

WILMSLOW RUNNING CLUB

Newsletter May 2004

Chester Spring 5

- Darren Dunn was first Wilmslow runner home.
- Mike Halman (6sec.) and Tom McGaff (11sec.) were just behind Darren.
- Nick Bishop was a mere 31 secs. further back.
- Kate Ayres was first Wilmslow lady.
- PBs by Amanda Hynes, Leanne Ayres, Angela Lee, Sally Maddock, Jane Clarke, Mike Halman and Ian Ashcroft.
- The Chester Five was the fourth race in the Cheshire Grand Prix.
- Wilmslow Men scored another first; Jim Pendrill and Ray Noble were our 5th. and 6th. counters
- Wilmslow's strength in depth was emphasised by Graham Taylor, Mick Fairs and Tony Hulme taking their places amongst the 'also rans'.
- The Ladies were also first; Jane Clarke, Kate Sutton, and Amanda Hynes were the three other counters.

Christleton 5k

- Mike Halman was first Wilmslow runner in a new club 5k record.
- Kate Ayres was first lady.
- The Men were first in the Cheshire Grand Prix; Tom, Nick, Stuart Parrott, Ray and Mick were our other counters.
- The strength in depth and improvement in Group 1 and 2 was again underlined with Ian Smallwood, Tony and Gavin Mendham outside the places.
- The Ladies finished second the other counters being Jane, Kate Sutton and Amanda.
- Angela and Leanne completed the Ladies team.

Cheshire Grand Prix

- Wilmslow Men lead the Grand Prix after five of the eight events. 1st. at Helsby, 3rd. at Alsager, 1st. at Wilmslow, Chester and Christleton
- The Ladies are also in first place; 2nd. at Helsby, 2nd. at Alsager, 1st. at Wilmslow and Chester and 2nd. at Christleton.

Chester Spring 5

Upton, Tuesday 6th. April
9°C

13	Darren Dunn	27:19
16	Mike Halman	27:25
18	Tom McGaff	27:30
26	Nick Bishop	28:01
38	Jim Pendrill	29:00
54	Ray Noble	29:42
61	Graham Taylor	29:58
86	Mick Fairs	30:41
91	Tony Hulme	31:09
133	Kate Ayres	33:12
157	Jane Clarke	34:05
180	Ian Ashcroft	34:54
227	Kate Sutton	37:04
241	Amanda Hynes	37:55
249	Leanne Ayres	38:29
262	Angela Lee	39:38
266	Sally Maddock	39:50
267	Trevor Faulkner	39:52
294	Ron Reed	42:28
310	Ken Smart	44:33

340 finishers

Tom 3rd V45, Mick Fairs 1st V55, Tony 3rd V55,
Kate Ayres 1st L40, Jane Clarke 3rd L35, Leanne
Ayres 3rd L<20, Trevor 1st V60, Ron 2nd V70.

Trevor

Halton 5 mile road race

Run The Bridge- Halton to Hale

Easter Sunday.

40 mins from clubhouse 9.00 am start in ideal conditions.

Super organisation for this event promoting tourism to the area.

Start on the road bridge built by same company that built Sydney harbour bridge.

Completely closed roads in this point to point race (nice to run down centre of road for a change).

Full coach return to start and local dignitaries from both villages in attendance with CCAA representatives.

Good course for fast time as slightly downhill from start to finish.

5	Stuart Parrott	28:45	6th V40
27	Tony Hulme	31:23	1st V55

300 runners

Stuart

Bolton 10 K

Uninspiring alternative to London

Hilly pouring rain, chased (overtaken? *Ed.*) by kids.

27	Stuart Parrott	35:46	3rd V40
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487 runners

Stuart

Hanchurch Woods

4.5 Mile cross-country

Beautiful location super race on sunny evening

5	Stuart Parrott	29:45	1st V40
27	Tony Hulme	32:40	2nd V 55

122 runners

Stuart

WHITLEY 10K

Sun 25 April 2004 20°C

Brilliant performance by Mike on a warm day, but he wore a T-shirt under his vest because he acclimatises his body to the heat by working in a greenhouse! Our training friend Cecilia came 3rd Lady, only 2.04 slower than her course record, set in 1995.

1	Michael Halman	34.24	PB
18	Tony Hulme	39.03	
151	Trevor Faulkner	50.30	

285 finishers

Trevor

WATERLOO 15K TRAIL RACE

Mon 3 May 2004 12°C Very windy.

Pleasant race along sandy paths, tracks and roads along the front north of Liverpool. Street parking and busy registration area, after the venue was changed at the last minute. Brilliant runs by Mike and Sally. No names of course, but one competitor may request special supply of *Running Bear* toilet tissue!

3	Michael Halman	52.19	2 nd SM
64	Tony Hulme	1.01.24	
393	Sally Maddock	1.18.54	
435	Trevor Faulkner	1.21.09	
512	Amanda Hynes	1.25.07	
614	finishers		

Trevor

FLORA LONDON MARATHON April 18TH

I was once told that running a marathon was easy, the difficult bit was the long hard slog of the training you had to do. So as I boarded the early (actually the very early) train to London with Steve Russell, Andy Watts and half the Sale Sharks supporters club, I felt pretty confident about the race the following day. I'd trained for longer, I'd run further and faster and shed a bit of weight (it's amazing what a bit of public humiliation in Tony's shop can do). The omens were looking good.

Saturday was spent doing the last few formalities like signing on and collecting all the pre-race essentials and goodies (still not sure what the kitchen cleaning fluid was all about). The weather was kind, the sun was shining and there was a general good feel factor from the three of us. So much so we ventured off for the usual pre-race pasta session. Steve had us walking round Soho for a good half hour trying to find some restaurant (or so he claimed) before we spotted some Italian/French restaurant just off Leicester Square. Later on Mr Russell was seen entering and leaving the toilets of the local pub with a rather strange and suspicious man purporting to be a FLM runner, mmm.

Sunday, ah yes. The sun had given way to rain - horizontal, wet and cold. Breakfast, which was promised at 7:00, didn't happen. After a dish of cereals and a prolonged argument with the hotel staff we left for the start. Greenwich common was wet, all the tents were full and we were feeling a little miserable. We bade farewell to Andy who had very handily got himself allocated to the Green start. Steve and I went in search of shelter. Steve has an eye for these sort of things

and very quickly found a warm if slightly damp and rather full tent to get changed in.

We didn't want to leave but leave we did. As we lined up in our pen along with the rest, Steve and I looked resplendent in our matching black bin bag liners (mine was a superior little number with Macclesfield BC on the front). A search of the pen failed to spot Andy P. Too late to check whether he'd made it or not as the gun fired and we were off. London is big, very big, so big that it has three official starts. But even that fails to prevent you having to weave in and out of people at the start.

At 3 miles the two main start groups join and not surprisingly there is a certain amount of banter between the two. The resulting influx of runners meant that I lost sight of Steve. However all was not lost as but a handful of metres in front was an Indian squaw, resplendent in jacket, short (very short) skirt and feather. Ha ha I thought here's a good excuse to latch onto a good pace. Over the course of the next six miles I tagged along, only momentarily being distracted by a Runner's World pacer asking me if I knew a guy from Wilmslow who was running the race and worked for Shell - how weird was that! Heading towards Tower Bridge I lost sight of my squaw, and despondence set in. But my spirits were lifted shortly after as Tower Bridge came into view. It really does make you sit up and notice (wrong metaphor I know but you get the picture).

Crossing half way in a little over 1:36, I was still on schedule for a good time. I felt good and pressed on. It was at this stage that the course enters a loop through Docklands and the route out joins the route back to the finish. The good news is that you get to see the elite runners from a few feet away and realise how quick they are going. The bad news is that you realise that their race is nearly finished and you're just over halfway. Just when I thought it couldn't get worse, it did. The rain which had eased, suddenly decided to come back with a vengeance. For twenty minutes it rained and I got cold. The road filled with puddles and me and my fellow runners began splashing around. Canary Wharf was a temporary sanctuary as not only did it offer a brief respite from the weather

but the noise and sight of the crowd was very uplifting.

Around mile 18 I saw a familiar sight – a Wilmslow running vest (it was wrapped around Andy Penney and not discarded in the gutter!). Finally someone to talk to. However such was the speed differential that it took over a mile to catch him. After a quick chat Andy ‘suggested’ I ought to go on as he was beginning to feel the strain. Not far along the road and further inspiration followed when I heard someone shout ‘Wilmslow’ and then my name. I looked up and there was Ned offering support and a cheery face. Buoyed by this and the fact that now I was on mile 19, it was my turn to be running towards the finish and looking at the crowd of runners passing the half way mark. Not much to this marathon lark I thought.

Then suddenly it happened. Around the 20 mile mark I hit the wall. Going past Tower Bridge for a second time was not nearly so much fun. The cobbles were slippery and hard on the feet, the legs begun to hurt and the finish line seemed such a long way off. Mark Wrigley’s words came flooding back to me, ‘at twenty miles you’re only half way round’ – how true. It’s at times like these that you have to dig in hard and think of all the training you’ve put in over the previous months. A couple of miles later and a few swigs of that wonderful lucozade sport stuff (didn’t see Jonny Wilkinson handing out my drink) and I was running along the embankment. Despite the weather, the crowds were as vociferous as ever with every vantage point taken. Looking up I saw Big Ben dead ahead and I knew I was inside the final mile. The spring had returned to my legs, my arms began pumping, my head cleared and my spirits soared. Turning into the Mall and being cheered on by so many people is certainly an experience that’s hard to beat, you can’t fail to be moved by it.

After crossing the line I collected the t shirt, medal and yet another goody bag, swapped stories with the other finishers and met up with Andy W who was the first Wilmslow runner home and Steve who clocked a PB for the course. We didn’t see Andy P cross the line but rumour had it he finished just behind Nell McAndrew! Nice run Andy, first marathon,

cracking time. Congratulations to Yvonne who was the first (and only) Wilmslow lady home in a sub 5 hour time – maybe that will inspire a few more to pick up the baton for next year.

Finally on the train home after a swift Guinness and munching my way through the contents of the goody bag, I had time to reflect on what had happened. I set out with two goals, first to set a PB and second to enjoy the race. The months of training, all those sessions running through the airport tunnels and long Sunday runs to Macc and back, the friendly advice of many club members and all those carbo’s consumed allowed me to achieve both. In the end, it’s true what they say that you reap from what you sow.

Results:

Andy Watts	3:10:16	2010 th
Steve Smith	3:11:50	2157 th
Steve Russell	3:14:16	2457 th
Andy Penney	3:18:01	2830 th
Yvonne Brown	4:45:10	24436 th

Steve Smith

Christleton 5k

These are Cheshire Grand Prix positions not race positions

4	Mike Halman	16:00
8	Tom McGaff	16:27
11	Nick Bishop	16:45
13	Stuart Parrott	16:48
19	Jim Pendrill	17:19
20	Ray Noble	17:22
29	Mick Fairs	18:04
31	Ian Smallwood	18:09
36	Tony Hulme	18:33
59	Gavin Mendham	19:44
8	Kate Ayres	20:12
9	Jane Clarke	20:53
69	Paul Ayres	21:24
18	Kate Sutton	22:11
21	Amanda Hynes	23:00
23	Angela Lee	23:34
24	Leanne Ayres	23:37
79	Trevor Faulkner	23:56
84	Ken Smart	26:04

The Famous Five

The 5km race round Christleton was a new experience for me. I normally race over 5 mile cross country events, half marathons or longer events. I eagerly asked round a few people who had done the race before, all the comments I received were about how long it took to get there rather than tactics for the race. At the start, I was chatting at the back, I could just see Tony and Mick at the front over a sea of heads, it is useful being 6 foot tall. The gun went, off I trotted, engulfed in a mass of runners. Gradually I speeded up and caught Tony at 2km, and then Mick at 3km, then suddenly it was 1km to go (or half a mile in old money). I could nearly see the line then bang! I hit the wall and ran out energy, Mick shot past me.

Overall, the club was well represented, and in fact there were so many runners from group 1 racing that us lesser mortals in group 2,3,4 and 5 did not count towards the team score!

Ian Smallwood

Mount Famine Fell Race

Sat. 8 May 2004
5 miles, 1700' ascent, 10°C

Interesting event, the steepness of the hills shown by the runners' times. Tom and Darren were 2nd and 3rd, but at slower than 9 minutes per mile. Allegedly, this is the "hardest" short fell race in the Peak District. The race started with an ascent up a 45 degree slope near Hayfield, which everyone walked up, whilst pulling on to trees and branches. This took me 4 minutes. It then became a fairly standard fell race in damp and slippery conditions, but with long steep descents and another long, walking, ascent. The only level part was the final half mile run in.

2	Tom McGaff	47.22	1st V45
3	Darren Dunn	47.29	
11	Colin Fray	49.00	3rd V45
39	Tony Hulme	53.48	
62	Jason Stott	57.57	
130	Trevor Faulkner	74.45	

141 finishers

Trevor

*** RUNNER OF THE MONTH ***

Mike Halman finished 3rd. in the Y.M.C.A. 5 mile on Saturday April 24th . Won the Whitley 10k the following day and then was first Wilmslow runner in the Christleton 5k in a new club 5k record.

FIXTURES

Thu. May 27 Lyme Park Orienteering , 6:45pm.
Fri. May 28 **Dunham Massey 5k**, 7:15pm
Thu. June 3 **Tittesworth** , 7:30pm
Thu. June 10 Bowden 5k, 7:15pm
Thu. June 24 **Warrington 10k**
Thu. July 8 Stanley Arms
Thu. July 15 Sale 5k, Wythenshawe Park, 7:15
Sun. July 11 **Blackpool 10k**
Thu. July 29 **Shuttlingsloe**, 7:30pm
Thu. Aug 12 **Rudyard Lake**, 7:15pm
Sun. Aug 22 **Birchwood 10k**
Sun Sept 12 Gawsworth 10k+
Sun Sept 19 Meerbrook 15k road race
Sun. Oct 3 **Macclesfield Half**
Sun. Oct 17 **Chester Zoo 10k**
Sat. Nov 6 **Langley 7**

Races in bold form part of Club Summer Series, best four positions to count.

Tony

CLUB BARBEQUE

Saturday June 12th. at 7:30 pm

Simon Fenton's house
Wayside Cottage
Welsh Row
Alderley Edge

charge £10 per head

Please could you let Charlotte (0161 928 3975, mobile 07834066683) know whether you will be coming, we need numbers to plan food and drink.

RUNNERS OF THE MONTH

2002

December Tom McGaff

2003

January Trevor Faulkner

February Kate Ayres

March Mick Fairs

April Pat Dufton

May Bill Heaton

June Ian Smallwood

September George Livesey

October Mike Halman

November Tom McGaff

December Amanda Hynes

2004

January Katy Green

February Andy Watts

March Kate Ayres

April Ron Reed

May Mike Halman

Sally Shorn

Sally Maddock's final act before leaving for charity work in Africa was a public scalping by Linda and Angela at the club after Tuesday training. The money raised will help the charity work. In fact contrary to expectations, mainly hers, she looked really good. Sally's back in September to go to university.

Fobbed Off

Keen readers of the newsletter will recall Stephen Feber's (he re-appeared for training on Tuesday) piece about Professor Rob Coombs inability to come to terms with the technology of the gate between Styal Mill and Norcliffe Chapel. Simon Fenton has also had problems there. Having joined a breakaway group taking the (shorter) top path from the club he was left behind by the rest of his 'friends'.

The main Sunday group found Simon alone, meandering aimlessly in the field next to the gate. Apparently he runs with the key to his precious hairdresser's car in hand. As, in haste, he closed the gate in pursuit of his 'friends' the key took flight. Ten minutes of random searching by ten athletes failed to find the fob. Professor Coombs then organised a systematic combing of the area but without success. Lawyer Rob Dunkley, who by now had almost recovered from running up the Mill hill, then staged a re-enactment using a stone as the substitute for the fob. This was partly successful as we managed to find the stone, but sadly not the fob.

Simon returned to the search on Sunday afternoon and Tony allowed an interruption of the following Tuesday's training but to no avail.

Headline courtesy of Pete Nelson.

Committee Report

The committee met on 27th April. Here is a digest of some of the things discussed:

- The Annual General Meeting of the club has been fixed for 14th September, after training. Please put it in your diaries.
- Work continues on improving the track at the car park end. We are also investigating getting an extra floodlight at that end.
- Roy Pownall and Jim Pendrill are going to jointly act as 'press officers' to get improved coverage of the club's successes in the local papers. Help them out by providing material and reports, photos etc.

- Tony is planning some long summer ‘point to point’ runs with vehicle-assisted return. Watch for details.
- We are investigating the possibility of securing enhanced access to physiotherapy services for injured members.
- Appreciation was expressed for all the work being done by club members to support the club’s activities – especially those contributing to the newsletter and the web site.

The next committee meeting is on 8th June. If any member wants to raise any items for discussion please let us know.

Rod Coombs

Firstly to let you know about a letter I received from Peter Stanley (4min mile book author). Peter and his brother Paul attended the official celebrations at Oxford on the 6th May where they shook hands with Bannister, Landy, Chataway, and Coe (no pun intended)!!! They also sent me a copy of the programme of the day’s races which had quite a few international names taking part. A memorable day for them.

I hope you are all ok and running well. . We are returning home as planned on the 14th June for 3 months since it will be too hot living in a mobile home, and I’d be grateful if you would ask the powers that be (Neil) to consider the cost of membership for this period. I’ll need to be covered by the insurance if I am going to train and compete.

George Livesey

2004 Wilmslow Running Club Summer Series

Individual Qualifying Race Results									Best 4 Results			
Name	Chester Spring 5	Christleton 5K	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Best (1)	Best (2)	Best (3)	Best (4)
HALMAN, Michael	49	50							50	49		
MCGaff, Tom	48	49							49	48		
BISHOP, Nick	47	48							48	47		
PENDRILL, Jim	46	46							46	46		
NOBLE, Ray	45	45							45	45		
FAIRS, Mick	43	44							44	43		
HULME, Tony	42	42							42	42		
AYRES, Kate	41	40							41	40		
CLARKE, Jane	40	39							40	39		
SUTTON, Kate	38	37							38	37		
HYNES, Amanda	37	36							37	36		
AYRES, Leane	36	34							36	34		
LEE, Angela	35	35							35	35		
FAULKNER, Trevor	33	33							33	33		
SMART, Ken	31	32							32	31		
DUNN, Darren	50								50			
PARROTT, Stuart		47							47			
TAYLOR, Graham	44								44			
SMALLWOOD, Ian		43							43			
MENDHAM, Gavin		41							41			
ASHCROFT, Ian	39								39			
AYRES, Paul		38							38			
MADDOCK, Sally	34								34			
REED, Ronald	32								32			
Number of Runners	20	19							20	15		

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: Chester Spring 5 - Up Same Down