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W.D.A.C. Newsletter Spring 2009 www.wdac.org.uk



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Marathon Edition

Well done to all 21 members who ran the London marathon on the 26th April, (plus Colin Harris who ran Stratford on the same day).

A special mention should go to all first time marathon runners, who had to cope with an unexpectedly warm day.

We were all caught out by the weather, up until Saturday the forecast was for an overcast sky, maximum temperature of 14C plus rain in the afternoon.

As it turned out the day was sunny and hot for the time of year, with a temperature nearer to 20C.

We now turn our attention to the Grand Prix summer series, and more importantly, the Northants Road Running league races.

There are eight races in this years series, starting with the Blisworth 5k on May 5th, to the Daventry 6mile race on 27th September.

Details for these races can be found on the clubs website and on the notice board outside the changing rooms.

Remember, that to reward members who run in the Northants series, they will have priority when it comes to allocating club places via a ballot, for the 2010 London Marathon. (**make sure Heather knows how many of the series you have ran**)

Enjoy your running through the spring and summer,

*I have been in negotiations with the new owner's of the M sports shop in Wellingborough(formally known as RamSports), and the club will get a large discount on any purchases of sports equipment, but you **MUST** Order any items through the **appointed members** at the club. Please use The official order forms that are available on training nights.*

Heather Burgess, Tony Hale, Alan Mills.



Chairman Tony Hale

London Marathon Results

Bruce Lovell	2:55:15	Simon Higgs	4:22:20
Jeffrey Addams	3:11:49	Joanne Edwards	4:39:38
Dustin Odell	3:19:23	Barry Collins	4:42:25
Dan Doherty	3:35:37	Tracy Stacey	4:42:58
Alan Griffiths	3:38:24	Julia C-Simmons	4:46:31
Elaine O`Sullivan	3:47:07	Karen Tomkins	4:47:29
Tony Hale	3:53:28	Les Rolfe	4:47:29
Tim Walsh	4:05:47	Heather Burgess	5:53:12
Steve Adams	4:12:19	Steven Hopkins	5:55:10
Jon Kemp	4:18:05		
Louise Kemp	4:18:06		

Shakespeare Marathon

Colin Harris 3:40:48 **PB**

Your Vote is Needed

Last year the 3 Counties X/C League was very disappointing, in some races we struggled to get a team out. So this is the members chance to vote on what event you want to run in next winter. Please go onto our web-site and decide if you want to do the 3 counties X/C League or the Irchester Multi-Terrain Series.

Your Vote is important

Post Marathon Hog Roast

This year our annual post marathon do, is being held a little later this year, on Saturday June 13th at Steve Adams house (Alexandra House, on Harrowden road, Well'boro), starting at 6:30. All club members are welcome, and all money raised will go to Steve`s Charity TEACH AFRICA.

0 to 26.2 in 11 months (by Karen Tomkins)

I remember the exact moment that I decided I wanted to run the London Marathon. I was sitting at home on Sunday 13th April 2008, watching the finish lines on the TV, when I spotted my dad crossing the line in 3hrs 18mins and 21 seconds! I knew there and then that I wanted to run it the following year, so with a bit of encouragement from my husband, entered the online ballot that afternoon! A few weeks later, at my dads 50th Birthday bash, I surprised him by announcing in my speech that I had entered the ballot and was hoping to join him in running London in 2009. There was no turning back now!

I wasn't able to join WDAC until a few weeks later as I had only recently had a caesarean and I have to admit I was a little reluctant! I could never really understand why Dad would drive to Wellingborough to go for a run when you could just run from your own house for free! Surely that was the beauty of running?! How wrong I was!

My first session was a track session with Steve and Heather and it nearly killed me! I could barely walk the next day, but was assured that the only thing to make my legs feel better would be to run again on Thursday....so I did. On the Thursday we were to do an out and back. I struggled through the whole run, just 20 minutes out and 20 minutes back, having to stop and walk at various points, but I got there in the end.

I decided to book in for my first race so that I would have something to work towards. I found a 5k race at Milton Keynes which sounded nice and flat and put my name down for that. I had just over a month to train for it so I kept up training with the club twice a week when I could make it. Five weeks later I finished my first 5k in 35:37 and was amazed that I had managed to run the whole distance without walking any of it!

In July the Club held their annual BBQ night where everyone runs the Wellingborough 5 route. I really wasn't sure that I would make it round and was concerned that I would get left behind and end up lost in Wellingborough! I persuaded my dad to run it with me and we came in just under the hour with the rest of the club sitting out waiting at the finish line and cheering me on. I was so proud! I gradually started booking in for longer races and completed the Cransley 10k and Daventry 6 reasonably comfortably. This was getting addictive!

At the beginning of October I received my 'Accepted' Marathon Magazine....I was in!! I couldn't believe it. Everyone said it took five years to get a ballot place at London and I had got one first time! Now the training would really begin!

I booked in for a couple of 10 milers and although they were hard, it felt amazing to be running that far and I'd really got the bug now. The next distance was the half marathon. I decided on Bedford and will be eternally grateful to Heather for literally dragging me round the course! We finished together in 2:23 and I then had to go up and down the stairs on my bottom for the next few days!



Karen & Dad finishing her 1st 5 mile run at the clubs B-B-Q. July 2008. Only a few months after starting running with the club.

After completing the Folksworth 15 in January, it was then time to start booking in for the serious 20 milers. I did some long training runs in the weeks approaching the Ashby 20, mostly round Pitsford with Heather, Mandy, Laura and Claire keeping me company.....and keeping me going! I now understood why Dad ran with a club.

The Ashby 20 went well for me. I crossed the finish line in 3:40 having had to walk some of the way between miles 15-17 due to cramp in my legs. I knew at that point that I would complete the marathon no matter what.

The weekend of the marathon came really quickly. We travelled up to London on the Saturday to collect our numbers and I was so nervous looking around the exhibition. After a quick meal out (pasta of course) it was back to the hotel and early to bed.

And finally the day was here! Dad and I had an early breakfast and left the hotel at 7.45am. We arrived at the red start, and after sorting out our bags, got into position ready to set off. It took us 22 minutes to cross the start line and then we were off! My aim was under 5 hours but it had started to warm up so I prepared myself for longer.

Dad didn't leave my side and the first 10 miles flew by, with so much to look at in the crowds I was really just in awe. It was fantastic! I struggle to put into words how amazing the crowd were and how their support just carries you round. Just when you began to feel tired, a band would strike up or a song would be blasted out at top volume so give you something else to think about. I was lucky enough to have my husband, my mum and my sister amongst the crowd and managed to catch a glimpse of them at around 6 miles and again at 24 miles and by then, I really needed to see them!

We crossed the finish line in 4:47:29, 13 minutes under my estimate and I was ecstatic. I'd done it! I know I have my dad to thank for my time. He was amazing and I couldn't have done it and wouldn't have wanted to do it without him. After all, he was my inspiration in the first place.

Someone said to me that your first marathon is special and they were right. I just hope your second, third and fourth are great too because I can't wait to do it again!



Karen & Les on their way.
Waving to the large crowds
that lined the route.



And after the finish, with their well
earned London Marathon Medals

Dates for your Diary

Northants Road Running League for 2009 In this 8 race series, the 5 best scores count

<u>Date</u>	<u>Venue</u>	<u>Distance</u>
May 4th Monday	Blisworth	5Km
June 2nd Tuesday	Weedon	10Km
August 2nd Sunday	Wellingborough	5 Mile
August 7th Friday	Blisworth	5Mile
August 30th Sunday	Moulton	10Km
Sept 6th Sunday	East Carlton	5Mile
Sept 20th Sunday	Cransley	1/2 Marathon
Sept 27th Sunday	Daventry	6 Mile

For the team competition

For each race there will be a male, female and combined competition

Males: First four to count. Females: First three to count.

Combined: Scores for the male and Female teams added together.

For each race the first team scores 10 points the second 9 etc.

East Midlands Grand-Prix 2009

<u>Date</u>	<u>Venue</u>	<u>Distance</u>
May 5th Tuesday	Silverstone	10Km
May 13th Wednesday	Rugby	6Mile
May 18th Monday	Bedford	6Mile
May 27th Wednesday	Corby	5Mile
June 9th Tuesday	Banbury	5Mile
June 16th Tuesday	Harbough	5Mile
June 30th Tuesday	Milton Keynes	10Km

Please note: On Tuesday's some of the Coaching staff will be running in these events. We will sort out a rota, and get the coaches taking training at the school to use the grass tracks, for safety reasons and to keep all the groups together.

Wellingborough 5 Road Race

This year our 5 mile race takes place on Sunday August 2nd. We will be looking for all club members to help out in any way on the day. So please keep this date free, and give your names to the race director Graham Bayes, and he will arrange how you can best help on the day. We will need around 50 helpers to get this event running smoothly.

Contact: graham.bayes@sky.com

Also please note, that we are looking for any person or Company to Sponsor the Well'y 5 race. Please contact:-
Graham Bayes or
Heather Burgess

B-B-Q & Run from Wellingborough School

The date for this year's b-b-q is Thursday July 16th. All club members and their families are welcome. This is an annual event, but this is the 1st year it is being held at the school. We have invited our friends from Northampton Road Runners to attend, and a safe running route is still being looked into. More info` will be given out later.

*After the success of the 3K challenge that we held during the winter, the committee have decided to arrange a Track Challenge open to all Junior & Senior members. The 1st event will take place on **Thursday June 11th.***

The details are still be worked on, but it will include 100, 200, 300 & 800 metre sprints, and longer runs up to 1500 metres for the seniors.

We will need any runners(or mums & Dads) not competing to help out with timing etc.

For more info` see Steve S or Alan Mills.

Titchmarsh 10 K



Neil sprints to the finish line

On a warm & windy Sunday Neil Barnett hit the winning trail, by out racing his front runners, from Kettering & Corby to win the Titchmarsh 10K .

The Titchmarsh 10k results from Sunday.
May 3rd 2009

Neil Barnett	35:01	1st Place
James Lambert	38:37	
Mike Farrow	44:33	
Dom Coleman	45:59	
Craig Lambert	46:33	
Liza Finch	54:57	
Steve Adams	54:58	
Alan Mills	56:02	



Receiving the Winners Trophy



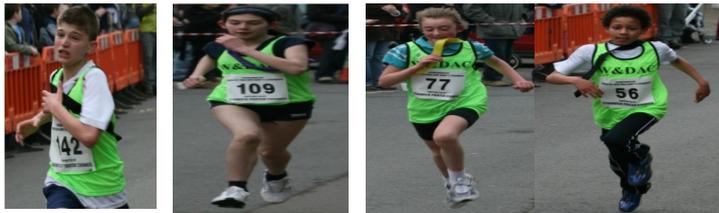
Our runners that run the London Marathon this year, very well done, and congratulations for all the money raised for Charity



Tesco Vouchers are being collected by the club. If you would like to bring any of your shopping vouchers and hand them to any of the committee members, we can then trade them in for Training equipment for the gym or on the track.

WDAC

2010/11



Some of the runners.
(Sorry if your photo is not up, maybe you was too fast!!!!)

Hi junior runners/parents/guardians/.

Here is a few notes about the past few events

Well done to everyone who competed in Stanwick . We had 7 juniors competing. Bradley, Emily, Deanna, Chris, Harvey , Kirsten and Me!

Unlike last year we did not have to run in the snow!!! Everyone showed a great effort and we came out with brilliant results. (you can find them at <http://www.wdac.org.uk/home.htm> or <http://www.stanwickraces.org.uk/>).

Also well done to James, Deana and me who competed in the Kettering Open meeting. All three of us did very well. Next time we need to have more representatives to go to competitions so we can beat Kettering Harriers, Corby and Northampton!!! Come on WDAC!!!! You can find the results of everyone who competed from all sides of the county at: <http://www.ktharriers.com/>

Thanks everyone for your good efforts in training sessions and keep it up!!!!

**from
Paige**