

# WRR NEWSLETTER

July 2008

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## Summer Handicap Friday June 13<sup>th</sup>

A dry but chilly evening saw a good turnout once again for the fourth event in this years Club Championship. As a result of one or two people going 'off course' last year (would I say getting lost?), there was a lot of looking at maps and passing on of directions before the start, which just about brought everybody home the right way.

The trophies this year go to Shelly and Neil as the first runner's home and behind them as you can see below there were some very good times given the cold conditions. Andrea, Julia & Ian as non runners suffered most in the unseasonable weather, ah well someone has to count us all out and back in again.

Later down at Grappenhall Community centre about a dozen of us gathered to see the final results, share a few sandwiches and display our lack of general knowledge in this years quiz. Thanks to Mhairi for putting this together for us, it's never an easy task and with questions on subjects as diverse as 'ancient Chinese philosophers' and 'big brother' there was something for everyone. As winners it falls to Tony & Shelly to set the questions for next year.

The next event in this years Club Championship will be the Burtonwood 5m on Saturday July 12<sup>th</sup>

Ladies				Mens			
Pos	Name	Time	Championship Points	Pos	Name	Time	Championship Points
1	Shelly Walsh	29:32	4	3	Neil Cliffe	22:36	3
2	Molly McKay	32:28	6	4	Dave Beck	27:02	11
6	Shirley Anderson	24:43	1	5	Paul Crawley	22:09	1
10	Gill Collen	27:40	3	7	Mark Jones	22:30	2
15	Mhairi Gass	27:18	2	8	Dave Gallimore	23:02	4
16	Jo Sparkman	30:25	5	9	Larry Crawley	26:15	8
				11	Chris Burke	26:58	9
				12	Alan Wright	26:58	9
				13	Andy Collen	23:09	5
				14	Jim Dawson	24:05	6
				17	Mark Molloy	28:21	12
				18	Tony Bell	25:46	7
				19	Keith Brown	29:15	13

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WRR committee members

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

## WRR 10k Race Review

This year the club's 10k race was held on Thursday 19<sup>th</sup> June starting at the usual place of the Ranger's hut in Woolston Park.



Unfortunately the race clashed with the Germany vs Portugal quarter final. When I first checked the potential clashes of events for June, which I did months ago, I could have sworn there was no clash. I think this was the main reason why the numbers were down this year compared to last year. Some people just prefer to sit in the pub or on the sofa with a good beer I guess, unlike myself!!!

Anyway I thought the entries would be in demand as the weather had been glorious all afternoon and in addition to this when we were setting up we were stopped by a guy at 2pm who asked if he could enter and pay his money then. But it proved a false dawn. The weather changed dramatically at 4.30 and it hammered down with rain for an hour. Sorry Ian I blame that on you as you promised some rain around the afternoon. You must have been listening to the only accurate forecast we have had this summer.

So after picking my son up from school and doing a final recce of the course to make sure no school kids had turned the signs around or nicked them we went for our chips and waited for the runners entering on the day and the marshals to come in.

The runners did come but some of the marshals did not. Some of them had very valid reasons to not make it on the day, but one person never even rang on the day, instead just not showing up, and another didn't even give a reason. The person who didn't contact me was down to do a very important role on the day. This is not the first time this has happened on the day and this infuriates me and makes me wonder why I bother organising the event.



This year I had sent two email requests out for volunteers and some people didn't even have the courtesy to respond. This year we were down to the bare bones with marshals, having just enough for the race to go ahead. Then 4 people cried off on the day. Luckily a couple of marshals brought a friend or relative. I tweaked some of the marshal positions so that a directional sign would do instead. If we had one less marshal a very big decision would have been made on whether to call the race off as it would have been potentially dangerous for the runners. This, as far as I know, has never had to happen.

So while I am ranting over this, the majority of our members are competing members. They would all be cheesed off if they got to their favourite race and it had to be called off as there weren't enough marshals for it to go ahead. This nearly happened this year to us as members can't be bothered to turn out and support the club.



How would our club look to all other runners? Would they bother entering again? I know I wouldn't. Where's the guarantee that the following year it would not be called off again and people have wasted petrol money getting there. Some of our runners came as far as Huddersfield.

The 10k race is the club's main event; it is the main money earner and provides us with P.R. and new members. There is a lot of work that goes on behind the scenes by the committee, people who help out setting the course up on the day, setting up & dismantling

the course signs and finish funnel etc and not least the invaluable help of the marshals on the day. A lot of money is spent up front on prizes etc and if the race has to be cancelled we can't recoup that during the same year, which would leave the bank balance dangerously low. A club our size should be able pull together enough members without having to rely on relatives and friends of members.

The least the members can do is to give up 3 hours in the summer to give something back to the club.

So back to the race.....thank God for that I hear you say!

The marshals were ready to be despatched to their positions so off they went, a lot of them are taken to their position by Ian as they are not familiar with the course. Once they have gone I am happy, I don't like having marshals around me with 20 minutes to go.

I got the call from Ian to say all marshals were in place and the race began at 7.30 exactly. 4 of us quickly started setting up the drinks table. This is now a compulsory addition for all 10k races from about 2 years ago. There soon followed a competition between my son and John Hough as to who could give the most runners a drink. I think John lost, but maybe he would disagree!



Just over 15 minutes later the leading male appeared, closely followed by the bike rider, only kidding Fergus. The leader was on Fergus's shoulder when he got to the drinks table, which is a minute away from the 5k marker.

I have never seen first hand a race where the winner ran that quickly. The leading male finished in 30.40 which was only 25 seconds outside the course record. He is actually from our race sponsors and has never run our race before. So hopefully he will enter it again.

The first lady finished in 41.59, having travelled from Huddersfield, so it was worth the journey. Not particularly quick for the winner but I would be well impressed if I ran that time!

So the race past off without any accidents which is the main thing, the only minor job Janice, the first aider, had to deal with was one guy who felt faint. So everybody went home to watch the re run of the match, oh, I forgot, some had already watched it at home!

To date I have had 6 emails from people, including the sponsors, thanking us for a great course and praising both the race and the marshals for their encouragement and help.

From the Committee thanks to all those people who helped out and we look forward to staging the 32<sup>nd</sup> race next year.

## WRR 10K Marshalls

Mark Molloy  
Ian Edge  
Fergus Wiseman  
Andrew Collen  
John Hough  
Ian Barwise  
Janice Blood  
Alison Lysons

Alan Wright  
Ken Hughes  
Anne Hughes  
Gill Collen  
Michael Lysons Mhairi  
Gass  
Phil Mahoney  
Julia Wrigglesworth  
Stephen Webb

Andrea Marshall  
Jim Dawson  
Tony Bell  
Paul Crawley  
Paul Burton  
Andy Collins  
John Houghton  
Robin Greenwood

Mark Molloy  
Race Director.

## Forthcoming events

When	Where	What	Starts	Entries
Wednesday 16 <sup>th</sup> July	The Tony Barnes Sefton Park 5 Miler	5M	7:30pm	<a href="http://www.slac.btinternet.co.uk">www.slac.btinternet.co.uk</a>
Saturday 19 <sup>th</sup> July	Burtonwood	5M	4pm	<a href="http://www.spectrumstriders.org.uk">www.spectrumstriders.org.uk</a>
Thursday 24 <sup>th</sup> July	The Manchester 5K Sizzler, Wythenshawe Park (3/4)	5K	7.30pm	<a href="http://www.ukresults.net">www.ukresults.net</a>
Wednesday 30 <sup>th</sup> July	Alderley Edge 5 Mile MultiTerrain Race	5M	7pm	<a href="http://www.ukresults.net">www.ukresults.net</a>
Sunday 3 <sup>rd</sup> August	Sale 10M, Wythenshawe Park, South Manchester	10M	9:00am	<a href="http://www.ukresults.net">www.ukresults.net</a>
Thursday 7 <sup>th</sup> August	The Manchester 5K Sizzler, Wythenshawe Park (4/4)	5K	7.30pm	<a href="http://www.ukresults.net">www.ukresults.net</a>
Thursday 7 <sup>th</sup> August	Delamere Forest Trail Running Series (3/4)	Max 5M	7pm	<a href="http://www.ukresults.net">www.ukresults.net</a>
Sunday 10 <sup>th</sup> August	Great Warford 10 Mile Road Race	10 Mile	10am	<a href="http://www.wilmslowrunningclub.org">www.wilmslowrunningclub.org</a>
Sunday 17 <sup>th</sup> August	Birchwood 10K	10K	10:30am	<a href="http://www.spectrumstriders.org.uk">www.spectrumstriders.org.uk</a>
Sunday 24 <sup>th</sup> August	Fleetwood Half Marathon	13m	10am	<a href="http://www.ukresults.net">www.ukresults.net</a>
Sunday 7 <sup>th</sup> September	Partington Leisure Centre, Manchester	10K	9:30am	<a href="http://www.ukresults.net">www.ukresults.net</a>

### Club Championships

The next Club Championship race is at Burtonwood and is a 5 miler. This is on Saturday 19<sup>th</sup> July, you should be able to enter on the day. I have not done this race but Burtonwood is a flat area and so I am hopeful of a fast flat course!

The following club championship race is the Birchwood 10K. This race is likely to fill up and so entries will not be allowed on the day. **Please enter early if you want to do this race.** Entry forms at [www.spectrumstriders.org.uk](http://www.spectrumstriders.org.uk).

### Sandstone Trail Race 5<sup>th</sup> October

Last years sandstone trail race filled up leaving people disappointed. The race is now open for entries, the race can be entered online at [Deeside-orienterring-club.org.uk](http://Deeside-orienterring-club.org.uk), or you can download a paper form from this site, early entry is recommended.

There are two trail races, the A race is 17.1 miles and the B race is 10.6 miles.



## RACE RESULTS



### Everybody 10k Race Series, Crewe, Sunday 15<sup>th</sup> June

Pos	Name	Cat	C Pos	Time	Standard
1	Neil Jones, South Cheshire Harriers	M	1	37:20	
6	John Houghton	MV45		44:05	Silver

### Lymm 5k, 21<sup>st</sup> June 2008

Pos	Name	Cat	Time	Standard
1	Richard Burnley	M	15:42	
62	Keith Brown	M45	19:35	Silver
91	Jim Dawson	M45	20:48	Silver
123	Julia Wrigglesworth	F35	22:42	Bronze

### Gibson Grind 14k Trail Race, Kendal, 28<sup>th</sup> June 2008

Pos	Name	Cat	Time
1	Craig Robert, Kendal AC	M40	53.20
86	Stephen Webb	M50	81.40

### The Sotos 10k Road Race, Fleetwood, 29<sup>th</sup> June 2008

Pos	Name	Cat	C Pos	Time	Standard
1	Gary Pendlebury, Wesham Road Runners	M50	1	35:34	
75	John Houghton	M45	10	45.01	Bronze

### Penny Lane Striders 10k Road Race, 8<sup>th</sup> July 2007

Pos	Name	Cat	Time	Standard
1	David Turnbull, Hlomfirth Harriers	M	32:40	
83	Keith Brown	M45	40:51	Silver
156	John Houghton	M45	44:22	Bronze

### Comrades Marathon, South Africa, Sunday, 15<sup>th</sup> June 2008

Pos	Name	Cat Pos	Time
1	Leonid Shvetsov, Russia	1	5hrs 24mins 27 secs
6235	Kevin Dickson	2185	11hrs 13 mins 13 secs

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