

# WRR NEWSLETTER

April 2009



## Thoughts From The Chair

X#\*\$@&# technology!

They said we would have the paperless office, we now have so much waste paper that it can not all be recycled.

They said that the internet would revolutionise the banking sector and secure the nations financial future, well we all know what happened there.

They said that Satellite Navigation would save time and petrol, and what do we get? The tops chopped off double decker busses and small villages full of H.G.Vs that can't turn round.

No matter they said, Google map is a great way to plan your run. Well ..... having made the mistake of relying on this piece of advanced technology has resulted recently in me having to ford a stream, climb an embankment almost as high as a house, avoid galloping horses and vault a barbed wire fence, if I wanted this kind of 'adventure' I would have gone to Wolverhampton and done the Tough Guy!

Running is meant to be simple, on with the kit and away you go, so to that end the Tuesday night Summer Runs have been planned well in advance again this year.

We started on 07/04/09 with the Canal & Transpennine Trail route, as this allows us to drop onto well lit roads if we run out of daylight. Details of the route and a map are in the booklet given out at the Presentation Evening, at the A.G.M. and will also soon be on the Club website. As last year we will be switching between routes each month as the summer progresses, the details of which will follow in subsequent newsletters.

See you on the (technology free) run,

**Ian.**

## WRR Committee Members

**Chairman**  
*Ian Edge*

**Secretary**  
*Julia Wrigglesworth*

**Treasurer**  
*Alan Wright*

**Editor**  
*Jim Dawson*  
Contact:  
*jim@DawsonLymm.Free  
serve.co.uk*

**10K Race Organiser**  
*Mark Molloy*

**Cross Country  
Captain**  
*Gill Collen*

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## Annual General Meeting

The AGM was on Wednesday the 25th March at the Grappenhall Community Centre with 15 attendees. The Treasurer reported that the club finances were in good order and in a similar state to last year. The Secretary reported that club membership was down slightly to 68 with 12 new members in 2008.

The following were unanimously elected as officers and committee members of the club for the following year:

Chairman     Ian Edge  
 Secretary    Julia Wrigglesworth  
 Treasurer     Alan Wright  
 Committee    Mark Molloy, Jim Dawson, Chris Hampson  
 Mark intends to step down in July after the 10K race and will hand over to Chris Hampson.

For the Club Championship, it was proposed that we keep the same vet categories as previously but that in addition we award an age and gender graded club champion. This would be based on the timed races (i.e. not the cross countries) and finishing order would be determined by the percentage of the world's best time for the race distance and gender. The aim of this second championship would be to encourage maximum involvement by giving every member an equal chance of becoming club champion regardless of age or gender.

The aims of the club championship and a list of the rules and proposed races are as printed in last month's newsletter. The propose races are re-printed below:

Whitley 10k	Sunday 19 <sup>th</sup>	April
Hollins Green 5k	Saturday 30 <sup>th</sup>	May
Summer Handicap	Friday 26 <sup>th</sup>	June
Arley Mile	Friday 10 <sup>th</sup>	July
Sale 10m	Sunday 2 <sup>nd</sup>	August
Birchwood 10k	Sunday 23 <sup>rd</sup>	August
Pennington Flash 5m	Saturday 19 <sup>th</sup>	September
Cross Country Race 1	TBA	October
Cross Country Race 2	TBA	November
Winter Handicap	Sunday 20 <sup>th</sup>	December
Cross Country Race 3	TBA	January
Any Half Marathon		
Any Marathon		



## Membership Forms

Membership fees are now due (from 1st April). The form is supplied with this newsletter.

Subs have not been increased this year. The costs is £12 for waged members, £6 for unwaged with an additional £5 for first claim members to cover the cost of affiliation. i.e. £17 or £11 for first claim members, £12 or £6 for second claim and non-competing members.

You are reminded that if you do not affiliate to England Athletics, then you will not be able to claim a discount when entering public races organised under England Athletic rules or be eligible for club places in events like the London marathon or Great North Run.

Subs are due ASAP as the England Athletics need registration details by the end of April.



## WRR 10K, Thurs 18<sup>th</sup> June

Our 10K race is on **Thursday 18<sup>th</sup> June**. This race requires a lot of organising and marshalling. Please keep this date free in your diaries and inform Mark if you can marshal.



## London Marathon

There are at least 8 members running the London Marathon this year. We wish them well. Some have set up charity donation pages and are asking members for support. They are:

Julia Wrigglesworth is running for Oxfam (<http://www.justgiving.com/juliawrig>)

Shirley Anderson is running for Macmillan relief (<http://www.justgiving.com/shirleyanderson5>)

Judy Heavy and Carrie Whittle are running for Cadasil Trust  
(<http://www.justgiving.com/judyheavey>)

Gill Collen is running for Shelter. (<http://www.justgiving.com/gillcollen>)

Ali Lysons is running for Cancer Research UK  
(<http://www.runningssponsorsome.org/seftonactivevworkforceteam>)

Keith Brown and Mark Jones are also running so look out for all on the telly!



## Whitley 10K

The first club championship race of the year is the Whitley 10K on the 19<sup>th</sup> April. This event is always well represented by WRR members and popular with everybody.



## Cross Country

We now have the final positions for last seasons Cross Country, they are below. Well done to all to turned out, for every race we had a full team.

### FINAL POSITIONS

#### MEN

Pos	Team	Race 1	2	3	4	5	6	Total (Best 5)
1	Liverpool RC	11	11	11	10	11	10	54
2	Spectrum Striders	10	10	10	11	10	11	52
3	Penny Lane Striders	9	8	9	9	9	9	45
4	Newburgh Nomads	8	9	8	8	3	4	37
5	Warrington RR	6	6	6	6	8	8	34
6	Roby Runners	5	4	7	7	7	7	33
7	Skelmersdale BH	7	7	4	4	6	6	30
8	Birkenhead & Pensby	4	5	5	6	5	5	26
9	Helsby RC	3	3	3	3	0	1	13
10	Ford Halewood	2	0	2	2	4	3	13
11	Parbold Pink Panthers	NT	NT	NT	NT	NT	NT	NT

#### LADIES

Pos	Team	Race 1	2	3	4	5	6	Total (Best 5)
1	Spectrum Striders	11	11	11	11	11	11	55
2	Penny Lane Striders	10	10	9	10	9	9	48
3	Liverpool RC	8	9	10	9	8	6	44
4	Skelmersdale BH	9	6	8	8	7	8	40
5	Parbold Pink Panthers	6	7	0	7	10	10	40
6	Warrington RR	7	8	7	5	6	7	35
7	Helsby RC	5	5	6	6	5	5	27
8	Birkenhead & Pensby	4	4	5	3	4	0	20
9	Ford Halewood	NT	NT	NT	4	4	4	12
10	Newburgh Nomads	NT	NT	NT	NT	NT	NT	NT
11	Roby Runners	NT	NT	NT	NT	NT	NT	NT



## Cross Country Do

Don't forget the Sunday Cross Country league social is on the 8<sup>th</sup> May 2009. The venue is Ford's Sports and Social club, Cronton Lane, Widnes and starts at 8pm.

There will be a live band, disco, raffle and late bar (cheap beer). Food will be available to order on night (payable on the night). Cost is £5 per ticket.

This is a social event for all members. Please see Gill Collen for a ticket.



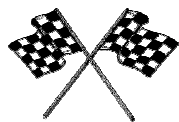
## Club Kit

The club has the following kit for sale. Please see Judy Heavy or a committee member if you want to purchase some kit.

Hat	£4
Fleece	£20
Shorts	£10
Club Running Vest	£13
Long Sleeve Coolmax	£15
Leggings [Black and in Club Colours]	£12

## Forthcoming Events

When	Where	What	Starts	Entries
Sunday 19 <sup>th</sup> April	Whitley **** Club Championship ****	10K	11am	<a href="http://www.spectrumstriders.org.uk">http://www.spectrumstriders.org.uk</a>
Sunday 26 <sup>th</sup> April	London Marathon – Event Full		9am	
Friday 8 <sup>th</sup> May	North West Cross Country shindig at the Ford Sports and Social Club in Cronton			
Sunday 10 <sup>th</sup> May	Liverpools Women 10K	10k	11am	<a href="http://www.runliverpool.org.uk">http://www.runliverpool.org.uk</a>
Sunday 17 <sup>th</sup> May	Shell Chester Half Marathon – Event Full		9:30am	<a href="http://www.ukresults.net">http://www.ukresults.net</a>
Friday 22 <sup>nd</sup> May	Dunham Massey	5K	7.15pm	<a href="http://www.spectrumstriders.org.uk">http://www.spectrumstriders.org.uk</a>
Thurs 28 <sup>th</sup> May	Mobberley 5 Mile Multi-Terrain Race,	5.3	7pm	<a href="http://www.ukresults.net">http://www.ukresults.net</a>
Saturday 30 <sup>th</sup> May	Hollins Green **** Club Championship ****	5K	4:30pm	<a href="http://www.spectrumstriders.org.uk">http://www.spectrumstriders.org.uk</a>
Thurs 4 <sup>th</sup> June	Bowden 5K		7.15pm	<a href="http://www.spectrumstriders.org.uk">http://www.spectrumstriders.org.uk</a>
Friday 12 <sup>th</sup> June	Dunham Massey	5K	7.15pm	<a href="http://www.spectrumstriders.org.uk">http://www.spectrumstriders.org.uk</a>
Thursday 18 <sup>th</sup> June	<b>WRR 10K</b>			
Sat 20 <sup>th</sup> June	Lymm	5K	4:30	<a href="http://www.spectrumstriders.org.uk">http://www.spectrumstriders.org.uk</a>
Friday 26 <sup>th</sup> June	Summer Handicap **** Club Championship ****	5K	7pm	



## RACE RESULTS

It is the half marathon season, and by my reckoning, several members have produced some Personal Bests (PB) – well done. I do not have PB time for all members so assigning PBs is a bit of a guess. Please let me know if you achieve a PB. I apologise if I have missed a PB or have incorrectly guessed a PB.

Any photos of you running would be greatly welcomed.

<b>Trimpell 20, Morecambe, Lancashire, 15<sup>th</sup> March</b>					
Pos	Name	Cat	Cat Pos	Time	Standard
1	<i>Michael Aspinall, Lancaster &amp; Morecambe AC</i>	M	1	1:50:01	
110	Keith Brown	M45		02:21:39	Gold
289	Steve Bevan	M55		02:47:57	Silver

<b>Trafford 10k Road Race, Partington on Sunday 15<sup>th</sup> March</b>					
Pos	Name	Cat	Cat Pos	Time	Standard
1	<i>Mark Miles</i>	M	1	29:25	
182	Chris Hampson	M	18	42:06	Bronze
282	Martin Hall	M45	27	47:22	Bronze

<b>Burnley 10K, 22<sup>nd</sup> March</b>					
Pos	Name	Cat	Cat Pos	Time	Standard
1	<i>James Reed</i>	M	1	33:16	
211	Carol Fell	F60	002/003	01.02.40	Bronze

<b>Coniston 14, Cumbria, 28<sup>th</sup> March</b>					
Pos	Name	Cat	Cat Pos	Time	Standard
1	<i>Nick Leigh, Altricham</i>	M	1	1:15:56	
1265	Diane Whitfield	F45	103	2:22:47	

**Wilmslow Half Marathon, 29<sup>th</sup> March**

Pos	Name	Cat	Cat Pos	Gun Time	Chip Time	Chip Pos	Gender Pos	Standard
1	Mark Miles	M	1	1:04:11	1:04:10	1	1	
145	Mark Jones	M	102	01:22:30	01:22:24  PB	145	133	Silver
449	Chris Hampson	M	240	01:33:40	01:33:22  PB	463	402	Bronze
639	David Beck	M	321	01:37:33	01:37:26  PB	689	567	Bronze
657	Shirley Anderson	F35	13	01:37:52	01:37:25  PB	687	74	Silver
730	Kevin Dickson	M	371	01:38:54	01:38:37  PB	771	646	Copper
873	Neil Hankinson	M	443	01:41:00	01:39:46	860	774	Copper



Mark Jones and David Beck At Wilmslow

**Liverpool Half Marathon, 29<sup>th</sup> March**

Pos	Name	Cat	Cat Pos	Gun Time	Chip Time	Chip Pos	Gender Pos	Standard
1	Stuart Stokes	M	1	1:10:20	1:10:19	1	1	
569	John Houghton	M45	52	01:39:01	01:38:33  PB	632	541	
1774	Gill Collen	F50	9	01:55:47	01:53:07	1808	230	Silver
1932	Alison Lysons	F45	20	01:57:38	01:52:26	1745	274	Bronze
3130	Carol Fell	F60	3	02:22:26	02:17:32	3131	759	Bronze