

WRR NEWSLETTER

May 2007

NEWS



Summer Handicap

The summer handicap will be held on the evening of Friday 8th of **JUNE** this year; very sorry for the mistake in the last newsletter!

There will be a warmup before the start, from Broomfields, at 7 pm. The first runner off will start at 7:15.

There will be a quiz and food at Grappenhall Community Club later. Club kit will be available from Judy.



Tuesday Evening Summer Route

The Tuesday summer route will change to the old canal route from June.



Orienteering

The club orienteering event hasn't been held for a while, and the committee would like to know how much interest there is for such a thing. Previous experience suggests that a bit of navigation practice would be a good idea for the long run! If you're interested, or have any questions about orienteering, please let a committee member know.



The Long Run

The final instalment of £30 is due at the end of May. Sorry for the very short notice, but if you're going, please pay Angela as soon as possible.



Training

Alison is interested in running some training sessions on Tuesday nights; these would involve a 20-30 minute warm up on the field to include dynamic stretching, then some flexibility and co-ordination work using drills, and then a short speed hill session maybe on Witherwin Road. If you're interested, she'd like to hear from you so she can plan sessions according to possible numbers; her email address is alysons@englandathletics.org.



RACE RESULTS



Particularly noteworthy events this month: Paul Glover's Gold standard 5k at Christleton; Julia and Alison finishing 3rd and 4th at the Liverpool Women's 5k (I'm sure you can both run quicker than that though!); and our Ladies running such superb times at the Chester half, resulting in a team podium position! Shirley Anderson ran a new PB, and Adele Cockcroft and Sue Manuel both ran their first half marathons – very well done to you both!

Whitley 10k, 29 April			
Pos	Name	Time	Standard
Amendment to last month's results:			
58	Keith Brown	41:52	Silver

Eagle JCF 5k, 7 May			
Pos	Name	Time	Standard
1	<i>Dominic Mahon</i>	<i>18:07</i>	
4	Roderick Johnstone	18:40	Silver
8	Gareth Simpson (U/A)	19:58	Bronze

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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Christleton 5k, 11 May					
Pos	Name	Cat	C Pos	Time	Standard
1	Jonny Mellor, Liverpool Harriers			14:30	
62	Paul Glover	M40		18:05 🦋 PB	Gold
107	Keith Brown	M45		20:03	Silver
158	Larry Crawley	M55		22:24	Silver
174	Mark Molloy	M40		23:41	Copper

Buttermere Sailbeck Horseshoe (9.4/4250'), 13 May		
Pos	Name	Time
1	Simon Booth, Borrowdale	1:28:29
78	Roderick Johnstone	2:15:03

Liverpool Womens 10k, 13 May					
Pos	Name	Cat	C Pos	Chip Time	Standard
1	R. Moore, Wigan Phoenix			37:36	
292	D. Whitfield	F45		53:40	Bronze
581	S. Norton	F35		57:10	
1457	M. Harrison	F55		1:08:32	

Liverpool Womens 5k, 13 May					
Pos	Name	Cat	C Pos	Chip Time	Standard
1	R. Gibson			24:26	
3 (!)	J. Wrigglesworth	F35	1 (!)	26:54	Copper
4 (!)	A. Lysons	F40	1 (!)	27:22	Copper

Latrigg (3/950'), 16 May		
Pos	Name	Time
1	Ben Bardsley, Borrowdale	18:15
40	Roderick Johnstone	27:11

Mini-LAMM, Keswick (4 hour score), 17 May				
Pos	Name	Score	Time	Total Score
1	Richard Dearden	450	3:36:43	450
5	Roderick Johnstone	360	4:06:09	339

Goatfell (8/2866'), 19 May			
Pos	Name	Time	
1	Jethro Lennox, Shettleston Harriers		1:04:29
66	Roderick Johnstone		1:28:18

Chester Half Marathon, 20 May					
Pos	Name	Cat	C Pos	Time	Standard
1	Michael Halman, Wilmslow RC			1:09:58	
234	Shirley Anderson	F35	3 (!)	1:35:59 🦋 PB	Silver
319	Adele Cockcroft	F	29	1:38:36	Silver
478	Joanne Smith	F35	12	1:43:28	Bronze
1207	Heather Glover	F40	49	2:01:51	Copper
1468	Judy Heavey	F55	8	2:11:41	Copper
1571	Carol Fell	F55	13	2:16:19	Copper
1801	Sue Manuel	F40	119	2:35:47	Copper
3 (!) Ladies Team					

Great Manchester Run 10k, 20 May				
Pos	Name	Cat	Chip Time	Standard
1	Micah Kogo		27:21	
65	Danny Cliffe		32:25 🦋 PB	
621	Neil Cliffe	M45	42:29	Silver
862	John Lazarus	M50	43:38	Silver
4608	Michael Lysons	MS	51:27	
4612	Alison Lysons	F40	51:27	Bronze
4743	Mark Molloy	M40	51:39	Copper

Windermere Marathon, 20 May					
Pos	Name	Cat	C Pos	Chip Time	Standard
1	Julian Mawson			24:26	
235	Kevin Dickson	MS	83	3:45:47	Copper

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