



## Merry Christmas and Happy New Year

Snow is falling, all around us, children playing, having fun, tis the season, to put you spikes on, and go out, and have a run...

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)

### *“From the pool to the road.”*

Northampton Road Runners has a huge number of members who really show that they enjoy the sport and 27 year old Jo Lee is no exception.

Jo started running about 4 years ago but hadn't run much since school it took a while to build up to running for more than a couple of miles. Jo initially ran for PACTRAC when she lived in Higham but when joined NRR when she moved to Northampton about 2 years ago.

Jo took up running to improve her fitness level after finishing University in 2005 and even though she was still competing for Rushden Swimming Club and training five times a week with them, she thought that cross training would speed up the process. Her dad had always ran a lot until she was in her twenties and he wanted to get back into it again after a few years out for knee and hip injuries so they started running together. From there Jo stopped competing in Swimming gala's (about eight months ago) to focus more on running and cycling and have been doing Triathlons for the last two years.

Jo comments “I enjoy it and now I train to do triathlons and like the fact that there are three different disciplines to train at. Sometimes the running goes well and sometimes it doesn't but when this happens there are two other sports to focus on and then before you know it it changes and you feel better about the one that isn't going well.”

Jo says the best things about Northampton Road Runners are the fact that it's convenient as it's close to where she lives,

everyone is really friendly and welcoming and there are lots of opportunities to race both in the road and xc leagues as well as in local races

Jo says her biggest achievement in running was completing the Colworth Marathon Challenge in June this year. The best thing about running is that you can run anywhere and it's free and you always feel better afterwards even if you didn't feel good at the time and there is always room for improvement

If you were to give a new runner one main piece of advice, what would it be? “Remember to enjoy it! never increase your mileage too quickly as I have found this only gives you more injuries, try and cross train to give you some variation from just running and get regular sports massages to keep niggles away.”

Jo enjoys 6 mile cross country races and her favourite events are Roade Triathlon, Wellingborough Multi terrain Races (Irchester Country Park) and Cannock Chase XC

Jo's PBs are steadily improving too

10k - 48:39  
10m - 1.27:58  
Half marathon 1:59:27

Jo's main running goal now is to compete in a Marathon before she is 30 plus to drop 30 seconds off her PB's next year for 10k and Half Marathon

Has running changed your life? “Yes, I couldn't imagine not running and I try and run all year round.”



Who inspires you in running / who is your running hero? "My dad inspired me to start running as I was dragged round to watch him race when I was younger every weekend! But more since I joined the club I have always been inspired by Maree's pure determination to achieve her goals. But in terms of running hero I have always been a fan of Haile Gebrselassie and have watched him compete and been amazed at how at ease he looks when he runs and he has done so much for his country and I think been a great ambassador for long distance running."

### **Cross Country**

The cross country has been a real success this season with around 25-30 members turning out for each event so far and the standings look pretty impressive. Out of 13 teams, we sit in the following places;

Men's Team	7th	404 points
Ladies' Team	9th	103 points
Overall	8th	507 points

The final event is on 23rd January 2011 hosted by Team East Haddon. The venue is Guilsborough School so let's have a big turnout.

If you've never taken part in any of these races before, they are open to all club members, are normally around 5 miles long and are a fun(?) way to spend a Sunday morning. £3 to enter See Mark Garrett for more details.

### **Club Marathon Draw Winners....**

We have had the draw for the London Marathon Club places. We should get three entries this year although we haven't received them as yet.

The "Winners?" are

1. Helen Blackburn
  2. Dave Soloman
  3. Geoff Smith
- 1st reserve Nigel Osborne.

Get training and best wishes.

Any of you who are running the London Marathon on a Golden Bond where you have to raise a minimum amount in sponsorship could you please let the Club Committee know and we may be able to help you in your fund-raising.

### **Claire's Mad Challenge...**

At NRR we love mad challenges that people set themselves and Claire McDaid is the latest to...well make your jaw drop in amazement! Claire completed the November Challenge which was set on running community website "Daily Mile." The challenge was to run at least one mile a day, every day throughout the whole of November. Sounds easy? Don't you believe it!

Well Claire did it, clocking up a total of 99 miles in the month. Why didn't she do one more to make it a round 100? "I did think about it, but need a target for the next one!!" says Claire, you mean she's going to do it again?

## **FOLLOW THE BLOG**

FOR UP TO DATE NEWS AS IT HAPPENS FROM NRR, FOLLOW THE BLOG AT

**[www.northamptonroadrunners.blogspot.com](http://www.northamptonroadrunners.blogspot.com)**

OR FOLLOW THE LINK VIA THE WEBSITE AT

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

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**[www.northamptonroadrunners.blogspot.com](http://www.northamptonroadrunners.blogspot.com)**

**Bedford Harriers Half Marathon - 12th December**

47th	Lynton Dawson	1:21:54
99th	Gary McDaniels	1:26:07
112th	Steph Russell	1:26:57
190th	Mark Nightingale	1:31:11
465th	Ronnie Ambrose	1:41:38
797th	Mick Clarke	1:52:13
843rd	James Anderson	1:53:22
869th	Joanna Smith	1:54:42
1010th	Jo Lee	1:59:27

**MK Park Run - 11th December**

Maree JESSON	21:46
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**MK Park Run - 6th December**

Maree JESSON	22:19
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**Benidorm Marathon / Half - 28th November**  
Marathon

Mick Clarke	4:00:56
Half Marathon	
Dave Soloman	2:38:12

**Wolverton Five - 27th November**

157	Richard Franks	35:49
211	Colin Bricher	41:10

**MK Park Run - 27th November**

7th	Maree JESSON	20:17
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**Dirt Half at Leighton Buzzard - 20th November...**

Claire McDaid	2.09.48
Mary Davies	2.09.48

**MK Park Run - Saturday 20th November.**

Maree JESSON	20:01
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**Seagrave Wolds Challenge - 13th November**

16	Gary McDaniels	1:56
26	Steph Russell	1:59
53	Maree Jesson	2:07
76	Mark Garrett	2:12
79	Geoff Smith	2:13
127	John Fleming	2:29
129	Ronnie Ambrose	2:29
180	Jim Anderson	2:45
205	Jo Smith	2:54

**Rutland Water Marathon - 7th November**

15	Lynton Dawson	3:13:40
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**MK Park Run - 6th November**

17	Maree JESSON	20:02
57	Tom SULLIVAN	23:04
65	Jo LEE	23:57
79	Mary KINGSNORTH	25:10

**Rugby 10 - 30th October**

40	Ronnie AMBROSE	1:12:34
58	Mark KENNEDY	1:16:04
93	Jim ANDERSON	1:23:39
137	Sue THOMPSON	1:35:30
141	Christie FORD	1:36:01

**Halloween Horror - 30th October**

24	Colin Bricher	40:00
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**MK Park Run - 30th October**

11	Maree JESSON	19:53
54	Tom SULLIVAN	23:26
73	Mary KINGSNORTH	25:13
108	Claire MCDAID	28:25

**MK Park Run - 23rd October**

16	Maree JESSON	20:09
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**Great South Run - 17th October**

Sue White	1:24:46.
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**Amphill Trophy - 17th October**

Keren Irving	58:09.
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**MK Park Run - 16th October**

9	Maree JESSON	20:13
39	Tom SULLIVAN	23:36
61	Mary KINGSNORTH	25:34

**Amsterdam Marathon - 17th October.**

352	Maree Jesson	2:58:55
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**Eden Project Half - 10th October 2010**

Mary Davies	2:16:28
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**Ridgeway 15K - 10th October**

269	Mick Clarke	1:28:51
292	Jo Lee	1:30:42
319	Jo Smith	1:32:52

**Leicester Marathon - Sunday 10th October**

72	Mark Garrett	3:21:31
136	Geoff Smith	3:34:04
168	Ronnie Ambrose	3:43:37

**Road Tri - September 26th**

14	Jo Lee	1.11.21
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**Jim... We Have A Century...**

Recently Jim Anderson handed his membership form to Jo to join the club. Nothing special you may say... but Jim has helped us reach a milestone at the club. It means we now have 100 members registered!