

WILMSLOW RUNNING CLUB

Newsletter July 2004

Blackpool Beach 10K

Sunday 11th July

Well, a few of us turned up for this not so local summer series. I was certainly moaning a bit but I needed the points!

The event was fairly popular with 287 odd (some very odd) runners....well have you been to Blackpool recently?

The beach was windswept. With no route map, Mike reckoned "we just run to the far pier and back" how wrong he was. The start was delayed as the strong onshore wind meant part of the course was still underwater and they hadn't finished marking the course! We debated what shoes to wear, a mixture of fell shoes, trial shoes and road shoes were all tried, someone suggested we might need flippers!

Off we went. The sand was firm at first and we all took advantage of the following wind. Those at the front had the advantage of virgin sand and the lead car tyre tracks. Mike's far pier was passed after only 7 minutes. The course started to meander a bit, well how else do you make a 10K beach race interesting!

Actually the race started to feel more like a cross country course, I was enjoying it. We started to pass through a lot of streams, puddles and wet sand. It was still runnable but where is the half way point? The lead car now a distant flashing amber light just kept going, on and on and on. Not a member of public in sight.

Finally halfway, turned to come back bang, straight in to a head wind. This was tough. The sand seemed to be getting softer or was that my legs, the puddles deeper or was that my legs, the return journey longer, or was that my legs. As

we passed under the piers again, new challenges awaited us. 3 year olds and donkeys!

The 3 year olds and their sand castles required deft footwork but the donkeys had now churned the firm sand in to leg sapping mush. Finally the finish line appeared with much relief.

It was different!

4	Michael Halman		37:04
5	Graham Taylor	1 st MV40	37:37
9	Stuart Parrott	MV40	39:04
20	Tony Hulme	MV55	41:14
47	Kate Ayres	1 st FV45	44:29
137	Amanda Hynes		51:12
195	Ron Reed	MV75	57:04
201	Ken Smart	MV65	58:16

Graham Taylor

Summer Series

Two significant changes:-

Given the larger number of races this year it is the best of **five** races. Graham's table attached to this newsletter has been compiled on the old, four race basis.

The Macclesfield Half has been excluded because of a potential clash.

5 races to go:-

Thu. July 29	Shuttlingsloe	7:30pm
Thu. August 12	Rudyard Lake	7:15pm
Sun. August 22	Birchwood 10k	
Sun. October 3	Chester Zoo 10k	
Sat. October 30	Langley 7	

Sale Sizzler Race ¼

19 M Halman 16.50
20 S Parrott 16.52 2nd V 40
51 R Noble 18.08
291 Runners

Good race on an otherwise pleasant evening, the course record being broken with a respectable 14.45

Stuart Parrott

Buxton Hilly

Race 3 Staffordshire Moorlands Summer Series
4.5 Mile cross-country

Race start delayed, England playing football .
Meant that all stripped and raring to go
everyone froze on top of Grin Low and had to
huddle together. Very pleasant location,
fantastic views with two loops around Solomons
Temple

5 Parrott 30.04 2nd V40
141 Runners

Stuart Parrott

Man v Horse 2004

This years event was the 25th running of the race, consequently there was a strong field of runners (330) and relays teams (88) striving to beat the horses (50). Wilmslow was represented by Ian Smallwood and Andy Watts who tried their hardest to win the £25,000 prize, but somehow during the race Mr Huw Lobb (and a few others!) got past us in the charge for the finish. The result was

Ian Smallwood 25th runner out of 330, beating 36 horses and 71 relay teams in a time of 2 hours 47 mins.

Andy Watts 78th runner out of 330, beating 30 horses and 63 relay teams in a time of 3 hours 8 mins.

Based on these results I recommend that Tony takes up training horses for the Grand National as he is obviously doing a good job with humans.

Ian

PS Huw Lobb did beat the first horse by about 2 minutes and won the £25,000. He completed the 22 mile course in 2 hours 5 mins. He also finished 19th in this years London Marathon in 2 hours 15 mins.

Ian Smallwood

YMCA 5 mile

Hough End
Saturday April 24

3 Mike Halman 27:01
68 Ian Ashcroft 35:48
69 Roy Pownall 36:13
84 Simon Fenton 37:23
175 finishers

Computer problems delayed the results and given that Simon was credited with knocking-out the miles at an average of 29 seconds I suspect they were not entirely resolved.

I was disappointed, almost a minute slower than the Chester 5 a few weeks earlier, despite feeling that I had run better. However this was a small beer compared with the triumph of overtaking Roy half a mile from the finished as we climbed the Parkway towards the now demolished Princess Hotel. I won a shirt, I'm sure for supreme athletic achievement, but Roy tried to denigrate it as a spot prize.

Mike, by the way, was taking it easy, he had a race the following day.

Ian Ashcroft

Chester Half Marathon

Sunday 23 May 2004 19°C

6	Mike Halman	1.13.54	
544	Ian Ashcroft	1.43.25	
792	Trevor Faulkner	1.48.58	
920	Simon Poyser	1.52.05	
1874	finishers		

Trevor Faulkner

Shining Tor Fell Race

Wednesday 26 May 2004 10°C

5 miles, 1500 feet of ascent
perfect conditions

15	Ian Smallwood	43.26	
29	Tony Hulme	45.42	3 rd MV50
116	Trevor Faulkner	59.03	
140	finishers		

Trevor Faulkner

Ladies Forest Park 5k

Wednesday 7th July

I managed to get a PB of 22:45. Quite pleased with that as it was very windy and I wasn't feeling very enthusiastic at the start.

There were quite a few teams participating so I was a bit disappointed that I was the only Wilmslow runner there. I came 27th out of 198 and received (like all of the runners) flowers at the finish. Hope to see more of our ladies there next year.

Amanda Hynes

Tittesworth Reservoir

Thursday 3rd June
12°C, fine rain.

6	Michael Halman	27:59	
10	Bill Heaton	29:06	
15	Graham Taylor	29:18	

20	Jim Pendrill	29:56	
49	Tony Hulme	32:04	
94	Jane Clarke	35:02	
125	Paul Ayres	37:22	
136	Roy Pownall	38:27	
150	Angela Lee	39:48	
154	Trevor Faulkner	40:03	
185	Ron Reed	42:54	
209	finishers		

Wincle Trout Run

Saturday 5 June 2004 17°C

9km, with only 500 feet of ascent, more like a hilly X/C.

Delightful race and village fete, in wonderful scenery, with a tasty trout for tea!

2	Malcolm Fowler	37.12	
30	Ray Noble	46.22	
30?	Mike Hall	46.22?	
53	Kate Ayres	49.55	1 st FV40
116	Trevor Faulkner	57.28	
177	Ron Reed	67.08	
196	finishers		

Trevor Faulkner

Rainow 5

Wednesday 9 June 2004

750 feet of ascent 19°C Dry

2	Tom McGaff	34.25	1 st MV40
6	Colin Fray	36.22	2 nd MV40
16	Tony Hulme	37.55	2 nd MV50
50	Kate Ayres	42.40	2 nd FV40
85	Trevor Faulkner	48.18	
93	Leanne Ayres	49.42	
118	finishers		

Trevor Faulkner

Bowdon 5k

Thursday 10 June 2004 18°C

22	Stuart Parrott	17.05	
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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		

Trevor Faulkner

More from Bowdon

Not a summer series event, but part of a series co-arranged by Altrincham and Spectrum Striders (the series also includes Dunham Massey 5k). A good evening for racing, race HQ being the Stamford Arms
happy memories of a mis-spent youth, or perhaps well spent.

Sixteen from Wilmslow ran, additionally Cecilia (who finished 63rd. in 18:57) currently the topic of more transfer speculation than Wayne Rooney .

The course was through leafy Bowdon over two laps and included a 400-metre stretch across parkland. First runner home was Tim Dickinson from Blackheath Harriers in a time of 15.11.

Mike looked to be well placed in a group just behind the leaders, before pulling something at the end of lap one, forcing him to jog lap two. Close run thing between myself and Stuart, until Stuart unleashed a dramatic surge for the line. A fine run by Chris Potter just ahead of Mick.

Cecilia showed that Running Bear is a non-hierarchical organization by finishing just ahead of the boss. To add insult to injury, as third lady vet Cecilia won ‘ Up and Running ‘ vouchers! Chris Mayfield ran a sub 10 second split over the last 100 metres. How can that be done! Everyone placed well and Julie Lucas continued to improve coming in just behind Rocket Ron. Festivities concluded in the Race HQ, the Stamford Arms. On walking back to the car the gentry of the area were spotted playing croquet on carpetlike lawns but it was Bowdon!

Nick Bishop

Glossop 10

Sunday 13 June 2004
 225m ascent 20°C

Pleasant low-key road race around reservoirs in the Longdendale valley.

62	Trevor Faulkner	83.32	2 nd MV60
77	Sean Barry	90.32	
98 finishers			

Trevor Faulkner

Boars Head Hill Race

Wednesday 16 June 2004 21°C

About 7.5 miles, with 354m ascent.

It is now about half a mile shorter, with slightly less ascent, than when I last ran this in 2000.

1	Malcolm Fowler	45.54	1 st MV40
36	Jason Stott	57.53	
69	Kate Ayres	61.46	3 rd LV40
84	Paul Ayres	63.53	
99	Trevor Faulkner	69.19	

124 finishers

Trevor Faulkner

Kinder Trog

Sunday 20 June 2004 10°C

Variously described as 15-18 miles, with 3250 feet of ascent. An extra 280 feet of ascent was

added this year, to avoid a 'no go' area. The race ascends Lantern Pike from Hayfield, then moves over to Kinder Downfall and the ridge at Chinley Churn before returning to Hayfield. Conditions were good, and I ran slowly before going off route off the last hill, and had to run an extra 1.5 miles along the road to get back, feeling rather stiff.

2	Darren Dunn	2.01.30	
5	Tom McGaff	2.08.40	1 st MV45
32	Jason Stott	2.31.40	
81	Trevor Faulkner	3.19.45	
85 finishers 5non-finishers			
Trevor Faulkner			

Warrington 10k

Thursday 24th. June
12°C and windy.

4	Mike Halman	34:46	
6	Stuart Parrott	36:12	1 st .MV40
9	Ray Noble	37:09	
11	Mick Fairs	37:28	1 st .MV50
14	Tony Hulme	39:37	2 nd .MV50
17	Gavin Mendham	40:17	3 rd .MV50
20	Richard Parris	40:24	
41	Roy Pownall	45:02	
51	Trevor Faulkner	46:48	1 st .MV60
53	Kate Sutton	47:03	
66	Angela Lee	48:28	
98 finishers			

Carole Smalley has been racing on the **Northern Vets circuit**. On June 13, she was 3rd Lady in the Northern Vets 10k Championship over a hilly course at **Clitheroe**, in time of 46-55. On July 4, she was first lady F35 over a 10k mixed terrain course at **Radcliffe**, in a time of 46-28.

The Great Bakewell Pudding Race

Sunday June 27
Approx 7 miles

You just cannot beat races which involve food afterwards and what better than getting a giant bakewell pudding for your efforts (and warm too). You certainly earned it too after this super trail race which starts in Bakewell town centre and climbs up the hill overlooking the town where you wind through woodland before descending back down. A heavy downpour the night before meant the going was distinctly heavy and plenty of nasty nettles were lurking in the undergrowth, but we're all used to that with Tony's summer training runs.

Colin Fray and myself turned up from Wilmslow and both enjoyed the relaxed atmosphere and lack of pressure from any other Wilmslow runners. Colin gained an early lead on me up through the golf course and maintained it pretty steadily all the way to the finish.

For those of you who fancy it, the race is always run at the end of June and is another where you can find the date in the annual directory of fell races (many of which aren't proper fell races such as this). Oh yes, and you can happily bring the other half with you too. By the time mine had taken our young baby for a walk around the town and look at the shops, I was back again!

6th: Colin Fray 44.57
9th: Jim Pendrill 45.30
201 finishers

Jim Pendrill

Roaches - Staffordshire Moorlands

Thursday July 20

Roaches Race 7 Staff's Moorlands Summer Series.

Excellent conditions prompted most people to don their mountain bear fell shoes (even Tony was noticed wearing the new blue model). The race got off to a very casual off you go, and upwards we headed. Parts of the course were very slippery and some under water, the farm being very dirty. All six enterprising voyagers arrived back in reasonable health, three turned ankles, one blooded shin, one very sore calf (a limping Kate Ayres). Nothing compared to last years injuries. Jane found she could overtake dozens on the descent and politely excused herself in doing so. Julie finished with "that was a bit hard" but well ahead of more seasoned behind her. Paul won the Ayres family battle not for the first time, Kate was struggling at the end looking for soft grass to run on. Tony was very cautious on the slippery stuff, wise with his hamstring. Tony and Kate were both 1st in relative fields nothing new there. All in all still my favorite race in the calendar.

6	S Parrott	40.54	3rdV40
34	T Hulme	45.48	1stV55
70	J Clarke	50.19	4th L
88	P Ayres	52.45	12 th V45
98	K Ayres	53.47	1stL40
147	J Lucas	65.05	5thL40

Stuart Parrott

*** RUNNER OF THE MONTH ***

JUNE

Close one this month with Stuart Parrott and Jane Clarke major contenders but in the end Nick Bishop going over with Tony to Switzerland to race tipped the balance in his favour.

Running in Zagoria

I'd never heard of this part of Greece either until friends went last year. The few tourists go to walk the gorge and the medieval trade paths. My fear when I started running was of the hills but this was quickly overtaken by the dogs. Walkers are advised to take a stick and 'tap' any dogs that come too close, this isn't really practical when you are running. Having been diverted from my chosen route on the first day I sought local advice, throwing stones at them was said to be effective. Second day I carried a few stones but did not use them frightened, faced with a dozen snarling dogs, that throwing stones would turn snarls into attack. In the end I did find a solution based upon discretion in choice of route and bending down and picking up a stone as they approached, they backed-off, presumably based on past experience.

The dogs are to look after packs of sheep and goats. But whereas over here the main role is to herd them in Zagoria it is protect them from the bears and wolves (I saw neither). Some assist the shepherd and are under a degree of control but often there are herds supervised solely by a pack of semi-wild dogs.

Ian Ashcroft

Running in Finland

The Finn of my memory is Lasse Viren who won the 5k and 10k at both the Munich and Montreal Olympics. (He won little between the two and even in those more innocent days questions were asked). The statue in the town we stayed, Turku, however was of a runner from an earlier generation, Paavo Nurmi. Turku has another claim to fame. As George ought to be able to tell you, 46 days after Roger Bannister ran the first four-minute mile, the Australian John Landy, running in Turku, took 1.4 secs off Bannister's time.

The manager of the newspaper in Turku was a runner and had some tips to which the committee might like to give consideration. Firstly that after a run you should have a sauna. I said that running dehydrates you and I would have thought that a sauna would make it worse. He said it helped to have a beer in the sauna. I said that we had a couple of pints after running, but he seemed to think this excessive. He added that the sauna should be warm, not hot, and that 15 minutes after running had the same beneficial effect on the leg muscles as a massage. Secondly he thought we should do a mix of training combining running with cross-country ski-ing.

Ian Ashcroft

Barbequed Sunglasses

Simon has a pair of ladies sunglasses left after the excellent club barbeque.

Position	Name	Individual Qualifying Race Results										Best 4 Results				Sum of Best		
		Chester Spring 5	Christleton 5K	Dunham Park 5K	Tittesworth Res.	Birchwood 10K	Blackpool Beach 10K	Race 7	Race 8	Race 9	Race 10	Race 11	Best (1)	Best (2)	Best (3)		Best (4)	
1	HALMAN, Michael	49	50	50	50	50	50							50	50	50	50	200
2	HULME, Tony	42	42	48	46	46	47							48	47	46	46	187
3	AYRES, Kate	41	40	45			46							46	45	41	40	172
4	CLARKE, Jane	40	39	44	45									45	44	40	39	168
5	HYNES, Amanda	37	36	39			45							45	39	37	36	157
6	LEE, Angela	35	35	37	42	40								42	40	37	35	154
7	REED, Ronald	32		36	40		44							44	40	36	32	152
8	FAULKNER, Trevor	33	33		41	42								42	41	33	33	149
9	SMART, Ken	31	32	35			43							43	35	32	31	141
10	PARROTT, Stuart		47			49	48							49	48	47		144
11	TAYLOR, Graham	44			48		49							49	48	44		141
12	PENDRILL, Jim	46	46		47									47	46	46		139
13	NOBLE, Ray	45	45			48								48	45	45		138
14	FAIRS, Mick	43	44			47								47	44	43		134
15	MENDHAM, Gavin		41	47		45								47	45	41		133
16	POWNALL, Roy			41	43	43								43	43	41		127
17	SUTTON, Kate	38	37			41								41	38	37		116
18	AYRES, Leane	36	34	38										38	36	34		108
19	MCGaff, Tom	48	49											49	48			97
20	BISHOP, Nick	47	48											48	47			95
21	ASHCROFT, Ian	39		43										43	39			82
21	AYRES, Paul		38		44									44	38			82
23	DUNN, Darren	50												50				50
24	HEATON, Bill				49									49				49
24	PENNEY, Andrew			49										49				49
26	SMITH, James			46										46				46
27	PARRIS, Richard					44								44				44
28	SMALLWOOD, Ian		43											43				43
29	GREEN, Katy			42										42				42
30	SMALLEY, Carole			40										40				40
31	MADDOCK, Sally	34												34				34
Number of Runners		20	19	16	11	11	8							31	22	18	9	

Ranking is 1st by number of qualifying races entered (if 4 or less), then 2nd by sum of Best 4 Results

How your position has changed since Birchwood 10K: **Up** **Same** **Down**