

WRR NEWSLETTER

June 2009



Thoughts From The Chair

Injuries they say are part of a runner's lot, we just have to accept them. The twisted ankle from running off road, the pulled hamstring from not warming up properly, I can even put up with the back strain brought on by too much digging after a long run. But bloody hell, a hammock induced Achilles tendon strain! Enough is enough, is it now time to consider putting ships in bottles, crosswords, or god forbid Sudoku, well maybe not, and with a bit of luck I should be running again by the Sale 10 miler on August 2nd.

Just because I'm not running doesn't mean that you get to avoid me however, as the Club has so much going on in the next few months. The 10k on June 18th, the Summer Handicap on June 26th, and the Arley Mile on July 10th are all really big events for the Club that will only succeed if the members support them, so I hope to see turnouts as good as the one we had for the cross country back in January.

Looking further ahead than August, the committee have already begun to bend their minds to our winter runs. I mentioned last month the hill sessions that will start after the Birchwood 10k in preparation for the cross country league. We are also starting to think in particular about the Tuesday training run. It is a subject that I know promotes strong feelings amongst many in the Club, and I would welcome any ideas about possible new routes, as well as how we avoid the perennial problem of runners getting left on their own.

I look forward to seeing you all at one or more of our events over the next few months, even if I have to be the one holding the coats.

See you on the run,

Ian.

WRR Committee Members

Chairman
Ian Edge

Secretary
Julia Wrigglesworth

Treasurer
Alan Wright

Editor
Jim Dawson
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10K Race Organiser
Mark Molloy

**Cross Country
Captain**
Gill Collen



WRR 10K

The club's annual 10k is on Thursday 18th. Thanks to all that have offered to marshal, please be at Woolston Linear Park Ranger's Hut between of 6.00-6.15pm.

We have only just enough marshals hence if you have any difficulty in being there, please inform Mark **ASAP**.



The Long Run

This year's Long Run Weekend is on Saturday 4th July to Monday 6th July. Mark and Mhairi have planned some wonderfully scenic routes and the accommodation is booked.

Eleven members are booked for the weekend and there is room for one or two extra, so if you are interested see Mark or Mhairi **ASAP**.



Summer Handicap

The Summer Handicap is on the Friday 26th June. This is a course starting and finishing at Broomfields Leisure Centre of approximately 5km for club members only. All members are encouraged to join in, everybody should have the same chance of winning if Ian E. has does the handicapping correctly. The first members will be set off at 7pm.

There will be a get together afterwards at the Grappenhall Community Centre for a quiz and some sandwiches.



Arley Mile

This years Arley Mile is on Friday 10th July. This is a timed running of an accurate Mile course on the road between Appleton and Arley Hall.

All members are invited. We will meet at Broomfields Leisure Centre at 7pm and jog up to the start.



Summer Run Routes

The routes for Tuesdays evenings during the summer are as follows:

- June: The Daresbury route
- July: The Grappenhall route (the old one up through the woods, past the cricket club to Grappenhall and then up through the Mersey forest etc). This is as last year.
- August: Daresbury again.
- September: On the canal towards Lymm and Trans Pennine trail route (daylight permitting).



Membership Forms

As usual for this time of year, there are still a number of member who have not re-registered with the club yet. You know who you are, please get your form to Julia ASAP.



November Weekend

Spectrum Striders are organising a weekend in the Lakes District in November. This is an annual event for them and they are extending the invite to WRR members as well.

A flyer accompanies this newsletter.



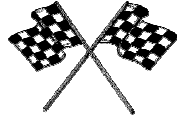
Club Kit

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
Thurs 18 th June	WRR 10K			
Sat 20 th June	Lymm 5K	5K	4:30	http://www.ukresults.net
Thurs 25 th June	Reebok Manchester 5k Sizzler (1/4)	5k	7.30	http://www.ukresults.net
Friday 26 th June	Summer Handicap **** Club Championship ****	5K	7pm	
Wed, 1 st July	Birchwood Forest Park 5K.	5K	7.30pm	http://www.ukresults.net
Sunday 5 th July	City of Manchester 10K	10K	9.30am	http://www.ukresults.net
Thurs 9 th July	Reebok Manchester 5k Sizzler (2/4)	5k	7.30	http://www.ukresults.net
Friday 10 th July	Arley Mile **** Club Championship ****	1M	7pm	
Sat 18 th July	Burtonwood 5 Mile Road Race	5M	4.00	http://www.ukresults.net
Wed 22 nd July	Sefton Park 5 Mile	5M	7.30	http://www.ukresults.net
Thurs 23 rd July	Reebok Manchester 5k Sizzler (3/4)	5k	7.30	http://www.ukresults.net
Sun 2 nd August	Sale 10M, Wythenshawe Park **** Club Championship ****	10M	9:00am	http://www.ukresults.net
Thurs 6 th August	Reebok Manchester 5k Sizzler (4/4)	5k	7.30	http://www.ukresults.net



RACE RESULTS

Twelve club members ignored the FA cup final on a very hot Saturday afternoon and ran the Hollins Green 5K, what a good turnout and (for Everton supporters) it proved to be a more worthwhile event!

I missed out Carol Fell from last months London Marathon, she ran with Carrie Whittle under an alias in approximately 4hrs 56mins, well done Carol.

Shell Chester Half Marathon, Cheshire, 17th May

Pos	Name	Cat	Time	Standard
1	<i>Kenneth Svendsen, Tattenhall Runners</i>	M	1:13:26	
47	Mark Jones	M	1:23:53	Silver
207	David Beck	M	1:33:55	Bronze
247	Neil Hankinson	M	1:35:21	Bronze

Dunham Massey Park 5k, 22nd May

Pos	Name	Cat	Time	Standard
1	<i>Mike Hatch</i>	M	15:56	
65	Dave Gallimore	M	19:49	Bronze
76	Keith Brown	M45	20:15	Silver
77	Jim Dawson	M45	20:15	Silver
178	Carol Fell	F55	29:44	Copper



Jim Dawson & Keith Brown



The Reebok Sale 5, Wythenshawe Park, Monday 24th May				
Pos	Name	Cat	Time	Standard
1	<i>Martin Williams, Tipton Harriers</i>	M	24:04	
166	Keith Brown	M40	40:19	Silver

Mersey Tunnel 10K 31st May					
Pos	Name	Cat		Time	Standard
1	<i>Paul Sankey, Liverpool RC</i>	M		33.50	
377	John Houghton	M50	16/87	47.41	Bronze

Hollins Green 5k, Saturday 30th May				
Pos	Name	Cat	Time	Standard
1	<i>Gareth Booth, Horwich RMI Harriers</i>	M	16:17	
39	Mark Jones	M	18:49	Silver
65	Keith Brown	M45	19:46	Silver
80	Chris Hampson	M	20:20	Bronze
85	David Beck	M	20:33	Bronze
87	Jim Dawson	M45	20:42	Silver
89	Tony Bell	M45	20:52	Silver
115	Ian Barwise	M55	22:10	Bronze
122	Richard Hoe	M	22:41	Copper
143	Gillian Collen	F50	24:18	Silver
145	Mark Molloy	M40	24:25	Copper
152	Shelly Walsh	F55	25:13	Silver
179	Carol Fell	F55	29:51	Copper

Bowdon 5k, Altrincham, 4th June 2009				
Pos	Name	Cat	Time	Standard
1	<i>Steve Vernon, Stockport Harriers</i>	M	14:52	
98	Keith Brown	M45	19:29	Silver
162	John Houghton	M50	21:09	Silver
269	Carol Fell	F55	29:16	Copper

END