

***THE E-HARE:* RYSTON RUNNERS
ATHLETICS CLUB NEWSLETTER**

Issue No. 05.10 12th May 2010

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Welcome

Welcome to the latest edition of the Ryston Runners e-newsletter. For the observant among you, the particularly busy month has resulted in a delayed delivery. Last month saw Ryston field its own team in the Southern Women's League and the team finished an excellent third and included some superb individual performances. This bodes well for the rest of the season and I wish both the women's and the men's teams the best of luck throughout the season in all competitions.

April also saw a large number of members competing in various marathons with many runners gaining 'good for age' times for the first time and even more gaining pb's. This means a number of Ryston Runners can now enter the big marathons without having to enter a ballot (details for those wishing to enter the 2011 London Marathon with a 'good for age' time can be viewed [here](#)). Congratulations to everyone.

Please forward any suggestions you may have as to how the newsletter could be improved, or articles to ttsjl@hotmail.com. If you are not on the mailing list, but would like to be included, please follow the instructions at the end so that you may be added. Don't forget Ryston Runners AC has a regularly updated [website](#), and a chance to communicate with other members and leave comments on the [facebook](#) page. There is also now an emerging [twitter](#) page containing the most up-to-date events. Please note that you will need to sign up for a facebook account (click [here](#)) to be able to leave comments on the facebook pages. There are also notice boards at Lynnsport and at the Fed Club, so remember to check these too.

England Athletics sends out a fortnightly ebulletin, which can be viewed [here](#).

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From the Committee

Membership subscriptions are due for the year 2009-2010. The cost has remained unchanged for another year (£15.00 for adults, £6.50 for juniors and £26.00 for families). Please make cheques payable to Ryston Runners AC and hand them to a member of the committee.

If you believe the club does not have your correct contact information, please can you make a member of the committee aware, so the records maybe updated.

If any member of the club has a concern that they want raised at the committee meeting, please pass the details to any member of the committee. The most up to date list of committee members is currently available on the [Ryston Runners](#) website, then navigate to 'contact us'. Alternatively email any concerns directly to [Simon Levy](#).

Membership

Many events are now asking for UKA numbers. We are still waiting to receive membership cards from UKA, but the numbers do exist. If you are entering an event that requires your UKA number and you haven't yet received it, please contact Sue Tuff.

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Road

Spring Marathons

Jeremy Navrady

Ryston Runners in Spring Marathon Success

A winter of tough training has paid dividends for the Ryston Runners Marathon team as they raced to recent success in the UK and Europe.

Following a fantastic build up of road races, Simon Levy achieved the accolade of running under 3 hours in Rotterdam on 11th May. Despite having a flat, fast course, the Dutch city is notorious for

serving up extremities of weather conditions in the early spring from a heat wave to snow. Fortunately Simon enjoyed cool and dry conditions to cross the finish line in 2 hours, 59 minutes and 58 seconds.

“I was thrilled” said Simon “beating 3 hours has been some goal for some time and despite it being close I am really pleased – after all, a sub-3 Marathon is forever!” *[Note from Simon: For those interested in the details, these can be read [here](#)]*

Closer to home, athletes from Ryston competed in the Brighton Marathon on 18th May – the first time the race has taken place. The weather was rather warm which made the undulating course challenging.

The first Ryston home was Carl Manning in 3.39.33 – a good time despite suffering from cramp. Carl was closely followed by Lesley Robins (3.42.38) and Pauline Drewery (3.45.58) in their debut at the distance – both were delighted with the result.

On 25th May, 12 Ryston Runners competed in the 30th running of the Virgin London Marathon. The rain at the start was quite a relief as the forecast had been for extremely hot conditions which did eventually appear in the early afternoon.

The first Ryston home was David Robinson in 3.02.13 – an excellent performance despite having injuries earlier in the year. Other finishers were: Tony Savage (3.14.46), Kevin Howlett (3.17.55), Martin Ive (3.26.48), Annie Bradbury (3.37.17), Jeremy Navrady (3.41.26), Ken Addis (3.41.51), Eamonn McCusker (3.46.47), Pauline Sparrow (4.33.18), Julie Allum (4.58.09), Kirstine Oliver (5.26.52) and Nicola Pocklington (6.07.06).

The final spring outing for the team was at the Halstead Marathon on 9th May. The Essex course is tough, open and hilly but it did not stop a trio turning out to conquer it.

First home was Eamonn McCusker in 3.45.49 – almost a minute faster than his London Marathon time. Gill Hart followed in 4.18.54 which was a great result and compensation for having to miss the Boston Marathon in April due to the volcano. The third Ryston home was Karen Smith in her debut at the distance in 4.58.42.

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[Hancock Half Hour 5 Miler](#)

Formerly the ‘Midsummer 5m’, the Hancock Half Hour 5 Miler is the Ryston Runners multi-terrain replacement event and will be held at 19.00 on Thursday 1st July, starting from the [Fed Club](#) in Downham Market. The new route can be seen [here](#), and I hope to see a large number of Ryston Runners present – if you wish to run, please provide someone to marshal in your place.

The race was not on the calendar last year, so please help to make it a big success this time around.

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[Round Norfolk Relay](#)

Jeremy Navrady

The next Round Norfolk Relay will be held on the weekend of 18/19th September 2010 and we are thinking about the runners available and the support. We have entered three teams (club, open and ladies), so if you wish to take part, or are available to help, please contact Jeremy Navrady (079 208 41644 or nav07@talktalk.net) indicating the following:

1. What is the maximum distance you wish to run? The distances are up to 20 miles.
2. Given your chosen distance, what is your anticipated pace?
3. Can you run at night?
4. Can you provide your own transport?
5. Are you willing to support in logistics by cycling and/or driving the minibus?
6. Do you have any friends or relatives who can also help – if so how many?
7. Please provide name, DOB, e-mail address, contact number and T-shirt size

Further information is available at www.roundnorfolkrelay.com.

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Green Belt Relay

Ryston will be entering a team into the Green Belt Relay. If anyone is interested in taking part or helping, and you haven't indicated so already, please contact [Simon Levy](#) as soon as possible.

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Track and Field

Southern Womens League

Ian Hogarth

Woodside Stadium, Watford 24th April

The start to this year's season was a significant one. The women's team effectively disbanded last year with the split from West Norfolk as a joint team and there were doubts over whether we would be able to go it alone and field a squad of our own. The League organisers themselves were convinced we would struggle and believed that we would be one of the weakest teams.

With a lot of hard work and commitment from those that were still involved over the last few months, training sessions were organised and some successful recruitment occurred to allow us to put out an independent team against the odds.

On the day, the team consisted of 5 athletes making their debut for the team (2 of them only 16yrs old). Alongside their more experienced teammates, the team managed to enter 2 athletes into every event, giving us every opportunity to score consistent points for Ryston.

On their debuts Natasha Ruffles and Astrid Takkenberg managed to take a victory each in the long jump and the 100m hurdles respectively. Gaye Clarke also gained maximum points for us in the hammer, giving us a great start to the day. Frankie Dack threw solidly gaining some good results against adult competition, throwing the hammer for the first time. Rebecca Tuff also took part in an

event for the first time, the pole vault. Entering just to gain points for the team, she surprised herself by jumping 1.70m and gaining a 2nd place. Jo Isbill, arguably, had the strongest day of all placing 2nd in 3 different events. Like Rebecca, Jo performed particularly well in the pole vault, clearing an impressive 2.30m. Marlene Simmonds used her array of talents, running, jumping and throwing for the team. Marlene's results were particularly outstanding when you take into account age gradings. Sue Smith was the hardest working athlete of the day, running 4 different distances to rack up nearly 5000m in total. Louise Jackson completed the team, volunteering herself at the last minute. Without her, we would not have been able to enter a full team. Louise ran admirably, scoring good points in the 1500m.

Every team member gained a top 3 place in at least one event and team morale was high, every athlete supporting each other well. We set ourselves several targets as a team on the journey to Watford. Firstly, to field a full team. Secondly, to not come last. Thirdly, to score more than 50pts (which was how many points were gained in the first match last year with the previously joint team). We easily surpassed these targets by finishing 3rd with 64pts.

Final results:

1st Watford 90pts
2nd Bracknell 81pts
3rd Ryston 64pts
4th Dorking 37pts
5th Plymouth 34pts
6th London Heathside 21pts

Overall, a fantastic result – beyond many people's expectations. After match 1 we are 9th in a league of 25. Well done to all of the team.

A great start to the season that we are trying to build upon for the next match. Anyone interested, please don't be afraid to volunteer yourselves on May 22nd at Andover. Let myself or Rebecca Tuff know. Surprisingly, for a club of predominantly runners, we need more runners. Speak to those that competed and they'll all say how good it is to be part of the team.

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Southern Men's League

Ian Hogarth

Hemel Hempstead, 1st May

The men's athletics team started off their season with a solid result but were a little disappointed, having had high expectations from the success of the previous few seasons.

Going into the match with a few of their usual squad missing and some of those that were there not at 100%, all of the athletes worked hard to gain as many points as possible. The competition was some of the hardest and closely fought that Ryston has encountered in recent times and with a weaker than usual team it was hard to gain victories.

Daniel Yellop gained the only win on the track and the Simmonds' both won the Hammer (Robert and Andrew). Despite the competition, Ryston kept battling throughout the day gaining many 2nd and 3rd places which kept them challenging the opposition. George Dell made his league debut at the age of 16, showing that he can easily compete with older sprint athletes. Gareth Hunt and Ian Hogarth had busy days, competing well in multiple events. Jonny Laybourn and Joe Anderson-Brown completed the line up, both running well too.

The overall team results meant that at the end of the day, the top 4 teams were only split by 17pts, with all teams scoring over 100, showing the level of competition. Ryston ended up in 3rd, just 11pts away from 1st. The next match is only 2 weeks away and the team hopes to build upon this and get an even better result.

Final Results:

1st Aylesbury 120pts
2nd Stevenage 119pts
3rd Ryston 109pts
4th Poole 103pts
5th Kent 79pts

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Social

Summer BBQ

The Ryston summer BBQ will be held on 11th July at Beachamwell Village Hall from 2pm until 6pm. As well as a BBQ, there will be music and games. Tickets are £2.50 each or £5.00 for a family and are available from Sue Smith (smudger3@btinternet.com) or Georgina Allen.

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Annual Meal

The club annual meal was held at Timbers on Saturday 17th April. A good time was had by all who attended and thanks to Sue Smith for organising the event. Updates will follow in due course of future social events.

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Miscellaneous

25th Anniversary

We are still looking for ideas as to how to celebrate the 25th Anniversary of Ryston Runners AC so if you have any suggestions, please forward them. One suggestion (from Cath Duhig) is to find all the

places in the UK called Downham or with Downham in the name and run (or walk) between them, around them, or otherwise.

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[Coaching](#)

Coaches are always in short supply, and as Ryston looks to strengthen its position into the future, volunteers prepared to devote time to coaching are always welcome and encouraged. There are courses available to help those who are willing. If you are interested in being a coach for Ryston Runners, please contact [Rebecca Tuff](#) or [Simon Levy](#) for more information.

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[Three Peaks](#)

A group of Ryston Runners are looking at running three of the highest peaks in Yorkshire on Saturday 19th June 2010. It has been a recognised long distance route for almost a century and encompasses 25 miles over Pen-y-ghent, Whernside and Ingleborough, involving a total ascent of over 1500 metres. The start and finish are at Horton-in-Ribblesdale (BD24 OHJ).

As you are probably aware, the three peaks can be undertaken on any day of the year, but it is on this day that Heart Research UK has an organised sponsored walk. Marie French has signed up to raise money for Heart Research UK, but intends to run with rather than walk to make it more of a challenge.

A number of others have also declared their intent to join Marie and complete the challenge, turning it into a social event. If you are interested in taking part, please contact Marie French, Martin Ive or Simon Levy.

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[Kit](#)

Annie Bradbury is investigating the possibility of increasing the variety of kit that is available. This could include use of 'technical materials' or additional types of clothing. If anyone has any suggestions, please advise Annie or [Simon Levy](#).

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[Highlander Mountain Marathon](#)

Chris Vardy

10th 11th April 2010, Gairloch

Some of you may know what a mountain marathon is or you may have heard of the Original Mountain Marathon (OMM) that hit the headlines in 2008.

For those that don't know, a mountain marathon is a cross between a marathon, a fell race, orienteering and camping. They are two day events held in mountainous areas where competitors

use a map and compass (no GPS) to navigate a series of control points carrying everything to survive emergencies and to camp out overnight. The course remains a secret until you arrive at the start line at which time you are given a map, the control point grid references and descriptions. The general area is revealed only a week or two prior to prevent practice in the area.

The first in the season is the Highlander. This year it was held at Gairloch in the West Highlands of Scotland and my team mate, Andy, and I ran the B class (available classes were A, B, C, D, Long Score and Short Score).

Saturday morning was chilly but dry and we set off at just after 0800 from Victoria Falls. Control point 1 (hill top) was at 290m and a short distance ahead; an easy warm-up. CP 2 (rocky re-entrant foot) seemed to have a couple of teams confused as they were looking on the tops and not in the re-entrant but we found it quickly enough by reading the contours. The route to CP 3 (lochan outflow) was down one ridge and up another, and the route to CP 4 (lochan outflow) was across the top of the same ridge to a lochan at the back of some crags. These were straight forward and came and went fairly easily with no abnormally difficult climbs or terrain. What was notable was the complete lack of paths - this was going to be a feature of the whole weekend.

The route from CP 4 to CP 5 (lochan north east end) was a bit more contrived and saw us navigate a climb up and through a series of crags and outcrops to a set of smaller lochans from where we took a bearing up a steep(ish) ridge but spot-on to the CP.

CP 5 to CP 6 (re-entrant) was a different matter entirely; this meant either staying on top of the ridge and scrambling up and down some serious looking big crags, or a longer option was to run around to the west staying as high as we could. We decided to traverse (later on we found out that this did appear to have been the faster route). Spotting the re-entrant when we got there was slower than we would have liked. This should have been (on the map and on the ground) the longest leg of the day. Running down one rocky descent on the way I fell, bashed my knee and bent the fingers of my left hand right back. One of them went purple straight away and was painfully locked so at first I thought I had broken it.

Our line of attack to CP 7 (re-entrant upper part) was to run down a stream down from CP 6 to a line of crags and climb up them following what looked like (from a distance) a climbable col. From there the plan was to use a lochan as a reference point. Reaching the crags was straightforward enough and up we climbed (quite a difficult climb it turned out) but the col took us too far west. We found a lochan but it was the wrong shape; we had run too far west and south. We had to run back over a ridge to see the right loch and took a back bearing from that to the CP. We had lost at least 20 minutes. This turned out to be our longest leg of the day.

CP 8 (lochan south east end) was easy to find by running round a hill shoulder and down to the CP, yet it was demoralising given that we had already run across that area some minutes before. We located the CP easily enough but were starting to slow.

Our energy levels were starting to go but we hammered on across some very boggy ground (I went down to my hips in one section and Andy had to drag me out by my armpits) to CP 9 (lochan outflow) by running the shores of one lochan and then taking a bearing to the next. We then had a choice of running across the top of a line of crags or round the bottom to CP 10 (hill top). In

hindsight the tops would have been a better choice on this occasion as the stubby heather was difficult to run in. CP 11 (hill top) was a very quick scramble down one crag and up another and the final CP (CP 12 gate) was a run down the only proper path of the day to the day finish, overnight area and marquee.

We downloaded from our dibbers (SI Cards) to find that we were the 7th B team in and in 7th position (06:50:50) at that time, but dropped down to 9th as later starting teams came in.

Up went the tent, on went the water, for the first of our dried meals and hot drinks as we lay in the afternoon sun cursing about CP 7, dozing and taking the p**s out of ourselves and friends old and new. The Highlander is unusual for it offers a ceilidh in the marquee on the Saturday evening for those with the energy (though its mainly the marshals and helpers that do the dancing). I massaged my locked finger during the evening and it started to move (albeit painfully) so I figured it was not broken after all.

A rude awakening greeted us on the Sunday morning ("I can't get no sleep" - Massive Attack - 0530 from the PA system - nice) before breakfast and the 20 minute walk to the Sunday start point.

Quite an easy CP 1 (knoll top) for Sunday (normally you are given a killer climb to wake you up) as it was up a rocky path for a bit before we veered off east up some straightforward climbing to the top followed by a route though some crags and bogs to CP 2 (lochan outflow). The route to CP 3 (summit 335m) saw us overtake at least a couple of other B class teams as we opted to climb higher before descending to a lochan shore and wading its outflow up another set of crags and round the east of another lochan before a very difficult rocky scramble up to the CP. A good leg for us despite its difficulties. It was at this point that we passed our nearest rival team (in red tops) who continued to chase us hard for the rest of the day.

CP 3 to CP 4 (knoll top) looked (on the map) to be quite tough but was quite easy after a fast and steep descent (during which I turned my ankle and every few minutes afterwards dunked it in the nearest bog to keep the swelling down), running up and traversing along a ridge and round the top of some crags.

The route to CP 5 (col) was not far but was the most difficult of the day. The choices were a) to continue climbing over some very bad steep ground and then climb down some crags to the CP, b) to descend to Loch Maree, run along the shore around some vertical cliffs, run through some woodland and climb up to the CP or c) a long running traverse around to a path staying as high as possible before descending into the next valley and then directly up the very steep col. We opted for the latter and this turned out to be a fast option (comparing routes and splits with other teams later). After visiting the CP we found teams were climbing the col without their packs; this is not only dangerous (had a fall occurred) but against the rules and the ethos of the event! Teams have been disqualified for doing this in events before.

The route to CP 6 (summit OS pillar 390m) was long and quite involved. Firstly a climb up a hill to a u-shaped lochan, then a run following bearing to a larger loch and then a difficult climb up to the summit of the rocky knoll; a very tough and wearying climb but followed by breathtaking views and a stunning (or foolhardy) fast descent. By this time our rivals were arriving at the control points just behind us.

CP 7 (loch SE end) was straight forward (even though the CP was difficult to spot) and our chasing team was just paces behind and we cheerily traded places with them all the way to CP 8 (knoll top) past the remains of a crashed USAF bomber (we were told later that it went down in 1945 and all crew were lost) until I turned my ankle (again) and Andy stopped to tie a lace. They finally overtook us and we could not find the energy to get back despite seeing them just a few paces in front!

CP 9 (knoll top) was a straight forward beeline bearing climb with our nemeses taking a route over to our left, and CP 10 (enclosure) was fast and easy run. The descent to the finish was fun (though we were tired) through scrubby gorse, down a steep slippery grass slope and into the village. We arrived at the finish line to applause from the marshals and onlookers from the town; a superb feeling.

We had run a good second day (06:20:00). We finished in 6th position overall and were the 2nd male vet team (our combined age is 99 after all). We worked out later we ran just under 30k and 1400m of climb on Day 1 (44k equivalent if you apply the 1:10 fell running running formula) and about 24k and 1300m of climb on Day 2 (37k same).

We were tired, sore, hungry, and sun burnt but happy as we always are. It was a stunning two days in a great location and the organisation was spot on (despite the dodgy wake-up music).

Our next race is the Saunders Lakeland MM in July as I am skipping the June Lowe Alpine MM (Scotland) this year. I am in the RAB (solo elite long score) in September again, and if anybody fancies a go I have entered the OMM in October/November (Long Score or A Class) but have no partner as yet (hint hint).

For those gear fetishists amongst you my kit list was as follows:

Carried:

Terra Nova Laser Photon tent - Andy carried the material, I carried the poles and pegs.
PHD Minimus down sleeping bag
Balloon bed plus balloons
First aid kit (1 x small bandage, 1 x triangular bandage, 1 x compeed plaster, 2 x ibuprofen tablets, 1 x large and 1 x small plaster, paper)
Optimus Crux stove
MSR titanium 'kettle' (minus lid and handles)
Small lighter
Lexan spoon
Foil for lid and windshield
100g gas - Andy carried the 100g spare/emergency
Long Skins to change into
Fresh socks
Empty wine box bladder (for overnight water)
plastic bags for feet at the overnight
Montane featherlight windshirt
Haglofs Oz waterproof top (taped seams and hood)
Cheap waterproof trousers (taped seams)
TNF lightweight fleece
Plastic survival bag
Contact lenses for Day 2

Cheap thin running gloves
Petzl e-lite headtorch
Pen for marking up the map
Emergency food (1 x soup, 1 x stock cube, 1 x energy bar)

2 x Chicken super noodles plus stock cube (1 on arrival at overnight and 1 for breakfast)
1 x Mountain House Pasta and sauce (main meal)
1 x Mountain House Custard and Fruit (pudding)
2 x Vanilla Complan and hot chocolate mix (1 x bedtime drink and 1 x breakfast drink)
1 x Flapjack (breakfast)
1 x Small plastic bottle of 30 yr old single grain malt (has to be done) - Andy carried a small bottle of Absinthe.
1 x Oxtail Soup (drink)
1 x tea bag (used a couple of times)
1 x coffee sachet
2 x SIS energy drink sachets (1 x arrival, 1 x breakfast)
2 x nuun tablets
4 x gels in small Nathan flask (plus 4 for day 2)
Sweets in bag (plus another bag for day 2)

All in an Inov8 Race Lite pack.

Total weight circa 5kgs.

Worn or held:

Map (provided at start)
Silva Thumb compass
Dibber (SI Card)
HH Lifa top
Inov8 Mudclaw fell shoes
Nike leggings
500ml Lexan wide mouth bottle with lid (for hot drinks and water from streams)
Buff (as hat/scarf/sweatband)
Wrist altimeter

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Coaches Corner

Following on from last month we will continue our look at the 15 Laws of Training, as developed by Tim Noakes and published in his book the Lore of Running.

Law 3: Train First for Distance, Only Later for Speed

The original concept that athletes who ran distance events (up to Marathon) had little need to do speed work has clearly evolved over time. Club runners training for Marathons now include at least one speed session a week, to compliment the endurance work that in turn forms the foundation of training for long distance running. Novice runners however, need to develop a sound endurance base, before moving onto speed work to improve their race times. Noakes states that speed work

should be approached with extreme caution, supported by a knowledgeable coach. Failure to build an endurance base before moving onto speed work inevitably results in injury. This may seem like stating the bleeding obvious, but even in our own club we see newcomers moving straight to the fast stuff and then disappearing with an acute injury, never to be seen again. Those that do come back soon learn that Law 3 is sound advice indeed.

When starting out, Noakes suggests that for the first 12 months you should focus on 'time on your feet' rather than actual distance run, gradually increasing as you go along. After 12 months of building the endurance base, if the athlete does not move onto speed work, he or she will plateau. Simply increasing mileage will be counterproductive on its own. There is also a limit to how far and long you can run, although Noakes suggestion that 190k a week is 'getting there', for us mere mortals I think it is a lot less than that.

The reasons for introducing speed work are both physical and mental; fast running improves cardio fitness and develops type II muscle fibres that are needed in long distance races but that will remain untrained if you simply do long runs. The mind also learns to relax at speed through training; speed work trains what Noakes refers to as the 'central governor' to allow greater effort. A target is set and the 'governor' resists by arguing that such effort is unnecessary, thus speed work becomes a test of will or mind over matter. Breaking through this barrier is the key to faster times. Easier said than done!

Law 4: Don't Set Your Daily Training Schedule in Stone

Don't set yourself a daily schedule; it is far more sensible to run to a weekly one to allow a little bit of flexibility and take into account weather and how you feel after a hard day's work etc etc.

Noakes suggests that we should listen to our bodies and monitor how we feel before, during and after our runs and amend our schedule accordingly. Many runners (me included) train to a pre set daily schedule and nothing (including illness) will allow them to deviate from this. This is clearly not the way to do things. When training hard it is usual for your legs to feel slightly tired and lethargic at the start of the run. However, if this feeling persists or gets worse it is an indicator that your legs have not recovered from the previous session. Stop. If this carries on after a rest of 24 to 48 hours then you are well on the road to overtraining.

Next month we will look at Law 5 'alternate hard and easy training' and Law 6 'achieve as much as possible on a minimum of training'

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Forthcoming Races

A full list of Norfolk road races may be found [here](#) (this link is regularly updated, so you may need to navigate from [Norfolk AAA](#)).

A database of most races may be found on the [Runner's World](#) website.

3rd May

Breckland 10k ([Thetford AC](#))

9 th May	Halstead Marathon (Halstead Road Runners)
9 th May	Norfolk County Athletics Championships (Norfolk AAA)
12 th May	Great Yarmouth 5m Series, race 3 (GYDAC)
16 th May	Dereham 10m County Championship, RCGP (Dereham Runners)
23 rd May	Eddingthorpe 4m
26 th May	Wroxham 5k Series, race 1 RCGP (Norwich Road Runners)
30 th May	Alex Moore Relay (Norfolk Gazelles)
31 st May	Brandon Forest Half Marathon (Brandon Fern Hoppers)
13 th June	Hethel Engineering 10m (Wymondham AC)
23 rd June	Wroxham 5k Series, race 2 (Norwich Road Runners)
25 th June	Bury Friday 5m (St Edmunds Pacers)
27 th June	Humpty Dumpty 10k RCGP (GYDAC)
1 st July	Hancock Half Hour 5 Miler (Ryston Runners)
7 th July	Mike Groves Run (Coltishall Jaguars)
10 th July	Lord Mayor's 5k City Centre Classic (CoNAC)
11 th July	RAF Marham 10m
20 th July	Race for Life, King's Lynn (Race for Life)
23 rd July	Worstead 5m (North Norfolk Beach Runners)

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Training

For any queries regarding training sessions, please contact [Martin Ive](#), [Simon Levy](#) or [Rebecca Tuff](#). Now that the Track season is beginning, the taster sessions will no longer continue. However, those who have attended, and would like to continue practising their events, are more than welcome to do so during this time.

Please also be aware that the track sessions at Lynnsport now start with a warm-up prompt at 19.30pm for seniors. These are currently undergoing a transition as we strive to improve the session. As part of this process, any feedback you may have or views are appreciated. It has been suggested that a time trial session could be done every 6 weeks or so, so that individuals can track any improvements, say over 3000m.

6 th May	Downham Market, Fed Club at 19.00pm Denver Riverbank
8 th May	Beachamwell at 7.00am for 90 minutes
10 th May	King's Lynn, Lynnsport , Field events from 19.00pm, Track at 19.30pm
13 th May	Downham Market, Fed Club at 19.00pm Hare Arms
15 th May	Beachamwell at 7.00am for 90 minutes
17 th May	King's Lynn, Lynnsport , Field events from 19.00pm, Track at 19.30pm
20 th May	Downham Market, Fed Club at 19.00pm West Dereham Triangle
22 nd May	Beachamwell at 7.00am for 90 minutes
24 th May	King's Lynn, Lynnsport , Field events from 19.00pm, Track at 19.30pm

27th May Downham Market, [Fed Club](#) at 19.00pm
[Stowbridge Riverbank](#)
29th May [Beachamwell](#) at 7.00am for 90 minutes
31st May [Lynnsport](#) is CLOSED. Run from Downham Market, [Fed Club](#), details tba
3rd June Downham Market, [Fed Club](#) at 19.00pm
[Hancock Half Hour](#) Handicap
5th June [Beachamwell](#) at 7.00am for 90 minutes
7th June King's Lynn, [Lynnsport](#), Field events from 19.00pm, Track at 19.30pm

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If you have any news items, events or results that you would like included in a future issue of the Ryston Runners AC Newsletter, please send them to ttsjl@hotmail.com or call me on 07830 21 55 20.

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