

# Eye Community Runners

SEPTEMBER 2014

## EQUINOX 24

Eight ECR members enjoyed a fabulous weekend in the scenic setting of the Belvoir Castle Estate on September 20/21, to take part in the Equinox 24.

This is a 24-hour mixed terrain relay race starting at noon on the Saturday and finishing at noon on the Saturday, run over a course of just under 10 kilometres, and the Eye team finished in 16<sup>th</sup> place out of 46 entries in the 'large team' category (for teams of eight runners).

All of our eight runners - Gordon Pearson, Steve Ellen, Sarah Overington, Mark Martin, Leah Short, Jon Creedon, Mike Wright and Dave Richmond - completed three laps.

Sarah and Mark then ran individual fourth laps. Jon also ran a fourth (chip-timed) lap, accompanied by Leah and Steve (without their chips), and the three were joined by the

rest of the team for the last three-quarters of a mile section around the perimeter of the camping field to the finish line.

Dave successfully completed back-to-back laps during the middle of the night, and Gordon took on the added challenge of running the Colwick Park Run in Nottingham on the Saturday morning.

Also at Equinox, Di Gill completed four laps as part of a five-person team.

Well done to all, and a special thanks to team captain Jon for organising the Eye entry.

PS: We're planning a return visit in September 2015, so if you fancy doing it next year, check out <http://www.equinox24.co.uk/> or talk to any of the eight to find out more details.

PPS: Before Equinox 2015, there's also the Thunder Run 24-hour relay to look forward to next July. As this newsletter was being compiled, your inbox should have received an email from Dave Richmond and Jon Creedon seeking a commitment to taking part ASAP, as the event is likely to be fully subscribed within 24 hours of entries opening, and Jon needs to sort out how many teams to enter. But even if you've missed the cut-off point, Jon will also appreciate having a couple of reserves on standby - just in case.





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### **CLUB CHAMPIONSHIP**

Three races in the revised Club Championships have now taken place - the Thorney 5, the Grunty Fen half marathon, and the West Pinchbeck 10k.

The next Club Championship events are:

Date	Event	Distance
5 October 2014	St Neots Frostbite	5 miles (Category D)
8 November 2014	Peterborough Park Run	5k (Category A)
7 December 2014	Nene Valley	10 miles (Category C)
14 December 2014	Hinchingsbrooke Frostbite	5 miles (Category D)

Don't forget - you need to run six of the 12 races in this year's series, including at least one from each category. 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. For full details, check out the July newsletter or the club championship section on the website.

### **RUN IN THE SUN**

In a previous newsletter, Linda Oswin shared her experiences of running in Goa, in India. She has recently returned from Turkey:

"I enjoy the challenge of running in different countries. We were staying in a hotel high up in the mountains at Turunc. The resort grew or bred most of the food they served, plus they had a great outdoor programme, so apart from training we had yoga classes three times a week.

"The weather was extremely hot – between 42 and 47°, and on the day I decided to first run down the mountain with my daughter and son-in-law it was 45°. It was only 5k, and on our way we saw a lizard as big as a man's arm and a praying mantis as big as your hand. We took advantage of the free shuttle bus to come back.

Don't forget, if you've run in an exotic location while on holiday, or taken part in an event or Park Run somewhere else in the UK, we'd love to hear all about it.

Hopefully Sarah and Andy Short will be able to share their experiences of Park Runs in Singapore and Sydney in the next newsletter.

### **EYE HANDICAP**

The annual **Eye Handicap** event took place on Thursday August 14. The first Eye runner home was Deborah Nolan, and £165 was raised for Mencap.



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### **FROSTBITE LEAGUE**

Dates and venues for this year's races are:

5 October 2014	Priory Park, St Neots
2 November 2014	Bushfield Sports Centre, Peterborough
14 December 2014	Hinchingbrooke Park, Huntingdon
11 January 2015	Elm Road Sports Field, March
1 February 2015	Bourne Woods
1 March 2015	Hinchingbrooke School, Huntingdon

Junior races start at 10.15am, and the seniors at 11am. Please try and get to as many meetings as you can this year.

### **RYSTON CROSS-COUNTRY SERIES**

Dates for this year's races are:

12 October 2014  
16 November 2014  
14 December 2014  
18 January 2015  
15 February 2015  
22 March 2015

Venue is Shouldham Warren, on the A134 a few miles south of King's Lynn.

### **NEW WEBSITE**

Eye Community Runners' new website is now up and running, featuring the latest results and tweets, as well as information on events, the junior section, the club championship and awards, and future events.

A big thanks to Leah and Adam Short for all their hard work in setting up the new site.

### **NEWSLETTER NEWS**

The next newsletter will be out soon after the Great Eastern. 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)).