig up all the patio edging and put in new ones put making the patio wider. Tones of soil transported to bottom of garden. Concrete blocks set in for new edges. Then... The walls round the fishpond were then smashed and pond removed, tons of smashed brick work and concrete sent to the end of the garden in bags. We now had the bit between our teeth and more concrete paths smashed and more concrete bagged and transported to the garden end.

We then.

Levelled the whole area behind the cottage, about 60 square metres We took three tons of sand and laid over the area that we intend to cover with slabs

A blast from the past - cross countries

A blast from the past - cross countries

With the cross country season in full swing , I thought I would reminisce over the many courses used in the TR/ McNeills league in the years that we have taken part . There are more than you imagine .

Brightlingsea : Actually debatable whether this was cross country or not . It required less marshalls than any course you could imagine – one , plus a couple of people to hand out disks at the end . It started on Brightlingsea sea front ran down to a point where you turned back to the finish on top of the sea wall . Very boring , unfortunately , we and Harwich were “responsible “ for this .

Colchester University: Harriers organised this , not very interesting , 2 lapper of the university grounds. Mainly open park type run , though in later years a tiny section of wood was added .

Hadleigh: Anyone who thinks the current run is hard should have tried the original , where the current one has a long uphill section , the original did the same top to bottom bit but in about a quarter of the distance. Not many ran up this , always a nice course though over 2 laps.

Arena, Colchester: The one no one liked . Flat , park , 3 laps , totally uninspired . At meetings to decide fixtures , groans could be heard when Arena was mentioned. The dulllest ever ? . Has to be a contender .

Springfield,Hylands Park: Has remained essentially the same over the years. A few wooded sections , open fields , a lake to run through when it has been particularly wet . A good event.

Danbury Park , Springfield : Filled in when Striders couldn't get Hylands Park , a similar type run but without woods , quite flat. Made a pleasant change .

Tiptree, jam factory :Tiptree's original run . Though it was flat , it was tough . A couple of streams to cross and a very difficult ploughed field where the mud clung to your footwear and got increasingly heavy. Missed by a few .

Mistley:Original started at secret bunker with a long wooded section then open fields and back through the other end of the woods. Two laps and quite tough . Moved in 2000 to Acorn village and the wood section was cut out , the run lost its character (and woods) ,

Wrabness:Debut in 2001 , a scenic run and a tough hilly one too . One of the longer runs at nearly 6 miles, this is a worthy addition to the cross country calender. Long sections of wood and coastal path included in this two lapper.

Halstead:Lost some of its toughness since changing the start location . The same section of wood is still included but a couple of nasty hills now missed out as the start is on the other side of the course . Still usually a mud- bath in the woods and there is also the “ bomb crater “. A good run and a favourite with many .

Laver de la Haye: A new course in 1998 and one of the shortest , but still a very interesting run . First run was scene of more mud than seen on any other occasion almost . Woods and paths make this a hard run though not hilly . Postponed in 2001 due to foot and mouth but will be back in 2002 for the end of season.

Wivenhoe : Our own course for three years and one we hope to revive again in the near future . A mixture of mud and open fields and woods . Many commented on what a good course it was and it was missed by many when the Council refused permission to hold events here . It required a lot of marshalls !

Landseer Park: Has changed little since the events began , though Jaffa always say they are looking for an alternative , it never comes about . A two lapper , mostly open ground but a couple of wooded sections and some hard climbs. A good one for the fast runners if they can get in front early , the strong runners can come into their own in the woods and occasional mud.

Leicester grand final:Only 9 of our club have had the honour of doing this event but it was a good day out . A mostly flat course but with one huge climb midway through the race in a wood . A nice course and a pleasant change of scenery . We finished 2nd in the final (2nd last that is !!)

The Greatest comedy moments in the history of Gt Bentley Running club

Take your mind back but a few weeks ago . The venue - Halstead , a cross country race . Michelle Robinson racing towards the finish , well , sort of. After running in the general direction of the finish for about 20 metres , Michelle decided that the finish was about fifty metres from where everyone else was finishing , not only that , but she sprinted like Linford Christie to get there , this despite everyone yelling to her " no , no , in front of you " . This earned Michelle the name Forrest Gump for the day .

A popular one this , Peter Reeve was running beside me at Harlow ten mile race when we passed a water stop . Suddenly , from being beside me , he disappeared . I looked behind to see Peter sprawled on his back after running into a post of - "inconvenient " height . Obviously it didn't do any lasting damage as Peter has more children now .

Les Wise hated being beaten by our women . At Frinton ½ many moons ago , he and Cynthia raced for the line , Cynthia was ahead when the red mist descended upon Les , he sprinted frantically for the line , elbowing Cynthia out of the way in the process .

No one saw it , many heard about it . Mickey Edwards out training on a wet winter evening in Gt Bentley when he got lost . He decided to ask at a house where he was , there was no answer . Upon leaving , he was stopped by police as a suspected burglar . The police obviously look out for criminals in bright fluorescent white coats in the Clacton area (sorry Paul Blaber !) .

I have had a few mis fortunes myself . In my travels I have run into 2 swarms of bees , 1 hornet, a tree , a skip and a canal bridge . Not to mention squashing a perfectly healthy rabbit (or was until squashed) .

Les Wise again - this time 14 and a half miles into Folkesworth 15.2 road race and a point where the marshall's signal to go left towards the finish area but Les ignored these and headed straight on toward the A1 (a VERY big road) . It wouldn't have been so bad had Dave Nugent not had to chase after him to tell him he had gone the wrong way . I believe they did 17 or 18 miles .

Larry Wise (seems to be a theme here !) during a race somewhere in the south (Kent ?) suddenly found he was in need of a "pit stop " , he saw a barn , luckily the race was in country side . and thought it was a good a place as any to do No 2's . He dropped shorts and (I suggest you stop now if delicate stomached) did the job . When he looked around to see the evidence , there was nothing there , so he checked his shorts - still nothing . Baffled , Larry looked up to see the item stuck on a beam that held the barn walls upright . Larry was most amused thinking how the farmer would wonder how the thing got so high !

Gt Bentley 5 & 10 - in the early 90's - it wasn't organised by us then . The 5 and 10 started some 3-400 metres apart , both were supposed to start at the same time , but on this occasion the 5 started while the runners doing the 10 were unaware of anything going on until the five milers ran by them , they all then decided they really ought to get going .

A year previous to this at the same race . Ray Broad and myself decided to give Mario "you cheating b*****" Fergani (whatever) a hard time . We made sure we both got in front and ran side by side at a pace identical almost to his . but enough to slow him. Every time he tried to pass we obstructed , blocked , moved in his way or forced wide on corners . We managed to slow him for 9 miles successfully when he finally got past . Just to annoy , I out sprinted him on the finish . REAL FUN .

1000 metres is nearly a kilometre .