

WILMSLOW RUNNING CLUB

Newsletter Spring 2005

www.wilmslowrunningclub.co.uk

Dunham Massey 5k

Friday 28th. May

Fourth Race in Summer Series

4	Damian Nicholls	M	15.44
7	Michael Halman	M	16.01
12	Tom McGaff	V50	16.33
17	Rob Downs	V40	16.56
22	Jim Pendrill	M	17.10
27	Nick Bishop	V45	17.20
42	Ray Noble	M	18.22
43	Mick Fairs	V55	18.24
49	Peter Carne	V40	18.41
51	Ian Smallwood	V40	18.48
57	Richard Parris	M	18.55
62	Tony Hulme	V55	19.07
69	Mike Cooper	V40	19.36
72	Kate Ayres	L45	19.40
73	Jane Clarke	L35	19.40
77	Steve Russell	V45	19.46
78	Sally Gilliver	L40	19.46
100	Ian Ashcroft	V55	21.05
112	Nicky Mowat	L45	21.45
113	Paul Ayres	V45	21.51
131	Roy Pownall	V55	22.39
132	Sally Maddock	L	22.45
140	Julie Lucas	L40	23.25
146	Penny Hinke	L45	23.49
159	Angela Lee	L	25.06

Call me sad, but as no post from our resident hack , Mr Downs (probably preening himself following race photo in July RW magazine), I considered the various comments from WRC runners with regard the times run last night at the Dunham Massey 5k .

Fact, 17 WRC runners ran both Christleton and Dunham and all 17 were slower. Numerous considerations, effects of Chester half , mid week fell race, a couple of sharp bends on the course, final 1k of slight incline, heat , part off road terrain, too much beer at club Thursday etc.

The average drop off from Christleton for the 17 that ran both was 2.95%. For those who ran 15 or 16 minutes at Christleton the drop off was 1.93%. For those running 17 or 18 minutes at Christleton the drop off was 3.62%. For those running 19 or 20 minutes at Christleton the drop off was 3.44% and for those running 21 or 22 minutes at Christleton the drop off was 3.58%.

The least drop off was Tom McGaff (0.25%).

Using the mean drop off for your groupings as above, ten runners would have better related times when compared to Christleton and seven (myself included) poorer related times .

Statisticians might like to go onto the web site where Nick has calculated whether you performed relatively better at Christleton or Dunham.

Another excellent turn out and a pleasant evening run in good surrounds . Well done !

Nick Bishop

Summer Challenge

A competition within a competition for Group 4 and 5 runners. Ladies versus Men.

Conceived after Dunham the challenge came out of the 'age before beauty' comment in the last newsletter. A challenge by the Grumpy Old Men to the young ladies who are threatening their status in the club – both Tracy and Sally beat Roy (champion Grumpy in 2004) at Christleton. Tracy was absent, but Roy gained revenge over Sally at Dunham. Like much of the GOM's bluster this challenge died a death following a quick look at Graham's Summer Series score-sheet – the ladies would win by a country mile.

So we've changed the rules, opening it up to all the men in Group 4 except (sorry, Steve) those who run with Group 4 but are of Group 3 ability. This brings-in the younger men; the likes of Bill, Don, Gareth and Sean.

The scoring system will be that used for the Summer Series so (reading from Graham's table following Dunham) the leading man, Paul, in 5th. place, scores 46 points whilst the leading ladies Sally in 6th and Julie, in 7th., score 45 and 44 points.

So after 4 races the state of play is

Ladies	
Sally	45
Julie	44
Nicky	28
Tracy	27
Kate	26
Susan	25
Penny	20
Angela	19
TOTAL	234

Men	
Paul	46
Ian	34
Roy	33
Trevor	21
TOTAL	134

We don't yet have the Tittesworth result but the men will be boosted by Rod, Bill and Peter's performances. The men have more to come. To qualify for a mug in the main event you need to run in at least six races. In the Challenge just running in one race would at this stage, guarantee a minimum score of 18 points and the men have Simon, Stephen, Ron, Ken and possibly Rob and Neil in reserve. As there are potentially more men than ladies we will have to balance up the numbers to ensure the final result looks fair.

BUPA Great Manchester Run 10K

22 May 05

On a warm/cool morning, the 32-year-old Ethiopian and two-time Olympic champion Haile Gebrselassie clocked 27 mins 25 seconds to win this 10K "Fun" Run, hacking 14 seconds off the previous record, and only a mere 23 secs off his own world record.

Some members of WRC may have achieved PBs in the trailing melee of 20,000-odd runners and walkers behind.

Paul Nichols :	42.25
Nicky Mowat :	44.06 (4 th FV45)
Don Bullough :	44.08
Gareth Trimble :	45.36

These times might have been slightly better given a clear run at the start, where the mass race technique of weaving in and out was further perfected.

It was surprising how much gentle uphill there is over the length of the course. Fortunately, this didn't seem to phase Nicky (who ran the race last year) and set a good pace enabling us both to achieve respectable times. And, seeing Hazel Irvine at the start was a bonus. Thank goodness for the mobile shower after 3K!!

Don Bullough

A quick note about the achievements of a former member...

What did you do for Bank Holiday?

Last Bank Holiday weekend I spent 41 hours travelling from Birmingham to London. Was there a crash on the M6? Were Virgin trains running on time? neither of these improbable events occurred. Rather I was accompanying a certain Mr Richard Woodrow on a rather "Long Run". The Grand Union Race (yes Race!!) is 145 miles long and follows the canal from central Birmingham to Little Venice in London. There were about 65 runners who started the event. Only 25 finished this awesome event. Imagine running 5 marathons back to back and you will appreciate the achievement.

Ian Smallwood

Sale 5

Monday May 30th.

A small but sweaty Wilmslow contingent pounded out 5 very hot miles around the outskirts of Wythenshawe Park. It is a dull course including stretches along the main road but the flat course had certainly attracted some fast athletes. We all enjoyed the finish round the athletics track lined by a sizeable bank holiday crowd (well OK mainly runners and parents from the junior 3K).

Rob couldn't quite catch Dave Gee this time but managed to fight off a late challenge from Alan Pover who sends his regards to Stuart. Katie finished strongly in under 32 minutes just about 200m behind a sprinting Mike Cooper. PB's all round, I think.

21 Rob Downs	27:24	V40	6
67 Mike Cooper	31:15	V40	17
76 Katie Green	31:49	L	9

223 ran

Winning time 24:02

Rob Downs

Tittesworth Reservoir

Thursday 2nd. June

Fifth Race in Summer Series

2	Nicholls, Damian	25:58
3	Halman, Michael	26:12
6	Parrott, Stuart	27:57
9	Pendrill, Jim	28:29
15	Noble, Ray	30:04
20	Carne, Peter	30:24
31	Hulme, Tony	31:20
39	Cooper, Mike	32:01
42	Green, Katy	32:12
45	Watts, Andy	32:21
46	Ayres, Kate	32:27
53	Gilliver, Sally	32:58
60	Russell, Steve	33:18
81	Ashcroft, Ian	34:43
91	Mowatt, Nicky	35:12
95	Ayres, Paul	35:33
103	Alderson, Tracy	35:59
106	Maddock, Sally	36:07
114	Coombs, Rod	36:24
148	Sutton, Kate	38:33
149	Staniard, Bill	38:35
156	Watson, Peter	38:58
163	Hinke, Penny	39:42
200	Faulkner, Trevor	45:38

A Tale of Tittesworth

I thought a lap around the lake
Would not be hard for me to make.
But then I thought it would be flat
And it was anything but that!

I started out with Doctor Kate
I liked the rhythm of her gait.
Once or twice I even passed her,
Which only made her run much faster!

With Julie in belle Chamonix
And no one else to run with me,
I had to keep a steady pace
To help the ladies win the race.

"Well done," said Peter with a smile
Sprinting past me at the stile.

He tried hard not to show delight
Before he disappeared from sight.

"You're looking good," said friendly Bill,
"I saw you going up the hill."
I watched him with his bandaged knee
As he, too, sped away from me.

I would have tried to get there first
But I was sure my lungs would burst.
"Cause I'd just climbed the dreaded bank,
Which left me with an empty tank.

I must admit the views were fine
And running downhill was divine.
One thought kept going through my head:
I wish I were at home instead!

At last the finish line appeared
And from the sidelines teammates cheered.
The pain was over, that was clear.
But was it worth a pint of beer?

By Penny Hinke

Summer Challenge

scores following Tittesworth Reservoir

The fifth race in the Summer Series saw the Men closing the gap on the Ladies. Julie, was absent but this was balanced by the Men lacking 2004 Champion Roy. The Men took 1st. and 3rd positions through Ian and Paul with the Ladies 2nd., 4th. and 5th. – Nicky, Tracy and Sally. More important, at this stage of the season, was that, for the first time, there were more Men (Rod, Bill, Peter and Trevor) than Ladies (Kate and Penny).

LADIES

Sally	46
Julie	38
Nicky	32
Tracy	31
Kate	29
Susan	22

Penny	20
Angela	15
TOTAL	233

MEN

Paul	47
Ian	39
Roy	30
Trevor	21
Rod	18
Bill	17
Peter	16
TOTAL	188

now on to Bowden

Bowden 5k

9th June 2005

Sixth Race in Summer Series

6	Damian Nicholls	M	15.24
11	Michael Halman	M	16.05
21	Nick Bishop	V45	16.53
36	Andrew Penney	M	17.25
50	Mick Fairs	V55	17.55
61	Ian Smallwood	V40	18.21
68	Richard Parris	M	18.30
69	Tony Hulme	V55	18.31
78	Mike Cooper	V40	18.48
90	Gavin Mendham	V55	19.05
92	Katy Green	L	19.20
94	Sally Gilliver	L40	19.30
95	Steve Russell	V45	19.36
97	Jane Clarke	L35	19.37
98	Andrew Watts	V55	19.42
104	Sean Barry	M	20.05
113	Ian Ashcroft	V55	20.22
123	Paul Ayres	V45	20.51
124	Tracy Alderson	L	20.51
129	Rod Coombs	V50	20.59
130	Nicky Mowat	L45	21.06

138	Don Bullough	V45	21.42
139	Sally Maddock	L	21.48
141	Roy Pownall	V55	21.56
143	Peter Watson	V60	22.07
146	Bill Staniard	V40	22.15
156	Julie Lucas	L40	23.08
158	Penny Hinke	L45	23.10
160	Kate Sutton	V40	23.29
173	Trevor Faulkner	V60	27.39

A good turnout (30!) on a very warm evening. The fast flat course led to good times. I saw several sprint finishes trying to gain more summer series points.

Ian Smallwood

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 reassured that accommodation will not be too

expensive, that places will limited and priority given to frequent racers. More to follow.

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.

CLUB RECORDS UPDATE

My e-mail of the 16th May somehow got misconstrued on its way to the May newsletter.

The 5 miles V60 record of 34.48 was set by Peter Watson not me - I was some seconds behind him. From memory it was Rocket Ron who held it before.

Simon Fenton

Good to see Simon back rep-ping on Tuesday.

Promised a revised comprehensive list of records this month. Can you check the list on the web site and if you think there are any errors please talk to Tony.

Summer Series

I am just about getting the results out before the next race!

Another very large turnout for the summer series, it seems no one wants to give away valuable points.

Graham Taylor

No	Race Details	Day	Date	Time	Entry Form	Directions	Type
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

2005 Wilmslow Running Club Summer Series

Position	Name Race	Individual Qualifying Race Results											Best 6 Results						Sum of Best		
		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)
1	Michael Halman	49	50	49	49	49									50	49	49	49	49		246
2	Tony Hulme	41	45	41	39	44									45	44	41	41	39		210
3	Mike Cooper	39	41	40	38	43									43	41	40	39	38		201
4	Paul Ayres	36	39	36	31	35									39	36	36	35	31		177
5	Sally Maddock	32	37	34	29	33									37	34	33	32	29		165
6	Damian Nicholls	50		50	50	50									50	50	50	50			200
7	Nick Bishop	45	49	46	45										49	46	45	45			185
8	Ray Noble	43	48		44	46									48	46	44	43			181
9	Peter Carne		47	42	42	45									47	45	42	42			176
10	Sally Gilliver	37	46		34	39									46	39	37	34			156
11	Kate Ayres	38		38	37	40									40	38	38	37			153
12	Ian Ashcroft		38	37	33	37									38	37	37	33			145
13	Julie Lucas	31	35	31	28										35	31	31	28			125
14	Tom McGaff	48		48	48										48	48	48				144
15	Jim Pendrill	46			46	47									47	46	46				139
16	Mick Fairs	42		44	43										44	43	42				129
17	Ian Smallwood	40		43	41										43	41	40				124
18	Jane Clark		44	39	36										44	39	36				119
19	Nicky Mowat		40		32	36									40	36	32				108
20	Tracy Jayne Alderson	34		35		34									35	34	34				103
21	Roy Pownall	35		33	30										35	33	30				98
22	Kate Sutton		36	30		31									36	31	30				97
23	Stuart Parrott	47				48									48	47					95
24	Rob Downs			47	47										47	47					94
25	Andrew Penney	44		45											45	44					89
26	Andy Watts		43			41									43	41					84
27	Richard Parris		42		40										42	40					82
28	Steve Russell				35	38									38	35					73
29	Susan Wright	33		32											33	32					65
30	Trevor Faulkner	30				27									30	27					57
31	Penny Hinke				27	28									28	27					55
32	Katy Green					42									42						42
33	Rod Coombs					32									32						32
34	Bill Staniard					30									30						30
35	Peter Watson					29									29						29
36	Angela Lee				26										26						26
	No of Runners	21	16	21	25	24									36	31	22	13	5		

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 **Dunham Park 5K**: **Up Same Down**