

# WRR NEWSLETTER

August 2008

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## Thoughts From The Chair

As those of you who run regularly on a Tuesday will know, I have not been running for quite a few weeks now. I tried initially to convince myself that my knee would get better with a bit of a rest, but eventually just like Steve, Judy and a host of others I had to limp off to the doctor. As a result I go in for surgery on August 20th and I'll keep you up to date with the hopefully not so gory details in future newsletters.

One thing not running for a while does, is remove the problem of not having time to do all those little things that you somehow never normally get round to. My back garden, although very small, is now as near to being perfectly formed as my lack of horticultural ability will allow. The CD collection is in alphabetical order, my library of cookery books is all in one place, if not yet strictly classified according to the Dewey Decimal System. I've even polished the odd tin cup or two in the spare room from way back when I was a good runner.

Finally, and most challengingly, I have begun to try to come to terms with the last twenty years of technological evolution. Whilst I still can not get the TV, Digital box, Video and DVD player to all work from one handset, I now accept that it can be done, and not necessarily by witchcraft. All my photographs are off the camera and onto the computer and some could even find their way onto the ever developing Club website.

Who knows it may not be long before you can download the 'thoughts from the chair' as a podcast, email it to your blackberry, then listen to it hands free on your mp3 whilst on your long Sunday run! How's that for a good use of time?

See you on the run,

*Ian*

## Birchwood 5 Mile

A number of us did the Birchwood 5 Mile race (a WRR Championship Race) in July and were pleasantly surprised at our times when we cross the finishing line, only to discover that we had only done 4.6 miles! Apparently the lead cyclist took the front runners the wrong way. It just shows that a lot of planning is required to put on these events and they can go wrong.

## Coach Training

Cheshire County AA have enquired about our needs for Uka Endurance Coach courses at levels 1, 2 and 3. If you are interested in one of these courses then please contact Ali Lysons ([lysonsali@hotmail.com](mailto:lysonsali@hotmail.com)) by the 20<sup>th</sup> October.

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WRR committee members

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



## The Long Run Weekend

*The long run took place in July despite the uncertainty leading up to it. Below is Andrea's account of the weekend:*

“As it was my first time on the long run weekend, I've been allocated the task of writing this review. I've got to admit to being very nervous leading up to the event as I had no idea of what the run entailed and was too frightened to ask. So, Friday Morning I arrived with a rather large bag. As not sure what to pack, I took a bit of everything.

The relay began from Newby Bridge. Mhairi, Mark, Alan, Andrew, Ken, Kevin, Rodders and I enjoyed the sunshine as we ran through the beautiful countryside around Hawkshead, Coniston and the Langdales until the final destination of Grasmere.

I did have a few doubts when the pick up vehicles were not there to greet Kevin and I at Water Yeat. Perhaps this was some initiation joke. But apparently the crew had been sitting patiently in the wrong place until they realised that even I couldn't take this long.

The YHA at Grasmere proved to be very hospitable with good food and even better local ales. Of course, Mark had used his Good Beer Guide to search out a local inn and a few more beers were consumed there.

An 8 O'Clock start for some the next morning and a hearty English breakfast for others. Some rain today but it didn't spoil the views of the fells around Eskdale. It was very pleasant running along the river from Cockley Beck especially as Ken would run ahead to open the gate, let me pass through and then on closing it run to catch up. Well, we had to keep to the scheduled time somehow. Others made excuses about big boulders and impassable tracks.

Day 3, Rodders and I set off on the early leg for a pleasant run (for me) /stroll (for Rodders) to Ambleside. But unfortunately, we forgot something. ... Alan.

Poor Alan tried to catch us up but we had taken a slight detour to make the most of views of Rydal Water. Sorry Alan. The last legs passed through Troutbeck, Kentmere, Haweswater reservoir and finally Shap for our farewell drink.

Well, you'll be pleased to hear that I survived my first long run weekend and even enjoyed myself in the process. A great deal of work goes into organising the running schedule which means that all runners can get the most out of the event. Individual distances covered varied between 40 and 60 kms and it's a great opportunity to team up with individuals who you probably don't usually run with although maybe they may not all agree.

I'd like to say a big thank you to our organisers Alan and Ken whose commitment and hard work made this such a successful event. I hope they will continue to be involved in future weekends as it is a great opportunity for runners of all abilities and I would encourage anybody to give it a go.

And yes, I didn't need such a big bag.”

**Andrea Marshall**

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## Carol Fell

WRR member might wish to know that Carol has suffered a slight stroke on her right hand side and has been in hospital. We wish Carol well and hopes that she make a speedy recovery.



## WRR Website

The WRR website is being revamped, look out for the new site (same address - <http://www.warringtonroadrunners.co.uk/> ). If you have any suggestions for the site such as useful links etc. then please tell any member of the committee.



## Tuesday Night Flood

David Beck and Mark Jones had an eventful Tuesday night run recently, David writes:

“Mark Jones and I got into some trouble whilst running on Tuesday night. After we left the others we ran through Daresbury up to Hatton, whilst on Hatton Lane approaching the Hatton Pub we encountered many cars turning back, this was due to a 'lake' that had formed on the road (obviously due to the heavy rain fall and water off the farm fields), it looked knee deep.....

With me and Mark feeling brave we decided that we could tackle the 'lake' manoeuvring around it using the bank, unfortunately we got stranded half way along and had to be rescued by farmer Rob (cant remember surname unfortunately) who luckily turned up at the right moment and reversed his 4x4 so we could dive into the back, he had come to unblock the drain which was causing the flood..... he did mention he had never rescued stranded runners before.... so was a first for him!

We trekked on feeling lucky only to encounter yet more flooding but this was only ankle deep, ONLY I say lol but we both still got a good foot soaking... so we didn't get totally away with it....”

## North West Talent - Danny Cliffe

Below is an article from the English Athletics website about Neil Cliffe's son Danny. Many WRR members will know Danny or at least will have experienced being left behind as Danny zooms ahead in a race!



Danny Cliffe - Winning another race!

There are plenty of talented young athletes in the North West - a fact we're all proud of here at England Athletics North West. Given the abundance of the talent, it seems like a good idea to feature some people - giving a bit of background, highlighting their achievements and perhaps sharing some useful advice.

First in this series is 17 year old Danny Cliffe from Warrington AC.

Danny won the Whitley 10k for the first time in 2007 - the youngest ever winner of a Cheshire Grand Prix event. He repeated the win in 2008 - beating his previous time. He then placed 40th (out of 27000!), once again beating his personal best in the Manchester BUPA 10k in May. And in fact as of the date of this article, his time of 30.53 is the fastest U17 10k in 2008.

### **Do you consider the Whitley 10k win your biggest athletics achievement to date? If not, what is?**

This is the second year running I have won the Whitley 10k. I won it when I was 16 in a time of 32.49 and this year in 32.19. I was very proud to win the Whitley 10K. However I feel that being selected to represent England in the Home Nations cross country event at under 15 and under 17 level has to be my greatest achievement so far. I came in the top 10 each time. That said, my 40th placing in the Manchester BUPA 10k was a pretty great moment - especially as I managed my personal best at 10k - 30:53.

### **How did you first get into running? And when was that?**

I first got into running when I was 7. My primary school headteacher used to enter the school for a number of local cross country events and I found I really enjoyed running. I think it helped that my dad has always run and he used to come into school to help coach anyone interested in running.

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### **What are your key strengths in running?**

I feel that my key strengths are my endurance ability and also the effort I put into training. I think putting the effort up front definitely pays dividends in racing. But I also think an important strength behind me is the encouragement and support I get from my coach, Phil Hicken, and my parents.



### **What are your future plans? Distance/event wise? And standard (national etc)?**

Having finished the cross country season I have just completed the Manchester 10k in a time of 30.53. I hope to do well at both 3000m and 5000m this season and will do my best to get the qualifying time to reach the English Schools finals. I took part in the Trafford GP on 3rd June, finishing 3rd overall - not a bad start.

### **Do you have any advice for any young people who are interested in starting to run?**

Running is a great way to keep fit - it will help in many other sports as well. There is also a very good social side to running if you join a local athletics club. I have some really good friends from running and we are all interested in the same things. Also you get to travel to many different places around the country at different events and meet lots of people.

### **What do you do away from running? Study plans? University?**

I am currently at sixth form college studying BTEC in sport. I am considering going to University, but at present I don't really have a specific occupation in mind. I just know that whatever I do I will always want to be involved in sport.

Thanks Danny and good luck in the future.

## Forthcoming Events

When	Where	What	Starts	Entries
Sunday 7 <sup>th</sup> Sept	Trafford 10K, Partingham Leisure Centre	10K	9.30am	<a href="http://www.ukresults.net">www.ukresults.net</a>
Thursday 4 Sept	Delamere Forest Trail Running Series (4/4), Cheshire		TBA	<a href="http://www.ukresults.net">www.ukresults.net</a>
Sunday 7 Sept	Alexandra Park 5k Run, Manchester (off Princess Road)	5K	11.30am	<a href="http://www.ukresults.net">www.ukresults.net</a>
Sunday 14 Sept	Gawsworth 10k, nr Macclesfield	10K	10.30am	<a href="http://www.ukresults.net">www.ukresults.net</a>
Sunday 14 Sept	Sandbach 10k	10K	11.00am	<a href="http://www.ukresults.net">www.ukresults.net</a>
Saturday 20 Sept	Pennington Flash Trail Race	5M	2.30pm	<a href="http://www.ukresults.net">www.ukresults.net</a>
Sunday 21 Sept	Antrobus Cabbage Canter *** Club Championship race ***	10K	12.00	<a href="http://www.cabbagecancer.org.uk/">http://www.cabbagecancer.org.uk/</a>
Sunday 28 Sept	Macclesfield Half Marathon, Macclesfield Leisure Centre	½ M'thon	10.00am	<a href="http://www.ukresults.net">www.ukresults.net</a>
Sunday 28 Sept	Run Preston 5K & 10k. Preston City Centre	10K 5K	10.00am 11.30am	<a href="http://www.ukresults.net">www.ukresults.net</a>
Sunday 5 <sup>th</sup> October	32nd Annual Sandstone Trail Races	17M or 10.6M	10.00am or 11.00am	<a href="http://www.ukresults.net">www.ukresults.net</a>



## RACE RESULTS




<b>Ironman European Championship, Germany, July 5<sup>th</sup></b>							
Place	Name	Swim	T1	Bike	T2	Run	Total
1st man	Chris McCormack (AUS)	00:44:38	02:21	04:26:16	00:52	02:46:46	07:59:55
1st woman	Chrissie Wellington (GB)	00:48:34	02:44	04:57:17	01:04	03:01:24	08:51:24
790 / 2268	Fergus Wiseman	01:07:57	06:11	05:29:56	04:37	03:56:23	10:45:04
2041 / 2268	Mark Green	01:11:55	08:31	06:56:58	01:50	05:53:26	14:12:40

<b>Tony Barnes 5 Miles Road Race, Sefton, Wed, 16<sup>th</sup> July</b>				
Pos	Name	Cat	Time	Standard
1	<i>A Vaughan, Etyfi</i>		25:19	
72	D Gallimor	M	33:26	Bronze
86	John Houghton	M45	34:58	Bronze

<b>Burtonwood 5 mile<sup>(ish)</sup> road race 19<sup>th</sup> July</b>		
Pos	Name	Time
1	<i>Paul Sankey, Liverpool Running Club</i>	24:16
37	Mark Jones	28:57
38	Sean McCann	28:58
54	Jim Dawson	30:54
65	Christopher Hampson	32:05
72	Shirley Anderson	32:50
87	David Beck	34:13

<b>Everybody 10k Race Series - Race 2/4 – Nantwich, 20<sup>th</sup> July</b>				
Pos	Name	Cat	Time	Standard
1	<i>Ross Bark, Ronhill Cambuslang</i>		36:06	
13	John Houghton	M45	42:56	Silver

<b>Chernobyl Challenge 10k, Preston, Lancashire, 27<sup>th</sup> July</b>				
Pos	Name	Cat	Time	Standard
1	<i>Adam Sutton, Preston Harriers</i>		33:04	
111	John Houghton	M45	46:21	Bronze

<b>20km R&amp;Z Smith Memorial Walks, Lancashire, 9<sup>th</sup> August</b>				
Pos	Name	Cat	Time	
1	<i>John Constandinou,</i>	<i>M</i>	<i>1:55:04</i>	
110	Tony Bell	M45	02:17:56	

<b>Great Warford 10M, August 10<sup>th</sup></b>					
Pos	Name	Cat	C Pos	Time	Standard
1	<i>Mike Halman, Wilmslow Running Club</i>			<i>56:00</i>	
110	Gill Collen	F50	1	85:37	Bronze

<b>Race the Train - Rotary Challenge, Tywyn, Wales 16<sup>th</sup> August</b>			
Pos	Name	Cat	Time
1	<i>Gareth Raven, Sale Harriers</i>	<i>M</i>	<i>01:18:15</i>
338	David Gallimore	M	01:57:47

<b>Birchwood 10k Road Race Sunday 17<sup>th</sup> August</b>				
Chip Pos	Name	Cat	Time	Standard
1	<i>David Webb</i>		<i>29:51</i>	
120	Andrew Collins	M	40:00	Silver
130	Sean McCann	M50	40:19	Gold
180	Jim Dawson	M45	42:13	Silver
190	Keith Brown	M45	42:34	Silver
201	Fergus Wiseman	M	42:47	Bronze
209	Kevin Dickson	M	43:00	Bronze
279	Shirley Anderson	F35	45:57	Bronze
327	David Beck	M	47:24	Copper
338	Julia Wigglesworth	F35	47:44	Bronze
446	Richard Hoe	M	51:06	
512	Karen Rigby	F35	53:40	Copper
552	Diane Whitfield	F45	55:04	Copper

<b>URENCO Capenhurst 5k, Cheshire, 20<sup>th</sup> August</b>				
Chip Pos	Name	Cat	Time	Standard
1	<i>Paul Freary (Belgrave Harriers)</i>		<i>15:59s</i>	
60	John Houghton	M45	21:24s	Bronze