

WILMSLOW RUNNING CLUB

Newsletter May 2005

www.wilmslowrunningclub.co.uk

Christleton 5K

Friday 13th May

Fifth Race in Cheshire Grand Prix

Third Race in Club Summer Series

A flat course and fine weather ensured a large turnout and a quality field. Tony had encouraged a large Wilmslow contingent with the promise of "mug points".

This was my first 5k and listening to the more experienced runners the only tactic discussed seemed to be to "set off fast as you can then just hang on". The start was rather crowded and rather put paid to the setting off fast although even so hanging on still seemed to set in from about km 2.

There were some great Wilmslow times and no doubt a few PBs and even CRs.

341 finishers
Winning time 14:24

Rob Downs

12	Damian	Nicholls	M	15:27
15	Michael	Halman	M	15:44
35	Tom	Mcgaff	M50	16:28
36	Rob	Downs	M40	16:29
49	Nick	Bishop	M45	16:52
63	Andrew	Penney	M	17:25
80	Mick	Fairs	M55	17:50
94	Ian	Smallwood	M40	18:15
98	Peter	Carne	M40	18:20
109	Tony	Hulme	M55	18:43
113	Mike	Cooper	M40	18:50

115	Jane	Clarke	L35	18:55
119	Kate	Ayres	L45	19:05
171	Ian	Ashcroft	M55	20:38
173	Paul	Ayres	M45	20:48
186	Tracy	Alderson	L	21:11
198	Sally	Maddock	L	21:46
200	Roy	Pownall	M55	21:48
217	Sue	Wright	L40	22:18
234	Julie	Lucas	L40	22:52
239	Kate	Sutton	L40	23:04

Ian ties up victory

Rumours abounded about the race being full which left me in a bit of a quandary on Thursday evening. Do I take it easy and not complete the full run, or, if I cannot get in the race do I run as hard as I can (alright, hard for me – all things are relative!). Anyway, I foolishly chose the latter and probably cost myself a few seconds on the night.

A big turn out from the club of the mainly group 1 and 2 variety ensured a low score for me in the Summer Championship (I really think it should be age related, although, on second thoughts, Tony and Mick are in my age group, so forget what I just said). And, speaking of my age group, I also had to suffer the ignominy of my racing rival Ian stopping to tie his shoelaces allowing me to pass him only to find him blasting past me and going on to beat me by 1 minute 10 seconds – oh, the shame of it.

I should, however, like to end on a more positive note. Thanks undoubtedly to Tony's training Tracy (I'll just follow you Roy) Alderson and Sally (my arms felt so heavy and my back ached all the way round) Maddock

both finished in front of me – me, a grumpy old man? NEVER!

Roy Pownall

Whitley 10k

Sunday April 24th.

Nice sunny Sunday morning, pleasantly undulating leafy lanes, perfect for a Sunday jog along the country lanes of Higher and Lower Whitley – and a large, keen crowd had got up for the 10K.

As we lined up Mike Halman confided that he wasn't going to run "fast" after his victory over 5 miles the day before. There was a bit of discussion about where the start line was and suddenly we were off. After about quarter of a mile there was some confusion at the fork in the road just after the duck pond. The leading pack went right, the marshall signalled left and I dashed through to momentarily take the lead. Shortly after that Mike disappeared as quickly as ever on his way to a sub 33s time. My own race became more about navigation as I lost sight of the runners both ahead and behind. The final mile involved weaving through the stragglers of the Fun Runners and a quick run round the village field. Mike Cooper and Jane were close behind followed by Tony (limping), Don, Ian and Julie.

2	Mike Halman	32.52
4	Rob Downs	34.49
42	Mike Cooper	40.32
51	Jane Clarke	41.22
65	Tony Hulme	42.14
103	Don Bullough	46.07
114	Ian Ashcroft	46.44
133	Julie Lucas	48.31

276 finishers

Rob Downs

The race has the feel of a village fete. The route is through country lanes around the village. Paul

Saunders said there is no flat, it is either up or down, which is about right, although none of it steep. It was a beautiful Spring morning but pleasantly cool with the sun not breaking through until after the race had finished. Mike Halman admitted to sore legs after winning the YMCA 5-mile the previous day.

I felt I was running well, although checking my watch against each kilometre marker was telling a different story, but all the time I could see Don in front of me, much closer than he had been at Alsager. Tony had said this was not a fast course, I finished strongly picking up about 10 places in the final kilometre and although my time was poor, I felt I had performed well given the undulations. Except, of course, Don has not run much in recent weeks because of his knee problems.

And then Jane said she thought she'd done a PB. Thought? Well she had not put her watch on to convince herself she was just on a fun run. Do you sometimes worry about what lurks within the psychological make-up of runners? Anyway she left me to cheer Julie through to her PB. Very nice for them, but this is beginning to put my performance in a different perspective. Oh, and Mike finished second with a PB and Rob did a PB, and Mike Cooper did a PB. Time to go home and prepare to be the butt of the Group 4 comedians at Tuesday training

Ian Ashcroft

Neolithic Marathon

Sunday 1st. May

About 3 weeks ago Gavin (ne "Fred Flintstone") challenged me to run the Neolithic marathon. As a Barney Rubble would say "Yabba Dabba Doo" and we set off for Bedrock. The race is actually run from Avebury stone circle to Stonehenge, on footpaths, trails and tank tracks across Salisbury plain.

The sun was out and with a soft southerly wind it promised to be a warm event. I set off in fine style with Gavin trailing behind, and enjoyed the rolling hills with superb views until about 14

miles. At this stage the heat got the better of me and I resorted to walking (!) up the hills, needless to say Gavin overtook me. Having a competitive streak I soon set off after him and after about 2 miles I managed to catch up with him. He then proceeded to race off into the distance (what are friends for!) leaving me again to enjoy the scenery and the undulating hills. With 4 miles to go I set my heart on being under 3 hours 30 and increased my jogging speed to about 9 min per mile, then to my great surprise with less than a mile to go I caught an extremely tired Gavin and we finished together.

Instead of the normal t-shirt, each competitor had free entry to Stonehenge for the day. We managed a very slow stroll round the circle admiring the great efforts of the people who built it.

And as bit of light relief here are the lyrics to the Flintstones:

*Flintstones... Meet the Flintstones,
They're a modern stoneage family.
From the town of Bedrock,
They're a page right out of history.
Let's ride with the family down the street.
Thru the courtesy of Fred's two feet.
When you're with the Flintstones,
have a yabba dabba doo time,
a dabba doo time,
we'll have a gay old time.*

Ian Smallwood

Wilmslow Running Club Best Individual Times 2005 Marathon

1 Darren Dunn	M	2:42:00	London
2 Andrew Penney	M	2:57:00	London
3 Steve Smith	M40	3:10:00	London
4 Andy Watts	M50	3:12:00	London
5 Steve Russell	M45	3:13:00	London
7 Ian Smallwood	M40	3:27:00	Stonehenge
7 Gavin Mendham	M50	3:27:00	Stonehenge
8 Gareth Trimble	M	3:57:00	London

Waterloo 15k

Monday May 2nd.

Second Race in Club Summer Series

An excellent day for the Waterloo 15k race - bright and sunny with just a hint of wind (not too much, and it even seemed to be behind us on the promenade). Starting from the Merchant Taylor's playing field the race crossed fields with cows, short sections of sand, suburban roads, gravel track by the sea, and finally back to the playing field. Some outstanding runs by Wilmslow folk. Brilliant run by Sally to get 4th Lady and 1st L40. A new runner Mike Hellman representing Wilmslow came second overall - he really showed that Mike Halman a clean pair of heels! Then Nick Bishop excelled himself by coming both 14th and 405th overall. John Hulme did pretty well as 1st vet 55. OK so Joe Lee's results aren't up to their normal standard!!.

Andy Watts

Those seeking easy points for the Summer Series from an obscure race over an unconventional distance on a Bank Holiday Monday were dismayed to find so many 'friends' with the same intent.

The results below have, hopefully, eliminated the glitches to which Andy refers:-

2	Michael Halman	50.48	
14	Nick Bishop	55.57	1st.M45
27	Ray Noble	58.23	
75	Peter Clarke	1:02:37	
76	Sally Gilliver	1:02:38	1st.L40
79	Tony Hulme	1:02:44	1st.M55
91	Jane Clarke	1:03:20	
95	Andy Watts	1:03:50	2nd.M55
107	Richard Parris	1:04:25	
150	Mike Cooper	1:06:56	
177	Nicky Mowat	1:08:45	2nd.L45
188	Paul Ayres	1:09:18	
239	Ian Ashcroft	1:12:12	
305	Sally Maddock	1:14:55	
369	Kate Sutton	1:17:57	

Really enjoyed the course, particularly the path along the coast. It was a good mixture of road and cross country without any hills. Was pleased to overtake Paul Ayres after about 10k having had him in my sights for most of the run. Nick Bishop gave me a welcome boost 800 yards from the end. However in future I think I should be more aware of who is overtaking me at the last minute as I was pipped at the post by another L45 and so came second by four seconds!

Nicky Mowat

South Cheshire 20

Sunday May 8th 9.30am

Caught up in Crewe!

As sole representative of WRC, I thought I had better pen a note.

Having failed on 2 occasions to break the 1.30 barrier it was time to dust down the shoes and get some serious practice for the Chester half.

I attended with Tony's wisdom ringing in my ears:

"You'll be alright, if you don't finish you can walk . . .

Take 2 Nurofen after the race to stop the swelling . . .

And DON'T run Monday!"

The first 5 miles was run at a steady pace then we encountered a 'Small' hill, the heavens opened up and it absolutely threw it down. After being overtook by Noah, and few more big hills to test my resolve it was time for hailstone, all I needed!

The few runners around looked like pathetic lost soles . . . and this was only the 12 mile mark! God knows what marathon runners go through.

Steady running at 7minute pace and the miles seem to take care of themselves; 12 became 14 then 16 and before I knew it the finish line was in sight across another muddy field. (sorry no sprint) They say the course is equivalent to a flat 22 and I believe 'em!

It's the first time I've run over ½ m distance, Mission Accomplished, time was ok too. Although I wish I had remembered the Vaseline!

24th Place out of 131 finishers, Time 2:23:56

Mike Cooper

Bluebell Trail 10

It may sound like a wander through the woods in spring time but the Bluebell 10 is certainly no picnic.

The start gave a hint of things to come as after just a couple yards we had to negotiate a steep grassy bank. The first couple of miles saw us running down cobbled alleys, along the canal bank and yes skipping through the bluebells in the woods. It was all very pleasant until the aptly named Trooper Hill – a 500ft plus climb up a steep series of cobbled switch backs that reduced most of us to walking at some point. Ray and I agreed it was far tougher than the Murder Mile (and we're sticking to that never mind we've never been to Mow Cop).

Cresting Beacon Hill the whole of the Calder Valley was laid out below and we ran up and along the edge. We'd reached the top and there was nowhere higher so I was now expecting to coast back down the hill through more delightful woods. But that just wasn't in the plan as the route took us up hill after hill each time crashing back down slippery, cobbled or woodland paths.

Finally a sustained downhill scramble delivered us back through the bluebell woods and a last sprint up the canal towpath to the famous river crossing. The river was about shorts deep and quite fast flowing – it was rather tricky to climb out and somehow I managed to lose a couple of the places I'd gained on the canal.

I'd recommend the Bluebell 10 for next year and nominate it for the Summer Series 2006 as it really has just about every terrain that you could imagine and more hills than a month of Tuesday hill reps. See www.stainlandlions.com for photos.

6 Rob Downs	1:09:45	1 st . M40
29 Ray Noble	1:19:03	
33 Sarah Charnock	1:21:37	1 st . F
	(St. Helens Sutton AC)	

266 Finishers

Not sure how Sarah crept into the report but perhaps Rob and Ray will explain.

Peter's French race debut, and Sue also runs a 6 kilometre race

Several members of club ran in the Albi 10 kilometre race on 24 April. Albi is about 90 minutes from home. Weather was warm and dry and the facilities super with a marathon, half and 10k and a 5k as well. 10k was 2 laps from centre of city into suburbs.

First time I have been electronically tagged, with a chip on shoe Finished in 43 minutes – not bad, but hope to improve on this. Later in the week all runners received copies of the regional newspaper "Centre Presse", which was one of the sponsors, with the results.

Good to re-visit the place we stayed in on our first visit to France to house-hunt in Feb 2004. There were 524 finishers in the 10k, and 718 in the half marathon. It was my first 10k for some time. After such a gap decided to run another a week later!

Sunday 1 May and a local race at Druelle, about 20 minutes from here with a 4 pm start. 10 members of the club ran. It is hot (28 degrees) and the course is hilly, a mix of road and path. Very hard work, but I finish 5th V2 (vet categories are 40-50, 50-60 etc. I'm not sure whether the oldest competitor aged 88 has a category!)

A local event, but very well organised. After the race water, oranges and cake. Then the presentation and an aperitif (pizza, flan and a glass of the local vin). Then the repas – paella, cheese and more vin. Followed by a tombola with race numbers drawn and prizes given out. This format seems to be quite common in races here. Sue made her debut in a 6k race, and later won begonias in the tombola! [I thought Maurice and the half marathon team could be interested in adding some of these ideas to the Half!]

Race entry fee was 5€, and the meal was 8€. We arrived home at 9.30 after a super day on the hottest day of the year. I have not tried to explain the idea of all entrants winning a trout at the Wincle race but I'm sure the idea will go down well here!

The races come thick and fast for the next few weeks. In fact the next event should have been the Rodez "Grand Huit" on Sunday 15th which is an 8 stage relay of 66kms (one from each of the 8 communes around the city). It is advertised as a relay for 5-7 runners which certainly had me thinking! However it appears that the whole team runs the final leg (a short one). Runners can run in more than one leg, but not consecutively. I have been asked to run (it is Monday) but I do not know yet which leg! *[In fact we could not raise a team so I didn't find out more! Quel dommage.]*

I get the impression that many of the club prefer longer distances and I know some are training for the Millau 100k which is very well established race here. (Millau is now famous for the new bridge which was opened last December) More races to come, but not as many as the summer series in England!

Great results from club members, which we read about in the newsletter.

A bientot

Peter and Sue

Chester Half Marathon

22nd May 2005

The 9.30am start was a bit harsh but it was a nice bright day with a cooling breeze as we lined up at the start on the Old Dee Bridge. Despite the name the race spends little time in Chester itself and we quickly headed out down nice flat rural lanes rather like the Wilmslow course.

Mike and the rest of the lead group were out of sight by mile 5 as we laboured around the lollipop end of the out and back course. Heading back towards Chester there was still a long line of runners on the outward half creating a contra-flow of mutual encouragement.

Entering Chester we took a series of odd turns through a school, round the houses and back into the city. I'd lost sight of the guys in front and was beginning to wonder if I was just lost when the race course came into view. I could see the finish and the big clock showed a very encouraging time. Unfortunately we'd only just passed 12 miles so there followed a further loop down past the river before entering the final straight to the finish.

The Wilmslow highlights* included the usual great run and PB for Mike Halman and an excellent time for Tracy in her first half.

3	Michael Halman	1:10:35
9	Rob Downs	1:16:11 1 st .V40
53	Ray Noble	1:22:54
181	Michael Cooper	1:31:34
416	Trevor Morris	1:39:38
444	Tracy Alderso	1:40:30
531	Sean Barry	1:42:49
658	Sally Maddock	1:45:55
1952 finishers		

Rob Downs

**there seems to be an excess of modesty about Rob's 9th. overall and first over 40 male.*

Best Individual Times 2005 Half-Marathon

1	Michael Halman	M	1:10:35	Chester
2	Darren Dunn	M	1:14:08	Wilmslow
3	Tom McGaff	M50	1:15:14	Helsby
4	Rob Downs	M40	1:16:11	Chester
5	Stuart Parrott	M40	1:16:54	Wilmslow
6	Jim Pendrill	M	1:18:07	Wilmslow
7	Graham Taylor	M40	1:18:14	Helsby
8	Nick Bishop	M45	1:20:33	Wilmslow

9	Ray Noble	M	1:22:05	Wilmslow
10	Mick Fairs	M55	1:22:19	Wilmslow
11	Andrew Penney	M	1:23:57	Wilmslow
12	Ian Smallwood	M40	1:25:10	Helsby
13	Mike Cunningham	M40	1:25:29	Helsby
14	Sally Gilliver	F40	1:26:04	Helsby
15	Tony Hulme	M55	1:26:46	Helsby
16	Jane Clarke	F35	1:26:56	Helsby
17	Gavin Mendham	M50	1:28:02	Wilmslow
18	Richard Parris	M	1:29:05	Wilmslow
19	Steve Smith	M40	1:29:06	Wilmslow
20	Kate Ayres	F45	1:29:43	Helsby
21	Mike Cooper	M40	1:30:38	Wilmslow
22	Andy Watts	M50	1:31:05	Helsby
23	Steve Russell	M45	1:32:08	Wilmslow
24	Daniel Black	M	1:33:10	Helsby
25	Nicky Mowat	L45	1:34:26	Wilmslow
26	Don Bullough	M45	1:35:56	Wilmslow
27	Katy Green	L	1:37:11	Wilmslow
28	Jamie Smith	M55	1:37:34	Wilmslow
29	Peter Nelson	M55	1:37:42	Wilmslow
30	Rod Coombs	M50	1:38:40	Wilmslow
31	Trevor Morris	M40	1:39:38	Chester
32	Paul Nichols	M	1:39:39	Wilmslow
33	Paul Ayres	M45	1:39:40	Wilmslow
34	Tracy Alderson	L	1:40:30	Chester
35	John Porteous	M50	1:41:14	Wilmslow
36	Sean Barry	M	1:41:49	Wilmslow
37	Bill Staniard	M40	1:42:02	Helsby
38	Ian Ashcroft	M55	1:42:50	Wilmslow
39	Cheryl Barlow	L40	1:44:27	Wilmslow
40	Gareth Trimble	M	1:44:50	Wilmslow
41	Sally Maddock	L	1:45:55	Chester
42	Kate Sutton	F40	1:46:26	Helsby
43	Amanda Bradbury	L	1:46:45	Wilmslow
44	Julie Lucas	L40	1:46:46	Wilmslow
45	Roy Pownall	M55	1:47:17	Helsby
46	Simon Poyser	M40	1:48:20	Wilmslow
47	Penny Hinke	L45	1:52:00	Wilmslow
48	Stephen Feber	M50	1:53:09	Helsby
49	Trevor Faulkner	M60	1:56:19	Helsby
50	Ken Smart	M60	2:08:55	Wilmslow
51	Dave Mangnall	M55	2:09:02	Wilmslow
52	Simon Fenton	M60	2:12:59	Wilmslow
53	Chris Gartman		2:15:37	Wilmslow

Gin Pit 5

Sunday 15th May

Trail Race, undulating with various styles, fences and gravel to contend with!

A lovely morning and a good turn out. I had a decent run with a PB by 5 seconds ! 29th in 31.44 out of 144 Finishers.

Mike Cooper

Wincle Trout Run

The Wincle Trout Run will take place this year on Saturday 4th June. It is a 9km Fell race with 950 ft of climb. A fresh trout to all finishers!

Bad News from Graham

I wish. I haven't run for 3 months now, it is likely to be another 3 months at least before I start again. So I doubt I will be back at the club till the winter season starts! Can't quite believe it myself.

Graham Taylor

Training Weekend

Tony is planning to organise a training weekend in the Autumn. Details at this stage are a little vague but the Lakes are favoured. We are re-assured that accommodation will not be too expensive, that places will be limited and priority given to frequent racers. More to follow.

St. Tropez Classic

George was inquiring if there had been any further interest. george.livesey@wanadoo.fr

Gun Run

The Gun Run will be held again this year, at Swythamley (near Rushton Spencer) - Tuesday 12th July at 7:15pm. A hilly 9k - enter on the day.

***** RUNNERS OF THE MONTH *** MAY 2005**

Mike Halman for breaking the club men's 5k record at Christleton and Jane Clarke for doing the same in the ladies.

Gay Times at Twinnies Bridge

9am Sunday 8th May saw myself, Gavin and Andy tree hugging at Twinnies as the heavens opened. I happened to remark that given the reputation of Twinnies as a gay meeting place passing motorists might have wondered what three grown men in shorts were doing huddled together for warmth beneath the same tree.

Please, I assure you dear readers, that's all it was!

Roy Pownall

Race Results

I believe the best approach is for someone to get results up on the web-site as soon as possible after every race (or get them to Andy Watts or Ian Ashcroft who will put them up). If anyone spots an error or omission could they let Andy (web-site), Roy Pownall (newspaper) or Ian (newsletter), ideally all three, know as soon as possible so that the correction can be made.

ian.ashcroft@men-news.co.uk; roy@plccreative.com;
andy.watts@iname.com; andy.watts@shell.com;
ian@ianashcroft.com

CLUB RECORDS UPDATE

Some excellent performances lately. Well done. It proves the standard of the club continues to rise. Keep trying and you will get the results – you can't all set a record but you can achieve your personal best.

Christleton 5K

Ladies V45 and V40 new records set by Kate Ayres at 19.05 previously held by Sally Gilliver and Charlotte Godfrey.

Ladies V35 and outright club record set by Jane Clarke now at 18.55 Previously held by Sally Gilliver.

Mens V50 45 and 40 tom McGaff with 16.28 Replaces Himself and Tony Hulme

Senior Mens

Mike Halman 15.44 lowers his own record from 16 mins

Note : Damian Nicholl recorded a faster time ie 15.27 but will not qualify as a full first claim member until Dunham Massey on 27th May.

So Mike might have to run even faster to keep his own record.

5 Miles Chester Spring 5

Kate Ayres V45 and V40 ladies with 31.50
Tom McGaff V50 men 27.06 replaces Tony Hulme

Two records previously overlooked in the male V60 category

Simon Fenton in the Sale 5 miles 1st June 2003 with 34.48 replaces Peter Watson

Also at the Sale Sizzler 5K 14.8.03 with 21.49 replacing Tony Wilson

Tony Hulme

Promised a revised comprehensive list of records this month. Sorry, next month. In the meantime can you check the list on the web site and if you think there are any errors please talk to Tony.

Best Individual Times 2005

To be included the race result must appear on the website or in the newsletter and the appropriate authorities (Tony) be satisfied that the distance measurement and timings has been to the requisite standards.

Best Individual Times 2005

	Overall Ranking			
	5k	10k	10k mile	Mara Half thon
1 Michael Halman	2	2	1	1
2 Tom McGaff	3	3		3
3 Andrew Penney	6	7		11 2
4 Nick Bishop	5	6		8
5 Stuart Parrott		4	3	5
6 Mick Fairs	7	9		10
6 Tony Hulme	10	10	5	15
8 Rob Downs	4		4	4
9 Ian Smallwood	8	11		12 7
10 Jim Pendrill		5		6
11 Jane Clarke	12	13	7	16
12 Mike Cooper	11	13	6	21
13 Ray Noble		8		9
14 Damian Nicholls	1	1	2	
15 Darren Dunn				2 1
16 Kate Ayres	13	14		20
17 Sally Gilliver		15		14
18 Graham Taylor				7
19 Don Bullough		17	8	26
20 Mike Cunningham				13
20 Steve Smith				19 3
22 Gavin Mendham				17 7
22 Paul Ayres	15	18		33
22 Ian Ashcroft	14	19	9	38
25 Andy Watts				22 4
26 Richard Parris				18
27 Steve Russell				23 5
28 Tracy Alderson	16	23		34
29 Daniel Black				24
30 Nicky Mowat				25
31 Katy Green				27
32 Jamie Smith				28
33 Peter Nelson				29
34 Rod Coombs				30
35 Trevor Morris				31
36 Paul Nichols				32
36 Sally Maddock	17	25		41
38 Roy Pownall	18	21		45
39 John Porteous				35
40 Sean Barry				36
40 Julie Lucas	20	26	11	44

42 Bill Staniard			37
43 Cheryl Barlow			39
43 Gareth Trimble			40
45 Carly McBride		16	8
45 Kate Sutton	21		42
45 Amanda Bradbury		12	43
45 Peter Carne	9		
49 Linda Ely		20	
49 Penny Hinke		27	47
51 Susan Wright	19	24	
51 Simon Poyser			46
53 Dave Mangnall		10	51
53 Kim McBride		22	
53 Trevor Faulkner	28	13	49
56 Stephen Feber			48
57 Ken Smart			50
58 Simon Fenton			52
59 Chris Gartman			53

If we have missed anyone, or got anything wrong can you please let Tony Hulme or Ian Ashcroft know.

Something to aim at

Bowdon 5k

Thursday 10 June 2004

22	Stuart Parrott	17.05
24	Nick Bishop	17.08
45	Chris Potter	18.02
48	Mick Fairs	18.07
55	Mike Halman	18.36
66	Tony Hulme	19.01
71	Richard Parris	19.13
103	Chris Mayfield	20.37
108	Jane Clarke	20.55
113	Paul Ayres	21.30
125	Kate Sutton	22.30
135	Trevor Faulkner	23.31
138	Angela Lee	23.45
140	Ron Reed	24.19
147	Julie Lucas	25.32
160 finishers		

Hi girls!

As our social secretaries, here are some ideas for the summer.

1. Halle fireworks and light spectacular

This is on Saturday 30 July at Tatton Park. You go late afternoon and set up chairs and tables for a champagne picnic. The concert starts at about 8pm. Neil and Linda Dainty and I are going anyway, with other friends, and it would be nice if other WRC friends were there. We have been twice before, and thought it fantastic. Tickets are booked via 0870 890 0501 and cost £22.50 each, plus booking fees.

2. Events at Gawsworth Hall

I have often been to their Wilmslow Green Room Shakespeare comedies, and their list of summer open air theatre events gets longer each year. Look at www.gawsworthhall.com. I quite fancy Blithe Spirit from 6-9 July and Humph on Thurs 4 August. The performances usually start at 7.30pm, but you can go mid-afternoon and have another champagne picnic beside the lake. A cushion is needed for sitting on the benches in the covered stand. See what you think and if you could see other club members being interested.

Trevor

Message from Rod Coombs: 'The Band's next gig'

The Emmanuel Haven Charity Concert

**Saturday June 18th , at Wilmslow
Rugby Club.
7pm till 11pm**

Bar, Buffet, and Band

STOP PRESS

TICKETS SELLING FAST: BRING YOUR TEN QUIDS TO ROD IF YOU WANT A TICKET BEFORE WE REACH THE LIMIT FOR THE HALL. OTHERWISE YOU WILL HAVE TO BUY AT INFLATED PRICES ON eBAY

I hope you wont mind me using the Running Club Newsletter to advertise an event that my daughter Harriet is organizing here at the Club in June. She asked me and the other boys in the band to learn a whole new set of songs (just to make us a bit more interesting) and put together a concert to raise money for an orphanage in South Africa. She went there on a trip recently and what she saw had such an impact on her that she decided to try to raise money to help. She has formed a committee with friends at school and they are organizing a series of fund-raising activities – this event is just one of them. Here is what she wrote herself to explain:

“Emmanuel Haven in Port Elizabeth, South Africa, is a non profit organization working with the South African government and Nelson Mandela Metropolitan University to improve a township in Port Elizabeth called Motherwell. Emmanuel Haven has many ongoing schemes helping the people. As a result of my recent visit there I have chosen to support two of these schemes.

Every family in Motherwell has been affected by AIDS in one way or another. When I was there I visited so many homes where there were AIDS orphans being cared for by the elderly, by people with AIDS themselves and families who already had children. One of the projects is to build a pre-school in Motherwell for the AIDS orphans. Building is about to get underway as the women of the township have been making the bricks for the school. This scheme is dealing with the problem but the other scheme I have chosen to support is trying to prevent a more serious problem. The really sad thing is that the parents of many of the orphans could have been saved, and many orphans saved from contracting HIV as well if the HIV/AIDS research center in the township was open. But it has been shut for the last two years.

The money raised from this concert could go along way to help the orphans and potential orphans get a better start in life. I chose to support the charity after I saw for myself the joy it would bring the children. I was welcomed into so many homes and the children were overjoyed even to have a picture of themselves taken. The money from the ticket price (probably £10.00) would transfer to over 100 rand which would go such a long way to equipping the school and refurbishing the HIV/AIDS center which could potentially save so many lives.”

So the plan is to have 70 to 100 people at the event, using the big hall. Keith will open the bar, and Rosemary will do one of her big buffets which will included in the entry price. The band will play a couple of sets, and we are going to ‘mike up’ Paul’s drums this time to make sure you can hear him properly!

Please contact me if you want tickets.

Rod Coombs

Summer Series

Here are the results of the summer series after race 3, Christleton. Another very good turnout with 21 club runners. Attendance is slightly up after 3 races compared to 2004.

Some good battles appear to have been fought. Tom McGaff stayed ahead of Rob Downs by a nose; Tony Hulme just managed to keep Mike Cooper off again; Ian Smallwood closed the point gap with Mick.

Graham Taylor

In Group 4 Paulo has taken an early, and perhaps decisive, lead although Nicky, first in her only race, Waterloo, needs watching. Ian is

making headway overturning last year's defeat by Roy. Perhaps this year, though, the squabbling amongst the grumpy old men will take second place to the more intriguing battle of age against beauty - Tracy and Sally making Roy (Group 4 champion last Summer) their first conquest. The signs are not good for the men with Sue, Julie, Kate and Penny lining-up in the wings whilst the male reinforcements; Rod (first grumpy at Wilmslow), Peter, Stephen and Simon are yet to enter the fray.

With 11 races still to go, and only 6 to qualify, everything can change

2005 Wilmslow Running Club Summer Series

Position	Name Race	Individual Qualifying Race Results											Best 6 Results									
		Chester Spring 5	Waterloo 15K	Christleton 5K	Dunham Park 5K	Tittesworth 4.5m	Bowden 5K	Warrington 10K	Shutlingsloe 3m	Sale Sizzler 5K	Pie & Pees 5K	Birchwood 10K	Gawsworth 10K	Sutton 6 10K	Langley 7m	Best (1)	Best (2)	Best (3)	Best (4)	Best (5)	Best (6)	Sum of Best
1	Michael Halman	49	50	49												50	49	49				148
2	Nick Bishop	45	49	46												49	46	45				140
3	Tony Hulme	41	45	41												45	41	41				127
4	Mike Cooper	39	41	40												41	40	39				120
5	Paul Ayres	36	39	36												39	36	36				111
6	Julie Lucas	31	35	31												35	31	31				97
7	Damian Nicholls	50		50												50	50					100
8	Tom McGaff	48		48												48	48					96
9	Ray Noble	43	48													48	43					91
10	Andrew Penney	44		45												45	44					89
10	Peter Carne		47	42												47	42					89
12	Mick Fairs	42		44												44	42					86
13	Ian Smallwood	40		43												43	40					83
13	Jane Clark		44	39												44	39					83
13	Sally Gilliver	37	46													46	37					83
16	Kate Ayres	38		38												38	38					76
17	Ian Ashcroft		38	37												38	37					75
18	Sally Maddock		37	34												37	34					71

19	Tracy Jayne Alderson	34	35	35	34	69	
20	Roy Pownall	35	33	35	33	68	
21	Kate Sutton	36	30	36	30	66	
22	Susan Wright	33	32	33	32	65	
23	Rob Downs		47	47		47	
23	Stuart Parrott	47		47		47	
25	Jim Pendrill	46		46		46	
26	Andy Watts	43		43		43	
27	Richard Parris	42		42		42	
28	Nicky Mowat	40		40		40	
29	Sally Ruth	32		32		32	
30	Trevor Faulkner	30		30		30	
No of Runners		21	16	21	30	22	6

Ranking is 1st by number of qualifying races entered (if 6 or less), then 2nd by sum of Best 6 Results

How your position has changed since **Waterloo 15K**: **Up** **Same** **Down**

No	Race Details	Day	Date	Time	Entry Form	Directions	Type
4	Dunham Park 5K	Friday	27-May-05	7:15 PM	Entry Form	Directions	Parkland
5	Tittesworth 4.5m	Thursday	2-Jun-05	7:30 PM	Entry Form	Directions	Multi-terrain
6	Bowden 5K	Thursday	9-Jun-05	7:15 PM	Entry Form	Directions	Road
7	Warrington 10K	Thursday	23-Jun-05	7:30 PM	Entry Form	Directions	Road/Path
8	Shutlingsloe 3m	Thursday	7-Jul-05	7:30 PM	Entry Form	Directions	Fell
9	Sale Sizzler 5K	Thursday	14-Jul-05	7:30 PM	Entry Form	Directions	Parkland
10	Pie & Pees 5K	Wednesday	3-Aug-05	7:30 PM	Entry Form	Directions	Trail
11	Birchwood 10K	Sunday	21-Aug-05	10:30 AM	Entry Form	Directions	Road
12	Gawsworth 10K	Sunday	11-Sep-05	10:30 AM	Entry Form	Directions	Multi-terrain
13	Sutton 6 10K	Sunday	25-Sep-05	11:00 AM	Entry Form	Directions	Multi-terrain
14	Langley 7m	Saturday	5-Nov-05	TBA	TBA	TBA	Road