

# WRR NEWSLETTER

## July/August 2007

### NEWS



#### Summer Handicap Report

Ian Edge

I always think of the Summer Handicap as a game not of two halves but of four (all be it uneven) quarters. The fifteen minutes before the start are spent moaning on about how harsh your handicap time is, the next ten are spent flogging your guts out up London Road, and the next fifteen wondering what all the fuss was about as you run down Lions Lane catching everybody else up (in theory). With the last (much longer) quarter spent with a glass of something cool putting the world (and the handicapper) to rights.

This year's event proved to be no exception to this general pattern, but in many ways it was so much more. When you add up all those who ran, those who organised the start & finish, and those who could not be there for lots of reasons including injuries, we had over half of the Club accounted for. It was a lovely sunny Friday evening in June, many of this year's runners had never done the event before so there was a novelty value in the air, or was it genuine confusion about the route? We really must get some maps out for next year! Former Club Members Tony & Jill Jackson were in town and came along to see everyone before the start, and afterwards 'Miss' had a quiz that made A Level look like a doddle. All in all it was well worth those ten minutes up London Road.

As for the results, well Diane Whitfield and Ian Barwise were the first (who went the right way) to cross the finish line and will pick up the trophies in February, and everyone's finish times are listed below. More importantly I think all those who took part had a really good night.

Ian Barwise	29:42
Andrew Marsden	29:26
Bill Monaghan	29:15
Alan Wright	26:58
Chris Burke	26:10
Paul Ming	DNF
Keith Brown	24:28
Ian Edge	24:22
Mark Jones	23:54
Jim Dawson	23:53
Paul Glover	22:27

Molly	DNF
Sue Manuel	37:15
Angela Monaghan	32:35
Judy Heavey	32:06
Dianne Whitfield	30:02
Mhairi Gass	28:16
Shirley Anderson	25:21



#### Drills & Hills



Ian Edge

The alternative to the long run on a Tuesday is the 'Drills & Hills' session run by Coach Alison.

A two part session as the name suggests, the 'Drills' are aimed at increasing flexibility, improving running style and increasing stride length. In addition to which they can be comical, have you seen our Chairman running backwards?

The 'Hills' part of the session is run close to Broomfields and is based on repetitions or circuits. These are aimed at improving both running efficiency and stamina. As everyone runs at the right pace for them, nobody is left behind in this session and so anyone in the Club can take part.

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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## Club Membership News

Julia Wrigglesworth

Many thanks for all the subs and forms that have been posted or passed to me.

Some figures for the numerically minded:

As of 25 July we have 65 paid up members and another 4 still intending to resubscribe. Of the paid up members 56 are competing first claim members, 2 second claim, 1 volunteer helper and 6 non-competing.

Approximately one third of members are female and overall we have a median age of 44. (ie half the club are 44 or over, half 44 or under).

Competing members' details and fees have been sent to English Athletics who will issue competition licenses and membership cards in September. Until then please use your original NoEAA registration number of the form WRR00### where requested on race entry. Contact me if you don't know it.

Note those who are 'non-competing' can still enter races but not as an affiliated member of Warrington Road Runners so will have to pay the unattached levy (unless a first claim member of another affiliated club). Also they are not eligible for the club London marathon places which can only go to affiliated runners.

Finally, for interest (?!) the bodies of some relevance to us:

Northern Athletics - the new reincarnation of the North of England Athletic Association (NoEAA) which we used to affiliate to. This is now just a competition provider.

England Athletics - The body we affiliate to as of this year. ([www.englandathletics.org](http://www.englandathletics.org))

UK Athletics - The governing body also aiming to develop the sport at all levels.

Provides insurance and inspirational magazines (I have a couple of spares - first come first served). ([www.ukathletics.net](http://www.ukathletics.net))

Hope that's all as clear as it needs to be.

Happy running,

Julia Wrigglesworth

WRR Secretary

(01925) 269462 / [jools\\_w30@yahoo.co.uk](mailto:jools_w30@yahoo.co.uk)



## Club Championship

- **Birchwood 10k** – **Sunday 19th August 2007**
- **Arley Mile Time Trial** – **Sunday 2nd September 2007**
- **Sandstone Trail Races** – **Sunday 7th October 2007**

The next race is the Birchwood 10k on the 19th of August. Please note that there are unlikely to be entries on the day; please enter well in advance to give the organizers time to mail you your chip! An entry form is included with this newsletter.

The Arley mile time trial is the next race after that, on the 2nd of September. This will start from Arley Bridge at about 10 am; a group will be jogging from Broomfields at 9:30 or so.

The last race before the cross country season is the Sandstone Trail Race, or rather Races; either the A race (17.1 miles and 2160 feet of climb, equivalent, by Naismith's rule, to about 20.4 miles), or the B race (10.6 miles and 950 feet, equivalent to about 12 miles). The B race starts one hour after the A; as in previous years, runners will be ranked for club championship purposes in the order in which they cross the line. This means that it can be an advantage to run the A course; if you can run for the first hour at the equivalent of a 7:12 minute per mile pace on flat terrain, you should have a head start on the B course runners when they start (of course, you then still have to keep going for the equivalent of another 12 miles). Anyway, the A course gives you much better views!

In the event of a delay to either or both starts we should be able to take account of this, as this year runners will be issued with e-cards, or 'dibbers' as used for orienteering. These are small plastic electronic devices tied round wrists or fingers, and inserted into a hole in a small rectangular box at checkpoints to record your time; the dibber then needs to be returned at the finish, where the information on them is downloaded for the results (please ensure that the dibber gets returned if you retire by the way, as this is how the organizers know whether there are people still out on the course or not, and so may have to go looking for you if you make off with it).

It is possible to enter on-line at <http://www.fabian4.co.uk/>, or using an entry form (will be included in the next issue of this newsletter).



## Warrington RR 10k race, 28th June

Many thanks to all who helped at our annual 10k, on a (in marked to contrast to last year) rather damp evening. In spite of the weather, a field of over 200 runners completed the course and claimed their WRR mugs, though I dare say that running was more appealing than standing around – special thanks again to all who did so.

PS – our Treasurer sends word that the event has raised about £500.



## Orienteering

With luck, there will finally be another club orienteering event later this year!

Provisional date is the 14 October, to start from Broomfields at 10 am.



## Club Kit

If you think you might have forgotten to pay for some kit (like a club vest, for instance), could you please get in touch with Judy Heavey to check – there are a couple of bills outstanding. Also, of course, get in touch if you would like any inexpensive WRR merchandise; Judy's contact number and email address are on the club contact sheet enclosed with this newsletter.



## Thoughts From The Chair

Ian Edge

Although it was a few weeks ago now, it was nice to get back from my 'little walk up the big hill' and be able to come out on a Club run, yet find several people willing to run as slowly as I was able to, you know who you are ... and thank you.

This year's idea of having several different routes (one a month) for the summer run on a Tuesday seems to have gone down well with everyone I have spoken to at least. 'The Canal Run' which we did in June was I know new to many people, as hopefully will be those we do in the coming months. Not only does the variety keep us all on our toes on Club nights, but with a bit of luck we will all find somewhere to run at other times of the week that we didn't know, or have forgotten about. Nobody of course has a monopoly on good ideas however, so if you have a favourite route that we could work into a Club run, do let any of the committee know. That goes for alternatives to the Winter Tuesday run as well. I know it seems like a long way off, but as a Club we need to check these things out well in advance so as to be able to make sure that everything is as safe as possible during our Club runs.

Mentioning the Committee as I did, I thought it would be a good idea to keep you up to date with what we are up to on your behalf, mainly so that if anyone has any ideas or knowledge that they would like to contribute to our discussions and planning they can let us know.

So what have we been / are we up to at the moment?

- Big on the agenda has been our 10k race at Woolston, Mark is clearly the 'main man' on this, but there are lots of other people involved as well.
- The review of all the alternative bases for the Club has not been quietly forgotten about. A lot of research has gone on in the last two months and we should have a set of comprehensive options to present to the members later in the summer.
- The Summer Handicap, always a fun event, always needs careful organising, and went down well with all those who took part.
- The routes of our runs, now and in the future. Often controversial, hopefully by rotating things on a Tuesday we have made a change for the better. This will be supplemented at Christmas by a booklet for all Club members.
- Providing the option of more structured training. The end of June saw the start of 'The All New Drills & Hills Session' organised by Coach Alison as an option on Tuesdays. This will be followed by the development of a qualified coach or 'mentor' input for those members who want it during the autumn.
- Membership, if you only knew the time it takes to sort out an accurate membership list, follow up ex members, and get the right information to Sport England, let alone try and stay in touch with those members who have not been seen on club nights for a while.

Just a flavour of what the committee are up to, and I'll update this periodically in future 'Thoughts' columns.

See you on the run.  
Ian.



## The Long Run

This was a great success and much enjoyed by everyone (except for Andrea who is, unfortunately, injured and so was unable to go).

I would like to publish a report, but my email server is convinced that Alan Wright's PC is diseased with some kind of virus so refuses to communicate with him. Hopefully we shall be able to sort this out for the next issue. In the meantime, if you have any stories or anecdotes, or even a whole report of your weekend away, please do send it in so it can go in the newsletter too.



## RACE RESULTS



A bumper crop of results this month (of course, that's largely because it's really about two months since the last newsletter – sorry about that). Keith Brown and John Houghton in particular are running races at a rate more than one every other week.

Particular breakthroughs to report – Jim Dawson and son Chris had a good day at the Lymm 5k, Jim (I believe) setting a new PB on what is far from a fast course, and Chris winning the fun run with a well-timed surge on the final uphill. More PBs fell at the Birchwood Forest Park Ladies' 5k; Shirley Anderson and Julia Wrigglesworth within a second of each other, both faster than they'd ever run that distance before, and Sue Manuel broke the 30 minute barrier for the first time. Well done everybody!

### Whitley 10k, 29 April

Pos	Name	Time	Standard
Amendment to the results:			
407	<b>Colin Hirst</b>	<b>1:32:00</b>	

### Dunham Massey 5k, 25 May

Pos	Name	Time	Standard
1	<i>Gareth Raven, Sale Harriers</i>	<i>15:02</i>	
102	<b>Jim Dawson</b>	<b>20:40</b>	Bronze
124	<b>Keith Brown</b>	<b>21:04</b>	Silver

### Chorley 10, 27 May

Pos	Name	Cat	C Pos	Time	Standard
1	<i>Nick Goodliffe, Holmfirth Harriers</i>			<i>50:32</i>	
170	<b>John Houghton</b>	M45	22	<b>1:16:00</b>	Bronze

### Hollins Green 5k, 2 June

Pos	Name	Time	Standard
1	<i>Tarus Elly, Salford Harriers</i>	<i>15:31</i>	
74	<b>David Gallimore</b>	<b>20:34</b>	Bronze
76	<b>Keith Brown</b>	<b>20:52</b>	Silver
111	<b>Larry Crawley</b>	<b>22:33</b>	Silver

### Garburn Challenge (12.4/1700'), 3 June

Name	Time
<b>Kevin Dickson</b>	<b>2:02:11</b>
<b>Peter Medicott</b>	<b>2:36:31</b>

### Bowdon 5k, 7 June

Pos	Name	Time	Standard
1	<i>James Horman, Liverpool Harriers</i>	<i>15:36</i>	
118	<b>Keith Brown</b>	<b>20:18</b>	Silver

### Ennerdale Horseshoe (23/7500'), 9 June

Pos	Name	Time
1	<i>Ricky Lightfoot, Ellenborough</i>	<i>3:53:17</i>
90	<b>Roderick Johnstone</b>	<b>6:34:52</b>

### Morecambe 10k, 10 June

Pos	Name	Cat	C Pos	Chip Time	Standard
1	<i>Matt Moorhouse, Salford Harriers</i>			<i>32:42</i>	
68	<b>John Houghton</b>	M45		<b>46:47</b>	Bronze

<b>Dunham Massey 5k (Race 2), 15 June</b>			
Pos	Name	Time	Standard
1	<i>Steffan North, Sale Harriers</i>	<i>15:37</i>	
82	<b>Keith Brown</b>	<b>20:24</b>	Silver
90	<b>Jim Dawson</b>	<b>20:45</b>	Bronze
103	<b>John Houghton</b>	<b>21:13</b>	Silver

<b>Freckleton Half Marathon, 17 June</b>					
Pos	Name	Cat	C Pos	Chip Time	Standard
1	<i>Ben Fish, Blackburn Harriers</i>			<i>1:09:44</i>	
370	<b>Diane Whitfield</b>	F45	16	<b>2:02:00</b>	Copper

<b>Two Lads Fell Race (5.25/900'), 21 June</b>		
Pos	Name	Time
1	<i>Nick Leigh, Pudsey &amp; Bramley AC</i>	<i>31:42</i>
42	<b>Roderick Johnstone</b>	<b>38:33</b>

<b>Lymm 5k, 23 June</b>			
Pos	Name	Time	Standard
1	<i>Mike Hatch, Sale Harriers</i>	<i>16:10</i>	
24	<b>Roderick Johnstone</b>	<b>17:51</b>	Silver
92	<b>Jim Dawson</b>	<b>20:20</b> 🏆 PB	Silver
112	<b>Keith Brown</b>	<b>20:54</b>	Silver
131	<b>Mark Brockley</b>	<b>21:47</b>	Copper
134	<b>Julia Wrigglesworth</b>	<b>21:50</b>	Silver
143	<b>John Houghton</b>	<b>22:03</b>	Bronze
152	<b>Phil Mahoney</b>	<b>22:23</b>	Bronze
169	<b>Fergus Wiseman</b>	<b>22:54</b>	Copper
247	<b>Carol Fell</b>	<b>29:13</b>	Copper
263	<b>Susan Manuel</b>	<b>30:56</b>	

<b>Lymm 2k Fun Run, 23 June</b>			
Pos	Name	Category	Time
1 🏆	<b>Chris Dawson</b>	Junior Man	<b>8:29</b>
60	<b>Ciaran Wrigglesworth</b>	Primary Boy	<b>15:05</b>
62	<b>Philip Houghton</b>	Junior Man	<b>15:11</b>
89	<b>Anna Wrigglesworth</b>	Primary Girl	<b>20:54</b>

<b>Manchester 10k, 24 June</b>					
Pos	Name	Cat	C Pos	Time (chip)	Standard
1	<i>Peter Riley, Leigh Harriers</i>			<i>29:22</i>	
883	<b>Carol Fell</b>	F55	5	<b>1:00:41</b>	Copper
903	<b>Sue Manuel</b>	F40	37	<b>1:02:35</b>	

<b>Wrexham Race for Life (very approximately 5k)</b>		
Pos	Name	Time
10	<b>Alison Lysons</b>	<b>19:18</b>

<b>Skiddaw (9/2700'), 1 July</b>		
Pos	Name	Time
1	<i>Andy Greenleaf, 14 AC</i>	<i>1:10:07</i>
53	<b>Roderick Johnstone</b>	<b>1:29:52</b>

<b>Forest Park Ladies 5k, 4 July, (Championship Race)</b>			
Pos	Name	Time	Standard
1	<i>Claire Davies, Spectrum Striders</i>	<i>18:56</i>	
11	<b>Shirley Anderson</b>	<b>21:48</b> 🏆 PB	Silver
12	<b>Julia Wrigglesworth</b>	<b>21:48</b> 🏆 PB	Silver
29	<b>Alison Lysons</b>	<b>25:13</b>	Bronze
49	<b>Carol Fell</b>	<b>28:32</b>	Bronze
58	<b>Sue Manuel</b>	<b>29:48</b> 🏆 PB	

<b>Saunders Lakeland Mountain Marathon (Scafell class), 7-8 July</b>				
Pos	Name	Day 1	Day 2	Total
1	<i>Ian Nixon / Matthew Lockyer</i>	4:58:59	3:53:04	8:52:03
15/16	<b>John Kewley / Roderick Johnstone</b>	7:35:14	6:27:28	<b>14:02:42</b>

<b>Preston Festival of Running 10k, 8 July</b>		
Pos	Name	Time
1	<i>Tarus Elly, Salford Harriers</i>	31:58
523	<b>Dave Appleby</b>	<b>56:51</b>

<b>Penny Lane Striders 10k, 8 July</b>					
Pos	Name	Cat	C Pos	Time (chip)	Standard
1	<i>Mark Keeley, Liverpool Harriers</i>			32:01	
98	<b>Keith Brown</b>	M45	8	<b>41:19</b>	Silver

<b>Burtonwood 5, 14 July</b>			
Pos	Name	Time	Standard
1	<i>Mike Hatch, Sale Harriers</i>	27:01	
54	<b>David Gallimore</b>	<b>34:34</b>	Bronze

<b>Sefton Park 5, 18 July, (Championship Race)</b>			
Pos	Name	Time	Standard
1	<i>Mark Keeley, Liverpool Harriers</i>	25:01	
74	<b>David Gallimore</b>	<b>33:42</b>  AB	Bronze
76	<b>Jim Dawson</b>	<b>33:50</b>	Bronze
88	<b>Paul Crawley</b>	<b>34:46</b>	Bronze
114	<b>Shirley Anderson</b>	<b>36:28</b>	Bronze

<b>Moel Siabod (6.2/2300'), 21 July</b>		
Pos	Name	Time
1	<i>Richard Roberts, Eryri</i>	53:36
24	<b>Roderick Johnstone</b>	<b>66:17</b>

<b>Trentham 10, 22 July</b>			
Pos	Name	Time	Standard
1	<i>Ben Gamble, Stone MM</i>	55:17	
64	<b>Keith Brown</b>	<b>1:10:17</b>  AB	Silver

<b>Capricorn Mountain Orienteering Competition (B class), 28-29 July</b>				
Pos	Name	Day 1	Day 2	Total
1	<i>Michael Sprot, SYO</i>	3:29:32	2:34:07	6:03:39
17/23	<b>Roderick Johnstone</b>	5:24:43	3:32:23	<b>8:57:06</b>

<b>Chernobyl Challenge 10k, Preston, 29 July</b>			
Pos	Name	Time	Standard
1	<i>Adam Sutton, Preston Harriers</i>	32:48	
152	<b>John Houghton</b>	<b>47:36</b>	Bronze

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