

WRR NEWSLETTER

April 2007

NEWS



Summer Runs

Club runs will change to Summer routes on the **17th** of April. Please note that the venue for meeting before runs has been moved slightly to the **front** of Broomfields, rather than the back corner we have used previously.



London Marathon News

To add another runner to the list of those who are doing the London marathon for charity: Phil Mahoney is running for Phab, which helps the integration of disabled people into society. If you would like to support him, this is particularly easy to do through justgiving.com (www.justgiving.com/philmahoney).



Night Out

Robin has arranged another club night out, at the Lord Rodney, on the 21st of April, starting around 8-8:30 pm. All club members, friends and partners welcome.



AGM Report

The new committee is:

Chairman	Ian Edge
Treasurer	Alan Wright
Secretary	Julia Wrigglesworth
Members	Heather Glover Judy Heavey Roderick Johnstone Alison Lysons Sean McCann Andrea Marshall Mark Molloy

Subscriptions

These have been kept at last year's rate; however, as England Athletics (the new sporting body that we are to affiliate to instead of the NoEAAA) are charging a £3 (rising to £5 next year) fee per competing member, a separate tariff has been introduced for members who do not wish to enter races.

If you wish to subscribe at the lower rate (£10 waged and £5 unwaged), please note that if you do enter a race, you should write 'unattached' on the form in place of Warrington RR (and to pay the unattached levy, which is usually £2 per race).

Subs are due by the end of April; a renewal form should be enclosed.



Trophy Correction

I must apologise to Julia Wrigglesworth, who won so many trophies at the presentation night I forgot about her Silver Standard! Sorry Julia. Apologies also to Adele Cockcroft for prematurely promoting her from Bronze to Silver (she will no doubt promote herself quite soon in any case).

WRR committee members

Ian Edge – Chairman; Julia Wrigglesworth - Secretary; Alan Wright – Treasurer
Heather Glover; Judy Heavey; Roderick Johnstone; Alison Lysons;
Sean McCann; Andrea Marshall; Mark Molloy

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2007-08 CLUB CHAMPIONSHIP

The races in this year's club championship will be the following:

1. Any Marathon
2. Whitley 10k – Sunday 29th April 2007
3. Christleton 5k – Friday 11th May 2007 (men's counter only)
4. Summer Handicap – Friday 8th June 2007
5. Forest Park Ladies 5k – Wednesday 4th July 2007 (women's counter only)
6. Sefton Park 5 Miler – Wednesday 18th July 2007)
7. Birchwood 10k – Sunday 19th August 2006
8. Arley Mile Time Trial – Sunday 2nd September 2006
9. Sandstone Trail Races (details to be confirmed) Sunday 7th October 2007
10. First 3 Cross Country Races – November/December 2007
11. Winter Handicap – December 2007
12. Helsby 4 Villages Half Marathon – January 2008

Entry forms for Whitley and Christleton are enclosed. Please note that Christleton is pre-entry only this year, and a very popular race (deservedly so), so please make sure you send your form in soon if you want to do it.

How exactly the Sandstone trail race(s) will be incorporated hasn't been decided yet. Usually, the A race (just under 17 miles) starts an hour before the B race (just under 10 miles), and they both finish in the same place; one rule that has been used in the past is that either race may be entered, and that runners are ranked in the order they crossed the finish line, which is common to both races. This may not necessarily be fair in future – last year the start of the B race was moved slightly and so was the start time. So this may need thinking about a bit.

Thoughts from the Chair

Well how the hell did that happen?

Since handing over as Race Director of our 10k seven years ago now, I have been more than happy grumbling about my handicap time in the summer and winter races, and generally letting others get on with the thankless task of making the Club work. The next thing I know is waking up and I'm in the Chair!

Seriously though, my thanks to the many of you who have given me personal words of support and encouragement in the last few weeks. I'm sure that I and the new committee will need all the help we can get (as well as just a little tolerance), as we try to do what is right to keep the Club as a viable organization, in what are increasingly difficult times. Dealing with issues of affiliation, insurance, health & safety etc are not much fun, but along with trying to provide what you the members want and from a running club, are our vital tasks in the coming months and years.

We do not start with a blank page however; we are well placed to go forward as a result of the work of those who stood down from the committee at the recent AGM.

Colin as you all know was Chairman for longer than most of us can remember! He has helped steer the Club through many difficult situations that only those involved at the time can really understand the significance of. Without his wise council, I think it is fair to say that the Club would not exist as it does today. I not only want to thank him on behalf of everybody for all his work over the years, but also to remind him that;

- a) He now has more time to run.
- b) Can take alternative bookings for his standup act in February.
- c) I have his telephone number!

Whilst the role of the Chair is to give us direction, let's be honest, the day to day job of making the Club work falls to the Secretary and Treasurer (supported of course by the rest of the committee). Over the last two or three years we have had two of the hardest working and most committed people in Alison and Lindsay undertaking these roles.

Both I know had to be cajoled to take on these positions, and have seen their own running suffer as a result of giving their time to the Club. The hours of mind numbing official paperwork and interpreting of regulations is not what any of us join a running club for so we should all be grateful for their invaluable contributions, and look forward to seeing them running more in the coming months.

Looking forward the current 'hot topic' is that of our base for the summer runs this year. As I write this, your responses to the consultation document I have sent to all members are just starting to come in, so thank you in advance for those. I hope to have the situation clear by the time we begin out Tuesday Summer runs (the date of which is elsewhere in this newsletter).

In future newsletters I promise that my 'thoughts' will be much more concise, and to that end have decided to go for a walk up 'a bit of a hill' to think about it. Who knows my next 'thoughts' may come from 'Base Camp' as I am reliably informed that they do have email there these days.

See you on the run,

Ian.



RACE RESULTS



Particular congratulations this month to John Houghton, Shirley Anderson, and Carol Fell, for very good positions in their respective age categories at the 10k, and half-marathon distances, and to Mark Brockley for his new half-marathon PB at Wilmslow. Well done to Kevin Dickson as well, for surviving two (accidentally entered – as you do) races on successive days.

Farndon 10k, 4 March					
Pos	Name	Cat	C Pos	Time	Standard
1	<i>Ben Gamble, Stone Master Marathoners</i>			34:04	
84	John Houghton	M45	12	44:44	Bronze

Stanley Park 10k, Blackpool, 11 March					
Pos	Name	Cat	C Pos	Time	Standard
1	<i>Tom Cunningham, Blackpool & Wyre & Fylde</i>			33:56	
45	John Houghton	M45	5 (!)	43:53	Silver



Stafford 20, 11 March			
Pos	Name	Time	Standard
1	<i>Paul Harwood, Leamington</i>	1:57:13	
112	Keith Brown	2:36:39	Silver
279	Carol Fell	3:33:43	Bronze

Finchley 20, 18 March			
Pos	Name	Time	Standard
1	<i>Phil Sanger, Epsom & Ewell Harriers</i>	1:54:56	
52	Roderick Johnstone	2:14:47	Gold

Coniston 14, 24 March		
Pos	Name	Time
1	<i>Dan Goulding</i>	1:15:10
472	Kevin Dickson	1:51:32

Liverpool Half Marathon, 25 March					
Pos	Name	Cat	C Pos	Time	Standard
1	<i>Ben Fish, Blackburn Harriers</i>			1:07:15	
523	Shirley Anderson	F35	5 (!)	1:38:14	Silver
544	David Gallimore	M		1:38:38	Copper
1305	Gary Molyneux	M		1:49:35	Copper
2132	Peter Medlicott	M		1:59:47	
2741	Dave Appleby	M		2:07:31	
3223	Mahine Kamal	F	731	2:15:59	
3335	Shaun Croker	M50	156	2:18:29	

Stafford Half Marathon, 25 March					
Pos	Name	Cat	C Pos	Time	Standard
1	<i>Steffan North, Sale Harriers</i>			1:09:13	
1153	Carol Fell	F55	4 (!)	2:13:53	Copper

Wilmslow Half Marathon, 25 March						
Pos	Name	Cat	C. Pos	Off. Time	Real time	Standard
1	<i>Tomas Abyu, Salford</i>			1:04:24		
55	Rod Johnstone	M		1:18:42	 PB	Gold
362	Keith Brown	M45	44	1:31:46	1:31:11	Silver
465	Mark Brockley	M		1:34:22	1:33:09  PB	Bronze
557	Neil Cliffe	M45	77	1:36:16		Silver
702	Phil Mahoney	M45	91	1:39:03	1:37:44	Bronze
1150	Kevin Dickson	M		1:46:12		Copper
1319	Andy Collins	M		1:48:20		Copper

Correspondence and temporary contact address for the committee:

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