



NORTH NORFOLK BEACH RUNNERS NEWS LETTER

May 2013

Welcome to the first North Norfolk Beach Runners News letter.

Firstly I would just like to thank the wonderful efforts of the past BRINE editors for all there hard work and trouble, I know that it can not have been easy to persuade people to write articles, conduct interviews and collate info and pictures (it has been known for them to even follow runners all the way to London and wait for them on canal banks to finish races at 2 AM in the morning just to get a photo). BRINE has had its ups and downs with some really wonderfully editions, but it seems to have come to grinding in halt in the last 6 months. So It is time to put BRINE to bed, and try something new, this is first and foremost a newsletter, it will feature race dates, race results, and any thing else that is deemed news worthy, obviously the more content people send me the better I can make it, as it stands I have no race reports so this issue is a bit basic, but I hope that it will improve with time. If anybody has any results, race reports or pictures please send them to me at vinniepurdy@gmail.com or tweet me @vinniepurdy or I will try and pick anything up off the NNBR facebook and twitter pages. The idea is to get the newsletter out during first week of every month (I will do my best, I do however work, have a young family and have to try and fit some running in here and there as well)

May Session Plan

Date	Session/ Event
Thursday 9 th	FARTLEK 5,3,1min all x 2 sets with 90 sec recovery
Tuesday 14 th	5x4mins 5K pace,90 sec jog recovery (try a sprint on the last effort)
Thursday 16 th	4 x hill reps, 10 mins out and back, 2 x hill reps
Tuesday 21 st	10 mins Steady,5x3mins@10k pace, 10 mins Steady, 2mins easy recovery between each 10 mins Steady
Thursday 23 rd	2x400, 2x800, 1 mile
Tuesday 28 th	Mix up 5min out and back (30sec recovery) 2-4x400m(1min recovery) 1mile TT
Thursday 30 th	800m,1000m,(90sec rec) 2x400m(1min rec) 2x200(speed) 2x100m(strides)

You can follow the Beach Runners on line at



@nnbrunner

Or join the Facebook page



There is also the website

<http://www.nnbr.co.uk/>

and if a few beach runners are signed up to



At the AGM on 4th April the following Committee positions were confirmed

PRESIDENT - Noel Spruce
CHAIRMAN - Clive Hedges
SECRETARY - Terry Quigley
TREASURER - Keith Dickens
MINUTES SECRETARY - Dave Spooner
PRESS OFFICER - Jeremy Bolam
RACE MANAGER/CO-ORDINATOR - Terry Quigley
HEAD COACH - Darren Neale
CLOTHING MANAGER - Peter Eaton

Don't forget the Next

Full Club meeting

13th June 2013

Fixtures

Handicap series

Each year the club holds six handicap races from which points are scored in relation to finishing positions. These points count towards a league table format. At the end of the series prizes can be won. This is an in house competition but guests runners are most welcome to run with us. The six races this year are on the following dates:

5k Handicap	11 April	10m Handicap	11 July
10k Handicap	02 May	7 mile Handicap	20 August
BEACHRACE Handicap	30 May	Worstead handicap	07 July
5m Handicap	06 June		

Upcoming Race Diary

May

5	Grand East Anglia Run	www.grandeastangliarun.co.uk
5	Waveney 1 Triathlon	www.tri-anglia.co.uk
6	Breckland 10k	www.thetford-ac.co.uk
8	Great Yarmouth 5m Series - race 2	www.gyrr.squarespace.com
12	Dereham 10m	www.derehamrunners.co.uk
12	Eye 10K	www.eyeye10k.co.uk
12	Halstead Marathon	halsteadroadrunners.net
12	10Km Colchester Charity	http://colchestercharityraces.org
12	10Km Alton Water Run	http://altonwaterrun.co.uk/
15	Wroxham 5k Series - race 1	www.nrr.org.uk
19	10Km Woodbridge	http://woodbridgeshufflers.org.uk/
19	St Felix Junior Triathlon	www.tri-anglia.co.uk
19	North Norfolk Marathon & Half Marathon	www.4shore.uk.com
22	Great Yarmouth 5m Series - race 3	www.gyrr.squarespace.com
26	Alex Moore Relay	www.norfolkgazelles.co.uk
27	10 Km Hatfield Broad Oak	http://www.hbo-10k.org.uk/
30	BEACHRACE Handicap	NNBR



If you have been living under a stone and have not heard about parkrun, then it's about time you did.

Parkrun organise free weekly, 5km timed runs around the UK and the world. They are open to everyone, and what more they are FREE!! Yes completely free!

These events take place in pleasant parkland surroundings and encourage people of every ability to take part; from those taking their first steps in running to Olympians; from juniors to those with more experience; all our welcome.

We are blessed to have one of the finest park run right here on our doorstep at Sheringham Park. If you are not one of the 55 already registered North Norfolk Beach Runners, then all you need to do is register on line at <http://www.parkrun.com/home> and print out your barcode take this with you and turn up ready to run at 9:00am on a Saturday morning. Of course if you don't fancy running it, then they are always on the lookout for volunteers to come along and help run the event.

Results

Runner	Position	Time
Sheringham parkrun #16 - March 02		
Darren ARMSTRONG	7	00:22:34
Robert Paul OSBORNE	18	00:24:19
Keith DICKENS	31	00:25:51
Justin ASHFORD	35	00:26:45
Rob EMERY	37	00:26:48
Claire FOULKES	44	00:27:29
Andrea Judith OSBORNE	47	00:28:17
Andrew TOOGOOD	62	00:30:50
Alison Jane SWANSON	68	00:31:52
Emma CULLEY	75	00:33:27
Jonathan FOLKARD	80	00:34:05

Wymondham 20 Miler - March 03		
Paul Muffett	10	2:05:06.8
Colin Stark	14	2:06:48.0
Andy Kett	20	2:09:20.1
Jamie Seamark	32	2:16:09.8
Emily Haughan	206	3:19:44.6

Cambridge Boudry Run 26.2m- March 03		
Merle Riseborough	43	03:42:54
Antony Money	86	04:00:04

Sheringham parkrun #17 - March 09		
John LEACH	3	21:58
Kezia NORRIS	8	23:38
Antony NORRIS	12	24:55:00
Robert Paul OSBORNE	16	25:47:00
Martin SMITH	24	26:51:00
Justin ASHFORD	28	27:56:00
Jenny DE GRANDIS	30	28:13:00
Sarah Catherine MAPES	34	28:48:00
Ross HADDOW	50	32:24:00

Sheffield Hallam parkrun #135 - March 16		
Sarah MAPES	221	00:26:53

Sheringham parkrun #18 - March 16		
Carmine DE GRANDIS	1	0:19:36
Vinnie PURDY	5	0:21:52
Darren ARMSTRONG	6	0:21:53
John LEACH	7	0:22:00
Charlotte NEALE	15	0:23:23
Jim HAYES	16	0:24:07
Euan PRASSER	20	0:25:11
Alison Jane SWANSON	32	0:27:04
Justin ASHFORD	36	0:28:14
Ross HADDOW	52	0:33:12

Runner	Position	Time
Sheringham parkrun #21 - April 13		
Carmine DE GRANDIS	4	20:14:00
John LEACH	14	22:32:00
Oliver O'MALLEY	16	23:09:00
Kezia NORRIS	17	23:20:00
Antony NORRIS	34	25:38:00
Rachel ROBSON	38	26:01:00
Christopher GIBBONS	40	26:20:00
Robert Paul OSBORNE	43	26:40:00
Justin ASHFORD	48	27:33:00
Keith DICKENS	52	28:14:00
Tony HEATH	57	28:42:00
Malcolm BALL	60	28:59:00
Sarah Catherine MAPES	91	34:28:00
Jonathan FOLKARD	100	37:45:00
Derek Charles SADLER	101	37:46:00

Bungay Marathon - April 14		
Jon Christopher	12	03:26:34
Michael Sadler	17	03:31:15
Andi Osborne	128	04:46:05

Bungay Half Marathon - April 14		
Tony Witmund	21	01:32:20
Maria Greaves	66	01:42:09
Eddie Carman	94	01:46:13
Thomas Rivett	113	01:49:50
Rob Osbourne	179	01:55:38

Sheringham parkrun #22 - April 20		
Tony WITMOND	1	19:46:00
Michael SADLER	2	20:48:00
Oliver O'MALLEY	5	21:41:00
Paul O'MALLEY	6	21:42:00
John LEACH	9	22:14:00
Jim HAYES	13	22:47:00
Kezia NORRIS	15	23:21:00
Antony NORRIS	18	24:20:00
Robert Paul OSBORNE	20	24:41:00
Derek Charles SADLER	26	25:04:00
Rachel ROBSON	28	25:17:00
Tony HEATH	43	27:23:00
Justin ASHFORD	45	27:45:00
Malcolm BALL	51	29:05:00
Sarah Catherine MAPES	52	29:05:00
Andrea Judith OSBORNE	59	30:18:00
Lisa WARD	69	31:26:00
Ross HADDOW	72	32:47:00
Fiona MORRISON	86	37:01:00
Alison Jane SWANSON	93	41:17:00

Cartmel Trail Challenge 18km - March 16		
BALL, Malcolm	288	2:24:03

Broadland Half Marathon - March 17		
Paul Muffett	4	01:20:49
Chris Merrylees	5	01:22:10
Jamie Seamark	6	01:22:10
Colin Stark	11	01:24:52
Lucy Collyer	67	01:45:49
Tony Heath	83	01:51:05
Andrea Osborne	123	02:00:43
Robert Osborne	124	02:00:44
Alec Fraser	128	02:02:32
Jonathan Thetford	138	02:07:42

Freeethorpe Ten - March 24		
Brenda Kinch	135	01:27:48
Andrea Osborne	148	01:34:39
Eddie Carman	71	01:16:26
Robert Osborne	111	01:24:43

Cleveland survival 32 Miles - March 24		
Carmine De Grandis	117	5:58:25

Sheringham parkrun #19 - March 30		
Chris MERRYLEES	1	18:19:00
Vinnie PURDY	12	21:55:00
Lucy COLLYER	44	26:05:00
Keith DICKENS	46	26:11:00
Jenny DE GRANDIS	55	27:29:00
Michelle BURTON	71	29:51:00
Tony WITMOND	95	32:19:00
Alison Jane SWANSON	120	42:28:00

Trowse 10k - March 31		
Michael Sadler	25	00:39:44
Jim Hayes	78	00:43:51
Derek Sadler	170	00:49:10

Sheringham parkrun #20 - April 06		
Chris MERRYLEES	1	18:29:00
Tony WITMOND	2	19:39:00
Michael SADLER	5	20:52:00
John LEACH	9	21:39:00
Darren ARMSTRONG	12	22:21:00
Matt ANDREWS	16	22:31:00
Jim HAYES	19	22:46:00
Euan PRASSER	23	23:41:00
Martin SMITH	29	24:28:00
Keith DICKENS	43	25:38:00
Robert Paul OSBORNE	46	25:57:00
Rob EMERY	51	26:36:00
Ross HADDOW	83	32:07:00
Jonathan FOLKARD	94	36:14:00
Andrea Judith OSBORNE	103	1:07:37

Stowmarket Half Marathon - April 7		
Colin stark	7	1:20:51
Eddie Carman	62	1:36:44

London Marathon - April 21		
Paul Muffett	393	2:46:56
Andy Kett	455	2:48:19
Colin Stark	476	2:48:41
Jamie Seamark	585	2:50:40
Vinnie Purdy	2798	3:15:26
Chris Merrylees	3225	3:19:14
Andy McLaren	10593	3:58:36
Christine Thorne	14723	4:17:18
Emily Haughan	23581	4:55:45
Emma Culley	31294	5:55:27
Rob Emery	33309	6:39:24
Karen Emery	33311	6:39:24



Great Yarmouth 5Mile Series Race 1 - April 25		
Hugh Brown	16	00:31:09
John Christopher	38	00:33:35
John Leach	43	00:33:47
Jim Hayes	53	00:34:14
Rob Osborne	82	00:37:05
Caroline Dickens	93	00:38:00
Andi Osborne	112	00:39:47
Justin Ashford	115	00:40:09
Alec Fraser	130	00:41:35
Jonathan Folkard	171	00:46:52

51st Fellsman 62M - April 27		
Carmine De Grandis	??	18:26:00

Hawshead Trail Challenge 17KM- April 27		
Chirrs Wade	7	01:24:13
Jamie Wade	55	01:34:27
Ian Wade	148	01:44:56
Malcolm Ball	368	02:07:48

Sheringham parkrun #23 - April 27		
Chris MERRYLEES	2	17:31:00
Paul O'MALLEY	5	20:47:00
Oliver O'MALLEY	11	21:53:00
Jim HAYES	13	22:18:00
Maria GREAVES	14	22:30:00
Christopher GIBBONS	26	24:01:00
Martin SMITH	27	24:06:00
Rachel ROBSON	28	24:08:00
Robert Paul OSBORNE	32	24:53:00
Justin ASHFORD	47	26:50:00
Sarah Catherine MAPES	49	27:26:00
Andrea Judith OSBORNE	53	27:50:00
Keith DICKENS	54	27:57:00
Ross HADDOW	71	31:19:00
Jonathan FOLKARD	81	33:33:00
Alison Jane SWANSON	87	34:27:00
Fiona MORRISON	95	35:42:00

Club 5k Handicap - April 11		
Mike Marshall	1	0:31:45
Trevor Emery	2	0:27:30
Emma Culley	3	0:30:30
Catherine Young	4	0:28:45
Gary Hobart	5	0:30:22
Chrissy Walker	6	0:22:40
Colin Stark	7	0:17:30
Shelley Burton	8	0:26:24
Caroline Dickens	9	0:22:54
Jamie Seamark	10	0:17:40
Kirsty Hobart	11	0:32:09
Tony Money	12	0:20:14
Euan Prasser	13	0:22:15
Ellen Similon	14	0:23:15
Emily Haughan	15	0:23:51
Martin Smith	16	0:23:20
Keith Dickens	17	0:23:02
Zoe Parish	18	0:28:38
Jim Hayes	19	0:21:21
Charlotte Neal	20	0:20:52
Matt Andrews	21	0:21:24
Sir Malcolm Ball	22	0:26:57
Dena Parfit	23	0:21:42
Ian Wade	24	0:22:34
Derek Sadler	25	0:23:52
John Folkard	26	0:29:09
Carmine De Grandis	27	0:18:41
Rachel Robinson	28	0:24:48
Kevin Parfit	29	0:20:50
Justin Lawton	30	0:21:00
Joe Middleton	31	0:21:24
Andy McLaren	32	0:21:26
Fiona Morrison	33	0:36:00
Vinnie Purdy	34	0:20:06
Laura ?	35	0:43:36
Deborah Gillespie	36	0:32:18
Tom Rivet	37	0:21:48
Lucy Collyer	38	0:23:04
Chris Wade	39	0:19:54
Tony Heath	40	0:27:27
Alec Fraser	41	0:26:43
Rob Osborne	42	0:23:45
Darren Armstrong	43	0:20:38
Tina Foster	44	0:25:30
Andrea Osborne	45	0:28:45

Norwich Parkrun #138 - April 27,2013		
Darren Armstrong	62	00:20:38