

# Autumn 04 Race digest.

## A TALE OF TWO RACES AT NOTLEY AND LANDSEER PARK

It has certainly been the tale of two races in the first 2 Cross Countries to the season this year.

At Notley Park the writing seemed written on the wall when Geoff Tomlinson was unable to start due to a niggling calf problem and during the race Beccy McCorquodale had to pull out with an injury as Bentley struggled to make headway in a particularly strong field of teams.

First finisher for the club men in 23rd was Martyn Pattison with a fine effort and Jeff Wharton behind him a very fine 27th. Fred Bees had his usual good run working through the field with 52nd but unfortunately despite good efforts from our 4 runners to follow they took their toll against the others however Mark Ross ran bravely for a 97th, a good run after injuries himself and Andrew Owen with a fine debut run was 105th leaving those to make the qualifiers left Jon Bolton with a well fought 125th and Brian Telford with a good effort for 130th. This sadly put the men in last place although be it by only 15 points.

The Ladies fought back for the club though with fine runs and Michelle Van Looy came home first for the club with 13th ahead of Lucy Westcott in 17th place. Kim Chatting in her first run in Cross Country finished the Ladies tally with 31st to give a score of 61 which gave the Ladies 6th position behind Ipswich Jaffa.

Our combined score of 620 gave us 620 points for 10th position just 12 points behind Haverhil. This gave us a 5 point gap between us and Harwich who were 5th so we had to put it down to a frustrating day despite such good efforts and hope for better another day.

At Landseer Park we saw a dramatic change of fortunes for the club. Recent weather left favourable conditions through most of the race. A much stronger team for Gt. Bentley turned out this time and did the club

proud in finishing 5<sup>th</sup> overall - with a close run thing on whether all the scoring men broke the top 50 positions.

Peter Pearce led home in 8<sup>th</sup>, Geoff Tomlinson 22, Jon Nears 24, Martyn Pattison 36, Jeff Wharton 38, Clive Jones 50, and Andy Kearton 53 being the scorers. The depth of talent also showed in Rick Van Looy 54, Matt Anderson 68 and Fred Bees in 73 - a bottleneck after about 1 mile not helping Fred who likes to start slow - it meant many rivals who start faster getting too far ahead.

Andrew Owen 109, Danny Caldfield 116, Brian Covey 139, Brian Telford 148, Jon Bolton 155, Frank Gardiner 161, John McKay 170, Larry Wise 174 and Peter Reeve 186 were the other finishers. For the women Michelle Van Looy was 12, Nikki Bennet, despite injury was 33, Kim Chatting 37, Joanne McKay 44, Sue McKay 64 and Rita Page 76.

The club clawed back 2 points on the deficit from the previous event against nearest rivals, Harwich. So we now move on ever hopeful of continuing the good run to slip of the bottom of Pool A.

Here is a list of finishers and the tables after 2 races.

#### NOTLEY PARK GBRC FINISHERS MEN

Martyn Pattison 23  
JeffWharton 27  
Fred Bees 52  
Mark Ross 97  
Andrew Owen 105  
Jon Bolton 125  
Brian Telford 130  
Frank Gardiner 140  
Stephen Cartwright 149  
JohnMcKay 161  
Larry Wise 165  
Dean King 170  
Keith Porter 174

#### LADIES

Michelle Van Looy 13  
LucyWestcott 17

Kim Chatting 31  
Paula Bolton 36  
Nikki Bennett 37  
Indi Allen 58  
Barbara Law 59  
Sue McKay 65

#### OVERALL POSITIONS

Springfield Striders 174 12 pts.  
Colchester Harriers 175 11 pts.  
Ipswich Jaffa 207 10 pts.  
Colchester & Tendring 251 9 pts.  
Harwich Runners 258 8 pts.  
Witham Running Club 429 7 pts.  
Halstead Road Runners 459 6 pts.  
Grange Farm Trotters 528 5 pts.  
Haverhill 608 4 pts.  
**GBRC 620 3 pts.**  
Tiptree Roadrunners 622 2pts.  
Hadleigh and Mid-Essex 683 1 pt.

#### LANDSEER PARK GBRC FINISHERS

##### MEN

Peter Pearce 8  
Geoff Tomlinson 22  
Jonathan Nears 24  
Martyn Pattison 36  
Jeff Wharton 38  
Clive Jones 50  
Andy Kearton 53  
Rik Van Looy 54  
Matt Anderson 68  
Fred Bees 73  
Andrew Owen 109  
Danny Caldfield 116  
Steve Covey 137  
Brian Telford 148  
Jon Bolton 155  
Frank Gardiner 161

JohnMcKay 170  
Larry Wise 174  
Shaun Leek 179  
Peter Reeve 186

#### LADIES

Michelle Van Looy 12  
Nikki Bennett 33  
Kim Chatting 37  
JoanneMcKay 44  
SueMcKay 64  
Rita Page 76

#### OVERALL POSITIONS

Colchester Harriers 113 12pts.  
Ipswich Jaffa 169 11 pts.  
Colchester & Tendring 222 10 pts.  
Springfield Striders 252 9 pts.  
**GBRC 313 8 pts.**  
Halstead Road Runners 392 7 pts.  
Harwich Runners 414 6 pts.  
Tiptree Roadrunners 549 5 pts.  
Grange Farm Trotters 630 4 pts.  
Hadleigh/ Mid-Essex C. 737 3 pts.  
Witham Running Club 759 2 pts.  
Haverhill 1210 1 pt.

#### POOL A

Colchester Harriers 24 pts.  
Ipswich Jaffa 21 pts.  
Springfield Striders 20 pts.  
Colchester & Tendring AC 19pts.  
Harwich Runners 14 pts.  
**GBRC 11 pts**

# TRIATHLON NEWS— CAMBRIDGE, BLACWATER & CLACTON TRIS AND IPSWICH DUATHLON

Triathlons and multi-sport events are starting to take the club by storm recently. Many run for other clubs in this as we do not specialize however runners can compete under the clubs name and a few are making inroads in this direction.

At the Cambridge Triathlon in August as a 53-12 competitor Michelle van Looy came 5th in her age category with 2-31-31 comprising of 37-34 swim, 1-07-32 bike and 46-25 run.

Also as a 53-12 Graham Sheward won his age category with a time of 2-38-26 comprising of 33-25 swim, 1-10-11 bike and 54-40 run.

At the Clacton Triathlon 8 runners connected with the club ran.

In the full race which is 1500m swim, 40km bike and 10km run Matt Anderson came home 73rd running for H30 with 34-11 swim, 1-11-51 bike and 43-23 run for 2-29-13.

7th Lady was Michelle Van Looy as 53-12 with 33-12 swim, 1-10-00 bike and 48-10 run making 2-31-27.

Graham Sheward as 53-12 did a 35-28 swim, 1-12-42 bike and 52-01 run for 2-40-21.

Lindsay Horton running as GBRC did a 37-37 swim, 1-24-55 bike and 50-29 run for 2-53-01.

Brian Telford running as GBRC did a 38-33 swim, 1-24-29 bike and 1-08-11 run for 3-11-17 and Barbara Law as GBRC had a 48-57 swim, 1-25-57 bike and 58-31 run for 3-13-19.

In the novices which is half the distances there was John Gwillim running as 53-12 doing a 17-28 swim, 55-44 bike and 24-15 run for 1-37-27 and Paul Blackwell running as GBRC did a 19-53 swim, 1-00-57 bike and 25-38 run for 1-46-28.

At the Blackwater tri there is a novices and a sprint category. In the novice category Kim Chatting was 9th overall with a 4-47 swim, 28-39 bike and 15-09 run for a 48-35 combined time.

In the sprint race the Van Looy's dominated with Richard Van Looy 2nd overall with 7-35 swim, 35-23 bike and 24-12 run for a total 1-07-10 and Michelle won the Ladies race with 9-12 swim, 43-17 bike and 26-46 run for 1-19-15.

Finally in the Ipswich Duathlon Michelle Van Looy was 2nd Lady with a 20-47 first run, 44-13 bike and a 22-16 second run for 1-27-16

## **GREAT BENTLEY RUNS AT SNOWDONIA AND THE FENLAND 10**

5 GBRC runners traveled to the Snowdonia Marathon. This is a very hilly event only for the toughest.

Barbara Law completed the course in a Club Gold Standard time of 4-20-27, taking the 1st over 60 award.

John Gwillim showed some good form to tuck in under 4 hours finishing in 3-56.

Lindsay Horton also showed some real stamina to finish in 4-14-20.

Other finishers were Paul Blackwell 4-20-57 and Keith Scrivener 5-10-59.

3 GBRC runners were also competing in the Fenland 10 near Wisbeach.

Fred Bees our top over 60s runner took the over 60 title with a Diamond Standard performance with 1-01-45.

Geoff Tomlinson has struggled recently with a calf injury but he still managed a fine Silver Standard run of 1-00-46 to also take the over 40s Bronze.

Mark Ross in his first 10 in over a year achieved a Club Bronze Standard with 1-11-42.

# BENTLEY WIN TEAM PRIZE AT TIPTREE

Another favourite of the club is the Tiptree 5 & 10 at the Beckenham Business Centre.

This is a flat 1 or 2 lap course which twists and turns but should be good for a fast time. 13 runners from the club took part in the 5 mile race and 11 were in the 10.

Overall a red letter day was had by the club. In the 5 mile race we won the team prize thanks to Peter Pearce, Jonathan Nears and Jeff Wharton. On top of that we had 1 diamond, 6 Gold, 5 Silver and 6 Bronze Standard performances from our runners.

In the 5 first home for the club was Peter Pearce with an overall 5th place and a Gold Standard time of 28-20. Following that a Silver Performance by Kevin Jeffries who was 10th overall with 29-43 and on 29-52 with another Silver Standard Performance was Jeff Wharton making a superb team winning performance.

Following on from these was Rik Van Looy who had a Bronze time of 32-05 ahead of a Gold Performance from Lucy Westcott running home in 34-12.

Continuing the fine list of Club Standards was Lindsay Horton with a Silver Performance of 38-26 with Tom Geddes behind her with 38-30 enough to earn a Club Bronze.

John McKay ran well for a time of 39-10 just ahead of Sally Cable with a Club Silver time of 39-39 who was in turn followed by Sue McKay with a fine Gold Standard Performance with 43-54.

To finish the Bentley runners for the 5 we had Martin Whitmill out with Robert Gowans. Both came home in a time of 49-32.

You may have thought that was pretty impressive, but the **10 mile** effort was equally impressive.

First home in the 2-lapper was Clive Jones who appears to be on fire at the moment with a fine Gold Standard time of 1-04-44 with Kevin

Jeffries achieving Club Silver with 1-05-11 and Michelle Van Looy earning herself a Club Bronze with 1-11-59.

Paul Blackwell continues his improvement with a fine 1-19-14 followed by Frank Gardiner who achieved a Club Bronze with 1-20-15. Following on from Frank we had a Diamond Standard time from Barbara Law who was using the event to prepare for the Snowdonia Marathon and managed a time of 1-23-45.

Larry Wise strengthened his hold on the Club Handicap Series with another greatly improved time of 1-24-10 ahead of his main rival for the trophy Lyn Foster who achieved Club Gold with 1-24-50.

Keith Porter's form is now well on track as he ran past the line in 1-28-18 and 2 minutes behind was his wife Caroline who had a Bronze Standard with 1-30-26.

Finally and also a Bronze Standard was Michael Sommerlad who even in his seventies can run a 10 mile race in 1-41-17. Something to be proud of Michael.

## **FINE RUN BY ANDY IN FELIXSTOWE HALF MARATHON**

On 3rd October 10 runners from GBRC took part in the Felixstowe Half Marathon. This is a fairly tricky course which can be tough on a windy day. However with 4 Bronze and 2 Silver Standard runs the club put on a fine performance.

It's nice to hear somebody different leading the Club home and Andy Cable had a fine Bronze Standard run of 1-37-14 a well deserved leading run.

Paul Blackwell is showing great potential and worked hard for a run just about 8 minute pace with 1-45-24 just ahead of Paul Foster who also ran a very fine 1-46-52.

Frank Gardiner is clawing his way back to form and ran well for a time of 1-51-10, but he has to give way to three fine Ladies performances following on from him. First was Susanna Barker with a Silver Standard time of 1-52-17, second was a Bronze Standard run for Becky McCorquodale who again looks a tremendous prospect with 1-52-17 also. Sally Cable was not to be outdone by her husband and ran a super 1-54-42 good enough for a Club Silver.

Keith got his revenge over Caroline with 1-56-20, but Caroline's 1-56-24 was good enough for a Bronze Standard and Lyn Foster also ran a Club Bronze Performance with a time of 1-58-46.

## **ANDREW DISCOVERS HIS BEST FORM FOR DISCOVERY 10**

On 2nd October Andrew Owen took part in the Discovery 10 at Harwich. This event has changed from a 10km event to a 5 & 10 mile race.

It has a big field of runners from Holland every year but with it being on a Saturday many runners from the club could not make it.

Andrew however was a good representative for the club and ran a fine 1-19-32.

## MARTYN, JEFF & JONATHAN BATTLE IT OUT AT DEDHAM

On a hilly course at Dedham for their annual 10km event 14 runners comprising of 11 men and 3 ladies from GBRC lined up and put on a great performance.

There was a 3 way tussle for the first runner home making 3 runners from the club in the first 20. In 11th place overall Martyn Pattison won the battle for supremacy with 37-29 with Jeff Wharton 13th overall with 37-29 and Jonathan Nears the third runner in 16th with 37-54 all silver award standard. Andrew Owen is steadily improving at the club and run a fine bronze level time of 43-56. Another bronze standard was achieved by Andrew Littlemore with 48-12.

Coming in first for the Ladies was Sally Cable who sprinted to beat her husband Andrew for a time of 49-26. Andrew finished in 49-30. Larry Wise has not only come back last year from heart surgery but he is now improving steadily in his times and ran a fantastic 50-46 just ahead of another husband and wife team of Caroline and Keith Porter and once more the fairer sex won the battle with Caroline running 51-24 to Keith's 52-12.

Michael Sommerlad one of our oldest members has been away over the summer but returned with a fine 59-14 ahead of Martin Whitmill running with two young runners he brought along to experience the race. Young Samantha Maddox came home first with a time of 1-04-24 followed by Robert Gowans with 1-04-32 and Martin himself 1-04-37.

## 30 FROM GBRC COMPETE AT LANGHAM 10KM

The Langham 10km on 19th September has always been popular with the Club and no less than 30 runners from GBRC lined up at the start on a flat but some would say rather straight course.

Jeff Wharton was the top runner on the day for the club with a Silver Standard time of 37-46. Behind him also with Silver Standards were Clive Jones and Kevin Jeffries who had a close battle with Clive beating Kevin by just 5 seconds with 39-01 to Kevin's 39-06.

There was also two runners achieving Bronze Standards for the Men with Andy Cable running 42-54 and Carl Fenton-Jones running 43-31.

The first lady home with a Silver Standard to boot was Beccy McCorquodale with a fine time of 45-15 just ahead of Andy Cable on 45-20.

Next came a steam of runners from the club home. Philip Wood and Jon Bolton were very close at the line and Phillip beat Jon to the line with 47-25 to 47-26.

Three other runners ran below 48 minutes with Paul Foster 47-43, Frank Gardiner 47-55 and Paul Blackwell 47-57.

There were two more runners under 49 minutes with Tom Geddes 48-24 and Andrew Littlemore 48-35 and in under 50 minutes were Ray Baggs in 49-15 and Peter Howden 49-44.

Just outside 50 minutes were Stewart Baggs with 50-01 and Susie Barker with a Bronze Standard 50-02 and just over the 51 minute mark was Lyn Foster with a Silver Standard 51-06 and Larry Wise 51-08.

In a time of 51-33 was Gerry Borely and at 53-01 was Caroline Porter just ahead of Keith Porter finishing in 53-40.

There were 2 more runners under the hour mark, Naomi Seabourne finishing in 55-38 and Steve Harnett donning a new streamlined look completing the course in 59-32.

Martin Whitmill brought two runners with him for the event and he led them in with 1-03-23 ahead of Sandra Maddox 1-05-59 and Robert Gowans in 1-06-02. Ray Pipe concluded those from GBRC and finished in 1-22-51. A superb turnout.

Well done to everyone.

# SUPERVET FRED CLUB CHAMPION AT GRUNTY FEN

On 12th September the Club Championship Half Marathon event The Grunty Fen in Cambridgeshire took place and 5 Men and 2 Ladies from GBRC took part.

The first runner home with a superb Diamond Standard Club Performance and Club Champion was our Supervet 60 runner Fred Bees who made it round the course with a time of 1-25-02 and a fine 40th place overall.

Paul Blackwell was next home from the Club with 1-46-20 ahead of Paul Foster who was vet40 Club Champion with 1-48-34.

The two Ladies from the Club racing had a close duel for supremacy with Barbara Law just winning the day as Ladies Champion with a Club Diamond Standard time of 1-54-19 to Lyn's Bronze Standard Vet40 Championship run time of 1-56-05.

Keith Scrivener was the next runner from the Club home with a Bronze Standard time of 1-57-48 and the Club vet50 Champion was Keith Porter finishing with a time of 1-59-03.

# MICKEY EDWARDS HANDICAP

This years Mickey Edwards Memorial Trophy was once again a tight contest going right down to the wire. Many thanks to the 23 people who took part in the event. The 5 events went on from June to September with the extra event for those unable to complete without.

In the first event on 16th June Keith Porter was the most improved runner improving his registered time by nearly 2 minutes. Mark Ross was second and Geoff Tomlinson using the event to regain his form from a disappointing year by his standards was third.

On the 14th July Frank Gardiner and Paul Foster threw down the gauntlet with Frank running what proved to be his best time was first,

Paul smashed one and a half minutes off his time also for the second position. Andrew Owen put on a fine show too and made a fine start to his career with GBRC with the third spot. On top of that the fastest time was recorded at this event by Geoff Tomlinson with 21-53.

On 4th August Paul Blackwell made his mark and was 2 minutes faster than his previous run to be first. In second Brian Telford also made a big improvement but just came short of Paul to record second place and Andrew Owen really set about a big challenge finishing third for the second event running.

On 25th August Clive Jones coming back from a calf injury made his mark and stormed round the course with a time of 23-52 which was only beaten by Geoff in the whole series. Beccy McCorquodale also made a big impact with her first run and was second and Larry Wise who has been training hard this year was third.

In the final event first place with over 2 minutes knocked off his time John McKay was first and he was followed in by his daughter Kim Chatting who also improved by 2 minutes for second place. In third Carl Fenton-Jones working his way back through injury ran very well for third.

The overall result had just 2 points separating the top three places with Paul Blackwell just winning at the post with 111 points to 110 points from three runners Keith Porter, Frank Gardiner and Carl Fenton-Jones who has now been runner up for 3 consecutive years and it was so close also for Andrew Owen who finished on 109.

On the right is the list of scores and times and overall results

November 2004