

WRR NEWSLETTER

May 2008

WRR 10K



Your
10K
Needs
You

Don't forget our 10K race is on Thursday 19th June at Woolston Park. We need as many marshals, time keepers etc. as possible. We also need a laptop, printer and someone with good Excel spreadsheet skills to collate the results. Please let Mark Molloy know if you can help/have a laptop.

All helpers should be at the park rangers hut in Woolston Park by 6:15pm.
If you enter any local races and are able to distribute entry forms for this event then please see Mark Malloy for a stack of forms.

THOUGHTS FROM THE CHAIR

Cold wet and miserable, just the thing to guarantee a good turnout at the first of our championship races for this year, and what a presence we had at the Whitley 10k. Twenty runners, numerous spectators, does Heather count as two yet? As well as lots of other club members unable to turn out for a variety of reasons.

Since then the weather has turned, the summer runs are in full swing, we have had the second of our championship races (the Arley Mile), and it will not be long until we host our own 10k out at Woolston Park, which is always a highlight of the summer.

We also have coming up in the next few weeks two new Club initiatives; one organised by Sean is based around the Tuesday 'Hill Session', with the focus on preparation for the Birchwood 10k in August.

The other will be organised by Allison, who along with Carol, will be offering a new session again on a Tuesday night. This will be aimed at beginners / runners new to the Club who may not yet be ready for the normal Club runs, as a more structured way of introducing them to what we do.

Add to all this, the Summer Handicap, the Long Run, and the next few championship races and the summer could easily pass us by. So let's all try to find time to take a moment to really enjoy the running we do with the Club this summer, the variety of routes we take and the people we run with fast or slow. Also let's not forget those who are unable to run with us at the moment, get well soon all of you who are injured, keep in touch, and remember once you can put one foot in front of the other a few times you are quick enough for this Club.

See you on the run.

Ian



London Marathon

Well done to all who completed the London marathon, especially to Shirley Anderson who set a new club women's record for the marathon in 3:27:56. She breaks the previous record of 3:30:28 set by Denise Gregg again at London in 1999, and is the first Club Record to be set since 2002. Well done also to Carol Fell who got missed out in the result in last months newsletter.

Whitley 10K

There was a fantastic turn out of 20 members. The heavy and persistent rain that we woke up to on the Sunday morning did not put people off!

This was one of the Cheshire Grand prix races and the results so far are:

Mens:	
Whitley Position	6 th (408 points)
Position over all so far:	8 th overall.
Womens	
Whitley Position	5 th (131 points)
Position over all so far:	6 th overall.

Well done everybody!

Also well done to Chris Hampson who was 3rd according to the handicap scheme. Don't ask me how the handicaps are calculated!

The next Cheshire Grand Prix race is at Hollins Green (5K), 31st May (also a club championship race).



The Long Run, Grasmere, 3-5 July 2008

If you have paid a deposit for the Long Run or express an interest then please contact Alan Wright. ***The viability of the long run this year is in doubt*** due to a number of people pulling out, ideally it needs one or two more people. The biggest cost of the weekend is the cost of a minibus, this is just not on with the current number of people, and so individual cars will be required. Please let Alan know if you take your own car.

Here's a reminder of what's involved:

Our aim is to leave Warrington of Friday morning, travel up to somewhere near the south end of Windermere and run towards Grasmere ready for a pre-booked meal on Friday evening.

We will run from the YHA and do a loop through Little Langdale, Duddon Valley (one of the best and quietest parts of the Lakes), Esk Dale and return to Grasmere via Great Langdale.

££ Club Subs

This is a reminder to all those who have not re-registered with the club yet. ***Club subs are due now.***



Summer Handicap

This year's summer handicap is on Friday June 13th at Broomfield Leisure centre. First runners off at 7.00pm. The handicap is about 5km. Afterwards (9pm) we will retreat to the Grappenhall Community Centre for the result and hopefully a quiz.



Arley Mile

The Arley mile time trial was held on the 9th May. 17 Runners turned up on a very pleasantly warm evening. Well done to Shirley Anderson and Andy Collins for winning. Thanks to Tony Bell for timekeeping. The full results follow.

Arley Mile Results Friday May 9th			
Women		Men	
<i>Shirley Anderson</i>	<i>5:56</i>	<i>Andy Collins</i>	<i>5:15</i>
Julia Wrigglesworth	6:04	Paul Crawley	5:16
Shelly Walsh	6:16	Ian Edge	5:31
Anne Gregory	6:23	Kevin Dickson	5:39
Gill Collen	6:49	Jim Dawson	5:46
Carol Fell	8:52	Paul Burton	6:22
		Mark Molloy	6:39
		David Appleby	6:55
Guests			
Chris Dawson		4:59	
George Rouillion		5:31	
Sam Molloy		8:42	



Tuesdays Runs

The Tuesday run will be along the canal to Daresbury in June, the routes for the following months are:

- * July - Route which wiggles around Grappenhall
- * August - Canal to Daresbury
- * September - Canal towards Lymm, back on TPT



Forthcoming events

Friday 23rd May	Start 7:15pm
Dunham Massey Park 5k (race 1), Altrincham Entries at: http://www.spectrumstriders.org.uk	
Sunday 25th May	Start 10.00am
The B of the BANG 10k, Sportcity Entries at: http://www.ukresults.net/forms/080525bang.pdf	
Monday 26th May	Start 11.00am
Rbk Manchester Sale 5 miles Road Race Entries at http://www.ukresults.net/forms/080526sale.doc	
Saturday 31st May	Starts 4:30pm
Hollins Green 5K (Club Championship Race & Cheshire Grand prix Race 5) Entries at: http://www.spectrumstriders.org.uk	
Sunday, 1st June	Starts 10.00am.
Mersey Tunnel 10k Entries at: http://www.runliverpool.org.uk/	
Thursday 5th June	Starts 7:15pm
Bowden 5k, Altrincham Entries at: http://www.spectrumstriders.org.uk	
Sunday 8th June	Start 10.30am
Potters Arf Marathon Entries at: http://www.potters-arf.co.uk/	
Friday 13th June	Starts 7.00pm
Summer Handicap (about 5K), Broomfields Leisure Centre	
Friday 13th June	Start 7:15pm
Dunham Massey Park 5k (race 2), Altrincham Entries at: http://www.spectrumstriders.org.uk	
Saturday 21st June	Start 4:30pm
Lymm 5k Entries at: http://www.spectrumstriders.org.uk	
Thursday 26th June	Starts 7.30pm
The Manchester 5K Sizzler, Wythenshawe Park (1/4) Entries at: http://www.ukresults.net/forms/080807sale.pdf	
Wednesday 2nd July	Starts 7:30pm
Forest Park Ladies 5k Race Entries at: http://www.spectrumstriders.org.uk	
Sunday 6th July	Starts 9.30am
City of Manchester 10k Race. Sportcity Entries at: http://www.manyharrier.co.uk	
Sunday 6th July	Starts 11.00am
The Winston Ladies 5k race, Wythenshawe Park Entries at http://www.ukresults.net/forms/080706winston.pdf	
Thursday 10th July	Starts 7.30pm
The Manchester 5K Sizzler, Wythenshawe Park (2/4) Entries at: http://www.ukresults.net/forms/080807sale.pdf	



RACE RESULTS



Flora London Marathon 13th April 2008 – Womens					
Pos	Name	Cat	C Pos	Time	Standard
785	Carol Fell	F55	172	5:13:10	

Bolton 10K, Sunday 13th April 2008					
Pos	Name	Cat	C Pos	Time	Standard
1	<i>Damian Nicholls, Wilmslow Running Club</i>			32:44	
142	John Houghton	M45	19	44:19	Bronze

Puma Hawkshead 15K Trail Race - Saturday 19 April 2008					
Pos	Name	Cat	C Pos	Time	Standard
1	<i>Andi Jones, Salford Harriers</i>			0:54:43	
229	Kevin Dickson	M		1:28:03	
292	Stephen Webb	M50		1:31:31	

Whitley 10K, Sunday 27th April 2008					
Pos	Name	Cat	C Pos	Time	Standard
1	<i>Daniel Cliffe, Warrington AC</i>			32:19	
71	Mark Jones	M		40:54	Bronze
74	Steve Higgins	M40		41:07	Silver
75	Neil Cliffe	M45		41:11	Silver
79	Ian Edge	M45		41:31	Silver
93	Jim Dawson	M40		42:43	Bronze
99	Keith Brown	M45		42:50	Silver
101	James Trow	M		42:56	Bronze
129	Shirley Anderson	F35		45:11	Silver
130	Richard Hoe	M		45:13	Copper
134	Fred Shilleto	M60		45:20	Gold
140	A. Gregory	F35		45:31	Silver
157	Kevin Dickson	M		46:26	Copper
176	Julia Wrigglesworth	F35		47:19	Bronze
192	Chris Hampson	M		48:06	
215	Gill Collen	F50		49:19	Silver
225	David Beck	M		49:92	
270	Karen Rigby	F35		51:41	Bronze
311	Shelly Walsh	F50		54:52	Bronze
312	Tony Bell	M40		54:53	
324	Diane Whitfield	F45		55:58	Copper
371	Carol Fell	F55		1:00:21	Copper

Southport Waterloo 15k Monday 5 5 08					
Pos	Name	Cat	C Pos	Time	Standard
1	<i>Matt Moorhouse, Salford Harriers</i>			51.08	
279	Gill Collen	F50	3	77.52 (PB)	
310	John Houghton	M45		79.35 (PB)	
506	Carol Fell	F55		97.42	

Berlin 25k 2008					
Pos	Name	Cat	C Pos	Time	Standard
	Diane Whitfield	F45	19	2:40:36	

Christleton 5k, Chester, 11th May 2007					
Pos	Name	Cat	C Pos	Time	Standard
1	<i>Simon Mills, Sale Harriers</i>			15:01	
83	Neil Cliffe	M45		18:59	Gold
104	Keith Brown	M45		19:41	Silver
140	Larry Crawley	M55		22:00	Silver