



July 2016

Index of Articles

A click on the index will take you to the relevant article, and at the end a click on [Return!](#) Will bring you back here!

## Index of Articles

---

It's Your Newsletter .....	2
Editorial.....	2
Note for your diaries.....	2
Summer Series Leagues – next year .....	2
A mad week in May .....	4
6 <sup>th</sup> SUMMER HANDICAP RUN.....	6
Quote of the Month.....	9
Athletes Corner .....	10
Race Reports .....	10
Performances of the month.....	10
Newcomer of the Month – .....	11
Injury Update .....	11
Spotlight – Mark Crossland.....	12
Over the Hill and far away races .....	13
Hill and Fell Races.....	13
Races to Enter .....	15
Races to enter (or put in your diary) NOW!.....	15
Club Summer Series Races.....	15

Rules and Constitution.....	15
Blast from the Past.....	17
Round The Runway 2008. ....	17

## It's Your Newsletter

---

### [Editorial.](#)

June has welcomed the return to a Wilmslow vest of Stuart Parrott after four years with a foot injury – picking up performances not far removed from his long layoff. The injury has not gone away but at least it is bearable after races now. Also in the Lazarus mode, a year ago Roy Pownall was told it was advisable not to continue running after a cartilage operation on an already arthritic knee. In his pomp it was 17 minutes for a 5K, on his return to parkruns it was double that, then down to 28 minutes this year. So under the circumstances his two minute jump to 26 17 at Hollins Green was pretty impressive (not that he ever mentions it to me).

Nicky and I have been discussing the future of the Newsletter and come to the conclusion that in this social media age and with Christian's new website it has become redundant and run its course. It would be a shame to lose things like Tony's Performances of the Month and Trevor's monthly fell report but they can go onto the website much more readily. So this will be the last Newsletter from us. We have had great fun for over three years and would like to thank Ian and Tom for their help. If anyone should want to take it over then we will be happy to assist in the transition.

*Simon, Nicky.*

## Note for your diaries.

---

The AGM will take place after training on Tuesday 12<sup>th</sup> July 2016 after training.  
Refreshments will be provided by the club.

Please note there will be no supper served on the 7<sup>th</sup> July .

Look forward to seeing you all there.

*Chris*

## Summer Series Leagues – next year

---

### **Summer Series Leagues – next year**

No decision will be made until this year's completion is completed but the probability is next year we will reduce from 5 to 4 'ability' leagues plus League X.

League X is for those who have not in the previous year completed 7 races and for newcomers to the club.

**This is a early warning so you can plan your races and pick-up the extra points on offer in the parkruns and long races with prizes for those at the margin who win their way into the higher league**

The start point for who is in which league in 2017 will be the Main table. However for two runners on the border line in the same league we are likely to take more notice of their position in the ability league.

How next year's leagues might look based upon points scored in first 12 races of 2016:-

Damian Nicholls
Jim Pendrill
Andrew Whittingham
Peter Speake
Tom McGaff
Stuart Parrott
Mike Hill
Vincent Booth
Matt Taylor
Sharon Johnstone
Allan McCormick
Brian McCoubrey
Jeremy Bygrave
Jarrold Homer
Tim Billington
Steve Bunker

Richard Lawson
Janine Ellis
Paul Norris
Peter Stock
Christian Hook
Diane Bygrave
Andy Watts
Tony Hulme
Craig Hunt
Gareth Trimble
Mick Fairs
Louisa Harrison
Ian Smallwood
Bernard McCarron
Alan Turner

Huma Rahman
James Gowin
Geoff Gilbert
Chris Cannon
Sally Gilliver
Patrick Grannan
Nicky Mowat
Angela McCarthy
Sally Price
Amy Longmore
John Porteous
Mark Crossland
Carolyn Hirons
Sharon Jones
Andrew Dodd
Jonathan Harper

Ian Ashcroft
Clare Hawkes
Colin Walton
Catriona Marshall
Sue Strang
Gail Hill
Leanne Rutter
Janet Wyles
Don Bullough
Julie Lucas
Belinda Carp
Rachel Peers
Simon Fenton
Elsbeth Gibson
Trevor Faulkner
Peter Watson

## A mad week in May ...

---

### **Snowdonia Half Marathon 24 May 2016**

Apteco has a log cabin in Snowdonia and I'd been looking out for races that we could take on for a bit of team building. This race started just down the road in Llanrwst so seemed just the job especially as it is billed as the UK's toughest half marathon. The profile certainly looked intimidating with three major climbs totalling 2000ft (almost the

same as Buxton and Macc Half combined. An extra medal was to be awarded for anyone managing to tackle the final 1 in 7 hill without stopping.

The weather was what passes for sunny intervals in this part of Wales – there had been a patch of blue sky at breakfast time but now it was raining.

We set off from by the historic bridge and quickly reached the first hill which had a Langley like gradient continuing for nearly 3 miles. My first mile took 7.30. Clearly pacing was going to be required and tried to maintain a steady cadence. We turned on to a rough track as we reached the shore of Llyn Geirionydd. Having not killed myself on the climb I could now pick up a couple of places and moved up into 5th. The leaders had pulled away but I knew that there was a long way to go. Rounding the lake we started up the forest road. I'd run this hill from the other side so I knew what to expect. The runners ahead gradually came back to me until by the top I was into 2nd place. Only Rich Shearer tucked in behind me and we were soon flying down the trail to Llyn Crafnant.

The mountain views were superb as we completed a circuit of the lake but I hardly had time to enjoy them as the two of us matched each other stride for stride over the rough track. I was looking forward to the descent without being totally convinced that my legs would manage it. Rich took off down the hill like a maniac but I went with him and the pace was now closer to 5 minute miling.

We descended through the rather nice village of Trifiw right to the valley floor. And then at 11 miles faced the final challenge hill. Rich had struggled on the previous ascent and I knew this was my chance to get away. Passing the "1 in 7 for 1 mile" warning sign I wasn't quite so confident but figured that as long as I kept on running it was going to look good from back down the road. I ground my way to the top and over into the final downhill. I tried to relax to prevent the cramp that I could easily imagine creeping into my legs but the descent just kept on coming. As I hit the finish straight I could just see the winner crossing the line 300m ahead. I knew I was clear in 2nd and enjoyed the run in to the finish.

The race was slickly organised by RunWales the makers of Conwy Half and I'd recommend it to anyone who enjoys a challenge and a day out in Snowdonia.

### **Dunham Massey 5k 26 May 2016**

The hilly half wasn't ideal preparation for a fast 5k so I'd planned to just go along to support my daughter Juliet. Late in the afternoon my arch nemesis V50 Graham Green messaged me to say that he was running and did I want a race? Graham's not the type to take excuses so I said I'd take my vest knowing full well that the race is always sold out. My bluff was called when there turned out to be entries on the night available ...

This was the traditional "uphill" route and we were soon charging up the main drive. My only tactic was to try to keep a fast tempo going, get well ahead of Graham so that he couldn't bother me with his fast finish. This worked well for 4.9km until suddenly he was on my shoulder with his muscular arms pumping like a heavyweight boxer. I lunged for what I hoped was the finish line. It wasn't and a second surge took Graham clear past me to win by a stride. It was our closest race for some time and left us both gasping and grinning in equal measure.

### **Buxton Half Marathon 31 May 2016**

Was it wise to run another hilly half a week after the first? Probably not but I was intrigued to see how the two compared and join in for my first race of the summer series.

Back in the day this race used to be organised by our own Andrew Whittingham, run on a Saturday evening and was twice started by Ken Dodd. With his tickling stick. By Jove!

Nowadays it's Sunday morning and the only star turn on the start line was Damian. Actually Andy Wilton was also present, whose course record holder a phenomenal 71 minutes, dates back to the Ken Dodd days. The course, peaks

and challenge remain the same with an initial 2 mile grind up the A53 to Axe Edge Moor followed by two further stiff climbs adding up to a 1500ft gain.

I'd no idea how the previous week would affect me but set off gamely as two Buxton runners led us out and up the A53. Approaching the top of the hill Damian trotted past me followed by Gareth Briggs and a Sheffield runner. I tucked in behind and as we started to descend got back alongside Gareth.

Suddenly there was Tony, out in the middle of nowhere and yelling his unique brand of support. We enjoyed far reaching views across the peaks as we raced down the single track roads. Chrome Hill and Parkhouse Hill appeared looking unreal green and pointy like some backdrop to a sci-fi film. However the hill at 7 miles was real enough as we leant into the long climb. I'd been warned that this was the really tough one but compared to Snowdonia this wasn't steep and I made steady progress to the top helpfully marked by flag waving marshals. "Well done mate, keep going. Andy's not far behind you!". I figured they meant Andy Wilton but no it was Whitty having a tremendous run. Either way I needed to press on down the hill and I focussed on getting closer to the 2nd of the Buxton runners who I'd seen overtaken by Damian. He quickly came back to me and as we hit the final hill at 10 miles I was able to ease past. I ran strongly down the other side of Harpur Hill hoping that I'd done enough and was soon heading back into Buxton.

Signs and marshals seemed to disappear on the main road and I had a sudden fear that I'd taken a wrong turn. But no there was a marshal pointing me onto a backroad, then another, then back again before we at last reached the final flat run into Pavilion Gardens. Damian was out of sight and had almost caught the winner before settling for 2nd place. I was 3rd and delighted to see Whitty running in strongly for a fine 5th place. Vinny completed the winning team. Tom, Janine and Andy Watts all had fine category wins.

Buxton and the gardens were looking great in the sunshine and we enjoyed sitting around with cake and coffee. Which was fortunate as the presentations weren't till one o'clock.

But what a great race! It was a beautiful route, friendly competition, tremendous atmosphere. And now I'd run three races in 7 days that all met this description. I'd run two of my slowest HM times ever on ridiculously hilly courses and lost a fast 5k sprint finish to my V50 rival. It made me think that all the recent nonsense about times and measured distances and comparing whether this or that 10k is a couple of metres short or long and even PBs aren't what running races is all about. Getting out there, enjoying a close race and laughing about it afterwards is surely where the joy lies.

**Rob**

## 6<sup>th</sup> SUMMER HANDICAP RUN

---

### ***WILMSLOW RUNNING CLUB***

**9.00am Sunday 17 July 2016**

**Macc Forest Visitor Centre at Trentabank near Langley**



You are invited to enter the 6<sup>th</sup> WRC Summer Handicap Run, on a date that does not clash with other known running events. The run is about 10 miles long, with three good hills, giving fine views. The usual route is slightly modified this year, to avoid the traffic on the A537, but still comprises a mixed terrain of footpaths, tracks and roads. Hopefully, this can replace the normal Club Sunday run. So, think of it as an enjoyable good fun training exercise alternative, and a contrast to the fast and furious Christmas handicap race. This low-key event will be familiar to the many people who have now completed the run in the last five years. The first part of the route follows most of the Shutlingsloe Hill Race (which has been in the Summer Series) and then some of the Forest 5 Race (backwards). You can also try out the whole route beforehand and use it for regular training, because it is almost entirely on public rights of way. Runners should pace themselves throughout and decide whether to carry water or a waterproof top, depending on conditions. Cross-country shoes are recommended. This year, we shall start in groups, to provide some company early on, and the results for the Handicap race will be calculated from finishing times at the end.

### **Entry**

We need about a dozen runners to make it worth staging the event, so please enter by sending a short email by Friday 8 July to: [trevor@marblecaves.org.uk](mailto:trevor@marblecaves.org.uk); This will allow sufficient time for handicapping etc. You can also enter on the day at Trentabank before 9.00am, but you might be given a longer handicap. **A clearer version of the map will be emailed to pre-entries.**

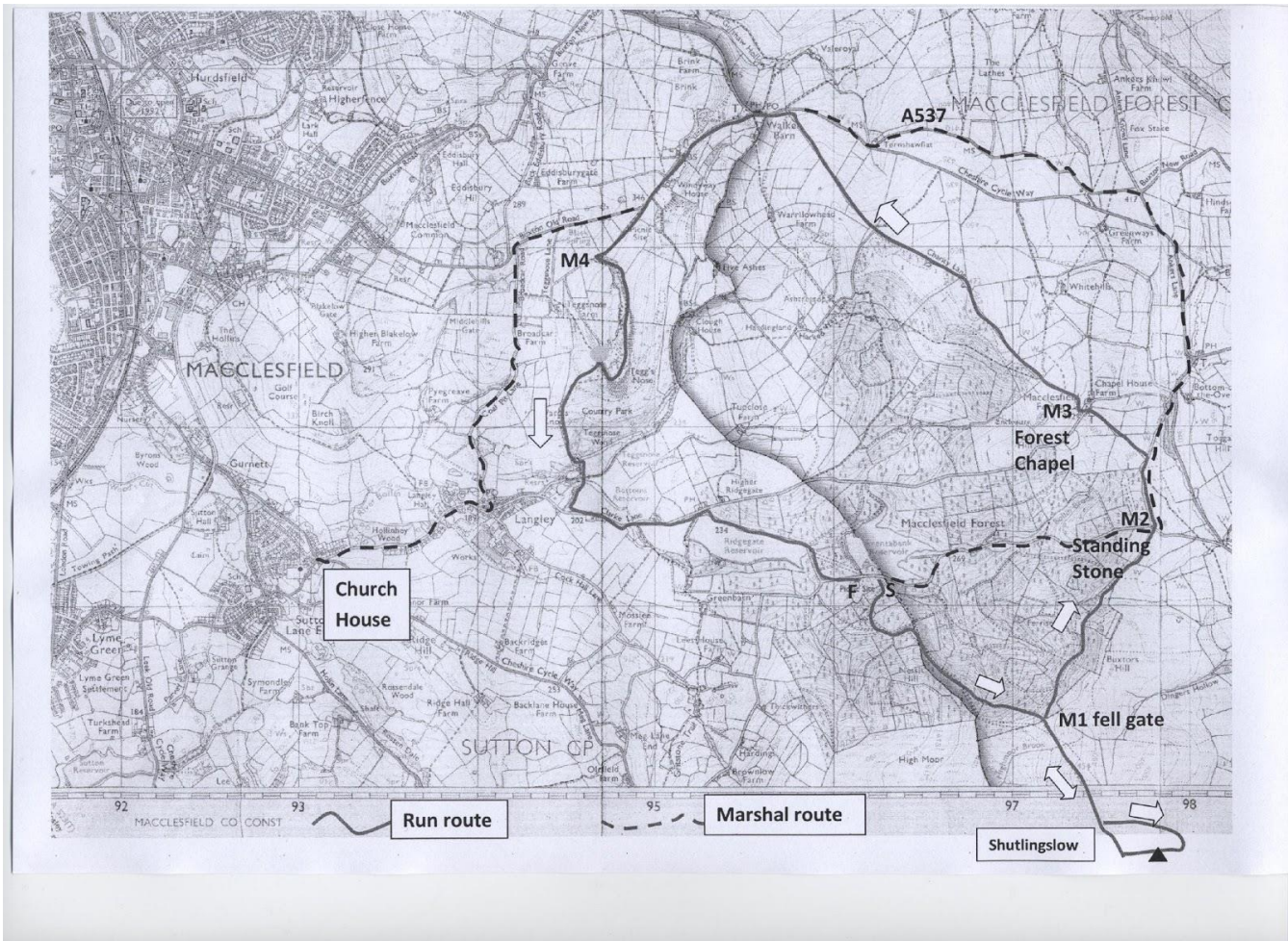
*If you are injured or otherwise indisposed, please offer to help at the start / finish or as a marshal or bike marshal. The Run can be done without support, but is better with support.*

### **On the day**

You can use the Pay and Display car park at the Visitor Centre, or park on the road outside. Marshals and timekeepers: please arrive before 9.00am. Runners should also come before 9.00am to warm up, or at least 30 minutes before their start times if we publish these beforehand. **The first runner or group**

**will start at 9.30am.** The last runner or group will probably start at about 10.15am. All runners should finish around 11.15am. Recognition will be given to the handicap winner, the fastest male and the fastest female. We usually meet afterwards for a garden or indoor lunch at the **Church House** pub near Sutton Lane Ends (after 12 noon, when it opens).

***COME AND HAVE FUN: TRY AND CATCH THE ONES IN FRONT!!!***



### **WRC Summer Handicap Run route**

#### **The route and the rules (see map)**

The run will be low-key, with no publicity outside the Club. No numbers or WRC vests will be used. The route will not be marked with signs or tapes, and sparsely marshalled. The run starts at the foot of the track near the Macc Forest Visitor Centre, below the Shutlingsloe Hill Race start. It follows that race route uphill at every junction (but staying on the track) via the fell gate [M1] towards



Shutlingsloe. After descending the paving slabs, take the path diagonally across the wall, towards a valley. **Runners must ascend Shutlingsloe from the back (east side), after passing through the gate below the little gully**, as in the Shutlingsloe race. (Not shown on the map). This will be checked by other runners, who would notice if anyone missed the gate. You can make the steep climb up immediately after the gate if you wish, but it is recommended to follow the race route of 400m (2 minutes running) to the path to the summit.

The descent is down the steps or grass slopes on the northern side, back to the fell gate [M1]. From there, a **right turn** along a forest track (you can also use the Forest 5 short-cut path) leads to a gate at the cross-roads at Standing Stone [M2]. The lane directly opposite leads past a car park. **Then take the first left turn (uphill)** to Forest Chapel [M3]. Straight across and uphill enters the Charity Lane track, which is then followed to its end, where the **right turn** leads down towards the A537. **THE A537 IS OUT OF BOUNDS THIS YEAR.** Literally **5 metres before the A537**, turn left up the track, almost to its summit. Then go through the gate on the RHS and follow the wall down to a stile with a vertical climb down to a lane. Turn right, and follow footpath signs: left between houses, then right then left to the Buxton Old Road. Run uphill, **on the Right Hand Side**, until you run along the wide sandy footpath near the Tegg's Nose car park. Pass via two gates and turn left up the steps to the quarry. **Runners must pass this second gate [M4] at Tegg's Nose.** After the quarry, keep left. The second stile then leads down to a reservoir and the return along the road (using footpaths if you prefer) to the **Finish**, on the road outside the Visitor Centre. It will be the responsibility of runners to carry the map and find the route, which can be treated somewhat flexibly, within these rules.

Runners should shout their First Name as they pass all marshals and at the Finish to the timekeepers. **A runner finding someone needing directions or help must stop and provide assistance.** This should work well, because most people will have faster and more experienced runners coming along behind. Care must be taken on all roads. Note that there are loose stones on Charity Lane.

*Trevor Faulkner*

## Quote of the Month.

---

You know you are a runner when:• you smirk when non-runners ask you, "So how long is *this* marathon?"

[‘Return!’](#)

# Athletes Corner

---

## [Race Reports](#)

### [Performances of the month](#)

#### Buxton Half Marathon.

Damien Nichols 2<sup>nd</sup>

Rob Downs 3<sup>rd</sup>

Andrew Whittingham 5<sup>th</sup>

#### Boars Head

Stuart Parrott 1<sup>st</sup> V50

Diane Bygrave 1<sup>st</sup> LV45

Simon Fenton 1<sup>st</sup> V70

#### Bosley Fete

Andrew Whittingham 2<sup>nd</sup>

Tom McGaff 1<sup>st</sup> V60

Angie McCarthy 1<sup>st</sup> LV50

#### Grand Prix Winning Teams Hollins Green

Damien Nicholls, Peter Speak, Jon Cheshire, Stuart Parrott, Tim Billington.

Diane Bygrave 1<sup>st</sup> VL40, Louisa Harrison, Janine Ellis 1<sup>st</sup> VL45, Nicky Mowatt.

#### Grand Prix Winning Teams Colshaw Park

Peter Speak. Damien Nicholis, Jon Cheshire, Andrew Whittingham, Nick Jackson.

Janine Ellis, Louisa Harrison, Diane Bygrave, Ginny Coates.

#### Hollins Green

Pete Stock 1<sup>st</sup> V60

Roy Pownall finishing ahead of Simon in 26.17

#### Wilmslow Park Run 25/6

Jan Wyles on her 100<sup>th</sup> parkrun posted a determined 5k PB by almost a full minute.

Roy Pownall posting a post latest injury parkrun PB

***Chris, Tony***

['Return!'](#)

# Newcomer of the Month –

---

Ginny Coates.

Ginny was encouraged to join after excellent performances at the Wilmslow Parkrun. She has not run previously with a club and made a very impressive debut in a Wilmslow vest, being a Cheshire Grand Prix scorer for the ladies team at Colshaw Hall.

*Simon*

[‘Return!’](#)

# Injury Update

---

Gavin Mendham.

We reported some months ago that Gavin had joined Rod Coombes and Paul Garnett with a heart problem. A month ago he had a pacemaker fitted and his check up last week confirmed everything had gone to plan.

The Consultant is encouraging Gavin to run again and he is now up to twenty minutes on the treadmill at the gym, along with slow bike rides.

Andy Watts.

If there was an equation for miles run per days lost with injury then Andy would not score very highly. A Plantar Fasciitis injury has put a temporary halt to his ultra training but he hopes to be back this week.

Rob Dunkley.

Rob damaged his hamstring two weeks ago. His physio has confirmed six weeks rest.

*Simon*

[‘Return!’](#)

# Spotlight – Mark Crossland

---



Selfie with Eliud Kipchoge, the winner of this year's London marathon, who I met earlier this year

## **Which books are by your bedside?**

Ummm I'm not a good reader I'm afraid, my phone is usually by my bedside so I can catch up on emails and facebook!! Last books I read were on holiday last year, Chris Froome's and Suggs (from Madness) autobiographies.

## **What is your favourite car?**

Not a big car fan either, as long as it gets me from A to B in relative comfort then that's fine! Currently drive an Audi, can't go wrong with German engineering.

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

Up until a couple of years ago I was playing 5 a-side once a week, which I really enjoy, but I was always pulling my calves. I don't think the twisting and turning of 5 a-side goes too well with running, so I had to hang up my footie boots :-)

## **What was your favourite race of last year and why?**

I ran both the Boston and Chicago marathons last year, both fantastic races and amazing experiences. Boston is in April, and last year was one of the coldest and wettest on record ... many people ran in a jacket, but I hadn't packed one so I wore 2 long sleeve tops and was absolutely freezing at the end. The temperature at Chicago on the other hand rose to over 20 degrees, despite being in October.

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

I've ticked off my bucket list running races, would love to do a triathlon but I'd have to learn how to swim properly.

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

Peter Kaye, would be a right laugh.

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

I'm a big football fan, Leeds United are my team, I've had a season ticket for over 30 years and will be attending my 1,000<sup>th</sup> match next season. Like watching most sports, besides football I enjoy cycling, rugby league, darts, cricket the most. A personal highlight was seeing the Tour De France go through my hometown Holmfirth and over Holme Moss.

## What is your signature dish?

A master on the BBQ, so burgers and sausages :-)

## Where would you spend your dream holiday?

So many places in the world I haven't been but would love to go ... Australia, New Zealand, India, Italy, Las Vegas and West coast of US to name a few. I'm not a beach holiday person, prefer to explore and sample the local culture.

## What music do you listen to?

I've got quite a varied music taste, the 80's were my era so anything from then, but also enjoy more recent stuff ... went to see Calvin Harris at a festival in Portugal last year, and just been to see Coldplay at the Ethiad who were fantastic.

**Mark Crossland**

['Return!'](#)

# Over the Hill and far away races

---

## [Hill and Fell Races](#)

**RAINOW 5** Wed. 4 May 2016 5 Miles 750 feet ascent 15°C

This fine race had its largest entry ever and was run on a lovely evening in almost dry conditions. It was a pleasant surprise to see another five Wilmslow runners there, without any prompting, and the day after the Runway race. Considering my slow start at the back and queuing for 1m15, I was quite pleased with my time.

94 Tim Billington 45.29  
114 Huma Rahman 47.44  
132 Geoff Gilbert 49.47  
137 Andrew Dodd 50.19  
144 Alan Turner 50.59  
203 Trevor Faulkner 61.10 2<sup>nd</sup> MV70  
210 finishers

**WINCLE TROUT FELL RACE** Saturday 4 June 2016 8.5km 280m ascent 20°C

The race started from the lowest farm and was the hottest so far this year. Julie was a few places ahead at the 4-minute queue and I kept her in sight until the river crossing, after which she disappeared in the forest.

232 Julie Lucas 1.07.38  
249 Trevor Faulkner 1.09.54  
282 finishers

**PASSING CLOUDS FELL RACE** Sunday 12 June 2016 10 miles 1885' ascent 16°C

Despite not being in the Summer Series this year, it was good to see several Wilmslow men turn up and take the team prize. The whole course was quite muddy after heavy rain the day before. Because this was my longest race for six weeks, I deliberately started cautiously and walked uphill more than usual, but lost time at all my checkpoints. However, I was awarded a bottle of wine for being the oldest in the race.

2 Damian Nicholls 1.12.21  
10 Rob Downs 1.15.53 1<sup>st</sup> MV50  
11 Andrew Whittingham 1.16.10 1<sup>st</sup> MV45  
30 Mike Hill 1.26.24  
33 Jarrod Homer 1.26.55  
91 Tony Hulme 1.44.23 1<sup>st</sup> MV65  
98 Bernard McCarron 1.48.38  
145 Trevor Faulkner 2.11.43 1<sup>st</sup> MV 70  
153 finishers

### **ROACHES HILL RACE** Referendum Day, Thursday 23 June 2016 6 miles 700' ascent 20°C

Encouraged by Mr. Hulme, four of us made our way to the field above Upper Hulme and entered this Staffs Moorlands race that was in the Summer Series four years ago. It was like visiting an old friend with whom recent contact had been lost. Unlike some previous occasions, the conditions were dry and perfect this year, with only a bit of sticky mud at the farm near the end. My time was quite pleasing, only 1m40 slower than four years ago, and that time was mainly lost down the slabs and down the long road section, showing my unavoidable loss of speed downhill and on the flat. However, a feeling of elation turned to one of shock and horror by 4am the next morning.

10 Mike Hill 43.01 1<sup>st</sup> MV50  
25 Matthew Taylor 46.34  
79 Tony Hulme 51.57 2<sup>nd</sup> MV65  
166 Trevor Faulkner 68.49 2<sup>nd</sup> MV70  
176 finishers

### **WHALEY WALTZ** Saturday 25 June 2016 6 miles 900' ascent 20°C

This excellent race started in warm conditions, after the Carnival Queen had processed past the largest group of runners ever seen here. Two long queues, totalling nearly 5 minutes of waiting, put me well behind previous times at the first summit. A short burst of light rain was then quite refreshing, but it was sad to see a group of runners gathered around someone who had collapsed, just before the main turn and summit at Windgather. Six people came by on the descent, but I held off four more before the river, which was chest deep, and then stayed clear in the sprint to the finish. Stuart did very well on another of his comeback races. The collapsed runner was brought back to Whaley Bridge by ambulance.

27 Stuart Parrott 46.38 3<sup>rd</sup> MV50  
195 Trevor Faulkner 76.20 2<sup>nd</sup> MV70  
216 finishers

**Trevor**

['Return!'](#)

# Races to Enter

---

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

[Club Summer Series Races](#)

**NOTE THE CHANGES – FOREST FIVE NOW IN AS OUR 15<sup>TH</sup> RACE.**

14	Sunday 10 July	Country	<a href="#">Bollington Nostalgia</a> . Will have pre-entry and also entry on the day, forms available through the Bridgend Centre.
15	Wednesday 20 July	Country	<a href="#">Forest Five</a> . Entry on the night only.
16	Saturday 30 July	Road	<a href="#">Meerbrook 15k</a> . Entry on-line or by form. On the day entry unlikely. See also a video of last year's event featuring our very own Sharon and Di M on their site.
17	Sunday 14 August	Country	<a href="#">Two Hillforts</a> . Entry on the day only.
18	Sunday 21 August	Road	<a href="#">Birchwood 10k</a> . <b>Immediate entry recommended</b> , as it will probably fill up. On-line entry only.
19	Sunday 4 September	Country	<a href="#">Hatters Half-Marathon</a> . Entry on-line recommended, though there will be entries on the day if there is still space.
20	Wednesday 7 September	Country	<a href="#">Happy Valley (Foodbank) 5k</a> . Entries not yet open, but will be both on-line and on the day.
21	Sunday 25 September	Road	<a href="#">Macclesfield Half Marathon</a> . Enter on-line
22	Sunday 16 October	Road	<a href="#">Farndon 10k</a> . Enter on-line
23	Sunday 6 November	Country	<a href="#">Dovedale Dash</a> . Enter on the day only.

***Andy Watts***

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

['Return!'](#)

# Rules and Constitution

---

**WILMSLOW RUNNING CLUB**  
**PROPOSED RULES AND CONSTITUTION**

*Approved at the  
WRC AGM 2009 Term 19/9*

1. The name of this Club is **Wilmslow Running Club**.
2. The purpose of the Club is to promote the sport of Running by:
  - i) providing regular training
  - ii) competing in local, regional and national events
  - iii) hosting and/or organising events for the benefit of members and runners generally
3. Membership is open to anyone over the age of sixteen who wishes to
  - i) train regularly with the Club
  - ii) represent the Club in suitable competitions and
  - iii) assist the Club in fulfilling its purpose
4. The affairs and business of the Club are to be supervised by a Committee to be elected annually at the Annual General Meeting (A.G.M.).
5. The A.G.M. will be held in May or June, the date to be notified to all members at least 14 days before, either by letter or through the Club magazine.
6. The Committee will keep a record of the proceedings of all meetings.
7. The Committee will consist of the following Officers: Chairperson, Club Coach, Treasurer, Club Secretary, and Membership Secretary. The Club Secretary will be responsible to the Committee for all matters relating to the Amateur Athletic Association, including Cheshire County A.A.A. Other members may be elected as required by the members at an A.G.M. The Committee may co-opt other members as it requires, subject to confirmation at the next A.G.M. Decisions of the Committee will be binding on all members provided that they were passed by not less than half of the elected Committee, and that they are not inconsistent with these rules. Where appropriate they must be ratified at the next A.G.M.
8. The Chairperson will be elected for a maximum of three years and after that cannot stand for re-election to the same position for a further two years.
9. The Chairperson will hold an Extraordinary General Meeting (E.G.M.) within 28 days of a written request signed by at least ten per cent of the members or at the instigation of the Committee. The date of any E.G.M. is to be notified to all members individually at least 14 days before, either by letter or through the Club magazine.
10. These rules may only be altered by a majority vote at an A.G.M. or E.G.M. Any other decision at these meetings will also be decided by a majority of those members present. The Chairman has the right to vote. Should a vote result in a tie the matter will be decided by the Chairman.
11. At any A.G.M. or E.G.M. at least fifteen per cent of the Membership must be present for any decision to be binding.
12. Subscriptions will be set at the A.G.M. and are then to be paid within one month.
13. Any alteration to these rules must be ratified at an A.G.M. Requests for amendments must be given to the chairperson before publication of the date of the meeting, signed by at least two members.
14. Items to be discussed at an A.G.M. must be given to the Chairperson at least one week before the meeting.
15. An Auditor, other than a member of the Committee, will be appointed at the A.G.M.
16. A decision to dissolve the Club, or to merge it with another organisation, can only be taken at an E.G.M. called for this specific purpose. Prior to any dissolution, any Club assets remaining after payment of debts and liabilities shall be handed to another organisation with similar interests.



# Blast from the Past

---

## [Round The Runway 2008.](#)

Malcolm Fowler has been an altruistic stalwart over the years, founding the Wizard 5, Great Warford 10 and the Mobberley Round The Runway 5 in 2008. His quiet endeavours have provided various charities with thousands of pounds over the years.

As is befitting for a Wilmslow Running Club race, Damian won it and Rob (now CEO of the race) came second. Andrew Whittingham – running for Altrincham AC – was third with Malcolm 5<sup>th</sup> and Jim Pendrill 8<sup>th</sup>. Both Malcolm and Bill Heaton – who finished 11<sup>th</sup> – retired recently from the Police Force. Malcolm has recently bowed to his damaged knee and will now concentrate on cycling in the future which will be a great loss to the club. Bill has been plagued with injuries for the last few years and in retirement is furthering his artwork – creating some quite amazing large canvasses best described as Jackson Pollock in style. Vicky McKinnon came 25<sup>th</sup> and third lady and recently featured in the local newspaper competing at national level as a triathlete. The tragic Sue Hool was 28<sup>th</sup> with Andy Watts 31<sup>st</sup> and Jane Saunders one place behind. Kate Sutton was 55<sup>th</sup> – another much missed runner with her damaged knee. Kate's mother still skis and mountaineers well into her 80's which Kate is keen to emulate so she is now preserving her knee for the long haul and very much limiting her running. Clare Hawkes – soon to be moving to Poole to study – was 62<sup>nd</sup> as an unattached runner. Ian Ashcroft was 67<sup>th</sup>, Gareth Trimble one place behind, Owen Ashcroft 86<sup>th</sup>, Peter Bream 93<sup>rd</sup>, Simon Fenton 103<sup>rd</sup>, Catriona Marshall 109<sup>th</sup>, Roy Pownall 111<sup>th</sup>, Trevor Faulkner 118<sup>th</sup>, Nina Birch 130<sup>th</sup> and Martin Wheeldon 159<sup>th</sup>.

163 ran that first year. This year it had to be closed at 350.

# MOBBERLEY 5.2M 2008

1	Damian Nicholls	M	Wilmslow Running Club	28.45
2	Rob Downs	M40	Wilmslow Running Club	29.46
3	Andy Whittingham	M	Altrincham AC	30.02
4	Terry Greenwood	M	Wilmslow Running Club	30.36
5	Malcolm Fowler	M45	Wilmslow Running Club	30.50
6	Darren Cottier	M	Vale Royal AC	30.54
7	Olivia Walwyn	F	City of Norwich AC	31.02
8	Jim Pendrill	M	Wilmslow Running Club	31.18
9	Neil Walker	M	Altrincham AC	31.28
10	Mike Harrington	M	Vale Royal AC	31.37
11	Bill Heaton	M40	Wilmslow Running Club	31.41
12	Matthew Bigley	M	Unattached	31.53
13	Dave Gough	M40	Vale Royal AC	32.01
14	Andy Wilton	M45	Buxton AC	32.05
15	Mark Norton	M	Altrincham AC	32.07
16	John Todd	M45	Vale Royal AC	32.31
17	Jeff Kettle	M	Swansea Harriers	32.40
18	Jeff Capper	M	Wilmslow Running Club	32.46
19	Chris Standidge	M	Manchester Triathlon	32.56
20	Mike Munneley	M	Unattached	33.00
21	Adair Broughton	M	Helsby Running Club	33.16
22	Mike Cooper	M40	Wilmslow Running Club	33.54
23	Louisa Tanner	F	Warrington AC	34.32
24	John Carroll	M45	Vale Royal AC	34.37
25	Vicky McKinnon	F	Wilmslow Running Club	34.40
26	Robin Britton	M55	Staffs Moorlands	34.52
27	Paul Nichols	M	Wilmslow Running Club	34.58
28	Sue Hool	F	Wilmslow Running Club	35.00
29	R.Eaton	M40	Unattached	35.03
30	Steve Smith	M45	Wilmslow Running Club	35.07
31	Andy Watts	M55	Wilmslow Running Club	35.09
32	Jane Saunders	F35	Wilmslow Running Club	35.25
33	Matthew Malone	M	Winston Runners	35.27
34	Mike Cunliffe	M40	Radcliffe AC	35.30
35	James Conwell	M	Unattached	35.32
36	Bill Egan	M	Altrincham AC	35.38
37	Tim Murphy	M40	Spectrum Striders	35.42
38	Andrew Mothershaw	M	Macclesfield Harriers	35.44
39	John Thompson	M40	Unattached	35.56
40	Kevin Curran	M40	Radcliffe AC	35.58
41	Rick Air	M	Wilmslow Running Club	35.59
42	John Foulds	M45	Horwich RMI	36.00
43	Helen Whitby	F	Vale Royal AC	36.03
44	Anthony White	M	Cheshire HHH	36.04
45	Mike Gleeson	M	Unattached	36.09
46	Ken Burgess	M65	Altrincham AC	36.11
47	Joan Howe	F50	Trafford AC	36.12
48	Mike Jones	M50	Altrincham AC	36.24
49	Tristan Pocock	M	Sale Dragons	36.29
50	Giles Hodges	M	Sandbach Striders	36.32
51	Kath Lamplough	F	Buxton AC	36.36
52	Jon Howell	M	Unattached	36.46
53	Mike Elson	M40	Unattached	36.48
54	Ben Williams	M	Unattached	37.09

55	Kate Sutton	F45	Wilmslow Running Club	37.15
56	Andy Vickerstaff	M	Unattached	37.17
57	Fiona Baird	F	Sale Harriers	37.29
58	Jan Nicholls	F35	Sale Harriers	37.31
59	Jim Rosser	M40	Unattached	37.35
60	Duncan Worth	M45	Swinton Running Club	37.40
61	Gillian White	F	Unattached	37.41
62	Clare Hawkes	F45	Unattached	37.45
63	Colin Rathbone	M60	Vale Royal AC	38.07
64	Rick Edwards	M	Unattached	38.19
65	Neil McAleece	M	Wilmslow Running Club	38.20
66	Sam Brown	M	Unattached	38.37
67	Ian Ashcroft	M60	Wilmslow Running Club	38.38
68	Gareth Trimble	M	Wilmslow Running Club	38.50
69	David Booth	M	Unattached	39.01
70	Martin Salins	M40	Unattached	39.15
71	Warren George	M45	Sale Harriers	39.22
72	Greg Lambert	M	Unattached	39.28
73	Penny Hinke	F45	Wilmslow Running Club	39.29
74	Gary Mitchell	M	Unattached	39.32
75	Des Miles	M40	Unattached	39.35
76	Gary Wenn	M40	Royal Navy	39.37
77	Steven Pepper	M	Sandbach Striders	39.39
78	Cara Kavanagh	F	Manchester Harriers	39.42
79	Stephen Esplin	M	Stockport Harriers	39.47
80	Ian Sparks	M45	Macclesfield Harriers	39.48
81	Joanne Healey	F	Sale Dragons	39.51
82	Robert Buckley	M55	Altrincham AC	39.53
83	Jo Molyneaux	F45	Vale Royal AC	39.56
84	Kevin Griffin	M45	Unattached	40.07
85	Anna Burns	F	Unattached	40.17
86	Owen Ashcroft	M	Wilmslow Running Club	40.18
87	Sam Ban-Murphy	F35	Unattached	40.22
88	Paul Clutterbuck	M40	Vale Royal AC	40.24
89	John Riley	M65	Northern Vets	40.28
90	Neil Murphy	M45	Macclesfield Harriers	40.33
91	Roger Eden	M	Unattached	40.41
92	Mark Davies	M	Stockport Harriers	40.43
93	Peter Bream	M40	Wilmslow Running Club	40.57
94	Ian Harris	M	Spectrum Striders	41.02
95	Mike Burgess	M	Cheshire HHH	41.14
96	David George	M	Unattached	41.26
97	Mike Hey	M40	Unattached	41.30
98	Arthur Blake	M	Unattached	41.32
99	Mike Barry	M	UKNetRunner	41.44
100	Jayne Lomax	F40	Vale Royal AC	41.45
101	Richard York	M	Stockport Harriers	41.57
102	Barry Lewis	M	City of Hull AC	41.59
103	Simon Fenton	M65	Wilmslow Running Club	42.23
104	Mike Brockbank	M	Unattached	42.39
105	Monica Eden	F	Unattached	42.46
106	Andy Todd	M60	Helsby Running Club	42.50
107	Dave Sinnott	M55	Saddleworth	42.59
108	Jo McCabe	F35	Unattached	43.02
109	Catriona Marshall	F40	Wilmslow Running Club	43.03
110	James Ashton	M	Unattached	43.12

111	Roy Pownall	M55	Wilmslow Running Club	43.13
112	James Barnes	M	UKNetRunner	43.26
113	Mike Farrelly	M50	Winston Runners	43.31
114	Aidan Thomas	M40	Styal Running Club	43.38
115	Maggie Jones	F45	Altrincham AC	43.39
116	Rosemary Britton	F55	Ashbourne RC	43.44
117	Tracy Livesey	F35	Manchester Harriers	44.22
118	Trevor Faulkner	M65	Wilmslow Running Club	44.30
119	Jamie Hall	M	Unattached	44.32
120	Brendan Owens	M45	Unattached	44.38
121	Bill Mould	M60	Staffs Moorlands	44.44
122	Sid Bailey	M50	Deestridders	44.54
123	Caroline Brockbank	F40	Sandbach Striders	44.56
124	Mark Mothershaw	M40	Macclesfield Harriers	45.24
125	Paul Jackson	M	Unattached	45.26
126	Colin Toole	M	Unattached	45.31
127	John Clegg	M50	Unattached	45.38
128	Mark Fredrickson	M	Unattached	45.39
129	Kate Williamson	F35	Unattached	45.41
130	Nina Birch	F	Wilmslow Running Club	45.47
131	Zuzana Tokolyova	F	Unattached	45.48
132	Alex Howd	F	Unattached	45.51
133	Barry Ainscow	M45	Sale Dragons	46.09
134	David Taylor	M50	Staffs Moorlands	46.14
135	Sue Turner	F35	Manchester Harriers	46.24
136	Liz O'Keefe	F50	Sandbach Striders	46.32
137	Elizabeth Hollier	F45	Unattached	46.44
138	Amanda Fazelynia	F	Unattached	47.07
139	Jacqui Wild	F35	Unattached	47.08
140	Richard Platt	M	Unattached	47.21
141	Andrew Thompson	M	Unattached	47.23
142	Emma Thompson	F	Unattached	47.29
143	Carole Williams	F55	Vale Royal AC	48.00
144	Anthony McCormack	M	Unattached	48.31
145	Nigel Shaw	M55	Unattached	48.51
146	Kasey Lynch	F	Unattached	49.35
147	Suzanne Crampton	F40	Unattached	49.41
148	Terry Robson	M65	Stockport Harriers	49.58
149	Laura Pilley	F	Sale Dragons	50.00
150	Jean Bayley	F45	Manchester Harriers	50.08
151	Cath Davies	F	Sandbach Striders	50.13
152	Johanna Waddilove	F35	Sandbach Striders	50.14
153	Kate Pearson	F40	Unattached	50.22
154	Nicola Leak	F	Unattached	50.51
155	Karen Scott	F40	Manchester Harriers	51.27
156	Nigel Stanhope	M40	Spectrum Striders	51.58
157	Janet Stanhope	F40	Unattached	52.02
158	Brian Platt	M70	Unattached	53.21
159	Martin Wheeldon	M60	Wilmslow Running Club	53.40
160	Jo Foskett	F	Unattached	54.56
161	Jean Skitt	F60	Manchester Harriers	55.20
162	Holly Rag	F	Unattached	55.51
163	Heidi Kerschl	F45	Unattached	57.49