

**On a gloriously sunny Sunday morning on 6<sup>th</sup> September, the third annual running of the Northampton got underway on time at 09:30.**

The event is starting to get into its stride as evidenced by local radio holding an interview with the race director up to 45 seconds before the starting horn. This is also borne out by the numbers with entries increasing to the current limit of 750. We hope to increase this to 1000 for 2016 but the event is now selling out.

As last year the Old Bank Pub provided a great race HQ having plenty of space and literally two strides from the start line – Saturday registration also proved very popular and we will continue this for the future.

The course has been updated significantly with a 5k town centre closed road loop; which has not been possible in the past due to the regeneration of the town centre – the updated route is flatter and faster and some cracking times were recorded. The fastest of these was recorded by David Green of Northampton Road Runners who crossed the line in 01:14:50 – he is seen here leading the field away from the Guildhall. The next three were all in close company with James Stringer of Wootton Road Runners leading the group in at 01:16:00, Stephen Marks at 01:16:15 and Matthew Crosse a further six seconds back in 4<sup>th</sup> and winner of the V40 category.



With the introduction of the 5k town centre loop, this gave Go Beyond the opportunity to run a concurrent 5k race and so make the event more inclusive overall. Billed more as a

Fun Run the event was won in a very respectable 22:44 by Ali Ismael, the first ladies home in a joint first were Carmen Sanchez De Rojas and Katherine Middleditch 26:15.



The closure of the roads around the town centre add enormously to the complexity of the event and this would not have been possible without the support of Chevron who provided all the traffic control and Stagecoach who managed all their schedules around the hour where the town centre was locked out. Without either of them the route would not have

been possible and I am hugely grateful for their support and forbearance.



In the ladies race Sarah Davis-Foxon from Desborough & Rothwell RC had a very strong run finishing in 01:27:28 with Jasmin Lowden nipping at her heels finishing only 9 seconds behind in 01:27:37

Completing the ladies podium was Penny Andrews of Northampton Road Runners in 01:33:19.

Judging by the number of PBs that were being achieved the course looks fast and so another good reason to run the race!

Age Categories Winners:-

Men		Women	
U20		U20	Uncontested
40+	Matthew Crosse	35+	Philippa Dalal
50+	Martin Beare	45+	Sarah Davis-Foxon
60+	Michael Williams	55+	Liz Sheffield
70+		65+	Uncontested



There was a fantastic atmosphere in Delapre on the South lawn with significant crowds cheering the runners in. It was really great to see all the runners and their supporter milling around in the sunshine and either eating tea or cake from the Teach Africa tent or getting a post-race massage from Cheryl from Boston Therapeutic Massage.

**Sponsors The Running Shop** were also on hand with their bargain rack and boss Connor spent most of his time handing out the medals. It was also great to see the charity **Headway** with their gazebo at the event who were one of 9 different charities with fundraising runners in the event.

Thank you to all our Marshals and volunteers who made the race possible you were fantastic.

Thank you to:-



## Coming up from Go Beyond

### The "Round Ripon" Ultra, 3rd Oct



- 9:00am start
- 10 hour limit
- Round Ripon Ultra for individual runners
- Round Ripon Relay - for teams of up to 5 people
- Entry Fee £39.00 or race for free by supporting the Great North Air Ambulance or Teach Africa

[RACE INFO](#)[ENTER HERE](#)[RACE FOR FREE](#)

### Wellingborough Cycles Duathlon Sunday 1st November



- 08:00:00am start
- Run 5k - Bike 21.3k - Run 5k
- Surprisingly Rural Routes
- Free Hi Tech top
- Entry Fee £35.00

[RACE INFO](#)[ENTER HERE](#)[TEAM ENTRY](#)[RACE FOR FREE](#)

**Steve Adams**  
**Race Director**