

WRR NEWSLETTER

October 2008

Thoughts From The Chair



Working at college as I do, we often get messages through from the local Community Police Officers about goings on in the area that we may need to warn the students about. A recent one did make me go a little quieter than normal however.

Date: Wednesday October 1st

Time: 16:45pm,

Report: 'Sited in the Black Bear Park, a middle aged balding man in tight fitting clothing (possibly some sort of kit) running along in the pouring rain with a grin on his face that made him look like he was (or should be?) on medication'.

Action: Do not approach this man.

Add to this the facts that;

- October 1st was six weeks after my knee operation.
- It was also the day on which my physiotherapist gave me the all clear to start running again.
- I live within 300yards of the Black Bear Park.

It makes you think doesn't it?

See you on the run,

Ian.

P.S. Not everything written in this article is factually correct.

WRR Committee Members

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10K Race Organiser

Mark Molloy

Cross Country Captain

Gill Collen



Cross Country- Clarke Gardens, 11am

The first Cross Country is at Clarke Gardens, Liverpool on Sunday the 26th October.

Attached to this newsletter is the updated cross country information sheet from Gill as a reminder of what it's all about.

If you are intending to run grateful if you could let Gill know to make sure we have a team – email will be fine. Thanks

ARRANGEMENTS FOR TRAVEL:

Meet Broomfields car park at 9:15 am (don't forget that British summer time will have ended and clocks will have been put back an hour) to either car share or go in convoy.

Directions from Warrington:

- 1) Pick up the A562 (from Widnes/Runcorn bridge) known as Ford Road.
- 2) Take the exit slip road for A562 (which is after the A5300).
- 3) Follow until small roundabout (still on A562) and take 2nd exit (Higher Lane).
- 4) Continue over 2 sets of traffic lights for about approx 1 ½ miles until traffic lights at cross road junction (Kwik save on right and a few shops on the left). Go straight on (Hillfoot Avenue).
- 5) At next traffic lights (Asda/retail park entrance opposite) keep right and bear right (still A562).
- 6) Keeping left, after about 200/300 metres take 1st left turn into Springwood Avenue.
- 7) Passing cemeteries on both sides, car park to Clarke Gardens is on the right following the sign for pub inn on the park.

Note: The hospitality after the event has changed. It will now be at the Sefton Park Cricket Club, Croxteth Drive, Sefton Park, Liverpool L17 1AP.



Job Vacancy – Cross Country Catering Manager



Still need a "catering manager" to do the organisation for the post race hospitality for WRR Town Park race.

Please have a think about helping and contact Gill Collen (gill.runner@btinternet.com) for further information about what is required.

The race day will be Sunday 11th in January 2009.



Maternity Ward

Congratulations to Andy Collins and Jo on the birth of their baby boy.



Christmas Calendar

Below is a list of dates for WRR activities over the Christmas period for your diary.

| When | What |
|----------------------------------|--|
| Friday 5 th December | Pub Crawl, starting at Wilkies Tavern, 8:30pm |
| Friday 19 th December | Friday night run done in fancy costume or decorated with seasonal lights. |
| Sunday 21 st December | Winter Handicap (approx 10K), 10am start. Get together afterwards at Grappenhall Centre (12:15pm) for the London Marathon draw, Secret Santa (bring a present) and some sandwiches. |
| Sunday 28 th December | Detox run! |
| Sunday 4 th January | Moel Famu run |

Looking ahead, the AGM will be during February any suggestions for venue or type of event will be gratefully welcomed by the committee.



John Houghton's 100 10Ks

John Houghton has recently reached the milestone of his 100th 10k. The following is a short piece written by John where he describes the number of times he has run them, the best, fastest and most favourable in his opinion.

If any other members have reached a milestone of races or would like to share anything similar with us please let any of the committee know.

"I ran my 100th 10k on 7/9/08 at the Trafford 10k (44.37). This was out of a total of 207 races.

My 1st 10k was the Chester Zoo (the course that finished by the tiger enclosure) in October 1998 (46.51).

The races I've done most are Hoylake (7 times) (I also ran this in 2001 when it was cut short to about 8k due to waves breaking over part of the course), Flintshire (Mold) (6), Penny Lane (6), Chester Zoo (6) & Liverpool (on various courses) (6).

Races I'd recommend are Hoylake - flat out & back coastal course (fast if wind not blowing), Blackpool Fun Run - large charity run out & back along sea front (5 times), Mersey Tunnel - for the run through the Tunnel (3), Nick Beer Llandudno - around the Great Orme on toll road and finishing along prom, (tough 1st 5k) (3) and Humber Bridge - running across bridge in both directions (1)

My PB was this year 42.58 at Nantwich (very flat 4 lap course) and slowest time was 49.58 at Blackpool in 2001 (made mistake of staying overnight and having a few too many beers on Saturday) the only time I've been over 49min."

John



Maximum Heart Rate Session

Sean McCann going to run a Maximum Heart Rate (Max (HR) session on Tuesday 11th November. The session will start of from the Trigger Pond Car park in Great Sankey at 7.15 pm. It will consist of a warm up run to Gemini and then the main session consisting of 5 200 - 300 hill repeats (no stopping but a jog recovery back to the start, each set more intense than the previous one until the last 100 is at 100% effort). You will need to be well rested before this session so I suggest nothing on Monday and a light easy run on Sunday (sack the long run!).

If you interested in this session let me know and e-mail me (sean@enterprise.net) your resting Heart Rate (Resting HR)

Resting HR is the number of beats in one minute when you are at complete rest. Your resting heart rate indicates your basic fitness level. The more well-conditioned your body, the less effort and fewer beats per minute it takes your heart to pump blood to your body at rest. To find your Resting HR as soon as you wake up and before you get out of bed, measure your heart rate using your heart rate monitor or by taking your pulse counting the beats for 15 seconds and multiplying by four. You can sleep with your heart rate monitor on and in the morning read it first thing. Be aware of the fact that, you don't sleep well, or you're feeling stressed, you might have a slightly elevated resting heart rate. Take these measurements for five consecutive days and find the average. This average is your actual resting heart rate. Resting heart rate is dependent on your living habits and a number of factors such as quality of sleep, stress level, and eating habits.

Once Sean has your Max HR and your Resting HR Sean can calculate your Heart Rate Reserve (HRR) which is the is the difference between your Max HR and your Resting HR. E.G. If your Max HR is 196 bpm (beats per minute) and your resting heart rate 63 bpm, your heart rate reserve is 196 bpm - 63 bpm = 133 bpm.. N.B. as you get fitter, your Resting HR will drop, thus the heart rate reserve will increase. Percentage of HRR is equivalent to percentage of VO2 reserve.

Sean will then use the Karvonen method factors in Resting HR to calculate your Target Heart Rate (THR) Training Zones (note: Training Zones in attached document).

THR = ((Max HR – Resting HR) × %Intensity) + Resting HR
 Example for someone with a Max HR of 180 and a Resting HR of 70:
 50% intensity: ((180 – 70) × 0.50) + 70 = 125 bpm
 85% intensity: ((180 – 70) × 0.85) + 70 = 163 bpm



Sick Bay

Mhairi Gass

Mhairi did a rat race (google it if you haven't heard of them) in London on a weekend in September. On the Sunday she was running a bit of cross country and tripped over a piece metal and hit her knee on a man hole cover. She managed to finish the event hours later but her knee had swelled right up and was gushing the protective goo that's in your knees.

Mhairi went to A & E in London and they operated on it to basically flush it out. The knee is getting better and she hopes to start running soon.

Fergus Wiseman

Fergus is recovering from shin splints after doing the Robin Hood marathon and has started running 2 miles gingerly after 3 week layoff.



Club Championships

We are mid way through the Club Championship year, so below is a table of how everybody is doing so far.

Club Championship Men

| | Whitley | Arley Mile | Hollins Green | Summer Handicap | Burtonwood | Birchwood | Antrobus | Total After 7 races | Position After 7 races |
|----------------------|-----------|------------|---------------|-----------------|------------|-----------|----------|---------------------|------------------------|
| Mark Jones | 1 | 23 | 2 | 2 | 1 | 23 | 17 | 69 | 2 |
| Sean McCann | 28 | 23 | 21 | 28 | 2 | 2 | 17 | 121 | 11 |
| Jim Dawson | 5 | 5 | 4 | 6 | 3 | 3 | 17 | 43 | 1 |
| Chris Hampson | 11 | 23 | 21 | 28 | 4 | 23 | 17 | 127 | 12 |
| David Beck | 28 | 23 | 21 | 28 | 5 | 7 | 17 | 129 | 15 |
| Paul Crawley | 28 | 2 | 21 | 1 | 20 | 23 | 17 | 112 | 10 |
| Neil Cliffe | 3 | 23 | 21 | 3 | 20 | 23 | 17 | 110 | 8 |
| Dave Gallimore | 28 | 23 | 21 | 4 | 20 | 23 | 17 | 136 | 17 |
| Andy Collen | 28 | 23 | 21 | 5 | 20 | 23 | 17 | 137 | 18 |
| Tony Bell | 13 | 23 | 5 | 7 | 20 | 23 | 2 | 93 | 4 |
| Larry Crawley | 28 | 23 | 21 | 8 | 20 | 23 | 17 | 140 | 20 |
| Alan Wright | 28 | 23 | 21 | 9 | 20 | 23 | 17 | 141 | 21 |
| Chris Burke | 28 | 23 | 21 | 9 | 20 | 23 | 17 | 141 | 21 |
| Dave Beck | 12 | 23 | 21 | 11 | 20 | 23 | 17 | 127 | 12 |
| Mark Molloy | 28 | 7 | 21 | 12 | 20 | 23 | 17 | 128 | 14 |
| Keith Brown | 6 | 23 | 3 | 13 | 20 | 4 | 1 | 70 | 3 |
| Andy Collins | 28 | 1 | 1 | 28 | 20 | 1 | 17 | 96 | 5 |
| Ian Edge | 4 | 3 | 21 | 13 | 20 | 23 | 17 | 101 | 6 |
| Kevin Dickson | 10 | 4 | 21 | 28 | 20 | 6 | 17 | 106 | 7 |
| Paul Burton | 28 | 6 | 21 | 28 | 20 | 23 | 17 | 143 | 25 |
| David Appleby | 28 | 8 | 21 | 28 | 20 | 23 | 17 | 145 | 26 |
| Steve Higgins | 2 | 23 | 21 | 28 | 20 | 23 | 17 | 134 | 16 |
| James Trow | 7 | 23 | 21 | 28 | 20 | 23 | 17 | 139 | 19 |
| Richard Hoe | 8 | 23 | 6 | 28 | 20 | 8 | 17 | 110 | 8 |
| Fred Shilleto | 9 | 23 | 21 | 28 | 20 | 23 | 17 | 141 | 21 |
| Fergus Wiseman | 28 | 23 | 21 | 28 | 20 | 5 | 17 | 142 | 24 |
| Total Runners | 13 | 8 | 6 | 13 | 5 | 8 | 2 | | |

Best 10 from 13 races to count

Non runners to score as 'last runner plus 15'

Club Championship Women

| | Whitley | Arley Mile | Hollins Green | Summer Handicap | Burtonwood | Birchwood | Antrobus | Total After 7 races | Position After 7 races |
|----------------------|----------|------------|---------------|-----------------|------------|-----------|----------|---------------------|------------------------|
| Shirley Anderson | 1 | 1 | 1 | 1 | 1 | 1 | 12 | 18 | 1 |
| Mhairi Gass | 18 | 16 | 15 | 2 | 11 | 14 | 12 | 88 | 9 |
| Gill Collen | 4 | 5 | 2 | 3 | 11 | 14 | 1 | 40 | 2 |
| Shelly Walsh | 6 | 3 | 5 | 4 | 11 | 14 | 2 | 45 | 3 |
| Jo Sparkman | 18 | 16 | 15 | 5 | 11 | 14 | 12 | 91 | 11 |
| Julia Wrigglesworth | 3 | 2 | 5 | 15 | 11 | 2 | 12 | 50 | 4 |
| Anne Gregory | 2 | 4 | 15 | 15 | 11 | 14 | 12 | 73 | 6 |
| Carol Fell | 8 | 6 | 4 | 15 | 11 | 14 | 12 | 70 | 5 |
| Karen Rigby | 5 | 16 | 15 | 15 | 11 | 3 | 12 | 77 | 7 |
| Diane Whitfield | 7 | 16 | 15 | 15 | 11 | 4 | 12 | 80 | 8 |
| Alison Lysons | 18 | 16 | 3 | 15 | 11 | 14 | 12 | 89 | 10 |
| Total Runners | 8 | 6 | 5 | 5 | 1 | 4 | 2 | 1 | |

Best 10 from 13 races to count

Non runners to score as 'last runner plus 10'

Forthcoming Events

| When | Where | What | Starts | Entries |
|-------------------------------|---|-------|---------|---|
| Sunday 26 th Oct | Cross-Country Clarke Gardens *** Club Championship *** | | 11am | Open to all WRR members |
| Saturday 1 st Nov | Langley 7, Near Macclesfield | 7M | 2.30pm | http://www.ukresults.net |
| Sunday 2 nd Nov | Alexandra Park | 5k | 11.30 | http://www.ukresults.net |
| Sunday 16 th Nov | Preston 10 Mile Road Race, Hutton Grammar School, Preston, Lancashire PR4 5SN | 10M | 10am | http://www.ukresults.net |
| Sunday, 23 rd Nov | Beacon Park, Skelmersdale *** Club Championship *** | | 11am | Open to all WRR members |
| Saturday 29 th Nov | Wesham 10k, BNFL Social Club, Salwick, Preston, Lancs | 10K | 11.00am | http://www.ukresults.net |
| Saturday 30 th Nov | City of Salford Women's 5.25 Mile Race | 5.25M | 11.00am | http://www.ukresults.net |
| Sunday, 7 th Dec | Arrowe Park, Pensby *** Club Championship *** | | 11:30am | Open to all WRR members |
| Sunday 21 st Dec | Winter Handicap *** Club Championship *** | ~10K | 10am | Open to all WRR members |



RACE RESULTS



Some members have been doing longer races, well done to Kevin and Fergus on their marathons, and to Shirley, David and Gill on their half marathons. Gill did especially well in coming 2nd in her category.

Kevin reports that the Great Langdale marathon was the hardest marathon he had ever run (even harder than the Snowdonia marathon). It was up and down all the way round with 6 big notable hills!

It is nice to see a good turn out at the Antrobus Cabbage Canter. For once WRR seemed to dominate the race with quite a few members coming in the top ten.

| Great Langdale Marathon, 14 th September 2008 | | | | | |
|--|---|-----|-------|----------|----------|
| Pos | Name | Cat | C Pos | Time | Standard |
| 1 | <i>Nigel Thompson (Lytham Road Runners)</i> | M40 | 1 | 03:03:02 | |
| 38 | Kevin Dickson | M | 17/32 | 4:02:31 | |

| Bala Standard Distance Triathlon, 14 th September 2008 | | | | | | |
|---|--|-------|-------|----------|-------|----------|
| Place | Name | Pos | Swim | Bike | Run | Total |
| 1st man | <i>Jonathan Hotchkiss, Sigma Sport</i> | 1/189 | 23:42 | 00:53:53 | 32:24 | 01:49:59 |
| 371 | Sean McCann | 21/33 | 40:29 | 01:16:25 | 44:13 | 02:41:07 |

| Sandbach Striders 10k, Cheshire, 14 th September 2008 | | | | |
|--|--|-----|--------|----------|
| Pos | Name | Cat | Time | Standard |
| 1 | <i>Colin Potts, Liverpool Running Club</i> | M | 34:12 | |
| 62 | John Houghton | V45 | 46m07s | Bronze |

| Experian Robin Hood Festival Marathon 2008 | | | | |
|--|------------------------|-----|----------|----------|
| Pos | Name | Cat | Time | Standard |
| 1 | <i>Pumlani Bangani</i> | M | 2:25:27 | |
| 117 | Fergus Wiseman | M | 03:24:19 | Bronze |

| Pennington Flash 5 Mile Trail Race, 20 th September 2008 | | | | | |
|---|---|-----|-------|-------|----------|
| Pos | Name | Cat | C Pos | Time | Standard |
| 1 | <i>Neil Pendlebury, Leigh Harriers & AC</i> | | 1 | 26:46 | |
| 33 | Jim Dawson | M45 | 7/15 | 33:27 | Silver |



The editor finishing in a flash!

Antrobus Cabbage Canter 21st September 2008

| Pos | Name | Time | Standard |
|-------------------|---|-------|----------|
| Male Open | | | |
| 1 | <i>Mike Proudlove, City of Stoke AC</i> | 34:09 | |
| 4 | Mark Jones | 39:32 | Silver |
| 6 | Andrew Collins | 40:26 | Silver |
| 10 | Paul Crawley | 41:03 | Bronze |
| 18 | David Gallimore | 43:21 | Bronze |
| 49 | Mark Molloy | 53:09 | |
| Male Vet | | | |
| 1 | <i>Paul Dodsworth, Warrington AC</i> | 35:06 | |
| 7 | Keith Brown | 41.29 | Silver |
| 10 | Tony Bell | 42.07 | Silver |
| Female Vet | | | |
| 1 | <i>Louise Darver, unattached</i> | 49:15 | |
| 2 | Gill Collen | 49.41 | Silver |
| 4 | Shelley Walsh | 50.27 | Silver |

Macclesfield Half Marathon, 28th September 2008

| Pos | Name | Cat | C Pos | Time | Standard |
|-----|--|-----|---------|---------|----------|
| 1 | <i>Andi Jones, Salford Harriers & AC</i> | | 1 | 1:07:51 | |
| 195 | Shirley Anderson | F | 5/54 | 1:40:19 | Bronze |
| 303 | David Beck | M | 131/284 | 1:46:00 | Copper |
| 387 | Gill Collen | F50 | 2/9 | 1:50:12 | Silver |

Asics Liverpool 10K, 5th October 2008

| Pos | Name | Cat | C Pos | Time | Standard |
|-----|--|-----|-------|-------|----------|
| 1 | <i>John Mccole, Liverpool Harriers</i> | | 1 | 31:33 | |
| 259 | John Houghton | M45 | 34 | 45:41 | Bronze |