

WRR NEWSLETTER

November 2007

NEWS



The Long Run 2008

This will be in the Lake District like last year, this time based at Grasmere Butharlp Howe Youth Hostel. This is a 4 star hostel in a Victorian mansion, in a quiet village with lots of literary connections (and if you find it perhaps a bit twee, Ambleside is not far and it's a very nice run to get there by way of Grasmere and Rydal Water). There is room for 12 men and 6 women, and it's first come first served – the deposit is £20, which will need to be paid to Alan.

The total anticipated cost for the weekend (including full board and minibus hire) is £110 per person; this is up from last year because we this year Andrew is not able to contribute his free company car. We need a volunteer to contribute his or her car – all costs (eg. fuel and insurance) will be reimbursed.

The date is the weekend (starting Friday morning) of the 3-5th July next year. Please let Alan know ASAP (ie. by Friday 30th of this month) if you want to run.



Parking Issues

Broomfields leisure centre have requested that we park in the School car park.



Award

We've won an award! Warrington Road Runners has won 'Best Off Road Club' in this years North West Regional Athletics Awards. I believe this is recognition of the fine work of our coaches; I don't know the precise details, but Ali & Sean's Tuesday night sessions have certainly become very popular.



Club Championship

The last three races in the championship are:

- **Arrowe Park Cross Country, Wirral** – **Sunday 2nd December**
- **Winter Handicap, Venue TBA** – **Sunday 16th December**
- **Shell Four Villages Half Marathon** – **Sunday 20th January**

I think the last of these is already over half full, so get your entry in quick! An entry form is included with the newsletter.



Cross Country

The next cross country is at Arrowe Park. The first two have gone pretty well – the men's team came 4th at Clarke Gardens, which is as good as result as I can remember (for the men – the ladies manage this quite often). Regrettably we found several cars had been broken into during the race.

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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The ladies' team equalled the performance of the men at the following race, at what I'm told was a very muddy and challenging course at Beacon Park.

The next race is at Arrowe Park on the 2nd of December. Please note that hospitality after the event will now be at the Pensby Hotel, directions to which from the race venue are as follows:

Leave the Park at the lights and turn right. At the small roundabout turn right and then keep left for Pensby and Heswall. Past some shops and a garage on the left. The Pensby Hotel is a large black and white pub on the right.

Lastly, Gill is looking for a catering supremo to handle that part of our forthcoming cross country – if you think you might be able to help, please let her know.



Orienteering

As you will all hopefully have heard, this has been postponed until May next year.



Sick Bay

Hi Judy Heavey here [the one who is always shouting any one want kit tonight]. Unfortunately I've got a march fracture in my foot so have to lay off running for at least 4 weeks. It's always the same just as you start getting a level of fitness back something goes-----I suppose age doesn't help!!!

Would be glad to hear if any one else has suffered with a similar complaint and has any tips for a quick recovery. Also if anyone wants kit please don't hesitate to phone and leave message 01925 730418 or judyheavey@hotmail.com and I'll gladly get vests etc to you on club nights.

See you soon Judy

PS - As it happens, your editor is injured too – what happened to me is that I was already slightly injured so decided to go the gym instead of running. Some say that most leg injuries are really down to your feet and your shoes, but I know which part of the body is the cause of mine, and it's at the other extremity of my person.

Any other members of the club suffering from injuries may be interested in the Sports Injury clinic at Salford University, which will see members of the public at reduced rates (£10 a session). In fact Lindsey Scott has been in touch with them and they've given us a special offer:

We are open to the members of the public and offer a full range of rehabilitation, conditioning and massage services for runners. As an introductory offer to your club, I would be happy to offer 3 for 2 on Sports Massage in 2007, so for £20 you get up to three hours of massage, fantastic value even though I say so myself! Give me a ring if you want to chat about it further.

Kind Regards

Steve Aspinall
Directorate of Sport
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RACE RESULTS




Alan Barton, a founder member of the club (age 73), has won his age group at the Munich 10k on the 14th of October, in an excellent time of 52:10.

Mhairi Gass is running superbly in the cross countries – if this is anything to go by the championship next year could be interesting! Well done to both cross country teams for a fourth place each, and especially for the excellent turnout from the men at both races so far.

Mark Molloy now has a hat trick of PBs – 5k to add to those for the half marathon and 10k. Diane Whitefield also has a new PB, obtained on a windy day in Preston.

Another correction, this time the Arley mile results; Larry Crawley finished in equal 6th, with exactly the same time as Mike McDonald.

Alexandra Park 5k, Manchester, 5 August					
Pos	Name	Cat	C Pos	Time	Standard
1	Paul Skipper, Manchester Tri			17:12	
20	Richard Hoe	M		22:30	Copper

Capenhurst 5k, 22 August					
Pos	Name	Cat	C Pos	Time	Standard
1	Adam Peers, Liverpool Harriers			15:33	
94	John Houghton	M45		21:48	Bronze
106	Mark Molloy	M40		22:33  PB	Copper


Arley Mile Time Trial, 2 September	
Time	Name
6:25	Larry Crawley

Great North Run, 30 September					
Pos	Name	Cat	C Pos	Time	Standard
1	Martin Lel			1:00:10	
17800	Molly McKay	F60		2:10:41	Bronze

Puma Trailfox Coniston Trail Race, 6 October		
Pos	Name	Time
1	James Walsh, Leeds City	52:56
122	Kevin Dickson	1:20:32
174	Stephen Webb	1:24:47

Natterjack Seaside 10k, Southport, 14 October					
Pos	Name	Cat	C Pos	Time	Standard
1	Robert Deakin, Birchfield			32:39	
41	Andy Collins	M		39:40	Silver
167	Mhairi Gass	F		46:23	Bronze
409	Carol Fell	F55		60:02	Bronze

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

Munich 10k, 14 October					
Pos	Name	Cat	C Pos	Time	Standard
1	Joram Lesoipa, LG Stadtwerke München			31:25	
721	Paul Barton	M70	1 	52:10	Silver

Dartmoor Vale Marathon, 21 October					
Pos	Name	Cat	C Pos	Time	Standard
1	Peter Norris, Tiverton Harriers			2:53:46	
54	Kevin Dickson	M		3:41:05	Copper


ING Amsterdam Half Marathon, 21 October					
Pos	Name	Cat	C Pos	Time	Standard
1	Darius Sadeckas, Vilnius			1:08:58	
432	Ian Edge	M	412	1:30:57	Silver
3143	Alison Lysons	F	371	1:49:50	Bronze
8114	Lindsey Scott	F	2293	2:24:54	

Lancaster Half Marathon, 21 October					
Pos	Name	Cat	C Pos	Time	Standard
1	Trevor Morris, Wilmslow RC			1:16:07	
59	David Gallimore	M		1:31:16	Bronze

Clarke Gardens Cross Country, Liverpool, 28 October			
Women		Men	
Pos	Name	Pos	Name
13	Mhairi Gass	18	Roderick Johnstone
22	Gill Collen	31	Paul Crawley
35	Heather Glover	35	Andy Collins
37	Shirley Anderson	43	Jim Dawson
		45	Keith Brown
		48	Dave Gallimore
		58	Ian Edge
		64	Kevin Dickson
		73	Sean McCann
		85	Richard Hoe
		87	Larry Crawley
		103	Andy Collen

Beacon Park Cross Country, Skelmersdale, 11 November			
Women		Men	
Pos	Name	Pos	Name
12	Mhairi Gass	30	Andy Collins
13	Julia Wrigglesworth	36	Paul Crawley
15	Shirley Anderson	46	Jim Dawson
20	Gill Collen	54	Andy Collen
35	Heather Glover	57	Ian Edge
		70	Sean McCann
		78	Ian Barwise
		82	Larry Crawley
		101	Steve Scully

Gill Pimblott Memorial 5k, 18 November					
Pos	Name	Cat	C Pos	Time	Standard
1	Blake Ellis, Trafford AC			16:08	
27	John Houghton	M45	6	21:36	Bronze

Preston 10, 18 November					
Pos	Name	Cat	C Pos	Time	Standard
1	Adam Sutton, Preston Harriers			51:47	
93	Keith Brown	M45		1:07:51	Silver
281	Stephen Scully	M40		1:22:50	Copper
313	Diane Whitfield	F40		1:25:49  PB	Bronze

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