

The Notley Review 2017

Wow, it's only the 10th December and I'm already writing our annual newsletter. I'm not sure if anybody else finds them interesting, but they've been helping me to remember what the hell's been going on over the past few years!



Adam's life continues to revolve around running events and his running club in Leamington Spa. He ran his second marathon, in Hamburg in April, smashing his PB with a 2:53 finish! As well as many other races, he also took part in the Conti 24 hour Thunder Run in July, with his team coming in 5th, tired and very wet.

Next year, he's *racing* Mo Farrah in The Big Half Marathon in March, before running the London Marathon in April. We'll be at both for moral support.

Mark is now in his second year of Physical Theatre at East 15 in Southend-on-Sea, and certainly seems to be the making the most of it.

He's also formed a theatre company with

some of his peers, called Project Lockout. Unfortunately we missed their first public performance in June, but by all accounts it was a great success – it looked pretty good on video too. They're hoping to put on their show in London next year. Fingers crossed, and we'll be there to see it.



Laura has been on a fitness drive this year. As well as walking 12,000+ steps every day, she regularly runs the 5km Saturday parkrun in Woking. For a birthday 'treat' I ran with her, and pushed her to a new PB. (To be honest, these days, I find it hard enough to run a bath.)

Laura also showed her sporting prowess with a fishing rod in Ontario in the summer. Here she is posing with her childhood nemesis, the White Lake pike! The lakeshore fry up at Debbie and Bill's cottage was a real highlight of our Canadian trip.



Whilst in Canada, we also met up for breakfast with my nephew, Tristan, as we passed through Montreal. We saw Muse (for free!) and the tall ships in Quebec City, and a giant spider in Ottawa, as we helped Canada celebrate its 150th birthday.



We've also had a few short getaways this year. In March, we spent a couple of nights in Dorset, visiting Durdle Door, Corfe Castle and the Jurassic Coast. In June, Laura's cousin, Rosie was married in Bristol; we took the opportunity for a long weekend in Somerset, and a trip to Cheddar Gorge.

In August, we were lucky enough to sail out to the Isle of Wight for a day trip with our friends, Richard and

Wendy. And in November, we flew out for a long weekend in Jersey. We thoroughly enjoyed our tour of the island (in surprisingly good weather), and Laura even managed to run her first parkrun as a 'tourist'.

But we have one more trip before the year is out: on Saturday we fly out to Dakar for Christmas in Senegal with Liz *et famille*. This will be our first holiday with both Adam and Mark since summer 2012. With Tristan flying in from Montreal and Matt from Rotterdam, it will be a great family reunion. Not much chance of snow, turkey or Christmas pudding, but we're really looking forward to Christmas under the African sun.



We haven't made any holiday plans for 2018 yet, but I'm hoping we'll be back on the trails somewhere with Peter and Rachel after this year's break. And maybe a trip to Guernsey with Laura's mum once it's warmed up a bit.

Finally, I'm afraid there was no truth in the rumours that *Wham!* had reunited in the summer – this was the two of us at Wendy's 50th birthday party in June.



And so, it only remains for us to wish you a Merry Christmas and a Happy New Year. Look forward to seeing you in 2018.

*With love,
Richard, Laura,
Adam and Mark xxx*

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