



NEWSLETTER ISSUE NO. 4 :- JUNE/JULY 2011

Welcome to the fourth edition of your newsletter!

The aim of this newsletter is to keep everyone up to date with Club events and results. I am hoping to publish it every 2 months and to enable me to do this I need your help. Please send me anything that you would like included in the newsletters, i.e. race results, funny stories; achievements or anything else you can think of. Please contact me.

I hope everybody likes the new look of the newsletter.

Alan Fairs E.mail:- ajsfairs@hotmail.com

SOCIAL EVENTS

Sunday 5th June The Breakfast Run.

We will meet at Whapload Road by the Lighthouse cafe ready to run at 8.00am. It will be a 4 - 5 mile run at a nice social pace and returning for a good breakfast in the lighthouse cafe.

Somerleyton Pub Run

After the success of the first pub run of the year which had 21 runners making their way to the Dukes Head we will be arranging the second pub run of the summer for the end of June or start of July. Alan will send out an email when it has been arranged and will also put details on the website

Summer BBQ

The committee are in the process of arranging a summer BBQ to be held at Mutford village hall in July. It will be a good opportunity for members to meet up and bring their families along. More details to follow.

If any members have any ideas about a social event, please contact Alan or David.

TRAINING

During the summer months we will have training on Tuesday and Thursday evenings. Meet at Normanston Park at 6.45 pm for a 7 o'clock start. There should be enough members both evenings so we can split into groups and do a different session.

FIXTURES

Wednesday 1 st June	Bungay 10k Summer Series Race 1
Sunday 12 th June	Midsummer 10 Miles (Wymondham)
Wednesday 22 nd June	Broadland 5K Series Race 2 (South Walsham)
Sunday 26 th June	Humpty Dumpty 10K (Reedham)
Wednesday 29 th June	Bungay 10k Summer Series Race 2
Thursday 7 th July	Hancock Half Hour 5 Miler (Downham Market)
Saturday 9 th July	Lord Mayors 5k City Centre Classic (Norwich)
Friday 15 th July	Mike Groves 5 Mile Run (Coltishall)

FEATURE RACE

Humpty Dumpty 10k

The Humpty Dumpty 10K road race is for all levels of competitors. The race will be held on Sunday, June 28th with a 10:30 AM start from the Reedham Village Hall. This year the brewery will also be sponsoring a running team, Team Humpty, in aid of Freethorpe First Responders. Come on the day to participate (registrations are limited) or just to watch as up to 400 people race through the quiet country lanes around our beautiful Broadland village.

After the race, the brewery will be hosting an open day, with tastings, snacks and brewery tours. Come by for a visit and enjoy the countryside this summer.

RACE REPORTS

Great Yarmouth 5 Mile Series

Race 1

Waveney Valley Athletics Club had an impressive entry of just under a dozen runners for the first in Great Yarmouth Road Runners series of three races covering a distance of 5 miles.

3 new members joined established Waveney Valley athletes for this popular annual Spring event covering two laps of Great Yarmouth's seafront and promenade.

Tim Earl, competing again just a week and a half after setting a personal best at the Bungay Marathon, maintained his recent excellent form. Alan Fairs also set a new personal best time for the distance.

Teenager Chris Booth has been running for just a few weeks and posted a very fast time for his first race, whilst fellow new members Lauren Dixon and Jane Ward finished comfortably inside the one hour mark.

Waveney Valley results: 29th Tim Earl 30:59, 40th Seb Herrod 31:46, 70th Alan Fairs 33:42, 72nd Chris Booth 33:51, 73rd Bill Kingaby 33:53, 87th Nigel Herrod 35:41, 97th Kevin Booth 36:24, 157th Catherine Carfoot 41:21, 200th Dale De Pasquale 48:19, 210th Lauren Dixon 58:23, 211th Jane Ward 58:39.

Great Yarmouth 5 Mile Series

Race 2

Waveney Valley Athletic Club matched their entry of eleven runners in race one, when they competed at the second in the Great Yarmouth Road Runners 5 mile series.

The race formed part of the Runners Centre Grand Prix series so a bumper entry of almost 250 runners lined up at the start on the seafront.

Waveney members with performances that stood out include David Pimlott, benefiting from his recent marathon training, was very pleased with his time of just under 43 minutes.

Catherine Carfoot, accompanied throughout the race by Tim Earl, knocked almost two minutes off her time from race one, while Bradwell based Dale De Pasquale shook off a hamstring problem to record a much improved time.

First to finish for Waveney Valley was Alan Fairs, in 59th place in a time of 33:43, just a fraction outside his personal best, with Bill Kingaby close behind in 64th. Chris Booth was next in 78th followed by his father Kevin in 101st.

Paula Lambert, David Lewis and Ravenna Bartholomew all had satisfying runs in their first outing in this series this year.

Waveney Valley results: 59th Alan Fairs 33:43, 64th Bill Kingaby 34:06, 78th Chris Booth 34:50, 101st Kevin Booth 36:49, 142nd Catherine Carfoot 39:33, 143rd Tim Earl 39:34, 159th Paula Lambert 40:25, 185th David Pimlott 42:49, 188th David Lewis 43:20, 203rd Dale De Pasquale 45:41, 226th Ravenna Bartholomew 50:31.

Great Yarmouth 5 Mile Series

Race 3



Over 200 runners converged on Great Yarmouth seafront for the last of the three races in the 5 mile evening series organised by Great Yarmouth Road Runners.

There were some strong runs from the eight members of our club who entered and most encouraging this year so far has been the number of personal bests attained.

Paula Lambert set a new best time of 39:21, finishing in 132nd position and David Lewis also achieved a PB of 42:55, in 172nd.

David Pryce, finished in 159th in a time of 41:32 and though running in the over 60's category for a few years now, shows no sign of hanging up his racing shoes.

Son and father Chris and Kevin Booth finished 96th in 35:32 and 103rd in 36:37 respectively and are enjoying their first season of competitive running.

Alan Fairs led the team home again in this series finishing 73rd in 33:53 with Bill Kingaby was not far behind in 82nd in 34:13. Ravenna Bartholomew, despite injuring her leg, battled bravely to the finish line in 208th in 62:57.

Roger Wing Memorial 10k



Tim Earl and Alan Fairs were back in their racing shoes two days after the first Great Yarmouth 5 miler, on Good Friday morning, at the Roger Wing memorial trophy 10k hosted by Bungay Black Dog Running Club. They were joined at Broome village by seven other Waveney Valley members in what proved to be very warm and sunny conditions for the field of over 200 runners.

Waveney Valley results: 18th Tim Earl 41:16, 71st Glenn Doy 48:11, 72nd Alan Fairs 48:12, 101st Paula Lambert 52:38, 109th Catherine Carfoot 54:08, 149th Stuart Smith 1-00:38, 151st Stephanie Pimlott 1-01:04, 152nd Chris Pimlott 1-01:05, 191st David Pimlott 1-18:07.

Broadland 5K Series

Race 1



Five Waveney Valley Athletic Club members competed at the Broadland 5k, the first of a series of three races this summer held at South Walsham and organised by Norwich Road Runners.

The event proved particularly satisfying for two club members who improved their finishing times during last winter and have continued their progression into the summer.

Tim Earl ran a personal best time of 19:01, finishing in 37th place from a field of around 230 runners while Alan Fairs took nearly ten seconds off his previous best time to record 20:33, in 76th.

Veteran Bill Kingaby, finished 90th in a time of 21:07, with Kevin Booth just a few places behind, running very well in his first race at the 5k distance, finishing 93rd in 21:16. Dale DePasquale crossed the line in 174th, in 26:28, despite being affected by a severe stitch in the latter stages of the race.

BRIAN BROADLEY MY FIFTY YEARS IN ATHLETICS

This month we have a new feature as club member Brian has written for us details of his fifty years of athletics

Part 1

My first induction to athletics came completely out of the blue. It came about when I started work as an Estimating Clerk at Alexander Cowan's, a paper merchant and Stationery Company based in upper Thames Street in the heart of the City of London. I was 16 years old at the time, and it had never crossed my mind I may have the potential to be an athlete. That was until one of my colleagues in the office came up to me a day or two after I had started, and said "have you ever thought of taking up running?" My reply, after the initial shock was "you must be joking I couldn't run to save myself!"

However, Norman did not give up, telling me I had the perfect build to be an athlete. He was a member of Hern Hill Harriers, which I found out later to be one of the top clubs in London. Norman also ran Cowan's own running team competing in the London Business League and currently down to just five members, which gave him the opportunity to put more pressure on myself. I finally gave in and that was the beginning of what would turn out to a long career in athletics.

Over the next few weeks I began my training under the watchful eye of Norman. I must admit he had been right all along. In that time I had taken to running like a duck to water and my confidence grew after each training session.

Now the time had come for my first taste of competition. It took place at Chigwell, in Essex. A road relay over five legs I was given the third leg, a distance of just over three miles. For my first race, although not a particularly fast one, losing only one position, I was heartily congratulated by my fellow team members.

The time had come for me to join a club. Under Norman's guidance I joined Deptford Park, a small dockland club. It turned out to be a good move. The Head Coach for middle-distance was Bernard Smith who was coaching the fastest miler in Britain by the name of Bill Giddings. Bernard agreed to take me on. He was a hard task master but all the hard work paid off. Within four months I had broken five minutes for the mile, returning a time of 4 minutes 56.8 seconds at the age of nineteen. TO BE CONTINUED.....