

Silver lining for Ollie

RYSTON Runners athlete Ollie Bradbury was selected to represent the Great Britain team for the first time and won a silver medal at the European Duathlon Championships in the French city of Nancy.

Competing in the 20-24 year old category, Ollie, 20, completed a 10k run, 40k bike and a final 5k run.

Having recently enjoyed excellent results in the UK, competing in the European championships represents a significant step up for Ollie.

He said: "I am delighted with the result. I could not have achieved this without the support of my family and my sponsors Gone Crabbing and Dalmark Grain."

● A TEAM of 32 athletes from Ryston Runners joined the 1,484 in the Grand East Anglian Run in Lynn on May 2. This race is a great springboard for many of the club members to start their summer competition programme.

In near-perfect running conditions, Robert Wilton was the first Ryston home in a personal best time of 38 minutes and 54 seconds in 54th place.

Martin Holland had a superb race in the over 70 years category in a time of 57 minutes and 34 seconds. Additionally there were solid performances



European silver medalist Ollie Bradbury

by Lesley Robins (44.25) and Pauline Drewery (45.32) who joined Alison Milnes (50.40) and Maureen Wolfe (50.47) in taking 3rd place in the ladies team event.

The inaugural Hancock Half Hour 5 mile race organised by Ryston Runners takes place on July 1 at 7pm at the Federation Club in Downham. For details see www.rystonrunners.org.uk

● A WINTER of tough training has paid dividends for the Ryston Runners Marathon team as they raced to recent success in the UK and Europe.



Simon Levy finished under 3hrs for the marathon

Following a fantastic build-up of road races, Simon Levy achieved the accolade of running under 3 hours in Rotterdam. On a flat, fast course, Simon enjoyed cool and dry conditions to cross the finish line in 2 hours, 59 minutes and 58 seconds.

"I was thrilled" said Simon "beating 3 hours has been my goal for some time and despite it being close I am really pleased."

Closer to home, athletes from Ryston competed in the Brighton Marathon - the first time the race has taken place. The weather was rather warm

which made the undulating course challenging.

The first Ryston home was Carl Manning in 3.39.33, despite suffering from cramp, closely followed by Lesley Robins (3.42.38) and Pauline Drewery (3.45.58) in their debut at the distance.

Twelve Ryston Runners competed in the Virgin London Marathon and first home was David Robinson in 3.02.13 - an excellent performance despite having injuries earlier in the year. Other finishers were: Tony Savage (3.14.46), Kevin Howlett (3.17.55), Martin Ive (3.26.48), Annie Bradbury (3.37.17), Jeremy Navrady (3.41.26), Ken Addis (3.41.51), Eamonn McCusker (3.46.47), Pauline Sparrow (4.33.18), Julie Allum (4.58.09), Kirstine Oliver (5.26.52) and Nicola Pocklington (6.07.06).

The final spring outing for the team was at the Halstead Marathon when first home was Eamonn McCusker in 3.45.49 - almost a minute faster than his London Marathon time. Gill Hart followed in 4.18.54 which was a great result and compensation for having to miss the Boston Marathon in April due to the volcano; third Ryston home was Karen Smith in her debut at the distance in 4.58.42.

Ollie warming up well for championships

WRETTON-based athlete Ollie Bradbury enjoyed another successful week of racing in preparation for the European Championships in July.

The Gone Crabbing and Dalmark Grain-sponsored Bradbury competed in the first of the four 220 Evening Series Triathlon events held

at Dorney Lake, near Windsor, which consists of a 750m swim, 20km bike and a 5km run.

The King's School, in Ely, pupil finished second in a time of 1.00.4 and said: "I was extremely pleased with my finishing time and position as it was an improvement of

eight minutes from last year."

The youngster then competed at the sprint distance event at the Fritton Lake Triathlon Festival, at Yarmouth, over the same distances.

Despite the terrible weather, Bradbury finished first in a time of 1.02.01 to win the race by almost two minutes.

"I'm overjoyed by this result and I'm especially pleased with my bike time as the course became very slippery due to the rain, said Bradbury, whose next race will be the ETU European Sprint Distance Triathlon Championships at Athlone, in Ireland, on Saturday, July 3.

Bradbury to feature on the world stage

ATHLETICS: Norfolk endurance athlete Ollie Bradbury will compete at the World duathlon championships in Scotland later this year after winning silver at the recent Europeans in France. The 20-year-old from Wretton, near Downham Market, finished runner-up against his age group rivals (20 to 24) after completing a 10km run and 40km cycle race around the streets of Nancy in just under one hour 48 minutes. Bradbury was an accomplished junior rower but was forced to retire due to a back injury but following his recent European success he has also now qualified for the European triathlon (swim, cycle, run) event in Ireland later this year and the World triathlon in Hungary. Bradbury is sponsored by local companies Gone Crabbing and Dalmark Grain.

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