



"Now is the winter of our discontent  
 Made glorious summer by these runs of yours...."  
 [No apologies to Shakespeare - he's never apologised  
 to me.]

Having dragged myself out of bed uncharacteristically early (OK, before 8) to go to a recent parkrun, and been rewarded by the sight of such a beautiful red-gold sunrise reflecting on the frosty fields and trees, I wondered why I didn't do it more often. It is more difficult to racewalk than run on icy ground, that is a fact, but just being out on these wintry mornings is rather good for the soul. On a recent working trip to Bournemouth Pete was putting on his shoes in a hotel porch, ready to go for a pre-breakfast beachside run, when a man huddling outside in the rain having a smoke berated him for being "mad" to go out in that weather and asked him why, if running is so good for you, every runner he met seemed to look miserable. We could have gone on about how every smoker we saw outside pubs and offices looked rather pathetic and miserable to us, and how runners might just be concentrating on doing their best rather than miserable, but we resisted and went on our way. However, you only have to look at all the smiley faces in this issue to see that running is clearly good for your well-being and mood, and that being part of a friendly, inclusive club like Ryston Runners adds incalculable value to the quality of your life.



If any more proof were needed, herewith is one of my favourite club photos of recent months: the indomitable, irrepressible Sue Smith with her first ever XCGP coaster award. What a player. No more to be said. Ed.

**PAGE 2: A message from "Miss Tuff" - IGNORE IT AT YOUR PERIL!!!!!!**

The newly-launched "Ryston 100 Club" is a fund-raising initiative to help support Ryston Runners AC. The aim is to get as many people as possible to join, hopefully more than 100.

The form printed on Page 2 provides all of the information you need on how you can be in with a chance of winning one of three cash prizes every month, for just £12 for a year. All you will need to do is fill out the form and provide your one-off payment of £12, and you've joined the 100 fundraising club for the year.

We'd really like to encourage club members as well as non-Ryston Runners such as family and friends to join in too, so spread the word.

**Website: [www.rystonrunners.org.uk](http://www.rystonrunners.org.uk)**



JOIN THE

RYSTON RUNNERS  
**100** FUNDRAISING  
 CLUB

Support *YOUR* club!!

*It costs £12 for the year!*

*Which is only £1 a month!*

**3 CASH PRIZES EVERY MONTH**

FIRST DRAW WILL BE ON 1st FEBRUARY 2015



Name: \_\_\_\_\_

Contact phone no: \_\_\_\_\_

If you are not a Ryston member please name your club contact: \_\_\_\_\_

I would like to join the 100 club and will be paying my £12 by:

Cheque  Cash  Bank transfer (BACS)

Please make cheques payable to: Ryston Runners AC

If you are using a bank transfer you must state 'your name and 100 club' - otherwise we won't know who it's from!! Bank details: Sort code 53 61 38 Account no 30385466

Please return this form with your payment to Rebecca Tuff or Andy Smith **before 31st January**.

If you would like to post this, please contact Rebecca (bectuff@hotmail.co.uk)

## Awards Night - THE GLITTERING PRIZES



The annual Awards Dinner took place on January 10th at Knights' Hill with over 100 members and guests in attendance. As ever, the cost of the meal was subsidised by the raffle, at which almost everyone who purchased a ticket was a winner. Many thanks to Georgina, Gill and Helen for organising and administering this. Many members expressed their surprise and pleasure at being featured in the "shortlists", and there was a good mixture of humour and admiration as the evening unfolded and the winners [listed below] were revealed.

Fastest Marathon - Male	
Fastest Marathon - Female	
Clubperson of the Year	Bridget Wood Award
Cross Country Handicap Award	
Outstanding Performance	Chairman's Award Committee Award
County Chairman's Award	
Most Injured	
Male in SAL	Robert Wood Trophy
Female in SAL	Laura Wood Trophy
T&F Athlete of the Year	Jack Wilde Trophy
Road Runner of the Year	
Newcomer - Female	
Newcomer - Male	
Senior Endeavour Award	Izzy Cup
Most Improved Athlete	Bob Hancock Award
Ambassador Award	Tinker's Trophy
Junior Track	Nicholls Cup
Junior Field	Nicholls Cup
Junior Endeavour	
Junior Athlete of the Year	

Malcolm Tuff  
Marie French  
Andy Smith  
Heather Beattie  
Martin Ive  
Martin & Marlene Simmonds  
Maureen Wolfe  
Sue Smith  
Gareth Hunt  
Heather Beattie  
Gaye Clarke  
Jo Isbill  
Jill Davis  
Barry Smith  
Peter Witley

Ian Milburn  
Andy Harrod  
Hannah Brown  
Ed Borrmann  
Adam Matthews  
Annie Rooks



**Above:** Some of the award winners present on the night.

**Right:** one who wasn't - Peter Witley was delighted to receive his award later, (expletives deleted) after having had to miss the dinner as he was unwell.

**Left:** Andy Harrod. Proud winner of the "Tinker Trophy" - Club Ambassador Award.



## Awards Night - Cont'd.

Also presented on the night were some badges to winners of Road Running Standards and 2 Silver Hares, one to Callum Stanforth (sub 30 min 5 miles) and Jo Isbill (25 P of 10 events covered in a single year).



**Left:** Martin and Andy share a joke at a recent Grand Prix.

**Right:** a bemuddled Nick Bensley.

**Below:** So that's how they go faster? A few Ryston Runners hitch a lift at the end of a race.



## EVAC Track and Field League

Jeff Reed has agreed to be the club's contact and team coordinator for this. He writes:

This popular event has been revived for 2015, and we are planning to field men's and women's teams. In order to compete you need to be a member of EVAC, which will also render you eligible for Masters' events nationally and internationally. Membership costs £12 and forms can be found at <http://www.evac.org.uk/memb.html>.

There is a range of track and field events. In the past the women's team demonstrated wonderful team spirit and as a result did exceptionally well and reached the finals. They flooded the events with enthusiastic competitors who were not necessarily experienced, but brave enough to go out of their comfort zone for the club.

Thanks to EVAC I am now in the top 50 UK rankings for 100m, 800m, discus, shot, long and triple jumps! I am hoping to do even better this year competing as a 70 year old.

*If you would like to try something different email [thereeds2@sky.com](mailto:thereeds2@sky.com) or talk to Jeff or Helen Reed*



## ON TRACK

From April onwards there are plenty of opportunities for all ages to get involved in Track and Field for Ryston Runners. As well as athletes, we are on the lookout for helpers for athletics matches, especially officials: if this might interest you either speak to Gareth on a Monday night or send a message to the club's email address.

We are entered into multiple leagues all aimed at different age groups. Below is a list of the leagues we compete in and a brief description of each.



**Thea Howlett** has already kicked off her 2015 Track and Field season with a great run in the SEAA Indoor Champs as an U15G, recording the fastest 800m by any Ryston female - not just this year, but over the last 12 months.



### **Southern Athletics League** -

(Age 15 and above) A combined team of Male and Female athletes takes on clubs from the South East of England in a league. Almost a full athletics "menu" is available, with events contested including 100m, Shot Putt,

Long Jump, 5000m and Steeplechase. These matches are held on Saturdays and a mini bus will be available to transport runners to away competitions

**East Anglian League** - (Under 9's to Seniors) Athletes compete in their specific age groups against other local teams from the Eastern Region. Core athletics events are available to take part in. Away venues are normally within an hour and a half's drive of Kings Lynn. These matches are held on a Sunday.

**Eastern Veterans League (EVAC)** (Age 35 and above) The EVAC league returns this year. This allows Masters age athletes to compete in their own age groups instead of running with seniors as they have to in other leagues. There is a wide range of different events to take part in, with "half" matches taking place on Wednesday evenings. These matches will be fairly local. [ See separate notice and information on Page 4 -Ed]

**Eastern Young Athletes' League** - (Under 13's - Under 17's) In this league club members take part as part of a composite team with other local teams. It gives our Junior athletes a chance to test themselves against some top talent from the rest of the region. These matches are held on a Sunday.

**Youth Development League** - (Under 17's & Under 20's) Another league where we are part of a composite team. This again gives athletes the chance to challenge themselves against some high quality athletes. These matches are held on a Sunday.

**Quad Kids** - (Under 11's and Under 13's) A Norfolk league which allows the younger athletes a chance to compete. All competitors take part in 4 events: Long Jump, Vortex Throw, 600m and 80m. These matches are held on Sundays.

### **A notable date for Seniors to save is Saturday 25th of April when we have our opening 2015 Southern Athletics League match at Kings Lynn.**

*Any questions about any of the leagues, or if you would like any coaching at any track and field event, speak to Gareth. A final T&F Dates for Diary will be posted on the Club's website and Facebook page in the next couple of months.*

### **Tuff of the Woods**

Malcolm Tuff has put in some serious performances at the XCGP this series. He has lowered the club all-time bests for M50 over all 3 distances, including erasing the long-standing records of founder member Ian Vaughan-Arbuckle, who has magnanimously been in touch to congratulate him on this achievement.

## SPOTLIGHT - Che Plant



**Name:** Che Baigo Plant (I know, crazy first and second names!)

**Age** 35 DoB 26/06/1979 competition category M35

**How long have you been associated with athletics / Ryston Runners?** Since 2010.

### **What place does this association have in your life?**

Before joining the club in 2010, not very much; I just wanted to get fit. However, the longer I have been with the club, friends made and opportunities taken, the club is a massive part of my life. I'm sure most of you reading this think about someone or something to do with running and the club frequently throughout the day - that is how much running and the club means to me.

### **What is your sporting background / history?**

Growing up in a small village in North Devon I was always playing football and cricket for my village team. At school I hated all lessons apart from English, PE and Games, I longed to get out and play sport, anything, including tennis, rugby, squash, and kiss chase (that is a sport right?). I don't remember, other than the annual sports day, any form of running or athletics being carried out at my school....shame really.

I joined the RAF aged 17 and knew that I would have to carry out some kind of fitness test to get in, and get beastied in the gym daily when carrying out my basic training. I was right, it was fairly hideous for someone with only a basic level of fitness. Knowing what would be ahead of me, I remember training once prior to joining up! I ran for about a mile and stopped frequently - some things never change.... Anyhow, once I passed my basic training, the only sport I really took part in was drinking: Thursday through to Saturday I used to drink shed loads, it was the culture and, at the time, was fun.

After my drinking career I chose to try and get fit. My mate who was a year older and wiser than me started running after work, took me to the gym and said, "Come on, run 3 miles with me on the treadmill!"..... I died after about a mile! I realised then how unfit I was. I started to run occasionally after work and for my unit, which at the time was RAF Coltishall, on a Wednesday afternoon. This was 2004. I used to run every couple of weeks for my unit in both a local road and XC league; I didn't particularly take it too seriously and was around the 40 minute mark for a 10KM race.

Although I enjoyed competing against other runners, I still didn't treat it as a sport I really wanted to get into; I preferred football. I was OK at football and most sports; I seem to be a jack of all trades and master of none when it comes to sport. Things changed after breaking my right leg, (tib and fib) whilst playing a "friendly" football match at work one lunch hour..... My football days were over.

After recovering from my leg break I tried to regain my fitness by spinning and jogging. During my recovery period I lost so much fitness, as we all know we lose it so quickly, so I entered my first road race for Marham, which was a 10km route. It started on the camp playing field where the current Marham 10Km route starts and headed towards Shouldham Warren, around a cone at the 5KM point and back the way you came. I was overtaken at about the 6KM point by a mate of mine who was probably ten years older than me. I was gutted. At that point I realised how out of shape I was, and this was the turning point where I decided to sort myself out. I got home and decided the best way to get fit was to join a running club. Google offered me Ryston Runners, and my first night was a Thursday from the Fed Club. I remember running to Denver and back via the river bank.... It nearly killed me! A friendly bunch of guys were there who immediately made me feel welcome - perfect! The following Monday I went to the track, which was my first experience of running on an actual athletics track. I loved it. I seem to remember Martin Ive, who back then still had no hair, telling me to stick with him. I tried, and carried on trying for the next year or so. In my eyes at the time he was the one to beat.

Cont'd ....



## SPOTLIGHT- Che Plant cont'd

Having trained with the club for several months I wanted to be running with the faster runners, you know, the ones who lapped me every Monday night. I made the break from my comfort zone and tried to run with the likes of Marie French, Nic Bensley and Malcolm Tuff; I wanted to be running with them and wanted to be beating them. It took a while but ,bit by bit, session by session, I would manage to hang on the back of them for that little bit longer. That's the key for improvement in my opinion: pick a target and go for it, try your luck and see what happens . If you want to improve you have to push and get out of that comfort zone..... Worked for me, for a short period anyway, as there is always someone faster who pitches up to chase.

### What are your favourite sporting activities?

Running, tennis and squash - occasionally football, but when I do play I have to wear shin-pads and wrap myself in bubble-wrap...just in case.

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

Stand out moment for me was representing Norfolk in the Inter-Counties XC, Birmingham. The competition was amazing and really put things into perspective. Going through the pen side by side with Andy Vernon brought to my attention the standard here - I just didn't want to finish last!

Low point I guess was losing soooooo much fitness whilst recovering from Open Heart Surgery last December, although I was quite impressed with going sub 40 in GEAR four months after the Op.

### Is there anything that your club mates would be surprised to know about you?

Not really, I'm a left handed vegetarian with a crap name.....?



## CROSS COUNTRY REPORTS

In his capacity as XC Rep and also Team Manager for the Hereward Relay, Che has sent a report on the past few months' activities:

Two teams, one male and one female, took part in the SEAA Cross Country Championships on 18 Oct 14 at Wormwood Scrubs, London. The men's team finished in 14th position whilst the women finished in 11th - a fantastic achievement for a small club in a class field of athletes. This was the first time Ryston Runners had entered this event in a long time, and we hope to participate again next year with more teams. [A more detailed account on Page 9]

Malcolm Tuff and Justin Kinsey took part in the Kettering Charity Cup Open (inc EVAC Championship) 10km XC race on 29 Nov 14. Malcolm finished 14th overall and 1st in the EVAC M50 category. Justin finished 18th.

Several Ryston Runners competed in the Norfolk Cross Country Championships on 6 Dec 14 at Colney, Norwich. There were some great results and many went home with a county medal. We hope that some of our members are being considered for selection to race in the Inter-counties National Cross Country in March.

Thea Howlett was selected to run for Norfolk at the Southern Inter-Counties Cross Country on 13 Dec at Horspath Sports Ground, Oxford. Racing against strong competition Thea finished in the middle of the field and 5th Norfolk U13 girl. All this was achieved with one shoe, after she had lost the other within the first few hundred metres of the race.

Shouldham Warren has seen action from Ryston Runners Cross-Country Grand Prix series. To date (beginning of January) there have been three races producing some fantastic results for all age categories including various PB's and record breaking runs, including 2 long-standing club records rewritten by Malcolm Tuff as a new M50.

8 Ryston teams featured in this year's Hereward Relay on 23 Nov 14. The 38.4 mile race, starting at Peterborough Cathedral ,saw teams of four test themselves over various terrains, mainly mud, finishing in Ely: a fantastic achievement for all who took part over this arduous course in miserable conditions. A massive well done to Ryston-"North", consisting of James O'Neill, Callum Stanforth, Justin Kinsey and stand-in runner Andrew Simmonds, who finished third overall. Also well done to James O'Neill and Malcolm Tuff who both won Leg 1 in their respective age categories. [more on Page 9]

## ROAD RUNDOWN

### September:-

Five of our members took part in the third staging of the Sandringham 10k. The fast-improving Adam Howard, a Ryston Junior member some years ago and tempted back via parkrun, was first over the finish line. Kelly De-Gol ran a strong race, as did Jillian Davis, Simon Tarling and Keith Morris.

**Oct:-** One of the two main road races this month was the Peterborough Half Marathon in which fifteen members took part. Ian KD Milburn continued his great improvement of the year and recorded a PB as did Will Honeybone, Andy Wicklen, Barry Smith, Anna Seaman, Jo Isbill, and Jeff Reed. Daniel Guppy made his competitive debut in Ryston colours. Paddy Thompson ran with his wife Annie, who was taking part in her first Half Marathon. The one thing that I will always remember about this day is the great team spirit as no one would leave until our last runner was safely home over the finish line. To me this is what makes Ryston so great: everyone looks out for and values each other. The second, two weeks later, was the Fenland 10 including the EVAC Championships. Thirty plus Ryston Runners took part in this well organised event, at least 14 of them recording PBs. It was great to see several members making a return to the road after injuries. EVAC medals were awarded to lots of our runners in their age groups .

**Nov:-** On a very windy day, raining cats, dogs and hares, a few of our runners travelled to the Norfolk Showground to take part in the Norwich Half Marathon. Considering it always seems to fall on the same day as the Hereward Relay it is great credit to all our runners who choose to run this as we are represented far and wide across the country. The two lap undulating course challenged our runners, who were led home by Marcus Hawkins. Joe Anderson-Brown and Ian KD Milburn all had exceptional runs in monsoon conditions to finish in under 90 minutes. Phil Twite, Barry Smith, Mark Doughty, Les Scott, Julia Norman, Juliette Meek and Keith Morris all finished, which, in itself, is of great credit to them as you will not find many days as tough as this one.

**Dec:-** On a cool morning 8 of our members took part in the Nene Valley 10 over at Bretton, Peterborough. This ever popular road race attracts entries from all over the country. The returning Anthony Savage had a great run after a few years away from competition.

Thirty seven members, plus many more helpers, turned out for the December "Race Of The Month". With no other relevant races around we had decided to encourage people to come along to run and socialise at the Xmas parkrun as our club has acquired many new members from this event. Who would have thought ,when it was first set up, just how popular it would become for all runners, made possible by the great leadership of the race directors. The first King's Lynn parkrun on September 10th 2011 attracted 61 runners and now there are usually between 150 and 200. On a cold and icy New Year's Eve morning at Little Downham many of our members took part in the annual 10K. Considering the conditions. many runners managed to achieve good times. In a field of 590 finishers, two of our



### Ely New Years Eve line up

athletes won their categories: Jane Ashby was the first W65, finishing in a PB time of 50:59 and Malcolm Tuff was first M50 in 36:39 (17th overall). Lesley Robins was 2nd W40, Maureen Wolfe 2nd W55, and Jill Davis 2nd W60. Nic Bensley ,3rd M45, completed the medal haul on what was a successful day for everyone, not just the category winners.

**What a brilliant end to a racing year and, considering how popular this race has become, maybe it is something we could look at for the future, to stage our own New Year event, if there were enough willing hands?**

## Coming Up:-

In March and April I would like to arrange some Sunday runs again, with my trusty lieutenant Mick Ennis, to take people round the GEAR route, as it proved very popular last year. I propose the runs start at 8am from the Tuesday Market Place on 15 & 29th March and 12th & 26th April.

### Dates for Race Of The Month for Jan - June 2015

January 25th	Ryston 15 Mile
February 15th	Valentine 10k ( Norwich )
March 22nd	Wyndham 20 and Lincoln 10k **
April 5th	Trowse 10k
May 3rd	GEAR 10k
June 21st	Mike Groves 10 Mile.

\*\* This is also the date of the final event in the 2014/15 Ryston XCGP Series.



## HEADLINER

One of the best press headlines of 2014 was "ON TRACK LANE IS CHUFFED" [ YLP] atop an account of David Lane taking part in the Bure Valley Railway "Race the Train". David's own account (only slightly edited) is reprinted here:

Sunday dawned dry and sunny, and pleasantly warm. The heavy rain of the previous day had damped down the dust on the trail ,leaving only the odd muddy patch, so the going was good. This event was organised by North Norfolk Beach Runners on behalf of the charity Cross Roads Care. The race followed a track beside the Bure Valley Narrow Gauge Railway from Aylsham to Wroxham, some 8.9 miles. A record entry of 141 completed a lap of Aylsham Station car park to allow the field to spread out a little before running along side the track. The trail was rather narrow with usually enough room for two people to run beside each other, and occasional room for three abreast, so it was a bit tactical for the first 3 or so miles. The race started at 12.15, the train left Aylsham at 12.40 so we had a 25 min head start. The trail crossed one level crossing, one road, and three bridges. I had run just over 3 miles before the train started, I was going well, aiming for 8 1/2 minute miles, so well ahead of schedule. I just decided to press on and hang on at the finish. It's amazing how quickly you will run when chased by a train! Much to my pleasure I managed to keep going really well. With about 1 mile to go I heard my first train whistle in the distance behind me. It seemed that the vast amount of the first 8 1/2 miles was a steady drag uphill , only in the last 1/4 mile did it dip dramatically towards Wroxham station. I managed to complete the 8.9 miles in 72 minutes and 58 seconds and beat the train by about 1 minute, finishing in 62nd position. The prize was a medal and lovely train ride back to Aylsham. I would certainly recommend this race to any multi terrain runners.

## More Cross Country [relay details from page 7]

Two teams of Ryston Runners (one male and one female) took part in the South of England Cross Country Championships held at the Linford Christie Stadium, Wormwood Scrubs, London. Having stopped en-route for the obligatory Burger King and a strong Coffee, the team were raring to go with only the team orders to sort. Hitting traffic in Central London led to groans from the rear of the minibus to whether we would make it on time..... Unfortunately we did! For a strong senior ladies team, Kelly De-Gol led the club out on the first leg of the windy 3k course, in a time of 14.20, handing over to Lorena Latisaite for the second leg in a time of 14.00. Ryston were looking solid before Marie French took over to bring the team home with a leg time of 12.24 and a combined time of 40.54. Impressive runs from all three ladies showing that Ryston ladies can compete amongst the best in the South of England.

Then it was the Senior men's turn. Ben Collison took the starting lap of the 5k course. In an impressive field Ben handed over to Che Plant in a time of 18.03. Che ran his leg in 17.13, before crossing the line for Justin Kinsey to run his leg. Finishing in 17.00 Justin handed over to Malcolm Tuff who ran his leg in 16.23 bringing the team home in a combined time of 1.08.39

A great day out with a fantastic team of runners who can be proud of their achievements - well done team Ryston, see you next year with, hopefully, more teams from the club entered.

## AULD LANG SYNE

**Xmas usually brings a few bits of catch-up news from old friends and ex-members. 2014 was no exception.**

**Sue Richardson** was at the Dec 13 parkrun , where son Josh was a participant. **Andrew** (husband/dad) wasn't there but the family was visiting the area from Melbourne, Australia, whither they emigrated many years ago. Sue asked to be remembered to members from that era.

**Jane Thomas** writes every year. This Xmas's news included Iain turning 40, running the London Marathon, and becoming Dad to Ferne. Iain was one of the pioneering members of Ryston's Southern Athletics League team. Jane and her late husband Ken were loyal timekeepers at numerous local and county athletics events.

The **Hough** family visited from Tampa, Florida, in June 2014 so Paula, now 16, could see where she was born, when dad, **Paul**, was on a TDY with the USAF at Lakenheath and a rather handy member of Ryston Runners. Paul is now an accomplished Master Triathlete. and has earned himself a place on Team USA in the ITU Long Course Championships in Sweden in June 2015.



Auld Acquaintance.  
Martin and Marlene renew their contact and share memories with (l-r) Paula, Karen , and Paul

The last lot of nostalgia came in the form of a delightful letter from someone who is still very much with us. **Luke Harman** was an especially active member of the club in the mid to late 1990s and is now back in harness helping at Lynnsport on Monday evenings and at the XCGPs in Shouldham Warren. Here is an extract from Luke's reminiscences:

" ..... enjoyable evenings training at Lynnsport with Peter Duhig and then, for many years, Martin Simmonds in charge. In those days you were happy if more than a dozen athletes turned up. That makes it even more enjoyable for me, after a 4.5 year break, to come back and see so many at the track, with great coaching from Rebecca Tuff, and others giving up their time to help inspire the children at the club. " I'm a bit of a geek when it comes to being interested in people's personal best times, club records, and even training run times. At the elite level I value someone setting a World Record much more highly than a Gold Medal performance as I think it's possible to get lucky and win Gold but impossible to get lucky and run a World Record."

Luke's letter then goes on to detail some times from, and thoughts on, various training sessions, many at Lynnsport, and also some favourite Downham sessions including the "Tour de Downham" and "Mushrooms". He asks if anyone has records of times achieved on the latter s he acknowledges he is "not a very well organised geek" and doesn't have them, as well as noting "I never wore a watch at training sessions." How many of today's athletes could survive such nakedness?!

We did, in those days, keep a log of everyone's training times, but there were, as noted above, far fewer people to keep track of then.

Several of the names he mentions of those attending those sessions will be familiar to members now : Rod Wood, Paul Firmage, Robert and Andrew Simmonds, Dave Neale, Christopher Milnes, Linda Marshall, Martin Ive, as well as the aforementioned Andrew Richardson.

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

**Composer: Peter Duhig.**

**Photographers: Tim Smith, Andy/Bev Harrod and various club members.  
Original Header Design : Ian Barrett**



## SHORTS COMPETITION

The usual few loyal competitors hazarded a few guesses about the wearer of the Shorts in the last issue's competition. But, as ever, even the wearer - Christopher Milnes - failed to identify himself. There's still a creme egg (Original Recipe!) left in the box, so let's hope he who chooses the photos makes it a bit easier this time.

First correct answer receives a Creme Egg.

< Last month's shorts belonged to, **Chris Milnes.**



**WHICH CLUB MEMBER IS IN THE SHORTS BELOW ?**

First correct emailed answer gets a Cadbury's Creme Egg - Email answers to: [cath@peterduhig.plus.com](mailto:cath@peterduhig.plus.com)

### Media Tarts

There was a bit of TV film action for a few Ryston members towards the end of last year. Jo Isbill and Karen Wood were featured doing what they do second best: laughing and chatting; after what they do best: running, in this case at the Peterborough Half Marathon. Justin Kinsey was seen on TV finishing the Round Norfolk Relay for Ryston A, with Coach Tuff leaping around in the background making sure times were recorded and there was no slacking.

### Record Keeping

Ian Milburn has stepped up to the mark to keep track of club records for the coming year. If you have broken, or think you have broken, any club records please let him know : [ianmilburn2011@hotmail.co.uk](mailto:ianmilburn2011@hotmail.co.uk)

**REMEMBER - THERE ARE LOTS OF YOU. IT'S ALMOST IMPOSSIBLE FOR ANYONE TO KEEP TRACK OF EVERYONE'S RESULTS ALL THE TIME. THIS APPLIES TO WHETHER OR NOT YOU'VE SET A NEW CLUB BEST TIME OR JUST KEEPING TRACK OF RESULTS**

## CLUB AGM INFO'

The club's AGM was held in November. Despite wanting to retire/resign, Andy ended up being resigned, to another year in post, but there really was no one forthcoming to fill the vacancy. However, he has made it very clear that this is definitely IT and he won't make the same magnanimous gesture next year. [The jury is out on other gestures he might make.] Cath has stepped aside to make way for Gareth Hunt as Vice Chair, with a view to this position becoming a "trainee" post for a future chair person.

Martin Ive's work has taken him out of the area for the majority of the time so he has stepped aside after 14 years on the Committee, variously as Chairman, Coach, and Welfare Officer. He remains active as a Race Director, but Mick Ennis has taken on the Welfare mantle. Karen Wood has joined the Committee. Full details of Who's Who are, as usual, on the back page. It's only 10 months until the next AGM - maybe some new faces could think about offering their services to the club committee to, as Che (Spotlight Member this issue) says: "Keep it fresh, keep it real."



## BMAF/EVAC RACE WALKING IN DOWNHAM

On April 26th the club is hosting a 10K/20K racewalking event in Downham. This will feature the EVAC Championships over 10K and the BMAF National Championships over the 20K distance. Many members will be otherwise engaged in London, but if anyone is able to volunteer a couple of hours in the morning to help with marshalling/catering etc that would be a great help. The TV will be on if you want to dip in and out of what's happening in London.

Contact Pete or Cath Duhig for more info or to volunteer (or take part).



## Committee 2014-2015

**Chairman:**  
Andy Smith



**Secretary:**  
Georgina Allen



**Treasurer:**  
Sue Tuff



**Vice Chairman & Coaching and development:**  
Stuart Howlett



**Welfare:** Mick Ennis



**Membership secretary:**  
Mel Watts



**Road running:**  
Andy Harrod



**Track and field:**  
Gareth Hunt



**Cross country:**  
Che Plant



**Social secretary:**  
Lesley Robins



**General Committee:**  
Cath Duhig



**General committee:**  
Malcolm Tuff



**General Committee:**  
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