



Committee 2014-2015

Chairman:
Andy Smith



Secretary:
Georgina Allen



Treasurer:
Sue Tuff



Vice Chairman & Track and field:
Gareth Hunt



Welfare:
Mick Ennis



Membership secretary:
Mel Watts



Road running:
Andy Harrod



Cross country:
Che Plant



Coaching and development:
Stuart Howlett



Social secretary:
Lesley Robins



General Committee
Cath Duhig



General committee:
Malcolm Tuff



General Committee
Karen Wood



EDITORIAL:

As we put the finishing touches to this issue of "The Hare" to get it to the printer before departing for warmer climes, we have just experienced the 29th Round Norfolk Relay. What a fitting event on which to focus as we look back over a successful Track & Field season (P4), another busy batch of road races (Pp 6-8) and a goodly quantity of Masters' activities (Pp 3 & 9).

Equally, at this time of year, which seems to signal a divide between summer and winter activities, we look forward to the AGM and Cross Country GP Series (P11) .

The RNR brings out the best in a club, being the epitome of teamwork, with those supporting being equally as valuable as those running. Some did both - Jeremy organised Team 'B', ran his leg, then recruited Mark Doughty to help him "sweep" the entire course after every team had completed each section. Such visible commitment and selflessness is admirable and we are fortunate to have such people in our club.

The same applies to the less visible work of the Committee. Several key offices will become vacant at this AGM and our back page is due for a significant overhaul. Don't leave it to everyone else, grab this opportunity to show what being a member of Ryston Runners AC means to you. Actually READING this magazine would be a good place to start!



Hasta la proxima.

Cath [Ed]



Some of the Ryston RNR Teams gather at Lynnsport.



MAIN CLUB CONTACTS

Chairman: Andy Smith chair@rystonrunners.org.uk
Coaching/Facebook: Rebecca Tuff bectuff@hotmail.co.uk
Welfare: Mick Ennis ennism@sky.com
Social Secretary: Lesley Robins rystonsocialsec@aol.co.uk



Website: www.rystonrunners.org.uk

QUAD SQUAD

The Quad Squad

In his report on the summer's activities, Gareth touches on the club's juniors taking part in something called "QuadKids".

This is a series of athletics events set up to provide competition for those keen youngsters who, by and large, are not eligible to represent their clubs in full-blown matches and Leagues.

Kit Howlett was unbeaten in all 4 matches at Thetford, Norwich, Yarmouth and King's Lynn, scoring well over 200 points in every match. His overall score for Best of 3 was well over 700 points, which is quite an achievement. He ran a 1:48.2 600m at KL which is his PB, beating his own county record and awaiting confirmation as the new record.

Harry Wakefield also did all four Quad-Kids events and came second in every one, thus finishing overall 2nd in the series. He particularly thrived with the Vortex Howler and, as current county champion, threw furthest in this event. He likes the fact that you can do every event including sprinting, 600m and jumping. Charlie Wakefield hadn't done QuadKids since winning gold in the Norfolk County Champs way back in 2013. QuadKids then became associated in his mind with his bout of "Severs Disease" so he hadn't fancied doing it any more. However, he decided to compete in the Kings Lynn event in August as a Yr7 and ended up throwing the furthest, then, after a decent sprint and jump, ran a 2:24 800m meaning that he won the event outright. He now has the courage to take part again next year.

Bea Honeybone is a great example of how this event encourages and enhances a junior athlete's competition experience. She threw the Vortex Howler 19.02 metres in her first competition and 29.99m in her last of the series. In the 3rd competition the Howler, which had become Bea's best event, was cancelled due to weather conditions, but she still finished the season second overall in her age group, improving her score by 44 points from the first to the last match. Bea has made consistent advances in all her events and was delighted only to be 3 points behind the gold medallist.

Other regular, and irregular, participants have been Saffron & Lily Teasdale, George Evans, Suki Wales, Thea Howlett, David Mac Queen, Liam Clare, and Bailey Took.

One parent said, "They enjoy the challenge of four events and would strongly recommend others taking part next year. It is less competitive /serious than a league athletics match and there is a very friendly atmosphere." Several parents and helpers have commented on the remarkable closeness and team spirit which has developed among the QuadKids athletes, and their exemplary behaviour and sportsmanship. It also gives them a chance to explore all athletics disciplines, so important for developing aspiring young competitors.



***With thanks to Stuart Howlett, Caroline Wakefield, and Emma Honeybone for helping to compile information for this article, and apologies for anyone who took part and whose name has been missed.*



The AGM of RYSTON RUNNERS AC

will take place at the
DTSF, Lynn Road, Downham Market, PE38 9QE

on
Thursday 12th November at 1900.

This is an important event. The decisions made at this meeting will govern the way the club functions over the next 12 months. If you want to have had any say in or influence over those decisions, this is the time and place. Anyone can grumble and opine, and many often do, but how many will step up to the mark and actually offer their time to make things happen the way they think they should?

This year Andy is DEFINITELY standing down from the **Chair**, after putting in an extra year's service on top of what he originally said he would do. The same applies to Georgina who is relinquishing the role of **Secretary**. Lesley is stepping aside from her role as **Social Secretary**, having established a tried and tested, and clearly very popular, programme of social events during the year. Mel is handing over the **Membership Secretary's** mantle.

Don't assume there is someone already in the wings to take over from these people, and anyone else who wants a break from the governance of the club. What about YOU?

Proposals for discussion and Nominations for Officer or Committee positions should be lodged with Club Secretary, Georgina Allen, 14 days in advance of the meeting. There may be an Open Forum discussion at the end of the meeting, but nothing that has not been previously submitted can be voted on.

Additionally, decisions will be announced re the club's allocated London Marathon places. Anyone wishing to be considered will have to submit his/her rejection slip to the Road Running Rep in advance of the meeting.

Just to flag it up again, the following positions, at least, need to be filled :

Chair
Secretary
Membership Secretary
Social Secretary

There may be others. Volunteer for nomination NOW!

RYSTON RUNNERS CROSS COUNTRY GRAND PRIX SERIES 2015/16

The ever-popular Ryston Runners AC Cross Country Grand Prix Series will soon be upon us once more.
Races for everyone from Under 9 to Over 90.

2015 : 11th October; 15th November; 13th December;
2016 : 10th January; 7th February; 13th March.

Under 9: 800m on each occasion - Starting at 11:00 Under 11: 2km on each occasion - Starting at 11:05
Under 13 & 15: 3km on each occasion - Starting at 11:20
Under 17: 5.0k, 4.5k, 6.5k, 5.0k, 4.5k, 6.5k - Starting at 11:40
Seniors & Vets Alternate: 5.0k, 9.0k, 6.5k, 5.0k, 9.0k, 6.5k - Starting at 11:40
Vet Categories: M40/45/50/55/60+, W35/40/45/50/55+

Ultra Running - LDWA

KEVIN HOWLETT writes:

I would like to recommend something to fellow Ryston Runners: 3 challenge events (not races) organised by the Norfolk & Suffolk Long Distance Walkers Association (LDWA). The full "Trianglian" Series comprises "The Daffodil Dawdle" (Newmarket, March), "The Poppyline Marathon" (Sheringham, June), and "The Flower of Suffolk" (Walberswick, October). The distances are usually approx: 18 and 26 miles, with the 26 milers open to runners.

You are given a route description, and it is useful to carry a map (OS) of the area. There are checkpoints at about 5-7 mile intervals where your card is stamped. There is food and drink at the start and all checkpoints (carry a drinking vessel), and also a light meal at the finish.

You get a printed certificate with your name and time at the end, and if you do all three events in the same year, you can get a certificate and a badge.

I have done the first two this year and intend to do The Flower of Suffolk on 4th October. It is £14 to non-LDWA members, very good value when you consider what you get in comparison with some road races.

This is a great way of long distance training, with a very friendly bunch of people, and the countryside on these events is amazing.

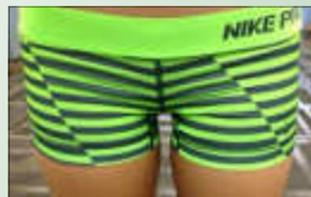
Website : <http://www.ldwa.org.uk/Norfolk-andSuffolk>

Online Entry : <https://endurancecui.active.com/event-reg/select-race?e=17337054>

Flower of Suffolk contact: Chelle Armour, 11 Station Terrace, Framlingham, Woodbridge, Suffolk

chellearmour@yahoo.co.uk

Ed comments: I can reiterate everything Kevin says about these events. I did lots of LDWA challenge events when I was training for ultra races and they are a great way of notching up mileage over challenging terrain in a relaxed and friendly environment. Runners are welcome, they start a bit after the slower walkers so there is always someone to target. And the food at some of the events is VERY good indeed.



SHORTS - SHORTS



Unless the new Social Secretary (** see AGM Notice page) changes anything, the **Annual Awards Dinner** will be on

Saturday January 16th 2016 at Knights' Hill.

XCGP Series 2015-16 - a recce of the 5K route will take place in Shouldham Warren on Sunday 4th October at 9 a.m. All abilities welcome, and Juniors too, to explore their course.

The intention is to encourage new or hesitant participants as well as to re-familiarise old hands with the course.

Contact Che Plant cpuk1441@yahoo.co.uk for any further info/details.

Hereward Relay - 22nd November . Already 40 members have expressed an interest in taking part.

Entry will be subsidised by the club, so participants will only pay £5 each.

Any further interested parties should **contact Che Plant**, as above.



Kevin Howlett, leading this group in the Wissey

TRACK AND FIELD RUNDOWN - EVAC Final.



EVAC FINALISTS

After a year's hiatus, the EVAC League was revived this year, largely due to the efforts and enthusiasm of Ryston's Peter Duhig. There were 4 competition divisions, with Ryston being in NE, with WNAC, West Suffolk AC and Cambridge & Coleridge AC. Initially CoNAC were going to join in but this did not happen, and Waveney Valley dropped out at the last minute, leaving the NE Div a bit

imbalanced. Only 2 WSAC competed in the matches, one of them being ex-Ryston member Christine Anthony. It was great to see her again and she is running superbly at the moment. CoNAC's loss was Ryston's gain as Tanya Daniels opted to compete for the Ryston W35 team second claim, although she could not, unfortunately be with Ryston at the final, for which both the men's and women's teams qualified comfortably. Another second claim member to swell the ranks was Paul Oakes from Ashford, whose presence in the field was invaluable. Having Matt, Che and Daniel all "come of age" helped with numbers in the M35 team, and it was great to see so many members having a go at T&F in the 2 matches at Lynnsport. (** A reflection on the League season by rookie team manager, Helen Reed, expands on this elsewhere in the mag)

When it came to the final at Bedford on Sept 13th the women's team was already depleted by various illnesses and injuries and general mishaps, not to mention the absence of the season's Team Managers Helen & Jeff Reed, reputedly celebrating a significant birthday (a new age group for Helen, now W50!), so it was a bitter blow when, in the first

event of the day, the W35 400m Hurdles, Linda

Marshall crashed out in a nasty fall that has left her on crutches for a few weeks. Linda was down to cover several events, and the way other team members rallied round to offer to cover them was superb, drawing comments from other clubs about Ryston's legendary team spirit.

The women's team battled their way to a very respectable 4th place at the end of the day, but the men's team surpassed themselves. Despite missing a couple of key figures themselves they ended up, in their first League Final for many years, taking home the silver medals in what had been a close-fought, even nail-biting, day's competition, a mere, but significant, 5.5 points ahead of the mighty Marshall Milton Keynes AC. Maybe one shouldn't single out individuals in the team but it is worth noting that between them Daniel, David and Paul O covered 22 events and amassed 60% of the points! Paul doesn't venture onto the track, but surely a career in Masters Multi-Eventing awaits the other two.

Everyone concerned would also like to thank Pat Oakes, Justin Kinsey, Laura Allen, and Gareth Hunt for their help with officiating on a very packed day.



Junior Club Records Broken 2015

Mackenzie Pilkington – Under 13 Boys Long Jump – 5.08 m	Charlie Wakefield – U13 Boys 4 x 100m – 56.6
Mackenzie Pilkington, Robert MacQueen, Joe McNulty,	Thea Howlett – Under 15 Girls Javelin – 23.69 m
Kate Willis – Under 13 Girls 1500m – 5.18.2 m	Hannah Brown – Under 17 Girls 200m – 26.67
Thea Howlett – Under 15 Girls Pentathlon – 2400 pts	Annie Rooks – Under 17 Girls 3km – 11:22.17
Hannah Brown – Under 17 Girls 400m – 60.3	Annie Rooks – Under 17 Girls 1500 Steeplechase – 5:58.64

TRACK AND FIELD RUNDOWN



SAL DIVISIONAL WINNERS

2015 has been a cracking year for Ryston Runners on the track. The bounce-back promotion of the Southern Athletics team and the rapid growth of individual junior success on the track have been a couple of highlights.

It has been great to see the juniors who were just starting out in the 2014 track season take that experience and use it to bag medals and be rewarded with fantastic performances during the 2015 season. Starting with the Under 13 Boys, Mackenzie Pilkington has finished the season ranked 11th in the country for Long Jump with a leap of 5.08 metres. He jumped 5.05 in the County Championships to take Gold as well as the Championship

Record. He also took third in the National Prep School Championships. It was not just in the sandpit he was successful: Mackenzie also took County Gold in the 200m.

Robert MacQueen has also been flying on the track in 2015, taking the sprint double at the Eastern Counties AA Championships, as well as multiple wins in League matches during the season. In the middle distances we have been thriving. Charlie Wakefield has been agonisingly close to breaking the long-standing **800m and 1500m U13 Boys club records, he has finished the season as Norfolk County Champ in both the 800 and 1500, as well as 5th at the National School Prep Champs. Bailey Took has also done well in the middle distances, taking bronze in the 800m at the County Champs. A highlight of the Norfolk County Champs for me was the U13 Boys 4 x 100m in which the team of Mackenzie, Robert, Charlie and Joe McNulty beat a very strong CoNAC team and smashed the club record by over a second and a half.

In the Under 13 Girls, there has been great success over the middle distances. Kate Willis broke the 1500m club record in the pouring rain at Bury St Edmunds. Meg Willis and Mia Moore have made big improvements to their best times in the 800m since the start of the season. Anna Wood, Izzy Sandover, Saffron Teasdale and Jessie Kite have also competed well in their first proper season on the track.

Thea Howlett has made a great start competing in the Under 15 age group, taking gold in the Under 15 Girls County Schools 800m, then going on to take Bronze in the Eastern Regional Schools Champs. Thea also took Gold in the Javelin at Norfolk County Champs. She has given Multi-Eventing a go, and at the Anglian Schools in her first Pentathlon she finished highest out of the Norfolk girls and 13th overall. Gabrielle Clare has progressed well during her first season in both the Long Jump and 100m. The Under 17 Girls have been strong, with Hannah Brown taking 3rd at Anglian Schools in the 300m as well as qualifying to take part in the English Champs. Annie Rooks has been unlucky not to break the 5 minute barrier in the 1500m during this season, in which she has won Norfolk County Champs and County school champs, taken third in the Anglian Schools and also was selected to run for the County on multiple occasions including the Southern Inter Counties. Holly Chen, Naomi Darkins and Georgia Sandover have been great additions to the Ryston track team, as well as Anwar Bouilouta and Quinton Houston in the Under 17 Mens age group.

The youngest hares have been showing the future is very bright. Kit Howlett has been flying around the track, taking the Quad Kids title after winning all 4 league matches, as well as County Gold in the 600m. During the season he has taken over a second off the Norfolk County Record in the 600m and 80m. Harry Wakefield took Gold in the Howler throw at County Championships, with Liam Clare taking silver in the same event, and bronze in the 600m. George Evans and David MacQueen have had a good first year of competition. Bea Honeybone finished second in the Quad Kids series for her age group. Her impressive howler results during the season show we have a very good Javelin thrower in the making. Lily Teasdale has also had a very impressive year on the track.

Ryston Senior athletes have also had a very satisfying season. As a team they topped the 24 club North East Section of the Southern Athletics League earning a bounce-back promotion to Division 2 of the SAL. The team atmosphere during the season was great; well done to everyone involved. There were some very impressive performances throughout. At Norfolk Counties James O'Neil, Gareth Hunt and Daniel Yellop took Golds in their individual events.

The EVAC Men's and Women's teams managed to gain qualification to the final at Bedford on Sept 13th. (see separate report elsewhere in mag)

Four members took part in the World Masters Championships in Lyon, France in August. Seasoned competitor Gaye Clarke made the top 10 in all her events, competing in the W50 age group just a week shy of her 55th birthday. For Malcolm Tuff it was his first experience of this level of competition and he was unlucky not to qualify for either of his M50 semi/finals by the merest whisker. However, an injury-blighted lead-up meant that even being at the Championships at all was a brilliant achievement, and Lyon has whetted his appetite for more. Pete Duhig's build up to these Champs had also been adversely affected by injury but he managed to hang on in there and complete both the M65 800m and 1500m and then finish 11th in the 2000m steeplechase. Cath Duhig was 11th in the 5000m W60 walk and then going well for a top ten place in the 10K when a hip injury reasserted itself as she had to drop back, eventually finishing 16th. The same injury forced her withdrawal from her best event, the 20K, in which she would surely have anchored the GB team to a silver medal finish.

Thank you to all the athletes, parents and officials involved in the 2015 track season, I look forward to what the 2016 season brings.

Gareth

****News just in - Charlie Wakefield - Under 13 Boys 1500m - 4:55.00 on 14/09/2015**

T & F Report – EVAC TEAM MANAGER

I'm not sure how or why I became team manager for EVAC. I had not experienced anything to do with track and field since leaving school. Knowing there were experienced team members like Gaye Clarke and Paul Harrison the task was daunting. The first support came from Cath, helping put the team list together. I arrived at that first match not knowing what to expect. What I found was an amazing team who were always there to support each other.

We have some extremely talented athletes at Ryston. We have seen outstanding performances on both track and field from Paul Oakes, Tanya Daniels, Jo Isbill, Malcolm Tuff, Matt Pyatt. We were lucky enough to get Dan Yellop as soon as he turned 35, in time for match D. It has been a privilege to watch them perform. The team spirit is what has led Ryston to such success, people who were willing to try new events and go way outside their comfort zone: Keith Morris thought he would give pole vault a go, Linda Marshall threw the discus, both picking up points. Some team members would always be there to do whatever was asked of them: Sue Smith, Liz Blakie, Karen Wood, Paul Firmage, Tony Savage, Che Plant, Chris Milnes. Many athletes were willing to drop down an age group (or two) like Marlene and Martin Simmonds. Many people would take on a tremendous number of events, like David Lane and Gaye Clarke. We are fortunate to have a good range of "older" competitors including Pete Duhig, Pete Johnson, Jane Ashby, Gill Hart, Mick Ennis and Jeff Reed, meaning we could usually pick up points in all the 60+ events although many often competed successfully in lower age groups. Others who took part in qualifying matches included, Nic Bensley, Marcus Hawkins, Chris Chapman, Martin Blackburn, Darren Easter, Barry Smith, Shaun Mann, and Sarah Taylor. The team was looking strong for the final, but we were then beset with problem after problem. They were dropping like flies: Malcolm Tuff, Jo Isbill, Karen Wood, Paul Harrison, who had all worked so hard to get us to the final. The team once again pulled together and virtually every event was filled.

As I was unable to attend the final myself Cath Duhig stepped in to sort out any problems, and there were a few! The women's team had been hardest as Mel Watts was now the only W35 competing, but we fortunately had the return of Wendy Fisher to fill in many of the events. They managed an amazing 4th place. The men's team earned an incredible 2nd place with Ryston coming 2nd overall.

I am certainly up for it next year and now I have more idea what I'm doing. If you are over 35 and want to get involved in this rewarding competition, please get in touch.

Helen Reed

[Ed - I make no apology for the apparent overload of Masters news in this mag. Joining EVAC/BMAF opens up a whole range of opportunities for the over35s. Over 85% of the Wissey field could have been eligible for the Masters' Champs, instead of the mere 83 athletes who were. Don't dismiss it as not for you, you never know till you try. It's £1 a month for a whole new dimension in your athletics world.]

Round Norfolk Relay 2015

As this issue has to go to press a week earlier than normal, there is just time to squeeze in a basic result. Comments about the experience of being part of the event are welcome so a feature can be done on it for the next mag. Please email to me at cath@peterduhig.plus.com - the sooner the better, while it's all fresh in your minds

Meanwhile :

RYSTON 'A' - 1st home, 2nd overall, 2nd in "Open" category, 21:13:23 (6:30/mile av pace)

RYSTON 'B' - 32nd, 2nd in "Ladies" category, 26:27:03 (8:07/ mile av pace)

RYSTON 'C' - 19th, 6th in "Club" category, 25:34:49 (7:50/mile av pace)

***"The Hare "is produced 3 times a year
[end of May, September, and January] by:
Editor: Cath Duhig cath@peterduhig.plus.com
Compositor: Peter Duhig.***

**Photographers: Andy/Bev Harrod, Tim Smith, Gareth Hunt
Header Design : Ian Barrett**



ROAD ROUND UP - Cont'd

Race Of The Month - Oct to December 2015

October	18th	East Coast 10 (Great Yarmouth)
November	22nd	Norwich Half Marathon
December	31st	Marham Flyers 10K
January	??rd	Mad March Hare (Ryston 15m event)

September:

The first ever Run Norwich 10K attracted over 3000 runners on a hilly course. Jane Ashby won her category by over 2 minutes in a time of 53:27 (W65) Maureen Wolfe was 3rd W55 in 49:39. Callum Stanforth, 35:41, and Danny Rock, 35:31, both ran well as did Gareth Hunt, who is really improving his road running with every race, posting 40:40. Martin Sheldrick, 40:49, and Stewart Robins 41:42 ran very strongly too.

Pete Johnson travelled to Grays in Essex for the Mel Batty 10K and was 1st M60 in 38:52.

On a perfect morning for running at Oxborough thirty members, plus many more helpers who marshalled and did many other jobs, made a great success of our Wissey Half Marathon which included the British Masters Championships and Eastern Veterans Championships. Matt Pyatt won BMAF and EVAC silver medals in M35 and was joined by Che Plant (bronze M35) and Marcus Hawkins (bronze M40) to win the BMAF team silver medal M35-44. Pete Johnson (M60), a resurgent Carl Manning (M55) and Keith Morris (M55) claimed silver team honours in the BMAF M55-64 category. Pete Johnson also gained individual silver in the BMAF and gold in EVAC M60. Jeff Reed who, like a bottle of wine, just gets better with age, won bronze BMAF and gold EVAC in the M70 category. Jane Ashby took silver W65 BMAF and gold EVAC and Wendy Fisher silver W55 BMAF and gold EVAC. Lesley Robins and Amy Chapman both ran together and spurred each other on, Amy to complete her first Half and Lesley to gain a PB by 2 minutes. Cheryl Brown ran a perfect paced race and recorded a 23 minute PB over her last Half, proving that you only get out what you put in, as with any sport.

Andy

WISSEY GALLERY



SPOTLIGHT ON



Gareth Hunt

Name: Gareth Hunt.

Age/ DoB/ Competition Category:
24 ; 20/12/1990 ; Senior Men

How long have you been associated with Ryston Runners AC?

Since I was 9, so for 15 Years.

What place does this association have in your life?

A big part, it lets me get out my competitiveness, especially on the track. I enjoy a challenge, and being a member of this club has allowed me to have a wide variety of challenges, from trying to be less useless at throwing a Javelin to trying to pace a 5km (which some of you know I've yet to get the hang of).

I'm heavily involved with the junior coaching and really enjoying being part of the Bright Orange Crew helping the new talent improve, as others have done with me since I joined as a 9 year old.

What is your sporting background / history?

I've pretty much given any sport a go that doesn't involve water. As well as athletics, when I was younger, I played football for both West Winch juniors and seniors as well as playing a lot of basketball. Athletics was always the main sport at when I was younger as, like most runners, I was more of a solid try-er in the other sports whereas found I was doing alright in athletics competitions.

What are your favourite sporting activities?

At the moment pretty much just athletics. I enjoy the jumps more than running; the training is much more enjoyable/easy.

What have been the highlights and lowlights of your running career so far?

Highlights – I got the once-in-a-lifetime opportunity of running on the Olympic Track a few months before the 2012 Games, taking part in the British University Championships which they were using as a warm up for organising the big event. I got to do Long Jump, 4 x 400m & 4 x 100m. For the relays I had my own kit girl and the fact I was running in front of 30,000 people was one of the most surreal moments of my life. In the 4 x 100m I was a last-minute fill-in for our university's top sprinter so was put on last leg. Looking across lanes 1 to 8 there were 8 "Built" 100m runners including, in lane 8, a 6ft 5 Ghana international sprinter. In lane 9 was a weedy Norfolk boy who couldn't have looked more out of place. After finishing my leg of the 4 x 400m I looked up and standing about 2 metres away was Seb Coe. It was a great, but odd, couple of days

Other highlights have been making the final of the UK Sportshall two years in a row as a junior, which included being crowned Under 15 East Region Speedbounce champion both years, a skill which has, as yet, not come in handy. Also when I was an Under 17 I managed to fare well in the UK Decathlon Championships, in what was probably my best year for performances.

Lowlights – The biggest lowlight in a Ryston vest has definitely got to be the Southern Men's League match in Thurrock when I left the competition in an Ambulance. Too worried about swearing in annoyance about knocking the bar off instead of looking where I was landing whilst dropping from 3-4 metres in the air, I landed with my foot on the bar, twisting and fracturing it. Luckily for Marlene and the team it was on my last attempt and therefore no points were lost! Another lowlight was trying to run 400 metres after finding out what a jaeger bomb is. I have given up believing I'll run anything close to what I did when I was 17. A more recent low point was having my name put forward by a fellow member for the Vets Relay last year. I've still got 11 years left before that!

Is there anything (printable, please!) that your clubmates would be surprised to know about you? I was captain of the Bournemouth University Ultimate Frisbee team, and whilst playing my last match for the university I made an error, which, as someone was there with a video camera, has now been seen by 310,097 people on youtube.

Here is the link for the curious or those who like to persecute dumb animals: [Ed, with thanks to Gareth's sister!]
<https://www.youtube.com/watch?{ukww&feature=youtu.be>



ROAD ROUND UP with your ROAD RUNNING REP, ANDY HARROD



May:

(following on from GEAR in the last magazine)

On a undulating course two dozen of our runners took part in the Dereham 10 which also included the County Championships. Matt Pyatt came first in the race, finishing one and a half minutes clear of the field, and became County Champion for the second consecutive year. Since his return to Ryston his running has been reflecting just how happy he is. Jane Ashby won age group Gold and also lowered the club record, Maureen Wolfe (Gold) and Wendy Fisher (Bronze) both received county medals, as did Pete Johnson (Silver) and Simon Able (Bronze) in their respective categories. Heather Beattie, Lorena Latisaite and Mel Reed received the team prize for senior women, making it a great day for Ryston. Jeff Reed set a new M70 club record lowering it by 15 minutes. Jeff's wife, Helen, was making her debut at this distance and ran a satisfying time on this tough course, as did Laura Allen, also running her first ten mile race. When everyone came through the finish it was pleasing to see all of their team mates waiting and cheering them in. Paddy Thompson, on the back of his Milton Keynes Marathon, recorded a PB.

The following weekend, at what seemed VERY early in the morning, a coach left the Fed Club full of Ryston Runners off to take part in the British Masters Road Relays at Cofton Park in Birmingham, an outing made possible by Malcolm Tuff's persistence and organisation. The standard of competition was very high and it was great for our club to be there with the best. Three women's and four men's teams took part with many members running in a lower age group to make a team. Had this not been the case we could have challenged for honours in some of the older categories.

Eamonn McCusker took part in the Halstead Marathon, his 75th outing over the distance, which is very commendable.

Matt Pyatt took part in the final Great Yarmouth 5 mile race and lowered the M35 club record to 26:40, bagging a PB by 44 seconds in the process.

Andy Wicklen took part in the Edinburgh Marathon and recorded a PB by 5 minutes with 3:27:25, in 809th.



DEREHAM 10M

June:

Danny Rock took part in the Bury 5 mile where he finished 4th overall in 28:32, qualifying for a much-sought-after Silver Hare. The following weekend Danny ran the Southend Half Marathon in 79:34 (PB) finishing in the top 10. At the Diss 10K Phil Twite ran a strong run, recording a PB by 10 seconds finishing in 39:20 and Will Honeybone 40:54. At the Mike Groves 10 Mile Danny Rock finished 5th and recorded his first sub 60 minute run for this distance. He had been 2nd until suffering a stitch at mile 5 which, in his words, " slowed him down ". Ian Milburn ran 63 mins and finished 8th overall. Sue Naylor ran strongly and finished in 1:46. Pete Johnson travelled to Horwich to take part in the 5K British Masters Championships, running 18:52, just missing out on the M60 Bronze medal by 11 seconds.

On a Wednesday evening five members travelled to Wroxham to run in one of the 5K series races which included the County Championships and attracted 380 runners. Callum Stanforth, 8th, recorded a PB of 16:24, Gareth Hunt in his first road race finished in 18:56, Richard Watson in 19:01 (50 second PB), Phil Twite in 19:25 and Barry Smith, returning from injury, ran 23:10.

The following Sunday 8 members took part in the rainy (again) Humpty Dumpty 10K at Freethorpe. Callum Stanforth maintained his brilliant form and was 1st Senior Male in 35:36, just beating Danny Rock(2nd SM) by 4 seconds. Pete Johnson, running to help a fellow runner round, finished 3rd in the M60 category. Keith Morris and Martin Blackburn made up the male runners on this damp day. Lorena Latisaite was 3rd Senior Woman and Jane Ashby 1st W65. Sarah Partridge, after a great London Marathon, finished in 56:54.

In much warmer temperatures Pete Duhig, now M65, ran 51 mins at the Santa Pola International 10K and might have been on the podium had he not picked up a hamstring injury halfway into the race. Cath Duhig walked the course in a respectable 65:10 (a time some runners would be very pleased with).

Also away from home, Pauline Drewery took part in the Brading 10k on the Isle Of Wight, finishing 2nd in her age group and 9th woman overall.

Nic Bensley took first place in the multi-terrain Horsey Dune 10K Run in 42:17, and was joined by Richard Dickson in 50:22, 1 minute faster than last year.

Cont'd...



THE FAST MEN

ROAD ROUND UP - Cont'd

July:

On a very warm evening fifty two members took part in the Hancock Handicap at Downham Market on the 5 mile course. Marlene fiddled (I mean arranged) the handicaps and this worked very well. Fastest on the night was Callum Stanforth followed by Danny Rock, Warren Armstrong and Justin Kinsey, who all finished in under 30 minutes and will be awarded a Silver Hare at the awards dinner in January, as will those whose performance earned them age-graded Hares. The winner of the Handicap race was Lorena Latisaite, followed in by Callum Stanforth and Will Honeybone. Everyone then stayed behind to enjoy a fish and chip evening organised by Lesley Robins. Danny Rock came 3rd in the Newmarket 10K in 36:03 on a very hilly course.



Hancock Handicap 5

August:

On an undulating course eleven club members took part in the Frettenham 10K. Callum Stanforth was second (35:02), Danny Rock third (36:40), and Justin Kinsey 5th overall and M30 age group winner. These three also won the team prize. Wendy Fisher won the W45 (52:10) and Jane Ashby W65 (53:46). Great runs also from Keith Morris (he seems to like hills), Sarah Partridge, Andy Harrod, Cheryl Brown, Mel Watts and Sue Smith. A nice liquid stop at The Rising Sun, at the instigation of Tim and Sue Smith, who are threatening /promising a boat trip next year, finished the morning off well.

The final race in the Peterborough 5K series at Werrington featured Ian Hogarth (21:34), Lisa Pyatt (22:03), Bec Tuff (25:07) and Sue Naylor (27:54).

Matt Pyatt came second in the Great Yarmouth Half Marathon (76:35). Jane Ashby ran 2:05 and Keith Morris 2:09. Darren Smith ran 5K in 21:22 at Poppit Sands in Wales; it is great to see Darren running again.

The Thorney 5 Mile race, which is an out and back race, saw eight Hares take to this fast course. Matt Pyatt came sixth overall. Matt (27:37), Adam Matthews (29:02) and Warren Armstrong (29:24) all achieved Silver Hare status, as did Shaun Mann (age graded). Also at Thorney were Jo Brooks (47:59), Martin Blackburn (48:00), Sue Naylor (49:43), and Helen Sewell (55:25 / 2nd W65).

David Lane ran on the racecourse at Fakenham - thankfully it did not involve going over the jumps- and he covered the 5K in 24:52, even with the long grass on the course.

17 club members travelled to Dereham for the Race of the Month, the well organised 5K. As ever this event sold out quickly and there were no on the day entries as in previous years. Callum Stanforth, who, after giving up football, has really improved this year, finished 6th in 16:57, and Pete Johnson was 1st M60 in 18:54. Gareth Hunt, taking part in many more road races this season, is ever improving. Stew Robins, after his back injury, is getting back to his top running once again and was second M45. Karen Wood (24:10) was second W50. and Maureen Wolfe (24:42) third W55, making it a great day for our great club.

Cont'd



Tim Smith, our self appointed (& very good) club photographer. Posing with son Darren.