

WILMSLOW RUNNING CLUB

Newsletter November 2004

www.wilmslowrunningclub.co.uk

Heaton Park

Manchester League Cross-country
30th. October

The first cross country race of the high quality Manchester league took place round Heaton Park in north Manchester. Our team of runners looked forward in anticipation to the event, as last year the Veteran Team were promoted from Division two to the premier league. The Men's senior team continues to languish in division two, but with the rising stars of the club, division one promotion is possible this year.

The traditional jogged lap to spy out the route was curtailed, due to lack of time. However Gavin managed a brief warm up dash, but only succeeded in falling down a rabbit hole, injuring his right knee and left ankle....you try doing it, (without having a drink!)

So the starter called us to the line with his usual refrain "To the line you lucky lads", then off we strode down the hill, up the wooded path and out on to the playing fields. I struggled to overhaul Ray "Chips" Noble. But who's this stood tying his laces? Mike Halman? I just manage to crawl past him, cheered him on, and legged it. He sped past me 3 minutes later in the woods...oh well another day... another race... Over the hill past the football pitch, now there's a familiar sight...Mike Halman again (!) bent down tying laces, this time I slow down and tell him to do a double knot! Again he shoots past me into the woods and across the stream to end of lap one. The rest of my race proved to be very uneventful.

Gavin's race started well, but the damaged ankle quickly deteriorated with a minor improvement

from a good dunking in the icy stream. He continued to fight through agony (lap two) and purgatory (lap three) to the finish line.

I understand that both Tom and Jim succeed in seeing the winner of the race at some stage round the course, but for us slower runners the winner is figment of our imagination.

Trevor completed the course a few minutes slower last year and had personal battle against another runner who would walk the hills then sprint away just as Trevor caught him.

For the record:

22 Tom McGaff
37 Jim Pendrill
51 Nick Bishop
56 Mike Halman
77 Ian Smallwood
95 Ray Noble
132 Gavin Mendham
195 Trevor Faulkner
200 finishers

Ian Smallwood

Langley 7

Saturday November 6th.

10	Tom McGaff	41.17	3 rd .M45
11	Graham Taylor	41.22	1 st .M40
12	Jim Pendrill	41.32	
16	Nick Bishop	42.11	
19	Colin Fray	42.30	
36	Mick Fairs	44.54	1 st .M55
46	Tony Hulme	46.34	3 rd .M50
61	Jane Clarke	48.11	2 nd .F35
70	Steve Smith	48.35	

79	Kate Ayres	49.13	2 nd .F45
88	Jamie Smith	50.08	
107	Mike Cooper	51.42	
108	Katy Green	51.50	
134	Gareth Trimble	54.39	
161	Roy Pownall	57.13	
184	Kate Sutton	59.43	
193	Trevor Faulkner	60.48	
204	Amanda Bradbury	62.50	
242 finishers			

Men's Team

1. Wilmslow $10+11+12+16= 49$
2. Stockport $7+22+24+42= 95$

Ladies' Team

1. Macclesfield $39+82+130+164= 415$
2. Wilmslow $61+79+108+184= 432$

<http://www.macclesfield-harriers.co.uk/mh/road/langley7results2004.htm>

Coe/Ovett? Borg/McEnroe? Taylor/Pendrill???

Well, quite possibly the longest “summer” season on record and here we are in November on a grey, dank day in Langley still fighting it out for our final place in this year’s club championship.

That’s right, a long hard season comes down to this – a seven mile sprint around Macc Forest to decide whether Graham “there’s no way that young bugger is going to beat me” Taylor or Jim “I’d still rather probably run on the flat” Pendrill is to claim fourth place in this year’s league.

Of course what do you get for coming fourth anyway? That’s right, sweet nothing. No podium places at stake here. But that’s not the point. The point is that in this instance personal rivalry has far exceeded any recognition that

Mike, Stuart and Tom have simply been better athletes over the past 12 months.

Of course there has been all manner of skulduggery along the way, not least when Taylor craftily decided to go to Blackpool Beach (when hardly anyone else did) just so he could get lots of points. But Jim is such a nice fella he’s prepared to let bygones be bygones. Besides, he’s got youth on his side.

So off we go around the streets of Langley. The situation is simple – if Graham beats Jim by one club place then it’s a draw, if he wins by two places then he wins. So Jim’s tactic is obvious from the gun – charge off like a maniac and see whether he can hang on.

As the big hill approaches all is going to plan. Jim has gone off so fast that he can still see Tom up the road while Graham is nowhere to be seen, but as the hill takes its toll Jim suddenly hears a very recognisable old codger breathing behind him – indeed as the plucky protagonists reach the summit they are dead level.

Now for the downhill. Graham takes control building up a 30 yard gap, but such is the frantic pace that suddenly Tom appears in front of us through the mist. Hang on, this could really confuse things. Saying that, neither Jim nor Graham have ever beaten Tom, so let’s not get too carried away.

Indeed as soon as Tom hears Graham behind him he picks up his pace such that as we round the reservoir Graham’s main concern is behind him. A nervous look over his shoulder sees the young gun just 20 yards down. Plenty of gesticulating ensues. All that’s then left is the final downhill to the finish. It’s fast, frantic, furious and foolhardy, but as we enter the final field the gap remains unchanged while Graham has also managed to virtually catch Tom. All three of us finish within a few seconds of each other and collapse in a heap.

So yes, after all that, honours are shared. It’s a draw. 4th equal. Let battle commence as soon as

possible for 2005. Who knows, we may even beat that Mr McGaff one day too.

A disgruntled Jim Pendrill

Gawsworth 10k

Sunday 12 September 2004

Walking up to registration with Gavin, Roy repped past resplendent in his new autumn outfit fresh from Running Bear. Latterly I do not expend too much effort on warm ups, tending to find I have a shortfall in energy once things get under way.

Tony greeted me warmly on the start line with "What are you doing here this is a race" Whilst I took this in good humour it obviously upset Roy that his pal was being abused. As the gun went off Roy decided to put Tony in his place and made an early bid for September's Runner of the Month. One mile down the road a concerned Tony finally caught him.

The course is quite picturesque but not for the avid road runner. Road went to canal bank, to track, to fields, to road and finally back onto fields. Coming off the canal bank we went over a stile, up and over a railway bridge then over another stile. Located behind the first stile was Trevor with his digital camera. Located behind the second stile was a warning that the timbers leading away from it were slippery.

Unfortunately Trevor was at the wrong stile to witness Roy's body mass convert to kinetic energy and the new autumn number dunked in the mud.

Roy had warned us that the course was long but it was still a shock to pass the 10K marker with a field and the finishing straight to go. To make matters worse there were no time keepers or results so all I can say is that Tony was in front of Gavin followed by Roy then me. Roy reckons he was 47 something at the 10K point but that was as much as we got. Its a great race to do if you do not mind an inaccurate course, not

knowing where you finished or how long it took. The final irony was Trevor's photographs did not come out. Good day all round.

Simon Fenton

Postscript: Trevor redeemed himself for the lack of photographs and managed to source the results

1	Malcolm Fowler	36.25
18	Tony Hulme	43.35
20	Gavin Mendham	43.56
67	Roy Pownall	50.12
73	Simon Fenton	50.47
	256 Finishers	

Police X-Country Fixture

Seven police forces in the North of England each organise one cross country fixture a year which together form the Northern Police Cross Country League.

The Cheshire fixture was held on Wednesday 27th October at Wilmslow Rugby Club and consisted of 3 laps with each lap visiting Jim Evison playing fields and the parkland around Twinnies Bridge. Total distance 6 miles ...ish!

The weather was cool and dry but the muddy course meant that times would not be fast.

Malcolm and Bill were running as part of the Cheshire Police Team and Tom, Mike and Tony ran as guests.

Thanks to Trevor for assisting as race marshall, Ian Smallwood for recording the results and those who helped collect the flags and tape in after the race.

Wilmslow Results were;

1	Malcolm Fowler	37m 50
2	Tom McGaff	39m 24
4	Mike Halman	40m 55
7	Bill Heaton	42m 34
17	Tony Hulme	46m 02

45 finishers in the Mens Race.

Malcolm Fowler

Llandudno 10

Sunday 21st November

225	Kate Ayres	1.07.56	2nd LV45
844	Bill Staniard	1.26.31	

1179 runners

Great race - very windy and some rain. Really enjoyed the race and was thrilled with my time considering that I had to stop at about 4 miles as I pulled a muscle in my thigh. To cut a long story short, I got going again very slowly and managed to get back up to pace by 6 miles - from there on all went well! I'll be back there again next year if anyone wants to join me!

Two other races over in North Wales that may be of interest:

Twin Piers 10k race - Sat 22nd January (goes from Llandudno pier to

Colwyn Bay Pier)

Nick Beer 10k Road Race - Sun 13th February (goes around the Great Orme)

Kate Ayres

M&DCCL – Match 2 – Macclesfield

Saturday 20th Nov.

Manchester & District Cross Country League

With aloud roar 200 or so runners charged off as though going to battle. The going was so soft, it was raining mud in seconds. The gruelling 9.5K course was 3½ laps of leg sapping mud steep banks and sharp turns, fantastic. An impressive 14 Wilmslow men braved the cold day to put in some great performances. This high turnout will really help the team placement.

Tom as ever reigned supreme. Jim and myself were both sporting new spikes, gained a little extra purchase there (sorry for the pun). Mike no matter how hard he tried couldn't visualise broken white lines in front of him and cursed his way around, a great team effort. Nick feeling rough still wanted a pint afterwards (sorry Nick, next time we promise, don't want you going back to lacrosse!). Tony had escaped from his customers. Rob Down and Mike Cooper made their debut for Wilmslow, a baptism of mud. Simon "I'm not a X country runner" finished strongly up the final hill, and Trevor DNF after his sole was sucked off his shoe, that rings a bell.

See you for Match 3 at Boggart Hole Clough: Saturday 4th December, 2:30pm.

17	Tom McGaff
34	Graham Taylor
47	Jim Pendrill
48	Mike Halman
60	Nick Bishop
68	Bill Heaton
73	Rob Down
75	Ray Noble
85	Tony Hulme
94	Gavin Mendham
114	Mike Cooper
142	Roy Pownall
153	Simon Fenton
dnf	Trevor Faulkner

Graham Taylor

“You know where you’re going.....”

or

Words of Wisdom from the Bear

To gain the most from a Tuesday night training session you obviously have to work hard. The aim is to generate a real physical change in your body. The type of change achieved depends on the structure of the session. So, a session with short recoveries between efforts teaches your body to **recover faster**, and will help to create a more efficient oxygen exchange system. This gets rid of the lactic acid more quickly and leaves you fresher than rivals when you use that facility to recover from efforts in the middle of races.

Take as an example the session we sometimes do which is 25 x 200 metres with 20 second recoveries. This should

- Strengthen your heart
- Increases the efficiency of your lungs
- Helps you tolerate oxygen debt
- Strengthens arms and shoulders – not just legs
- Builds inner strength, stamina and determination

With this type of session it is important to do the reps as consistently as possible. It is no use starting off slow and then doing the last 7 or 8 much faster. Whilst this will mean a hard session at the time you should be fully recovered within a day or so.

A different type of Tuesday session is the **speed-endurance** session. This consists of intervals of between 600 metres and one mile. The recoveries can be varied depending on factors like how soon a big race is coming up. These sessions get you used to maintaining speed and they help you develop pace judgment.

We use the trail wherever possible to give your joints a rest from the hard road surfaces. You should try to focus on achieving an efficient running action, especially on the gentle inclines on the front section of the trail. A powerful arm action and a good stride length are important in these sessions, which will get harder as the winter progresses.

Thursday sessions are a longer run at a sustained pace. Just how fast the pace is depends on what race you are doing at the weekend. If you are not racing at the weekend, then Thursday can be as hard as you like. If you do have a race within a few days, then back off a notch.

In addition to the Tuesday and Thursday sessions you should be putting in some more mileage when possible. The more work you do (within reason) the more you will improve. **25 miles per week should be a minimum for all members**, and there is no real upper limit. The average weekly mileage for most members of groups 1,2 and 3 is between 40 and 70. You will not improve by watching TV ! If you are looking for encouragement to put in extra miles then don't forget that there is an informal Sunday run at 9am which is about 10 miles at a more relaxed pace.

Well done to all of you who completed the Club Summer Competition which finished recently with the Langley race. Special congratulations to Mike as first man, and Jane as first lady. Thanks to Graham Taylor for keeping the results up to date in a very professional format. Everyone who completed 5 races will get an award....

Currently we are in a change over phase between road racing and cross country. The men have already started the season with Manchester league races. We shall soon start to focus more on cross country with the Cheshire league starting at

Frodsham on December 28th, followed by the Cheshire Championships at Winsford.

But before then we have the Salford 5 mile race for the ladies on November 28th, and the Stockport 10 on December 12th. These are good targets for everyone to test their current fitness.

And finally: **don't forget your reflective and light clothes for running in the dark.**

Tony.

Club Handicap

Usual course. Down to the Moat House via Styal Mill, Norcliffe Chapel, Altrincham Road and runway 2. Back through Styal Woods and The Steps and past the Mill.

Boxing Day, Sunday December 26th at 9:30 a.m.

I'm trying to persuade Tony to change the algorithm that he's used in previous years for determining the starting times (I think it's the linkage to the square of the number of beers you've bought him in the previous year that throws it). The start times below average performance in the last three Summer Series races (the Pandalinos have electricity sockets opening-up a whole new range of things to do during signalling failures). I've also included in the list those of you who ran the Handicap last year but didn't appear at Birchwood, Chester Zoo or Langley (if there is anyone else thinking of running please let me know). Looking through the starting order there are clear flaws in the method and I can't guarantee that on the day Tony won't revert to the tried and tested approach.

Ken Smart	0: 0
Ron Reed	1: 3
Trevor Faulkner	1: 41
Sally Maddock	1: 41
Amanda Bradbury	3: 7
Kate Sutton	4: 26
Julie Lucas	5: 25
Bill Staniard	5: 54
Roy Pownall	6: 35
Rod Coombs	7: 27
Kim Simpson	8: 13
Gareth Trimble	10: 4
Simon Fenton	
John Porteus	
Paul Ayres	
Katy Green	10: 39
Mike Cooper	10: 47
Ian Ashcroft	11: 1
Linda Ely	11: 4
Kate Ayres	13: 16
Jane Clarke	13: 21
Steve Smith	13: 24
James Smith	13: 43
Sally Gilliver	14: 26
Gavin Mendham	14: 52
Andy Watts	15: 48
Tony Hulme	16: 3
Richard Parris	16: 10
Mick Fairs	18: 11
Ray Noble	18: 43
Nick Bishop	20: 19
Ian Smallwood	
Graham Taylor	20: 43
Jim Pendrill	20: 53
Tom McGaff	21: 42
Stuart Parrott	22: 2
Michael Halman	22: 50

Ian Ashcroft

Mens Manchester Cross Country League

I have now received the official dates, venues & start times for the Manchester & District Cross Country League:

Match Three - Saturday 4th December - Boggart Hole Clough

Match Four - Saturday 8th January - Wythenshawe Park

Start time for Senior Mens race is **2:30pm**

We require a minimum of 6 finishers for the seniors and 4 for the veterans.

Club shirts must be worn as there are no race numbers issued. I will chase names nearer the event.

need a minimum of 6 men per event, but the more the better.

Graham Taylor [taylorcuff@boltblue.com]

Cheshire League Cross Country Ladies & Men

Tuesday 28th December Frodsham
Sunday 13th February Woodbank Park
Sunday 13th March Macclesfield

Cheshire Championships
Saturday 15th January Winsford

Kate
sales@ayresviolins.co.uk

*** RUNNER OF THE MONTH *** NOVEMBER 2004

This month's award goes to **Julie Lucas** who only joined the club this year and whilst starting at the bottom went for the tough races like Roaches and Shuttlingsloe and continued to improve through Chester Zoo and the Dublin Marathon.

Christmas Bash

It seems that last year's bash at the **BELFREY HOTEL** was a popular event, and therefore will be repeated due to demand (but also that no-one can be bothered to think of an alternative). Thus the formula is much the same:

Venue - Belfrey Hotel, Burlington Suite

Date - **Sunday 12th December**

Time - 6:30 till pumpkin hour

Food - yummy buffet and veggie options

Price - a bargain **£26.00** per head (surely not, I hear you cry)

My almost permanent disability has now put me in the ranks of those runners who never actually frequent the club, so you will have to be hassled by others for the dosh (there is a God after all). I think Kate Sutton and Ken Smart are the lucky duo, so please give them your money immediately.

Charlotte
(ex-most improved womens runner ...sob
sob)

Dear Editor
French letter

from Peter and George

Greetings from Bournazel – where the founder members of the Running Club (French branch) are meeting. We did, of course, manage 2 runs while our guests were here. George reacted well to the altitude and as you can see from the photo finished strongly.

Life here is wonderful. We have plenty to do and we are managing to explore the area - both walking and running...

I have managed to find a local running club and will try things out on Wednesday. As far as I can tell they meet at the local rugby club (sounds familiar). I look forward to the start –

but “you all know what you are doing” in French may be tricky

The club secretary has phoned this morning to tell me that the normal Sunday run this week has been cancelled as the AGM is on Saturday night and copious food and drink will follow.

We have not tried the wine in the picture but thought the label worth a look. At €3.25 it is fairly cheap!

Followed the finish of the Summer League with interest.

I assume the bookies will make Mike favourite for next year (how will he be handicapped?). But to create interest there could be some interesting spread betting on places for everyone else.

Will send more for next (we assume) bumper Xmas edition and George will also send pearls of wisdom from the much more select area of Southern France



Time to go out and brave the elements – it is unusually rainy here today.

Best wishes to all
Peter and Sue
and George and Stella

Footloose & Fell Dancer Free

I look forlornly at my right foot, then the sole in my right hand, then back at my foot. My Fell Dancers are in pieces. It is drizzling, cold and we have just past Bowstones halfway through our run, miles from the car. No option really, it is just as far back as it is forward....carry on without.

So let's consider the running performance of the alternative infamous **Running Bear Sock**.

Colour: Chameleon. Instantly takes on the Pennine peat bog brown, blending sympathetically with the environment.

Insulation: Negligible. Chilling effect soon numbs the soles and toes, but high thermal conductivity provides instant relief through fresh cow pats.

Stability: Very good. Sole moulds to the mud with perfection with neutral pronation control. This is however somewhat compromised by the one leg shorter than the other effect. See also traction.

Traction: Varied. Soft soles permit toes to grip the terrain but lack of heel friction problematic on steep downward slopes. One foot still shod permits the hop technique to be employed over hard ground and rocks.

Water Absorption: 100%, although porous texture of sock quickly discharges excess water if you happen to find a dry spot.

Fit: Excellent. Fits all sizes and holds to foot despite affinity to mud & water.

Cushioning: Zero. Only suitable in very soft ground such as Pennine peat. Woodland also not recommended as thorns quickly penetrate although this does provide hours of entertainment in front of the telly later in the day. Roads bring instant pain and abandonment of run ½ an hour later.

Additional facilities required: Mates to laugh, then sympathise, then abandon you in Pott Shrigley and disappear off. Outside tap to church provides refreshing leg bath; further demonstration of chameleon properties; distraction from on-coming hypothermia and entertainment to the Sunday faithful.

Recommendation: Replace Fell Dancers at regular intervals.

Graham Taylor

Hot news..... by running we're getting in touch with our past, well the very distant past, 6 million years ago, to be exact, when the first hominids began to emerge. According to a recent article by biologist Dennis Bramble at the University of Utah, and his colleague Dan Lieberman of Harvard University (Nature 652) our bodies are highly evolved for running long distances, an ability that allowed our hunter gatherer ancestors to conquer the African savannahs. They are silent on the problems

presented by the plains of Cheshire....

"Our legs are full of tendons that are not present in other primates," says Lieberman. "You don't use your Achilles tendon when you walk," he says, but it is essential for running. Our buttock muscles, whose large size is a distinctly human attribute, are also vital for running, as they help stabilise the trunk and prevent it pitching forwards". These features set us apart from the apes, as do longer legs to take longer strides, shorter forearms to enable the upper body to counterbalance the lower half during running and larger spinal column disks which allow for better shock absorption.

Absolute speed obviously isn't our thing, plenty of animals are faster than us, but endurance running allowed us to hunt successfully because many animals lack our endurance. "Before the bow and arrow, you'd have a hard time making a living without running," Lieberman says. "Running has substantially shaped human evolution. Running made us human -- at least in the anatomical sense," Bramble added.

This is fascinating and accounts for a number of things; a) strange grunting noises made by some members whilst running – obviously a way of getting in touch with the ancestors b) slower times recorded by older members – reverse evolution c) the habit of camouflaging the body with mud during cross country runs.....

"We are very confident that strong selection for running -- which came at the expense of the historical ability to live in trees -- was instrumental in the origin of the modern human body form," said Bramble.

So when you thought that the running club was a kind of human museum, you were right.

Stephen Feber

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

Summer Series

Summer Series for 2004 finished with Langley 7. This enabled 5 more runners to complete the minimum 5 races. Well done to Mike who won the series and everyone who entered.

Some facts and figures:

8 of the 11 races had attendance above the average.

Only one runner completed all 11 races

Tony Hulme

One runner completed 9 races

Mike Halman

Three runners completed 8 races

Kate Ayres

Jane Clarke

Jim Pendrill

2003 2004

Total number of races

8 11

Minimum number of races to qualify

4 5

Total number of qualifiers

20 22

Total number of Summer Series races run by the club:

148 180

Average attendance

18.5 16.4

Maximum attendance (Shutlingsloe, Chester Zoo 10K)

25 25

Minimum attendance (Langley 7, Blackpool Beach)

11 8

Graham Taylor