

WILMSLOW RUNNING CLUB

Newsletter April 2005

www.wilmslowrunningclub.co.uk

Chester Spring 5

Tuesday April 5th, Upton

Fourth round of the Cheshire Grand Prix

First Race in the Club Summer Series

4	Damian Nicholls	26:16
6	Michael Halman	26:25
9	Tom McGaff	27:06
15	Stuart Parrott	27:42
21	Jim Pendrill	28:30
23	Nick Bishop	28:39
39	Andrew Penney	29:25
48	Ray Noble	29:49
52	Mick Fairs	30:14
57	Tony Hulme	30:20
63	Ian Smallwood	30:48
81	Mike Cooper	31:49
82	Kate Ayres	31:50
87	Sally Gilliver	32:06
161	Paul Ayres	35:10
189	Roy Pownall	36:43
192	Tracy Alderson	36:48
199	Susan Wright	36:55
225	Sally Maddock	38:37
226	Julie Lucas	38:38
271	Trevor Faulkner	43:11

A glorious evening for a run. I managed 2 miles at a fair pace before struggling to hell and back in the next 3 miles. Some great times, and fantastic battles for summer series points!

Ian Smallwood

Grumpy Old Man Fights for His Honour

A cool evening saw me and Paul Ayres representing the club's GOM in the Chester

Spring 5. Now, as you all know from earlier newsletters, the GOM are constantly having to work hard to hold off the emerging female talent in the club (I'm talking running, you fools!)

Well, it wasn't a problem for Paul (who is perhaps a little young to be included in the GOM) as he ran a splendid 35.10 and disappeared from view. It was a different story for me as around 4 miles I glanced left and there was Sue, I glanced right and there was Tracy. With teeth gritted I worked hard to stay in front of them. On entering the field at the finish members of groups 1 and 2 were cheering us on and, can I just say, a certain person (you know who you are Ian Smallwood) exhorted the girls to beat me – frankly with friends like this, who needs enemies?

Anyway, suffice to say, I kept in front with my honour (and that of the GOM) intact.

Roy Pownall

Cheshire Grand Prix

After four races Macclesfield women now head the table after narrowly defeating Vale Royal, with Wilmslow slipping due to a weakened team with the (previous) leader Jane Clarke failing to finish. No women have completed all 4 races, so Vale Royal's Nicky Archer heads the table, but both Nicky Bird and Olivia Renshaw are ominously poised if they can complete enough races.

Wilmslow men took a dominant victory, even without including Damian Nichols as a scorer, and now have a 200+ point lead. The ever-present Stuart Parrott heads the table, but Mike Halman is beginning to look like the favourite for the title.

Based on the replies I received about the number of races to count for the individual title, it will be 4 (out of 7).

The next race is the Christleton 5k on Friday 13th May. (Let's hope no-one is superstitious !!)

Adrian Thiemicke
(Cheshire RR GP co-ordinator)

After four races:-

Ladies - Team

1. Macclesfield
2. Wilmslow
3. Vale Royal

In the individual top 25:-

3. Jane Clarke
4. Kate Ayres
15. Sally Gilliver
16. Julie Lucas

Mens- Team

1. Wilmslow
2. Vale Royal
3. Macclesfield

In the individual top 25:-

1. Stuart Parrott
4. Ray Noble
5. Mike Halman
6. Tom McGaff
7. Jim Pendrill
12. Andy Penney
14. Mike Cooper
15. Tony Hulme
16. Ian Smallwood
21. Rob Downs
23. Nick Bishop

The Cheshire Grand Prix is organised by the Cheshire County Athletic Association (see 'Useful Links' on the web site). Races to come in the series are:-

- Christleton 5k, Friday 13th May
- Birchwood 10k, Sunday 21st August
- Sutton 6 (10k), Sunday 25th September

Tom McGaff

London Marathon

Sunday April 17th.

Congratulations to all who finished London:

Darren Dunn	2 hours 42 mins
Andrew Penney	2 hours 57 mins
Steve Smith	3 hours 10 mins
Andy Watts	3 hours 12 mins
Steve Russell	3 hours 13 mins
Gareth Trimble	3 hours 57 mins

The London Marathon has become something of a routine for Steve (Russell) and myself, and I find by counting my medals that this year was my 8th visit. We were joined by Steve (Smith), Gareth, Bill (injured but came to support), Andy (Penney) and Darren.

Major highlights:-

- weather was perfect. Temperature not too high, and the sky was clear and blue - certainly cheered things up (and brought out the crowds).

- the green start. Us marathon veterans now receive the privilege of the green start - reserved for celebrities and 'good for age'. Not a natural alliance, as indicated by the bouncers on the door of the celebs marquee. But nice to be at a start with only 5,000 runners, meaning that one can get over the start line in under a minute.

- the new course. Only minor changes really, but avoiding the cobbles, and particularly the sharp turns through the gates of the Tower, was a distinct improvement. The course retains the section where the fast and slow

runners pass - unfortunately we missed Paula, but it was very satisfying to get to 21 and see the back of the field still reaching 14.

- answering a call of nature during the event. Anyone who has read Paula's book knows that pre-marathon food intake has to be carefully regulated. Obviously the Bella Pasta in Covent Garden didn't provide the correct nutritional balance, as I was forced to take a loo stop at 18. Probably around the same place as Paula, in fact (but I used a porta-loo).

- reaching 21 miles. The feeling you have when you reach 21 miles is the reason most of the population don't run marathons.

- spotting Bill half-way up the side of a building opposite Big Ben. He explained later he had found a good place to view the race - from ground level it appeared he must have done quite a bit of climbing. Excellent support Bill - thanks!

- reaching 26.2 miles. Reaching the end feels a lot better (probably why we keep doing it). Plus getting below 3:15 means another 'good for age' entry next year.

- going in the spa at the hotel. Our £78 'weekend break' train/hotel package to London put us in the Barbican Thistle. Not an easy place to get to, but with the consolation of an excellent leisure centre. A soak in the hot tub is the perfect way to recover from a marathon.

- the journey home. First chance to relax, have some food and a beer. Despite all the hassle of a weekend away, the London is quite an event, and the crowd support really lifts the spirits. I expect I'll be back!

Andy Watts

It's the FlowerPOT Calling the Kettle Black

I should just like to respond to last month's libellous remarks concerning my hard fought victory over BILL & BEN in the Wilmslow Half Marathon. Eagle eyed observers of this year's London Marathon will have spotted BILL & BEN finishing in a most respectable time.

Evidence, if ever it were needed, that these two characters were in fact dedicated club athletes.

The person responsible for this libellous piece in which I was referred to as a 'Weed' appeared for training last night (the first time in many a long while) and to judge by the profile the stress should be on the last part of the word flowerPOT.

Roy Pownall

Bolton 10K

Sunday April 17th.

Is this the way to Armarillo?

Not sure about the humour but here is a report from Peter Kay country:

The *other* big race of the day was the Bolton 10K. A small but determined Wilmslow team took up the challenge.

Rather long hills and an almost constant head wind dampened down the times but made for an exciting race. Mike H ran most of the race out on his own (bit like a traditional Thursday night) to finish second behind the run away winner from Scunthorpe. Rob (10th) arrived on the track as Mike was finishing and Stuart (12th) was not far behind. Mike C put in a trademark sprint round the track to ensure a top 100 place.

Rob and Stuart both won vets prizes and Wilmslow also picked up the men's team. Together with Mike's 2nd place this left us staggering away from Bolton with 6 trophies and a selection of camping equipment - well Stuart's tent might come in handy next cross country season.

2	Mike Halman	34.14	
10	Rob Downs	35.39	1 st . V40
12	Stuart Parrot	36.06	2 nd . V40
97	Mike Cooper	41.52	16 th . V40

Wilmslow 1st Men's Team

between the us we won:-

- 3 x individual trophies
- 3 x team trophies
- 2 x 4 person picnic set
- 1 x 2 person tent
- 3 x shower gel & go faster body spray
- 3 x water bottle and key bag

Is this a club record?

Rob Downs

South Cheshire 10K

Crewe

Sunday 27 March 2005.

9°C, damp conditions.

Not another WRC member in sight to witness another inglorious PW.

158 T. Faulkner 53.28

222 finishers

Lads' Leap Fell Race

near Glossop.

Sunday 3 April 2005.

15°C.

6 miles, 1700' ascent.

Specks of mud a foot deep for about half a mile through the peat hags above a quarry. I was going quite well, ahead of 12, and ding-donging with a 69 year old chap until the final grassy descent, when I slipped and jarred my vulnerable left leg. Thanks to Tony for support. Met some other friends, but they were dressed strangely.

116 T. Faulkner 81.12

122 finishers

Trevor Faulkner

Spring Fling

Saturday April 8th.

Girls Just Wanna Have Fun

Come on boys, where were you?

Obviously a 'Spring Fling' wasn't a tempting enough prospect for Wilmslow's men as only

myself and Tony Cutler enjoyed the company of Charlotte, Jane, Julie, Kate, Sue, Leanne and Kate Ayres at the Slug & Lettuce.

A most enjoyable evening was made all the more pleasurable by the bemused look of the other guys in the bar trying to work out just what Tony and I had got! In the end it was too much for one poor soul who came over to our table to announce that he and his mates were 'going on to the Sam Finney' if the girls fancied joining them.

Naturally, we all politely declined.

Roy Pownall

Mow Cop Killer Mile

The Mow Cop Killer Mile this year is on Thursday 28th April. You can enter on the day, but only for the last race, not the Club/Veterans categories).

Wincle Trout Run

The Wincle Trout Run will take place this year on Saturday 4th June. It is a 9km Fell race with 950 ft of climb. A fresh trout to all finishers!

*** RUNNER OF THE MONTH *** APRIL 2005

Andy Penney for his performance in the London Marathon.

Missing In Action

Clearly some of us were still on the course while last month's mag. was being put together; either that or the times were so slow you thought we must have given our numbers to our grannies!

Following Penny Hinke according to the official results were

2666 Ken Smart 2:08:55
 2673 Dave Mangnall 2:09:02 (5th consecutive PW over the distance. Is this a club record?)
 2874 Simon Fenton 2:12:59
 2974 Chris Gartman 2:15:37.

I saw Trevor around the 10 mile mark but he wasn't in the results; he'd said he wasn't feeling so well so perhaps he caught a lift back.

See you at the club soon, when I'm in half decent shape.

Dave Mangnall

Race Results

Others made the same point as Dave about errors and omissions in our lists.

I believe the best approach is for someone to get results up on the web-site as soon as possible after every race (or get them to Andy Watts or Ian Ashcroft who will put them up). If anyone spots an error or omission could they let Andy (web-site), Roy Pownall (newspaper) or Ian Ashcroft (newsletter), ideally all three, know as soon as possible so that the correction can be made.

ian.ashcroft@men-news.co.uk; roy@plccreative.com;
andy.watts@iname.com; andy.watts@shell.com;
ian@ianashcroft.com

Wilmslow 2005 – revised and hopefully correct

12	Michael Halman	01:11:29	
18	Darren Dunn	01:14:08	
31	Tom McGaff	01:16:22	1st M50
33	Rob Downs	01:16:52	5th M40
34	Stuart Parrott	01:16:54	6th M40
44	Jim Pendrill	01:18:07	
65	Nick Bishop	01:20:33	7th M45
84	Ray Noble	01:22:05	
90	Mick Fairs	01:22:19	1st M55
115	Andrew Penney	01:23:57	
146	Ian Smallwood	01:25:42	

218	Gavin Mendham	01:28:02	9th M50
255	Richard Parris	01:29:05	
277	Jane Clarke	01:29:33	2nd L35
289	Kate Ayres	01:29:46	3rd L45
314	Mike Cooper	01:30:38	
383	Steve Russell	01:32:08	
466	Nicky Mowat	01:34:26	4th L45
498	Steve Smith	01:35:07	
525	Don Bullough	01:35:56	
585	Katie Green	01:37:11	6th L45
606	Jamie Smith	01:37:34	
610	Peter Nelson	01:37:42	
662	Rob Coombs	01:38:40	
721	Paul Nichols	01:39:39	
722	Paul Ayres	01:39:40	
816	John Porteous	01:41:14	
848	Sean Barry	01:41:49	
920	Ian Ashcroft	01:42:50	
1043	Cheryl Barlow	01:44:27	
1069	Gareth Trimble	01:44:50	
1223	Amanda Bradbury	01:46:45	
1224	Julie Lucas	01:46:46	
1346	Simon Poyser	01:48:20	
1447	Roy Pownall	01:49:58	
1588	Penny Hinke	01:52:00	
2666	Ken Smart	02:08:55	
2673	Dave Mangnall	02:09:02	
2874	Simon Fenton	02:12:59	
2974	Chris Gartman	02:15:37	

“Rubbish” Can Be Recycled

Again, dear readers, I am forced to put pen to paper to defend my honour.

My Wilmslow performance has been criticised as “rubbish” by our silver tongued, silver haired editor, showing little understanding of the significance of my careful race plan (start slow, get slower – no, not that one). I am undergoing a

process of trying new things, experimenting if you will. I hope you will all of noticed the highly creditable performances of Cheryl, Amanda and Julie in the race. And how did they do it? Yes, hard training, but the psychological lift each and every one of them had in passing me cannot be underestimated (I really shouldn't blow my own trumpet!).

It does all of us good to be humbled from time to time and, Ian, just remember "rubbish" can be recycled into something new, shiny and , who knows, perhaps something even faster.

Roy Pownall

Roy would invite you to inspect the mugs that Tony has recently produced on last year's Summer Series, and ask if he is "rubbish" who finished one place below him.

Jane, another who also feels that slights on her recent performances have not been made from a position of strength, would also refer you to the Summer Series crockery and point out who finished 11th. and who was back at 15th.

St. Tropez 10

The idea would be a cheap flight to Nice. Two or three nights in the local chamber d'hote (around 70 euros for a room for two) and a race.

I have done the St Tropez 10mile race at the end October and the fact that it is close to where the accommodation will be and the course I suggest this fits the bill. The weather may well be colder but flights/ accommodation should be cheaper.

I think the date is 30th Oct. this year, will verify.

George

So far the response has emphasised quality, Roy and Ian (plus Anne), rather than quantity.

Best Individual Times 2005

This is Tony's latest plan to get us racing more often and more competitively - A chart of best performances during 2005 over the most popular distances.

To date we have no 5k races or 10 mile races but times for these events will be added.

To be included the race result must appear on the website or in the newsletter and the appropriate authorities (Tony) be satisfied that the distance measurement and timings has been to the requisite standards.

5 mile

1	Damian Nicholls	M	26:16	Upton
2	Michael Halman	M	26:25	Upton
3	Tom McGaff	M50	27:06	Upton
4	Stuart Parrott	M40	27:42	Upton
5	Jim Pendrill	M	28:30	Upton
6	Nick Bishop	M45	28:39	Upton
7	Andrew Penney	M	29:25	Upton
8	Ray Noble	M	29:49	Upton
9	Mick Fairs	M55	30:14	Upton
10	Tony Hulme	M55	30:16	Alsager
11	Ian Smallwood	M40	30:48	Upton
13	Jane Clarke	F35	31:49	Alsager
13	Mike Cooper	M40	31:49	Upton
14	Kate Ayres	F45	31:50	Upton
15	Sally Gilliver	F40	32:06	Upton
16	Carly McBride	L	33:38	Alsager
17	Don Bullough	M45	34:34	Alsager
18	Paul Ayres	M45	35:10	Upton
19	Ian Ashcroft	M55	35:38	Alsager
20	Linda Ely	L40	36:00	Alsager
21	Roy Pownall	M55	36:43	Upton
22	Kim McBride	L	36:47	Alsager
23	Tracy Alderson	L	36:48	Upton
24	Susan Wright	L	36:55	Upton
25	Sally Maddock	L	38:37	Upton
26	Julie Lucas	L40	38:38	Upton
27	Penny Hinke	L45	39:20	Alsager
28	Trevor Faulkner	M60	41:49	Alsager

10k

1	Damian Nicholls	M	33.24	Trafford
2	Michael Halman	M	34.14	Bolton
3	Stuart Parrott	M40	34.40	Trafford
4	Rob Downs	M40	35.39	Bolton
5	Tony Hulme	M55	37.21	Salford

6	Mike Cooper	M40	41.52	Bolton
7	Dave Mangnall	M55	47.23	Trafford
8	Amanda Bradbury L		52.01	Trafford
9	Trevor Faulkner	M60	53.28	Crewe

42	Roy Pownall	M55	1:47:17	Helsby
43	Simon Poyser	M40	1:48:20	Wilmslow
44	Penny Hinke	L45	1:52:00	Wilmslow
45	Stephen Feber	M50	1:53:09	Helsby
46	Trevor Faulkner	M60	1:56:19	Helsby
47	Ken Smart	M60	2:08:55	Wilmslow
48	Dave Mangnall	M55	2:09:02	Wilmslow
49	Simon Fenton	M60	2:12:59	Wilmslow
50	Chris Gartman		2:15:37	Wilmslow

Half-Marathon

1	Michael Halman	M	1:11:22	Helsby
2	Darren Dunn	M	1:14:08	Wilmslow
3	Tom McGaff	M50	1:15:14	Helsby
4	Rob Downs	M40	1:16:52	Wilmslow
5	Stuart Parrott	M40	1:16:54	Wilmslow
6	Jim Pendrill	M	1:18:07	Wilmslow
7	Graham Taylor	M40	1:18:14	Helsby
8	Nick Bishop	M45	1:20:33	Wilmslow
9	Ray Noble	M	1:22:05	Wilmslow
10	Mick Fairs	M55	1:22:19	Wilmslow
11	Andrew Penney	M	1:23:57	Wilmslow
12	Ian Smallwood	M40	1:25:10	Helsby
13	Mike Cunningham	M40	1:25:29	Helsby
14	Sally Gilliver	F40	1:26:04	Helsby
15	Tony Hulme	M55	1:26:46	Helsby
16	Jane Clarke	F35	1:26:56	Helsby
17	Gavin Mendham	M50	1:28:02	Wilmslow
18	Richard Parris	M	1:29:05	Wilmslow
19	Steve Smith	M40	1:29:06	Wilmslow
20	Kate Ayres	F45	1:29:43	Helsby
21	Mike Cooper	M40	1:30:38	Wilmslow
22	Andy Watts	M50	1:31:05	Helsby
23	Steve Russell	M45	1:32:08	Wilmslow
24	Daniel Black	M	1:33:10	Helsby
25	Nicky Mowat	L45	1:34:26	Wilmslow
26	Don Bullough	M45	1:35:56	Wilmslow
27	Katy Green	L	1:37:11	Wilmslow
28	Jamie Smith	M55	1:37:34	Wilmslow
29	Peter Nelson	M55	1:37:42	Wilmslow
30	Rod Coombs	M50	1:38:40	Wilmslow
31	Paul Nichols	M	1:39:39	Wilmslow
32	Paul Ayres	M45	1:40:04	Helsby
33	John Porteous	M50	1:41:14	Wilmslow
34	Sean Barry	M	1:41:49	Wilmslow
35	Bill Staniard	M40	1:42:02	Helsby
36	Ian Ashcroft	M55	1:42:50	Wilmslow
37	Cheryl Barlow	L40	1:44:27	Wilmslow
38	Gareth Trimble	M	1:44:50	Wilmslow
39	Kate Sutton	F40	1:46:26	Helsby
40	Amanda Bradbury	L	1:46:45	Wilmslow
41	Julie Lucas	L40	1:46:46	Wilmslow

Marathon

1	Darren Dunn	M	2:42:00	London
2	Andrew Penney	M	2:57:00	London
3	Steve Smith	M40	3:10:00	London
4	Andy Watts	M50	3:12:00	London
5	Steve Russell	M45	3:13:00	London
6	Gareth Trimble	M	3:57:00	London

Overall Ranking

	5	10	Mara		
	5k mile	10k mile	Half	thon	
1	Michael Halman	2	2	1	
2	Stuart Parrott	4	3	5	
3	Tom McGaff	3		3	
4	Jim Pendrill	5		6	
5	Andrew Penney	7		11	2
6	Nick Bishop	6		8	
7	Ray Noble	8		9	
8	Mick Fairs	9		10	
9	Tony Hulme	10	5	15	
10	Ian Smallwood	11		12	
11	Darren Dunn			2	1
12	Rob Downs		4	4	
13	Sally Gilliver	15		14	
13	Jane Clarke	13		16	
15	Mike Cooper	13	6	21	
16	Kate Ayres	14		20	
17	Graham Taylor			7	
18	Mike Cunningham			13	
19	Don Bullough	17		26	
20	Damian Nicholls	1	1		
20	Steve Smith			19	3
22	Gavin Mendham			17	
23	Richard Parris			18	
24	Andy Watts			22	4
25	Steve Russell			23	5
25	Paul Ayres	18		32	

27	Daniel Black		24
28	Nicky Mowat		25
29	Ian Ashcroft	19	36
30	Katy Green		27
31	Jamie Smith		28
32	Peter Nelson		29
33	Rod Coombs		30
34	Paul Nichols		31
35	John Porteous		33
36	Sean Barry		34
36	Roy Pownall	21	42
38	Bill Staniard		35
39	Cheryl Barlow		37
39	Gareth Trimble		38
41	Carly McBride	16	
41	Julie Lucas	26	41
43	Kate Sutton		39
43	Amanda Bradbury	8	40
45	Linda Ely	20	
45	Penny Hinke	27	44
47	Simon Poyser		43
48	Kim McBride	22	
49	Tracy Alderson	23	
49	Stephen Feber		45
49	Trevor Faulkner	28	46
52	Dave Mangnall	7	48
52	Susan Wright	24	
54	Sally Maddock	25	
54	Ken Smart		47
56	Simon Fenton		49
57	Chris Gartman		50

At this early stage the overall rankings are not a true reflection, particularly on Damien and Darren, but will take better shape as we go through the year. Christleton will make a big difference, we also need a 10k with a good club turn-out. However the top three of Mike, Stuart and Tom is not a bad taster as to what the table will look like come December.

If we have missed anyone, or got anything wrong can you please let Tony Hulme or Ian Ashcroft know.

Four Wilmslows

Ian Smallwood has pulled together the results of Wilmslow runners in 'The Half'. Surprisingly only 16 club members have run in all the four races since the foot and mouth disaster of 2001.

	2002	2003	2004	2005
Darren Dunn	1:13:00	1:14:22	1:15:26	1:14:08
Tom McGaff	1:14:47	1:14:42	1:14:23	1:16:22
Nick Bishop	1:17:51	1:19:03	1:18:52	1:20:33
Mick Fairs	1:19:29	1:21:03	1:23:46	1:22:19
Gavin Mendham	1:24:11	1:31:09	1:30:03	1:28:02
Steve Russell	1:29:39	1:32:34	1:29:58	1:32:08
Kate Ayres	1:34:17	1:36:36	1:34:14	1:29:46
Rod Coombs	1:37:04	1:41:16	1:42:51	1:38:40
Paul Ayres	1:43:08	1:40:29	1:36:59	1:39:40
John Porteous	1:39:51	1:44:27	1:41:27	1:41:14
Ian Ashcroft	1:43:03	1:41:43	1:41:20	1:42:50
Roy Pownall	1:38:28	1:47:14	1:44:56	1:49:58
Gareth Trimble	1:47:02	1:39:00	1:50:03	1:44:50
Dave Mangnall	1:32:59	1:33:58	1:52:07	2:09:02
Simon Poyser	1:52:44	1:53:50	1:55:31	1:48:20
Ken Smart	1:48:15	1:51:45	1:58:28	2:08:55

	2003	2004	2005
Darren Dunn	slower	slower	Faster
Tom McGaff	Faster	Faster	slower
Nick Bishop	slower	Faster	slower
Mick Fairs	slower	slower	Faster
Gavin Mendham	slower	Faster	Faster
Steve Russell	slower	Faster	slower
Kate Ayres	slower	Faster	Faster
Rod Coombs	slower	slower	Faster
Paul Ayres	Faster	Faster	slower
John Porteous	slower	Faster	Faster
Ian Ashcroft	Faster	Faster	slower
Roy Pownall	slower	Faster	slower
Gareth Trimble	Faster	slower	Faster
Dave Mangnall	slower	slower	slower
Simon Poyser	slower	slower	Faster
Ken Smart	slower	slower	slower

Ian's figure's can't confirm Dave Mangnall's claim earlier that he has got slower in the last five races but do show an unhealthy trend, albeit from a strong starting position. Ken Smart also appears to be moving in the wrong direction.

No-one achieved the opposite of improving every year. In fact Kate Ayres was the only one of the sixteen to register their best time in 2005.

Trevor may be able to provide statistics, my memory is that 2003 was too hot and 2004 too windy. My expectation was that we would see

the best times in 2002 and 2005, it was not the case, the average time of the sixteen was:-

2002 1:35:41
 2003 1:37:48
 2004 1:39:09
 2005 1:39:10

This steady decline seems to conflict with the club's growing success elsewhere. It could be pointed out that this is not a group, however talented, in the bloom of youth striving towards their peak, many would look back into the last century for their PB.

There is, though, a message here. Runners on the whole peak in their second or third year with the club (after that it is a matter of hanging-on with age gnawing at the muscles and waste-line). Given our age profile whilst we can, in increasing numbers, pick-up vet prizes, for the club to be moving forward, requires a constant supply of new blood.

Tom was remarkably consistent over the first three years but slipped back this year after going ahead of Darren last. Slipping-back is, of course, all relative as he was 1st. M50. Mick, however, was clearly inspired by moving-up to M55 and won the category and improved on last year.

	best	worst	average	range
Darren Dunn	1:13:00	1:15:26	1:14:14	02:26
Tom McGaff	1:14:23	1:16:22	1:15:04	01:59
Nick Bishop	1:17:51	1:20:33	1:19:05	02:42
Mick Fairs	1:19:29	1:23:46	1:21:39	04:17
Gavin Mendham	1:24:11	1:31:09	1:28:21	06:58
Steve Russell	1:29:39	1:32:34	1:31:05	02:55
Kate Ayres	1:29:46	1:36:36	1:33:43	06:50
Rod Coombs	1:37:04	1:42:51	1:39:58	05:47
Paul Ayres	1:36:59	1:43:08	1:40:04	06:09
John Porteous	1:39:51	1:44:27	1:41:45	04:36
Ian Ashcroft	1:41:20	1:43:03	1:42:14	01:43
Roy Pownall	1:38:28	1:49:58	1:45:09	11:30
Gareth Trimble	1:39:00	1:50:03	1:45:14	11:03
Dave Mangnall	1:32:59	2:09:02	1:47:01	36:03
Simon Poyser	1:48:20	1:55:31	1:52:36	07:11
Ken Smart	1:48:15	2:08:55	1:56:51	20:40

It will be interesting to see, provided Ian repeats the four-year exercise next year, whether the pattern is the same. Assuming they all run in 2006 then we will add some quality; Mike Halman, Stuart Parrott, Jim Pendrill, Ian Smallwood and Steve Smith. Offsetting this, 10 of the 16 set their four-year best in 2002 and will have to run fast in 2006 just to stand still.

Mike and Stuart ran faster in 2004 than 2003 and faster again in 2005 than 2004. They, therefore, are on for the hat-trick in 2006 as are Gavin, Kate and John from the sixteen.

Only 11 months to go to Sunday March 26th. 2006, time to start training.

Ian Ashcroft

Again if Ian and I have missed anyone, or got our numbers wrong, in this analysis can you please let us know, we intend to return to it next year.

GREETINGS FROM THE ~~BOMB~~ BUILDING SITE IN BOURNAZEL.

Tales of cancelled ferries, arrival of the builders on site, a "holiday" in the village and an amusing visit to the doctor!

Our grand tour to England and back totalled 3200 kilometres. Great to see everyone, and catch up with the news, and of course run in the Wilmslow Half! We finished our visit with a run on the South Downs on Easter Monday, and met Trevor's sister in Steyning.

The journey went well until the very last stage in England. We had booked the Newhaven to Dieppe ferry run by Hoverspeed on-line with Ferrybookers. However the terminal was unusually quiet, and in fact was closed. The ferry company has cancelled the sailings to Dieppe! Shades of the Marie Celeste. A call to Hoverspeed confirmed this, and we agreed to dash to Dover to catch a ferry to Calais and then drive to our overnight in Evreux. This meant about 5 hours of extra driving here and in England.

Hoverspeed were helpful and we sailed at 3, arrived at Calais and drove to hotel by 8. We are less than impressed with Ferrybookers, with whom we

booked the ferry in December - Hoverspeed were not surprised we had been landed in the mire, and expected more calls! They had informed Ferrybookers in mid Feb and they had not bothered to tell us! They had mailed and phoned us here on 24th March but as we were in England.....We emailed when we arrived back here, and basically have had a refund of the fare difference, and a sum in compensation for the extra mileage here and in England. The advice we were given was always book through the ferry operator direct!

We arrived here on the Wednesday, fairly tired but glad to be home in the village. This gave us a couple of days and chance to sort things out and then the builders arrived to start work on the shower/bathroom and kitchen.

We had some problems when the assistants working for the guy who is doing the floor, doors etc managed to cut through the floorboards upstairs and also the wooden ceiling of the room below! Not much damage, but a potential problem as all the pipes were to go through the void between the floors. However there is no gap to speak of so a hurried on site meeting was arranged and another approach was found pas de probleme - essentially raising the floor in the bath and shower rooms to create a space! (the famous pink bath and bidet have now gone - to be replaced with white!). (It seems strange having the house in such a state, having seen so many t v programmes on the subject.). It is Tuesday morning and we have 5 men working here (they will disappear at 12 on the dot – lunch time is a fact of life here)

While this is happening work has also begun on the kitchen and the preparation means we have no facilities at all.

We have agreed with one of the villagers who owns a gite across the street from our house that we can use the place while the chaos continues so we can escape – not really like having a holiday though. We can fully sympathise with George and Stella who have had a much longer spell of “camping out”.

While this is happening we are stripping walls, and removing the awful floor covering so we can sand and varnish the floors upstairs. We are sure the stress will be worth it -we hope to be able to resume normal service before Stephen, Sue’s son, arrives on May 9.

I have my first race in France on 24 April – a 10k at Albi, which is about 100 kilometres from here. The Tuesday session was 5 by 1k reps which we do around the rugby pitch. Last night the weather was awful – heavy rain and muddy on the track around the pitches – it all felt very familiar!!

I now have a licence to run in France having had a medical. The licence allows me to run in races and also do long distance walking. No mention of petanque though. The medecin had checked most things on the list and asked some questions. He was checking my breathing, when the phone went and he dashed out of the surgery saying he had been called out on an emergency. I waited for 20 minutes or so and he arrived back full of apologies. I was amazed he was happy to leave me alone in his surgery!

That’s it from rural France. Back to the decorating.

Best wishes to everyone - we are well informed about progress through the newsletter and the website.

Peter and Sue

Something to aim at

Christleton 5k

14th. May 2004

23.	Mike Halman	16:00
37.	Tom McGaff	16:27
49.	Nick Bishop	16:45
51.	Stuart Parrott	16:48
62.	Jim Pendrill	17:19
63.	Ray Noble	17:22
92.	Mick Fairs	18:04
100.	Ian Smallwood	18:09
112.	Tony Hulme	18:33
168.	Gavin Mendham	19:44
175.	Kate Ayres	20:12
200.	Jane Clarke	20:53
216.	Paul Ayres	21:24
238.	Kate Sutton	22:11
262.	Amanda Hynes	23:00
272.	Angela Lee	23:34
274.	Leanne Ayres	23:37
282.	Trevor Faulkner	23:56
322.	Ken Smart	26:04

378 finishers

Message from Rod Coombs: 'The Band's next gig'

The Emmanuel Haven Charity Concert

**Saturday June 18th , at Wilmslow Rugby Club.
7pm till 11pm**

Bar, Buffet, and Band

I hope you wont mind me using the Running Club Newsletter to advertise an event that my daughter Harriet is organizing here at the Club in June. She asked me and the other boys in the band to learn a whole new set of songs (just to make us a bit more interesting) and put together a concert to raise money for an orphanage in South Africa. She went there on a trip recently and what she saw had such an impact on her that she decided to try to raise money to help. She has formed a committee with friends at school and they are organizing a series of fund-raising activities – this event is just one of them. Here is what she wrote herself to explain:

“Emmanuel Haven in Port Elizabeth, South Africa, is a non profit organization working with the South African government and Nelson Mandela Metropolitan University to improve a township in Port Elizabeth called Motherwell. Emmanuel Haven has many ongoing schemes helping the people. As a result of my recent visit there I have chosen to support two of these schemes.

Every family in Motherwell has been affected by AIDS in one way or another. When I was there I visited so many homes where there were AIDS orphans being cared for by the elderly, by people with AIDS themselves and families who already had children. One of the

projects is to build a pre-school in Motherwell for the AIDS orphans. Building is about to get underway as the women of the township have been making the bricks for the school. This scheme is dealing with the problem but the other scheme I have chosen to support is trying to prevent a more serious problem. The really sad thing is that the parents of many of the orphans could have been saved, and many orphans saved from contracting HIV as well if the HIV/AIDS research center in the township was open. But it has been shut for the last two years.

The money raised from this concert could go along way to help the orphans and potential orphans get a better start in life. I chose to support the charity after I saw for myself the joy it would bring the children. I was welcomed into so many homes and the children were overjoyed even to have a picture of themselves taken. The money from the ticket price (probably £10.00) would transfer to over 100 rand which would go such a long way to equipping the school and refurbishing the HIV/AIDS center which could potentially save so many lives.”

So the plan is to have 70 to 100 people at the event, using the big hall. Keith will open the bar, and Rosemary will do one of her big buffets which will included in the entry price. The band will play a couple of sets, and we are going to ‘mike up’ Paul’s drums this time to make sure you can hear him properly!

Please contact me if you want tickets.

Rod Coombs

2005 Wilmslow Running Club Summer Series

Position	Name	Individual Qualifying Race Results										Best 6 Results						Sum of Best	
		Chester Spring 5	Waterloo 15K	Christleton 5K	Dunham Park 5K	Race 5	Race 6	Race 7	Race 8	Race 9	Race 10	Race 11	Race 12	Best (1)	Best (2)	Best (3)	Best (4)		Best (5)
1	Damian Nicholls	50											50						50
2	Michael Halman	49											49						49
3	Tom McGaff	48											48						48
4	Stuart Parrott	47											47						47
5	Jim Pendrill	46											46						46
6	Nick Bishop	45											45						45
7	Andrew Penney	44											44						44
8	Ray Noble	43											43						43
9	Mick Fairs	42											42						42
10	Tony Hulme	41											41						41
11	Ian Smallwood	40											40						40
12	Mike Cooper	39											39						39
13	Kate Ayres	38											38						38
14	Sally Gilliver	37											37						37
15	Paul Ayres	36											36						36
16	Roy Pownall	35											35						35
17	Tracy Jayne Alderson	34											34						34
18	Susan Wright	33											33						33
19	Sally Ruth	32											32						32
20	Julie Lucas	31											31						31
21	Trevor Faulkner	30											30						30
No of Runners		21										21							

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 [n/a 1st race]: Up Same Down

A great turnout at Upton with 21 club members racing.

Tony has upped the anti again this year with a minimum 6 races to count out of a probable 12 races

Waterloo 15k Monday 2nd. May

Christleton 5k Friday 13th. May

Dunham Massey 5k Friday 27th. May

Your position will be determined by your best six scores. Scoring is 50 points for the first Wilmslow runner home in each qualifying race, 49 for the second etc.

Graham Taylor

If you qualified in last year's Summer Series and haven't got your mug, see Tony