

A Tri a Run and a Jump

By

Graham

When I told Anne what time we were to leave, she said "☼☼☼☼☼" or words to that effect. When my alarm watch went off at 4.30am I found the weight of the BBQ's food of the night before a great drag, and getting up hard! Very hard. I slowly went down stairs one at a time to get our breakfast. The car I had packed the night before so by 5am we were ready to leave. Our drive to Ely where I was taking part in a triathlon, was very beautiful with the Suffolk fields covered with a thin blanket of mist. The sun slowly coming over the hills melting away the mist heralded another perfect day. So we thought!

After getting to the Sports Centre just a few miles the other side of Ely just a little cloud was keeping the temperature very pleasant. We signed in, set up our kit at the transition area and went down to the lake for the start of the 1500mt swim. *About this time Lindsay and Scott were driving past and saw us at the lakeside. Lindsay was off to do a parachute jump Scott went with here to hold her hand.*

The first wave of swimmers went off at just after 8am this was the ladies. The next wave off, the old men; was to go at 8-20am. The swim two laps of a small crystal clear lake, with ribbons of pondweed growing from the bottom to the surface in long green streamers. Then exit the water and run to the bikes over soft short grass, this made a nice change from the sharp stony paths we usually get.

It is off with wetsuit, cycle shoes on, then race belt helmet, bike off rack and run to top of transition area and back down the path to road and away; That is all in swim time. [36min]

The bike course was along mainly quite roads, *[I was feeling good after having a day's rest except for a 3mile swim]* after a few miles the sky had clouded over and *lightning* was flashing in the sky a few miles back.--*[At the centre as it seemed].*--Back at the Sports centre Anne strolled back to the buildings, bought a bacon sandwich; & the rains came down; it was torrential with *lightning* flashing every where. So much so. they stopped the last wave of swimmers calling them out after the first lap.

On the bike I managed to miss the worst of the heavy rain only catching the edge of the storm, but the roads we went on became awash making them just a bit greasy! I was slowly passing cyclists with none passing me. Always good for moral.

About this time [9-30am] Lindsay was doing her ground parachute training a few miles up the road.-- While back at the ranch a home team of Barbara, Kate, Eric, and big John after a nice lay-a-bed were making a gentle start under their

Triathlon at Clacton

1st September 02

By Graham

It was a superb morning; warm, windless with the sun was shining out of a clear blue sky. To have a triathlon so close to home was indeed a luxury. We were able to get up at a reasonable time and drive over to Clacton, or Great Holland, which was the venue for this event.

We had plenty of time to chat to friends; there were several members from 53-12 but none from Great Bentley R.C. except myself, it was a pity as I had suggested that it was an ideal event for those, who I had been talking into having a go at triathlon: while we set out our bike and kit. We then had the briefing, which told us that the swim was to start from the beach about a mile up the beach and we would have the tide to assist. Not knowing this beforehand meant I had not any spare shoes and had to walk bare foot for nearly a mile. Who had sore feet then?

Swim

We entered the sea, up to our waists and waited for the start, the first wave was by this time was out of sight. The sea was very calm; we swam out for several hundred metres then along parallel to the beach for about a mile, swimming with the tide and then into the beach. Although we had the tide with us, it still took the usual time for the swim so I assume the swim was over distance. The swim course was very well covered for safety, with both canoes and motor boats. On leaving the sea we ran along the sea wall and up the slope to the transition area. [My poor little feet, by now they tingled] It was a quick change to bike run to the mount line and away.

Bike and run course

Went along some very empty roads to Kirby Cross---Thorpe-le-Soken---Little Clacton then back to Gt. Holland and then round again it was a very enjoyable course, being a poor swimmer I was able to pass lots of cyclist with only one passing me, that was Graham White going like a steam train, try as I may I could not keep up with him. Back at the transition it was change into running shoes and run along the top of the sea wall until almost at the Clacton Pier, where we went down to the lower road then to almost at the pier where the turn was, then back to the finish near the start.

Graham White and Ed Page both had a very good event which was part of their lead up to Llanberis Half Ironman the following Sunday [9th September] while Charles Tweed also going, did only the swim and bike as he was nursing a leg injury. I hope the weather is as good as it was today for them. Wishing you all good luck.

LYNDSAY'S SKY DIVE

I awoke at 5.00 am when the alarm went off, having only got to sleep about 1.30 am! I felt instantly sick but very excited about my tandem skydive, however somewhat anxious.

Having passed Graham on the way at approximately 8.00 am near Ely at the triathlon without time to stop, I was then beginning to wonder a) whether I was going to survive and b) why I am doing it! Graham had previously spoken about his 20 or so jumps with a parachute, however this was not proving to be comforting at this time.

We arrived at the airfield shortly afterwards whereby there was rather a lot of spectators and even more anxious faces. Having booked in and signed my life away on approximately 5 forms, I was then set for my training. This consisted of watching a video, we then went on to being shown how to position ourselves and what was expected of us. We were told "we want you to stay perfectly still and not interfere" - as if!

A tremendous thunder storm occurred whilst standing in the hangar which was rather frightening on its own as the whole building shook and vibrated and I wondered whether I was going to jump. It was then a case of waiting for the storm to pass.

At approximately 1.30 pm I boarded a small plane, went along a very bumpy grass runway and I was off. On the way I seemed to calm down as there were plenty of experienced skydivers aboard who treated it like going out for a run and were very casual, albeit 10 minutes before exiting the plane there was a lot of serious checking and double checking before leaving the aircraft. I had to do a sitting exit as the chap attached to me was a little bit smaller.

At 13,500 feet we left the plane and skydived for approximately 8,000 feet, and then the parachute opened - thank goodness!

Everything went quiet then and the next discussion was landing safely and correctly. The chap could not state how important it was to ensure my knees were lifted at their highest, even if it meant grabbing by trousers. The idea was to land on your bottom, which we managed to do in slow motion. I had visions of going down with a bump but it was not like that and was all in slow motion.

I have got to say it was the more wonderful, exhilarating experience and certainly takes some beating, hence I cannot wait to do it again! I have even been in touch with the company asking for reduced group deals!

Should there be between 4 to 6 of us it would cost £180 per person, or 7 to 9 is £165 per person, thereafter 10 to 14 is £155. I actually paid £200 and it was worth every penny and can't wait to do it again.

Should you, a friend, wife, husband, friend etc be interested please let me know. Experience the best jump of your life!

A word from the Ladies Captain

Hi Babes!

I had to laugh, of course you may not, but on Friday 19th July, off we trotted off to run in the Brantham 5 (Paul in tow, injured but supportive). We met Kate and Eric on arrival and in due course, they went off to warm up and for once, so did I (I don't do warm ups but thought it might be a good idea. I went on my own, declining Kate and Eric's offer to join them for theirs.

However my right knee suddenly seared up with pain during my warm up leading me to believe my run was over before it had even begun (Eric had seen me limping although I was unaware that anyone was watching me). Kate was suffering with hip pain due to a fight with a Hoover and doubted that she would finish the race as 2 days previous, she was unable to run further than 2 miles and that was very painful. As for Eric, he appeared to have the trots in more ways than one and was keeping an eye open for any useful bushes (the garden type before you ask). What an advertisement for GBRC, 4 runners all injured, although having said this, there was at least variety between the injuries.

However much to our surprise, although Brantham is far from an easy course, Kate, Eric and I finished it. Kate 39-06, Eric 39-46 and me 42-54. We were not happy with our times, but glad to have finished at all (Kate and I did like our finishers medal too!).

Well what about Ekiden – the men did well, but the Babes won the Ladies Vets Team prize – 3rd time lucky. The weather was unbelievably hot and our team wasn't at its best. Nikki was badly injured before she started running, but put up a brave fight to finish her leg. Tracy has only just come back from having little Oliver and she done very well considering she hasn't done much training at all. Nice to see her back! Kate arrived in the nick of time and ran superbly. Pam ran well, but was carrying a back injury and up those hills must have been hell. Barbara ran steady and fast giving us a big lead over the other teams even though she has been suffering from what would appear to have been the remains of a virus. I was unfortunate in getting the last leg and did not want to let the team down knowing they had done so well. It was 35 degrees centigrade reportedly by 1 p.m. in the afternoon and my knee was being a pain, but thanks to a superb run by the rest of the Babes I was able to keep our lead and we went on to win! Absolutely great teamwork!

I would also like to enter a team for the Maldon Promenade 5km on 6th October – anyone interested?

The Mersea 5 & 10 on 25-08-02 brought yet another trophy for Barbara and sunburn to the rest of us who ran it. Well done Barbara.

Bye for now

Chelle xx

CROSS COUNTRY – THE COURSES

The club has grown a lot over the past year , many of the newer members will not know much about the cross country or what it is about . Most of the year , we turn out to various events around the country with little notice of being in a team , we enter teams in quite a few races , but mostly , we are just going about our own thing. Cross country is a bit different , we are in a league , and the more people we get out , the more pressure we can put on our rivals . Its been said by many that if they don't score , then they are playing no part – believe me , you play a major part wherever you finish – every runner and finisher can be vital , you can be pushing other clubs later scorers further down the list or just adding even more to their total by being there . EVERY runner is important , it gives us extra strength too . That's it for promoting the cross country anyway , hope many of you can be there – I will be .

What to expect from each course :

Halstead : As this is in October , it may not be too wet , though you can always expect some mud here . Not for the faint hearted , a hard course , but nowhere near as hard as when it started from the football ground , fairly hilly , wooded and lots of narrow tracks and paths .It can pay to start faster than normal as there is little room for overtaking in the middle stages .

Colchester : New venue for our league at Hillyfields . Probably a 2 or 3 lapper , mainly open grassy fields with a small wood section . A few climbs – short and sharp but not expected to be overly hard . Anything is better than Arena anyway - that was a mega bore .

Ipswich, Landseer Park : It doesn't look hard and every year you think the last year wasn't that difficult , but its got harder every year despite being pretty much unaltered . A mainly flat run in open park (mind the dog ****) there is also a wooded section in two parts , the second , with the flight of stairs is quite tough on this two lapper . You do know you have had a run after this one . People have been missing in the mud after last years race . despite the vast amount of flat ground – one of the toughest .

Tiptree : A nice one – not to tough , mind you , being about a mile shorter than anything else doesn't help . Everyone who completed this one last year seemed to be saying " Is that it ?" . A nice course at Layer de la Haye in woodland . With the extra mile , it could be a very good race , many were barely warmed up last year when it was finished .

Springfield : Easy , flat course - unless the weather strikes as it did two years ago when the whole place was covered in ice , made this extremely dangerous . Luckily last year was just normal and there was no ice . A couple of wooded sections , there isn't anything overly hard in this one . Probably the best one for beginners/newcomers .

Wrabness : If Tiptree's course was a mile short , this made up for it by being almost a mile over length . A 2 lapper with a couple of hard climbs , especially on the second time round . A nice long wood section has plenty of room to overtake . This was a welcome change last year to Harwich previous route at Mistley , which had become a bit monotonous with the woods being out of bounds .

Your team captain's will be needing all the support they can muster , please give them all the help you can . It can be a great year for the club with everyone's help . It would be nice to see record amounts of blue GBRC vest's out this season . Everyone does their bit by running .

CROSS COUNTRY MEETING 29/8/02

Sometimes meetings just flow along nicely , dates fall into place straight away and everything is sorted - no problems .

This wasn't one of those meetings . There will come a time when no date is acceptable to clubs due to other commitments and other events . We haven't helped ourselves as we have our trail run on November 3rd , but we would look extremely stupid if we changed the date AGAIN . Springfield have a trail run on November 10th . The problem arises partly because of new clubs in the league who have different priorities . C&T found most problems as many dates suggested clashed with important events for them . Springfields only problem was January 26th , a date acceptable to all else here . We had 3rd November and 16th February for our own events , while March 9th was a problem for Harwich - Ballycotton 10 (and us with Grizzly) . So this gives an idea of what sort of problems happen at these meetings . At first it looked like nothing would happen before December , but October 27th was selected as a compromise date (personally I couldn't see a problem with November 24th - no one does Chelmsford 10K , unless Grange Farm objected)

The dates that were settled on were :

October 27 th	Halstead
December 1 st	Ipswich
December 15 th	Springfield
December 29 th	Colchester (at Hillyfields)
January 12 th	Tiptree
February 9 th	Harwich

So , the season will be over early , which should enable marathon training to be got on with for those unlucky enough to be doing that . Clubs will pay at events by cheque due to collecting problems over the past couple of years , clubs will collect money of their runners as they see fit but host club will be given a cheque as it should make things easier . Any club not paying by cheque will be deemed disqualified . Details should be sent by post 2 weeks prior to event .

The leagues :

Pool A

Colchester Harriers

Ipswich Jaffa

Springfield

Harwich

Colchester & Tendring

Pool B

Gt Bentley

Tiptree

Halstead

Grange Farm Trotters

Mid Essex Casuals

Witham

This is correct , you may notice one club missing - Hadleigh . They have been in last position now ever since , well , the last time we were (1994) . they have now dwindled to a mere 15 members and cannot put out a team . Its very sad in a way to see this happen ,we can appreciate more than most due to the position we were in back in 1994 , so lets hope they can pull round . They are joining the Suffolk league in a joint team with other strugglers - Bildeston - I think they will be missed , as will their event (by some) .

ELECTION OF CLUB OFFICERS 2002/03

AGM is to be held at 8pm on Wednesday 20th November 2002 at Gt Bentley Village Hall. Current positions and holders of those positions are below and also whether they wish to restand or not. If you wish to nominate any person for a position, please check with them beforehand to find out whether or not they would be willing to carry out that role. Any club member can be nominated, a position with a holder that is still standing for election can still have another member nominated for that position. Details of who is standing for positions will be made known a month before the AGM to enable members where required to decide who they would vote for, should there be a vote required. If a member is unable to attend the AGM they can register their vote with a committee member prior to the AGM.

Full agenda will be distributed in mid - October.

Any item you may wish to be brought up at the AGM, please use the space below to register your question/ topic.

POSITION	HOLDER	RE STANDING	NOMINATION
Chairman	Jon Bolton	Yes	
Vice Chairman	Dean King	Yes	
Treasurer	Rita Page	Yes	
Secretary	Dave Nugent	Yes	
Captain- men	Geoff Tomlinson	No	
Vice Captain	<i>New position</i>		
Captain- women	Michelle Robinson	Yes	
Vice-Captain	<i>New position</i>		
Kit/membership	Barbara Law	Yes	
Race Director	Cynthia Allcock	No	
Social Sec	Graham Sheward/Anne Crawshaw	Yes	
Child Protection	Heather Burton	No	
Press Officer	Geoff Tomlinson	Yes	

Any other business :

PLEASE RETURN COMPLETED FORMS BY 16th OCTOBER 2002 FOR AGENDA TO BE DISTRIBUTED.