

STRIDE!

City of Liverpool
**PENNY LANE
STRIDERS**

ISSUE 137 May 2019

TOKYO MARATHON

Richard Costain and James Roberts run one of the World Majors

RUN TO THE HILLS

Striders at Pendle, High Peak marathon and Clwydian hills night races

STRIDER OF THE MONTH

Meet Tommy Gates

YOGA FOR RUNNERS

Stretch those hamstrings with Carol

NORTHERN ROAD RELAYS

Exclusive report from Birkenhead Park

ULTRA RUNNING

Alice Green brings her challenge to run a marathon in every county to The Green Man 30

PLUS!

STATO'S REPORT

MEGAN'S JOURNEY TO THE LONDON MARATHON

Cover photo: Jay Clarke at Hale 5 miler, courtesy of David Pinnington

Supersonic Series hits Spike Island, May 2019



In This Issue

From the Editor

Spring is in the air, the sky is blue, your mates are running about and posting happy/grimacing (delete as applicable) photos on Instagram but something's not right. You think your running's crap and you've lost the love.

How do I get it back, I hear you ask.

Look at your life: is anything new or different putting pressure on you? Are you just fed up doing the same thing over and over? Time to take stock and make an action plan!

A family or work issue could be taking up a lot of your time and energy – try to make a plan around it, get family and workmates on board to give you a lift during a time of need. If you are just getting fed up with going for a run down the same streets try something different. Drive to a different park and get lost amongst unfamiliar paths, arrange to meet a friend somewhere else in the city and have an adventure in another neighbourhood – you'll be surprised at how refreshing such a little change may be. At the weekend you could venture out to the Delamere parkrun and do a few more miles around the forest afterwards. It's so close to home and yet a world away from running up and down Speke Boulevard.

Finally, try your hand at cross training – doing something new to your body will coax it back into action. Spinning classes, swimming, traditional and modern circuits are all readily available from a number of venues these days, and don't forget yoga, runners' best friend. We are fortunate enough to even have access to our own class on a Thursday so come on down and have a good stretch, you never know where that may take you.

Suggestions as always to thestriddingreport@gmail.com

News

Winter season closed with a bang with our very own Liz Turner winning top spot in the women's race at the BTR 10 mile race on 10th March 2019.

The end of March sees all the internal club competitions also coming to a close.

Winners of the Off Road Championship which ended in style with the ever popular Roddlesworth Roller are:

Overall Women: Bailey Ewel
Overall Men: Lawrence Eccles

The Road Racing competition has its winners in:

Women Champion: Samantha Bentall
Men Champion: Paul Riley

Finally, Open Champions for the cross country competition are:

Women: Liz Turner
Men: Martin Swensson

Full details of additional category prizes are in Stato's report

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Editor:
Cristina
Puccini



Membership News

by Andy Keeley



It is membership renewal time. So far roughly half of last year's members have renewed.

Please can I ask those who have not renewed their membership yet to do so soon. Registration gives you reduced costs for entering events, saving £2 on each event.

As a club the number of registered members also determines the number of London Marathon places that we are allocated. Last year our allocation was 4 places which we allocate in a draw from those rejected in the London Marathon Ballot. If our membership is below 350 then our allocation reduces to 3.

New Striders

We would like to welcome the following new members, who have joined since 1st February 2019. I hope you are all enjoying running with Penny Lane. Your UKA registration packs should have arrived or will do so soon. I have emailed you all your UKA registration numbers to use for getting reduced race entry prices.

1st Claim

- Carl Goodman
- Dan Knowles
- Patrick Boyle
- Jonathan Laber-Vraig
- Hazel Phillips
- Freddy Frost
- Michaela Bishop
- John Brown
- Emile Abed
- Honieh Abed
- Hannah Lennon
- Paul Knight
- Paul Reigler
- Craig Hacking
- Matthew Elland
- Thomas Back
- Donna McKenna
- Matthew Quinton
- Hannah Bellamy
- Madhuri Khandavalli
- Tom Cain
- Guy Woosey
- Kam Dosanjih

MEGAN'S JOURNEY TO THE LONDON MARATHON

Cheer Megan on to her first marathon and her future Olympic events! Megan reckons it's all about the cake and who are we to disagree

Proud mum Katie Dawson told us:

Meg has a moderate learning disability and has come on leaps and bounds since joining in the last 10 months, she has gone from struggling with a 5k to running London marathon in 2 weeks (with a support runner) she has also just been classified as a T/20 athlete and we hope she will start competing in special olympics.

PLS members, especially G4 have been so patient and supportive.

It's great how supportive the club is to disabled runners.

This is a link to a recent promotional video for mencap featuring Megan:

<https://youtu.be/PLTFJzatfyM>

Guess the question! Find out more, watch the full vid of Megan and her support runner



Strider of the Month: Tommy Gates

By Rachel Rick

Why did you join the Striders?

I used to go to the Garston Leisure centre gym and saw the groups going out. As I had been running on my own and liked the idea of running with like-minded people. I suppose I just struck gold.

When did you join?

It feels like it was Roman numerals, but about 8 -9 years ago

What's your favourite distance?

The last 50m of any run! Probably Half marathon, although I've not run a 10 miler.



What's your least favourite distance?

The first mile..... I don't have a least favourite race. Marathon training is a bit of a pain though.

You're in the middle of a race and you feel like giving up. What keeps you going?

The shame of jumping on the bus in my race kit to the baggage bus at the end. Just sheer bloody mindedness.

What's your favourite session? Oddly enough, it's hills.

My heart pounds going up and my knees hurt coming down!

If you could do one more run in the year, what would it be? New York Marathon or London. You can't beat a big finish.



What's your best running memory?

There are so many. I'll never forget my first marathon though. Belfast, the time I lost my fiver. Lots of Striders have already heard the yarn.

Hang on a minute, you can't just leave us hanging like that! Tell us more!

Ok. So I was living in Northern Ireland working for Phoenix Gas from 1997. I'd been a social (unsociable - used to run on my own!) runner for a few years but hadn't actually ran in an organised race.

In 1999 apart from partying like Prince I took part in a team relay as part of the Belfast Marathon. It was a team of 5 and we each did a leg of about 5 and a bit miles. That whetted my appetite to have a go at the Big One. The following year I registered to do the Millennium Marathon.

I downloaded a copy of a 6 month training programme and followed it religiously, which was the wrong expression to use about Belfast at that time...

I lived in a town called Glengormley which wasn't the flattest area soooo chose to do most of my training on a treadmill at the leisure centre. No hills on that treadmill. 5 nights a week I'd go and progressively build my mileage. On a Sunday I'd go on my long run. I sometimes I got up to 4.5 miles! Towards the end of the programme I thought I'd better do something a bit more substantial so planned a 14 miler along the banks of the Lagan, pancake flat. After that I tapered back on the treadmill. I was ready.



The Belfast marathon is always run on the first Bank holiday in May. I was all prepped up and



only had about 6 pints and a couple of Vodka's the night before but wisely avoided a curry. At the time I didn't have proper running shorts so wore a pair of football shorts. Unlike running shorts they didn't have the stitched in under cracker or a pocket so I did the decent thing and wore a pair of Speedo's to preserve my dignity. Even though there would usually be about 2000 runners, there were plenty of water stations but no Gells or energy drinks. I had remembered from the previous year that the water wasn't bottled but in plastic cups. I'd also remembered that trying to drink from the cups was awkward and I usually ended up wearing most of it. So I decided that I would carry some money with me and if need buy a bottle or two of Lucozade along the way.

We are now just getting used to plastic notes in the UK but they had plastic fivers back then as well as the mainland paper ones. My plan was to carry a fiver inside my budgie smugglers. Plastic, won't get all sweaty. Result. I got all ready in the Dunmurray leisure centre and shoved the note down my pants and bloody hell it hurt. There was no way I could run with that so I managed to swap it for a paper one at the last minute.

Bang! the race set off. Either that or the Peace agreement was falling apart.....

I got all caught up in the atmosphere and started running like the clappers. Way too fast. I was starting to dehydrate after about half a mile. When I got to the first drink station I managed to drink about 4 cups of water. All was now going well apart from the sloshing in my tummy. I'd have to just run it off. After about 6 miles I was fighting back the urge to pee but it was the Upper Falls Rd. No toilets or anywhere to hide. After 8 miles I was in bits and had no choice but to jump behind some bushes on the Boucher Road near to the Windsor Park stadium. Ohhh what a relief. I eventually carried on and after about 14 miles on the Ormeau Road which is one of the "student area's" of East Belfast, we were starting to get a bit strung out. I was about 40m behind the runner in front. I could hear cheering building up behind me and thought it must be one of their own. A student who'd started late and was now flying through the pack. The noise got louder and closer as the runner caught up with me. Then the Lollypop man in a cut down high viz coat but still carrying his Stop sign and about 80 years old shuffled past me. Oh my lord the shame. My energy levels had slumped and not from a very high start point. I knew I was in need of a sugar boost and managed to carry on through the next water station and onward for another 4 miles. Then I ran into "my wall". I couldn't go much further. There was a petrol station up ahead on the Cregagh Road. My salvation.

Feeling pretty emotional I got through the door and took my bottle of Lucozade and a lolly ice to the check out. That's when the wheels came off. I frantically searched inside my cozy for the fiver. It wasn't there. Believe me I all but dropped my shorts looking for it, but it had gone. I was in a flat spin. The woman on the till must've thought I was a proper pervert shoving my hands all round my nether region with a manic expression on my face. The penny dropped. That's when I started to blubb "it must've been when I went for a pee. I've lost me fiver...."

I think she just said "that's dead on (OK)" to get me out of there as fast as she could.

I eventually finished in about 5 hrs 20. That was 9 marathons ago but still the most memorable.

See I told you it was a story ©

What do you see in your running future?

Just being able to stay healthy and run. You never know what PBs will still be broken, on a good day, downhill, stiff breeze on my back.....

Tommy's gallery of best times

Event	PB	2019	2018	2017	2016	2015	2014	2013	2012	2011
5K	23:22		26:54	30:01	24:52	25:14	24:15	23:22	24:08	
parkrun	24:07		26:50		28:06	25:56	24:17	24:07	25:07	26:02
5M	38:53		44:03			43:18	42:42	38:53	44:36	
10K	51:01		57:45		54:26	51:34	51:35	53:24	51:01	56:59
HM	1:54:48	2:14:57			2:06:09	2:01:29	1:55:42	1:54:48	1:58:57	
Mar	4:21:41					4:33:22		4:52:59	4:21:41	

Tell us something we don't know about you:

I was an altar boy (non-abused!) when I was a lad. Though you wouldn't think so with my potty mouth.



TOKYO MARATHON 2019

March 3, 2019

By **James Roberts** and
Richard Costain

The Tokyo Marathon is one of the World Majors, along with London, Berlin, New York, Chicago and Boston. On the 2nd March, the 2019 edition took place with around 36,000 people lining up in the pouring rain and freezing cold to race across Tokyo. This year, 330,271 people applied for a place, but with charity, sports tour, time qualification and local club places all receiving part of that allocation, and then with a significant number of lottery places reserved for Japanese runners, the odds of getting in are quite slim. How lucky then that two Penny Lane Striders got in on the ballot – Richard Costain and James Roberts!



Richard had previously run a 3:14 at Berlin then a 3:15 in Chicago three weeks later – he was still feeling amazed and surprised he achieved this. After a sluggish winter and a condensed marathon training and tapering period, he was just looking for any time near a 3:15.

James had previously run the Liverpool Rock 'n' Rock Marathon in 2016 in a time of 4:27, followed by slower runs at the 2016 New Year's Eve Liverbird Marathon and 2017 Hong Kong Marathon, but had always struggled with the distance. His target was to go sub-4:15.

Richard and James had both flown out to Tokyo several days in advance of the race to allow a bit of time to acclimatise, recover from jetlag and to look around - they met up before the race for food and a good chat, as well as afterwards for drinks!

Richard:

The preceding days had allowed me to get my body in sync – both physically and mentally. Sightseeing and walking around Tokyo certainly helped occupy my mind and keep all my limbs loose.



The Friendship Run was held on the Saturday morning before the race – several thousand runners running an easy 5K, dressed in their native flags and bizarre and wacky costumes (what else do you expect from Japan?) Carrying my Manx flag

was a good conversation piece at least – I even got asked to be photographed with locals – I make a good white celebrity it seems! The run actually fell short of 4K...but the event did the job, physically and mentally breaking up the pre-marathon anxiety – I had so much fun!!! Was laughing so much throughout. Screaming ninjas running alongside of me, fairy-tale princesses...you name it.

Sunday itself took me by surprise – I am a sturdy Brit and I've ran in a lot of wet and cold conditions before, but I have never been so cold and wet before a race before. To the point I couldn't physically stand around in one place. My body felt numb from the start. But it started

out fine – I set out in a nice wave of crazy runners who were clearly going to smash near a sub 3.

The atmosphere was amazing despite the weather – there were a lot of out and back parts of the course, which at times diminished my pace at the turnaround. However, I managed to get shout outs from James twice who was looking so determined and strong! I couldn't even get any words out!!!

I was actually on pace for a PB, but with the conditions and my training, I knew it was not going to happen.

The final 4 miles were the nail in the coffin, mainly due to the excessive rain seep through my trainers and socks, chafing the skin to the point it was unbearable.

Not being able to picture the finish line didn't help either, the last stretch I started to slow as my watch had reached 26.2 miles, but no finish line?! Lo and behold, a quick left hand turn and there it was. 3 minutes slower than my best but I was just so happy to finish anywhere near that time.

It wasn't the pain or exhaustion I suffered with post-race – it was the cold!!! No foil blanket or any more layers could alter how I felt. It was a shame because I really wanted to stay out and take in more of the marathon atmosphere and watch the multitude of runners cross the line. I just wasn't physically capable of this. I still managed to meet James and celebrate our successes with pasta and some more beer. I was informed afterwards by locals that it was 6 degrees at its warmest, as well as being the coldest and wettest Tokyo Marathon for the last 9 years. I also met a seasoned marathon runner from Burnley, who was very akin to wet and cold runs in the north of England – he said that was the coldest marathon he had ever ran. That alone spoke volumes.

It was easy to forget where we were, we were sat chatting like two Liverpool locals who had finished a local race and talking all things Liverpool. We had to stop and realise that we had just ran a World Major Marathon! In Tokyo!!! A chance that several of us runners dream of – we were 2 of the most fortunate people to have picked selected, not just in the club, but worldwide! Do a Sports Tour place if you really want to/can afford it, but just believe in the ballot. It's the hardest ballot to be selected from, but keep trying. We did!

It really is an incredible experience, fast or slow.

James:

It was the most well supported race I've ever run. The rain and cold were constant but the crowd was often 5-deep on both sides of the road, still cheering hard as I ran past. The organisation was excellent too – really well staffed lengthy and frequent water stations. The



energy drink of choice on these water stations was the elegantly named 'Pocari Sweat'. I have to say, it is much more appetising than Lucozade, despite basically just being sugar-water.

My strategy during the race was fairly simple – even splits and run at exactly 10kph (6 minute kilometres). We had been advised to get there early, only to find ourselves stood in the open under an overcast Tokyo sky. A passing Chilean runner offered me a bin-bag, which was a life saver – it was about 4°C. Richard was in starting pen 'B', while I was all the way back in 'H', which meant he had been running for 15 minutes before I even got over the line.

I had assumed that all the Japanese runners' protective raincoats, hats and umbrellas would be discarded long before crossing the start line, but I was increasingly amazed to see just how much clothing people were wearing as the race went on. All the cross-country over the winter, especially the -4°C run at Croxteth must have helped – we just ran in our vests!



The course itself was mainly long straights, surrounded by tall buildings. A good portion of the race had contraflow running on either side of either a barrier or even just cones, which meant that there was a good chance I would encounter Richard running the opposite way and sure enough, I did. His sunglasses had rain pouring down them and he looked really intent and in the zone – I gave him a shout and it just seemed to startle him!

A couple of the spectators gave shout-outs for Penny Lane, including one with a Scottish accent who sounded like he was genuinely pleased to see a PLS vest. No idea who it was, but it certainly gave me a boost. I was checking my watch quite a lot and knew I had to run roughly 30 minute 5Ks to hit my target of under 4:15.

Looking back at my splits after the race, I was absolutely amazed with how consistent they were. 30 seconds either side of 30 minutes for each 5k section. The official stats and my watch seem to suggest that my first and second halves were run in exactly the same time, to the second: 2:06:39. The stats also show that I overtook a net 7,000 runners during the course of the race, including 400 in the last 2k, which is amazing because it sure doesn't feel that way when you're slowly edging past people one at a time!

In previous marathons, I've reached about 18-20 miles and I've just lost everything and had to walk. This time the dreaded 'wall' just never materialised. It got harder as it went on, but I felt pretty much okay

right to the end – the last 2k were in fact my fastest of the whole race. I didn't exactly have a sprint finish, but I was moving well. Even at the end the treatment was excellent with loads of volunteers congratulating runners in the funnel and handing out goodies. I had a towel put over my shoulders, then a fleece, then a poncho, then a foil blanket and finally a medal!

After the race, I hobbled about a kilometre to link up with Richard and we found a nice restaurant to eat the most delicious pasta I've ever had, although I'm sure any food would have been the most delicious at that point. The runners on the next table over were from India and were showing off not only their Tokyo Marathon medals, but also their massive '6-Star Finishers' medals, for completing all 6 World Majors. We weren't at all jealous and definitely didn't demand to try them on...



The rest of the trip was brilliant. From ancient shrines to ultra-modern arcades and the amazing cuisine, I feel like I could have stayed a month and only seen the tip of Tokyo, never mind the rest of Japan. I did talk with quite a few locals – runners and non runners – about various things, including food, TV shows and trying to explain Brexit. I actually studied a bit of Japanese history at university, mainly focusing on governmental reform during the Meiji and Taishō periods (1868-1926), but funnily enough, it didn't really come up...

I desperately want to go back to Japan, but I suppose I'll let someone else have a chance of getting in the ballot and instead go back at the end of March when the cherry blossom is in full bloom. It's meant to be spectacular!



New running target: run a sub-4 hour marathon.

Race Results:

Richard Costain:	3:17:09	3245/35440
James Roberts:	4:13:18 (PB)	14261/35440



OPENrun

NEW YORK ROAD RUNNERS

WHAT I DID ON MY HOLIDAYS

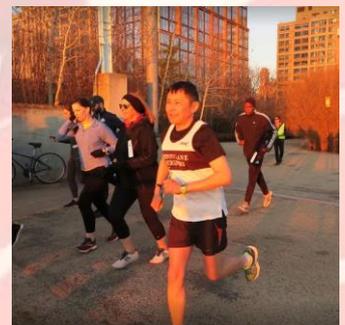
Tony Man puts PLS on the map again with win at prestigious international event

Ok, we'll 'fess up [*do people still 'fess or did that stop in the 70s? Ed*], it's not the NY Marathon. However the New York Road Runners do put on a weekly timed run – a bit like the parkrun – and someone's got to come first!

March 26, 2019 and enter our very own Tony Man, erstwhile club captain, member of Penny Lane since before records began and rumoured owner of a magical picture that ages on his behalf.

What better way to see the sights of the Big Apple than to run into the sunset at the Brooklyn Bridge Park and win the event while you're at it.

That's what we call a great souvenir \o/



Results						
First Name	Last Name	Run Time	Best Time	PR?	# of runs	
Tony	Man	0:21:15	0:21:15	Yes	1	
Mikayla	Nemes	0:21:26	0:21:02		4	
Cara	Toolin	0:22:14	0:21:49		3	
Bobby	Nossa	0:22:50	0:21:01		37	
Andrew	Orner	0:22:53	0:22:18		19	
Harry	Shulman	0:23:30	0:19:33		63	
Augusto	Gallido	0:23:49	0:23:43		17	
Ian	Nomura	0:23:50	0:22:41		15	
John	Simonson	0:24:15	0:24:15	Yes	1	
.John	Wann	0:24:41	0:22:48		11	

Clwydian Midweek Series

By Nigel Foo

If you're looking for a different type of race/training session other than running round the streets and parks of Liverpool then get yourselves over to North Wales for the last Thursday of every month for a short 4 or 5 k race up and down some of the Clwydian hills near Mold. Its only 1 hour away and race start is 7pm back in Liverpool before 9pm.

So a few of us have been doing these races since February and the first race was up and back down Moel Famau in heavy rain, strong winds and ice still on the ground still loved it. Lawrence was 2nd Male and Charl Sanderson-Rigby was 3rd Female . The next race was up the lesser known Moel Fenlli (next to Moel Famau) another great race, but some steeper hills and a up hill finish. The latest race was up Moel Y Parc and again another great route through woods and up to the top of Moel Y Parc before heading back down the fast path to the pub. Charlotte Rawcliffe was 3rd lady on the day (i got taken on the straight to finish 4th :-o) . As the nights are getting longer and warmer and your thinking of doing some hill training get over to the Clwydian Hill series (<https://out-fit.co.uk/>) and enter one of the races. See you soon



Off Road Championship Update – Pendle Hill Fell Race 06.04.19

By Neil Hannett

Neil starts us off on this year's Off Road Champs

Woh!! What an amazing start to the Off Road Championship (ORC), Pendle Fell Race, 4.5 miles and with over 1400 feet of ascent it was no easy feat.



competitors were grabbing the turf to aid their ascent and I would have toppled backwards if it were not for a friendly hand in the back helping me to recover my balance, are you getting the picture?! It was hot too, with sweat pouring and



On arriving in Barley for the race HQ and start point, it was plain to see that this was a popular race, where were we going to park? Over to Simo, our designated driver to do this Italian style, a bump here and there and we were in! Only joking, no cars were

my mouth gasping for a drink I continued the push to the top. Also, my Garmin did not actually record any forward motion for about 10 minutes, it was on auto pause, come on!!



making of this fell race. Me, Charlotte (Sando) and Simo made our way to the village hall in

the glorious sunshine to register and meet up with the others from PLS who made their way to take part in the crazy but beautiful world of off road/fell running. The village hall was already bustling to the smell of homemade cakes and

On reaching the trig point it's a fast descent for a little less than 2 miles retracing your steps back to the start, by now I was glad of some downward motion and tarmac. Fighting a stitch and not wanting the pounding

footsteps behind me to overtake I pushed on crossing the line some 47 minutes after the start, phew. What's better than a medal or a t-shirt? Answer – A bottle of Moorhouse real ale for everyone who completes the race, that's what. I decided I was going to save mine for later and had a brew for now instead.



coffee, we would be sampling them later.

The start was just outside the village hall a little up the lane, so we warmed up and waited for the hooter. From the start it was up, up the lane across the cattle grid, up across the field and to the start of the climb in earnest. Up and up we went and after about half a mile



A massive congrats to Martina Rice, Joanne Edwards and Becky Heyes who had chosen Pendle to dip their toe into fell running, more like a whole body submersion, great effort. Simo wanted me to point out that we



of ascent we reached the summit ridge before turning right for a quick descent, which was a nice relief to the legs before the hard bit, yes the sting in the tail, a

had a total of 9 PLS members taking part, a huge improvement on last year's 2, which is about a 956% greater turnout, something like that, maths is not my strong point. A big shout out to the others, Michael O'Rourke, Kate Macfarlane and James Roberts who



made up the full complement, you smashed it!!

near vertical climb up to the summit trig point. Now you may think I'm exaggerating but above me

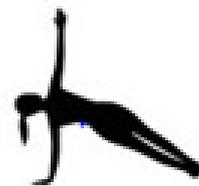
ders



Yoga for Runners

By Carol Holt

Have you heard of Carol's fab yoga sessions? Thought about them but unsure if they are for you? How can a roomful of Striders be wrong - see all the reasons why yoga is good for runners



Some of you may know that I first became a member of PLS in 1986 (yes I really am that old) and I have also practiced yoga for over 20 years. Both are a passion of mine and I wanted to share the benefits of yoga with others, so set about becoming a yoga teacher.



Since qualifying, as well as teaching traditional yoga classes, I also wanted to provide sessions focusing on injury prevention for runners, knowing first-hand the particular challenges and issues faced by runners. I ran the idea past Eamonn Brady and with the support of the committee was given the go ahead to try it out.

Runners are often reluctant to try yoga; their most common fear is that they are not flexible enough. If you've never attended a class before you may have an image in your mind that everyone in the class will be wearing a leotard and bending into pretzel like postures, in spite of the class being advertised "For Runners" I promise you that to date not one leotard has been spotted in the sports hall at 6.15pm when we meet for our injury prevention session before the Thursday night club run.



Why should Runners do yoga?

Primarily to lengthen out tight muscles but also to strengthen the core and improve your running posture. Yoga helps lengthen out these tight spots, speeding up recovery and restoring a natural range of motion



I design each session around a particular part of the anatomy, focusing on the areas that are known to be problematic for runners, such as the Sacroiliac Joint, Hamstrings, Groin, Glutes, Quadriceps, Hip flexors, Iliotibial (IT) Band.

Achilles Tendon, and Plantar Fascia. Running is a repetitive movement so

particular specific muscle groups are overtaxed. Having an understanding of your anatomy brings about awareness and improved proprioception. Don't worry though there is no need to invest in a text book, the practice alone will give you the insight you need. I like to discuss the relevant muscles and their function as we move through the postures, and whilst runners are some of the fittest people I know, many of us harbour a number of strength and flexibility issues. This is no wonder when you consider that a runner strikes the ground nearly 1,000 times in a single mile, pounding the muscles, joints, tendons and ligaments with each step.

One of my favourite sessions focuses on the Psoas muscle, or more simply put our hip flexors. The Psoas is a rope like muscle located deep in the belly, which runs from the spine to the femur. The Psoas is joined at the hip, literally, by the Iliacus, which travels from hip to thigh. Together, the Psoas and Iliacus make up the Iliopsoas, the body's most powerful hip flexor. So why should runners care about a hard to find muscle with a funny name? Because it enables you to run! Every time you lift your knee, the psoas contracts. When your leg swings back, the psoas lengthens. For a runner averaging a 180



strides per minute, the left and right psoas each contract and lengthen more than 5,000 times during the course of an hours run. That's a lot of strain on a muscle that's only about as thick as your lower forearm. Every time you stand, walk, or run, you're engaging the psoas. If the muscle is compromised, either by injury or tightness, your running inevitably suffers. We have all experienced or seen runners whose legs are tired, and they almost start to shuffle, this is due to a weak psoas. So how can I prevent this I

hear you cry!!! Yoga is the perfect antidote for short, tight, weak muscles. Postures such as Runners Lunge and Lizard are ideal for counteracting the impact caused by our running.

The response to the classes has way exceeded my expectations, it's great to see so many regularly attending the session, the feedback has also been very positive. The postures we work through can easily be done at home to fit in with your busy schedules. We all want longevity in our running and it is proven that yoga will give you this. It is part of many elite athletes training, international rugby teams such as the All Blacks practice it as do some of the top football clubs.



So what are you waiting for? Give it a try, if you have any questions please feel free to message me on Messenger.

Watch out for Carol's additional new classes on Mondays 6-7pm starting mid-May at the Aigburth Peoples Hall. For class prices and more details see:

<https://www.facebook.com/groups/608160282985277/>



Colin Dobbs

In this month's edition of the Captains Log I'm going to deviate from previous formats. From flicking through the race reports and results, and seeing how many new members we get signing up every week, its clear that

the club is continuing to grow massively. As a result, I don't think its possible to list everyone's PB's so I'm sorry if anyone was looking forward to their moment in the spotlight. I would encourage you all to check out the forum, make sure your results (and PB's) are recorded there and to say well done to anyone you're aware of running a PB, you really can't ask for a bigger effort than beating your previous best. There have been some huge efforts over the last couple of months, and I'm sorry I can't mention you all by name, but a massive well done to you all!

I know I've entered a couple of races lately that I maybe wouldn't have done if I hadn't been inspired by watching you. I hope some of you are inspired to push yourself and find new boundaries too.

Before looking forward to some upcoming events, I just wanted to mention March's North of England Men's 12 stage relays. The 2 teams consisted of: Nigel Grant, Josh Keogh, Neil Hennigan, Jay Clarke, Graham Douglas, Patrick Boyle, Matthew Cook, Nigel Foo, Roy Hughes, Lee Warburton, Richard Costain, Andrew Troy, Andrew Biddle, Tommy Burke, Jonnie Laber-Craig, Matt Dutton, David Lynan, Tony Green, Gary Cook, Marty Hirrell, James Roberts, Barry Bright and myself. A superb turnout, and we easily beat every other local club in terms of numbers on the day, so a big thanks you and well done from me!

The start of the season in March also saw the return of the Merseyside Grand Prix (MGP). We've had 1 race so far, the St Helens 10k in March. After recent success where we've won individual, age category and team prizes, we've had a slow start to this competition-currently sat in 6th place. Make a note of the upcoming races before the next edition of Strides and get involved in the team spirit. The next races are: 5th May Spring 10k, 14th May Walton Hall 5 miler, 29th May Wirral Seaside 5k, 5th June Birkenhead Park 5 miler, 23rd June our very own 10k (more of that later), 30th June Southport Half Marathon.

As part of the MGP, we have our own 10k race, held at the police club on Riversdale Road on Sunday 23rd June. Our constitution states only 20 members can race this, which is decided by ballot if we get more than 20 requests. Make sure you keep an eye on Webcollect to register your interest. You can also support it by marshalling. The race is consistently regarded as one of the friendliest and well supported events in the area, so it would be great to see as many as possible of you down there!

Lastly from me I'd like to mention the upcoming end of year awards, held on Friday 10th May at Aigburth Peoples Hall. Tickets are on sale now from Webcollect at a bargain price of £8! What better way to wind down after a week in work, celebrate in fellow club mate's success over the year, and of course get to know what we all look like when we're not wearing high vis lycra! Once again, these are always a great event and a fantastic opportunity to mix with others that you may not always get the chance to!

I hope to see as many as possible there! As always, stay safe and enjoy your running!!

Captains' Log



Sharon Samson

To begin, the PLS Committee want to express their thanks to Lauren Wilson for steering the ladies team over the last 18 months and wish her well with her running.

With International Women's Day having taken place in March, I am sure that you will agree with me that you cannot help but be inspired by the women in our club and their achievements.

Liz Turner winning the Liverpool 10 Miler.
Bailey Ewel winning Wurthing Heights Wander Trail Marathon (6th overall)
Rachel Rick working her way through 6 marathon in 6 months challenge
Hazel McCormick winning the Crinan Canal Puffer Race (8 miles) (4th overall)

As we continue to race around the country, our results also show the commitment to training and determination we have to succeed with plenty of PB's earned too - Kathryn Sharkey (5 miles, 10k, marathon), Anne Oxbrough (marathon), Kathryn Bradley (10km), Diane Hennigan (marathon) - apologies if I have missed anyone else.

And it isn't just the young ones showing how it is done, our PLS vets are continuing with their winning podium finishes - Oonagh Jaquest, Jane Nicholson, Susan Burke, Mary Neery.

We still have some ladies that are not content with "regular" race distances and I think that special mention needs to be made to Bailey Ewel, Sarah Jackson and Bex Dennehy all of whom successfully completed the mammoth Manchester to Liverpool 50 miler on Good Friday on what was a scorcher of a day.

In March, we had two ladies teams (Sharon Samson, Pamela Thurtle, Orla Carty, Kathryn Bradley, Charlotte Sanderson-rigby, Sarah Jackson, Atim Labercraig, Claire Meadows, Annmarie William, Amy Edwards, Tracey Sanderson) at Birkenhead Park representing PLS in the Northern relays, finishing 30th and 51st. Despite the undulating course and headwind on the entire route, it was a great club event for anyone regardless of their training group - keep an eye out for more team relay events in the Autumn.

It is great to see first timers at club and races too, again training hard and flying the PLS flag as well as many ladies pushing themselves and progressing into new training groups; the benefits no doubt will be evident in the coming months and especially as the Merseyside Grand Prix is now under way with the first of the ten races having taken place at St Helens 10km. PLS Ladies team are currently in 7th place and Samantha Benthall leading for us. The next few races in the series are Spring 10km, Walton Park 5 Miler and Wirral Seaside Run.

It isn't just road running that our ladies have been involved in and many can be seen out on the fells racing - Charlotte Rawcliffe, Charlotte Sanderson-Rigby, Pamela Thurtle. This is a unique type of racing and there are plenty of races throughout the year for anyone who is interested.

It seems as though Parkrun also doesn't go amiss either and our ladies continue to travel around the country to put the pin in the Parkrun PLS map. Don't forget your barcode when you are travelling around!

I want to also thank Carol Holt for giving up her time to ensure that we are stretching and keeping us injury free and to Debi McMillan for stepping in when Mike D cannot take the abs class - though I am dubious that those one minute planks are really a minute!

Don't forget as we start our new Club Championship season 19/20, tickets are now on sale (via Webcollect) for our Awards Night on 10th May at Aigburth Peoples Hall.

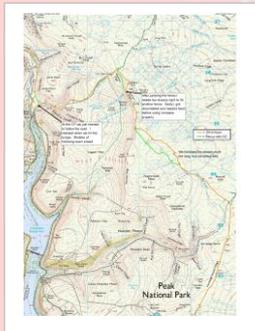
"If it doesn't challenge you, it won't change you" Fred Devito

High Peak Marathon

By Lawrence Eccles

"I fell into a hole and my teammate was blind in one eye". A race after my own little black heart. Welcome to the over-night mountain marathon around the Derwent Watershed in the High Peak District

The High Peak Marathon is an old event. I've done it five times now. My dad did it a couple of times. After four times of getting around I had aspirations to actually win it.



First off, I set about cruelly culling the rest of my team for being too slow. I then moved on to recruiting runners at least as fast as me. My first recruit was Rory Harris. I raced the White Rose 30, but fell apart near the end, ending up in 4th place and out of the prizes. Rory won that day. I also tried recruiting Ken Sutor who came third that day, but he said he preferred to run when he could actually see the scenery around him.

We had run as a pair on the Old County

Tops a few years earlier. Now I just needed to find two more members for my team. The next man who agreed to do it was Stephen Skates. He does well in the north Wales fell races, holding a few course records. For the last member I turned to Facebook. I asked good runners I kind of knew and eventually one agreed.

Neil Talbott had beaten me into second at the Lake District Mountain Trial in 2016. If only he'd been busy that day I could have had my name in Lake District legend; the trial has been going over 60 years. A full team; now it was just time to wait for the race; and practise the route a few times. Obviously it was not that simple. Stephen Skates pulled out injured. I turned to Facebook and started messaging runners I had met on my travels. They all came back with excuses. Rory finally came up with a runner; a Mr. David Chetta. Chetta said he'd run if we couldn't find anybody else. As it happened we could find nobody else, so he was switched in; and then it snowed and the race got called off.



On to the mystery CP

One year later and we came to the race again.

This time Neil Talbott was injured, but Ken had got over his fear of running in the dark, so we had a full team. The team was called 'Penny Lane Peglegs'. It's a variant on the team name I'd used the previous four times I've done the race. Looking down the start list the main contenders were missing. There appeared to be a few strong teams still, with 'Haggis on Tour' featuring the famous Jasmin Paris, who won the Spine race in 2019, getting the top seeding of starting last at 23:38. We were seeded low, perhaps based on my previous performances, and started at 23:15 on Friday night.



We went out quickly. I got to lead as the others did not really know the route that well. We had the boost of constantly passing teams. Descending Lose Hill, one team did suggest they'd see us later; perhaps expecting us to tire later. Did they not know who we were!?

Going up Win Hill we passed the last of the 23:00 starters. We now had to catch the teams who'd started at 22:00; they generally get called the walkers although they are allowed to run. As we passed these teams we got mistaken for 'Haggis on Tour'. Reviewing the results we did have the lead now as 'Haggis on Tour' had gone up

Win Hill by a long route. Our lead grew over Haggis as they thought they'd caught their main rivals and were just keeping pace with them. Sadly the marshals advised Haggis that Penny Lane had been through quite a while ago; damn marshals!

Our lead was healthy at over 15 minutes (obviously we didn't know this at the time). We then hit our first problem. We reached a knoll top location of a check-point, but we couldn't find the check-point. It was raining and cloudy so visibility was very poor; it was hard enough seeing the holes in the ground (I had fallen in one). I assured the team we had the right location and we should just push on. GPS tracks later would show we hit the correct knoll. The knoll was recognisable in the dark due to standing stones on it. I got the correct traverse track and we were almost out of the woods as far as difficult navigation went, then I decided to put too much faith in my altimeter.



Winners Haggis on Tour legging it to catch the peglegs

I contoured over heather and rough ground, leaving a passable path behind. The others trusted me enough and we trudged around the hill. We were walking now as the heather made running difficult. We reached an unexpected ditch which made me think I'd cocked up; which I had. I corrected by gaining altitude. I thought I knew where we were and tried to push on trusting in my compass, but ditches told me I was not in the location I thought I was. I then just put more faith in the compass and pushed over obstacles in my desired path, going in and out of ditches. Every now and then I'd run a bit on what looked like a path, but leave it as it veered off from my desired line. It worked and we reached the Pennine Way footpath, which marks the end of the navigational difficulties. Sadly we had other problems.

Our lead was now only 2min30 and we had one runner going blind in one eye. Another guy was struggling from all the walking! I think he was cold. We started running and eventually picked up the pace to reach the Snake Pass (A57). Our lead had slipped further; now less than a minute the results have told me. We seemed to have lost the drive. On we ran, but walking breaks were more frequent. We did finish the race first at least. Haggis came in about 10 minutes after. They said that they'd ran hard fearing we had managed to beat them. Their efforts over the last 12 miles had put over 10 minutes into our time. We did finish a comfortable second. There would have been a stewards enquiry if we had won because Haggis had found the Knoll Check-point halfway down the hill. The students at the checkpoint had taken the 6 figure grid reference and then gone to the exact point, the bottom left corner of a 100m square. Pleased my team did not blame me for the loss. They actually said they enjoyed it, although Rory was a bit unhappy about having a cloudy eye.



Penny Lane Peglegs

Personal Profile: Karen Culshaw

Occupation: Regulatory Policy Manager at Care Quality Commission

Why did you join PLS: to help me train and stay motivated for a marathon I had signed up to do. My mum died in 2016 and then I had some major surgery which didn't quite go according to plan. I got very low physically and mentally as a result, and in 2017 decided I needed to do something drastic and positive to get me out of the funk I was in. Signing up to do a marathon seemed like a great idea! I found training on my own very tough so joined PLS - best thing I could have done.

Running likes: the feeling of freedom and mental well being it gives me, especially running with lovely people like PLS G5!

How long have you been running: I've dabbled on and off (mainly off!) for the last 10 years. But only more regularly and with real enjoyment since the summer of 2017.

Running dislikes: injuries!

Favourite male runner: has to be our own Eammon, for his full on positivity and support

Favourite female runner: Jo and Debbie for their fab leadership and encouragement of G5

Favourite non running person: my dad

Favourite race: the Brighton Marathon. Great place, great atmosphere, despite the boring industrial bits. But I don't have much to compare to be honest!

Least favourite race: The Hastings Half Marathon - hills that kill!

Favourite drink: nice drop of red wine. Or a good cuppa

Least favourite drink: I can't stand the smell or taste of coffee

Favourite food: roast chicken dinner. And chocolate, obviously

Least favourite food: salad - it's rabbit food

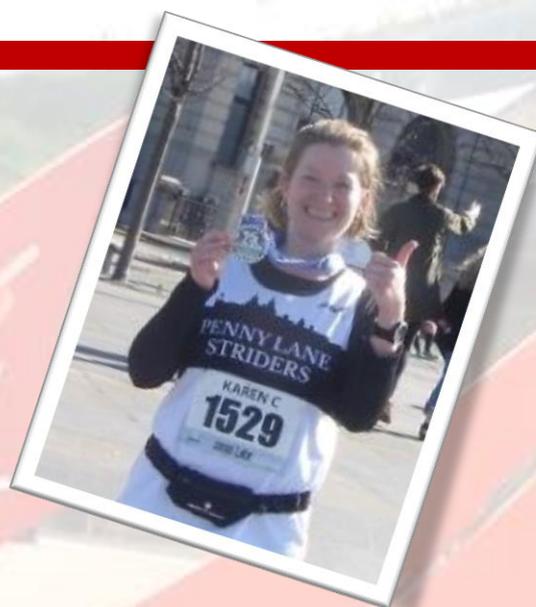
Favourite holiday: hiking holiday in Peru

What is your idea of happiness: I'm rethinking this one after a rather eventful couple of years! But generally if I'm walking outside in the fresh air, some nice peaceful scenery, I'm gonna be happy

Favourite song: Blackbird by The Beatles, and Songbird by Fleetwood Mac

Favourite male singer: Paul Weller

Favourite female singer: particularly loving KT Tunstall's new album Wax at the mo. But also love Laura Marling and the lead singer from London Grammar



Favourite group: too many, I love music! Foo Fighters, Kasabian, The Beatles, REM, Coldplay, Fleetwood Mac...I could go on, an eclectic long list!

What do you always carry with you: paper diary. I have a terrible memory so have to write things down, and don't like everything being on my phone!

Best running moment: finishing the 2018 Brighton Marathon in one piece in memory of my mum. It was a very long, slow, emotional, painful day, but getting to the finish line and knowing I had raised so much money for Pancreatic Cancer UK was an amazing feeling

Worst running moment: suffering a bad IT band strain and knee injury in the final month of training for Brighton and being scared I might not be able to do it. A lot of physio and sports massage got me to the start line thankfully

Most appealing trait: I'm kind

Most unappealing trait: I'm indecisive - hence the multiple answers to lots of these questions! (Although I'm sure I've got plenty more unappealing habits than that)

Favourite running shoe: I haven't bought many pairs but generally seem to go for Brooks

Favourite film: The Wizard of Oz, The Notebook

Vest in or out: out with leggings, in with shorts

Favourite motto: "It's all part of life's rich tapestry". No idea where I heard it or read it, but I say it a lot

Personal bests over the classic distances

Distance	Time	Race	Year
5k	31:05	Princes parkrun	May 19
5M			
10k			
10M			
Half Marathon	2:25:38	Hastings	Mar 10
Marathon	6:27:44	Brighton	Apr 18

6 and 12 stage Northern Road Relays

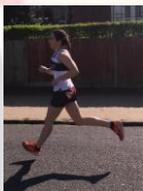
By Nigel Grant

Our man on the track in the park reports from Birkenhead Park with PLS's exploits in the relays



All that is great about Penny Lane Striders was on show at the annual North of England men's 12-stage and women's 6-stage relays over at Birkenhead Park at the end of March

Men's captain Colin Dobbs heaped pressure on Nigel Grant by asking him to leads out the men's A team while he ran for the B team, but



Like religious followers on a pilgrimage, we gathered in our black and white vestments around the club's newly acquired pop-up tent and though said structure seemed initially reluctant to, er, pop up, it did so ultimately and our faith, though shaken, was restored. Colin Dobbs really can find a good deal on Amazon after all



Nigel's relays experience told and he got the A team well positioned before the younger, quicker runners built on the start, Josh Keogh (the day after a 10k), Neil Hennigan, Jay Clarke, Graham Douglas



Many relay stalwarts were ruled out of this year's event but the club was nevertheless able to field two women's teams and two men's teams (thanks to Nigel Foo's tireless commitment to the cause).

and new boy Paddy Boyle (ok, more new middle aged man) all moved us forward and left another debutant – Matt Cook – to set us up for an excellent top 50 finish. The back half of the race saw great runs from Andy Troy and the in-form Lee Warburton as the club achieved a really creditable top 50 finish



The situation ensured that several relay virgins were fielded and, predictably, all rose to the occasion. The great thing about this club is that when the going gets tough, there are always striders who step up to the plate and deliver – and it was no different this time



Sadly a results cock-up didn't record the final position of the second men's team but the highlights were a storming final leg by Nigel Foo's identical twin brother (Nige having ran for the A team), Marty Hirrell reminding us – Tiger Woods style – of how he was good



once, recording the fastest time of the day in the event back in 2005, Barry Bright's musings on the issues of the day from his armchair, Gary Cook's determination not to be outdone by both his children, John Laber-Craig's excellent debut and James Roberts's belated post-Tokyo Marathon warm-down

Sharon Samson got the first women's team off to a solid start with Charlotte Rawcliffe and Pam Thurtle pushing us up the field before the big positional improvements were made by Orla Carty – who barely seem to break sweat as she moved us forward four places with an impressive 8k run – and by Kathryn Bradley who moved the team forward another four places. It only needed the team to gain a further place to finish in the top 30 and Charlotte Sanderson-Rigby duly obliged, making light of the windy and hilly conditions to bring the women home. 30th place may not seem that great but when considered alongside the fact that this event is largely supported by athletics clubs, it was an excellent achievement.

Onward to the autumn relays in September!



Another achievement is that we fielded not one, but two, women's teams with debutants Timmie Laber-Craig and Amy Edwards lining up to support the efforts of experienced relay stalwarts Sarah Jackson, Claire Meadows, Ann Marie Williams – who moved the team up six places on her leg - and Tracey Sanderson. Of our local rivals only Liverpool Harriers also fielded two women's teams and most didn't enter a women's team at all



The Time of the Ancient Marathoner



Hop, Skip and Dump

By Tony Peacock

The unpleasant underbelly of road running

What is the best way to prepare for a long distance running race in terms of food intake? This conundrum has been debated in running circles since Pheidippides ran from Marathon to Athens. Maybe he would have done a better time if he'd cut out the Kebabs.

Maybe he should have stuck to pitta bread and goats cheese and lived to tell the tale. You know what, I have had my fill of the carbo loading debate. I think its carbo **un**-loading we need to talk about. Oh no, I hear you plead, please don't go down that dark alley. This is not going to be pleasant but someone has to do it.

First of all, its a no-brainer that carrying a belly full of bricks will not make you run faster. It makes sense to jettison all you can. But how can you be sure that come race time, as Old Mother Hubbard found out, the cupboard is bare. The answer is, you can't.

There have been numerous high profile examples of athletes, in mid-race, getting the sudden urge to leave their troubles behind them. So what can you do if the cameras are on you and the whole world is watching what is usually a singular affair with the engaged sign showing?

If you are Greta Weitz, the brilliant norwegian athlete, you just try to ignore it , take it in your stride, fill your boots and get your husband to chase after you with a damp sponge in order to make a few cosmetic improvements to the leg area, (hers not his.)

Steve Jones, one time Marathon world record holder and welsh hardcase, was in a similar situation but, being a little more coy than Greta, tried to make his outgoings less visible to the taxman and any other man, woman or child that had the ill fortune to be watching.

I was watching. The incident occurred in the 1985 London Marathon. The BBC live broadcast showed that Jones and Charlie Spedding had broken away from the main field and by 20 miles they were well clear. The race seemed to be between these two. At the 20 mile mark they appeared to be having a little chat, no psychological mind games, no sledging, just an amiable tete-a-tete. Then visual contact with the runners was lost as the pair went beneath a flyover. A few minutes later reception was resumed as Spedding emerged from the underpass alone. Soon after Jones appeared but about 30 metres adrift. At first it seemed that Spedding had put on a spurt to leave Jones behind but that didn't seem to make sense as Jones appeared to be running stronger. With a new spring in his step, he soon closed the gap, surged ahead and won the race comfortably. Afterwards the content of their conversation emerged.



This is roughly it.

Jones: "Charlie..."

Spedding: "Yes Steve?"

Jones: "I'm desperate to drop a bomb [Jones was in the RAF] but I don't want the lads in the squadron to see a full moon."

Spedding: "What are you on about?"

Jones: "I need a poo."

Spedding: "Why didn't you say so? I thought that was just your after-shave. Well, by my calculations, we come to a flyover in 4 minutes 35.6 seconds. Just drop your underpants in the underpass, deliver your parcel and you will feel first class."

Charlie was actually a chemist not a postman and was known to be a meticulous planner.

He had a prescription for everything and probably concealed a fold up mini map of all the potential private poo points on the route. So Jones dropped his guts but it was Spedding that was gutted and he vowed that he would never again make a rival runner privy to his possible privy places.

Steve Jones was equally well known for his preparation. His pre race diet usually consisted of Mars bars , meat pies and coke (the drink). In 1985 he also broke the half marathon world record in Birmingham after drinking 10 pints of cider the night before. Now that's what I call carbo loading but not in a good way.



Of course mishaps, or miscraps if you will, don't just blight the elite runners. I'm sure many of us have had a similar experience but would prefer to keep quiet about it. Surprisingly, I am going to share mine.

It was also in the London marathon but in 1988, 3 years after Jone's faecal fiasco. Just about half way I got the warning signs which became more urgent with each step. I didn't have the luxury of and empty road behind and in front. So many runners, so many spectators, so little privacy. I prayed for a line of Portaloos to come over the horizon like the cavalry but there were none to be seen. Unable to ward off my urgent intestines any longer I left the race, slipped through the spectators and found myself in a quiet little

estate. When I came upon an electricity sub-station tucked away from prying eyes and noses, I thought maybe I'd got lucky. I was relieved, one in the obvious sense, that I would not explode in public and two that I had not been spotted being relieved.

I was somewhat regenerated by my electrical evacuation. Unfortunately as I was physically adjusting my attire and mentally patting myself on the back I happened to look upwards. There, on a second floor balcony, stood a family of Sikhs out to watch the progress of the Marathon but getting an altogether different horror show. I felt mortified but all I could do was scuttle back to the race, head down and hope unrealistically that I hadn't spoilt their day. It's more likely that their long held suspicions that the Anglo Saxon race were an insanitary people who should go back to where they came from, had been reinforced.

My guts showed no signs of pity and they forced me to leave the course again at around 20 miles. This time I found a building site with a solitary wooden toilet hut. It was warm inside and the

workers had bothered to cover the walls with a tasteful floral paper. I wanted to stay there forever. But I didn't. I emerged washed out and now badly dehydrated. It was a miracle that I finished and in a time of 2 hour 40 exactly. I had gone through halfway in 1 hour 14 though, not exactly even pace.

When I reflected on my performance it was my conclusion that I had eaten too much too late in the run up to the start and hadn't allowed time for my gut to process the input. From that day on, for a morning race, I don't eat anything from waking up to running. I try to drink a small coffee to make sure the decks, especially the poop deck, are clear. (My dad was in the navy)

But maybe this is the future!



Halewood 5k series

PLS win prizes at this popular local race series organised by Knowsley Harriers AC



Jo Harrison

2nd place women and 1st Senior



Joanne and her trophies



And if you ever thought that getting a feature together is all plain sailing...



Marty with V50 win

Phil Riding 2nd place men & 1st Vet40

I've been doing the Knowsley 5k series for years. It is my sort of event these days. Nice and social with loads of PLS regulars but it is also a pretty fast course. Our friends at Knowsley Harriers do a really good job & it raises a few quid for charity too. I always think it has the simplicity of a Parkrun but it does feel more like a proper race.

I hate everything about 5ks as a rule but, with this being so close to home, it forces me to do an 'all out' effort on the first Saturday of every month which hopefully helps with the longer races and marathon training.



Phil collecting his trophy

Marty Hirrell is shocked by the news of his M50 win but you know how it is with this time of life. I blame the andropause.

Doing a thing about Halewood 5 series in next magazine. I believe you won an age cat prize? Did you have any photos taken and can you give me a quote about the series? 08:36

Nope but I have ran it 62times 20:27

Come on you can do a quote. Don't make me make one up 😊 20:54

Is it the halewood 5k or Hale 5 miler 21:21

The 5k look: 21:22

- male age categories:
- Senior: Ashley Crawford
 - V35: John Harrison
 - V40: Phil Riding
 - V45: Christopher Lee
 - V50: Marty Hirrell

What year was this? ▾

This year. Didn't you know? 21:25

No been off me head on Ketamin Might be a 🏆 just got back from fuerteventura yesterday .I owe it all for turning up when no one else did and I am well used to chasing women down dark paths 21:30

Now THAT is a good quote. I knew we'd get there in the end 21:31

Green Man Ultra 30

By Alice Green

For those who don't already know, Alice's project is to run a marathon in every county in England over the next few years. There's 48 in total and this race was her twelfth, with another seven booked for this year so far. Alice writes a race report for each race and they're all on her blog at <http://www.alicerunthecountry.co.uk/>



This race was the one for the county of Bristol, which is pretty tiny and doesn't have any marathons which cross its boundaries. So the only option was an ultra marathon! Luckily for me, at 30 miles it wasn't much longer than a marathon.

The race started at an incredibly civilised 11am. This meant I got a lie in, a nice relaxed breakfast and

arrived early (shock horror) with plenty of time for registration. It was quite a small field and everyone was really friendly, plus the weather was looking a lot better than initially predicted. We set off bang on 11 and over the first 10km or so I settled into a comfortable pace. The trail was quite muddy in places but there were also quite a lot of tarmac paths.

I was in good spirits, and soon got to the 20k checkpoint. I have been known to have "Hollywood" checkpoint stops



where I sit down, fuff around, eat loads and generally waste time but today my goal was to get in and get out and I stuck to it. I filled my bottle, grabbed a bar and set off again.

After I left the checkpoint, the trail was quite muddy and twisty before heading back into the woods. I met a girl from Good Gym in Bristol (along with quite a few other runners and supporters) and she'd recce'd the entire route in advance. A couple of times she shouted, "I think it's left here" or "take the upper path" saving me much stress and wasted time!

The course had a pretty savage elevation profile and so I walked a couple of gigantic hills. The view from the tops was pretty but I had minimal time to appreciate it as by now it was approaching 3pm and I was keen to avoid the rain.

The second checkpoint (there were only two) was at around 37k and slightly confusingly was mixed in with another race that was going on at the same time. There was a huge taped-off area with runners racing, people shouting and clapping and wandering around with prams and cups of coffee and in the middle of all that was the checkpoint. It was quite hectic so I was keen to get in and out as quickly as possible. The route was difficult to see and it was hard to know which marshalls were ours and which were the other race so

both me and the girl in front got a bit lost. We found our way into the woods and there was a muddy hill to climb, then we had to run on the same course but in the opposite direction to the other runners (!) for a short section before one of their marshalls sent us up yet another hill.

As soon as it levelled out I came across a runner sitting on a bench being sick. We've all been there and I asked if he was OK/needed anything and he said no (in truth, he probably just wanted everyone to stop asking if he needed anything)! I saw him at the end of the race, he finished only about 10 minutes after me, looking a bit peaky but he still did it, well done to that dude! I ran onwards and



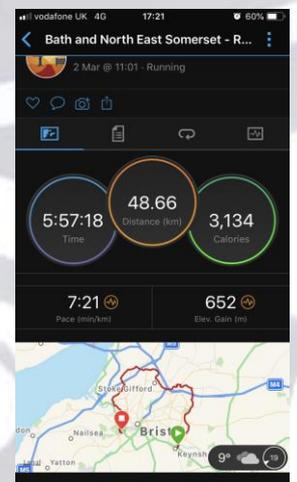
caught up with the girl in front, her name was Lindsey and even though she'd run quite a few ultras before, she'd not been having a great day today. She was doing the 45 miler and she'd had a rough time between miles 16-25. Lindsey told me she'd started off with the 9 hour pacer but that he'd gone so fast that she hadn't been able to keep up and lost him, which is always depressing. We chatted away about this race, other races we'd done, our lives in general and ended up staying together for the last 10k of the race.

It's always lovely having someone to run with but the timing was particularly brilliant. We kept each other going, chattering away, until the Clifton Suspension Bridge loomed and we had to run over it in single file.

From there it was just a little way further to the finish.

We had a hug and were all smiles with our medals, and she told me she'd finished 1 minute shy of 9 hours, "who needs a pacer?" she said, it was a lovely moment. I also bumped into the Good Gym girl and we had a hug too - sadly I never found out her name...

I'd started 3 hours later so my time came in at 5:57 with a moving time of 5:40. It really was a very pretty route and I thoroughly enjoyed myself. I got another giant shiny medal for the collection, a nice green T-shirt and they even provided a hot meal at the end. If you like the sound of it, there's a summer edition of the race too.





parkrun

Parklife!

By Stuart Brandwood & Special Guest Cath Nevin



Stuart charts the progress of all Striders at parkruns and with each issue we will celebrate high milestone achievers and volunteers. This month meet all round legend Cath Nevin, who celebrates her 250th parkrun

Over a quarter the way through the year already. That feels faintly ridiculous as it seems like we have barely got going but there you have it. Compared to last year we are doing way better with 1196 parkrun completions compared to 934 for the same period last year, in terms of our tourism those 1196 came at 100 different events with 17 of them being first time flag-plants, last year we had only visited 80 with 18 of them being done for the first time.

Flag plants are becoming more difficult as the number of unconquered parkruns in the vicinity dwindles however if you keep your ear to the ground there are new ones popping up periodically. We recently got Kew Woods up in Southport and although not exactly on our doorstep we have Morecombe and Bala starting up this month. Casting the net wider we recently added Sweden to our parkrun world tour but as one country is ticked off the list another one is added with Japan making it's long awaited arrival in the parkrun family.

Anyway this month I wanted to focus on one of the more obscure parkrun "achievements", the Wilson Index. Not an official thing but an interesting one nonetheless, basically your Wilson Index is the sequence of different runs you've been to in terms of the age of a parkrun. So if you'd been to the first 5 runnings of Princes Park your Wilson Index would be 5, however it can be spread across different events so if the inaugural of Croxteth Hall parkrun, the second ever running of Knowsley and then the 3rd running of Kew Woods that would make a Wilson Index of 3. Complicated, Yes but for those parkrun obsessives who want more stats and milestones there is always something extra to try to achieve. Does anyone have a Wilson Index? If so let us know on the Facebook group. You can keep track of the different challenges the community has dreamt up at <https://running-challenges.co.uk/> I am not even going to attempt to explain the parkrun "P Index" but apparently mine is 3.

As always you can keep in touch with the club's parkrun progress on the Forum and on our map

[PLS parkrun map](#)

[Also click here for Running Challenges](#)



Cath at quota 250

My parkrun journey all started with a chance conversation with Marty Hirrell at a Croxteth 10k in April 2011, when he mentioned "a free timed 5k run in Princes Park every Saturday".



"community" kept me going through these non-running periods.

Being a member of the core team over the latter years has meant most of my runs have been at Princes (the first parkrun to be established in Liverpool). However, I have been a tourist at Valentines, Keswick, Widnes, Warrington, Croxteth and Birkenhead.



In June of that year I thought I would give it a go and ran my first parkrun. Now finally, some seven plus years later, I have finally achieved 250 parkruns! A foot operation and a couple of significant periods of injury accounted for this delay but the parkrun

In addition, at the time of writing this I have also volunteered 133 times too! With the recent increases in numbers I now spend Saturday afternoons sorting the position tokens into order for next weeks run (along with Run Director Les)very therapeutic!!



Parkrun is more than just a regular Saturday morning run to me. It's about giving something back to the running community which I have been a part of for over 35 years.

Finally, if you have never tried the parkrun experience.....give it a go, you may become hooked like me!!



February 2019**03-Feb-19 5m
NWCCCL – Race 5/6 Croxteth Park**

Men:

2 Martin Swensson O40M
15 Lawrence Eccles U40M
16 David Willshire U40M
19 Sam Evans U40M
21 Alex Cowin U40M
42 Phil Riding O40M
57 Michael O'Rourke U40M
62 Lee Warburton O45M
71 Ian Russell O50M
74 Andrew Biddle O40M
83 Andrew Keeley O55M
84 Nigel Foo O50M
85 Thomas Rimmer U40M
104 Nigel Grant O55M
114 Robert Porter O40M
128 Steve Pemberton O60M
137 Alan McDermott O50M
149 Anthony Peacock O60M
150 Tommy Burke O60M
151 James Roberts U40M
155 Joe McGlynn O60M
159 Tony Green O60M
162 Terry Lynch O50M
169 Andrew Bates U40M
186 David Mangan O60M
192 Tommy Gates O55M

Women:

5 Holly Bishton U30F
29 Lenka Vidamour U40F
31 Pamela Thurtle O40F
35 Sarah Jackson O40F
61 Laura Porter U40F
94 Claire Meadows O50F

Women 'A' Teams (3 Runners)
4th Penny Lane Striders 'A'Men 'A' Teams (6 Runners)
3rd Penny Lane Striders 'A'**03-Feb-19 10k (Void)
Mad Dog**

Jay Clarke	00:35:48
Stephen Miller	00:39:19
Robert Eagles	00:39:51
Sara Kelly	00:44:20
Paul Brady	00:45:49
Steve Roden	00:46:37
Sue Burke	00:47:57
Stuart Brandwood	00:48:21
Brendan Murphy	00:49:47
Sarah Simons	00:51:01
Rebecca Varnouse	00:52:08
Chris Probert	00:52:22
Nicky Lopez	00:52:23
Supanki Kamalanathan	00:54:47
Joe Abbott	00:55:13
Jo Sutherland	00:58:13
Paul McMillan	00:58:14
Matt Forshaw	00:58:30
Adele Astle	00:59:51
Vicki Witherspoon	01:00:30
Laura Jones	01:00:44
Inma Ruiz	01:00:58
Lisa Mitchell	01:04:54
Debi McMillan	01:10:35
Martina Rice	01:15:22
Val Anderton	01:17:36

**03-Feb-19 10k (void)
Run Aintree**

Liz Simpson	01:02:00
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**07-Feb-19 3.3m
Clwydian Midweek Series**

Lawrence Eccles	00:24:44
Charlotte Sanderson-Rigby	00:34:41
Nigel Foo	00:34:43

10-Feb-19 10k**Nick Beer**

Tony Green	00:51:10
Megan Thomas	00:56:28

10-Feb-19 10k**Lancaster Valentine's**

Robert Porter	00:45:47
Laura Porter	00:50:15

16-Feb-19 6.75m

49th Parbold Hill Race, ORC	
7 Lawrence Eccles	00:43:17
32 Phil Riding	00:49:09
48 Lee Warburton	00:49:55
69 Simone Capponi	00:51:24
96 Colin Walsh	00:53:47
104 Richard Costain	00:54:14
132 Michael O'Rourke	00:56:28
139 Michael Connor	00:56:42
173 Bailey Ewel	00:59:29
177 C. Sanderson-Rigby	01:00:01
194 Charlotte Rawcliffe	01:01:11
215 James Crowder	01:02:45
216 Tommy Burke	01:02:55
233 Nigel Foo	01:04:25
264 Oonagh Jaquest	01:06:25
271 Tony Green	01:06:51
284 Martin Hirrell	01:08:27
292 Andy Bates	01:09:01
309 Sarah Jackson	01:10:35
406 Andrew Richards	01:22:26
444 David Clarkson	01:28:56

17-Feb-19 Half**Village Bakery - Wrexham**

Tom Evans	01:18:33
Alex Cowin	01:18:49
Graham Douglas	01:20:32
Luke Harrison	01:23:32
Paul Riley	01:29:32
Dave Lynan	01:30:15
David Owens	01:33:50
Lauren Wilson	01:34:52
Nigel Foo	01:36:45
Kathryn Bradley	01:39:16
Ian Sadler	01:39:36
Jerome Doyle	01:40:17
Kathryn Sharkey	01:40:20
Joanne Harrison	01:41:21
Richard Stafford	01:43:24
Neil Hennigan	01:46:43
Diane Hennigan	01:46:43
Charlotte Sanderson-Rigby	01:47:11
Steve Roden	01:48:43
Annamarie Williams	01:51:30
Julie Houghton	01:52:32
Jane Nicholson	01:54:57
Gary Crockett	02:00:32
Gareth Lyons	02:00:53
Supanki Kamalanathan	02:04:33
Claire Meadows	02:10:45
Nadia Alrakami	02:15:19
Jan Hughes	02:19:53
Inma Ruiz	02:31:14

23-Feb-19 10m**Rhyl**

Richard Costain	01:11:38
Samantha Bentall	01:27:30
Jane Nicholson	01:28:11
Carolyn Knott	01:30:24
Marie Motley	01:31:44
Paul McMillan	01:36:49
Rachel Rick	01:56:38
Debi McMillan	02:03:48

23-Feb-19 10k**Standish Hall Trail race (ORC).**

David Webb	00:46:12
Nigel Foo	00:47:40
Richard Costain	00:48:37
Charl Sanderson-Rigby	00:50:08
Oonagh Jaquest	00:53:22
Tony Green	00:53:41
Anne Oxbridge	01:03:36

Stato's report

by Andy Keeley

24-Feb-19 5m**NWCCCL – Race 6/6 Birchwood**

Men:

3 Martin Swensson O40M
17 David Willshire U40M
20 Alex Cowin U40M
30 Phil Riding O40M
61 Andrew Keeley O55M
63 Lee Warburton O40M
69 Nigel Grant O55M
74 Colin Walsh U40M
79 Michael O'Rourke U40M
102 Paul Riley O45M
105 Robert Cooper U40M
107 Nigel Foo O50M
109 Alan McDermott O50M
114 David Lynan O45M
141 Anthony Peacock O60M
148 James Roberts U40M
149 Joe McGlynn O60M
158 Steve Pemberton O60M
162 Terry Lynch O50M
172 Tony Green O60M

Women:

2 Liz Turner U40F
5 Holly Bishton U30F
20 Kathryn Bradley U30F
24 Sharon Samson U40F
28 Pamela Thurtle O40F
33 Lenka Vidamour U40F
40 Ginny Johnson O40F
49 Annmarie Williams O40F
65 Anne Oxbrough U40F
66 Cristina Puccini O50F
81 Claire Meadows O50F

Men 3rd and 3rd Overall

Women 2nd and CHAMPIONS Overall

24-Feb-19 17m**Sheeptracks**

7 Lawrence Eccles	02:54:24
34 Simone Capponi	03:24:33

27-Feb-19 3.5m**Moel Fenlli Evening Fell Race**

Nigel Foo	00:36:09
Charlotte Sanderson-Rigby	00:41:29

March 2019

01-Mar-19 42m

High Peak Marathon	
Lawrence Eccles	08:43:56

02-Mar-19 5k**Willowbrook Halewood**

Jay Clarke	00:16:45
Stephen Watkin	00:17:37
Phil Riding	00:18:48
Andy Keeley	00:20:12
Steve Pemberton	00:21:50
Joanne Harrison	00:22:10
Tony Peacock	00:22:32
Terry Lynch	00:23:04
Stuart Brandwood	00:23:06
Carl Newby-Hughes	00:23:24
Claire Meadows	00:26:57
Michelle Kelly	00:29:09
Jessica Cavanagh	00:29:14

**03-Mar-19 Mara
Tokyo**

Richard Costain	03:17:09
James Roberts	04:13:18

10-Mar-19 10k

Chester

Alex Cowin	00:35:51
Dave Lynan	00:40:58
Kathryn Bradley	00:43:48
Andrew Troy	00:46:39
Judith Dyer	00:52:00
John Wood	00:56:06
Will Hodgkinson	01:20:29

10-Mar-19 10k**Trafford**

Martin Swensson	00:33:14
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10-Mar-19 10k**St Helens**

Jay Clarke	00:35:11
Lee Warburton	00:39:44
Ian Jones	00:47:15
James Malone	00:48:02
Peter Morgan	00:50:21
Jim Garvey	01:05:08

10-Mar-19 10k**New Longton**

David Willshire	00:36:52
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10-Mar-19 10m**BTR Liverpool**

Sean Jones	01:01:51
Luke Harrison	01:06:09
Liz Turner	01:10:12
Mal Gordon	01:10:38
Andrew Biddle	01:11:15
Alan McDermott	01:14:19
Joanne Harrison	01:17:47
Onagh Jaquest	01:20:02
Tommy Burke	01:22:33
Sue Burke	01:22:34
Joe McGlynn	01:22:40
Terry Lynch	01:25:11
Gary Cook	01:26:28
Michael Edwards	01:27:51
Matt Dutton	01:28:06
Chris Probert	01:28:20
Mary Heery	01:29:01
Andy Simpson	01:31:11
Mal Taylor	01:31:26
Carolyn Knott	01:32:51
Jo Bruchez-Corbett	01:34:39
Claire Meadows	01:36:58
Glyn Hughes	01:37:29
Atim Laber-Craig	01:40:55
Cheryl Collier	01:41:04
Jan Hughes	01:44:33
Amy Edwards	01:45:19
Martina Rice	01:46:31
Laura Jones	01:53:19
Inma Ruiz	01:57:35
Harriet Dunsby	02:00:02
Becky Taylor	02:06:21
Deryn Graham	02:26:50

10-Mar-19 Half**BTR Liverpool**

Dan Thomas	01:25:12
Josh Keogh	01:28:01
Luke Curtis	01:29:51
Paul Riley	01:30:01
Nigel Grant	01:30:11
Matthew Cook	01:33:28
Andrew Starkey	01:33:46
Joel Worrall	01:33:46
Ian Sadler	01:37:33
Michael O'Rourke	01:38:11
Russell Seaman	01:38:40
Daniel Coonan	01:39:10
Kathryn Sharkey	01:40:41
Shane Knott	01:41:00
Robert Porter	01:42:12
Ian Russell	01:43:48
Nichola D'Cruze	01:44:00
Rob Cooper	01:44:27
Lenka Vidamour	01:44:51
Trevor Astell	01:45:10
Richard Stafford	01:45:29
Thomas Rimmer	01:45:34
Gregory Hocking	01:46:26

Steve Bennett	01:46:37
Alison Johnson	01:47:14
James Roberts	01:47:28
Steve Pemberton	01:47:36
Peter Hamilton	01:49:10
David Griffiths	01:49:48
Mark Skelton	01:50:05
Annmari Williams	01:51:02
Andrea Bond	01:51:08
Peter Greenway	01:51:22
Stephen Gorman	01:52:05
Laura Porter	01:54:30
Njideka Agwuna	01:55:38
Leanne Miller	01:56:59
Scott Williams	01:57:01
Carl Newby-Hughes	01:57:40
Stuart Brandwood	01:57:42
Michael Sharkey	01:58:59
Matthew Tollitt	01:59:00
Kerry Quinton	02:00:27
Michael Eakin	02:02:30
Supanki Kamalanathan	02:03:28
Marty Hirrell	02:03:34
Paula Stuart	02:05:10
Ciara O'Connor	02:05:39
Kendal Keane	02:05:46
Sarah Simons	02:06:23
Colin Tucker	02:09:01
Judie Ko	02:09:28
Wendy Osborne	02:10:27
Jonny McHale	02:11:40
David Woodhall	02:12:45
Christine Grant	02:16:31
Andrew Richards	02:24:45
Joanne Edwards	02:26:51
Carolyn Holt	02:28:36
Rachel Rick	02:28:46
Val Anderton	02:51:02

10-Mar-19 9k**Roddlesworth Roller ORC**

6 Lawrence Eccles	00:35:00
33 Colin Walsh	00:40:35
35 Simone Capponi	00:40:45
36 Richard Thorpe	00:40:51
50 Michael Connor	00:42:28
52 Nigel Foo	00:42:42
63 Neil Hannett	00:44:10
84 C Sanderson-Rigby	00:45:52
105 Charlotte Rawcliffe	00:47:45
119 Tony Man	00:49:25

10-Mar-19 20m**Irwell Valley 20**

David Webb.	02:55:47
Dianne Hennigan	03:09:33
Neil Hennigan	03:09:37
Jane Nicholson	03:23:44
Anthony Woods	03:34:50
Anne Oxbrough	03:34:52
Joanne Sutherland	04:03:40

17-Mar-19 5k**Wigan**

Andrew Troy	00:22:50
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17-Mar-19 Half**Wigan**

Steve Earnshaw	01:52:01
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17-Mar-19 Half**Wrexham Running Festival**

Lee Warburton	01:26:47
Alex Cowin	01:30:16

17-Mar-19 20m**Wrexham Running Festival**

Paul Riley	02:21:30
Richard Costain	02:41:25
Lauren Wilson	02:46:24
Annmari Williams	03:00:31
Anne Oxbrough	03:09:24
Jane Nicholson	03:15:32

17-Mar-19 Mara**Wrexham Running Festival**

Rachel Rick	05:08:15
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17-Mar-19 20m**Trimpell 20 miler**

Julien Tour	02:25:52
Jerome Doyle	02:38:05
Ian Sadler	02:38:38
Kathryn Sharkey	02:39:44
Shane Knott	02:47:18
Steve Roden	02:52:12
Judie Ko	03:25:25

23-Mar-19 10k**Arley Hall**

Martin Swensson	00:32:27
David Willshire	00:35:59
Josh Keogh	00:37:09
Lee Warburton	00:38:18
Mal Gordon	00:40:03
David Webb	00:41:40
Alan McDermott	00:42:53
Kathryn Sharkey	00:43:32
Tony Peacock	00:44:14
Steve Bennett	00:46:13
Terry Lynch	00:47:09
John Guy	00:49:40
Michael Sharkey	00:50:10
Supanki Kamalanathan	00:51:27
Katie Dawson	00:53:15
Inma Ruiz	01:01:47

24-Mar-19 Half**Wilmslow Waters**

Sean Jones	01:18:56
John Bampton	01:38:00
Sarah Meyers	02:07:46
Eunice Nopondo	02:11:03
Dave Mangan	02:13:03
Tommy Gates	02:14:57

24-Mar-19 21m**Edale Skyline**

16 Lawrence Eccles	03:03:51
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24-Mar-19 8k & 4k**Men's 12 Stage Relays**

49th Penny Lane Striders 'A' 3:56:51

Nigel Grant (68)	00:30:20
Josh Keogh (64)	00:13:46
Neil Hennigan (62)	00:28:35
Jay Clarke (55)	00:12:53
Graham Douglas (52)	00:27:51
Patrick Boyle (46)	00:14:03
Matthew Cook (49)	00:30:16
Nigel Foo (51)	00:16:00
Roy Hughes (51)	00:16:17
Lee Warburton (51)	00:14:45
Richard Costain (50)	00:15:12
Andrew Troy (50)	00:16:53

Penny Lane Striders 'B' (incomplete no time given)

Colin Dobbs (70)	00:32:06
Andrew Biddle (69)	00:15:02
Tommy Burke (71)	00:36:57
Jonathan Labercraig (68)	00:16:22
Matt Dutton (70)	00:37:13
David Lynan (67)	00:15:08
Tony Green (68)	00:37:05
Gary Cook (68)	00:18:26
Martin Hirrell (67)	00:16:43
James Roberts (68)	00:16:47
Barry Bright (68)	00:16:26

24-Mar-19 8k & 4k**Women's 6 Stage Relays**

30th Penny Lane Striders 'A' 2:15:22

Sharon Samson (42)	00:34:48
C Rawcliffe (41)	00:17:12
Pamela Thurtle (39)	00:17:14
Orla Carty (35)	00:32:47
Kathryn Bradley (31)	00:16:12

C Sandersonrigby (30) 00:17:09

Tony Man 00:21:15

Supanki Kamalanathan 00:24:54

51th Penny Lane Striders 'B' 2:43:55

27-Mar-19 5k Seaside (1/6)

Sarah Simons 00:25:11
Jessica Cavanagh 00:29:09

Sarah Jackson (59) 00:40:44
Atim Labercraig (59) 00:21:26
Claire Meadows (58) 00:21:05
Annmarie William (52) 00:36:40
Amy Edwards (52) 00:22:56
Tracey Sanderson (51) 00:21:04

Paul Riley 00:18:01
Lee Warburton 00:18:25
Nigel Grant 00:19:03
David Webb 00:19:40
Alan McDermott 00:20:31
Charlotte Rawcliffe 00:22:00
James Roberts 00:22:07
Annmarie Williams 00:23:06
Samantha Bentall 00:23:21

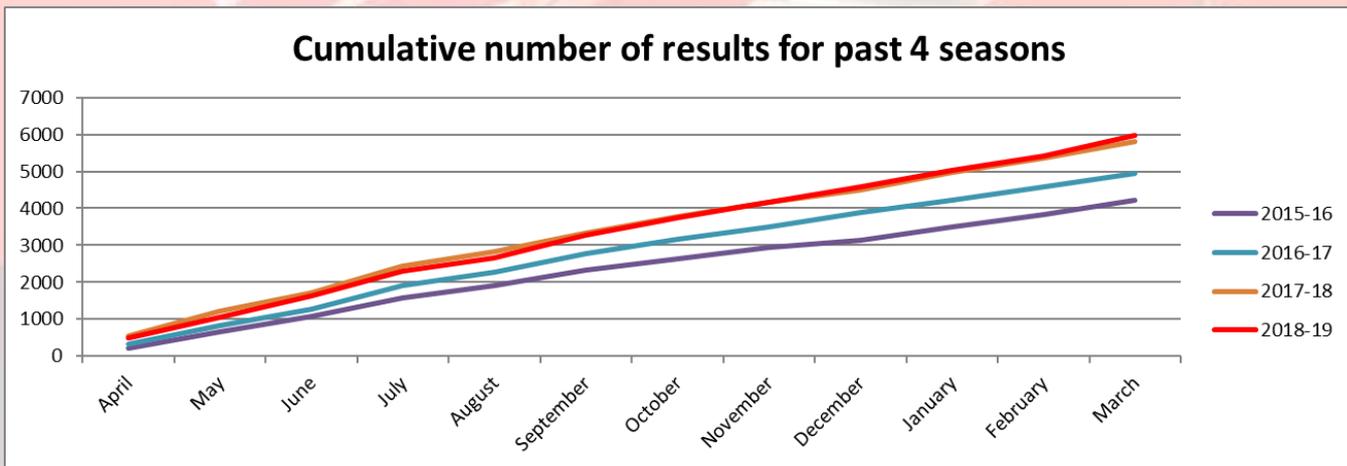
30-Mar-19 10m Ras Yr Aran
12 Lawrence Eccles 01:38:07

26-Mar-19 5k NYRR Open Run Brooklyn Bridge Park

31-Mar-19 8m Crinan Canal Puffer Race
Hazel MacCormick 00:51.4

Stato's Report

Another season is over and more records have been broken. The total number of races completed by Penny Lane Striders has hit another record this season with 5,972 results recorded. Definitely keeping me busy this year.



Comparing each of the distances the increase can be seen to be driven by 5k results, almost entirely due to parkrun with the Mystery 5ks not being run this year. Other distances have varied with reduced participation at 5m and half marathon but increases at 10k and marathon. XC participation has dropped off a bit, mainly for the women but they still won the XC league. They were also hit by injuries to some regulars. The ORC turnout has continued to grow, primarily due to more women taking part, and this is also true in other off-road events outside of the ORC.

Distance	Men				Women				Total			
	2018-19	2017-18	2016-17	2015-16	2018-19	2017-18	2016-17	2015-16	2018-19	2017-18	2016-17	2015-16
5k	2,124	2,098	1,813	1,562	1,599	1,335	1,189	931	3,723	3,148	3,002	2,493
5m	134	183	131	166	104	121	70	79	238	304	201	245
10k	290	244	260	235	187	168	181	155	477	412	441	390
10m	88	84	56	52	95	87	31	40	183	171	87	92
Half	227	266	220	221	165	183	142	106	392	449	362	327
Marathon	81	75	51	57	62	41	38	37	143	116	89	94
XC	154	155	183	160	62	74	78	58	216	229	261	218
ORC	152	139	139	87	96	79	56	38	248	218	195	125



On the road the final standings in each age group are shown below. Congratulations to Paul Riley & Sam Bentall as respective Men's and Women's club champions. All names with qualifying times will receive a prize at the Awards Night.

Key				
Qualified times		1 time only		
U40				
Distance	Leader	Time x 2	Runner Up	Time x 2
5k	Jay Clarke	0:33:22	Stephen Watkin	0:35:09
5m	Jay Clarke	0:55:56	Sean Jones	0:59:27
10k	Jay Clarke	1:10:38	Alex Cowin	1:11:58
10m	Sean Jones	2:03:16	Luke Harrison	2:07:56
HM	Alex Cowin	2:37:23	Sean Jones	2:41:38
Mara	Alex Cowin	2:53:51	Rob Green	2:57:08
M40				
Distance	Leader	Time x 2	Runner Up	Time x 2
5k	Martin Swensson	0:31:49	Neil Hennigan	0:35:57
5m	Martin Swensson	0:52:54	Phil Riding	0:59:42
10k	Martin Swensson	1:05:14	Neil Hennigan	1:13:06
10m	Colin Dobbs	2:11:18	Andrew Biddle	2:21:47
HM	Neil Hennigan	2:46:37	Phil Riding	2:51:10
Mara	Martin Swensson	2:31:38	Neil Hennigan	3:04:18
M45				
Distance	Leader	Time x 2	Runner Up	Time x 2
5k	Paul Riley	0:36:20	Lee Warburton	0:36:59
5m	Paul Riley	1:02:17	David Owens	1:04:59
10k	Paul Riley	1:17:31	Lee Warburton	1:18:02
10m	Paul Riley	2:07:44	John Bampton	2:18:02
HM	Paul Riley	2:52:13	Lee Warburton	2:56:32
Mara	Paul Riley	2:58:53	John Bampton	3:17:46
M50				
Distance	Leader	Time x 2	Runner Up	Time x 2
5k	Simon Birtles	0:40:35	Alan McDermott	0:41:20
5m	Ian Russell	1:08:28	Marty Hirrell	1:10:59
10k	Ian Russell	1:27:19	Alan McDermott	1:28:37
10m	Alan McDermott	1:14:19	Tony Man	1:16:03
HM	Adrian Loughrey	3:19:33	Steve Bennett	3:36:49
Mara	Steve Earnshaw	4:00:18	Eamonn Brady	4:38:33
M55				
Distance	Leader	Time x 2	Runner Up	Time x 2
5k	Nigel Grant	0:38:35	Andy Keeley	0:39:21
5m	Andy Keeley	1:06:34	Nigel Grant	1:06:53
10k	Nigel Grant	1:20:46	Andy Keeley	1:22:55
10m	Nigel Grant	2:14:41	Chris Probert	2:55:57
HM	Nigel Grant	2:58:40	Andy Keeley	2:59:06
Mara	Andy Keeley	3:16:38	Ian Sadler	3:55:02
M60				
Distance	Leader	Time x 2	Runner Up	Time x 2
5k	Steve Pemberton	0:42:59	Tony Green	0:45:31
5m	Steve Pemberton	1:10:41	Ian Jones	1:14:33
10k	Ian Jones	1:29:50	Tony Green	1:33:39
10m	Steve Pemberton	2:36:14	Joe McGlynn	2:47:35
HM	Colin Money Penny	4:56:58	Glyn Hughes	5:04:13
Mara	Tony Green	3:59:06	Joe McGlynn	4:52:17
M65				
Distance	Leader	Time x 2	Runner Up	Time x 2
5k	Tony Peacock	0:44:23	Michael Sharkey	0:49:01
5m	Tony Peacock	0:41:47	Michael Sharkey	0:42:08
10k	Tony Peacock	1:31:46	Michael Sharkey	1:39:23
10m	None	0:00:00	None	0:00:00
HM	Michael Sharkey	3:54:22	Mike Devereux	2:05:21
Mara	None	0:00:00	None	0:00:00
M70				
Distance	Leader	Time x 2	Runner Up	Time x 2
5k	Jim Garvey	0:59:35	None	0:00:00
5m	None	0:00:00	None	0:00:00
10k	Jim Garvey	2:09:01	None	0:00:00
10m	Tommy Burke	1:22:33	None	0:00:00
HM	None	0:00:00	None	0:00:00
Mara	None	0:00:00	None	0:00:00
M75				
Distance	Leader	Time x 2	Runner Up	Time x 2
5k	Kevin O'Brien	1:13:49	Phil Quinn	0:41:13
5m	Kevin O'Brien	0:59:16	None	0:00:00
10k	Phil Murray	1:14:52	None	0:00:00
10m	None	0:00:00	None	0:00:00
HM	None	0:00:00	None	0:00:00
Mara	None	0:00:00	None	0:00:00

Key				
Qualified times		1 time only		
U35				
Distance	Leader	Time x 2	Runner Up	Time x 2
5k	Lauren Wilson	0:37:33	Felicity Pawling	0:38:35
5m	Lauren Wilson	1:04:26	Joanne Harrison	1:12:52
10k	Lauren Wilson	1:21:29	Kathryn Bradley	1:27:46
10m	Felicity Pawling	2:15:23	Joanne Harrison	2:29:46
HM	Lauren Wilson	3:03:07	Felicity Pawling	3:19:18
Mara	Felicity Pawling	3:05:19	Lauren Wilson	3:13:32
F35				
Distance	Leader	Time x 2	Runner Up	Time x 2
5k	Liz Turner	0:41:28	Nichola D'Cruze	0:42:43
5m	Hazel MacCormick	1:02:26	Sara Kelly	1:13:16
10k	Hazel MacCormick	1:17:32	Kathryn Sharkey	1:29:28
10m	Charlotte Rawcliffe	2:48:20	Anne Oxbrough	3:10:38
HM	Kathryn Sharkey	3:21:01	Nichola D'Cruze	3:24:00
Mara	Hazel MacCormick	3:18:20	Rebecca Johnstone	3:41:27
F40				
Distance	Leader	Time x 2	Runner Up	Time x 2
5k	Oonagh Jaquest	0:45:44	Ginny Johnson	0:45:50
5m	Sarah Jackson	1:18:32	Katie Dawson	1:21:45
10k	Katie Dawson	1:47:46	Jo Bruchez-Corbett	1:48:18
10m	Oonagh Jaquest	2:39:23	Sarah Jackson	2:51:50
HM	Oonagh Jaquest	3:33:18	Ginny Johnson	3:42:51
Mara	Oonagh Jaquest	3:59:07	Alice Green	4:15:29
F45				
Distance	Leader	Time x 2	Runner Up	Time x 2
5k	Annamarie Williams	0:46:31	Diane Hennigan	0:47:41
5m	Julie Houghton	1:18:31	Annamarie Williams	1:19:53
10k	Sue Burke	1:36:59	Annamarie Williams	1:37:54
10m	Annamarie Williams	2:46:18	Carolyn Knott	3:03:15
HM	Diane Hennigan	3:36:13	Julie Houghton	3:41:45
Mara	Annamarie Williams	3:58:55	Diane Hennigan	4:04:48
F50				
Distance	Leader	Time x 2	Runner Up	Time x 2
5k	Samantha Bentall	0:47:26	Myka Heard	0:48:59
5m	Samantha Bentall	1:16:45	Jane Nicholson	1:23:02
10k	Samantha Bentall	1:37:31	Jane Nicholson	1:46:40
10m	Samantha Bentall	2:52:26	Jane Nicholson	2:55:28
HM	Samantha Bentall	3:42:50	Jane Nicholson	3:49:08
Mara	Samantha Bentall	3:59:07	Jane Nicholson	4:11:36
F55				
Distance	Leader	Time x 2	Runner Up	Time x 2
5k	Mary Heery	0:49:34	Rachel Rick	0:52:47
5m	Rachel Rick	1:21:27	Michelle Kelly	1:33:15
10k	Rachel Rick	1:49:50	Michelle Kelly	1:55:33
10m	Michelle Kelly	3:15:43	Rachel Rick	3:17:35
HM	Rachel Rick	3:57:46	Michelle Kelly	4:30:15
Mara	Rachel Rick	4:32:59	Sioux McGee	5:02:34
F60				
Distance	Leader	Time x 2	Runner Up	Time x 2
5k	Jan Hughes	0:59:15	Sue Towner	1:00:28
5m	Jan Hughes	1:37:30	Lesley Cormack	0:42:55
10k	Jan Hughes	2:01:35	Jane Cunningham	1:12:26
10m	Jan Hughes	3:24:20	None	0:00:00
HM	Jan Hughes	4:31:14	None	0:00:00
Mara	None	0:00:00	None	0:00:00
F70				
Distance	Leader	Time x 2	Runner Up	Time x 2
5k	Liz Simpson	1:00:15	None	0:00:00
5m	Liz Simpson	0:47:40	None	0:00:00
10k	Liz Simpson	1:59:49	None	0:00:00
10m	Liz Simpson	1:42:39	None	0:00:00
HM	None	0:00:00	None	0:00:00
Mara	Liz Simpson	5:44:24	None	0:00:00

In the Off Road Championship Lawrence Eccles was Men's champion with Simone Capponi in the runners up position. Nigel Foo. was Male Vet winner with the ever present Tony Man the Male Vet runner up. Bailey Ewel was Women's Champion with Oonagh Jaquest and Charlotte Sanderson-Rigby joint runners up. Charlotte Rawcliffe was the Female Vet winner with Sarah Jackson the Female Vet runner up.

Off Road Championship 2018-19 - Final Standings (Best 5)								
Position	Men				Women			
	Points	Name	Cat	Races	Points	Name	Cat	Races
1	250	Lawrence Eccles	M	10	250	Bailey Ewel	F	10
2	249	Simone Capponi	MV	14	247	Oonagh Jaquest	FV	7
3	249	Rob Green	M	5	247	Charlotte Sanderson-Rigby	F	7
4	242	Colin Walsh	M	7	246	Charlotte Rawcliffe	FV	9
5	240	Ross White	M	5	242	Sarah Jackson	FV	8
6	239	Nigel Foo	MV	10	238	Cheryl Pace	FV	7
7	230	Tony Man	MV	7	236	Jo Bruchez-Corbett	FV	8
8	230	Richard Costain	M	5	232	Jane Nicholson	FV	5
9	228	Tony Green	MV	7	149	Stella Hayden	F	3
10	228	Michael O'Rourke	M	6	126	Inma Ruiz	FV	3
11	224	Neil Hannett	MV	8	96	Lucie Michaelson	F	2
12	198	Alex Cowin	M	4	94	Anne Oxbrough	FV	2
13	170	Andrew Bates	M	4	90	Tracey Sanderson	FV	2
14	158	Jon Windle	MV	4	86	Colette Roche	F	2
15	157	Brian Higgins	MV	4	81	Joanee Edwards	FV	2
16	138	Tom King	M	3	50	Lenka Vidamour	FV	1
17	137	Michael Connor	MV	3	50	Liz Turner	FV	1
18	136	David Webb	M	3	49	Cristina Puccini	FV	1
19	125	Steve Pemberton	MV	3	49	Kate MacFarlane	F	1
20	115	Marty Hirrell	MV	3	49	Nicola D'Cruse	FV	1
21	96	Colin Dobbs	MV	2	48	Sharon Samson	FV	1
22	95	Julien Tour	M	2	48	Rachel Rick	FV	1
23	90	George Alyward	M	2	48	Emma Hottinger	F	1
24	88	John Merrigan	MV	2	48	Judith Dyer	FV	1
25	84	James Crowder	M	2	48	Kathryn Bradley	F	1
26	79	Mike Devereux	MV	2	47	Louise Watson	F	1
27	74	Tony Peacock	MV	2	47	Felicity Pawling	F	1
28	50	Sam Evans	M	1	47	Marie Motley	FV	1
29	49	Phil Riding	MV	1	46	Sue Burke	FV	1
30	49	Jonathon Toft	M	1	44	Amy Majumdar	FV	1
31	48	Lee Warburton	MV	1	44	Joanne Edwards	FV	1
32	48	Rob Garth	M	1	43	Martina Rice	FV	1
33	48	Rob Cooper	M	1	42	Bex Fieldmouse	FV	1
34	48	Ian Claridge	M	1	41	Sarah Meyers	FV	1
35	47	Richard Thorpe	MV	1	0	None	0	0
36	47	Mal Taylor	MV	1	0	None	0	0
37	47	Dave Lynan	MV	1				
38	46	Richard Stafford	M	1				
39	45	Iain Arnison	MV	1				
40	44	James Malone	M	1				
41	43	Andy Biddle	MV	1				
42	42	Michael O'Rourke	M	1				
43	41	Tommy Burke	MV	1				
44	41	David McKenna	M	1				
45	41	Paul Doyle	MV	1				
46	40	Matthew Harvey	MV	1				
47	40	Jeff Gard	MV	1				
48	40	Conal Cunningham	M	1				
49	36	Andrew Richards	MV	1				
50	35	David Clarkson	MV	1				

The cross country was very competitive this season with the women's team retaining their North West Sunday Cross Country title. Liz Turner was first in the club competition with Holly Bishton in the runners up spot. Pam Thurtle was the winner of the Vet trophy. In the men's competition the team finished in 3rd place. Martin Swensson was the men's club champion ahead of Lawrence Eccles and Alex Cowin (joint Runner up) with Phil Riding again the Male Vet winner and Lee Warburton taking the runners up position.

North-West XC Series 2018-19 - Final Standings (Best 5)								
Position	Men				Women			
	Points	Name	Cat	Races	Points	Name	Cat	Races
1	250	Martin Swensson	MV	6	250	Liz Turner	FV	5
2	240	Lawrence Eccles	M	5	245	Holly Bishton	F	6
3	240	Alex Cowin	M	5	230	Pamela Thurtle	FV	5
4	228	Phil Riding	MV	6	189	Sharon Samson	FV	4
5	214	Lee Warburton	MV	6	167	Claire Meadows	FV	4
6	213	Andrew Keeley	MV	5	139	Rebecca Sargeant	F	3
7	209	Michael O'Rourke	M	6	133	Laura Porter	F	3
8	195	Nigel Grant	MV	5	124	Christine Grant	FV	3
9	192	David Willshire	M	4	98	Stella Hayden	F	2
10	181	Alan McDermott	MV	6	96	Kathryn Bradley	F	2
11	169	Steve Pemberton	MV	6	94	Lenka Vidamour	FV	2
12	159	James Roberts	M	6	92	Sarah Jackson	FV	2
13	158	Terry Lynch	MV	6	91	Sue Burke	FV	2
14	146	Nigel Foo	MV	4	79	Jan Hughes	FV	2
15	141	Thomas Rimmer	M	4	76	Joanne Edwards	FV	2
16	139	Graham Douglas	M	3	46	Charlotte Rawcliffe	FV	1
17	132	Robert Porter	MV	4	45	Felicity Wolohan	F	1
18	130	David Mangan	MV	5	45	Louise Davison	F	1
19	125	Jonathan Toft	M	3	44	Ginny Johnson	F	1
20	117	Ian Russell	MV	3	44	Charlotte Sanderson-Rig	F	1
21	96	Sam Evans	M	2	43	Anmarie Williams	FV	1
22	91	Sean Jones	M	2	43	Oonagh Jaquest	FV	1
23	91	Tony Green	MV	3	43	Andrea Bond	FV	1
24	90	Colin Dobbs	MV	2	42	Anne Oxbrough	FV	1
25	86	Colin Walsh	M	2	42	Cheryl Pace	F	1
26	82	Paul Gray	MV	2	42	Carolyn Knott	FV	1
27	79	Andrew Biddle	M	2	41	Cristina Puccini	FV	1
28	77	John Jensen	M	2	41	Joanne Sutherland	FV	1
29	76	David Lynan	M	2	37	Megan Thomas	F	1
30	71	Robert Cooper	M	2	36	Katie Dawson	FV	1
31	69	Anthony Peacock	MV	2	0	None	0	0
32	69	Tommy Gates	MV	3	0	None	0	0
33	65	William Sergeson	MV	3	0	None	0	0
34	65	Michael Connor	MV	2	0	None	0	0
35	64	Joe McGlynn	MV	2	0	None	0	0
36	56	Tommy Burke	MV	2				
37	47	Glyn Hughes	MV	2				
38	46	Luke Harrison	M	1				
39	46	Andrew Bates	M	2				
40	43	Julien Tour	M	1				
41	43	Mal Taylor	MV	2				
42	41	Richard Thorpe	M	1				
43	41	Paul Riley	MV	1				
44	37	David Owens	MV	1				
45	36	George Aylward	M	1				
46	34	Michael Devereux	MV	1				
47	34	Richard Costain	M	1				
48	30	Chris Spruce	M	1				
49	28	Thomas King	M	1				
50	27	Stephen Dipple	MV	1				
51	26	David Webb	M	1				
52	23	Matt Dutton	MV	1				
53	21	Jon Windle	MV	1				
54	16	Steven Maguire	MV	1				

Club Records

As normal listed below are changes to the top 5 at each distance and age group. A very quiet few months (with the focus mainly on eating mince pies?) with only Felicity posting new top 5 times.

Liz Turner set a new 3rd fastest F35 10m time at the BTR Liverpool race.

Sam Bentall set a new 3rd fastest F50 5k time at the 1st Seaside event of the year.

Jane Nicholson set a new 4th quickest F55 half marathon time at the Wrexham Bakery Half Marathon.

Paul Riley set a new 4th quickest M45 5k time at the 1st Seaside race of the year.

Lee Warburton set a new 4th fastest M45 10k time at Arley Hall.

Nigel Grant set a new 3rd fastest M55 5k time also at the 1st Seaside 5k.

Ian Sadler set a new 5th fastest M60 5k time at the Widnes parkrun.

Tommy Burke set a New M70 Club Record at the BTR Liverpool 10m race.

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