

# WILMSLOW RUNNING CLUB

# Newsletter October 2004

[www.wilmslowrunningclub.co.uk](http://www.wilmslowrunningclub.co.uk)

## Macclesfield Half

Sunday October 3rd.

Macc Half went well, 17 Wilmslow runners, Mike got 1:14 and 4<sup>th</sup>, Graham got 1:19 and placed 10th. See photos on web site. Good day, chilly but dry, very hilly course, hint of sun as we finished. Ladies team did brilliantly, Sally, Jane and Kate finished under 1:35, Katy around 1:40 - so we should retain the Cheshire Grand Prix placing. Full results available on the [Joe Lee](#) site at some stage.

4	Michael Halman	1:14:33
10	Graham Taylor	1:19:26
29	Ray Noble	1:24:02
50	Gavin Mendham	1:28:48
64	Sally Gilliver	1:30:18
80	Steve Smith	1:32:16
95	Jane Clarke	1:33:43
111	Kate Ayres	1:34:37
172	Daniel Black	1:39:39
182	Katy Green	1:40:23
199	Paul Ayres	1:42:34
232	Simon Fenton	1:44:48
240	Amanda Bradbury	1:45:23
278	Kate Sutton	1:48:14
334	Trevor Faulkner	1:52:41

496 finishers

## Cheshire Grand Prix after Macc

[Standings](#), and individual results in the Cheshire County Road Race Grand Prix have been published on the [Cheshire AA site](#). We have also received a commentary from the organiser. Wilmslow have won the Men's event, as our points total (best of 6) cannot not be bettered by the next team (Vale Royal) even if they get top

points in the final race (Chester Zoo 10k) and we don't score any.

The Women's event is still open, despite a very strong performance at Macc last Sunday when Sally, Jane, Kate and Katy scored 181 points. In this competition the top 4 finishers count, the first scoring 50, next 49 and so on to give the race total. At the end of the series of 8 races the best 6 race totals count. 181 is a very high score (second highest in the contest) and gives us a 'best of 6' score of 1016, versus Vale Royal's 935. But no cause for complacency, because one of Vale Royal's 'best of 6' was a score of 93 points in the Wilmslow Half, when they only had 2 runners. So Vale Royal need to achieve 175 in the Chester Zoo 10k to beat us. On the other hand we can improve our current 'worst' score of 156, and so raise the bar for Vale Royal. It all hangs on Chester - Watch this space (and keep your calculator handy!).

"All,

Wilmslow men consolidated their Championship, with another dominant victory, and their women took a giant step towards the title, with their nearest rivals, Vale Royal, failing to show. However, with 2 scores to drop, Vale Royal do still have a mathematical chance of catching them in the last race at Chester Zoo, but they need to exceed their highest score of the year, with Wilmslow failing to score highly. On the other hand, another big score from yesterday's winners, Macclesfield, could see Vale Royal slip to 3rd.

Adrian Thiemicke  
Cheshire RR GP co-ordinator"

Andy Watts

## Chester Zoo 10k

Sunday October 17<sup>th</sup>.

11	Michael Halman	M28	34:51
12	Stuart Parrott	M41	35:08
18	Jim Pendrill	M34	35:43
25	Graham Taylor	M41	36:11
27	Nick Bishop	M45	36:19
50	Mick Fairs	M56	37:40
53	Ray Noble	M36	37:43
83	Tony Hulme	M57	39:28
102	Richard Parris	M37	40:05
110	Andy Watts	M54	40:14
115	Sally Gilliver	F43	40:25
137	Gavin Mendham	M54	41:02
158	James Smith	M58	41:53
173	Jane Clarke	F36	42:08
196	Kate Ayres	F45	42:43
197	Steve Smith	M43	42:43
284	Ian Ashcroft	M58	45:00
392	Roy Pownall	M55	47:03
400	Rod Coombs	M54	47:26
431	Amanda Bradbury	F30	48:08
465	Kate Sutton	F42	48:36
473	Bill Staniard	M40	48:46
492	Julie Lucas	F41	49:11
611	Gareth Trimble	M32	51:15
670	Sally Maddock	F21	52:24

1194 finishers

[www.jandresults.co.uk](http://www.jandresults.co.uk)

Pictures by Mr. Amanda Bradbury on the club web-site.

### Men's Team

1 Wilmslow RC Total :- 41  
M Halman 11 - S Parrott 12 - J Pendrill 18

In the final round of the Cheshire Grand Prix Wilmslow scored 536 points followed by Vale Royal (478) and Spectrum Spiders (471)

### Ladies' Team

5 Wilmslow RC Total :- 484

S Gilliver 115 - J Clarke 173 - K Ayres 196:

In the Cheshire Grand Prix Macclesfield (175) won followed by Vale Royal (164) and Wilmslow(157).

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Just for a change, I've managed to race so attached is my comments on Chester 10K.

It seems like a reasonable idea to do this race. I vaguely remember the start can be a little congested...

Travel to Chester with Kate. Car parking is in a field, so I momentarily wonder if I've gone orienteering after all. However, there's no Wilf's (food van) and there's lots of people in shorts and vests so we must be in the right place. Ruts in field look ominous. A few cars are stuck. (This does feel like orienteering...) Car parking marshall helpfully directs us to "keep to the grass". I wonder exactly what else I can keep to...

Kate and I warm up. Bit nippy and bit windy. Where's the start? It isn't very clear to me, or as it turns out, to 900 or so other runners. Find a nice spot by an ivy-covered tree. This turns out to be forward of a chalk line labelled "ST", marked on the road. Several hundred other runners are also beyond "ST" so we need shuffle backwards... and backwards... and backwards... Mmmm, cosy! Now not quite as close to the start as I'd like to be. Gun goes off. Weave in and out for first bit. Hopefully it's very good training for something.

Rural course seems hillier than I remember it... and windier... At 9K I now understand why the mountain rescue team has organised the race. Finish straight is on grass. Gang of Wilmslow runners has already finished. Good turnout from our club! Jane gets a PB. Julie gets a PB. I get tired. Not bad.

Sally Gilliver

## BIG GAME AT CHESTER ZOO

Some of you may have noticed the intense rivalry between two of the club's more senior members in the Summer Series Championships. For those of you blissfully unaware of the situation let me enlighten you. Two points separate Ian Ashcroft and Roy Pownall with the latter in the ascendancy with just one race to go. But let's go back one step.

Sunday morning 17<sup>th</sup> October and the squad of Ian Ashcroft, Roy Pownall, Rod Coombs, Andy Watts and the delightful Dr. Kate Sutton assemble at Ian's house to be chauffeured to the Chester Zoo 10K courtesy of Professor Coombs' racemobile.

Ian immediately takes pole position in the spacious front passenger seat sending out a clear message to Roy that in the animal kingdom there is only one leader. However, Roy is more than compensated by the warmth of Kate's body squeezed between him and Andy in the rear. En route the conversation is lively but Ian is pensive or half asleep, it's never easy to tell. Kate asks Roy how he is feeling to which he replies : "quietly confident" (Oh, the bravado of the boy !) On arrival the squad disembark, stretch, scratch, yawn and wander off in search of T-shirts, toilets and the Running Bear emporium. Having exchanged the customary insults with Tony the squad disperse to the bushes (Ah, the call of the wild) to let nature take its course. During the warm-up to the 1km marker Roy strides out desperately trying to impress Ian with his athletic prowess only to find it takes well over 5 minutes – not a good omen.

The start of the race is somewhat shambolic but Ian and Roy manage to get away quickly and soon settle into a rhythm with Ian a short distance in front. Roy's game plan is to keep it steady for most of the race and then to pounce towards the finish. Alas, this was not to be as the dreaded hill appeared at 9km and Ian pulled

away strongly leaving Roy dreaming of what might have been on a flat course.

However, the very good news was that there were no Wilmslow runners between Ian and Roy which meant that the status quo was maintained in the championship league table.

It was just like two old lions playing out the last big game.

This tale (or should it be tail) was brought to you by Roy (2 points clear of Ian) Pownall

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## Cheshire Grand Prix

Final results:-

Men	1. Wilmslow	3270
	2. Vale Royal	2933
	3. Macclesfield	2739
Ladies	1. Wilmslow	1017
	2. Vale Royal	1006
	3. Macclesfield	961

Whilst the men had the depth of talent to glide to a comfortable victory with two races still to go, the ladies win was built upon determination and teamwork.

Sally Gilliver is our number one runner and had she not been injured in the middle of the season the nail-biting finish might well have been avoided. She recovered to lead Wilmslow home at Macclesfield and Chester.

At the heart of this year's success were Jane Clarke and Kate Ayres, who both scored in every round. Kate had dropped-out of training on both the Tuesday and Thursday prior to Chester with a muscle strain and by Sunday had added a cold to her woes. Jane's running has got stronger as the season has progressed, but on the Thursday she was worried about her knee. Yet

again at Chester, as at Macclesfield, they both produced the performances the club needed.

The ultimate key to success, however, has been the fourth runner home. The role has been shared by Katy Green, Linda Ely, Kate Sutton, Kim Simpson and, at both Macclesfield and Chester, by Amanda Bradbury. All turned-out for the team on occasions when, as individuals, they had more pressing commitments

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All,

It was very nice to see a strong turnout from Cheshire clubs (even rivalling the 2 big half marathons), which fully justified the inclusion of the race this year's GP.

Congratulations are in order to Wilmslow RC who duly won the women's title to add to the men's one which had already been confirmed 2 races ago. However, Vale Royal put up a valiant fight, and finished just 11 points shy of Wilmslow's overall score, when 2 dropped scores were taken into account.

Winners on the day were Macclesfield, who, if they could regularly get out a full complement of 4 runners, would surely be challenging for the title, as they accounted for 3 of the 4 highest scores in individual races throughout the year, but had to include in their overall total 2 races where they only finished 3 runners. With the welcome return from long-term injury of Cecilia Greasley, they are likely to be a major force next year.

Anyway, I hope you all enjoyed the friendly competition throughout the year. If people wish the GP to continue next year, then I am happy to continue as its co-ordinator.

Please let me have any comments - good or bad.

My personal feeling is that having 6 races out of 8 worked quite well. I am

aware that several of you think that having 3 1/2 marathons is probably too many - in fact, I agree with you. The reason that the Macclesfield race was included this year was that we needed a race in September (when it was originally pencilled in for, before it was moved) and that it was the County Champs. The poor attendance in that race - particularly from the women (where we had runners from only 4 of the 14 clubs) - lead to be believe that we should replace this race with a shorter one - possibly another 10k. What I have tried to do is include in the GP those races which always get a good attendance of Cheshire clubs, ie those races which runners actually want to run. Without having the figures to hand, I believe that (after Birchwood) the next biggest 10k in the county is the Sutton 6 10k, which by coincidence happens to be in the same month as the race being replaced (ie September).

Is that acceptable to everyone ? (Originally, I only chose a maximum of one race per organising club, to avoid penalising those clubs who do not allow their runners to compete in their own events, but now that 2 scores can be dropped, I am happy to select 2 from a club, as long as that club is happy (West Cheshire !)).

Please let me have any comments - good or bad.

Adrian Thiemicke  
(Cheshire RR GP co-ordinator)

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## Great North Run- The pitfalls of a 10 month Training Plan....

In the dark days of November last year when days melted into nights and into days again and when all interim activity was dictated by our newborn baby my husband decided on a target to get my postnatal body off the setee and back into some sort of running routine...He roped in two competitive uncles to boost the pressure group and duly entered us all for the Great North Run for September 2004.... With 10 months of training ahead, a gentle "get fit plan" was the order of the day, gradually building up distance and stamina...

August came round in record time this year did you notice ?

After some sporadic sessions at the club and few Sunday runs en famille with the rest of the pressure group I went on holiday, trainers packed to "really boost those miles" get some "time on my feet"... embark on a "fast track training plan". But the south of France in summer is full of temptations for a girl like me...wine at lunch, sun down chilled beers, GOATS CHEESE !!! The fast track plan came off the rails as soon as we left Carrefour. We returned home after a 7day gastrofest , rounder, browner, happier but definately not fitter...

With 5 weeks to go I turned to Tony in despair, *he advised me (delicately ?) that I needed to "shift some weight", "render some of that bloody fat off"* to get round (like I hadn't noticed!) and bullied me into coming training. Cowwed I made a more regular appearance on Tuesdays

Running scared at the beginning of September I entered a random relay in Warrington with Kate and Jane to remember what racing was like...(awful, it came flooding back...) and I launched the sponsorship campaign to add a bit of urgency to what had become "survive the course training plan". Why oh why oh why oh why ?

The weekend came round we trucked up to "The Toon" en masse, dad, sisters, aunts, uncles, cousins, daughter, nieces...The greater part of my family are die hard non runners but hate to miss a jolly..The pre-race peer pressure was on early...abstaining from the family fiesta that had ensued, fish and chips at lunch (we're by the sea!), coffee and cakes in the afternoon (its Saturday ?), italian at night (you need pasta don't you ?), beer, wine, sambucas (wey hey)...Paula Radcliffe has non of this to deal with. The team confidently drank water

for as long as possible and ran through the final finer logistics of the race start.

Sunday, the tight knit squad of runners (4) surrounded by a crew of alka seltzer guzzling lushes (9) decide at 9.30 to leave the sofa and BBC coverage to make a move for the metro. We board an eerily empty train... 10.30 we split, assume every man for himself and leg it in the direction of Steve Cram at the start. 10.39, knackered we launch ourselves over the barriers into the sweaty nervous bin bagged hoards that try to separate themselves from the plastic rhinos...1 minute .... + 1 hour 44, 50, 55 and 56 later after we were hailed home heroes by the rest of the support team over their hangovers and eager to embark on the celebrations....we raised over £2000 for Leukaemia research so fairs fair !

The takeaways:

- 1) Always complete your own race entries
- 2) Remember that 10 months is actually only 10 weeks when your life is dictated by any body under one year old
- 3) Don't take your trainers on holiday, the plastic bag they live in for the fortnight will be rank by the time you leave
- 4) Don't ask Tony for advice on your running if you are feeling remotely emotional
- 5) Racing hurts, hold that thought
- 6) Arrange separate accommodation to your non running race support group
- 7) Remember that Brendan Foster's early morning commentary can be seen on the highlights
- 8) Tynemouth is more than 30 minutes away from Town Moor start line
- 9) You can never escape the plastic rhinos
- 10) Reaching your target feels good

The team completed in one piece and all members came home in under 2 hours...for the record...1.44, 1.50, 1.55 and 1.55 the girl beat the boys much to their disappointment and my relief....

A thank you in from me for all those people at the running club that sponsored me in the GNR, we made over £2000 for The Leukaemia Research Fund, which is great. If anyone wants to make a late donation they can go to [www.justgiving.com/kb](http://www.justgiving.com/kb)

Katy Green

Katy followed the Great North with an important finish for the Ladies teams at Macclesfield, two halves in one week.

## Club Christmas Party

It seems that last year's bash at the **BELFREY HOTEL** was a popular event, and therefore will be repeated due to demand (but also that no-one can be bothered to think of an alternative)....

Thus the formula is much the same:

Venue - Belfrey Hotel, Burlington Suite

Date - **Sunday 12th December**

Time - 6:30 till pumpkin hour

Food - yummy buffet and veggie options

Price - a bargain **£26.00** per head (surely not, I hear you cry)

My almost permanent disability has now put me in the ranks of those runners who never actually frequent the club, so you will have to be hassled by others for the dosh (there is a God after all). I think Kate Sutton and Ken Smart are the lucky duo, so please give them your money immediately.

Charlotte  
(ex-most improved womens runner ...sob sob)

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### Gawsworth 10k (ish)

I have found the Gawsworth 10K results at [www.gawsworth.com](http://www.gawsworth.com). This website also has photos of the event.

Sunday 12 September 2004

1	Malcolm Fowler	36.25
18	Tony Hulme	43.35
20	Gavin Mendham	43.56
67	Roy Pownall	50.12
73	Simon Fenton	50.47
256	finishers	

Trevor

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### \*\*\* RUNNER OF THE MONTH \*\*\* OCTOBER 2004

Very much the ladies' month, but which one? Sally, Kate, Katy and Amanda all had their supporters but we went for **Jane Clarke** not just for her performances at Macclesfield and Chester Zoo but for her contribution throughout the season.

The competition between her and Kate for the Ladies Prize in the Summer Series looks like going down to the wire at Langley.

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### 2004 Subscriptions

At the AGM subs were set at £40. Can you please write a cheque and give it to Dave Read asap. Subs must be paid by Tuesday 12th October. It creates a lot of hassle chasing people after that.

Good response but **still one or two outstanding.**

Thanks  
Neil Dainty [[neil.dainty@btopenworld.com](mailto:neil.dainty@btopenworld.com)]

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## Mens Manchester Cross Country League

I have now received the official dates, venues & start times for the Manchester & District Cross Country League:

Match One - Saturday 30th October - Heaton Park

Match Two - Saturday 20th November - Macclesfield

Match Three - Saturday 4th December - Boggart Hole Clough

Match Four - Saturday 8th January - Wythenshawe Park

Start time for Senior Mens race is **2:30pm**

We require a minimum of 6 finishers for the seniors and 4 for the veterans.

Club shirts must be worn as there are no race numbers issued. I will chase names nearer the event.

need a minimum of 6 men per event, but the more the better.

Graham Taylor [taylorcuff@boltblue.com]

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## Cheshire League Cross Country Ladies & Men

Tuesday 28<sup>th</sup> December Frodsham

Sunday 13th February Woodbank Park

Sunday 13th March Macclesfield

Cheshire Championships

Saturday 15th January Winsford

Kate  
sales@ayresviolins.co.uk

## Club Handicap

Usual course. Down to the Moat House via Styal and runway 2, back through Styal Woods.

Boxing Day, Sunday December 26<sup>th</sup>. at 9:30 a.m.

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## Summer Series

The 2004 Summer Series is drawing to a close with 1 more race to complete. Chester Zoo 10K saw 25 Wilmslow Vests, the largest attendance by far this year.

The top 6 places remained unchanged but Tom McGaff and Nick Bishop are both poised to upset these positions if they run Langley 7.

With 5 races completed Ray Noble is now threatening Mick Fairs position although a continuation of Mick's end of season performances should hold him off.

Jane Clarke was unable to capitalise on a pb and beating Kate Ayres because of the large turn out so the ladies' championship continues to hang on a single point. Similarly (*despite another emphatic victory, ian*) Ian Ashcroft was unable to close the two point gap on Roy Pownall.

Gareth Trimble, Trevor Faulkner and Paul Ayres can upset the middle ranking with one more race to complete.

Last year 20 runners completed the Summer Series. Whilst that was only 4 races to qualify we could still surpass that result at Langley 7. Hope to see you there: **Saturday 6th November 2:30pm**

Graham Taylor

## 2004 Wilmslow Running Club Summer Series

Position	Name	Individual Qualifying Race Results											Best 5 Results					Sum of Best
		Chester Spring 5	Christleton 5K	Dunham Park 5K	Tittesworth Res.	Warrington 10K	Blackpool Beach 10K	Shuttlingsloe	Rudyard Lake	Birchwood 10K	Chester Zoo 10K	Race 11	Best (1)	Best (2)	Best (3)	Best (4)	Best (5)	
1	HALMAN, Michael	49	50	50	50	50	50		50	50	50		50	50	50	50	50	250
2	PARROTT, Stuart		47			49	48		49	49	49		49	49	49	49	48	244
3	PENDRILL, Jim	46	46		47			49	48	47	48		49	48	48	47	47	239
4	TAYLOR, Graham	44			48		49		47	46	47		49	48	47	47	46	237
5	HULME, Tony	42	42	48	46	46	47	46	44	42	43		48	47	46	46	46	233
6	FAIRS, Mick	43	44			47			46	45	45		47	46	45	45	44	227
7	NOBLE, Ray	45	45			48			43		44		48	45	45	44	43	225
8	MENDHAM, Gavin		41	47		45		45			39		47	45	45	41	39	217
9	AYRES, Kate	41	40	45			46		40	40	36		46	45	41	40	40	212
10	CLARKE, Jane	40	39	44	45			43		38	37		45	44	43	40	39	211
11	POWNALL, Roy			41	43	43		38	35		33		43	43	41	38	35	200
12	ASHCROFT, Ian	39		43				41	38	37	34		43	41	39	38	37	198
13	LEE, Angela	35	35	37	42	40		37	32				42	40	37	37	35	191
14	HYNES, Amanda	37	36	39			45		33				45	39	37	36	33	190
15	SUTTON, Kate	38	37			41		39	34		30		41	39	38	37	34	189
16	REED, Ronald	32		36	40		44			33			44	40	36	33	32	185
17	SMART, Ken	31	32	35			43			32			43	35	32	32	31	173
18	McGaff, Tom	48	49					50		48			50	49	48	48		195
19	BISHOP, Nick	47	48					47			46		48	47	47	46		188
20	SMITH, James			46					42	41	38		46	42	41	38		167
21	AYRES, Paul		38		44				37	36			44	38	37	36		155
22	FAULKNER, Trevor	33	33		41	42							42	41	33	33		149
23	TRIMBLE, Gareth							42	39	39	27		42	39	39	27		147
24	PARRIS, Richard					44				44	42		44	44	42			130
25	SMITH, Steve							44	41		35		44	41	35			120
26	SIMPSON, Kim							40	36	34			40	36	34			110
27	AYRES, Leane	36	34	38									38	36	34			108
28	SMALLWOOD, Ian		43					48					48	43				91
29	LIVESEY, George								45	43			45	43				88
30	LUCAS, Julie							36			28		36	28				64
31	MADDOCK, Sally	34									26		34	26				60
32	DUNN, Darren	50											50					50
33	HEATON, Bill				49								49					49
33	PENNEY, Andrew			49									49					49
35	GREEN, Katy			42									42					42
36	WATTS, Andy										41		41					41
37	GILLIVER, Sally										40		40					40
37	SMALLEY, Carole			40									40					40
39	ELY, Linda									35			35					35
40	COOMBS, Rod										32		32					32
41	BRADBURY, Amanda										31		31					31
42	STANIARD, Bill										29		29					29
<b>Number of Runners</b>		<b>20</b>	<b>19</b>	<b>16</b>	<b>11</b>	<b>11</b>	<b>8</b>	<b>15</b>	<b>19</b>	<b>19</b>	<b>25</b>		<b>42</b>	<b>31</b>	<b>27</b>	<b>23</b>	<b>17</b>	

Ranking is 1<sup>st</sup> by number of qualifying races entered (if 5 or less), then 2<sup>nd</sup> by sum of Best 5 Results

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