



## Welcome Back

NRR News returns after a short winter break. Bad weather and dark nights hamper our training this time of year and just when we thought spring may be on the horizon, it snows again!

Again if you have anything you would like publishing in the newsletter, drop us a line to the usual email address [committee@northamptonroadrunners.co.uk](mailto:committee@northamptonroadrunners.co.uk)

### *“Discipline It Is!”*

Tom Sullivan celebrated his 60th birthday last year with a London Marathon run and impressively got around the course with a suspected stress fracture. He dedicated his success to a large dose of Ibuprofen! Tom started running in 1980 and joined Northampton Road Runners at the start of 2006. “I used to play a lot of football and squash and as I approached my thirties” he states “I realised I would have to start training as I was starting to lose that natural fitness you have when you are young. It worked, I found I could work hard for the full 90 minutes in football and for a five set squash match, it really made up for a distinct lack of natural talent in both sports. I started running with a small group at Dallington Squash Club in 1980 that eventually became Dallington Runners and was based on what is now Fitness First in Poyntz Lane. Like NRR we had a club night on Mondays when we used to run around Harlestone Firs in the summer. In the winter we had slight more variety than NRR as we were not limited to the two roads in the winter”.

So what makes someone carry on after 30 years on the road? “Because I love it! I still get as excited about running in a race as I

did 30 years ago and I really enjoy the camaraderie of a running club at a race meeting. NRR has the best friendly atmosphere. It is lovely the way all the club runners wait at the finish of a



race to cheer the other members in” comments Tom. Of course over that period of time, it is impossible not to chalk up many achievements along the way. Tom’s includes finishing his first marathon (the Northampton Marathon in 1982), winning the team event at the Billing Mini-marathon with Dallington Runners in the early 80s, improving PBs, organising the club dinner dances and 25th anniversary event. His worst running moment however was being passed in a London Marathon by a runner dressed with one half of his body in a wedding dress and the other half in a groom's top hat and tails. He was aiming for a time of 3.15 at the time and never saw him again, the half man half bride disappeared into the distance and Tom didn't make 3.15 either.

What are Tom’s PBs?

3 hours 28 mins for the marathon, 1 hour 29 mins approx for the half-marathon, 65 mins for 10 miles and 39 mins for 10k. All a very long time ago! Using all those years of experience, Tom’s best advice to a new runner would be, “Join a running club! It means you are able to discuss running with like minded people and receive the encouragement from others to keep on running and improving”. His running goals from now are to crack 4 hours for a marathon, run a 10k in 44 mins and be in the scorers for a cross-country. “Now that I receive a winter fuel allowance and qualify for a bus pass I don't think they will happen, but you can always dream” he adds.

Tom’s favourite races are the cross country races and used to like the 10 mile road races that were common in the 80s but they are less frequent nowadays. He is a regular at races with his partner Mary Kingsnorth and is a huge inspiration to



everyone at the club. His running motto is "Mary says that I always say 'Discipline' when it's a dark cold night and you have to leave a nice cosy house to run around the streets, so 'Discipline' it is".

So as Tom is a great role model for all runners at NRR and beyond, who is his role model? "I have two heroes, Steve Ovett who beat Coe in the Olympics to take gold. Particularly pleasing as the national press were fawning over Coe at the time, and Emil Zapotek the great Czech runner who set 18 world records and won four Olympic golds and one silver".

### **Delapre Abbey Cross Country Sunday 24th January**

A good turn-out of 24 finely tuned members descended on a muddy Delapre Abbey for the latest leg of the 3 counties cross-country league series. A mixture of first-timers, returnees, and regular faces made up a fine, healthy looking bunch on the start line. Two tough, hilly and bogging laps later we still looked pretty good even if muddy and red-faced. Ladies first and our team of 10 produced I think the best result for many a year. Veteran Maree was pushed for a change to be 1st home by young Steph making a great debut. Maree must beware and up the training and lay off the vino I think. A welcome outing by Jo W proved that pushing buggies keeps you fit and in good shape to be our 3rd scorer. Jo S (no. 2 of 4 Jo's) was for the 1st time in ages out of the scorers. She has vowed vengeance however didn't really seem to mind. Regulars Jo L, Mary, Jo C, and Helen produced good tough runs, sprinting to the line. There were also stunning races by two more new girls Caroline and Fiona. Their first cross-country races since school were great runs with many more behind them. Hopefully they are now hooked.

For the men Ben was 1st home skipping through the mud. Gary's McD and Britton and Geoff revelled in the muddy woods section leaving Garrett floundering. Ronnie and Mark K pushed to the finish to make up the scoring which was a fine total for us.

Rob, along with new faces Lynton, Will, and Scott got their shoes muddy with us for the 1st time and all had good performances. Not to forget stalwarts John and Alan and of course Tom who always loves the mud and sweat, grinning all the way around. Finally thanks to our supporters for cheering us on.

#### Mens Team

44th Ben Malia  
52nd Gary McDaniels  
75th Gary Britton  
76th Geoff Smith  
86th Mark Garrett  
92nd Ronnie Ambrose  
106th Mark Kennedy  
111th Lynton Dawson  
129th John Fleming  
152nd Will Yates  
159th Tom Sullivan  
163rd Scott Kennedy  
172nd Rob Donovan  
191st Alan Hackett

#### Ladies Team

12th Maree Jesson  
14th Steph Russell  
31st Jo Windrum  
50th Jo Smith  
60th Jo Lee  
82nd Mary Kingsnorth  
93rd Caroline Stevens  
97th Jo Cummings  
104th Helen Blackburn  
110th Fiona Cosson

Men's team were 11th out of 13

Ladies team finished 8th out of 13

### **Final Cross Country - 28th February Bedford**

The final cross country of the season is at Bedford's new course on 28th February. Transport will be provided from the club at £3 per head and the race costs £3 to enter. Start time is 10:30am but it is worth the run for the cakes on offer afterwards (the last two provided by Steph's mum too). Thanks Denise!

Details of the cross-country league are on the web-page. Further details and directions will be issued closer to the races. Please see Mark Garrett if you are interested or queries.

### **Amphill Valentine Day Cross-Country - Love On The Run!**

What better way to spend Valentine Day you may ask? 16 of us took part in the Amphill round of the Cross-Country League. New faces Rosemary and Keran joined us and seemed to thoroughly enjoy their day out with Alan's Bus Tours. I hope so anyway. A depleted team was required to put in that bit extra and all produced good performances. Steph led the Ladies team with her best position so far. Old stalwarts Mary and Jo C were back in the points and looking good as always. Helen keeps improving and wasn't far behind Jo and Rosemary worked hard to keep them in her sights. Keran was either encouraged or impeded by Alan and finished smiling with many behind her.

Gary Mc makes it look easy and led the men home again. Garrett finally woke up and was determined to keep his arch-rival Smith behind him this time. Mark K turned up in a pair of gay looking sequined dancing pumps and skipped round to a season's best 4th home. It was then a close battle between Jon and Steve and it was Jon's turn this week. Who would be our final scorer? Tom and Mick traded places up and down hill after hill until the final run in when Tom's massive age advantage told and he held Mick off on the run-in. Spike made a good comeback despite falling. Luckily he landed on his good arm. Alan's stamina is improving and he finished a lighter shade of red today. Cakes from Denise, Steph's mum and chocolates from the team creep made it a good day out.

#### Mens Team

40th Gary McDaniels  
62nd Mark Garrett  
84th Geoff Smith  
96th Mark Kennedy  
123rd John Fleming  
127th Steve Ward  
143rd Tom Sullivan  
144th Mick Clarke  
180th Spike Breydon  
186th Alan Hackett

#### Ladies Team

13th Steph Russell  
57th Mary Kingsnorth  
69th Jo Cummings  
72nd Helen Blackburn  
74th Rosemary Shuttlewood  
83rd Keran Irving

### **Virgin London Marathon 2010**

Virgin London Marathon 2010 A number of runners are training hard for the Virgin London Marathon. Jo Windrum is running for CLAPA (Cleft Lip And Palate Association) because in May last year her son Freddie was born with a cleft. So far the training has been a bit slow with building up fitness, snow, hospital stays, sleepless nights and returning to work she is confident of a good run. Mark Garrett is 50 this year on 20th April and it is also 25 years since his last marathon (London 1985). His eldest son, Dave who got the club place is 21 so it should be a good family party. Alan Hackett is preparing for London by running the Brighton Marathon the week before. Tom Sullivan and Karen Morrow are also taking part in the "big one".

#### *Something different*

Debbie Holmes is running the Paris Marathon on 11th April and is hoping for sub 4hr 30 time. Debbie is raising money for Neuroblastoma Society as her god-son's brother died of this rare childhood cancer on his fifth birthday. Mark Kennedy also fancied a different challenge and is running four half marathons in March (Milton Keynes, Silverstone, Eater of Life and Bournemouth Bay). He is raising money for Help for Heroes!

#### *London Coach*

The club are organising a coach to take runners and supporters down to London for the Marathon on Sunday April 25th. To help us decide on the size of the coach, we need to know how many of you would be interested in coming along. If we can get 45 people, the price per head would be in the region of £10 each. The coach would have to leave Moulton at 5.30am, dropping us off at Blackheath in plenty of time for the start and then returning home late afternoon. If you are interested in coming along, please notify Mark Garrett of numbers as soon as possible. Let us know if you are running London or any other marathons in the near future and how your training is going.

### Race Results

Here are recent results, if you enter a race please let us know how you get on. Also let us know if you are running your first race or making your debut at a certain distance.

Email [committee@northamptonroadrunners.co.uk](mailto:committee@northamptonroadrunners.co.uk).

#### **Bramley 10 miles - 14th February 2010**

47th Maree Jesson 1:06:57

#### **Stamford, Lincs, 14th February 2010**

581 Colin Bricher 3.13.34

#### **Watford Half Marathon 7th February 2010**

Mark Nightingale 1:32:27

Martin Baker 1:41:22

Debbie Holmes 2:03:29

#### **Wellingborough Multi Terrain 10K - 7th Feb10**

Jo Lee 52:11

#### **Charnwood Hills 14 mile Fell Race - 7th Feb10**

Big hills and deep mud was the order of the day  
The ladies team finished in an excellent 6th place

96 Maree Jesson 1:52:36 9th lady

138 Geoff Smiff 1:57:00

155 Steph Russell 1:59:22 13th lady

156 Mark Garrett 1:59:25

199 Dave Garrett 2:03:25

333 Steve Ward 2:21:30

355 John Fleming 2:25:22

376 Jo Smith 2:28:58

#### **Midland Cross Country Champs-Stafford Common - 30th January 2010**

44 Maree Jesson 38:33 44th Ladies

#### **Midland Cross Country Champs-Stafford Common - 30th January 2010**

352 Colin Bricher 1:18:44

#### **Folksworth 15 - Sunday 24th January 2010**

174 Martin Baker 1:57:19 PB

#### **Birmingham CC League Wyken Park - Saturday 16th January 2010**

213 Colin Bricher 49:02

#### **Wellingborough Multi Terrain 15K - 17th January 2010**

18 Mark Garrett 1:02:04

34 Mark Kennedy 1:07:03

#### **Wellingborough Multi Terrain 10K - 17th January 2010**

114 Jo Lee 55:20

#### **Eric Humphries Cross Country - 13th January 2010**

17 Geoff Smith 49:04

21 Maree Jesson 49:51 2nd Lady

24 Ronnie Ambrose 50:10

32 Mark Kennedy 52:51

#### **Northamptonshire County Championships- 9th January 2010**

11 Maree Jesson 29:47

#### **9.5k Warwickshire XCcountry Leamington - 9th January 2010**

146 Colin Bricher 57:33

#### **Kettering Charity Cup X-Country - 12th December 2009**

3 Maree Jesson 21:25

#### **Gloucester X-Country 10K - 5th December 2009**

215 Colin Bricher 54:32

### **Drop Us A Line**

If you have anything you would like mentioning, please email it to

[committee@northamptonroadrunners.co.uk](mailto:committee@northamptonroadrunners.co.uk)

and we will endeavour to mention it.

Also remember to check out updates on our excellent website

[www.northamptonroadrunners.co.uk](http://www.northamptonroadrunners.co.uk)