



**JULY 2014**

### **PRESENTATION NIGHT & ANNUAL MEETING**

The club's annual presentation night was held on July 12, with the new Watersports Centre at Ferry Meadows providing a fantastic setting.

The principal awards went to:

Senior Mens Champion: Stu Barfoot

Senior Ladies Champion: Sarah Overington

Veteran Mens Champion: Peter Kirwin

Veteran Ladies Champion: Amanda Wells

Mature Veteran Mens Champion: Terry Fone

Mature Veterans Ladies Champion: Gill Bates

Cross-Country Champion: Stu Barfoot

George Cant Memorial Trophy: Dave Richmond

Senior Runner of the Year: Leah Short

Junior Runner of the Year: Jessica Johnson

Frostbite Senior Runner of the Year (Male): Mike Wright

Frostbite Senior Runner of the Year (Female): Sarah Overington

Frostbite Junior Runner of the Year (Male): Oliver Harrison

Frostbite Junior Runner of the Year (Female): Sophie Ellen

### **EQUINOX 24**

Eye CR has formalised its team of eight for the Equinox 24 on September 20/21 (Jon Creedon, Mark Martin, Sarah Overington, Leah Short, Gordon Pearson, Dave Richmond, Steve Ellen and Mike Wright).

However, organiser Jon Creedon is still on the lookout for a couple of reserves, in the event of a late injury or dropout.

And if enough members are interested in taking part, we still have time to enter a second team of five (the composition of the teams will then be revised according to speed and how many legs each runner wants to do).

This is a 24-hour mixed terrain relay race over a 10km course at the Belvoir Castle Estate near Grantham, with free camping available on Friday and Saturday night.

But if you don't fancy running multiple laps of the course or camping out overnight, and still want to join in the fun, there is also a 10km race for individuals, starting at noon on the Saturday.

For more details, go to <http://www.equinox24.co.uk/>.



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### **CLUB CHAMPIONSHIP**

This year, to encourage more members to participate, the Eye CR Club Championship has been expanded.

The club will be giving awards for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in six categories: Senior Male & Female; Veteran Male & Female; Mature Male and Female.

And there will now be 12 races instead of six (giving everyone more choice of which events to enter, so it won't matter if you're unable to take part in one or more races), with your six best results scoring. All 12 are within reasonable travelling distance from Eye.

The races have been split into four categories, offering a cross-section of distances and terrain. Each runner must complete at least six races to qualify, and you must include one race from each of the four categories.

Event	Distance	Date
<b>Category A:</b>		
Thorney	5m	17 August 2014
Peterborough Park Run	5k	8 November 2014
Ryston Cross-Country	5k	18 January 2015
<b>Category B:</b>		
West Pinchbeck	10k	28 September 2014
Thorney	10k	22 March 2015
Langtoft	10k	3 May 2015
<b>Category C:</b>		
Grunty Fen	Half marathon	14 September 2014
Nene Valley	10m	7 December 2014
Friskney	Half marathon	29 March 2015
<b>Category D:</b>		
St Neots Frostbite	5m	5 October 2014
Hinchingbrooke Frostbite	5m	14 December 2014
Bourne Woods Frostbite	5m	1 February 2015

The final results will be based on the best six results for each runner. (If you complete all 12 races, only your best six results are taken into account - again, they must include one from each category). Members must wear club colours. Good luck!



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### **GREEN WHEEL RELAY**

The third annual Green Wheel Relay confounded the social media claims of one leading local runner, and proved to be a big success with 28 teams taking part.

Eye Community Runners had three teams in the event:

**Eye Be Here** (Will Missions, Leah Short, Gill Bates, Steve Roweth, Sarah Overington, Terry Fone, Linda Oswin) finished in 7 hrs 12 mins and 59 secs

**Eye Be Gone** (Sean Selcraig, Will Missions/Nigel Walls, Nigel Walls, Steve Booth, Mike Wright, Mandy Tropeano, Fiona Stoneman) finished in 7 hrs 28 mins and 42 secs. (Will and Nigel shared the second stage after Sean suffered an injury).

**Eye Kid U Not** (Petra Ellen, Yvonne Goodsell, Kirsten Bateman, Gordon Pearson, Jon Creedon, Matt Rowe, Kim Rowe) finished in 7 hrs 39 mins and 28 secs

Well done to everyone who took part in such difficult, hot and muggy conditions. Thanks to Andy Short for organising the Eye Be Here and Eye Be Gone teams, and especially to Dave Richmond for such an excellent job in making sure the whole event ran so smoothly.

More details on next year's event will follow in due course.

### **EYE HANDICAP**

The annual **Eye Handicap** event will be on Thursday August 14. The Handicap is over a four-mile course through the village, with the slowest runners heading off at 7pm (staggered start times means that hopefully everyone will finish within a few minutes of each other).

Venue for the race is Lindisfarne Road.

### **GET FIT 4 THE EASTERN**

The special Get Fit 4 the Eastern training sessions at the athletics track have been arranged for July 23, August 6, August 20, September 3, September 17 and October 1 (Wednesday evenings, alternating with the summer 5k grand prix series).

The sessions run from 7pm to 8pm. Dave Richmond has more details.

### **NEWSLETTER NEWS**

The next newsletter will be out in late summer/early autumn. If you want to write an article for the next newsletter, please jot down a few words and send them to [news@eyerunners.co.uk](mailto:news@eyerunners.co.uk) or to either Dave Richmond ([dave@eyerunners.co.uk](mailto:dave@eyerunners.co.uk)) or Mike Wright ([mikewright65@gmail.com](mailto:mikewright65@gmail.com)).