

Wilmslow Running Club

newsletter



October 2013

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It's Your Newsletter

Your Newsletter

Soraya Mason Charity Ride.

Over the years the Club has been indirectly involved with raising funds for the David Lewis Centre through the Great Warford 10 and other races organised by Malcolm. This is a charity close to Soraya Mason's heart and she and her husband are riding from London to Paris on the 3rd to the 5th of October (around 85 miles a day) in support of the Centre. She has set up a Just Giving page and "would appreciate any donation however big or small".

<http://www.justgiving.com/MorsonLondontoParis2013>

Great Warford 10

In last month's Newsletter, Malcolm raised the point that due to his workload it was going to be difficult for him to continue to be so heavily involved in the number of races he so capably organises. There are a few of us who would be happy to get more involved, so if anyone else is willing to assist if they contact Simon over the next month we can then sit down with Malcolm and agree a way forward.

London Marathon

The acceptance or rejection for London Marathon entries have now been sent out, so anyone who applied should know if they are 'in'.

The club will get some guaranteed entries. Any club member who applied to London but was not successful gets a second opportunity to take one of the club guaranteed entries, and if there are too many applicants we will hold a ballot. Please let Andy W, Dave, or Paul S know if you entered for the London but were rejected, and would like to go into the ballot for club places.

Andy Watts

Wilmslow Half 2014

Entries are now open for Wilmslow Half, which will be on Sunday 23rd March.

Prices have been held at the same as last year which is £28 for club runners. Entries are already coming in. 102 entries as of this morning.

You could check for an up to date number of entries just before going to print by clicking on the link <http://www.race-results.co.uk/onlineentries/user/getentries.php?raceid=1455>

Malcolm

Hi-Viz vests are a must

As the nights are drawing in from September will athletes now bring these along to training.

Read on and Enjoy!

Hope you like your newsletter. Suggestions most welcome for future editions. Contact any of us.

Ian, Simon and Nicky.

The Web

Recent web postings

[Macclesfield Half-Marathon](#)

[Cheshire 10k](#)

[North of England Road Relays Saturday 21st September](#)

[Summer Series League Tables after 18 Races \(Sutton\)](#)

[Sutton 10k](#) Cheshire Grand Prix, race 6 Summer Series, race 18.

[Pilling 10k results 7th September](#)

[parkrun club results 07/09/2013](#)

[Foodbank 5.5K Trail race Thursday 5th September](#)

[League Tables after 17 Races \(Shelf Moor\)](#)

[Lyme Park running](#)

[Shelf Moor Fell Race](#) report, race 17

[2013 Summer Series \(Race 17\) - Shelf Moor Fell Race](#)

[Summer Series T-shirts.](#)

'Not the Club Championship'

Sub-plot: John Steinbeck used to say that every so often in life you have to stop, take stock, and then move-off in a different direction. Perhaps the same is true of running.

Tony always emphasises that the Summer Series is not a Club Championship, part of its charm is that it rewards more than pure ability. I remember, with bitterness, a year in which in every Series race that we ran head-to-head, I beat Roy, yet he finished above me in the table. I also remember the same thing happening in reverse when, head-to-head, Nicky beat me in every race yet I finished above her. I asked myself, therefore, whether it would be possible, using 'club' races over the past 12 months to construct a table which would be a straight reflection of ability. My conclusion is that it is not possible to come-up with anything that would be completely fair but using race times, rather than positions, I have produced a table that I've called 'Not the club championship'.

First, however, a diversion. There's a lot about me in this diversion, which may be a bit boring for the rest of you so you might want to skip it and go straight to the table below. However, those of you who get older with each passing year might find it relevant. I started running at 50. I have never been good but prided myself that I was always better than everyone who was older than me. That was until Autumn 2011, since when, those who run in our sector of the race will tell you, Simon has been consistently the better. I was motivated to produce the table below because despite this, following Shelf Moor, I have gone above him in this year's Series (whilst I feel the road race rankings, which put him at 43rd. and me at 51st. exaggerate his superiority). Two things have enabled Simon to defy the gravity of age. In his mid-60s he looked at himself, decided he wanted to be a runner for the rest of his life and set-about, employing a personal trainer, achieving being a better one. His new training regime has paid dividends. He has also, by luck or as a consequence, avoided the injuries that dogged his earlier years. He has steadily pushed the years back so now his race times equate to those when he was 65. In contrast, I have, over the same period, declined faster than the norm and, after years almost injury-free, have been blighted over the last two.

If Simon, in his dotage, has become a better runner, I have become a different runner. That may make you want, every few years, to take a fresh look at yourself and re-examine your training. Up to being 63 my speciality was flat 5ks and my race tactic was to hold back in longer races, confident that I could take the points in any finishing sprint. That pace and acceleration have now evaporated. Yet something strange has happened. At 65, I ran my fastest Wilmslow Half. This year my best races have been Meerbrook, Buxworth and Roaches, in the past it had always been Bowdon and Dunham. The contrast with my 'youth' could not be more dramatic. Simon has been mentoring me and I have moved-over closer to his regime but these changes seemed to come naturally and pre-date my own changed (Sally Gilliver) approach to fitness.

Back to the main theme. Some grey areas, but I have categorised each 'club' race over the last year or so as road or off-road, hilly or flat, long or short and then analysed everyone's performance in each of those six categories.

Alan, for instance, is placed 34th. overall but is the 29th. best runner on the road, yet the 38th. off-road, the 28th. on the flat but 38th. on the hills, distance does not seem to be a factor he has similar rankings in long and short races.

You need to have run at least three races in each of the six categories to be included in the list below

Ian Ashcroft

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The Core

Carolyn's Core Corner

As there are a few new members at the club I'll just remind everyone about the purpose of core corner.

Why is the core important to runners? Think of our bodies as machines. If we can keep our core (ribcage to pelvis) stable and moving smoothly, this allows our hips to move correctly and subsequently allowing our knees to stay in line and our feet to strike the ground correctly. Keeping all the joints in a good position will reduce wear & tear of the joint surfaces. In addition, the soft tissues (ligaments, tendons, nerves and muscles) will be held in the correct alignment therefore reducing strain and abnormal forces.

By core, we mean the muscles that control our trunk, meaning our abdominals, waist & back muscles. Strictly speaking, we should include the diaphragm, pelvic floor and hip stabilisers too! These muscles are in layers and the ones closest to the core, or centre, are responsible for good posture and movement. Core corner will present a different exercise each month to help you strengthen your core body control, keeping the 'machine' in good working order.

October 2013 core exercise – the advanced plank!

Cast your mind back to January when you practised your first core exercise in the snow. We are now ready for an advanced version of the bridge or plank...



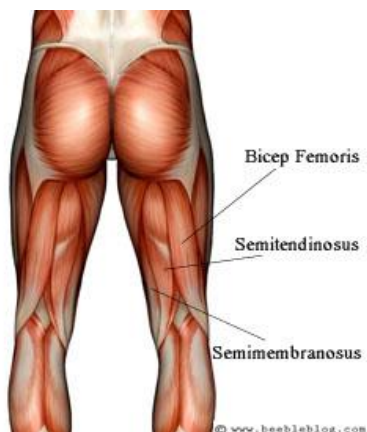
Your starting position is on your toes and elbows. Ensure your elbows are directly under your shoulders and that your body is straight, no arched sagging backs or bottoms in the air.

From this position, you need to raise yourself onto your hands and then back down again, whilst keeping your trunk straight. Gently squeeze your knees, buttocks and abdominals to ensure that you control your core. Alternate which hand raises first. Repeat 30 times.



October 2013 stretch – the hamstrings

Why stretch? Our muscles shorten in length when we contract them. The opposite muscles then become long. If left unchecked, the short ones become inefficient because they can't contract anymore to create power. The long ones become over stretched, losing their elasticity and can no longer provide balance to the body segments.



Anatomy lesson: The hamstring is a group of tendons contracted by three muscles at the back of the thigh (semitendinosus, semimembranosus, biceps femoris). The hamstring bends the knee, and extends the hip. The hamstring originates as a thick tendon from your pelvis at the 'sitting bones'. To find these bones sit on a hard chair and place your hands under your bottom. You should feel large rounded bones. The hamstring muscles then attach below the knee at the top of your tibia (shin bone), two tendons on the inner aspect and one on the outside.

The Stretch:

You can stretch the hamstring in a number of positions but the direction of stretch must always be the same. Demonstrated here are two standing methods.



To get the best stretch, you must keep your chest up and back straight, whilst pushing your sitting bone away. (Note, not to be confused with twerking! Might show how to do that at the Christmas Do!)

Hold for 30 seconds, repeat with the other side.

Carolyn

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Athletes Corner

Performances of the month

Performances of the month

Athlete	Performance
Di McVey	18.24
Katy Green	20.43
Di Bygrave	21.15
Vicky McKinnon	20.19
Di McVey	broke her own 10k record at Sutton just missed her 10m at Swinton by 3 Secs!
Janet Wyles	did a 10k pb at Arley
Janine Ellis	1 st Lady at the Great Langdale HM 25 th out 295 runners! in a time of 1:36:31 also ran under 40 mins at Arley 10k
Nicky Mowat	broke 10k club record for LV55
Paul Garnett	ran under 40 mins at Arley 10k
Tim Natrajan	came 2 nd in the Macclesfield half marathon
Vicky McKinnon	1 st Lady Sandstone Trail B race [10.6 miles 288m ascent] and got a big Trophy to boot!

Slight correction needed to previous newsletter

Under last month's Performances of the Month - it should have read that Tom and Diane had broken **Club** records, not course records(Olivia has run faster for sure). And, Diane also ran for Cheshire. As shown correctly below:

Apologies

Athlete	Performance
Simon Fenton	1st V70 Birchwood
Tom McGaff	Club Record at Great Warford
Damian Nicholls	Ran for Cheshire at Great Warford
Di McVey	Ran for Cheshire and a Club Record at Great Warford
Sharon Johnstone	Took 4 mins off PB at Great Warford Represented Cheshire at Great Warford
Louisa Harrison	Represented Cheshire at Great Warford

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A Day in the Life....Mick Fairs

I don't really have a typical day – more a typical week so I'm having to incorporate a few “either/ors” to cover what I get up to during my day. Hope you're not too bored yet!

Most days start the same. Up about 7.00, collect the paper from the porch (Daily Telegraph mainly for the crossword and sport). Kettle on and a mug of hot water and lemon for Pat who will still be asleep – I leave it by the bed and it's cool enough to drink by the time she wakes up. Then a few stretches etc. to waken me up. Breakfast is predictably boring – a mixture of cereals with a handful of blueberries thrown on top and a mug of tea. If I go out for an early run or to the gym it's up at 6.30 and the cereal is ditched for half a banana. Otherwise a quick scan through the paper while I'm eating my cereal and before Pat comes down to pinch the paper from me. Also a first stab at the crossword to see if there are any easy ones to be knocked off.

Mornings usually comprise some form of exercise, either gym, swimming, cycling or running although not Tuesdays as running is then confined to the club session that night. By mid morning I've finished the exercise bit and am ready for a leisurely mug of coffee and a read of any interesting bits in the paper that I noticed earlier (the joys of retirement!). Two or three times a week I do some voluntary work for the Red Cross which generally involves driving to Macc, Congleton or somewhere round there, collecting someone who's on the infirm side and taking them to an assessment centre in Handforth. They're examined there by Occupational Therapists who see what they can do to make life easier for them at home. The appointment lasts about an hour so I wait at the centre and either read or have another go at the crossword – by now I should be making some progress!

Back for lunch which again is predictably boring. In summer a tomato sandwich followed by an apple, banana and maybe a yoghurt and in winter probably bread and soup plus the apple etc. It sounds pretty monotonous but some days it gets quite exciting - I might have a pear instead of an apple!

Since retirement (I worked as a Chartered Surveyor), I can spend the afternoons doing what most people have to cram into the evenings and weekends. I'm never bored and although some of the jobs we all have to do such as mowing lawns, gardening, decorating etc. can be a bit mundane, having the time to see people go for long walks and take holidays when I want is something I appreciate very much. Every few weeks I meet up with an old mate of mine from college. He lives near Wrexham so we meet somewhere half way for walk or go to Anglesey where he has a property and have an overnigher there.

Our children are all in Surrey and Sussex so we're often called down there to help with babysitting and whilst there I invariably get asked to do all sorts of jobs around the house ranging from repairing window frames to electrical work, plumbing and gardening – all the sort of things I don't like doing even in my own house. These visits often involve some sort of race as both boys are keen runners so I've done half marathons, 10 milers and park runs and even a short Tri around south London over the past few years

I usually have some sort of project on the go, the current one being an executor of someone's will. I've done this a few times now and as I don't use a solicitor to sort matters out I reckon I've saved a few people a few thousand pounds in fees. All these things tend to get done in the afternoons and whilst there is plenty to keep me occupied, I work at a more leisurely pace than I did when in employment.

If I'm at home I stop whatever I'm doing about 5.30 and we generally have tea at about 6.00. There's no set pattern as to what we eat, anything from a salad to some sort of fish dish. I rarely cook but if I do it will be something quick and simple, the most adventurous I've got to is a Jamie Oliver 30 minute meal (which is no great shakes!).

The evenings tend to be fairly quiet affairs. Pat's out at bridge 2/3 nights a week and I'm now back to running with the club at least one night a week. There's the odd television programme that I like to watch (and some, like “Strictly” and any “cook” series, which I make a point of avoiding).

Bedtime is any time between 9.30 and 10.00 and we usually watch a bit of news on the bedroom telly whilst I'm either reading a page or two of Runners World or having a last stab at the crossword before the whole process starts again the next day. Lights out by 10.30 and asleep two minutes later!

Mick Firth

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Injury Update

Judith Davidson has dislocated her knee and also has hamstring problems. Therefore she will not be able to train in the near future.

Patrick Grannan fell off the edge of the new path near Twinnies Bridge at the end of last Thursday's run, twisting his ankle (yet again). He was last seen hobbling around in the bar looking for ice – or so he said when found behind the bar! **XX**

Update: A serious accident occurred on the evening of Thursday 26th September at approximately 19:50 pm near Twinnies Bridge. A **male WRC was Mow'n down**: we are seeking to trace a female blonde in white evoque-tive sports number who was seen around the same time to accelerate and pull out without indicating leaving our poor runner in injured in the ditch. Would any witnesses please contact BK Ayful.

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Racing News

Races to enter (or put in your diary) NOW!

- 6th October. Congleton Half [Marathon](#) (Summer Series). FULL.
- 20th October. [Green Drive 5](#) (Summer Series). Pre-entry ([online](#)) strongly advised.
- 27th October. [Tandle Hill Trail Race](#) (Summer Series). Pre-entry available ([online](#)), or enter on the day.
- 2nd November. Yes, it's really that time of year again! [The Langley 7](#) (Summer Series). Pre-entry advised, as it may get full.

Andy Watts

Deal of the Month from Running Bear

Club reflective vests on sale at £13.50 instead of £20

You **must** wear a Hi-Viz top/vest to train with us on Tuesday and Thursday.

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Quote of the month

It's Marathon time – are you lucky for London or not.

If not? Is it a blessing or a tragedy!

"Running is a big question mark that's there each and every day. It asks you, 'Are you going to be a wimp or are you going to be strong today?'"

- Peter Maher, Canadian marathon runner

"Ask yourself: 'Can I give more?'. The answer is usually: 'Yes!'"

-Paul Tergat, Kenyan professional marathoner

Continuing a theme:

You know you are a runner when:

- your first thought when you look at the weekly weather forecast is, "When can I fit in my runs?"
- your only recent photos of you alone are race photos.
- you know where your illiotibial band is located.

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Race Reports

100km round Mont Blanc, August 2013

The 'CCC' (Cormayeur, Champex, Chamonix) is a 100km trail event held over part of the renowned 'Tour of Mont Blanc' trail. It forms part of a veritable festival of running based around Chamonix at the end of August. There are 4 events, the original 'Ultra Trail of Mont Blanc' or UTMB at 170km, the CCC, plus also an intermediate event (the TDS at 120km) and a much longer one (the PTL, with 300km of distance plus 24,000m of climb). I was glad to be doing the 'shortest' event.

Jackie and I took a few days and enjoyed a leisurely journey to Chamonix, where preparations for the events were well under way. The registration process was fairly routine - prove who you are, get a number and a bag for spare clothes, and wander round the exhibition - just like the London. However in Chamonix there was a full kit check, and they also slap a wrist-band on each competitor, which has to stay there until the end of the event.

Kit requirements are very rigid – understandably, because the event has several times been cancelled or curtailed because of atrocious weather. They start with the basic FRA kit of waterproof full body cover, but add a full thermal layer, food and minimum 1l of water, warm head cover, water proof gloves, mobile phone, and two torches with spare batteries. And a cup. Having two torches is very practical if you think about it – if your head-torch battery ran down there would be no chance of changing the batteries on top of an Alp unless you could see what you're doing. The cup fooled me for a bit, but a patient French lady explained that they try to minimise the use of disposable cups, so no cup means no drinks at the refreshment stops. The phone is also a sensible precaution. There is virtually full mobile coverage round the whole route (in fact the coverage on the Tour of Mont Blanc is better than on the M60), so phoning home in the event of any problems is a realistic option. I passed the kit-check, and got my number and green wrist-band before meeting Julie (who by chance was holidaying in Chamonix) for a coffee and pre-race strategy discussion. She brought good news regarding the weather.

We had been keeping a nervous eye on the weather forecast as, even in August, the weather can be dire. We were in luck, as the forecast improved steadily until even a chance of rain disappeared from the screen. I opted for the Brooks Pure Grits, a trail shoe rather than a fell shoe, but equally good in dry conditions and a bit more comfortable.



Friday morning – race day – meant a very early start to get the bus from Chamonix through the Mont Blanc tunnel to Cormayeur, for a lengthy wait. Cormayeur was buzzing even at that early hour, and a coffee in one of the many cafes helped to calm the nerves, as well as providing privileged access to a loo. We lined up at the start line half an hour or so before the 'off', and were regaled by much inspirational music (including the French, Swiss and Italian national anthems), and a continual stream of motivational commentary, in French. Still, the atmosphere was very impressive, and spotting different nationalities from the flag on their race number helped pass the time. At 9:00 the first wave of 600+ runners departed, and at 9:15 it was my turn. There was the inevitable showy running start, which quickly subsided to walking pace as we tackled the first hill

I had mentally divided the run into five climbs and five descents – there were some minor ups and downs along the way, but this was a good picture of the overall challenge. The course started straight up Hill 1, Tete de la Tronche, a 1,300m climb to 2,584m altitude. The route started through dense woodland, but soon emerged from the trees. The sun quickly overcame the cold of early morning, so I was able to stow the weather gear and carry on in tee-shirt and shorts. Reaching the summit took 3 hours, and we then had two refreshment stops in quick succession before losing all the altitude in the first descent, to Arnava.

The refreshment stops were something to behold, with a range of hot and cold drinks, soup and bread, fruit and energy bars. I headed straight for the soup, and managed to eat well at every stop. It sounds easy, but many people, including me, tend to suffer from poor digestion in a hard event, and inability to eat properly is probably the major cause of dropping out. On this occasion I ate heartily at every stop and, more to the point, kept it down!

The drop down to the valley brought me to the first time barrier and, although my recce had demonstrated that the required pace is not too ridiculous, I wanted to keep a close eye on the time limits. I got to Arnava over an hour and a half ahead of the cut-off, so no problems at this stage, but still 4 more hills to come! The next climb, over Grand Col Ferret at 2,537m, is a superb route, with outstanding Alpine views onto the Mont Blanc massif and over the border into Switzerland.



The second descent, to Champex, brought us to a 'super-refreshment' station, where a hot meal of pasta was provided as well as all the familiar drinks and bars. It had been a superb day, but the light was beginning to go at 8pm when I arrived, and I changed into leggings and a jacket and got the head-torch out. A change of socks was very welcome. At this stage I was 3 hours inside the cut-off time, so was able to relax a bit, and the legs still felt fine. Three 2000m hills to go, each with about 700m of climbing. Just like three Skiddaws!

Darkness quickly descended as we headed up Hill 3, Bovine, through woods all the way to the top. Running with a head-torch is always a strange sensation, with one's world being confined to a cone of light ahead. Moths would enter the beam, and then fly along apparently for company. The path was very rooty and rough in places, but my torch was able to give good visibility, and keeping up a good speed was not a problem. The marshals waiting at the top had lit a fire, and struggled to keep warm as they checked all the runners through with a hand-held chip-reading device. There were 14 timed check-points, and an excellent web-site which enabled supporters to track runners through each check-point. I also used a GPS tracker device, which was supposed to give a precise location to be displayed on-line. It worked after a fashion, but Jackie reports that it tended to freeze, sometimes for over an hour, and then suddenly jump forward. A bit nerve-racking for her, as she didn't know if I'd stopped permanently when the trace froze, and she spent quite a bit of the night waiting for the dot to start moving again.

Hill 3 gave way to valley 3, another feed, another few minutes gained on the cut-off time, and a quick departure to Hill 4 (Catogne). It was now the early hours of the morning, but sleepiness was not a problem. The refreshment stations did provide beds, with neat little pieces of paper on which to write a requested wake-up time. I gather that 15 minutes of sleep can work wonders, especially on the much longer events, but I didn't need this luxury. The descent into Valley 4, Vallorcine, was starting to get tough, as my quads complained that they had been out too long! Still, only one more Skiddaw to go. The quality of the race organisation was demonstrated by the sheer number of reflective markers along the course, which lit up clearly in the beam of a torch, making it virtually impossible to get lost. There must have been a marker every 100m or so for the whole 500+km of the combined courses – quite a feat of organisation.

Embarking on the last climb I helped a French chap who was learning the hard way why the organisers expect runners to carry two torches. His rechargeable battery had run down, and he had no spare torch, so he was literally immobilised until someone came along to help him. I lent him my old pre-LED spare, and left him to clamber up in

its very dim beam as best he could. The next day his wife dropped the torch back at our hotel and confirmed that he had indeed finished – personally I was very glad of a modern LED device with replaceable batteries.

Most of the Tour of Mont Blanc is on quite good paths, but the last climb and descent is worthy of the Lake District, with wide rocky sections interrupting the footpath, rock steps and some very rough track. At this stage I was still quite happy on steep climbs due, no doubt, to the training regime of reps up Shutlingsloe. Rock steps and descending were another matter, however, and my pace slowed considerably after Hill 5 (La Tete aux Vents) on the way to the cable car station at La Flegere. I began to find the walking poles helpful coming down, using a kind of half run-half hop to try to ease the strain on the quads. No trace of cramp however, and so I continued slowly and painfully down the long rough path towards the finish.



In the last few hundred metres, of course, one is obliged to run for appearances sake, and the organisers borrow a trick from the Macc Half in taking runners twice round the town before actually allowing them to stop. Hence the big grin in the picture, when I finally actually made it, 23 hours and 18 minutes after setting off. I felt fine at that stage, legs very tired but otherwise in good shape, with no blisters, scrapes, abrasions or injuries of any kind. I still felt awake, but didn't put off sleep long after getting back to the hotel!

A few hours nap restored the energy, and Jackie and I walked back into Chamonix to enjoy the atmosphere. The race gives out a presentation red gilet to all finishers, and as the various events progressed the number of red gilets visible in the Chamonix main street grew steadily. That afternoon the first of the 170km finishers arrived, having taken rather less time to cover 170km than I had to cover 100. UTMB finishers would continue to arrive steadily for a further 24 hours! There were even three red gilets on the Easyjet flight to Manchester, all putting off the return to reality.

The CCC bears comparison with the Bob Graham, being very much the same distance. It is definitely easier than the BG, principally because the climb is less at only 6,100m compared with the BG's 7,800. The BG is more technical, involves significant navigation, and requires own-arrangements for support. On the other hand CCC competitors have to carry all their gear, weighing in at around 4kg, while a BG-er who speaks nicely to his or her pacers can get away without carrying a pack at all. Above all the French event generates an extraordinary atmosphere, which takes over the whole town and lasts day and night for several days as some 5,000 finishers continue to arrive, and to be welcomed by their supporters. As a festival of running and, once you've finished, a 24 hour party, it takes some beating.

After a hard event one immediately thinks 'never again', but then alcohol and excitement work on the memory, and before long the entry for next year is in. The UTMB events work on a points system. I have enough points to do the original 170km UTMB event next year, and have seriously considered it. In wiser moments, though, I recognise that the extra 70km is quite a step up. I may do the CCC again, or go for the intermediate 120km option. One thing is certain, however – I will definitely be back in Chamonix this time next year!

Andy Watts

Managed to fit in a couple of races during parental visits:

Preston 10k – Sun 29th September

1 Gary Pennington 33:22 Preston

17 Trevor Morris 38:16

734 finishers

Full results:

<http://www.runbritainrankings.com/results/results.aspx?meetingid=77852&event=10K&venue=Preston&date=29-Sep-13&pagenum=1>

Lap of the city centre, then down into the park and back

Hoylake 10k – Sun 15^h September

1 James Scott-Buccleuch 33:41 Stockport

9 Trevor Morris 37:51

569 finishers

Full results: http://www.wsnc.co.uk/html/list_of_runners.html

Out and back along the seafront with second half pretty gusty

Trevor Morris

[‘Return!’](#)

SPOTLIGHT ON....Elspeth Gibson

Which books are by your bedside?

I love reading and always have a book on the go, but you’ll never find me with Chick Lit or Mr Grey!

Every summer I set myself a reading challenge...last year it was Stieg Larsson’s Millennium Series, this year I decided to have a go at George R.R Martin’s Song of Ice & Fire s series. I’m determined not to give up but with five books all at 700+ pages it’s probably going to take me a while!

Before my summer challenge I had been re-reading one of my favourite books Haruki Murakami’s ‘Norwegian Wood’ and I’ve already got Ian McEwan’s ‘Sweet Tooth’ and Natsuo Kirino’s ‘The Goddess Chronicles’ lined up ready to read.

What is your favourite car?

Anything that gets me from A to B.

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

I actually found my very first injury was the hardest to get over – shin splints – I began to think that my body couldn't hack being a club runner as each time I tried to race I was back to square one again. I was in agony for a few months and was close to giving competitive running up...thank goodness I persevered as this is one of the things I enjoy most now. Learning how to balance races with training has helped, using good cushioned gel trainers and ensuring I always do my calf stretches have all meant I haven't suffered again. It also taught me that recovery is always possible and that you can't rush anything, you have to listen to your body. So although I'm currently struggling with my ankle ligament injury I'm quite positive about my recovery, I'll just have to take it slowly and sensibly ... but just like Arnie 'I'll be back!'

What was your favourite race of last year and why?

I enjoyed Macc Half last year, I had been training well beforehand and got a PB. I loved the hilly course and after thoroughly enjoying the 'undulating' Buxton Half too earlier this year, I realise that a hilly road based half marathon is probably my ideal race.

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

I've no particular races in mind but I would love to run the whole way round the South West Coastal Path. As many of you know I'm not an extreme runner so this would be in daily bite-sized chunks, with Cornish hospitality at the start and end of each day ☺

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

Can I be cheeky and have three? Clint Eastwood (for his dry sense of humour), Chris Evans (for his mischievous sense of humour) and my current guilty pleasure Eddie Redmayne (I don't even mind if he's got no sense of humour!).

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

None. Other than running which I only started in my late thirties I have always avoided sport. My Dad used to be pen pals with my P.E Teacher, he sent in so many notes excusing me from PE.

What is your signature dish?

I had to ask Gareth about this, he suggested the M&S Dine In Deal. (He won't be getting fed this evening!)

Where would you spend your dream holiday?

I'd love to return to Japan, I did two solo backpacking trips there in my early twenties. I've got so many friends there that I really miss and they all want to meet my daughter Holly, so I'd love to take her and introduce her to a culture that has always fascinated me. I'd particularly like to revisit my two favourite areas, Osaka and Kagoshima.

What music do you listen to?

Anything! Though my one constant companion has to be Joni Mitchell

Elsbeth Gibson

['Return!'](#)

Over the Hill and far away races

Hill and Fell Races

LANTERN PIKE FELL RACE **Sat 21 September** **5 Miles** **1050' ascent** **16°C**

52	Andy Watts	44.05	2nd MV60
100	Andrew Dodd	49.29	
123	Chris Cannon	51.22	
133	Jonathon Harper	52.32	
148	Carolyn Hirons	54.02	
176	Trevor Faulkner	60.02	1st MV70
185	Belinda Carp	64.26	
191	finishers		

Once again, I trusted Trevor's judgment. He said I'd enjoy this race -and he was right. It was a lovely 5-mile route in beautiful countryside and part of a very well organised, friendly and enjoyable 2-day show. There was a great turnout from Wilmslow RC - including Andy Watts, Andy Dodd, Carolyn, Chris Cannon, Jon Harper, Trevor and myself.

We set off uphill out of the showground, and before long we were heading downhill over tracks and through fields - with just one very muddy section over a stream - in preparation for the first ascent. This took us up past Matley Moor Farm, which was just over a mile from the start. By this time the sun had come out and the views were amazing! Then, just as I was thoroughly enjoying my afternoon and achievement so far, the main ascent of the race began - up about 500ft to Lantern Pike. That was probably the toughest climb I've done in my running career to date (just over a year) - and I would love to have seen the frontrunners race up the hill! [Other WRC runners - please do share your experiences - about this section especially!] Then it was nearly all downhill, retracing our steps from the start, with occasional glimpses and sounds of the showground getting closer as we approached the end of the race.

Some of the paths were tricky - narrow and rocky, with no passing places. Others sections were nice wide trails and only a few yards on tarmac. There were plenty of marshals who were great - helpful and encouraging - and I particularly enjoyed the fantastic encouragement from team Wilmslow as I (eventually!) crossed the finishing line.

Definitely one to include in next year's calendar!

Belinda Carp

HAYFIELD CHAMPIONSHIP **2013**

This competition requires runners to complete at least four out of nine fell races run in the Hayfield area, with at least one short, one medium and one long race. Ranking positions are summed for the best four results, with the winner scoring the lowest number of points. Prizes are awarded after the annual Lantern Pike race. Instead of a bottle of wine, I chose a large and heavy lemon meringue pie this year.

33	Trevor Faulkner	97 points	1 st MV70
34	entrants		

Trevor

This was run in lovely weather along the standard circular route over Shutlingslow and Tegg's Nose from the Macc Forest Visitor Centre at Trentabank. However, there was a very small turnout this year, perhaps because of the change of date from July and because of competition from other events. Also, no one was available to act as a timekeeper or a marshal, so we had to time ourselves by starting our stop watches at time zero and stopping them at the finish, which worked remarkably well. The lack of marshals was not a problem, because everyone had done the run before. No one went off route, although Geoff took a more direct ascent up Shutlingslow after the little gate to get ahead of Patrick, which is within the rules. My run was rather painful, as yesterday's Lantern Pike race exacerbated a niggle in my left hip (brought on by running flat out at the Sutton 10K) into a tender swelling. Consequently, instead of arriving first at the finish in about 1.42.00, as in the previous two years, Andy passed me on the descent to the reservoirs and then Geoff and Mike passed me on the final road section. Patrick came in five minutes later, and Craig brought up the rear, but he was the only one to get a "PB", improving 4 minutes over last year. Ian Ashcroft is thanked again for providing the handicaps, using his standard methodology.

	Finish Time	Handicap	Running Time
1 Andy Watts	1.43.46	27.46	1.16.00
2 Mike Hill	1.45.26	32.15	1.13.11 Fastest runner
3 Geoff Gilbert	1.45.40	22.41	1.22.59
4 Trevor Faulkner	1.48.43	00.00	1.48.43
5 Patrick Grannan	1.53.56	20.35	1.33.21
6 Craig Hunt	1.58.30	29.39	1.28.51

Everyone enjoyed the views and the whole run, and would like to see it continue in future years. However, it needs more support to be successful as a Club event: not all new ventures prosper and sometimes it is better to withdraw and start again with something different. Next year, I will try to find a suitable date in June or July and seek commitments from at least 12 people before finalising the arrangements. In the meantime, everyone is welcome to use the route for a delightful training session!

Trevor

[Return!](#)

Club Calendar

Club Calendar for October

Tuesday, 1 October	Tuesday, 22 October
19:00 Tuesday Training - Edge	19:00 Tuesday Training - Edge
Thursday, 3 October	Thursday, 24 October
19:00 Club Run - Rugby Club	19:00 Club Run - Rugby Club
Sunday, 6 October	Sunday, 27 October
Congleton Half SS GP	Tandle Hill Trail Race SS
09:00 Rugby Club - Sunday run	09:00 Edge - Sunday Run
Tuesday, 8 October	Tuesday, 29 October
19:00 Tuesday Training - Rugby Club	19:00 Tuesday Training - Rugby Club
Thursday, 10 October	Thursday, 31 October
19:00 Club Run - Rugby Club	19:00 Club Run - Rugby Club
Sunday, 13 October	Saturday, 2 November
09:00 Rugby Club - Sunday run	Langley 7 SS
Tuesday, 15 October	Sunday, 3 November
19:00 Tuesday Training - Food afterwa	09:00 Rugby Club - Sunday run
Thursday, 17 October	Tuesday, 5 November
19:00 Club Run - Rugby Club	19:00 Tuesday Training - Food afterwards
Saturday, 19 October	Thursday, 7 November
Heaton Park XC	19:00 Club Run - Rugby Club
Sunday, 20 October	Sunday, 10 November
Green Drive 5 SS	Woodbank Park XC
09:00 Rugby Club - Sunday run	09:00 Rugby Club - Sunday run

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

Andy Watts

['Return!'](#)

WRC Race Rankings (12 months to end September 2013)

September Summer Series Snakes and Ladders!

The Series is neatly over – but there are still people waiting to jump over you in the table! Below is the change after Sutton.

Sutton	Shelf Moor	Pie & Peas	Stockport	Meerbrook	Burtonwood
Andrew Whittingham	Andrew Whittingham	Jim Pendrill	Jim Pendrill	Jim Pendrill	Jim Pendrill
Jim Pendrill	Jim Pendrill	Andrew Whittingham	Andrew Whittingham	Andrew Whittingham	Andrew Whittingham
Tom McGaff	Tom McGaff	Tom McGaff	Tom McGaff	Tom McGaff	Tom McGaff
Allan McCormick	Allan McCormick	Allan McCormick	Allan McCormick	Graham Taylor	Graham Taylor
Diane McVey	Diane McVey	Diane McVey	Graham Taylor	Allan McCormick	Allan McCormick
Mike Hill	Mike Hill	Graham Taylor	Diane McVey	Diane McVey	Mike Hill
Graham Taylor	Graham Taylor	Mike Hill	Mike Hill	Mike Hill	Diane McVey
Robert Wilson	Robert Wilson	Robert Wilson			
Richard Hirons	Richard Hirons	Richard Hirons	Richard Hirons	Nick Bishop	Nick Bishop
Nick Bishop	Nick Bishop	Nick Bishop	Nick Bishop	Richard Hirons	Richard Hirons
Paul Garnett	Paul Garnett	Paul Garnett	Paul Garnett	Craig Hunt	Craig Hunt
Sharon Johnstone					
Janine Ellis	Craig Hunt	Craig Hunt	Craig Hunt	Paul Garnett	Andy Watts
Jarrold Homer	Janine Ellis	Janine Ellis	Janine Ellis	Andy Watts	Paul Garnett
Paul Norris	Matt Taylor	Paul Norris	Paul Norris	Tony Hulme	Tony Hulme
Craig Hunt	Paul Norris	Andy Watts	Gareth Trimble	Matt Taylor	Matt Taylor
Matt Taylor	Andy Watts	Gareth Trimble	Andy Watts	Janine Ellis	Gareth Trimble
Andy Watts	Gareth Trimble	Tony Hulme	Tony Hulme	Paul Norris	Janine Ellis
Gareth Trimble	Jarrold Homer				
Tony Hulme	Tony Hulme	Matt Taylor	Matt Taylor	Gareth Trimble	Chris Grime
Chris Grime	Chris Grime	Chris Grime	Chris Grime	Chris Grime	Paul Norris
Louisa Harrison	Louisa Harrison	Louisa Harrison	Louisa Harrison	Louisa Harrison	Louisa Harrison
Andrew Dodd	Andrew Dodd	Gavin Mendham			
Patrick Grannan	Chris Cannon	Andrew Dodd	Andrew Dodd	Andrew Dodd	Andrew Dodd
Chris Cannon	Patrick Grannan	Chris Cannon	Chris Cannon	Alan Turner	Alan Turner
Gavin Mendham	Gavin Mendham	Patrick Grannan	Patrick Grannan	Sally Price	Patrick Grannan
Richard Lawson					
Geoff Gilbert	John Porteous	Geoff Gilbert	Geoff Gilbert	Chris Cannon	Sally Price
John Porteous	Geoff Gilbert	Alan Turner	Alan Turner	Patrick Grannan	Chris Cannon
Nicky Mowat	Alan Turner	Sally Price	Sally Price	Nicky Mowat	
Alan Turner	Sally Price	John Porteous	John Porteous	John Porteous	Sharon Jones
Sally Price	Sharon Jones	Nicky Mowat	Nicky Mowat	Geoff Gilbert	
Sharon Jones	Diane Bygrave				
Diane Bygrave	Ian Ashcroft	Carolyn Hirons	Carolyn Hirons	Sharon Jones	John Porteous
Gail Hill	Nicky Mowat	Simon Fenton	Simon Fenton	Carolyn Hirons	Carolyn Hirons
Ian Ashcroft	Gail Hill	Sharon Jones	Sharon Jones	Simon Fenton	Simon Fenton
Carolyn Hirons	Carolyn Hirons	Ian Ashcroft	Ian Ashcroft	Ian Ashcroft	Huma Rahman
Simon Fenton	Simon Fenton	Gail Hill	Gail Hill	Angela Maziere	Don Bullough
Nina Birch	Nina Birch	Nina Birch	Nina Birch	Gail Hill	Ian Ashcroft
Huma Rahman	Don Bullough	Huma Rahman	Huma Rahman	Nina Birch	Angela Maziere
Don Bullough	Huma Rahman	Angela Maziere	Angela Maziere	Huma Rahman	Gail Hill
Angela Maziere	Angela Maziere	Don Bullough	Don Bullough	Don Bullough	Nina Birch
Claire McCluskey	Claire McCluskey	Claire McCluskey	Claire McCluskey	Judith Davidson	Judith Davidson
Judith Davidson	Judith Davidson	Judith Davidson	Judith Davidson	Claire McCluskey	Roy Pownall
Amanda Bradbury	Amanda Bradbury	Amanda Bradbury			
Roy Pownall	Roy Pownall	Roy Pownall	Roy Pownall	Roy Pownall	Claire McCluskey
Clare Hawkes					
Janet Wyles	Peter Watson	Peter Watson			
Peter Watson	Janet Wyles	Janet Wyles	Janet Wyles	Janet Wyles	
Sue Strang					
Julie Lucas					
Trevor Faulkner					
Belinda Carp	Belinda Carp	Belinda Carp	Belinda Carp	Belinda Carp	
Leanne Byrne	Leanne Byrne	Leanne Byrne			

Note **Red** is a movement down or a decrease in position; whilst **Green** is an improvement in position.

September Race Rankings!

Note **Red** is a movement down or a decrease in points/position; whilst **Green** is an improvement in position/points. **Yellow** is a new entry into the table and **Blue** a disappearance from the table or a ranking in a particular category expiring. Note you need 4 events to qualify for a ranking.

Still enough confusion for you – go find your record!!

September 2013		5k	5 miles	10k	10m/15k	Half	Marathon	5k	5 miles	10k	10m/15k	Half	Marathon	Best 4 Events
1	Damian Nicholls	1	2	3	1	2		100	99	98	100	99		397
2	Rob Downs	3		2	2	1	1	98		99	98	100	100	397
3	Peter Speake	2	1	1	3	3	2	99	100	100	96	97	95	396
4	Jim Pendrill	7	3	4	5	5		93	98	96	92	95		382
5	Andrew Whittingham	6	5	6	7	6		94	95	94	88	93		377
6	Graham MacNeil	4	4	7	6			97	96	93	90			375
7	Tom McGaff	15	7	8	8	7		84	93	91	85	92		361
8	Diane McVey	9	9	10	9	11		91	90	89	83	87		357
9	Trevor Morris	16	10		10	4		83	89		81	96		349
10	Rob Gilbert	18	12	12	15	9	4	81	86	86	71	89	84	346
11	Thomas Peers	11	9	17		14	10	89	90	80		83	53	342
12	Robert Wilson	14	14	13		17		85	84	85		79		333
13	Mike Hill	20	11	11	11			79	88	88	79			333
14	Jeremy Bygrave	13	18	16		15	5	87	79	81		81	79	328
15	Sharon Johnstone	28	19	15	12	19		70	78	83	77	76		313
16	Richard Hirons	21	16	22	14	18		78	81	74	73	77		310
17	Craig Hunt	27	21	56		13	6	71	75	32		84	74	303
18	Allan McCormick	24	17	21	19	26		74	80	75	63	67		296
19	James Eyre	27	25			12	7	71	70			85	68	295
20	Paul Garnett	30	22	26	16	22		67	74	69	69	72		284
21	Andy Watts	35	25	20		22	8	62	70	77		72	63	282
22	Janine Ellis	44	23	23	17	27	12	52	73	73	67	65	42	277
23	Graham Screawn	33	15	41	13	62		64	83	51	75	19		272
24	Paul Norris	32	27	25	18	25		65	68	70	65	68		271
25	Ian Smallwood	46	26	34	26	23		49	69	59	48	71		248
26	Matt Taylor	41	32	28	21	32		55	61	67	58	59		245
27	Jarrold Homer	43	37	33		31		53	55	60		60		228
28	Gareth Trimble	37	36	35	23	51	13	60	56	58	54	33	37	228
29	Katy Green	40	48	29	22			56	41	65	56			219
30	Richard Lawson	39	34	45		41		57	59	46		47		208
31	Geoff Gilbert	51	52	36	32	30	17	44	36	57	35	61	16	198
32	Patrick Grannan	56	42	42	25	40	15	38	49	49	50	48	26	196
33	Alan Turner	50	50	37	46	35	18	45	39	56	6	55	11	194
34	Kate Sutton	60	45	40		39		34	45	52		49		180
35	Andrew Dodd	49	40	52	29	46		46	51	37	42	40		179
36	Nicky Mowat	58	63	46	33	29	14	36	23	44	33	63	32	176
37	Gavin Mendham	63	46	50	34	38		30	44	40	31	51		165
38	Rachel Peers		43	61	28	45			48	26	44	41		159
39	Chris Cannon	59	44	47	39	60		35	46	43	21	21		146
40	Sally Price	64	51	49	40	48		29	38	41	19	37		145
41	John Porteous	61	49	60	41	49		33	40	27	17	36		136
42	Sharon Jones	65	57	51		52		28	30	38		32		128

		September 2013													Best 4 Events
		5k	5 miles	10k	10m/15k	Half	Marathon	5k	5 miles	10k	10m/15k	Half	Marathon		
43	Simon Fenton	63	54	54	45	56		30	34	35	8	27		125	
44	Carolyn Hirons	68	61	63	31	59		25	25	23	38	23		111	
45	Angela Maziere	69	60	57	44	55	16	24	26	31	10	28	21	109	
46	Gail Hill	88	56	55	30	73		2	31	33	40	4		108	
47	Peter Watson	66	58	64	36	58		27	29	22	27	24		107	
48	Huma Rahman	70	73	53		50		22	10	36		35		103	
49	Nina Birch	77	55	65	38	64		15	33	21	23	16		92	
50	Claire McCluskey	78	59	67	37	66		13	28	19	25	13		85	
51	Ian Ashcroft	72	68	58	43	63		20	16	30	13	17		83	
52	Sue Strang	73	62	68		62		19	24	17		19		79	
53	Julie Lucas	80	64	70		57		11	21	15		25		73	
54	Janet Wyles	74	71	66	42	68		18	13	20	15	11		65	
55	Leanne Byrne	84	75	74		75		7	8	10		1		25	
56	Belinda Carp	86	76	79	48	72		4	6	4	2	5		20	
57	Trevor Faulkner		79	77	47	74			3	6	4	3		16	
	Barry Archbold	11	6			20		89	94			75			
	Malcolm Fowler			9	20		3			90	60		89		
	Graham Taylor	25	14	18				73	84	79					
	Nick Bishop	23	20	19				75	76	78					
	Jon Bale		31	31		28			63	63		64			
	Phil Matthews	36	35	27				61	58	68					
	Tony Hulme	47	28	30				48	66	64					
	Christopher Grime	42	30	33				54	64	60					
	Louisa Harrison	34	33		24			63	60		52				
	Pete Stock	38			27	33		58			46	57			
	Diane Bygrave	52	39			36		43	53			53			
	Steve Russell	54	38			43		40	54			44			
	Jamie Smith	53	69	44				42	15	47					
	Dave Wheable	55				37	19	39				52	5		
	Zoe Eyre	67	47			65		26	43			15			
	Clare Hawkes		66	62		53			19	25		31			
	Jonathan Harper	71	65	59				21	20	28					
	Roy Pownall	75	77	69				17	5	16					
	Judith Davidson	81	72	72				10	11	12					
	Elsbeth Gibson	84		71		69		7		14		9			
	Don Bullough	82	74	73				9	9	11					
	Sarah Miles	85		78		71		6		5		7			
	Martin Wheeldon	89	80	81				1	1	1					
	Tim Natrajan			5	4					95	94				
	Phil Smith	12				10		88				88			
	Mark Bale	20		14				79		84					
	Mark Bradbury	23				16		75				80			
	Aron Myers	17		39				82		53					
	Qes Hussain	30	41					67	50						
	Becky Ellis			43		34				48		56			
	Adam Neale	46					10	49					53		
	Vicky McKinnon	49		38				46		54					
	Paul Ratcliffe			75		24				9		69			
	Sarah Waite	57	53					37	35						
	Soraya Mason	76			35			16			29				

	September 2013											Best 4 Events	
		5k	5 miles	10k	10m/15k	Half	Marathon	5k	5 miles	10k	10m/15k		Half
	Amanda Bradbury		67	80				18	2				
	Catriona Marshall		78			67		4			12		
	Owen Ashcroft	87		76				3		7			
	Bradley Murphy	6						94					
	Simon Beeton	8						92					
	Jonathan Dunkley					9					89		
	Michael Fairs			24						72			
	Steve Dempsey	31						66					
	Mark Bradbury		29						65				
	Vicky Jackson-Nocker											47	
	Mathew Hodgson					42					45		
	George Livesey					44					43		
	Emma Lucas			48						42			
	James Gowin					54					29		
	Hamish Shaw		70						14				
	Jess Brough	79						12					
	Charlotte Godfrey					70					8		
	Rod Coombs			81						1			

[Return!](#)

Form Guide

Form Guide

The form guide averages* your performances at those recent races in which 20 or more of us have run. To be included you need to have completed at least three of Sutton, Shelf Moor, Great Warford, Pie & Peas, Stockport 10k, Meerbrook, Wizard, Bollington, Fairy Freckled Cow, Lymm 5k, Buxton, Roaches, Bosley and Bowdon

If you have run three of these races and are not included, or you feel your position does not gel with where you finished in these races, then please let me know and I will check the number.

104	Damian Nicholls	132	Louisa Harrison	154	Sharon Jones
109	Rob Downs		Ian Smallwood		Angela Maziere
112	Graham MacNeil		Matt Taylor		Simon Fenton
	Jim Pendrill	133	Paul Norris		Amanda Bradbury
114	Andrew Whittingham		Janine Ellis	156	Carolyn Hirons
	Barry Archbold		Gareth Trimble		Ian Ashcroft
116	Graham Taylor	134	Phil Matthews	157	Clare Hawkes
	Tom McGaff		Jon Bale		Peter Watson
118	Diane McVey	135	Christopher Grime	158	Gail Hill
120	Malcolm Fowler		Richard Lawson		Sue Strang
121	Mike Hill	136	Tony Hulme	159	Claire McCluskey
	Trevor Morris	138	Katy Green	160	Nina Birch
122	Rob Gilbert	139	Geoff Gilbert	163	Julie Lucas
123	Allan McCormick	141	Steve Russell		Huma Rahman
	Jeremy Bygrave		Andrew Dodd	165	Don Bullough
	Robert Wilson	142	Patrick Grannan	167	Judith Davidson
124	Nick Bishop	143	Diane Bygrave	168	Janet Wyles
126	Sharon Johnstone	144	Nicky Mowat	171	Leanne Byrne
127	Craig Hunt	145	Gavin Mendham	172	Roy Pownall
128	Jarrold Homer		Chris Cannon	175	Owen Ashcroft
	Qes Hussain	145	Zoe Eyre	176	Belinda Carp
	Paul Garnett	147	John Porteous	180	Trevor Faulkner
	Richard Hirons		Sally Price		
129	Aron Myers	148	Rachel Peers		
131	Andy Watts		Alan Turner		
			Sarah Waite		

Ian

* I have used the median rather than the mean so one, or even two, disasters do not disproportionately affect your score.

What does your score mean? For example Nina, with a score of 160, would take 80 minutes to complete a race that Malcolm, with a score of 120, would complete in an hour.

['Return!'](#)

Cheshire Grand Prix

Remaining Race

Congleton half marathon: Sun 6th October

Please try and make sure we are well represented to maintain our ladies position and try and for the men to catch South Cheshire.

Both Teams can win or lose first place

Ladies

Pos	Club	Crew e	Lymm	Burtonw ood	Pie&Peas	Warford	Sutton	Congleton	Overall	Can win
1	Wilmslow RC	164	187	182	174	192	177		912	Yes
2	Vale Royal	182	179	43	190	162	185		898	Yes
3	South Cheshire H	162	132	157	116	123	134		708	
4	Spectrum Striders	33	124	178	130	71	68		571	
5	Macclesfield H	165	48	49	101	120	26		483	
6	Lymm Runners		109	70	53	120			352	
7	Helsby RC		54	35	116		98		303	
8	Tattenhall Runners	35	37	31	34		78		215	
9	West Cheshire AC	31		65	63	22			181	
10	Congleton H				35	132			167	
11	Warrington RR		73			42	37		152	
12	Chester Tri				32	31	75		138	
13	Sandbach Striders				104				104	
14	Styal RC		68		19				87	
15	Ellesmere Port RC						72		72	
16	Boalloy RC	38							38	
17	Knutsford Tri Club		33						33	
18	Cheshire HHH					29			29	
19	Delamere Spartans				17				17	
-	Warrington AC								0	

Note: Best 5 scores from 7 to count

Men

Pos	Club	Crewe	Lymm	Burtonwood	Pie&Peas	Warford	Sutton	Congleton	Overall	Can win
1	South Cheshire H	552	527	554	533	553	539		2731	Yes
2	Wilmslow RC	519	525	500	528	563	550		2685	Yes
3	Vale Royal	533	472	479	556	461	497		2537	
4	Macclesfield H	448	488	491	429	393	439		2295	
5	Spectrum Striders	156	390	444	356	375	332		1897	
6	West Cheshire AC	295	120	297	217	130	455		1394	
7	Helsby RC		50	429	387	203	318		1387	
8	Warrington RR		319	383	105	437	55		1299	
9	Tattenhall Runners			50	339	294	296		979	
10	Lymm Runners	67	340		178	172			757	
11	Styal Runners		101	165	184	210	50		710	
12	Chester Tri	68			109	142	369		688	
13	Warrington AC		465	122	92				679	
14	Sandbach Striders	249			235				484	
15	Boalloy RC	452							452	
16	Delamere Spartans				332		49		381	
17	Knutsford Tri Club		261		60				321	
18	Ellesmere Port RC		46	55	59		66		226	

Cheshire Grand Prix Handicap

Best 5 of 7 races to count.

After the 6th race at Sutton

Top 12

H'cap Pos	Name	Club	Age Group	Race 1 Crewe 10K	Race 2 Lymm 5K	Race 3 Burtonwood 5 mile	Race 4 Pie & Peas 5 mile MT	Race 5 Great Warford 10 mile	Race 6 Sutton "6" 10K	Total	Total (best 5)
1	HILL, Gail	Wilmslow RC	F40	61.5	107	150	147	150	139	754.5	693
2	HANAGHAN, Carl	Macclesfield H	MS		139.5	143.5	136	128	140	687	687
3	OLLIVER, Rob	Vale Royal AC	M35		120.5	141	139	141.5	117	659	659
4	ELLIS, Janine	Wilmslow RC	F40	76	110.5	135.5	73	145	133	673	600
5	SIMPSON, James	South Cheshire	M40	80	123	145	103	134	91	676	596
6	GORDON-LEWIS, Louise	South Cheshire	F40	138	122	149	133.5	51		593.5	593.5
7	McVEY, Diane	Wilmslow RC	F35		37	126.5	118.5	147	128	557	557
8	BIRCH, Nina	Wilmslow RC	FS	103	88.5	126.5	125	107	70.5	620.5	550
9	GRANNAN, Patrick	Wilmslow RC	M60	70	127.5		108	123	114.5	543	543
10	HIRONS, Carolyn	Wilmslow RC	F45	140	42	130	82.5	146		540.5	540.5
11	McCLUSKEY, Claire	Wilmslow RC	FS		147	148	110.5	127		532.5	532.5
12	JENKINSON, Alan	Styal RC	M65		118.5	114	28	132	95	487.5	487.5

Great show by Wilmslow!

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Recipes of the Month

Banana Cake

Ingredients

12oz self raising flour
½ level teaspoon ground cinnamon
6 oz butter
8 oz castor sugar
1 lb ripe bananas (weight with skin on)
3 large eggs
mixed candied peel

Method

Rub the butter into the dry ingredients (flour and cinnamon). Then stir in the sugar and add the finely chopped peel. Peel and mash the bananas until they are a soft puree then beat the eggs into this mixture. Mix with the dry ingredients.

Brush a loaf tin with melted fat and line the base. Transfer the mixture into the tin and put in oven gas mark 4 /350 degrees F.

This quantity will fill two loaf tins. You can halve the quantity putting in 2 small eggs. A great way to use up overripe bananas!

Nicky

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