



January 2016

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It's Your Newsletter

[Editorial.](#)

February sees the start of the Summer Series and we have included the Divisions for 2016 along with the slightly revised scoring system.

Simon Fenton

Baby News

Ava Grace was born 10 days late on 13 January 2016 and weighed 7lb 13oz.

They say giving birth is like running a marathon. Give me a marathon any day of the week!!

Hoping to be back training in 6-8 weeks time. Looking forward to the summer series.

See you all soon

Rachael Peers

SUMMER COMPETITION 2016

Well done all 2015 finishers - are you ready for 2016?

To keep it interesting there are some different races, and bonus points to be won.

Parkrun Section.

Your four fastest times will count. Lyme Park plus any three others.

The following nine races may be used to count, position will be determined by the sum of your four parkruns including Lyme Park, which is harder than the others. The four parkrun times added together will count as one event in the overall table.

Parkruns to count: Wilmslow (summer course only , the one with grass , when it starts ?) Bramhall, South Manchester, Congleton , Burnage, Cheadle Hulme, Lyme Park, Stretford, Wythenshawe.

Bonus

Once four parkruns are completed inc Lyme Park, you will gain one extra point for each additional, but different parkrun up to a maximum of five if all parkruns are completed , on completing all Nine you will receive an extra two points, so a total of seven points bonus are possible, could be useful in the long run. You may of course prefer to try for a faster time on your favourite courses. You may have as many attempts as you wish.

Extra bonus

For those preferring longer distances, a bonus also awaits.

There are seven races of nine miles or longer in this year's competition , once you have completed three of these longer races you will gain one point for each of the four remaining races, so a total of four if all seven races are completed , plus an extra three for completing all seven. So a total of seven again.

So fourteen points bonus, could make all the difference.

The journey is as exciting as reaching the destination and you become fitter as you travel.

Best of luck for 2016, Wilmslow summertime starts February 7th

Tony

Summer Series 2016

Promotion and relegation

It had been our intent to apply a simple rule 'two up/two down' across the leagues. However with people not completing their seven races, and being injured part of the season, the resultant leagues for next year were unsatisfactory. So, whilst we have been strongly guided by the 2015 league tables, we have also looked at the Main Table and other factors, like injuries and potential in arriving at the leagues for next year.

We are going to introduce a new league in 2016, League X. None of the people who have been allocated to League X for next year completed seven races in 2015. We will also put into this league, newcomers to the club. It will operate in the same way as the other ability leagues. Those people in League X who complete seven races in 2016 will be allocated to their appropriate ability league in 2017.

Allocating people to leagues 1-5 for most people was easy. However, there were a few runners on the borderline between leagues about whom we could not unanimously agree. It is quite possible therefore that you will disagree with one or two of our decisions and we will be surprised, and disappointed, if some of you do not go out and prove us wrong.

Tony, Don, Ian.

Summer Series 2016 - The Leagues

League 1	League 2
Allan McCormick	Adam Neale
Andrew Whittington	Andy Watts
Barry Archbold	Diane Bygrave
Brian McCoubrey	Christian Hook
Craig Hunt	Ian Smallwood
Damien Nicholls	Janine Ellis
Diane McVey	Jarrold Homer
Graham Screawn	Jon Bale
Jeremy Bygrave	Louisa Harrison
Jim Pendrill	Matt Taylor
Jon Cheshire	Mick Fairs
Malcolm Fowler	Paul Garnett
Mike Hill	Paul Norris
Nick Jackson	Richard Lawson
Paul Hawkins	Steve Bunker
Peter Speake	Tim Billington
Phil Mathews	Aron Myers
Rob Downs	
Sharon Johnstone	
Tom Mcgaff	
Trevor Morris	

League 3	League 5
Amy Longmore	Belinda Carp
Andy Dodd	Catriona Marshall
Bernard McCarron	Claire McCluskey
Chris Cannon	Don Bullough
Gareth Trimble	Elsbeth Gibson
Geoff Gilbert	Jan Wyles
Huma Rahman	Julie Lucas
John Porteus	Leanne Rutter
Jon Harper	Martin Wheeldon
Nicky Mowat	Nina Birch
Patrick Grannon	Peter Watson
Sally Gilliver	Sarah Miles
Tony Hulme	Soraya Mason
Zoe Eyre	Trevor Faulkner
League 4	League X
Alan Turner	Amanda Bradbury
Angela McCarthy	Athenais Hill
Carolyn Hirons	James Gannon
Chris Grime	Jamie Smith
Clare Hawkes	Katy Green
Colin Walton	Peter Bream
Gail Hill	Roy Pownall
Gavin Mendham	Stephen Feber
Ian Ashcroft	Steve Russell
James Gowin	William Booth
Kate Sutton	+ new members
Rachael Peers	+ other existing members who run any races
Sally Price	
Sharon Jones	
Simon Fenton	
Sue Strang	

Scoring the same as in previous years: 60 points for 1st., 59 for 2nd., etc.
(100, 99, 98 etc. in the Main Table)

Minimum 7 races to qualify, best 7 races to count.

The concept of the top two in each league being promoted and the bottom two being relegated will remain but in 2016 it will be subject to an end of season review, as has happened in 2015 and 2014.

Those in League X completing 7 races in 2016 will move into their appropriate ability league in 2017.

RACE TO FITNESS

Trying to recover from a complete rupture of the quadriceps tendon, and considering the most effective course of action. Various exercises to strengthen the quads and hamstrings, along with flexibility exercises to maintain a good range of movement, all seemed to be contributing to a steady improvement.

So January 1st 2015, 6months since the injury, my leg was still considerably smaller in diameter. The repair was deemed to be good and my recovery was coming along faster than the original time scale predicted. Full recovery one year, full strength up to 2 years.

So strength and flexibility exercises, plus some cycling, and increasing amounts of running, brought me to :-

New years day 2015 , standing in Lyme Park with 233 other runners , the main topic of conversation was are you doing the double , someone asked me and then explained the Marple parkrun was starting later 10.30 am , which just about gave enough time to do both. I don't think so I replied. Carefully completing the parkrun in 27mins , a runner from Altrincham asked again if I was doing Marple, Well I might do I said , wondering if it was sensible , concerned about injury.

Standing on the Marple parkrun startline with 365 others , Lets go , --- 25mins later having run 2mins quicker than Lyme Park I was feeling quite pleased with myself , at this rate of improvement I would soon be fit (yes I know Marple is flat and Lyme Park is not) I was only looking at the positives.

And so a year of racing began.

It's December 30th and I have now completed 84 races. Comprising 19 Road races , 32 fell or trail races, 33 parkruns, additionally 6 orienteering events for a grand total of 90.

For anyone interested Road , Pier to pier 10k, Nick Beer 10k, Trafford 10k, Air Products 10k, Bollington 10k, Cheddleton 10k, Farndon10k, Mid Cheshire 5k, Bowdon 5k, Buxton pavilion gardens 5k , four times , Dave Clark 5k, Sale Sizzler, Bmaf Relay, Buxworth 5miles, Buxton 4 miles, Tatton Yule Yomp.

Off Road , Hit The Trail 5, Knypepool 5 ,Bluebell Trail, Mobberley round the runway, Bamford sheepdog trials, Great Hucklow fell Race,6miles, Two Hillforts fell race 10miles, Windgather fell race 13miles, Forest 5, Up the Beast 5miles fell, Passing clouds 10mile fell, Langley fete 3miles fell, Llyn Brenig 9miles trail, Bollington 3peaks, Mow cop 6mile fell, Wirksworth incline 4mile fell,Bollington Nostalgia fell race, Whitworth 5k wham reservoir, Wrekin Wrecker 7Mile fell, World Masters fell Championship, Dovedale Dash5mile cross country, Christmas Cracker 8miles, Foodbank 5k, 7 staffs moorlands summer series races, Mad hatters 5mile. Wilmslow Christmas handicap.

Parkruns Lyme Park 8, Congleton 15, Wilmslow 4, Burnage 1, Marple 1, Oakwell hall 1, Wythenshawe 2, Cheadle Hulme 2.

This is the most races I have done in a year, I was just trying to get fit, not chase any totals, so I am quite surprised at the numbers.

Now to get faster!!! Well its worth a try.

Tony

The Web

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[Weekend Roundup](#)

[Manchester Area Cross Country League : Heaton Park](#)

[4 Villages Half](#)

[Cheshire County XC Championships : Reaseheath, Nantwich](#)

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['Return!'](#)

Quote of the Month.

"What distinguishes those of us at the starting line from those of us on the couch is that we learn through running to take what the days gives us, what our body will allow us, and what our will can tolerate."

-[John Bingham](#), running writer and speaker

Nicky

['Return!'](#)

Athletes Corner

[Race Reports](#)

[TWIN PIERS RACE.](#)

Drive to Colwyn Bay, get the specially laid on coach for £2.00. Sounds simple, until your coach driver removes someones wing mirror,a delay results , and upon arrival at Llandudno pier a scrambled warm up , and throw your clothes in the back of a van ,and wonder if you will ever be re-aquainted with them.430 runners started along the promenade for 2 kilometres , then a climb for 1500 meters past the Little Orme ,and down to Rhos on Sea , the wind forever changing direction along the seafront good job there was a concrete wall, final sheltered section to Colwyn Bay pier. 43.50 best I could manage on the day.

Quote from a Tired Buxton lady runner ,It was so hard especially the flat bits , the hills weren't steep enough. You had better not do trafford 10k then I thought. My Tom Tom said 400ft of climb , obviously not very hilly if you come from Buxton.

A bit ominous for the Buxton half marathon though.

Tony Hulme

[Race report - Dubai Creekside Half Marathon, 4 December 2015](#)

I work for Manchester Business School and we have a centre over in Dubai which I have visited a few times. When I'm there it's usually far too hot and humid to run (or do anything) outside and I was commenting on this during my last visit. We are celebrating our 50th year in 2015 and so our Centre Director thought she would combine the 50th anniversary celebrations and my need for running by sponsoring the half marathon this year.

I had planned a sensible flight over during the day on Tuesday, working in the office Wednesday/Thursday and working at the race (☺) on Friday. Then the UAE declared a last minute national holiday due to the war between Yemen and Saudi which meant I had to get there earlier and fly overnight on Monday. I ended up being awake for 33 hours Monday/Tuesday – not ideal race preparation.

The race started at the Dubai Creek Golf and Yacht club – extremely upmarket and this extended to all the race facilities. Never seen such plush portals – some runners were complaining that the air con was too severe. There are different standards over there.....

Start time was 6am Dubai time (2am UK time). My alarm went off at 4am and got to the start to find most of the staff from our centre there manning our promotional stand and putting the MBS banners up. Very impressive on their day off! At 6am it was still dark and we set off. I tried to keep with a pack of girls from Dubai Creek striders but after a few miles I was already sweating a lot and struggling with the heat and humidity. The course had a lot of twists and turns, road bumps and kerbs galore and a tunnel under the Creek which was incredibly hot. For Dubai it was picturesque in parts by the Creek and we ran through the spice souk and various other tourist spots.

Found it extremely touch running at such a strange time and my pre race evening meal was not ideal – I was taken out for an all you can eat Arabian buffet..... I finished in 1:33 - just after 7.30am. We then faced more food challenges with ice creams at finish line followed by a lavish sit down breakfast for all runners and a very extravagant prize giving. Luckily I was 3rd in my age group – I would not have been able to get the 1st or 2nd prize trophies home....

Spent the rest of the day relaxing and got on a plane at 3am, landed 7am Manchester time and off to BHC for a completely different race.....



Janine Ellis

[Polar Night Half Marathon – Tromsø, Norway.](#)

In the build up to this race, despite it being deep in the Arctic Circle, I had a fairly well-formed idea of what to expect, both in terms of the race itself, and the weather conditions that would greet us. Firstly, someone from last year's race had kindly posted a GoPro video of the entire course on Facebook – despite its length, this proved really useful in picking out some of landmarks that I would come to know and love, such as the Spar shop, the brewery and the airport. Secondly, whilst settling into my first holiday beer the night before we flew out, Bernard had texted me to say that there was a documentary on ITV that minute with Alexander Armstrong venturing around the Arctic Circle– as we turned on, he was crossing the impressive Tromsø bridge (which we ended up seeing the day later from our hotel window). What both of these inklings meant was, alongside some suggestions on the race's Facebook page about pull-on spikes, that I was well-prepared in terms of what to wear, both in terms of layers, accessories and footwear. Being known as a fan of running accoutrements, this was definitely the race for me – hat and gloves, buff, headtorch and spikes were all packed and ready. In terms of expectations about my pending performance I had a fairly open mind; the icy surface was bound to have an effect on my pace and, in common with some of the Norwegians, I'd got used to lugging a bit of timber around, post-Christmas.

In terms of logistics, my wife Kate had played a blinder by booking us into a hotel that was 5 minutes' walk from the Race HQ and the start line on the town's main shopping street, Storgata. As we left our room at 2.15pm for the 3pm start, the three or so hours of daylight had passed and darkness had descended back upon Tromsø. The snow that had started to fall that morning continued, and the temperature of -6°C nipped at our faces as we stepped out onto the street.

Kate, suffering from a bout of plantar fasciitis, had decided wisely to plump for the 10k instead of the half-marathon. This meant that her race started at 3.15pm, allowing her to see me off first. As the countdown started and the race got underway, I was thankful of the pull-on spikes that readily dug into the snow and ice, giving me more confidence with every step as I got used to the feel of them underfoot. After a poor start at the Stockport 10 I was paranoid about getting boxed in early doors but, sure enough, after about 50 metres I found myself behind two ladies who seemed to be taking things a bit too easy for my liking. As I pulled away from the pavement, into the centre of Storgata, another lady in front of me, who obviously hadn't seen the post on Facebook, slipped on the icy surface and fell to the side of me, catching my leg with hers. As I looked over my shoulder, she was being helped up by the other two ladies so I carried on. Free from being boxed in, I picked up the pace and got into my stride. As I looked to my left, I recognised the Spar shop from the video, and at that point we started to climb the first hill, up past the Mack Brewery where – just the night before – with every Yorkshire fibre in my body I'd struggled with the mental battle of paying £8 for a pint of

Norwegian porter (nice though it was, along with the second and third one – the battle seemed to get easier as the night went on).

As we headed out of the shopping part of Storgata towards the residential areas, the road began to undulate and the snow continued to fall as we pursued our route out to the airport. The path to the airport, effectively the half way point, was isolated and felt like the ridge of a hillside, exposed to the cold, icy blasts of wind that penetrated my limbs. Looking ahead, our route was strangely marked out in the distance by some surprisingly pleasant-smelling red candles placed at intervals of 100 metres like some Yankee Candle-sponsored scene from the Heroes of Telemark, guiding us to our target. As I settled down into a comfortable race pace I became more aware of the runners around me, checking them out, the speed they were going and whether I should stay with them or let them go on.

Despite the freezing temperatures and the exposure to the biting wind, the marshals and supporters were all frantically shouting encouragement to the runners - “Heia! Heia! Heia!”. It seemed to work as everyone dug in, keen to push on. I checked my watch and saw we were at 5 miles – still some way to go.

As we came up the airport, the irony of flying 4 hours to the Arctic Circle to run down the side of a runway was not lost on me. Having ignored the first water station, as we came up to the second one, I grabbed a cup of water and threw it in the vague direction of my face, an action I immediately regretted as the wetness on my hands and tights picked up the wind and chilled my fingers. After the airport on our right there were a couple of out-and-backs, and I noticed that the people around me were starting to tire, so I began to speed up a bit, picking a few off here and there. The route back included a number of roundabouts and, as the marshals controlled the traffic, without looking I realised I must have opened up a decent gap behind me as they let the traffic go after I’d passed. Heading back seemed easier, as I recognised the various landmarks, passing each one bringing me closer to the home straight, some warm clothes and some more £8 pints of porter.

As the houses started to become more and more frequent, I knew we only had a couple of miles to go, and made a point of clawing past a few more of my more immediate companions. Having crossed a road, and climbed up a short hill I saw that we were now on the long, straight road back to the finish line. As I checked my watch, the undulation of the main street reminded me of the fast finish at the Hyde 7, where the gradient works in your favour and forces you to pick up the pace. With that in mind, I began to speed up, scanning the horizon for runners within my grasp. As we made our way past the brewery and the Spar shop, the red, heart-shaped lights that crossed the main street came into sight, lighting up the route back to the finish line. As we came into the home straight I heard Kate shout some words of encouragement as I started to sprint to the finish. Buoyed by the confidence provided by the spikes I sprinted past a couple of runners, just managing to catch the last one as I crossed the line. Relieved, and bent double, I was handed my medal and headed back gingerly across the snow to the race HQ for some warmth.

1	ULRIKSEN Kristian	NOR	Tromsø Løpeklubb / Econor	Men 18-34	1:13:34
10	ADERS Hilde	NOR	Tromsø Løpeklubb	Women 18-34	1:21:50
106	HOOK Christian	GBR	Wilmslow Running Club	Men 35-44	1:41:09



TILLER FOTO



Christian Hook

FOUR VILLAGES HALF MARATHON

Sunday 17 January 2016 1°C

This was breezy and clammy, but with no ice. There were two slight route changes, to accommodate the roads being closed to traffic. Nearly everyone achieved times slower by several minutes this year, including my own PW. Janine and Katy are excepted: they ran the XC at Heaton Park the day before, and still finished close to their 2014 4V times. Amazing, and such dedication! It is tempting to blame our other performances on the 1 degree temperature, but I, for one, normally do well when it is freezing. Perhaps it was wearing tracksters rather than lycra shorts? Or the rather damp atmosphere? The two route changes made little difference. I was passed by Joe Park after 3 miles. He told me he is 81, and runs 50 miles per week. So, that is where I am going wrong! My 30-40 miles per week are obviously not enough.

		Gun	Chip		
35	Jonathan Cheshire	01:19:59	01:19:57		
67	Brian McCoubrey	01:23:43	01:23:35		
104	Sharon Johnstone	01:26:10	01:26:04	4 th Lady	1 st FV40
215	Andy Watts	01:31:27	01:31:17	1 st MV65	
238	Mick Fairs	01:32:10	01:32:04	2 nd MV65	
258	Janine Ellis	01:32:23	01:32:16	3 rd FV45	
263	Paul Norris	01:33:12	01:33:03		
266	Katy Green	01:33:15	01:32:55		
271	Diane Bygrave	01:33:28	01:33:20		
375	Bernard McCarron	01:37:52	01:37:21		
380	Zoe Eyre	01:37:57	01:37:27		
388	Ian Smallwood	01:38:17	01:38:06		
395	Nicky Mowat	01:38:29	01:37:59		
415	Tim Billington	01:39:08	01:38:48		
417	James Gowin	01:39:16	01:38:46		
487	Huma Rahman	01:41:44	01:41:22		
515	Patrick Grannan	01:42:54	01:42:23		
553	Geoff Gilbert	01:43:55	01:42:55		
557	Gareth Trimble	01:44:05	01:43:02		
694	Chris Cannon	01:47:36	01:46:29		
765	Sharon Jones	01:49:34	01:49:04		
768	Steve Russell	01:49:41	01:49:00		
826	Gail Hill	01:51:06	01:49:57		
837	Carolyn Hiron	01:51:22	01:50:14		
838	Alan Turner	01:51:22	01:50:15		
1162	Janet Wyles	01:59:34	01:58:25		
1289	Elsbeth Gibson	02:04:23	02:03:14		
1533	Trevor Faulkner	02:17:00	02:16:07		
1721	finishers				

Trevor

Performances of the month

Helsby

1st ladies team in Grand Prix; Sharon Johnstone, Janine Ellis, Katy Green , Di Bygrave

First in Age cats ; Sharon Johnstone LV35, Nicky LV55 , Andy Watts V65

CHESHIRE CHAMPIONSHIP XC REASEHEATH

1st vets team; Peter Speake
Andrew Whittingham
Paul Hawkins
Graham McNeill

Gold medals in age categories; Graham MacNeill V50, Tom McGaff V60, Sharon Johnstone, LV40, Nicky LV55

Roy Pownall – knocked nearly 1.5 minutes off parkrun time

Belinda Carp – won handicap race

HEATON PARK

2ND VETS TEAM; Katy Green
Louisa Harrison
Janine Ellis

2nd VETS TEAM Rob Downs (1st V50)
Barry Archibald
Andy WHittingham
Graham MacNeill

Tom McGaff – 1st V60

[‘Return!’](#)

Injury Update

Rob Wilson

Recurrent knee pain exacerbated by any fast running culminated at St Helen XC with a very stiff and painful knee which has been rested from running. Hoping to gradually get back into some steady running, but planned 47 mile Liverpool to Manchester Ultra on 28th March is looking unlikely now.

Rob Wilson

Paul Garnett.

Paul had an ablation procedure back on the 5th November and the Consultant said it was successful. There then follows a three month waiting period to let the lesions heal and for the heart to settle down. After that three month period the heart will be tested. So far so good with Paul doing some slow running and a hoped for re-appearance on Tuesday nights in February.

Simon Fenton

[‘Return!’](#)

Spotlight – On Katy Green

Which books are by your bedside?

Elena Ferrante – The Story Of a Lost Child – last in her Neopolitan novel series – just finished and I am bereft.

Steve Trew and Dan Bullock - 100 Essential Triathlon Sessions – some great photos, the sessions compel me into action every now and again.

What is your favourite car?

The Black 2L Audi A3 “Sport” of my past life - looked good but like super skinny jeans the bucket seats were not great on long journeys and it did not fit children. As such i’ve driven a ford galaxy for 8 years, - the equivalent of jogging pants (ref long journey) and can take up to 20 children when they are packed carefully.

What has been the most difficult running injury to get over and how did you do it?

Not much to complain about! I presented to a physio with a hamstring injury 2 years ago which was making me run like a primate with a limp. I was told it was down to one substandard glute (Tony could have saved me £50 and thrown in dietary advice too I suspect) and a short leg (attractive), I got over it by lots of leg curls, leg extensions and squats in the “meat head” part of Total Fitness where if you don’t spend 50% of your time on the phone or vest posing in the mirrors you simply don’t fit in. I didn’t fit in, and thank fully it repaired quickly.

What was your favourite race of last year and why?

With the rosy glow that time puts on hard races it has to be the Wilmslow Half because of a PB (despite losing my gel and then wasting a lot of oxygen on foul language because of it)

If you could run any race in the world, which one and why?

Marathon du Medoc – a no pressure run with wine in gorgeous surroundings likely to be followed by a mini break

Which famous person would you most like to have dinner with and why?

I’d like a gathering please...

Raymond Blanc – I’d ask him to choose the restaurant and drop heavy hints about going to his place (Le Manoir) – I’ve read he is the ultimate host; we’d be at “home”, would eat well, get some cooking hints and maybe a doggy bag. Freddy Flintoff – probably would have a few drinks, tell some good tour stories and be a bit rude. Paula Radcliffe – would NOT have a few drinks I suspect but would appreciate Raymond Blanc and would hopefully not mind being grilled by me with marathon training questions and food diary queries. I’d also like to know whether Gary is as moody as he looks. Jane Garvey and or Jenny Murray, no nonsense feminist journalists with track records of excellent radio presenting – if they had a good night one might put a good word in for with the Woman’s hour producer at the BBC and I could leave IT for good.

What other sports do you enjoy, either spectating or actively?

Hockey, Netball, Lacrosse and Rugby as an emotional spectator.

I ski inefficiently and more recently I have taken part in a few triathlons where I swim equally inefficiently despite gratuitous advice from my children and guidance from my bedside book.

What is your signature dish?

Lasagne (quite sloppy, very cheesy sauce), garlic bread (to mop), green salad and red wine

Where would you spend your dream holiday?

Somewhere secluded in the South west of France at the height of the summer, in a French farmhouse with a massive kitchen, cool bedrooms and a swimming pool. I like food shopping but would need someone on hand to unpack the goods and do the clearing up in the kitchen after I've cooked because I like that part too.

What music do you listen to?

Sam Smith, Jason Durulo, Destiny's Child, Little Mix, The Vamps, Adele, David Bowie 🎧, Scissor Sisters, The Verve, David Guetta, Oasis, George Ezra,

Katy Green

['Return!'](#)

Recipe of the Month

[Root Vegetable soup](#)

Occasion: any time

Preparation Time: 10 mins

Cooking Time: 30 mins

Serves: 4

Ingredients....	Method
2 tablespoons olive oil 1 parsnip diced 1 sweet potato diced 2 carrots diced 1 small red onion 1 leek sliced 2 sticks celery diced 1 teaspoon cumin half fresh red chilli sliced	<ol style="list-style-type: none">1. Heat olive oil , add all vegetables. Cook 5 minutes until they have some colour2. Add water, bring to the boil .cover and cook for 20 minutes until the vegetables are soft3. Blend until smooth Return to the pan , add cumin and chili and then season4. Simmer for 10 minutes , then serve.

Nicky

[Return!](#)

Over the Hill and far away races

[Hill and Fell Races](#)

CHRISTMAS CRACKER FELL RACE Sunday 20 December 2015 8 miles 1100' ascent 8°C

This was run in the usual muddy conditions, with strong wind from the south and a good selection of strange costumes (see picture of Bernard!). I passed Belinda before the early stile, and stayed ahead. However, she was in chatty, rather than competitive, mode, and finished with surprisingly clean legs.

69	Tony Hulme	1.12.02	2 nd MV60
125	Bernard McCarron	1.23.27	
127	Carolyn Hirons	1.23.45	
174	Trevor Faulkner	1.32.09	1 st MV70
201	Belinda Carp	1.36.36	
244	finishers		



BOWSTONES FELL RACE Thursday 31 December 2015 11km 325m ascent 7°C

This was very wet and muddy this year, rather than being icy. As last year, there was a large turnout, but this time restricted by a pre-entry system. I managed to get ahead of Belinda by squeezing through the dog hole at the long queue, and was only a few places behind Julie and Jan at the queue to climb the stile after the Bowstones. Not famous for running down tricky footpaths, I even got ahead of Jan after we left the wood, but she came by near the Hall and then overhauled Julie. Before that, I shouted to Belinda to “catch me if you can” after I had rounded the Cage as she approached it, encouraging her to be competitive. That was a big mistake, because she ran flat out to pass me 50 metres before the finish. Congratulations to Ian, cashing in on his new age category.

11	Andrew Whittingham	46.24	2 nd MV40
91	Louisa Harrison	55.39	
151	Janine Ellis	1.00.37	2 nd FV45
164	Huma Rahman	1.01.50	
167	Chris Cannon	1.02.04	
173	Bernard McCarron	1.02.31	
183	Geoff Gilbert	1.04.19	
190	Patrick Grannan	1.04.38	
194	Gail Hill	1.05.11	
208	Ian Ashcroft	1.06.26	1 st MV70
292	Janet Wyles	1.17.15	
294	Julie Lucas	1.17.36	
305	Belinda Carp	1.19.17	
306	Trevor Faulkner	1.19.23	3 rd MV70
343	finishers		

Trevor

[‘Return!’](#)

Club Calendar

[Races to enter \(or put in your diary\) NOW!](#)

2016 Summer Series (Provisional)

1 Feb 7	Nick beer 10k
2 " 28	Radcliffe 10 mile trail
3 Mar 6	Cheadle 5 mile
4 " 13	Bispham 10 mile
5 " 17	Mow Cop
6 " 24	Whitley 10k CGP
7 " 28	Mid-Cheshire 5k
8 May 18	Shining Tor
9 " 29	Buxton Half Marathon
10 June 1	Boars Head
11 " tbc	Hollins Green CGP
12 " 18	Bosley Fete
13 " 26	Colshaw Hall 10k CGP

14 July 3 Gt Hucklow fell race
15 " 10 Bollington Nostalgia
16 " 30 Meerbrook 15k
17 Aug 14 2 Hillforts
18 " 21 Birchwood 10k CGP
19 Sept 4 Hatters Half Marathon
20 " 17 Happy Valley 5k
21 " 25 Macc Half CGP
22 Oct 16 Farndon 10k
23 tba
24 tba
25 < > Parkrun (mini-series) - details tbc

Andy Watts

Get the full version [on the web-site](#) (Members' Area)

['Return!'](#)

Blast from the Past.

I bump into Jim Yeardsley occasionally in Total Fatness. Jim was one of the clubs best runners back in the 1990's but a severe knee injury curtailed his running career. We discussed times past which resulted in the following contribution:

It is nice to be remembered as club has some interesting history and will read this month's news letter with extra interest. The club was still in its youth with little history when I joined in the early 1990's although my own running had evolved through mountain climbing and the need to get fit for Alpine climbing. Running in the 1990's went through a bit of a depression after the 1980's marathon craze which evolved after the first London Marathon. Fell running was very much seen as an odd ball sport but the interest in the Bob Graham and other endurance runs such as the Paddy Buckley changed the perception of fell running and endurance running. I supported Paul Calderbank aged 56 (former Wilmslow Running Club) run around the Bob Graham Round in 23h 13 mins in August 2015 (I attach a picture of Paul taking a rest at Wasdale (end of leg three) where he had battled rain and storms through the night. Paul,s name is seen in the August 1994 newsletter. It may be of interest to some members who have done the BGR and remember Paul. Paul now lives in the Yorkshire Dales and runs with Harrogate AC. It is extraordinary how running has evolved in the last twenty years and extreme distant events such as the Ultra Trail du Mont Blanc get over subscribed resulting in strict rules of entry. The success of the Wilmslow half Marathon is an example of the popularity of the sport of running but again the internet with on line entry has made everything much more sociable and inviting.

I have very fond memories of my racing days at the club although I battled injury as I neared 40 years and racing became a frustration as my body rebelled. A knee injury put pay to any comeback a few later but I still run most days although very slowly but direct my training to climbing where I have just returned from trip to Croatia where I climbed the vast west face of Anica Kuk. Running a 10K in 33 mins is a distant memory (see attached) but I am climbing the hills (see attached a picture taken on the summit of the Island of Talendos after completing a rock climb called Wings for Life) and enclose another picture at a Mountaineering event in Kendal last week with Sir Chris Bonnington.



[Kingsway race](#)

The Kingsway race was set up by Gill Bremner who I have mentioned in previous Newsletters. She became head of Wilmslow High School until recently but back then worked at Kingsway School in Cheadle and created this race. She then moved to St James in Cheadle Hulme and organised a 10K from there which unfortunately saw the demise of the Kingsway. Current Wilmslow runners featured in the Kingsway results are Rob Dunkley 27th in 37 37, Steve Russell 51st in 40 04, Roy Pownall 86th in 42 52, Trevor Faulkner in 44 20, Rod Coombs 148th in 49 05 and Dave Read 162nd in 53 23.

Kingsway School - 10km Race

Full Results

POS	NAME	M/F	NUM	CAT	TIME	CLUB
1	B. HUSSAIN	M	419	OPN	00:32:32	STOCKPORT
2	TALIB	M	362	OPN	00:32:37	STOCKPORT
3	DES GIBBONS	M	390	OPN	00:32:41	
4	DAVID GEE	M	394	40+	00:33:02	HARRIERS AND A.
5	TONY MCDONALD	M	341	OPN	00:33:33	MANCHESTER HARRI
6	JIM YEARSLEY	M	415	OPN	00:33:47	WILMSLOW
7	BEN GREGORY	M	374	OPN	00:33:49	STOCKPORT
8	MR. WITHERS	M	401	OPN	00:34:24	WILMSLOW
9	ANDY PEAD	M	388	OPN	00:34:56	STOCKPORT HARRI
10	IAN KELLY	M	276	OPN	00:35:11	
11	MIKE WARBURTON	M	392	OPN	00:35:36	STOCKPORT HARRI
12	TONY KELLER	M	311	50+	00:35:40	STOCKPORT HAC
13	IAN MARTIN	M	406	OPN	00:35:42	
14	JOHN HARROD	M	325	OPN	00:35:45	EAST CHESHIRE
15	G. LAWTON	M	258	OPN	00:36:20	STOCKPORT
16	TREVOR CARSON	M	270	45+	00:36:27	EAST CHESHIRE
17	STEWART BAILY	M	347	OPN	00:36:42	
18	MICHAEL RYAN	M	273	OPN	00:36:57	STOCKPORT HARRI
19	MIKE SHAW	M	296	OPN	00:37:02	
20	BARRY SWINDELLS	M	336	50+	00:37:04	STOCKPORT HAC
21	PAUL STEPTO	M	393	OPN	00:37:07	STOCKPORT
22	MIKE GREEN	M	351	45+	00:37:08	STOCKPORT HARRI
23	STEVE JOURES	M	260	OPN	00:37:09	
24	COLIN DAVIES	M	261	40+	00:37:11	ALTRINCHAM AND
25	JOHN CHADWICK	M	323	45+	00:37:18	WILMSLOW RUNNIN
26	MARK CATHERALL	M	359	OPN	00:37:32	ROCHDALE HARRIE
27	MR DUNKLEY	M	334	40+	00:37:37	WILMSLOW RUNNIN
28	CHRIS HARDING	M	391	OPN	00:37:48	RONHILL SPORTS
29	AIDAN KAVANAGH	M	396	40+	00:37:57	EAST CHESHIRE E
30	GEORGE WALKER	M	369	40+	00:38:00	STOCKPORT
31	JACKIE NEWTON	F	295	OPN	00:38:09	STOCKPORT
32	PHILIP HURST	M	365	OPN	00:38:17	
33	IAN MULLIGAN	M	418	OPN	00:38:17	STOCKPORT HARRI
34	JOHN KEMP	M	367	45+	00:38:22	STOCKPORT HARRI
35	JOAN DAILY	F	335	35+	00:38:30	STOCKPORT
36	GEORGE LAWSON	M	297	50+	00:38:40	MANCHESTER HARRI
37	GLENN MANNION	M	344	40+	00:38:42	STOCKPORT HARRI
38	RAY HUNT	M	411	OPN	00:38:51	WILMSLOW
39	KEN DUCATEL	M	253	OPN	00:38:56	STOCKPORT HARRI
40	MALCOLM BLINKHORN	M	279	50+	00:38:57	
41	DAVID GOWRIE	M	345	OPN	00:38:59	MANCHESTER HARRI
42	ANDY SMITH	M	349	OPN	00:39:03	STOCKPORT HARRI
43	DAVE MANGNALL	M	322	40+	00:39:11	WILMSLOW RUNNIN
44	KEVIN SMITH	M	314	OPN	00:39:15	STOCKPORT HARRI
45	BARRY WILKINSON	M	395	50+	00:39:19	SALE HARRIERS
46	DAVE SALMON	M	324	45+	00:39:24	EAST CHESHIRE
47	SIMON MAUDSLEY	M	289	OPN	00:39:36	
48	KEN JACKSON	M	389	45+	00:39:45	STOCKPORT HARRI
49	DAVID CLARKE	M	397	45+	00:39:49	LYME CAGE STAGS
50	JOHN DAWSON	M	266	50+	00:39:52	SALFORD HARRIER
51	STEVE RUSSELL	M	354	OPN	00:40:04	WILMSLOW
52	SEAN MCGEOWN	M	288	OPN	00:40:06	
53	PIERRE GRACE	M	300	OPN	00:40:10	
54	PAUL A WATSON	M	269	OPN	00:40:13	
55	ROY LYON	M	251	45+	00:40:18	
56	DIANE LENDERS	F	417	OPN	00:40:19	WILMSLOW
57	ANDREW TURR	M	318	OPN	00:40:20	

58	S. J. BRAIN	M	364	40+	00:40:27	STOCKPORT
59	MARK WRIGLEY	M	332	OPN	00:40:30	
60	BOB GAUNT	M	373	OPN	00:40:55	BELLE VUE
61	IAN PADEN	M	331	OPN	00:40:59	
62	PHILIP MCCANN	M	386	OPN	00:41:01	STOCKPORT HARRI
63	MATTHEW LUIK	M	285	U18	00:41:10	BUXTON AC
64	ARABELLA WOODROW	F	330	40+	00:41:11	WILMSLOW RUNN
65	COLIN TIMPSON	M	319	45+	00:41:15	EAST CHESHIRE
66	I. ROBERTSON	M	377	OPN	00:41:20	
67	NEIL STAFFORD	M	326	OPN	00:41:21	
68	E. FURBY	M	413	40+	00:41:28	SALE
69	LYNNE WILKINSON	F	302	OPN	00:41:30	SALE HARRIERS
70	ERIC RATHBONE	M	360	50+	00:41:31	MIDDLETON HARRI
71	IAN M. BERRY	M	409	45+	00:41:39	STOCKPORT HARRI
72	JOHN WHITEHEAD	M	405	OPN	00:41:47	
73	MIKE CHAMBERLAIN	M	313	OPN	00:41:50	
74	KEVIN DILLON	M	378	40+	00:41:51	MANCHESTER HARR
75	DON CAPSTICK	M	372	40+	00:41:58	
76	BILL ASHBERRY	M	382	50+	00:42:12	MIDDLETON
77	JON MARTIN	M	304	OPN	00:42:18	
78	CLIVE LUTY	M	310	50+	00:42:22	BELLE VUE RACER
79	K. ASHBERRY	M	381	45+	00:42:23	STOCKPORT HARRI
80	MIKE OYSTON	M	328	40+	00:42:30	MANCHESTER RH
81	MR C KNOX	M	337	OPN	00:42:33	
82	F. BRADLEY	M	421	40+	00:42:36	MANCHESTER HARR
83	FRAN STAFFORD	F	327	OPN	00:42:39	
84	BRUCE THWAITE	M	256	45+	00:42:45	
85	ALEXIS DINSMOR	F	252	40+	00:42:48	
86	ROY POWNALL	M	340	45+	00:42:52	STOCKPORT HARRI
87	SID BAILEY	M	277	OPN	00:43:03	DEESTRIDERS
88	WENDY MORRISON	F	284	45+	00:43:09	BUXTON AC
89	VANESSA MULHOLLAND	F	356	U18	00:43:13	ALTRINCHAM A.C.
90	MR. WHEELER	M	400	OPN	00:43:15	
91	D. KELLETT	M	281	OPN	00:43:22	
92	PETER FORD	M	291	40+	00:43:36	
93	FIRE BRIGADE		316	40+	00:43:39	FIRE BRIGADE AC
94	S. T. HARDMAN	M	264	40+	00:43:47	
95	CHRIS CAWSON	M	267	U14	00:43:50	SALFORD HARRIER
96	BRYAN LOVE	M	366	50+	00:43:51	STOCKPORT HARRI
97	JOHN POTTER	M	404	OPN	00:43:52	
98	ANTHONY BRADY	M	299	OPN	00:43:58	MANCHESTER HARR
99	STUART FORD	M	290	U14	00:44:01	
100	SARAH RYAN	F	375	35+	00:44:02	STOCKPORT
101	MR K GUYATT	M	346	45+	00:44:04	STOCKPORT HARRI
102	S. WESTERMAN	F	358	35+	00:44:05	BUXTON A.C.
103	JOCK PLOMMER	M	272	45+	00:44:09	EAST CHESHIRE H
104	J. MULHOLLAND	M	355	50+	00:44:12	MANCHESTER HARR
105	TREVOR FAULKNER	M	339	50+	00:44:20	WILMSLOW RUNNIN
106	STEVEN DOHERTY	M	329	40+	00:44:40	
107	DAVID PRICE	M	399	OPN	00:44:49	
108	GILL BREMNER	F	303	40+	00:44:57	
109	STEVEN BELL	M	398	40+	00:45:10	WILMSLOW
110	PETER LEEDHAM	M	420	50+	00:45:17	STOCKPORT HARRI
111	BRIAN FIELD	M	262	50+	00:45:18	STOCKPORT HARRI
112	DAVID JONES	M	308	40+	00:45:21	SALE HARRIERS
113	JENNY CARSON	F	263	OPN	00:45:24	EAST CHESHIRE H
114	GRAHAM BRADLEY	M	278	OPN	00:45:27	
115	MARY CLYNE	F	259	OPN	00:45:28	
116	CATHERINE PALMER	F	402	OPN	00:45:30	WILMSLOW
117	BARRY FROST	M	286	OPN	00:45:34	
118	J. HOWARD	M	361	40+	00:45:47	GLOSSOPDALE
119	PAUL HOUGHTON	M	363	35+	00:45:48	EAST CHESHIRE H
120	MR S E RUFFLEY	M	342	OPN	00:45:56	
121	LETTA PRAY	F	407	40+	00:45:57	

126	JOHN HANLEY	M	338	OPN	00:45:59	
127	PHILIP DANIELS	M	254	OPN	00:46:00	MANCHESTER YM
128	MARTIN PERCOX	M	265	40+	00:46:02	SPORTAGE
129	KEN SMART	M	380	50+	00:46:12	WILMSLOW
130	PAT GRUNDY	M	353	50+	00:46:17	BUXTON AND DI
131	NEIL DAINTY	M	403	40+	00:46:22	WILMSLOW
132	CARL BAVISTER	M	283	OPN	00:46:28	
133	BILL STEPHENSON	M	414	50+	00:46:29	STOCKPORT HAR
134	PAUL WADSWORTH	M	408	OPN	00:46:31	
135	MR. POWELL	M	357	45+	00:46:33	STOCKPORT HAR
136	HELEN TODD	F	383	40+	00:46:36	STOCKPORT HAR
137	NINA LEWIS	F	321	45+	00:46:48	EAST CHESHIRE
138	STUART BRAGG	M	320	45+	00:46:49	EAST CHESHIRE
139	ADAM ELDRED	M	315	U14	00:46:51	MANCHESTER HA
140	C. STOVEY	F	385	OPN	00:47:11	
141	IAN MORRIS	M	379	45+	00:47:18	MANCHESTER
142	D. TAYLOR	F	280	OPN	00:47:19	
143	PAULINE STUBBS	F	370	40+	00:47:20	STOCKPORT HAR
144	JEREMY SPRATT	M	255	40+	00:47:22	
145	J. ALLADYCE	M	376	45+	00:47:38	
146	JOHN BUTLER	M	317	50+	00:47:42	NV ETS AC
147	SARAH HARTLEY	F	309	OPN	00:47:49	SALE HARRIERS
148	ALAN INGRAM	M	416	OPN	00:48:04	
149	CLARE WHITTAKER	F	343	U18	00:48:09	SALE HARRIERS
150	MARK FIELD	M	294	OPN	00:48:27	
151	MARK ANTHONY BROCK	M	274	OPN	00:48:40	EAST CHESHIRE
152	ROD COOMBS	M	384	40+	00:49:05	WILMSLOW
153	MR R HARTLEY	M	348	45+	00:49:27	MANCHESTER HAI
154	ROBERT TANTUM	M	368	50+	00:49:43	
155	BERYL NORMANSELL	F	306	50+	00:49:55	STOCKPORT HARI
156	ERIC NORMANSELL	M	305	50+	00:49:57	STOCKPORT HARI
157	M. BOYLIN	M	410	OPN	00:50:04	
158	JANET FROST	F	287	OPN	00:50:15	
159	TERENCE BOOTH	M	312	40+	00:50:59	
160	MARGARET GANNON	F	412	50+	00:51:04	WARRINGTON
161	MICHAEL RATCLIFFE	M	293	OPN	00:51:10	
162	PATRICIA DUFTON	F	371	40+	00:51:10	STOCKPORT HARF
163	DAVID HALL	M	292	35+	00:52:10	
164	ANNE DOCHERTY	F	282	40+	00:52:35	STOCKPORT HARF
165	DEBRA BARLOW	F	387	OPN	00:52:48	STOCKPORT HARF
166	DAVE READ	M	333	50+	00:53:23	WILMSLOW RUNNI
167	JOANNA NICHOLSON	F	268	40+	00:53:48	
168	KRIS BAKER	F	352	50+	00:54:19	STOCKPORT HARR
169	BELINDA SKINNER	F	301	35+	00:55:34	

The July/August Newsletter 1994 was written in a far more jocular fashion than today. The Summer Series appears to have been a much more local affair with the races well within a 10 mile radius of the club house and thus well within the Rob Downs formulae. Another change would be the picture of the three children would be banned these days. What hasn't changed is Rob Dunkley's eye for the ladies (Cadishead 10K page 5).



WILMSLOW *Running Club*

N·E·W·S L·E·T·T·E·R

JULY + AUGUST 1994

A HOLIDAY SNAP FROM LANZAROTE

"MIRROR, MIRROR BY THE SEA
WHO'S THE CHEEKIEST OF US THREE?"

(OR, IS THIS A "SPOT THE BILL" COMPETITION?)



CHANGE OF ADDRESS

Ray Hunt has moved to:	50A Hawthorn Lane Wilmslow SK9 5DQ
	Tel No: 0625 523674
Mary Evans has moved to:	12 Bispham Close Bury BL8 2TJ
	Tel No: 061 763 6303
Yvonne Brown has moved to:	41 Mainwaring Drive Wilmslow
	Tel No: 0625 537841



BIRTHDAY FILE

July saw the important one of Dave Mangnall, who sprinted his way through another packet of crisps and into a new veteran category, on the 25th. A VERY HAPPY BIRTHDAY to him, and to David Whittaker on the 1st, Mick Fairs on the 7th, Tony Clark, who became only one year away from manhood, on the 10th, and Mary Evans, who had even more cause to chatter, on the 14th.

In August there is the important one of Kevin Kelley, who reaches either maturity or old age (depending on your point of view) on the 21st. A VERY HAPPY BIRTHDAY to him, and to Mick Withers on the 4th, Hugh Greasley on the 10th, Colin Fray on the 12th, both Ian Shuttleworth and John Barton on the 16th, Marie Graham on the 17th, James Smith on the 18th, Paul Calderbank on the 20th, Steve Mees on the 21st, George Livesey on the 24th, Paul Flood on the 25th and, bringing up the rear as usual, Rob Dunkley on the 26th.

NEW MEMBERS

A very warm welcome back to Colin Fray: 7 The Bowmans, Victoria Road, Macclesfield SK9 3JA (0625 500457)

EDITORIAL

First of all, many apologies that there wasn't a separate July Newsletter - put it down to a combination of holidays, total laziness and the amount of painting and decorating that Paul Sanders has left for me to do. Apologies, also, for any races or results not mentioned in this Newsletter, as I am not sure that what is left of my brain is capable of remembering as far back as the beginning of June.

In May, we said farewell to Kevin and Lynn Lloyd, who have emigrated to America, and to David Jackson, who has moved to Banbury. We wish them all well, and hope that they will keep in touch. David, certainly, has promised to make the journey up north to run in our Half Marathon next year - whether Kevin and Lynn will do likewise is debatable.

There has also been a great deal of success over the last two months with our men's team picking up first prize at both Astbury and Cadishead, Diane winning her first ever race in the Crown Derby and Cecilia gaining a second England vest in the Snowdon Fell Race - congratulations to her on her second place in that race.

Congratulations also to Diane, who was part of the winning women's team in the Bollin Valley Endurance Race, and commiserations to Ray, who lost a great deal of money when our men's team of Mick Withers, Jim Yearsley, Jimmy Newns and Bill Heaton got lost, missed some obstacles, had a thirty minute time penalty and so just failed to be first team. A few of us took vicarious pleasure in running along beside the Bollin and watching the struggling teams; in fact, so enamoured were a couple of our ladies with the sight of so many gorgeous male bodies getting their legs over the obstacles that they have decided to join Diane next year! Well done also to John Barton, Godfrey Taylor and Steve Bell for completing the course. Finally, well done to Malcolm on becoming Police Fell Champion, and to Jo for at least starting the Buxton Beast.

OVERHEARD AFTER TRAINING

"How are you, N**k?"

"Not too bad. I'm going to do the Buxton Beast, so I'm trying all these different positions to get my legs strong."



WILMSLOW *Running Club*

A MESSAGE FROM TONY HULME

HIC!! BURP!!

No! Seriously, Tony Hulme would like to thank all those of you who contributed towards the bottles of malt whisky. He was not only very surprised to receive anything, but also very flattered and delighted.

WINCLE FUN/FELL RACE - Saturday June 4th by a roving Correspondent

A small number of the Club's greedier members gathered for this annual event - probably tempted by the offer of a free fresh trout (try saying that when you have drunk as much beer as Jo did after the race) from the local fish farm for all finishers; not bad for a £2 entry fee!

The course was all off road (at least it was the way some of the Club navigated), apart from less than 100m, and went through a stream and quite a lot of muddy ground. There was also a long climb up onto a ridge, with a good, fast downhill section, and then another steep climb shortly before the finish. As far as the race went, suffice it to say that our runners ran at varying speeds and with differing degrees of success, but Bob Berry did show his class - at least that it what I think I heard someone say - with an excellent 7th position.

After the race we were tempted into the village fete to eat scones + cream, guess the weight of a sheep (Kevin showed a disturbing interest in this) and buy cheap rhubarb from the locals.

The prizegiving was amusing as it was combined with that of the fete, and Nicholas Winterton had to present the prize of a doll to a man in his 50s!! (Ken later approached the man to see if he would swap it for his trout, but to no avail.) Nicholas Winterton then thanked Andy Gage both for all the money he had unbeknowingly raised and for all the amusement he had given to the women of the village, when they watched him taking a shower after the race behind his car from his portable water supply.

7 Bob Berry	34.00
?? Andy Gage	
21 Ken Reed	
28 Jo Bateman	38.59
31 Kevin Kelley	39.53
40 Ian Jeffries	

10th FLEETWOOD HALF MARATHON - Sunday June 5th by Trevor Faulkner

Your correspondent entered this, hoping to do a good time, as last year it had been flat and fast despite being very still and hot. But it was not to be.

We started from a different place, but soon turned south along the sea wall into a headwind, so strong that many mile markers were blown over and invisible. Feeling good, and taking as much shelter from other runners as possible, the early miles went by at about 7.15 pace.

Then, instead of turning inland after about 4 miles as last year, we just carried on south along the sea wall, still into the strong wind. (Apparently, the new route was designed to avoid a D-Day parade).

The lead runners in the race charged back towards us, straining hard. Six miles came in 43.30, only 10 seconds outside the Wilmslow split time, so I felt pleased with that and expected to be able to race back north even faster, taking advantage of the tail wind.

What wishful thinking! Keeping contact with my shelterers began to get hard, and after the turn they just slipped slowly away. Breathing rate



WILMSLOW *Running Club*

and motivation dropped and the next few miles were only at 7.30 pace despite the following wind.

Next, we did get sent inland, into suburbia, but a cruel turn later headed us straight back to the sea wall: half a mile into the on-shore breeze! That was a slow 10th mile, and the last three were a real struggle, so that I eventually finished 31 seconds outside the hilly Keswick time.

That hardly seemed believable, but I had clearly burned up keeping near my planned pace all along the 6 miles out into the wind. The lesson is that a strong wind can affect the running pace of even a modest performer like myself.

On a brighter note, we were given the race results on the day. Comparing these with last year, where I can spot similar runners who ran in both races, I can see that most of them slowed by between 2 and 7 minutes; whereas at least I improved by over 3 minutes, and also came well ahead of three runners who beat me at Keswick. Even the race winner was 18 seconds slower than his Keswick time! So, on second thoughts, perhaps the 10th Fleetwood Half Marathon wasn't quite the disaster it first appeared.

Winner Tony O'Kell 70.15
191st Trevor Faulkner 98.22 (c. 400 finishers)

ASTBURY 10KM - Wednesday June 8th

"Two out of three ain't bad" as the song goes. Both Diane Lenders and Steve Russell were modelling their Wilmslow vests, but Steve Bell (and he wasn't the only one!) was still hoping to remain anonymous. He said that he couldn't wear it since it was falling to pieces; some unkind person mentioned that, if he lost a little more weight, he wouldn't put so much strain on the stitches!

It was a lovely evening, and we had both a good turn out and some excellent results, although, with Maurice, Cathy, Bill, Ron Davies and myself out round the course, there was little chance to slack. Nick came 3rd, Jim was 4th, our men's team won, Tony put in one of his very rare appearances on the road, and Diane not only came 3rd Lady but also set another PB for the distance. Nick, in fact, led the race for some way before his lack of training caught him out, and Jim, who had started off more conservatively, almost got on level terms with him.

There were good debut runs by both Vanessa Ballard and Bill McKeever (how does Gill manage to persuade him?), Paul Flood showed off his knees, Ron Reed paraded his sun tan, both Paul Sanders and Bob Berry had good runs, Peter Nelson seemed to be enjoying the sun on his bald patch, a straining John Chadwick just managed to hold off a determined Rob Dunkley, Trevor Faulkner similarly withstood Neil Dainty's attempted late tackle (he must be an Everton supporter), Nigel Burrows broke the 40 minute barrier, Dave Shearer had a good race, running steady 7 minute miles and Ken Smart, as ever, laughed his way up all the inclines.

3 Nick Withers	33.51	68 Paul Flood	43.43
4 Jim Yearsley	34.05	71 Dave Shearer	44.08
11 Tony Hulme	36.16	75 Ron Reed	44.50
13 Paul Sanders	36.31	79 Trevor Faulkner	45.56
17 Bob Berry	37.21	80 Neil Dainty	45.58
22 Peter Nelson	37.57	82 Steve Bell	46.13
33 John Chadwick	39.11	86 Bill McKeever	46.45
34 Rob Dunkley	39.15	94 Ken Smart	48.58

/cont



40 Nigel Burrows	39.45	107 Vanessa Ballard	53.41
42 Steve Russell	40.02	109 Gill McKeever	54.13
43 Diane Lenders	40.09		

THURWALL ENGINEERING CADISHEAD 10KM - Sunday June 12th

Another highly successful outing for Wilmslow: our men's team won, our ladies only just failed to emulate them, Paul came 1st Vet 45, Arabella was 3rd lady and that dynamic duo, Ken and Jo, smashed their PBs. It would be difficult to find a flatter course anywhere and, this year, the farmer had even remembered to open his gate, so all of Neil's steeplechase practice was in vain. There was another good run from Bob, Peter had to work to stay ahead of John, and Rob's efforts to run at a constant heart rate were soon doomed to failure, as it shot up astronomically every time he saw a woman. It was also good to have Carol back racing for us, and Steve's exploits on the South Downs do not appear to have knackered him totally.

6 Nick Withers	33.43
7 Jim Yearsley	34.27
14 Paul Sanders	35.54
19 Bob Berry	36.55
21 Peter Nelson	37.07
24 John Chadwick	37.21
33 Rob Dunkley	38.30
62 Steve Mees	42.07
76 Ron Reed	43.28
82 Trevor Faulkner	44.20
90 Ken Smart	45.33
91 Neil Dainty	45.45
122 Dave Read	53.48

3 Arabella Woodrow	41.15
4 Jo Bateman	43.03
8 Carol Duff	44.51
10 Cathy Palmer	46.10

OVERHEARD AFTER ASTBURY

"I had him at five miles, but then I got a stitch!"

BOLLINGTON 10KM - Sunday June 19th

I know absolutely nothing about what happened in this race, although I believe that our men's team of Malcolm Fowler, Nick Withers and Bill Heaton was victorious and, looking at some of the times recorded, I assume that the course was a little on the long side.

3 Malcolm Fowler	34.36	49 Steve Russell	42.32
7 Nick Withers	35.42	51 Kevin Kelley	43.05
11 Bill Heaton	36.43	54 Andy Watts	44.00
14 Paul Sanders	37.13	68 Ron Reed	46.27
21 Mick Fairs	38.46	72 Trevor Faulkner	47.33
22 Gavin Mendham	38.51	83 Neil Dainty	49.28
28 John Chadwick	39.23	86 Cathy Palmer	49.54 (5th Lady)
31 Dave Mangnall	39.34	92 Rod Coombs	52.34
34 Rob Dunkley	40.24	96 Lyn Chambers	53.41 (9th Lady)
41 Neil Farmer	41.42		



DEHYDRATION SPECIAL

Now that we have actually enjoyed some summer sunshine it is time to remember the need for liquid intake. The obvious sometimes needs to be overstated - DEHYDRATION IS DANGEROUS.

Research is available to answer some questions about how much, and what, you should drink. A recent research paper in the journal "Medicine and Science in Sports and Exercise" reported on a study in which six volunteers exercised four separate times under unpleasantly steamy conditions (31°C and 70-90% humidity). On each occasion 2% of body weight was lost due to dehydration. After each exercise bout they were given different amounts of fluid replacement and it was only when they drank 200% of what they had lost were they able to achieve a "positive fluid balance" within six hours after exercise. Positive fluid balance is when the body contains more water than it did before the exercise. Less than 200% was ineffective because of the body converting fluid intake into urine and immediately losing it again.

So, one answer to rehydration is to drink gallons of water after exercising in the heat. Do remember however that beer is a poor rehydration beverage because of its diuretic effects.

There is another way. Make sure that you take some salt with your fluids. The added sodium helps to decrease urine production and will increase your urge to drink copiously. The recommended amount is one teaspoon of salt to each quart of water. This should only be done AFTER exercise. Alternatively, sprinkle salt liberally on your food, or eat modest portions of salty foods such as crisps. This should not be done if your doctor has advised against extra salt in your diet.

To estimate your water loss during exercise, weigh yourself before and after a run in the sun. The difference in weight is the amount of sweat you have lost. Let's say you were 150 pounds before and 147 pounds after; this means that you have lost 3 pounds or 48 ounces of water, which is equivalent to 3 pints of water.

In order to try to prevent dehydration, it is also very important that you are fully hydrated before you take any exercise, and should drink at least 8 glasses of water per day. It is also vital that you should keep taking in fluids when you are exercising, and it is recommended that you ingest 3 to 4 large gulps of fluid at least every ten minutes, especially in the heat.

by A. Gnonymouse (with credit to Peak Performance magazine)

INTER-CLUB CHALLENGE RACE - Wednesday June 29th

Another race about which I know absolutely nothing except for the fact that it was, apparently, an excellent course and that Macclesfield (he writes with clenched fists) regained their title

3 Nick Withers	47 Diane Lenders	
5 Jim Yearsley	48 Steve Russell	
8 Tony Hulme	49 Andy Watts	
12 Paul Sanders	50 Rob Dunkley	1 Macclesfield
13 Bill Heaton	57 Jo Bateman	2 Wilmslow
14 Colin Fray	58 Kevin Kelley	3 Bollington
17 Bob Berry	62 Denise Newton	
23 Peter Nelson	66 Ian Jeffries	
29 Ken Reed	68 Ron Reed	
32 John Chadwick	69 Trevor Faulkner	
36 Andy Gage	75 Cathy Palmer	



WILMSLOW

Running Club

RAINOW HILL RACE - Thursday July 7th

A fabulously clear evening with gorgeous views, a nice little course, a large turn-out and some excellent performances - none more so than by Diane, who, I am told, looked strong the whole time in coming 3rd Lady; I was far too far back to witness it. Nick also had a great race, as did Jim and Bob, Julia followed the example set by Denise at Keswick and ran round with a Walkman, Maurice actually ran for a change, and it was good to have Keith back after his lay-off.

The vultures were out on the course, especially Malcolm and Ray who positioned themselves on the steepest part of the climb to White Nancy, Dave Shearer was duped into running by Maurice and then spent the whole race swearing both at Maurice and the hills, Neil had his best race for a long time, and those two lovers of the hills, Rod and Ken, smiled all the way round.

Maurice, in fact, got very excited during the race as he thought that he was going to beat me. Unfortunately, he was so busy giggling to himself as he got ever closer coming off White Nancy that he decided to be clever and save some time by avoiding the cattle grid altogether - he has now learned that it is not very easy to run through a thick hedge! Better luck next time, Maurice.

Finally, commiserations to Tony Hulme who got so worked up and enthusiastic when someone came up to his van to buy a pair of socks that he fainted and so was unable to run in the race.

3 Nick Withers	34.02	78 Ron Reed	46.05
9 Jim Yearsley	36.21	92 Neil Dainty	47.48
13 Bob Berry	37.29	96 Tony Wilson	48.34
19 Paul Sanders	38.15	97 Richard Woodrow	48.47
22 Peter Nelson	38.36	99 Maurice Minns	49.32
36 Andy Gage	39.45	112 Dave Shearer	53.04
39 Diane Lenders	40.31	116 Ken Smart	55.02
41 John Chadwick	40.50	119 Julia O'Shea	58.07
49 Keith Winterbourne	42.07	120 Rod Coombs	58.07
53 Steve Russell	42.50		

CROWN DERBY FELL RACE - Thursday July 21st

The third race in the Bollington series and the rain during the afternoon meant that the steep descent down the road by the cattle grid was a little slippery. Pride of place must go to Diane, who won her first ever race - hopefully the first of many - and congratulations to Jim on his 4th place, to Paul Calderbank in, I believe, his first race for the Club, to Ken Smart for smiling all the way round and to Jo who, apparently, never stopped talking throughout the race. There was also some excellent packing by the Wilmslow runners both during the race and round the sports goods afterwards - I hope that Tony doesn't get to find out who actually bought things from John Cragg!

4 Jim Yearsley	23.43	39 Diane Lenders	27.48
13 Bob Berry	25.15	53 Kevin Kelley	28.56
14 Paul Calderbank	25.18	62 Jo Bateman	29.48
15 Ray Hunt	25.20	79 Richard Woodrow	31.49
19 Paul Sanders	25.48	80 Ron Reed	31.50
25 Andy Gage	26.27	82 Cathy Palmer	33.01
26 John Sullivan	26.32	94 Ken Smart	37.46
27 Mick Fairs	26.34		
28 Ken Reed	26.39		



WILMSLOW *Running Club*

SUMMER BARBECUE

Many thanks to John Chadwick for organising the event, and to Ray and Linda Hunt for allowing their house and garden to be taken over for the evening. Everyone who went, at least those who are able to remember much about it, thoroughly enjoyed it, and most of the furniture survived the onslaught - I'm not too sure about the fireplace, though!

CLUB SUMMER CHAMPIONSHIP

	Mow	F'on	St J	Cock	K'way	C'ton	Ast	Cad	Boll	Boar	R'ow	Cr'n	POINTS
	27/4	1/05	8/05	19/5	22/5	28/5	8/6	12/6	19/6	22/6	7/7	21/7	
MEN													
N Withers	75		75		(74)		75	75	(74)	75	75		450
J Yearsley (73)					(74)	75	75	(74)	74	74	74	75	447
P Sanders	74		74		(71)			72	73	72	(71)	72	437
J Chadwick	72	75	(70)		(64)	73	73	(69)	70	(69)	70	(69)	433
B Berry					66			71	72		72	73	428
R Dunkley			69	65	72		68	69	67				410
T Faulkner	68		63	(56)	68	70	62	66	(61)				397
R Reed			64				63	67	(62)	65	66	64	389
K Smart	66			(50)	66		58	65			60	63	378
N Dainty				52	65		61	64	60		65		367
P Nelson			71	68			70	71			71		351
S Russell				62	69		66		65		67		329
K Kelley	69			58					64	67		66	324
R Coombs			61	49	64				59		59		292
R Hunt			73	72	71							72	288
D Mangnall			68	59	70				68				265
S Mees	71		67	57				68					263
P Flood				53		71	65			68			257
D Read	65		60		63			63					251
S Bell	67			55	67		60						249
T Hulme				73			73			73			219
G Mendham		74		70					70				214
M Fairs				69					71			68	208
A Gage				67							70	70	207
K Reed	70									69		67	206
T Wilson			62							66	64		192
D Shearer			66				64				61		191
M Fowler				75					75				150
G Quinn			72			74							146
J Sullivan						72						69	141
N Burrows				63			67						130
R Woodrow											63	65	128
N Farmer				60					66				126
P Calderbank												73	73
B Heaton									73				73
K Winterbourne											68		68
P Watson			65										65
A Watts									63				63
M Minns											62		62
I Shuttleworth				62									62
B McKeever							59						59
I Jeffries				54									54
C Womersley				49									49



[Wilmslow Running Club Cheshire County AA Road relay results from October 93.](#)

This result put Wilmslow on the map and created a huge controversy in Cheshire. Wilmslow was an unknown running club that really had not featured in any important result.

The win was controversial because we had Malcolm who had moved to Salford Harriers and Jim Newns (Salford and England) running for us as second claims members. Both trained at the club but Jim Newns from Macclesfield was the Salford AC ace and running prima donna of the day who broke all the local road records many of which still stand. Jim Newns ran the last leg of the Cheshire Relay (well over three miles) and smashed the course record when we were all ready leading the race. We were in the lead after leg two and did not need him but it rubbed salt into the wounds of our competitors on the day who then called us cheats and demanded an enquiry. The results stood and Wilmslow were crowned Cheshire Road Relay Champions.

The following year Malcolm and Jimmy were banned as second claim members were not allowed to compete although both lived in Cheshire and were allowed to run independently in Cheshire Championships. The team was weaker and Warrington AC brought Mark Kinch down from the fells (British Fell Running Champion) and Vale Royal AC entered their ace Nick Jones (England) who was also a winner of the Wilmslow Half Marathon. Both ran times slower than Jim Newns the year before and Mark won the Four Villages half marathon in 66 mins. It is worth remembering that Mark used to train with us on Tuesday night whilst being coached by Tony. Mark holds many fell running records and once descended Snowdon to Llanberis (five miles) in under 20 mins in the International fell race and still hold the record I think.

I recall that I ran the last leg of the road relay in 1994 and fought my way to second place but when I passed Gary Wither's I was tripped with a kick to the back of my legs half a mile from home. It may have been deliberate and felt deliberate but I went down on the ground with quite a crunch as I was capable of running at 4.45min mile pace that time. I got up bloodied and gave chase but was unable to recover to enough speed to catch Gary Withers with the result that I was overtaken by Nick Jones to come fourth. I felt cheated but perhaps it was revenge for 1993.

I attach for interest a found News Letter from 1994 which provides some interesting results of the month. I also attach a Kingsway 10k result where I ran an impressive 33.47. I think this was my fastest 10K at Wilmslow RC although a few years earlier I ran a 32.41 min 10K in a personal best but never broke 32 mins. Nick Withers was a member of the British Army of the Rhine cross country team and also represented the Army running marathons with a PB of 2 hours 34.

It provides a little Wilmslow Running Club history from my past at the club. I have fond memories of running for the club in 1993 and 1994.

Jim Yearsley

CHESHIRE COUNTY AA ROAD RELAYS, 9th October 1993, Sankey Valley, Warrington

	MEN	LEG 1	LEG 2	LEG 3	LEG 4	LEG 5	LEG 6
1	Wilmslow RC	97.59 W Heaton (6) 16.55	M Fowler (2) 15.33	N Whithers (1) 16.28	J Yearsley Y (1) 16.54	G Quinn (1) 17.11	J Newns (1) 14.58
2	Warrington AC	99.44 S Dawson (1) 16.02	G Ratcliffe (1) 16.10	G Vernon (2) 16.48 x	P Abbott (2) 17.21	G Bergin (3) 17.19	D Stevens (2) 16.04
3	CEPAC	100.21 A Morris (2) 16.13	S Asher(V40) (5) 17.04	J Kissane (3) 16.34	C Booth (3) 17.11	G Withers (2) 16.35	J Fidler(V40) (3) 16.44 x
4	Macclesfield	103.17 A Royal (3) 16.16	R Eagle (4) 16.31	J Pratt (4) 17.35	A Whalley (4) 17.36	M Platt (4) 18.20	J Kershaw(V40) (4) 16.59 x
5	Helsby RC	104.28 M Hinson (5) 16.20	R Wood(V40) (3) 16.19	M Walker (5) 17.46	M Whiteside(V45) (5) 18.04	M Frayne(V50) (5) 18.06	J Daniels(V40) (5) 17.53
6	Whitby Heath	105.25 A Starkey (7) 16.59 x	M Davies (6) 17.16	N Starkey (7) 17.07	G Jenkins (6) 17.30	S Parker (6) 18.02	G Munsey (6) 18.31
7	Spectrum Strid	106.10 D Southern (4) 16.16	A Garnett (8) 18.12	M Pomfret (8) 18.49	C Demet(V40) (8) 17.02	N Garnett (8) 17.19	N Ashcroft (7) 18.32
8	Warrington C	107.15 D Lamb(J) (10) 17.43	B Holder(J) (9) 17.32	S Durrant(J) (9) 18.17	G Holder(J) (9) 18.22	S Lamb(J) (9) 18.21	S Illingworth(J) (8) 17.00
9	CEPAC B	107.27 G Worship (8) 17.11	C Morgan(V40) (7) 17.11	D Alexander (6) 16.41	D Hagan (7) 18.02	A Clague (7) 18.08	S Parry (9) 20.14
10	Wilmslow Vets	110.13 G Livesey(V45) (11) 18.29	G Mendham(V40) (10) 18.47	M Fairs(V45) (10) 18.07	R Dunkeley(V40) (10) 18.56	P Nelson(V45) (10) 18.32	T Hulme(V45) (10) 17.22
11	Tattenhall Run	115.06 B Capes(V45) (15) 20.44	D Knott(V40) (14) 19.31	M Arrowsmith(V40) (13) 18.32	D Owen(V45) (12) 19.54	F McHale(V45) (11) 18.34	M Griffin(V45) (11) 17.51
12	Wilmslow C	118.05 M Allen (14) 19.00	R Woodrow(V45) (13) 20.09	R Hunt (11) 18.23	P Gold(V40) (13) 21.32	A Gage(V45) (12) 19.38	N Farmer (12) 19.23
13	CEPAC C	125.17 P Simpson (13) 18.33	C Sailes (11) 19.47	D Brierley (14) 20.39	F Mudway(V40) (14) 22.48	T Prescott(V60) (13) 22.34	M Lamb(V50) (13) 20.54

INCOMPLETE TEAMS

Helsby B	R Stradling (12) 18.30	G Murphy (12) 19.52	I Sargaent (12) 20.07	G McNeil (11) 18.32
Spectrum C	R Riding(V40) (16) 22.21	B Tuohy (15) 20.05	E Pendleton(V65) (15) 23.00	A Couper(V40) (15) 19.15
Altrincham	J Jones(V40) (9) 17.36			

TEAMS CONTAINING RUNNERS NOT ON ENTRY SHEETS

Spectrum B	C Fagg(V40) 18.57	D Thomas 18.49	B Burnett(V40) 19.41	B Riley(V40) 18.49	T Bell 20.12	D Durnin 20.36
Warrington B	P Hamilton 16.53	J Keane 18.01	C Hulse 17.20	A Bird 22.45	L Williams(V40) 17.21	

FASTEST LEGS

J Newns (Wilm)	14.58	M Hinson(Helsby)	16.20	Vet 40		Vet 45		Vet 60	
M Fowler (Wilm)	15.33	N Whithers(Wilm)	16.28	R Wood(Helsby)	16.19	A Hulme(Wilm)	17.22	T Prescott(CEPAC)	22.34
S Dawson (Warr)	16.02	R Eagle(Macc)	16.31	J Fidler(CEPAC)	16.44	M Griffin(Tatt)	17.51	Vet65	
D Stevens (Warr)	16.04	J Kissane(CEPAC)	16.34	J Kershaw(Macc)	16.49	M Whiteside(Hel)	18.04	E Pendleton(Spec)	23.00
G Ratcliff(Warr)	16.10	G Withers(CEPAC)	16.35	C Demet(Spec)	17.02	M Fairs(Wilm)	18.07	Jun (Under 20)	
A Morris (CEPAC)	16.13	J. Fidler CEPAC	16.44	S Asher(CEPAC)	17.04	V 50		S Illingworth(War)	17.00
A Royal(Macc)	16.16	D Alexander (CEPAC B)	16.41			M Frayne(Hels)	18.06	B Holder(War)	17.32
D Southern(Spec)	16.16	J. YEARSLEY (Wilmslow)	16.54			M Lamb(CEPAC)	20.54	D Lamb(War)	17.43
		W HEATON (Wilmslow)	16.55						
		A. Starkey (Whitby Heath)	16.59						
		J. Kershaw. (Macc)	16.55						

LADIES		LEG 1	LEG 2	LEG 3	FASTEST LEGS	
1	Macclesfield	64.24 S Rowson(V40) (1) 19.40	K Turner(V35) (4) 21.18	C Greasley(V35) (1) 18.26	C Greasley (Macc) V35 A Woodrow (Wilm) V35	18.26 19.33
2	Warrington	65.03 L Nichols(J) (2) 20.06	V Roberts(J) (1) 20.20	S Murphy(J) (2) 19.37	S Murphy (Warr) J L Slater (Macc) J	19.37 19.39
3	CEPAC	66.26 F Mudway(V45) (3) 20.33	L Davies(V35) (2) 20.17	C Shaw (3) 20.36	S Rowson (Macc) V40 L Nichols (Warr) J	19.40 20.06
4	Wilmslow	66.28 C Smalley (6) 21.20	A Woodrow(V35) (3) 19.33	D Lenders (4) 20.35	J Spencer (Warr) J L Davies (CEPAC) V35	20.14 20.17
5	Warrington B	67.08 D Wooliscroft(J) (5) 20.56	N McDonald(J) (5) 20.58	J Spencer(J) (5) 21.14	V Roberts (Warr) J F Mudway (CEPAC) V45	20.20 20.33
6	Spectrum Strid	70.18 G Demet(V40) (4) 20.41	J Morris (6) 21.33	N Rose (6) 23.04	D Lenders (Wilm) C Shaw (CEPAC)	20.35 20.36
7	Macclesfield B	73.11 C Kershaw(J) (8) 22.50	G Rowson (J) (9) 25.42	L Slater(J) (7) 19.39	G Demet (Spectrum) V40 D Wooliscroft (Warr) J	20.41 20.56
8	Tattenhall	74.45 K Capes(V45) (9) 22.53	J Morgan(V40) (7) 23.29	M Turner (8) 24.23	N McDonald (Warr) J	20.58
9	Spectrum B	76.35 J Pascoe(J) (10) 23.08	J Gleave(V35) (8) 23.45	B Rothwell (9) 24.42		

INCOMPLETE TEAM

Wilmslow B

J Bateman
(7) 21.45

TEAM CONTAINING RUNNER NOT ON ENTRY FORM

Spectrum C

J Atherton
26.04

S Southern
26.51

P Locke
27.18

ACKNOWLEDGEMENTS and THANKS TO :

Cheshire County AA Officials for running the event on the day
John Cook, Nev Jones and other members of Warrington AC for local arrangements

A magnificent entry of 15 teams for the ladies after a number of years without an event
BUT a disappointing entry of only 19 mens teams even with a low age limit
WHERE are all the under 20 male distance runners??

John Driscoll

Diane 19' 27"

J.in 16' 26. (16' 27")

CHESHIRE COUNTY AA ROAD RELAYS 1994

Sankey Valley, Warrington, 10 September

MENS 6x5km(approx)

Pos	Club	Time	Leg 1	Leg 2	Leg 3	Leg 4	Leg 5	Leg 6
1	Warrington AC	99:27	J Keane 17:28 (7)	S Dawson 16:18 (4)	G Vernon 16:22 (1)	M Kinch 15:20 (1)	Stev Burthem 16:49 (1)	A Robinson (V40) 17:10 (1)
2	Vale Royal AC	101:46	S Ruscoe 16:37 (3)	N Hardman 17:00 (3)	P Maher 16:52 (3)	J Carter 17:51 (4)	J Kettle (J) 17:57 (5)	N Jones 15:29 (2)
3	CEPAC	101:53	A Pearson 16:34 (2)	D Alexander 17:00 (1)	A Morris 16:53 (2)	C Booth 17:08 (2)	J Kissane 17:24 (2)	G Withers 16:54 (3)
4	Wilmslow RC	102:00	W Heaton 16:52 (5)	P Flood 17:43 (5)	A Hulme (V45) 16:56 (4)	N Withers 16:40 (3)	G Quinn 17:22 (3)	J Yearsley 16:27 (4)
5	Helsby RC	102:24	G McNeil 17:33 (8)	I Simpson 17:17 (6)	R Wood (V40) 17:07 (5)	D Norman 17:10 (5)	M Hinson 16:48 (4)	P Frodsham 16:29 (5)
6	Macclesfield	105:52	A Royle 16:17 (1)	J Pratt 17:19 (2)	A Smallman 18:40 (6)	R Murray (V40) 17:14 (6)	P Newton 18:16 (6)	J Kershaw (V45) 18:06 (6)
7	Wilmslow 'B'	108:13	P Sanders (V45) 17:34 (9)	R Hunt 17:50 (9)	J Fairs (J) 17:35 (7)	M Fairs (V45) 18:15 (7)	N Farmer 18:34 (7)	J Chadwick (V45) 18:25 (7)
8	CEPAC 'B'	108:28	A Clague 18:32 (14)	S Parry 18:07 (12)	G Roberts 18:00 (11)	S Roberts 18:24 (11)	D Crawford 18:04 (9)	A O'Brien 17:21 (8)
9	Whitby Heath AC	109:56	A Starkey 17:58 (11)	M Davies 17:45 (10)	G Jenkins 17:25 (8)	P Price 18:18 (9)	D Hampson 18:32 (8)	G Richards 19:58 (9)
10	Tattenhall Runners	111:15	M Stroud 18:25 (13)	L Woodley (V55) 18:33 (13)	F McHale (V45) 18:19 (12)	C Loughlin 18:56 (12)	M Griffin (V45) 17:21 (10)	M Arrowsmith (V40) 19:41 (10)
11	Warrington Road Runners	111:29	R Wynne 17:20 (6)	F Heavey 18:45 (11)	L Crawley 19:18 (13)	W Cunningham 20:06 (14)	I Edge 18:40 (13)	M Ward 17:20 (11)
12	Helsby 'B'	111:42	M Frayne (V50) 18:21 (12)	R Mitchell (V40) 18:47 (14)	R Miles (V40) 19:06 (14)	P Speller 18:41 (13)	T Murphy (V40) 18:18 (12)	M Walker 18:29 (12)
13	Spectrum Striders	112:10	D Southern 16:39 (4)	M Pomfret 18:15 (7)	B Tuohy 18:37 (9)	B Riley (V40) 18:42 (10)	A Bell 20:36 (11)	D Thomas 19:21 (13)
14	Vale Royal 'B'	116:24	J Chrimes (V40) 19:14 (17)	P Mills (V40) 19:00 (17)	T Mayell (J) 20:06 (18)	D Astbury (V40) 19:20 (17)	W Hodgkinson 19:30 (14)	S Wood 19:14 (14)
15	Wilmslow 'C'	117:28	R Dunkley (V40) 18:49 (15)	G Mendham (V40) 18:46 (15)	M Wrigley 19:55 (16)	R Berry 18:55 (15)	T Faulkner (V50) 22:01 (15)	K Winterbourne (V40) 19:02 (15)
16	Vale Royal 'C'	135 :46	W Wardle (V55) 23:37 (21)	R Gammon 20:45 (21)	S McGrath (V45) 21:58 (21)	D Timmis 23:47 (20)	N Templeman 20:41 (17)	M Blake (V45) 24:58 (16)
Incomplete Teams								
	CEPAC 'C'		M Worrall (V45) 21:45 (20)	S Mallon 18:02 (10)	R Batterham 20:00 (10)	T Prescott (V60) 22:45 (18)	M Lamb (V50) 21:55 (16)	

	Warrington 'B'		Stu Burthem 17:44 (10)	J Mercer 17:33 (8)	D Tomkins (V45) 18:22 (10)	T Oakes 17:37 (8)		
	Macclesfield 'B'		D Hallam (J) 18:59 (16)	C Read (V45) 18:47 (16)	F Green (V45?) 19:13 (15)	T O'Connor 20:00 (16)		
	Spectrum Striders 'B'		M Bate 19:49 (19)	R Dear (V45) 21:16 (20)	N Franklin 23:30 (20)	A Couper (V40) 20:26 (20)		
	Whitby Heath 'B'		K Begley 19:20 (18)	J McGill (V45) 18:58 (18)	D Edwards 19:43 (17)			

Ladies Relay 3x5km (approx)

Pos	Team	Time	Leg 1	Leg 2	Leg 3
1	Macclesfield H&AC	60:50	S Rowson (V40) 19:46 (3)	A Stentiford 18:52 (1)	C Greasley (V35) 18:12 (1)
2	Vale Royal AC	62:37	S Young (V40) 19:31 (2)	A Shepherd (V35) 19:27 (2)	J Groves (J) 19:39 (2)
3	Wilmslow RC	64:10	A Woodrow (40) 19:53 (4)	D Newton (V40) 20:50 (4)	D Lenders 19:27 (3)
4	Warrington AC	64:42	P Whitney (U17) 20:31 (5)	C Davies (U17) 20:13 (5)	S Murphy (J) 19:58 (4)
5	Vale Royal 'B'	67:25	J Thorn (V35) 19:27 (1)	S Wood 21:08 (3)	C Owen (V35) 22:50 (5)
6	Warrington 'B'	70:58	C Robinson (U17) 20:33 (6)	D Wooliscroft (J) 22:55 (6)	N McDonald (J) 23:30 (6)
7	Wilmslow 'B'	71:24	J Bateman 21:54 (8)	C Palmer (J) 22:21 (7)	W Bracken 23:09 (7)
8	Macclesfield 'B'	71:33	C Kershaw (J) 22:22 (9)	M Huyton (V40) 22:52 (9)	K Turner (V35) 22:19 (8)
9	Tattenhall Run	71:49	S Owen (V45) 21:39 (7)	M Turner 22:53 (8)	L Seed (V35) 23:17 (9)
10	Spectrum Striders	81:03	B Rothwell 24:13 (10)	P Locke (V45) 27:34 (10)	J Atherton 25:16 (10)
11	Vale Royal 'C'	85:18	P McGrath (U17) 29:06 (12)	P Sandbach (V50) 27:43 (11)	M Davenport (V45) 24:29 (11)
	Macclesfield 'C'		G Rowson (J) 26:57 (11)		

Fastest Legs :

M Kinch (Warr)	15:20	Junior	
N Jones (Vale Royal)	15:29	J Fairs (Wilm)	17:35
A Royle (Macc)	16:17	J Kettle (VR)	17:57
S Dawson (Warr)	16:18	V40	
G Vernon (Warr)	16:22	R Wood (Helsby)	17:07
J Yearsley (Wilm)	16:27	A Robinson (Warr)	17:10
P Frodsham (Helsby)	16:29	R Murray (Macc)	17:14
A Pearson (CEPAC)	16:34	V45	
S Ruscoe (Vale Royal)	16:37	A Hulme (Wilm)	16:56
P Southern (Spectrum)	16:39	M Griffin (Tattenh)	17:21
N Withers (Wilm)	16:40	P Sanders (Wilm)	17:34
M Hinson (Helsby)	16:48	V50	
Stev Burthem (Warr)	16:49	M Frayne (Helsby)	18:21
W Heaton (Wilm)	16:52	V55	
P Maher (Vale Royal)	16:52	L Woodley (Tattenh)	18:33
A Morris (CEPAC)	16:53	V60	
G Withers (CEPAC)	16:54	T Prescott (CEPAC)	22:46

LADIES

C Greasley (Macc)	V35	18:12
A Stentiford (Macc)		18:52
J Thorn (Vale R)	V35	19:27
D Lenders (Wilm)		19:27
A Shepherd (VR)	V35	19:27
S Young (VR)	V40	19:31
J Groves (VR)	J	19:39
S Rowson (Macc)	V40	19:46
A Woodrow (Wilm)	V40	19:53
S Murphy (Warr)	(J)	19:58

ACKNOWLEDGEMENTS TO :

J Cook of Warrington AC for the local arrangements and setting out the course; to the Officials : Tom Locke (Referee), Charles Bradley & Geoff Hand (Timekeepers); Pat & Mrs Cullen, George Edwards, Christine Hardman & Bob Lynch for acting as Recorders.



ON your marks. Pictured here getting ready for the start of the Wilmslow Running Club six mile cross country race are from left to right Geoff Quinn, Ray Hunt, Mick Fairs, Jim Yearsley and Nick Withers. CJH 93/10/27.

WITHOUT a doubt Wilmslow Running Club is now very much a force to be reckoned with after its superb victory in the Cheshire County Six Stage Road Relays at the weekend - and the mere mention of its name is beginning to strike fear and trembling into the hearts and minds of many athletes across the county.

Not only did the Wilmslow team of Bill Heaton, Malcolm Fowler, Nick Withers, Jim Yearsley, Geoff Quinn and Jim Newsin win the title, but they won it in convincing style with Jim Newsin recording the fastest time of the day, 14.58, and Malcolm Fowler the second fastest, 15.33.

In the same event, the Wilmslow Vets team of George Livesey, Gavin Mendham, Nick Fairs, Rob Dunkley, Peter Nelson and Tony Hulme came an excellent 10th overall, and were the 1st Vets team to finish, and the Wilmslow 'C' team of John Sullivan, Richard Woodrow, Ray Hunt, Neil Dainty, John Chadwick and Neil Farmer came a commendable 12th.

The Wilmslow ladies team also ran exceptionally well, and only just finished outside the medals. They were given a solid start by Carole Smalley and Joanne Bateman; Arabella

Woodrow then posted the second fastest time of the day, and it was left to their team manager, Diane Lenders, to battle out the final leg. After a courageous and impressive run, she finished in fourth position - a tantalising two seconds only behind the third team.

There have been other successes recently with that trio of local policemen, Bill Heaton, Malcolm Fowler and Ian Weatherell, proving that they cannot be called Mr Flods; Bill set a personal best of 73.39 in the Lake Vrynry Half Marathon, Malcolm, despite doing no specific training for it, finished 13th in 2hr 43min in the Flying Fox Marathon and Ian won the Sandstone Trail Race.

To round off an exciting week for Wilmslow, Arabella Woodrow came 1st Lady in both the Greater Manchester Sports League 5 Mile race in 30.59 and the British Aerospace Woodford 10km in 39.32; in this race Jeff Sherrin came 4th Vet 50 in 48.15 and Dave Read was 6th Vet 50 in 52.12. Picture by Colin Horne.

Running club's six of the best

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