



Welcome Back

August showers bring September flowers... is that how the saying goes? Maybe not! Soon we'll be thinking about autumn races and cross country...

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

"Originally I wanted to be able to eat and drink what I wanted..."

Andy Blaize is a pretty good runner! Anyone who can run a sub three hour marathon has to be classed as, well, ok.... but where did it all start?

"I'd always played sport, but started running properly in 1998 and joined the club that year when it was based at Whitehills. There were a few moves before we finally landed at Moulton. I remember some of the older members being totally against the club changing the name from "United Trades". says Andy, "Originally I wanted to stay healthy and liked the idea of being able to eat and drink what I wanted. I didn't have to rely on anyone else I could go out the front door and soon be anywhere around the Town. I wasn't that interested in racing or being competitive at first."

So what makes Andy still keep going?

"I think I'll always run. It's time away from the stresses of everyday life. On your own you can relax and think, yet with others you



can talk and it can be very social. I've made many friends through running, people I won't have done otherwise. I do get some satisfaction from running well."

With so many elite runners at other clubs, what does Andy love about

Northampton Road Runners?

"It's always been a very friendly club and is filled with some amazing characters. Moulton's a good venue and we have some good training runs. People work hard to put on events etc. We can be really proud of the 10K race. It's quickly become established on the calendar and I hope it continues for many years to come."

Andy's greatest achievement in running is pretty impressive, "I ran two sub-3 hour marathons in the space of 6 weeks in 2008 and I won a County Masters (over 35) title on the track at a mile. I've enjoyed more winning team events with the Police. We compete in the Minor-Forces competition (those with less than 2,000 officers). We were cross country champions in 2008 and 10-mile road champions in 2009."

It isn't always plain sailing though, Andy isn't too keen on running in the poor weather. Face it, you would be mad to love the rain wouldn't you? However, he does get a great buzz out of offering support to others.

"I've really enjoyed helping new runners, either encouraging people to start or getting those that run regularly to come out and try a race. The best piece of advice I would give a new runner would be...

Do it for yourself. Running's should be about what you want to get out of it. Don't worry about what other people are doing or what they think about what you're doing.

Andy runs a range of distances and comments, "I don't have a favourite distance. I'm happy with 10Ks up to half marathons. Anything further requires more training and anything above 20 miles is tough."

So what are his PBs?

10K – 36:44, Half Marathon – 1:21:07, Marathon – 2:52:07



After many years of running, what are Andy's goals from now?

"I'm confident I can run faster and still get PBs in most distances, but it's all about putting in a lot of hard work. If I can find the time and dedication I should concentrate more on the shorter road distances (5 mile and 10K) as I've never specifically targeted them. I plan to run a good 5K on the track next year."

It is no secret that running has changed Andy's life for the better, "Running's provided me with improved health and given me goals. I can work long hours, so it's important I have something that helps. Running's been good to me. I grew up in the era of Coe, Ovett and Cram. Coe was my hero, but they were all so great, wonderful talents. At the club Mick Clarke is an inspiration, the standard he sets for his age."

East Midlands Grand Prix Final Standings

The East Midlands Grand Prix is a series of eight races taking place in May and June each year and are all organised by clubs in the close proximity of Northamptonshire. To qualify for a final series place, you must complete five races minimum. If anyone hasn't taken part, these races are highly recommended.

Well done to Mary Davies, Dave Soloman and Lynton Dawson for completing all eight races of the series.

Here are the overall results for the series;

Ladies

F50

5th - Mary Kingsnorth - 6 races - 32 points

F55

5th - Mary Davies - 8 races - 17 points

Senior Men

17th - Lynton Dawson - 8 races - 135 points

31st - Mark Kennedy - 7 races - 226 points

46th - Robert Donovan - 5 races - 542 points

M40

16th - Tony Letts - 6 races - 60 points

25th - Ronnie Ambrose - 7 races - 118 points

34th - Martin Baker - 5 races - 195 points

M55

10th - David Solomon - 8 races - 65 points

M60

9th - Tom Sullivan - 6 races - 45 points

Team Results

Northampton Road Runners recording the following team places, well done to everyone who took part in the races.

Senior Women - 8th

Veteran Women - 5th

Senior Men - 11th

Veteran Men - 9th

Volunteers Still Required
Northampton Road Runners
10K Road Race
Sunday 29th August 2010

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Belper Rugby Rover 30k - 15 August

3 Maree Jesson 2:30:22

Summer Fun 10K Moreton Morell - 15th Aug

48 Colin Bricher 53:43

Silverstone Duathlon - 12th August

3 Maree Jesson 1:03:42 3rd lady

Bisworth Five Friday - 6th August

24 Gary McDaniels 31.32
 50 Maree Jess on 33.09 3rd F35
 71 Steph Russell 35.21
 96 Richard Franks 37.18
 130 Sue White 40.34
 135 Micky Bhogal 41.26
 154 Wendy Parker 43.20
 159. Colin Bricher 43.53
 176 Sue Thonson 46.06 3rd F60
 193 Spike 48.17
 213 Keren Irving 59.06

Blithfield Triathlon - 1st August

81 Keith Jellyman 2:17:41 14th male

Wellingborough Five - 1st August

30 Gary McDaniels 31:08
 31 Lynton Dawson 31:11
 72 Steph Russell 34:12
 111 Charlotte Yarker 36:49
 133 Richard Franks 38:09
 140 Tom Sullivan 38:57
 145 Mick Clarke 39:29
 180 Mary Kingsnorth 42:49
 253 Alan Hackett 56:59

Brecon 10 - 1st August 2010

Maree Jesson 1:08:44 1st vet 35

MK Half - 18th July

Tony Letts 1:25:08
 Gary McDaniels 1:25:46
 Lynton Dawson 1:27:50
 Steph Russell 1:34:08 8th lady
 Ronnie Ambrose 1:40:17
 Mark Glenn 1:59:19.
 Darren Byfield 2:01:57
 Wendy Parker 2:02:21
 Richard Franks 2:05:49
 Helen Blackburn 2:20:18.

Adderbury Spires Half - 10th July

Geoff Smith 1:43
 Ronnie Ambrose 1:45
 John Fleming 1:46

Silverstone 100 mile bike ride July 4th

Maree Jesson 6:02:36 4th Lady

Milton Keynes 10K - Tuesday 29th June

41 Tony Letts 38:01
 87 Lynton Dawson 41:03
 109 Ronnie Ambrose 42:15
 138 Mark Kennedy 44:37
 192 Charlotte Yarker 47:20 11th FS
 237 Tom Sullivan 49:35 10th M60
 267 Rob Donovan 51:43
 281 Dave Knowles 52:54
 306 Mary Kingsnorth 55:08 4th F50
 321 Colin Bricher 56:38
 335 Mary Davies 59:15 3rd F55
 337 Ann Dickson 59:38 6th F60
 364 Pauline Horne 63:19 4th F55
 365 Dave Solomon 63:32
 369 Patrick Breydin 64:23
 378 Alan Hackett 74:03

Harborough 5 - Wednesday 16th June

33 Tony Letts 29:40 11th M40
 51 Lynton Dawson 30:36
 96 Ronnie Ambrose 33:16
 116 Mark Kennedy 34:20
 172 Martin Baker 36:42
 210 Tom Sullivan 38:56 7th M60
 229 Mick Clarke 39:30 1st M70
 239 Dave Blackburn 40:01
 258 Rob Donovan 41:14
 280 Mary Kingnorth 42:53 9th F55
 298 Dave Solomon 45:02
 299 Mary Davies 45:14 6th F55
 307 Ann Dickson 46:37 5th F60
 311 Helen Blackburn 48:00
 315 Patrick Breydin 49:08

Banbury 5 - Tuesday 8th June

37 Tony Letts 30:00 11th M40
 67 Lynton Dawson 32:00
 106 Ronnie Ambrose 34:32
 109 Mark Kennedy 34:43
 258 Mary Davies 45:13 3rd F55
 268 Dave Solomon 47:09

Weedon 10K - Tuesday 1st June

35 Tony Letts 38:11 12th M40
 56 Lynton Dawson 40:32
 102 Mark Garrett 44:06 11th M50
 110 Mark Kennedy 44:58
 113 Ronnie Ambrose 45:14
 143 Martin Baker 47:16
 170 Tom Sullivan 49:59 8th M60
 217 Mary Kingsnorth 56:04 4th F50
 229 Mary Davies 57:39 4th F55
 236 Dave Solomon 58:39 7th M55