

WRR NEWSLETTER

March 2007

NEWS



2007 Annual General Meeting

The AGM is at 8pm on 14/03/2007 (this Wednesday). It will be held at Grappenhall Village Sports Club, on Stockton Lane. The agenda is as follows:

Agenda

1. Presentation of trophies for the Winter Championship
2. Minutes of last year's meeting
3. Chairman's Report
4. Treasurer's Report
5. Secretary's Report
6. Elections of Officers
Nominations received: Ian Edge, Chairman
Alan Wright, Treasurer
Julia Wrigglesworth, Secretary
7. Subscriptions
8. Club Championship
9. Venue for Summer Runs
10. AOB



Mark's 40th, and Shirley's Race Night

All are welcome at Wilkie's Tavern, 8 pm on Friday the 30th of March, to help Mark Molloy celebrate his 40th Birthday.

On the following evening, Saturday the 31st, Shirley Anderson is holding a 'Night at the Races' in aid of McMillan Cancer Support for the London marathon.

This is being held at Sandymoor Hall, Pitts Heath Lane, Sandymoor, Runcorn, WA7 1XA – from 7:30pm, the first race starts at 8pm. There will be a bar and, I gather, (relatively) cheap beer! Profits from the bar will go to charity too.

There will be nine races, with opportunities to bet on one or more races with cash prizes for the race winners. There is also an opportunity to purchase a horse and become a horse owner for the evening; if the horse you own wins a race, you win a prize. To become a horse owner, you must purchase your horse before the event at a cost of £2.50 and you then get to name the horse. These can be purchased by people attending the evening or by anybody who is unable to attend.

In addition, Shirley is looking for sponsorship for each of the nine races - should you know somebody who has a local business who may be interested please let them know about this. Any companies sponsoring a race will have the race named after them eg. 'The George Wimpey Stakes'. Any company sponsoring a race will be asked to donate £30 sponsorship and donate a prize (eg. bottle of wine / chocolates or prize for their choice).

Tickets for the evening are £7.50 - the hall holds 120 people so please help to fill it up. If you would like tickets, please let Shirley know (ed - I'll forward any messages I receive – see correspondence address at the end of the newsletter).

As well as Shirley, Mark Brockley (www.justgiving.com/markbrockley) and Ray Wormald are also running for charity in the London marathon – please support them too if you can.

WRR committee members

Colin Hirst – Chairman; Alison Lysons - Secretary; Lindsey Scott – Treasurer
Heather Glover; Judy Heavey; Roderick Johnstone; Sean McCann;
Andrea Marshall; Mark Molloy; Julia Wrigglesworth

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Cross Country

The season closed with a good performance from both the men's and the women's teams at the final race at Birchwood Forest Park. The men again finished 5th, the women second. The final scores are as follows:

Men's Teams			Women's Teams		
1	Liverpool RC	65	1	Spectrum Striders	65
2	Spectrum Striders	59	2	Liverpool RC	57
3	Penny Lane Striders	55	3	Skelmersdale BH	55
4	Newburgh Nomads	53	4	Warrington RR	53
5	Skelmersdale BH	44	5	Penny Lane Striders	52
6	Warrington RR	42	6	Helsby RC	44
7	Helsby RC	33	7	Parbold Pink Panthers	35
8	Birkenhead AC	30	8	Birkenhead AC	31
9	Roby Runners	28	9	Pensby Runners	30
10	Pensby Runners	26	10	Picton	14
11	Picton	15	11	Ford Halewood	9
12	Ford Halewood	13	12=	Newburgh Nomads	No Team
13	Parbold Pink Panthers	No Team	12=	Roby Runners	No Team



AWARDS AND TROPHIES



The following were awarded at the presentation night:

Summer Handicap:

Helen Dawkins & Bill Monaghan

Winter Handicap:

Julia Wrigglesworth & Keith Brown

Most Improved:

Paul Glover

Club Member of the Year:

Mark Molloy

Best Newcomer:

Helen Dawkins

Club Champion (Female):

Julia Wrigglesworth

Club Champion (Male):

Roderick Johnstone

Club Champion (Female Vet 35):

Heather Glover

Club Champion (Male Vet 40):

Keith Brown

Club Champion (Female Vet 45):

Gill Collen

Club Champion (Male Vet 50):

Sean McCann

Carol Birchenough Mile Trophy:

Julia Wrigglesworth

Steve Pass Mile Trophy:

Roderick Johnstone

Gold Standards:

Sean McCann

Roderick Johnstone

Silver Standards:

Adele Cockcroft

Bronze Standards:

Judy Heavey

I'm afraid I need to amend the final women's championship table, owing to my getting the results of the summer handicap wrong – trophy allocations were not affected, fortunately.

Women

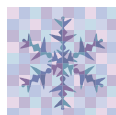
Name	Category	Total	Score after 3 highest dropped
Julia Wrigglesworth	V35	42	13
Adele Cockcroft	S	70	27
Gill Collen	V45	76	32
Heather Glover	V40	108	59
Shirley Anderson	V35	134	83
Helen Dawkins	V35	141	89
Carol Fell	V55	158	102
Alison Lysons	V40	159	106
Diane Whitfield	V40	163	109
Helen Adams	S	174	117



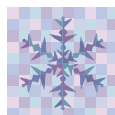
RACE RESULTS



Well done to both the men and women's teams at the Birchwood cross country – Helen Dawkins' third place being particularly impressive. Welcome to the club to Mahine Turner - hope the race has whetted your appetite for more mud next year, as this is sadly the last cross country for a while now. The Parbold Hill Race is quite cross-country-like too, though you don't get to vault fences in your average cross country (great fun, hope Carol and Robin enjoyed themselves). Congratulations to Mark Jones and Philip Mahoney on what I think are new half marathon PBs.



WINTER CHAMPIONSHIP



Here are the final results!

Women	Cat	Standish	Runcorn	Walton	Birchwood	Score
Helen Dawkins	V35	12	1	1	1	3
Shirley A	V35	12	1	2	3	6
Heather Glover	V40	2	1	3	15	6
Gill Collen	V45	1	1	13	15	15
Julia W	V35	12	1	13	2	15
Men						
Mark Jones	S	16	1	1	2	4
Keith Brown	V45	16	1	4	4	9
Ken Hayes	V65	1	1	21	7	9
Jim Dawson	V40	16	1	6	3	10
Ian Edge	V40	16	1	5	5	11
Kevin Dickson	S	16	1	2	22	19
Neil Cliffe	V45	16	1	3	22	20

Trophies for Helen, Shirley, Heather, Gill, Mark, Keith and Ken will be presented at the AGM.

Parbold Hill Race (approx 6.75m), 17 February				
Pos	Name	Cat	C Pos	Time
1	<i>R Berry, Southport Waterloo</i>			41:27
408	Carol Fell	L55	3	1:20:22
435	Robin Greenwood	SM	140	1:28:44

Village Bakery Half Marathon, Wrexham, 18 February			
Pos	Name	Time	Standard
1	<i>Tarus Elly, Salford Harriers</i>	1:09:11	
117	Mark Jones	1:28:12 🏆 PB	Silver

Great North West Half Marathon, Blackpool, 25 February			
Pos	Name	Time	Standard
1	<i>Martin Scaife, Morpeth Harriers</i>	1:06:48	
267	Mark Brockley	1:36:20	Bronze
318	Philip Mahoney	1:38:49 🏆 PB	Bronze
957	Carol Fell	2:11:21	Copper

Birchwood Forest Park Cross Country, 25 February			
Women		Men	
Pos	Name	Pos	Name
3	Helen Dawkins	6	Roderick Johnstone
6	Julia Wrigglesworth	27	Mark Jones
10	Shirley Anderson	43	Jim Dawson
32	Mahine Turner	53	Keith Brown
		57	Ian Edge
		80	Richard Hoe
		83	Ken Hayes

Barcelona Marathon, 4 March					
Pos	Name	Cat	C Pos	Chip time	Standard
1	<i>Johnstone Chebi</i>			2:12:02	
957	Roderick Johnstone	M35	463	3:16:56	Bronze

Ballycotton 10, 4 March			
Pos	Name	Time	Standard
1	<i>Alan O'Shea, Bantry AC</i>	51:04	
320	Sean McCann	1:09:44	Silver

Correspondence and temporary contact address for the committee:

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Mobile phone: 0787 0212239

(note that I often don't carry my mobile, but please leave a message or text if you need to contact me urgently)