



## NEWS



### The Christmas Handicap

This will start at 10 AM on Sunday the 16th December this year. The course will be the usual one starting from Broomfields (ie. not like last year), approx 10k in length though a bit undulating. If you're at all unsure of the route, there is a fine map with this issue, courtesy of Julia. Try to wear any club kit you may have!

Afterwards, we plan to repair to the Saracen's Head on Wilderspool Causeway (opposite Morrison's and a bit Warrington-wards). Hopefully you will all have received Ian's Christmas Card with the details – if you can, bring (and receive) a small gift, and also remember to bring any London marathon rejection slips for entry into the draw for the two club places.



### AGM

Next year's AGM will be on the 12/03/2008. If you would like to propose an item to go on the Agenda, please contact any committee member sometime in the next couple of months.



### Presentation Night

The annual presentation night will be on the 15th of February next year, at Grappenhall community centre on Bellhouse Lane. We shall try something different this year – details to follow!

If you have (or will shortly have) achieved a club standard, please send your qualifying times to Andrea Marshall, preferably before the end of January (very very early February might be OK). Those of you lucky enough to have won trophies – please return these to any committee member, ideally about mid-January (the cross country would be a good place to find someone to hand them to).



### WRR Cross Country, Runcorn Town Park

Sunday January 13th

Heather Glover has volunteered to organize the catering – any help you can give her would of course be most welcome, especially with making all the sandwiches for the runners, which will need doing the day before the race. Of course, help on the day with marshalling or with marking out the course is also needed – please talk to Gill if you can help.

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WRR committee members

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

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### Coniston 14

Mhairi & Julia have entered for the Coniston 14 (actually 13.875) next year, and would like to know if anyone else from the club is doing it – we could then try to travel together and make a club event of it. It's the week before the London marathon, so you may need to give it a miss if you're doing that, but it seems like a very agreeable way to start a weekend in the Lake district (it's on the Saturday, which is the case for all too few races these days, I think).



## RACE RESULTS



Congratulations are due to Shirley for getting her Silver standard 10k time by what I think was a 1 second margin, at the Wesham 10k.

Commiserations to Ian Edge for injuring his foot at the Arrowe Park cross country; our men's team just missed out on 5th place by 6 points, the ladies were 5th.

Two of us have arranged to escape from the current run of weather hereabouts to do their running abroad. Well done to Kevin and to Keith. Unfortunately I don't yet have the overall results for the Lanzarote Running Challenge, but except for the 10k on day 1, all of Keith's results seem to be improved from last year. New member Steve Scully has run quite a few races lately, and likely has a clutch of PBs by now.

| Preston 10, 18 November |                               |       |         |          |
|-------------------------|-------------------------------|-------|---------|----------|
| Name                    | Cat.                          | C Pos | Time    | Standard |
| 1                       | Adam Sutton, Preston Harriers |       | 51:47   |          |
| 93                      | Keith Brown                   | M45   | 1:07:51 | Silver   |

| Wesham 10k, 25 November |                                    |     |       |              |
|-------------------------|------------------------------------|-----|-------|--------------|
| Name                    | Cat.                               |     | Time  | Standard     |
| 1                       | Billy Burns, Salford Harriers & AC |     | 32:33 |              |
| 121                     | Shirley Anderson                   | F35 | 7     | 45:41 Silver |

| Salford Women's 5.25, 25 November |                              |       |       |       |
|-----------------------------------|------------------------------|-------|-------|-------|
| Name                              | Cat.                         | C Pos | Time  |       |
| 1                                 | Catherine Riley, Trafford AC |       | 30:49 |       |
| 137                               | Carol Fell                   | L55   | 8     | 52:07 |

| Clásica de Lanzarote 10k, 26 November |                                    |       |       |              |
|---------------------------------------|------------------------------------|-------|-------|--------------|
| Name                                  | Cat.                               | C Pos | Time  | Standard     |
| 1                                     | Jose Carlos Hernandez Cabrera, ESP |       | 33:34 |              |
| 66                                    | Keith Brown                        | M45   | 11    | 41:34 Silver |

| Ridge Run 13k, Lanzarote 26 November |                    |       |       |       |
|--------------------------------------|--------------------|-------|-------|-------|
| Name                                 | Cat.               | C Pos | Time  |       |
| 1                                    | Eanna Cunnane, IRL |       | 43:19 |       |
| 61                                   | Keith Brown        | M45   | 11    | 55:00 |

| Beach Run 5k, Lanzarote, 27 November |                        |       |       |       |
|--------------------------------------|------------------------|-------|-------|-------|
| Name                                 | Cat.                   | C Pos | Time  |       |
| 1                                    | Jonas Brandsbjerg, DEN |       | 18:39 |       |
| 58                                   | Keith Brown            | M45   | 10    | 23:26 |

| Vuelta de Tinajo 21k, Lanzarote, 28 November |                     |       |         |         |
|--|---------------------|-------|---------|---------|
| Name   | Cat.                | C Pos | Time    |         |
| 1  | Phil Kilgannon, IRL |       | 1:10:34 |         |
| 56   | Keith Brown         | M45   | 11      | 1:29:07 |

| Cyprus Challenge 6k Time Trial, 29 November |                        |              |
|---|------------------------|--------------|
| Name  | Time                   |              |
| 1   | <i>Richard Gerzner</i> | 19:05        |
| 85  | <b>Kevin Dickson</b>   | <b>25:21</b> |

| Cyprus Challenge 11k Hill run, 30 November |                        |                |
|--|------------------------|----------------|
| Name                                       | Time                   |                |
| 1  | <i>Richard Gerzner</i> | 48:05          |
| 121  | <b>Kevin Dickson</b>   | <b>1:13:02</b> |

| Cyprus Challenge 21k, 1 December |                        |                |
|----------------------------------|------------------------|----------------|
| Name                             | Time                   |                |
| 1                                | <i>Richard Gerzner</i> | 1:18:05        |
| 95                               | <b>Kevin Dickson</b>   | <b>1:50:53</b> |

| Cyprus Challenge 10k, 2 December |      |       |              |          |
|----------------------------------|------|-------|--------------|----------|
| Name                             | Cat. | C Pos | Time         | Standard |
| 1                                |      |       | 33:48        |          |
| 44                               |      |       | <b>44:00</b> | Bronze   |

| Cyprus Challenge, Overall Results |                        |                |
|-----------------------------------|------------------------|----------------|
| Name                              | Time                   |                |
| 1                                 | <i>Richard Gerzner</i> | 2:59:02        |
| 94                                | <b>Kevin Dickson</b>   | <b>4:13:16</b> |

| Arrowe Park Cross Country, Wirral, 2 December |                         |         |                       |
|---|-------------------------|---------|-----------------------|
| Women   |                         | Men     |                       |
| Pos   | Name                    | Pos     | Name                  |
| 12  | <b>Mhairi Gass</b>      | 22      | <b>Andy Collins</b>   |
| 14  | <b>Gill Collen</b>      | 31      | <b>Andy Collen</b>    |
| 15  | <b>Shirley Anderson</b> | 36      | <b>Jim Dawson</b>     |
|   |                         | 44      | <b>Dave Gallimore</b> |
|   |                         | 55      | <b>Sean McCann</b>    |
|   |                         | 64      | <b>Larry Crawley</b>  |
|   |                         | 65      | <b>Richard Hoe</b>    |
|   |                         | 66      | <b>John Houghton</b>  |
|   |                         | 67      | <b>Ian Barwise</b>    |
|   |                         | Injured | <b>Ian Edge</b> 🏠     |

| Stockport 10, 9 December |                                      |       |       |                       |
|--------------------------|--------------------------------------|-------|-------|-----------------------|
| Name                     | Cat.                                 | C Pos | Time  | Standard              |
| 1                        | <i>Mark Miles, Belgrave Harriers</i> |       | 50:22 |                       |
| 371                      | <b>Steve Scully</b>                  | M40   | 68    | <b>1:22:52</b> Copper |

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