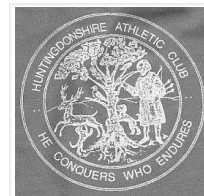


HUNTINGDONSHIRE ATHLETIC CLUB



ROAD RUNNERS NEWSLETTER

NOVEMBER/DECEMBER 2008

Dear Runners,

I know that the Town 5 and 7 and Figure of 8 are figuring so high on everyone's list right now, that efforts are making a serious come back on Tuesday evenings. In fact, we have a training schedule available for everyone now, which is on the notice board, as well as here in the newsletter - so there are no excuses for not knowing.

The Hereward Relay is coming up on 23rd November, and a notice is up on the board for prospective participants. Just four runners needed per team, with distances varying from about 6 to around 13 miles. Please put your name up ASAP if you are interested - we also need some reserve runners in case of drop outs.

The London Marathon Draw has been made, and if you have been rejected and would like to apply for a club place, then you need to let me have a copy of your rejection slip and a list of 5 eligible races that you have entered this year. If you are unsure of the qualification criteria, please ask me.

In this newsletter, as well as the usual race results, we have the frostbite series that has now started, and article from Pete Whitehead on running his 100th half marathon - what an achievement. We also have race reports from Gair Matthews and David Hetherington as well as a beginner's perspective on The Great North Run from Helen Hollebon.

Ian is asking for assistance with both the Hunts AC hosting of the 3rd Frostbite Race this year, as well as a Race Coordinator for our 10k race in July - see inside for details.

That's it for now...

Keep on hobbling,

Keith Borkett

You can e-mail me at keithborkett@hotmail.com

In this issue:

- Training Schedule
- Competition Results (Sep/Oct)
- The Hundred Half Club
- 2008 Handicap 5
- Frostbite Friendly League
- St Ives Dairy Crest 10k
- Grunty Fen Half
- Nottingham Half
- Frostbite Race 3
- Road Runners Championship Series
- Loch Ness Marathon
- The Great North Run - a beginner's perspective
- Photo Gallery

TRAINING SCHEDULE

Efforts should be done regularly to improve your ability to race more effectively and efficiently. Weekend runs should be longer than the distance you run during the week to increase mileage gradually. Any questions please ask Geoff or Hilary.

Sat/Sun 1/2 nd Nov	Steady run
Tue 4 th Nov	Handicap 5
Thu 6 th Nov	Run to Hemingford 'The Cock' & back
Sun 9 th Nov	Bushfield Frostbite
Tue 11 th Nov	Easy recovery run
Thu 13 th Nov	1k efforts
Sun 16 th Nov	St Neots Half marathon
Tue 18 th Nov	Easy recovery run
Thu 20 th Nov	High Leys hill effort circuit
Sun 30 th Nov	Steady run
Tue 2 nd Dec	Handicap 5
Thu 4 th Dec	Easy run
Sat/Sun 6/7 th Dec	Steady run
Tue 9 th Dec	Short efforts over 1k course
Thu 11 th Dec	Easy run
Sun 14 th Dec	Hunts AC Frostbite
Tue 16 th Dec	Easy recovery run
Thu 18 th Dec	1k efforts
Sun 21 st Dec	Christmas Cracker run. Meet @ Outdoor Centre 10am
Tue 23 rd Dec	Please yourself, it's nearly christmas!

A new schedule will start on 6th Jan 2009

Happy Christmas - Injury free New Year

COMPETITION RESULTS (Sep/Oct)

Track 10k Club Championships (Sep 9th)

A good turnout for this year's race with 24 entries. A particular thank you to the helpers, scorers and lap counters.

Men

Guest	Neil Speaight	32.40
1 st	Dave Connell	35.10
2 nd	Shane Hunt	38.42 (1 st Vet)
3 rd	Ian Marshall	39.02
4 th	Steve Mavin	39.50(PB)
5 th	Mike Scott	41.07(PB)(Vet)
6 th	Peter Downhill	41.42(PB)
7 th	Paul Rayner	43.53(PB)(Vet)
8 th	Jamie Heaford	44.11(PB)
9 th	Giles Newcombe	45.13(PB)(Vet)
10 th	Wayne Gimblett	45.49(Vet)
11 th	Peter German	45.55(Vet)
12 th	Bob Hudson	48.28(Vet)

13 th	David Hetherington	48.52(Vet)
14 th	Keith Borkett	49.29(Vet)
15 th	Kevin Baulk	50.35(Vet)
16 th	Peter Whitehead	57:56(Vet)

Women

1 st	Jo Coghil	47.30(PB)
2 nd	Pauline Green	49.35 (1 st Vet)
3 rd	Hilary McConville	51.10(Vet)
4 th	Heidi Connell	53.18
5 th	Maggie Leonard	56.58(PB)(Vet)
6 th	Jackie Ashton	58.55(PB)(Vet)
7 th	Sam Amos	62.12(PB)(Vet)

I honestly never realised that we had so many animal surgeons in the club. Amazing really...

Grunty Fen Half (Sep 14th)

Three club members tackled the half marathon distance race in which 493 runners finished the full distance. It was clear that John had not entered this race. A more detailed report from Peter is later in this newsletter.

93 rd	Richard Heyes	1:33.56
217 th	Wayne Gimblett	1:45.41
443 rd	Peter Whitehead	2:16.34

Round Norfolk Relay (Sep 20th)

Clearly, the weather Gods had been sufficiently bribed when Hunts AC set off on Saturday morning at 8:30am sharp as one of 48 competing teams from all over England - perfect running conditions for the whole two days. The stage results were as follows:

Stage 1 (16.32M)	Shane Hunt	2:02.21
Stage 2 (14.06M)	Richard Heyes	1:48.58
Stage 3 (5.39M)	Paul Raynor	0:46.08
Stage 4 (12.76M)	John Smith	1:50.29
Stage 5 (8.61M)	Karen Cameron	1:30.04
Stage 6 (7.86M)	Hilary McConville	1:15.26
Stage 7 (9.24M)	Stuart Reynolds	1:12.22
Stage 8 (7.52M)	Pauline Green	1:01.03
Stage 9 (11.3M)	Steve Mavin	1:21.53
Stage 10 (15.08M)	Keith Borkett	2:19.08
Stage 11 (19.6M)	Sean Barker	2:25.02
Stage 12 (19.67M)	Andy Richardson	2:14.08
Stage 13 (13.25M)	Hanno Fischer	1:44.23
Stage 14 (8.8M)	Martin Rowe	1:07.55
Stage 15 (7.2M)	Elaine Gray	1:13.21
Stage 16 (5.49M)	Sue Richardson	1:00.45

Total: 193.88 miles in 26:15.54 hours. Average baton travelling speed: 8.07min/ mile.

As usual the running is the easy bit. Therefore, a big, Big, BIG! "Thank you" to Monique and Scot who were our night shift support team (stages 10-14) and without whom we wouldn't have made it to the start line in the first place, and to Betty, our time keeper throughout the entire event. Another big "Thank You" to Geoff Brewster who's been our main escort cyclist this year (clocking about 80M during (quote) "a nice day out") and to Derek, Graeme (Pauline), Caroline (Richard), Lou (Steve), Keith & Shane who were in the right place at the right time to back us up when things got a little bit tight during this year's 94,554 seconds of non-stop action. Most of all, a very big thank you to Hanno, who puts in many hours over a number of months organising this event, and cajoled some runners to compete last minute, as he had been let down at the 11th hour. An excellent effort Hanno - it is appreciated by everyone, and deserves an Attaboy.

Loch Ness Marathon (Oct 5th)

Gair Matthews represented Hunts AC in this monster of a marathon, finishing in 3:16.25, bettering his PB by 10 minutes. This was enough to claim 101st place out of 1402 finishers. Although expressing his pleasure in his performance he also stated that he had foolishly hoped to be around 5 minutes quicker but like a twit, hadn't realised there'd be so many hills!!! Well done Gair - you can use those 5 minutes to set another PB next marathon.

By the way, I didn't write this Gair. Also, see Gair's own race report later on.

Great Eastern Half, Peterborough (Oct 12th) - RR Champs

Perfect sunny conditions greeted the participants in this year's event in which 2,702 runners completed the course. Hunts AC was represented by 15 runners in one of its nominated races for the Club Championship. Club results as follows:

85 th	Andy Richardson	1:23.14
99 th	Shane Hunt	1:24.45
179 th	James Windle	1:29.18
291 st	Richard Heyes	1:33.02
375 th	Paul Fullalove	1:35.38
444 th	Jamie Heaford	1:37.36
536 th	Wayne Gimblett	1:39.48
559 th	Peter German	1:40.22
693 rd	Martin Rowe	1:43.02
788 th	James Clark	1:45.17
995 th	David Hetherington	1:49.13
1,123 rd	Diane Gannon	1:51.51
1,323 rd	Keith Borkett	1:55.54
1,449 th	Hilary McConville	1:58.12
1,559 th	Vanessa Allen	2:00.29.

Abingdon & Leicester Marathons (Oct 19th)

Two club members took on marathons this weekend, Sean Barker the Abingdon marathon and Julia McIntosh the Leicester. Julia finished in a creditable 3:37.10 in 156th place out of 465 finishers. Sean, running his second marathon, improved his time by 15 minutes in running 3:15.02, finishing 139th out of 647 finishers - an agonising 2 seconds over the standard 'good for age' time! Well done both, although Sean was clearly sandbagging in his first marathon.

Fenland 10 (Oct 26th) - RR Champs

Six club members started this flat race in wet conditions, but five finished as one member (any guesses who?) could not make the final 400m and dropped out conveniently near the changing rooms. Well done to the finishers. Results below:

29 th	Shane Hunt	1:03.40
56 th	Ian Marshall	1:06.32
111 th	Wayne Gimblett	1:12.49

137th Martin Rowe 1:14.57
226th Mick Gray 1:26.29

The Hundred Half Club

Pete Whitehead

At the beginning of this year I realised that if I ran another 6 races I could get to 100 half marathons. But the plans went adrift with other commitments and I had left myself with 4 to do in 6 weeks, so Swaffham, Grunty Fen and Felixstowe meant that The Royal Parks Half Marthon in London on 12th October would be a memorable day.

However I must first mention a very wet and cold day in Suffolk for the Felixstowe Half (5th Oct) which was a really miserable two lap course and ended on a cold sea front. Fancy it next year? Don't, just head to Newcastle as the Great North was bathed in sunshine! Meeting some old friends and my daughter for a pub meal afterwards made the day worthwhile.

Forward one week to 12th October and 12,500 runners were in Hyde Park for the first Royal Parks Foundation half marathon. Alison Durrant and one of my sons Glen also ran and they helped to make this a really special day. The weather was warm and sunny and a great course went via Parliament Square, Westminster Bridge, The Embankment, Trafalgar Square, Buckingham Palace and then 7 miles all through Hyde Park. The crowds were amazing and the water points were really welcome as the temperature increased. Another first was the wooden medal given to all the finishers and the organisation was excellent with a huge area of food marquees giving plenty of free product samples to everyone. One strange innovation was to give you a wrist band number for your baggage - not the same as your race number - however it all

seemed to work very well. Parking is non-existent so taking to the tube is the best way to arrive and depart.

We didn't care about our times and celebrated with champagne in plastic cups. Someone told the organisers about the race being my 100th so I got a special announcement, thanks to Alison and Glen. Family and friends came along and it really was a great day.

I would really recommend this race and you can register your interest online now - we all have for 2009.

For the records my first half marathon was in Wantage Oxfordshire in Aug 1983, but I don't have a record of the time. My fastest was 1hr 35mins in Abingdon in 1987. Since then it's been downhill all the way! Favourite race has to be Hastings - I've done it 22 times.

Now I need to look for another challenge - one that might not take 25 years.

Enjoy your running,
Pete Whitehead

I think Peter deserves an Attaboy for this achievement - and a pretty good time in 1987 too! See Photo Gallery.

2008 HANDICAP 5

This report covers the races up to and including the October race. You had to have run in at least six races to appear in the order of merit table below. Don't forget that it's the best 8 from 12 races this year, and that low points are good. So the tactics are to run as many races as possible - that way you can get rid of your worst scores towards the end of the series.

	Runner	Races	Points
1	Paul Fullalove	6	36
2	Paul Raynor	7	46
3	Pete Whitehead	8	56
4	Dave Hetherington	8	66

Looks like it's a four horse race, as there are only two runs left.

FROSTBITE FRIENDLY LEAGUE

Yes, the 2008/2009 league has started already with the first race at St Neots already run. The dates for the series are:

5 th Oct	Riverside Runners	St Neots
9 th Nov	Bushfield Joggers	Peterborough
14 th Dec	Hunts AC	Huntingdon
4 th Jan	Ramsey RR	Ramsey
1 st Feb	Bourne Town Harriers	Bourne
1 st Mar	BRJ Running Club	Huntingdon

Frostbite League Race 1 (St Neots)

An excellent start to the new Frostbite season with 20 runners finishing 5th overall from 15 teams - a solid beginning upon which to build over the coming races, despite the rather wet conditions:

35 th	Shane Hunt	31:52
38 th	Ian Marshall	31:57
46 th	Andy Richardson	32:19
53 rd	Sean Barker	32:44
56 th	Phil Young	32:52
68 th	Alex Marshall	33:29
91 st	Hanno Fischer	34:37
110 th	Julia McIntosh	35:40
115 th	Wayne Gimblett	35:47
128 th	Giles Newcombe	36:33
154 th	Martin Rowe	37:42
167 th	Sam Palmer	38:09
184 th	Peter German	38:45
186 th	Kevin Baulk	38:49
223 rd	Bob Hudson	40:29
234 th	David Hetherington	40:57
254 th	Karen Cameron	43:08
255 th	Diane Gannon	43:14
267 th	Hilary McConville	44:10
311 th	Alison Durrant	50:31

Frostbite League Table after Race 1

	Club	Running Points	Pts
1	Riverside	336	15
2	NVH	403	14
3	Ely	544	13
4	Werrington	853	12
5	Hunts AC	866	11
6	Bourne	894	10
7	C&C	955	9
8	PACTRAC	1177	8
9	BRJ	1251	7

10	Bushfield	1265	6
11	March	1380	5
12	Yaxley	1425	4
13	Eye	1501	3
14	Ramsey	1564	2
15	Thorney	1632	1

More details can be found on the Frostbite League's website:

www.frostbiteleague.org.uk

St Ives Dairy Crest 10k

Ian Marshall

There is a serious risk that the 10k race will not go ahead in July 2009 if a coordinator cannot be found to ensure everything comes together for Race Day. I will support the new person to guide them through the early months but I will NOT be available in June and July as I am getting married.

A person needs to be involved in the detail from January 09 who is a good communicator, knows how to delegate, and has an understanding of the basic requirements of a road race. There are already many knowledgeable people in the club who undertake several of the necessary jobs who would support the coordinator.

If you are interested and would like to know more and maybe become involved please let me know.

Ian Marshall

RACE REPORT - GRUNTY FEN HALF

Pete Whitehead

I ran this race about 8 years ago in the wind and rain and said never again. But maybe the weather would be good this year, the course may have changed to not include those long straights and there would only be one circuit. Well the weather was good but nothing else had changed for the 493 runners. The course is two laps, the second being 3 miles longer, but both have the same short hill at 3 and 10 miles. I met an old friend from Suffolk at the start who told me that I had helped him round the course years ago - better memory than me!

Starting in my usual position of near the back I quickly began to feel that this was not going to be my day as I was passed by a race-walker in the first mile. Some of the straight sections seem to go on for ever but the sun was shining and there were plenty of water stations, some with sponges and excellent marshalls the whole way. The course is good for those at the front with the winner coming in at 1hr 9mins. I was just behind him -

well about an hour actually. The facilities at the college are good and there is plenty of easy parking on the playing fields. Richard Hayes 1hr 33mins and Wayne Gimblett 1hr 45mins completed the Hunts AC line up.

I don't normally study results but it was interesting to see that Colchester Harriers won the Mens and Womens Team trophy. But the name that caught my attention was The Muddy Mucky Munkeys who came second in the mens event - special award for original name perhaps?

Pete Whitehead

Race Report - Nottingham Half

By David Hetherington

This is a big city event with 4000+ runners and excellent spectator support throughout.

Why do I go so far for a half marathon? The main reason is to see running friends who live there and it has become a habit as I have run the half 23 times since the event started 26 years ago. I've never been tempted to run the full marathon though.

The course is varied with several hills before Mile 9 passing through 4 miles of university grounds and park. From Mile 9 it is flat, with the full course veering off at 12 miles to continue flat all the way. Only about 10% choose to do the full marathon - probably because at the decision point you can hear the half's finish.

The event was well organised as usual, but there were long queues for car parking - these can be avoided if you know the area. It is on the expensive side at £24 with a compulsory £1 for their charity.

I thoroughly enjoyed it all and hope to do it next year.

David H

FROSTBITE RACE 3 - 14th December

Ian Marshall

HINCHINGBROOK PARK

As there was an ongoing need for a club to host the 3rd race in the Frostbite series, Hunts AC has stepped forward to organise this race. The Junior and Senior course has been planned and should produce some great multi-terrain racing. The junior race will also form a club cross country championships. As always all members both junior and senior are encouraged to run for the club. However there is a need for some help before the race with setting up the course and car parking. We also require 15 non-runners to help marshal during the race. So if you are a parent, an injured runner or just don't run, please could you make yourself known to me or Andy Richardson. Most of the course will be set up the day before, but we will require people to arrive by 9.30 to help park cars, and for the marshals to be briefed on their actual positions/jobs, and help at the end to clear up the course. Please contact Andy Richardson or myself ASAP if you are able to help.

Ian Marshall

ROAD RUNNERS CHAMPIONSHIP SERIES 2008

Ian Marshall

With eight races completed and one more to go, the final standings are hotting up for those top 3 places. Also all those that have completed the minimum race bands to qualify will be awarded a special memento. The deadline for sending me the details of your 4th Self Nominated race is 1st December, so that's any official measured race from 5k to Marathon run after the 1st Dec last year, run in any country and can be one of the others in series (excluding your best race in each race band). All the awards will be handed out at the club's Disco and Buffet (including presentations) evening on the 6th December at Oliver's Lodge, St Ives. Tickets will be available from Chloe Edwards very soon.

There is one more race to go - Riverside Half on 16th No. All your self nominated races must be sent to me by the 1st Dec

Men

1 st	Shane Hunt	79.35
2 nd	Andy Richardson	77.27
3 rd	Sean Barker	72.85
4 th	David Hetherington	70.31
5 th	Peter German	68.74
6 th	Ian Marshall	68.73
7 th	Paul Rayner	67.98
8 th	Michael Gray	65.66
9 th	Martin Rowe	62.45
10 th	Wayne Gimblett	62.10

Women

1 st	Julie McIntosh	72.09
2 nd	Hilary McConville	71.40
3 rd	Diane Gannon	70.47
4 th	Elaine Gray	56.42

Ian Marshall

Loch Ness Marathon (Oct 2008)

Gair Matthews

After having to pull out of the London Marathon in March due to (yet another) injury, I decided, 'in protest' to enter the autumn Loch Ness Marathon. Seven months would hopefully be enough time to recover and prepare; so Sean Barker devised me a 26 week training plan...

It is a long way up to Inverness: it took over 12 hours on the train (slower than flying to the New York Marathon!). Bloomin' cold too - there was even snow on the hills (more on that later)! The Loch Ness Marathon is a point-to-point race, running alongside the famous Highland Loch. The 1 hour coach trip that ferried us from the finish to the start line made for daunting preparation; not to mention a test of the Lucozade primed bladder!

The weather was cool and bright and we were all roused by the sound of Highland Bagpipes as a band marched through us all on the start line. Within a minute of the gun going off, I discovered those hills I mentioned earlier. No snow, thankfully, and mostly downhill, but my 'Fenland-fell-runner-legs' were well pounded after just 6 miles. The 10 mile mark felt like 18 miles; and then more hills. Some runners walked the climb at 19 miles. From there on...well, it was tiring and hurt a bit! The fantastic loch-side run was finished on the home straight of the Inverness Athletics club track. There was a good crowd to cheer you home plus even a huge inflatable Loch Ness monster in the crowd!

I was chuffed to bits with 101st place from 1400* odd runners and a pb of 3:16.25. The event was very well organised and I loved every minute of it; even the hills. And you know what? I went up there on my own, but met loads of people that recognised the club colours; some were ex-Hunts runners. I'd definitely recommend it to anyone, but do put some hill-efforts in before you go!

Gair

* sorry Andy - I'll try harder next time to under the 100 mark! Plus those ex-Hunts runners were not having anything of my attempt to collect back-dated membership fees either...

THE GREAT NORTH RUN - A BEGINNER'S PERSPECTIVE

Helen Hollebon

It was with great misfortune that I decided to enter my work's HQ one morning in March this year, as I was immediately accosted and reprimanded by the Office Manager for not entering the Great North Run with a few other members of the team. They were referring to an email sent months previously, which I'd quickly scanned and then deleted without giving even a second thought. Although I like to keep fit and enjoy sport, I have never been a runner and pride myself on the well-honed avoidance techniques I have developed at school sports days over the years to get out of any distance greater than a sprint. However, I can never resist a challenge and once convinced that my colleagues were not all elite athletes, I was wooed by the irresistible camaraderie of being part of our Great North Run team.

Not one to take anything lightly, I immediately made an appointment with my local gym and discussed with them a training regime to enable me to go from zero to errrrr... Great North Run 'hero' in six months. They put together a treadmill programme but strongly recommended that I also started some road running too, due to the considerable difference in running on the two surfaces. This is not what I wanted to hear! However, I acknowledged their advice and the gym put me in contact with the Hunts AC Road Runners.

My first time at the running club went far better than anticipated, as not only was I welcomed with open arms but no-one laughed at my ambition to complete the GNR in just a few months' time! I surprised myself by completing the longest run I had ever done without stopping - 2.8 miles. Spurred on by this, I was motivated enough to come back to the club and found myself regularly running with Justine Ash, whom has since become a good friend and running partner. Sometimes our social runs feel more like therapy sessions than exercise, but chatting throughout certainly makes a challenging distance far more achievable.

By the end of April, I was running a comfortable five miles and although I still didn't think I enjoyed running, something kept me going week after week. Of course I had some terrible days - such as the infamous time trial where I came in at 1 hour 7 minutes after getting lost on the St Ives industrial estate - but I managed to motivate myself enough to put it all down to experience. A training plan put together by Hilary certainly helped - I can't say that I could stick to it rigidly but it did provide an excellent starting point and made me feel as though I had her every confidence.

I had a month off from running to get married and go on honeymoon, and alas my good intentions to run whilst in Mauritius never came to fruition. It was challenging to start running again after a few weeks off, but I motivated myself with a new GPS watch, a professional gait analysis and some shiny new trainers. The weeks then flew by, and as my sponsorship money went up and up, the number of days left until the big day slowly

went down and down. I found that this race, my biggest personal challenge ever, completely dominated my every thought. I started to get anxious and doubt my own ability, so one Saturday morning I decided to run the distance in preparation. I ran one and a half times around Graffham Water, the full 13.1 miles - then came home and threw up!

Although slightly queasy, I was delighted to know that I could do the distance and from thereon I eased up my training and concentrated on my diet and hydration levels. By the time the big day came, I really felt very well prepared and was sure that I had honestly done as much as I could to complete the race. I had my trusty pink Thorlo running socks, my clown-size trainers to correct my over-pronation (does everyone get told they over-pronate?!), my sponsored-by-Nike running gear and my GPS watch. I stayed in Sunderland the night before the race, enjoying a carb and protein-filled last supper and then a sensible bowl of porridge for breakfast. The morning of the race was beautifully sunny and I took a train into Newcastle alongside Power Rangers, Borat and a plethora of other nervous characters. I found my race zone and waited for the start, consuming a carbo gel and banana for some last minute energy. The race started well, although I spent a lot of time dodging other runners and did not get into a steady rhythm until mile four. The atmosphere was fantastic, and it was very emotional to run alongside so many others supporting such incredibly good causes. Once I had broken away and got into 'the zone', the miles seemed to fly past although I had cramp in my right foot for the final seven miles! With the help of another carbo gel eight miles in, I completed the race without stopping - something I never expected to achieve. What made the entire race worthwhile was running up the final hill into South Shields; I could feel that something very special was at the crest, and as the Red Arrows soared through the beautiful blue skies I could finally glimpse the finishing stretch. I picked up the pace and couldn't stop smiling as I crossed the line and with triumphant tears in my eyes, proudly collected my finisher's pack. My final time was 2 hr and 25 minutes - not bad for a beginner and within the target of 2 hr 30 minutes that I had ambitiously set myself. I was amazed that although my boss finished two minutes after me, there were over four thousand runners between us! This emphasised the sheer size of the event with its 52,000 competitors. All of my work team completed and were delighted to have raised three thousand pounds for the Rays of Sunshine children's charity.

Achieving something that I never thought possible eight months ago has given my renewed faith in my own ability and I'm delighted that my progress has even encouraged some of my friends to start running too. I am very grateful for all the encouragement I received from fellow running club members and look forward to improving my running and hopefully getting involved in the Frostbite league. And as for the future, not even the 10 hour journey back home could tarnish my mood and I have already registered to do another half marathon next year!

Helen Hollebon

I think Helen deserves an Attagirl for this sterling performance.

PHOTO GALLERY



Helen H proudly showing off her Great North Run medal.



Gair not looking the least bit worried that the man in the monster costume beat him across the line.



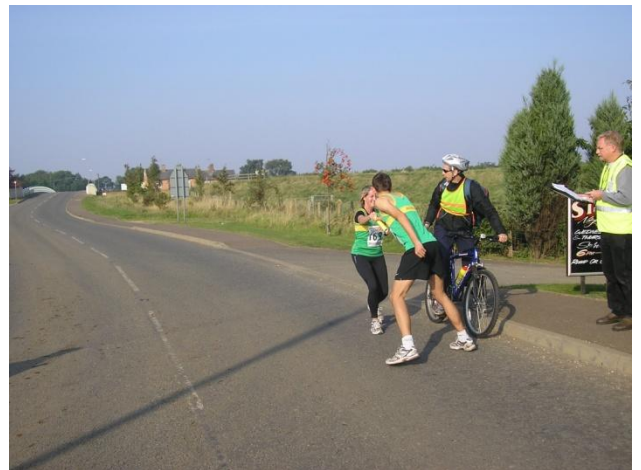
Pete, Alison & Glen have just spotted the Burger Van during the Hyde Park Half...



Martin wonders why this strange green car with a flashing light has been following him for the last few miles.



...unfortunately for Alison, Pete & Glen got there just before they sold out.



Shane, still unsure of the directions, advises Ian it might be better to go back the other way

ROUND NORFOLK RELAY PICS



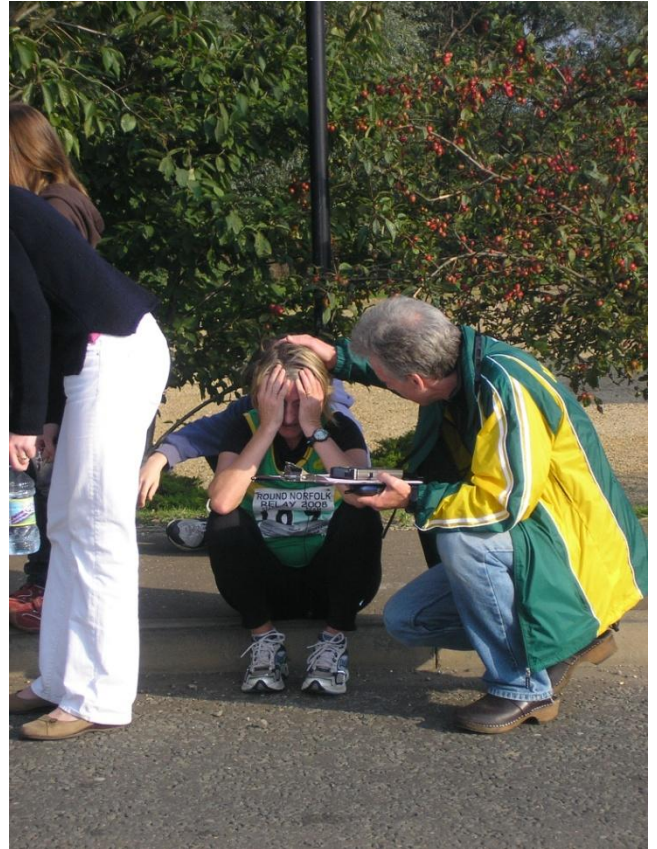
Hanno agrees to drive Elaine back to her car, whilst Shane tries to remember the route.



Elaine has just been told that she isn't getting a lift back after all, whilst Sue prefers not to witness the aftermath...



Hanno cheerfully advising Ian that he did in fact go the wrong way, and that the last two legs have to be run again.



Sue receives the news, rather well I think, about Ian's change of direction and map reading skills.



Ian takes the applause from the thronging masses as the race is finally finished....or is it the organisers wanting to take their sign and go home now.

