



Norman Woodcock Relays 2018

November 24th 2018

For the second year running Elswick Harriers Norman Woodcock race is now a 3 team relay event, with each person running a single 1.6 mile loop of the race track at Gosforth park.

Michael and I arrived just after 12pm in readiness for the 1pm start, I was pleasantly surprised to see a number of our team already there. After collecting our numbers I started filling in the details of all of our entrants. In total we had 8 teams, which was a fantastic turnout. With assistance from Anita and Michael we sorted out the numbers and handed them around. By 12:30 most people had arrived so we took a slow walk to the start on the other side of the grandstand, it was perfect conditions, mild , bright and most importantly no effing wind !.

We met up with the last few of the team near the start and quickly put the tent up that Steve F had brought along, which worked out great to store our bags. Gemma H was the Guardian of said tent and looked very cosy wearing everyones jumpers ☺.

It wasn't long before the 1st leg runners were called to the start line with the 2nd leg corralled next to the start in readiness for the arrival of their first leg counterpart.

1st person back of the first leg for Blyth was Joe Wren, fairly certain he was in the top 15, finishing with a sub 9 minute time which was epic considering he had been up all night being sick !. Second man back was Henry madden, finishing strong under his 10 min target, next up was Steven French then Tony Dunn, both also finishing sub 10 mins. Next in was Michael Ashby recording a massive 75 second PB and also recording his fastest mile (6:36) ever during the race. Next up finishing very strongly was Neil Marshall, also getting his faster ever mile (6:31). Next up was Steve Gillespie, finishing Strong and really putting the effort in for our over 60's team. Ron Forster was the next guy in, finishing with a smile and a final push to the line !.

Next up for the second leg was our ladies, first back was Sandra, pushing hard up the slight incline to the finish, then it was Anita's turn, also working hard to get to the line as quick as possible. I think it was Michelle next, followed by Clairry and Sue (Sorry Ladies) with Anne also finishing strongly. Tracy was also out on the course working hard to finish as quick as she could.

It was now time for the Leg 3 runners to give it their all, first back for Blyth was Ian Baxter (9:48), being chased all the way by Craig Harmon (9:21). I am sorry I didn't see Steven, Colin or David, Paul or Joe finish as it was now nearly time for me to run.

Tracy Finished strongly to hand over to me and I set off far to quickly ! I then settled down into the mostly downhill first half, feeling pretty good, the second half was that bit tougher, having slowed slightly after the first mile I picked it up and drove for the line cheered on by my BRC buddies as I neared the finish line which really helped !, all in all pretty happy with my 10:25 time, sub 10 target next time.

So a really cracking day out, I think everyone enjoyed it, I would recommend this to the rest of our members for next year, its really good fun. Lets try and get 10 teams next year !



The final results ain't out yet but I will share when I see them on the Elswick Harriers site.

See you at the next race, Sands race maybe , or the next relay event in Durham (xc style) Mid Jan next year, I look forward to sorting out the teams for that one , now I have got the hang of it !

Steve D