



RUN INSPIRE ACHIEVE

EDITORIAL:

Tonight at noon

*Supermarkets will advertise 3p extra on everything....
Children from happy families will be sent to live in a home
Elephants will tell each other human jokes.....
The first daffodils of autumn will appear
When the leaves fall upwards to the trees.
Adrian Henri*

Everything changes.

A show of hands at the club's AGM in November suggested that the majority of members would prefer to receive their "Hare" magazine electronically, so you are either reading this having received it by email or have asked to receive a printed copy. Subsequent to the AGM several members said they had not realised that they would no longer be having a printed copy and would prefer it, but it is difficult to know what is the real situation.

In order more accurately to assess how many copies of each should be printed, please let me, Hon Ed, know your preferred format by sending a message to cath@peterduhig.plus.com or writing to Cath Duhig, 42 Wimbotsham Road, Downham Market PE38 9PE.

Communication within a club like ours is always problematic. Nowadays we have so many choices and alternative methods (Facebook WhatsApp, email, website, text, phone, physical mail....) but the irony is that successful communication among members is less easily guaranteed than previously. The onus really is on each member to access the information available, and to make the committee aware of his/her needs /requirements. The same applies if a member thinks anything should be discussed at club management level. If you don't communicate, how can you expect to be communicated with?

The Hare magazine is, inevitably, always going to be a mixture of reflection and information. This issue looks back on Sportshall, the RNR and various road events, and the awards evening, and forward to the coming season's fixtures. Keep it somewhere handy where you can refer to it frequently to avoid the dreaded "I didn't know" syndrome.

Cath [Ed]



SPORTSHALL

2015 saw the return of Ryston Runners taking part in the Norfolk Sportshall League. A decade ago this league was a massive part of the junior development of our up and coming athletes, with Ryston having multiple runners taking part, and going on to represent the County at Regional and National Level.

This season was going to be an unknown with us having a few years out, but Ryston coaches were pleasantly surprised by the turnout and performances of our juniors. The Under 11 Boys fielded a strong team throughout the three matches, and were rewarded for their hard work with a 2nd place finish out of 12 teams from the County. The team over the season comprised the following athletes:

- **Ben Smith**, often anchoring the team home to top 3 finishes in the relays as well as always faring well on the track
- **David MacQueen**, whose spring over the long jump and speed over the hurdles contributed important points during the season
- **George Evans**, showing continued improvement over the season, with promising performances as he is a year younger than most in his age group
- **Harry Sharp**, slotted in well in the match he took part in, performing well at speed bounce



- **Kit Howlett**, rarely finished outside top 3 in his events, showing versatility in both track and field events
- **Liam Clare**, pulled out some massive jumps during the season as well as multiple top 3 finishes on track.

Ben, David, Kit and Liam's performances were spotted by the Norfolk Selectors and all four will be representing Norfolk in January at the East Region Sportshall Championships.

Gabrielle Clare took part in the Under 15 Girls Individual Series, finishing 7th overall, which is a fantastic result for it being her first season of Sportshall, and her only attending Ryston sessions for just over a year. She



always achieved particularly highly in the two jumping events.

Both the Under 11 Girls and Under 13 Girls pushed on well over the three matches, with Saffron and Lily Teasdale continuing to improve into the third match. If only both age groups had one or two more athletes they would have been able to have a good go at the team competition.

In the Under 13 Boys age group both Bailey Took and Joe McNulty performed well, with little experience over the events. Ryston Juniors will now go into the Individual Sportshall County Championships full of confidence, and there should be no reason why most will not be challenging for medals and new bests.

Ryston will be taking part in Sportshall again in 2016, but I will be looking for parents to take a more proactive approach. Next year I am happy still to do the overall organising of teams, but will be looking for parents to step up to help with organisation and to take on managing the different Age Groups.

Gareth

** Since this report was subitted,

Kit Howlett, David MacQueen and Oliver Davis have competed at the Norfolk Individual Sportshall Championships, where Kit medalled.



Membership Memo from Marie

"Being a member is about knowing that you're not on your own and that you share experiences with other people"

When I put my name forward to take over the membership secretary role at the latest AGM; I wasn't really sure what I was letting myself in for, but I knew it was time to give something back to the club that has supported me.

Mel Watts and Sue Tuff both advised me in a handover meeting and here I am, ready to share what I never knew went on behind the scenes in Ryston membership world, and hope that it will be of interest to you too!

Ryston's membership year currently runs from 1 November – 31 October. The membership fee (agreed at the AGM) is currently set at £25 for Juniors and Seniors with a £10 deduction for families (combined price of 3+ members). 2nd claim members pay £10. Your membership fee also includes your individual registration fee to England Athletics (£13 for 2016).

For those yet to renew their membership, please remember that subs are now well overdue and payment should be made ASAP to me or any other member of the committee. New to this year is the ability to pay online too.

So what do I get for my membership fee?

Within Ryston Runners AC you can benefit from:

- Reduced cost of training sessions
- Subsidised events e.g. Round Norfolk Relay
- A Tech Tee for all new junior members

And as a registered athlete with England Athletics, you are able to access the following benefits:

- Entry to events exclusively available to registered athletes
- Entry discounts (minimum £2) on UKA licensed road and multi-terrain events
- ebulletins including key information on the sport and exclusive registered athlete offers.
- The ability to have a say on how the sport is run and funded in a way that reflects your fundamental importance to the sport
- Opportunities for you,(and at times your club or your school) to get involved in exclusive events and experiences in association with British Athletics
- Registration fees help make a difference to many areas of the sport
- Exclusive offers - with partners including New Balance, Inter—Continental Hotels Group, Sweatshop and BUPA to provide registered athletes with exclusive offers and vouchers for money off.
- Entry in the Great Run Club Challenge competition in the Great Run Events

You can visit <http://www.englandathletics.org/england-athletics/athlete-registration#Benefits> for further information.

While you are on the England Athletics website, why not sign in and update your personal information on 'myATHLETICS' portal at: <https://livemyathletics.uka.org.uk/ManageMyClub/Members/Login>

So, what does the membership secretary role involve?

Well, I'm still learning, but in a nutshell it involves keeping a membership database up to date; registering new members on the England Athletics database; gathering in subs on club nights; renewing England Athletics registrations; responding to membership queries and attending committee meetings. I have already enjoyed the opportunity this role gives to meet and introduce myself to other members in the club, in particular being a friendly face to meet and greet any newcomers.

I attended my first committee meeting in December. The committee is a strong team of lovely people, who want to get the best for your club, so please speak to me or any other committee member to get your voice heard in these meetings.

I am always looking to improve things and so you can look out for a revised membership application and renewal form soon, along with other changes to the way that membership is both processed and communicated within our club.

I am looking forward to undertaking this role for the club. Any membership queries or anything you feel can be improved, please just speak to me or drop me an email at fcnzmarie@yahoo.co.uk as I would love to hear from you.



Marie French

RNR REFLECTIONS

[Jeremy Navrady](#) I must give maximum respect to the support team who stepped up and became the oil in the engine. I have heard some comments from those who didn't get in the team and still today don't understand the spirit of the team. Those selfless, mad and excited people who spent their time making sure we can run safely are the difference. I know I keep talking about it but I urge people to get involved, to volunteer and earn the right to run. Among others Mark Doughty could have stayed at home with his family but he joined me on the sweep. I don't care about trophies because while pleasing to hold they are not as valuable as looking back and saying, yes I was part of that team.

Stage	Distance	Terrain	Open team (Ryston A)					Ladies team (Ryston B)					Club team (Ryston C)				
			Runner	Time	Min/mile	Position on stage		Runner	Time	Min/mile	Position on stage		Runner	Time	Min/mile	Position on stage	
						Overall	Gender position				Overall	Gender position				Overall	Gender position
1	16.32	Multi-Terrain	Chris Balmer	1:43:49	6:22	3	3	Susan Matthews	2:01:03	7:25	19	1	Jeremy Navrady	2:18:39	8:30	43	35
2	14.06	Multi-Terrain	Andy Simmonds	1:43:25	7:22	13	13	Amy Chapman	1:52:17	7:59	28	3	Martin Ive	1:47:53	7:40	19	18
3	5.76	Multi-Terrain	Robert Simmonds	0:35:06	6:06	2	2	Karen Wood	0:50:42	8:48	36	12	Mel Watts	0:58:28	10:09	50	23
4	11.14	Multi-Terrain	Phil Thompson	1:17:01	6:55	6	6	Mel Reed	1:32:05	8:16	29	6	Simon Able	1:17:27	6:57	8	8
5	10.81	Multi-Terrain	James O'Neill	1:09:59	6:28	2	2	Pauline Drewery	1:46:18	9:50	47	9	Will Honeybone	1:26:34	8:00	16	16
6	7.90	Road	Adam Howard	0:51:45	6:33	7	6	Jess Robinson	1:06:18	8:24	33	12	Jill Davis	1:09:47	8:50	40	15
7	9.24	Road	Justin Kinsey	0:58:08	6:17	7	6	Jo Isbill	1:10:43	7:39	26	5	Jane Ashby	1:20:00	8:39	43	14
8	7.52	Road	Malcolm Tuff	0:56:59	7:35	22	16	Kelly De-Gol	0:57:52	7:42	25	9	Julia Norman	1:00:34	8:03	31	12
9	17.86	Road	Nic Bensley	2:02:28	6:51	9	9	Heather Beattie	2:13:58	7:30	26	3	Kevin Howlett	2:19:07	7:47	32	28
10	14.67	Road	Matt Pyatt	1:23:16	5:41	1	1	Karen Smith	2:06:58	8:39	47	10	Pete Johnson	1:37:04	6:37	8	7
11	12.45	Road	Ian Milburn	1:22:39	6:38	6	6	Maureen Wolfe	1:45:13	8:27	38	7	Andy Wicklen	1:30:27	7:16	21	19
12	19.67	Road	Che Plant	2:10:31	6:38	7	7	Lesley Robins	2:38:37	8:04	39	4	Barry Smith	2:45:25	8:25	45	38
13	13.25	Road	Simon Levy	1:26:45	6:33	7	7	Lorena Latisaite	1:37:22	7:21	21	2	Phil Twite	1:29:53	6:47	16	16
14	7.27	Road	Adam Matthews	0:43:21	5:58	1	1	Emma Thompson	0:58:29	8:03	28	12	Anna Seaman	0:57:11	7:52	23	9
15	10.59	Road	Daniel Guppy	1:07:22	6:22	5	5	Julie Wacey	1:31:32	8:39	45	15	Stewart Robins	1:11:55	6:47	14	13
16	5.49	Road	Shaun Mann	10:59:00	6:22	3	2	Helen Melville	0:44:36	8:07	29	13	Andy Harrod	0:44:56	8:11	32	17
17	11.73	Multi-Terrain	Callum Stanforth	1:05:47	5:36	1	1	Sarah Taylor	1:33:00	7:56	35	6	Martin Hammond	1:39:29	8:29	44	34
			TOTAL TIME	21:13:23	6:30	2	2nd Open team	TOTAL TIME	26:27:03	8:07	32	2nd Ladies team	TOTAL TIME	25:34:49	7:50	19	6th Club team

Phil Twite

(What Jeremy did) puts things into perspective. I sacrificed very, very little compared with the others, just running a distance I was already comfortable with, only at a slightly inconvenient time. Others were happily giving themselves for roles you couldn't pay someone to do. Jeremy, for example, going from the highs of leading the team out to the, probably, lows of sweeping to ensure we get to do it all another year.

So, a brief race report:

My stage started when it was dark and lonely. It finished some time later when it was still dark and lonely. In between I did some running.

Thank you to the support crew who resisted any temptation to run me down or just go home. For their viewing pleasure they got 90 minutes of me in a vest, short shorts and knee-high socks, a look typically reserved for 1970s basketball players or Venice Beach roller girls.

The adrenaline and excitement has now truly left my sleep-deprived body, just a knackered shell remains. Thanks lovely people.



SPOTLIGHT ON - Jeremy Navrady

Name: Jeremy Navrady **Age/ DoB/ Competition Category:** 50 / 13th January 1966 / M45

How long have you been associated with athletics / Ryston Runners AC?

I first joined Ryston in 1997 with the intention of running a marathon in 1998 – which I did. It was something that I had convinced myself that I couldn't do and then I watched the London Marathon in 1997 and resolved to do it out of curiosity. It also helped that I told my oldest brother, which cemented the deal – backing out wasn't really an option after that, without a lifetime of well deserved ridicule being branded as a dismal failure. I tell my children that winners don't quit and quitters don't win. Ever.

What place does this association have in your life?

Running has given me a great deal of pleasure as it has made a very happy combination with my work life too. Professionally it's something that resonates with my career in marketing as it speaks volumes about dedication, focus, preparation and resolve to achieve a goal. Many of my colleagues have been fellow runners so it means I have been invited to many countries to participate in company events including the Chicago marathon and recently the Dublin marathon. I also managed to join the Dubai Creek Striders for a jolly 21km run round for their equivalent of the Tour de Downham while on business there. Also, I had a brutal 18 mile run round San Francisco Bay over the Golden Gate Bridge and back with work. It was at stupid o'clock before flying home but was worth it because it's not the kind of thing that you usually get the chance to do on a Saturday morning.

Additionally, running fits well into my life as I can slot it in around my family commitments, ensuring it doesn't disrupt things too much. Fortunately I have a very understanding wife who is very tolerant while having absolutely no comprehension of why on earth I would want to train for a marathon, let alone actually run one.

It has also introduced me to a number of truly great and dedicated people in Ryston Runners who are like minded as they understand the benefits of running and the good things that it brings. They have certainly helped me to enjoy some of the very best of times while supporting me through some decidedly tough moments in life which, thankfully, haven't been too often.

What is your sporting background / history?

It's quite eclectic really as I have mainly made activities fit around my family life and work. I have been running now for about 18 years and have mixed in gym, cycling and swimming around these.

To ensure I take care of my knees I have gone back to swimming which I had forgotten how much I enjoyed. This isn't just in the pool at Downham but also open water in the Relief Channel which is very exhilarating, as were my first sea race and triathlon in 2015. I have resolved to make these more regular activities and have a bucket list that includes an Iron Man and an Ultra Marathon. In fact a group of us are competing in the Peddars Way event at the end of January 2016 to mark a number of us turning 50 this year.

What are your favourite sporting activities?

While running is central to everything that I do, I have enjoyed the step up to Triathlon and Duathlon. While I don't consider that I have ever been particularly good at running, I have found that I can compete in swimming and cycling quite well. When my running career is over I want to go back to Indoor Rowing on the Concept 2 and compete in the British Championships over the 10k distance. I am not the tallest, but I do have a decent quantity of power, technique and endurance that makes that an event that is also on the bucket list.

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

I think the biggest frustration has been being injured. While we all have and carry knocks, I badly hurt my knee at an EVAC event in 2010 throwing the hammer and it really did cause me some serious problems which I cannot fix but have learned to persevere with and manage.

Highlights have been numerous. Finishing my first race, the Fenland 10, in 1997 was, at the time, quite a big deal, as was finishing my first marathon. Getting to 25 marathons last year was pleasing too as it's a great landmark for me.

I can talk about the small victories in races when I have trimmed up far better runners than me in the last 100 yards because they stopped paying attention, or have left someone for 15 miles before nailing them on the hill in the last few miles. However the greatest highlight is overcoming myself because after all is said and done, we really are only competing against ourselves. This has also meant that I have learned to trust my judgement and decision-making, especially when things are not going particularly well. I maintain that most people are absolutely fine when all is going well but when you are in trouble that's when you really have to dig in deep and coach yourself through. I think life is very much like that: as someone said, "People are like teabags: you don't know how strong they are until you put them in hot water."

Is there anything (printable, please!) that your clubmates would be surprised to know about you?

While my degree and profession are in Marketing, I am a YMCA qualified gym instructor. The former pays the bills better than the latter ever could.



PRESENTATION NIGHT

Knights' Hill was once again the venue for the annual awards dinner. Over 100 members & partners attended an event generously subsidised by the club and a very successful raffle.

Main award recipients were :

Men's fastest marathon - Matt Pyatt
Women's fastest marathon - Heather Beattie
Outstanding road runner - Callum Stanforth
Cross country handicap - Chris Balmer
Robert Wood SAL - Dan Yellop
Laura Wood SAL - Lorena Latisaite
Jack Wilde track and field athlete - Gaye Clarke
Junior track - Hannah Brown
Junior field - Naomi Darkins
Junior endeavour - Holly Chen
Junior Athlete of the Year - Annie Rooks
Chairman's County cup - Andy Smith
Best newcomer - Warren Armstrong
Izzy endeavour - Sue Smith
Tinker Taylor Ambassador - Cath Duhig
Most improved - Nic Bensley
Committee - Lesley Robins
Most injured - Adam Howard
Chairman's outstanding performance - David Lane
Bridget Wood Clubman of the Year - Rebecca Tuff



There were also 8 club Road Running Standards awards presented :

Copper : Andy Harrod
Bronze: Wendy Fisher, Mark Doughty
Silver: Jeff Reed, Karen Wood
Gold : Kevin Howlett
Diamond : Pete Johnson, Matt Pyatt
(Carl Manning also achieved Gold but was not present at the awards evening)



"Virtual" Hancock Silver Hares were presented to members who had surpassed the 5 miles in 30 minutes (or equivalent Age Graded time) target, and also to Robert Simmonds, for holding 25 concurrent club records, and Jeremy Navrady, for completing 25 marathons.

Those present who had been in any way involved with Ryston's outright win of the Southern Athletics League Division 3 (NE) were feted by the assembled company, and every presentation was ably recorded for posterity by Tim Smith, who has been so important all year in supplying such an excellent photographic record of the club's achievements.

Organised by new Social Secretary Helen Sewell, and MCd for the first time by new Chairman Gareth Hunt, the evening was acknowledged as a success, and a good chance, as ever, to see fellow club members attired in something other than athletics kit.

ROAD ROUND UP By Andy Harrod.

SEPTEMBER (following on from Wissey Half Marathon).

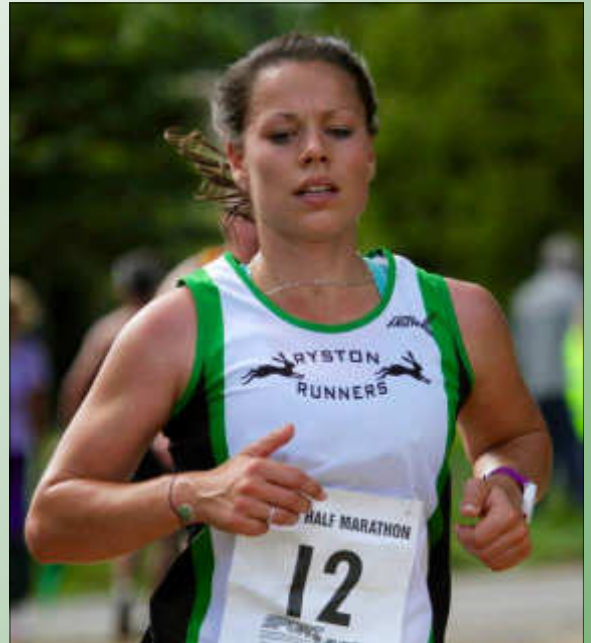
Danny Rock, who picked up an injury at the Wissey Half Marathon, ran 81:54 in the Great North Run. He was joined by Helen Melville 1:59:00 and John Bowen 2:00:34.

Travelling further afield, running the marathon in the Lithuanian capital of Vilnius, Andy Wicklen clocked 3:29:24, Audrius Jasiulaitis 4:16:00, and Keith Morris 4:38:38. Katie Moyle ran the 10K in 50:12.

Twenty of our members travelled to Peterborough for the Perkins Great Eastern Run. Warren Armstrong, 76:35, was the first of our members home, followed by Nic Bensley 82:52 (PB), Marcus Hawkins 85:24 (PB), Phil Twite 86:20, and Will Honeybone 88:28 (PB). Richard Dickson 94:54 (PB), who finished the race a little wobbly, gave his all, as did everyone. Paddy Thompson ran 1:39:34 (PB) and Julia Norman, 1:47:11, recorded a PB by over 2 minutes on a fast course and with perfect running conditions.

The following Sunday Barry Smith was the sole Ryston Runner in the Great Yarmouth 10K, 42:34 coming a week after a PB in the Yorkshire Marathon. On the same day, with perfect running weather once again, 194 finishers, who all received a quality

T-shirt, took part in the Fenland 10 at Marshland High School in a race well organised by Fenland Running Club.. Matt Pyatt came 2nd, followed by Warren Armstrong (1st M40), Pete Johnson (1st M60), Lesley Robins (1st W40). Phil Thompson 62:19 (PB), Mel Reed 73:37 (PB), Geraldine Jordan 79:23 (PB), Jeff Reed 81:59 (PB and club M70 record), Karen Wood 82:23 (PB), Wendy Fisher 83:51 (PB), and Jill Davis 86:37 (PB) All found this course to their liking. It was great to see Robert Simmonds back running again (62:06) and the returning Darren Smith (76:12) joining Kevin Smith (85:01) and Sue Smith (116:39). All we need is Tim to take part and what a great day that would be to have the family running. (I would take the pictures with your camera, Tim. Maybe an idea for a future parkrun?) The race also featured the EVAC Championships with many members winning medals : Matt Pyatt 1st M35, Carl Manning, who is getting back to brilliant running after knee problems and it is great to see him back with us all, 2nd M50 , Pete Johnson 1st M60, Jeff Reed 2nd M70, Karen Wood (1st W50) and Wendy Fisher 2nd W50).



On a hilly course at the Holt 10K Michael Howlett 39:55, Kevin Howlett, Barry Smith, Martin Blackburn, Christopher Milnes, Keith Morris all ran well on this tough course. Lorena Latisaite 41:52 (PB) was 3rd Senior Woman, the ever improving Jan Manning was 3rd W35 45:23, Jill Davis 52:33 (3rd W55) and Jane Ashby 53:10 (1st W60). Jeremy Navrady ran his 25th Marathon in Dublin 3:53:51 on a windy and wet day (not just the Guinness then?). Closer to home the Cambridge Town and Gown 10K took place with Matt Pyatt 5th overall in 34:00 (1st M35), Adam Matthews 35:15 (PB) and the returning Lisa Pyatt 44:53.

OCTOBER Andy Smith ran in the Positive Steps Norfolk Coastal Marathon, a tough multi terrain course, and his time of 4:09:00 was brilliant considering the conditions.

At Impington at the Bonfire Burn 10K Callum Stanforth recorded another PB by 40 seconds finishing in 33:35 and Nic Bensley finished 16th (36:47). Jeff Reed secured a PB by 1 second when running The Lode Half Marathon (1:52:46) his last run as a 70 year old and just 16 seconds away from the " Gold " Road Running Standard.

Geraldine Jordan ran strongly in New York Marathon finishing in 4:04:39 [See later write up of this experience, Ed]

Cont'd.....



ROAD ROUND UP - Cont'd

NOVEMBER Jeff Reed finished 15th M70 in the Trinidad Alfonso Marathon in Valencia, Spain, running really well at halfway until an injury bit and he lost 40 minutes over the second half to finish in 4:43:15. Helen Reed took part in the 10K as did Pete Duhig and Cath Duhig, all carrying injuries. Pete still finished sixth in the M65 category (49:38) and Cath walked the course in a respectable 67:12. Helen was unable to run after the first few Kms and walked the rest of the route, enjoying the party atmosphere, finishing in 75:12.

Lisa Pyatt ran in Dublin while supporting Matt who was running for England Masters in the Home Nations Cross Country match. Lisa finished fourth on a two lap course which included many twists and turns.

Jane Ashby and Matt Pyatt received trophies from the Leethes Prior Norfolk Road Running Grand Prix Series. Jane won the award for the W65 category and also the fastest Marathon by a Norfolk W65. Matt was second in the Men's Marathon competition.

Twelve runners took part in the Firenze Marathon (Florence, Italy), many recording PBs, including Karen Smith 3:57 (sub 4hrs for the first time) and Emma Thompson by 51 minutes in 3:53. Karen had come so close at Bungay. Many congratulations both of you. Che Plant was the first Hare home closely followed by Phil Thompson, Phil Twite, and Martin Ive, Heather Beattie was the first Ryston woman home in 3:22 before Lesley Robins, accompanied by the injury-recovering Malcolm Tuff, broke the 3:30 barrier for the first time (3:29). Paddy Thompson ran 3:35 and Kelly De-Gol 4:14.

In the Hatfield five Jeff Reed set a new club record for M70 (41:27) and qualified for a Silver Hare, also finishing second in the M70 category in the race.

Eammon McCusker was 2nd M60 (74:23) on a muddy course at the Hadleigh 10. Also running there was Danny Rock (now 2nd claim) who was fifth just under the hour.

Andy Harrod and Paddy Thompson ran in the 5 Mile Poppy Run at Boston in open country lanes and unsettled conditions in the middle of nowhere, Paddy recording 36:24 and Andy 43:59.

Several members took part in The Norwich Half Marathon despite it being on the same date as the Hereward Relay. The course has been changed from previous years from a two lap to a one lap course with a killer hill at twelve miles. On a day when we seemed to have four seasons in one the runners started off in rain and snow only to finish in sunshine (good old English weather). Nic Bensley, not put off by the conditions, posted a PB of 1:21:40, 43rd overall and Simon Able with 1:24:26 was 62nd overall. Jane Ashby won her W65 category by some 13 minutes (1:57:21). Jill Davis was second in the W60 category by just 3 seconds in 1:56:23. Stewart Robins, returning from a back injury, ran a very strong race (1:32:10), Stephan Harris, Mark Rollings, Juliette Meek, Mark Doughty, Sarah Kimberley, Sarah Partridge, Fabia Pollard and Mark Germany all ran for Ryston. Richard Dickson did a short run by his standards and took part in the Southwold 10K finishing 85th (43:17) out of 750 runners.

DECEMBER

A fairly quiet month with only a few road races, but nonetheless the Ryston Hares were out in force at Nene Valley 10 and the Marham Flyers 10K and Duathlon. In windy conditions at Nene Valley (Peterborough) Warren Armstrong, who, since joining us, has really improved at all distances, was first member home finishing 13th overall and 2nd M40. Nic Bensley was next home, recording a PB 61:42 (4th M45). Also among the honours were Kevin Howlett (2nd M55), Paul Firmage (3rd M60,) and Pauline Sparrow (3rd W60). An undulating two lap multi terrain course did not prevent some great running by all members who tackled this challenging run.

On New Year's Eve at RAF Marham, in an event expertly organised by Gary Walker and Andy Smith, a few hardy members decided to do the Duathlon, which consisted of a 20K bike ride and 10K run. Danny Guppy (1st), Nic Bensley (3rd), Alistair Doig (4th), Richard Watson (6th), Kevin Taylor (15th), Jeremy Navrady (16th) all competed for the club.

Cath Duhig (65:36) and Marie French (66:50) race walked the 10K which everyone else ran and there were some impressively quick times. Geraldine Jordan and Cheryl Brown both recorded PBs.



Warren Armstrong (2nd), and Malcolm Tuff (3rd), on a return from injury, took the male honours. Pete Johnson achieved a season's best and 86% age graded performance thus confirming his status one of the country's top M60 athletes. Lorena Latisaite (1st), Mel Reed (2nd) and Lesley Robins (3rd) made it a clean sweep for the Ryston women.

Jenny Balmer was our sole runner at Ely 10K (54:51) and had to listen to the bagpiper at the top of the hill at 8K, one way to make you finish fast. On New Year's Day a couple of our members ran Wymondham 10K, these being James O'Neill (33:28) and Stephen Twell (45:29). Thus ended a brilliant running year for all our members, with many miles covered, so well done everyone. Onwards and upwards for 2016.



New York Marathon 1st November 2015 Geraldine Jordan writes:

I entered the New York Marathon Ballot last January on a whim as 2015 was to be a Big Birthday year. I couldn't believe it when I found out in March that I had got a place! The entry fee was steep at about £250, but they had already taken the money from my account and it was too good an opportunity to pass up, so we decided to plan a family holiday around the marathon and go to New York for a week. I was determined to make this, my fourth marathon, a sub 4 hour one, so, soon after, I decided to join Ryston Runners and step my training up a gear.

Regular emails from the organisers keep you up to date with important marathon information. You have to choose whether you want to book a place on the coach or a place on the ferry to take you to the start on Staten Island on race day. I chose the bus as it was easier to get to from my hotel. About three weeks before the race I received my email telling me my start time, which, thankfully, was in the second wave, and I had got the upper deck of the bridge, which was a bonus, and not just for the view, as previous race reports tell of a certain spray on the lower deck from the guys above...

I arrived in New York six days before the Marathon, and went to Expo to pick up my number on the first day it opened. You can pick up a free bus from several locations in New York to take you to Expo. It was pretty much like the London Marathon Expo, but it was a nice touch to be given a lovely long sleeved running top with your race number.

I spent the rest of the week relaxing and enjoying the holiday, waiting for the race nerves to kick in as with the previous three marathons, but nothing happened and I had a great sleep the night before. I woke up really fresh on race day and set

off on the 10 minute walk to Grand Central Library to get on the 5.30am bus to Staten Island. It was a fantastic walking those dark streets with hundreds of other runners and seeing the dozens of coaches lining up ready to take us all to the start line. I think the journey took about twenty minutes. Once I got off the bus I made my way to my allocated Start Village and found a place on the grass to make my own little camp as there was about four hours to wait before the start. I had brought my own breakfast of bagels, banana and peanut butter with me. They do provide food, but I didn't want to rely on that. I chatted to a few other runners and spent the rest of the time people watching. There were plenty of portaloos and there was never a queue. There was also a massive undercover shelter in case of rain. The time went by very quickly and before I knew it I was on the start line ready to begin the race. The countdown began and they started playing Frank Sinatra "New York, New York". Wow the goosebumps!

Over the start line it was crowded as expected and the first mile over the Verrazano-Narrows Bridge took me 9.44...a whole minute slower than I wanted. I panicked for a second and then calmed myself down as I knew that the race would start to thin out. I was bang on target race pace for my second mile, and each mile thereafter was pretty evenly paced. There was a drink station with both water and Gatorade every single mile on both sides of the road. I'd been practising drinking Gatorade in the UK, so I knew I would be fine with it; from a nutrition and hydration point of view everything worked perfectly.

The miles kept ticking along; we entered Brooklyn and, a few miles further on, crossed the Polaski Bridge into the Borough of Queens. The spectator support throughout the whole race is amazing, and with 130 bands playing all sorts of music along the course, there is so much to occupy you that I honestly enjoyed every step. People were calling my name 'Fozzie' constantly and one guy said, 'Fozzie, you own this race' which really made me laugh. At the halfway stage I was on target for my sub 4 goal. I had read up on the course beforehand and knew that mile 15 was one of the hardest on the course, up and over the Queensboro Bridge, where all you can hear is the echo of trainers thudding along; but when you start to descend from the bridge you can hear the massive roar from the spectators below and it is absolutely amazing. I had told the family to be at this point and that I would run on the left hand side, but when I got down to the road spectators were only allowed on the right hand side! I was searching for them but couldn't spot them, which made me feel a bit tearful but I rallied and on I ran into Manhattan. It wasn't until I met the family after the race that I learnt they had got there five minutes after I had passed through and had waited there for an hour thinking I would be along any minute! Cont'd.....



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

Composer: Peter Duhig.

**Photographers: Andy Harrod, Tim Smith, Gareth Hunt, Nic Bensley
Header Design : Ian Barrett**

Cont'd... New York Marathon 1st November 2015 Geraldine Jordan writes:

There was another bridge at mile 19 which took us into the Bronx; a couple of miles through there and then at mile 21 we crossed the Madison Avenue Bridge and entered Fifth Avenue. The atmosphere here was electric as we were running at the north end of Central Park. It's deceptively uphill here and a really hard slog from mile 23 onwards. The spectators were all shouting 'not far now' and 'Fozzie, Fozzie!' Central Park itself is undulating as it is carved from rock, and every little uphill seemed like a mountain. Then the finish line appeared: I'd run through the five Boroughs of New York and had made it .

My time was 4.04.39, a wee bit over my target but I only felt elation. I had chosen not to leave anything in baggage to ensure a quicker exit from the finish. They encourage you to do this and in return you receive a lovely warm blue cape that the marshals wrap you up in. Beats the foil wraps any day !

It had been a fantastic marathon, I had enjoyed every moment of it, and even now, 2 months on, I still grin when someone asks me how it was. It's a really tough course, but my favourite marathon by far - and a 12 minute PB.

I am so pleased that I joined Ryston. It's an amazing club and I am very grateful for the training sessions and all the lovely people who helped me along the way. Next year's race is on 6th November; the ballot opens on 21st January and closes on 21st February. As they say in New York: 'It's a big race....go run it !'



SHORTS - SHORTS



- A coach will be provided for those wishing to travel on it to participate in or watch the London Marathon on April 24th. £15 per head. Book early to avoid disappointment.
- Congratulations to Matt Pyatt (left) on being joint winner of the title West Norfolk Sportsman of the Year 2015
- Helpers wanted for the Downham Games on 12 June. Please contact Pete Duhig (01366388188/peter@peterduhig.plus.com) if willing and able.



The club was well represented just before Xmas at a memorial service to reflect on the life of, and bid farewell to, former member Neil Anthony. The first manager of Lynnsport, Neil was an enthusiastic member of Ryston Runners, as was his wife, Christine. They were not only competitive stalwarts but ever present at the club Waxham camping weekends that were so popular in the 1990s. Neil was 53 and had suffered from cancer for the previous 2-3 years.

RYSTON RUNNERS CROSS COUNTRY GRAND PRIX SERIES 2015/16

Two races remain in the ever-popular Ryston Runners AC Cross Country Grand Prix Series
Races for everyone from Under 9 to Over 90.

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+



CHRISTMAS FROLIGS



Wood Fairy



Club Relays , Shouldham Warren



One night in Downham



Twenty five runners including invited guests took part in the Ryston **Mad Hare 15** on Jan 24th. Three different start times worked really well, ensuring all finished quite close together. There were 2 relay teams: Nic Bensley, Callum Stanforth and Ben Collison -1:26:22- three minutes faster than the previous relay best ,and Dan Guppy, Adam Matthews and Justin Kinsey -1:28:26. Cath Duhig walked the 15 miles in a time of 2:49 on a warm January day that certainly helped all members taking part in this event. Stewart Robins with a PB was fastest Male Master, Nicky Roger 1st woman and Jo Isbill fastest Female Master; they all received chocolate bunnies. Pete Johnson won the award kindly donated by Mick Ennis for the best age grading result (80%) for his time of 1:43:2.

Special thanks to everyone who organised the run, helped and marshalled, as without these none of the runs would take place. Andy H



MAD HARE 15



Pictures by Tim Smith



RUN INSPIRE ACHIEVE

COMMITTEE 2016

Chairman	Gareth Hunt.	Vice Chairman	Rebecca Tuff
Secretary	Richard Dickson.	Treasurer	Sue Tuff
Membership Sec	Marie French.	Welfare	Mick Ennis
Coaching	Rebecca Tuff.	Social Sec	Helen Sewell
Road Rep	Andy Harrod	Track & Field Rep	Gareth Hunt.
Cross Country	(contact Malcolm Tuff pro tem)		
General	Cath Duhig, Malcolm Tuff, Karen Wood		

FIXTURES 2016

ROAD RACE OF THE MONTH

January 24th Ryston 15
March 20th Mad March Hare 10K Frettenham
April 17th Lincoln 10k

February 14th Valentine 10K Easton
April 3rd Wymondham 20
May 1st GEAR 10K

Southern Athletics League (Div 2E)

16 April	Hemel Hempstead	HP2 4JS
21 May	Ipswich	IP4 3DJ
18 June	Croydon	SE25 4QL
9 July	Bury St Edmunds	IP33 3TT
20 Aug	Bromley	BR2 9EJ

East Anglian League

24 April	Norwich	12 June	Ipswich
17 July	Ipswich	14 August	Lynnsport

Eastern Young Athletes League

17 April	Stevenage	SG2 9PA	8 May	Peterborough	PE1 5BW
5 June	Cambridge	CB3 0EQ	3 July	Sandy	SG19 1BL
7 Aug	Norwich	NR4 7TJ			

EVAC League

1st Wednesday of May, June, July, Aug - tbc Final - 11 Sept, Bedford



Some of those who contributed to the success of the SAL Team 2015

MAIN CLUB CONTACTS

Chairman: Gareth Hunt chair@rystonrunners.org.uk

Coaching: Rebecca Tuff bectuff@hotmail.co.uk

Welfare: Mick Ennis ennism@sky.com

Social Secretary: Helen Sewell rystonsocialsec@aol.co.uk

