



W.D.A.C. Newsletter Summer 2009

www.wdac.org.uk



Over the past 10 years the club has made an annual trip to Krov in Germany. And this year many new members accompanied the old hands on the trip, and they all seemed to enjoy the experience.



This is Tony's report

The 25th Krov midnight run was another great success for us. Considering we had as usual tried valiantly to drink the whole village dry in the days leading up to the race all our runners ran brilliantly.

Graeme, Les, Clare and Heather ran in the 8 pm 3800 metre event, Graeme coming 3rd in his category, and Clare showing her patriotism by wearing the flag of St George over her shoulders.

At 20 minutes to midnight the main race began. Tim, Graeme and the chairman once again showed the Germans a thing or two!! by running in thongs, any resemblances to Borat's mankini were purely accidental.

This time Mandy wore the cross of St George, and Graham waved his union jack as he ran, that showed um!!!!

As we ran through midnight Elaine became 50, and we all celebrated with cake, balloons, beer and wine, in the huge village hall after the race finished. We also watched an amazing firework display across the Mosel River. Our ladies team finished 3rd in the team event, helped by a small misunderstanding as to the sex of one of our runners.

Our German hosts were very welcoming and treated us all with great kindness as they do every year, party on!

Tony, chairman.

Photo's from Krov



On Thursday June 11th the club organized our 1st club grass track meeting. The event took place on the 200m track, and the results are shown on our website, and some of the photo`s are below, (all the photo`s can be found on our website link to [picasaweb.google.co.uk](https://www.picasaweb.google.co.uk)). It was very good to have a qualified starter (BIG THANKS SAM), Also well done to all the coaches & helpers that made it a great evening, even the weather was brilliant.

The 2nd meeting, was held on Tuesday August 11th, we used the 400m track, and although we had to mark the track with cones, because the lines had faded, it still worked out to be a great evening, with the weather again sunny, and with more Junior & Senior runners taking part, it was a worthwhile exercise, not only for the runners to practice, but for all the coaches & helpers working together to put on these events, Very well done to all.

The committee have decided that next Spring/Summer we will put on similar events, and will add on some more distances, so the runners can have a bigger choice to choose from. The runs will be when the 400m track is marked out, between April & July.



Tony Burgess

A special mention for Tony Burgess, who was the big surprise of our 2nd track meet, after pulling out of the 1st meeting with an injury during his race, he ran brilliantly in the 200 & 400 m during the 2nd meet. After losing many lbs in weight, and a lot of hard work Tony is an inspiration to any new overweight runner that joins this club.

WELL DONE TONY



Dates for your Diary

Northants Road Running League for 2009

These are the remaining dates

<u>Date</u>	<u>Venue</u>	<u>Distance</u>
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.

From Sept 15th we will have access to the school hall, the Juniors will train there every Tuesday, with Steve Coaching, the seniors will share the hall for Circuit Training on the 1st Tuesday every month, with Keith & Heather in charge.

The votes have been counted on the X/C v Irchester Series, and X/C won, so we are still competing in the 3 Counties X/C next winter, starting about October time. The fixtures will be on the website and on the notice board, in the near future.

Last November for the 1st time we tried out The 3Km Challenge, doing shuttle runs along a marked out course on London Road Pathway, with times taken & recorded. The results were in December's Newsletter. The committee felt it a good idea to add this activity to the winter training schedules once a month to all the groups.

A few funnies

Apparently, 1 in 5 people in the world are Chinese. And there are 5 people in my family, so it must be one of them. It's either my mum or my dad. Or my older brother Colin. Or my younger brother Ho-Cha-Chu. But I think it's Colin.

Now, most dentists' chairs go up and down, don't they? The one I was in went back and forwards. I thought 'This is unusual'. And the dentist said to me 'Mr. Cooper, get out of the filing cabinet.'

Two elephants walk off a cliff..... boom boom !

My friend drowned in a bowl of muesli. A strong currant pulled him in.

Phone answering machine message - '...If you want to buy marijuana.....press the hash key...'



I Like the VIEW from the Back !!!!!!!!

I like this view from the front

You know, somebody actually complimented me on my driving today. They left a little note on the windscreen; it said 'Parking Fine.' So that was nice.



Any club members wishing to try and take part in a Triathlon or Biathlon, just ask Andy priest for any advice.



Andy Priest

Triathlon Section.

Wellingborough and District AC are now affiliated to British triathlon. 30 members have competed in triathlons over the last year at all distances from pool based sprints and Olympic distance up to the longest distance of Ironman. Our aim is to introduce club members to the sport of triathlon and compete at events as a club. Our plan is to introduce rides and swims at weekends whilst maintaining our core strength and fitness running on club nights.

Useful links:-

www.Britishtriathlon.org

www.220triathlon.com

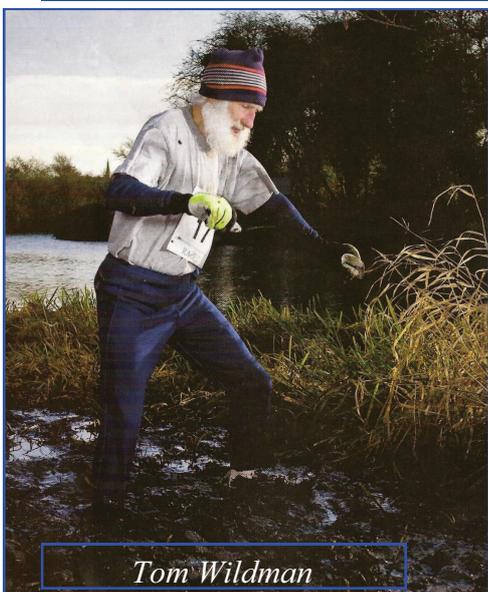
Looking good in Lycra.

Andrew Priest.

*Road Triathlon
Sunday Sept` 27th
Ask Andy for Details*

You are never too OLD or too YOUNG to TRI

The Wadenhoe Challenge 2009



Tom Wildman

This event was a run-bike-run, the distances were 2mile-6 mile & 2 mile, his overall time was 1:36:40. This years event was the 10th time Tom has completed this event. Well done Tom there is still no stopping you, and at 76 years young, he still looks in great shape.



Conner Barry

Conner Barry completed the Edinburg Bicycle Duathlon in 15 place in a total time of 19 mins 31 sec. Conner is 11 years old, event date January 1st 2009. The race consisted of 3 stages, 1=600M run, 2=2 mile Cycle, 3=600M run. This was his very 1st Duathlon .

An inspirational story



*Melanie Ryding joined our club a few years ago, she ran in road races & X/C in our club colours for a few seasons, then turned to doing Triathlons. Mel proved to be a very determined athlete, and put in many hours on her 3 disciplines. And to her credit she has been chosen to represent **BRITAIN** in the World Championships in Australia, later this year.*

You could do the same if you put in the effort



P.S. Mel also lost 3 stone along the way.

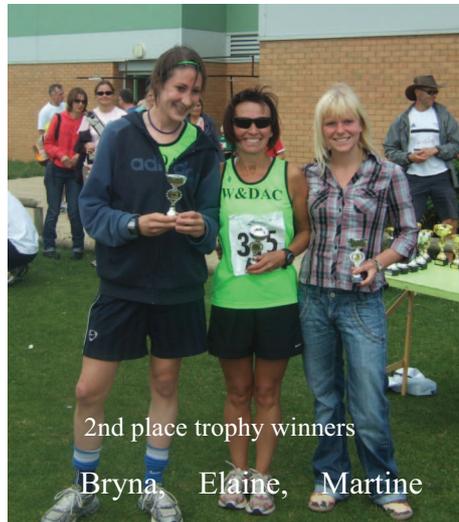
Wellingborough 5, 2009

This year was a great success, with the most runners ever taking part in the main race, 306 in total, also a big turn out in the children's fun-run, over 80. We even had a British Record broken, for 5 miles.

Well done to all club members that made this event another success.



WDAC team



2nd place trophy winners

Bryna Elaine, Martine

The build up before the race



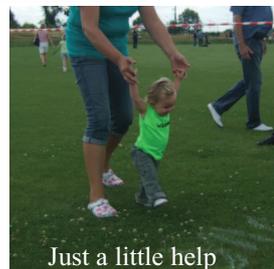
Start of the FUN-RUNS



Race to the Finish



Fun-Run 1st Boy & Girl



Just a little help



Our 1st man home



Our 1st Lady home



They went what way !!!!

WDAC

WELLINGBOROUGH 5 SPECIAL



Hi junior runners/parents/guardians/.

Here is a few notes about the past few events:

As some of you know Sunday 2nd of August was the -much anticipated- Wellingborough 5 race and fun run. Even though it was hard for some to take part due to holidays . 80 people entered the fun run. Although we would like some more junior runners from the club to enter the fun run next year as well as entering other races and competitions.

The charity we were raising money for was: Family Support link (<http://www.familysupportlink.co.uk/>). And we raised £250 for the charity.

Thanks everyone for your hard work in training again.

Paige Harris
Junior Representative.

medal

