



Hello and Welcome

Welcome to the first issue of NRR News, the newsletter of Northampton Road Runners. This monthly publication is designed to keep members updated on happenings at the club. Please feel free to contribute your ideas, stories and results too. (You can click on any of the links and you will be directed to the website). **Email to committee@northamptonroadrunners.co.uk**

SOCIAL EVENTS

Brampton Valley Way Sunday 5th July - 9.30pm

Meet at the Spratton Road car park, Brixworth, and run for about an hour along the flat Brampton Valley Way

Summer BBQ - Sywell Country Park Wednesday 15th July - 7.00pm

Do as many laps as you like. The club will provide everyone with a burger and sausage and you are welcome to bring along anything else. Other family members are welcome, just let us know so they can be catered for.

Curry Run

If anyone would be interested in a Curry night after running on a Friday, please let Tom Sullivan know.

In The NRR Hot Seat



Alan looking for the way to the finish?

He probably could be known as Mr Northampton Road Runners, Alan Hackett doesn't know the meaning of a down face. His cheerful disposition will be a memory of many new members when they begin their affiliation with NRR. 48 year old Alan started running in the eighties but he can't remember exactly why "I'm not really sure why! The first London Marathon was quite infectious and inspirational and I think many of us at the time bought into the fact that anyone could do it and we were all winners".

So why does he still do it after all these years? "I still have that belief. I'm passionate about running and I need to do it to lose weight and keep my asthma in check. The best thing about NRR is the camaraderie, the sense of shared achievement, the sense of fun".

Alan describes his greatest achievement in running as running London to Brighton in 8h06m. That is certainly pretty impressive but when you look at his array of PBs, it is a list to inspire us all: Solihull 100miles in 24 hrs, Nottingham 100km in 10h47m Hadrian's Wall 74 mile 15h, London to Brighton 54m 8h06m, SLH 31m 4h06m, Glasgow Marathon 3h12m, St Neot's Half 1h27m, 10km 41m and 5mile 31m06s.

Alan's funniest experience came in the aforementioned Hadrian's Wall Run when 14 hours in he stopped two Newcastle lassies in Wallsend and asked them the way to the Swan Hunter shipyard, the end of the route. It was about 9.30 at night and they looked at him as if he was a martian. Their helpful advice was to catch the number 9 bus!

Alan's motto is "The hardest step in running is the first one out of your front door" and the best piece of advice he would give to a new runner would be. "Set yourself an achievable goal and be patient".

As his favourite distance is an ultra marathon his future goals include getting fit, losing weight, then to run Hadrian's Wall again and Land's End to John O'Groats when he is 50.

We'll sign off with Alan's claim to fame. "I carried the Commonwealth Baton for the last games held in Manchester, running a leg on the route into Stratford upon Avon. The baton was very heavy and I had to wear a very cheesy running kit. I was flanked by police motorcyclists which was quite cool and got a day off school too. It was a great honour to do it and I met an Olympic athlete from the 1960's who was carrying the baton for the second time. You had to be nominated by members of your community to be chosen so I felt quite privileged to do it".

If you would like to be next in the NRR Hotseat, let Mark K know!



Upcoming Races In Northants

Sunday, 28 June 2009

Wellingborough Summer 10K/20K/30K

Irchester Country Park

www.gobeyondultra.co.uk

Tuesday 30th June 09

Milton Keynes 10km - Grand Prix Series

www.mkac.org.uk

Sunday 26th July 2009

NSPCC Milton Keynes Half Marathon

www.mkhalfmarathon.org.uk

Sunday, 2 August 2009

Wellingborough 5

www.wdac.org.uk

Friday 7th August 09

Blisworth Friday 5M

www.woottonroadrunners.co.uk

Sunday 30th August 2009

Moulton 10K

www.northamptonroadrunners.co.uk

Sunday, 6 September 2009

The Mears Ashby Mile and Fun Run

www.mearsashbymile.co.uk

Sunday 13th September 2009

Bedford Harriers 10K

www.bedfordharriers.co.uk

Sunday, 20 September 2009

Cransley Hospice 10K/Half Marathon

www.ktharriers.com

Sunday, 27 September 2009

Doc 6 (Daventry)

www.daventryroadrunners.co.uk

Sunday, 27 September 2009

Road Triathlon 414m/20K/5K

www.justracinguk.com

Sunday, 4 October 2009

The Run '09 - 10K/5K

www.onestepbeyond.org.uk

For more listings go to

www.runnersworld.co.uk

Running Stars

Well done to Ben Malia who is flying this month. His finest moment at Weedon was a 25th place finish and a PB of 38:07 and a 28:53 finish in the Banbury 5. Veteran Mick Clarke continues to amaze us all with a 4:04:41 finish at the Edinburgh Marathon and then turned out to challenge himself at Weedon only two days later.

Moulton 10K

30th August 2009 - 11am

Northampton Road Runners are staging the 4th Annual Moulton 10K at the end of August. The race, sponsored by Alibone Recycling and Billingham & Co Accountants, takes in a scenic route around Moulton and Pitsford.

We need as much help as possible to promote this race

Marshalls & Volunteers Needed

Karen Townsend (Morrow as was) is collecting names of those who would like to volunteer to help/marshall at our 10k race on the 30th August 2009. Please let her know if you will be available to help. If anyone is worried about what is involved, please speak to a member of the committee. We need as many people to help as possible to ensure that the run is successful. If you would like to run, we would ask that you provide someone to help in your place.

Club Kit

We currently have a stock of running vests and waterproof jackets with the club logo on them. The vests must be worn for races too. If you would like to purchase any kit, see Nigel Osbourne on club nights.



Caption Competition

Elaine has kindly offered a bottle of wine as a prize for the best caption for this picture of Mark Garrett taking it easy after a race.

Email committee@northamptonroadrunners.co.uk

Race Results

Here are recent results from May and early Jun, 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.

Market Harborough 5 - 15th June

61	RN Nic	30:42
87	Maree Jesson	31:50
99	Ronnie Ambrose	32:33
179	Mark Kennedy	35:12
261	Mark Glenn	38:40
282	Mick Clarke	39:42
297	Tom Sullivan	40:16
316	Jo Lee	41:16 PB
323	Joanna Smith	41:31
346	Mary Kingsnorth	42:44
390	Patrick Breydin	49:41

Banbury 5 - 9th June

19	Ben Malia	28:53 PB
86	Maree Jesson	31:57
100	Ronnie Ambrose	32:27 PB
140	Mark Kennedy	34:03 PB
268	Mick Clarke	40:26
284	Joanna Smith	41:10 PB
354	Patrick Breydin	47:12

Wharfedale Half Marathon Grassington - 16th June

39	Mark Garrett	1:55:22
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Weedon 10K - Tuesday 2nd June 2009

25	Ben Malia	38:07 PB
59	Keith Jellyman	40:16
72	Mark Garrett	41:13
106	Ronnie Ambrose	43:14
128	Mark Kennedy	44:20 PB
188	Martin Baker	47:46
236	Mick Clarke	51:23
264	Joanna Smith	53:32
286	Colin Bricher	55:20
318	Patrick Breydin	63:45
325	Sally Garrett	69:19

Edinburgh Marathon- Sunday 31st May

2831	Mick Clarke	4:04:41
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Rotary 10K Racecourse- Sunday 31st May

4	Mark Kennedy	44:39 PB
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Corby 5 - Wednesday 27th May

46	Ben Malia	30:42
98	Ronnie Ambrose	33:49
226	Mick Clarke	40:37
229	Tom Sullivan	41:13

233	Joanna Smith	41:33
241	Robert Donovan	42:16
248	Colin Bricher	42:34
251	Mary Kingsnorth	42:46
293	Patrick Breydin	48:19

Grand Prix Bedford 6 - Tuesday 19th May

98	Ronnie Ambrose	39:49
137	Mark Kennedy	41:54
220	Mick Clarke	46:52
246	Jo Lee	48:39
249	Jo Smith	48:43
250	Colin Bricher	48:45
298	Patrick Breydin	56:00

20 Mile Marlborough Downs - Saturday 16th May

37	Mark Garrett	2:44:46
55	Geoff Smith	2:53:40

Fight 4 Cancer 5km - Thursday 14th May

2	Ben Malia	18:40	PB
5	Mark Kennedy	21:13	

Grand Prix Rugby 10K - Wednesday 13th May

171	Martin Baker	44:43
209	Mick Clarke	47:36
226	Jo Smith	49:37
238	Colin Bricher	50:24
239	Mary Kingsnorth	50:30
246	Tom Sullivan	50:41
281	Patrick Breydin	56:18

Daffodil 10km - Sunday 10th May

62	Mark Kennedy	45:32	PB
399	Mary Davies	57:21	PB
624	Helen Belk	1:02:44	
637	Rebecca Izzard	1:03:03	

Daffodil 15 miles - Sunday 10th May

12	Ronnie Ambrose	1:51:33
83	Ruth Court	2:13:21

Blisworth 5km - Friday 8th May

25	Ben Malia	18:57	PB
59	Mark Kennedy	20:40	PB
80	David Knowles	21:52	
130	Jo Lee	24:47	PB

Hopefully you enjoyed the first issue of the NRR Newsletter. I will be producing this on a monthly basis to keep members informed on news and events at the club. If you have anything you would like mentioning, please email it to 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