

Clarks Gdns 28 Oct 2012: Michelle has the best pants; John a bagful of taboo and a cone.



PROBABLY LIVERPOOL'S PREMIER RUNNING CLUB NEWSLETTER

The Striding Report

IN THIS ISSUE

From the Editor

This issue is all about trying out new things. As one who normally approaches something new by asking myself 1000 times how I'm going to manage it before putting on safety goggles, crouching behind the sofa and giving it a tentative poke with an umbrella from a position of relative safety, I found 2012 something of a revelation.

You see, I ventured out from behind the couch and had a go at stuff I'd not tried before. I turned up at a marathon – those of a nervous disposition may want to look away now – without training for it according to my approved plan. I went on a 100 mile bike ride. One day I dragged myself up and down a mountain and another I shuffled 10 miles carrying the equivalent of a weekly shop on my back. And hardly *any* of it went according to plan. I fuffed about, fell over, got a headache, wandered round Rome like a zombie and at one point had a spider spin a web off my arm while I was riding round Delamere. But you know what? It's all right. Not only am I still here, but I'm almost cured of the notion that if you're not good at something the instant you try it, you shouldn't have bothered getting out of bed in the first place. To think it only took me 45 years to work it out. And by the way, the spider got it on the next downhill. \m/

With that in mind, I was intrigued to find out what it's like for everyone else. As usual, Striders do not disappoint. Go on, read for yourself! If these stories do not inspire you to try something you didn't think you could do, I don't know what else will.

Suggestions as always to thestridingreport@gmail.com

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News

PLS is gearing up for the last two xc fixtures in the Sunday League: New race at Stadt Moers hosted by Knowsley Harriers on 30 December and Walton Park on 6 January. Full details on the website.

Haven't tried a **parkrun** yet? No time like the present! Why not run the special New Year's Day Princes parkrun on Wednesday 1 January 2013 at 10am.

If you don't want to run you can always volunteer. The Striding Report expects a fair few people will need to be shown which way is up. ☺

Yoga workshops ahoy!!!

Social Secretary Eunice Nopondo

successfully negotiated 3 taster sessions open to all striders and family/friends they want to bring along. The sessions are subsidised by the club and only cost £1.50 per person for each date.

Book these dates in your diary:

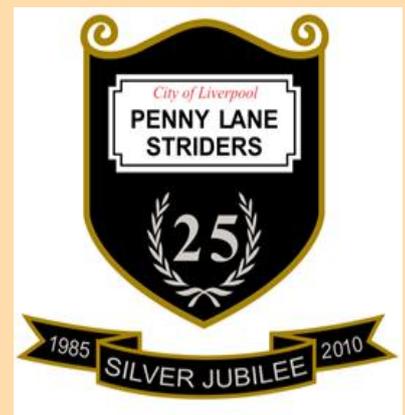
- Fri 18 Jan
- Fri 25 Jan
- Fri 01 Feb

All sessions start promptly at 6-30pm and conclude at 8pm at Sefton Park Community Centre (which is just up the road from Sefton Park Cricket club).

Editor:
Cristina
Puccini



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Membership News

by Mike Roxburgh

Beware the membership fairy: he can turn you into a Strider!

Penny Lane Striders is a friendly club and I am sure that all members will join me in welcoming the new "striders" that have joined in recent months!!

Full details of new members who have joined the club since November will follow in the March edition of The Striding Report.

Now I don't know about you, but running through the winter months in the cold, dark, icy evenings is for me the biggest test of a runner's commitment.

Sure it's easy to go out on a warm sunny July evening to do effort sessions around Calderstones Park, but is it really that easy to do the same when the icy rain is coming down like stair rods, the wind is howling and all that awaits is an hour of pain spent doing loops of the Speke Industrial Estate?

The good news for those of us who are mad enough to keep pushing this particular envelope is that despite the incredulous looks of our better halves, whose comments such as "You're not actually going out in *that*, are you?" or "You are (insert expletive) insane" I'm sure are familiar to us all.

The effort and commitment serves a great purpose in that it sets you up ideally for a strong spring and summer of racing and hopefully PB's!

If the weather is really bad with ice or snow on the ground, that isn't in itself an excuse to curl up on the sofa, get out the doughnuts and chill watching Jeremy Kyle – a much more suitable alternative is to head to the parks where you can generally run across softer snow on the grassed areas thus ensuring you still get your scheduled sessions in and don't return to training when the snow clears a couple of weeks later looking like a teletubbie.

The other area of concern and much distress during these long dark winter evenings is of course "appropriate" running apparel. With the notable exception of lunatics such as Eamonn Brady, (the one man who would have survived Captain Scott's ill-fated trip to the Antarctic wearing nothing more than a mankini - apologies for placing that image in your head) the gym on winter nights can be an upsetting experience for those with a weak constitution, with a multitude of



high viz fashions on parade but most especially when it comes to the delicate subject of men's running tights.

I do not wish to dwell too long on such a subject but when you have former club Captains such as Mal Balmer announcing to the world via social media websites... and I quote direct (sue me if I lie Mr Balmer) "Got myself some new extra tight running pants...lets the fellas know what's on the menu", you can see where I'm coming from!

On a more serious note however it is important to ensure you are as brightly dressed as you can possibly be, the use of head torches should also be considered particularly if your group are planning a session around dark, poorly lit areas such as the crem triangle – we are trying to grow the membership of Penny Lane Striders not reduce it!

To finish I'm not sure when Cris will get this latest Striding Report out there but as I'm typing this just before Christmas can I wish all the Striders both past and present a very happy Christmas and a happy and successful new year.

Enjoy your running guys!

Mike



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Follow the club on Facebook and Twitter:
@TeamPLS1985

What's your favourite run?

Probably four Villages half or Coniston 14 which I ran early this year – they're both great races. Didn't get in in time for Four Villages this year, but I emailed Helsby Running Club a few weeks ago. They confirmed that 10 places will be released at midnight on 22/23 December, so I set the alarm on my phone and went on Fabian 4 site at midnight and got a place. It looks like being a great event, with lots of Striders of every level out for it.

What has been your least favourite run?

Did my first cross country in Sefton Park this November. Not sure it's something I'll spend a lot of time doing! I can cope with the cold and the wet, but didn't like the surface which was really slippery and meant I didn't finish in the time I'd hoped. Glad I've done it though – and always good to run in the club vest!

Tell us about your most memorable running moment: *must be Manchester Marathon in April this year. I really didn't enjoy it – it was tough, and the weather was foul. At the end, I shouted Dean Connolly and caught him up right at the end and we both went across the finishing line at the same time .*

Why did you start running? *I used to jog steadily around Sefton Park and gradually became more interested in running. I did my first Half Marathon only last year (March 2011) - the Liverpool Half - and since completing that in*



Wavertree Mystery

Strider of the Month: Lyndon Easthope

by Rachel Rick

time 1:29:47!

Why PLS? *I had started running alone, and after doing the Liverpool Half-Marathon in 2011 I wore the t-shirt into work. I met Eunice in work! She asked me about the race – she'd done it too, of course. We got talking about running, and she told me about the club. Then I met Mitch Hawkins at Essar Four Villages half in January 2012 which I knocked 14 mins of Conwy half and ran 1:36 and was talking to him during the race. I remember Mitch as he used to be a member of BMF (British Military Fitness) in Sefton Park. He finally persuaded me to come down!*



Lyndon in his natural habitat

Who inspires you? *Athletes such as Mo Farah, Jess Ennis*

What are your running ambitions? *At the moment I hope to run VLM 2013 sub 3 hours. I got a place in the club ballot – really excited about it. Training starts in earnest in January...*



What do you listen to on a run? *Different genres of Dance Music – predominantly Retro/Early 90s*

What is your favourite pre-race nibble? *Banana!*

What's your favourite bit of kit? *Shorts. Mind you, my mum has bought me some running tights for Christmas so will start wearing them in the cold now!*

Tell us something we don't know about you! *When I was younger I had no interest in any form of Exercise / Sport at all. Now I can't stop!*

Do you have any words of wisdom for runners starting out: *just start off slowly and build up. It really is the only way – there are no shortcuts.*

under 2 hrs (1:55:51) I became more and more interested. My Next Half after that was Conwy Half in November 2011 were I knocked 5 mins off Liverpool and ran it in 1:50:24. In between these two half marathons I ran Liverpool Marathon in October in 4:02. In November this year I ran Conwy Half in just under 1:30. Chip

Trails and tribulations

by Claire O'Brien

New to running? Worried that taking to the trails is not for you? Couldn't be more wrong. See how Claire turned from fun runner to hell runner!

December 27th 2007 – The CAFOD fun run at Wavertree Mystery

Position - Last. As a result, I decided to take a short sabbatical from my fledgling running career.



Claire at the Mystery – the CAFOD fun run is long forgotten

October 2nd 2011 - I'm back and this time it's serious! Faced with a sense of impending doom and the prospect of running 10km at saturation point, I lined up for the start of the Speke Hall Bug Run. An hour and ten minutes later, following much soul searching and digging deep, my dad and I crossed the line tired and still very much soaked to the skin yet buoyed by the feeling of having

Spurred on by this, and with the support of my family (following varying degrees of coercion) I took part in the Reindeer run at Knowsley Safari park and completed both the Chester and Liverpool half marathons.

After joining PLS in May of this year I entered seemingly every event available.

Along with Rachel Rick, I was one half of a trail running double act with a unique record: managing to get lost and turn up late for every race.

The Wirral Multiterrain Series took place every Tuesday and began on 4th

September in Thurston. This race comprised of woods and road elements and the support offered by fellow PLS members added to the enjoyment of this race. Race no. 2 of this series was in Wirral Country Park on 11th September and was tough yet enjoyable. The challenges of the run were further exacerbated by the torrential rain and the result, a washed out left contact lens! However, once again, the PLS support got me over the line in the end. Two more trail runs completed the series and next on the list was the Standish Hall Trail Race which took place on 20th October 2012.

Coming only a week after the Liverpool Marathon and in very muddy conditions, it was



Claire & friend at Hellrunner 2012

a testing race yet one in which I was very keen to compete having got the trail running bug. The atmosphere and support on the day were outstanding which, coupled with the cold but sunny weather, meant a great day was had by all. Just to top off the occasion, I took the opportunity to have my car valeted to within an inch of its life at a very competitive price!



Making Hellrunner look like a walk in the park!

So what next? Where would I find the next challenge? The answer was simply...

...Hell Runner. With more than a mild sense of trepidation, my friend and I crossed the Lake of Lucifer, scaled the Hills of Hell and navigated our way through the Bog of Doom. Sometime later it was over and all that remained was for me to forget my trainers (left in the car park) and go home to discard all of my muddy clothing never to be worn again.

So there you have it: a short, potted history of my running career from hell in the Mystery to Hell Runner.

I can honestly say that I have loved every minute of it and would encourage everyone to give it a go.

Cross Country Report

by Dale Higham

Use Dale's patented XC Raceometer™ to quickly assess what each of the first 4 cross country race courses has to offer. A handy reference for future seasons!

I joined PLS in 2010. I've been pounding the pavements ever since.

This year I decided to try cross country during the xc season which runs from November to January.

So what's it all about then?

PRE RACE

- Find out who is doing the weekend's race during your group training (these are your rivals for the club xc standings)
- Get your spikes on (essential, not optional)

DURING THE RACE

- Don't go off too quick
- Smile for Dave Pinno
- Beat as many runners from other clubs as possible (your rivals for the team championship)
- Beat as many Striders as possible (your rivals for the club championship)

AFTER THE RACE

- Go straight back to the finish to cheer other Striders over the line (you know how much this helped you in your final sprint)
- Get your towel out and have a clean
- Head to the results meeting for sandwiches, tea and a chin wag
- Celebrate PLS's amazing performance (hopefully)
- On the way home stop at the car wash and walk through it
- Go home, put your feet up, have a brew and reflect on what a sterling job you've done for yourself and your team (what else would you have been doing, watching crap telly?)

FIRST RACE - Clarkes Gardens

As this was our home fixture I arrived early to help set up. It had been raining heavily so I was expecting mud but the reality was a big surprise. Ankle deep in places. My inexperience saw me set off too quick, not factoring in how much the mud would sap my energy. I spent the last 3 miles hanging on. A lesson learned, I headed off to Skelmersdale wiser. I won't suffer like that again.



Clarks Gardens Oct 2012

SECOND RACE - Beacon Park

Oh my god! I've never been close to stopping and walking until this one. Quite a few veterans missed this and by the second lap I knew why. Vertical hills, lashings of deep mud and the odd patch of grass which felt like it was sent from heaven. So glad to cross the



Beacon Park 2012

line with my lungs bursting and surprisingly in a first team counters position.

THIRD RACE - Birchwood

After being assured by the vets that the worst races were over I was expecting an easier time of it at Birchwood. Torrential rain in the day/night before ensured that was not to be the case. A four lap course cut up immediately, leaving you with the thought of having to negotiate the hills



Birchwood: "Well" Neil seemed to say "I wish they'd all hurry up – can't a man have a biscuit?"

and mud another three times as it gets worse and you get more tired. One Strider dropped out at lap one; I wanted to join him but ploughed on regardless. Boss photos by Dave through "the lake" and at the end which are now amongst my most treasured (I'm a secret sadist [not any more...Ed] and like to remember pain).



Arrowe Pk Nov 2012

FOURTH RACE - Arrowe park

This one should have been a bit easier and it would have been if I'd put my spikes on instead of my multi terrain shoes. Despite this I ended up one place outside the counters wondering what might have been and promising myself spikes every time for xc!

Dale's XC Raceometer™

THE RACES	Overall Painometer	Hillometer	Mudometer	Lakeometer
Clarks Gardens	7	3	7	4
Beacon Park	10	10	7	4
Birchwood	9	9	7	8
Arrowe Park	6	4	7	2

The Original Mountain Marathon

by Lawrence Eccles



Lawrence and Richard teamed up for the first time at the OMM in 2009. They've been back every year since then, including this year when Richard turned up without ensuring all of his tendons were attached to the right places. Lawrence may or may not still be sulking at the ensuing DNF. On each and every occasion they were both too tight to buy pictures, but after a bit of a google I can't say I blame them. They all look like a photo shoot for Millets.

A brief history of the OMM is that it used to be called the KIMM (Karrimor International Mountain Marathon).

I did my first OMM back in 2009. It was a year after the famous wash-out of an OMM in Borrowdale and the organisers were trying to play down what had happened in 2008. I had done four fell races (Ennerdale, Great Lakes Run, Hot-Foot up Famau and Wasdale) by then, which sadly did not meet the criteria to enter the OMM elite which a few friends were doing. A week before the OMM I happened to mention this to a friend and he said he knew somebody who was looking for a partner. I could not back down now after saying I wanted to do it so I said, "Great, put me down for that place."



No, it's not the sheepdog trials. This is the start.

I spoke with the guy, Richard Townsend, I had agreed to run with, arranged to meet on Friday afternoon in Chester and I would drive down. The OMM was held in the Elan Valley, south Wales. On the drive down I heard how he had run a 2h36 marathon and done nine OMM elites before. I imagined I would not be a match for him, but he assured me that finishing was

the main aim; then proceeded to tell me of the OMM elites he had failed to finish (often with his partner giving up!).

Extract from the OMM website on what the OMM is:

"The ethos of the event is to be totally self-reliant, in the wilds, carrying all equipment, no outside support and without GPS or cell phone. Your first source of help is your partner and if you retire you are responsible for getting yourselves back to base. Any teams not arriving at the overnight camp are assumed to have camped safely. In these days of 24/7 contact and total support this is an event to test and indeed help develop teamwork and self-reliance."

Elite Class is about 80km over 2 days (effectively 2 marathons back to back). There is a bias so that nearer 50km is run the first day. There are about 12 check-points per day which the team has to navigate between with a map and compass. The map is provided at the start of the day and teams go off at intervals to stop people following each other.

Back to 2009 and anticipation was building. I had put my name down as the second man of the team, with my fell running and mountaineering experience, on the registration form; they did not appear to check it. We caught a coach to the start and waited for our start time. I had in my head that I just had to keep up with Richard; I had been tipped that he did not move fast, but he never stopped.

Eventually our turn to shine came and we were called to the start line. I was puzzled that they did not give us maps. Instead we had to run up a track marked by red and white tapes to get our map. Then it

was time to work out what was going on. The route had been shortened due to Red Kite nesting areas (thank you Red kites and your nests). The first few check points were easy and we moved on ok. I was advised to not think of the bigger picture and just focus on the next check-point.

After a while the mind started to wonder that maybe there was good reason that they had the entry criteria for the OMM elite and doing it without meeting the criteria was doomed to fail. I had never run more than 22 miles in a race (Ennerdale) and had never done two consecutive days racing with a wild camp in the middle. Luckily the will to prove 'them' wrong soon took over and I pushed on; then we got lost.



What are you looking at?

Hours later, and lots of hill, long grass tussocks and a good helping of mud, we arrived late in the day at what appeared to be a track across the top of the hills formed by a buffalo stampede. It seemed that all the categories had the same run in to camp, and it was a muddy one. We jogged across the fell and picked up the check-points as we went; then just as we neared camp it started raining very heavily and I got cold. I wanted somewhere dry to stand, but after completing the first day we were ushered onto an open field covered in tents (and they invariably all look the same, so returning to the right tent involves paying attention before you leave it).



Doesn't it look idyllic? Maybe they went to the wrong campsite.

I put my warm clothes on and Richard put the tent up. As we had to carry the tent it was not big and now it was all wet. I had carried the food and the stove. To my surprise the tent was spacious and the stove and a few hot drinks soon warmed me up. I ate and ate on the basis that I had another 20 odd miles to do the next day. The next day came and I was pleased to find my rucksack a hell of a lot lighter; all that eating had done the trick.

Day 2 was better weather. We got our map at the allocated time and headed out running along a track towards the first check-point.

Continues on the next page...

Wirral 10k

by Sarah Nealey

Remember your first 10k? I do. Never thought I'd manage to run that far. No such trouble for Sarah though!

The Wirral 10K was my first 10k since I started running in February.

I'd done two 5k's before, one in July, 90+ degree heat in Minneapolis which was pretty horrific and the women's 5k in May round Sefton Park.

I was quite nervous because I tend not to run on my own. If I'm not running with the Striders, I run with my brother (my own personal trainer) so the thoughts of running 6.2 miles alone was quite daunting. The night before, I stayed in Wallasey with my cousin's family to avoid the morning rush. Her husband was supposed to be doing his third marathon but he was full of cold so decided he'd just run the 10k instead. I had a lovely meal full of carbs and a couple of glasses of red wine (apparently it's good for your legs?!?!). In the morning I had a big bowl of porridge and I was good to go.

We arrived at the park where I met Ruth Fisher who was also doing the 10k and some of the other Striders who were doing the marathon. We had our photo taken together and went to line up.



Sarah correctly guesses how many pies Eamonn had for breakfast whilst Claire and Robbie look on.

I lined up with the 11 minute milers and off we ran. I felt really good throughout the race and managed to run consist 10/11 minute miles. I saw my brother at mile 5 and he said I looked really strong.

As I was on the last mile along the front, some of the Striders doing the marathon were going past in the opposite direction shouting support. The last 500 yards or so was hard.

It's definitely psychological because I'm convinced I could've carried on for a few more miles

but the minute I reached the finishing line my legs felt really heavy.

Did it in 01:06:18 which I was really pleased about even though my brother said I wasn't "nearly knackered enough for his liking" and that he was running the next race with me to make sure I pushed myself more. All in all though, I loved the whole experience of the day, the support from runners you don't even know and the camaraderie is inspiring. I can't wait to do the half marathon in March now. I well and truly have the running bug.

The Original Mountain Marathon

...continued from page 8



Sadly we then left the track for the tussocks of grass and progress slowed considerably. The terrain made progress slow and it became apparent that we were getting close to the cut-off times by check-point 3.

Richard seemed to struggle more with the long grass; perhaps because he is short or perhaps because he was carrying the tent which had put weight on overnight.

Richard said that the thing to do was to keep going until a marshal stopped us. A lot of the check-points were unmanned so we pushed on. The terrain improved and our navigation did not fail; that is until we got to the 3rd from last check-point. There was an odd point when Richard went up to his waist in some wet mud; unfortunately he splashed some on me. After a stupidly steep descent to pick up a sadistic check-point followed by a re-ascent of the same path, I let Richard take the compass bearing and did not back it up. We headed off and soon were confused as to where the check-point was. A few teams passed and said that there was a check-point way over there. We headed way over there and found the check-point; we had wasted time and were now back to touch and go territory on making the finish in time.

The run in to the finish was marked, although Richard seemed not to be willing to sprint for it as he could see we would make it; and we did.



This is the tall grass – but you'll just have to imagine our intrepid duo wandering round in it cos I haven't got photoshop.

ascend of 2550m); without those red kites I may not have finished my first OMM.

There were the leftovers of soup and cake, and a coach seemingly just waiting for us (the stragglers at the back). I have since thrown my maps away as I plan to never return to that place in Wales.

We had finished 45 out of 48 teams (that finished) in a combined time of 16h20:43. I estimate the route covered 82km and 2750m of ascent (the certificate I got says 69km and

Captain's log



The men's captain was unable to produce a report for this issue.

I assume this is either because:

1. None of the men have done anything worth mentioning for two months
2. He thinks so little of his charges that he can't be bothered spending ten minutes knocking four lines together to say well

Russell Burnham

done after you've been flogging your guts knee deep in mud to keep Penny Lane's name flying high in the XC Sunday League and getting PBs all over the place on the road.

I don't know. You tell me. This is your captain. I never thought I'd say it, but I feel for you. He even sent me a photograph taken at the parkrun last week where he's shivering his little socks off, poor wee lamb. I was there as well, only instead of crying I ran home. Here, look at him.



All right. I guess if the mountain won't go to the editor, the editor must go rummaging through the forum. I must be going softer than Scrooge at the end of that sodding Christmas Carol (I still can't bear to watch that again – such a disappointment after the most promising of starts).

In November Tommy Gates got a shiny new PB at 5k at Halewood, whilst everyone and their cat got one for 10k at the Leeds Abbey Dash. Martin Swensson even broke the club record in the process. Must be all downhill.

Absolutely no-one got a PB at the Benidorm half marathon. I've no idea why. Paul Riley did for the marathon in Florence (the b***** – I mean, good friend).

In December Colin Dobbs and Ste Maguire (he of the commemorative plate) got PBs at the Guys Thatched Hamlet 10 mile race. Yeah I thought they'd made that race up, too, but it's real.

Andrew Stansfield ran the beautifully named Sneyd Striders R.R.C. - 10 Mile Christmas Pudding Run – not a PB but there's pudding in there so I thought it worth mentioning.

Mitch Hawkins got a PB at the Princes parkrun, which is a feat in itself and deserving of at least a cupcake, whilst on the same day Lawrence Eccles refused to take pictures at an exotic parkrun on the grounds that he was hung over. Just how difficult is it to take a picture, one has to ask. Then again, after the debacle at Clarke's Gardens perhaps one shouldn't.

Dale Higham ran the race of his life somewhere in deepest, darkest Telford to knock a couple of minutes off his previous 10k PB in Leeds.

There you go, Captain. You might want to try doing this yourself next time. I'll let Neil wax lyrical about XC in the next issue.

Good to see these cold wet winter days have not dampened our enthusiasm for racing over the last couple of months. The highlight for me has to be our success so far in the Sunday cross country league, but there are other notable achievements on the tarmac both home and away.



Jane Hallows

The roads of Florence and Benidorm (not sure what that says about our cultural diversity...) have been graced with black and white vests. Looking at the suntans of those who raced the Benidorm half they obviously had some nice weather to go with all that beer! Great times achieved by Cristina Puccini and Paul Riley in the Florence marathon.

It was great to see Sarah Hodgson back racing in the Stockport 10 after a spell on the sidelines, and with a PB too! And in the very same race Michelle C took 6 minutes off her PB, and had the added pleasure of 'coasting' past coach Tim a few miles from the finish – well done.

Not sure where to start with the XC. We hosted the first race of the season (there are six races in the Sunday League) in Clarke's Gardens at the end of October. So many people helped make this a great success, both on the day and in the run up to the race. Too many to list them all but a special mention to the teapot monitors, marshals, helpers and Frank for setting the course through every muddy puddle he could find, and not forgetting all who turned out to race and did us proud.

After four races our A team (first three finishers) are currently in third place, only one point behind second place. Our B team (next three finishers) are in second place, only one point off first place. This really has been a great team effort by all who have taken part in some of the wettest/muddiest (best?) conditions I have ever known. Everyone who runs in these events makes a real difference to our team's placing (those who don't finish in the top six out of our runners are still vital as they help to take places and thus points off our rivals) so a massive thank you to all who have raced so far.

It has been great to see so many new faces having a go this season alongside the regulars (Michelle and Oonagh have evidently been practising as they have consistently finished in the top 15 each race so far). We have had XC debuts in PLS colours from Lucy, Emma, Kate, Laurinda, Rachel and Myka. Not forgetting a very welcome return to racing from our new mums Carolyn and Emma. It was also good to see our previous captain, Sue Cain, back in action on a weekend visit to Liverpool, leading us home at Arrowe Park.

I am hoping for a good turnout in the last two races to push for second place for the A team and first place for the B team (Stadt Moers 30th December and Walton Park 6th January) so come on team PLS, glory awaits those who dare...

...It has not been all sweat and mud though; we have managed to squeeze in the Christmas bash and the breakfast gallop. A big thanks to our Eunice and her helpers for organising another great party night with a delicious buffet. I really enjoyed the 'glory' leg with the pinny and ladle! Breakfast at the Tavern was well earned for those who braved the mud monsters along the shore in Speke, some more so than others eh Russell!!!

All the best for a very happy and healthy new running year!

If you have any questions or suggestions see me on club nights or alternatively my e-mail address is jane.ski@tiscali.co.uk

Running with Type 1 Diabetes

by Mark Thomas

T1 is a form of diabetes that results from autoimmune destruction of insulin-producing cells of the pancreas. It is generally contracted at a very young age and requires daily self-administration of insulin.

Since being diagnosed with Type 1 Diabetes in 1979 I have always been a bit of a trailblazer- through accident rather than intention.

I started running competitively in December 1981 when I won the School Cross Country Championships, Huntington School, York. I used running as a way of keeping my fitness levels up- I played semi-professional football in the Yorkshire League at the time. Having completed a Sports Science degree in 1985 I did a P.G.C.E. in P.E. at Sheffield University and became a fully qualified P.E. teacher in 1987.

A change in the law meant I was banned from teaching P.E. in 1989. Via the European Court of Human Rights (do some good sometimes!) I won my case in 1991. So I rather fell into the unusual category then.

I always kept running as part of my life and returned to it last year when I ran the Liverpool Marathon for Diabetes U.K. Then I joined PLS in February 2012.

Today running can be done more easily by T1 diabetics than in the past.

In 1983 when I entered the Potteries Marathon the Specialists told me to test my blood every 30 mins and to eat a mars bar every hour. Unfortunately glucose drinks were very fizzy in those days and Lucozade in only the one flavour you found in every hospital ward at the time. Glucose Tablets were to be taken in between and with mars bars being low GI you ended up going through the mill waiting for the sugar to come through. I was injured 17 days before the marathon (knee) and never took part. So when I returned to running in 2011 I knew it could be my last chance to complete 26.2.

By then I was on an Insulin pump and carried it round with me. I also carry a blood monitor and spare cannulas in case one drops out. On the pump insulin is fed in through an IV line attached to the body. It replicates "natural" practice. However it is fiddly and the further you run the demands placed on the body are more difficult to juggle.

For example in the recent 2012 Chester Marathon I had to do 32 blood tests- only 11 worked due to having to clean my hands because my fingers had sugar from all the gels. A test at half way read 24.2- but when I cleaned my hands the real reading was 5.2 !!!

In total I took up 22 mins doing blood tests and although I had a machine to test "on the run"- it is very tiring and results were proving hit and miss. At Mile 16 readings were 14+ but I felt low- so I started stopping and cleaning my hands and taking my time over tests.

I finished in 4 hours 32 minutes and although with a 5k PB time of 21:26 this seems slow I still feel it is pleasing and after 33 years of diabetes and at 48- I am quite pleased.

The shorter distances place less strain on the body and my condition can be controlled more easily. The problem as well is that with stress your blood sugars increase- so that needs to be factored in. Also the fitter I have become the more insulin I have needed to counteract the



sugar intake. I now reduce my insulin by less than 50% . Also insulin is needed to utilise the sugar otherwise it will sit there unused- this can be a real problem if the cannula comes out. Overall it is not easy doing long distance races because the feelings associated with fatigue are the same for a low blood sugar (sweats, cramp, staggering).

The beauty of running is that you can age adjust your times and my times for certain distances (5k and 5 mile) compare favourably to those run as a student 30 years ago!! My diabetes control has improved as a result of taking up running again and now I have discovered Shot Bloks. I carry them around instead of Glucose tablets in case I go low.

When Diabetes U.K. was known as the B.D.A. (British Diabetic Association) there was a poster with a tightrope walker crossing the Niagara Falls. They used to say diabetes was like this. Running can be done even if marathon running is tightrope walking blindfolded!!

T1 Diabetics (insulin dependent) should not be put off running and it is very good for your overall condition. There is an Ultramarathon runner in the US (Tim Morgan) who is a Type 1 diabetic and his two sons run with him as escorts and he claims that every marathon or ultra marathon should be treated as an adventure as a diabetic. Also pick your races with care- the Chester Marathon was better organised than the Liverpool Marathon- but we all know the story about the delay etc. and that is why in 2012 I chose Chester.

In sum T1 should not hold you back from running and although it is testing the advice, knowledge and dietary products are far superior to the "old days". Listen to me- I am showing my Yorkshire roots!

For the record – Steve Redgrave is a Type 2 Diabetic, he takes tablets and Gary Mabbutt was/is a Type 1 Diabetic (insulin Dependent Diabetic- on injections/ pump).

Liverpool Royal University Hospital has the greatest number of patients on Insulin Pumps of any hospital in the UK and it is seen as a centre of excellence.

There was a distinct chill but very little enthusiasm in the air as Marc, Colin, Mike and I sat in Colin's lovely warm (and temporarily clean) car, gazing out at a very cold looking Delamere and clutching mugs of tea.

When Mike had persuaded us to do this it was summer and seemed like a fun idea after the success of Thunder Run...



Before...

...Now it was November and there was much muttering. Tempted out of the warmth with promises of pub lunch we headed for the start along with about 3000 other runners.

We soon warmed up with a few hills trail paths before heading into the forest. We had decided not to take time too seriously and run together. It was great not having a watch on for a change, but slightly unnerving having no idea how far we'd gone. It's a good run to do together because let's face it, if you're going to fall on your face in stinking mud, you might as well have a friend there to point and laugh. Colin is normally home and in the bath by the time I cross a finish line, so it was a real novelty to keep up with him and listen to his cheery enthusiasm.



Nothing that a well-known brand of washing powder won't tackle, eh?

The first 'bog' was fairly small but waist deep and with a texture like porridge. My main concern was finding my footing on the bottom – it was definitely the sort of mud you wanted to stay upright in but there were a lot of tree roots and holes to catch you out. Wisely, we sent Mike in first and followed his path. With stinking mud stuck fast we carried on through more muddy paths and some exciting vertical scrambles.

Austyn Clark Fry passed us looking very focused and enjoying the mud just a little too much.

We'd been told about the infamous Bog of Doom, but the hardest part came before that – a 100 metre path of icy (or at least really cold) waist deep water. Getting in inspired a few moments of choice language and then it was a very slow walk through, standing still in places and clinging to submerged trees to avoid disappearing down

Hellrunner - Hell up North

By Emma Kearney

Just in case you thought Claire was an isolated case.

several deep looking holes. We were in the water for nearly half an hour - I've done a bit of open water swimming in some pretty chilly lakes, but this is definitely the coldest I've been and I was very glad to get out the other side...

...Cheered on by a complete nutter in a mankini. The next mile was really odd as feeling slowly returned to feet and legs.

More hilly scrambles, a wade through a shallow stream, lots of laughing, some impressive leaps over smaller streams (landed in them every time) and then the Bog of Doom. After the water, this was fairly tame but by now we'd reached new levels of cold!

Mike waded straight in and Colin and I gingerly (no pun intended Col) followed. Colin stumbled straight away but heroically righted himself by punching me in the face for stability. He then stumbled again and launched himself at me with the sensible attitude that it was better to drown me than get his t shirt muddy.

From there it was a downhill slide to the finish and medals. I've never been so cold, filthy and generally pleased with myself. The 11.8 miles had taken us just under 3 hours which seemed ridiculous, but looking at the results later, we were about halfway down the field.

Delamere mud seems to be made of something especially sticky, but after getting the worst off in the car park whilst warming up with cups of tea, we headed to the nearest pub for a well-earned lunch.

Hellrunner is a race with a lot of hype around it and it isn't particularly cheap but it's well organized, challenging and really good fun. I'd say it's not one to take too seriously - run without your watch, run with mates you can laugh at, support each other and enjoy it.



...And after! And no, I have no idea of what Mark is doing to Colin. Emma and Mike appear entirely oblivious. But then again she would. Colin punched her in the face after all.

Personal Profile: Gary Wallis

Occupation: Part Time Facilities Manager / Part Time Theology Student!

Why did you join pls?: Wanted to get back into running and improve my times after a long injury lay off

Running likes: A long run on a breezy summer evening with a decent view

How long have you been running?: 8 years on and off

Running dislikes: Running in extreme heat and losing (i'm getting used to that one though!)

Favourite male runner: Seb Coe or Haile Gebresalassie

Favourite female runner: Jess Ennis (she runs a bit!)

Favourite non running person: John Le Mesurier (Sgt Wilson from Dad's Army)

Favourite race: 10K

Least favourite race: Half Marathon

Favourite drink: Redbush Tea or Good Coffee

Least favourite drink: Vodka

Favourite food: Cheese

Least favourite food: Mushrooms

Favourite holiday: Somewhere with a beach where I can run cycle and swim - Probably Australia or SA

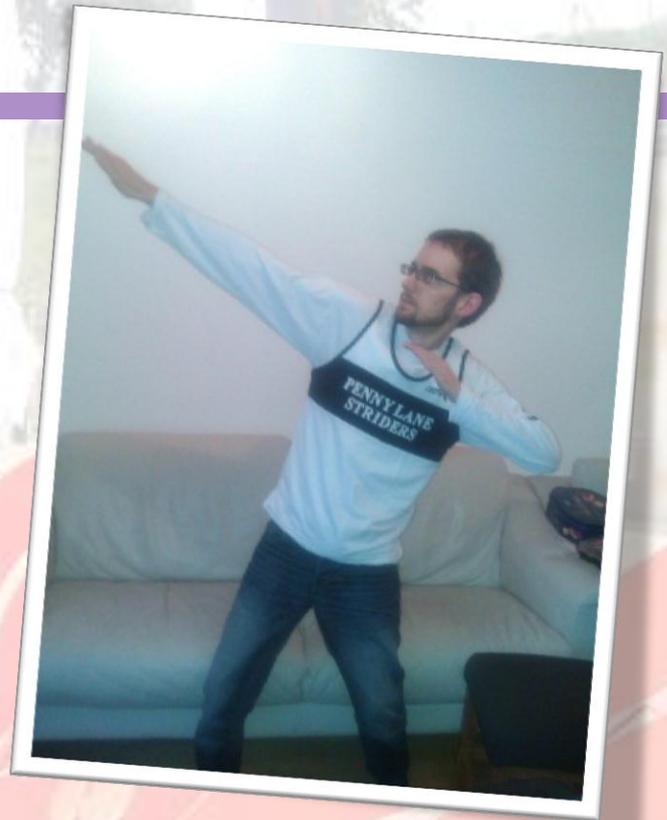
What is your idea of happiness: Waaay too complicated but it probably involves food

Favourite song: Waterloo Sunset

Favourite male singer: Bruce Springsteen

Favourite female singer:

Favourite group: The Kinks



What do you always carry on you: Gold Cross I got for my 21st birthday - everything else I lose regularly

Best running moment: Santa Dash about 6 years ago - great atmosphere!

Worst running moment: Tearing knee muscle whilst marathon training

My most appealing trait: Wouldn't like to say...

Most unappealing trait: Correcting how people speak/write if it's not technically correct

Favourite running shoe: Asics

Favourite film: Con Air!

Vest in or out: Out

Best Times over classic distances:

Distance	Time	Race	Year
5k	20'45	Mystery	2012
5M	37'04	Sefton Park	2010
10k	47'12	Liverpool	2007

Oxford in October in Olympic Year

By Phil Quinn

Relive the excitement of the first 4 min mile with Phil, who was so taken with the surroundings he didn't even put down his shopping bag.



The venue is the Five Star Randolph Hotel. Within the oak panelled walls of the Morse bar, we sit awaiting the arrival of drinks. After an inestimable passage of time,

which had it been Saturday night at the Nag's Head would have resulted in serious mayhem, the liveried bar steward slips silently into view, deals out plastic coated 'Randolph Hotel' coasters with the ease of a seasoned croupier, places our drinks and disappears as discretely as he arrived. Across the entrance hall the concierge exchanges pleasantries with a guest as two new arrivals, preceded by a porter ferrying four brown leather designer bags, head nonchalantly for Reception. The calm, unhurried life of the wealthy, where time hangs as heavy as the loose change in their pockets! We are punching above our weight here; we are not guests for we have just walked in off the street and, rather than choosing a 2003 Dom Perignon or a selection from the medley of cocktails on offer, are sipping halves of Grolsch; at £2.50 a throw the cheapest drink in the house. So what's all this got to do with anything and the price of fish? Well, the relevance of this episode and the significance of the Randolph for me is contained in the words etched into a brass plaque displayed on the panelled wall,

THE AMATEUR ATHLETIC ASSOCIATION
WAS FOUNDED AT THE RANDOLPH HOTEL OXFORD
ON APRIL 24TH 1880

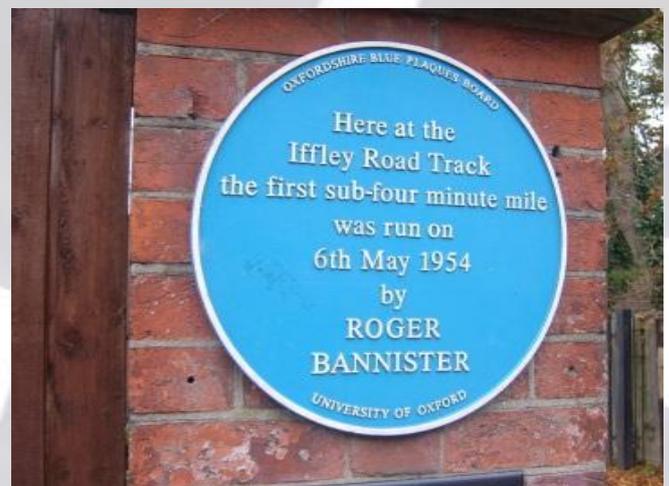
THIS PLAQUE WAS UNVEILED BY
THE MOST HON. THE MARQUESS OF EXETER
K.C.M.G.

PRESIDENT OF A.A.A. 1936-76
ON APRIL 24TH 1980

The A.A.A.'s, to which the Striders became affiliated just over a century later, had its origins here then at the Randolph in Oxford.

In its foundation year the A.A.A.'s held an inaugural Championship meeting. This became an annual event and developed into the premier amateur athletic meeting in the country and, in a relatively short time, the world. The A.A.A.'s administration and organisation was so highly esteemed that before long its Competition Rules were adopted by the Olympic Movement and were the ones that applied when the first Games were staged in Athens 1896.

Against a backdrop of professionalism, regarded by many as tainting the sport of running, Oxford, with the University at its hub, was at this time the pre-eminent centre for the promotion of amateur athletics. It is no surprise then that the three young founders of the A.A.A.'s were drawn from colleges in the city and unsurprising too that some years later, in 1954, one of the most exciting and memorable sporting events of the century was played out on the City's University running track.



Completely underwhelmed at the prospect of joining



And here's the famous track!

Anthony and I for the journey on which we were about to embark, the girls, Margaret and Mary, with what could easily have been interpreted as a spring to their step, headed purposefully in the direction of the city centre's retail outlets. Anthony and I, on the other hand, hopped on a bus going in the opposite direction.

After a short ride and a few stops we were there. Turning our backs on the bus that had delivered us and leaving behind the world of reality we entered one of nostalgia and imagination. Walking down the little lane closest to the home straight and passing through the gates we found ourselves on the University's running track, better known and affectionately referred to as 'Iffley Road'. Wow!

The date of the track's finest hour, or to be more exact its finest 3mins 59.4 secs, was 6th May 1954 and the occasion, the annual meeting between the A.A.A.'s and Oxford University A.C. The main event of the day was the Mile with its cast of Gordon, Dole and Brasher for Oxford and Chataway, Hulatt and Bannister representing A.A.A.'s. Except for a select few and of course the protagonists themselves, nobody knew for sure this was to be an attempt on the mile record and a breakthrough of what had seemed the impenetrable barrier of four minutes. Everyone knows the course and outcome of this race; it was Bannister who burst through the tape and as he waited breathless and exhausted the official announcement came through, 'The result of the Mile Race. The winner R.Bannister in a time of 3min...' The crowd went wild. It was all they needed to hear. Roger Bannister had officially become the first man to run a mile in under four minutes.

And what do you think Anthony and I did? Of course

we did. We ran around the track, it would have been disrespectful not to! It was only afterwards I realised that I had done this with a bag of shopping in my hand. What was I doing? Why didn't I leave it at the start and pick it up when I had finished? It was undoubtedly one of those senior moments, although I prefer to explain it as being overcome by the emotion of the occasion and just not thinking straight. Here was I on the same track (O.K. not exactly the same track; it has been re-laid a few times since then) that Roger Bannister ran on when breaking the four minute mile. I needed to follow in Roger's footsteps and come hell or high water, shopping or no shopping I was going to run!

As a subplot to the Four Minute Mile Race, also picked to represent Oxford in this event was Nigel Miller. The first the medical student knew about it however was as a spectator on the sidelines reading through the start list in the programme, minutes before the race was due to start. The President of the University's A. C. thought the Secretary had told Nigel of his selection and the Secretary thought the President had!

Result: Communication 0 - Majorly Gutted 10.

Meeting up with the girls later, and I don't know why but they just didn't seem especially engaged by what we had to tell them about our exploits, so while Anthony and I remained in a reverie of record breaking runs and past British successes on the track, the ever practical women in our midst were discussing where we would eat that night!



Surely you'd want to have a go at dragging the tyre

Race Calendar

January

Tue 01	New Year's Day Princes parkrun
Tue 01	Billy Knox New Year's Day Awakener MT Race, Whitworth, nr. Rochdale
Sat 05	XC Merseyside County Championship
Sun 06	XC Sunday League: Race 6 Walton Park
Sun 06	Central Lancashire New Year Half Marathon, Catforth, nr. Preston
Sun 06	Hit the Trail 5, Reddish Vale, Stockport
Sat 12	MTCT 12-13: Ashurst Beacon
Sun 13	Garstang 10k, nr. Preston
Sun 20	Inskip Half Marathon, nr. Preston
Sun 20	Brass Monkey Run Half Marathon, York
Sun 20	32nd Essar Four Villages Half Marathon, Helsby
Sat 26	Northern XC championships Knowsley Safari Park
Sun 27	Chernobyl 10k, Preston
Sun 27	Meltham 10k, nr. Huddersfield

February

Sat 02	No Walk in the Park 5k, Chesterfield
Sun 10	Liverpool & District XC Championships Clarkes Gardens
Sun 10	Liversedge Half Marathon, Roberttown
Sun 10	Blackburn "Winter Warmer" 10k & Junior 2.5k
Sun 10	St. Wilfrid's Muddy Boots 10k (approx) & Fun Run, Ripon
Sat 16	MTCT 12-13: 43rd Parbold Hill Race, nr. Wigan
Sat 16	Riverbank Run, Hull (EHH Winter Series 6/8)
Sun 17	Central Lancashire 5k, Bolton
Sat 23	National XC championships Sunderland
Sat 23	Standish Hall Trail Race, nr. Wigan
Sun 24	Terry Nortley 10 Mile Trail Race, Radcliffe
Sun 24	24th Great North West Half Marathon, Blackpool

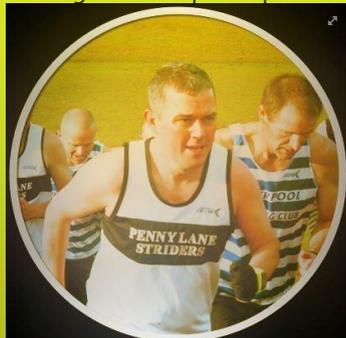
Sunday Cross Country Fixtures NWSCL 2012-13

Multi terrain championship

Races held on same day as Sunday league XC fixtures do not count towards club championship

BULLETIN BOARD

Looking for that special present?



Maybe something for your nan? Why not make a gift of the Beacon Park 2012 PLS commemorative plate, featuring none other than Ste Maguire. There may be one or two still available after the Christmas rush if you ask him nicely.



Here's a man that knows how make an impression. PLS' very own Dale Higham and fiancée Claire on the occasion of their engagement party. I'll let you guess the date.

And now for something a little more serious...



THE OUTWARD BOUND TRUST

THE GOOD CAUSE

The Outward Bound Trust is an **educational charity** and the UK's leading provider of bursary-assisted **outdoor learning**.

Charitable donations support young people from disadvantaged backgrounds for whom this experience is truly life changing. With the most famous of all adventure brand names and a safety record second to none, The Outward Bound Trust is the organization for outdoor adventure in the UK and for over 60 years has influenced the lives of more than a million young people.

More info
<http://www.outwardbound.org.uk>

MY STORY



Before I was born my dad went on an Outward Bound course, as a working class kid from Merseyside. For the past 42 years he's never tired of telling me about it. I've never tired of his stories.

As a small kid I was captivated by those inspirational stories of hard work and reward.

As a result my life has been consumed with sports of all kinds; from chess to football; tennis to triathlon; rugby to running.

I joined Penny Lane Striders – in July 2011. It has allowed me to go from strength to strength in terms of run fitness and all-round confidence. I never dreamed a year ago I'd run a marathon.

Now I am poised to run one of the most famous races in the world. As I toe the start line I'll be 43 years old. A middle aged man facing an exciting challenge – thanks to sport; thanks to my dad; thanks to Outward bound.

So please dig deep and donate now - <http://www.justgiving.com/Graeme-Hind1>

October 2012

**06-Oct-12 5k
Princes Parkrun**

Simon Birtles	00:19:23
Simone Capponi	00:20:33
Cristina Puccini	00:23:10
Gregory Hocking	00:23:17
Chris Whelton	00:23:20
Joe McGlynn	00:23:22
Graham Hussey	00:23:35
Clare O'Callagan	00:26:41

**07-Oct-12 10k
Southport**

Tim Warn	00:45:13
Christopher Lee	00:46:15
Terence Long	00:49:39
Michelle Kelly	00:52:16
Dave Mangan	00:53:11
Ruth Fisher	00:59:45

**07-Oct-12 10m
Blackpool to Fleetwood**

Maria Kelly	01:05:37
Andy Cantwell	01:16:39

**07-Oct-12 Half
Congelton**

Scot Morton	01:51:08
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**07-Oct-12 Mara
Chester**

Colin Dobbs	03:04:58
Russell Burnham	03:41:23
Val Desborough	03:55:11
Emma Kearney	03:57:47
Mike Roxburgh	03:59:49
Ian Russell	04:06:53
Andrew Leslie	04:10:46
Eamonn Brady	04:14:20
Mark Thomas	04:32:49

**13-Oct-12 5k
Princes Parkrun**

Martin Swensson	00:16:42
James McNally	00:16:49
John Connolly	00:18:24
Dale Higham	00:19:32
Craig Hawley	00:22:14
Andrew Leslie	00:22:34
Mark Thomas	00:22:50
Gregory Hocking	00:22:55
Cristina Puccini	00:23:10
Val Desborough	00:23:38
Rachel Rick	00:28:09
Maria Motley	00:28:12
Cath Nevin	00:28:52

**14-Oct-12 10k
Wirral**

Gregory Hocking	00:45:38
Ruth Fisher	00:59:48
Sarah Nealey	01:06:18

**14-Oct-12 Mara
Liverpool**

Lawrence Eccles	03:26:06
Dave Cain	03:42:48
John Sloan	03:43:36
Scott Hendry	03:45:23
David Pease	03:47:52
Sue Cain	03:49:04
Paul Brady	03:49:31
Russell Burnham	03:51:55
John Jensen	03:54:12
Oz Fry	03:55:23
Graham Hussey	03:56:27
Katie Burrows	04:00:46
Dolores Hamill	04:01:38
Mark Murphy	04:05:24
Clare O'Callagan	04:17:52
Tommy Gates	04:21:41
Annmarie Lashley	04:23:18
Jan Canter	04:30:35
Eamonn Brady	04:36:32

Chris Whelton	04:36:34
Colin Tucker	04:42:23
Laurinda Atkinson	04:46:03
Dave Mangan	04:46:36
Clare Stanistreet	04:56:23
Ali Thevendra	05:13:02
Eunice Nopondo	05:33:50

**20-Oct-12 5k
Princes Parkrun**

Martin Swensson	00:16:24
Dale Higham	00:18:49
Steve Maguire	00:18:57
Jonathan Toft	00:19:34
Gregory Hocking	00:22:04
Craig Hawley	00:22:19
Christopher Lee	00:22:26
Kevin Sheahan	00:22:43
Steve Pemberton	00:23:21
Chris Whelton	00:23:24
Jo Bruchez-Corbett	00:27:09
John Holywell	00:27:16
Cath Nevin	00:28:40
Keith Boyle	00:29:47

**21-Oct-12 5m
Green Drive**

Neil Kelly	00:30:31
Maria Kelly	00:32:57
Dave Cain	00:34:21
Tim Warn	00:35:13
Sue Cain	00:35:25

**21-Oct-12 Mara
Amsterdam**

Tim Fletcher	03:08:51
Myka Heard	03:54:32

**27-Oct-12 5k
Princes Parkrun**

Cristina Puccini	00:21:58
Gregory Hocking	00:22:21
Craig Hawley	00:22:24
Trevor Astell	00:22:31
Chris Whelton	00:23:40
Cath Nevin	00:28:18
Laurinda Holden	00:28:46

**27-Oct-12 Mara
Snowdon**

David Hood	05:26:37
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**28-Oct-12 XC
Clarks Gardens**

Men	Pos
James McNally	1
Martin Swensson	2
John Connolly	13
Neil Bullock	20
Neil Kelly	22
Carl Wright	31
David Clark	32
Dale Higham	39
Steve Maguire	47
Ian Russell	50
Simone Capponi	54
Mitch Hawkins	55
Jonathon Toft	61
Andrew Keeley	66
Mal Balmer	76
David Owens	77
Thomas Rimmer	78
Sid Omar	87
Dave Pinnington	90
Rob Hardwick	99
Tim Warn	101
Martin Hirrell	105
Tommy Burke	115
Steve Pemberton	120
Andrew Stansfield	127
Mark Thomas	129
Shane Knott	131
Tommy Gates	139
Graeme Hind	143

Women Pos

Stato's report

by Andy Keeley

Maria Kelly	3
Pam Thurtle	8
Michelle Cobourn	13
Jane Eardley	14
Oonagh Jaquest	15
Lucy Michaelson	19
Val Desborough	23
Gill Darby	28
Emma Kearney	35
Alice Spooner	36
Jane Hallows	38
Michelle Kelly	42
Carolyn Houghton	51
Emma Lawton	52

**28-Oct-12 Half
Preston Guild (Void)**

Terence Long	01:58:41
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**28-Oct-12 Mara
Preston Guild (Void)**

Dave Mangan	04:35:32
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**29-Oct-12 Mara
Dublin**

Eamonn Brady	04:05:05
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November 2012

**03-Nov-12 5k
Princes Parkrun**

Lyndon Easthope	00:19:23
Mitch Hawkins	00:19:31
John Connolly	00:19:34
Christopher Lee	00:22:05
Trevor Astell	00:22:27
Craig Hawley	00:22:41
Gregory Hocking	00:22:44
Frank Martin	00:23:49
C Cattanach-Chell	00:24:48
Jo Bruchez-Corbett	00:26:22
Sarah Nealey	00:32:06

**04-Nov-12 XC
Beacon Park**

Men	Pos
Neil Bullock	11
Neil Kelly	20
Lawrence Eccles	25
Ian Russell	28
Dale Higham	36
Simone Capponi	45
Colin Dobbs	47
Jonathon Toft	50
Mitch Hawkins	52
Mal Balmer	59
Andrew Keeley	67
John Jensen	76
Steve Maguire	77
Tim Warn	80
Rob Hardwick	82
Tommy Burke	88
Martin Hirrell	104
Andrew Leslie	106
Mike Devereux	111
Tommy Gates	122
Dave Mangan	124

Stato's report

by Andy Keeley

Women	Pos
Maria Kelly	4
Pam Thurtle	11
Kate MacFarlane	12
Oonagh Jaquest	15
Jane Eardley	19
Michelle Cobourn	24
Val Desborough	27
Cristina Puccini	28
Gill Darby	29
Jane Hallows	37
Emma Lawton	43
Michelle Kelly	44
Carolyn Houghton	49
Laurinda Holden	52

04-Nov-12 Half Tatton Park (Void)

Paul Riley	01:27:34
Fiona Dutton	01:34:00
Althea Deane	02:05:55

10-Nov-12 5k Princes Parkrun

Martin SWENSSON	00:16:43
Lyndon EASTHOPE	00:19:03
Steven MAGUIRE	00:21:31
Christopher LEE	00:21:42
Andrew LESLIE	00:21:47
Cristina PUCCINI	00:21:48
Craig HAWLEY	00:22:30
Trevor ASTELL	00:22:41
Mark THOMAS	00:23:07
Chris WHELTON	00:24:52
Clare O'CALLAGHAN	00:25:14
Cath NEVIN	00:27:20
Rachel RICK	00:27:28
Carolyn HOUGHTON	00:27:42

11-Nov-12 10k Hollymount (County Mayo)

Michelle Kelly	00:51:19
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17-Nov-12 5k Princes Parkrun

Derek Ashcroft	00:20:30
Andrew Leslie	00:21:57
Trevor Astell	00:22:29
Oz Fry	00:22:38
Mark Thomas	00:23:12
Gregory Hocking	00:23:25
Frank Martin	00:23:32
Dave Lynam	00:24:05
Cath Nevin	00:27:41

17-Nov-12 5k Worcester Parkrun

Val Desborough	00:24:31
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18-Nov-12 10k Leeds Abbey Dash

Martin Swensson	00:32:36
James McNally	00:32:56
John Connolly	00:35:20
Dale Higham	00:39:11

18-Nov-12 10m Brampton to Carlisle

Neil Kelly	01:04:44
Maria Kelly	01:06:29
Sue Cain	01:12:33
Tim Warn	01:13:46
Andrew Stansfield	01:17:48

18-Nov-12 10m Preston

Terence Long	01:25:49
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18-Nov-12 Half Conway

Lyndon Easthope	01:29:47
Paul Brady	01:40:32
Jane Eardley	01:44:47
Craig Hawley	01:48:50
Dave Lynam	01:51:14
Shane Knott	01:57:35
Chris Whelton	01:59:57
Clare Stanistreet	02:14:18
Eamonn Brady	02:16:34
Eunice Nopondo	02:27:29
Rachel Rick	02:27:31

24-Nov-12 5k Princes Parkrun

Mark Finch	00:21:08
Steve Maguire	00:21:30
Trevor Astell	00:22:24
Craig Hawley	00:22:35
C Cattanach-Chell	00:23:08
Russell Burnham	00:23:09
Oz Fry	00:23:12
Chris Whelton	00:23:25
Mark Thomas	00:23:29
Val Desborough	00:23:33
Clare O'Callagan	00:25:29
Matthew Tollitt	00:26:17
Laurinda Holden	00:28:56

24-Nov-12 10k Wesham

Mitch Hawkins	00:40:41
Maria Kelly	00:41:03
Rob Hardwick	00:43:24
Jane Hallows	00:49:43

25-Nov-12 XC Birchwood

Men	Pos
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James McNally	1
Martin Swensson	2
Neil Bullock	14
Neil Kelly	17
Ian Russell	25
Lawrence Eccles	26
Dale Higham	37
Andrew Keeley	46
Thomas Rimmer	48
Mitch Hawkins	49
Mal Balmer	50
John Jensen	63
Rob Hardwick	83
Martin Hirrell	94
Oz Fry	97
Frank Martin	105
Mike Devereux	109
Andrew Stansfield	111
Shane Knott	119
Graeme Hind	124
Dave Mangon	125

Women	Pos
Maria Kelly	4
Michelle Cobourn	8
Myka Heard	12
Oonagh Jaquest	15
Jane Eardley	20
Val Desborough	26
Gill Darby	29
Nina Croasdale	32
Jane Hallows	34
Carolyn Houghton	44
Rachel Rick	47
Laurinda Holden	48

25-Nov-12 Half Benidorm (Void)

John Bampton	01:38:28
Andy Cantwell	01:50:31
Tommy Gates	02:05:36
Keith Boyle	02:15:33
Eunice Nopondo	02:29:57

25-Nov-12 Mara Firenze (Void)

Paul Riley	03:01:43
Cristina Puccini	03:28:14

There's magic in the air...Frank Martin's cartoons are back!



Because after running about in mud there's nothing quite like a nice cup of tea (apart from a bisquit or two, maybe)

Stato's report

This month I have decided to look at the number of people running each distance over the past 3 seasons. This season has not finished yet so the 2012-13 figures are for 2/3 of a year. One thing you notice straight away is the impact of the parkruns on the number of 5k races completed, and logged in the champs. From this season parkruns count towards the champs, on the proviso that you are wearing your club vest. Now not having attended one yet, due to ferrying kids duties, but I have assumed that everyone is wearing a club vest. As we all love something for free you can see the impact on the number run up 250!!, based on only 8 months. So at current rate we will have run nearly 700 5ks by the end of March (keeping me busy adding the results into the spreadsheets).

Stato's report

by Andy Keeley

Distance	Men			Women			Total		
	2012-13	2011-12	2010-11	2012-13	2011-12	2010-11	2012-13	2011-12	2010-11
5k	327	158	177	135	55	80	462	213	257
5m	85	107	84	43	44	31	128	151	115
10k	118	161	168	69	83	71	187	244	239
10m	17	42	57	8	20	26	25	62	83
Half	48	174	176	19	66	76	67	240	252
Marathon	42	62	32	14	22	15	56	84	47
XC	92	141	111	47	60	37	139	201	148

The number of 5m and 10k races looks relatively stable but there has been a drop off in the 10m runs, which could be due to their scarcity or do people no longer love this distance? The half marathon tally also looks low this year but we do have the 4 Villages and Liverpool coming up. It may also be that the number of these run will increase as spring marathon training kicks in.

Marathons had a real peak last year, with the relaunch of the Liverpool event causing a lot of people to try the ultimate test. Are memories of the distance still haunting people this year?

One that will please Frank is that the uptake for the XC has picked up over the last 2 years. With only 4 of the 6 events completed we are on to match last year's number of entries for both men and women. We are also flying high in both competitions with sparkling performances for James and Martin at the head of the field setting the bar high this year. Come April I will redo this to see how the season pans out overall.

Club Records

Marathons dominate the updates this time but we also have a new club record and some age group records. The club records name the 5 fastest runners at each distance for a given age group.

Maria Kelly became the second fastest woman over 10k with her time at Wesham and also set a new second fastest time for 10M in the Blackpool to Fleetwood race.

Emma Kearney became the 4th fastest F35 in the marathon with her time at Chester.

Katie Burrows became the new 5th fastest F35 at the marathon distance the following week with her time at Liverpool.

Cristina Puccini became the 2nd fastest F45 at the marathon with her time at Florence.

Mika Heard set the 5th fastest F45 marathon time in Amsterdam.

Val Desborough was the fastest woman at the marathon in her age group for a week until Sue Cain topped her time so now is 2nd fastest at this distance for the F55 age group.

Sue Cain is now the fastest F55 at all distances. She set a new fastest time for the marathon at Liverpool and then set a new fastest time for 10m in the Brampton to Carlisle race.

Martin Swensson posted a **new club 10k record** at the Leeds Abbey Dash.

James McNally posted a new 3rd fastest 10k time at the same event.

John Connolly set a new 2nd fastest 10k time for the M40 category again at the Leeds Abbey Dash. (This might be one to enter next year for a pb attempt!!).

Paul Riley posted a new 5th fastest marathon time in the M40 age group at the Florence marathon.

Dave Cain set a new 2nd fastest time for the M55 age group at Liverpool.

A day in the life of a PLS group leader

by Andrew Stansfield

Ever wondered what a group leader does or how to become one? Andrew answers all your questions and more!!!

As those of you who attend Club nights regularly will know, each Club night there are a small group of ~~pressed men and women~~ volunteers who announce where each group are running that evening. Who are these volunteers and what do they do?

As the club has grown in size, the Committee realised that it was necessary to add more structure to our Club nights' running. As a result, about two years ago we created the structure of (what is now) five running groups. This was in an attempt to add planned, structured training which would then improve everyone's running and help to retain more members. (This seems to have worked on both counts!).

So in order to have various running groups, we needed to have Group Leaders! I was told that a good group leader needed to have various characteristics – be good looking, charismatic, organised, sensible, friendly, welcoming, enthusiastic, ~~enjoy red wine~~, have a good memory for names, be able to count and be a runner! (I'm still trying to understand why I was asked, as 0 of out 10 isn't a good start!).

To date the Club has arranged for about 20 members to attend the Leader in Running Fitness course, thereby authorising those people (who are listed on the Club Website Training page) to lead running groups. Having properly trained leaders has now become a requirement of England Athletics so that we can continue to operate within their insurance policy - in the event of injury to any of our runners, the Club would be covered for any resulting claims! Now that this requirement is in place the club needs all leaders to take a turn in leading the groups on a frequent and regular basis to ensure there is continuous cover.

Every quarter, the leaders (who have all been allocated to a specific group) are encouraged to write/contribute to the preparation of the training plan for their group, and liaise with Tim Warn to ensure that all the groups aren't planning to be on Otterspool Prom on the same evening! The leaders then decide which of them will be leading each of the sessions.

At the Club, the leader announces the route for that evening and sets off (ensuring that all those who intend to run with that group are present!) and making sure they know how many are in the group! It is important to identify, and make welcome, any new

group members (being able to remember names is a definite advantage!), and then to notify the group exactly what the session involves, and how to gain the most from the session.

The leader needs to explain to new members about how Penny Lane Striders operates, and to encourage all the group members to achieve their potential - identifying when it is appropriate for members to move groups, and to make everyone feel part of the group – ensuring that the faster runners loop back to the slower ones so as to keep the group together, as necessary. And of course, ensuring that the same number of runners who started, return to the Sports Centre at the end of the evening! – I knew being able to count was an advantage!

Often when leading the group, the leader needs to put their own running aspirations on hold, as the speed of the group is determined by the speed of the slowest, and should ensure that everyone present feels included/valued.

One other attribute that seems to be needed to be a leader is having broad shoulders – to receive the ~~abuse~~ banter that always seems to be directed at the group leader (or is it only me that suffers like this?!)!

Despite all this, there are many benefits to being a group leader (now, if only I could remember what they are ...!). Oh yes - it helps you to get to know others within the Club; there is a definite sense of achievement when group members achieve their own PBs (and that's something that seems to have been happening in bucketfuls over the last couple of years!); seeing people improve and progress to a faster group; running at a slower pace than you might otherwise have done helps avoid injury, to name but a few benefits.

I feel that as a Club, we do owe a debt of gratitude to all those group leaders who have volunteered to lead the groups each week – I know we would be much worse off without them all!

If this has whetted your appetite to become a Group Leader, then make yourself known to the Committee, who will consider it when courses (which are held on an irregular basis) are available and when vacancies occur within the various groups.



Benidorm: the morning after the night before



Just in case you thought it was an isolated incident:
 ♥ Claire Stanistreet at the Hell Runner

BULLETIN BOARD



Eunice, Lyndon, Jane & Claire



Tommy, Andy, John, Eunice & Keith



Eunice & Rachel

It's all smiles at the Conwy half marathon

BULLETIN BOARD



CHRISTMAS party at St ANTHONY OF PADUA



WINTER GALLOP & TOUR des PARCS



Eamonn is already thinking of breakfast

Penny Lane Striders

Full English
2 Sausage, 2 Bacon, Fried Egg, Baked Beans, Mushroom, Tomato, Black Pudding and Toast
£5.95

American
2 Bacon, 2 Fried Eggs, Baked Beans, Homefries, Toast, and a Pancake
£6.95

Vegetarian
2 Veggie Sausages, 2 Fried Eggs, Baked Beans, Homefries, Mushroom, Tomato and Toast
£6.75



Yellow is very much the colour for this season



Russ couldn't resist an early morning swim



Someone isn't too keen...



...And Seb looks serious.



The View from the Back: I resolve to enjoy myself

by Rachel Rick



It's that time of year when people have to write about either Christmas presents or New Year's Resolutions. It's practically the law. By the time you read this, Christmas will be past – and so will many of our resolutions. That's the thing with resolutions – they need to be challenging but doable. If they don't last beyond January 10th, we've got them wrong. That's what I'm trying to do at the moment.

I have a few possibilities going around in my head, so I looked online. There are definite categories:

Firstly, PBs. How far do you go? Difficult one, this – need to take into account all sorts of different things, including your age and the amount of time you have to put into it. I reckon at my age (V50+), not losing pace is the equivalent of a PB. There would be a point in time, perhaps in a couple of decades, when I'd be quite fast for a V70. So, that one's easy for me – not get any slower!

The next lot is to do with running a new distance. Hmm. I'm doing VLM this year (second go – had to defer last year) so that's my first marathon. That's enough of a challenge for me. Bet lots of you more experienced runners are thinking of ultras, or just madder runs. Enjoy, but be careful!

Thirdly, there are lots of resolutions relating to getting fitter / losing weight. Apparently lots of us don't lose weight because we go straight to the fridge after we get in from a run, and consume more calories than we've burnt. Moi? Surely not! Actually, yes! How many of us have watches that tell us how many calories we've burnt on a run. I know how many conversations we've had at the end of a run about how we're going to 'spend' the calories! Maybe that's not such a great feature after all...

A fourth category of resolutions refers to contributing to the running community – mentoring a new runner, supporting a friend towards a goal or volunteering regularly. I

think most of us enjoy contributing in this way – have had great fun volunteering at the marathon, and at parkrun. Can be frustrating at times, when you really want to be running, but a great way to make friends!

Frequency resolutions are also popular. I know there are runners who run every day, or aim for a half-marathon a month. I'm thinking of trying for 50 parkruns this year. If you include the New Year's one, that's 53 altogether so doable. But then thinking about weekends away, which could be difficult. Perhaps if I'm away I could do 3.1 miles at 9am on the Saturday morning. Or is that compromising already? Should I aim for 45 – too easy? Watch this space.

Perhaps the most important resolution – the one they often end with – is to enjoy your running! The minute our goals or resolutions change from being a challenge to a chore, they've become counter-productive.

I think that's it, really – this year, I'm going to enjoy every run. Shall we give it a go?

The Striding Report
A newsletter for Readers of all abilities

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Circuit Training

Monday 7pm to 8pm -
£3

Greenbank Gym @ IM
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Barkhill Road Liverpool
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Tight calves? Dead legs?
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Why not try a sports
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