



Month Year

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It's Your Newsletter

Comments

The editors are keen to dispel the rumour that Carolyn's Core Corner has been poached by Runners World following a bidding war for her services! Her feature was extremely informative and she never missed a deadline irrespective of what part of the world she happened to be in so a genuine big thank you from us all.

Saddened but undaunted, we have gone into the market and hopefully in a couple of months we may be able to mug Sally Gilliver into providing us with a monthly article on fitness, diet etc. Sally opened her own fitness club called SC360 in a unit in Big Storage off Fence Avenue in Macclesfield on the 19th January – undeterred by it apparently being the most depressing day of the year. She runs four one hour classes Monday to Friday at 6 15, 9 30 then 6 15 and 7 30 in the evening and 8 00,9 30 and a two hour session at 11 00 on a Saturday.

Every day is different, but follows a structure which will be progressive over the weeks. A typical session has a warm up followed by joint mobilisation then developing a movement like improving your back squat/deadlift and finishing with a workout.

Sadder news is I bumped into Ken Smart in the gym last week. Older members will remember Ken ran with Rocket Ron Reed who holds about every club record over 70. He even ran the Wilmslow Half Marathon at 80. Ken is now late 70's and clear of the prostate cancer he was diagnosed with a couple of years ago - and has started jogging again. Ron is now 88 and sadly suffering from dementia along with poor vision which does not allow him to read or watch television. When Doctor Kate joined the club there were very few lady members and she was certainly no flier in those days and Rocket would patiently wait to ensure she got back from the runs. A modest gentleman.

Simon Fenton

Any club member that wants to enter the Wilmslow Half Marathon and hasn't yet entered needs to contact myself or Rob Downs ASAP

Malcolm malcolm.a.fowler@btinternet.com

Nicky, Tom, Simon.

The Web

[Recent web postings](#)

[Summer Series Competition 2015](#)

[Helsby Half - the run that never was](#)

[Marsden to Edale Trigger](#)

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

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[Some photos ... \(XC at Boggart Hole\)](#)

[Conwy Half - an update](#)

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Quote of the Month.

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

Paul Tergat, Kenyan professional marathoner

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Athletes Corner

Performances of the month

Athlete	Performance
Damian Nicholls	Led men's team to victory at Cheshire XC and 2 nd team at Heaton Park
Peter Speake	Part of winning men's team at Cheshire XC and 2 nd at Heaton Park
Paul Hawkins	Part of winning men's teams as above
Malcolm Fowler	Part of winning men's team as above 1 st vets' team at Cheshire XC 1 st V50
Jim Pendrill	Part of winning men's team as above 1 st vets' team at Cheshire XC
Jon Cheshire	Part of winning men's team at Cheshire XC
Andy Wittingham	Part of winning vets' team at Cheshire XC
Mike Hill	Part of winning vets' team at Cheshire XC
Rob Downs	Part of men's team who came 2 nd at Heaton Park
Barry Archbold	Part of mens' team who came 2 nd at Heaton Park
Katy Green	8 th lady at Heaton Park
Di McVey	Led ladies' vets' team to victory at Cheshire XC
Di Bygrave	Part of winning team as above
Louisa Harrison	Part of winning team as above 1 st LV40
Laura Finucane	3 rd WRC lady home at Heaton Park
Simon Fenton	1 st V70 at Cheshire XC
Tom McGaff	1 st V60 at Cheshire XC
Nicky Mowat	1 st LV55 at Cheshire XC

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Free Offer

Free to good homes

- Garmin heart rate monitor
- Garmin charging cradle & cable - suitable for forerunner 205/305

send an email to me ismallwood@btinternet.com

Thanks
Ian

Newcomer of the Month –

Colin Walton.

Colin has always concentrated on long off road races. He has completed the horrendous Grizzly in Devon several times and the race is folklore down there. We met up at the Halloween Hellraiser last year and he joined in December in an effort to pick his times up and vary his racing calendar. So far so good having already moved up from training group 5 to 4.

Brian McCoubrey.

Brian has a fell running background and has just moved his young family to Wilmslow.

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Injury Update

Jan Wyles

I saw a decline in performance throughout last season, and the same thing happened the year before. I can't explain it because I always put a good amount of effort into my training. Last year after a promising start again it got worse and I experienced a big drop in my energy after about the first 3k of any tempo run or race which was disheartening. I've tried losing weight (about a stone from when I first joined!), blood tests, diet changes, focussing on core strength, cutting down my running so that all runs were good quality but alas the problem has persisted. So I decided this year to try something else, I am following Lydiard philosophy of training periodization where you lay down a good base before moving on to strength (through hills) and speed work. Basically I am doing more mileage but at a lower heart-rate for about three months, interrupted by Trafford and WHM. Who knows it if will work, maybe I am always going to be slow, but I've never been one to give up before trying everything!

Jon Bale

Autoimmune Thyroiditis

Following my first Bob Graham attempt I started to suffer from weight gain, erratic thoughts, inability to concentrate (not clever when managing billions of other people's money), tiredness and tendonitis below the knee. Training become a real struggle and interval times declined immeasurably I just put it down to the perils of excess fell running in my younger days and the ageing process. It was only after a close friend noticed that I had developed a goitre, swollen lump the size of a golf ball just below the Adams Apple, that I sought medical attention and after blood tests was diagnosed with Autoimmune Thyroiditis.

After six months of repetitive blood testing, increasing the dosage of thyroxine and the magic hands of Wayne the physio I began to improve. The weight dropped off, the tendonitis cleared up, I stopped falling asleep at odd times of the day and was able to commence training without the interruption of niggling injuries. The outcome was a successful Bob Graham round, just, and last year I spent a season concentrating on the road posting PB's at all distances.

Bingo thought I had tamed the monkey only to have the system thrown into compete disarray following an annual medical check up when it transpired that the level of Thyroxine was considered too high and the dosage was altered. Amazingly such a subtle change in the chemical input was enough to distort the system and the original symptoms I had suffered started to become a way of life again. Hopefully following more testing I am back on a more appropriate dosage and am feeling better and can get back to recent peaks but it will take time.

I knew many others suffer from the same problem but the broad message is if you start to feel under the weather for no apparent reason get it checked out. Meanwhile I am grateful for the observation of a close friend and the medical profession but it does mean that I rely on chemicals for the rest of my.

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A Day in the Life-

Christian Hook

Having approached this with the same combination of dread and excitement that I presume most people feel when asked by Simon to complete their “Day in the Life”, my mind set to wandering about what on Earth I could write about.

The musical connection of the title of the task at hand (it’s the last track on Sgt. Pepper’s) made me think about a potential angle... besides running, and my wife of 5 years Kate (who runs with Chorlton Runners), another central theme for me has always been music. As a teenager I was in a band, and over the past few years I’ve done a bit of DJing with friends in York (mainly Northern Soul, indie, reggae and hip hop) but, over time, as I’ve become more serious about running, this has died off a bit (I always ended up doing the posters and the promotion, social media, etc. which can take up a surprising amount of time).

For the sake of the next 5 minutes at least, let’s assume that the day in question is a Saturday and/or a Sunday. During the week, I work as a mild-mannered manager of the eCommerce team at Lex Autolease (the same place Bernard works). I like to think that I do “my bit” in the week, usually sat either beavering away at my desk or mid-way down the M6 by 7.30am every morning and, aside from coming to training twice a week, nothing of note really takes place.

Weekends, on the other hand, are different, particularly when I’m marathon training. I’ve done two marathons a year for the past two years (Manchester in spring, Yorkshire in autumn), so my weekends are usually about either racing or training. If I’m not racing, Kate and I will do the South Manchester parkrun at Platt Fields, back home with a bacon sandwich by 10am. Besides running, I’m a big fan of real ales, so I like to get a night out once a week, either as a bit of carb-loading for a long run, or as a reward for a decent race. This usually takes the form of a few pints in the Market Tavern in Altrincham (they had a gorgeous vanilla stout in there the other week), before heading off for a curry, followed by a couple of night caps in the Wetherspoons (an unbeatable combination of good beers and people-watching opportunities).

I’m usually unable to sleep in on a weekend, so – even after a night out – I end up stirring around 6.45 – 7.00am. My pre-run breakfast usually consists of a couple of bananas and an energy bar, along with a black coffee and a quick ten minutes of Match of the Day, before heading out the front door by 8.00am.

The perfect Sunday long run for me is a well-trodden path from our house in Sale, over the bridge over Carrington Spur, down by the Mersey, over the M60, under Chester Road, and then round and back alongside the Mersey. From here I have a few options; if I come off at Sale Waterpark, the round trip back home is exactly 10 miles, if I come off a bit further down I can stretch that to 13.1 miles, and if I go all the way down to Northenden and turn back and re-trace my steps, I can drag it out to about 20 miles.

Long runs on Sundays to me have to be one of the most cathartic experiences, despite the distances. I always go on my own and, at that time of the day, there are very rarely many people around, leaving me to my own thoughts and the latest playlist on my iPhone. Even though I rarely put my thoughts to good use, I love the way that hours of time on your own when running allow you to come up with all manner of observations and postulations (see

below). Music has always been a big part of running for me and, aside from driving, Sunday runs are my only other opportunity for listening to a good 3 hours of music. I love the way that certain songs can give you a massive boost, even when you're 16 miles in and nowhere near home. I usually listen to a massive playlist of 2,000 songs on shuffle, so I have no idea of what's going to come on next; all part of the fun – the next song could be The Ride of the Valkyries as much as the Theme from Rocky.

Music has also formed a big part of my racing, although as I've started running more seriously I don't really bother with music on anything less than marathons now (and only then if it's allowed by the organisers). The last time I ran the Yorkshire Marathon in October, I was absolutely determined to get under 4 hours, so I spent ages tailoring a precise playlist based on where I hoped I'd be (I grew up in York, so I know the course quite well). I've always considered "Land of 1000 Dances" by Wilson Pickett as being one of the most uplifting songs when running (good for moving your arms), so I put this on every hour so I could count down the time in segments. This was then spaced out by a variety of songs (including the theme to Hawaii Five-O, bizarrely). Even when I started to lose sight of the 3:56 pacer at around 22 miles, the combination of songs and energy gels kept me going, getting me up the final hill and over the line in 3:55. Even though I still can't listen to "Land of 1000 Dances" at the moment (I came out in a cold sweat when I saw/heard the latest BetFred advert), it certainly did its job on the day. I've just signed up for the 2015 Yorkshire Marathon, so I'll have to find something else to listen to this time! Anyway, that's probably enough from me, but hopefully you'll find at least one of these lists useful in your own training:

Top 5 Sunday Long Run Lessons	Top 5 Sunday Long Run Anthems
<ol style="list-style-type: none"> 1. Sometimes you just have to get out there and do it, regardless of the weather – you can only get so wet. 2. After a while, the water warms up anyway. 3. The wind is a fickle friend (even when you start running in the opposite direction). 4. A good blast of Northern Soul or Jungle music can often provide you with as much energy as a gel. 5. Horses and dogs both like to defecate on bridges (a habit which has never really appealed to me). 	<ol style="list-style-type: none"> 1. Land of 1,000 Dances – Wilson Pickett 2. This Charming Man – The Smiths 3. Don't Stop Believin' – Journey 4. Ever Fallen in Love – Buzzcocks 5. Body Movin' – Beastie Boys

Christian Hook

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Recipe of the Month

Spinach and mushroom risotto

Occasion: Wholesome pre or post run meal

Serves: 6

Preparation /Cooking Time: 30 minutes

Ingredients	Method
1 litre vegetable stock	<ol style="list-style-type: none"> 1. Heat butter and oil. Add onion, fry until soft 2. Add rice, keep stirring. 3. Add wine, keep stirring. Once the wine has been absorbed turn down the heat and add the stock. 4. Keep adding the stock until the rice is cooked. If you run out of stock add boiling water. 5. Add mushrooms and spinach, continue stirring until mushrooms are cooked. 6. Stir in grated parmesan 7. Eat as soon as possible!
knob butter	
2 tablespoons olive oil	
2 glasses white wine	
1 onion	
400 g risotto rice	
300 g mushrooms	
100 g spinach	
100g parmesan cheese	

If you want to eat later reheat adding some boiling water. You can vary the vegetables you add. Some may need to be pre-cooked.

Nicky

Over the Hill and far away races

Hill and Fell Races

REPORT FOR WRC DECEMBER 2014

FAMOUS GROUSE FELL RACE Sunday 30 November 2014 6 Miles 1250' ascent 9°C

The race is now about 100m longer than before, to avoid a new fence near Ollersett. It was run in fairly benign conditions this year. Many rivals were passed before the ridge-top near Big Stone, but most of them came by on the various descents. Still, running hard all the way, I was pleased to record my best performance here since 2009. Steve showed he is still on form and Nina made another return to the fells, after her test run at 'Race to the Summit', achieving a creditable result.

71	Steve Russell	53.55	
96	Trevor Faulkner	62.21	1 st MV70
106	Nina Birch	66.53	
108	finishers		

CHRISTMAS CRACKER Sunday 21 December 2014 8 Miles 1100' ascent 7°C

After the Kinder Downfall, this is probably my favourite race of the year. It is a complete mixture, with plenty of muddy fields and tracks, the run along the Roaches ridge, and about two miles of fast downhill road towards the finish. Conditions were again rather benign, with little mud, but a strong 'warm' wind from the

southwest. The Wilmslow runners took it quite seriously, with little festive dress to impede performances. Congratulations to Damian on winning out against a competitive fell runner. I was pleased to be 4 minutes quicker than last year, and indeed ran it the fastest since 2007.

1	Damian Nicholls	50.40
21	Jeremy Bygrave	61.01
27	Brian McCoubrey	62.15
90	Diane Bygrave	74.02
178	Trevor Faulkner	89.00
265	finishers	

BOWSTONES FELL RUN Wed. 31 December 2014 7 miles 1066' ascent -1°C

This was the second running of this fine race. It attracted an enormous New Year's Eve turnout, including an amazing 24 from the Club, but the start was delayed to complete all the registrations. Starting last was a big mistake, as it took 35 seconds to reach the start line, and then there were queues up to 50 runners long at all the obstacles as I moved ahead of the back markers. The route is more interesting than in the summer Boar's Head Race, especially at a tall stile, where some of us did a flat-out crawl through a dog hole in the wall. It was easy to avoid some ice, by running along the side-verges. This year, there was a marshal to guide us over the wall beside the final wood, so we did not go off-route. As usual, easy running let me down, and I was passed by nine runners on the final descent from the Cage. Thanks to Roy and Tony for providing support in quite bracing conditions.

13	BARRY	ARCHBOLD	M	3 rd V40	46:11
16	JIM	PENDRILL	M	V40	46:26
22	STUART	PARROTT	M	2 nd V50	47:08
52	BRIAN	MCCOUBREY	M		51:22
61	ROBERT	WILSON	M	V40	51:51
98	PHIL	MATTHEWS	M		55:20
102	ADAM	NEALE	M	V40	55:44
121	LOUISA	HARRISON	F	3 rd V35	57:11
152	ANDREW	DODD	M	V40	59:08
161	HUMA	RAHMAN	F	V45	1:00:05
168	JANINE	ELLIS	F	V45	1:01:02
341	SALLY	GULLIVER	F	V45	1:01:37
180	TIM	BILLINGTON	M	V50	1:02:18
183	CHRIS	CANNON	M	V50	1:02:54
192	GEOFF	GILBERT	M	V60	1:03:47
236	IAN	ASHCROFT	M	V60	1:07:39
249	NICKY	MOWAT	F	V55	1:09:16
254	PATRICK	GRANNAN	M	V60	1:09:43
283	DON	BULLOUGH	M	V50	1:12:16
284	RACHEL	PEERS	F		1:12:17
301	DEANNA	GRACE	F		1:15:29
317	CAROLYN	HIRONS	F	V45	1:17:23
318	JULIE	LUCAS	F	V45	1:18:10
324	TREVOR	FAULKNER	M	1 st V70+	1:19:03
368	finishers				

Trevor
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Club Calendar

Imminent

Note – the February Sunday run from Alderley Edge will be on the 15th (as the last Sunday in February is also the date of the Knype Pool summer series race).

Club Sunday runs have **not been listed** on days when there is a Summer Series race. However if you are not running the Summer Series race and feel like the normal Sunday morning outing there is often a small informal gathering of people at the Rugby club at 9am.

Sunday, 1 February	Sunday, 22 February
09:00 Rugby Club - Sunday run	Knype Pool 5 SS2 Trail
Tuesday, 3 February	Tuesday, 24 February
18:45 Tuesday Training - Supper Night	18:45 Tuesday Training - Supper Night
Thursday, 5 February	Thursday, 26 February
19:00 Club Run - Rugby Club	19:00 Club Run - Rugby Club
Sunday, 8 February	Sunday, 1 March
Nick Beer 10k SS1 Road	Cloud Nine SS3 Trail
Tuesday, 10 February	Tuesday, 3 March
18:45 Tuesday Training - Rugby Club	18:30 Tuesday Training - Edge
Thursday, 12 February	Thursday, 5 March
19:00 Club Run - Rugby Club	19:00 Club Run - Rugby Club
Saturday, 14 February	Sunday, 8 March
XC Wythenshawe	Trafford 10k SS4 Road
Sunday, 15 February	Tuesday, 10 March
09:00 Edge - Sunday Run	18:45 Tuesday Training - Rugby Club
Tuesday, 17 February	Thursday, 12 March
18:45 Tuesday Training - Rugby Club	19:00 Club Run - Rugby Club
Thursday, 19 February	Sunday, 15 March
19:00 Club Run - Rugby Club	09:00 Rugby Club - Sunday run
Saturday, 21 February	Tuesday, 17 March
Nationals XC	18:45 Tuesday Training - Supper Night

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

Andy Watts

Races to Enter

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

Other race dates now confirmed

Mobberley Round The Runway Thursday 23rd April

Wizard 5 Thursday 9th July

The Great Warford 10 will not be taking place this year.

Regards

Malcolm

Cross Country League

You don't have to enter in advance, just turn up. If you let Di or Jim know in advance then there will be a number waiting for you, but they can also enter you on the day. Most Cross Country races start at 1:40 for women (running about 8km), and 2:30 for men (running about 10k).

- Saturday 14th February. **NOTE DATE CHANGE.** : Wythenshawe Park

Cross Country Championships

- National Championship Saturday 21st February, at Parliament Hill in London.

Club Races

SS = Summer Series, R = Road, T = Trail. CGP = Cheshire Grand Prix race.

1. Sunday Feb 8 [Nick Beer 10k](#) – R. Pre-entry recommended, on the day entries possible.
2. Sunday Feb 22 [Knype Pool Trail 5m](#) – T. Pre-entry required.
3. Sunday Mar 1 [Cloud Nine](#) – T. ~~Pre-entry required.~~ **RACE FULL**
4. Sunday Mar 8 [Trafford 10k](#) – R. Pre-entry required before Thursday 19 Feb.
5. Sunday April 5 [Crewe 10k](#) (CGP race 2) – R. Pre-entry required
6. Sunday April 12 [Radcliffe Trail 10K](#) – T. Pre-entry recommended, on the day entries possible.

Andy Watts

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