

WILMSLOW RUNNING CLUB
Newsletter January 2005

www.wilmslowrunningclub.co.uk

Frodsham Cross Country
Tuesday, December 28th.

Ladies (4km)

11	3	Sally Gilliver	15:37
13	4	Jane Clarke	15:50
15	6	Kate Ayres	16:10
16		Katy Green	16:19
48		Sally Maddock	18:58
51	25	Kate Sutton	19:00
69		finished	

Senior Ladies

1	Vale Royal (2,9,12,29)	52
2	Wilmslow (11,13,15,16)	55
3	Macclesfield (8,10,17,21)	56

Veteran Ladies

1	Macclesfield (2,8,11,12)	33
2	Wilmslow (3,4,6,25)	38
3	Stockport (5,7,18,22)	52

Senior/Veteran Men (about 7.2km)

6	2	Tom McGaff	24:10
11		Mike Halman	24:39
19	6	Graham Taylor	25:34
26	9	Stuart Parrott	25:48
28		Jim Pendrill	25:58
29	10	Rob Downs	26:01
54	28	Tony Hulme	28:00
113		Ian Smallwood	35:12
117	68	Trevor Faulkner	35:41
118		finished	

Senior Men

1	Trafford (1,10,17,21)	49
2	St Helens (5,9,12,23)	49
3	Vale Royal (2,8,16,33)	59
4	Wilmslow (6,11,19,26)	62

Veteran Men

1	Wilmslow (2,6,9,10)	27
2	West Cheshire (3,5,11,12)	31
3	Macclesfield (14,16,25,30)	85

This annual event starts the Cheshire Cross Country series. Having done the event before, I know that it is a wonderful course wandering through mixed parkland and woodland. It also offers a few hills to spice up the proceedings. The only impediment to my participating in the event was that I was meant to be in York, a minor trifle of a few more miles according to the coach.

Well, I left York on time, arrived in Wilmslow a little later than expected (2pm!) a sprint round the house to collect my shoes, then out the door to Frodsham. At 2.35 I dumped the car unceremoniously at the park gates, as Graham & Jim sprinted past me. I had missed the start by several minutes, (who says that the Cheshire series never start on time?)

Having got this far, I proceeded to the start line, and with several odd looks from the spectators set off. I quickly closed in on Rob and Jim who confirmed how far they had already done and how far I had to run. I eventually completed the course having ignored the finish marshals twice to by-pass the finish line to make up the distance.

I finished in 130th, probably my first last place!

Ian Smallwood

Don't forget your reflective and light clothes for running in the dark.

Tony

Wythenshawe Park Cross Country
Saturday, January 8th.

18 Tom McGaff
19 Mike Halman
35 Jim Pendrill
42 Rod Downs
44 Graham Taylor
45 Stuart Parrott
57 Nick Bishop
71 Ian Smallwood
100 Mike Cooper
138 Simon Fenton

The highlights of the race:-
Mike Halman taking a swim in the mud.
Tom leading the field for moment at the start. Jim getting his best finish ever. Rob running, no longer sliding along, now he has some shoes. Mike Cooper enjoying it so much he wanted another lap. Tony and Trevor cheering us on.

You can get full results including overall personal results for best 3 finishes at the well hidden www.bbresults.com. See how close you came to winning a tube of toothpaste from the sponsors.

Rob Downs

Manchester & District Cross-Country
Final Results, 2004/5 Season

Tom McGaff – Winner Vet 45

Senior Men – Second in Division 2

Vets – Second in Division 1

WILMSLOW HALF MARATHON
Sunday 20th. March

Important Reminder

Long serving club members will know that it is a requirement of Running Club members to **marshal on the day or to provide a substitute for themselves if running the race.**

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

Could all members please contact either Kate Sutton or Ian Ashcroft by email, text or phone stating either that they themselves will marshal and giving contact details (phone, email and address) or the name of their substitute marshal and his/her contact details.

Kate: katherinesutton@yahoo.co.uk

07808 472267

0161 448 1978

Ian: ian.ashcroft@men-news.co.uk

07790 562890

Christmas Cracker

Sunday 19 December 2004

8 miles mixed terrain, 1000' ascent. 1°C.

Less muddy than in 2003, and I actually improved my time, partly because of reduced queuing. Wonderful views from the Roaches in good weather. Tom, Tony and Kate all got prizes, having looked resplendent in their light-weight running bear suits and hats.

7	Tom McGaff	55.40	1 st V50
63	Tony Hulme	70.25	2 nd V55
64	Kate Ayres	70.25	1 st L45
129	Trevor Faulkner	81.44	
208	finishers		

Nine Standards Fell Race

Sunday 1 January 2005

Kirby Stephen, N. Yorks.

8 miles, 1500' ascent. 7 °C.
Force 8 wind.

There was no snow or ice this year, but it was muddy and running almost came to a halt against the headwind on the descent. I was 59th to the summit, but, as usual, four came by on the way back. It was my fastest time for 6 years! They gave me a bottle of whiskey for turning up (as in 2003). However, the whiskey is called "Glen Monarch" and it was produced by the "Belarus Bottling Company".

63	Trevor Faulkner	1.29.23	1 st V60
64	finishers		Trevor

Cheshire Cross Country Championships, Winsford

Saturday 15th January

Wilmslow fielded four strong teams at Winsford producing an excellent result in a really competitive field

Ladies (around 7.7km), winner was from Vale Royal in 31:48.

8	Sally Gilliver	34:54
12	Kate Ayres	36:05
13	Katie Green	36:14
27	Jane Clark	39:23
31	Julie Lucas	40:57
42	Sally Maddock	43:00
43	Kate Sutton	43:28
44	Tracey Alderson	43:56

Mens (around 12km), winner was from Warrington in 39:13.

8	Tom McGaff	41:29
10	Mike Halman	41:49
25	Stuart Parrott	43:49
27	Bill Heaton	43:53
46	Jim Pendrill	45:54
50	Nick Bishop	46:27
67	Ray Noble	49:09
75	Mike Cooper	49:52

84 Tony Hulme 51:20

Overall team places were:-

- Ladies Senior - 1st Vale Royal, 2nd Macclesfield, 3rd Wilmslow
- Ladies Vets - 1st Macclesfield, 2nd Wilmslow, 3rd Spectrum
- Mens Senior - 1st Vale Royal, 2nd West Cheshire, 3rd Wilmslow
- Mens Vets - 1st West Cheshire, 2nd Wilmslow, 3rd Vale Royal

Full results are on the Cheshire County Athletic Association site (click on 'Useful Links' on the Wilmslow R.C. web site).

Sale Festive Five

Tuesday 28th. December

I guess the idea of this race is to shake off the effects of ritual over indulgence. And to prep the body for the New Year party season..... Three of us did it and we finished as follows, out of a field of 178; me 88th (36:19), Roy Pownall 92nd (36 :42) and Simon Fenton (36:43) 94th. I was going to say how well we did in our respective age groups but having looked at the results, we'll gloss over that.

For those who don't know the route, the Sale Harriers organised event is an opening lap of the track at Wythenshawe Park, a couple laps of roads and then a final sprint round the track to finish. It was c-o-l-d (so cold they nearly called it off) and the track, when the race started, was covered in frost but there wasn't too much ice about, so I think we counted it good fun. At least the park section is pleasant and there's no mud or freezing water to contend with. Roy set off at a blinding pace, which worried me for a bit as his continual pre race wind ups made him a target. Simon was behind me muttering 'knee lift, knee lift'. However, slowly but surely I left Simon and reeled Roy in. After I overtook him I waited for the flashing burst of acceleration that would take him past me on the last 400

metres. It never came. Simon also claimed to have Roy in his sights but seemed to require a longer race to beat him. Good fun and recommended.

Stephen Feber

Seasons Greetings from Provence

Hello everybody, I hope you all are fit and well. I guess by the time you read this you'll be on/doing 'cold turkey' (in both senses of the term). Anyway, for those interested in athletics proceed to the next article. Otherwise read on.....

September: Returning to France

Having enjoyed hard training sessions with you all during the summer, we headed back to France via Sandwich in Kent, to stay with a running friend and his family. Gary always used to beat me 30 years ago, and now his 19 year old son James does the same! Anyway, I trained hard for 4 days with James, and managed 11:37 for 2 miles (Tony please note reasonable performance), but a couple of days later the wheels fell off when I took James on over a 4-mile course.

On the way south through France we stayed overnight in Beaune in Burgundy for one night, to break the journey. We have stayed on the outskirts of the town a few times over the years, but have never visited the centre. It's a delightful place and I'd recommend it if you decide to drive through this part of the country. Unfortunately, when I left the hotel to go into the town that night I automatically drove on the LHS of the road. It was when I came face-to-face with a car on the roundabout that I realised the error. Luckily no harm done, but I don't recommend it.

Vendanges (grape harvest)

September was hot, and I got a call from our French friends to ask if I wanted to help them pick the grapes this year. My experience to this point had been one hour during a holiday at their chambre d'hote a couple of years ago. I accepted. For those who have not experienced this, I should explain that it is hard work, especially in the hot sun. We, the team that is (3 female German students, some French people of various ages, including Marthe(?). Marthe is 76 years old and has done this annual task for all of her life I was told) met in the village at 7:30am each morning and were collected and taken to the vineyard which contained the type of grapes that were to be picked that particular day. The co-operative (not the CWS or CIS) decide this, and the members pick accordingly.

The ideal person (victim) to harvest grapes should be 2-3 foot tall, be able to work under hot conditions, and use secateurs, safely. I was just short of being ideal. You work in pairs either side of the row of vines and cup the bunch in your hands, snip, and throw the bunch in your bucket. Since the foliage on the vines is quite thick, it is not too difficult to stab either your colleague or yourself. I was luckily enough just to stab myself once, but I suspect my partner was taking extra care. A couple of young guys keep replacing the buckets every few minutes and emptying them into the trailer. It was clear on day one how slow I was. My colleague managed better output, and occasionally someone from the next row would turn around and cut a few vines for you, enabling you to catch up with the other lines of pickers.

At some convenient break point you gather round the back of a car or van, get a numbered paper cup (this is yours for the duration) issued to you and have a cold drink and rest for a few minutes. Some take a bunch of grapes and start eating them, or you pick some figs off a local tree. In the hot sun, in a tranquil setting surrounded by the hills it is a delightful place. The work is hard, and there were times when I could barely straighten my back.

We finished at 1pm when it starts to get hot!!

I managed 3 days work (I would have done more but luckily some friends visited us, so I was unavailable), and by the third day I was clearly flying along, sometimes helping others. Of course I probably left a load of grapes on the vines, but speed comes at a price.

The completion of the harvesting was marked by a party at the end of September. Seventeen of us sat outside on a warm evening in the covered terrace to a full meal and plenty of wine, hosted by our friends. Sounds like something you see on the telly....it is. I had just enjoyed my meal when Françoise asked me to stand up and say a few words; in French!!! I find drink gives you 'courage Pay Bas' (academics please note: I know this is not a phrase they use in France), so I made a short speech due to a very limited vocabulary, and inability to conjugate the few verbs I do know. It seemed to go down well, but sympathy, alcohol, and lack of understanding of anything I said probably helped me to get a round of applause. Overall a great experience, and something I will do again in 2005.

No doubt some of you have done this in your student days?

Football

For good reason I had refused payment from my friends for the harvest work, so they insisted on giving me two presents: 6 bottles of wine, and secondly a ticket for the Champions League game: Monaco v Liverpool. What a great night. Five of us went to Monaco late afternoon to allow the two younger members to purchase some DVD's, and to give us time for a meal before the game. I was given a Monaco cap to wear! Being an armchair

Manchester United fan, Liverpool are not our favourite team, so I didn't feel too badly about wearing the cap. Besides, I was seated in the middle of the Monaco fans. Security personnel decided my apple was a threat to the peace and confiscated it so I went hungry at half time.

There was a good atmosphere in this small stadium (max. 22,000), but it was not the best of games unfortunately. The drive home took us along the coast road as far as Nice and it felt quite surreal as we meandered around the coastline with the lights flickering in the distance.

Running

It was good to see my new running friends again, and they gave me a warm welcome; I think that's what they were doing when they shouted. Just to give you an idea of the type of training we do on Tuesday and Thursday evenings. All training is done on the track, apart from the odd time when we do some short hill reps on the sloping road that is the entrance/exit to the stadium. Pascal (the trainer) normally gets us to do reps. on the track, which may consist of a series of 3 lots of 10 sprints by 30secs, for example. The distance to be run in the 30 secs. Is marked out and depends on your ability, and can be quite arduous. Some weeks we run a test distance/time, and the results are noted so that he can see any improvement. He seems to pay more attention to the results of the younger members, but perhaps I'm just being paranoid.

It is a fairly clinical approach to training and enjoyable, but sessions are not normally as arduous as Tony's, which are probably better suited to me. What is slightly amusing is that the members are used to warm weather, whereas we... They rarely strip off for training during the cooler months, and someone usually asks me if I am cold when I get down to shorts and T-shirt.

For the first time since I joined a year ago, we did a session on the country on Sunday 19th Dec. starting in Ramatuelle (a hill top village near St. Tropez and well known to Arabella, Richard, and Neil D). Like Tony, Pascal had taken a lot of trouble to work out the route the day before, and he shepherded the group around the course. It was a beautiful day, and the views across the sea towards islands and the alps behind Nice were "magnifique".

Races: I entered the St. Tropez Classic (16.5km) in September, which had 1100 participants. They close off the roads into the town for the duration of the race, and the route takes you around the centre and up and around the citadel, again a route with beautiful views. Not that I had time to take them in, I was more concerned about avoiding tripping up. At the registration hall before the race they had a little bit of trouble locating my entry form, but all was well: I was no. 15! Since I'd entered at the very last minute I admit to being a little puzzled by the low number. When I jogged near the starting area the marshals pointed me towards a pen immediately behind the starting line. It seems the organisers (i.e. my club) had

entered me as one of the elite runners. So there I was rattling around in this pen with about 30 other people, whilst the masses were crushed against the barriers behind us: great.

I should stress this treatment was almost certainly down to sympathy and entente cordial, rather than 'good for age' type classification. It didn't influence my performance however, and I finished 262nd in 75mins which was disappointing. I aim to do better next year.

The weather

They estimate we get 300 days of sunshine down here in the south, which sounds reasonable given my limited experience of living here. As I write this (Boxing Day) it has rained for the last 24 hours, but as yet the really cold weather has not started, so the winters tend to be short and sharp. The middle of the day tends to be warm normally: for example on the 11th Dec. the days were sunny and warm; T-shirt weather.

I gather you have enjoyed some nice weather in the NW so I don't feel too bad about telling you about our conditions.

A visit to SW France to see Mr and Mrs Nelson

Peter and Sue kindly invited us over to spend a few days with them at their new abode. It was a 300 mile journey across to their region, and interesting to see how the scenery changed from the more rugged Provencal 'cols'. to the more gentle and greener rolling hills of the Aveyron. They live in a picture postcard village in an idyllic setting.

We were looked after extremely well (our thanks to you both) and had a very enjoyable stay. Peter and I managed to get two strenuous training sessions in which was great for me since I got to see more of the local countryside, and meant I had some company on a longer run.

The language

We go to French lessons twice a week. I'm still pretty hopeless, but manage to get by, and I enjoy the challenge. One lesson is with our friends, and on a Wed. night we have resumed lessons with the association called AVF. This translates to welcoming visitors to the villages of France. We thought that membership was reserved for foreigners who have emigrated to France; not so! We were encouraged to go to the annual 'bash' on the 18th Dec. whereby you take some food that is typical of your home area. Mince pies are the norm it seems for the Brits, so we managed to buck the trend and get a neighbour to bring back a pork pie from his business trip to the UK (nowhere near Glossop/Hadfield unfortunately) the night before. Good thinking eh? (ND please advise when you open up a shop in the Reading area)

When we arrived at this function in our casual outfits, everybody was 'dressed up to the nines' (where did this

expression originate or have I invented it? Answers on...). They were all French people apart from one Scot and one English lady. It seems AVF is also for people who move around within France. Anyway, by the time I went for a piece of pie all the savoury dishes had gone, and the crowd had moved over to tackle the desserts. Next year I'll forget good manners and wade in along with the rest.

The House

Finally, progress on our petite maison. The target date for completion is the end of March (2005 that is: must double check this). It now looks like a house, and just before they finished for Xmas they did the final rendering of the walls, which turns it from a cement grey colour to a light yellow.

The electrical work is well under way, and to keep the cost down I had decided to do the painting of the shutters, grills, and walls. At one point I considered using M&I International, but there's no sign of their number in the yellow pages. Perhaps they're a smaller firm than I was led to believe.

Xmas tips: You are supposed to tip the bin men, postman, and the fireman. To-date we've only had a visit from two burly pompiers (firemen), and a good tip along with a chocolate each seemed like a good investment given the fire risk in this part of the world.

March 2005

I have booked my flight for a visit from 17-25th so that I can run in the half marathon. I still intend to try and find a suitable race over here whereby those interested can come over, have a long weekend, race, and see some of the sights.

I wish you all a happy and prosperous new year and look forward to seeing you again; take care of yourselves.

George Livesey

Virgin Cross Country

I recently experienced my first cross country league race. So, for those of you who are thinking of giving it a go or indeed can't remember what it was like that first time ... here are my impressions.

Walking up from the car park I saw a line of mud splattered ladies labouring up and round the course. The "quick 9.5k round Macc" that Graham had promised was already looking ... well different from what I'd imagined. I'd pictured cross country as running along hilly

woodland nature trails, yes Macclesfield forest maybe. But here it looked like the objective was more to rotivate the spare land around the leisure centre.

I'd been warned that the start might be a bit of a mad rush of mud, studs and elbows so I lined up towards the back of the field. The mud was ankle deep and already oozing over my unsuitable trainers. There was a slightly odd warning from the starter about not running into lamp posts.

Bang and we're off. There was a loud low roar from the runners in front that I took to be a cross country tradition and was about to join in ... until I realised I made the same noise involuntarily when the freezing mud from the front runners rained down on my face.

I grafted up the first hill sinking deeper into the mud, through or rather over the gate, shin deep and out of control down the hill and waaaaah just missed the lamp post ... Charging back up another muddy slope, more roars and groans - it's like a cross between Braveheart and a muddy Glastonbury festival.

And so it continued out round the rugby field and back and with just a few metres of firm running surface I was feeling knackered after one lap. But nobody else was giving up and I managed to settle into a plodding, sliding, slurping sort of rhythm. It was almost impossible to overtake without dumping yourself into yet deeper mud so I concentrated on not losing my shoes as they got bigger and bigger with layers of caked Macclesfield mud.

It was a great feeling as I finally peeled off up a relatively dry path to the finish with encouraging shouts from my faster Wilmslow team mates to receive my "raffle ticket" and congratulatory jelly babies from Tom.

Two showers later I've got the mud off and can honestly say that I enjoyed it and will be back for more. Next up Bogart Hole Clough - uh ho sounds like another dry 'un. Cross country studs are top of my Xmas list.

Rob Downs

Cheshire League Cross Country Ladies & Men

Sunday 13th February Woodbank Park
Sunday 13th March Macclesfield

Cheshire Championships
Saturday 15th January Winsford

Kate
sales@ayresviolins.co.uk

Fancy A Racing Weekend in France

I have been looking at the athletic race calendar for France 2005, and there is a race in May in Mimosa, but I have not done this as yet so I am reluctant to recommend it. The date is May 8th.

Alternatively, I have done the St Tropez 10mile race at the end Oct. 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 (haven't got calendar with me at the moment).

Please will float this idea and let me know if there is any interest.

Miscellaneous Notes.

* the race is on a Sunday starting at 9am and winds around the town with nice views from the citadel.

* It will take us about 30mins max. to get to/from the venue

*I will need commitment from you asap so that I can secure accommodation. The chambre d'hote where we always stayed is priced around 70Euros per night for a room for 2 people incl breakfast. Very pleasant location. They have about 7 rooms methinks incl. 2 apartments.

*I will need a 10% deposit

*Flight choices are: Manchester: BA or Jet2.com Liverpool: Easyjet

*I suggest arrival Friday Depart Monday

George

There was mixed reaction in the bar on Thursday with a bias, albeit from a small sample, to May.

George has subsequently come back with a third option, Ramatuelle (which I remember as at the top of a hill, but that was a long time ago), where his coach is trying to initiate a race.

Suggest those interested post their views on web-site or send them/talk to me, and I'll do so.

Ian Ashcroft

*** RUNNER OF THE MONTH *** JANUARY 2005

The progress of Sally Maddock was noted, Mike Cooper again had his supporters and Rob Downs has made an instant impact. And whilst it's the explosive improvement by Jane Clarke that catches the eye, Sally Gilliver continues to lead the ladies home and Kate Ayres quietly accumulates vet 45 prizes. But our award goes to **Tom McGaff** who led the men's team through another successful cross-country performance in the Manchester & District league and was first Vet 45 for the four-match programme.

RUNNERS OF THE MONTH 2004

January	Katy Green
February	Andy Watts
March	Kate Ayres
April	Ron Reed
May	Mike Halman
June	Nick Bishop
July	Peter Nelson
August	Stuart Parrott
September	Jim Pendrill
October	Jane Clarke
November	Julie Lucas
December	Tony Hulme

Grumpy Old Men

There is a group, who, to listen in the bar, contribute much to the club's road running expertise. Actually on the road, little has been achieved in the last couple years other than to bathe in past glories. The interest, as we enter the approach to Wilmslow, is that, this year, there is no pecking order and who comes first and who comes last is up for grabs.

Peter Watson built himself back steadily after a long injury. Four Villages was to be his big comeback but now illness has added insult to injury. Rod Coombs spent much of 2003 injured and much of 2004 wining and dining but says he's given himself a good talking to. Stephen Feber has, on occasions, shown signs of the form of his London marathon year but only on occasions. Ian Ashcroft has had his moments over the last two years but has now recovered his rightful place near the back of group four. Roy Pownall has stunning short bursts that he can't sustain and the vapours at the sight of the slightest incline. Kate Sutton, who, you might protest, is neither old nor male, this probably accounts for her being everybody's favourite, has never re-found the commitment of the year she took-on both London and the Tour of Tameside. Simon Fenton (who says he has scientific evidence

that he has the body of a man 20 years younger) has not yet discovered a work/life balance. Paul Ayres hurt his foot months ago and now appears to be living the downbeat approach he professes.

It may be that the incentive of being top (old) dog will motivate one or more of them but at present more probable is that the whole of the group will take backseat to the likes of the improving Julie Lucas, Amanda Bradbury and Sally Maddock.

And whilst we are on the subject of has-beens, anyone remember Neil Dainty or Rob Dunkley?

CLUB KIT

The supplies of WRC running vests have recently been replenished, and I now have available Male sizes S, M, L and XL and Ladies sizes S and M, all at £12 each. We have no large ladies' vests, but, then, no one has ever asked for one in the last eight years! There are also a few WRC tracksters and both pale blue and dark blue sweat shirts left, at the give-away price of £5 each. These items are usually kept in my car, so if you would like any kit (especially newer members), please track me down after training and changing on Tuesdays and Thursdays, or at a local race. Note also that *Running Bear* stocks a rather snazzy line in blue shorts with yellow trimmings that go well with the Club vest.

Trevor Faulkner

Mark Wrigley has agreed to allow the other men to use the mirror in the changing room provided they do not take too long.

Our congratulations to Mark on becoming a grandfather

Four Villages

Sunday January 23rd.

A combination of working away and some warm-weather training meant I've had to go early with this month's newsletter. Nevertheless I had intended to include the results but as yet I haven't got them.

Also, given the temperature, and lacking anything to boast about, I didn't hang around for long at the finish. However, what I did glean was that:-

Mike was first Wilmslow runner home followed by Tom .

Paulo, Amada and Kate Sutton ran well. Mike Cooper, Stephen Feber and Roy were disappointed.

We had three ladies under 1 hour 30 minutes. If this is true it's a tremendous performance. Sally, of course, has been there before but has had a long, tough recovery from injury. For Jane and Kate, though, this is unknown territory. In congratulating them we must not forget Tony's contribution. He has always believed they could get there and that belief has now, it would seem, been fully vindicated.

Ian

We'll get the results up on the web site as soon as they are available – We'll cover it fully in the February newsletter, I'd very much welcome offers to do a report.

STOP PRESS

5	Mike Halman	1:11:21
13	Simon Sheils	1:14:18
16	Tom McGaff	1:15:11 1 st .V50
35	Stuart Parrott	1:18:01
39	Graham Taylor	1:18:10
41	Rob Downes	1:18:16
44	Jim Pendrill	1:18:32
111	Ray Noble	1:25:01
112	Ian Smallwood	1:24:34
119	Mike Cunningham	1:25:29

124	Andrew Penney	1:25:02
131	Sally Gilliver	1:25:35 3 rd .L40
145	Tony Hulme	1:26:46
148	Jane Clarke	1:25:32 1 st .L35
221	Gavin Mendham	1:29:01
222	Kate Ayres	1:29:43 1 st .L45
252	Andy Watts	1:30:28
265	Mike Cooper	1:30:57
304	Daniel Black	1:33:09
312	Steve Smith	1:32:51
372	Steve Russell	1:35:09
536	Paul Ayres	1:39:37
608	Bill Staniard	1:41:33
754	Kate Sutton	1:45:45
788	Roy Pownall	1:46:50
832	Amanda Bradbury	1:47:55
857	Sean Barry	1:46:34
870	Ian Ashcroft	1:49:23
999	Stephen Feber	1:53:09
1031	Julie Lucas	1:53:19
1088	Trevor Faulkner	1:55:37
1504	finished	

something to aim at:-

Alasager 5

Sunday February 1st., 2004

First number is race position, second is Cheshire Grand Prix position.

73	5 Tom McGaff	27:34
96	8 Nick Bishop	28:17
126	14 Bill Heaton	29:08
164	22 Stuart Parrott	30:11
177	24 Ray Noble	30:31
189	28 Mick Fairs	30:56
204	30 Tony Hulme	31:20
260	2 Sally Gilliver	32:32
298	5 Kate Ayres	33:12
400	10 Jane Clarke	34:51
536	63 Roy Pownall	37:55
588	18 Amanda Hynes	39:05
602	67 Trevor Faulkner	39:29
729	26 Pauline Stubbs	43:44
915	finishers	