

Wilbarston

AUTUMN

Chronicle

Autumn 2016



WILBARSTON PARISH WEBSITE
'www.wilbarstonparishcouncil.gov.uk'

PARISH COUNCIL NEWS

This Chronicle's 'a look at the past goes back nearly forty years with an article from the Evening Telegraph.

The village quiz competitions were very enjoyable and got the team and its supporters around the county meeting a lot of interesting people. However the advance of technology caused their demise. A competitor in the semi-final was seen using a pocket calculator in a Maths round (just to see if I was right) was the excuse. Think what might happen now.

A TRIUMPH FOR THE VILLAGE MASTERMINDS

Wilbarston villagers are masterminds of the county. In a local derby final against East Carlton last night, they became the first winners of the Evening Telegraph Inter-Village Quiz trophy. For six weeks, village teams from all over the county have been battling for the Evening Telegraph Rose Bowl.

Last night at Prince William School, Oundle, more than 200 people saw Wilbarston's team of four take on the cream of village brains, and win. Gretton and Warmington made up the four teams still in with a chance of the trophy last night – but it was Wilbarston's night. Its first win means a trophy for the new village hall, opened earlier this year.

Team captain Peter Whitehead put the success down to good team effort. "We are delighted to have won" he said after the 10 point victory. "We have always been knocked out in the first rounds of other competitions. The standards have been high, but our success is due to a good team effort." Questions range from entertainment to horticulture in the six-round semi-finals. But with teacher Lawrence Dale scoring 35 of the 64 points, the team had an easy win over Warmington. A tough round on Shakespeare caused a mental block for the Warmington side, and Wilbarston picked up the lead, which saw them into the final.

In the other semi-final, East Carlton held the lead throughout the game to win by a clear 28 points. But Shakespeare again caused embarrassment, with Gretton failing to score in that round. Tough questioning in the final from retired schoolmaster Jack White covered subjects as wide as sport and religion, but Wilbarston picked up a handy lead in the first round on general knowledge. By this time it was clear the trophy was going to find its way to the Welland Valley

Presenting the rose bowl and silver cups to all eight finalists, Commander Michael Saunders-Watson, High Sheriff of Northamptonshire, praised the quality of the teams. "I was impressed with the knowledge of the teams and pleased to see that the best brains in the county are to be found in the Welland Valley," he said.

The competition, organised by the Northamptonshire rural community Council, has been such a success in its first year that its future has been assured. After the final Mr. Ron Hunt, editor of ET, which sponsored the competition, said the quiz would now become an annual event.

Results: Semi-finals – Wilbarston 64, Warmington 50, East Carlton 70, Gretton 42. Final: Wilbarston 52, East Carlton 42.

Teams: Warmington – Mrs Stephanie Cox, Howard Larkion (capt), Robert Bosworth, Chris Ellard. Gretton – Roger Fowkes, Harry Ansfield (capt), Paul Arnold, Chris Allen



Wilbarston – Mrs Linda Cooper, Mrs Phyllis Little, Lawrence Dale, Peter Whitehead
East Carlton – Gillian Alexander (capt), John Lancaster, Ian Campbell, Robert Hunt

**PRIVATE DRIVES AND GARDEN PATHS:
SALT PURCHASING SCHEME**

Association) or Nick Richards, 3 Weinahr Close/770351 (Parish Council).

If you wish to use salt on your private property or drive, you must provide your own – obtainable at garden centres or large stores or possibly the Parish Council. The Parish Council has the opportunity to purchase salt direct from NCC Highways in 25kg bags at a cost of £4 per bag to sell on to villagers at cost price. To enable the Parish Council to decide whether to offer this service and to consider the logistics it needs to know who, if anyone would be interested. Please let Jeremy know if you are interested by 30 September 2016 with the number of 25kg bags required; jeremy@bonhams-hortus.co.uk, tel 01536 770004, or by post or person at 8 Main Street.

And finally There were concerns a few years ago that if you cleared say the path outside your property and someone fell you could be held liable. This is wrong. There is nothing to prevent you from clearing snow and ice on the pavement outside your property, pathways to your property, or public spaces. Be a good citizen and neighbour and clear pathways to help yourself and others.

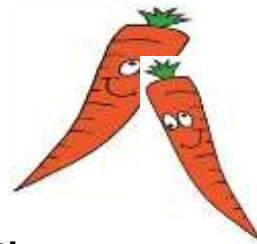
ALLOTMENTS VACANCY



A half plot is vacant at the allotments site off Church Street, down the hill below the access to Brig Lane. Any resident of the parish may apply to take this on – the plots are not maximum size and this area would suit either an experienced gardener or somebody having a first try. The ground is let by the parish council but there is an established association running the site with plenty of experience and guidance on hand. The rent for the half plot is £10 per annum and it will be payable for the coming year on 1 October.

For more information or to apply contact John Hooper, 5 Windsor Close (Allotments

**ROAD
GRITTING**



The B669 and the A427 bypass are gritted when cold weather is forecast.

The road to Ashley from Stoke is gritted in times of severe weather.

www.maps.northamptonshire.gov.uk gives access to gritting routes, distribution of salt bins, and much, much else.



DOG POO BINS.

These are provided by Kettering Borough Council so please use them. Dog poo left on the paths, roads, verges, and Green and village playing field is not only unpleasant to see and smell and to step onto, but can harbour diseases for children and animals. So PLEASE clear up your dog's poo. There are two dog bins for it on the playing field, another at the entrance to the Village Hall and one at the top of Brig Lane. Poo bags may be placed in the litter bins. Do not throw bags away on the hedges or verges or hide them out of sight. BIN IT



WW WRITES

Entertainers we don't hear much about lately;

Sylia Peters, McDonald Hopley, Terry-Thomas, Muffin the Mule, Elsie & Dorris Waters, Ravicz & Landaur, Anne Zeigler & Webster Booth, Liberace, Dinah Sheldon, Roy Rogers (& Trigger), Max Miller, Clark Gable, Donald Peers, Gracie Fields, Max

Wall, Flash Gordon, Bill Haley, Dorothy Lamour, Tommy Handley, Flanders & Swann, Ted Ray, Dick Bentley, Colonel Bloodknock, Lempik Opik, Mantovani, Nina Mishkov, Spike Milligan, Jimmy Edwards, Shelia Hancock, Geraldo, Spike Jones, Dick Barton, Joy Nichols, Tessie O'Shea, Houdini, Marianne Faithfull, Charles Asnavour, Edith

There are nine salt bins in the village provided free around the parish by the County Highways. The salt is for the public to use ON PUBLIC ROADS and FOOT-PAVEMENTS ONLY in time of bad weather. All bins are inspected each autumn and the remaining salt broken up for easier use. The bins are topped up if required. The salt is a reddish colour because it is mixed with molasses; this makes it stick to the roads and pavements better.

Following long discussions on site with the Parish Council the salt bin with a broken lid in Rushton Road by Springfield and the damaged bin in Dallacre Drive are both to be removed, with a new bigger bin being placed at the Rushton Road/Springfield junction.

The NCC Highways are assessing every salt bin in the county and ranking them using the following criteria.

- must be on the public highway and
- at sharp or difficult bends;
- junctions where the side road approach has a gradient;
- on particularly steep gradients elsewhere (of 10% or greater)
- proximity of existing bins (150m);
- community facilities;
- only access road to a community
- at known problem sites
- not on roads which regularly gritted;

All villages are being assessed equally. Bins need to have 5 or 6 points or more to be retained. In Wilbarston this would leave us with just two bins. However NCC Highways have taken the 'decision not remove' existing bins until they are reported as damaged or unsafe. Because both the Dallacre and the Rushton/Springfield Road bins were damaged NCC highways advised that under the new criteria one of the bins would be removed – there was no option.

Piaff, Diana Dors, Maurice Chevalier, Brigitte Bardot

SALT BINS AND WINTER

Having considered the position of the current salt bins it was concluded that the most important bin was that at the entrance to the Springfield estate so this is where the new bin will be placed to serve all the Springfield estate.

The two salt bins that now meet the criteria to be retained are the one at the top of Scotts Lane (Kendals Close) and the new bin to be installed this autumn in Rushton Road.

If any other bin is reported damaged, to Highways or Street Doctor it is likely to be removed totally. NCC Highways confirmed that the salt provided for the public highways may be used on any local highway or foot pavement, not just immediately by the bin. When using salt please report low levels of salt in salt bins to Street Doctor – details below. NCC Highways' aim is to replace the salt in a short time period that is not months but days depending on road conditions and other priorities if there is particularly severe weather.

All bins have an asset number on them: This asset number MUST be used when reporting to Street Doctor that a bin needs refilling. Contact Street doctor for winter maintenance on 0300 126 1000 or on www.northamptonshire.gov.uk/streetdoctor

To help retain the bins we do have please do not report damaged or broken bins to Street Doctor but report them to the Parish Council via Jeremy in the shop email Jeremy@bonhams-hortus.co.uk, or Rosalind



rmwillatts@uwclub.net on 01536

770875.

The **Red salt bin** next to the telephone kiosk in the village bin is provided and maintained by the Parish Council especially for the foot pavements around the cross roads and in Main Street.



WILBARSTON CEVC PRIMARY SCHOOL



There was a busy end to the school year, with our usual school events. We were delighted that many families were able to join us at our annual Parents Association BBQ. The older children had created stalls and games such as name the teddy, beanbag target games and "hook a duck" – always a favourite! The adult volunteers put on a great disco and BBQ. This all raised our outdoor play equipment project over £800, despite the rain which shortened the event. We are raising funds for an outdoor table tennis table and a traversing wall that children can play on at playtimes. Our multi use games target board will take up the whole of one end of the artificial grass caged area and will be in place for September. Thank you to all who have raised funds for this so pupils can make better use of this area and continue to do so in these challenging times for budgets.

You will notice our new school logo (above). We held a competition to revise our logo and most junior children took part. The winner (voted for by children and adults at school) was Alice Parkin (Y6). We presented her with a sweatshirt with the new logo in addition to the first embroidered proof for her prize.

I am sure you will agree it is a super logo – well done to her. During this summer break you will have noticed that we are beginning to enclose the school so we can respond to parents' requests for our site to be more secure. We were fortunate in gaining a DFE grant to do this as it is a priority this year for central government. We have ensured that this will have the least visual impact, for example the fencing will go behind our conifer boundary. More happily, we are having a new hall floor! After about 30 years our floor had given its all and we were able to fund a new one from savings made over the last couple of years. Sadly, we didn't get the DFE grant for this- we did try! However, our children will have a super new floor for indoor PE in the winter and for our daily assemblies and lunch times.

In early July most of our Year 5-6 pupils (aged 9-11) visited the outdoor residential centre in Wales, Govilon. We had a superb time with children enjoying canoeing, bush craft, climbing, abseiling and waterfall exploring. It was brilliant as children attempted new activities and had to solve problems with one another. The trip ended with a trip to Raglan Castle, which was fascinating and enjoyable as it was a sunny day. The children (and staff) came back exhausted but with many happy memories.

Also in the last month all classes enjoyed an hour with a specialist dance company who came in connection with the Rio Olympics. Children all had a go at different South American dances – it was great fun. We also had our annual Sports Day and our fun "potted sports" event in the last week with pupils in house teams (with pupils in all year groups) to gain point towards the House Cup which was awarded on the last day of term.

We said goodbye to 15 Year 6 children this year. They held a very moving Leavers Service sharing their talents and hopes for the future. Prior to the service these children had voted for the winners of our annual trophies and awards for one another such as the Peach Endeavour Trophy and the Kindness Award. It is very special to see the children receive these awards. The children will be missed as they move on to new schools but they leave us with happy memories of their time with us. We gain 20 new children in our Reception class in September. Look out for details of our services with the community – Harvest will be the week before the village service on Friday 30th September and Christmas plays in December – it will soon come around! Younger pupils will perform in church in the penultimate week of term. All church services are at 2:30pm.

All best wishes,
Andrea Green and all at school.



WILBARSTON BUS SERVICES

In January Centrebus introduced a new reduced and altered timetable for our unsubsidised Bus 67 service but failed to let anyone local know! Then in April the Parish Council was informed that the service would be withdrawn in July. A flurry of emails to contacts ensued and the parish was leafleted with the information giving contacts to whom to make comments. Thank you to all the villagers who contacted the County Council and others; we understand that the volume of responses received really did effect the outcome. The end result was that the County Council (which had previously stated that it would NOT subsidise bus services) made a contract with another company, Carters of Kettering, to run a limited subsidised bus service between Gretton and Market Harborough. WE STILL HAVE A BUS SERVICE. It is once a day, Monday to Friday.

Out: Wilbarston 10.24 Market Harborough 10.37
Return: Market Harborough 13.00 Wilbarston 13.14
This gives just under two and half hours in Harborough

Out: Wilbarston 10.59 Corby ASDA 11.24
Return: Corby ASDA 12.08 Wilbarston 12.39
The bus does stop at other places in Corby as well.



The service is punctual pleasant and satisfactory to and from Market Harborough and allows sufficient time for many activities, but the Corby timetable needs some adjustment to make it worthwhile. The Parish Council is aware of this and hopes adjustments will be made. Would people who wish to use a bus service to Corby please let Nick Richards bramhallnick@yahoo.co.uk or Rosalind Willatts know of any problems they have with the present timetable, or what services they would wish to use to in Corby and what would be suitable timings (for the length of time in Corby).

The County Council runs a phone-in-advance bus service – COUNTY CONNECT. Please would anyone who uses County Connect let Rosalind Willatts know how they find the service to work for them and how they use it. PLEASE would anyone who tries to use the County Connect and has problems let Rosalind know with dates and details unless the problems can be identified specifically then this “service” will not improve for Wilbarston.

I LIKE THE IDEA OF A BUS IN WILBARSTON, BUT I NEVER USE IT. How many people in the village say that? That attitude resulted in the village nearly losing its service. To maintain a bus service - which we nearly lost – it must be used. Those car owners, who never use the bus, please think again. The bus is friendly; it is stress free; it saves money; it reduces traffic on the road; it is not your responsibility to cope with traffic; there is no hassle with parking in town. Ample time is available in Market Harborough for medical appointments and shopping and other things. Think in advance and try to arrange medical appointments to fit in with the bus timetable; think in advance and collect up the various things you need to do, for one trip. The bus stops outside Aldi and Waitrose and at the market hall for Sainsbury’s and the market. It will if asked stop at other places. Try making a point of using the bus once a week and leaving the car at home.

With a bus- pass the journeys do not cost money.

USE THE BUS

Full details of the timetable and scheduled stops are in the Fox, Post Office, Bus stop and parish notice board.

Ps, I started and ended a recent journey to New Zealand by taking the 67 bus from and to the village.

Rosalind Willatts, 01536 770875, 2 Barlows Lane, rmwillatts@uwclub.net

WILBARSTON VILLAGE HALL SOCIAL COMMITTEE

The village summer fete was our latest event back in July which was well attended and a very enjoyable occasion. We hope that everyone had as much fun as us! The sun did show its face and villagers showed a huge amount of support, for which we are very grateful. Thank you especially to those who helped out on the day. The church and village hall run this annual event together and the total raised, this year £1700, is split equally between both causes.

The money raised by the Social Committee is now being designated solely for the purpose of upgrading the hall. Earlier this year we funded the redecoration of the hall's lounge which I'm sure you will all agree is a considerable improvement! New curtains for the lounge and new stage flooring will soon be addressed, hopefully making the hall a much more attractive venue to hire.

The Christmas Fayre is our final fundraising event for the year. It is from 12pm to 3pm on Saturday 26th November, so please be sure to put it in your diary. You wouldn't want to miss out on the shopping, mince pies and Christmas cheer!!

Working to make the village a great place to live,
Linda, Judith, Sue, Freda, Pat & Diane.

NORTHAMPTONSHIRE BEST VILLAGE COMPETITION 2016

In January of this year, Rosalind Willatts and I started to compile information about the community of Wilbarston. As a Parish Council we decided to enter the Northamptonshire Best Village Competition.

The five page questionnaire took some thinking about with questions covering all aspects of village life. We were asked about the type and frequency of regular and one off activities and events. What we do to welcome newcomers to the village, the community newsletter/magazine, public notice boards, community transport, housing needs, crime prevention measures, business opportunities, involvement and care of the elderly, facilities for children, environmental and sustainability activities and last but not least, how we use information technology to link and involve the community.

With additional research we felt confident that our community addressed the issues above and we could pen a sound and confident application.

The Judges arrived on a sunny day in June and we were able to show off our facilities to their best advantage. We met in the Village Hall car park and couldn't resist popping into the Hall to see the Mothers and Tots (and Grandparents) session in full swing.

The views overlooking the valley from the village hall were stunning. The play equipment area and large expanse of playing fields set a good first impression of the village. We walked down into the centre of the village bedecked with the red, white and blue bunting as part of the Queen's Birthday celebrations. The Post Office, the Fox, the Church and the allotments were all included in our tour and all acknowledged as being an asset to our community.

Our walk around the village showed a range of residential housing and the small businesses that are based in and around the village. People we met on the tour were highly complimentary about living in the village and how friendly everyone appeared to be.

Thanks to Sharon at the Post Office, we were able to enjoy coffee and homemade scones in her garden, during which time we were asked more questions by the judges.

The award ceremony took place on 12th July at the Hunsbury Hill Centre (ACRE) building, Northamptonshire.

I am delighted to announce that out of 14 entries in the Middle Village category, Wilbarston achieved a Highly Recommended with which we were delighted.

The village of Helmdon was the overall winner of the competition gaining the prestigious title of the 2016 Northamptonshire Best Village and winning £1000 to be used for village projects. The village of Syresham was the runner up.

Our framed certificate will take pride of place in the village Hall lounge area.

A full copy of the Village submission can be found on the council website. Cllr Georgina Royle





**RAISING FUNDS FOR
THE SENIORS'
CHRISTMAS PARTY
2016.**

**Cream Teas at the
Village Post Office**

Sharon from the Post Office came up with an offer the committee couldn't refuse! She had the brilliant idea of serving High Tea in her garden, every Sunday Afternoon in August, to raise funds for the Seniors' Christmas Party.

Cake stands, bone china and posh napkins were all sourced. A yellow marquee was erected and the baking began in earnest!

To practice, we invited the Over 80's from Stoke Albany and Wilbarston to come and join us for a free tea and the opportunity to spend the afternoon catching up with old friends. We were delighted to host 24 guests which included the eldest member of the village, Olive Blisset and the second eldest, Eva Bettles both in their late 90's. Despite the lack of sunshine, a good time was had by all.

The three following Sunday afternoons were open to the paying public. The weather was kinder and we were well supported. Thank you to those who attended.

All the scones and yummy cakes were made by Sharon and those not consumed during the event were taken home to be shared with family and friends. We made over £600 after expenses, to put towards the Christmas Party fund.

*The committee would like to thank Sharon for her generosity of time and commitment making these community events so enjoyable..... and **SO** delicious!*

Georgina Royle. Committee Chair.

WILBARSTON PCC NEWS

Here is beginning to be an autumnal feel now and the summer fete seems a long time ago but I am still getting the occasional comment about what a happy friendly afternoon it was. Our warm thanks to the village hall social committee with whom we shared all the planning and we worked well together. Such co-operation is very positive and brings all those of us who value village life together in a productive way. So many people willingly give of their time and we thank them wholeheartedly. The total of over £1700 was raised to be shared between two of our valued village amenities.

I am pleased to be able to report that the plans for developing level access and disabled toilet facilities at our church are now progressing steadily. As a result we look forward to inviting everybody to a special Open Day in October, Saturday 1st to see the plans and find out what is involved in obtaining grants and the various ways you can support us. There will be complementary refreshments and a warm welcome. More details later.

The church is a very special building and we need your help to maintain it for our own and future generations who will, we hope, appreciate and benefit from our efforts.

Our harvest festival will be held on October 2nd followed by our harvest lunch in the village hall to which everyone is welcome.

The Christian life of our church continues steadfastly but we would love to share it with more of you, especially if you used to come and haven't been for a while.

Please don't forget to support the local food bank – as a well-known supermarket declares, 'every little helps'

Libby Dale

DESBOROUGH AND DISTRICT BCN WILDLIFE TRUST GROUP UPCOMING INDOOR MEETINGS.

Meetings held at Desborough Heritage Centre, Station Road, Desborough @ 7.30 pm. Entrance fee is £2.00 per person to include tea/coffee and biscuits.

Tuesday 13th September: - Neil McMahon will give a talk about the wildlife of Pittsford Reservoir.

Tuesday 11th October: - Richard Chadd from the Environment Agency will talk about the testing and monitoring of river waters.

Tuesday 8th November: - Nigel Slater returns to give a talk on Attenborough Nature Reserve.

The Bedfordshire, Cambridgeshire and Northamptonshire Wildlife Trust have an events page on their website where further details of these events can be seen along with many others run by the Trust and various affiliated groups. These include indoor talks, outdoor trips and opportunities to volunteer at various trust reserves in the county.



WILBARSTON BELL RINGERS

I hope you are all happy with hearing the church bells on a regular basis. There have been some very favourable comments from some people I've seen around the village. The new learners are all progressing well after answering the call to learn nearly a year ago.

The most recent event we were asked to ring for was the school end of year service and I'm really pleased to say there was a good turnout of local ringers who were assisted by one or two outside ringers most notably young Alice Parkin and her mother from Desborough, Alice was one of the pupils leaving.

Bringing the bells into more frequent use again has thrown up one or two issues that need to be addressed

to ensure we can continue to ring on a regular basis. Some of these issues need some fairly urgent attention that is quite expensive

On Monday 25th July two of us from the band went along to the PCC meeting and gave a detailed presentation to renovate and augment the bells.

Currently the bells require fairly regular maintenance to keep them in ringable order but they are now showing signs of deterioration. I'm very pleased to say that the PCC approved the proposal and now we need to start raising the necessary funds to pay for the work.

The proposal includes re-hanging the 3rd, 4th and tenor bells as they are currently rung on their old original bearings dating back to 1882. These are now badly worn. This entails removing the bells from the tower, transporting them to Loughborough to Taylors Bell Foundry for them to have new headstocks fitted and new sealed bearings that will require no maintenance for over 100 years. All 5 bells will be removed as they also need retuning. We are also proposing to augment the ring to 6.

Whilst there are various bodies we can and will approach to raise some funds we will need to be seen to raise funds ourselves within the local community so you will be seeing various notices and flyers for upcoming events in the near future.

One such event is planned for a date in October in the village hall where we have one or two local bands performing along with one or two invited ones. Posters and leaflets will be posted in the coming weeks. And finally, if anyone out there having heard the gradual improvement of our ringers on a Tuesday night would like to have a go at this quintessentially English art form please come along. We practice on Tuesday nights from 7:30 to 9:00 and we would be very pleased to welcome you.

Peter Chilton

The names for the photograph going from left to right: Rosalind Willatts, Murray Coleman, Peter Chilton, Viv Crowther, Alice Parkin, Leigh Parkin, Diane Atter, Callum Broomfield, Siobhan Lovell and Simon Pearce.

SENIORS' CHRISTMAS PARTY TICKETS 2016

I know it's far too soon to be thinking about Christmas but I would like to let people know about the changes being made to the Christmas Party format.

It was agreed at the AGM that anyone receiving their state pension would be eligible to attend the Annual Seniors Christmas Party. (Those who have already attended the event will continue to receive an invitation and will be most welcome) Any residents in Stoke Albany and Wilbarston, who are now eligible and would like to attend, need to contact Georgina Royle on 771428 so they can be added to the list.

In November we will deliver party invitations. If you would like to attend, please register and collect your free ticket from the post office. We have 100 numbered tickets available which is the maximum we can accommodate in the village hall. By using this system we will have greater control on the numbers attending which will help us with catering and seating arrangements.

The Party this year will be held on Friday 2nd December at Wilbarston Village Hall, so get the date in your diary! It was a great success last year and we are hoping to do the same again. Georgina Royle



Watching the athletics in the Olympics has brought back all our memories of Karen being selected to run at the World Indoor Championships in Portland, Oregon earlier this year. Karen has lived in Stoke Albany for many years with many family connections to Wilbarston.

The World Athletics had included two 800m demonstration races for the first time – one for men over 60 and one for ladies over 55 – and Karen had secured one of the places by being the fastest in the world last year over that distance. As we continued to train on the airfield and the playing field, we could scarcely believe that she would be appearing on the world stage. If asked in the early days what our ambitions were, we would probably have been happy for her to be one of the best runners in Wilbarston and Stoke!

We arrived in Portland via Amsterdam and received our accreditation at our hotel where many of the world's press were based. Most of Karen's competitors – three Americans, two Australians and a French lady - were also staying in the same hotel. The track was within walking distance and we headed down to the warm-up track to familiarise ourselves. The fact that the first person we saw there was Valerie Adams, the current world shot putt champion, brought home to us where we were and probably only served to increase Karen's nerves. Each night we were able to eat in the athletes' hotel, where our eyes were continually focussed on the door to see who else we could recognise from athletes we had only ever seen on TV. We were also able to watch the other events from the athletes section of the stand.

When we went to warm up for Karen's race, Dafne Schippers, current world 200m champion was warming up at the same time amongst many other well known faces. Karen's race was treated in the same way as the main races with the camera panning down the athletes as they were introduced to the crowd before the start. The race was shown live on the red button but could be seen in the background on the main BBC coverage which concentrated on the long jump. Karen finished a very creditable third, with the first three being presented with lovely glass mementoes on the track.

Unfortunately, she had gone down with a flu bug about ten days before we left for America and suffered a close family bereavement three days before we flew out, otherwise the result might have been even better.

The day after the big race, our new American friends collected us and took us into the nearby hills for an hour's trail run which was also memorable.

Karen commenced her second running career shortly before her 40th birthday, having retired the first time at the age of 15 despite having been a successful athlete at school. Her husband, Nev, has always been a keen sportsman, pursuing gymnastics, basketball and athletics at various times, before settling into cycling in more recent years. Her children, Lianne and Adam, are following in the family footsteps, being particularly successful in pole vaulting and fell running respectively.

When Karen joined Harborough AC in January, 1999, she couldn't have dreamed of the success that would eventually come her way. She spent two or three years doing a couple of runs a week and being happy to take part in team events without any great expectations. Nev could see her potential and suggested she join forces with myself – I am still her training partner and coach. I was only ever a decent club runner but trained rather more regularly and we soon settled into the habit of training up to six times a week. Over the ensuing years, Karen gradually improved her times, and, whilst being competitive, was still at her happiest running in team events and supporting her colleagues. By 2010, she had plateaued in road and cross-country races - albeit at quite a high standard – and she was considering a change of environment to push things on to the next stage. We decided training on the track at Corby would improve her chances of success and we started training there under the tutelage of Bill Boyd, Corby AC Head Coach. The training there has gradually developed to what it is now, but with faster times! A typical week will now look like this:

-

Sunday – long steady run up to an hour
 Monday – steady cycle ride of an hour to hour and a half
 Tuesday – track session at Corby: -
 One mile warm up
 Twenty minutes drills
 Session – e.g., 2 x (12 x 200m)
 at 5 seconds slower than flat
 out, 1 x 300m flat out
 One mile warm down
 Wednesday – weight training
 Thursday – speed session – e.g. 5 x (3 x 100m) with 30s recovery and 3m between sets
 Friday – rest day
 Saturday – speed endurance session on the playing field

Karen, having won many British titles, has worn her Great Britain Masters vest many times now, competing overseas in European and World Masters events. Masters Athletics starts for anyone over 35 and goes up in five year bands – she currently competes in the 55 – 59 age group. Last year, in Poland, she won European indoor titles in both 800m and 1500m, whilst this year, only four days after we returned from America, we flew to Italy, where she retained her 800m title and won bronze in the 1500m.

If there is a motto from this story, it is that it is never too late to take up a sport and there is always a possibility of being successful. We had assumed that success came only to those in big cities, not small Northamptonshire villages!

Rick Brown
 Training Partner and coach to Karen Brooks

+++++

**THE NEXT EDITION OF THE CHRONICLE
 WILL BE PUBLISHED AT THE
 BEGINNING OF DECEMBER**

**Articles or notices to be submitted by
 the 20th November**

**Lawrence Dale 23A Rushton Road
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FRIENDS



Members of 'Friends' finished the 2015/2016 season with a visit to Gates Garden Centre at Cold Overton, near Oakham. It was a dry mostly sunny and warm day and. After a look around the various items on offer, we finished the day off with a very enjoyable lunch in the cafe/restaurant. It was warm enough for us to sit outside and watch the wildlife in the garden and ponds beneath us. Some time was spent watching birds, which turned out to be rheas and which seemed to be laying huge eggs randomly in the grass! Never say the 'Friends' doesn't offer varied and interesting experiences!!

We are now enjoying a break, with no meeting in August. In September we will be entertained by two members of the sixth form at Kingsthorpe Community College in Northampton, who have formed a singing duo in order to raise funds for an educational trip to visit schools for disadvantaged students in Chicago. Conor and Becky (ably supported by Beth and their teacher, Mrs Abbie Coleman) will be explaining a little about "Take Flight" and finishing the evening with some music.

In October Katharine Wright will be coming to talk about the art of paper folding and sculpture and giving members a chance to have a go themselves.



In November Camille from, the Pickled Village will be bringing a selection of pickles for us to sample and buy. This meeting will be an open meeting for anyone to attend, not just members. Christmas will be on the horizon and it will be a chance to stock up on pickled goodies for the festive season.

After our Christmas party in December we look forward to a new year of interesting and varied meetings. Ladies, if you would like to come along to Stoke Albany Village Hall at 7.30 on the evening of the third Wednesday in each month to see what 'Friends' has to offer, you will be made very welcome and I'm sure you won't be disappointed.