



## Welcome Back

Christmas is coming but hopefully the runners aren't getting fat! We are now battling to get out the door as the weather gets colder and wetter and the nights get even darker.

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)

### *"Run to the best of your ability and enjoy it"*

Mary Davies, aged 55 tells us about her early experiences of running. "My first experience of running was as a child growing up in Taunton Somerset. I had lots of friends who lived close by and we used to race each other around semi circles of rows of houses to see who was the fastest and who was beating who at the half way stage. I was average then and still am! Then a few years later I competed in the schools cross country and county cross country championships, so all that running round the circles stood me in good stead!"

So it looks as if Mary hasn't looked back since her childhood. She has been a member of the road runners for 2 years now and took up running again (as an adult) after a discussion with some friends at work about the London Marathon and the taking part in it. From there they decided to form their own club and met on a Sunday morning. At first 20 minutes was enough running time for them but they soon progressed. Mary said "The little club soon folded and because I was starting to enjoy getting fitter I decided to join NRR. I knew a few people who were already members and haven't looked back".

So what does Mary like best about Northampton Road Runners? "The NRR

members are very friendly group and encourage one another to participate in various races and to do the best that you can to achieve your own goals".



Her greatest achievement in running is completing four half marathons' this year and achieving a personal bests in one of them.

When asked, what is the worst thing about running, Mary replied; "When I first started running I didn't know whether I would enjoy running during the winter, the dark nights

and inclement weather but they weren't as bad as I expected. BUT I just still can't bring myself to enjoy running up any hills in any weather".

So what is the golden piece of advice for a new runner? "I would say to stick at it as it does get easier and to find a running companion who encourages you to carry on".

Of course everyone has a funny story to tell and Mary spills the beans on fellow member Dave Soloman, "We were running the Eden Project half Marathon and at the end Dave missed seeing the huge inflatable finishing line (it must have been as big as my house) I think he would still be running now if I hadn't called out to him to stop".

So what about PBs?

3 miles (Race for Life)	26 mins
5 miles	44.46
6 miles	54.52
10k	56.28
Half Marathon	2:01:33

Mary's next goal is to do the London Marathon, fingers crossed her ballot for 2010 will be accepted. Her running motto is "Run to the best of your ability and enjoy it (apart from all those hills)". So who is Mary's running hero? Well we all know him very well! "It's got to be Mick Clarke. I don't know how he keeps going or where he gets all his energy from but whatever it is I'd like a bit of it".



### **Cross Country - Wet & Windy Wing Sunday 22nd November**

A fine looking bunch of 21 club members descended on Wing for round 2 of the cross-country season. The bus crew were met there by The Whattons, Martin and Tom. There were some bemused looking faces from our new runners. Suzanne, Elmer and Rad who couldn't work out why 400 odd people would want to run around a muddy field on a Sunday morning. There were some welcome come backs from Martin and Ben and most impressively by Sue the cake sporting an original Trades vest. The first lap round a small field led us to the stream. The cows obviously did not agree with being moved for the race and left a stinking mess for us to wade through. Out into the countryside now and the sky was turning blacker. Before any of us were anywhere near back the heavens opened and it threw it down. What with a keen wind it made it a tough slog to the finish which of course involved going back through the stream. So we all finished soaked to the skin and it was then a case of getting back to somewhere dry and warm before hyperthermia set in. Tea and buns restored us and then it was home for a bath. Maree and Ben took the honours of first club finishers and everyone seemed to finish with a smile or was it a grimace. Yes, Martin did run the same way as everybody else. If anyone can smell cow muck around the sports centre it will be our trainers.

Next race is Letchworth on December. 20th bus bookings are open. Details will be sent out when available.

Mark Garrett

#### **Ladies Team Results**

18th Maree  
73 Jo Lee  
74 Jo Smith  
102 Suzanne Baldwin  
103 Sue Thompson  
112 Jo Cummings  
126 Carol Whatton

#### **Men Team Results**

44th Ben Malia  
63 Keith Jellyman  
83 Mark Garrett  
101 Geoff Smith  
111 Rad Nic  
116 Dave Whatton  
134 Mark Kennedy  
139 Elmer Arpacio  
165 John Fleming  
188 Steve Ward  
211 Tom Sullivan  
218 Mick Clarke  
226 Martin Rowe  
248 Alan Hackett

#### **Cross Country Dates**

The cross country season began in October and for anyone who has tried this since your schools PE days, it is highly recommended. Courses are normally around 4.5 to 5.5 miles long and cross some glorious (and sometimes muddy) countryside. Transport will be provided from the club (except for Delapre) and races cost £3 to enter.

20th December	North Herts
24th January	Wootton (Delapre)
14th February	Amphill
28th February	Bedford

Start times are to be 10:30am but it is worth the run for the cakes on offer afterwards.

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.

#### **Christmas Party**

NRR will be hosting our own Christmas Party this year at Moulton Village Hall on Saturday 12th December.

#### **New Years Day Run**

Shake off the new year hangover by running around Pitsford Reservoir. Time to be confirmed.

#### **Virgin London Marathon 2010**

Are you running the 2010 London Marathon for charity? If so, please let a committee member know, we may be able to help with fund raising.

Congratulations to Dave Garrett and Alan Hackett who were drawn out for the NRR club places.

### 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).

A quiet results service this time around due to the time of year.

#### Wolverton Five - 28th November 2009

234th	Colin Britcher	41.22
280th	Paulline Horne	46.05

#### Rugby 10 - Sunday 8th November 2009

This was an unusual race as the regular course at Draycote Water was unavailable due to building works. R&N moved the course to a beautiful countryside route around Rugby making it a 15K instead of 10 mile. Around halfway the race became entangled with a remembrance day parade and two thirds of the field ended up taking the wrong turning adding about quarter of a mile to the distance. Great fun though...

65th	Mark Kennedy	1:09:10
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#### Tavy 7, Devon - Sunday 8th November 2009

Maree Jesson	49:13 1st FV35
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#### Halloween Horror 4 - Sat 31st October 2009

Multi Terrain 4 mile race at Moreton Morrell, Warks, starts 11pm. Cross country portions marked by LEDs, arrows only visible from up close. Runners were entertained by students jumping out attempting ghoulish sounds

19th	Colin Bricher	38:33
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#### **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)

#### Upcoming Races In & Around Northants

Sunday, 6 December 2009

##### **10K Santa Run**

Wellingborough, Northamptonshire  
<http://www.ultramarathon.org.uk>

Sunday, 6 December 2009

##### **Luton Marathon & Three-Stage Relay**

Luton, Bedfordshire  
<http://www.lutonmarathon.org.uk>

Sunday, 6 December 2009

##### **Nene Valley Harriers 10**

Peterborough, Cambridgeshire  
<http://www.nvh.org.uk>

Sunday, 13 December 2009

##### **Andy Reading 10K**

Bicester, Oxfordshire  
<http://www.alchester-runningclub.co.uk>

Sunday, 13 December 2009

##### **Bedford Harriers Half-Marathon**

RACE FULL  
Bedford, Bedfordshire

Sunday 3 January 2010

##### **Coventry Godiva New Year 5**

University of Warwick, Coventry  
<http://www.coventry-godiva-harriers.org.uk>

Sunday 17 January 2010

##### **Wadenhoe Winter Challenge**

##### **Quadrathlon and Run/Bike/Run (Race 2)**

Church Field, Wadenhoe, nr Oundle  
<http://www.quadracracing.co.uk>

Sunday 17 January 2010

##### **Wellingborough 5K/10K/15K (Round 1)**

Irchester Country Park, Wellingborough  
<http://www.justracinguk.com>

Saturday 23 January 2010

##### **Ultra Race 45**

Northampton Moat House, Northampton,  
<http://www.rorycoleman.co.uk>

...and of course don't forget the cross country races (details on page two)...