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Welcome

Welcome to the latest edition of the Ryston Runners e-newsletter. It is “**Under New Management**”, as it were, though more realistically, back to old management as I (Cath) have taken the mantle back on after several years' break. The plan is to continue with the eHare as so ably set up and established by Simon, and supplement it three-four times a year with a more extensive publication, available in electronic or printed form, whichever punters prefer.

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 the Ryston Runners AC [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

The 2011/12 Committee is as follows

Chairman	Andy Smith
Vice Chairman	Cath Duhig
Secretary	Georgina Allen
Treasurer	Sue Tuff
Membership	Sue Tuff
Road Running	Simon Levy
Cross Country	Vacant **
Track and Field	Vacant**
Coaching and Development	Rebecca Tuff
Welfare	Martin Ive
Social	Lesley Robins
General Committee	Stephen 'Bertie' Bassett Pete Brown Andy Harrod Gill Hart Rob Wilton Rod Wood

[** These omissions are significant, especially **the lack of a Track and Field Secretary**. We have muddled through over the past couple of seasons in this situation, but it is not ideal and it won't be forever until something gets overlooked or goes astray. Recently the old complaint that the club does more for and about its road running than its T&F has reared its head again. This could be a reason why this is perceived to be so. Surely there is someone out there to take on this job. As the men's and women's teams are likely to be participating in the new joint league this season the workload could be halved. The Vets tend to take care of themselves. **Please contact the Chairman, or any other Committee member , if you are willing and able to help out with this situation.** Ed]

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Membership

Sue Tuff

Membership subscriptions are now due for the year 2011-2012. The cost is £20.00 for adults, £10.00 for juniors and £45.00 for families. Please make cheques payable to Ryston Runners AC and hand them to a member of the committee. Alternatively, for details of where cheques can be posted, or how to pay online, please contact [Sue Tuff](#).

Please pay promptly as the membership payments help towards the many running costs that the club has and if you enter any races as a Ryston member it is a requirement that your membership payments are up-to-date. Similarly, if you believe the club does not have your most up-to-date contact information, please can you make a member of the committee aware, so the records maybe updated.

[At time of publication only about 85 members had paid for the current year. Failure to do so could result in your being ineligible to compete . Ed]

Cross Country

NORFOLK COUNTY CROSS COUNTRY CHAMPIONSHIPS, BARNHAM COMMON, THETFORD, 8 JAN 2012

Ryston has two County Champions and three County Championship gold medal winning teams!

Thea Howlett showed a clean pair of heels to the whole field in the Under 11 girls' race to take the county title. Team mates Caitlin Clark and Maddie Dawson were third and fourth respectively, making that race almost a Ryston whitewash and securing them the team gold medals.

Brandon Tuffe (4th) and Charlie Wakefield (9th) acquitted themselves well for the club in the Under 11 boys' championship.

Star of the day for the seniors was Marie French who ran a perfectly timed race to take her first ever county title in the Senior Women's event, some 50 metres clear of her nearest rival from CoNAC. Caroline Wakefield (4th), Lesley Robins (7th), Pauline Drewery (12th) combined to take the Female Vets' team title. Maureen Wolfe (16th) just missed out on counting for the team.

The Senior Men's team took gold in their competition, headed home by James O'Neill, in third place overall, the rest of the scoring team comprising Robert Simmonds (4th), Andrew Simmonds (6th) and Che Plant(10th).

Malcolm Tuff placed second in the M40 category while Nic Bensley was fourth. One more veteran runner would have seen this team title secured too.

Several of the above received selection letters informing them they were being considered for the Norfolk team at the Inter Counties Championships in Birmingham on March 10th.

Way to go!

[Since this report was written Marie has suffered an avulsion fracture to her right ankle. She'll be out of action for 6-8 weeks at least, thus missing her chance to compete in the Inter Counties. This is gutting for her, but she's a tough cookie and has a very positive attitude, so she'll be back! She thanks all those who helped her at Shouldham Warren when the injury happened. - Ed]

Road

From the Road Running Coordinator Simon Levy

Saturday morning long running

On Saturday 7th January, 19 Ryston runners turned up to Martin Ive's house at 7.30am in Beachamwell (in very very rural Norfolk) for a 90 minute run that was entirely off-road. 8 of those runners had never previously run from this location and each of them thoroughly enjoyed the experience of long-running with other club members.

Since then, approximately 20 runners have continued to turn up on each of Saturday morning long training runs. These are excellent training for anyone looking to race more than 10k, and the only expectation is that you are able to run for 80 minutes.

It is expected that these runs will continue on a rotation basis between different locations including Beachamwell, Downham Market, Watlington and King's Lynn. As such, I hope that the number of runners will continue to increase.

The next run (4th February) will be from Beachamwell at 7.30am. Please contact [Simon Levy](#) , [Martin Ive](#) or [Andy Smith](#) with any questions or for particular details of any of these sessions.

Marathon training on the track

For those of you who are training for a spring marathon, Monday night training sessions on the track will start to focus on marathon specific sessions – along the lines of mile reps. These will operate alongside existing sessions, for those of you who are not running a spring marathon.

Endurance training session 19th January

On 19th January, Paul Evans (Chicago marathon winner and Double Olympian) and Brendon Byrne (level 4 endurance coach) held a training session, hosted by RYSTON, which focussed on marathon preparation, workloads, pre marathon race strategies etc., and consisted of a practical session followed by a Q&A. It was well attended by members of our own club and others.

The next sessions will be held at Easton College on both Saturday 4th February (9.30am – 12noon) and Sunday 26th February (9.30am – 12noon) as well as Great Yarmouth on Tuesday 3rd April (6.45pm – 8.45pm).

SEAA Road Relays

The Southern Road Relays are the qualifiers for arguably the biggest club event on the National road running calendar. For men, they are a 12-stage affair of alternating 7.8k and 5.1k circuits and, for women, they are a 6-stage 5.1k route. Each leg starts and finishes at the same location ensuring that many clubs, together with their 18 best athletes, are in the vicinity as they cheer on their team and celebrate road running as a whole.

I hope to try and organise a Ryston team who will compete in the Southern Road Relays on March 25th. To whet the appetite, previous recent competitors have included Paula Radcliffe, Mo Farrah, the Yelling Sisters and Jo Pavey. Some of you may be aware that I tried to get this off the ground a couple of years ago, but it clashed with a Ryston Cross Country event. Fortunately, this isn't the case this year, so you'll have to read future newsletters to find out how we get on.

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New Year Action!

Some members of Ryston Runners AC had a very active Xmas/ New Year:

Kicking off the action were the annual "Random Relays" which were held this year at the Downham Town Sports Federation and involved five teams of three running 2 laps each of a hastily contrived course round the adjacent field and roads. The made-up team names were inventive but rather primitive so precluding the publication of results, but fastest runner on the day was Simon Levy, just heading off the younger but possibly not wiser James Thompson and Gareth Hunt. The closest battle of the day was between the third and fourth placed teams, with just 3 seconds between them, Simon Levy just heading off Matt Wortley in the final sprint.

The New Year's Eve 10k at Ely brought some good results with several runners getting personal bests. Out of a field of nearly 600 runners, Malcolm Tuff finished 21st and 2nd in his age category (M45) in 36:15, Che Plant was 39th in 38:09. Lesley Robins ran 44:36 to place 4th in her age group, while Maureen Wolfe's 49:01 saw her finish 5th in hers. Andy Harrod ran 53:28, closely followed by Peter Drew in 53:32. Word has it that conditions were good and the weather really mild. A bagpiper was on hand to see runners out and back in, and there was a souvenir a bottle of beer for all finishers- to compliment the champagne some of the more dedicated club people had taken with them!

No one seemed to have been up for a double racing weekend, but those who opted for the Wymondham New Year's Day 10k also had some success. 434 runners completed this event in testing windy conditions. James O'Neill had an exciting battle on his hands and had to work hard for his second place, taking the honours with just a 0.5 second margin, in 34:12.1. Simon Levy was next Ryston Runner home in 14th place in 37:24, 6th Senior Man. Les Scott's 41:30.2 saw him placed 56th overall and 4th in the M50 category. Chris Milnes was 17th in that same category and 175th overall, in 47:59.2, while his sister, Alison, came in 100 places later in 53:30.2 to claim 6th W50 spot. Sue Smith ran 64:17.7 for 393rd place, 17th W45.

Race of the Month

New for 2012 is the Ryston Runners 'Race of the Month'. This is a single race each month where there will be a number of Ryston Runners competing. First off, on New Year's Day, was the Wymondham 10k – report above.

A complete list of the remaining 2012 events is:

12th February Cross Country Grand Prix Series ([Ryston Runners](#)) ** this is due to the only other races this month (Gazelles Valentine 10k and Stamford30k) appearing to clash with the Cross Country – and we don't want to encourage runners away from our own event.

4th March Wymondham 20m ([Wymondham AC](#))

8th April Trowse 10k ([CoNAC](#))

6th May Grand East Anglia Run 10k ([GEAR](#))

10th June Midsummer 10m RCGP ([Wymondham AC](#))

22nd July Dereham Celebration 5k ([Dereham Runners](#))

19th August Reepham Summer Sunday 10k RCGP ([Reepham Runners](#))

15th & 16th Sept Round Norfolk Relay ([RNR](#))

28th October Fenland 10m ([Fenland Runners](#))

25th November City of Norwich Half Marathon ([CoNAC](#))

9th December Buxton 5k XMAS Fun Run ([Norfolk Gazelles](#))

The Wymondham 10k was the first Ryston Runners 'Race of the Month'. I would like to add my congratulations to James O'Neill for finishing 2nd overall, and would also like to point out that it would most likely have taken just one more Ryston senior male to ensure the club won the team prize.

With few races in February, the next race of the month is the Cross Country Grand Prix Series on 12th, followed by Wymondham 20m on 4th March and Trowse 10k on 8th April. Simon.

A dozen turned out for the Folksworth 15 on Jan 22nd. The women outnumbered the men on this occasion, with 9 racing. Annie Bradbury was first home in 118th place overall in 1:50:37, a PB by 2 minutes, bagging for herself the honours in the W50 category. PB's fell also to Pauline Sparrow - by 5 minutes, 301st in 2:11:42, and Helen Melville – by nearly 8 minutes, 309th in 2:13:26. Sarah Taylor placed 230th in 2:04:53, Pauline Drewery 263rd in 2:07:46 and Georgina Allen 370th in 2:23:31. Pleasing debut performances at the distance were made by Lesley Robins - 147th in 1:55:09, Maureen Wolfe – 293rd in 2:11:24, and Karen Smith - 320th in 2:16:52

Of the 4 Ryston men taking part, Steve Bowerman was also trying the distance for the first time and clocked 1:47:38 in 90th place. Simon Levy took 23rd spot with 1:35:46 and Dave Robinson 39th with 1:40:09. Unfortunately for Ian Saunders one lap was enough and he had to pull out after that point.

Meanwhile, in St Albans, brothers Rob and Andy Simmonds each had a successful run in the Fred Hughes 10mile, with Rob finishing 8th overall in 59:38 and Andy 14th in 61:14.

And, this is what I mean by my appeal for press content featured below in "Miscellaneous"
MANY thanks to Dave Lane.

Hi Cath,

A little report from today's REEDHAM TEN mile race.

Four intrepid Ryston Runners took part in the Reedham Ten mile race on Sunday 29th January 2012.

Although it was foggy getting to Reedham, by the 11am start this had lifted and there were sunny intervals during the race. It was breezy though and very cold. A warning was given out at the start for icy patches and mud at approximately 3 miles, due to the sugar beet harvesting!

First Ryston home was Eamonn McCusker in 136th in a time of 1.12.41 (8th out of 21 in category). Next was Gill Hart in 343rd time 1.34.24 (11th out of 16 in cat), she did her fastest mile for the last one passing at least 10 people, two being in her category. Then came Julie Allum in 388th 1.45.25 (24th out of 25 in cat).

[Les Scott was also listed as finishing, given a time of 2.00.33 and placed 405th out of 406 who completed the course. The fact that this is so far away from what one would expect Les to do set the investigators investigating, and soon all was solved by the simple explanation : Les wasn't there. But it doesn't explain how his name and club came to be listed. Identity theft in Norfolk road races....Whatever next?! - Ed]

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Track and Field

Seniors / Junior Men & Women:

For more information go to www.southernmensleague.org.uk, www.swtfl.co.uk and www.southernathletics.org.uk.

Veterans / Masters

EVAC 2012 : We would like to invite Ryston members to join our EVAC track and field team. Once a month from April to July we compete against other teams in the Fenland division, which this year comprises : Ryston, West Norfolk, Peterborough, Cambridge and Huntingdon. The dates for this year are April 25th (Lynnsport), May 9th (Peterborough), June 13th (Cambridge) and July 11th (Huntingdon). While we like to do well, of course, the main aim is to have fun and try things we would not normally do. The only stipulation is that you join EVAC (Eastern Veterans Athletic Club) which is £ 12-00 for the year. Points are scored throughout all events and then the top teams progress to the final, which this year is scheduled to be held on 23rd September at Milton Keynes.

The events we take part in are:

(Matches 1 and 3) sprint hurdles - shot – 1500m - high jump – 100m - hammer – 2000m racewalk - long jump – 400m - relay (4 x 400m)

(Matches 2 and 4) : 400m hurdles - pole vault - javelin - 1 mile racewalk - triple jump – 800m - discus – 200m – 3000m - relay (400m-200m-200m-400m).

There are 3 age groups for men :M40-49, M50-59, M60+ 40 - and for the women it is W35-44, W45-54 and W55+.

For more details please contact Andy Harrod : aharrod@sky.com , or Cath Duhig: cath@peterduhig.plus.com

Don't forget the EVAC Indoor Championships on Feb 19th and the BMAF Indoor Championships on March 17th/18th.

Visit www.evac.org.uk and / or www.bmaf.org.uk for more information and entry details.

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Social

Annual Awards Evening

Ryston Runners AC held its annual awards evening on Saturday (14th). Upgraded significantly last year by the then Social Secretary Helen Melville, it continued to be a gala event under the watchful eye of Helen's successor Lesley Robins, who opted to repeat the use of the previous venue , The Duke's Head Hotel in King's Lynn.

A beautifully decorated room greeted participants who, after a well-received and well-executed meal enjoyed an entertaining series of presentations overseen by club Chairman Andy Smith and Coach Rebecca Tuff. A slide show of nominees ensured that all present knew just what the club, and individuals within it, had achieved in the previous year , before awards (some slightly less serious than others) were presented as follows:

Junior Track (Nicholls Cup) :	Aaron Raine
Junior Field (Nicholls Cup):	Frankie Dack
Junior Endeavour :	Poppy Hawkins
Junior Athlete of the Year :	Aaron Raine
SML (Robert Wood) Trophy:	Chris "Kip" Balmer
SWL (Laura Wood) Trophy:	Marie French
Fastest Marathon (Male):	Dave Robinson
Fastest Marathon (Female):	Annie Bradbury (also Norfolk Championship)
Road Runner of the Year:	James O'Neill
T&F Athlete of the Year (Jack Wilde Trophy) :	Malcolm Tuff
Most Improved Athlete (Bob Hancock Trophy) :	Lesley Robins
Izzy Endeavour Trophy:	Rebecca Tuff
Most Injured Athlete :	Andy Smith
Chairman's Award for Best Individual Performance :	Martin Simmonds (2 nd M70 London Marathon 3:45)
County Chairman's Award	Peter Duhig
Committee Award	Helen Melville
Silver Hares (for significant 25's in the club's 25th year):	Sue Smith, Darren Smith, Georgina Allen, Sue Tuff, Maureen Wolfe
100 Grand Prix certificate	Liz Blakie

The Bridget Wood Trophy (Club Person of the Year), voted on by those present on the evening went to Rebecca Tuff. Bec received as many votes as the next two nominees (Andy Smith and Andy Harrod) put together. Notably there were 18 different individual names in the voting box, which tends to suggest that there are lots of members having an influence on the way the club is moving and the way different people perceive this to be happening. That's good!

[Awards Evening- a note from Andy Smith :](#)

For clarification and to respond to a couple of enquiries that have been received, these awards are decided by your committee.

The new committee that you voted in at the AGM, spent just under 2 hours in November debating and determining their outcome. As I mentioned on the night, the standard moves ever upwards and regrettably not everyone can get an award. I am completely satisfied, however, that the process was carried out with the utmost diligence. As Chair, the 'buck' firmly stops with me, and I fully endorse them.

For me, it will be a great day to beat the 14th of January. 20 or so friends in my hall and kitchen at 7.30am in the morning for a training run. Tea, cake and chat after. Then being part of such a big team of volunteers in the afternoon preparing the hall-all just getting on with it, so enthusiastically and seeming to know exactly what to do. And the evening, the result of months of preparation, which I think was one of the club's finest. Evidence if it was required that fun and friendship is equally as important as fitness.

Thank you all to everyone who helped out, attended and made it such a great success. If you enjoyed it half as much as me, I'll see you in next year's ticket queue!

** Re Andy's final remark above, the Awards Dinner is open to all who want to pay for a ticket and come along. No one is "forbidden" from attending, no matter what rumours may be circulating to that effect. It is an adult style evening, - 3 course, sitting down formal dinner, with bar – which might not be up everyone's street, and that's really the only limiter. Just as some of us older codgers prefer not to attend disco style evenings, some younger members might not like the format of the dinner. That's all. [Ed]

OTHER AWARDS : It's no secret, now that the names have been published : RYSTON has four members nominated in the KLFM Sports Awards for 2011, covering 6 category nominations between them. A gala night on Feb 9th will see the winners revealed. Some members will have seen the nominees being videoed at the Lynnsport track earlier in the month.

So, congratulations and good luck to : **GAYE CLARKE, CATH DUHIG, MARTIN SIMMONDS and REBECCA TUFF** .

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Racewalking

ILFORD AC XMAS 5 miles, REDBRIDGE CYCLE TRACK, ESSEX, 17TH DEC 2011

Cath Duhig won this event in 49:38, the first of only 3 female walkers in the field. A deceptively chilly day provided a beautiful view of the sun setting over the flatlands silhouetting the London skyline, and the prize for winning – 4 bottles of Becks lager – almost made the 4 hours' driving and £40 worth of petrol worth it!

SRWA 10KMS WALKING CHAMPIONSHIPS, MONK'S HILL, CROYDON, 7TH JAN 2012

Cath had a pleasing start to the new year with a bronze medal in the SRWA area championships contested over a trickily hilly course at Mons Hill, Croydon, at the weekend. Not expecting too much of herself, as third oldest in the field and after a rather sluggish Christmas in training terms, Cath was delighted to walk a fairly consistent race and cross the line in just over 63 minutes for her third place and her first Southern Counties medal for some years.

ENFIELD LEAGUE 2012, opening event – 5 miles at DONKEY LANE

Another third place for Cath, in windy conditions on a 5 lap out and back dogleg course with significant inclines. Just holding on to clock sub 50minutes was pleasing in such circumstances.

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Parkrunning

The King's Lynn parkrun started on September 10th 2011 and is a weekly free 5k event. Ryston Chairman, Andy Smith, is one of the 5 race directors and was heavily involved in the setting up of the event, something for which all parkrunners are grateful. parkrun has now reached 20 events and so far a whopping 47 Ryston Runners have taken part, completing a total of 222 runs. We have gained a few new members from parkrun and, hopefully, members will continue to encourage parkrunners of all abilities, during the post race coffee, to join a running club, preferably Ryston Runners of course!

Any Ryston Runner who fancies doing a parkrun one week as an extra speed session, perhaps instead of a longer run, just needs to register at <http://www.parkrun.org.uk/kingslynn/home>, print off a barcode, and bring it along to the walks for a run on a Saturday morning for a start time of 9.00am, and that's it. Also, could any Ryston Runner who is registered for parkrun but not registered as Ryston Runner please do this so that I can include them in my weekly Facebook and Monthly newsletter results sections...

Matt Pyatt

January 2012

During January Ryston Runners have continued to help with the marshalling of the parkrun, a key ingredient of the event. Very well done to those who have volunteered during January.

Up and to and including Saturday January 21st the following members have gained PBs : Ian Milburn, Matt Pyatt, Mel Watts and Maureen Wolfe. The highest Age Grading for January for men was Malcolm Tuff with 84.18% (also being the only Hare to finish ahead of the now notorious parkrun super dog), and for Women Maureen Wolfe with 74.80%. Well done all.

Matt

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Training

These are the core Ryston training sessions:

Monday – Lynnsport – Juniors 1830-1930

Seniors – 1930- 2030 – a structured session on the track aimed at catering for all abilities and aspirations. Field event training also possible.

Thursday – DTSF, Memorial Playing Fields, Downham Market – 1900 - Road running focus

From the Coaching Team :

Following a recent coaching meeting we have decided to implement some slight changes to the way in which we operate on club nights. This will make almost no difference to training and participation, but will ensure that we know who is doing what and with whom. It will in fact improve matters as we will be able to manage track space more effectively and safely.

From my perspective as Chair this is important as, should there be an issue, it is ultimately down to me. Within the last few months, on two occasions, unsupervised teenagers have had to be disarmed of Javelins which is not on.

Safety- With upwards of fifty+ athletes potentially on the track at any one time, it is vital that the Coaches have a full understanding of, and can co-ordinate and manage, all the sessions that are taking place on a Monday, to avoid the risk of injury.

UKA Compliance- All sessions are required to be supervised by a qualified Coach, with it being a primary condition of insurance. In addition, it is a requirement of our ongoing application for ClubMark Standard. Sessions should also only be set (or approved) by a qualified Coach for the same reasons. This is a mandatory requirement.

Athletes- Monday (and Thursday) are 'Club nights,' and as such come under the direct control of club coaches. Sessions are set and controlled by the club coaches. However I fully recognise that there will be more specialised groups who will want to train for their particular discipline. This is to be encouraged.

This will still go ahead but these sessions will need to be approved by the club coaches to ensure that they are in accord with the two principles above. This will in no way be onerous and will, in practice, just be a matter of letting Jo know who is doing what between 6.30 and 7.30 and Bec from 7.30.

I intend to speak to those concerned over the next few weeks and look forward, with your cooperation, to implementing this from the beginning of March. If you have any queries in due course please see me.

Andy Smith

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Forthcoming Races

A full list of Norfolk road races is available from [Norfolk AAA](#). A database of most races may be found on the [Runner's World](#) website. There is also a list on the Ryston Runners [website](#) including Track and Field dates.

12 th February	Cross Country Grand Prix Series (Ryston Runners)
12 th February	Valentine 10k RCGP (Norfolk Gazelles)
12 th February	Stamford 30k (Stamford Striders)
4 th March	Wymondham 20m (Wymondham AC)
18 th March	Cross Country Grand Prix Series (Ryston Runners)
24 th March	Southern Men's 12 Stage & Women's 6 Stage Road Relay (MKAC)
1 st April	Spring 10k County Championships (Coltishall Jaguars)
tbc April	Broadland Half Marathon (Norwich Road Runners)
8 th April	Trowse 10k (CoNAC)
14 th April	National Men's 12 Stage & Women's 6 Stage Road Relay
22 nd April	Chase the Train (North Norfolk Beach Runners)
22 nd April	London Marathon (VLM)

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Miscellaneous

The Hare

Pursuant upon Andy Smith's reminiscences last issue, I have a complete set of "The Hare" newsletters, in all their technicoloured paper glory, covering the first 12 years (so almost half, to date) of the club's existence. They are for loan if anyone is interested. Likewise, we have an album covering the first 5 years or so, full of press cuttings etc, that members are welcome to borrow for a perusal. Cath

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Congratulations to Charlotte Smith

Charlotte has just been awarded the Bronze Duke of Edinburgh Award. She chose helping out and assisting the Junior coaches on a Monday for her volunteering role. In addition she started regularly doing the Monday senior session for the physical aspect. Good luck with the Silver.

Press Reports

I have been making an effort to keep the Ryston profile high by reporting on as many events as possible in the local press. This is only possible if YOU send me the necessary information. I would rather have 10 separate messages telling me how an event went than none, and then subsequent moans that some such event or result wasn't featured. Sometimes someone even volunteers to collect and collate results and PB's etc for me from a particular event. Thanks for all the support in this so far. I think we've had some great coverage of late – so thanks also to Greg at the Lynn News for pushing so hard to get our reports featured.

Kit

The Club is currently in the process of reviewing club kit. However, in the meantime, please see below detailing what is currently available and where to get it from. Vests should be in stock depending on size. Hare T-shirts, as modelled recently by Lesley, are imminent and should be available soon.

Vest	£16		Marlene Simmonds
Winter hat	£6		Pete Duhig
Hoodie	£22 (adults)	£20 (juniors)	Jo Isbill
Track Top	£25 (adults)	£20 (juniors)	Jo Isbill
Track Trousers	£16 (adults)	£14 (juniors)	Jo Isbill
Hat	£5		Jo Isbill

Sportshall Action

Thea Howlett and Caitlin Clarke represented Norfolk at the Aviva Sportshall UK U11 Championships East Regional Festival on Sat 21st January .The venue was the UEA Sportspark in Norwich.

The indoor events they took part in were Standing Long Jump, Standing Triple Jump , Balance Test, and Track team relay running events.

The Track events were fast and furious and great fun.

Norfolk U11 girls were up against Essex, Herts, Cambridgeshire, and Bedfordshire. The team finished third overall and the 2 girls gave it their best effort, but above all had a great time and made new friends.

[We have seemingly HUNDREDS of Juniors training on a Monday night. What a pity so few join in with competitions! - Ed]

Silver Hares

The "Hancock" Silver Hares that were awarded to suitable bidders at the club's "Silver Soiree", and subsequently at the Awards Dinner, are proving very popular, and there still seems to be enthusiasm for contriving a reason to get one's hands on one. So it has been agreed to keep the momentum going through this, the club's 25th year. One bid has already been received, and, once a decision is reached as to whether it merits such prestigious recognition (!) a suitable occasion for presentation will be decided. If you are still "Hare-less" and would rather not be, get your thinking cap on and try to come up with a suitably impressive reason, based around the number 25, as to why you should also be receiving one of these awesome limited-edition accoutrements!

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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 cath@peterduhig.plus.com or call me on 01366 388188

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