

WRR NEWSLETTER

June 2008



Thoughts from the Chair

I write this just a few hours before the Summer Handicap, with a real hope in my heart that the BBC weather forecast is accurate and we get the warm and sunny evening they are predicting. By the time you all read this, the slog up London Road will be but a memory for all those who ran and, no doubt the answers to Mhairi's quiz will still be as confusing.

The other big event we have coming up is our 10k out in Woolston on June 19th. I would like to thank Mark and John for all their work in the past few months in organising the race, and encourage everyone to come down and help on the night. Remember if we do not have enough people to put on a safe race, there is no race.

Once the 10k is over I'm sure that both Mark and John will be thinking about a well earned holiday. I on the other hand had a week away at half term. It was whilst sat watching the sun go down over the slopes Mani, messing about with my camera that a thought occurred to me. We have members of the Club going to places far and wide these days, both to run and like me, for a bit of a rest. But do they take their Club vest with them? So here is the challenge, lets see who can send in to Jim a photograph of their Club vest from the most unusual or interesting place this year. Who knows there may even be a prize!

See you on the run (when my knee is better)

Ian

Any pictures should be sent to jim@dawsonlymm.freemove.co.uk (I can cope with paper copies as well). In fact I will welcome any items you think that may be of interested to newsletter reader, amusing or not!

Jim

Sessions For Beginners

Ali Lysons is organising running sessions for beginners. She is a qualified coach and so will be able to provide an excellent introduction to running. The sessions will be based around the Broomfields leisure centre and starts on Tuesday 1st July at 7pm. This will be ideal for friends and family who are not accustomed to running or who are just curious as to what you really get up to on Tuesday/Friday evenings! (club members are welcomed as well).

If you are interested or know someone who is please ring Ali on **01925 790119** so that she can prepare the session.



The Long Run

The long run is still going ahead, but only just. Thanks must go to Alan who has spent a lot of effort in organising the event, I am sure that they will have a good time.



Club Subs

There are still about 20 or so outstanding subscriptions to be paid – so please hurry up with those subs.



Personnel Bests

We are currently trying to compile personnel bests for everyone and also work out the club records for the standard events in each age category. Hence this is a request for all to work out their personnel bests and submit them to us.

We need records for the 5K, 10, 5 Miles, 10 Miles, ½ Marathon, 20 Miles and Marathon. In the categories, M40, M45 M50, M55, M60, M65, M70 for men and F35, F40, F45, F50, F55, F60, F65 for women. All times should be for accurately measured courses only and the following information should be supplied for each time:

Event/Place	Date	Category	Time
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Please submit your times to me or any committee member. The current club records are:

Women

5k	20:20	Jill Jackson	Sale Sizzler	2002
5m	33:17	Jill Jackson	Chester Spring 5	1999
10k	42:00	Jill Heatherington	Llanrewst	1990
10m	1:09:20	Jill Jackson	Llandudno	1997
Half Marathon	1:32:00	Jill Heatherington	Ellesmere Port	1989
20m	3:04:32	Anne Hughes	Stafford	2002
Marathon	3:27:56	Shirley Anderson	London	2008

Men

5k	15:18	Les Hunter	Christleton	1993
5m	26:20	Les Hunter	Birkenhead	1990
10k	32:43	Paul Boileau	Hollins Green	1991
10m	55:00	Les Hunter	Sale	1991
Half Marathon	1:12:10	Paul Boileau	Wilmslow	1994
20m	2:09:32	Keith Brown	Rochdale	1995
Marathon	2:42:53	Andrew Marsden	Liverpool	1987



Cape Wrath Challenge 2008

May saw Keith Brown and Steve Bevan doing the Cape Wrath Challenge in Scotland, here is Keith's account of the event:

"The Cape Wrath challenge is a series of races. This year we were blessed with glorious weather especially for mid May. The first race you can either do a 10k or a half marathon. You are taken to the starting point of the races and you finish at the village hall.

The beauty of these races are that you can just take in the scenery. I ran the half marathon which was OK for the first 9 miles then the last 4 were a little hilly. I ran 1hr 35min which is not far from what I am doing in more serious races. The second race is the Sangomore Loch Meadaidh hill run for which you start at the village hall run out down the road towards a track which takes you up round the back of the village; you can either do 4 miles or 5.5m back to the village hall.

The next race is the round about Durness which takes you towards Loch Caladail then you run past the point where you catch the ferry that takes you to the start of the marathon, but back to this race. You then run across the golf course which is undulating but enjoyable, a bit like cross country! Again you finish at the village hall for refreshments (which is the same after every race).

On the Thursday the locals and school children join in the beach run at Balnakeil beach, its about 5k. You can either do the race in your normal running gear or fancy dress. The winner is the person who finishes nearest to their predicted time no watches are allowed. Friday is a day off so as to get ready for the marathon on Saturday, which can be run of part of a team 2,3,4,5 people or you can run the whole race on your own.

This race is unlike any marathon you ever likely to come across. You are taken by mini bus to the ferry which then takes you across to the cape where your race log is marked with your start time. The start is just what you want up a steep hill the first 5k or so are quite hilly but it does ease off and you do get some down hill bits, you are running on a track which takes you to the light house on the Cape where you run round it and back to the ferry point you started from. All the way round you encourage each other round as is the nature of the week you make new friends. I was doing OK in this race up until the point where you have to stop for the ferry where your race card is again marked. At the land side, they mark your race card again and after a few minutes you set off again for the last 4 miles back to the village hall. The wheels fell off my wagon at this point and I walked 2 of the last 4 miles. I came 15th in about 3hrs. 45min.

Durness itself is a quite place, it has two pubs (essential) a shop well you have to eat (cannot live on beer alone). It does have some lovely beaches though in May the sea is a little chilly, if you stayed in too long your bits would drop off! The locals are very warm and welcoming and make a very tiring but enjoyable week. I am hoping to go next year and see some of the people I meet this year again and also to meet Tony and Jill Jackson. If anybody is interested in doing it next year look it up on the internet its worth thinking about."

Cape Wrath Challenge 12th – 17th May Results

Half Marathon, 12th May	Keith Brown	1:35:14
	Steve Bevan	1:47:03
Sangomore Loch Meadaidh Hill Run (Long), 13th May	Keith Brown	40:15
	Steve Bevan	43:44
Durness Run long, 14th May	Keith Brown	1:06:10
	Steve Bevan	1:13:23
John Walker Target Zero Beach Run, 15th May	Keith Brown	23:22
	Steve Bevan	24:40
Marathon, 17th May	Keith Brown	3:45:35
	Steve Bevan	4:02:54

WRR committee members

Ian Edge – Chairman; Julia Wrigglesworth – Secretary; Alan Wright – Treasurer
Jim Dawson, Mark Molloy

Precaution for running in the Heat

Summer is with us now and hydration is a concern to all runners, below are some tips for ensuring proper hydration during running.

- Prepare for running by drinking 400 - 700 ml of fluid 2 to 3 hours before your race or exercise. Be aware of over hydrating before and during running (Hyponatremia) as it provides no performance benefit.
- During running, drink regularly (i.e. every 15 to 20 minutes), do not avoid fluids early on in a run. The current recommendation from The American College of Sports Medicine (ACSM) is to drink 600 - 1200 ml per hour. The International Marathon Medical Directors Association (IMMDA) lowered the recommendations to 400 - 800 ml/hour to protect smaller and/or female runners. Use these generalized fluid recommendations as a baseline, but remember that you must adjust those recommendations according to your individual needs.
- Remember that thirst is not an indicator of dehydration. Once you are thirsty, you are already low on fluids. Indications of dehydration are an elevated heart rate during and after your run and dark, golden-coloured urine. After your run, keep drinking fluids until your urine is clear.
- Do not rely on plain water. You need to replace sodium and other electrolytes lost through sweat. Drink a sports drink containing sodium. You also need the performance boost of carbohydrates contained in sports drinks.
- In sunny weather, apply a sunscreen of at least SPF #15. Make sure that it is a non-drip formula that won't drip into your eyes.
- Wear light-coloured micro-fibre clothing.
- Practice re-hydration during training - knowing how your body reacts to the proper fuels, fluids and electrolytes will be the key to your best performance on race day or in a given workout.

Useful links:

- <http://www.marathonguide.com/training/coachmindy/heat.cfm>
- <http://www.runthepanet.com/trainingracing/nutrition/hydrationmistakes.asp>
- <http://www.therunnersguide.com/dehydration/>
- <http://www.sandhurstjoggers.org.uk/3-HealthAdvice/Dehydration.htm>

Forthcoming events

When	Where	What	Starts	Entries at
Sat 21 st June	Cherry Tree Primary School, Lymm	5K	4:30pm	www.spectrumstriders.org.uk
Sun 22 nd June	Penny Lane Striders, Aigburth	10K	11.00am	www.ukresults.net
Thur 26 th June	Manchester 5K Sizzler, Wythenshawe Park (1/4)	5K	7.30pm	www.ukresults.net
Wed 2 nd July	Birchwood Forest Park Ladies 5k	5K	7:30pm	www.spectrumstriders.org.uk
Sun 6 th July	City of Manchester 10k, Sportcity	10K	9.30am	http://www.manyharrier.co.uk
Sun 6 th July	The Winston Ladies 5k, Wythenshawe Park	5K	11.00am	www.ukresults.net
Thur 10 th July	The Manchester 5K Sizzler, Wythenshawe Park (2/4)	5K	7.30pm	www.ukresults.net
Wed 16 th July	Sefton Park 5 Miler, Liverpool	5M	7:30pm	www.slac.btinternet.co.uk
Sat 19 th July	Burtonwood 5 Miler – *** Club Championship race ***	5M	4pm	www.spectrumstriders.org.uk
Thur 24 th July	The Manchester 5K Sizzler, Wythenshawe Park (3/4)	5K	7.30pm	www.ukresults.net
Wed 30 th July	Alderley Edge 5 Mile MultiTerrain	5M	7pm	www.ukresults.net
Sun 3 rd August	Sale 10M, Wythenshawe Park	10M	9:00am	www.ukresults.net
Thur 7 th August	The Manchester 5K Sizzler, Wythenshawe Park (4/4)	5K	7.30pm	www.ukresults.net
Sun 17 th August	Birchwood 10K *** Club Championship race ***	10K	10:30am	www.spectrumstriders.org.uk



RACE RESULTS



Liverpool Women's 10K, Sunday 11 May				
Pos	Name	Cat	Time	Standard
1	<i>Jenny Clague, Liverpool Harriers</i>		37.35	
179	Alison Lysons	F40	54.31	Copper
300	Karen Rigby	F35	57.16	
413	Stephanie Norton	F45	59.42	Copper

White Peak Marathon, 17th May 2008				
Pos	Name	Cat	Time	Standard
1	<i>Daniel Soltys, Telford AC</i>		2:39:51	
170	Kevin Dickson	M	3:46:07	Copper

Dunham Massey Park 5k, Altrincham, 23rd May				
Pos	Name	Cat	Time	Standard
1	<i>Simon Marwood, Altrincham</i>		15.37	
65	Mark Jones	M	19.04	Silver
86	Keith Brown	M45	19.53	Silver
98	Jim Dawson	M45	20.22	Silver
111	Chris Hampson	M	20.52	Bronze
131	John Houghton	M45	21.36	Bronze
146	Larry Crawley	M55	22.14	Silver
220	Carol Fell	F55	30.04	Copper

B of the Bang 10k(??), Sportcity, Manchester, 25th May				
Pos	Name	Cat	C Pos	Time
1	<i>Ian Grime, Newham & Essex Beagles</i>			00:29:31
170	Carol Fell	F55	1	00:51:55

The 2008 Peter Lowe Memorial, Hollins Green 5K, 31st May				
Pos	Name	Cat	Time	Standard
1	<i>Damian Nicholls, Wilmslow RC</i>		15:43	
56	Andy Collins (Debut)	M	19:13	Silver
68	Mark Jones	M	19:26	Silver
72	Keith Brown	M45	19:32	Silver
103	Jim Dawson	M45	20:33	Silver
112	Tony Bell	M45	20:50	Silver
133	Richard Hoe	M	21:30	Copper
142	Shirley Anderson	F	21:50	Bronze
181	Gill Collen	F50	24:09	Silver
190	Alison Lysons	F40	24:44	Bronze
222	Carol Fell	F55	29:54	Copper
230	Shirley Walsh	F50	34:06	

Puma Garburn Trail Race - Saturday 31st May				
Pos	Name	Cat	Time	
1	<i>Andi Jones</i>		1:25:41	
256	Kevin Dickson	M	2:32:33	
302	Stephen Webb	V50	2:38:25	

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Mersey Tunnel 10K, 1st June

Pos	Name	Cat	C Pos	Time	Standard
1	<i>James Toohey, Liverpool Harriers</i>			34:33	
109	Stephen Higgins	M40	18	42:26	Bronze
152	Chris Hampson	M	93	43:45	Bronze
268	John Houghton	M45	38	45:40	Bronze

Bowdon 5k, Altrincham, Cheshire, 5th June

Pos	Name	Cat	Time	Standard
1	<i>Andy Norman, Altrincham</i>	<i>M</i>	15:30	
86	Keith Brown	M45	19:13	Silver
129	Jim Dawson	M45	20:29	Silver
237	Carol Fell	F55	29.45	Copper

****** Stop Press – Summer Handicap ******

Congratulations to Neil Cliffe and Shelly Walsh for winning the Summer Handicap – full results will be in next month's newsletter.