



Welcome Back

Spring is here and the evenings are getting lighter. Already you have noticed a lot more runners taking to the streets as the weather threatens to get a little better. Spring marathons are just around the corner too...

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

"I Will Beat That Marathon Target"

Name; Jo Smith

I started running when Karen persuaded me to join one of the Race for Life events back in about 2001 and once I got into the training, my aim was to complete the 5k event without stopping. This I did and enjoyed the sense of achievement it gave me. Shortly afterwards, NRR moved to Moulton Sports Centre and Karen persuaded me to keep running and give the club a go. The rest is history as they say.

There are always new challenges to be found with running and I think it is the encouragement and support you get from the other runners in the club that keeps you going. My first big achievement was to run all the way around Pitsford Reservoir. We ran from someone's house in Brixworth down to the water and then had to get back up the hill afterwards. I would never have been able to carry on running up that hill if it weren't for the encouragement of those around me. I think the best thing about the club is the friendliness and I have made a lot of very good friends over the years.

My greatest sense of achievement has to be completing my first London Marathon in 2006. When I ran those first 3 miles I would never have believed that one day I could run 26.2!

I don't think there is anything bad to be said about running and I would encourage everyone to give it a go. My advice to a new runner would be to set your own goals and not be influenced by time. Running can be a cruel sport and takes effort and perseverance but once you are hooked, it



becomes a way of life. Like a lot of other runners I really miss it when I can't run. During the ice and snow of the Christmas holiday, I was prepared to risk life and limb just to get out. I knew there were places to run if I could just get off the estate where I lived. I had to take off my shoes to get back across the road to my house at one point as I was unable to stand up on the icy road, but I got my run and slept well that night for the first time in days!

I have enjoyed some more challenging off road runs this year and would like to do some more of these. I particularly enjoy the Colworth Marathon Challenge held in June each year. I have completed this for the last two years and am going back this year to try and improve on last year's performance of 4hours 7minutes.

My PB's are currently as follows:-

10k	49.56	Silverstone 10k
6 miles	48.43	Bedford 6
½ Marathon	2.06	Cransley
Marathon	4.33	

My next challenge is to beat my 2008 time for the London Marathon and then to try and do a ½ in 2 hours or less.



Virgin London Marathon 2010

The big day is almost upon us as the first ever Virgin London Marathon is just around the corner! A number of NRR runners are continuing their preparation for one of the biggest events in the world. Jo Smith is running for the charity Ectodermal Dysplasia Society and she is looking forward to the day. Karen Townsend is running on behalf of Cynthia Spencer Hospice, a great local charity. Jo Windrum is running for CLAPA (Cleft Lip And Palate Association) because in May last year her son Freddie was born with a cleft. Father and son Mark and Dave Garrett are running. Mark is celebrating his 50th on 20th April so what better way to party by running the street of London? Alan Hackett is running Brighton one week and London the following week, Eddie Izzard eat your heart out! Tom Sullivan is training hard too..

On the subject of marathons, Nigel Osbourne is running the Windermere Marathon on May 16th and my charity is Headlands Primary School's DSP Unit for children with Autism. 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. We await an update from Debbie on her progress!

Good luck to everyone in their spring marathon quests, there will be a big update next time around.

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.

Mark's Half Marathon challenge

Mark Kennedy also fancied a different challenge and is ran four half marathons in March 2010. He completed Milton Keynes, Silverstone, Water of Life and Bournemouth Bay. He took on the challenge as part of a year long project to raise money for Help For Heroes through YMCA Training where his wife works. There will be various events coming up this year, go to www.ymcatrainingheroes.blogspot.com for more details.

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Ladies Day at the Bogging Bedford Aqua-Country - Sunday 28th February 2010

A flooded course with swollen streams greeted the 16 runners turning up for the final round of this years Cross-country season. Five runners had handicapped themselves by running The Belvoir Challenge the day before. The running kit was barely dry before another soaking. Rain, a cold wind, and puddles like lakes meant flippers would probably be better than spikes. The course had to be shortened as the river had taken over parts and the traditional stream crossing was now a raging torrent. There were however still plenty of opportunities for a soaking starting with the initial dash across the paddy field.

Our team included Tasha on her debut for the club. There are no free digs at the Garrett house. Keran was again with us and we had a special visitor in Monsieur Alan Burgess on holiday from France. 1st waders home were once more Gary and Maree. Maree's off road results have been superb lately and she now faces the big test with next weeks GRIZZLY. Can she survive on her training scheme of work, wine and crumble. Ronnie produced a seasons best performance. Steph and her dodgy knee were as competitive as ever and Tasha ensured a good result for the ladies.

Geoff fell over again, it must be his age. Keith was back to tell us about his injuries and illnesses. He was made to sit on his own at the back of the bus. Another Garrett (Dave) showed up to boost the teams chances and reduce the men's team age average. Mark K swapped the sequined pumps for flip-flops this week. Spike somehow stayed on his feet and Keran and Alan convinced each other that it was good fun. Alan gallantly let Keran find how deep the streams were before following.

We did laugh on the bus back and the water got deeper and deeper in the stories. We have had 41 different runners turn out this season and a number have ran all the 5 legs of the series. This Fantastic Four are TOM, JOHN, MARK K, and Mark G

The ladies stole the honours as always finishing a fantastic, best ever 6th team on the day and 11th overall in the series. The men were as usual let-downs finishing 11th on the day and 11th overall. Combined we finished 11th of the 13 teams.

Bedford Harriers made a terrific effort to get the race on and deserve many thanks. I have never felt so sorry for the Marshalls and they fully deserved every thank-you they received. We really should not forget about these stars.

Thanks to Alan and his school bus which make these races such a good trip. Club members Hartley and Vicki deserve a mention as they have both had a good series of results. Unfortunately for us they were running for Northants Tri Club. The series starts again in October, I'll be there, hopefully so will you - *Mark Garrett.*

Results;

Ladies

10th Maree Jesson
16th Steph Russell
45th Natasha Frolich
96th Keran Irving

Men

46th Gary McDaniels
71st Geoff Smiff
77th Ronnie Ambrose
96th Mark Garrett
105th Keith Jellyman
122th Dave Garrett
128th Mark Kennedy
129th John Fleming
152nd Alan Burgess
168th Tom Sullivan
192nd Spike Breydon
195th Alan Hackett

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Drop Us A Line

If you have anything you would like mentioning, please email;

committee@northamptonroadrunners.co.uk

and we will endeavour to mention it.

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.

Stanwick 10K - 5th April 2010

26th	Maree Jesson	40:19	1st vet lady
60	Jo Windrum	44:41	
209	Pauline Horne	57:53	
233	Jane Cosby	1:01:20	

Oakley 20 - 28th March 2010

106	Mark Garrett	2:27:47	
155	Nigel Osbourne	2:33:41	
263	David Garrett	2:42:20	
473	Mick Clarke	2:56:05	
494	Tom Sullivan	3:01:18	
673	Sue Thompson	3;25:48	
714	Pauline Horne	3:34:25	
715	Karen Townsend	3:34:33	

Bournemouth Bay Half - 28th March 2010

Mark Kennedy 1:43:40.

Berlin Half - Sunday 28th March 2010

Maree Jesson 1:27:38

Water Of Life Half - 21st March 2010

Mark Kennedy 1:41:03
Jo Lee 2:07:59

Ashby 20 - 21st March 2010

Gary McDaniels 2:15:38
Mark Nightingale 2:47:08
Mick Clarke 2:47:08.

Silverstone Half - 14th March 2010

Lynton Dawson 1:28:04
Ronnie Ambrose 1:32:49 PB
Steph Russell 1:37:57
Mark Kennedy 1:42:40.
Rosemary Shuttlewood 2:43:39.

McCain UK Cross Country World Trials & Inter Counties on 13th March

Maree Jesson 33:46.

Banbury 15 - 15th March 2010

150th Martin Baker 1:58:42 PB

Birkhamstead Half - 7th March 2010

Tom Sullivan 1:53:39

Grizzly 20 miles - 7th March 2010

83	Maree Jesson	3:01	2nd Lady
186	Geoff Smith	3:18	
197	Mark Garrett	3:19	
424	Ronnie Ambrose	3:38	
812	Mick Clarke	4:06	
1483	Alan Hackett	5:45	

Grizzly Cub Run 9+ miles - 7th March 2010

11 Steph Russell 1:20:04 1st Lady!!!
115 Jo Smith 1:46:19

Milton Keynes Half - 7th March 2010

624	Mark Kennedy	1:38:02	PB
665	John Fleming	1:40:58	PB
1297	Rob Donovan	1:51:14	
2283	Mary Davies	2:02:53	PB
2520	Sue Thompson	2:08:42	
2602	Karen Townsend	2:10:52	
2603	Pauline Horne	2:10:52	

Milton Keynes 10K - 7th March 2010

66 Jocelyn Granger 49:43

Richmond Park 3.84 miles - Sat 6th March

44 Colin Bricher 34.22

Nat X-country, Leeds 12k - 27th February

1423 Colin Bricher 80:59

Belvoir Challenge 15ish miles off-road - 27th February 2010

Maree Jesson 1:59:45
Mark Garrett 2:08:29
Steph Russell 2:11:20
Ronnie Ambrose 2:12:14
Dave Garrett 2:21:01

Wokingham Half - 21st February 2010

13th Maree Jesson 1:26:58

Hardwick X-stream - 21st February 2010

152 Mick Clarke 56:09
235 Alan Hackett 1:15:43

Gloucester X-10K - 5th December 2009

215 Colin Bricher 54:32