



# ***Yaxley Runners***



# WELCOMING NOTES

Welcome to the latest issue of the Yaxley Runners newsletter.

It seems like only yesterday that everybody was starting their marathon training plans, but the marathon season is well and truly upon us.

On Sunday, we had four runners taking part in the Brighton Marathon, and there was some truly exceptional performances on the day.

Ian Vallance led the team home in a new PB of 3:28:49, with Nikki Timms next home in a fantastic time of 3:48:51.

Shortly behind her was Karen Ives in 3:50:25, while Cathy Semple finished in

4:16:03.

Well done to everyone who took part, you all did brilliant times.

This weekend is, of course, the big one - the London Marathon. Good luck to everyone taking part, as well as those marshaling on the course.

This is followed by the Milton Keynes Marathon on April 29, where there will be another large Yaxley contingent competing - the very best of luck to them all.

As well as Nikki's success on the south coast, we also need to congratulate her on winning the 5k Harrier League. A series of improving

performances saw her take the title in what has been a great year for the club in the league, with Ian Vallance and Neil Bason also finishing in the top five.

Away from the races, the club held its AGM last week, at which a number of changes were announced.

As you are all no doubt aware, several committee members stepped down from their roles, with Colin Berridge and Carry Murphy relinquishing the roles of chairman and vice-chair respectively, while Karen Freeman has resigned as club treasurer.

Also, Lenny Peacock has



left the committee, while Stuart Reed will hand over the duties when it comes to maintaining the results.

I'm sure you'll all join me in thanking each and every one of these people for all the tireless work they have done over many years for the club - we certainly wouldn't be where we are today without them.

Hugh Burton, who is the new club captain, Mike Morley, Rob Hall, Corinne Morgan, Karen Peters and Audrey Jones will be joining the committee, with Gavin Farrow the new chairman, Susan Williams taking over as vice-chair, Steve Joy becoming secretary and Peter Thompson taking on the role of club treasurer.

Also at the AGM, there were two significant rule changes - from the next club year, family membership will cease to exist, and each member must pay £10 to join the club. I hope you all agree that this still represents superb value for money.

Also, any member who wishes to enter the club's

London Marathon ballot must also become a member of England Athletics, which costs £5.

This is due to the fact that the amount of places the club is awarded is dependant on how many England Athletics-affiliated members we have.

Away from the AGM, thanks must go to Paul Atherfold, after he managed to secure the club £250 funding for the junior section from the National Express Employee Charity Panel. Whether or not that award was dependant on him running along the platform in his kit I don't know, but it made a pretty picture for their employee newsletter!

Looking ahead, there will be a club night out to celebrate everyone's marathon successes on Friday, May 11.

We'll meet at Charters, at 8pm, and it would be great to see as many club members there as possible.

Hopefully the hangovers will have cleared up by the Sunday, as the Eye 10k takes place that day.

We would love to get lots of

Yaxley members, both junior and senior, taking part, to make sure we are the second best represented club at the event.

Werrington may be slightly out of reach, but there's no reason why we shouldn't see lots of yellow, green and black vests competing on the day.

Also, looking forward, the club will once again be holding its annual presentation day at Rutland Water on Sunday, August 5.

The day normally starts with a cycle around the reservoir, although feel free to join us just in the afternoon for the awards presentation and a barbecue.

Finally, anyone up for a challenge might be interested in the 5k or 10k Every Day in May event.

It basically involves running the distance every day throughout the month, logging it on a website and raising money for a good cause.

If you are interested, visit [www.5keverydayinmay.com](http://www.5keverydayinmay.com)

*Duncan*

# OLYMPIC ADVENTURE



THE achievements of Olympic heroes such as Usain Bolt, Mo Farah and Jessica Ennis are a million miles out of reach for a middle of the pack club runner like me. But when the eyes of the world are glued on the Olympic Stadium in London this summer, I will be able to say, "I was there first."

No matter how many world records are smashed when the greatest sporting event on the planet returns to the capital for the first time since 1948 in July, the history books will always record that I, Duncan Jackson, of Yaxley Runners, was just the 270th person ever to cross the finishing line in the magnificent 80,000 seater stadium.

On March 31, I joined 5,000 runners taking part in the National Lottery Olympic Park Run – the first ever race to take place in the Olympic Stadium.

Lining up outside the £537 million facility in the cold before the race, the sense of anticipation and excitement was overwhelming – every one of us ballot winners knew that we were the envy of runners across the country. We were about to create our own little piece of sporting history.

And then we were



off, as the race was started by Princess Beatrice and television presenter Holly Willoughby.

The race route took us past the venues that in just a few months will hopefully host lots of British success, including the beautiful Velodrome, the huge aquatics centre, the basketball arena and the Copperbox.

It's only when you're actually at the Olympic Park that you can fully appreciate the sheer scale of what has been achieved on a huge piece of land that was, just seven years ago, a piece of toxic industrial wasteland.

Although the park is still very much a building site, it is really only the finishing touches that are being applied – temporary seats being erected at the hockey stadium, pathways being put down, catering

outlets being fitted out – for all intents and purposes all the major construction work has finished.

And while it was lovely to see where all our billions of pounds have been spent on these magnificent venues, the one place everyone was looking forward to running was the hallowed track in the stadium.

We ran past the four-mile mark, and I felt as if I was starting to flag, but then, as we approached the stadium, the sound of the crowd grew louder and louder, putting extra impetus into every one of my steps.

Then there was the calm before the storm as we entered a service tunnel in the bowels of the stadium, but even in a corridor there was still inspiration to be found as the theme tune from Chariots of Fire blasted through the speakers.

And then the

moment I had been waiting months for – we strode out into the light, on to the track to be met by a wall of noise and our very own Olympic moment of glory.

There may have only been 12,000 family and friends in the crowd, but that didn't matter as I strode down the back straight, the noise was overwhelming, and, I, for the first time in my life, felt like a proper athlete.

One can only imagine what it will feel like for the Team GB athletes in front of a packed house in the summer, but for me, it was like the men's 100m final, the World Cup Final and an Ashes Test rolled into one.

As I rounded the bend, I waved in the direction of my wife and mum, then sprinted off down the home straight somewhat slower than Usain Bolt will be in a few months time.

Then it was across the line in a new personal best time of 33:13, in 270th place.

Fingers crossed, I may run five miles quicker than that one day, but no run will ever make me feel as good as I did as I was striding the final 300m in what will become one of the great venues in world sport.

# with GARY THURGOOD

In a previous article I discussed middle names; this item is again on the subject of names but more precisely the name of the club!

As I sit and ponder the current entries for the Eye 10k on the club's 26th birthday – Sunday, May 13, I spot four variations on a theme.

Our official club name is Yaxley Runners & Joggers, although this is often shortened to Yaxley Runners, mainly because it fits better onto a T-shirt or vest.

We are not Yaxley – Road Runners, Running Club, Joggers or Athletics Club. There was a time, however, in early 2006, around the time of the club's 20th anniversary that we almost became Yaxley and Hampton Runners, or possibly even Hampton Harriers, but, following a Special General Meeting, that was not to be.

That is not to say that one day the club's name might won't change, as has very recently happened with BRJ, the Huntingdon-based running club.

Their official name was BRJ Huntingdon Road Running Club (RRC), but as of mid-March they are now BRJ Run & Tri, reflecting the club's significant involvement in triathlon. For those of you wondering where the BRJ came from, it refers to the club's founders (Maurice Bastini, Tony Rigby and Charlie Jaques), who started the Working Men's Club which had tra-

ditionally been home to the final race of the Frostbite Friendly League up until March 2009.

Returning to the name variations mentioned above, our club is not unique in this as the same can be said of BRJ, Eye, March, Riverside and Thorney, although I suppose BRJ can be excused?

Finally, going back to the Eye 10k, which, as many will know, Gavin is keen to see the kind of turnout usually reserved for the

Perkins Great Eastern Run or the Bushfield Frostbite.

As an incentive the highest three entries from local clubs are usually rewarded with a large tin of Quality Street or similar, so please, get those entries in fast.



# GONE TO THE DOGS

Twenty-seven members and partners had an enjoyable night at Peterborough Greyhounds on February 17.

We had a room for our exclusive use with bar, an excellent spread of food on the buffet topped off by chocolate and carrot cake. Some of us won a few pounds on a race, and then promptly lost it on the next one!

The Yaxley Runners Stakes (which was dedicated to the memory of Des Owens) was won by Zinas Chiquitta, the prize to the winner being presented by Colin as just about the last task he undertook as Chairman!

A great shame that more members did not come, unfortunately this could well be the last event of this type that the club organizes, unless there is more support.



# Steve Joy-Good

**Your family**

Wife, Katie Joy-Good  
 Daughter, 3 year old  
 Ruby  
 Welsh Father in Law!

**Your childhood**

Buckinghamshire/  
 Boarding School in  
 Bedford

**My favourite...**

**Music**

Nothing in fashion (fashion happens to other people not me!)

**Book(s)**

Terry Pratchett

**Film(s)**

James Bond,  
 War Movies (anything  
 Katie doesn't like)

**TV series**

Red Dwarf  
 NO FOODIE PRO-  
 GRAMMES!

**Meal and/or Take Away**

Chinese

**Celebrity**

Eddie Izzard/ David Wal-  
 liams/ John Bishop ( sport  
 relief heroes)

**Sports star**

Steve Redgrave, Greg  
 Searle

**Sport other than running!**

Rowing

**Pets/animals**

CAT- Ralph (the original  
 smelly cat)

**Cartoon characters**

Simpsons

**Why/when you started running**

Because Al Good told me  
 to! Almost two years ago!

**Other interests**

Coaching rowing, studying  
 for MSC



**Future ambitions**

A marathon at some point,  
 start and finish decorating  
 new home!

**Your current job**

NHS Middle management  
 ( boo hiss!)

**Your first job**

Orthoptist, looking after  
 children with visual condi-  
 tions

**What would you do if you won the lottery?**

Pay someone to finish the  
 decorating.

**Who makes you laugh?**

Usually Katie, or Ruby

when she asks why didn't I  
 win the race today!

**The best sporting event you have attended**

Wales versus England,  
 Twickenham in 1992.  
 Dad took me, really good  
 time. Still have the ticket  
 somewhere.

**What 3 items would you take to a desert island**

Erm.....

**Any other comments you may wish to make**

Looking forward to more  
 running, and being the  
 secretary. No Gavin, I will  
 not take a letter for you!

# Jo Salisbury

**Your family**

Live with my partner of 12  
 years Steve and my two  
 children, Alexander (7)  
 and Amelia (6)

**Your childhood**

Born In Welwyn Garden  
 City, lived in Hertford-  
 shire until the age of six,  
 then moved to The Fens  
 (March)

**My favourite**

**Music**

All time favourite: Michael  
 Jackson

Current favourite: Adele

**Book(s)**

The girl with the dragon  
 tattoo

**Film(s)**

The Green Mile and  
 Schindler's List

**TV series**

Silent Witness

**Meal and/or Take Away**

Thai

**Celebrity**

Robbie Williams

**Sports star**

I haven't got one as not a  
 sports fan!

**Sport other than running!**

Cycling

**Pets/animals**

Two cats – Coco and  
 Charlie

**Cartoon characters**

Popeye

**Why/when you started running**

I used to run long distance  
 at school however, I hadn't  
 run for 20 years and  
 decided I would give it a  
 go last April – I am now  
 addicted!

**Other interests**

Hiking. I completed the



Three Peaks last year  
 (Snowden, Scarfell Pike  
 and Ben Nevis)

**Future ambitions**

Complete the Three Peaks  
 in 24 hours. Run a half  
 marathon in less than two  
 hours

**Your current job**

Service Quality Manager  
 – BGL Group

**Your first job**

Wisbech Market – Fruit &  
 Veg stall

**What would you do if you won the lottery**

Not too sure as I haven't  
 planned what I would do  
 if I did win. I would pay off  
 the mortgage, buy a house  
 in Lake Garda (Italy), buy

an Audi R8 Sport, I would  
 give some money to my  
 nearest and dearest so  
 they are financially secure.  
 I would hire a motor cruiser  
 and take my friends  
 and family somewhere hot  
 to celebrate.

**Who makes you laugh**

Michael McIntyre

**The best Sporting event you have attended**

My children's sports day  
 – as I said before, not a  
 big sports fan

**What three items would you take to a desert island**

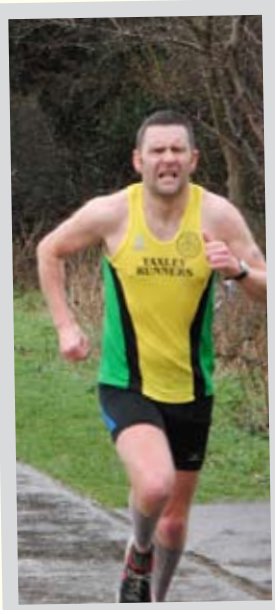
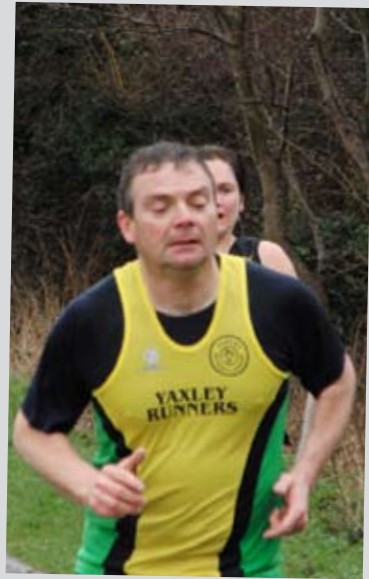
Hair dryer (not sure where  
 I would plug it in), Vaseline  
 and the biggest bar of  
 Dairy Milk I can find

PHOTO ALBUM

PHOTO ALBUM

▶ **Huntingdon Frostbite**

▶ **Huntingdon Frostbite**



▶ Men's races

▶ 5k ▶ 10 mile

- 1. **Ian Vallance** 19:13  
Harrier League April
- 2. **Ian Vallance** 19:19  
Harrier League March
- 3. **Duncan Jackson** 19:38  
Harrier League April
- 4. **Ian Vallance** 19:45  
Harrier League February
- 5. **Hugh Burton** 19:50  
Harrier League April

▶ Five mile

- 1. **Simon Hunt** 30:14  
BRJ Frostbite
- 2. **Simon Hunt** 30:16  
March Frostbite
- 3. **Spencer Evans** 30:17  
March Frostbite
- 4. **Paul Breeze** 31:19  
BRJ Frostbite
- 5. **Mike Morley** 31:56  
BRJ Frostbite

▶ 10k

- 1. **Simon Hunt** 38:58  
Flitwick 10k
- 2. **Mike Morley** 39:22  
Thorney 10k
- 3. **Hugh Burton** 41:04  
Flitwick 10k
- 4. **Steve Joy** 43:09  
Flitwick 10K
- 5. **Neil Bason** 45:50  
Flitwick 10k

▶ Half marathon

- 1. **Simon Hunt** 1:22:51  
Cambridge Half Marathon
- 2. **Ian Vallance** 1:32:32  
Sleaford Half Marathon
- 3. **Graham Cooke** 1:33:03  
Silverstone Half Marathon
- 4. **Duncan Jackson** 1:35:32  
Baldock Half Marathon
- 5. **Neil Bason** 1:41:00  
Silverstone Half Marathon

▶ Marathon

- 1. **Ian Vallance** 3:28:49  
Brighton Marathon
- 2.
- 3.
- 4.
- 5.

▶ Women's races

▶ 5k ▶ 10 mile

- 1. **Claire Piercy** 21:48  
Harrier League February
- 2. **Nikki Timms** 22:13  
Harrier League April
- 3. **Nikki Timms** 23:05  
Harrier League March
- 4. **Nikki Timms** 23:30  
Harrier League February
- 5.

▶ Five mile

- 1. **Claire Piercy** 36:42  
March Frostbite
- 2. **Lesley Coles** 37:45  
BRJ Frostbite
- 3. **Nikki Timms** 38:03  
BRJ Frostbite
- 4. **Lesley Coles** 39:20  
March Frostbite
- 5. **Jo Salisbury** 39:14  
BRJ Frostbite

▶ 10k

- 1. **Lorraine Howard** 50:17  
Thorney 10k
- 2. **Corinne Morgan** 53:35  
Thorney 10k
- 3. **Susan Williams** 54:51  
Flitwick 10k
- 4. **Sharron Tomms** 55:17  
Thorney 10k
- 5. **Annette Bonsor** 1:03:56  
Thorney 10k

- 1. **Carry Murphy** 1:18:31  
Sandy 10
- 2.
- 3.
- 4.
- 5.

▶ Half marathon

- 1. **Nikki Timms** 1:48:48  
Sleaford Half Marathon
- 2. **Lorraine Howard** 1:59:38  
Cambridge Half Marathon
- 3. **Raj Mondair** 2:00:07  
Milton Keynes Half Marathon
- 4. **Karen Peters** 2:06:47  
Silverstone Half Marathon
- 5. **Sharn Phagoora** 2:27:17  
Milton Keynes Half Marathon

▶ Marathon

- 1. **Nikki Timms** 3:48:51  
Brighton Marathon
- 2. **Karen Ives** 3:50:25  
Brighton Marathon
- 3. **Cathy Semple** 4:16:03  
Brighton Marathon
- 4.
- 5.

▶ Races 2011/2012

1. Peterborough Grand Prix No. 5
2. Grimsthorpe 10k
3. Great Eastern Run
4. Frostbite Race 2 – Bushfield
5. Nene Valley Harriers 10
6. Cambs Cross-Country Championships
7. Stamford 30k
8. Frostbite Race 6 – Huntingdon
9. Flitwick 10k
10. Eye 10k

▶ Men's leaderboard

1. **Simon Hunt**
2. Hugh Burton
3. Mike Morley
4. Mark Hazlehurst
- 5= Jon Cox
- 5= Steve Joy
7. Ian Vallance
8. Graham Cooke
- 9= Spencer Evans
- 9= Paul Breeze

- 90  
78  
37  
34  
33  
33  
27  
19  
12  
12

**After Race 9, Flitwick 10k**

▶ Women's leaderboard

1. **Susan Williams**
2. Nikki Timms
- 3= Sue Harlow
- 3= Claire Piercy
- 3= Lesley Coles
6. Barbara Johnson
- 7= Suzie Hall
- 7= Caroline Woods
- 7= Nina Wright
10. Jo Salisbury

- 62  
53  
37  
37  
37  
26  
15  
15  
15  
10

CLUB CHAMPIONSHIPS