

**BRJ RRC
FOUNDED
1988**

B.R.J. RUNNING CLUB NEWSLETTER

Jan / Feb 2005

BRJ WEBSITE <http://homepage.ntlworld.com/philip.yendley/>
E.MAIL mike@yendley.fsnet.co.uk
NEWS, RESULTS & RACE REPORTS TO,

NEWSLETTER Alan Hannibal 01480 434983
E.MAIL alan.hannibal@dsl.pipex.com

PRESS REPORTS Pete Galpin 01480 434029
E.MAIL pete.galpin@tiscali.co.uk

RUNNING VESTS Phil Pearsons 01480 385842



**When & where was this taken?
Do you know the event we took part in?**

ELY NEW YEARS EVE 10K.

Held funnily enough on 31st December 2004, at Little Downham Village Hall & cricket club. Feedback from the race was a little damp but not cold, with the first kilometre downhill, then 7kilometre on the flat then 1 kilometre back up to finish with the last kilometre through Little Downham. There were 561 runners all winning a free bottle of beer at the finish. A very popular race as the limit should have been 450.

135th Tony Cotton 43-39, 227th Michael Munro 47-28, 232nd Sue Yendley 47-35, 259th Phil Pearsons 48-31, 268th Tracy Bryden 49-03, 435th Maureen Wickson 57-46, 504th Andrea Sandells 62-47. Full results are obtainable on www.newyarseve10k.co.uk Well done to you all.

ANNUAL BACON BUTTY RUN 2005. Sunday 2nd January.

This has become a bit of a ritual over the years, usually held on the first Sunday in the New Year, but not always at the same location. There was a good turnout for what was a beautiful sunny morning, and we were treated to one of Tony's scenic runs around the Brampton countryside. We then returned, slightly muddier to Paul & Kath's house and treated to a feast!!! We all dried off and changed and were then directed to the dining room, there were rolls, bacon, ham, salad, crisps, snacks, cakes well it was never ending and along with all the food there was a little matter of disposing of the left over booze from the club BBQ last year. A good day was had by all as it carried on until about 7.45 in the evening. Just finish by saying a big thank you to Paul & Kath from all who attended.

RAMSEY FROSTBITE RACE 4.

Sunday 9th January 2005

Another fairly good turnout on what was a sunny but cold day in Ramsey. We were slightly suffering with a few runners with colds and slightly affected the teams score. We had 17 senior runners and finished 9th on the day and lie 9th overall. The juniors were led home by Martin Brown & boosted to their biggest turnout with the addition of Louise Bennett & Bria Hyland. We had 6 juniors and they also finished 9th on the day.

Martin Brown 91st 13-45, James Yendley 93rd 14-08, Keegan Sterling 98th 14-44, Louise Bennett 102nd 16-43, Bria Hyland 103rd 16-47, & Rachel Yendley 104th 16-51.

BOURNE FROSTBITE RACE 5.

Sunday 6th February 2005

A good turnout at Bourne woods but we didn't have our 2 fastest runners. Pete Galpin was after tough opposition in the Watford ½ marathon & Phil Rudd was unavailable. Seniors were led home by Dan Vajzovic in 15th & Alan Hannibal was next in 51st both runners having finished in exactly the same positions at Ramsey. Tony Hucklesby was the next home in 96th and making a good comeback after injury. It was also good to see 6 ladies finish for us with Sue Yendley in 196th & Tracy Bryden in 222nd being the two lady counters on the day. Seniors finished 12th & lie 10th overall with the juniors 9th on the day and 9th overall with only Martin Brown, James Yendley & Keegan Stirling running for the juniors.

THE WHITE HART PUB RUN

GODMANCHESTER, held on Tuesday 25th January there was a good turnout with 13 running. We also found out that it was Maureen Wickson's birthday as Tracy Bryden was spotted passing a birthday card. Well it must have been an ideal evening for running as everyone seemed to have a good training run, covering about 6.5 miles before returning to the White Hart. This was also the first pub run attended by Anita Girvan, Nykki Webber & Lesley McFarlane. We were joined back at the pub by another 5 who just wanted to be social for the evening, and all celebrated Maureen's special day with her.

FOLKSWORTH 15 COURSE RECORD SMASHED.

In what turned out to be good running conditions on the day the Folksworth 15 lived up to its reputation of being a very popular build up race for the London with entries full well in advance. Pete Galpin soon took up a commanding lead and pulled away from the field to finish in a time of 1hr 21mins 18sec just under 4 minutes ahead of Derek Lines in second place and breaking his own course record from last year by over a minute, winning a £100 voucher from Advance Performance.

Times & positions were;

Predicted marathon time (Tony's calculation)

1 st Pete Galpin	1-21-18	2-28-23
20 th Dan Vajzovic	1-34-16	2-52-02
67 th Alan Hannibal	1-45-17	3-12-09
118 th Mike Gullis	1-52-38	3-25-34
141 st Tony Cotton	1-54-31	3-29-00
223 rd Sue Yendley	2-03-40	3-45-42
339 th Sam Brown	2-21-16	4-17-49

5th PLACE FOR GALPIN AT WATFORD ½ MARATHON

Pete Galpin travelled to Watford on 6th February to take on some tough opposition in this annual race. Having run the race before myself it is a fairly tough undulating course and just what Pete needed to continue his build up to this years London Marathon in April. He eventually finished 5th in a time of 1 hr 12 mins and in the process came away with a £50 voucher.

JUNIOR RUNNER OF THE SERIES.

The votes are in and the result of our junior runner of the series for the frostbite league will be announced at the junior presentation disco after the races on 6th March. Well done to all our juniors who have run this season and look forward to seeing more next year.

NEW MEMBERS ON THE RISE.

It has been good to see that there is still a steady flow of new members joining the BRJ club. Many of which are ladies. This has added to the number of runners on Tuesday's & Thursday's and often find as many ladies running if not more. We will again be holding some open evening runs again in the not too distant future to see if we can increase our 40+ members.

BRJ BOWLING EVENING.

Saturday 15th January saw many of the running club showing their skills at the Alconbury bowling alley. A good turnout of about 35 meant that we took over most of the lanes. For the last hour the lights were turned out and only the lanes were lit, which added to the entertainment. Also between games we took a break for our meals and to top up on some liquid refreshment. Many thanks to Tony & Esther for organising another good evening. Some of us finished off the evening by going into Huntingdon and visiting Samuel Peypes. There were some sore heads next morning at the club for the Sunday training run!!!

BLACK BULL PUB RUN.

Tuesday 22nd Feb saw us venture to Brampton for our latest pub run, and what a good evening it turned out to be. There had been snow during the day so the expectancy for many turning out was low, but it was a good job that the pub had a large car park as we ended up with 16 runners. Alan, Sue, Tony H, Rob, John'O, Nigel, Paul, Graeme, Maureen, Andrea, Anita, Nykki, Lucy, Tracy, Phil R & John Wright all ran about 6.5 miles around Brampton & Hinchbrook before settling in the pub for some well earned refreshment. Pete & Mark joined us as well.

NEXT PUB RUN TUES 29TH MARCH FROM THE BARLEY MOW.

Frostbite League senior presentation evening 2005.

The BRJ are once again hosting the senior presentation evening of the frostbite league. The venue is the BRJ sports & social club Huntingdon and will be held on Friday 18th March 2005. The function will be from 7.30pm till 1.00am to include buffet, disco & a live band called Project. All running club members & partners will be guaranteed tickets, but please let Alan know if you would like some so we can add you to the list which stands at 32 at present. Tickets are £10 so come along and support your club on what should be a great night.

STAMFORD 30K. Sunday 13th Feb 2005

A cold and breezy day saw a sunny start soon disappear but there was the advantage of having the wind with you for most of the second half of the course. Good runs from all who took part with Pete Galpin first home for the club in 6th place using it as a good paced training run as opposed to racing. Alan Hannibal was Sam Brown's pacer for the run

Pete Galpin	6 th	1-49-35	
Dan Vajzovic	29 th	2-01-27	
Tony Cotton	190 th	2-23-25	1 st mv65
Nigel Maggs	322 nd	2-38-38	
Mike Gullis	336 th	2-40-17	
Sam Brown	455 th	3-02-53	
Alan Hannibal	456 th	3-02-54	

BURY 20 MILE. Sunday 27th Feb 2005

Reports from this one said it was a cold frosty day, with only 3 runners from the club taking part. A couple of others were looking to enter on the day until we found out that they were adding £5 to the entry fee. Sam Brown is continuing to reap the benefits of all her hard training over the last few months by setting a PB over 20 miles, so keep up the good work rate and see the rewards at London.

Tony Cotton	2 hrs 30 mins
Sue Yendley	2 hrs 46 mins
Sam Brown	3 hrs 09 mins. PB

OTHER ITEMS.

We are once again invited to Bushfield Joggers annual pub run on Thursday 19th May 2005 at the Plough Inn Facet Fen. Flyer attached to this newsletter.

Sam Brown has a new number 01480 394657 if you would all like to amend your members list.

SLEAFORD ½ MARATHON & 3K FUN RUN.

Martin Brown took part in the fun run finishing in a time of 14.32 and was using this as a build up to our frostbite on the 6th March.

Half Marathon times were	
Tony Cotton	1.40.33
Sam Brown	1.56.45

WEDNESDAY WOBBLER

Try it and see, The Wednesday Wobbler. This is new and an addition to normal training nights for those wanting a bit more at an earlier time. Meet at the riverside car park Huntingdon 6.15pm for 6.30pm start. First dates are 30th March & 27th April (both Wednesday's) approx 5 to 6 miles. Any questions call Debra 01480 392024.

Yours in sport Alan.

**BRJ HUNTINGDON
FROSTBITE
SUNDAY 6TH MARCH 2005**

**LAST RACE OF THE SEASON
THIS IS HOW THE MIDDLE OF THE
LEAGUE STANDS AFTER 5 EVENTS.**

7TH HUNTS AC	4185	61
8TH RAMSEY	5479	42
8TH PACTRAC	5479	42
10TH BRJ	5587	41
11TH STAMFORD	5996	37
12TH MARCH	6274	34

**AS YOU CAN SEE A FULL TURNOUT COULD SEE US
LEAPFROG RAMSEY & PACTRAC TO FINISH THE
SEASON IN A GOOD 8TH PLACE. LETS FINISH IN
STYLE .**

**YOU'RE VOTE FOR SENIOR RUNNER OF THE FROSTBITE SERIES 2004-2005
THE TROPHY WILL BE PRESENTED ON FRIDAY MARCH 18TH.
IT CAN BE MALE, FEMALE, FAST OR SLOW IT IS UP TO YOU BUT DOING
ALL SIX RACES HELPS.
(WE DO TRY TO KEEP THE RESULT SECRET TILL THE 18TH)**

MY VOTE FOR SENIOR RUNNER OF THE SERIES IS

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