

ISSUE 3
2012

YAXLEY RUNNERS



WELCOME...

H

ello and welcome to the latest edition of the Yaxley Runners newsletter.

I'm sure you'll notice that I've given things a bit of a redesign in this issue, and hopefully you'll all think that it's an improvement on what we had before.

We've obviously had a lot going on since the last newsletter came out three months ago, so forgive me if I've forgotten anything that might have happened.

The first major events to take place since the start of April were obviously the big spring marathons. We saw some fantastic performances from Yaxley members at Brighton, London, Milton Keynes and Edinburgh, and I'll cover these in more detail later in the issue.

There have also been some major changes in the club's committee over the last few months, with Colin Berridge, Carry Murphy and Karen Freeman

stepping down as chairman, vice-chairwoman and treasurer respectively. Everyone at the club is extremely grateful for all the hard work this trio have put in over the years, and Colin has been honoured for his long and distinguished service by being named as the club's president.

Gavin Farrow has become the club's new chairman, with Steve Joy replacing him as secretary. Susan Williams has taken over as vice-chairwoman, while Peter Thompson will be collecting all your money as treasurer.

Also stepping down from an important role within the club has been Stuart Reed, who will no longer have the daunting task of collating the results, to be replaced by Paul Atherfold.

If you have competed in a race please let Paul know, as well as if you have achieved a PB.

Members have taken part in a plethora of races over the last few months, with 16 taking part in the inaugural Run24 24-hour relay race. There is more



on this later in the newsletter, but it was a huge success, and I would urge everyone to consider signing up for next year's event.

We have also had two new Runners of the Bi-month named since the last issue. Ian Vallance was the deserved winner of the prize for February and March, while Lorraine Howard was rewarded for a string of superb PBs in April and May.

The junior section is approaching its first anniversary, and continues to go from strength to strength, with numbers attending remaining high, despite the

ON COLIN, CARRY AND KAREN
'Everyone at the club is grateful for the hard work this trio have put in over the years'

atrocious weather we have had this summer. Two of the club's assistant coaches, myself and Paul Atherfold, are also currently working towards Level 2 coaching awards, which will help take the strain off Tracy, as well as allowing us to carry out more coaching for seniors as well.

Finally, I'll leave with my normal plea for people to contribute towards the newsletter. I'm sure members would be interested to read in what other people are up to, and it adds a bit of variety to proceedings if it's not just the same old people contributing.



MAGNIFICENT MARATHONS

R

unning a marathon is not a 'normal' thing to do.

There is nothing sensible about lacing up your trainers and pushing your body to the limit as you run 26.2 miles on a Sunday morning. And that's without the months of punishing training simply to get you to the start line.

The overwhelming majority of people could not even contemplate taking on this challenge, let alone do it all twice within the space of 15 days.

Yet, that it was our very own Ian Vallance and Nikki Timms decided to do this spring when they took on the Brighton and Milton Keynes Marathons and provide the most impressive performances of a marathon season that was a huge success for Yaxley Runners.

It all started on the south coast, where Ian and his better half were joined by Karen Ives and Cathy



Sample, on what turned out to be a fantastic day for the club. Ian led the team home in a PB of 3.28.49, with all our ladies also recording their best times over 26.2 miles, with Nikki finishing in 3.48.51, Karen in 3.50.25 and Cathy recording an impressive time of 4.16.03.

The following week attention turned to the capital city for the big one, with 11 Yaxley members taking part in a London Marathon that took place in near-perfect conditions. First home for the club, and I NEVER thought I'd be writing this, was Duncan Jackson in a

new best time of 3.34.22. Neil Bason was next to cross the finish line in The Mall after a remarkable second half to the race saw him clock a time of 3.55.47. Our first lady home was Lesley Coles in 4.03.34, followed by first-time marathoner Julie Howe in a great time of 4.29.29.

Barbara Johnson put in another phenomenal performance to cross the line as the 58th FV60 in 4.32.54, Chris Burke finished in 4.39.44, Stuart Reed completed the course in 4.41.28 and Nina Wright finished her first marathon



Barbara Johnson, Lesley Coles, Duncan Jackson and Nina Wright celebrate a succesful London Marathon, above, and, left, the atrocious conditions during the Milton Keynes Marathon.

in 4.42.15.

Colin Berridge recorded a time of 4.47.43 and Neil Farrow finished in 5.18.36, while the award for Most Unprepared Marathon Ever must go to John Ackroyd, who somehow managed to drag himself round the course in 4.39.03 despite doing virtually no training before the big day.

After the joys of London, it was on to Milton Keynes, where conditions were far from perfect. In fact, if you could imagine the worst possible weather to run a marathon in – the land of roundabouts, concrete cows and franchise football probably managed to surpass your darkest fears.

Driving wind and rain and freezing temperatures were the order of the day, and those Yaxley members

who took part surely deserve some sort of award for putting themselves through such torture. Never have I felt so glad to not be running than when I awoke that Sunday morning and looked out of the window.

Anyway, the disgusting weather failed to put off our brave boys and girls, and once again there was some fantastic performances from those in green and yellow.

Paula Irons was first to cross the line in a remarkable time of 3.15.04, while Ian Vallance somehow managed to build on his brilliance in Brighton with some magnificence in Milton Keynes to secure another PB of 3.20.13, swiftly followed by Hugh Burton, who also recorded a new PB with a superb time of 3.20.57.

Paul Atherfold managed to break the magic four-hour barrier for the first time when he finished in 3.54.37, while Nikki Timms also showed no ill effects from her endeavours a fortnight earlier by finishing in 4.01.30, followed home by Rob Coles in a new best time of 4.03.12.

Finally, it was off to Edinburgh for our final marathon of the season, where conditions could not have been more different, as Val Stone and Annette Bonsor took to the start line in sweltering conditions. However, the May heat did not prevent the pair recording impressive times, with the pair crossing the line together in 5.27.50 to conclude a fantastic marathon season for everyone at Yaxley Runners.

REWARDING OUR SUCCESS

The club's annual presentation day took place at Rutland Water last week-end, and once again it gave members the chance to look back on another successful year for the club.

Ian Vallance was the big winner on the day as he picked up the Runner of the Year Award and the Flying The Flag prize. The club champions were Simon Hunt and Susan Williams,

while Tracy Farrow was presented with the Member of the Year Award for her sterling work in setting up the new junior section.

Over the page is a full list of winners.



REPEAT STANDARDS

Kyle Ballantyne	MS Bronze
Colin Berridge	MV60 Bronze
Richard Turner	MV60 Bronze
Lesley Coles	LV40 Diamond
Susan Williams	LV40 Diamond
Al Good	MV55 Gold
Claire Piercy	LV35 Gold
Cathy Semple	LV45 Gold
Paul Atherfold	MS Marble
Petro Bartosyk	MS Marble
Gavin Farrow	MS Marble
Gary Thurgood	MV50 Marble
Barbara Johnson	LV55 Platinum
Clif Abbott	MV50 Silver
Mike Barker	MV65 Silver
Chris Burke	MV55 Silver
Hugh Burton	MV40 Silver
Julie Cox	LV35 Silver
Stuart Reed	MV60 Silver
Val Stone	LV50 Silver
Peter Thompson	V55 Silver
Susan Thorpe	LV45 Silver

NEW STANDARDS

Mark Pullen	MS Marble
Rob Smith	MS Marble

Paul Atherfold	MV40 Bronze
Julie Bartosyk	LV35 Bronze
Rob Coles	MV45 Bronze
Gary Masters	MS Bronze
Julie Daniels	LV35 Bronze
Mark Evans	MV40 Bronze
Duncan Jackson	MS Bronze
Steve Joy-Good	MS Bronze
Jonathan Cox	MS Silver
Matt Lauch	MS Silver
Ian Vallance	MS Silver
Susan Williams	LV45 Silver
Nina Wright	LV40 Silver
Lorraine Howard	LV35 Gold
Simon Hunt	MV40 Gold
Corinne Morgan	LV50 Gold
Nikki Timms	LV35 Gold
Neil Bason	MV60 Diamond
Mark Hazlehurst	MV50 Diamond
Carry Murphy	LV40 Diamond

CLUB CHAMPION MALE

Simon Hunt	WINNER
Hugh Burton	Second
Jon Cox	Third

CLUB CHAMPION FEMALE

Susan Williams	WINNER
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Nikki Timms	Second
Lesley Coles	Third

HANDICAP

David Robinson	WINNER
Lesley Coles	Second
Ian Vallance	Joint third
Neil Bason	Joint third

FLYING THE FLAG

Ian Vallance	WINNER
Nikki Timms	Second
Paul Atherfold	Third

RUNNER OF THE YEAR

Ian Vallance

MEMBER OF THE YEAR

Tracy Farrow

FROSTBITE HANDICAP

Male	Simon Hunt
Female	Nikki Timms

ANORAK'S CORNER

WITH GARY THURGOOD



The week before the Perkins Great Eastern Run on the 1st Sunday in October sees the return of the Frostbite Friendly League, using its official title.

This year the series celebrates 25-years, and I hope to provide you with some history behind the league

and follow this up with the lows and highs of Yaxley Runners over the years.

Back in the summer of 1988 a group of local running clubs reps, headed by our club's founder member Steve Humphries decided to breakaway from the Todays Runner League, a series supported by the magazine now called Running Fitness.

Of the 11 clubs that formed the league – Bourne TH, BRJ R&T, Bushfield Joggers, Court Gym RC, Eye CR,

Lt. Paxton Path Ponders, PACTRAC, Peterborough AC, Riverside RStN, Werrington Joggers & Yaxley R&J – eight, including Yaxley, are still members.

Court Gym RC based at the the gym formerly located in the Bretton/Westwood area was part of the league until early 2001. Amongst their membership was one Wendy Reeson (now Gooding), Stanground College's head of sport.

Lt Paxton, who eventu-

ally merged into Riverside Runners stayed until 2003, but PAC only lasted one season. Wendy was first lady on 25 occasions; the Men's all-time great is BRJ's Pete Galpin, with 36 wins.

Others clubs who came and went include Peterborough Police RC and Stamford Striders.

Current membership now also includes (joined in) – Cambridge & Coleridge AC (2002) Ely Runners (1998) Hunts AC (2000)

March AC (1999) Nene Valley Harriers (2004) Ramsey RR (1996) and Thorney RC (1998).

Liz Edwards, whose husband Mike was one of Werrington's founder members, designed the famous 'Frosty' Logo.

During the last season readers may recall the Bourne race being cancelled due to bad weather – but this was not the first time a season had only featured five races. The very first season 88/89 only had five, along with 94/95, 95/96 & 96/97, with three cancelled in December and one in January up until February 2012. In addition, the very first season did not feature Junior races.

The club's very first newsletter from October 1988 heralded the arrival of the Frostbite Friendly League, sadly a series that the club has never won. Our highest senior placing being fourth during the 91/92 season, with the Juniors matching this on two occasions – 89/90 and 92/93. The league's most successful club is Riverside, with 11 senior & 14 junior titles.

More of Yaxley's successes in Part 2, in the next Newsletter.

***A look back
at the history
of the
Frostbite
League on
its 25th
anniversary***



EYE 10K

MAY 13, 2012



EYE 10K

MAY 13, 2012



GARY MASTERS

YOUR FAMILY

3 dogs, 2 cats, 1 wife (not in that order, wife second, cats third)

YOUR CHILDHOOD

Peterborough born and bred, lived in Orton Longueville until I was 31. Went to school with Chris Burke's son Daniel (I was easily led).

MY FAVOURITE...

Music: Johnny Cash, Bruce Springsteen, Meatloaf, Queen (I'm an 80's child!)

Book(s): Anything by John Grisham / James Patterson / Harlan Coben

Film(s): Unforgiven / Cape Fear / Crimson Tide / Shawshank / Carlito's Way / A Time to Kill

TV series: Friday Night Lights / Have I got News for You / Not Going Out

Meal and/or Take Away: Pizza / Chinese / Indian

Celebrity: Simon Hunt

Sports star: Heile Gabbresellassies-Gebbreselassie Gebbraserlassie Seb Coe

Sport (other than running!): Karate as a nipper, Basketball as a teenager, Footy as a twentysomething.

Pets/animals: As above.

Cartoon characters: John Ackroyd

WHY/WHEN YOU STARTED RUNNING

To get fit for Sunday morning football, around 1999, when I used to work with Chris Burke, and he persuaded me to run the now legendary 'Holt 7' (where he pulled up after a mile!), followed by beer and Fish & chips at Cromer afterwards (I was hooked!)

OTHER INTERESTS

Anything outdoors and Real Ale indoors (when I'm not at work).

FUTURE AMBITIONS

Pay off the mortgage before I'm too old to do anything with the extra cash, and to die peacefully at the roadside during a race, not in an old folks' home.

YOUR CURRENT JOB

Advanced Product Quality Planning Team Leader (zzzzzzzz.....)



YOUR FIRST JOB

Washer up at Notcutts café (listening to Rick Astley)

WHAT WOULD YOU DO IF YOU WON THE LOTTERY

Buy Simon Perkins a new Yaxley vest and myself new socks for every run.

WHO MAKES YOU LAUGH

Lorraine Howard.

THE BEST SPORTING EVENT YOU HAVE ATTENDED

Run 24

WHAT 3 ITEMS WOULD YOU TAKE TO A DESERT ISLAND

Moses, Eli & Rocco (my 3 chocolate Labradors)

ANY OTHER COMMENTS YOU MAY WISH TO MAKE

Did you know that Gavin Farrow actually knows the maximum number of rows and columns there are in an Excel spreadsheet? (not a lot of people know that)



DUNCAN JACKSON

YOUR FAMILY

I am married to Ann, and have two children - Finlay (4) and Nell (2).

YOUR CHILDHOOD

I grew up in Baldock, in Hertfordshire, and eventually ended up permanently in Peterborough, via Sheffield, Biggleswade and Sandy, five years ago. As you can tell, I don't like to stray too far from the A1.

MY FAVOURITE...

Music: Pulp, Blur, The Smiths, Primal Scream. Although it is difficult to get the Jake and the Neverland Pirates album out of the CD player in the car at the moment.

Book(s): I've spent the last year wading my way through the epic Game of Thrones series.

Film(s): Scarface, The Goonies, The Italian Job.

TV series: Friday Night Lights (Gary and I like snuggling up on the sofa to watch it together), The Wire, The Sopranos, Homeland, Game of Thrones.

Meal and/or Take Away: Mexican. Or a large doner if it's past midnight on a Friday night and I'm staggering home.

Celebrity: Any female Sky Sports News presenter.

Sports star: My childhood hero was Luton striker Mick Harford, recently I have been in awe of Bradley Wiggins' incredible achievements in the Tour de France.

Sport (other than running!): I watch most sports, but football and cricket would be my favourites. I was pretty dreadful at most sports as a kid, a trait

I've tried to maintain with my running.

Pets/animals: None.

Cartoon characters: I am quite an expert on Scooby Doo: Mystery Inc and Raa Raa the Noisy Lion at the moment.

WHY/WHEN YOU STARTED RUNNING

I started running when my now-wife suggested that we enter the Great Eastern Run in 2006. A decision that probably ranks only second to agreeing to marry me in her list of regrets. Joined Yaxley Runners the same year.

OTHER INTERESTS

I am a season ticket holder at Luton Town FC. When I started watching us we played the likes of Manchester United, Liverpool and Spurs every week. Now we play Tamworth, Dartford and Woking. As depressing as it is, I still love going to Kenilworth Road and wouldn't swap them for any other club.

FUTURE AMBITIONS

To eat a 5lb breakfast burrito.

YOUR CURRENT JOB

I am a design manager at Johnston Press, owners of the Peterborough Telegraph.

YOUR FIRST JOB

Shelfstacker at Tesco.

WHAT WOULD YOU DO IF YOU WON THE LOTTERY

I would quit work and write a book on how good a, let's be brutally honest, crap club runner could become if they trained as a full-time athlete with all the coaching etc they receive and see how



quickly I could run a marathon.

WHO MAKES YOU LAUGH

My son.

THE BEST SPORTING EVENT YOU HAVE ATTENDED

League Cup Final, Wembley Stadium, April 24, 1988. Luton Town 3 Arsenal 2.

WHAT 3 ITEMS WOULD YOU TAKE TO A DESERT ISLAND

A ham sandwich, a copy of The Sunday Sport and a can of Lilt.

ANY OTHER COMMENTS YOU MAY WISH TO MAKE

Please will someone else fill in one of these for the next issue. If not, you'll be forced to read all about me again every edition. Which, as fascinating as that might be for some of you, I'm sure most people will find extremely boring.

BUSHY 10K

JULY 8, 2012





UP ALL NIGHT

**One club, two teams,
16 runners, 24 hours...
one hell of a weekend**



I

don't know about you, but I tend to do most of my running at a civilised time.

Whether that's at 10am on a Saturday morning, or 6.45pm on a Monday night, my runs don't tend to involve hauling my carcass out of bed in the middle of night, slapping on a headtorch and careering around a wood in the dark.

But all that changed in June, when myself and 15 other hardy souls headed off to deepest, darkest Berkshire to take part in the first ever Run24. As the name suggests, it's a 24-hour race, and entrants ranged from complete and utter mentalists competing on their own, to teams of eight, and everything in between.

The course was an extremely challenging off-road five-mile monster, which featured several evil hills, and the only rule was that every team member must complete at least one lap,



and every team could only have one member on the course at any one time.

Our advance party travelled down to the course near Reading on Friday afternoon, allowing them to enjoy the delights of the campsite's beer tent, while the rest of the team travelled down in convoy at some ungodly hour on the

Saturday morning.

Upon arrival, us latecomers were delighted to find Barbara and Brian had obviously decided to be everyone's mum and dad for the weekend, bringing their caravan and a huge gazebo and cooking lots of tasty tucker across the three days.

We were also extremely

impressed with the fantastic facilities provided by the organisers, especially as it was the event's debut on the racing calendar. There was a large and great value food tent providing food 24 hours a day, a team of masseurs on hand at any time day or night and even hot and clean showers! Once our tents were



33:17

The fastest Yaxley lap of the weekend, by **Simon Hunt**.



5

The number of laps completed by **Ian Vallance, Tim Stone, John Ackroyd, Duncan Jackson and Simon Hunt**.



Fourth

Running Around The Clock's final position

Race results

YAXLEY RUNNERS RUNNING AROUND THE CLOCK

Ian Vallance	00:34:52
Tim Stone	00:38:04
Matt Stearn	00:35:26
John Ackroyd	00:40:30
Gavin Farrow	00:42:03
Barbara Johnson	00:44:39
Claire Piercy	00:39:58
Simon Perkins	00:37:53
Ian Vallance	00:35:49
Tim Stone	00:38:55
Matt Stearn	00:35:28
John Ackroyd	00:40:39
Gavin Farrow	00:42:14
Barbara Johnson	00:44:25
Claire Piercy	00:40:05
Simon Perkins	00:39:33
Ian Vallance	00:36:53
Tim Stone	00:40:36
Matt Stearn	00:39:30
John Ackroyd	00:43:59
Gavin Farrow	00:43:20
Barbara Johnson	00:49:54
Claire Piercy	00:44:27
Simon Perkins	00:44:23
Ian Vallance	00:39:04
Tim Stone	00:42:47
Matt Stearn	00:41:24
John Ackroyd	00:43:20
Gavin Farrow	00:57:23
Barbara Johnson	00:47:15
Claire Piercy	00:42:18
Simon Perkins	00:39:41
Ian Vallance	00:38:18
Tim Stone	00:41:06
John Ackroyd	00:45:46

YAXLEY RUNNERS KEEP IT UP ALL NIGHT

Duncan Jackson	00:36:43
Simon Hunt	00:33:17
Tracey Farrow	00:51:41
Gary Masters	00:38:41
Lorraine Howard	00:43:08
Peter Thompson	00:43:56
Susie Hall	00:35:59
Karen Freeman	00:47:05
Duncan Jackson	00:37:57
Simon Hunt	00:34:42
Tracey Farrow	00:51:28
Gary Masters	00:40:47
Lorraine Howard	00:43:08
Peter Thompson	00:45:53
Susie Hall	00:40:06
Karen Freeman	00:54:20
Duncan Jackson	00:39:05
Simon Hunt	00:37:28
Tracey Farrow	00:56:32
Gary Masters	00:47:05
Lorraine Howard	00:48:47
Peter Thompson	00:48:34
Susie Hall	00:44:10
Karen Freeman	00:50:27
Duncan Jackson	00:42:27
Simon Hunt	00:38:42
Gary Masters	00:49:59
Lorraine Howard	00:45:50
Peter Thompson	00:49:28
Susie Hall	00:40:25
Karen Freeman	00:50:34
Duncan Jackson	00:39:29
Simon Hunt	00:35:48

pitched and registration was complete, it was soon time to get the race started, and it was myself and Ian Vallance who were first to tackle the course for the two teams - Yaxley Runners Keep It Up All Night and Yaxley Runners Running Around The Clock respectively.

Although the course was tough to say the least, it was extremely scenic and great fun, especially when we returned to the campsite to be welcomed by a huge party of fellow Yaxley Runners cheering all our runners in throughout the day and even at night. The whole atmosphere around the site was fantastic, but I think that, as a club, we certainly supported our runners more than anyone else, and it was fantastic to see such great team spirit on show.

Although the rules allowed people to run multiple laps, we decided that we should run laps one at a time and in team order, and everyone excelled on the day, with almost everyone running four laps and



several people running five laps – meaning they had run 25 miles in under 24 hours.

Although there was a lot of trepidation about running at night, I really enjoyed it – we had to wear headtorches and the course was well marked with fluorescent tape and glo-sticks. It is quite surreal running through a pitch black wood and seeing lights bobbing up and down around the course.

Of course running through the night meant very little sleep, but that did not spoil the enjoyment factor, everyone's spirits remained high, even as we got through to Sunday morning when legs were sore and eyelids were heavy.

Simon Hunt and John Ackroyd completed the event for our two teams, to end a fantastic weekend for everyone involved. The



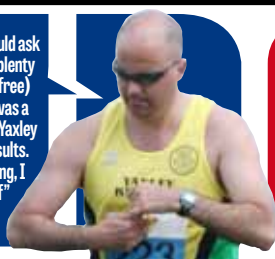
running, the camaraderie, the atmosphere and the laughing and joking all combined to make one of the most enjoyable events I have ever been involved with at the club.

I'm sure that everyone

who took part had a fantastic time, and, hopefully more of you will want to sign up for next year's event. Even if it does mean having to see Gary in his Geri Halliwell-style Union Jack outfit.

"It had everything a runner could ask for - great course, food, beer, plenty of loos, hot showers, (nearly free) massage tent etc etc. There was a great camaraderie within the Yaxley camp that reflected in the results. Despite John's terrible snoring, I thoroughly enjoyed myself"

GARY MASTERS



"A great family event for runners of all speeds. Running through the woods with a head torch was really inspiring. The team spirit and camaraderie made it a really fab weekend. I will definitely be back next year with a little more training under my belt!!!!"

TRACY FARROW



Run 24, what can I say - fantastic team event, hospitality, food, fab hot showers, plenty of clean loos, and that's just the start. A great undulating course, you'll all love it, even the night run, enough cheers to keep you on a high all weekend. Hope to be there next year!

BARBARA JOHNSON



I really enjoyed Run24 - a scenic (and hilly!) run - it was interesting running at different times of the day and night (in the pitch black, being led by glow-sticks!). A wonderful atmosphere with Yaxley Runners all supporting each other! A really well organised event with great facilities.

LORRAINE HOWARD





"Great teams, good camaraderie and a well organised event. Even the weather held out (just about). Which is saying something this summer. Nice course, too, although you'd have to be mad to attempt it as a soloist! Shame about the paparazzi mind!"

SIMON HUNT



A fantastic event, great venue, great team and great interaction with the other teams. Particular memories - the hills, which were more than compensated for by the down hill home and the reception the team. The bolognese supplied by Claire cooked by Brian and Barbara.

PETER THOMPSON



It was a great weekend away with a bunch of friends, with the odd bit of running thrown in for good measure! The facilities were great and the hot, clean showers were a real bonus.

CLAIRE PIERCY



It was a great event, and would definitely be up for it next year if I'm free. I thought the spirit in the camp was great, picturesque challenging course, good facilities and a fun feel to it all. And if that's not enough to draw people in, then the vision of Gary Masters in full union jack gear should be!

MATT STEARN





"My memories: the pink & purple wig-wam, the Geri Halliwell union jack outfit modelled by Gary, the long slog up the hill in mile one, trying to look like you're not knackered in front of your team mates when you're dying on your a**" e, Brian playing Dad to everyone, great company, great laughs, fantastic weekend.

KAREN FREEMAN



"24 hours, 16 runners, 2 photographers, 2 kids, 11 tents, 2 gazebos, 1 caravan, 340 miles 6 headtorches, 0 Kites..... copious amounts of food and alcohol and unrivalled team support for every single runner. Yet another reminder why I am so proud to be Chairman of this great club."

GAVIN FARROW



"Definitely the most enjoyable running event I have ever taken part in - a beautiful course, magnificent team spirit and great fun had by all over the whole weekend. I even enjoyed running in the pitch black in the middle of the night! Roll on next year!"

DUNCAN JACKSON



BRIGHTON MARATHON**15/04/2012**

Ian Vallance PB	3.28.49
Nikki Timms PB	3.48.51
Karen Ives PB	3.50.25
Cathy Semple PB	4.16.03

VIRGIN LONDON MARATHON**22/04/2012**

Duncan Jackson PB	3.34.22
Neil Bason PB	3.55.47
Lesley Coles	4.03.34
Julie Howe PB	4.29.29
Barbara Johnson PB	4.32.54
Chris Burke	4.39.44
Stuart Reed	4.41.28
Nina Wright PB	4.42.15
Colin Berridge	4.47.43
Neil Farrow	5.18.36

CHILLY FILLY 5K**22/04/12**

Nikki Timms	22.38
Corinne Morgan	25.56

CHILLY WILLY 5K**22/04/12**

Ian Vallance PB	19.00
Jon Cox	19.41
Jim Grant	19.57
Petro Bartoszyk	20.22
Michael Barker	29.30

MK MARATHON**29/04/2012**

Paula Irons PB	3.15.04
Ian Vallance PB	3.20.13
Hugh Burton PB	3.20.57
Paul Atherfold PB	3.54.37
Nikki Timms	4.01.30
Rob Coles PB	4.03.12

TITCHMARSH 10K**06/05/2012**

Michael Barker	64.21
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LANGTOFT 10K**06/05/2012**

Ian Vallance PB	39.14
Paul Atherfold	46.15

Sue Harlow PB	47.11
Nikki Timms	48.21
Peter Thompson PB	48.20
Karen Freeman	52.37
Gary Thurgood	55.39
Sharron Toms	56.53
David Robinson	58.50

SILVERSTONE 10K**09/05/2012**

Ian Vallance	41.22
Paul Atherfold PB	45.08
Nikki Timms	56.47
David Robinson	57.49
Adam Zuk	59.59

BLISWORTH 5K**11/05/2012**

Stuart Reed	25.20
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EYE 10K**13/05/2012**

Paul Breeze	39.12
Ian Vallance	40.42
Jonathan Cox	42.09
Hugh Burton	42.16
Steve Joy	42.40
Jim Grant	43.12
Petro Bartoszyk	43.44
Duncan Jackson PB	43.59
Nikki Timms	48.35
Gavin Farrow	48.36
Don Brazier	48.47
Lorraine Howard PB	49.10
Peter Thompson	50.55
Barbara Johnson	52.35
Susan Williams	53.36
Sally Evans PB	54.11
Paul Atherfold	54.11
Julie Daniels	55.38
Richard Turner	56.07
Sharron Toms	56.29
Nina Wright	57.59
Jules Bartoszyk	58.01
Val Stone	59.47
Adrian Flintoff	60.42
Sharn Phagoora	61.36
Annette Bonsor	67.29
Michael Barker	65.33

DEEPING 10K**20/05/12**

Ian Vallance	41.24
Jim Grant	42.08
Paul Atherfold PB	44.31
Sue Harlow PB	46.59
Rob Coles PB	47.02
Nikki Timms PB	47.49
Lesley Coles PB	48.56
Andrew Head	50.31
Barbara Johnson	51.24
Julie Daniels	52.27
Sharron Toms	55.50
Jadine Gordon	58.23
Michael Barker	61.20

LONDON 10K**27/05/2012**

Peter Thompson	53.53
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CORBY 5M**30/05/2012**

Lorraine Howard PB	39.28
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F1 CHICKEN RUN 10K**03/06/2012**

Corinne Morgan	54.09
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PETERBOROUGH 5K SERIES RACE 1**06/06/2012**

Ian Vallance	19.59
Steve Joy PB	20.08
Jamie Toms	20.39
Duncan Jackson	20.46
Neil Bason PB	21.29
Paul Atherfold	21.30
Mark Evans	22.17
John Ackroyd	22.50
Nikki Timms PB	23.16
Lorraine Howard	23.16
Mark Hazlehurst	23.17
Adam Bullers	23.29
Sally Evans PB	24.40
Barbara Johnson	24.44
Corinne Morgan	26.05
Richard Turner	26.19
Mike Barker	29.26
Sue Block	29.44

BOURNE WOODS HALF MARATHON**10/06/2012**

Ian Vallance	01.35.38
Paul Atherfold	01.46.29
Nikki Timms	01.50.06

ST ALBANS HALF MARATHON**10/06/12**

Duncan Jackson	01.36.58
Lorraine Howard	01.56.03

BASSINGBOURN HERO HALF MARATHON**10/06/12**

Peter Thompson	01.54.30
Vicki Palazon	02.41.58
Mark Palazon	02.42.00

EYE CHARITY 5**14/06/2012**

Ian Vallance	32.30
Steve Joy	33.27
Duncan Jackson	33.34
Hugh Burton	34.00
Neil Bason	35.26
Alan Good	35.41
Paul Atherfold	36.17
Mark Evans	37.28
Nikki Timms	37.56
Lorraine Howard	38.31
Peter Thompson	40.26
Raj Mondair	43.18
Val Stone	47.48
Sharn Phagoora	48.15
Sue Block	49.49
Annette Bonsor	51.38

HUNTINGDON 10K**17/06/2012**

Ian Vallance	43.09
Neil Bason	45.35
Paul Atherfold	45.39
Mark Evans	46.04
Nikki Timms	50.00
Barbara Johnson	52.30
Sue Block	01.02.29
Mike Barker	01.02.50

DAMBUSTER TRIATHLON**17/06/2012**

Jon Cox	02.21.29
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PETERBOROUGH 5K SERIES RACE 2**20/06/2012**

Ian Vallance	19.29
Steve Joy	19.39
Hugh Burton	19.46
Mark Hazlehurst	21.32
Mark Evans	21.32
Rob Coles	22.27
John Ackroyd	22.34
Claire Piercy	22.41
David Cook	23.01
Nikki Timms	23.06
Adam Bullers	23.24
Lesley Coles	23.27
Sean Murphy	23.47
Joanne Salisbury	24.08
Clif Abbott	24.14
Barbara Johnson	24.56
Corinne Morgan	26.10
Tracy Farrow	28.08
Mike Barker	28.55
Sue Block	29.18
Paul Atherfold	DNF

HUMBER BRIDGE HALF MARATHON**24/06/2012**

Gavin Farrow	01.59.33
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COLWORTH HALF MARATHON**24/06/2012**

Sean Murphy	02.05.53
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PACTRAC MINI TRI**27/06/2012**

Claire Piercy	01.09.09
Barbara Johnson	01.15.13

CLUB HANDICAP**28/06/2012**

John Harper	18.32
Mike Barker	20.23
Mark Evans	14.45
Hugh Burton	13.50
Steve Joy	13.35

Corinne Morgan	18.30
Sharn Phagoora	20.55
Neil Bason	15.05
Alan Good	15.10
Ian Vallance	14.03
Andrew Burgess	16.17
Tracy Farrow	19.29
Anne Meadows	21.06

HAMPTON FUN RUN**30/06/2012**

Joanne Salisbury	11.31
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MARCH SPUD RUN**01/07/2012**

Val Stone	47.41
Sharn Phagoora	48.22
David Robinson	50.53

THURLBY 10K**01/07/2012**

Jim Grant	44.32
Nikki Timms	50.05
Paul Atherfold	50.20

PETERBOROUGH 5K SERIES RACE 3**04/07/2012**

Ian Vallance	19.15
Hugh Burton	19.29
Steve Joy	19.33
Mark Evans PB	20.53
Neil Bason	21.29
Jim Katter	21.29
Paul Atherfold	22.02
Rob Coles	22.22
David Cook	22.29
Claire Piercy	22.30
Nikki Timms	23.16
Joanne Salisbury	23.22
Clif Abbott	23.33
Lesley Coles	23.55
Lorraine Howard	23.56
Andrew Head	24.32
Peter Thompson	24.37
Barbara Johnson	24.42
Nina Wright	26.39
Adam Zuk	28.03
Mike Barker	30.26
Christine Devaney	31.27
Sue Block	31.59

CLUB FASTEST TIMES OF 2012

MEN'S 5K

Ian Vallance	19.00
Chilly Willy	
Ian Vallance	19.13
Harrier League April	
Ian Vallance	19.15
Peterborough 5k Series Race 3	
Ian Vallance	19.19
Harrier League March	
Ian Vallance/Hugh Burton	19.29
Peterborough 5k Series Race 2/ Race 3	

MEN'S FIVE MILE

Simon Hunt	30.14
BRJ Frostbite	
Simon Hunt	30.16
March Frostbite	
Spencer Evans	30.17
March Frostbite	
Paul Breeze	31.19
BRJ Frostbite	
Mike Morley	31.56
BRJ Frostbite	

MEN'S 10K

Simon Hunt	38.58
Flitwick 10k	
Paul Breeze	39.12
Eye 10k	
Ian Vallance	39.14
Langtoft 10k	
Mike Morley	39.22
Thorney 10k	
Ian Vallance	40.42
Eye 10k	

MEN'S 10 MILE

MEN'S HALF MARATHON

Simon Hunt	1.22.51
Cambridge Half Marathon	
Ian Vallance	1.32.32
Sleaford Half Marathon	
Graham Cooke	1.33.03
Silverstone Half Marathon	
Duncan Jackson	1.35.32
Baldock Half Marathon	
Ian Vallance	1.35.38
Bourne Woods Half Marathon	

MEN'S MARATHON

Ian Vallance	3.20.13
MK Marathon	
Hugh Burton	3.20.57
MK Marathon	
Ian Vallance	3.28.49
Brighton Marathon	
Duncan Jackson	3.34.22
Virgin London Marathon	
Paul Atherfold	3.54.37
Brighton Marathon	

WOMEN'S 5K

Claire Piercy	21.48
Harrier League February	
Nikki Timms	22.13
Harrier League April	
Claire Piercy	22.30
Peterborough 5k Series Race 3	
Nikki Timms	22.38
Chilly Filly	
Claire Piercy	22.41
Peterborough 5k Series Race 2	

WOMEN'S FIVE MILE

Claire Piercy	36.42
March Frostbite	
Lesley Coles	37.45
BRJ Frostbite	
Nikki Timms	38.03
BRJ Frostbite	
Jo Salisbury	39.14
BRJ Frostbite	
Lesley Coles	39.20
March Frostbite	

WOMEN'S 10K

Sue Harlow	46.59
Deeping 10k	
Sue Harlow	47.11
Langtoft 10k	
Nikki Timms	47.49
Deeping 10k	
Nikki Timms	48.24
Langtoft 10k	
Nikki Timms	48.35
Langtoft 10k	

WOMEN'S 10 MILE

Carry Murphy	1.18.31
Sandy 10	

WOMEN'S HALF MARATHON

Nikki Timms	1.48.48
Sleaford Half Marathon	
Nikki Timms	1.50.06
Bourne Woods Half Marathon	
Lorraine Howard	1.56.03
St Albans Half Marathon	
Lorraine Howard	1.59.38
Cambridge Half Marathon	
Raj Mondair	2.00.07
Milton Keynes Half Marathon	

WOMEN'S MARATHON

Paula Irons	3.15.04
Brighton Marathon	
Nikki Timms	3.48.51
Brighton Marathon	
Karen Ives	3.50.25
Brighton Marathon	
Nikki Timms	4.01.30
MK Marathon	
Lesley Coles	4.03.34
Virgin London Marathon	

CLUB CHAMPIONSHIPS

MEN'S CHAMPIONSHIP FINAL RESULTS 2011/12

SIMON HUNT	90
Hugh Burton	78
Jon Cox	43
Steve Joy	39
Ian Vallance	39
Michael Morley	37
Mark Hazlehurst	34
Paul Breeze	27
Graham Cooke	19
Duncan Jackson	13



RACES 2012/13

Nene Valley Harriers 5K	
Ferry Meadows	15/8/12
Abbey 10K	
Abbey College, Ramsey	23/9/12
Great Eastern Run	
Embankment, Peterborough	14/10/12
Frostbite Race Two	
Bushfield, Peterborough	3/11/12
Nene Valley 10	
Bretton, Peterborough	2/12/12
Cambs Cross-Country Championships	
Priory Park, St Neots	6/1/13
St Valentine's 30K	
Queen Eleanor School, Stamford	17/2/13
Frostbite Race Six	
BRJ, Huntingdon	3/3/13
Sandy 10	
Sandy Upper School, Sandy	Mar 13
Eye 10K	
Eye Primary School, Eye	May 13

WOMEN'S CHAMPIONSHIP FINAL RESULTS 2011/12

SUSAN WILLIAMS	70
Nikki Timms	70
Lesley Coles	43
Sue Harlow	37
Claire Piercy	37
Barbara Johnson	37
Lorraine Howard	22
Suzie Hall	15
Caroline Woods	15
Nina Wright	11



The next club championship race takes place at Ferry Meadows.