

Spring 2013: just before the first Mystery 5k race



The Striding Report

PROBABLY LIVERPOOL'S PREMIER RUNNING CLUB NEWSLETTER

IN THIS ISSUE

From the Editor

At the risk of repeating what everyone else has already said, it is a fact that the recent past has been completely overshadowed by Andrew Stansfield's passing. Andrew was Penny Lane's Treasurer and Assistant Coach.

It's hard for me to come up with adequate commentary as I did not know him well beyond a couple of late afternoon long runs, but I remember him as an unassuming man with a quirky and gentle sense of humour. And it's often this kind of person that leaves the biggest hole around them when they suddenly disappear. Many striders, friends and family have left tributes to Andrew on the club forum and website. Go and see them on page 9.

Life continues for the rest of us, just as it should. And as is now so everyday and normal, striders are either planning (Thunder Run, anyone? ☺) or have already been up to all kinds of mad adventures and lots of racing both locally and abroad.

And, of course, getting together to organise the annual Penny Lane Striders 10k race.

As I write this, the race committee celebrated another brilliant success – turnout was so strong we reached race limit! Quite the swansong for RaceDirector Kris Cargill.

Suggestions as always to thestridingreport@gmail.com

News

New committee members were elected at this year's AGM, which was held at the Aigburth People's Hall on Wed 19 June.

Welcome new Men's Captain Dale Higham, Treasurer Andy Leslie and President Neil Kelly.

June 2013 is also a time for goodbyes. Long time club member and Penny Lane 10k Race Director Kris Cargill went out in a blaze of glory, with the last race under her direction attracting a record number of entries.

Race limit was reached on a breezy, sunny day along Otterspool Prom and a fantastic time was had by all.

Dave Owens and Mal Balmer are investigating the possibility of starting a triathlon section. If you are interested get in touch at the usual email address or contact Dave or Mally on the forum or facebook.

Warm up sessions have been on a brief hiatus and will resume on Thursday 1st August 2013 at 18.15. Graham Beardsmore is organising the Thursday sessions and Mitch Hawkins on Tuesdays. You can use the hall for your own warm up (18.15 to 18.45 club nights) until then if you so wish.

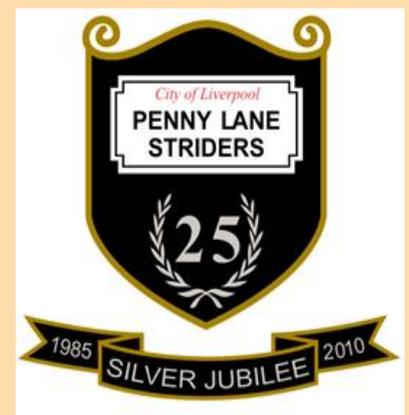
Yoga classes are back due to popular demand and a series of 4 will run at the Aigburth People's Hall from Friday 5 to Friday 26 July.

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Membership News

by Mike Roxburgh

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

Well....In my usual organised, ordered way of doing things I've found myself sitting at my computer desperately trying to dream up something interesting, informative and running related with a deadline well past and an angry editor breathing down my neck!

As I'm struggling to do so, I thought I'd take the opportunity to discuss the subject of membership renewals and the current problems we as a club are experiencing following the loss of Andrew Stansfield who as you will all be aware was our club treasurer.

The situation as it stands is that we have a number of members whose forms have been registered with UK Athletics who have had their subs debited by the club and as such are now just awaiting the delivery of their UK Athletics membership cards.

We also have a number of members who have completed forms but are still to have their details submitted to UK Athletics plus other members who have had standing orders debited from their accounts but by differing amounts £25 or £20 some who have completed membership renewal forms and others who haven't! Whilst others have paid cash for their membership but are still waiting for their membership forms to be uploaded or haven't actually had their payments processed.

As you can probably gather this whole situation is rather complex and confusing but I would like to assure all members that we are starting to unpick these issues which will hopefully be sorted once we have our new treasurer appointed following the forthcoming AGM.

In the meanwhile can I ask all members to ensure that they have completed their



membership renewal forms even if standing orders have been taken as we still need these documents in order to register you.

If anyone has any concerns or queries about their memberships can you let me know so I can keep a record and ensure that matters are fully resolved in due course.

It's sadly only when you suffer a bereavement like the club has, that you fully start to appreciate the amount of effort and commitment somebody like Andrew provided for the benefit of us all and emphasises the gap he leaves behind not just as a friend but as a true Penny Lane Strider.

pennylanestridders@btinternet.com

Follow the club on Facebook and Twitter:
@TeamPLS1985



When did you start running?

I only started running a few years ago. A friend of mine was training for the Liverpool Half Marathon, and I decided to keep her company on some of her training runs. Eventually, I realised I might as well do the half-marathon with her! I was very emotional at the end. I couldn't say I enjoyed it, but I was glad I'd done it. I just never stopped after that.

There are lots of running clubs, why do you run with Penny Lane Striders?

I'd run the Liverpool Half-marathon and the Women's 10k, and I was finding it difficult to challenge myself. I felt I needed something different if I were to improve. I came down with a friend, because we had heard PLS was a friendly club. We just kept on coming back.

What is your favourite run and why?

I never tire of Sefton Park while I'm here in Liverpool. When I'm away for a weekend or on holiday, I find that running is a great way to see different places. If I could run anywhere, I

Strider of the Month: Michelle Coburn

by Rachel Rick

would choose somewhere hot, or tropical –

perhaps a beach, with no-one else around.

**What is your least favourite race and why?**

That's an easy one - definitely Conwy Half-marathon. I know it's not a PB course, but I just cannot get under 2 hours on it. Last time I fell at mile 12. I

finished in a heap, and spend some time crying in the St John's Ambulance Tent!

What is your most memorable memory in running? That's a hard one ... I'll have to think about that. There are lots and lots of great



What a beautiful team! Michelle & chums at the Sefton Park relays.

moments. I do prefer 10k or 10mile runs. Running shorter distances, you have to really push yourself and it can hurt. Longer runs are very tiring. 6 – 10 miles gives you time to get into your stride while running at a decent pace; I really enjoy this sort of distance.

What or who do you listen to on the run? I used to run alone, and at that time I would listen to my iPod. For the last two years or so, I find I enjoy listen to the

sounds around me – natural sounds – and the sound of my breathing. I think that now I probably run with someone else nine times out of ten, and I enjoy chatting on the run... unless I'm running with Emma Lawton, in which case I just listen!

How do you prepare for a race? I'm not superstitious at all, and I don't have any rituals. I have to admit to having had lucky safety pins at one time, but they fell through a little hole in the car, and now I have to do without them. It may



Most improved woman of the 2012-13 season!

seem really boring, but I just get up, have some breakfast (usually porridge) and go. I only ever drink water – I've never used gels or energy drinks at all. After a race, if it is a half-

marathon, I usually go to bed for a lie-down! Otherwise, I make sure to have something to eat.

Who inspires you? I'm inspired by anyone who completes a marathon – I'm still too scared! I just don't want to start a long training programme and find that I start dreading long runs. I really love running, and I worry that it could ruin it for me. I'm also inspired by Emma

Lawton. She manages to do everything! She has a family, had time off running to have a beautiful baby and on coming back has just kept on improving! I don't know she fits it all in.

Do you have any words of wisdom, or top tips for running? I would say that consistency is the key to success for running. I'd say you need to run at least three times a week, and keep on going. I also believe that running never gets any easier – you just get faster!

What achievement are you most proud of? Definitely being presented with the 'most improved runner' award at the Penny Lane Striders Awards Evening in May this year.

Tell us something we don't know about you. I may recently have made an excursion into barefoot running. It didn't go well this time, but I may try it again some time...



Cross country at Stadt Moers

Liverpool Half Marathon

by Penny Lane Striders!

Mile 1 – Jane Hallows

The start of a race is always exciting and this first mile doesn't disappoint. Along the Strand and up Park Lane you can start stretching your legs ready for Upper Parliament Street.

Mile 2 – Lawrence Eccles

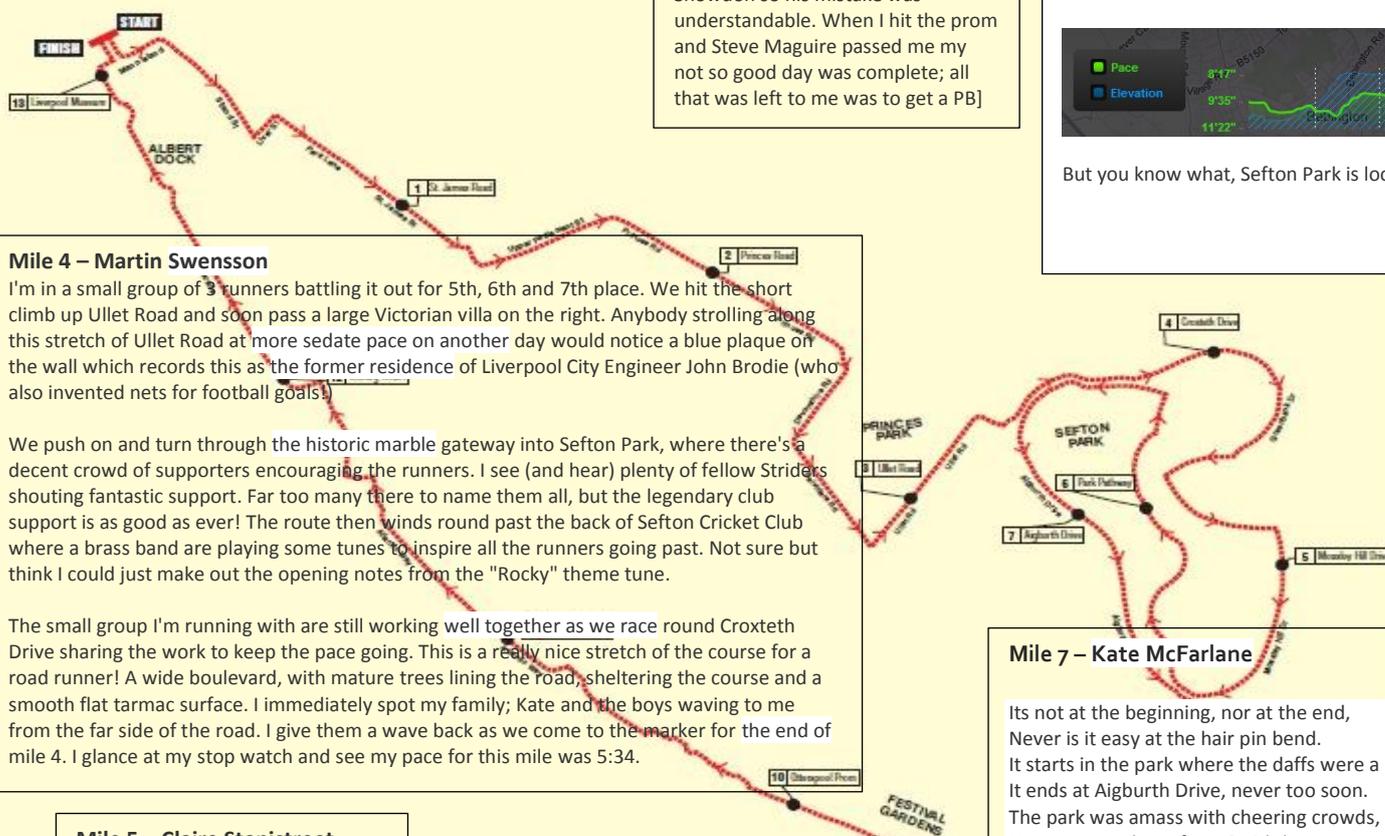
After a sub 6 minute first mile my master plan started to unravel on Prince's Avenue. [Neil Kelly did say I was, "Looking good," or was it, "Looking strong"; either way I knew it to be a lie. Ian Roche (Mersey Tri) passed me around Sefton park and said that he must be doing well as he had passed me; little did he know I am not so good at the old half-marathons. I did beat him well on Snowdon so his mistake was understandable. When I hit the prom and Steve Maguire passed me my not so good day was complete; all that was left to me was to get a PB]

Mile 3 – Rachel Rick

Mile 3 was the highest part of the course. Having climbed Parliament St in mile 2, this mile was basically around the perimeter of home of Princes parkrun. I'd just recovered from a disastrous start (taxi got lost, still in loo queue when gun went off!), started overtaking people and getting into my stride.



But you know what, Sefton Park is looming!



Mile 4 – Martin Swensson

I'm in a small group of 3 runners battling it out for 5th, 6th and 7th place. We hit the short climb up Ullet Road and soon pass a large Victorian villa on the right. Anybody strolling along this stretch of Ullet Road at more sedate pace on another day would notice a blue plaque on the wall which records this as the former residence of Liverpool City Engineer John Brodie (who also invented nets for football goals).

We push on and turn through the historic marble gateway into Sefton Park, where there's a decent crowd of supporters encouraging the runners. I see (and hear) plenty of fellow Striders shouting fantastic support. Far too many there to name them all, but the legendary club support is as good as ever! The route then winds round past the back of Sefton Cricket Club where a brass band are playing some tunes to inspire all the runners going past. Not sure but think I could just make out the opening notes from the "Rocky" theme tune.

The small group I'm running with are still working well together as we race round Croxeth Drive sharing the work to keep the pace going. This is a really nice stretch of the course for a road runner! A wide boulevard, with mature trees lining the road, sheltering the course and a smooth flat tarmac surface. I immediately spot my family; Kate and the boys waving to me from the far side of the road. I give them a wave back as we come to the marker for the end of mile 4. I glance at my stop watch and see my pace for this mile was 5:34.

Mile 5 – Claire Stanistreet

Mile 5 started on Mossley hill drive heading towards Sefton park. I felt really comfortable at this point in the race. I had warmed up and found my pace and was enjoying the race. As I got to the bridge at Sefton park I spotted fellow penny lane strider Carolyn houghton with her son holding the penny lane striders flag and cheering runners. I was so happy to see Carolyn as the support kept me going and gave me motivation. Mile 5 ended in Sefton park just past the lake.

Mile 6 – Ceredig Cattanach-Chell

half way is a strange place to be in a Half Marathon. The surrounding trees and lake suggest a tranquillity that your mind is at odds with. A long steady climb for the final hill section needs to be carefully challenged so that you make the best speed down the hill and use energy where it most efficiently used. The 10k point is a relief - but leaves you with the psychology of managing the Prom in a mile or two..

Mile 7 – Kate McFarlane

Its not at the beginning, nor at the end,
Never is it easy at the hair pin bend.
It starts in the park where the daffs were a bloom.
It ends at Aigburth Drive, never too soon.
The park was amass with cheering crowds,
Hungover students from Smithdown surrounds.
They clutch their coffee with bleary eyes,
We jog past feeling more alive.

During this mile, a guy shook my hand,
Singing the praises of the big brass band.

From a runner in front, comes a ringing tone
To my great surprise, she answers the phone!
Amazed as I was, how she could do it
She runs at ease and chats right through it!
It later transpired it was her date,
He thought she was fit, approaching mile eight!

I set off too fast so was feeling the pain,
Glad as I was to pass the end of The Lane.
Seven is never easy, as we all found,
But Liverpool Half is the best all round.

Liverpool Half Marathon

by Penny Lane Striders!

Mile 8 – John Connolly

Mile eight begins in Otterspool just after the ridiculous section where you have to run through the subway under Aigburth Road.

It's a nice welcome down hillish section and this year I started picking fellas off after struggling a bit around Sefton Park, I passed Nige Grant who was supporting/watching the race with his lad in Otterspool and he told me I was 26th. I wasn't going to get a PB but thought I could still get a top 20 place.

The race twisted and turned a bit through the bottom of Otterpool then dropped onto the promenade and wind was slightly in your face but not too bad.

Mile 9 – Judith Dyer

A straight mile run along the promenade starting by the childrens playground, passing the festival gardens site and heading towards the Britannia pub ! Lots of supporters by the festival gardens area. I must have run along this part of the prom hundreds of times over the years so i felt strong and tried to keep working hard to get to the finish! Always good to run along by the river.

Mile 10 – Chris Lee

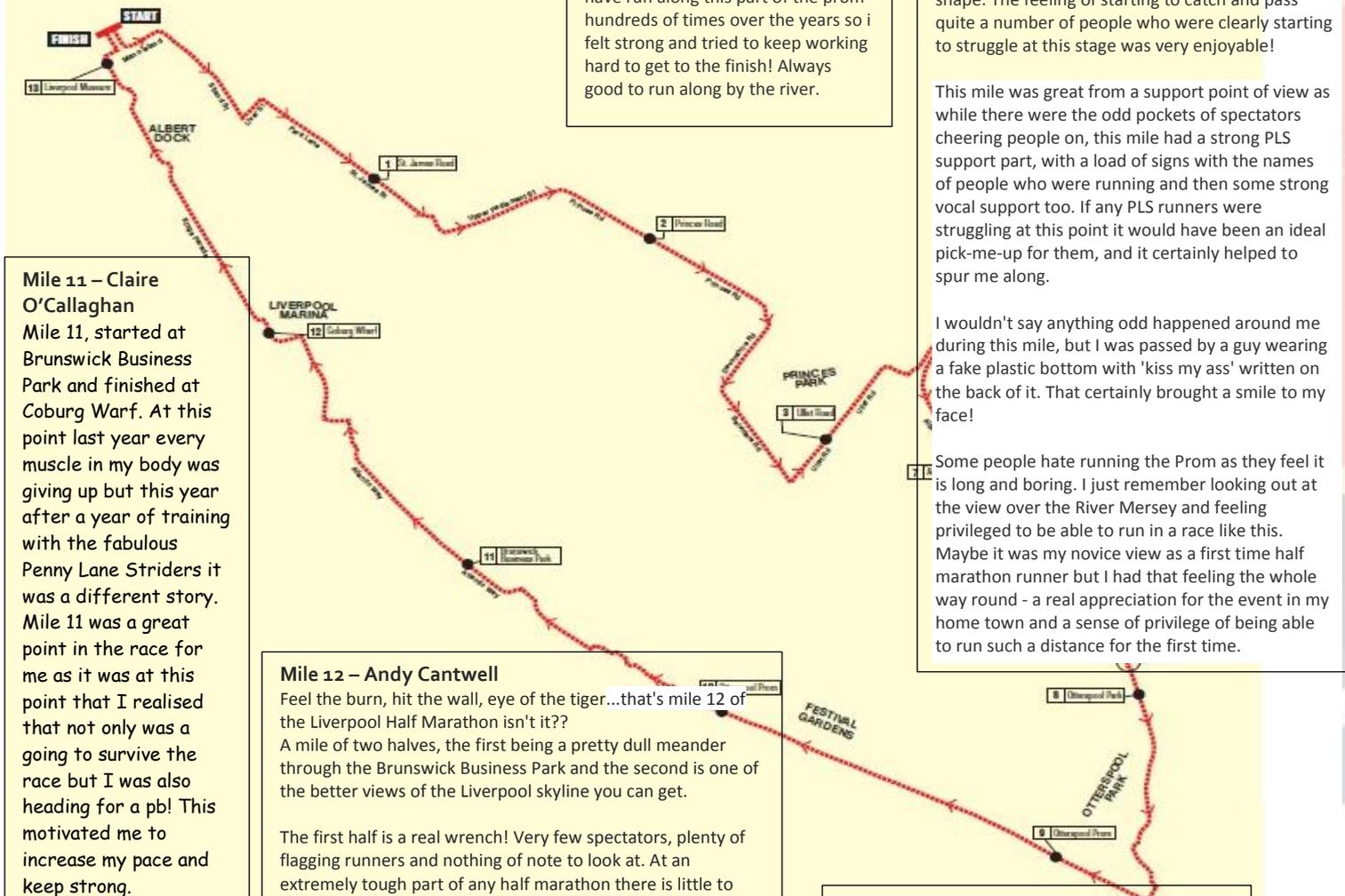
Mile 10 was the first full mile along Otterspool Promenade, starting not long after the course led onto the Prom and finishing somewhere around the Britannia Pub, although exactly where I can't remember now. At this stage my mind was more focused on putting one foot in front of the other as quickly as possible!

I had an unusual experience with it being my first half in that I enjoyed every mile of it, whilst other people seem to have had real dips in parts. This mile was where I started to push a little faster, having made it through the previous miles in good shape. The feeling of starting to catch and pass quite a number of people who were clearly starting to struggle at this stage was very enjoyable!

This mile was great from a support point of view as while there were the odd pockets of spectators cheering people on, this mile had a strong PLS support part, with a load of signs with the names of people who were running and then some strong vocal support too. If any PLS runners were struggling at this point it would have been an ideal pick-me-up for them, and it certainly helped to spur me along.

I wouldn't say anything odd happened around me during this mile, but I was passed by a guy wearing a fake plastic bottom with 'kiss my ass' written on the back of it. That certainly brought a smile to my face!

Some people hate running the Prom as they feel it is long and boring. I just remember looking out at the view over the River Mersey and feeling privileged to be able to run in a race like this. Maybe it was my novice view as a first time half marathon runner but I had that feeling the whole way round - a real appreciation for the event in my home town and a sense of privilege of being able to run such a distance for the first time.



Mile 11 – Claire O’Callaghan

Mile 11, started at Brunswick Business Park and finished at Coburg Wharf. At this point last year every muscle in my body was giving up but this year after a year of training with the fabulous Penny Lane Striders it was a different story. Mile 11 was a great point in the race for me as it was at this point that I realised that not only was a going to survive the race but I was also heading for a pb! This motivated me to increase my pace and keep strong. Everywhere I turned there were penny lane supporters out in force. Proud to wear the PLS vest is an understatement!

Mile 12 – Andy Cantwell

Feel the burn, hit the wall, eye of the tiger...that's mile 12 of the Liverpool Half Marathon isn't it?? A mile of two halves, the first being a pretty dull meander through the Brunswick Business Park and the second is one of the better views of the Liverpool skyline you can get.

The first half is a real wrench! Very few spectators, plenty of flagging runners and nothing of note to look at. At an extremely tough part of any half marathon there is little to inspire you to push on for the two and a bit miles remaining. Once you come back on to the riverside you can start to feel awake again. A breeze, an awesome view to the left, right and straight ahead and some support to spur you on. I have to apologise if there were any Striders out at this point, I was in a serious state of tunnel vision.

My race was beginning to feel like it was slipping away from me. Rob H had done an amazing job at setting a really steady 8min/mile pace but by this point his 'job' had changed to Chief Executive Get Him Home Officer. It was my second slowest mile and I could hear/feel the legs saying enough is enough. Even in the final yards of mile 12, it was still pulling tricks out of the bag!! Having to approach the 'old' finish line was a tougher psychological challenge than I would have imagined.

It's ok though because there is only one and a bit miles to go!

Mile 13 and .1 – Sarah Nealey

Well what can I say about the final 0.1 miles of my first ever Half Marathon other than AMAZING! I was running alongside my brother when all of a sudden a familiar face comes running towards me (the wrong way)!! It could only be Eamonn. He had done the same with a few of the others to help them through the last bit. I could've cried, it was such a great thing for him to do. I turned the corner towards the finish line and I've never seen so many people cheering. I don't know where I found the strength from, my legs had felt dead after mile 11, but I sprinted the last part and crossed the line with Eamonn and my brother. It was the best experience of my running life so far. The support from everyone at the club was immense and I was so proud to be a part of PLS that day!

One Hundred Miles, One Day.

By Lawrence Eccles

How far do you have to go to get the belt as well?!?

PETZL SOUTH DOWNS WAY 100 2013
 100 miles from Winchester to Eastbourne on the SDW. Total Climb: 12,700ft. Date: 15th-16th June 2013.

It seemed an arbitrary goal (one hundred miles in 24 hours), but when I started the South Downs Way 100 (SDW100) race I had applied the pressure such that if I took over 24 hours (there is a 30 hour time limit) I would have let myself down.



The SDW100 also gives a belt buckle depend upon finishing time; one for sub 24 and one for sub 30. This

reminded me of the book Ultramarathon man, were the author is doing the Western States 100. I suspect the belt buckle idea has been stolen from the Western States 100, but I am just speculating.

A southern (soft) friend [Charles Brent] was also running the SDW100; as was his brother [Eduardo Brent] and another friend [Hernan Vargas]. Charles was also dead set on getting his sub 24 belt buckle, although his schedule was far more restrained than mine. He aimed for 5 miles an hour for the first 60 miles then 4 miles an hour thereafter. My schedule was to get the first half done fast, more like 6 miles an hours, then keep moving (walking if need be). As it happens a lot of walking was needed after 70 miles, but as the end neared I became capable of running again.

I finished in 19:37:34. Charles finished in 23:15:52 and Hernan in 23:34:55. Eduardo did not finish; he said he felt tired, in a sleepy sense, when he got to 83 miles. It had become apparent by the time he got there that sub 24 was very unlikely. The first woman home had beaten

the previous men's record convincingly. The field for the South Downs Way seemed strong with 91 runners finishing under 24 hours. There was a new course record of 15:43:53 by Robbie Britton.

For me the hardest hour is the first hour. Later on in the race time seems to fly by. This indicates, to me at least, that the task of running 100 mile is more mental. My average speed on the South Downs Way was 5 mile an hour. This is not very fast running, probably more commonly described as a fast walk.

I did have an arduous leg near the end (83 miles to 91 miles) were I wanted to sit down and rest. I used this desire to sit down and rest to get me to the next check



point where I sat down and rested. I had a powder, cup of coffee, cup of coke, cup of water and some food (can't remember what, but it looked appetising at the time). The check point staff commended my politeness then politely asked me to leave. I normally aim to spend as little time at check points, but this time I felt like a sit down (first of the day). The next two legs went by quickly and comfortably and I finished well.

Both Oz Fry and Russell Burnham are going for 100 miles in 24 hours in this year's Thunder Run at the end of July; Good Luck to them and all those running at Thunder Run.





Dale Higham

Firstly I would like to pay tribute to Andrew Stansfield, our much loved and respected treasurer, who gave so much to our club in time effort and the contribution of his character. I have fond memories of Andrew, as I am sure do all of

you. It is up to me and the other new committee members Neil and Andy to continue the good work Andrew was doing for our club.

On that note I would like to thank you all for the opportunity to represent you as Penny Lane striders men's captain. It's a challenge I will relish. I am a link to the committee so feel free to raise your concerns ask a question or give feedback on club matters. I will try to get a few sessions in with different groups in the coming months. Hope to catch you for a chat, but enough about me.

I am glad to say Penny Lane's men are coming into a bit of form. Since the beginning of May there has been plenty to talk about. Apologies in advance if I miss anyone's good work but I'm working with the info on the forum so please post pb's etc. there in future, even if someone's posted the results just post underneath mentioning yours was a pb. Or inbox me on Facebook.

A big turnout at the spring 10k with pbs for Jonathan toft and Ste Maguire who has been steadily improving for some time. A sign of summer is a mass of black and white vests circling the Mystery on Tuesdays the first of the mystery 5k series kicked off with another big PLS turnout with Ceredig continuing his run of pbs. another well represented race was the Chester half with Paul Riley first strider home in 1:26:24 followed by Thomas Rimmer with a pb 1:30:56. Tommy gates another steady improver pb'd in 1:54:48.

The 5k V50 record tumbled at Christleton with Nige posting 17:39 - also at Christleton Neil Kelly pb'd his way to 3rd in the v40 record book behind John Connolly who got a new v40 2nd in the record book Dave Owens also pb'd. The message is clear get Christleton in the diary for next year.

The MTCT continued at Thurstaston and Wales where Lawrence Neil and Rob chased a horse across fields for 24 miles and were surprised to lose. Unfortunately for me the bookies wouldn't take my bet. [actually they all beat a fair few horses - Ed]

James won the Walton Park 5 mile in a pb and club record 26:03, bravo. John Connolly won the V40 prize. The race was the first of the Mersey grand prix series with another good PLS turnout. Martin won the Merseyvend 5k with pb's for Christopher lee and Chris Anderson.

Another indicator of summer is Lawrence attempting to run over every undulation in Europe finishing 15h in an 11k race taking in 1200 meters of ascent, running 100 miles in a little over 19 hrs in another race along with a short 100k race in Italy. He must be going soft.

Provisional results suggest martin Swensson continued his incredible form of late with a win in the second mystery 5k along with pbs for Neil Bullock, Thomas Rimmer and Greg Hocking.

Another black and white invasion at tunnel 10k saw pbs for Andy Cantwell and Mike Welsby.

The Birkenhead Park 5 mile saw Martin first across the line once more another pb for Ceredig and a pb for another consistent improver Colin Dobbs, whilst Paul Turp pb'd at St. Albans half 1:40:42 and David Cain was first V55 at Gosforth 10.

At Sport in the Port pb hunter Lyndon bagged another one for his collection along with the on form Neil bullock. John Connolly pb'd at the mile at Babington oval in 4:54

Overall excellent work. When we factor in those who are getting back towards pb shape it's looking good. Keep it up!

Captain's Log

It has been my saddest period of time as a member of team PLS



Jane Hallows

with the tragic loss of Andrew. The many tributes and expressions of respect for our friend, coach and treasurer were testimony to both the popularity of Andrew and to the great spirit of our club.

As Andrew would have wished, racing has continued with the black and white vests out in force all over Merseyside and beyond. So much so it is impossible to mention them all, but as ever there are some notable highlights.

Emma Kearney and Claire Stanistreet kicked things off with a PB each in the Manchester marathon. Not content with this Claire then ran another marathon in Edinburgh the following month (madness and impressive in equal measure!)

As ever we dominated the first Mystery 5k of the season. When team PLS moved from the start line for our annual photo call there were only about a dozen lonely looking souls left. First home for the ladies was Rachel Williams in a very impressive 19.41.

As the photos suggest (thanks Rachel), at the annual awards night a good time was had by all. Thanks to Ritchie for the venue and Eunice for the delicious food. Keep on racing this season and some 'bling' could be yours next year (two races from the following distances; 5k, 5m, 10k, 10m, HM and or one marathon qualify for the club championship with the two fastest combined times for each distance in every age category winning a trophy).

The new Merseyside Grand Prix got off to a flying start at the Walton Park 5 miler with a great turn out. Fiona got a PB and came home in 4th place overall. Somehow I managed to pick up the V40 prize (and no, I wasn't the only one in that category!) Race two at Birkenhead saw Fiona go even better and romp home in second place, followed by Myka in 7th place with Louise and Eunice making up the team. This has left us first placed team, and Fiona is leading the ladies competition overall - well done every. Obviously we will not be racing in our 10k, which is the next event in the series, but I am hoping for a strong turn out at Sefton Park on Wednesday 17 July.

I can't sign off without mentioning Cristina's recent exploits. She completed the Sandstone Trail Challenge (which is 33 miles off road) in 6 hours 15 minutes. However, this was a 'warm up' for the Del Passatore 100k road race starting in her home town of Florence. Running through the night she finished in an impressive 12 hours 21 minutes.

Dates for your diary next month for the multi terrain challenge series, Bollington Nostalgia on 14 July and Race the Train (10k option available if you don't fancy the full 14 miler) on 17 August, full details on club website and notice board.

Finally, good luck to everyone competing in this year's Thunder Run over the weekend of 27/28 July, can't wait to hear all about it.....

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

Andrew Stansfield

A few weeks ago Penny Lane and the local community suddenly lost a valuable member and a friend. We remember him here.

John C
May 14, 2013 - 8:09AM

Very sad loss, RIP Andrew

MIKER
May 14, 2013 - 7:12AM

A lovely man, a good friend a fantastic abuse shouter during races he wasn't competing in where he would always turn up on the side lines just at the point id exploded.! Ill miss you Andrew RIP

Grae
May 14, 2013 - 7:30AM

So sad and such a loss. Can we memorialise Andrew in some way? Perhaps rename the Lamplight 5k...that seems poetic.

Robbie Collins
May 14, 2013 - 8:18AM

I can't believe Mr Stansfield is gone!

I'll miss Andrew a lot. Like most of us even those who didn't know him that well he'd be one of those regular friendly faces at club nights that would share a joke with you or give you a push up Woolton Hills!

In my case I'll miss the banter he used to give me about smashing me in the Marathon everytime London came around even the year he broke his arm and still did it.

Even when I've been wearing another club vest Andrew would have always given me a big shout when he'd spot me in races even if it was to tell me I'm crap or carrying a bit too much timber it would always make me smile.

Who's the runner coming down the road wearing a cap/t shirt under his vest/armband and glasses on? Who else would it be! You could spot him a mile off.

What a lovely bloke, gone too soon.

Eamonn
May 14, 2013 - 9:25AM

We are a big family at Penny Lane and we have lost a true legend and brother. RIP Andrew.

Paul R
May 14, 2013 - 9:00AM

I'm shocked into silence.

I joined the club 6 years ago about the same time as Andy and enjoyed his company at the back of the group on many occasions.

You could always talk to him as a friend.

He'll be sorely missed.

Gray h
May 14, 2013 - 9:48AM

I just want to echo Dave Owens comments. A true penny laner through and through, team player and always encouraged runners to achieve their full potential. Will be surely missed. Rest in Peace Andy.

Chris A
May 14, 2013 - 11:39AM

It is clear already from the tributes to Andrew what a remarkable man and club member he has been and how much of a loss he will be to us all. In my two spells with the club I've been lucky to spend many an evening running in groups led by Andrew and have certainly been enriched by the experience.

In returning after a lengthy break in January I have had nothing but encouragement, support and advice from Andrew and immediately felt like I was back amongst friends. He regularly schooled/berated me on the merits of even pace in efforts and races. It is therefore with great fondness that I will cherish my final memory of him sat on the bench in the finishing straight of last weeks Mystery 5k as I staggered over the line to a Vets PE having finally taken his advice to not go crazy in that first mile. RIP Andrew.

Dave Pinno
May 14, 2013 - 9:32PM

Terrible news and hard to take in reality. Its difficult to know what to write having read through all these very poignant and touching tributes to Andrew.

For me his humour, humility and enthusiasm will be sorely missed by everyone who knew him inside and outside the club. He put so much time and effort into helping make the club what it is today. RIP Andrew.

David Owens
May 14, 2013 - 7:57AM

Very sad news. Andrew was group 2 leader when myself,finchy and graham all joined and his help and advice brought us on as runners.He all so enjoyed the banter which came with the three of us , a really nice and genuine man. R.I.P Andrew.

Andy Leslie
May 14, 2013 - 7:18AM

Such terrible news. A lovely bloke, always ready with a joke or some good natured banter.

As Mike said, he'll be missed

Keith
May 14, 2013 - 7:44AM

Terribly sad news. RIP Andrew.

Oonagh
May 14, 2013 - 8:43AM

RIP Andrew.

This is such shocking news. Perhaps it is shocking because when we spoke about your recent surgery you shrugged it off with such humour and positivity.

My favourite memory of Andrew is him cruising alongside me playing the Beatles' "Penny Lane" on the car stereo as I slogged up a hill in the Welsh Castles Relay.

Typical Andrew: funny, upbeat, supportive. Gone too soon. Too sad.

Sue Stout
May 14, 2013 - 9:10AM

RIP Andrew. Thank you for your advice and support. And the mickey taking about my running style. I think it was you who ironically nick named me the hare in the group five sessions! An asset to the club, missed by all. My condolences to his family.

Nige
May 14, 2013 - 11:36AM

A very sad loss. He will be sorely missed.

Frank Martin
May 14, 2013 - 9:34AM

Terribly sad news about Andrew a lovely man. He worked very hard for the club and played an enormous part in its modernisation and making it the success it is today. He always helped me out me out of a few jams with the Xcountry and bore with my appalling financial skills with patience . I will be bringing down black ribbons that we can wear as armbands to the Thuraston Multi terrain tonight.It will be an opportunity to show our sadness at the loss of a friend and running companion.So seek me out if you want one.

Cristina
May 14, 2013 - 9:23PM

Lovely, peaceful moment before the MT race tonight, as Frank led all runners into a short period of silence at the start line. I didn't know Andrew very well but it sounds like he will be missed by the community at large with all his volunteering work, not just by Penny Lane. And never mind resting, he's probably out for a run now.

Tarja
May 14, 2013 - 8:48PM

I echo previous posts on how much Andrew will be missed; he played such a big part in our club as a group leader always encouraging others. I also had the privilege to work with Andrew in the club committee for several years, and know how much time and effort he gave to the club behind the scenes. Much too young a man to go, and he will be missed.

My heartfelt thoughts to his family and close friends.

Andy C
May 14, 2013 - 7:56PM

I didn't have the pleasure of getting to know Andrew as much as a lot of the people posting their heartfelt and beautiful words on here. What I have come to realise by reading these messages and by the emotional scenes at the club tonight is just how much Andrew meant to the club and the club to him. A very sad loss and my thoughts are with his family and all of his friends.

Carolyn
May 14, 2013 - 7:55PM

It's hard to hold back the tears when reading these tributes and it just shows what an inspirational and motivational guy Andy was. He was a Strider through and through and will be missed dearly by the club. RIP Andrew. X



Ceredig

May 14, 2013 - 11:47AM

Andrew will be sorely missed by all. Between him and Tim in Group 5 last year they gave me the fight and determination and more importantly, help and support to progress.

Always there with a smile and banter.

PLS is definitely going to miss him.

I guess the he'll be coaching the Angel A-Team now upstairs 🍷👍

Myka

May 14, 2013 - 11:57AM

So sorry to hear this news. Andrew always took the time to give advice and help and I will remember the marathon advice he gave me and the encouragement he gave to all. He told me last week at the Mystery to hurry up as I could catch the woman in front, I didn't, but I'll do my best at the next one Andrew. My deepest sympathy to his family.

Andy K

May 14, 2013 - 12:23PM

Terrible news. I am struggling to comprehend it. Andrew was a fantastic advert for the club, always chipper even when suffering with an injury. He was unceasingly positive and did a lot of work behind the scenes keeping the club ticking along. He will be greatly missed.

RIP Andrew.

Ste Maguire

May 14, 2013 - 12:35PM

Really saddened to hear this news. Thanks for all your good advice, encouragement and time you gave to us all. RIP Andrew

Martin

May 14, 2013 - 12:00PM

Very sad to hear this tragic news. Andrew was a great person, full of enthusiasm for our sport and for our club. He always had a smile on his face and clearly loved his running and also very much enjoyed being part of the club and supporting other runners with their training and racing. He will be very sadly missed.

Rob

May 14, 2013 - 1:04PM

Such a sad loss, Andrew was one of the driving reasons behind me finally achieving my own personal marathon goal, having just pipped me to the landmark himself, so thank you for that and the 'motivation' that followed. A tireless worker as much behind the scenes as in front of them, to ensure the success, both present and future, of the great club that PLS is.

Thoughts go out to all his family and close friends, he will be missed by all.

John J

May 14, 2013 - 1:27PM

Bewilderingly sad news. Andrew was such an integral part of PLS, it's difficult to imagine him not being around for our warm-ups, training runs and races.

Michelle & John

May 14, 2013 - 1:00PM

Rest in peace Andrew, and thanks for everything that you did for us. We'll be running fit out in your honour for the rest of the season.

A 'HUGE' SADNESS AND VOID IN PENNY LANE STRIDERS ON THE LOSS OF A GREAT KIND INDIVIDUAL, DEAR ANDREW, WHO WILL BE SORELY MISSED.

marty

May 14, 2013 - 4:14PM

a sad loss
far to young to have been taken from
rip mate

Rachel Rick

May 14, 2013 - 3:03PM

Not much else to say. So glad to see Andrew on the photo that Dave Pinno took last week at Wavertree - as always, he came along to support although not running himself. He dragged me back kicking and screaming after a long injury, and distributed many many Mars bars to Group 5 runners. Will always think of him with a smile.

Fi

May 14, 2013 - 3:41PM

What a man!!!! Funny, lovely and so genuine. Such a sad and tragic loss I cannot believe it. He will be missed by so many people. RIP Andrew xx

Michelle C

May 14, 2013 - 3:55PM

Andrew will be sadly missed but fondly remembered by so many. I just can't believe he's gone. RIP Andrew xx

Happier days at the Penny Lane Wine Bar

Jane (Capt)

May 14, 2013 - 2:18PM

It's hard to find the words to express what a great loss to us all he is. Andrew encouraged so many of us to improve, he gave out great banter at races and training alike and was simply one of life's genuinely nice guys. He worked so hard behind the scenes for little acknowledgement to ensure the smooth running of our club he will be truly missed.

Thoughts are with his family at this time, RIP Andrew.

Sarah Noon

May 14, 2013 - 4:54PM

Such sad news. A great guy who will be missed by many. Always there with words of encouragement. RIP Andrew x

Tan Russell

May 14, 2013 - 5:26PM

Very sad news such a nice bloke will be missed by everyone at the club R.I.I

Tommy Gates

May 14, 2013 - 3:06PM

I just want to echo what my running mates have all said. Andrew was a wholly decent person and it was a privilege to have known him. He was so supportive to me in my numerous comeback trails and I'll miss him. RIP Andrew

Russell

May 14, 2013 - 4:19PM

I'll really miss Andrew. Hard to come to terms with the fact I won't see him again. A true friend and will be sorely missed.

Chris C

May 14, 2013 - 5:32PM

Still can't believe it. He will be sadly missed. A stalwart of the club RIP Andrew

Dale

May 14, 2013 - 4:35PM

Andrew was such a positive influence. a true strider who gave so much to the club and others. a sad sad loss of a man who has left us all with good memories

Emma K

May 14, 2013 - 4:48PM

Such sad news and a terrible loss. We'll miss the friendship, humour, warmth and enthusiastic abuse. RIP x

Dave Lynan

May 14, 2013 - 7:40PM

Such sad news. He was always there to offer encouragement, of if needed, to hurl good natured abuse. He was a good man. He contributed a lot to the club. He'll be missed

Phil Quinn

May 14, 2013 - 6:49PM

Andrew was held in such high regard and clearly had a positive influence on so many lives. He was a lovely man. So sad. Rest in Peace Andrew

Gillian P

May 14, 2013 - 4:56PM

I can't believe the news. How very, very sad. My memories of Andrew are those sitting next to him as his assistant at the PLS 10k where I read out the runners' times for his miracle spread sheet. I was never fast enough to keep up with him but he clearly approved of me reading out the times! RIP Andrew. My condolences to all his loved ones.

CHRIS W

May 14, 2013 - 5:02PM

It will not be the same racing without Andrew's shout of encouragement and his tips to improve my running after the warm up session.

My thoughts are with his family at this sad time

RIP Andrew

Liz Lynan

May 14, 2013 - 5:49PM

So sad and so cruel. Thinking of Andrew's family. Andrew will always be remembered by the striders.

Striders at the memorial parkrun in Princes Park, Liverpool

**Mark T**

May 14, 2013 - 7:08PM

Andrew, Such a tragic loss. His humour, humility and enthusiasm will be sorely missed. For his memory we all will have to make sure this void is filled.

Andrew Stansfield R.I.P.

Will be often remembered and never forgotten.

Maria & Neil

May 14, 2013 - 9:32PM

I really hope Andrew's family get to read this forum, he is so loved and appreciated by PLS, such a massive loss, so very hard to comprehend. If anyone would want us to celebrate life though it would be Andrew, I hope this picture offers a little smile at this hard time as evidence to what a lovely man and great team player he was.

Paul Brady

May 14, 2013 - 11:27PM

Sad and shocked by the passing of our dear fellow strider Andrew....training nights PLS nights ain't gonna be the same without him r.i.p Andrew

Marie M

May 14, 2013 - 9:39PM

Shocked and saddened to hear of Andrew's untimely demise.

He was a stalwart of the club - treasurer and long serving member of the committee, group leader, coach and administrator at some of the race events. Always welcoming and supportive, he gave as much friendly banter as he received! As Group 5 leader, he encouraged many new members to progress with their running. RIP Andrew. Deepest sympathy to his family.

Susan and David Cain

May 15, 2013 - 9:24AM

Hard to take in, our thoughts are with your family Andrew RIP.
Dave and Susan.

Emma and Ian Lawton

May 15, 2013 - 9:48AM

Andrew will never be forgotten and will never be replaced. Our thoughts and prayers are with his family.

He often joked with Ian about wearing the wrong vest when he raced for the Harriers. He even bought some black and white striped pyjamas for Thomas, telling us it was the closest thing he could get to a PLS vest! Taken from us too soon, still with so much to give and marathons to run... It just won't be the same without him running along in his white cap.

Rest in Peace Andrew.
X

Mal & Julie

May 14, 2013 - 9:37PM

I have to say in all my years at the club I've never met a more enthusiastic, encouraging, always happy, hard working, grass roots runner like Andrew.

It's fair to say many of our new members were well looked after from the minute they joined and pushed through to feats they never thought possible through his exploits as a group leader and his banter at races.

But I will remember Andrew mostly from our time together on the committee and the various challenges we had and our Welsh Castles exploits driving through wales like madmen.

The club has a huge pair of shoes to fill which I personally think is impossible.

R.I.P mate

Tony and Chris

May 15, 2013 - 10:41AM

Andrew a good man, we send our sincere condolences to Andrews family. A few years ago Andrew was unable to train due to a leg injury, yet he turned up training on his cycle and took the group out, that is dedication.

R.I.P. Andrew.

Holly Kariuki (Suckling)

May 15, 2013 - 7:45PM

I am so shocked and saddened to hear about the loss of Andrew when checking in on the PLS website today. My sincere thoughts to his family. Rest in Peace Andrew - it makes me regret not having trained with PLS for so long. Holly

Syd

May 15, 2013 - 7:22PM

So very shocked and sad to hear this news. My thoughts are with Andrew's family.

Barry

May 16, 2013 - 12:57PM

There is nothing I can add that has not already been said. Andrew will be missed by us all. It still seems a bit unreal that we will not see him at the club anymore
R.I.P.

Eunice

May 16, 2013 - 8:07PM

Good night - God bless sweetheart, you are so sadly missed

TonyM

May 15, 2013 - 7:48PM

Andrew was a great guy and did a lot and supported the club in every way he can. We will miss him more than words can say.
Rest in Peace Mr PLS

Nathan

May 16, 2013 - 3:20PM

Andrew was a great member of the club and a good friend. His common sense approach to running and the beaming smile. I wouldn't have been able to complete my first marathon without his help in training and meeting up on Sundays to do long runs together.

Even with me moving down to Southampton he was always wanting to stay in touch and I will always remember our constant banter with the Yorkshire/Lancashire "divide".

He had time for everybody and that was his great asset. A sore loss to the club and running community.

Italian Stallion

May 15, 2013 - 8:33PM

Devastating news, I'm still trying to come to terms with it.

Most fond memory is when we bumped into each other on a sunny April night in 2010 by chance in central London and we exchanged opinions about VLM in which we both raced that morning.

We must have looked so odd to passers-by, we both had the widest smiles you'd ever seen.

I know you are reading this forum Andrew, wherever you may be and I pray for you. God bless your soul.

Farewell
Simo

Lawrence Eccles

May 16, 2013 - 5:44PM

I did not have many dealings with Andrew. I recall paying my subs one year by bank transfer. He said that this would not be a problem so long as I did not pay before April. I had paid before April. He then brushed it off as not an issue.

R. I. P.

Alice

May 16, 2013 - 7:56PM

I am very sad to hear this news. I echo everything everyone else has said. He was a lovely man, fun and interesting, and a good coach and supporter. I liked him.

My best wishes to his family and loved ones at this horrible time.

TonyH

May 17, 2013 - 9:10AM

I was shocked by the news of Andrew's death. What am I to do for jelly babies and the colds he kindly shared with me. He was always happy and willing to help others and more recently most upbeat about getting back to running. He will be missed by many.

PeterP

May 17, 2013 - 6:59PM

What more can I say, it's a great loss to us all and I'm still finding it hard to believe, being a group 5 stalwart I spent many hours in his company and shall miss him greatly.

My sincere condolences to Andrew's family, it's not easy coming to terms with a sudden and unexpected loss such as this. Andrew, may you Rest in Peace.

Neil Wilcock

May 17, 2013 - 7:56PM

Thank you Andrew for making us feel so welcome at Penny Lane Striders. The running world has lost a true gent. R.I.P mate From Neil & Tommy Wilcock

**Anon**

May 17, 2013 - 11:53PM

It's a rare thing for somebody to have meant so much to so many people!

Mark H

May 20, 2013 - 10:46PM

As a former member of PLS I was shocked and saddened to hear of Andrew's passing. I would therefore like to share with you 2 of my memories of him;

- 1) Although I didn't run it I went to the Birkenhead 5 a couple of years ago to watch the race...I'd just parked my car about 30mins before the start when Andrew came up to me and asked if I had any running shoes? Turned out that he'd come to the race straight from work and forgotten his running shoes!! Sadly I had no shoes with me so he ended up running the whole race in his black works shoes!!
- 2) More recently I'd gone up to watch Princes Park one Saturday and Andrew had just had his knee operation...he came over and we sat on a park bench throughout the whole race, talking about all sorts of things running-related and beyond...

What I'll remember most about him was that he always took time to talk to me, even though I'd left the club...a genuine fella who will be missed by all...every one of these tributes are testament to that..

RIP

Althea

May 16, 2013 - 1:55PM

I can't add much to all of the above much deserved tributes, but I wanted to say how sorry I was to hear about Andrew.

He coached Group 5 for much of last year and was relentlessly cheerful in the face of some serious hill-antipathy.

A great guy who will be much missed.

Joe

May 15, 2013 - 10:16PM

In 2011 I was in London at the 20 mile point watching the Marathon. Andrew ran past wearing the ubiquitous white hat and PLS vest. I found out afterwards that his finishing time was 3:20:40 and thought how good is he.

Inspired by this I ran the Liverpool Marathon later that year and clearly remember as all who ran that day will be being roared on by Andrew upon entering then leaving Sefton Park! He must of been to Costco and bought all the stock of Jelly Babies as I hadn't quite finished the first bag when he thrust another in my hand on the way out. They kept me going but my time was still half an hour slower than his!
R.I.P. Andrew.

Ali Thevendra

May 16, 2013 - 4:46PM

I am really saddened by the news of Andrew.

I will always remember him telling the ladies of group 5 that it 'wasn't a walking club, it was a running club'....pretty brave considering there were any number of exhausted ladies (and gents!) ready to pounce!!!

I have never forgotten those sacred jelly babies at mile 21 of the marathon.

You will be missed.

My thoughts are with your family

Kris & Alan Cargill

May 21, 2013 - 9:50AM

So so sorry to hear about Andrew. We can't believe he has gone. Such a lovely man..... and wind up merchant.
Our thoughts and regards to his family.

Personal Profile: Christopher Lee

Occupation: I have the longest job title in the world! Parent Partnership, Family Information & Looked After Children's Advocacy and Independent Visitors Service Senior Officer for Liverpool City Council means I'm lucky enough to manage a number of services that support and make a difference for parents and young people in Liverpool.

Why did you join pls? I started running in January 2012 when I decided that playing 5 aside football wasn't keeping me fit anymore. My wife works with Eunice as a social worker and Eunice told her about the club a number of times once she heard I was a runner. One day last September I thought I'd give it a go and I've loved it ever since!

Running likes: Switching off from everything else to focus on the run -escaping the everyday pressures in life; training with PLS, race days, and definitely post race reward food and drink!

How long have you been running? Just over a year now - I'm still learning new things all the time!

Running dislikes: other runners blanking you when you let on as you pass them on the street - what's wrong with simple common courtesies these days?!

Favourite male runner: British it has to be Mo Farah, but going abroad and more into ultra world Scott Jurek's achievements are amazing!

Favourite female runner: growing up I remember Liz McColgan always being here or thereabouts in the big events.

Favourite non running person: 3 of them - my wife Kate, and my two girls, Hannah and Freya

Favourite race: Starting to get the hang of 10k's I think now so I'll say them - loved the Mad Dog recently.

Least favourite race: 5k's are just flogging yourself for 20+ minutes before collapsing across the line

Favourite drink - the first one after finishing a race

Least favourite drink: Dr Pepper - it's not misunderstood, it's disgusting

Favourite food: Fillet Steak -medium rare

Least favourite food: Sprouts or mushy peas run each other close

Favourite holiday: For romance my honeymoon in Thailand; for the big kid in me you can't beat Disneyland in Florida!

What is your idea of happiness: Spending time with my family - my two little girls are growing up too quickly!

Favourite song: This changes all the time - right now Ant and Dec's Let's get ready to rumble after their performance the other night! So many memories from student life!

Favourite male singer: Michael Buble



Favourite female singer: Beyonce

Favourite group: Oasis - in their early days

What do you always carry on you: phone, wallet, keys

Best running moment: Crossing the finish line after the Tunnel 10k last year. I ran it to raise money for charity in memory of my dad and it felt so good to finish.

Worst running moment: I haven't had one yet - still enjoying it all too much!

My most appealing trait: I'd like to think kindness and consideration of others

Most unappealing trait: my wife would probably say the fixation I have with running now!

Favourite running shoe: Skechers GoRun - great for 5 or 10k races!

Favourite film: Aliens - a classic!

Vest in or out: Out - feels too restrictive if in

Best Times over classic distances:

Distance	Time	Race	Year
5k	20:19	Princes parkrun	2013
5M			
10k	43 :01	Southport	2013
10M			
Half marathon	1 :36 :49	Liverpool	2013
Marathon			

When the Penny Lane 10k was a 10 miler...

By John Kelly

...John Kelly was a Harrier and running shorts were both a fire hazard and a crime against humanity. John was also very young and slim and coincidentally photos were in black & white.



3 Start of First PLS 10 Mile Race 1987. Ibbotson's Lane, to the Rear of Greenbank Project

Martin Swensson recently wrote about nostalgia and races from a bygone age. This race preceded the PLS 10K and is probably why our race is the success it is today.

The first PLS 10 mile was held in 1987 to help raise funds for the Greenbank Project and was organised by Jan and Billy Morrison, at that time I ran for Liverpool Harriers and was a youthful 26. The race was an anti - clockwise route around the park, down Jericho lane along Riverside Drive, around the prom, Otterspool Park, back to Sefton Park, Queens Drive, North Mossley Hill, Left at Greenbank and then back to the finish.

The race was well organised as the as well as now club members were not allowed to run to ensure that the race was successfully marshalled. I was very lucky to have a good day and win the overall race in 51 Mins and the race raised over £3,000 for the Greenbank Project. The two pictures show the start of the first race and Mike Dooling is prominent in this picture - he is now a leading light in North West athletics. The second picture shows me receiving my prize. Looking back I was 26, dark haired and weighed 8 stone 6 Pounds. Today I am 51, grey haired and weigh 11 stone and 2 pounds (don't get old).

The second race in 1988 was started by the DJ Johnny Kennedy and was the hottest race I have ever run in. Lots of people dropped / passed out. At 6 miles I was with the previous year's Liverpool Marathon winner and he just stopped! Luckily PLS had plentiful water along the way, but even now in the depths of winter when we ran along the Prom I often think of that day as it was unreal, I eventually won in 52 mins and the race again raised nearly £2,000 for Greenbank.

The third race was again a major success for the club and me! I managed to win the race for the 3rd year running in 53 minutes and Cath Nevin was the 3rd lady home in 67 mins. The race again was really well organised. Interesting to note that new club member Steve Ricketts came 5th this year.

Due to traffic restrictions, policing etc. the race was transforming into the successful 10K we have today which is far easier for the club to organise and one of the best races in the country.

Personally I miss many of the ten mile races that have been lost over the years and for the record my PB for 10 miles is 48.22, those that know me now will understand that I would be made up to run this time for 10K now.

Enjoy your running



4 First PLS 10 Mile Race Presentation 1987
Elsie Kelly Presenting Award to John Kelly (no relation)

XC season review 2012-13

By Martin Swensson

Someone once said Martin looked like Bambi on a cross country course. How times change. And how lovely is he, even wrote his own intro:

The Club as a whole performed brilliantly throughout the XC season, with great turnouts at each race and a best ever 2nd place for the men in the final Sunday league standings. Rather than a review of all results from each race, this is a series of brief race reports detailing a great, and friendly, rivalry between two Striders (James McNally and myself) over the XC season.

Race 1 - Clarkes Gardens (James 1 - Martin 0)

The first race of the season was a taste of things to come, with driving rain, heavy ground and very deep mud in places. The first small lap was negotiated without incident, with a group of 5 or 6 runners sticking closely together at the front. Then, as we made our way down the big field at the start of the second lap I decided to launch a surge to try and pull away from the rest of the group. I could hear that just one other runner had gone with me and soon figured out it was James. We ran together until the stretch through the woods, when James opened up a gap. The gap got steadily bigger, despite my best efforts through the rest of the race, and I was just about close enough to see him storming up the final straight to win the race some way ahead of me while I held on for second place.

Race 2 - Sefton Park Euro trial (James 1-Martin 1)

Another mud bath to race through. This time with the added bonus of several hundred of the country's top distance runners for company! James and I set off at a decent pace quite close together but he was soon stretching out and building up a lead ahead of me. The field was packed in, with top runners all around so I was mainly concentrating on holding off others as best I could. As the race developed, I was feeling strong and started to push on through the field. I could see James ahead of me and was eventually able to pull level with him and encouraged him to dig in. I continued to push on and finished the race strongly, with James just a few places back. We were both reasonably happy with our final

finishing positions in a top quality field on a very tough course.

Race 3 - Birchwood (James 2-Martin 1)

The following day, we headed over to Birchwood in driving rain. Both feeling the effects of the race the day



Well, the shoes needed a clean anyway – Race 3 @ Birchwood

before, we tried to convince each other than the race would be off. James was also nursing a hangover after a few past race beers the night before. When we pulled into the car park, Ian Magill of Liverpool RC cheerfully informed us that the race was on... No turning back then. We toed the line in driving rain and slogged round 4 laps including a puddle/pond which was thigh deep. We gradually pulled away from the rest of the field and were racing side by side. On the last lap, James made his move and I struggled to stay with him. I used all my effort to catch him up just before the final run through the pond, but he responded immediately and pulled away again opening up a gap of 10metres. This time, I was beaten and the best I could do was to stop the gap getting any bigger. I at least forced him to work for the win as I piled in the effort on the final straight into the finish but James

also finished strongly to hold on for another victory.

Race 4 - Arrowe Park (James 3-Martin 1)

Familiar conditions, with boggy ground, freezing temperatures and a cold wind howling round the playing fields on the Wirral. A steady start on lap 1 gradually turned into a charge through lap 2. I seized my chance on a narrow part of the course where we had to run in single file and opened up a decent lead over James but couldn't really shake him off. There was a sense of inevitability as he gradually hauled me in on the playing fields at the far side of the course and then pulled away in front of me. I was determined not to let him open up a bigger gap but he was really flying and he finished so comfortably ahead

getting closer and it wasn't long before he popped up alongside me. This was when I realised two things. One, James was obviously feeling better. Two, my race plan had probably failed! We battled on through the last lap at punishing pace and James was just ahead. Although John Kelly shouted at me "it's not over yet!" when we raced through the woods on the high part of the course for a final time, I just couldn't close the gap and we finished, exhausted, a few metres apart. As a bonus, our club managed to field a really strong team and finished first club overall at this race.

Race 6 - Merseyside County Champs Arrowe Park (James 4-Martin 2)

Back at Arrowe Park, conditions were even worse than the last race there a few weeks earlier. The course was longer this time too so we knew we were in for a tough race. I set off at brisk pace and worked hard trying to keep my place in the field. We'd driven over to the Wirral together and discussed on the way that the top 8 in this race would have a shout of being selected for the Merseyside County Team at the Inter Counties. We'd also talked about how it would be great for us both to have a top 8 place comfortably in hand going into the final lap. In the end, I was in 8th place going



Last race at Walton Hall park

that he was standing, chatting to the spectators at the end when I finally staggered into the finishing funnel...

[...and I nearly fell asleep waiting for the rest of the field to turn up behind them – there's a shaky [video](#) of this one, I blame Korky – Ed]

Race 5 - Stadt Moers (James 4 - Martin 1)

Five days after Christmas, there was ice on the ground at Stadt Moers park. James reported he was feeling under the weather after suffering with a stomach bug/virus during the week and was unsure how he'd get on. Naturally, I looked to take advantage of the situation by trying to open up a decisive early lead in the hope that James wouldn't be up for chasing me down over a tough undulating course if he wasn't 100%. I was soon tearing up the first hill at Kamikaze pace and built a healthy lead. I steadily worked away increasing the lead but couldn't shake the thought that James was in second place and still not far behind me. On the 3rd lap, I could hear him

into the final lap with quite a few runners close behind me, including James. I thought it was only a matter of time before James caught me up and how it would be a nightmare to be battling it out with my Penny Lane Comrade for 8th place, and potentially a place on the Merseyside team, if one of us would then miss out on selection. I decided to launch an attack to catch the runner in 7th place. At least I figured if James did come past me, we'd both make the top 8 then. I held on for 7th but James had struggled on this day, by his own high standards, and finished disappointed a few places back. We then found out that only the top 6 were automatically selected for the Merseyside team so we'd both have to hope we could still earn our place in the team, including through our efforts in other races which were coming thick and fast now.

Race 7 - Walton Hall Park (James 4-Martin 3)

The very next day, we had another race. Frost on the

ground again for this fast XC course at Walton. We ran together with a runner from Liverpool RC for the first lap and managed to shake him off on the second lap. It was going to be another head to head between the two Penny Lane Striders and we battled on shoulder to shoulder through the rest of the lap. I could sense a slight gap opening up between us so I pushed on, but James soon pulled level again. I decided to launch another attack straight away and this time, was very relieved when I realised that he hadn't matched me stride for stride and there was a little bit of daylight between us. I dug in to maintain the effort for the rest of the race, in the hope that I'd done enough. The final lap round the field into the finish seemed to last an eternity and I was so relieved to glance behind at the final turn and see enough of a gap that I could hold onto until the end. We both finished, totally exhausted from our efforts over the last two days of racing. Afterwards, although I'd finally managed to get the better of him in one of our Sunday league XC races, James had beaten me fair and square over the course of the Sunday league season and was deservedly awarded the overall championship prize for his fantastic performances. Our men's team finished in second place overall clubs, which was also a great achievement for our club.

Race 8 - Northern Champs at Knowsley Safari Park (James 5-Martin 3)

This was without doubt the toughest race of the XC season. A gruelling 12 k course over deep mud and slushy snow/ice, with a top quality field of distance runners battling it out. Many seasoned campaigners commented they had never raced in anything like these conditions before. Before the race, James and I had talked about trying to work together in the hope we'd both be able to finish in the top 100, which would be a great achievement in such a high class field. I blasted out from the start but was soon struggling in the awful conditions. James was close to me and gesturing for me to come with him as runners jostled for places and he pushed on, but I explained I was feeling terrible and encouraged him to go it alone. He was soon miles ahead as I struggled on dejectedly, with runners streaming past me now. When I heard some supporters shouting encouragement to me, I seemed to suddenly snap out it and began to focus on just running strongly and soon found I was picking off a few runners ahead of me. After a few minutes, my bad

patch was history and I was charging through the field. I sprinted flat out down one of the hills at the start of the second lap to catch up with James and shouted "I'm back!" as I pulled alongside him. For the rest of the race, we worked together putting in surge after surge to pick off more runners and move through the field. On the final lap, somebody spectating shouted we were in the top 80. We knew a top 100 place was safe now, but wanted to finish as high up as possible. We kept up the good work together and charged past more runners who were struggling on the last lap. James got away from me on the run into the finish, with just a few seconds separating us in the end, but we were both ecstatic to finish well inside the top 70.

Race 9 - Inter Counties Championships - Birmingham (James 5-Martin 4)

The final instalment of an epic series of races took us to



Race 1 at Clarks Gardens

Birmingham. We'd pushed each other to some great performances over the winter and this race was a real reward for our hard work, with both of us selected to run for the Merseyside County team and awarded the prestigious County vests. Another top quality field, with the best XC runners in the country battling it out over a tough 12k course. There was the familiar deep mud and lung busting climbs to contend with. The race went by in a blur. We both had great runs and exceeded our own expectations to finish 5th and 6th counters for the Merseyside team and both well inside the top 150. James was ahead of me for most of the race but I just managed to overhaul him with a final monumental effort on the last lap and finished the race a few places ahead of him. We were both feeling great as we jogged round the warm down with the other lads from the team after the race and this was a fitting way to finish a superb season of XC racing...

April 2013

**03-Apr-13 5k
Chester Spring 5m**

Lawrence Eccles	00:30:03
John Kelly	00:36:46
Emma Kearney	00:37:34
Eamonn Brady	00:38:35
Keith Boyle	00:39:57
Michelle Kelly	00:41:10

**06-Apr-13 5k
Merseyvend**

James McNally	00:15:50
John Connolly	00:17:37
Lyndon Easthope	00:18:04
Nigel Grant	00:18:11
Steve Maguire	00:18:23
Mitch Hawkins	00:19:17
Marty Hirrell	00:22:27
Michelle Kelly	00:24:18

**06-Apr-13 5k
Princes Parkrun**

Martin Swensson	00:16:53
Christopher Lee	00:19:57
Simone Capponi	00:20:29
John Jensen	00:21:15
Paul Turp	00:21:50
Kate MacFarlane	00:21:52
Craig Hawley	00:21:59
Mark Thomas	00:23:14
Chris Whelton	00:24:13
Joe McGlynn	00:25:11
Cath Nevin	00:25:12
Rachel Rick	00:25:12
Clare O'Callagan	00:25:51
Carolyn Houghton	00:26:51
Matthew Tollitt	00:30:30
Alan Gidman	00:32:25

**07-Apr-13 10k
Great Wrexham Road Race**

Neil Bullock	00:38:54
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**07-Apr-13 Half
Blackpool**

Paul Brady	01:54:36
Eamonn Brady	01:54:36
Terence Long	01:56:01
Laurinda Holden	02:19:24

**07-Apr-13 Mara
Paris**

Lawrence Eccles	03:19:09
Myka Heard	03:47:01
Steve Ricketts	03:47:02

**07-Apr-13 Mara
Blackpool**

Dave Cain	03:42:29
Sue Cain	03:57:39

**13-Apr-13 5k
Princes Parkrun**

Steve Maguire	00:19:21
Jonathan Toft	00:19:48
Trevor Astell	00:21:16
Simone Capponi	00:21:28
Kate MacFarlane	00:21:43
Gregory Hocking	00:22:12
Paul Riley	00:22:39
Mark Thomas	00:23:18
Chris Whelton	00:24:19
Graham Hussey	00:24:31
Tommy Gates	00:24:34
Joe McGlynn	00:25:02
Cath Nevin	00:25:03
Val Desborough	00:25:26
Mike Welsby	00:25:27
Matthew Tollitt	00:25:30
David Hood	00:25:42
Eamonn Brady	00:26:21
Jo Bruchez-Corbett	00:26:21

C Cattanach-Chell	00:26:22
Craig Hawley	00:26:30
Andy Cantwell	00:39:44

**14-Apr-13 10k
Cheshire 10k, Crewe**

Andy Cantwell	00:46:24
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**14-Apr-13 10k MTCT
Sandstone Trail 10k**

James McNally	Winner
John Connolly	
Lawrence Eccles	
Neil Kelly	
Simone Capponi	
Ste McNicholas	

**20-Apr-13 5k
Princes Parkrun**

Steve Maguire	00:20:09
Trevor Astell	00:21:20
Craig Hawley	00:21:56
Mark Thomas	00:23:42
Graham Hussey	00:24:26
Joe McGlynn	00:24:50
Mike Welsby	00:24:52
Cath Nevin	00:24:57
Shane Knott	00:25:38
Cheryl Pace	00:25:50
Matthew Tollitt	00:26:08
Carolyn Houghton	00:27:09
Marie Motley	00:30:25

**20-Apr-13 5k
Highbury Fields Parkrun**

Val Desborough	00:24:36
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**20-Apr-13 5k
Sheffield Hallam Parkrun**

Val Desborough	00:24:36
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**20-Apr-13 5k
Huddersfield Parkrun**

David Hood	00:21:56
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**20-Apr-13 15.4m
Teenager with Altitude**

Lawrence Eccles	04:00:23
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**21-Apr-13 Mara
London**

Martin Swensson	02:36:59
Paul Riley	03:10:02
Lyndon Easthope	03:14:05
Adrian Loughrey	03:20:01
Andy Keeley	03:22:35
Mitch Hawkins	03:30:45
Phil Chivers	03:39:33
Andrew Leslie	04:22:12
Rachel Rick	04:41:30
Graeme Hind	05:12:23

**23-Apr-13 10k
Round the Houses – Keswick**

Sue Cain	00:46:13
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**27-Apr-13 5k
Princes Parkrun**

Neil Bullock	00:18:41
Simone Capponi	00:20:08
Kate MacFarlane	00:21:34
Frank Martin	00:23:10
Gregory Hocking	00:23:20
Andy Cantwell	00:23:24
Graham Hussey	00:24:21
Mike Welsby	00:24:46
Tommy Gates	00:24:48
Cath Nevin	00:25:05
Joe McGlynn	00:25:40
Laurinda Holden	00:30:59

**27-Apr-13 10m
Wrexham**

Graham Halsall	01:04:30
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Ste McNicholas	01:06:17
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Dave Owens	01:09:07
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Althea Deane	01:37:47
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**27-Apr-13 61m
The Fellsman**

Lawrence Eccles	13:29:00
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**28-Apr-13 10k
Belle Vue 10k, Ormskirk**

Christopher Lee	00:42:49
Terence Long	00:51:02

**28-Apr-13 10k
High Lorton**

Sue Cain	00:45:49
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**28-Apr-13 10m
Fleetwood**

Myka Heard	01:20:23
Dave Mangan	01:33:49

**28-Apr-13 Half
Shakespeare, Stratford**

Andy Cantwell	01:41:38
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**28-Apr-13 Mara
Manchester**

C Cattanach-Chell	03:27:10
Russell Burnham	03:33:22
Emma Kearney	03:50:54
Val Desborough	04:05:45
Mike Roxburgh	04:09:31
Dave Lynam	04:44:43
Clare Stanistreet	04:51:27
Eamonn Brady	04:55:38

May 2013

**04-May-13 5k
Delamere Parkrun**

Dave Cain	00:21:21
Tony Man	00:21:40
Sue Cain	00:22:02

**04-May-13 5k
Princes Parkrun**

Paul Riley	00:19:54
Simone Capponi	00:20:01
Graham Hussey	00:23:40
Val Desborough	00:24:21
Joe McGlynn	00:24:36
Mike Welsby	00:24:50
Craig Hawley	00:27:13
Julie Westray-Baird	00:33:01

**05-May-13 10k
Liverpool Spring**

James McNally	00:34:58
John Connolly	00:36:56
Steve Maguire	00:39:09
Colin Dobbs	00:40:35
Graham Halsall	00:41:23
Syd Omar	00:41:44
Dave Owens	00:42:18
Jonathan Toft	00:42:37
Christopher Lee	00:42:54
Emma Lawton	00:44:14
John Jensen	00:44:17
Trevor Astell	00:44:43
Andy Cantwell	00:45:56
Kate MacFarlane	00:46:13
David Hood	00:47:11
Clare Stanistreet	00:47:19
Myka Heard	00:47:41
Mark Finch	00:47:45
Laura Sanderson	00:47:55
Shane Knott	00:48:10
Cath Nevin	00:50:20
Val Desborough	00:51:07
Clare O'Callagan	00:52:42

Stato's report

by Andy Keeley

Ashley Wilson	00:53:02
Cheryl Pace	00:53:10
Tommy Gates	00:53:24
Anne Kavanagh	00:53:32
Rachel Rick	00:54:54
Laurinda Atkinson	00:54:56
Annmari Lashley	00:55:13
Sue Bradley	00:55:17
Carolyn Houghton	00:55:59
Anne Oxbrough	00:56:23
Terence Long	00:56:37
Jody Hazeldine	00:56:49
John Wilson	00:57:13
Stephanie Lumley	00:57:26
Andrew Richards	00:57:59
Mark Thomas	00:59:46
Eamonn Brady	01:00:05
Jo Bruchez-Corbett	01:00:05
Sarah Nealey	01:12:57

**07-May-13 5k
Mystery (1/5)**

John Connolly	00:17:34
Nigel Grant	00:18:38
Lyndon Easthope	00:19:03
Ste McNicholas	00:19:30
Colin Dobbs	00:19:32
Steve Maguire	00:19:40
Rachel Williams	00:19:41
C Cattanach-Chell	00:19:42
Thomas Rimmer	00:19:43
Andy Keeley	00:19:51
Ian Russell	00:19:54
Tony Man	00:20:05
Christopher Lee	00:20:14
Marty Hirrell	00:20:48
Andrew Leslie	00:21:16
Chris Whelton	00:21:24
Steve Pemberton	00:21:30
David Hood	00:21:45
Ciara Ryan	00:21:47
Liam Hussey	00:21:51
Gregory Hocking	00:21:52
Andy Cantwell	00:22:26
Laura Sanderson	00:22:42
Myka Heard	00:22:59
Dave Lynam	00:23:03
Graham Hussey	00:23:07
Jane Eardley	00:24:04
Keith Boyle	00:24:23
Ben Freaney	00:24:29
Cheryl Pace	00:24:30
Tommy Gates	00:24:34
Cath Nevin	00:24:48
Matthew Tollitt	00:25:07
Naomi Curtis	00:25:15
Rachel Rick	00:25:44
Alice Spooner	00:25:45
Oonagh Jaquest	00:25:46
Nina Croasdale	00:25:47
Mike Welsby	00:26:11
Eamonn Brady	00:27:10
Jody Hazeldine	00:27:10
Anne Oxbrough	00:27:10
Emma Dandy	00:28:06
Annmari Lashley	00:28:07
Laurinda Holden	00:30:20
Ruth Fisher	00:31:10

**11-May-13 5k
Princes Parkrun**

Martin Swensson	00:16:42
Craig Hawley	00:23:21
Val Desborough	00:24:19
Mike Welsby	00:24:43
Cath Nevin	00:24:45
Joe McGlynn	00:24:51
Cheryl Pace	00:25:08
Ruth Fisher	00:30:43
Rachel Rick	00:32:31

Stato's report

by Andy Keeley

11-May-13 33m

Sandstone Trail Challenge

Lawrence Eccles	05:00:59
Cristina Puccini	06:15:53

12-May-13 Half Chester

Paul Riley	01:26:24
Thomas Rimmer	01:30:56
Dave Owens	01:31:32
Paul Turp	01:40:59
Jim Kennett	01:43:55
Craig Hawley	01:44:27
Mike Roberts	01:45:04
Dolores Hamill	01:47:00
Paul Brady	01:49:48
Dave Lynam	01:50:06
Clare O'Callagan	01:52:55
Tommy Gates	01:54:48
Anne Kavanagh	01:56:00
Chris Whelton	01:57:20
Rachel Rick	01:59:30
Dave Mangan	02:02:23
Graeme Hind	02:10:35
Jo Bruchez-Corbett	02:15:53
Eamonn Brady	02:15:54
Laurinda Holden	02:15:54

12-May-13 Half Leeds

Andy Cantwell	01:47:24
Clare Stanistreet	02:22:25

12-May-13 Half Sheffield

Laura Sanderson	01:45:24
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14-May-13 6m Thurstaston Summer MT Challenge

Lawrence Eccles	00:37:43
Neil Kelly	00:38:30
Simone Capponi	00:41:27
Tony Man	00:43:33
Rob Hardwick	00:45:06
Cristina Puccini	00:46:10
Steve Pemberton	00:47:10
Frank Martin	00:47:20
Myka Heard	00:48:07
Barry Bright	00:50:07

17-May-13 5k

Christleton

James McNally	00:15:41
John Connolly	00:16:53
Nigel Grant	00:17:39

Neil Kelly	00:17:41
Colin Dobbs	00:18:46
Dave Owens	00:19:21
Emma Lawton	00:20:07
Mark Finch	00:22:21

14-May-13 10k Moorclose

Dave Cain	00:42:43
Sue Cain	00:43:52

18-May-13 5k Princes Parkrun

Martin Swensson	00:16:37
Neil Bullock	00:18:29
Steve Maguire	00:19:00
Lyndon Easthope	00:19:13
Sylvain Husson	00:19:51
Simone Capponi	00:20:21
Paul Riley	00:20:21
Ian Russell	00:20:33
Thomas Rimmer	00:21:01
Marty Hirrell	00:22:02
Trevor Astell	00:22:05
Andy Cantwell	00:22:26
Graham Hussey	00:23:35
John Connolly	00:24:08
Andrew Leslie	00:24:18
Joe McGlynn	00:24:18
Mike Roxburgh	00:24:23
Chris Whelton	00:24:25
Chris Anderson	00:24:39
Mark Thomas	00:24:49
Emma Kearney	00:24:50
Matthew Tollitt	00:24:53
Cath Nevin	00:25:06
Ben Freeney	00:25:22
Michelle Kelly	00:25:30
John Kelly	00:26:06
Dave Mangan	00:26:23
Keith Boyle	00:26:57
Cristina Puccini	00:26:57
Paul Brady	00:26:58
C Cattanach-Chell	00:26:58
Louise Warn	00:27:25
Tim Warn	00:27:26
Jody Hazeldine	00:27:27
Gill Darby	00:27:36
Cheryl Pace	00:27:42
Mike Devereux	00:28:03

Laurinda Atkinson	00:28:38
Rachel Rick	00:28:38
Kevin Mooney	00:28:39
Jo Bruchez-Corbett	00:28:39
Clare O'Callagan	00:28:39
Tony Hewitson	00:28:40
Namita Shrama	00:28:49
Anne Oxbrough	00:28:58
Laurinda Holden	00:29:03
Althea Deane	00:29:28
Sam Darby	00:30:22
Eunice Nopondo	00:31:56

19-May-13 10k Port Sunlight

Syd Omar	00:40:36
Myka Heard	00:45:04
David Hood	00:45:16
Trevor Astell	00:45:53
Barry Bright	00:46:35
Dave Lynam	00:46:59
Paul Brady	00:47:47
Eamonn Brady	00:47:47
Terence Long	00:49:27
Cheryl Pace	00:51:06
Clare O'Callagan	00:51:57
Sue Bradley	00:53:07
Dave Mangan	00:54:25
Sylvain Husson	00:55:42
Marie Motley	00:59:47
Myles Buckley	01:00:28
Philip Quinn	01:12:16

21-May-13 5m Walton Park

James McNally	00:26:03
John Connolly	00:28:12
Lawrence Eccles	00:29:39
Lyndon Easthope	00:30:44
Steve Maguire	00:31:00
Colin Dobbs	00:31:01
Dean Connolly	00:31:57
Thomas Rimmer	00:32:13
Fiona Dutton	00:32:16
Christopher Lee	00:33:29
Steve Pemberton	00:34:23
John Jensen	00:34:31
Gregory Hocking	00:35:22
Richard Houston	00:35:43
Andy Cantwell	00:35:49
Tim Warn	00:36:15
Myka Heard	00:36:24
Graham Hussey	00:36:50
Mike Roxburgh	00:36:55
Emma Kearney	00:36:55
Michael O'Rourke	00:37:41
Paul Brady	00:37:43
Jane Hallows	00:38:34

Mike Devereux	00:38:38
Tommy Gates	00:38:53
Keith Boyle	00:39:40
Nina Croasdale	00:39:51
Cheryl Pace	00:40:03
Chris Anderson	00:40:15
Eamonn Brady	00:40:15
Claire O'Brien	00:40:17
Terence Long	00:40:24
Dave Mangan	00:40:30
Gill Darby	00:40:58
Anne Oxbrough	00:43:46
Ruth Fisher	00:46:44
Clare Stanistreet	00:48:40
Eunice Nopondo	00:49:43
Sarah Nealey	00:51:04

25-May-13 5k Princes Parkrun

Martin Swensson	00:16:41
Jonathan Toft	00:20:09
Trevor Astell	00:21:27
Michael Orouke	00:22:13
Graham Hussey	00:23:14
Mark Thomas	00:23:55
Joe McGlynn	00:24:09
Chris Whelton	00:24:31
Ben Freeney	00:24:41
Clare O'Callagan	00:25:04
Matthew Tollitt	00:25:14
Dave Mangan	00:25:48
Annamarie Lashley	00:26:05
Laurinda Holden	00:29:27
Reginald Armstrong	00:30:49
Charles Doyle	00:31:10

25-May-13 100k 100km del Passatore

Lawrence Eccles	10:16:28
Cristina Puccini	12:19:35

26-May-13 10k Great Manchester Run

Althea Deane	00:59:16
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27-May-13 10k Southport Sandgrunder

Rachel Williams	00:40:34
Ste McNicholas	00:40:57

28-May-13 10k Lambfoot Loop

Dave Cain	00:44:17
Sue Cain	00:46:10

Stato's Report

This month I have compared the performances from 2012-13 with those from the previous year and identified the biggest improvers at each distance. To qualify you obviously need to have run the distances at least each season. I have only compared the best times from each season so if you went from zero to hero within a single season then it will not be captured here. For all distances I have listed the top 10 improvements. For 10 mile distance there were not many runners who completed the distance both years so the top 10 includes runners who actually got worse, me being one of them. As you will see below there are some big improvers. Michele Cobourn heads up the table at 5k, 5m, 10k & 10m and is second at half marathon. With the men the glory is spread around more.

Stato's report

by Andy Keeley

5k

Men	2011-12	2012-13	Improvement	Position	Women	2011-12	2012-13	Improvement
C Dobbs	0:20:28	0:18:38	9.0%	1	M Cobourn	0:24:23	0:20:45	14.9%
J Jensen	0:21:38	0:19:46	8.6%	2	R Rick	0:27:52	0:26:25	5.2%
S Maguire	0:19:59	0:18:29	7.5%	3	H Suckling	0:24:17	0:23:18	4.0%
D Pease	0:23:23	0:21:44	7.1%	4	E Kearney	0:22:14	0:21:43	2.3%
J McGlynn	0:22:55	0:21:39	5.5%	5	S Bullock	0:19:30	0:19:06	2.1%
J McNally	0:16:22	0:15:40	4.3%	6	A Spooner	0:23:08	0:22:53	1.1%
G Hussey	0:22:12	0:21:21	3.8%	7	C Puccini	0:22:02	0:21:48	1.1%
C Whelton	0:23:30	0:22:57	2.3%	8	J Eardley	0:21:53	0:21:48	0.4%
N Grant	0:18:16	0:17:57	1.7%	9	C Nevin	0:25:04	0:25:06	-0.1%
D Lovatt	0:19:08	0:18:50	1.6%	10	J Dyer	0:24:00	0:24:09	-0.6%

5 mile

Men	2011-12	2012-13	Improvement	Position	Women	2011-12	2012-13	Improvement
S Maguire	0:34:23	0:31:23	8.7%	1	M Cobourn	0:41:57	0:34:35	17.6%
J Jensen	0:36:37	0:33:48	7.7%	2	D Hamill	0:44:25	0:39:20	11.4%
D Mangan	0:44:57	0:41:34	7.5%	3	E Kearney	0:37:36	0:36:21	3.3%
G Halsall	0:33:23	0:31:25	5.9%	4	J Dyer	0:39:45	0:39:23	0.9%
C Dobbs	0:33:04	0:31:20	5.2%	5	A Deane	0:46:08	0:45:45	0.8%
P Brady	0:34:33	0:33:28	3.1%	6	V Desborough	0:39:08	0:38:52	0.7%
T Hewitson	0:41:53	0:41:08	1.8%	7	C Nevin	0:40:47	0:40:43	0.2%
N Grant	0:30:04	0:29:32	1.8%	8	E Lawton	0:35:05	0:35:06	0.0%
T Fletcher	0:30:32	0:30:00	1.7%	9	C Puccini	0:36:29	0:36:46	-0.8%
J Connolly	0:29:17	0:28:57	1.1%	10	J Eardley	0:36:02	0:36:27	-1.2%

10k

Men	2011-12	2012-13	Improvement	Position	Women	2011-12	2012-13	Improvement
A Cantwell	0:54:22	0:45:53	15.6%	1	M Cobourn	0:51:42	0:42:42	17.4%
D Higham	0:44:06	0:37:17	15.5%	2	L Warn	0:55:39	0:50:27	9.3%
J Jensen	0:45:54	0:42:45	6.9%	3	S Cain	0:47:01	0:43:01	8.5%
G Halsall	0:42:02	0:39:32	5.9%	4	E Kearney	0:47:11	0:44:23	5.9%
C Whelton	0:50:20	0:47:32	5.6%	5	S Bullock	0:41:31	0:40:33	2.3%
J McNally	0:34:48	0:32:56	5.4%	6	A Morton	0:59:34	0:58:18	2.1%
C Dobbs	0:41:20	0:39:12	5.2%	7	S Hodgson	0:43:50	0:42:59	1.9%

Stato's report

by Andy Keeley

G Hussey	0:48:35	0:46:06	5.1%	8	C Puccini	0:45:52	0:45:05	1.7%
M Swensson	0:34:05	0:32:36	4.4%	9	O Jaquest	0:49:28	0:49:21	0.2%
P Riley	0:38:16	0:36:58	3.4%	10	N Fowlis	0:47:16	0:47:14	0.1%

10 mile

Men	2011-12	2012-13	Improvement	Position	Women	2011-12	2012-13	Improvement
T Long	1:24:08	1:21:11	3.5%	1	M Cobourn	1:23:07	1:15:12	9.5%
S McNicholas	1:06:49	1:06:05	1.1%	2	S Cain	1:14:59	1:12:33	3.2%
N Kelly	1:03:49	1:04:44	-1.4%	3	V Desborough	1:21:02	1:20:13	1.0%
D Cain	1:10:59	1:12:15	-1.8%	4	E Lynan	1:19:26	1:21:44	-2.9%
A Keeley	1:06:25	1:08:58	-3.8%	5	E Nopondo	1:34:56	1:39:19	-4.6%
T Warn	1:10:10	1:13:46	-5.1%	6				
M Devereux	1:15:10	1:19:27	-5.7%	7				
A Stansfield	1:12:41	1:17:14	-6.3%	8				
T Man	1:05:51	1:10:33	-7.1%	9				

Half Marathon

Men	2011-12	2012-13	Improvement	Position	Women	2011-12	2012-13	Improvement
D Higham	1:39:10	1:22:19	17.0%	1	O Jaquest	1:53:03	1:46:49	5.5%
A Cantwell	2:00:40	1:45:02	13.0%	2	M Cobourn	1:47:56	1:42:20	5.2%
S Maguire	1:35:21	1:26:45	9.0%	3	A Deane	2:10:53	2:05:55	3.8%
T Carson	1:43:02	1:35:00	7.8%	4	A Kavanagh	1:58:11	1:53:52	3.7%
M Hawkins	1:36:33	1:29:18	7.5%	5	K Dwyer	1:36:39	1:33:55	2.8%
J Kennett	1:33:56	1:27:13	7.2%	6	E Kearney	1:41:35	1:39:49	1.7%
A Canter	1:57:08	1:50:41	5.5%	7	S Bradley	2:01:35	2:01:28	0.1%
D Cain	1:38:59	1:33:56	5.1%	8	L Atkinson	2:01:44	2:02:18	-0.5%
L Easthope	1:28:48	1:24:26	4.9%	9	J Eardley	1:44:06	1:44:47	-0.7%
J Bampton	1:37:17	1:33:10	4.2%	10	J Dyer	1:51:05	1:52:22	-1.2%

Stato's report

by Andy Keeley

Marathon								
Men	2011-12	2012-13	Improvement	Position	Women	2011-12	2012-13	Improvement
L Eccles	4:12:46	3:26:06	18.5%	1	C Puccini	4:05:12	3:28:14	15.1%
G Halsall	4:03:03	3:25:42	15.4%	2	E Kearney	4:14:57	3:57:47	6.7%
R Hardwick	4:00:02	3:26:25	14.0%	3	V Desborough	4:06:24	3:55:11	4.6%
P Riley	3:19:51	3:01:43	9.1%	4	K Burrows	4:05:00	4:00:46	1.7%
C Dobbs	3:21:56	3:04:58	8.4%	5	E Nopondo	5:18:49	5:33:50	-4.7%
C Whelton	4:58:04	4:36:34	7.2%	6				
D Mangan	4:55:52	4:35:32	6.9%	7				
G Hussey	4:08:58	3:56:27	5.0%	8				
M Roxburgh	4:10:09	3:59:49	4.1%	9				
N Kelly	3:08:29	3:03:15	2.8%	10				

Club Records

Another landmark month with two club records set. The club records name the 5 fastest runners at each distance for a given age group.

Rachel Williams set a new 3rd fastest time at the Mystery 5k in the FOPEN category and followed that up with a 2nd quickest 10k at the Southport Sandgrunder event.

Fiona Dutton set the 3rd fastest time at 5m at Walton Park in the FOPEN category.

Emma Lawton set the 4th fastest 5k in the FOPEN category at Christleton.

Emma Kearney set the 5th fastest marathon time at Manchester in the F35 age group.

Myka Heard had run of pb's starting with a 5th fastest marathon time at Paris, followed by a 5th fastest 10m at Fleetwood and finishing with a 3rd fastest 5m at Walton Park all in the F45 age group.

Rachel Rick posted the 4th fastest marathon in the F50 age group at London.

Cath Nevin posted the 3rd fastest 5k at the Princes parkrun and the 2nd fastest 10k at the Liverpool Spring event all in the F55 age group.

Val Desborough set the 3rd fastest 10k for the F55 age group also at the Liverpool Spring event.

James McNally beat his March record and posted a **NEW CLUB MOPEN 5M RECORD** at Walton Park by 25 seconds.

Martin Swensson posted a **NEW CLUB MARATHON RECORD** at London by 11 seconds. And also posted a new second fastest time at 5m at Birkenhead.

John Connolly set a new 3rd fastest time at 5k Christleton and a second fastest time at 5m at Walton Park in the M40 age group.

Neil Kelly marked his elevation to the vets by chalking up 4th fastest 5k for the M40 age group at Christleton.

Nigel Grant set a **NEW M50 5k RECORD** again at Christleton.

Dave Cain improved his 2nd fastest marathon time in the M55 age group at Blackpool by 19 seconds.

Tommy Burke set a new 2nd fastest 5k at the Princes parkrun for the M65 age group.

Equipment Corner

There's minimalist and then there's Tony Man

These are shoe number 46 since I started recording mileage in my running shoes. Each shoes has a life span of 600 miles even if they still don't look worn out they are thrown out! I have about 3/4 pairs on the go so I am not wearing the same ones on each run. Also, a pair of 'off road trail' shoes on the go too. I buy my shoes from Sport Direct (cheap!)

Happy Running

TonyM.



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