

WRR NEWSLETTER

October 2007

NEWS



Orienteering

A club orienteering event has been arranged by Ken and Alan THIS SUNDAY (21st). The start is from Broomfields at 10 AM. I can't recommend this highly enough – orienteering is great fun, and very good training for the Summer long run. I suspect a compass might be useful if you have one – I'll bring a few spares if not.



Cross Country

The cross country dates for this year are now out – the first race is at Clarke Gardens on the 28 October at 11 am (all these races start at 11 am on Sundays). Entry is free, as are the showers, tea, and sandwiches laid on afterwards. These are team events, scoring is on the basis of position.

Gill Collen has prepared an excellent guide to the cross country races we participate in, which is included with this newsletter.



Club Championship

The first three cross country races are part of the club championship:

- **Clarke Gardens, Liverpool** – **Sunday 28th October 2007**
- **Beacon Park, Skelmersdale** – **Sunday 11th November 2007**
- **Arrowe Park, Wirral** – **Sunday 2nd December 2007**



Sick Bay

Are you one of those individuals who seems to be spending more time searching injury websites than actual running these days? You've been bombarded with all the remedies from regular massage to pain relieving gels and steroid injections. You now feel like a specialist in laser treatment, ball exercises, strapping and unstrapping. Well, maybe we should introduce an injured members forum, sharing our knowledge, pain and experiences.

I've definitely learnt my lesson regards avoiding injuries.

' Do NOT train for a half marathon in worn out running shoes'

Prevention always works out best

Andrea Marshall

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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Maternity Ward

Congratulations to Adele Cockcroft, who will be having a baby very soon, and to former members (now cyclists) Karen and Simon Rigby, who are slightly ahead by a few months (test them for EPO, I say). Unfortunately that means we'll have to do without Adele for the cross-country season, but I think I read somewhere that having a child actually improves your running (not fair on us men that), so I very much look forward to seeing her again when baby is old enough.



Race Review - 'Stanage Struggle', Hathersage, September 23

For all those considering having a go at fell running here's a review of my second ever fell race.

I grew up in Sheffield and have never quite been reconciled to the flatness of Warrington so thought a little fell race in the Peak District would be a bit of a treat. Of sorts. At only 6.1 miles I reasoned that even with 1200' of ascent I should be able to finish well short of complete exhaustion. Besides I knew the views would compensate.

Milling around at registration I did the usual - checked out my fellow runners so as to rate my chances of coming last. I guess the name of the hosting club 'Fat Boys RC' was meant to be ironic. The sight of a couple of runners warming up *up* the steep field behind wasn't particularly reassuring. However I soon spotted the fun runners. Phew. My mistake was soon clear as with a wave of a feather duster we were off. It was a steady rise up a stony track to Captain Jack Sparrow. A little further on and Elvis directed us up through a wood...

The climb, though not always steep, was relentless. The route is roughly 2 miles of ascent, then a mile or so along the Edge and a mostly downhill return. For the final push to the top we were all walking, at least where I was in the pack. At one point I found myself following a largish lady with a stick - until she stood aside to let us 'runners' through. After the lengthy climb even walking wasn't enough to recover breath but at last we were up. And the views would have been great if I'd stopped to look.

Not long past the trig point at High Neb and the downhill began. I started cautiously amongst the boulders but then heard the scary sound of heavy breathing fast approaching. I legged it to make way and a runner swept past to show me how downhill running is done. After a couple of wobbly moments on the stones we were onto springy peat and then grass. This was fantastic. This is the fell running I imagined - downhill for miles on soft ground. I thought of trying to keep pace with Gill on our downhill session that week and sped on.

As the ground levelled a bit I passed the girl I was chasing but the angle was still down. Fabulous. Nearly home and a few stiles to cross. And then, we were directed uphill once more. My legs were jelly - whether from the ascent or an overenthusiastic downhill I don't know but I might well have succumbed to temptation and walked if I hadn't spotted some family support. I plodded on. The final minute was spent wind-milling steeply downhill past the church and we were back to finish in the school field. Hurrah. Not too bad a performance really, even if I was beaten by a lady vet 60.

But the best thing - tea and home made cakes in the school afterwards. Yum. My sister, suitably inspired, has vowed to run with the children next year. The kids race chases a rabbit wearing the slogan 'Run rabbit run'. Do you think Fergus could be persuaded for next years 10K?

Julia Wrigglesworth



RACE RESULTS



Kevin Dickson ran the Berlin Marathon on the 30th September, paced himself superbly, and improved his personal best by 18 minutes. Well done Kevin. Geb didn't do so bad also (only 90 seconds improvement on last year though – let's hope for 2:03 next year).

Kevin was running to raise money for Cancer Research UK – if you'd like to support him, this can easily be done online at: <http://www.runningsponsors.org/kevindickson>.

Carol Fell has, in the past couple of months, finished first in her age group at the Sale 10, the Formby 10k, and the Royal Manchester Children's Hospital Half Marathon, and still found time for the very hilly Leek Half and the Trafford 10k (only 2nd and 3rd at those!).

Mark Molloy has broken his PB's for both the Half Marathon and the 10k, at Lake Vyrnwy and Birchwood respectively, while Keith Brown has broken 40 minutes for 10k for the first time this year at Antrobus. New member Andrew Collins completed the Great North Run in an excellent time of under 1:32, and Sue Manuel also broke her Half Marathon PB.

John Houghton's quest to run 100 10k's will soon be approaching the finish line – his 87th place at the Hoylake 10k was his 87th 10k, too.

The reason for the combined presentation of the Sandstone A and B races below is that club championship points are awarded according to the finishing order, regardless of the race run (the B race starts an hour after the A). These races were extremely popular this year, and filled up before mid-September; if they continue next year we will have to send out entry forms earlier than was planned this year.

A correction to the Summer handicap results in the last newsletter – Paul Ming did finish, we think in a time of 25:20. Sorry about that Paul!

Capenhurst 10k, 17 June					
Pos	Name	Cat	C Pos	Time	Standard
1	Dave Mansbridge, Telford AC			33:50	
48	John Houghton	M45		44:49	Bronze

Sale 10, 5 August					
Pos	Name	Cat	C Pos	Time	Standard
1	Peter Riley, Leigh Harriers & AC			48:18	
259	David Appleby	M		1:39:36	
265	Carol Fell	F55	1	1:46:55	Copper

Leg End, Penmaenmawr (9/2890'), 12 August		
Pos	Name	Time
1	Justin McIlveen, Abergele	1:21:00
23	Roderick Johnstone	1:35:18

Birchwood 10k, 19 August					
Pos	Name	Cat	Age %	Time (chip)	Standard
1	Ian Fisher, Otley AC			31:38	
165	Ian Edge	M40	71.0%	40:54	Silver
173	Keith Brown	M45	71.6%	41:18	Silver
207	Sean McCann	M50	72.9%	41:53	Silver
240	Andrew Collins	M	62.2%	42:56 PB	Bronze
283	Kemmel Graham Atkinson	M45	67.9%	44:03	Silver
357	Larry Crawley	M55	71.0%	46:21	Silver
409	Mark Molloy	M40	58.8%	47:48 PB	Copper
449	Mhairi Gass	F	61.3%	48:55 PB	Bronze
558	Stephen Scully	M40	54.8%	52:38	
714	Carol Fell	F55	64.8%	58:55	Bronze
752	Susan Ann Manuel	F	45.3%	1:01:56	

Leek Half Marathon (13.1/1220'), 26 August					
Pos	Name	Cat	C Pos	Time	Standard
1	<i>Nathaniel Williams, North York Moors</i>			1:13:49	
438	Carol Fell	F55	2 (!)	2:24:48	Copper

Crewe Carnival 10k, 26 August					
Pos	Name	Cat	C Pos	Time	Standard
1	<i>Darren Washington, Boalloy AC</i>			36:14	
14 (!)	John Houghton	M45		47:48	Bronze


Puma Trailfox Derwentwater Trail Race, 1 September		
Pos	Name	Time
1	<i>James Walsh, Leeds City</i>	52:37
192	Kevin Dickson	1:19:14
216	Stephen Webb	1:20:36

Arley Mile Time Trial, 2 September			
Women		Men	
Time	Name	Time	Name
6:06	Julia Wrigglesworth	4:35	Daniel Cliffe (Warr AC)
6:38	Mhairi Gass	5:09	Roderick Johnstone
7:57	Heather Glover	5:18	Paul Crawley
8:11	Carol Fell	5:36	Ian Edge
		5:41	Keith Brown
		5:54	Neil Cliffe
		5:58	Dave Gallimore
		6:25	Mike McDonald

Rosemere 10k, Blackpool, 2 September					
Pos	Name	Cat	C Pos	Time	Standard
1	<i>Jonathan Maxfield, Scunthorpe & District</i>			34:09	
39	John Houghton	M45		44:56	Bronze

Carver Wolverhampton Half Marathon, 2 September		
Pos	Name	Time
1	<i>Mike Cornes, Mammouth Lifestyle RT</i>	1:13:04
853	Dave Appleby	2:21:51

Lichfield 10k, 9 September					
Pos	Name	Cat	C Pos	Time	Standard
1	<i>Phil Nicolls, Tipton Harriers</i>			30:16	
43	Keith Brown	M45		40:10	Silver

Lake Vyrnwy Half Marathon, 9 September					
Pos	Name	Cat	C Pos	Time	Standard
1	<i>Paul Sankey, Liverpool RC</i>			1:11:28	
570	Mark Molloy	M40	95	1:51:56  PB	Copper

Trafford 10k, 9 September					
Pos	Name	Cat	C Pos	Time	Standard
1	<i>Neil Renault, Long Eaton RC</i>			30:41	
169	Shirley Anderson	F35	3 (!)	46:53	Bronze
291	Carol Fell	F55	3 (!)	59:04	Bronze


Lake District Mountain Trial - Short Course, 9 September		
Pos	Name	Time
1	<i>Ben Stevens, Ilkley Harriers</i>	2:42:43
21	Roderick Johnstone	4:10:52


Hoylake 10k, 16 September					
Pos	Name	Cat	C Pos	Time	Standard
1	<i>Tim Dickinson, Blackheath Harriers</i>			34:34	
87	John Houghton	M45		45:31	Bronze

Formby 10k 23 September					
Pos	Name	Cat	C Pos	Time	Standard
1	<i>Richard Shearer, Southport & Waterloo AC</i>			36:11	
232	Carol Fell	F55	1 (!)	1:03:59	Copper
232	Susan Manuel	F40	16	1:07:59	


Sutton Six 10k, 23 September					
Pos	Name	Cat	C Pos	Time	Standard
1	<i>David Norman, Altrincham & District AC</i>			31:54	
115	John Houghton	M45		45:25	Bronze
115	Stephen Scully	M40		51:10	Copper

Stanage Struggle Fell Race (6.1/1200'), 23 September		
Pos	Name	Time
1	<i>John Heneghan, Pudsey & Bramley</i>	37:02
194	Julia Wrigglesworth	59:02

Berlin Marathon, 30 September					
Pos	Name	1st Half	2nd Half	Time	Standard
1	<i>Haile Gebrselassie</i>	1:02:29	1:01:57	2:04:26 NWR	
4654	Kevin Dickson	1:42:37	1:43:58	3:26:35  PB	Bronze

Royal Manchester Childrens Hospital Half Marathon, 30 September					
Pos	Name	Cat	C Pos	Time	Standard
1	<i>Alasdair Tatham, Quakers RC</i>			1:12:49	
272	Carol Fell	F55	1 (!)	2:18:54	Copper
274	Susan Manuel	F40	13	2:21:35  PB	

Rab Mountain Marathon, Coniston, 29-30 September (Male Vet 40 class)		
Pos	Name	Points
1	<i>Ali Hubbard</i>	480
23	Roderick Johnstone / Andy Smith (Helsby RC)	265

Great North Run, 30 September					
Pos	Name	Cat	C Pos	Time	Standard
1	<i>Martin Lel</i>			1:00:10	
872	Andrew Collins	M		1:31:58  PB	Bronze
2050	David Gallimore	M		1:38:31	Copper
2140	Neil Cliffe	M45		1:38:51	Bronze
17877	David Appleby	M		2:10:48	

Antrobus 10k, 30 September					
Pos	Name	Cat	C Pos	Time	Standard
1	<i>Steve Bacon, Congleton Harriers</i>			36:05	
14	Keith Brown	M45		39:09 🏆 AB	Gold
117	Christine Baker	F	12	52:06	Copper

Sandstone Trail Races (A – 17.1/2160', B – 10.6/950'), 7 October				
Pos	Name	Cat	Time	Race
1 (A)	<i>Glen Groves, Liverpool Harriers & AC</i>		1:55:19 NCR	A
1 (B)	<i>Ian Macgill, Liverpool RC</i>		1:08:45 NCR	B
22 (A)	Roderick Johnstone	M	2:16:04	A
20 (B)	Neil Cliffe	M45	1:23:03	B
39 (A)	Keith Brown	M45	2:28:19	A
41 (B)	Shirley Anderson	F35	1:31:15	B
70 (A)	Julia Wrigglesworth	F35	2:43:31	A

Gin Pit 5, 14 October					
Pos	Name	Cat	C Pos	Time	Standard
1	<i>Tony Battersby, Astley & Tyldesley RC</i>			27:17	
91	John Houghton	M45	17	36:12	Bronze
154	Peter Medicott	M	39	42:17	

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