

# The Notley Review 2019



Laura has insisted that I put on her Christmas playlist, so with Burl Ives wishing us A Holly Jolly Christmas in the background, it must be time for us to wish you the same. First, a quick recap of 2019 ...

Adam has been at the AA for three years now (one day at a time!) but he's about to be evicted from his house-share in Edgbaston. He's planning to move back to Leamington – a longer commute, but closer to his friends and the Spa Striders running club.

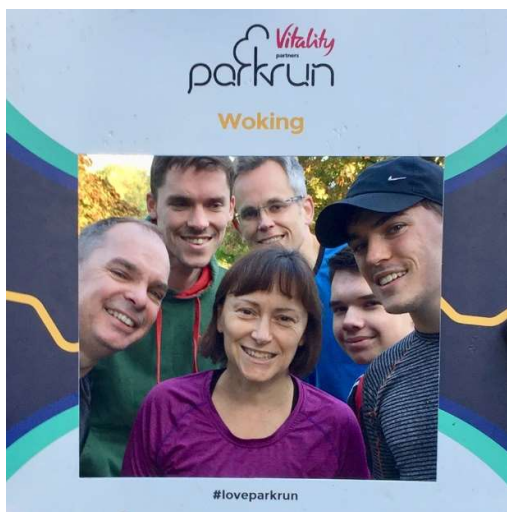
We headed north to support him at the Manchester Marathon in April. He ran a personal best, in under 2 hours 45 minutes,

giving him a Championship place at next year's London Marathon. Let's hope he remembers to enter!

Alas, he has passed on this virulent running bug to Laura. She ran her first 10K in June – *The Lions Martian Race* on Horsell Common. Adam

was almost literally a last minute entry, but still managed to finish in second place on his birthday.

In October, Laura completed her 100th parkrun. I put on my barely-used running shoes and even Adrian made an appearance. I couldn't keep up, but her pacesetters (Adam, Mark and Tom) brought her home in under 30 minutes for the first time.



In July, Mark took his rightful place in the Notley Graduates (First Class) canoe. Mark and Catarina's graduation from the East 15 Acting School was a riotous occasion – thank goodness John Bercow, Chancellor of the University of Essex, was there to keep ... *Order! Order!*



Mark is currently performing in *Star in the Jar*, a delightful play for young children, with the Pied Piper Theatre Company. They'll be staging over 80 performances in all, ending with a week at the Lyric Hammersmith during the February half-term.



In July, Laura and I visited Liz in France, near Carcassonne. Fantastic weather, perfect for lazing by the pool, but I did manage to drag Laura, Liz and Tom out on a few geocaching expeditions while we were there.



In September we headed into the Basque Pyrenees with Peter and Rachel. We stayed in San Sebastian for two nights



before starting a seven day walk through the

bucolic Basque countryside. As always, that first beer at the end of each day's walk could not have tasted better! We finished our holiday with three nights over the border in Saint Jean de Luz. In all, we walked over 160 miles and climbed almost 1,300 floors.



And so, 2019 draws to a close. Christmas will be a quiet affair this year, with just the four of us at home; and no plans for the New Year yet. Any offers? ;-)

Who knows what 2020 will bring, but we certainly hope to see more of our family and friends in the coming months. We hope that this year has been kind to you, and wish you a very Merry Christmas and a Happy New Year.

Afraid the website is three years out of date. Updates soon!

With love,  
Richard, Laura,  
Adam and Mark  
xxx

<http://www.icecoldinalex.co.uk/>