

## WILMSLOW RUNNING CLUB

# Newsletter September 2004

[www.wilmslowrunningclub.co.uk](http://www.wilmslowrunningclub.co.uk)

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### N.- W. COUNTIES ROAD RELAYS

Birchwood, Sunday 19 September 2004

#### Men win Cheshire Relay

#### Ladies 5<sup>th</sup>.

#### F\*\*\*s win Over 50s

It was a bright sunny afternoon, with a slight wind which made its presence felt on the return leg of the course. Katy led off for the Ladies, followed by Jane and then Kate. The course is a nominal 6k (2 laps of 3k) around an industrial estate in Birchwood. Quite a good environment for running with no traffic, but an annoying dog-leg taking runners the three-quarters of the way round a mini-roundabout, for no apparent reason.

The men's event followed, with Jim and Gavin leading off. There is no baton in this relay, instead the returning runner is marshalled into the right lane, while the next leg runner waits in the left lane. Strict marshalling ensured no early take-offs! Jim handed over to Mike and Stuart, with Tom bringing home the final leg. In the old f\*\*\*s category Gavin handed over to Mick and then Tony, with Andy on the anchor leg. Tony helpfully pointed out that in this type of relay the last runner is not generally the strongest!

With running done, the teams repaired to the Atomic Energy Authority canteen for tea. So convivial was the occasion that we quite forgot to attend the award ceremony, and so the senior men's team were presented with their medals from the hands of the organiser some time later. By an extraordinary oversight Birchwood

omitted to provide medals for the first Vets 50 team. But nonetheless, an enjoyable occasion. Many thanks to Nick for turning out to support us even though he was not running.

<b>8. Wilmslow</b>	<b>75:29</b>	<b>(Cheshire 1<sup>st</sup>.)</b>
J Pendrill		19:11 (21)
M Halman		18:26 (9)
S Parrot		18:59 (8)
T McGaff		18:53 (8)

<b>32 Wilmslow V50</b>	<b>86:40</b>	<b>(Cheshire 10<sup>th</sup>.)</b>
G Mendham		22:09 (42)
M Fairs		20:53 (37)
T Hulme		21:47 (33)
A Watts		21:51 (32)

<b>16. Wilmslow RC</b>	<b>73:41</b>	<b>(Cheshire 5<sup>th</sup>.)</b>
K Green		23:37 (13)
J Clark		23:18 (11)
K Sutton		26:46 (16)

Andy Watts

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### Cheshire Grand Prix – Race 6

Birchwood 10k  
Sunday August 22<sup>nd</sup>.

2	Michael Halman	33.39
4	Stuart Parrott	34.45
5	Tom McGaff	34.53
11	Jim Pendrill	36.12
12	Graham Taylor	36.19
17	Mick Fairs	37.36
30	Richard Parris	39.57
31	George Livesey	40.00
36	Tony Hulme	40.38
41	James Smith	41.11
55	Gareth Trimble	43.27
58	Ian Ashcroft	43.56
60	Paul Ayres	44.22

72	Ron Reed	53.12
73	Ken Smart	54.07

**Wilmslow Men finished in first place with Vale Royal second and Warrington third.**

4	Kate Ayres	42.20
7	Jane Clarke	43.34
8	Linda Ely	44.32
14	Kim Simpson	47.00

**Wilmslow Ladies finished in second place with Vale Royal first and Tattenhall third**

*note: the above are Cheshire placings, race positions were in August Newsletter.*

### **Grand Prix - Overall Standings after 6 races**

**Wilmslow Men made certain of retaining the Cheshire Grand Prix Championship at Birchwood.**

**Although there are two races left they cannot be caught.**

**In contrast the Ladies section is very tight with Vale Royal and Macclesfield challenging Wilmslow and everything to play for at Macclesfield and Chester Zoo.**

### **Summer Series**

15 runners have now completed the minimum 5 races but up to 10 more runners can still qualify.

Stuart Parrott has taken up silver position but Tom McGaff can still steal that position with one more qualifying race to complete.

Only one point separates Kate Ayres and Jane Clarke so everything to play for there.

Ian Ashcroft has moved to within 2 points of Roy Pownall

and only 2 points separate Angela Lee, Amanda Hynes & Kate Sutton!

Full table on final page of newsletter.

Graham Taylor

**2 races left:-**

**Sun. October 17<sup>rd</sup>. Chester Zoo 10k**  
**Sat. November 6<sup>th</sup>. Langley 7**

### **\*\*\* RUNNER OF THE MONTH \*\*\* SEPTEMBER 2004**

Triumph of the month was the men taking first place in the Cheshire Road Relay. Running the critical first leg was **Jim Pendrill**.

Jim has had a good summer, and so far, as the club championship moves into the Autumn, he is holding off Graham and Tony for the bronze medal position.

### **Club Awards 2004**

Female Runner of the Year    Kate Sutton

Male Runner of the Year        Michael Halman

Most Improved Lady            Jane Clarke

Most Improved Man             Michael Halman

David Shearer Salver            Ian Ashcroft

## Robin Hood Marathon

Nottingham  
Sunday September 13<sup>th</sup>.

Two Wilmslow runners participated in the 2004 Robin Hood, Darren Dunn in the full marathon, and Chris Watts in the half. I followed the race by bike, a remarkably easy process in Nottingham which has a lot of cycle tracks, making it feasible to pop up onto the course five or six times and catch the lead runners each time. Unfortunately taking pictures while cycling is a tricky process, as my best efforts of Darren (left) and Chris (right) demonstrate. It was a super day for running, sunny but not too warm, though with a blustery wind on exposed parts of the course. The Robin Hood seems a well-organised event, with plenty of supporters, many police manning the road arrangements, and sensible road closures to avoid runners having to fight with traffic. There were 929 finishers in the full marathon, and 5,968 in the half. A good event if you're looking for a late-season half or marathon, but not a PB course too hilly!

Darren did superbly well to finish 6th overall in a time of 2:48:18, under 3 minutes short of the overall winner. Chris was quite happy with 2:09:55; he was on course for 2:00, but died in the last few miles - I know the feeling!

Andy Watts  
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## Lantern Pike Fell Race

Saturday, 18 September 2004  
5 miles, 1050' ascent, 16 deg.C.

As usual, a nice day out at a fete, with sheep dog trials etc. Registration was in the beer tent.

6	Darren Dunn	35.54
190	Trevor Faulkner	54.47
218	finishers	

I ran this slowly (PW by 2 mins.) so as to complete the Hayfield Championship: best points from four out of seven fell races. Joanne (nee Bateman) started the race, but recent motherhood took its toll and she saved her energies for another time. Darren won the Championship with 5 points, and I was 28th with 92 points, and the only runner in my age category.

Trevor  
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## Felt like

For those of you nerdily interested in *exactly* how far you run, conjure with the following. The Sunday run that left from the Rugby Club on 26 September at 9.00 am covered 10.04 miles. This is a typical Sunday run with mixed going of track, road, field, stream, water meadow, dung, ditch, aircraft noise, badly driven cars, mad cyclists, dogs, golfers, cows and low level moaning from certain club members. If you don't know how this particular run covers all these delights, the only way to learn it is to come on the run itself because it is known for short as 'the fire station with the George variation' and the actual route is obviously too complicated to explain in words. Life is too short to do so anyway. But we actually only ran 9.77 miles, the other 475 yards were walking, stile climbing, fence straddling and bog wading. How do I know this? The wonders of the Forerunner Garmin watch, of course, as sold by the Bear. The watch can be set to measure when you slow to walking pace. Ian Ashcroft has observed that the watch must have had a difficult time in my case, because, for me, running and walking are so close together. I have sworn revenge. However, personal feuds aside, something must have happened to the measurement system in the UK because I'm sure that the run (pre GPS watch) used to be 12 miles. You will recall the old

'felt-like' measurement system, as in "How far was that?" – "Felt like 12 to me....."

Stephen  
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## La vie est belle in Bournazel.

We have been here 3 weeks now and made plenty of progress. Mostly boring stuff like electricity, gas and water but essential! The garden was like a jungle but Grass Roots (France) were on hand to sort. We are about 520 metres above sea level with great views in a very attractive farming village. We are half way between Rodez and Villefranche for those who wish to check on the map.

We are still shaking our heads and wondering how we managed to find such a super house and village. It really is a great place to be.

We have not had much time to explore far from base. Managing to do some running to the surprise of the locals who are mostly farmers and elderly and who can't cope with anything that does not involve sitting on a tractor. Our run last Sunday was on the first day of the hunting season. An "on road" route offered the best chance of survival and we donned our brightest Running Bear kit . Running around the lanes and hearing gunshot reminded me of runs in Wilmslow around Colshaw Farm pre Bonfire night. There was little evidence of success for the hunters and after the normal lunch I guess that their accuracy could be wayward.

Wishing to be up to date with the running scene here we bought "Running Attitude" a monthly mag along the lines of the English editions. It is packed with race results and previews and very serious articles about diet and hydration. Amongst the results were the Lindt Oloron Half Marathon with the course in the shadow of the Pyrenees. Funny, I thought Lindt was a Swiss company. However, as with many races here there were goodies at the finish - no prizes for

guessing what the finishers were munching. The winner took 1.01..57 so a quality field had entered.

Having read Ian's article in the Newsletter about Race the Train (or trace the brain) I noticed the Transbaie 15K where more than 5500 runners wait until the tide is at low ebb in the Somme estuary and then charge across mud flats, sandbanks and pools of water. The weather was hot and windy too. "Discover a test unlike any others" was the heading. The first lady had the surname Rotich - sound familiar? And finally for those who prefer the flat - the alpe D'Huez 21 which is 13.8k, 1100 metres of climb and the 21 is the number of hairpin bends! (There is a bus to bring you back again). Too late to enter this year -date was 21 August. Perhaps next year.

And finally the advert on the cover of the mag reads "Why do you run?" Answer - "When else can a man wear figure hugging Lycra rose?"

Food for thought

A Bientot Peter and Sue too  
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## 2004 Subscriptions

At the AGM subs were set at £40. Can you please write a cheque and give it to Dave Read asap. Subs must be paid by Tuesday 12th October. It creates a lot of hassle chasing people after that.

Thanks

Neil Dainty [neil.dainty@btopenworld.com]

## Cross-Country Wednesday October 27<sup>th</sup>.

For those of you that might be available on a Wednesday afternoon and fancy a run. I am organising another Police Cross Country Race at Wilmslow Rugby Club. You are all welcome to compete as guests.

If you did the race last year the course will be slightly longer this year.  
I am aiming for about 5 miles for men and 3 miles for women.

Malcolm Fowler  
malcolmfowler@onetel.com

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## Mens Manchester Cross Country League

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

Match One - Saturday 30th October - Heaton Park  
Match Two - Saturday 20th November - Macclesfield  
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]

There should be no clash with the first X/C event because the **Langley 7** is at 2.30pm on Saturday 6 November 2004.

I have a couple of entry forms, which I will bring to the Club later in October.

Trevor

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## Cheshire League Cross Country Ladies & Men

Sunday 2nd January	Frodsham
Sunday 13th February	Woodbank Park
Sunday 13th March	Macclesfield

Cheshire Championships	
Saturday 15th January	Winsford

Kate  
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## 2004 Wilmslow Running Club Summer Series

Position	Name	Individual Qualifying Race Results										Best 5 Results					Sum of Best
		Chester Spring 5	Christleton 5K	Dunham Park 5K	Tittesworth Res.	Warrington 10K	Blackpool Beach 10K	Shuttlingsloe	Rudyard Lake	Birchwood 10K	Race 10	Race 11	Best (1)	Best (2)	Best (3)	Best (4)	
1	HALMAN, Michael	49	50	50	50	50	50		50	50		50	50	50	50	50	250
2	PARROTT, Stuart		47			49	48		49	49		49	49	49	48	47	242
3	PENDRILL, Jim	46	46		47			49	48	47		49	48	47	47	46	237
4	TAYLOR, Graham	44			48		49		47	46		49	48	47	46	44	234
5	HULME, Tony	42	42	48	46	46	47	46	44	42		48	47	46	46	46	233
6	FAIRS, Mick	43	44			47			46	45		47	46	45	44	43	225
7	AYRES, Kate	41	40	45			46		40	40		46	45	41	40	40	212
8	CLARKE, Jane	40	39	44	45			43		38		45	44	43	40	39	211
9	POWNALL, Roy			41	43	43		38	35			43	43	41	38	35	200
10	ASHCROFT, Ian	39		43				41	38	37		43	41	39	38	37	198
11	LEE, Angela	35	35	37	42	40		37	32			42	40	37	37	35	191
12	HYNES, Amanda	37	36	39			45		33			45	39	37	36	33	190
13	SUTTON, Kate	38	37			41		39	34			41	39	38	37	34	189
14	REED, Ronald	32		36	40		44			33		44	40	36	33	32	185
15	SMART, Ken	31	32	35			43			32		43	35	32	32	31	173
16	McGaff, Tom	48	49					50		48		50	49	48	48		195
17	NOBLE, Ray	45	45			48			43			48	45	45	43		181
18	MENDHAM, Gavin		41	47		45		45				47	45	45	41		178
19	AYRES, Paul		38		44				37	36		44	38	37	36		155
20	FAULKNER, Trevor	33	33		41	42						42	41	33	33		149
21	BISHOP, Nick	47	48					47				48	47	47			142
22	SMITH, James			46					42	41		46	42	41			129
23	TRIMBLE, Gareth							42	39	39		42	39	39			120
24	SIMPSON, Kim							40	36	34		40	36	34			110
25	AYRES, Leane	36	34	38								38	36	34			108
26	SMALLWOOD, Ian		43					48				48	43				91
27	LIVESEY, George								45	43		45	43				88
27	PARRIS, Richard					44				44		44	44				88
29	SMITH, Steve							44	41			44	41				85
30	DUNN, Darren	50										50					50
31	HEATON, Bill				49							49					49
31	PENNEY, Andrew			49								49					49
33	GREEN, Katy			42								42					42
34	SMALLEY, Carole			40								40					40
35	LUCAS, Julie							36				36					36

36	ELY, Linda									35		35	35			
37	MADDOCK, Sally	34										34	34			
<b>Number of Runners</b>		<b>20</b>	<b>19</b>	<b>16</b>	<b>11</b>	<b>11</b>	<b>8</b>	<b>15</b>	<b>19</b>	<b>19</b>		<b>37</b>	<b>29</b>	<b>25</b>	<b>20</b>	<b>15</b>

Ranking is 1 <sup>st</sup> by number of qualifying races entered (if 5 or less), then 2 <sup>nd</sup> by sum of Best 5 Results
<b>How your position has changed since Rudyard Lake: Up Same Down</b>