



Sue Stout, Olympic Torch Bearer

The Striding Report

PROBABLY LIVERPOOL'S PREMIER RUNNING CLUB NEWSLETTER

IN THIS ISSUE

From the Editor

An apology first: after pestering everyone to send in their pieces by the official deadline (not that they did) I couldn't do anything with them! I could make excuses all day - some even true - in reality I spent all my time gallivanting on the bike and racing. My quest for punctuating my 25th year in Liverpool with new adventures is making me do weird stuff. In Slipknot's words, I wish I didn't like this. ☺

I celebrated my first century on the bike at the Liverpool Chester ride, first by riding so slowly up this hill in Delamere that a spider started spinning a web between my forearm and the drop, then running out of petrol so that I barely made it to the next place equipped with sugar. Then I went to the Snowdon Mountain Race, where I spent all the time going up trying not to think about coming back down - after which, despite taking almost as long on the descent as I had getting to the top, I still managed to fall over.

Lessons I have learned so far: there's no such thing as too much sugar and I can bounce off rocks with just the odd dent to show for it.

News

Late spring brought more good news to Penny Lane, with Stephanie Bullock first woman at the Halewood 5k on 28 April.

June saw James McNally the winner of the North Cheshire 5km Grand Prix – an excellent effort and something which reflects brilliantly on our club.

The series features 5 x 5k races which take place in Cheshire through May and June. Our roving reporter Nigel Grant told the Striding Report: "I know from experience that the quality of

opposition in these events is very high, featuring top road runners from clubs such as Altrincham, Warrington, Wilmslow and Spectrum."

Series winner James McNally added: "Great series around country parks and roads and good to come up against some different opposition....but one thing stays the same, Penny Lane Striders come out on top and always get the best support!"

Tony Man celebrated his 5th anniversary of going out for a run every single day on 1st July!

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Membership News

by Mike Roxburgh

It was a wintery February Sunday afternoon when it happened. I was in the Timberland shop in Cheshire Oakes when I came across a pair of bright banana yellow trail shoes marked down to a bargain £25.

Despite having not laced on a pair of trainers since completing the Liverpool Half Marathon 5 years previous after which time I had lapsed into a "couch potato" style lifestyle, I liked the look of them and never being one to miss a bargain bought them on impulse.

When I got home I found an old pair of shorts and a t-shirt, slipped on the trainers and ventured out of the door to do a quick circuit around where I live. Twenty minutes later I was back, covered in sweat and absolutely knackered.

I can't say I enjoyed it at any point, but come the next evening I forced myself out of the door again to repeat the same loop from the night before. I carried this on for a few days, never enjoying it, always tempted not to bother, but I got out and managed to run a bit further each time and slowly started to feel a bit stronger.

I gave myself a target of that year's Liverpool Half Marathon, which was only six weeks away. It was a bad decision as on race day I was nowhere near fit enough and suffered all the way around, although I did manage to finish without stopping - an achievement in itself I suppose, but didn't feel like it at that time.

Six weeks from then a friend in work asked if I fancied coming down to run with Penny Lane Striders as he didn't want to turn up for the first time by himself. I laughed at the thought of me running with a club and said no, but I was eventually persuaded.

The first sessions were hard but I loved them, the banter with the other guys in the group was just as good and I was sold, PLS was for me and I have been here ever since.

That was just over two years ago, and if you told me then that I would go on to complete numerous races of varying distances including a couple of marathons, become a qualified running leader, a Race Director at parkrun and now the newly elected Membership Secretary of Merseyside's premier Road Running Club I'd have laughed in your face!



And the point of this story you may ask? Well it's really for all our newer members, the ones who think they aren't good enough to be a member of a running club, those who feel awkward standing around by the gym the first few times they come down when they don't know anyone, the guys who struggle to keep up with their group the first few times they go out on a training run, and the point is this: we've all been there! Stick with it, the enjoyment of running, your achievements and the new friendships you will develop are well worth the time & effort invested.

As the new Membership Secretary of Penny Lane Striders I'd like to take this opportunity to pay tribute to my predecessor and friend Shane Knott for the tremendous effort & work he has put in on behalf of the club over the past few years.

Under Shane's guidance the club has consistently grown thanks to his constant eye for an opportunity to promote the club, be it through his contacts within the likes of the Merseyside Athletics network from whom he managed to secure funding to provide Leadership In Running training for over 20 of our members, media coverage via the likes of the Northern Running Guide and his key role in the creation of the Princes parkrun which has attracted numerous new Striders to Penny Lane since its inception.

I'm sure all Striders would like to thank Shane for his contribution to the club and look forward to both Shane & Carolyn joining us on

training sessions and race days long into the future.

As myself & Shane are still in the hand over phase membership information will be updated in the next Striding Report.



Strider of the Month: Gill Darby

by Rachel Rick

Why did you start running?

I've been running since my school days in Derbyshire. I took it up in the Sixth Form, dropped off and then started again in the 1980s. I joined my first running club in 1984, after my first Mersey Marathon. I love running – obviously I've had to stop from time to time when I've been injured, but it's such an easy sport. You just put your shoes on and go! Running is a great way to unwind after work – I just let my mind wander. Sometimes I get back and can't even remember where I've been!

What has changed about running since you started?

There are so many more people having a go. It's much easier to get involved now than it used to be – because more people do it, runners are no longer regarded as freaks. There are more races to go to as well – and different sorts of races. I think the dog poo situation has improved in the last ten years too. It used to be dreadful!

What's your favourite run? *Fell running is my passion. I can't honestly think of a run I haven't enjoyed. I think everyone has been special and enjoyable in its own way.*

What has been your least favourite run? *See above! It would be difficult to pick one out that I hadn't enjoyed. I ran three marathons in the 1980s – the*

Mersey Marathon twice, and the Stockport marathon once. For me the distance is too far and the training can get boring – it takes the fun out of it. I'm glad I did them, but I don't feel the need to repeat the experience!

Tell us about a memorable running moment *I ran the Durham parkrun with my husband. We were visiting our*

daughter who's at University there but she stayed in bed instead of running! It's very different from the Princes parkrun. It starts at the University Sports Hall, goes round the rugby pitches then follows the river. As we were running along the river, there were rowers training. You can see the City Centre from there too. The run finally finishes about ¾ mile from the start, so we just jogged back to the car. I'm always happy to try new races – whatever the terrain, even road races. I've not run

abroad yet.

Who inspires you? *That's an easy one – Joss Naylor MBE, the fell runner from Wasdale. He's now in his mid 70s and still going strong! I was lucky enough to meet him last year but couldn't understand much of what he said to me because his Cumbrian accent is so strong!*

What is your favourite place to run? *I like running off-road and in parks – even in the city there are places to go. I*



Strider of the Month: Gill Darby

by Rachel Rick

think it helps you become more aware of your body, and improves proprioception.

Why PLS? *I started as a guest runner doing Sunday cross-country, and I really liked the atmosphere. I enjoyed the company of the other PLS girls, and I like running as part of a team.*

What are your running ambitions? *I would love to do Man v Horse – the full 22 mile event in Llanwrtyd Wells! I might do a relay leg this year; I did a 7½ mile relay leg last year, a third of the full event. It's flexible, as you can enter on the day. You can also start and drop out if necessary. The runners start 15 minutes ahead of the horses; the tracks are quite wide at the beginning so the horses soon catch up. However, humans have the advantage on steep downhill – the horses don't like those stretches and tend to go very carefully. They are checked by vets at each post. (Since this interview, Gill has completed the full Man V Horse. She says: 'I took my time & thoroughly enjoyed the whole thing.')*

What do you listen to on a run? *The birds and the bees! Listening to what's happening around me is one of the pleasures of running – I've never listened to music while running.*

How do you prepare for a race? *I don't really have any special routines. I try to get a couple of long runs in – for example, I did a 2 1/2 hour run a couple of weeks ago in preparation for Man v*

Horse, and a fell run on Saturday. I did take gels last time I ran

Man v Horse, but that's not something I always do. When I've finished I sit down, have a drink of water, and a chat to whoever is around!

What's your favourite bit of kit?

That's an easy one – it's my Penny Lane Striders vest! I've also started using compression socks, and they have made such a difference, in terms of reducing injuries. I haven't had any calf injuries since I started wearing them.

Do you have any words of wisdom for anyone who'd like to take up fell running? *I'd say try a short easy one first, or maybe start with a multi-terrain race. This will help you get the feel of it. It would be a good idea to give the winter cross country series a try – it's similar to*

fell running. You will need to look at getting different shoes – you'll need spikes or studs to cope with the terrain. I also think it's important to relax and enjoy it – I don't get too hung up on times.



Gill at Cader Idris

Do you do any other sports? *I like walking and cycling, and I find yoga really helps. Stops me from seizing up!*

Can you tell us something we don't know about you? *I'll happily run in most conditions but I really struggle on hot sunny days. My face starts to resemble a ripe tomato! When it gets too hot I give the running a break & get on my bike instead.*

Completing an Ultramarathon

by Lawrence Eccles

Ultramarathons are races longer than a marathon. They can be distance or timed events which come in a range of distances or duration.

I was going to call the article 'running an Ultra' but decided that would give the wrong impression. I generally walk up hill, jog the flats and downhill. By the end I will likely be walking the flats. My advice is to keep going and try not to show how miserable you are or how arduous each step is.

I started doing more climbing than running so will use the example which may be more hearsay than actual fact. Don Whillans and Joe Brown (two famous post war British climbers) were climbing a classic hard rock route on the Dru, near Chamonix, in dire conditions. At the overnight camps (sleeping on a ledge) the rain lashed down. Don was envious of Joe in his new waterproof jacket as he appeared comfortable while poor Don was cold and shivering and ready to give up, but kept quiet. They completed the climb and it later came out that Joe's jacket was not waterproof and he was equally wet and cold and ready to quit.

It is very easy to give up on a long distance challenge; I remember once being very close on the Cuillin Ridge on the Island of Skye in April 2009. I was on my own, so I did not have anybody to tempt into giving up to justify my

giving up as well. I had passed half way and had reached what looked like the first patch of grass on the ridge at Bealach na Glaic Moire just before Bidein Druim nan Ramh. I had been going for about 8 to 9 hours at this point and it was clear that if I carried on I would be finishing in the dark.

I had run out of water and the nearest spot I knew (as it got a mention in the guide book) was about 2-3 hours away by the guide book. It was my first time on the ridge and the weather had been warm with clear blue skies, hence my lack of water. I started down. After about 15 minutes (perhaps longer) I came upon water. I drank and filled my water bottle; now I had the problem that my excuse for quitting had gone. I resigned myself to climbing back up to the ridge. With the water the rest of the ridge flew by quicker than I expected. I met a man, in the valley, as I walked the path between Sligachan and Glen Brittle. When I told him I was going to Glen Brittle he told me that I would finish in the dark; I agreed and walked on to Glen Brittle and my tent feeling satisfied. I had left Glen Brittle at 0640 and did not get back till 2315 and sure enough it was dark; I went straight to bed.

The temptation to give up hit me again on my first Ultra race in May 2010: the Fellsman 61 mile challenge.

I reached Dent, 20 miles in, and my legs seemed in pain due to the lactic acid in them. I pushed on from the check point walking. People walked by me with apparent ease. I kept on

walking and without really noticing (that I can remember now) got to Stonehouse (and a pasta meal) at 28 miles; I was halfway(ish)! I mostly walked, only troubling to run on down hills. Somewhere I got

better and after Cray (45 miles in), when I was grouped, I jogged along comfortably with three other runners. I did not need to navigate as two people in the group seemed to know the route, so I just followed. By the time I hit the road at the end of the race I could seemingly run more comfortably than at any point previously in the race (it felt like I did 6-7minute miles down the last road).

It was very enjoyable running through Grassington in the early hours of the morning.



Lawrence at the 33 mile Sandstone Trail – a bit like a walk to the shops, really.

Sticking with the Fellsman, though now moving to 2011, comes a story from Simon Maskill: I am retelling it so facts may be lost.

Simon and a friend got to Stonehouse, 28 miles in, and they both felt terrible; they did not communicate this however. Later in the race, at Cray I

think, Simon's friend confided that he was ready to give up at Stonehouse and if Simon had he would have also.

My experience has been that

in every Ultra I have done I have felt rubbish and useless at some point, but by moving on my morale has improved. Finishing a long race is very satisfying. It is made more satisfying by other people dropping out; it shows that the race is actually tough to finish. I find finishing a long race an achievement. I also think it is easier to finish an ultra than run a sub-3 hour marathon, but as I have not done that yet I am not sure. Oddly the quicker you can complete an Ultra, the easier it is. I will finish by quoting the Fellsman certificate, "Twas a gradely walk."

Captain's log



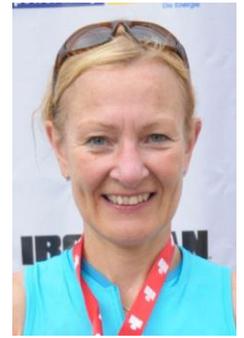
Mal Balmer



Russell Burnham



Jane Hallows



Tarja Kinnunen

I would like to start this log by welcoming our new gentlemen's captain Mr Russell Burnham GB PLS AWOL KFC to the best non-paying gig there is. As you know I've stood down as skipper and I would like to thank you all for backing me as captain over the last nearly six years (yes even the ladies, you know they're still reading this guys). I've really enjoyed my time as captain working with a brilliant committee on your behalf and a fantastic men's section.

My report for the last few months then: we have been well represented in all areas of racing. On the road we continue to dominate the field in numbers, flooding all the local races and winning age categories regularly. There are so many brilliant performances that Cristina (editor) will kill me if I mention you all (space is king) so I'll just say well done everybody. Off road Lawrence Eccles has been awesome in his racing, running both home and abroad (no not Wales...France) and winning the shorter race put on due to bad weather at the Welsh 1000.

At the Welsh Castles relays our runners were magnificent again, some racing 2 days on the run (groan) at Man v Horse and the Welsh 1000 and then joining us meandering our way through Wales. We finished 43rd out of 59 teams, a truly outstanding feat considering the standard of the other teams and the health of some of our members. Thank you to all who raced, supported and marshalled over the weekend you were a credit to PLS.

So that ends my literary career too, short and sweet, like me. Leave it! See yerz soon, happy running everyone, over to you Russ!

Thanks Mal. Like the way I've left captain off? I hope you're not going to 'boldly go where no man's been before' (at warp 9!) as I need you to replace me when I get voted off next year!

Seriously though, you've done a great job as captain over the past 6 years and I'm under no illusion I'll be able to fill your shoes. You'll always be our captain and deservedly so.

This is my last log as the Ladies' Captain, since I stepped down from the role at the AGM in June.

I served as Ladies' Captain for five consecutive years, so it is time for change and fresh ideas. The past five years have seen the club grow massively and the number of female members has doubled. It has been very exciting time, but this has also brought new challenges. We have for example introduced formal training groups and programmes. When I first took up the role, my only experiences in committees were work related and I could have never imagined all the work that goes on behind the scenes of a voluntary organisation like PLS (and this is not a rant or an attempt to gain sympathy); I have learnt a lot, which is something I always embrace. It has been joyful five years, and the reason is all of you; the people make the club, and PLS is a fantastic club with a friendly atmosphere and members who support each other. We have an amazing number of members who give up their time for the club in various roles (in no particular order: coaches, leaders, striding report editing, club kit and merch design and sales, club records, results and stats, website maintenance, race committee, the list goes on). We also have active members who turn up at club training regularly (something which I am ashamed to admit I have not been able to do much lately) and who represent our club in various races home and abroad.

I am confident that Jane will be an excellent Ladies' Captain; she is a long standing member of the club who knows our members old and new. Without much further ramblings, I would like to welcome Jane as the new Captain and wish her best of success in that role!

Tarja

I am honoured to be the latest ladies captain of such a great club. I have been a member of Penny Lane Striders for ten years and have been really fortunate during this time to have had three amazing lady captains in Sue Cain, Jenny Snell and most recently Tarja Kinnunen. I hope I can continue their great work and encourage members to enjoy their training, racing and socialising as they did for me.

Maria Kelly has agreed to be vice captain and we hope the Striders will continue to be well represented in races, on and off road (even cross country!) Although injured at the moment I am looking forward to the challenges of the remainder of the season and can't wait to be back training with you all. I will continue to be around on club nights and to cheer you all on at local races. Jane

Time to get the round in!

by Nigel Grant

When my mate Ian told me a while back that he was acting as a support runner for a friend who was aiming to complete something called the Bob Graham Round (BGR) in the Lake District, I engaged my mouth before getting my brain sorted first and said that if he was ever going to attempt it himself I would be willing to act as a support runner for him on one of the five legs of the challenge.

Having read Richard Asquith's *Feet in the Clouds* a few years ago I was vaguely aware of what the BGR was and knew it was a challenge that even the hardest fell runners weren't too keen on. However when Ian called to say that an attempt was planned for mid-June and asked if I was still willing to act as a support, I didn't think twice. I love running and I did a lot of hill-walking when I was younger, so it was a no-brainer really.....until I read up about it!

First run in 1932 by a bloke called Bob Graham, it is a 66-mile run which features 42 Lake District summits (all the usual suspects are in it) and in full it involves almost 27,000 feet of ascent and descent. The idea was to complete it in 24 hours. As a support runner on the first of its five legs, my ambitions were altogether more modest. However I still expected to be on the hill for 4-5 hours, running or walking and taking in three summits – Skiddaw, Great Calva and Blencathra, albeit in fading light (our attempt was starting in Keswick at 7pm).

A recce trip in fine daytime conditions (see picture) showed me that while it wouldn't exactly be a walk in park, my part of the challenge shouldn't present too many fears, even if I knew the downhill running would leave my quads aching for days afterwards – a sensation which the Boots Aching Leg Gel which I 'won' as a raffle prize at the awards night did little to alleviate!

The hellish weather could not have been more different from the sunshine of the recce trip but optimism about the challenge ahead was the order of the day. Piling up the M6 in driving rain, I still felt that it couldn't last forever and that conditions had to improve. Even we all met up in Threlkeld there



was a feeling that the rain would ease. Even when stood outside the official start point (Moot Hall in the centre of Keswick) there was cautious optimism that the worst of it was behind us. All of which proved one thing : it really is amazing how much nonsense you are prepared to believe when you want something badly enough!

Anyway, we invoked the true British bulldog spirit and pressed on regardless. Skiddaw was conquered easily enough and within the target time, albeit in poor visibility. The descent from there was at breakneck speed and I fell several times, though after realising that the landings were on soft, heathery surfaces, I wasn't too bothered – even if I must have looked like a Glaswegian making his way home from the boozier on a Saturday night. I seemed to lose my head torch during one of these falls and with light fading and the others pushing on ahead of me, this was bad news.

By this time the rain which we'd all said would soon be history was actually even heavier. A river which had just been a small stream when we had last been here on that warm Sunday afternoon a few weeks before was now a quite intimidating river in full spate. Now detached from the others, I figured that since the sight of head torches up ahead and the absence of a ferry service meant they had successfully crossed it under their own steam and not been swept away, I could do it too. On stepping in my left leg was almost swept from under me. However I managed to maintain my balance and striding forward forcefully as though my life depended upon it (which it did) I managed to wade

across before confronting the prospect of the long slog up Blencathra.

This climb is widely regarded as one of the less enjoyable parts of the BGR – which when you are flagging is really all you need! Torn between a stop to get more energy foods out of my rucksack and falling further behind I ploughed on, boosted by mouthfuls of mint cake which probably couldn't believe it was being called upon at after 11pm on a Friday night.

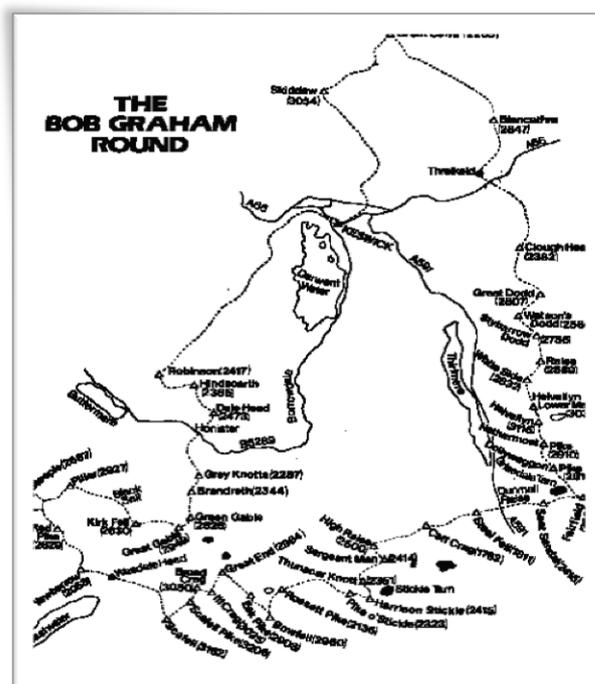
Anyone who knows the hills will know that what appears to be the summit is very rarely the actual summit – and no mountain I know is better at repeatedly creating this illusion than Blencathra. After what seemed like an eternity a biting wind combined with the driving rain and I knew that I wasn't going any higher. Great, that would mean going back down again and for me at least a return to civilisation – which in this instance meant visibility of more than a few feet, a load of energy drinks, a big towel and a chance to get out of my sodden gear. As if.....

As I was the last to begin the descent I had no input into the discussion as to which route should be followed. However it soon became clear to me that the route in question was a perilous one – but the only one. Minus my head torch, visibility was barely a few feet; every rock I could make out was being lashed by the driving rain and I was knackered. In the absence of anything else visible, it was hard not to imagine there were 100ft drops either side of you. A fellow support runner, Lee, a local lad well acquainted with what this landscape can throw at you, coaxed me on step by tentative step – mainly by screaming at me to get onto my arse! I was so knackered I didn't really want to move...but I was still switched on enough to know that stopping would only make things worse.

Somehow, after what seemed like a lifetime of sheer terror, the lights of Threlkeld came into view through the relentless rain, hundreds of feet below. However what should have meant relief actually only served to bring it home to me how far up the mountainside I still was and the realisation that since leaving the summit I had hardly made any progress at all.

In the end however, something meriting the description 'path' did seem to be emerging. The

visibility wasn't improving though and, in a voice that was a mix of apology and blind panic, I still had to call out to Lee many times in order to maintain a sensible distance between us. I was really flagging by now. And then, in a quite surreal moment, we were together in a farmer's field – on terra firma. I was down! I could hardly move but I was down, walking and, then quite incredibly, running – as I suddenly realised why the hell we had been up the



bloody mountain in the first place!

Within a few hundred yards however, the running stopped as the support team emerged out of the gloom. Never has the sight of the former PLS chairman Nick O'Prey (one of the ground team) been so welcome. Even then I wasn't finished, contriving almost to take my eye out by tripping over a discarded shoe and flying into my car door!

Postscript

Ultimately the attempt was abandoned at the end of leg 2 after a combination of blisters, sickness and the dreadful weather took its toll. The boys had spent many hours training in the mountains and one of them had had an unsuccessful crack at it a year earlier. There is talk of another attempt – I've told them I'm washing my hair that day.

Showbolting

by Phil Quinn

PLS Poet Laureate Phil Quinn continues his Olympic theme. We might not be the fastest but we're surely the most multitalented club around!

A Bolt of human lightning,
Came hurtling through the sky,
Out of the Caribbean blue,
Into the world of me and you,
To prove that man can fly,

And winging off to Beijing,
From the country of his birth,
Dismantling all that went before,
Became on that far distant shore,
The fastest man on earth,

While waiting at the start line,
It all just seems a game,
He grins and curls and smooths his hair,
He shoots an arrow to the air,
Skywriting his own name,

And now the starter's ready,
In his hand he grasps the gun,
Usain conducts a lively crowd,
Puts a finger to his lips when it's getting loud,
And they're just about to run,

The gun is raised and firing,
The field is off as one,
Usain unbolted isn't first,
He's yet to make his famous burst,
That done the race is won,

And when the race is over,
He beats his heaving chest,
He touches hands, he signs his name,
He does a dance – each time the same,
It's an insane, Usain running fest,
From a natural born entertainer,
Still proving he's the best.

One of the best things about being involved in sport is the inspirational people you tend to meet. Those who strive to improve their skills and results, not for glory just the quite feeling of satisfaction that comes with beating a previous best. They often juggle busy jobs, families and other commitments with the sort of training schedules that would make most turn pale.

However, you also meet another type of character whose nature isn't quite so positive. I'm sure you'll have met them – The Tomorrow People.

These are the guys for who 'Tomorrow' is always a step away. Rather than getting stuck into training and the improvements it brings, they will be announcing to all that their drive for success "will start tomorrow". Most usually, this start will be some point in a few days time. Interestingly, this is rarely a Monday but a often random day of the week, with which they will turn over a new leaf.

Except 'Tomorrow' rarely happens. The fact that there are a few days before the big start, usually allows enough time for the person to convince themselves that "there really isn't time for all this training". "That knee niggle seems to have got worse" they will tell themselves. "It's a bit dark at this time year, a couple of months (aka "Tomorrow") and it will be lighter and better for training". As so this continues and "Tomorrow" becomes "never"

The 'Tomorrow' People will have brought all the supplements money can buy, after all they can make Tomorrow into Today without all that hard work! Of course they'll buy them! Along with the latest exercise techniques such as "extreme hard combat goZ", they will be poured over, and promises made to start it "Tomorrow".

The prime breeding ground of the Tomorrow People is Saturday night. Promises will have been made on various Social Media sites about that 18-miler that is going to kick start the training on the Sunday morning, despite the fact that no more than 5 miles has been run in the previous 6months. Early evening, a Tweet appears

The Tomorrow People

by Mitch Hawkins

Mitch is the author of the blog [The Trial of Miles](#)

8pm: "Have been convinced to have a quick drink, early night for me though"

10pm: "Staying for last orders, beer tastes nice"

10.59pm: "Being taken to a club, #cantendwell Will still run tomorrow"

1am: "Banging tunes in here #oioi"

4.30am: "How has this kebab fallen into my hands?"

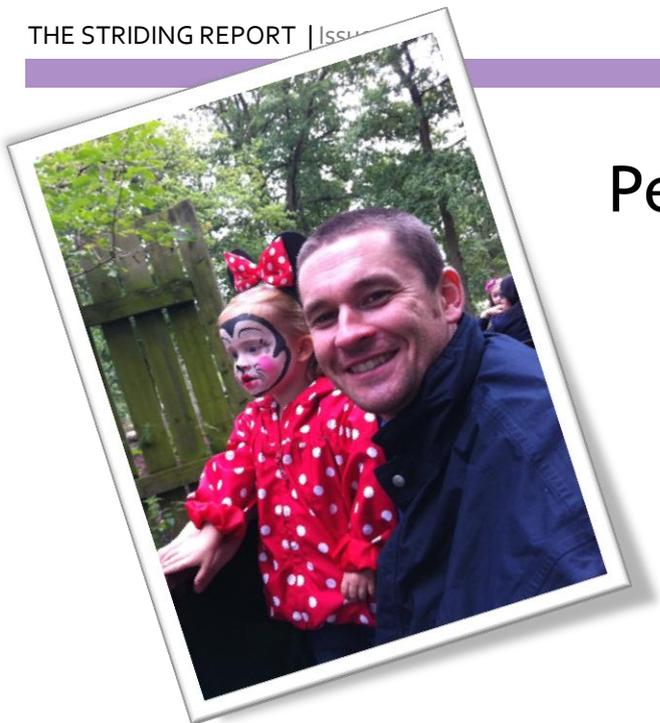
10am: "Uuurrgh run will have to wait, I need a fry-up"

And so the cycle continues and "Tomorrow" never comes. Before I get accused too much of demonization, I've been known to be a Tomorrow Person myself. Currently can't seem to motivate myself to do the core exercises I know I need. Until I truly want to change, I shall keep deluding myself that I will start them 'tomorrow', of course when I get shouted at by my coach it will be a different matter. Necessity is the mother of all hangovers...

I think my issue with Tomorrow People is that every time they advertise a new start which doesn't happen, they lose credibility (in my eyes at least). More importantly, they lose the possibly the chance of assistance from their peers who could really help them.

Show me your keen and committed, I will go to the ends of the earth to help you. Not help yourself though and come up with all the excuses you know, I'm afraid you're on your own.

So, do you know any Tomorrow People?



Personal Profile: Andy Cantwell

Since 8pm on the 1st April 2010. It was the first time I had ever run for 1 mile and it took just over 10 minutes.

Running dislikes:

CRAMP!!!!

Favourite male runner:

It would have to be a toss-up between Ed Moses and Michael Johnson for their dominance over long careers. In terms of memories, Peter Elliot stands out as a favourite. He looked like someone had dared him to have to go compared to all the other dudes.

Favourite female runner:

The Strider on Wapping with 1 mile to go in the Liverpool Marathon.

Favourite non running person:

I would have to categorise as there are so many heroes!! Sport= Ali, Music= Stevie Wonder, Reality= My family, especially my little girl Phoebe.

Favourite race:

Tunnel 10k, my first ever race.

Least favourite race:

Liverpool Marathon 2011 (I'll be back!!)

Favourite drink:

A really cold cask cider or a beer in a bottle in the sun.

Least favourite drink:

Gin

Favourite food:

I am a foody!!! This list could go on for ever!!! I love lamb, especially if it is cooked slowly two days before I eat it.

Occupation: Area Manager at BSKyB

Why did you join pls?

After my epic failure at the Liverpool Marathon in October 2011, I knew I needed something extra to keep me going. I had been looking into local running clubs during my 'training' for the race and had earmarked the most suitable clubs. As I was limping towards the marathon finishing area have retired at 16.5 miles, I noticed something that really stuck with me. It was about 5 hours in to the run and there was about a mile to go on Wapping. There was a Penny Lane Strider still running, still smiling and still waving and thanking the crowd. Although there was a certain kind of agony on her face, the joy and determination shone through. That is why I am a Strider today.

Running likes:

The feeling you get when you think you have had a good run, whether it be training or racing and the taste of the first beer after a long and satisfying run.

How long have you been running?

Least favourite food:

Celery, it has the same effect as gin, I can't even sniff the stuff.

Favourite holiday:

It is between Cyprus 2006, Majorca 2010 or backpacking through SE Asia and Australia 2002-03.

What is your idea of happiness:

Being by the side of my girlfriend and our little girl, Phoebe.

Favourite song:

What kind of question is that!!! It depends on my mood, the time of year, where I am, who I'm with, etc. I have just tried to decide for 10 minutes or so but I can't decide...The Theme from Z Cars always gives me goose bumps though.

Favourite male singer:

Stevie Wonder, Eddie Vedder, Jeff Buckley, Glen Hansard, Zack De La Rocha, and many more

Favourite female singer:

Aretha Franklin, Adele, Skin, Lissie, and many more

Favourite group:

Led Zep, The Beatles, Free, The Hold Steady, Pearl Jam, Nirvana, Rage Against The Machine, Nirvana, Kiss, Lynyrd Skynyrd, RHCP, and many more

What do you always carry on you:

My iPhone

Best running moment:

Finishing my first full marathon in Edinburgh 2011. I had such a mixed feeling as I was disappointed with my time but elated that I had made my body do something it was clearly not designed to do.

Worst running moment:

16.49 miles into the Liverpool Marathon in 2011. I can honestly say that I have never been so scared in all my life.

My most appealing trait:

Patient, generous and kind.

Most unappealing trait:

My sense of humour is an acquired taste.

Favourite running shoe:

My awkward gait and ridiculous biomechanics mean my favourite running shoes are ASICS Gel Kayano but they are probably my least favourite at the same time. I fancy myself in a nice pair of Nike Lunareclipse but I would end up in hospital without doubt!!

Favourite film:

Unlike my favourite song, this is a constant. One Flew Over The Cuckoo's Nest is THE best film ever made and is adapted from one of THE best books ever written. The Deer Hunter is second best in case you were wondering.

Vest in or out:

Tucked in and then pulled out a little bit. May try it out though, it looks cool.

Best Times over classic distances:

Distance	Time	Race	Year
5k	22'28	Parkrun	2012
10k	48'47		2012
Half marathon	1h50'51	Liverpool	2011
Marathon	4h47'30	Edinburgh	2011

Race Calendar: July 2012

Sun	01-Jul	Keep on Ticking 5k Fun Run, Morecambe	Thu	12-Jul	<u>Caldervale Village Supper Run, near Garstang</u>
Sun	01-Jul	Alexandra Park 5k Women's Series	Thu	12-Jul	<u>The Wizard 5 Mile Multi Terrain Race, Alderley Edge</u>
Sun	01-Jul	Jeffrey Hill 10k, Longridge, nr. Preston	Fri	13-Jul	Sedbergh Sports Evening (Fell races etc.)
Sun	01-Jul	Amberswood 10k Trail Run, Wigan	Fri	13-Jul	<u>The Barlow Carnival 10k, Barlow</u>
Sun	01-Jul	The Fairy Freckled Cow Trail Race, Llyn Alwen	Sat	14-Jul	<u>Woodcocks 5 Mile Trail Race (Race 3/3 Radcliffe AC 3 Day Challenge), Radcliffe</u>
Tue	03-Jul	Rochdale 10k Road Race, Rochdale	Sat	14-Jul	<u>Holme Festival of Sport Mini Adventure Run, nr. Carnforth</u>
Tue	03-Jul	20 Barriers Race, Carnforth	Sun	15-Jul	<u>Hurst Green 5 Mile Trail Race (Pendle & Burnley GP 12/15)</u>
Wed	04-Jul	Offerton 10k Road Race & YA 1 Mile, Offerton, Stockport	Sun	15-Jul	<u>Windmill Half Marathon, Lytham St. Annes</u>
Wed	04-Jul	Chorley 4.4 Mile Trail Series (3/4), Astley Village, Chorley	Sun	15-Jul	<u>Chernobyl Challenge 10k, Preston</u>
Wed	04-Jul	Forest Park Ladies 5k, Warrington	Tue	17-Jul	<u>Ian Terry Memorial 5k Road Race, Littleborough, Rochdale</u>
Thu	05-Jul	Cuerden Valley Badger 10k Trail Race (2/3), Bamber Bridge, Preston	Wed	18-Jul	<u>Lancaster 10k Road Race</u>
Thu	05-Jul	Ronhill Manchester 5k Sizzler (1/4), Wythenshawe Park	Wed	18-Jul	<u>Horwich Jubilee Series (3/4), Rivington, nr. Bolton</u>
Thu	05-Jul	<u>Flan Fell Race & Fun Run, Ulverston</u>	Wed	18-Jul	Wirral Seaside Run (5/8), Leasowe
Thu	05-Jul	<u>Deestridders Off-Road Grand Prix (2/4), Shotton</u>	Thu	19-Jul	The Joan Rhodes & Fred Norris Memorial 5k, Radcliffe
Fri	06-Jul	<u>Chorley Park Series (4/4), Chorley</u>	Thu	19-Jul	<u>Ronhill Manchester 5k Sizzler (2/4), Wythenshawe Park</u>
Fri	06-Jul	<u>Chorley Park Junior Series (4/4), Chorley</u>	Sat	21-Jul	<u>Elswick Express 10 Mile, Elswick, nr. Preston</u>
Fri	06-Jul	<u>The Golf Ball Fell Race (Hapton Windmills), Burnley (Pendle & Burnley Grand Prix Race 11/15)</u>	Sat	21-Jul	<u>Burtonwood 5 Mile Road Race & Fun Run, nr. Warrington</u>
Sat	07-Jul	<u>Tockholes Fell Race, nr. Darwen</u>	Sun	22-Jul	<u>The Moonraker 10k, Bowlee, nr. Middleton</u>
Sat	07-Jul	<u>Catforth Canter 5k (2/3), Catforth, nr. Preston</u>	Sun	22-Jul	Warrington 5k
Sat	07-Jul	<u>No Walk in the Park 5k, Chesterfield</u>	Wed	25-Jul	<u>Rochdale Observer 30th Anniversary Race, Whitworth</u>
Sun	08-Jul	<u>St. Annes Carnival 5k Road Race & Fun Run, Lytham St. Annes</u>	Wed	25-Jul	<u>Black Knight Charge, Daisy Nook, Tameside</u>
Sun	08-Jul	<u>Catforth 10k Road Race, Catforth</u>	Wed	25-Jul	<u>Harrock Hill Race (3/4), nr. Parbold, Wigan</u>
Sun	08-Jul	<u>Debdale Park 7k "Eddie Cheetham Memorial" Trail Race, nr. Stockport</u>	Fri	27-Jul	<u>Queens Park Quacker 5k Series (2/3), Crewe</u>
Sun	08-Jul	<u>Debdale Park Under 17 3k, nr. Stockport</u>	Sat	28-Jul	<u>Lancaster 5k Race Series (3/5), Salt Ayre, Lancaster</u>
Sun	08-Jul	Towneley Park 5k Road Race, Burnley (Pendle & Burnley Grand Prix Race 10/15)	Sun	29-Jul	<u>Cliviger 6, Burnley (Pendle & Burnley GP 13/15)</u>
Sun	08-Jul	<u>One Bolton 5k and 2012m Fun Run, Horwich</u>	Sun	29-Jul	<u>Blue Bell Trail, Moston</u>
Sun	08-Jul	<u>South Lakes Half Marathon, Allithwaite</u>	Sun	29-Jul	Leigh Sports Village 10k
Sun	08-Jul	<u>Bollington Nostalgia Hill Race, Bollington</u>	Sun	29-Jul	<u>Great Warford 10 Mile Road Race, Warford, nr. Knutsford</u>
Sun	08-Jul	<u>Lymm Festival O-lymm-pic 5k Trail Fun Run, Lymm</u>			
Wed	11-Jul	<u>'Royton Trail' Multi-Terrain Race, Royton, nr. Oldham</u>			
Wed	11-Jul	<u>Haigh Hall 4 Mile Road Race, Wigan</u>			
Wed	11-Jul	<u>Endmoor 10k, nr. Kendal</u>			
Thu	12-Jul	<u>Bull Hill Fell Race, (Race 1/3 Radcliffe AC 3 Day Challenge) Hawkshaw, Bury</u>			
Thu	12-Jul	<u>Lancaster Summer 5k, Lancaster</u>			

Race Calendar: August 2012

Wed	01-Aug	Chorley 4.4 Mile Trail Series (4/4), Astley Village, Chorley
Wed	01-Aug	Pie and Peas Five MT, Moulton, nr. Northwich
Thu	02-Aug	Cuerden Valley Badger 10k Trail Race (3/3), Bamber Bridge, Preston
Thu	02-Aug	Ronhill Manchester 5k Sizzler (3/4), Wythenshawe Park
Thu	02-Aug	Deestridders Off-Road Grand Prix (3/4), Shotton
Sat	04-Aug	Catforth Canter 5k (3/3), Catforth, nr. Preston
Sat	04-Aug	No Walk in the Park 5k, Chesterfield
Sat	04-Aug	Liverpool Big Fun Run 5k
Sun	05-Aug	Worsthorne Moor Fell Race, Burnley (Pendle & Burnley Grand Prix Race 14/15)
Sun	05-Aug	Wagon & Horses 10, Lancaster (Lancaster Series 2/3)
Sun	05-Aug	Alexandra Park 5k Women's Series
Sun	05-Aug	Stockport 10k
Wed	08-Aug	Joe Ashcroft Saddleworth 6, Greenfield, Oldham
Thu	09-Aug	Standish Hall 4.5 Mile Trail Race, nr. Wigan
Sat	11-Aug	Pennington Flash 10k Trail Race, Leigh
Sat	11-Aug	Pennington Flash 5k Women Only Trail Race, Leigh
Sat	11-Aug	Manchester Big Fun Run 5k
Sun	12-Aug	Boulsworth Fell Race, Trawden (Pendle & Burnley Grand Prix Race 15/15)
Sun	12-Aug	N.V.A.C. 10k, Bispham, Blackpool NVAC and CLGP MEMBERS ONLY
Sun	12-Aug	Millbrook Monster 10k, Millbrook, Stalybridge
Sun	12-Aug	Chester Academy 10k, Chester
Sun	12-Aug	CancerCare Cross Bay Challenge, Flookburgh, to Hest Bank
Wed	15-Aug	Horwich Jubilee Series (4/4), Rivington, nr. Bolton
Wed	15-Aug	Ulverston Summer 10k Road Race & Fun Run, Ulverston
Thu	16-Aug	Ronhill Manchester 5k Sizzler (4/4), Wythenshawe Park
Sun	19-Aug	Birchwood 10k & Fun Run, Warrington
Sun	19-Aug	East Manchester 10k
Sun	19-Aug	Gill Pimblott Memorial 5k Trail Race, Tyldesley
Mon	20-Aug	Derby Big Fun Run 5k
Wed	22-Aug	Harrock Hill Race (4/4), nr. Parbold, Wigan
Wed	22-Aug	Wirral Seaside Run (6/8), Leasowe
Wed	22-Aug	Urenco Capenhurst 5k
Thu	23-Aug	Stan Curran Birthday Charity Reservoir Race, Whitworth
Fri	24-Aug	Padiham 5 Mile, nr. Burnley
Sat	25-Aug	Lancaster 5k Race Series (4/5), Salt Ayre, Lancaster
Sun	26-Aug	Oswaldtwistle 6 Mile Trail Race, nr. Accrington (Race 9/12 Accrington & District Series)
Sun	26-Aug	Fleetwood Half Marathon
Sun	26-Aug	Brampton Brewery Chesterfield Spire 10 Mile Road Race, Chesterfield
Sun	26-Aug	Brampton Manor 2 Mile Fun Run, Chesterfield
Tue	28-Aug	Littleborough Lions 5k Fun Run, Littleborough, nr. Rochdale
Fri	31-Aug	Queens Park Quacker 5k Series (3/3), Crewe

April 2012

29 April 2012 - Manchester Marathon

Dean Connolly 3.14.23 (PB)
Lyndon Easthope 3.14.23 (PB)
Graham Halsall 3.26.19 (PB)

28 April - 17km Hawkshead Trail Race

Rob Hardwick 1.31.38(20th)
Barry Bright 1.54.38
Jane Hallows 1.59.25
Emma Phillips 2.31.53

28 April - 10km (11.3k) Hawkshead Trail Race

James McNally 45.55 Won the Race
Andy Cantwell 1:10:08

28 April 2012 - North Wales 10m

Steve McNicholas

28 April - The Fellsman - 98km 3580m ascent

Lawrence Eccles 14h 35min

22 April 2012 - VLM London Marathon

Martin Swensson 2:37:10
Paul Riley 3:07:36
John Connolly 3:08:50
Robbie Collins 3:21:15
Colin Dobbs 3:28:17
Mark Finch 3:39:11
Valerie Desborough
Russell Burnham 4:18:39
Alan Gidman 4:26:15
Keith Boyle 4:30:26

22 April 2012 - Madrid Marathon

Richie Houston 3:56:06 (PB)

16 April 2012 - Croxteth Park Diabetes 10k

James McNally 34.06 Won the Race
John Connolly 37.19
Derek Ashcroft 39.14
Ian Russell 40.00
Martin Hirrell 41.05
Fiona Milne 42.33 3rd place SL
Tim Warn 43.57
Michelle Cobourn 46.19 PB
Naomi Foulis 47.14 PB 1st Vet45
Eamonn Brady 48.28
Mark Thomas 49.29
Louise Warn 50.27 PB
Peter Pritchard 55.39
Philip Murray 60.01

8 April 2012 - Trowse 10k

Oonagh Jaquest 49.21 (PB)

Stato's report

by Andy Keeley

8 April 2012 - Halton Run the Bridge 5m

Nigel Grant 30.12 2nd V45
Derek Ashcroft 31.39 1st V55
Ian Russell 32.38
Graham Halsall 33.02
Steve Pemberton 34.41 3rd V55
Graham Hussey 36.51
Gill Darby 38.39 2nd FV50
Rob Lloyd 39.15
Ellie Darby 39.34 1stFJ
Tony Hewitson 41.08
Tim Warne 41.20
Louise Warn 41.20
Terry Long 41.21
Dave Mangan 41.34
David Crawford 45.11
Paul Dimeck 48.13

7 April 2012 - Derwent AC Isel Cross (Cumbria) - 5.4m Multi Terrain

David Cain 40:11
Susan Cain 41:02 1st FV

6 April Folkestone 10m

Michelle Coburn 1:21:53 (PB)

6 April - Salford 10k

James McNally 33:11 PB
Martin Swensson 33:36 PB
Paul Riley 36:58 PB
Tim Fletcher 38:15 PB

4 April 2012 - Chester Spring 5m

Dave Pinnington 34.50
Tim Warn 35.21

May 2012

27 May 2012 - Sale 5m

Andy Keeley 33:47
Tim Warn 35:32
Louise Warn 41:59
Andrew Stansfield 47:01

27 May 2012 - Blackpool Beach 10k

Dean Connolly 40:30

26 May 2012 - Ras Y Gader 2012 (Cader Idris) 10.5m/2927ft

Gill Darby 2:32:24

25 May 2012 - Dunham Massey 5k Race 1

James McNally 16:29
Martin Swensson 16:34
Michelle Kelly 25:45

22 May 2012 - Harrock Hill 8.4k

Lawrence Eccles 37.03
Neil Kelly 37.40
Simone Capponi 40.49
Maria Kelly 41.45
Tony Man 42.18
Rob Hardwick 42.52

22 May 2012 - Lambfoot Loop 10k Cockermonth

Susan Cain 45:30
David Cain 46:12

22 May 2012 - Walton Park 5m

Martin Swensson 26:47 CLUB RECORD!!!

John Connolly 30:00
Tim Fletcher 30:00 PB
Paul Riley 30:47
Ian Russell 31:50
Stephen McNicholas 32:08
Dean Connolly 32:42
Andrew Keeley 32:47
Syd Omar 32:59
Paul Brady 33:28
Steve Pemberton 33:33
Fiona Milne 33:33
Graham Halsall 33:44
Steven Maguire 33:55
Colin Dobbs 34:32
John Jensen 35:05
Mitch Hawkins 36:04
Russell Burnham 36:18
Emma Kearney 36:21
Barry Bright 36:39
Jane Eardley 36:48
C CattanachChell 37:19
Christina Puccini 37:24
Eamonn Brady 37:35
Mark Thomas 37:59
Shaun McGrath 38:54
Gill Darby 39:08
Myka Heard 39:20
Judith Dyer 39:23
Val Desborough 40:02
M Roxburgh 40:17
Terence Long 40:25
Michelle Kelly 41:54
David Mangan 42:06
Marie Motley 43:27
Rebecca Price 44:00
Peter Pritchard 44:05
Tommy Gates 44:36
Jenny Horton 45:11
Ruth Fisher 48:54
Andrew Stansfield 49:04
Sue Stout 54:43

20 May 2012 - BUPA Manchester 10k

Mark Finch 43.40
Elizabeth Lynan 49.17
Jenny Roberts 49.46
Althea Deane 55.36

**19 May 2012 - Old Counties Tops
37m/10,000ft**

Lawrence Eccles 9hrs 18mins (35th)

19 May 2012 - Halewood 5k

John Jensen 20:43

18 May 2012 - Christleton 5k

James McNally 16.10
Derek Ashcroft 18.27
Stephen McNicholas 18.53
Gary Whitfield 19.53
Mark Finch 20.46

**17 May 2012 - CSSC 10k, Battersea
Park London**

Simon Birtles 40:36
Steven Maguire 41:40(PB)

**15 May 2012 - Moorclose 10k -
Cumbria**

Susan Cain 43:01 1st FV55/5th
Lady

**13 May 2012 - Chester Half
Marathon**

Paul Riley 01:27:06
Jim Kennett 01:27:13
Emma Kearney 01:39:49
John Jensen 01:41:22
Craig Hawley 01:43:35
David Lynan 01:45:47
Graham Hussey 01:45:16
Michelle Coburn 01:46:26
Jan Canter 01:50:41
Judith Dyer 01:52:22
Mark Murphy 01:51:27
Mike Roberts 01:54:01
Anne Kavanagh 01:53:52
Mike Roxburgh 01:54:42
Dave Mangan 02:08:02
Andy Whalley 02:06:54
Johann Urschitz 02:13:25

13 May 2012 - Port Sunlight 10k

Andrew Keeley 41.10
Paul Brady 41.42
John Bampton 43.26
Mark Finch 44.04
David Hood 44.29
Barry Bright 45.40
Russell Burnham 46.06
Val Desborough 48.37
Terry Long 48.36
Holly Suckling 48.50
Eamonn Brady 49.49
Shaun McGrath 49.49
Dolores Hamill 53.36
Ailsa Clarke 53.56
Peter Pritchard 55.29
Marie Motley 56.15
Eunice Nopondo 59.17

Sue Stout 68.43

**12 May 2012- Sandstone Trail Race
33m**

Lawrence Eccles 5hrs 29min

12 May 2012 - Princes Parkrun 5km

Martin Swensson 17:07
David Quinn 19:36
Simon Birtles 19:45
Craig Hawley 22:28
Mark Thomas 23:02
Chris Whelton 23:08
Joe McGlynn 23:12
Andrew Stansfield 30:13

**10 May 2012 - Mobberley Round
the Runway Race - Multi-Terrain
5.3 Miles**

Keith Boyle 43.29

7 May 2012 - Waterloo 15k

Nigel Grant 58:53
Paul Riley 1.00.40
Marty Hirrell 1.04.55
Steve Pemberton 1.09.35
John Bampton 1.09:53
Russell Burnham 1.13.37
Dave Lynan 1.14.29
Mark Thomas 1:16.44
Eunice Nopondo 1.33.40
Marie Motley 1.33.41

**Sunday 6 May 2012 - Mens
Liverpool 10k**

James McNally 33.51 (3rd)
Tim Fletcher 38.17
Derek Ashcroft 39.02 1st V55
Ian Russell 40.32 2nd V45
Paul Brady 42.36 3rd V40
Tim Warn 43.27 1st V60
Mark Finch 44.08 3rd V45
Andy Cantwell 48.48
Eamonn Brady 48.52
Terry Long 49.02

**6 May 2012 - Womens Liverpool
10k**

Fiona Milne 42.12 pb
Sarah Hodgson 42.59 pb 2nd FV35
Sue Cain 43.31 1st FV55
Emma Kearney 44.23 pb
Michelle Cobourn 45.46 pb
Kate MacFarlane 45.53
Naomi Fowles 47.22
Val Desborough 48.23 2nd FV50
Myka Heard 50.56 pb
Louise Warn 51.29
Jennifer Waring 51.49
Anne Kavanagh 51.49
Rebecca Price 56.13 pb
Alexandra Morton 58.18 pb
Sue Stout 1.10.56
Elizabeth Loughrey 1.12.14
Cath Nevin 1.44.02

6 May 2012 - Womens 5k

Alice Spooner 23.55 (3rd)

**5 May 2012 - Llangynhafal Loop
Fell Race 4.75m/1750ft**

(Denbighshire)

Tony Man 1:00:42
Gill Darby 1:00:49
3rd Lady

5 May 2012 - Coniston Fell Face

14km/1065m
Lawrence Eccles 1h34:31 (66th)

1 May 2012 - Mystery 5k (1/5)

James McNally 16:00 CLUB
RECORD!!!

Kieran Birrell 17:50
Tim Fletcher 17:52
Nigel Grant 17:57
Dave Lovatt 18:50
Marty Hirrell 19:14
Ian Russell 19:16
Ste McNicholas 19:24
Simon Birtles 19:37
Steve Maguire 19:45
Neil Wilcock 19:50
Andy Keeley 20:04
Steve Pemberton 20:19
Tony Man 20:23
Gary Whitfield 20:31
Paul Brady 20:44
Rob Hardwick 20:59
Mark Finch 21:13
Tim Warn 21:18
John Jensen 21:41
Graham Hussey 21:47
Emma Kearney 22:03
Mike Roxburgh 22:11
Mark Thomas 22:12
Barry Bright 22:25
Cristina Puccini 22:25
Tommy Wilcock 22:29
Michelle Cobourn 22:32
Billy Taylor 22:41
Ceredig Cattanach-Chell 22:44
Holly Suckling 23:18
Val Desborough 23:24
Andy Cantwell 23:39
Shaun McGrath 23:42
Gill Darby 23:47
John Kelly 23:49
Scot Morton 23:54
Myka Heard 24:12
Judith Dyer 24:29
Alisa Clarke 25:17
Michelle Kelly 26:51
Peter Pritchard 27:00
Rebecca Price 27:00
Andrew Stansfield 33:43
Sue Stout 37:10

Stato's report

by Andy Keeley

For this month's report I have decided to list the top 20 age corrected times so that you can see who has started off the season in the best relative form.

Ladies

2012 Age Corrected Seasons Best Times (based on times reported on the forum)

02/07/2012

Ranking	5k	Name	5m	Name	10k	Name	10m	Name	Half Marathon	Name	Marathon	Name
1	0:19:29	S Bullcock	0:32:00	M Kelly	0:36:03	S Cain	1:21:53	M Cobourn	1:38:44	E Kearney	3:32:31	V Desborough
2	0:19:40	V Desborough	0:32:49	V Desborough	0:40:57	V Desborough	1:37:55	L Holden	1:42:44	A Kavanagh	0:00:00	None
3	0:20:28	C Puccini	0:33:33	F Milne	0:42:04	E Loughrey	0:00:00	None	1:43:11	J Dyer	0:00:00	None
4	0:20:35	G Darby	0:33:35	G Darby	0:42:12	F Milne	0:00:00	None	1:46:26	M Cobourn	0:00:00	None
5	0:21:11	E Kearney	0:34:18	C Puccini	0:42:52	S Hodgson	0:00:00	None	0:00:00	None	0:00:00	None
6	0:21:48	J Eardley	0:35:37	E Kearney	0:42:55	G Darby	0:00:00	None	0:00:00	None	0:00:00	None
7	0:21:51	M Kelly	0:35:43	M Kelly	0:43:02	N Fowis	0:00:00	None	0:00:00	None	0:00:00	None
8	0:22:06	M Heard	0:35:48	J Dyer	0:43:35	E Kearney	0:00:00	None	0:00:00	None	0:00:00	None
9	0:22:09	A Spooner	0:36:05	M Heard	0:45:46	M Cobourn	0:00:00	None	0:00:00	None	0:00:00	None
10	0:22:10	J Dyer	0:36:48	J Eardley	0:45:53	K MacFarlane	0:00:00	None	0:00:00	None	0:00:00	None
11	0:22:32	M Cobourn	0:38:28	M Motley	0:46:10	M Heard	0:00:00	None	0:00:00	None	0:00:00	None
12	0:23:18	H Suckling	0:39:34	E Darby	0:46:23	A Kavanagh	0:00:00	None	0:00:00	None	0:00:00	None
13	0:24:49	R Rick	0:41:20	L Wam	0:46:52	J Dyer	0:00:00	None	0:00:00	None	0:00:00	None
14	0:25:17	A Clarke	0:44:00	R Price	0:48:46	E Lynan	0:00:00	None	0:00:00	None	0:00:00	None
15	0:25:29	C O'Callaghan	0:45:11	J Horton	0:48:50	H Suckling	0:00:00	None	0:00:00	None	0:00:00	None
16	0:27:00	R Price	0:48:54	R Fisher	0:48:50	D Jaquest	0:00:00	None	0:00:00	None	0:00:00	None
17	0:35:24	S Stout	0:52:20	S Stout	0:49:46	J Roberts	0:00:00	None	0:00:00	None	0:00:00	None
18	0:00:00	None	0:00:00	None	0:49:49	M Motley	0:00:00	None	0:00:00	None	0:00:00	None
19	0:00:00	None	0:00:00	None	0:50:27	L Wam	0:00:00	None	0:00:00	None	0:00:00	None
20	0:00:00	None	0:00:00	None	0:51:06	A Deane	0:00:00	None	0:00:00	None	0:00:00	None

Gentlemen

2012 Seasons Age Corrected Best Times (based on times reported on the forum)

02/07/2012

Ranking	5k	Name	5m	Name	10k	Name	10m	Name	Half Marathon	Name	Marathon	Name
1	0:15:32	D Ashcroft	0:26:36	M Swensson	0:33:02	D Ashcroft	1:01:01	S McNicholas	1:22:01	J Kennett	2:37:10	M Swensson
2	0:15:55	M Swensson	0:26:41	N Grant	0:33:11	J McNally	1:07:48	T Long	1:24:20	P Riley	3:03:11	P Riley
3	0:16:00	J McNally	0:26:44	D Ashcroft	0:33:27	M Swensson	1:08:41	P Brady	1:31:28	C Hawley	3:04:24	J Connolly
4	0:16:09	N Grant	0:27:59	T Wam	0:35:05	T Wam	1:12:47	E Brady	1:36:46	G Hussey	3:13:45	D Connolly
5	0:16:25	D Lovatt	0:28:21	S Pemberton	0:35:31	P Riley	1:12:25	E Dawick	1:41:22	J Jensen	3:13:45	L Easthope
6	0:16:39	S Pemberton	0:28:47	J Connolly	0:35:52	J Connolly	0:00:00	None	1:41:31	M Roberts	3:21:15	R Collins
7	0:16:52	J Connolly	0:28:59	I Russell	0:36:29	I Russell	0:00:00	None	1:43:53	D Lynsam	3:24:48	M Finch
8	0:17:07	T Wam	0:29:10	P Riley	0:36:39	A Keeley	0:00:00	None	1:47:33	A Leslie	3:25:42	G Halsall
9	0:17:16	S McNicholas	0:29:23	A Keeley	0:36:47	S McNicholas	0:00:00	None	1:50:13	D Mangan	3:28:17	C Dobbs
10	0:17:29	I Russell	0:29:29	S McNicholas	0:37:07	S Pemberton	0:00:00	None	1:50:15	M Roxburgh	3:52:12	R Houston
11	0:17:38	P Riley	0:30:00	T Fletcher	0:37:31	M Devereux	0:00:00	None	1:50:41	J Canter	4:16:10	R Burnham
12	0:17:43	M Hirrell	0:31:07	T Hewitson	0:38:00	G Beardsmore	0:00:00	None	1:51:27	S Morton	4:20:00	A Gidman
13	0:17:50	K Birrell	0:31:25	S Omar	0:38:03	M Hirrell	0:00:00	None	1:51:27	M Murphy	4:25:58	K Boyle
14	0:17:52	T Fletcher	0:31:28	D Pinnington	0:38:15	T Fletcher	0:00:00	None	1:58:48	J Urschitz	0:00:00	None
15	0:17:55	A Keeley	0:31:38	P Brady	0:38:33	P Chivers	0:00:00	None	2:06:54	A Whalley	0:00:00	None
16	0:18:31	C Hawley	0:32:03	B Bright	0:38:38	M Finch	0:00:00	None	0:00:00	None	0:00:00	None
17	0:18:35	T Wilcock	0:32:42	D Connolly	0:39:06	C Langton	0:00:00	None	0:00:00	None	0:00:00	None
18	0:18:59	M Finch	0:33:02	G Halsall	0:39:27	D Cain	0:00:00	None	0:00:00	None	0:00:00	None
19	0:19:00	G Whitfield	0:33:20	P Pritchard	0:39:30	P Brady	0:00:00	None	0:00:00	None	0:00:00	None
20	0:19:04	T Man	0:33:32	T Long	0:39:52	R Collins	0:00:00	None	0:00:00	None	0:00:00	None

Club Records

There have been some sparkling performances in the first 2 months of this season with 3 Open Club records being broken. The club records name the 5 fastest runners at each distance for a given age group.

James McNally set a **new club record** at the Mystery 5k in May and also finished 3rd in the race. He also set a new 2nd fastest time for 10k at Salford.

Martin Swensson set a **new club record** at 5m at Walton Park and improved his 10k time at Salford and is now the 3rd fastest at that distance. Following this he then set a **new club record** for the Marathon at London.

Derek Ashcroft set a **new M55 record** at 5k at Christleton.

Fiona Milne is now the 4th fastest over 5m in the Open age group after her performance at Birkenhead Park. She is also now the 3rd fastest over 10k after her performance in the Women's 10k.

Sarah Hodgson set a new 2nd fastest time at 10k in the F35 age group in the Women's 10k.

Emma Kearney set a new 4th fastest time at 10k for the F35s at the Women's 10k and followed this up with a 2nd fastest time Half Marathon at Chester.

Cristina Puccini set a new 3rd fastest time at 5k for the F45s and followed that up with a 4th fastest time for the age group at Walton Park.

Naomi Fowles set a new 5th fastest time for 10k for the F45s at Aintree.

Val Desborough set a new 3rd fastest time at 5k for the F50 age group at the Mystery.

Sue Cain posted a **new F55 record** for 10k at Moorclose.

Eileen Burke is now the 3rd fastest half marathoner in the F60 age group after her performance at Liverpool.

Val Desborough became the 5th fastest at 10m in the F50 age group after her performance at the Stockport 10.

The View from the Back: Free runs

by Rachel Rick

Every Saturday morning, lots of people get up extra early to go and organise free parkruns all over the country – indeed, all over the world. There are also other free running events in Liverpool – the Halewood 5k, now a monthly rather than weekly event – is run on similar lines. Why do people do it?

I think the teams that run such events do show enormous commitment to giving something back to a sport they love. It's always wonderful watching the front runners finish, but even more so those who come along every week and make progress. Such determination is even more inspiring, I think. These people often apologise as they cross the line, for being behind everyone else, but their sheer bloody-mindedness is fantastic!

These events attract people from all walks (or runs!) of life – from the club runners wearing vests to people running

with small children, and those who are just starting to run.

I think Princes Park has also benefited enormously – other park users are pretty tolerant – the runners are gone by 10am, they don't disturb people fishing, and dog walkers are used to them by now. The same can't be said of Sefton Park, when that is used! Many parkrunners have helped out at bulb planting, rubbish picking and other activities to help the park. I had never been in Princes Park before running through it on the Half Marathon in 2011; now I'm there every week.

As with all events, regular volunteers form a team. It's quite strange running parkrun after volunteering for a while.

Volunteering at events such as this is also a way of keeping in touch for the halt and the lame! There are lots of people who volunteer whilst injured.

This is a great way to keep in touch with everyone and with the sport. People have different ways of coping with injury. Some prefer to drop out of sight, others prefer to keep in the pattern of running even when they can't do it. I know it's somewhere too where I will get a sympathetic question every now and then – even if the kindly soul who asked how the injury is healing may live to regret it several hours later when I'm still bleating on about it! No-one understands the impact of an injury like a fellow runner!

So, long may these runs continue. It seems a contradiction, but the lack of commitment from runners – you only need turn up, after all – appears to inspire great loyalty and commitment. I for one have been very grateful to parkrun and the Halewood 5k over the past year – long may they continue!

**The
Striding
Report**
A newsletter
for Readers
of all
abilities

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