

WILMSLOW RUNNING CLUB

Newsletter January 2004

Stockport 10

Sunday 14 December
415' ascent 10C, wind, rain.

14	Mike Halman	58.30	PB
22	Nick Bishop	59.25	3rd V45
24	Steve Parrott	60.01	
129	Tony Cutler	70.35	
149	Jane Clarke	71.34	
294	Trevor Faulkner	79.22	3rd V60
300	Kate Sutton	79.50	PB
535	Alec Patterson	99.34	
580	finishers		

WRC were 4th male team (first 4 to count).

Trevor

Manchester & District Cross-Country Boggart Hole Clough

Saturday December 6th.

21	Tom McGaff	33.25	1 st .V45
35	Mike Halman	34.44	
68	Jim Pendrill	37.26	
82	Gavin Mendham	38.37	
130	Paul Ayres	43.54	
161	Trevor Faulkner	49.13	
168	finished		

The Men finished second to Salford in the Second Division.

The Veterans, also in the Second Division, finished second to Trafford.

After three of the four races the Men are in 5th. position and Veterans second.

The final race is at Wythenshawe Park, Saturday January 10th. at 2:30pm

Christmas Handicap Styal Woods

Sun. Dec 14.

John Porteus	32.19	
Ian Smallwood	34.27	
Amanda Hynes	35.17	
Kate Ayres	35.19	
Bill Staniard	35.25	holder
Pete Nelson	36.24	
Simon Fenton	37.45	
Paul Ayres	37.48	
Ian Ashcroft	37.53	
Tom McGaff	39.02	
Jim Pendrill	39.36	
Tony Hulme	41.10	
Ray Hunt	41.42	
Andy Watts	40.47	
Roy Pownall	42.32	
Rod Coombs	42.44	
Steve Russell	43.44	

Stripping-out the staggered start and the scientifically calculated handicaps:-

Tom McGaff	39.20
Jim Pendrill	39.36
Ian Smallwood	41.27
Ray Hunt	43.42
Tony Hulme	45.10
Kate Ayres	45.19
Pete Nelson	45.24
Andy Watts	47.47
Paul Ayres	47.48
John Porteus	49.19
Simon Fenton	49.45
Ian Ashcroft	49.53
Rod Coombs	52.44
Steve Russell	52.44
Roy Pownall	54.32
Amanda Hynes	55.17
Bill Staniard	55.25

Xmas Bash at The Belfry
Sunday December 14th.

PBs for Charlotte, Ken and Rod

Brilliant.

Christmas Cracker

Sunday 21 December 2003
8 mile mixed terrain.
1000' ascent on to Roaches.
0°C, cold wind.

Sally and Tony kept warm by running in "Running Bear" suits, in keeping with the festive occasion.

64	Sally Gilliver	70.58	2nd LV40
71	Tony Hulme	72.41	
123	Trevor Faulkner	83.06	3rd V60

Trevor

Cheshire Cross-Country
Frodsham

Sat Dec. 28th.

Mens

3	(1)	Malcolm Fowler	22:26
8	(4)	Tom McGaff	23:08
20		Michael Halman	24:07
33	(10)	Stuart Parrot	25:01
60	(22)	Tony Hulme	27:00
71	(30)	Steve Smith	27:44
100	(55)	Trevor Faulkner	34:42

103 finished

Veteran position in brackets.

The Mens team (4 count) finished second to Vale Royal.

The Veterans team (4 count) finished second to West Cheshire.

Ladies

13	(3)	Sally Gilliver	15:20
16	(4)	Kate Ayres	15:24
21	(6)	Jane Clarke	15:50
42		Angela Lee	19:04

52 finished

The Ladies team (4 count) finished third to Vale Royal and Macclesfield.

The Ladies Veterans (4 count) finished second to Manchester.

Tony

***** RUNNER OF THE MONTH *****
DECEMBER

Amanda Hynes was nominated earlier in the Autumn but narrowly missed out. This month she picks-up the award for a series of improving runs, although her unique skill of being able to run and smile at the same time also swayed the judges.

Cheshire Cross-Country Championship

Saturday January 3rd.

Men

4	Malcolm Fowler	40.58	1 st .V40
9	Tom McGaff	42.58	1 st .V45
16	Mike Halman	44.14	
20	Nick Bishop	45.09	
29	Bill Heaton	46.06	
40	Jim Pendrill	47.48	
56	Tony Hulme	50.55	
92	Trevor Faulkner	64.28	

96 finished

The Men finished third behind West Cheshire and Macclesfield.

The Veterans finished fourth behind West Cheshire, Macclesfield and Altrincham.

Ladies

8	Sally Gilliver	33.29	1 st .V40
12	Kate Ayres	34.35	
21	Linda Ely	37.20	
32	Kate Sutton	39.29	
36	Katy Green	41.10	
42	Angela Lee	42.22	

45 finished

The Ladies team (3 count) finished third to Vale Royal and Macclesfield.

The Ladies Veterans (3 count) finished first.

***** RUNNER OF THE MONTH ***
JANUARY**

The month is not yet half complete but no-one is going to beat Katy Green's achievement of running the Cheshire Cross-Country Championship only six week's after the birth of her daughter on November 22nd. An assist must go to Nick Bishop who looked after Ana during the ladies' race.

**WILMSLOW HALF MARATHON
Sunday 21st. March**

Hi Everybody,

It's that time again – training/racing/preparing and of course **club marshals** for race day.

Long serving club members will know that it is a requirement of Running Club members to

marshall on the day or to provide a substitute for themselves if running the race.

The Running Club's responsibility is the vitally important task of organising the finish.

Diane (Lenders) is responsible for collecting names and allocating roles. Could you please contact her by March 8th. giving;- Members name, Tel. No., Member Nominee (if running), Nominee's tel. no. Nominee's address.

Diane's telephone is 01625 599520, her email dilenders@aol.com

You or your nominee will need to report to Colin Buckland at the Finish Area by 9:30am on Race Day.

Many thanks,
Race Committee.

Cheshire Grand Prix

Four Villages half (Jan. 18)
Alsager 5
Wilmslow half (Mar. 21)
Chester Spring 5
Birchwood 10k
Christleton 10k
Macclesfield half

Plus further race to be announced, together with more dates when we have them

Cross-Country

MEN & LADIES

Cheshire League (Sundays)

Feb 15th ?
Mar 14th Stockport

**East Lancs. County Championship
Jan. 17 Middleton**

Northern Champs:
Jan. 24 St. Helens

National Champs:
Feb. 21 Leeds

Newsletter 2 from Provence

Bonne Année to you all.

I'm writing this newsletter just after midday on the 7th January on a warm sunny day (envious? Well perhaps not, since I am living in a mobile home). The day started at 9am when we walked along the paths and through the vineyards this morning to the village. We then sat outside the local café/bar for half an hour drinking coffee and watching the world go by. We had walked down with our friend Debbie (who lives in a villa up the lane from us) and her dog. Debbie speaks fluent French and knows plenty of people so we get introduced to more people in the village.

I had my first haircut in France yesterday (interesting article this, isn't it?) and took the opportunity to practise my very limited French, whilst the 2 ladies in the Coiffeur (barbers shop 2 you and me) decided they would help me by extending my vocabulary, and improving my pronunciation. What I wasn't watching was how much hair they had cut off. It's almost down to the wood (a number 3?), and I haven't had it this short since I was 19. Anyway, I later learnt the expression: 'pas trop court', which means 'not too short' in readiness for next time. Anyway, my haircut caused some amusement to my wife and Debbie, and as we passed the barbers this morning the lady made a point of coming out and making a comment which seemed to amuse everyone. It's tres difficile down here at times.

Anyway, we have now been in France for 2 months, and it is a strange way of life, but very

enjoyable. We spend a lot of time outdoors because of the good weather, and since we have become friends with Debbie and David, they invite us to have the odd drink early evenings and meet more of the neighbours and their friends. In turn, the French couple who we met again the other night have invited us for a meal when they return on the 25th January. Tomorrow we have been invited for dinner to the French people who live directly next to our land.

Xmas

This was my first Xmas in France. Stella had returned home for a week as planned, to spend Xmas with her elderly parents, and see the children.

On Xmas eve I went with D & D across to Saint Tropez in the late afternoon to see Father Christmas arrive (ah!). They lay out part of the boules area in the town as a grotto with 'snow' laden fir trees and an ice rink. The port is packed at 18:30 with kids and adults awaiting the arrival of the man himself standing boldly on the front of a sailing ship with an impressive firework display taking place, and traditional songs blaring out of speakers around the town.

In re-reading this para. I wonder whether I'm beginning to 'lose it' as they say. No matter, I want my grandchild to see it next year.

We returned to D & D's family with some more of their friends who intend to buy a place out here, and spent a very enjoyable evening eating and drinking. I then return to the mobile home (back to reality)!!!

Xmas day is again spent at D & D's with some French neighbours, and the traditional meal starts with a ton of seafood. Steak to follow with foie gras, followed by some recognisable cakes. The wine flows, some fall asleep, and I go off for half an hour to get some fresh air and walk the dogs. A new and very enjoyable experience.

Training

I haven't found a running club, but I haven't looked all that hard as yet. I have however started off the new year by going for a few runs to try and ensure I finish the half marathon (Malcolm; the cheque (and entry form) is in the post). This is a great place to train at this time of year in that I can stay off the roads, and run amidst nice countryside. It isn't as green and lush as Cheshire by any means, but there are great views across the valleys and mountains. I can run across the ridge above our land, and see snow capped mountains on one side in the far distance, and the Med. on the other.

House Building

At last we have action. A 'phone call from the architect on New Years day told me that they would start on Lundi. On Lundi, zilch! So I called him, and by the Tuesday wagons started arriving, some bricks, and some people who look as though they want to build me a house. When we look at the marks on the ground this house sure looks small, but we've had to cut our cloth...

All donations welcome.

Some observations:

- the minor roads have been designed such that they just allow 2 cars to pass in opposite directions provided each vehicle keeps its wheel on the white marking along the edge of each side. These roads wind around the hills so that if you get it wrong there's a fair chance that you roll down the hillside. Methinks this design came from course syndicate work, and this particular group suggested chopping 1 metre off the width! They probably got the top prize at the end of the week in the plenary session, and possibly a national award for the vast financial savings. The fact that the death rate has probably increased significantly, and insurance premiums are high ("we have many

accidents in France Mr Livesey"). Now I'm contributing to white-van-man driving people off the road.

- Lunch times are sacrosanct (quelle surprise). They close at 12ish for at least 2 hours. I was told by my pal that one guy was asked to leave the builders merchants at 11:30 in readiness for closing at noon. He had a trolley with £1,000+ of goods and had to leave it until after lunch (the customer care campaign training obviously didn't have much impact on staff?).
- Wild Boars: sad but true story that was on the news – some guy got killed the other week when out in the forest looking for small branches etc. to embellish his flower displays in the shop. He moved, got fatally wounded, and the man who shot him was charged with shooting on a Tuesday (illegal!). I've got some bright orange running shorts, and the dog has a bright yellow collar, so we're hoping this will minimise the chances of...
- Dogs: the norm seems to be to get a pet dog, and let it roam the streets polluting the pavements, and walking in front of cars and lorries. I guess they make a point of not getting too emotionally attached to them. I haven't seen any lying dead by the side of the road, but I've noticed quite a few of them limping.

At this early stage (the honeymoon period as I call it) we are thoroughly enjoying it. We still have plenty to see, and being able to spend more time outside in warm weather is a real plus. The people are extremely friendly, and it is strange experience living a different lifestyle

As Mr Fenton would say á bientôt **George Livesey**

The First Four-Minute Mile

I had promised George I would try to get a review of the book in the *Evening News*. Author Peter Stanley dropped it round Friday afternoon. I thought I ought, out of duty, to take a quick look. I got hooked, was late into the *Farmers*, and continued reading when I got back, I didn't go to bed until I'd finished it.

I was only eight in May 1954, but just re-reading the story of the race recreates an excitement similar to that of Jonny Wilkinson's dropped goal. Chris Brasher led them through two laps in 1:58, then Chataway had to get them to the bell in three minutes, now it all depended on Bannister. He stayed behind Chataway round the top bend and then went for it from 300 yards. The track was cinder, the weather unfavourable, as he went through the tape he collapsed and had to be held-up. History was made and yet Peter, and his twin Paul, had to piece together information that today we would get from six different angles.

When was it decided to turn this race into an attempt on the four-minute mile? Why attempt it so early in the season, May 6th, before the runners had reached their peak? In unfavourable weather conditions? If this was a match, Oxford University v AAA, why were there an odd number of runners? What happened to Bannister in the Rome Olympics? Roger Bannister's world record could, and maybe should, have been declared illegal under the IAAF rules of the day. There are doubts about lap times, doubts about the finishing order, even about who had finished. What is not questioned is that W.T. Hulatt (Alfreton) finished third.

W.T. Hulatt? Who? And so we move on to the second part of the book.

My own, and many other, running careers live in the final paragraph of reports, when, having noted individual and team successes, there is a

closing list of names '...and Ian Ashcroft also ran'. Tom Hulatt 'also ran', big time. He was like the man in the capsule whilst Neil Armstrong took the first step on the moon (if he did). How did a man who spent his day carrying bags of coal in a small Derbyshire village come to be involved in a world record attempt by three distinguished Oxford blues? This required deeper detective work. We find out much about Tom's running career, about life in the 1950s and sport in a different era. Tom, however, was a bachelor, a bit of a loner, not an educated man who committed his thoughts and views to paper.

In four months it will be the 50th.anniversary of the race. A journalist seeking an angle, as Roger Bannister swamps the Sunday supplements, will 'rediscover' Tom. The greatest 'also ran' of British athletics is likely to get his 15 minutes in the spotlight, but the man behind the athlete is unlikely to emerge from the shadows.

The First Four-Minute Mile and Tom Hulatt of Tibshelf by Peter and Paul Stanley. Descartes Publishing Ltd. £7.99 from *Running Bear* and other good bookshops.

Those who still bear the scars of the *Livesey variations* may be surprised to see our George is credited with some of the research, which, otherwise, is to an exacting standard.

Ian
