



## Wellingborough Summer Races Report and Pictures

It probably isn't surprising that local club Wellingborough and District AC had a pretty good day at the races which for them was a "local", but the performance of the day certainly went to Angus Crosby who won the 30k event in an impressive time of 2:08:56. Not only that he headed all three fields and therefore was ahead of the winners of both the 10k and 20k distances.



The day started pretty misty with a light drizzle keeping the air temperature down and providing pretty ideal running conditions. This was just as well because anyone thinking that there were in for a gentle jog round the park were in for a bit of a surprise. After about 300 meters of the course heads into the Railway Gullet and this provided Runners with some

pretty steep banks to climb and descents creating what one competitor described as a race of two halves killing climbs in the first half recovery in the second, just ready to

do it all over again! This did not seem to bother Angus however how maintained a steady and very fast pace throughout the 15 laps of his 30k race. Another competitor said after the race *"today's event was great - I couldn't stop laughing on the first loop as I had never come across an event like it!"* and generally despite the fact that the course was not easy everyone seemed to enjoy the challenge. The race itself was run over 2k loops so there was always opportunity to get drinks, jelly babies and the now famous Go Beyond Fruit cake.



A sight competitors got used to seeing!

Towards the end of the 10k the sun had burned off the mist and the skies were clearing with the commensurate rise in temperature, first home in the 10k was David Gillibrand in 47.48, first lady was Bree McGregor in 55.14 followed in by the WDAC pair, Sarah Ellwood and Louise Kemp



10k Ladies: Winner Bree McGregor

Sarah Ellwood (left) pictured with Louise Kemp



In the 20k Louise's husband Jon (seen here making some vital watch adjustments) had one of his best runs this season easing out a gap in the middle section of the race from follow WDAC member Richard McGuirk, Jon's winning time was 1.33.46 and impressive given the course and conditions

The ladies had a good race and were led in by Jacqueline Maycock from Petra Sefton in times of 2.20.50 and 2.29.39 respectfully, Jacquie (pictured left below) also won smile of the day from state of exhaustion when she realised she had won, amazing the recovery effect of that sort of good news!



But without doubt the performance of the day went to Angus Crosby who made this very testing course look easy and not to be outdone Susanne Enhard put in a pretty impressive performance leading the ladies home in a time of 2.43.58, respectable on the road let alone this course



30k winners Angus and Susanne

The feed back on this first running of this event seemed pretty positive, not only with the course but with the encouragements they got from the Go Beyond team and many competitors are promising to return and hopefully this testing summer cross country event will grow in popularity over the coming years