

WILMSLOW RUNNING CLUB

Newsletter June 2005

www.wilmslowrunningclub.co.uk

Bowdon 5k

9th June 2005

Sixth Race in Summer Series

6	Damian Nicholls	M	15.24
11	Michael Halman	M	16.05
21	Nick Bishop	V45	16.53
36	Andrew Penney	M	17.25
50	Mick Fairs	V55	17.55
61	Ian Smallwood	V40	18.21
68	Richard Parris	M	18.30
69	Tony Hulme	V55	18.31
78	Mike Cooper	V40	18.48
90	Gavin Mendham	V55	19.05
92	Katy Green	L	19.20
94	Sally Gilliver	L40	19.30
95	Steve Russell	V45	19.36
97	Jane Clarke	L35	19.37
98	Andrew Watts	V55	19.42
104	Sean Barry	M	20.05
113	Ian Ashcroft	V55	20.22
123	Paul Ayres	V45	20.51
124	Tracy Alderson	L	20.51
129	Rod Coombs	V50	20.59
130	Nicky Mowat	L45	21.06
138	Don Bullough	V45	21.42
139	Sally Maddock	L	21.48
141	Roy Pownall	V55	21.56
143	Peter Watson	V60	22.07
146	Bill Staniard	V40	22.15
156	Julie Lucas	L40	23.08

158	Penny Hinke	L45	23.10
160	Kate Sutton	V40	23.29
173	Trevor Faulkner	V60	27.39

The ladies made a clean sweep of the vet prizes; Jane got 1st lady 35, Sally 1st lady 40 and Nicky 1st lady 45.

Mick Fairs repeated his Dunham victory in the MV55 category.

Christleton or Bowdon 5k ?

Some debate in the club on the relative merits surrounding the speed of Bowdon and Christleton 5k courses. Our editor Mr A. suggested some analysis !!

Of the 16 that ran both, 5 were faster at Bowdon, Andy Penney ran the same time and 10 were slower at Bowdon. Of the improvers at Bowdon the average improvement was 10.6 seconds with the most significant gains coming from Ian Ashcroft (16 seconds), Tony Hulme (12 seconds) but star prize goes to Tracy Alderson (20 seconds). Seven runners ran times of within 5 seconds difference (faster or slower) at either race. The average drop off at Bowdon of the ten who were slower was 12.8 seconds.

There is no real science as other factors influence individual performance, and a couple of significant time differences from runners can skew the analysis. I guess that it does confirm that Christleton is a touch quicker and if you work on the mean difference between faster and slower times based on the sixteen runners , it would suggest that Christleton is 5 seconds quicker based on the average time.

Club Analyst , Nick Bishop

Best Individual Times 2005

5k

1	Damian Nicholls	M	15:24	Bowdon
2	Michael Halman	M	15:44	Christleton
3	Tom McGaff	M50	16:28	Christleton
4	Rob Downs	M40	16:29	Christleton
5	Nick Bishop	M45	16:52	Christleton
6	Jim Pendrill	M	17:10	Dunham
7	Andrew Penney	M	17:25	Christleton
8	Mick Fairs	M55	17:50	Christleton
9	Ian Smallwood	M40	18:15	Christleton
10	Peter Carne	M40	18:20	Christleton
11	Ray Noble	M	18:22	Dunham
12	Richard Parris	M	18:30	Bowdon
13	Tony Hulme	M55	18:31	Bowdon
14	Mike Cooper	M40	18:48	Bowdon
15	Jane Clarke	F35	18:55	Christleton
17	Gavin Mendham	M50	19:05	Bowdon
17	Kate Ayres	F45	19:05	Christleton
18	Katy Green	L	19:20	Bowdon
19	Sally Gilliver	F40	19:30	Bowdon
20	Steve Russell	M45	19:36	Bowdon
21	Andy Watts	M50	19:42	Bowdon
22	Sean Barry	M	20:05	Bowdon
23	Ian Ashcroft	M55	20:22	Bowdon
24	Paul Ayres	M45	20:48	Christleton
25	Tracy Alderson	L	20:51	Bowdon
26	Rod Coombs	M50	20:59	Bowdon
27	Nicky Mowat	L45	21:06	Bowdon
28	Don Bullough	M45	21:42	Bowdon
30	Roy Pownall	M55	21:48	Christleton
30	Sally Maddock	L	21:48	Bowdon
31	Peter Watson	V60	22:07	Bowdon
32	Bill Staniard	M40	22:15	Bowdon
33	Susan Wright	L	22:18	Christleton
34	Julie Lucas	L40	22:52	Christleton
35	Kate Sutton	F40	23:04	Christleton
36	Penny Hinke	L45	23:10	Bowden
37	Angela Lee	L	25:06	Dunham
38	Trevor Faulkner	M60	27:39	Bowdon

LYMM 5K

SATURDAY 26th JUNE

With the club having used two (Dunham and Bowdon) of the five North Cheshire GP races for our own Summer series, I had decided to enter the overall series. The other races were Hollins Green (separate posting) and a second Dunham race. Four of five races to count. No other WRC runners at Lymm, and the separate fun run allowed two junior Bishop's to compete in a 2.5k race finishing 5th and 6th (60 runners). Family harmony was kept intact as Bishop Senior (13) beat his younger brother (10) in a sprint finish, having trailed until the final 50 metres. Oliver (10) blames it on having run a 2.52 800 metre race for the school days earlier. Twin brother Luke found the ice cream van to be of more interest. No interest whatsoever from the leading lady of the house. The 5k itself is run over an undulating route on in the main country lanes. Certainly the slowest course of the five races in the series. Paul Smith with 15.50 won and only six runners were under 17 minutes. In total 170 finishers. I managed 9th overall and 1st V45 in 17.18. The prize giving was mildly disrupted as Julian Spencer (Spectrum) when presenting a prize of a box of chocolates, found to his embarrassment that someone had half eaten them whilst the races were being run. No finger pointed our way (refer separate note about junior Bishops and the fun run thus having a perfect alibi). I became the proud owner of a Running Bear gilet by way of a prize as 1st V45 (thanks Tony) and a bottle of Lanson for 1st V45 over the series (in the fridge). Personally I found the series to be great fun and more enjoyable than the Sale Sizzlers due to the variety of races and the courses chosen. Also worth noting that two races (Hollins Green and Bowdon) have chosen the local pub as race HQ. Race secretaries please note.

Nick Bishop

City Of Manchester 10k

26th June 2005,

very hot but not as hot as Warrington

This race was organised by Manchester YMCA Harriers and apparently has its roots in the original Manchester 10k. Anyway, history apart the new Regional Athletics stadium was a top venue providing a start and finish on the track where Kelly Holmes and other GB athletes will be competing next month. Mike and I went along keen as ever and were pleased to see Stuart and Gareth - we had a team!

There was a rather chaotic start as the start time was first delayed by the police, then brought forward again then delayed as someone twigged that we were about to leave without the elite athletes. As it happens we could have done with a few minutes start as Simon Arusei led a group of serious runners who literally sprinted away from the rest of us at the start and were round inside of 30 minutes.

The field stretched out so quickly that I was left with only a couple of runners visible in front and behind which seemed amazing in a race of over 1000 runners. The 3-lap course could have been chaotic but the laps reduced in length spiralling in on the stadium and meaning that only on the 3rd lap did we really get mixed up with the back of the field. The spectators certainly got a good show as we passed the stadium on each lap. The popular announcer from the Wilmslow Half was shouting the names and numbers as we passed by. On the second lap he got a bit carried away and said that I was being tracked by "Paul Tergat" before correcting himself to Paul Targett a rather less well known runner from Clayton.

I could also hear that just behind Stuart was involved in another close call with the ever green Alan Pover. I'm pleased to report that even with his swollen Edale ankle Stuart was able to hold off the Pover challenge finishing strongly as ever on the track. Alan's Stockport team had the last laugh however narrowly pipping us to the Men's Team 2nd prize and probably the Vets team prize as well. Stuart and

I narrowly missed out on MV40 prizes but I think that we earned £20 for a top 20 place giving a tidy £6 profit on the morning. Mike and Gareth also finished well up a large field. It should have been a very fast course and we all finished thinking that we had scorched the track to run PBs. But the clock said otherwise and we were left with the feeling that the course might have been a minute long. I happened to bump into the winner later on who agreed saying that he usually ran more like 28 minutes!

14 Rob Downs 35.10* 2 MV40

16 Stuart Parrott 35.45* 4 MV40

82 Mike Cooper 41.38 19 MV40

221 Gareth Trimble 46.37

* approximate times as the official chip timing was bust.

1007 finishers

Winning time 29.42

Men's Team (3)

Salford 48

Stockport 103

Wilmslow 109

Vets team (3)

Stockport 103

Wilmslow 109

Warrington 10k

Thursday June 23rd.

Seventh Race in Summer Series

1 Mike Halman	32.54	
5 Rob Downs	34.59	1st. M40
6 Jim Pendrill	35.50	
20 Tony Hulme	38.28	
24 Richard Parris	38.56	
29 Peter Carne	39.09	PB
30 Ian Smallwood	39.25	
34 Gavin Mendhall	40.02	
35 Kate Ayres	40.06	1st. F40

38 Mike Cooper	40.18	
39 Andy Watts	40.22	
40 Jane Clarke	40.25	1st. F35
46 Steve Smith	41.17	
47 Steve Russell	41.30	
63 Shaun Barry	43.06	
64 Paul Ayres	43.11	PB
69 Nicky Mowat	43.29	1st. F45
91 Don Bullough	45.10	
98 Sally Maddock	45.45	PB
99 Bill Staniard	45.47	PB
133 Penny Hinke	49.12	
169 Trevor Faulkner	54.25	
204 finishers		

23 June 2005, blistering heat.

Driving over to Warrington the temperature was in the late 20s and it still seemed every bit as hot as another massive Wilmslow team lined up at Woolston Park. It was set to be another evening where Summer Series points would be hard earned.

Mike H was positively jumpy at the start looking around for the “whippets” that he was convinced must be lurking somewhere in the park ready to pop out from behind a tree and sprint a 30 minute 10k. Fortunately there were none and Mike and I left the park trailing only the “pace bike” with Jim tucked in behind. By the first mile marker Mike had started to pull away as usual. By the start of the second lap he was practically out of sight finishing 1st in an impressive 32.54 – a minute and a half ahead of 2nd place ... which was more hotly contested.

Until about 4 miles I was sharing 2nd place way behind Mike but feeling comfortable. Then out of nowhere 2 more guys caught up with us and the race was on. Over the last mile the heat and distance began to tell and I was unable to pick up the pace eventually finishing 5th at the back of the pack.

The course had some tricky turns and switch backs but this did mean that you got a good view of the action in different sections of the race. As we doubled back on the second lap I

could see Jim close behind then a line of Wilmslow runners in close competition. At the finish this translated into some exciting tussles for Summer Series points as 11 Wilmslow runners finished within a 3 minute window led in by Tony (38.28) but with some other great times notably Peter (39.09), Kate (40.06 PB) and Jane (40.25).

Rob Downs

After my performance at Bowden I had spent the whole day drinking water which helped but I definitely still prefer 10k to 5k!

Nicky Mowat

Best Individual Times 2005 10k

1	Michael Halman	M	32.52	Whitley
2	Damian Nicholls	M	33.24	Trafford
3	Stuart Parrott	M40	34.40	Trafford
4	Rob Downs	M40	34.49	Whitley
5	Jim Pendrill	M	35.50	Warrington
6	Tony Hulme	M55	37.21	Salford
7	Richard Parris	M	38.56	Warrington
8	Peter Carne		39.09	Warrington
9	Ian Smallwood	M40	39.25	Warrington
10	Gavin Mendham	M50	40.02	Warrington
11	Kate Ayres	F45	40.06	Warrington
12	Mike Cooper	M40	40.18	Warrington
13	Andy Watts	M50	40.22	Warrington
14	Jane Clarke	F35	40.25	Warrington
15	Steve Smith	M40	41.17	Warrington
16	Steve Russell	M45	41.30	Warrington
17	Paul Nichols	M	42.25	Manchester
18	Sean Barry	M	43.06	Warrington
19	Paul Ayres	M45	43.11	Warrington
20	Nicky Mowat	L45	43.29	Warrington
21	Don Bullough	M45	44.08	Manchester
22	Gareth Trimble	M	45.36	Manchester
23	Bill Staniard	M40	45.47	Warrington
24	Ian Ashcroft	M55	46.44	Whitley
25	Dave Mangnall	M55	47.23	Trafford
26	Julie Lucas	L40	48.31	Whitley
27	Penny Hinke	L45	49.12	Warrington
28	Amanda Bradbury	L	52.01	Trafford
29	Trevor Faulkner	M60	53.28	Crewe

Blackpool Half Marathon

Not very well organised at all, the start was delayed for 40 mins, then they ran out of water at the 3rd mile. A lot of runners had to pick up half empty bottles that the faster ones had thrown on the floor!

Spotted one Wilmslow vest but as he was so far ahead, couldn't make out who it was.

Really warm day and I struggled a lot, but at least I managed to complete it. 1:56:05 so not too disappointed, even though I was 10 mins. outside my PB. Hopefully will get back on track for the Macclesfield Half later this year.

I think we should give them some tips on how to organise a Half marathon, the medals and t-shirts were great but they should have spent more on supplies. They were running out of water at the finish too and they still had the marathon runners to come through. Plenty of energy drink left, but I'm sure most runners would have preferred to have lots of water instead!

Amanda Bradbury

JUNE FELL RUNS

WINCLE TROUT RUN

Sat. 4 June 2005

14°C 9km 950' ascent

According to my physio, a trapped sciatic nerve should not be damaged by running uphill, and so I have been pushing on the ups but gliding along the flatter parts and the downhills in recent fell races. Starting at the back, this usually means that if I overtake n people by the main summit, then n/2 come by on the descent, and I end up with an impressively slow PW. The Club was fairly well represented at Wincle this year, and we also met a couple of friends who ran in disguise. The start and finish were in the field at the valley bottom this time. As usual, the trout was delicious.

6 Rob Downs 37.37 3rd MV

29	Ray Noble	43.04
43	Mike Cooper	44.58
163	Trevor Faulkner	64.01
173	finishers	

RAINOW 5

Wed. 8 June 2005

17°C 5 miles 750' ascent

Despite this usually being a popular race for WRC, I was the only 'representative' this year, although, again, other faces did look recognisable.

149	Trevor Faulkner	55.06
169	finishers	

EDALE FELL RACE

Sun. 12 June

only 7°C 5 miles 1328' ascent

This was a men-only race that counts towards the short fell race British Championship, and had the largest field for a fell race that I have seen. Despite overtaking 15 on the initial climb, I finished much further back, showing that many runners had been put off by the FRA's designation of A-grade steepness (>250' ascent per mile). In fact, we climbed 1200' in the first 2km, much of it up steps where walking was enforced. Only Paul and I ran for the Club, although other familiar people dressed as hillbillies, one face in the earlier ladies' race over the same course being particularly familiar to Paul.

299	Paul Ayres	50.18
360	Trevor Faulkner	63.55
366	finishers	

BOAR'S HEAD HILL RACE

Wed. 15 June

17°C 7.5 miles 1200' ascent

Seven of us ran this event, slightly outnumbering familiar hillbillies. The same, slightly shorter, route as last year, in excellent conditions.

9	Bill Heaton	50.18
49	Mike Cooper	55.46
91	Don Bullough	62.01
97	Paul Ayres	62.35

133	Roy Pownall	70.58
136	Julie Lucas	71.56
142	Trevor Faulkner	78.34
149 finishers		

ROACHES HILL RACE

Thurs. 16 June

17°C 6 miles 700' ascent

Good club attendance today, with not a hillbilly in sight. Again, a delightful evening. Mike would have won in his first hill race if he had not gone off route when in the lead by 3 minutes.

2	Mike Halman	39.52	1 st SM
35	Tony Hulme	45.15	
61	Jane Clarke	47.46	2 nd LV35
115	Sally Maddock	53.07	
150	Julie Lucas	57.33	3 rd LV40
172	Simon Poyser	62.07	
179	Trevor Faulkner	63.12	
192 finishers			

SEEING IS BELIEVING?

On 19 June 2005 I think I saw the Group 3/4 Sunday School / Grumpy Old Men Run go to the Moat House via the Styal woods and steps, rather than via their usual airport runway route. The only explanation I can think of is that their desire to keep out of the 25°C sunshine overcame their fear of small hills. But perhaps I dreamt it all?

Trevor Faulkner

Edinburgh Marathon

I ran the Edinburgh Marathon on 12th June, finishing in 3.30.23 - conditions were ideal for me, overcast and not too warm. Apparently they had flattened out the course from last year, but the last couple of miles were uphill, which did take its toll.

This was my second marathon - I ran the Stratford Marathon this April in 3.39.02.

Trevor Morris

(second) Dunham 5k

Friday 17th June

Having run three of the first four North Cheshire Grand Prix races (Dunham / Hollins Green / Bowdon), I was interested to check the results from the second Dunham race this being the fourth race in the series. To qualify overall, runners need to run four of the five races , with the final race being this Saturday at Lymm.

The sole WRC runner was Damian Nicholls who finished a highly impressive 3rd in 15.39 and 5 seconds quicker than the first Dunham race .Winning time was 15.21 with 188 runners

I am sure that both Damian and Sally Gilliver like me just need Saturday as our fourth race . Sally has been first LV40 in all of her three races .

Nick Bishop

SIXTY RACE CHALLENGE

In December 2003 I set myself a challenge, and it was to complete 60 races in 2004 - 20 of which I would have to run at sub 7 min pace, the others could be made up of fell, cross country or road races- but, I decided I would have to finish in the first half of the field to count them.

Why such a challenge?

Well during the early part of September 2003 whilst on a training run at Alderley Edge I stumbled and whilst trying to save myself landed awkwardly and badly injured my hamstring. Its as bad as it gets was the physios diagnosis.

A week of inability to drive and only walk with difficulty, six weeks without running, followed by very painful runs at around 9 min pace at best, and advice that for a bad hamstring injury it could take 18 months for it to fully heal. I was advised that the only way it would regain strength was by using it. Hence quantity rather than quality.

All this brought me to the Giants Tooth Fell Race, standing in 4 inches of slush by a reservoir near Keighley Yorkshire. It was January 1st 12 noon and eighty of us set off on a changed route as the original was deemed to be too dangerous. Anyway I survived averaging about 9 min mile pace. 4 miles - 37 mins -not going to count in the sub 7 category I thought.

A fell race and a Cheshire cross country champs followed bringing me to the Helsby Half on the 18th Jan - my first realistic chance of a sub 7 min race 1.28.23 I was under my 1.32 target. So it was onto Alsager which brought the 31.23 well inside my 35 min target.

By the end of March I'd completed a mixture of 11 races only 2 under 7 min pace. I was behind schedule and would have to make it up with midweek races as the night s got lighter. I would also have to guard against illness and injury as the number of races took their toll.

April saw another six races completed, May 9 races, June 8 races. The final two being the Warrington 10k on the 24th and in complete contrast on the 27th the Bettmeralp Half marathon in Switzerland - billed as the highest half marathon in Europe all run above 7000 ft and finishing at around 9000, but at 2hour 13 mins it was way off a sub 7 min time, tough but enjoyable.

So halfway through the year 34 races completed 10 under 7 min pace, 204 miles at race pace and I was worn out already. The hamstring was strengthening but was still stiff for the first few miles of any run. I needed a rest but felt I had to get ahead of schedule with the light nights so I could take it a bit easier in the Autumn, I might pick up a bug and how true that was to prove.

.....to be continued

Tony Hulme

5 + 5 = 10 or does it?

Following on from Nick's fascinating comparison of 5k times I thought that I would indulge in some more harmless statistics. In the table below I've explored the difference in our 5k and 10k pace by comparing times from the

Dunham Massey 5k and the Warrington RR 10k. Both races were run on hot evenings with similar terrain parkland paths under foot. So how does 10k compare with 2 x 5k?

Column 1 is your Warrington RR actual 10k time.

Column 2 is your Dunham Massey 5k time.

Column 3 is 2 x your Dunham Massey 5k time

Column 4 is percentage drop off of your actual 10k

Mike Halman	32.54	16.01	32.02	2.63%
Rob Downs	34.59	16.56	33.52	3.19%
Jim Pendrill	35.50	17.10	34.20	4.19%
Tony Hulme	38.28	19.07	38.14	0.61%
Richard Parris	38.56	18.55	37.50	2.83%
Peter Carne	39.09	18.41	37.22	4.56%
Ian Smallwood	39.25	18.48	37.36	4.61%
Kate Ayres	40.06	19.40	39.20	1.91%
Mike Cooper	40.18	19.36	39.12	2.73%
Jane Clarke	40.25	19.40	39.20	2.68%
Steve Russell	41.30	19.46	39.32	4.74%
Paul Ayres	43.11	20.51	41.42	3.43%
Nicky Mowat	43.29	21.45	43.30	-0.04%
Penny Hinke	49.12	23.49	47.38	3.18%

Not surprisingly most of us can run a 5k at a faster pace than a 10k. The time lost at the start of the 5k is more than compensated for by getting knackered in the second 5k or slowing down overall because we expect to get knackered...

Looking at the lower drop off results I'm sure that Tony would point to his superior fitness and fell running stamina. But where does that leave Nicky? She actually managed to speed up with distance ... well I guess if she challenges you to a 50 mile race, just say no.

And for those of us idling in the 3-4% range I suppose Tony can prescribe suitable pyramid reps...

Rob Downs

5+5= A TOUCH MORE THAN 10

Following Rob's detail relating to time comparisons , the detail below relates to sports science analysis predicting likely 10k times taking account of achieved 5k times.

Assumptions may include slightly adjusted training but for us , I dont think too important . For a male running 18.56 for 5k , a time of 39.22 is predicted for 10k .

For a female running 21.00 for 5k , a time of 43.40 is predicted for 10k .

The male drop off is 4.72% compared to the female drop off of 3.95% .

I am sure that factually , the female anatomy does allow for increased performance as the distance increases , but Tony can I am sure qualify this . This point reinforces the growing number of headline articles " Will women run faster over the marathon than men in 100 years time " ?

Here's to us all having great grand daughters , ' great ' in the literal sense !!

Nicky did tell me after Bowdon that she improves as the distance increases .

Nick Bishop

Group 4/5 Summer Challenge

Bowdon. A real macho performance. This is the way the world used to be. Sean, Ian and Paul took the one, two three. Tracy was next but then Rod (some say literally) pushed Nicky down to sixth. Don edged out Sally and Roy, Peter and Bill took care of Julie. Penny had her best run of the season getting ahead of Kate. Trevor continues to struggle but at the end of the season his points contribution could be vital. The result means that the gap between the Ladies and the Men has shrunk from 100 points before Tittesworth to 29. Anymore races like this and the ladies will be following the men's lead and asking for a change of rules.

But none of the men won their category prize so in the end the evening was Nicky's.

Apology

The editor would like to apologise to Rod Coombs for suggesting, in the report on the web-site, that Rod "pushed Nicky Mowat over at the finish"

at the Bowden 5K. He accepts that Rod is too much of a gentleman to have done this, and would anyway be frightened to tackle someone of Nicky's calibre. Rod is quite happy to accept that Nicky's collapse was due to sheer shock that Rod was able to pass her. Anti-doping tests have been ordered.

Despite the Men's significantly improved at Bowdon, the Ladies took a 240 to 211 lead to Warrington.

Running Club AGM

evening of

Tuesday 13th September

after training

**** Runner of the Month ****

Sally Maddock. 45:45 at Warrington. A PB by minutes, and only the latest in a series a massive improvements. Makes you wonder where she gets her inspiration.

Training Weekend

Tony is planning to organise a training weekend in the Autumn. Details at this stage are a little vague (you'll be surprised to hear) but the Lakes is favoured. We are re-assured that accommodation will not be too expensive, that places will limited and priority given to frequent racers. More to follow.

Wilmslow Running Club Records

Updated June 2005

Senior Men	Club Member	Time	Venue	Date
5k	Mike Halman	0.15.44	Christleton	2005
4 mile	Malcolm Fowler	0.19.03	Chorley	03.06.92
5 mile	Malcolm Fowler	0.25.04	Festive 5	31.12.89
10k	Malcolm Fowler	0.31.15	St James	09.05.93
10 mile	Malcolm Fowler	0.53.30	Llandudno	12.11.89
Half Marathon	Malcolm Fowler	1.09.33	Wilmslow	29.03.92
Marathon	Ian Bell	2.37.30	Leeds	22.10.89
Senior Ladies	Club Member	Time	Venue	Date
5k	Jane Clarke	0.18.55	Christleton	2005
4 mile	Arabella Woodrow	0.24.02	Chorley	05.06.91
5 mile	Arabella Woodrow	0.30.59	G.M. League	25.09.93
10k	Sally Gilliver	0.38.49	Salford	13.04.01
10 mile	Diane Lenders	1.03.17	Llandudno	10/11.96
Half Marathon	Sally Gilliver	1.25.32	Wilmslow	28.03.02
Marathon	Arabella Woodrow	3.07.27	London	00/04.93
V35 Ladies	Club Member	Time	Venue	Date
5k	Jane Clarke	0.18.55	Christleton	2005
4Mile	Arabella Woodrow	0.24.02	Chorley	03.06.92
5Mile	Arabella Woodrow	0.30.59	GM League	25.09.93
10k	Sally Gilliver	0.38.49	Salford	13.04.01
10 Mile	Diane Lenders	1.03.17	Llandudno	00.11.96
Half Marathon	Sally Gilliver	1.25.32	Wilmslow	00.03.92
Marathon	Arabella Woodrow	3.07.27	London	00.04.93
V40 Men	Club Member	Time	Venue	Date
5k	Tom McGaff	0.16.28	Christleton	2005
4 Mile	Martin Ellison	0.21.06	Timperley	28.05.98
5 Mile	Tony Hulme	0.27.02	Altrincham	07.09.94
10k	Tony Hulme	0.33.28	Chelford	01.08.89
10mile	Tom McGaff	0.55.54	Flint	04.10.98
Half Marathon	Tom McGaff	1.13.53	Helsby	00.01.02
Marathon	Mick Fairs	2.54.45	London	00.04.99
V40 Ladies	Club Member	Time	Venue	Date
5k	Kate Ayres	0.19.05	Christleton	2005
4 Mile				
5 Mile	Kate Ayres	0.31.50	Chester	2005
10k	Sally Gilliver	0.38.49	Salford	13.04.01
10 Mile	Denise Newton	1.03.22	Llandudno	11.11.95
Half Marathon	Sally Gilliver	1.25.32	Wilmslow	00.03.02
Marathon	Arabella Woodrow	3.07.27	London	00.04.97
V45 Men	Club Member	Time	Venue	Date
5k	Tom McGaff	0.16.28	Christleton	2005
4 Mile	Paul Sanders	0.22.07	Timperley	24.05.95

5 Mile	Tony Hulme	0.27.02	Altrincham	07.09.94
10k	Tom McGaff	0.33.36	Salford	13.04.01
10 Mile	Tom McGaff	0.57.00	Stockport	Dec-04
Half Marathon	Tom McGaff	1.13.53	Helsby	00.01.02
Marathon	Mick Fairs	2.54.45	London	18.04.99
V45 Ladies	Club Member	Time	Venue	Date
5k	Kate Ayres	0.19.05	Christleton	2005
4 Mile				
5 Mile	Kate Ayres	0.31.50	Chester	2005
10k	Kate Ayres	0.42.43	Chester Zoo	Oct-04
10 Mile	Kate Ayres	1.07.56	Llandudno	Nov-04
Half Marathon	Kate Ayres	1.29.43	Four Villages	Jan-05
Marathon	Pat Dufton	3.54.54	London	00.00.03
V50 Men	Club Member	Time	Venue	Date
5k	Tom McGaff	0.16.28	Christleton	2005
4 Mile	Peter Watson	0.26.53	Timperley	08.05.96
5 Mile	Tom McGaff	0.27.06	Chester	2005
10k	Tony Hulme	0.34.30	Chester	26.10.97
10 Mile	Tom McGaff	0.57.00	Stockport	Dec-04
Half Marathon	Tom McGaff	1.15.11	Four Villages	Jan-05
Marathon	Mick Fairs	2.54.45	London	18.04.99
V55 Men	Club Member	Time	Venue	Date
5k	Tony Hulme	0.17.48	Chester	09.05.03
4 Mile	Ron Reed	0.27.15	Timperley	08.05.96
5 Mile	Tony Hulme	0.29.08	Chester	00.04.03
10k	Tony Hulme	0.36.45	Chester Zoo	00.10.02
10 Mile	Tony Hulme	1.05.50	Stockport	Dec-04
Half Marathon	Mick Fairs	1.22.19	Wilmslow	Mar-05
Marathon	Trevor Faulkner	3.34.15	Dublin	00.10.97
V60 Men	Club Member	Time	Venue	Date
5k	Peter Watson	0.21.49	Sale	14.08.03
4 Mile	Ron Reed	0.27.15	Timperley	00.05.96
5 Mile	Simon Fenton	0.34.48	Sale	01.06.03
10k	Ron Reed	0.42.06	Kingsway	00.05.93
10 Mile	Ron Reed	1.10.00	Bispham	08.08.93
Half Marathon	Simon Fenton	1.35.42	Wilmslow	23.03.03
V65 Men	Club Member	Time	Venue	Date
5k	Ron Reed	0.22.24	Macc	00.05.99
4 Mile	Ron Reed	0.27.15	Timperley	00.05.96
5 Mile	Ron Reed	0.34.57	Bramhall	00.10.95
10k	Ron Reed	0.42.06	Kingsway	00.05.93
10 Mile	Ron Reed	1.10.00	Bispham	08.08.93
Half Marathon	Ron Reed	1.35.48	4 Villages	00.01.97
V70 Men	Club Member	Time	Venue	Date
5k	Ron Reed	0.22.24	Macc	00.05.99
5 Mile	Ron Reed	0.35.48	Altrincham	00.09.97

10k	Ron Reed	0.44.54	Salford	00.04.98
10 Mile	Ron Reed	1.11.41	Llandudno	00.11.97
Half Marathon	Ron Reed	1.35.48	4 Villages	00.01.97
V75 Men	Club Member	Time	Venue	Date
5k				
4 Mile				
5 Mile	Ron Reed	0.39.09	Chester	04.10.03
10k				
10 Mile	Ron Reed	1.21.34	Llandudno	00.11.01
Half Marathon	Ron Reed	1.54.56	Wilmslow	00.03.03

SUMMER SERIES

Attached are the results following Race 7 of the Summer Series. There were 22 Runners (I think) at the race so some valuable points collected there. The "I think" is because 4 club members weren't registered as running for Wilmslow RC in the official results. Hopefully I spotted them all!

No movement at the top of the table this week but that is likely to change over the next couple of races as more runners complete 6 races.

You will notice that we now have a Group 4 & 5 league table. This follows some lobbying by Ian Ashcroft. Looking at this league I can see why he was so keen! No doubt this will increase the considerable competitiveness at this level.

We are a couple of weeks away from Race 8 at Shutlingsloe, a great race.

As Tony has previously announced, RACE 9 HAS BEEN CHANGED to the Gun Run. A Multi-terrain and hilly 9K. I believe it is a 7:15pm start but one web site has it as 7:00pm so don't cut that one too tight. Details on the 'Future Races Table' at the end of the attachment.

Full results can be found for all races from the hyperlinks at the top of the tables.

Finally there are 7 races left so if you haven't done a single summer series race yet, you can still complete the minimum 6.

2005 Wilmslow Running Club Summer Series

Position	Name Race	Individual Qualifying Race Results											Best 6 Results						Sum of Best			
		Chester Spring 5	Waterloo 15K	Christleton 5K	Dunham Park 5K	Tittesworth 4.5m	Bowden 5K	Warrington 10K	Shutlingsloe 3m	Sale Sizzler 5K	Pie & Pees 5K	Birchwood 10K	Gawsworth 10K	Sutton 6 10K	Langley 7m	Best (1)	Best (2)	Best (3)		Best (4)	Best (5)	Best (6)
1	Michael Halman	49	50	49	49	49	49	50								50	50	49	49	49	49	296
2	Tony Hulme	41	45	41	39	44	43	47								47	45	44	43	41	41	261
3	Mike Cooper	39	41	40	38	43	42	41								43	42	41	41	40	39	246
4	Paul Ayres	36	39	36	31	35	33	35								39	36	36	35	35	33	214
5	Sally Maddock	32	37	34	29	33	28	32								37	34	33	32	32	29	197
6	Damian Nicholls	50		50	50	50	50									50	50	50	50	50		250
7	Nick Bishop	45	49	46	45		48									49	48	46	45	45		233
8	Peter Carne		47	42	42	45		45								47	45	45	42	42		221
9	Ian Smallwood	40		43	41		45	44								45	44	43	41	40		213
10	Jane Clark		44	39	36		37	39								44	39	39	37	36		195
10	Kate Ayres	38		38	37	40		42								42	40	38	38	37		195
10	Sally Gilliver	37	46		34	39	39									46	39	39	37	34		195
13	Ian Ashcroft		38	37	33	37	34									38	37	37	34	33		179
14	Nicky Mowat		40		32	36	30	34								40	36	34	32	30		172
15	Julie Lucas	31	35	31	28		24									35	31	31	28	24		149
16	Jim Pendrill	46			46	47		48								48	47	46	46			187
17	Ray Noble	43	48		44	46										48	46	44	43			181
18	Mick Fairs	42		44	43		46									46	44	43	42			175
19	Richard Parris		42		40		44	46								46	44	42	40			172
20	Andy Watts		43			41	36	40								43	41	40	36			160
21	Steve Russell				35	38	38	37								38	38	37	35			148
22	Tracy Jayne Alderson	34		35		34	32									35	34	34	32			135
23	Roy Pownall	35		33	30		27									35	33	30	27			125
24	Kate Sutton		36	30		31	22									36	31	30	22			119
25	Penny Hinke				27	28	23	30								30	28	27	23			108
26	Trevor Faulkner	30				27	21	29								30	29	27	21			107
27	Tom McGaff	48		48	48											48	48	48				144
28	Rob Downs			47	47			49								49	47	47				143
29	Andrew Penney	44		45			47									47	45	44				136
30	Bill Staniard					30	25	31								31	30	25				86
31	Stuart Parrott	47				48										48	47					95
32	Gavin Mendham						41	43								43	41					84
33	Katy Green					42	40									42	40					82
34	Sean Barry						35	36								36	35					71
35	Susan Wright	33		32												33	32					65
36	Rod Coombs					32	31									32	31					63
37	Don Bullough						29	33								33	29					62
38	Peter Watson					29	26									29	26					55
39	Steve Smith							38								38						38
40	Angela Lee				26											26						26
	No of Runners	21	16	21	25	24	30	22							40	38	30	26	15	5		

Ranking is 1st by number of qualifying races entered (if 6 or less), then 2nd by sum of Best 6 Results

2005 Wilmslow Running Club Summer Series – Ladies only

Position	Name Race	Individual Qualifying Race Results											Best 6 Results						Sum of Best			
		Chester Spring 5	Waterloo 15K	Christleton 5K	Dunham Park 5K	Tittesworth 4.5m	Bowden 5K	Warrington 10K	Shutlingsloe 3m	Sale Sizzler 5K	Pie & Pees 5K	Birchwood 10K	Gawsworth 10K	Sutton 6 10K	Langley 7m	Best (1)	Best (2)	Best (3)		Best (4)	Best (5)	Best (6)
1	Sally Maddock	46	47	47	46	45	45	47								47	47	47	46	46	45	278
2	Kate Ayres	50		49	50	49		50								50	50	50	49	49		248
3	Jane Clark		49	50	49		48	49								50	49	49	49	48		245
4	Sally Gilliver	49	50		48	48	49									50	49	49	48	48		244
5	Nicky Mowat		48		47	47	46	48								48	48	47	47	46		236
6	Julie Lucas	45	45	45	45		44									45	45	45	45	44		224
7	Tracy Jayne Alderson	48		48		46	47									48	48	47	46			189
8	Kate Sutton		46	44		44	42									46	44	44	42			176
8	Penny Hinke				44	43	43	46								46	44	43	43			176
10	Katy Green					50	50									50	50					100
11	Susan Wright	47		46												47	46					93
12	Angela Lee				43											43						43
No of Runners		6	6	7	8	8	9	5								12	11	9	9	6	1	

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 Bowden 5K: Up Same Down

2005 Wilmslow Running Club Summer Series – Group 4 & 5 only

		Individual Qualifying Race Results											Best 6 Results									
Position	Name Race	Chester Spring 5	Waterloo 15K	Christleton 5K	Dunham Park 5K	Tittesworth 4.5m	Bowden 5K	Warrington 10K	Shutlingsloe 3m	Sale Sizzler 5K	Pie & Pees 5K	Birchwood 10K	Gawsworth 10K	Sutton 6 10K	Langley 7m	Best (1)	Best (2)	Best (3)	Best (4)	Best (5)	Best (6)	Sum of Best
		1	Paul Ayres	50	49	49	48	48	48	49								50	49	49	49	48
2	Sally Maddock	46	47	47	46	46	43	46								47	47	46	46	46	46	278
3	Ian Ashcroft		48	50	50	50	49									50	50	50	49	48		247
4	Nicky Mowat		50		49	49	45	48								50	49	49	48	45		241
5	Julie Lucas	45	45	44	45		39									45	45	45	44	39		218
6	Tracy Jayne Alderson	48		48		47	47									48	48	47	47			190
7	Roy Pownall	49		46	47		42									49	47	46	42			184
8	Kate Sutton		46	43		44	37									46	44	43	37			170
9	Penny Hinke				44	41	38	44								44	44	41	38			167
10	Trevor Faulkner	44				40	36	43								44	43	40	36			163
11	Bill Staniard					43	40	45								45	43	40				128
12	Sean Barry						50	50								50	50					100
13	Susan Wright	47		45												47	45					92
14	Don Bullough						44	47								47	44					91
14	Rod Coombs					45	46									46	45					91
16	Peter Watson					42	41									42	41					83
17	Angela Lee				43											43						43
No of Runners		7	6	8	8	11	15	8								17	16	11	10	5	2	

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 **Bowden 5K**: **Up** **Same** **Down**

Future Summer Series Race Details

No	Race Details	Day	Date	Time	Entry Form	Directions	Type
8	Shutlingsloe 3m	Thursday	7-Jul-05	7:30 PM	Entry Form	Directions	Fell
9	Gun Run 9K	Tuesday	12-Jul-05	7:15 PM	Entry Form	Directions	Multi-terrain
10	Pie & Pees 5K	Wednesday	3-Aug-05	7:30 PM	Entry Form	Directions	Trail
11	Birchwood 10K	Sunday	21-Aug-05	10:30 AM	Entry Form	Directions	Road
12	Gawsworth 10K	Sunday	11-Sep-05	10:30 AM	Entry Form	Directions	Multi-terrain
13	Sutton 6 10K	Sunday	25-Sep-05	11:00 AM	Entry Form	Directions	Multi-terrain
14	Langley 7m	Saturday	5-Nov-05	TBA	TBA	TBA	Road

Graham Taylor