



May 2016

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It's Your Newsletter

[Comments](#)

The start of April saw another hugely successful Waters Half Marathon so well done to all those who worked so hard to make it so. The end of April will see our ladies occupying the top spot in the team and first three in the individual places after three rounds of the Cheshire Grand Prix with the men placed fourth - but now moving in the right direction. It also saw the birth of Rex to Diane and Allan on the 27th which is tremendous news.

Simon

Nicky, Tom, Simon.

Carolyn Virgin London Marathon 2016

Tracker investment....

As many of you know, via a party invitation, I have turned 50 this year. As tribute to this half century I thought I would run a marathon again. As Sharon had a deferred club place for London, I applied in the ballot. I got declined and received a great running top - result. May be that would be enough reward. However, encouraged by many to celebrate by actually running 26.2 miles, I put my name in the WRC hat & got a club place. My fate was sealed...



I last ran London Marathon in 2010, raising money for charity, and got round in 4:36:45. This was before I joined the club and I was delighted with this time. It was an amazing occasion, no pressure, and I drank in the atmosphere and the landmarks. I knew that this time would be very different, sporting the club vest and trying to improve on my result.

I had huge support through my training, piggy backing everyone's else's schedule. Training was dominated by minute mile splits and pacing. Pacing, pacing, pacing. I had two good examples of pacing at Helsby and Richmond half marathons but completely forgot at Trimpel 20. I went out 'comfortably' too fast and paid heavily at mile 15. Against everyone's advice I ran (carefully) at Mow Cop, as I love a run like that. I was told it was foolish to risk a sprained ankle a week before London. So would I heed advice on marathon day?! Everyone advised 'start slow'....

I must have forecast 4 hours 15 mins when I applied for my place, as my starting pen was 8 (out of 9). I told myself that being near the back would enforce a slow start. But training had gone well



and I hoped for a sub four hours, I even fancied a 3:55...

Once I crossed the timing mat, it was indeed all about the timing, the pacing and the minute miles. This was going to be an exercise in discipline. What made the biggest difference compared to any other race, was that I was being tracked by my 'coaches', family and friends! I knew they would be watching my progress, knowing if I was heeding their experienced advice. Each time I came to a mile marker and 5K gantry, I felt responsible for being 'on track', not to be ahead of schedule or too fast. I had marked on my timing wrist band when to take a gel, when to see WRC supporters (on the right at Cutty Sark, on the left at Narrow Street, left again at 21 miles...), and when to drink. This had become an exercise in logistics.



By mile 8 however, I started to notice that my Garmin watch was showing that I was hitting the mile ahead of the mile marker gantries. I realised that although my average minute mile pace would bring me in at 3:55, I would actually have to run further than 26.2 miles due to the weaving that I had been doing at the start. From this point, I became utterly focussed on staying near the blue line, taking the shortest race route.

And so, mile by mile, obsessed by my watch, pace and being tracked, I kept a metronomic split as best I could. I was delighted to see Gail, Bernard, Andy, Alan, Nicky, Jan, Sue, Gareth and Elspeth along the route, they gave me such a lift, but otherwise I was completely focussed. I did not see the sights of London or banter with my running companions or take in the cheering crowds.

At mile 25 I knew that my sub four hours was going to be tight. I started to pick up the pace, although my tracker shows that I, of course, slowed down. I was so immensely relieved to reach the finishing line with 31 seconds to spare.



Phew! It hadn't been fun. It had been ridiculously hard and military in fashion, but it was job done. Six years older and 37 minutes quicker, those Tuesday training nights really do pay off.



The photos show the stats that reflect the hard work, and that clearly at mile 14 I had actually enjoyed it!!

My friend at work tracked me all the way and said how exciting it was to have such a tight finish.... it was that tracking kept me on track, held my pace and got me sub four.

Thank you again to everyone at WRC who supported me. My stars aligned on the day....

Carolyn



London Marathon 2016

I've run London marathon every year since 2008. Except 2011 which I skipped to ensure that I could be back for the Olympic year. Why do I keep going back? Well, it is the best organised big race and my family enjoy the weekend. But really it is just so exciting racing with so many of the best runners in the country.

This year I'd trained over long runs with Andrew Whittingham who was hoping for a decent debut over the distance. And Damian who was possibly hoping for entry on the day. Our long runs over Lyme Park and beyond had tested us over the hills through mud, rain and snow.

Marathon day dawned unusually grey and chilly but with none of the forecasted snow. In the championship field we huddled in the championship tent. Callum Rowlinson from Sale made a space for me to sit and we chatted about how marathon was a roll of the dice and even though he was a lot faster than me these days we might see each other before the finish. I enjoyed some similar banter with a group of guys that I've got to know over the years through some close London races.

I've always gone by the formula (2 x Half Marathon) + 10 minutes. All my London results had been uncannily close to this so this year it added up to 2h40. Or about 6.05 pace. I thought that I could go a bit faster but then again ...

Tim Peake's countdown from space, the hooter sounded and we were off. It's an amazing feeling heading off just behind the elites and being swept along the first couple of miles.

I spotted a friend James Watson from Taunton AC ahead and by 5k I was running alongside him. I could just see Callum disappearing into the distance. James was also going a bit too fast for my target but we managed a bit of chat and I thought I'd run a few miles with him. At Cutty Sark, Gail and co. were cheering wildly from the stands. James was lapping it up and we got more support from his team round the corner. I should have backed off at this point but I was just enjoying it too much. I reasoned that the wind was behind us and I could justify a few faster miles.



Over Tower Bridge the crowds were cheering. Round the corner and down to half way as the elite women battled past on the other side of the road. I really should have slowed down, this was asking for trouble later on.

Cutting down Narrow Street I threw out my arms and cheered back at the Wilmslow revellers. Doddy and Alan were leaning right out - Narrow Street had never been so narrow. Haha I was enjoying this I didn't care if I slowed down later on.

Heading out into docklands I recognised Nigel Rackham, the favourite for the V50 category about 100m ahead. As we ran through 14-15-16 he was getting closer. C'mon says James we'll catch him by 20. It didn't seem likely but with his enthusiasm to help me I couldn't really slow down.

The twisting aimless miles around Canary Wharf seemed particularly confusing this year with a switchback and even a small hill which at this point felt like a rep up the Wilmslow tip. I concentrated on running form and skipped past Callum Rowlinson. I was starting to feel the pace a bit but it was easier to just keep on going. Finally about 20-21 James started to leave me behind, his metronomic pace taking him to a 2h34 finish.

Meanwhile I toiled out onto The Highway leaning into the slight uphill and chill headwind. Sharon yelled out cheerfully from the other side but she had a long way to go. This is where the Lyme Park training comes through. I gritted my teeth and I focussed on getting to mile 23. This is a favourite part of the course as we pass the start of the Mini Marathon. Juliet had raced away from here a couple of hours earlier representing the North West U17s. I grinned as I thought of them all striding out down onto the Embankment and a bit of their energy reached my legs.

Big Ben looked a long way but I knew that we were into the end game. James was gone. Nigel Rackham was away. But I felt good and knew that I could finish it off if I just slowed down a touch. Then I heard "Dad. Daaaaaaaaaadd!" from the crowd and turning at the last minute I saw my daughters waving madly but I was past them. Ellen broke away and sprinted along somehow weaving her way through the crowds and spurring me to run faster all the way into Birdcage Walk.

Round the corner and it almost felt downhill. 800m to go. 600. 400. A couple of sprinters came past but I was holding my own. Big grin, arms out and I was over the line in 2h35. How could that have happened? I'd broken my own pace formula by 5 minutes. Certainly James' pacing had helped but in the end I think that I'd just had a good day.

<https://www.strava.com/activities/555813212>

PARTICIPANT DETAILS

Club, Charity and Ballot | unofficial results

Participant		Race State						
Name	Downs, Rob (GBR)	Race state	Finished					
Club	Wilmslow Running Club	Last Split	FINISH					
Category	50-54	Start time	10:00:09					
Runner no	712	Pred. Finish	-					
		Pred. Finish (Time of Day)	-					
Finish details		Splits						
Place (M/W)	161	Split	Time Of Day	Time	Diff	min/km	km/h	Place
Place (AC)	2	5K	10:17:55	00:17:46	17:46	03:34	16.89	-
Place (overall)	162	10K	10:36:03	00:35:55	18:09	03:38	16.54	-
Finish time	02:35:37	15K	10:54:29	00:54:21	18:26	03:42	16.27	-
		20K	11:12:40	01:12:32	18:11	03:39	16.50	-
		HALF	11:16:41	01:16:33	04:01	03:40	16.41	-
		25K	11:30:50	01:30:41	14:08	03:38	16.56	-
		30K	11:49:14	01:49:06	18:25	03:41	16.30	-
		35K	12:08:10	02:08:02	18:56	03:48	15.85	-
		40K	12:27:24	02:27:16	19:14	03:51	15.60	-
		FINISH	12:35:45	02:35:37	08:21	03:49	15.77	161

Rob Downs

[A Tale of Two Marathons](#)

Greater Manchester Marathon 10th April

Status : Running

Training : My training plan was followed to the letter except for the two runs following my 20 mile Knighton race. I was exhausted so decided to rest for two planned runs.

Tapering : Was extremely bad tempered and 'hellish' to live with. Tried to resist Gareth's carb loading tactics of eating every type of doughnut available.

Morning of Race : Sat on the Metrolink in silence! Managed to find a toilet at the race-ground which was actually a huge achievement as the race organisation was abysmal at the Cricket Ground.

Start-line : 9am. Although a chilly wind the sky was clear and the sun was streaming down. I decided there and then that the whole thing was not going to be my day as it was going to get hot. So the tactic was to go out slower and to take on liquid at each drinks station, I had to finish whatever!

0-10 Miles: Went out at a slightly slower pace than last year – great support from Claire McCluskey & baby Caitlin in Sale and Gareth at Brooklands. Feeling Happy!

11-15 Miles: Continued with same pace and was consistent – fabulous support from Carolyn, Bernard and Sharon at Timperley Roundabout and Janine and Katy Green in Timperley Centre. Nicky flew past on the other side looking good, Christian passed me on the opposite side hanging onto the 3.29 pacer and then Patrick looking a little worse for wear. Back through Timperley and I finally spotted Sue in the crowds. I'm still feeling happy!

15-20 Miles: It was starting to get really hot, lots of people starting walking, but I was managing to stay at the same pace, still taking on sensible amounts of fluids and had no cramps like last year. Support from Gareth at 16 and Geoff Gilbert around 18 helped me on my way. Amazingly I'm still feeling happy!

20-26 Miles: Pacing only slightly slowing, can't believe that I'm wasn't feeling like last year. I tried to keep in the zone through lonely Carrington, though the presence of two 22 and 23 mile markers start to make me think I'm either hallucinating or my Garmin has really gone wrong. Finally on to Chester Road and the new finish line is far into the distance, this last drag was the worst but I am still feeling happy!

Finish: Over the line – Chip Time 4:20:00. PB!!! Gareth finds me straight away and I don't want to stop moving. Last year I was flat out on the floor, this year I'm straight off to the Metrolink stop as I just want to get home....and still feeling happy!

Post Race : Having a cup of tea at 3pm after returning home on the Metrolink, my legs have finally seized up. Gareth gets a text from Nicky asking whether I've finished – she and Patrick are still in the bag queue – Nicky finished an hour before me!! Gareth had my bags ... I'm feeling happy.

Virgin London Marathon – 24th April 2016

Status : Spectating

Training : 6 yrs experience watching Gareth in previous years. This will be Gareth's first spectating.

Tapering : Extremely excited!! Bought some sweets for the train.

Morning of Race : Full English Breakfast and Danish Pastries to follow. Out on the underground by 8.00am and camped out at my usual spot just after Tower Bridge by 8.45am

12.5 Mile Point : First to spot was Rob, he sailed past "in the zone", we were expecting a longer wait but Andy Whit came though only a few minutes later. We looked at each other – surely he can't keep that pace up?! Next Janine, she knew where we would be and gave us a great smile. Continuing to cheer her out of sight we nearly missed Katy Green who appeared immediately afterwards. We then settled down for a wait for the next Wilmslow vest which we reckoned would be Sharon ... but we got the surprise of Patrick only two weeks after Manchester Marathon. We quickly deduced that Patrick had gone mad! Sharon appeared but as she ran towards us we could see something was wrong, she grabbed my hand "everything hurts, I just want to stop" she gasped. "You can do it....keep on going" we encouraged, I was so worried about her as she disappeared into the distance. Next was Carolyn who looked extremely comfortable, then we were on the lookout for Athenais who unfortunately wasn't wearing the Wilmslow vest. After waiting for a while we decided that we had missed her so started our journey to our second point hoping to catch her there.

25.5 Mile Point: After a quick underground journey we secured a good spot on Birdcage Walk. Unfortunately, Rob just runs too darn quick and we missed him! We had been there a few minutes when Andy Whit wobbled into sight ... he was a little worse for wear... we shouted at him, he looked straight at us but seemed in a daze and walked off towards the finish. As we guessed earlier it looked as if he had gone out too fast, but we kept our fingers crossed that he would get under 3 if he kept on his feet! Janine and Katy came in as planned, Janine appeared to have kept her pace up, whereas Katy seemed to have dropped back a little. Patrick came past still in a world of his own and then Carolyn who looked fantastic! We started to wonder whether Sharon had dropped out but then she appeared ...what a fighter!! We were determined to keep on watching to glimpse Athenais and when she appeared she did so with a huge relaxed smile on her face – Gail was going to be an extremely proud mum!

Finish: Once all our runners were in we proceeded to Pret a Manger for an overdue sandwich and coffee.

Post Race : Euston Station - Caffe Nero, and huge hugs & congratulations with Carolyn, Athenais and Sharon along with Jan clandestinely offering round her tupperware filled with muffins. We tactically avoided being connected with Mr Dodd as he was escorted out of M&S Simple Food for loitering in the aisles. Bottle of red on the train home to celebrate the end of marathon madness.

Can't wait for next year!!

Elspeth

Manchester Marathon

PROS

The weather was perfect, 6 degrees and sunny.
The course was not too crowded.
I spotted all my supporters.
Plenty of water and sweets (couldn't really face the latter)
Bernard took the only decent photo I've ever had of me running
The t-shirt fits.
I did a good time
I recovered really quickly.

CONS

Not enough loos at the start.

Lack of signage in the Cricket Ground.

The mile markers were very random, there were two 22 mile markers!

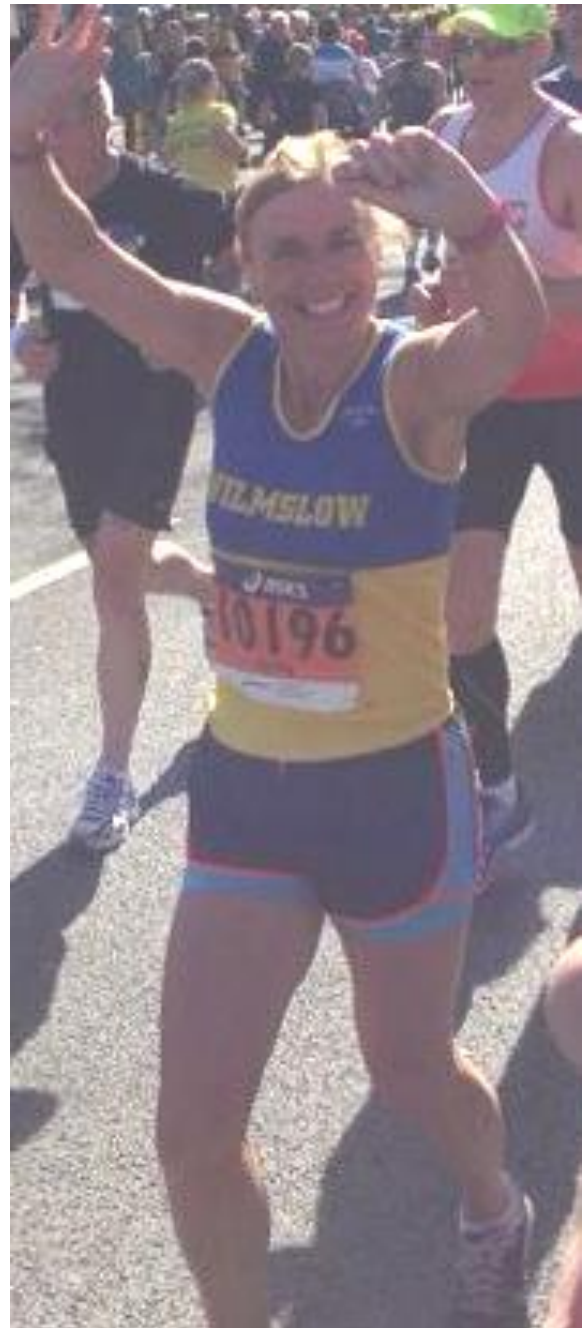
The baggage organization was totally chaotic. We queued up to give in our bags (some people just had to dump theirs). As for collecting after the race - I waited an hour and a half and nearly froze to death. They claimed to have given out foil blankets, water and food. I was only given a bottle of water and couldn't buy a hot drink as my money was in my bag.

The goody bags were rubbish, we had no Baby Belling to cook the spaghetti and sauce whilst waiting in the queue!

A week later we found out that our times from 2015 were null and void!

And they still expect us to vote for Manchester as the best marathon

Nicky



Quote of the Month.

Fred Lebow, New York City Marathon co-founder:

"The marathon is a charismatic event. It has everything. It has drama. It has competition. It has camaraderie. It has heroism. Every jogger can't dream of being an Olympic champion, but he can dream of finishing a marathon."

Nicky

['Return!'](#)

Athletes Corner

[Performances of the month](#)

Busy month with a lot of great performances.

Double Marathon Performances.

Patrick Grannan, Manchester and London.

Manchester.

Jonathon Cheshire, Nick Jackson, Nicky Mowat, Christian Hook, Elspeth Gibson

London

Rob Downs, Andy Whittingham, Janine Ellis, Katy Green, Carolyn Hirons, Athenais Hill, Sharon Jones.

Peter Watson **New club records** V75 at Arley 10k **and** Mid Cheshire 5K.

Peter Speake **New club records** V40 at Arley 10K **and** Mid Cheshire 5K.

Sharon Johnstone 1st Lady Whitley 10K

Rob Downs, Andy Watts, age category winners Wilmslow Half Marathon.

Tom McGaff, Sally Gilliver, age category winners Mow Cop.

Ian Ashcroft, age category winner Chester spring 5.

Chris

['Return!'](#)

Injury Update

[Rob Wilson](#)

I was recalled for a second MRI scan after some issues were found in my lower back and then immediately referred to the Neurosurgery Department at Salford Royal where I got to look at lots of pictures of the discs in my lower back. Apparently I have a 'slipped disc' where the disc has ruptured and extruded out to press on the sciatic nerve causing the previous issues. Luckily the symptoms have now resolved themselves and the consultant was happy for me to bike and swim, but I still need to take it easy on the running, so looks like no early return to training with the club or races due to the risk of further rupture. To be reviewed in six months.

Cheers

Rob

[Graham Screawn](#)

Had a nasty flare up of my achilles after the Cheshire XC and after prolonged physio (touch wood) making good progress in the last 2 weeks. Slowly adding distance but have to keep the pace down. Ideal for family run with Janet & Nicky (wife and daughter) is the upside, although, we might be a bit slow for Nicky ☺. Janet & I along with former WRC member, Sally Johnston, are in for the October Amsterdam marathon, so I'm taking it easy to be at least reasonably fit for then.

Graham

[James Eyre.](#)

Several needles and lots of physio sessions have failed to diagnose the problem with James's ankle. A scan is scheduled for next week. Neither cycling or swimming is providing a satisfactory substitute.

[Chris Cannon.](#)

Chris tore his hamstring at training last Tuesday. Recovery is normally four to six weeks and we back Chris when he says it will be four.

Simon

['Return!'](#)

Spotlight – On Pete Stock

Which books are by your bedside?

Usually non-fiction, and usually sport. My wife Jo is always on at me to read "something other than sport" but I really don't see the point. I'm currently reading "Running with the Kenyans" by Adharanand Finn; "Two Hours: The Quest to run the Impossible Marathon" by Ed Caesar and "The Way of the Runner" (also by Adharanand Finn, and about Japanese runners) plus "Runner" by Lizzie Hawker - an ultra-runner. I'm fascinated by the speed athletes from African countries are achieving in such depth, and what drives the athletes compared with other areas like Japan where they have lots of top-level runners but without the super-elites of Kenya and Ethiopia. The ultra running book is an attempt to balance out the view on ultimate speed with the ultra runner's view of running for the sheer joy of it. I'm also "Mr Angry" when it comes to drugs in sport, so I read lots of stuff about that. I've devoured every word written about Lance Armstrong,

but my favourite book on the subject has been “The Dirtiest Race in History: Ben Johnson, Carl Lewis and the 1988 Olympic 100m Final” by Richard Moore.

What is your favourite car?

My 1968 Mustang. I bought it in the States about 3 years ago and was shipping it back here when I got a job offer in California. It was on the docks in Georgia being loaded, and I had to get it back from the shipping company and put it on a trailer to San Francisco. The highlight of my year in the States was driving it down Highway One in California. I wanted to do Route 66 in it, but logistics prevented that I’m afraid. Its currently being MOT’d and made legal for the UK. From San Francisco to Macclesfield!

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

Up until last year I only had small niggles that didn’t really disrupt my athletic activity. Then I ran out of luck and had a big smash on my bike in San Francisco. I lost control at 40 MPH and had a choice of a 200’ cliff plunge into the Pacific or a fence. I chose the fence. I broke my collar bone, cracked 3 ribs, punctured my lungs and generally smashed myself about a bit. I think its fair to say that knocked my confidence a little! I got back to training as soon as I could, and was running again within a few days, but my commitment wasn’t really there. I was so scared of falling it took all the enjoyment away and it has taken me months to start running freely again. I still don’t want to ride my bike although I am making the effort to overcome the fear. I’ve dealt with it by taking myself out of a competitive frame of mind and just concentrating on enjoying running, but being honest I think the accident has finished my triathlon career.

What was your favourite race of last year and why?

Escape from Alcatraz Triathlon. As soon as I got the job in San Francisco I entered this race. It’s iconic, and supposedly one of top ten toughest triathlons in the world. To be honest, it frightened the life out of me, mainly because of the swim, obviously. I trained all year for it and nearly bottled out because of my fear of open water. Jo came down to the bay to watch me train every single night for weeks on end as I battled my demons. Doing it, and getting a top ten in my age group, was really special. The best bit was when my daughter Katy joined me for the sprint finish, screaming at me to “smash it, Dad!” The sense of inner satisfaction was immense, and when I met my family afterwards my emotions were impossible to contain. My result qualified me for the US National Championships in Wisconsin, but the accident put paid to that.

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

I feel pretty lucky that I’ve done all the triathlons I wanted to do, so getting back to running events feels like I’m just starting out and it’s a really exciting prospect. I don’t see any need to go to exotic locations when I’ve got such fantastic running right here. I’d like to have a go at the “Guide Race” in Grasmere in the Lake District; It basically goes very steeply up for a mile then very steeply down. I remember watching Joss Naylor in amazement when I was a kid, and it would be a big challenge but I’m not sure I’m ready for the lactate levels!

Which famous person in the world would you like to have dinner with, and why?

Sebastian Coe. I’d want to discuss his athletics career, the world record attempts, his rivalry with Steve Ovett, the Olympic medals, his training, and his relationship with his father. I remember a story that after his Dad had a run-in with some athletics officials Seb asked him what frightened him. His Dad replied “I don’t frighten at all” or something like that. He’d been a POW in Japan I think, and whatever some petty official might try on was nothing by comparison. Having got Seb successfully on the hook, I’d then ask him what the hell he was going to do to sort out athletics!

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

Triathlon and cycling are my other passions, but I enjoy any sport. I used to love athletics but the drug use and the way in which the authorities have allowed it to happen has destroyed it. I know you could say the same about cycling and I wouldn’t be able to defend it, but I hope triathlon isn’t going the same way. Without getting on my soapbox, I have to say that the future of sport is threatened by drug abuse and the incompetence of the authorities in dealing with it. If the credibility of a performance is questionable then it isn’t worth watching.

What is your signature dish?

As I get older all I seem to want is “anything with gravy”. I do great gravy. It could be a reaction to the effort for triathlon glory which involved lots of vegetarian, vegan and otherwise healthy food.

Where would you spend your dream holiday?

Kauai - one of the Hawaii islands known as the garden island. We went there last June while we were living in San Francisco and stayed in a bamboo house on stilts just opposite the beach. We only had a few days there and I had to be dragged away kicking and screaming. "Beautiful tropical paradise" can only give you a hint of how fantastic it is.

What music do you listen to?

Soul and R'nB are my favourites, but I like loads of stuff. My main concern now though, is not to embarrass my children or come across like an old man trying to be cool, so I generally stick to "old" stuff.





[Return!](#)

Recipe of the Month

[Carrot cake](#)

Occasion: ; Post marathon, contains fruit and veg so must be healthy!

Serves: 8-10

Preparation: 10 mins + 40 mins cooking

Ingredients

200 g self-raising flour
300g granulated sugar
1 tsp baking powder
6 fl oz sunflower oil
2 eggs, beaten
1 tsp vanilla extract
4 oz raw carrots, grated
2 oz dessicated coconut
220 g pineapple slices
drained, chopped and dried

Method

1. Put the flour into a large mixing bowl, add the sugar, baking powder and stir together.
2. Add the oil, eggs and vanilla extract and beat well with a wooden spoon. Fold in the carrots, coconut and pineapple and beat until smooth.
3. Spoon evenly into two sandwich tins and bake for 45-50 minutes gas 4 350 degrees F, or until well risen and brown.
4. To make the icing, put the cream cheese and butter into a bowl, sift in the icing sugar, add the vanilla extract and whisk with an electric whisk until smooth.
5. Leave cakes to cool on a wire rack and then spread the icing in the middle and on the top.

For the icing
7 oz cream cheese
4 oz butter
7 oz icing sugar
1 tsp vanilla extract

6. Best eaten on the same day.

Nicky

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Over the Hill and far away races

[Hill and Fell Races](#)

Kinder Downfall (10m/2000')

Sunday 24th April 2016

142	Sally Gilliver	F55(1st)	01:40:02
244	Don Bullough	M55	02:11:43
251	Trevor Faulkner	M70	02:15:33

Around 260 runners turned out, but after a glorious week of dry spring sunshine it was back to more unseasonal weather for this classic local fell race. Sally and I always prefer doing fell races, and particularly enjoy this race in preference to any other races that might be on elsewhere.

Light rain at the start did not blow over in the 'fresh' northerly breeze, turning to sleet higher up on Kinder itself. Combined with low cloud meant poor visibility, making for more challenging conditions on top requiring more care in contrast to the brilliant sunny day of last year. Most people had dressed accordingly though some more hardy souls (including several women) still ran in just their vests in the vain hope that the sun would appear to warm things up a bit - it didn't !

The race doesn't get any easier for me personally, but a persistent niggle over the last few weeks severely affected my rock-hopping and downhill agility, slowing me up considerably. But, as Sally quite rightly said, it's not about speed it's just being out there in the hills and being content. Even so, I couldn't believe I was 16mins slower than last year! Sally, however, although only marginally slower, still showed her class over this terrain claiming her age category prize and finishing ahead of most of those younger than herself.

Hot tea and a fine selection of cakes back at race HQ was very welcome after the morning's exertions

Don

CHESTER SPRING 5 Wed. 13 April 2016 5 miles 12°C

This race is memorable for its 2 mile downhill, 1 mile flat and 2 mile uphill profile. Nevertheless, all the slopes are quite gradual and it is a fast course. An annoyance is that, if you forget to take your kit to the registration building, you have to cross the high footbridge over the A41 four times during the evening. It was good to see such a high Wilmslow turnout, perhaps because people entered the race during the brief period when it was listed as being in the 2016 Summer Series. However, Diane entered at the last minute, because she thought it was the Mid Cheshire 5K! Everyone put in pretty good performances, except me, who now seems to have become a 10-minute miler.

5 Damian Nicholls 26.43
19 Andrew Whittingham 27.56
41 Graham MacNeil 30.05
80 Jarrod Homer 32.42
107 Diane Bygrave 34.17 2nd FV40
173 Ian Ashcroft 38.36 1st MV70
198 Catriona Marshall 39.45
224 Leanne Rutter 41.05
291 Trevor Faulkner 49.49
296 finishers

KINDER DOWNFALL FELL RACE Sunday 24 April 2016 10 miles 2000 feet ascent 6°C

It would have been good to see more people representing Wilmslow in this, probably the best race of the year, but it clashed with the Whitley 10k. It did, therefore, avoid the risk of a buzzard attack. Before the start, I was a bit apprehensive, because of my inexplicable 10% loss of speed since Christmas. I therefore decided to adopt the fell runners' trick of walking up the steeper hills, and walked quite a lot of the way out to the top of Kinder, whilst managing to overtake one rival. This put me about 4 minutes behind last years' time at Checkpoint 2. Running along the edge of Kinder, we encountered mist, sleet and fine hailstones, but nothing like the three-minute hailstone attack suffered at the Mid Cheshire 5k four days later. By Kinder Low, I had got ahead of 15 people, including two more rivals, but they and several others came skipping by on the lovely grassy descents below Edale Cross. Overall, it was a PW by only 3 minutes, which was quite pleasing, because I had actually improved in the final two miles. It does look as if it is sensible to walk up some of the early hills in longer (>1½ hours?) fell races, to avoid an early build-up of lactic acid.

251 Trevor Faulkner 2.15.33
258 finishers + 2 DNF

Trevour

['Return!'](#)

Races to Enter

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

Club Summer Series Races

	Tuesday 3 May	Mobberley Round the Runway 5 . One of our own races. The race is now officially full, but if you speak nicely to Rob Downs you might just be lucky!!
8	Wednesday 18 May	Shining Tor . Pre-entry on line, or enter on the day.

9	Sunday 29 May	Buxton Half Marathon . Pre-entry on line or on paper. Entries on the day if there are still places.
10	Wednesday 8 June	Boar's Head . Entry on the night only
11	Saturday 18 June	Bosley Fete . Entry on the day only.
12	Sunday 19 June	Hollins Green 5k . Also Cheshire GP Race 4 . Pre-entry on line or on paper. Entries on the day if there is space.
13	Sunday 26 June	Colshaw Hall 10k . Pre-enter on line, entries on the day if space permits.
	Thursday 7 July	Wizard 5 . One of our own races. Pre-enter on line or on paper, entries on the night.
14	Sunday 10 July	Bollington Nostalgia . Will have pre-entry and also entry on the day, forms available through the Bridgend Centre.
15	Saturday 30 July	Meerbrook 15k . 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.

Andy Watts

Blast From The Past

[Wizard 5 29th July 2009.](#)

Gail and I were on the Waters Half Marathon help desk discussing races from time gone by and she mentioned the significance of the Wilmslow Half as it was the first race she ever did back in 2009. She followed this up by running the Wizard 5 and it was there that she saw the club out in force and decided to join. Her first race for the club was the Gawsworth 10K in September 2009. She also thought that Sharon and Carolyn ran that Wizard as unattached – and finished just behind her – which proved correct on both counts.

Sharon and Carolyn had been running Saturday mornings with Chris Cannon, John the Vet, Pete Stock, Richard Hirons and James and Zoe Eyre for some time. I think Richard and James joined the club early 2009 and Richard then cajoled Sharon and Carolyn to run the Wizard - which looks as though they were conversation assisted, finishing in the same time. Sharon had run London Marathon in 2007 and 2008 and got in again in 2010 so joined - along with Carolyn – in late 2009 to see if it would help with her speed.

They were not the only none members to feature in the Wizard 5 that year – none more so than the winner, Peter Speake running for Bildeston Bounders. Also featured but not members were Craig Hunt (17th), Simon Bolton (26th) and Zoe Eyre (71st).

Wizard 5 Results 29th July 2009

1	Peter Speake	M	Bildeston Bounders	29.25
2	Jim Pendrill	M	Wilmslow Running Club	29.39
3	Paul Watson	M	Dragons RC	31.04
4	Mike Hatton	M45	South Cheshire	31.18
5	Vinny Booth	M45	Cheshire Hill Racers	31.42
6	Richard Farrar	M	Wirral AC	31.45
7	Mike Harrington	M	Vale Royal AC	31.49
8	Dave Keeling	M45	Cheshire Hill Racers	32.52
9	Mark Norton	M	Altrincham AC	32.55
10	James Wheeler	M	Wilmslow Running Club	33.02
11	Mike Nolan	M	Unattached	33.15
12	Neil Pettie	M	Unattached	33.17
13	Nathan Mayoh	M	Unattached	33.18
14	Andrew Shirres	M	Stockport Harriers	33.22
15	Lachlan Campbell	M	Wilmslow Running Club	33.28
16	James Bateman	M	Unattached	33.37
17	Craig Hunt	M	Unattached	33.54
18	James Simpson	M	South Cheshire	34.19
19	Neil Kelly	M	Penny Lane Striders	34.26
20	Meshal Abushal	M	Unattached	34.49
21	Ivor Twiss	M50	South Cheshire	34.53
22	Trevor Hindle	M45	Unattached	35.06
23	David Shepherd	M	Unattached	35.11
24	Myles Mason	M	Unattached	35.22
25	Andy Thorp	M40	Unattached	35.23
26	Simon Bolton	M	Cheshire Hill Racers	35.35
27	Michael Gordon-Jones	M50	Altrincham AC	35.37
28	Robin Britton	M55	Staffs Moorlands	35.59
29	Charlie Rowlands	M40	South Cheshire	36.04
30	Michael Docherty	M55	Unattached	36.20
31	Anthony Hadfield	M	South Cheshire	36.34
32	Lee Grant	M40	Goyt Valley Striders	37.08
33	Richard Hirons	M45	Wilmslow Running Club	37.12
34	David Murphy	M	Vale Royal AC	37.14
35	Sandra Lewis	F	Altrincham AC	37.31
36	Andrew Dooley	M	Styal Running Club	37.41
37	David Flood	M40	Unattached	37.48
38	David Wheable	M40	Wilmslow Running Club	37.57
39	Phil Cliff	M45	South Cheshire	38.02
40	James Dean	M	Unattached	38.09
41	Katie Williamson	F35	Bury AC	38.15
42	Jim Harries	M50	Stockport Harriers	38.24
43	Geoff Beattie	M55	Sale Harriers	38.27
44	Jan Nicholls	F35	Sale Harriers	38.36
45	Neil Murphy	M45	Macclesfield Harriers	38.56
46	Maria Conaghan	F	Penny Lane Striders	39.04
47	Adrian Machin	M	Congleton Harriers	39.28
48	Gerry Rogers	M50	Styal Running Club	39.29
49	Wayne Grant	M	Unattached	39.54
50	Christine Geraghty	F45	Wilmslow Running Club	39.56
51	Catriona Marshall	M	Wilmslow Running Club	40.22
52	Laura Bostock	F	Unattached	40.27
53	Paul Watson	M50	Unattached	40.30
54	Michael Brown	M	Stockport Harriers	40.38

55	John Penney	M40	Unattached	40.49
56	Jonathan Clarke	M40	Styal Running Club	41.04
57	Andrew Bourne	M	Unattached	41.18
58	Dave Wood	M	Manchester Harriers	41.24
59	Alan Jenkinson	M60	Styal Running Club	41.34
60	Billy Watkinson	M	Unattached	41.43
61	Steffi Sperring	F	Wilmslow Running Club	41.52
62	Matthew Cooper	M	Unattached	41.56
63	Jon Martin	M50	Unattached	42.09
64	Richard Adamson	M45	Unattached	42.15
65	Simon Fenton	M65	Wilmslow Running Club	42.25
66	Sabine Hossmani	F40	Macclesfield Harriers	42.33
67	Andrew Holmes	M40	Unattached	42.42
68	Simon Penney	M	Unattached	42.46
69	Jane Sugden	F35	Unattached	42.56
70	Karen Piper-Hanley	F	Unattached	43.00
71	Zoe Hoghton	F	Unattached	43.06
72	Dave George	M60	Sale Harriers	43.46
73	Sarah Miles	F	Wilmslow Running Club	43.56
74	Paul Salmon	M	Unattached	44.00
75	Maggie Jones	F50	Altrincham AC	44.01
76	Mike Kendrick	M	Oldham & Royton	44.08
77	Lee Wolstenholme	M	Unattached	44.12
78	Mike Cutler	M50	South Cheshire	44.13
79	Simon Urquhart	M	Unattached	44.15
80	Bob Eccles	M40	Unattached	44.28
81	James Weston	M	Unattached	44.29
82	Rosemary Britton	F55	Ashbourne AC	44.34
83	Mark Fredrickson	M	Unattached	44.52
84	Mark Salmon	M	Unattached	44.54
85	Rachel Penney	F	Unattached	44.55
86	Martin McNulty	M	Unattached	45.53
87	Gail Hill	F35	Unattached	45.56
88	Louise Weller	F45	Styal Running Club	46.17
89	Carolyn Hirons	F40	Unattached	46.45
90	Sharon Jones	F40	Unattached	46.45
91	David Taylor	M50	Staffs Moorlands	46.49
92	Gill Bremner	F55	Unattached	47.00
93	Steve Astbury	M	Unattached	47.29
94	Martin Miceli	M	Unattached	47.29
95	Alex Fredrickson	F	Unattached	47.32
96	Janet Bunyan	F40	Hyde Village Striders	47.46
97	Charles Thackray	M60	West Cheshire	48.07
98	Lorna Fentrell	F45	South Cheshire	48.22
99	Paul Stringer	M55	Unattached	48.37
100	Don George	M70	Sale Harriers	49.57
101	Mark Taylor	M	Staffs Moorlands	50.17
102	Corinne Page	F	Unattached	50.29
103	Yvonne Harrison	F45	Unattached	50.30
104	Nicola Lloyd	F	Unattached	51.15
105	Jane Ambler	F	Razzers Runners	51.36
106	Suzanne Jenkins	F	Razzers Runners	51.36
107	Jeanette Hatton	F40	South Cheshire	52.06
108	Martin Wheeldon	M55	### Race Sweeper ###	61.02