

WILMSLOW RUNNING CLUB

Newsletter March 2005

www.wilmslowrunningclub.co.uk

Any half-marathon PBs at Wilmslow?

A PB for me, so really pleased, 1:46:45.

Amanda

I got a PB yesterday, from 1.53.19 at the Four Villages to 1.46.46 at Wilmslow

I would like to nominate Paul, who turns up nearly every week even though he doesn't run himself. He times on a Tuesday and offers help and encouragement. On Thursdays he cycles round makes sure no-one gets left behind, and many a time at races you see him somewhere on the course cheering us on. He is a real star.

Julie

I got a half marathon PB of 1:23:57

Andy

Yes, 1:52:00 was a PB for me

Penny

I ran the Wilmslow Half-Marathon last year in 1hr 40mins and improved to a PB of 1hr 28.5mins. Last 5 miles were hard.

Pete

Rob, 1:16:52, Stuart 1:16:54, Jim 1:18:07, Mike 1:30:38 (but frustrated he just can't get under the 90 minutes), Nicky, 1:34:26, Don 1:35:56 – all PBs.

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	
1493	B Huedepohl	01:50:39	
1505	Angela Lee	01:50:53	
1588	Penny Hinke	01:52:00	

Cloud Nine

Congleton

Sunday 6 March 2005.

Clockwise. 8.75 miles. 950' ascent. 0°C.

Extremely muddy and soggy on the two long fields – similar to the 2003 race. Being about 6 minutes slower now, I was only overtaken by two runners on the descent from the trig point, i.e. the slower runners at the back of the field are less experienced at going fast downhill. We met several other good friends at the event, and no doubt they will publish their results in their own newsletter. Wilmslow were 3rd team.

Trevor Faulkner

Sunday 6th of March - it's Mothers Day – so will it be a box of chocolates, bunch of flowers or a 9 mile hill race with 1000 feet of ascent? Those who chose the last option were treated to a bright sunny morning and some beautiful countryside for the Congleton Cloud 9.

As we massed for the start there were plenty of familiar faces but mostly sporting Cheshire Hill Racers kit. "Ah see it's a different sport, Fell Running" explained Tony, before adding "but this isn't a fell race of course..."

The race started quickly as we followed the disused railway path out under the big viaduct. Bosley Cloud loomed large ahead although still some distance away. It seemed that the first couple of miles would be a gentle warm up and I was running smoothly until we suddenly struck off across the fields. There was more mud than a Macclesfield cross country – thick, clay, shin deep, pulling your shoes off mud – that quickly consumed the reserves of strength that I was saving for the climb. Tom, Jim and many other mud specialists coasted past as I lost ground to everyone but a dog walker in the next field.

With some relief we left the fields behind and started to climb up a rocky path past the first of many bemused Sunday morning rambles. Typical conversation, Rambler: "Oh look dear mind out there's another one. I wonder if there

are any more?" Runner: "Yup, about another 200".

The hill became steeper as we left the trees and we ran breathless into sunlight as the summit rocks came into sight. Wide views opened up all around but there was no time to stop for a picnic. Eyes back on the path for a glorious fast descent through the woods.

Halfway? It didn't seem like we had come that far and sure enough we were directed back up another long steady climb away from the Cloud. Getting my legs back into hill-climbing gear was hard and this was probably the most difficult part of the route. I could just see Malcolm on the far horizon, Tom and Jim up ahead while behind a long stream of runners looped back up and around the Cloud.

The race promised "all terrain" and this was delivered in spades as we took off down forest and gravel tracks, ran down steps, over bridges and stiles and careered through farm yards all the while trying to spot the next trail marker. Then, all too soon, we were hopping back across the paddy fields, this time with gates to further hinder our progress. Finally, out of the mud the pace picked up as we raced down the country lanes before rejoining the cinder track to the finish. Back at the leisure centre we were rewarded with tea and cakes to round off a great morning out – who says Mother's Day is getting too commercialised?

2	Malcolm Fowler	57.25
6	Tom McGaff	58.39
11	Jim Pendrill	59.30
15	Rob Downs	1:00:57
27	Ian Smallwood	1:04:12
42	Ray Noble	1:06:56
43	Tony Hulme	1:06:59
51	Sally Gilliver	1:07:36
71	Kate Ayres	1:10:48
85	Mike Cooper	1:12:27
107	Katy Green	1:14:37
147	Don Bullough	1:18:23
164	Paul Ayres	1:20:27
227	Trevor Faulkner	1:31:26
279	finishers	

Rob Downs

Ian,
looking at a night out 8th or 9th
April - will confirm tomorrow.
Kate

At this stage I'm treating this as a club rather than personal invitation

Cheshire CC League

Jane, Tony and Kate (see web-site for commemorative photograph) as the Ladies picked up senior, vets and individual honours after the final cross country meeting of the Cheshire League 2005 at Macclesfield.

Macclesfield Cross-Country

13th March

The last race in the series went well for both Ladies and Mens teams, giving us good results. It was a cold, windy afternoon but the course was good to run on - reasonably firm, just a bit muddy in places (nowhere near as bad as the Stockport mud!!). Jane ran a strong race passing a runner near the end, with Kate, Katy and Linda following close behind. Julie completed the team even though she hadn't been feeling well and put in a great performance to help us win the Veteran category. We were all well supported by the men's team and Simon who always turns up to cheer us on.

The ladies in turn cheered on the men who also had a good turn out with great performances from Damien, Malcolm and Mike all being in the first 6 places. Rob smiled his way around - obviously not working hard enough! And Paul and Roy battled out their position at the start of the race with Paul eventually leading - showing his usual enthusiasm!

LADIES:

4	Jane Clarke	18.57
5	Kate Ayres	19.18
6	Katy Green	19.26

11	Linda Ely	20.58
22	Julie Lucas	23.15
1st Veteran Team		
2nd Senior Team		

OVERALL RESULTS (OVER 3 RACES)

1st Veteran Team
2nd Senior Team

Also competing in the other two races at Stockport and Frodsham and contributing to our success were: Sally Gilliver, Kate Sutton, Sally Maddock and Nicky Mowat.

MEN

2	Damien Nicholls	24.40
4	Malcolm Fowler	25.26
6	Mike Halman	25.39
11	Tom McGaff	26.36
14	Rob Downes	27.16
22	Colin Fray	28.22
27	Tony Hulme	29.21
36	Mike Cooper	30.35
51	Paul Ayres	35.06
52	Roy Pownall	35.40
58	Trevor Faulkner	40.19

Team:

1st Veteran Team
2nd Senior Team

OVERALL RESULTS OVER 3 RACES:

1st Veteran Team
2nd Senior Team

Kate Ayres

Great to see Rocket back pounding the pavements.

Back to Wilmslow

STAR VET HOLDS OFF BILL & BEN

In a thrilling finish towards the back of the field, our very own Roy Pownall managed to defeat BOTH flowerpot men. Still breathless, he told our reporter: "they were obviously colluding to beat me, but by keeping them in front of me for thirteen miles, they seemed confused and I did them at the finish". Cries of "Little WEEEEEEEEEEEEEEEEEEEEED" were heard from an unknown source.

Neil

I think that the Cirque du Soleil team of funnel tape marshals, Sally x2, Kate and myself have found a new profession!!! We are wasted in a normal day to day jobs!!!

I'd just like to say, that being part of this team and helping out on the day, counteracted the disappointment of not being able to compete. It was fantastic to see so many of the Wilmslow team passing the line in such credible times.... Well done.

Tracy

Stuart - got a great time despite all his injury problems and many nights (every night I think!) spent in some strange leg contraption to sort out his foot injury. He deserves runner of the month for sheer dogged persistence to sort it out. (award should also be shared with Mrs. Parrott). Also deserves mention for missing out by two seconds on a share of the team prize at Wilmslow.

Rob - because he did such a stunning time off what (sickeningly) appears not massive training (just wait till he starts upping his mileage!)

Jim

Thoroughly enjoyed the Wilmslow half this year! It probably has something to do with marshalling rather than running. I'd not participated in the art of synchronised funnel tape dancing before. Sally, Kate, Tracy and I were positioned a few yards in front of and to the side of the finish banner. Andy W counted down runners, and on cue we crossed, in turn, from one side of the finishing straight to the other, taut tape in hand, to channel finishers into the

appropriate funnel. Once all four of us had crossed, Andy counted down again and on cue we sprang back across in unison. Somewhat challenging during the peak finishing times! Perhaps this could be an Olympic sport in the making, with high scores for perfect timing, lost marks for sagging tapes, and severe penalties for twisted tapes or clogged up funnels.

Not having been at this end of the finish before, I was amazed to what extent runners will leap/limbo tapes if they mistakenly believe their place is at stake. It goes without saying, too, that we would like to apologise to the gentleman who got swept off his feet and rolled sideways when all four of us crossed back. And I'm even more sorry if the video captured me laughing...

On a completely different front, for those of you who know my husband Ian, I'm thrilled, even alarmed, to mention he's intending to do the London Marathon this year. As you know, Ian is built for comfort not speed. He was narrowly beaten by a very convincing Wallace at the Liverpool half. As someone who knows his training schedule, I would say it isn't that of the typical marathoner... Few people start their tapering as early as January! Anyway, he is raising money for the Parkinson's Disease Society, and if anyone would like to sponsor him (excellent value for money when measured in pence/hour), he has a web page www.justgiving.com/iangilliver. Thanks.

Sally

Kate, 1:29:46., after a 9 mile fell race the previous day

But a disastrous Wilmslow for the Grumpy Old Men. Peter, Kate and Stephen didn't get to the starting line. Simon didn't get to the finish. Roy was rubbish, apart from the final burst that took him past Bill & Ben. Ian was two minutes slower than last year. Paulo slower than Helsby. Only Rod, with 1:38:40, his best run for two years, emerged with credit. (Rod texts that rain is interfering with the ski-ing in Zermatt but the food is excellent).

If anyone has any feedback concerning this years Wilmslow Half Marathon e.g. What worked? What didn't? How can the event be improved? Please can they email me whilst the race is still fresh in everyone's mind

Malcolm Fowler
[malcolmfowler@onetel.com]

Team results - MEN

1	Wilmslow RC	100	99	95	94	93	89	570
2	Macclesfield H	97	90	84	77	74	73	495
3	Vale Royal	98	86	76	71	70	69	470

- LADIES

1	Macclesfield H	48	47	43	42	180
2	Wilmslow RC	46	45	44	41	176
3	Vale Royal	50	38	34	32	154

Trafford 10k

Partington, Sunday 6th March 2005

11	Damian Nicholls	33.24
18	Stuart Parrott	34.40
121	Dave Mangnall	47.23
162	Amanda Bradley	52.01

team:-

8	Wilmslow Running Club	102
11	Damian Nicholls	
18	Stuart Parrott	
73	Dave Mangnall	

<http://www.race-results.co.uk/results/2005/trafford.htm>

Salford 10k

Friday March 25th.

Tony Hulme 37:21. Not, Tony says, the most scenic course but his best run since injury two years ago. It moves him up to third place on the club 2005 10k rankings – we aim to get charts for all distances onto the web-site during April and in the next newsletter.

Spring Fling

April 9th at 8pm Slug + Lettuce

Kate Sutton

*** RUNNER OF THE MONTH *** MARCH 2005

Whole host of contenders this month, see the PBs listed at the start of the newsletter. The men's team won Wilmslow for the first time. Tom McGaff was first M50 and Mick Fairs first M55 (he won M50 a couple of years back). **Rob Downs** has been nominated four months on the run but as Jim pointed out earlier he just keeps getting better.

Club Summer Series

Tony has announced the first four races:-

Chester Spring 5	Tuesday 5 th . April
Waterloo 15k	Monday 2 nd . May
Christleton 5k	Friday 13 th . May
Dunham Massey 5k	Friday 27 th . May

There will be a total of 12 races of which you need 6 to qualify. 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.

Reminder of last year's finishing positions

1	HALMAN, Michael
2	McGaff, Tom
3	PARROTT, Stuart
4	PENDRILL, Jim
4	TAYLOR, Graham
6	BISHOP, Nick
7	HULME, Tony
8	FAIRS, Mick
9	NOBLE, Ray
10	MENDHAM, Gavin
11	CLARKE, Jane
12	AYRES, Kate
13	SMITH, James
14	POWNALL, Roy

- 15 ASHCROFT, Ian
- 16 BRADBURY, Amanda
- 16 LEE, Angela
- 16 SUTTON, Kate

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 (haven't got calendar with me at the moment).

George

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

Cheshire Grand Prix

After three races:-

Ladies - Team

- 1. Wilmslow
- 2. Macclesfield
- 3. Vale Royal

In the individual top 20:-

- 1. Jane Clarke
- 7. Kate Ayres
- 15. Sally Gilliver

Mens- Team

- 1. Wilmslow
- 2. Vale Royal
- 3. Congleton

In the individual top 20:-

- 2. Stuart Parrott

- 5. Mike Halman
- 6. Tom McGaff
- 7. Rob Downs
- 10. Jim Pendrill
- 15. Ray Noble
- 19. Tony Hulme

Tom McGaff

The Cheshire Grand Prix is organised by the Cheshire County Athletic Association (see 'Useful Links'). Next races in the Grand Prix series are:-

- Chester Spring 5, Tuesday 5th April
- Christleton 5k, Friday 13th May
- Birchwood 10k, Sunday 21st August
- Sutton 6 (10k), Sunday 25th September
- Mystery event (organisers not yet decided).

Something to aim at

Chester Spring 5

Upton, Tuesday 6th. April 2004

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

WILMSLOW HALF MARATHON

With near perfect running conditions and the clocks not going forward until the following Sunday, there were few excuses left not to turn up on time for the club's major race of the year and some 40 club members were at the starting line alongside another 3,400 competitors.

The gun went off promptly at 10.30 and for the second year we ran straight down Kings Road and right along Altrincham Road – a considerable improvement on the old start via Priory Road. As the race developed a familiar pattern emerged with Group 1 going off strongly, led by Mike Halman. The rest of us followed behind racing against our personal targets and anxious to improve on last year now that Ian has started publishing our previous years' times.

The crowds seemed to be bigger than last year and it was encouraging to hear the “come on Wilmslow” cries as we past on our way. This backfired a bit when, having passed a group of spectators, you heard the same shout a few seconds later and realised that another Wilmslow runner was on your tail!

As usual, the last few miles proved hard going but as far as I know there were no DNFs from the club. Although Mike was a clear winner the rest of Group 1 packed in close behind to give Wilmslow the men's team prize with Darren, Tom and Rob all counting. Tom also picked up the Vet 50 prize.

For the ladies, Jane and Kate Ayres had excellent runs finishing in under 90 minutes – Kate one day after completing a 9 mile fell run!

The Wilmslow results were good throughout which must be a reflection on the tougher training sessions over the past few months. I don't know of all the PBs set but included among them were Peter Carne and Richard Parris who both achieved there objective of beating the 90 minute barrier.

It was good to welcome George and Pete back from their training ground in France and we look forward to seeing them again when there's a little more time to catch up on new lives en France.

Those who didn't run contributed to the excellent organisation of the event which was a great credit to all those involved, but particularly to Maurice whose year on year record as Race Director has been superb.

The full club results are included elsewhere in the newsletter.

Mick Fairs