

All together now! All Club session at Clarkes Gardens 1st July 2014



PROBABLY LIVERPOOL'S PREMIER RUNNING CLUB NEWSLETTER

From the Editor

I'm in an odd mood at the moment. I know what it is: that lull after I come to the end of a long project. Both body and brain need down time, I try to do the sensible thing and give it to them but after a couple of days I feel so restless.

I thought I'd planned well enough for it this time: a couple of weeks' holiday, a few bike rides when I got back, a bit of swimming. Trouble is I've yet to master the art of glorious inactivity – I get bored and agitated doing nothing; I swear I came back from my hols more tired than when I left - and as soon as I got back on that sodding bike I remembered why I only bother it when I'm injured. Oh. My. Lord. It is the most *tedious* activity on the planet! The only thing that saves it is when you can go slow enough to have a chat. There, I've said it now. I only ever took it up to impress my dad and for all the good it's done I may as well have gone for stamp collecting.

It's interesting though. How I feel after I've done something difficult, that is. All the fears of inadequacy, the long list of things that could (and sometimes did) go wrong, the tantrums, the days when I was wondering what had possessed me to even consider it in the first place - all gone, just like that. Forgotten it seems, because of course now Project X has come and gone like everything always does and I'm left wondering why I was so worried about it. And I keep on staring at the recovery schedule I wrote out like it's some sort of bizarre punishment when I know full well it's exactly what I should be doing. Like Mrs Doyle, maybe I like the misery.

Suggestions as always to thestriddingreport@gmail.com

News

Martin Swensson sets new club marathon record in Manchester, an incredible 2h32'19"!

MCTC season rolls on and race no. 4 Man v Horse took place on Saturday 14 June, with Simone Capponi romping home in first place for the Pennies.

A number of Striders are set to take to the streets for the 2nd Tour of Merseyside. A full report will follow in the September edition of The Striding Report.

July is a busy month for races, first of all with race no. 5 of the MTCT, the Bollington Nostalgia, on Sunday 13.

Hot on its heels is the latest instalment of the Mersey Grand Prix, the ever popular Sefton Park 5 miler on Wednesday 16.

Keep Sunday 20th free! Calling all Striders to marshal, help, cheer and generally make everyone welcome at the annual Penny Lane Striders 10k race; this year it will once again take place at Otterspool from the Riversdale Police Club. Let Race Director Michelle Coburn have your details and she'll find you a job for the day. It's a very popular event and good publicity for the club.

Wednesday 23 July sees race no 6 of the MCTC calendar at Harrock Hill, a variation of the Parbold Hill route and one where you are liable to win a box of assorted vegetables!

More MCTC action on Saturday 16 August at Race the Train in Tywyn.

On the same day the annual Summer Barbecue will take place from 14:00 at the Aigburth Peoples Hall.

The Striding Report

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Membership News

by Christopher Lee

Once bitten always a Strider! Oh COME ON what am I supposed to say when he's got a name like that.

So this is it – the introducing myself as Membership Secretary piece.

It all started in January 2012. I had noticed that despite the weekly 5-a-side football games my midriff was starting to gain a comfy spread and I decided that something needed to be done. And so after a quick trip to Sports Direct (other sports shops are available) and the purchase of some cheap running gear I stepped boldly out of my front door and my life as a runner began.

Twenty minutes later I returned a sweating, broken shadow of the man I thought I was. I could barely manage five minutes without stopping and couldn't believe that I was so unfit despite my weekly football. But I had been bitten. Week after week passed and five minutes turned into ten minutes, which turned into fifteen and so on. I signed up for my first race, the Tunnel 10k (how many of us have done that as our first race?!) and decided to raise money in memory of my Dad.

Four months later the day came and I was nervous beyond belief. What if I was too slow? What if I couldn't finish? What if I went the wrong way? As it turned out it was an amazing experience. I dragged myself across the finishing line (I seem to remember Rob Bruchez-Corbett getting some fetching photos of me looking like I was about collapse/throw up) but the feeling was immense. I had completed it and I had a shiny medal and t-shirt to boot!

Another 10k followed in Chester and then one day my wife came home and said her manager had suggested I try their running club. The manager was Eunice and the club was Penny Lane Striders. At the end of August 2012 I took the step and went down to the club. The first weeks were hard and a real learning curve in terms of training. I saw the Group 1 runners as this magical elite that sped off into the distance while I plodded along at the back of my group and wondered how they did it.

That was just under two years ago now and if you had told me that I would go on to run three half marathons, multiple 10ks, 5 milers and 5ks and make the gradual progression up to join those runners in Group 1 I would never have believed you.

And the point of this brief running autobiography? It's for all the new members reading this or those of you just browsing through our website wondering whether to join. Yes, it will feel like a big scary step the first time you go down to the club and feel uncomfortable because you don't know anyone and they all look like 'proper' runners. Yes, those first sessions will

hurt and make you wonder if you have it in you. Yes, you will do funny walks and amuse

everyone in your work as your calves get used to working like they never worked before. BUT it will be worth it! We have all been there – all those 'proper' runners were there too at one time or another in their running careers and we all had those fears and doubts. But the sense of achievement, the friendships you make and the enjoyment you will have from running regularly will make it all worthwhile. So feel that fear and take that first stride anyway – you won't regret it!

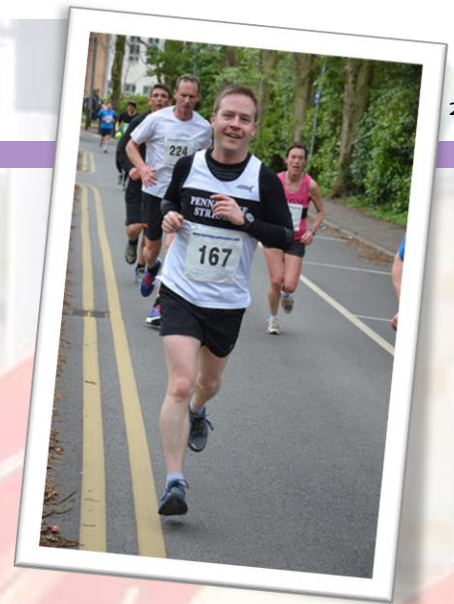
In time honoured tradition I also want to take this chance to pay tribute to and thank my predecessor, Mike Roxburgh. His hard work and dedication in this role over the past two years has led to an ever increasing club membership and will be something for me to work hard to live up to. He leaves this role with club membership in a very healthy state - a great testament to his hard work, particularly over the past 12 months. (I also need to credit him with the basis of this piece from his own introductory notes – why change perfection?!)

But fear not, the Membership Fairy has not stepped away from helping the Club. In fact the complete opposite – Mike is now the Chairman of the Committee and I'm sure will drive us further forward in the years to come.

As for me the Tour of Merseyside and 52 miles in a week looms. Until next time...

pennylanestridders@btinternet.com

Follow the club on Facebook and Twitter:
@TeamPLS1985



Strider of the Month: Cristina Puccini

By Rachel Rick

What does an accountant's husband ask his wife when he can't get to sleep? "Tell me about your day, dear."

When and why did you start running? My parents didn't want me to get a proper job because I should marry and do lots of dusting, but I don't like dusting so I ran to the station as fast as my little legs would carry me. That was in 1987. Actually no, come to think of it the first time I had a proper run was 1978 at the cross country school races at the park of Le Cascine.



Downtown Faenza.
My cousin was well impressed

Lately I've noticed half marathons are strangely more difficult and unsatisfactory than anything else but it could just be because I don't train for them properly and I hardly ever try one.

Why did you choose Penny Lane? Initially it never occurred to me to join a club. I took up running regularly when I entered the Paris marathon in 2008 and it was hard enough following all these training plans I'd found on the internet without having to deal with humans as well. Then I met Paul Riley at a salsa club. He kept on saying Penny Lane were all nice people. God knows why he thought that would be an incentive for I am very grumpy and like being on my own or with a couple other creatures at most. However when I came down to try no-one seemed to mind that so I decided you were indeed very nice people even when there were lots of you all in one place.

How long have you been with us? Since the end of summer 2008. I did say you were good people. And patient, at that.

What is your favourite bit of equipment and why? Contact lenses. There are other things like gloves in winter but contacts are the best thing ever. Much to my surprise a couple of years ago I decided I liked running off road (which if you've known me for longer you'll know it's the great cosmic joke), only I couldn't see where I was putting my feet and kept on falling over things and running into trees, which was a nuisance. Eventually Maria Kelly suggested I try

Dusting was only a vague threat on the horizon at that stage so I went back home afterwards.

What is your favourite distance and why? The marathon. No matter where you are along the ability spectrum it is a true test of physical and mental strength. Anything shorter or longer gives you plenty of places to hide, she however does not and for that has my utmost respect.

What is your least favourite and why? Not sure. If I have to be honest I don't like any distance when I'm having a proper go because they all hurt somewhere different.

contacts. With my new eyes I was reborn, although they haven't stopped me from falling over coming down Snowdon yet.

You're halfway through a race, having a bad day and feel like giving up. What makes you push on to the end? I pretend there's someone waiting for me at the end. If that doesn't work I remind myself of the time I did drop out of a race at the furthest possible point from the start and the ensuing palaver getting back there.

What's your favourite training session/run/route I love going out to Wales. I have the time, it's not much of a drive and the paths are fantastic. I don't get lost there any more so I find it quite a relaxing place to run around, with no fumes from vehicles and just the odd sheep or walker here and there. I also have a favourite route around south Liverpool that I use for progression runs. It's got just the right mixture of flat and slight inclines to make it the perfect ground for marathon training.

What achievement are you most proud of? Qualifying as an accountant. When I was at school we were advised I should steer as far away from numbers as possible, most probably because my maths teacher hadn't yet found her real calling. Anyway I didn't care because I wanted to be an interpreter, whilst my folks were convinced I'd come to my senses and get on with the ironing soon enough so we all went along with the advice. Then I got to Liverpool and jobs for wannabe interpreters were thin on the ground. Going back to doing maths as an adult was one of the hardest things I've ever done and I'm well proud of it.

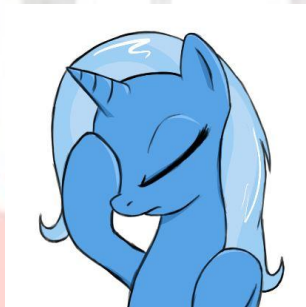
What is your favourite race and why? 100Km del Passatore. I'd wanted to run it from as far as I can remember, and yes that means the 70s. It took me a long time to get round to it because I never thought people like me could manage that sort of thing (which is clearly bollocks) so don't delay and try a long race maybe not today but after a suitable period of training – it's great. I like this one because starts in my home town, goes through my mother's and countless other places from when summers last forever and, let's face it, I couldn't wait to get back to Florence and civilisation. A day spent along there is ideal though. Any longer and I start twitching but they feed you every 5Km and when I ran it for the 2nd time this year I did a lot of it on *pane e Nutella*, which seemed a good idea at first but as a nutritional strategy probably needs refining.



South Downs Way finish. Still reasonably upright; unicorns and rainbows are just out of shot

What is your best running memory? Can I have two? [Of course you can – Ed] Because up to a couple of weeks ago it would have been without question my 2nd marathon. It was a fantastic day; my first attempt had been a complete disaster and when I tried again all the planets did their

thing and I was buzzing for *weeks* off my world record beating performance. Then the other week I did 100 miles all in one go and although you know you have trained forever and are going to do it come what may, it's still magical when it happens. I have this thing when I think "I've never run this far before" and it's all unicorns and rainbows and glitter dust. Only this time I sort of thought about it once when I was feeling dizzy and couldn't breathe because I was trying to jog up a hill after downing a plate of spag bol, and the second time hours later, in the middle of nowhere in the dark when I couldn't make myself run cos I'd managed to vomit everything I'd consumed at the last food stop. The unicorns were maintaining a safe distance at that point but Lawrence Eccles, who is the best pacer in the known universe, opened gates and gave me more sugar tablets and wouldn't you believe it Eastbourne was just



Milky tea after a shedful of salt?
sigh

round the corner. Sort of.

Tell us something we don't know about you. Ok, this is where you get to say something clever and feel like Eddie Izzard. Sadly the only two suitable things I had up my sleeve have already been used by others which immediately makes them both boring and clearly not as quirky as I first imagined. Also anyone who's been on a run with me likely got my life story, so this is possibly the only remaining true fact I can share, although it is neither big nor clever. I was drunk for most of 1996.

A 100 miles in one day is a great achievement, but you have done that now; what's next?

I usually go for a run around Sefton Park on Christmas morning, mostly to take my mind off the horrors that lie ahead. This year I'm hoping to get a whole lap of the park without anyone saying either Good Morning or Happy Christmas. I've been trying for years and not managed it yet.

Tunnel 10k

By Sam Kenny

A race report with a difference - proof that you should always be ready to expect the unexpected

Being a relative newcomer to Liverpool I had never heard of the Mersey Tunnel 10k until I noticed a banner above the entrance to the Kingsway Tunnel one day. I was instantly excited at the prospect. Any race with an unusual twist has got to be worth trying.

"I really want to run that!" I announced to my family, who all shook their heads at my sorry compulsion and said things like, "won't it smell awful in there... and be claustrophobic... and be full of car fumes... and probably really bad for you etc etc." Undaunted I signed up.

A few days before, I mentioned the race to people at work and added that I hoped the weather would be fine. "You'll be under a tunnel," they said jokily, "It won't matter if it's raining!" but a quick check on the internet told me that the tunnel itself is only one and a half miles (2.4km) long.

On the morning of the race, 2,800 runners huddled together on Blackstock Street waiting for the start. I was so far back that I couldn't even see the start and I wondered whether I'd even know when to press start on my Garmin. Of course I later realised that my favourite gadget wouldn't work under the tunnel so it didn't really matter.

The crowd began to creep forwards. A shuffle became a walk, which turned into a jog, until finally we were off! It felt so strange to be running along this familiar piece of road with the thunder of footsteps replacing the roar of engines and the

occasional cry of "oggy, oggy, oggy" echoing in the distance.

The descent seemed to go on forever. It made the running feel deceptively easy. Gravity was my friend, making light work of the running as I ran down into the Kingsway Tunnel but the illusion of ease was over all too soon as the tarmac levelled and gravity took back its wings. Suddenly I felt heavy and hot. It was crowded and claustrophobic and I couldn't wait to get out. But first there was the long, slow incline to tackle as I



Sam making it look very easy indeed at the Rhyll marathon

headed towards the lovely little patch of light that was the exit.

I was longing for fresh air. The climb continued. I was so hot I remember wishing I could take my hair off like a wig. For a moment I found myself envying a bald guy running in front of me. And then finally, we were out into a refreshing breeze, blue sky and sunshine. There was another short but steep incline before we reached the flat road through Seacombe and on to the promenade.

There was a distinct lack of sea breeze on the shade-less prom and I was aware that some runners were struggling; quite a few people were walking. I'd passed the 8k-point and was comforting myself with thoughts of the finish line ahead. But it was at this point that I spotted one of my friends sitting down at the side of the path being attended to by St John's Ambulance. I ran over to check on her and found that she was quite unwell, so I decided to stay and my race ended there. Although I didn't know at the time, she had collapsed with exhaustion and dehydration. Thankfully she made a quick and full recovery.

It had turned out to be an eventful race. I had certainly not anticipated crossing the finishing line in a St John's Ambulance, but then who does? Later I learned that some other PLS runners had added twenty minutes or so to their time by taking care of another runner who'd collapsed at around the 8k mark. So although I suspect the high temperature put paid to many a PB aspiration on this occasion, I know others who were undaunted by the heat and ran really well. Either way, it is still a unique race with a unique challenge and one that I will definitely run again.



Dale Higham

To most of you the past few months have been business as usual. For those of us on the committee there have been a few changes. Three long standing committee members have decided to call time and pass on the baton.

I would like to thank Mike Devereux, Eunice Nopondo and Chris Carson who have all served the club so well over the years behind the scenes and they leave the club in great shape. At the same time I would like to welcome Chris Lee, Emma Kearney and Eamon Brady on board

While committee members have been shuffling the pack the rest of the club have been out training and racing or trying and succeeding to get our money's worth out of the bar on honeymoon. So here is a roundup of notable performances since the last instalment.

May kicked off with the spring 10k. John Connolly won the vet 40 got a pb and a new penny lane vet 40 record which is a decent days work. Nigel Grant won the vet 50 and Rob B C, Jerome Doyle, John Jensen, Mal Taylor, Billy Sergesson, Tim Jones all PB'd. Nigel got up to 4th in the club v50 records with his run at the Birkenhead 5m. At the Merseyvend Daniel O'Connell, Andy Leslie and Andy Biddle got PB's. So did John Jensen at port sunlight 10k.

Neil Bullock won his age category at Thurstaston trail race. Not to be outdone Lawrence Eccles finished 3rd in the 120 km fiesta trail race which includes 6000m of ascent.

The Walton 5 miler was popular with PB's for John Toft, Mark Littlefield, Mike Rox. Ste Pemberton and Mike Sharkey picked up age cat wins. Christleton 5k saw PB's for Ste Maguire and John Connolly whose time set a new v40 club record. The same weekend Lawrence was setting a new pb for 100km at Del Passatore.

The club was well represented at the RnR half and full maras and despite the fact it was not a classic PB course Tim Jones, Greg Hocking, Andy Cantwell, Dan Connell and Richard Thorpe at the full and Chris Lee, Rob B C at the half all PB'd. Unconfirmed reports that Greg and Andy crossed the line holding hands may or may not be true.

Martin won the Bowden 5k. Mike Rox got another pb at the Blackpool 10 miler.

June started with PB's for Richard Thorpe and Andy Cantwell (who was not holding hands this time) at the Merseyvend 5k. Andy Keeley who is showing us all that your running career starts at 50 picked up a pb 39:11 at the tunnel 10k. Lawrence can't get enough of running up mountains, 7th and 10th place sat, and sun at the Lowe alpine mountain marathon. Eamon and Oz ran the length of Hadrian's Wall, a mere 72 miles.

At sport in the port 10k Mike Dev picked up the v60 prize. Andy Keeley got up to 4th in the club v50 records with his run at the mystery 5k. Another 5k win for martin at Hollins green in a PB equalling 15:59. Followed later that week by 15:59 again at the Dunham Massey 5k.

Lawrence Hot footed it up Moel Famau finishing 3rd overall. At the Warrington 10k Andy Leslie showed a dodgy Beard is no obstacle to fast running getting his coveted g1 time of 40:59. I can confirm no officials were paid to tale 2 seconds off. Mike Dev got yet another age cat win. Nigel Grant recorded a new 3rd place in the vet 50 records with a speedy 37:24 at Arley hall

Last but not least martin clinched the North Cheshire 5k grand prix at the Lymm 5k, fantastic for him and the club.

Captain's Log

We have sprung into the new season just as we finished

the previous one, with a flurry of races, PB's and both individual and team glory both at home and abroad.



Jane Hallows

Steph Bullock, our PLS representative down under, set a PB in the Sydney 10k. Liz Simpson was second FV65 in the Spring 10k and set a FV65 record in the Merseyvend 5k in the same month. We had over 20 ladies in this event, a great turn out. Emma Kearney has been breaking records too, she moves to third fastest FV35 over 5k and then set the fifth fastest 5m record at Walton Park (another mass participation here by team PLS too). Well done also to Jo Sutherland and Kathryn Sharkey who got PB's in the Warrington 10k, and Oonagh sneaking in a 5 mile PB too.

The first Liverpool Rock n Roll half and marathon made its debut in May with many in the black and white vests taking part. Sarah Hodgson made her marathon come back and was first home for the girls in a PB time of 3:32.49 and Michelle King was first home in the half with a PB of 1:38.59. Well done to all who took part on a tough course in really warm conditions. I really enjoyed riding around the course cheering you on (some of those 'bands' were not exactly 'live' though!)

It was great to see a host of new faces taking part in the first two Mystery 5k events. We had around 50 runners in both races (I had to remind myself that this is not a Penny Lane event, it just always looks that way!) We were out in force for the tunnel 10k too achieving second place in the team event, a great result in another high profile local race.

We kicked off the multi terrain championship at Thurstaston and then the annual pilgrimage to Llanwrtyd Wells for Man v Horse. Maria made her post baby racing come back in the team event at MvH, along with Neil and Rob. They finished in 10th place with baby Martha making her debut as team manager. The next multi-terrain race is Bollington, check these fixtures out on the web page as they are really good fun and a chance to do something different in some amazing countryside.

In a blast from the past (this race was really popular when I first joined PLS – am I sounding old?) Gill Darby took part in the Tattenhall Tough Team race, Rob and Tony completed the team racing around the Cheshire country side together on a Friday evening. Just ask Gill about the railway line! Could be one for a club night out next year, it is a rare chance to run as team of three and it finishes at the local Cricket club with beer and cakes.

Members have taken part in some amazing (or should that be mad?) events recently, Cristina and Lawrence completed 13 laps at the Conti-Lightning 12 hour challenge, coming 3rd in the mixed pairs. This was good training for Cristina to participate in the Excalibur mountain marathon where finishing in 3rd place gained her a bottle of beer! Then came her PB in the 100k Del Passatore race, finishing in 11 hours 55 minutes and 58 seconds, the finale was the South Downs Way 100 mile trail marathon on the south coast, this took 23 hours 14 minutes (I'm shattered typing it, take a bow editor!!) Not to be out done in the madness, Claire Stanistreet (and our Eamonn) have just completed the Hadrian's Wall race, 70 miles of fun in the sun.

Well, whether it's an ultra or your first 5k keep up the good work, happy running.

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

Marathon training: things I've learned the hard way

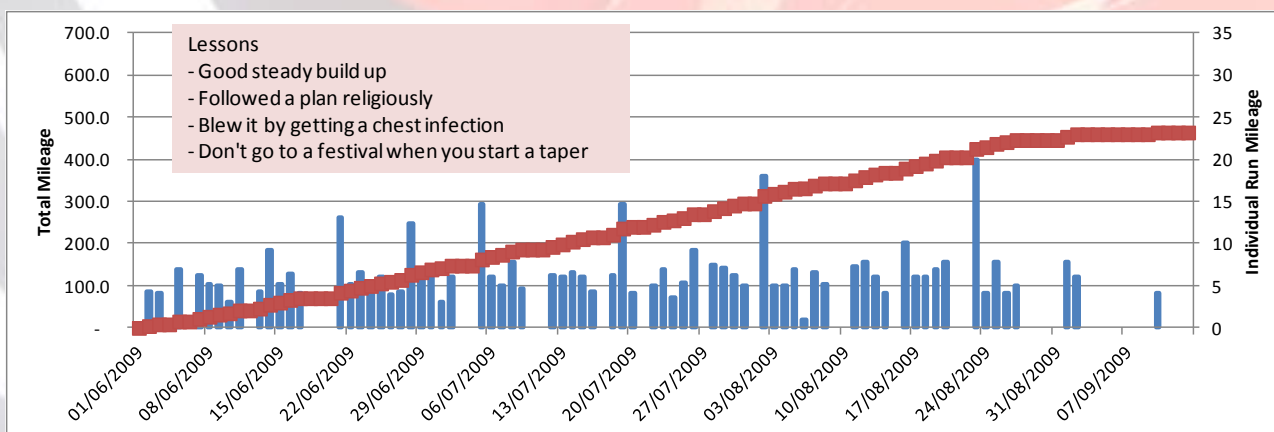
By Andy Keeley

I have trained for 6 marathons and run 3, which is not the greatest strike rate. Getting to the start line is one of the biggest hurdles to running a marathon and I have had a few trials and tribulations along the road to the marathon start line. I am sure there will be many who can spot the obvious flaws in my attempts but I shall put them up warts and all. My preparations have generally followed a plan but have been adapted to fit into work and home life.

Attempt No. 1 – failure

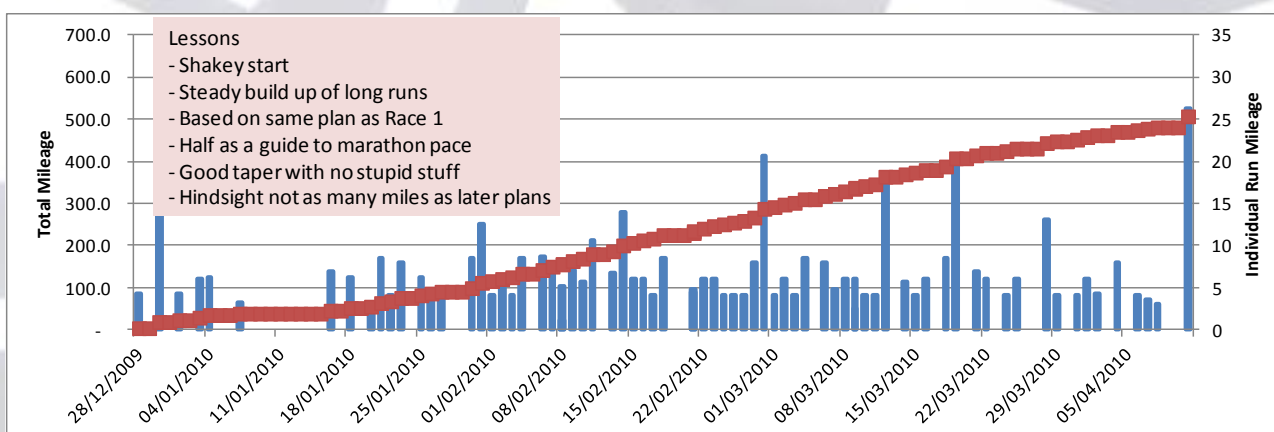
Anyway back in 2009 having been a member of Penny Lane Striders for a few years in a fairly passive way I finally got seriously bitten by the running bug and after a good series of spring races my thoughts turned to running a marathon. Why not give it a go and see what I could do. So as a novice I started off with a plan from Runners World for a 3:00-3:30 hour marathon. The first one was approached with religious fervour with runs completed as prescribed by the plan. The only glitch was 3 days off for an insect bite, which caused by leg and foot to swell up. Even during a holiday in Corfu I still went out for every prescribed run, even baking myself during an 18 mile morning run. All was going well with my last (and only) 20 mile run completed and the taper starting. So off to the Reading festival for 3 days of sleep deprivation and general jollity didn't seem out of order as the hard work had all been done. Obviously after all that build up I was not as robust as I thought and a week after the festival I came down with a bad chest infection that completely wiped me out. End result no running for nearly 3 weeks. A total disaster.

Lesson learnt: Look after yourself during the taper not just during the build up.



Attempt No. 2 – Blackpool Marathon

Right so after that it was back to square one and the focus turned to a 2010 spring marathon. Having completed the training the summer before I was more confident I could complete the marathon and approached it with renewed focus. Also winter training seemed better as you were not giving up family time to the same extent as training through a summer. The training didn't start too well with snow and then a calf strain putting me out of action for 10 days. I followed the same plan as previously but after talking to people in the club I increased my number of long runs with two over 20 miles and one of 18 miles. At the start I had targeted under 3:30 but as the training went on I grew in confidence and thought maybe I could go a bit quicker. The Liverpool Half Marathon was my benchmark race and based on that changed my target to sub 3:15. This was based on doubling your half time and adding 10%. I was paranoid during the taper and managed to make race day without doing anything stupid. The race went well and a time of 3:11 was amazingly only 9 seconds out compared to the half marathon predicted time.



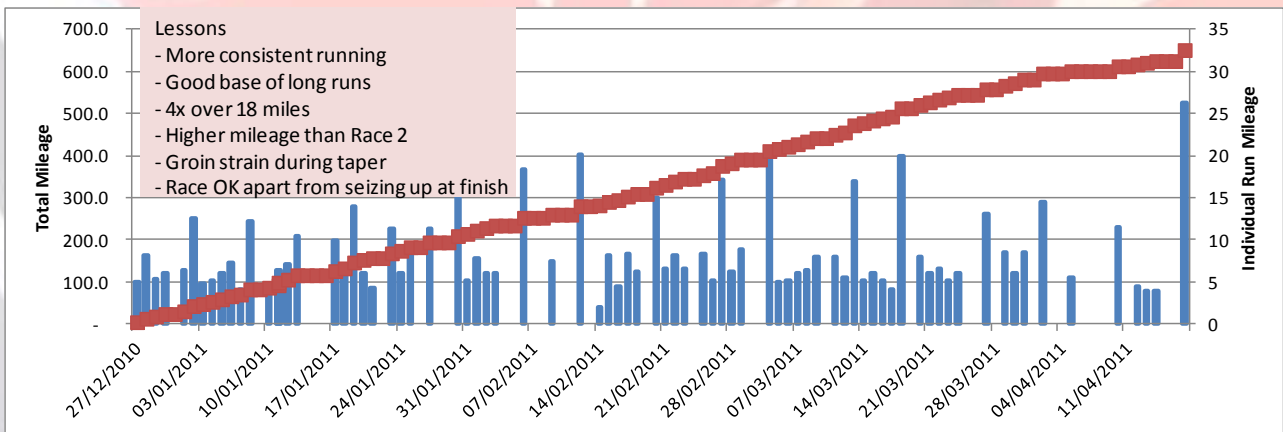


Success in London!

Attempt No. 3 – London Marathon

The next attempt the following year was from a more solid base of long runs. I was aware my mileage had not been as high as recommended by Tim Warn and others and so I aimed to get more long runs in and generally increase the mileage. Work interrupted training in February, but still managed to keep up the long runs. Three weeks in Brazil then followed but while away i managed to stick to the plan, even hooking up with a local club for long runs in San Jose Dos Campos, which was fun. This training plan was closer to my limit and I suffered a couple of bouts of injury and to be honest was pretty knackered at times after the long runs. I covered about an extra 150 miles and suffered a groin strain during the taper which had me worried that I may not make the start line. I again used my Liverpool Half Marathon time as a predictor of my marathon time and again it was bang on. The race went well until I crossed the line and then my groin strain kicked in with a vengeance and I ended up being shipped to the first aid tent in a wheel chair. After treatment I was back on my feet and very happy with a 3:08 time.

Lesson learnt: An injury (rather than an illness) during a taper can be coped with.

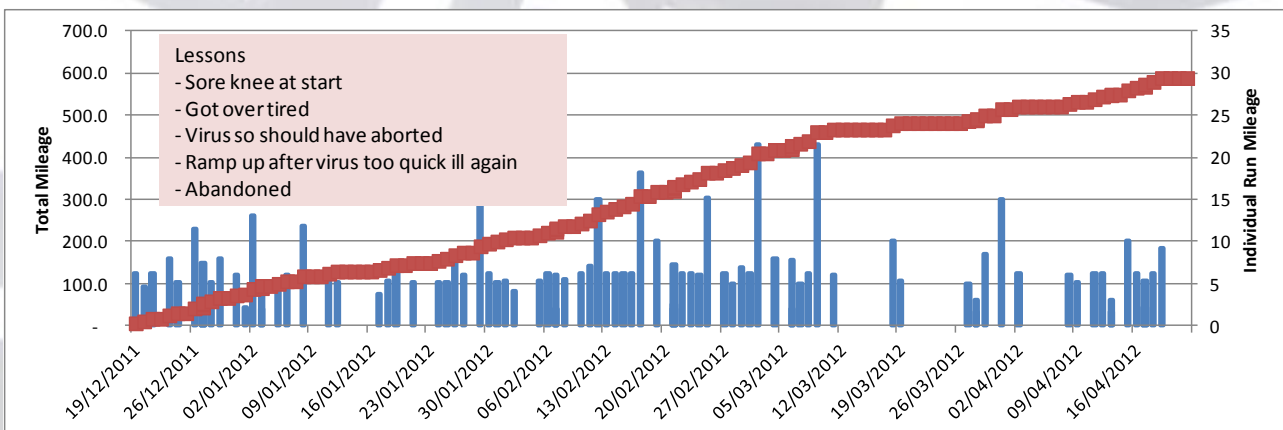


Attempt No. 4 – failure

So following the previous year’s success I decided that more miles was the answer so I cranked up the pressure. I was now an old hand so felt I had it sussed now. A sore knee in January didn’t stop me for long and I was piling the miles in until my body gave up in mid-March when I got a virus. Undaunted I thought I would bounce back quickly and tried to ramp my miles up again but then fell ill again as I had not completely recovered. Eventually reality dawned on me and I deferred to the following year. In hindsight I think I went at it too hard trying to ‘catch up’ after my sore knee in January and again got run down.

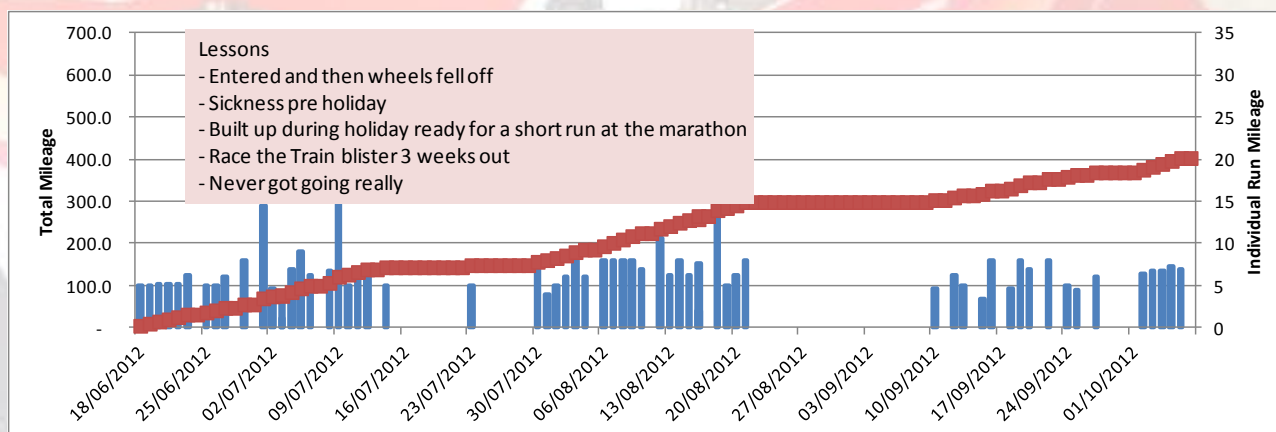


Andy & Janet – she must be so proud of all these charts



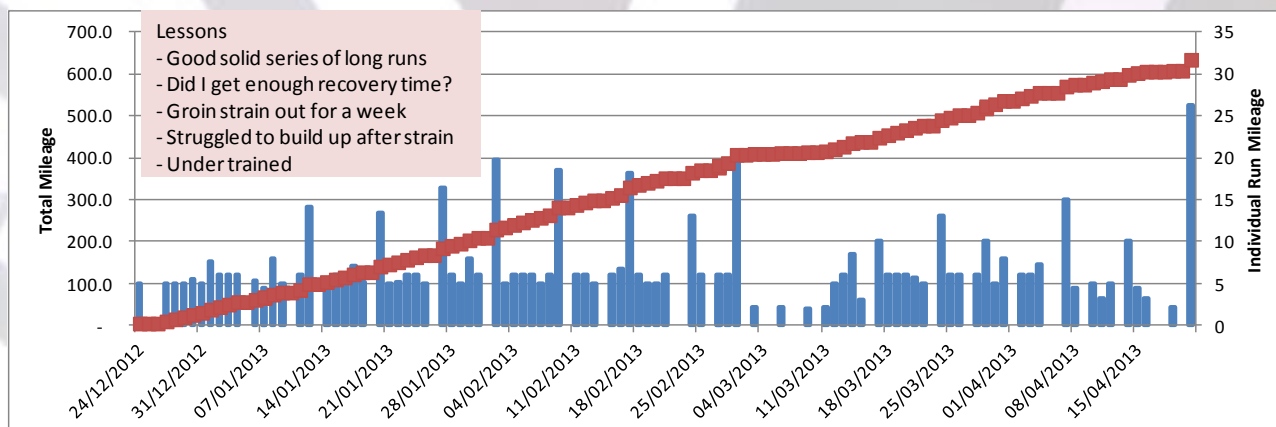
Attempt No. 5 – failure

So smarting from abandoning my Spring marathon I signed up for an autumn marathon. Now it just got silly really. Having signed up and just at the start of training I got sick again so that was 2 weeks out. Off on holidays to Greece I thought I could have a go at a shortened programme and used the holiday to build up a base level of fitness. Then it was off to Race the Train where I managed to get a massive blister on my heel that meant I couldn't wear shoes for over 3 weeks! At that point I gave up on the marathon. It just wasn't meant to be.



Attempt No. 6 – London Marathon

My last marathon I was determined to get things right and everything started great with long runs every week and two half marathons completed by March all was looking good. Then on my 20 mile run home from work on a Friday night another groin strain. This took a few weeks to completely recover from and I then gradually built the mileage back up again but only reaching 15 miles for my longest post strain run, which was way short of what I should have done. Come race day I hoped my earlier training would carry me through but I fell apart in the last few miles and hobbled in to the finish for 3:22. Overall the result was not bad considering a break in training right at the worst point where you should be hitting maximum mileage. Looking at the mileage charts I wonder if I was again overcooking it early on and not getting enough recovery.



So what have I learnt through these trials and tribulations?

Treat the training with respect. Don't get complacent.

Look after yourself during the taper.

Make sure you don't get run down or over train. Looking back there were times when I should have backed off and not been a mileage junkie.

Injuries at the start or during the taper can be accommodated but not in the middle.

When you are training for a marathon you need to focus on the training plan.

Half marathon times at the end of marathon training are an excellent guide to final finishing time in the marathon.

How many long runs do you really need? I know the consensus is aim for 5 over 18-20 milers but for old gits like me I wonder if you properly recover. My first marathon had only two 18+ mile runs.

Personal Profile: James Stansfield

Occupation: Primary School Teacher

Why did you join pls? Needed to train for the Virgin Money London Marathon 2014, which I was running in memory of my Dad.

Running likes: Getting a PB

How long have you been running? Since June 13

Running dislikes: Aching legs

Favourite male runner: Usain Bolt

Favourite female runner: Paula Radcliffe

Favourite non running person: My wife

Favourite race: Arrowe Park Multi Terrain (Race 4 of September series)

Least favourite race: Trimpell 20 Mile

Favourite drink: Ribena

Least favourite drink: Beer

Favourite food: Pasta

Least favourite food:

Favourite holiday: Interrailing round Europe

What is your idea of happiness: Lazy day at home lying on the couch

Favourite song: "The scientist" by Coldplay

Favourite group: Coldplay

What do you always carry on you: Phone

Best running moment: Finishing the London Marathon



Worst running moment: Mile 16-20 of Trimpell 20

My most appealing trait: Ask my wife!!

Most unappealing trait: My over-competitiveness

Favourite running shoe: My first pair (Asics)

Favourite film: Any James Bond

Vest in or out: out

Best Times over classic distances:

Distance	Time	Race	Year
5k	25'53	Halewood	2013
5M	48'50	Walton Hall Park	2014
10k	54'09	Sandgrunder	2013
10M	1h52'	Stockport	2013
Half marathon	2h28'39	Wrexham (13.7 miles)	2014
Marathon	6h10 '40	London	2014

Received your number for a race you're about to enter yet? Ever wondered how race organisers decide who gets the number 1? Ever felt an overwhelming urge to beat to a pulp those kids shouting '118' at you at all the time while you are out training?

The fact is that putting numbers vests in order to identify runners is a practice that is nearly as old as athletic competition itself. Runners' numbers are a tool for race directors to tell thousands of runners apart and to simplify the seemingly impossible task of getting a time for each and every one of those runners. Who has never seen the iconic image from 6th May 1954 of runner no. 41 crossing the line at Iffley Road track in Oxford during the meeting between the British AAA and the local university? The runner in question was of course Roger Bannister, powering his way home en route to becoming the first man to run a mile in under four minutes.

Likewise who can forget those images from the epic battles featuring Steve Ovett, Steve Cram and Seb Coe over 800m and 1500m at the Moscow Olympics? When I see those pictures my first thought is always: why are their numbers so big? They really were enormous, an impression strengthened by the fact that no sponsor name or even an Olympic-related logo is sharing the space with the numbers. As this was 1980 and many nations had boycotted the games because of the Soviet Union's invasion of Afghanistan, many things were out of the ordinary at these games (not least a 28 year-old bloke from Scotland winning the 100 metres but that's another story). So where is all this nostalgia leading, I hear you ask, dear reader. Well, here's the answer. It's heading full steam ahead in the direction of a questionable trend which seems to have crept into many races over the past couple of years: the practice of replacing numbers with runners' names. What's that all about for heaven's sake? When I run a race in my Penny Lane Striders (team

Enough of this frivolity

By Nigel Grant

He's got so much to say we almost couldn't fit the number, never mind the name as well.

RANT FROM GRANT!

PLS-reference free) vest I am reassured by the knowledge that if I am seen by family, friends or fellow Striders (those last two categories are not mutually exclusive by the way, though I suspect that after a few more of these rants they might be), those supporters will call out my name in the time-honoured way by way of offering me encouragement (even if it's only to try to persuade me there are only 200 metres to go when I know damned well that means the finish line is still two bus rides away).

What they won't be doing is waiting until they see the front of my vest so that their assumption that I am indeed the runner who has



They do say it always comes back threefold: Nigel's special number at the ToM. At least it wasn't 118...

appeared before them can be verified so that they can then let me hear their message of support (by which time I've disappeared out of earshot and all their effort will be in vain)

It seemed to shift to an even less necessary level at this year's London Marathon when the organisers decided that while Mo Farah's had his Christian name on his vest his direct competitors were all to be identified by their surnames. Whatever next?

Nicknames, Twitter user names – honestly, the heart sinks even at the very thought.

Now don't get me wrong, I'm not such an obstreperous git that I

wouldn't allow a race sponsor to have his company's name or logo sharing space with the number, nor would I deny a race organiser the right to put the name of the event above or below the number. Indeed, when you want a memento of a good race, there is nothing to beat the simple pleasure that is digging out that creased old number and enjoying a rose-tinted trip down memory lane.

Those who rant of course need scapegoats and in this instance I'm afraid certain race organisers must carry the can. People who put on races are heroes in my book but even heroes have failings and many seem to think there is a level of narcissism amongst the running fraternity that simply doesn't exist. Sorry guys but no-one runs so that they can have their name on their chest; ask people for an extra £2-£3 entry fee for this dubious privilege, and all you'll end up with is a race filled with the utterly self-obsessed.

Finally, going off at a complete tangent (ok, the space needs filling), does anyone else find it puzzling why some people's race results on the forum are often accompanied by a load of utter tripe about the colour of the road, the calories in the post-race energy bar, whether or not the goody bag is recyclable? Why people think this sort of stuff would be of interest to any club members is completely beyond me. The forum thread is headed 'race results': there is no obligation to share weather reports or food reviews with us, or to tell us whether or not the sun was aligned with Uranus on the morning in question [*nooooo I love reading about sheep, clouds and sandwiches; how could you? Ed*]

I guess the members who add this stuff are just the sort of people who wear their names instead of their numbers...

Liverpool Rock'n'Roll Marathon Striders first impressions of the new race

Rachel Rick

What were your expectations of the race?

To be honest, I didn't have very high expectations of the Rock 'n' Roll marathon. I wasn't very happy with the way everything had gone last year - the cancellation of the btr marathon etc. It was a marathon in Liverpool, though, and we all wanted it to go well for the City. As the time approached, I was worried about the weather - late May can be very hot indeed - and disappointed that the Half Marathon started first, so the likelihood of meeting up with friends who'd done the Half was remote as they would be finishing about 3 and a half hours earlier. Training didn't go all that well as I had Achilles and metatarsal issues in the months beforehand. Planned to run with Jane Nicholson (PLS) and Liz Dennett (Knowsley Harriers), but Liz had a bad fall in training and couldn't run.



What was the best part of the route?

I was pleasantly surprised by the whole experience although I did feel sorry for some of the bands, as they didn't get much of an audience. We tried to applaud each as we went past. There were plenty of marshals, lots of people out supporting us (in the early stages, still in pyjamas!) and an excellent atmosphere. Better still, there were plenty of toilets along the way! Jane and I ran with Lee Williams and Barry for part of the way, we met Sue Bradley, Dave Mangan and lots of other familiar faces. Loved running round the north end of the city, as this is less familiar territory, and particularly enjoyed seeing Robby Ritchie drumming, and Eunice and Myka at Brougham Terrace. We had both estimated 4:45, but came in just a fraction over the 4:30 mark after dragging each other through the last three miles.

Sarah Hodgson

What were your expectations of the race?

My expectations were originally to fulfil my dream of completing a 3.30hr marathon and to cross the finish line with my lovely friend and training partner Emma Lawton. However due to a hamstring injury about 4 weeks prior to the race, my expectations had to change, I decided I just wanted to enjoy it with Emma and hopefully beat my last marathon time which was 3hrs.48mins in 2008.

What was the best part of the route?

Without a doubt Sefton Park where the support was fantastic, I did my fastest mile at mile 16 because I was so made up to see all the friendly faces from PLS and close friends. It definitely gave you the lift you needed as many parts of the route I found quite lonely and tough especially because Emma and I had to part :(

What are you planning next?

My next big goal is a 180 mile charity bike ride in September. Then, as Emma and I have unfinished marathon business we will be running the Yorkshire Marathon in October. My sister Tracey is the 3.30 pacer for the race, so she will pace Emma and I to fulfil our 3.30 goal!!! BRING IT ON!!!!

Your best memory of the day?

My best memory of the day was on the home run back towards the Echo and realising I was definitely getting a PB and although not my 3.30 dream time, I was so chuffed to actually finish this race as it had taken me 5 years to get to the start line of my 2nd marathon due to ongoing calf injuries, (mostly brought on by my own stupid over training tactics hahaha) Anyway I completed it in 3:32 and was 7th in my category so was absolutely delighted



Jerome Doyle

What were your expectations of the race?

To finish race in under 3hrs45min and I did

What was the best part of the route?

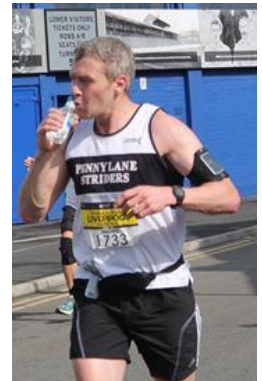
The first 18/20miles was feeling strong then !!! And running north end of the city which was new to me

What are you planning next?

I'm planning to train away with club regularly on Tuesday/Thursday nights and stepping up to a higher group when I can. Got a few races coming up i.e. Tunnel 10k, Tour of Merseyside and hopefully New York City marathon - if not NYC Marathon then Dublin marathon in October. I'm hoping to talk a few fellow PLS into Dublin marathon.

Your best memory of the day?

Without doubt and something that will stay with me for a very long time was how emotional I felt after race I was happy to just let it flow. I couldn't read my text messages or listen to voice mail for about 2hrs after race as best wishes etc. from family and friends would have set me off again. For me it was an amazing feeling: mentally, physically and spiritually. There were also loads of other special memories on route like the support from running friends from PLS and other clubs. Running around both football grounds and showing respect by putting my hand on the statue outside Goodison and saying a silent prayer at Hillsborough memorial was wonderful.



April 2014

**05-Apr-14 5k
Princes parkrun**

Andrew Biddle	00:20:28
David Griffiths	00:21:47
Stephen Watkin	00:22:00
Joe McGlynn	00:23:25
Mark Thomas	00:24:19
Mike Welsby	00:24:27
Matthew Tollitt	00:25:01
James Scholey	00:25:08
Cath Nevin	00:25:50
Rachel Rick	00:28:55
Kevin Obrien	00:32:40
Samantha Kenny	00:40:41

**05-Apr-14 5k
Merseyvend**

Steve Maguire	00:18:30
Dave Lovatt	00:19:10
Christopher Lee	00:19:11
Ste McNicholas	00:19:14
Mal Balmer	00:19:33
Rachel Williams	00:19:38
Andrew Leslie	00:19:39
Marty Hirrell	00:20:18
Michael O'Rourke	00:21:06
Kathryn Sharkey	00:21:34
Steve Pemberton	00:23:16
Ben Freeney	00:23:21
Michael Sharkey	00:23:40
Gill Darby	00:24:00
Bill Sergesson	00:24:02
Michelle Kelly	00:24:30
John Kelly	00:25:27

**05-Apr-14 10m
Longtown**

Dave Cain	01:11:35
Sue Cain	01:17:00

06-Apr-14 10k Nightingale House - Wrexham	
Mark Thomas	00:50:29
Terence Long	00:52:13

**06-Apr-14 10k (MT)
NSPCC Sandstone Trail 10k**

Gill Darby	00:56:31
Sam Darby	01:05:18

**06-Apr-14 Mara
Paris**

Lawrence Eccles	03:14:03
Cristina Puccini	03:43:44
Clare Stanistreet	05:16:06
Sarah Nealey	06:02:01

**12-Apr-14 5k
Delamere parkrun**

Lawrence Eccles	00:18:09
Simone Capponi	00:21:03
Steve Pemberton	00:22:00
Mike Devereux	00:23:08
Gill Darby	00:24:53
Sam Darby	00:26:37

**12-Apr-14 5k
Warrington parkrun**

Andrew Leslie	00:20:48
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**12-Apr-14 5k
Workington parkrun**

Dave Cain	00:20:32
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**12-Apr-14 5k
Princes parkrun**

Jonathan Toft	00:19:16
David Griffiths	00:22:12
Craig Hawley	00:22:38
Joe McGlynn	00:23:21
Matthew Tollitt	00:24:17
Anna Watkin	00:24:48
Cath Nevin	00:24:55

Cheryl Pace	00:25:08
Stephen Watkin	00:25:45
Tim Jones	00:26:28
Elizabeth Formella	00:27:38
Laurinda Atkinson	00:30:35
Phil Murray	00:31:02
Dave Lynam	00:32:45
Shane Knott	00:33:49
Carolyn Knott	00:33:49
Samantha Kenny	00:34:16

**12-Apr-14 7k XC
NSW XC Championship**

8. Steph Bullock	00:28:14
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**13-Apr-14 10k
Whitley**

Christopher Lee	00:40:01
Rob Bruchez-Corbett	00:41:33
John Jensen	00:43:24
Steve Pemberton	00:45:08
Dave Pinnington	00:45:59
Terence Long	00:51:25

**13-Apr-14 Mara
London**

Lyndon Easthope	03:07:20
Steve Maguire	03:12:17
Dale Higham	03:24:10
Graham Halsall	03:24:23
Cristina Puccini	03:41:47
Kate MacFarlane	03:44:14
Mark Finch	03:53:25
Myka Heard	03:56:57
Dave Lynam	04:01:05
Liz Simpson	04:29:16
Mike Roberts	04:53:18
James Stansfield	06:10:40

**16-Apr-14 5m
Chester Spring**

John Connolly	00:28:19
Neil Bullock	00:28:55
Lawrence Eccles	00:29:16
John Bampton	00:33:54
Steve Pemberton	00:35:02
Dave Pinnington	00:35:44
Mal Taylor	00:39:54
Bill Sergesson	00:40:50
Rachel Rick	00:44:30
Eunice Nopondo	00:44:46

**18-Apr-14 10k
Salford**

Daniel Connell	00:40:48
Andrew Leslie	00:41:36
John Kelly	00:50:11
Michelle Kelly	00:50:11

**19-Apr-14 5k
Princes parkrun**

Jonathan Toft	00:19:09
Barnaby Hiron	00:19:43
Andrew Biddle	00:20:40
Stephen Watkin	00:20:48
David Griffiths	00:21:03
Kathryn Sharkey	00:21:52
Craig Hawley	00:23:06
Joe McGlynn	00:23:14
Oonagh Jaquest	00:23:17
Mike Welsby	00:24:20
Anna Watkin	00:24:22
Elizabeth Formella	00:26:30
Graham Hussey	00:27:00
Elizabeth Hennigan	00:27:00
Cath Nevin	00:27:21
Rachel Rick	00:28:48
Liz Simpson	00:28:48

**19-Apr-14 MTCT
Rivington Pike**

Lawrence Eccles	00:20:14
Neil Bullock	00:20:43
John Connolly	00:21:13
Neil Kelly	00:22:06
Jonathan Toft	00:22:55

Stato's report

by Andy Keeley

Simone Capponi	00:24:04
Cristina Puccini	00:26:07

**19-Apr-15 5.5m
Isel X Cockermonth**

Dave Cain	00:39:46
Sue Cain	00:44:23

**20-Apr-14 5m
Run the Bridge**

Colin Dobbs	00:31:39
Christopher Lee	00:31:54
Ste McNicholas	00:32:54
Andrew Leslie	00:33:26
John Jensen	00:33:37
John Bampton	00:34:15
Stephen Watkin	00:34:49
Mike Devereux	00:35:33
Dave Pinnington	00:36:18
Barry Bright	00:36:41
Dolores Beach	00:37:35
Gill Darby	00:39:05
Cath Nevin	00:39:58
Anna Watkin	00:40:10
Rachel Rick	00:40:40
Michael O'Rourke	00:42:16
Terence Long	00:42:31
Ellie Darby	00:43:00
Eunice Nopondo	00:43:45
Eamonn Brady	00:44:47
Jo Bruchez-Corbett	00:44:47
Laurinda Holden	00:49:17
Sue Bradley	01:04:52

**23-Apr-14 10k
Round the Houses - Keswick**

Dave Cain	00:42:49
Sue Cain	00:46:42

**26-Apr-14 60M
Fellsman**

Lawrence Eccles	14:32:00
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**26-Apr-14 5k
Workington parkrun**

Dave Cain	00:20:17
Sue Cain	00:21:44

**26-Apr-14 5k
Princes parkrun**

Andrew Biddle	00:20:28
Andrew Leslie	00:20:45
David Griffiths	00:21:28
Paul Brady	00:21:30
Simone Capponi	00:22:05
Craig Hawley	00:23:11
Joe McGlynn	00:23:22
Mark Thomas	00:23:32
Dave Lynam	00:24:21
Ronald Bowcock	00:24:28
Matthew Tollitt	00:24:28
Mike Welsby	00:24:45
Anna Watkin	00:25:11
Stephen Watkin	00:25:12
Cath Nevin	00:25:14
Sam Darby	00:25:21
Ciara Ryan	00:25:42
Ellie Darby	00:26:22
Nathan Brady	00:26:57
Peter Brown	00:26:57
Carolyn Holt	00:28:03
Elizabeth Hennigan	00:31:09
Rebecca Price	00:31:34
Kevin Obrien	00:34:01
Gill Darby	00:37:36
Phil Murray	00:42:21

**26-Apr-14 10m
Wrexham**

Neil Bullock	01:01:35
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Graham Halsall	01:05:34
Colin Dobbs	01:06:24

**27-Apr-14 10k
Belle Vue House - Ormskirk**

Dave Pinnington	00:45:57
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May 2014

**03-May-14 5k
Merseyvend**

Lawrence Eccles	00:18:33
Andy Keeley	00:19:06
Daniel Connell	00:19:14
Ste McNicholas	00:19:34
Andrew Leslie	00:19:37
Andrew Biddle	00:19:43
Dave Pinnington	00:21:21
Fiona Dutton	00:21:55
Sam Darby	00:24:55
Michelle Kelly	00:25:01
John Kelly	00:25:05
Liz Simpson	00:27:14
Reginald Armstrong	00:28:27

**03-May-14 5k
Workington parkrun**

Dave Cain	00:20:23
Sue Cain	00:21:22

**03-May-14 5k
Mitchelton parkrun**

Tony Hewitson	00:29:43
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**03-May-14 5k
Princes parkrun**

Lyndon Easthope	00:18:45
David Griffiths	00:21:06
Gregory Hocking	00:22:47
Joe McGlynn	00:23:22
Mark Thomas	00:23:56
Matthew Tollitt	00:24:15
Mike Welsby	00:24:22
Craig Hawley	00:25:14
Cath Nevin	00:27:26
Rachel Rick	00:29:47

**03-May-14 10k
Sydney**

Steph Bullock	00:39:29
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**03-May-14 4.7m
Llangynhafal Loop Fell Race**

Gill Darby	01:02:59
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**04-May-14
Conti Lighting 12 Hour Run
Mixed Pairs**

12:01:16 13 laps	
Lawrence Eccles	00:42:46
Lawrence Eccles	00:43:59
Cristina Puccini	00:57:13
Cristina Puccini	00:57:29
Cristina Puccini	00:57:20
Lawrence Eccles	00:44:09
Lawrence Eccles	00:52:11
Lawrence Eccles	01:00:18
Cristina Puccini	01:01:47
Cristina Puccini	01:09:51
Cristina Puccini	01:12:09
Lawrence Eccles	00:45:33
Lawrence Eccles	00:56:31

**04-May-14 10k
Liverpool Spring**

John Connolly	00:35:12
Nigel Grant	00:37:40
Steve Maguire	00:38:09
Graham Halsall	00:39:13

Stato's report

by Andy Keeley

Jonathan Toft	00:40:13
Rob Bruchez-Corbett	00:40:15
Mal Balmer	00:41:18
Chris Whelan	00:41:21
Jerome Doyle	00:42:09
John Jensen	00:42:16
Paul Brady	00:42:31
Graham Beardsmore	00:42:34
Stephen Watkin	00:42:49
David Griffiths	00:43:38
Martin Kelly	00:43:51
Kate McGing	00:45:50
Hannah Bruce	00:45:55
Kathryn Sharkey	00:46:16
Barry Bright	00:46:40
Michael Sharkey	00:46:54
Louise Warn	00:47:18
Craig Hawley	00:47:25
Mark Thomas	00:47:34
Daniel Sweeney	00:48:09
Rachael Quinn	00:48:16
Cath Nevin	00:48:30
John Guy	00:49:07
Tim Jones	00:49:10
Peter Brown	00:49:13
Mal Taylor	00:49:39
Cheryl Pace	00:49:44
Bill Sergesson	00:50:12
Mary Heeny	00:50:16
Esther Van Ginneken	00:50:17
Anna Watkin	00:50:40
Rachel Rick	00:51:46
Ben Freeney	00:51:49
Dave Mangan	00:51:50
Tommy Gates	00:51:57
Njideka Agwuna	00:51:58
Kevin Mooney	00:53:02
Ronald Bowcock	00:53:03
Kevin O'Brien	00:53:04
Melanie Holden	00:53:36
Samantha Kenny	00:53:58
Sue Bradley	00:54:14
James Scholey	00:54:47
Liz Simpson	00:55:23
Anthony Woods	00:56:05
Elizabeth Formella	00:56:49
Jo Bruchez-Corbett	00:57:23
Althea Deane	00:58:05
Phil Murray	01:01:05
Emma Philips	01:04:20

04-May-14 Mara Geneva

Dave Lynam	03:56:18
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05-May-14 9m Coniston Fell Face

Simone Capponi	01:51:11
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10-May-14 5k Princes parkrun

Dave Cain	00:20:50
Joe McGlynn	00:23:40
Craig Hawley	00:24:03
Stephen Watkin	00:24:31
Mike Welsby	00:24:35
Anna Watkin	00:24:47
Mark Thomas	00:24:50
Cath Nevin	00:24:52
Bill Sergesson	00:26:01
Carolyn Knott	00:27:03
Liz Simpson	00:31:38

10-May-14 5k Delamere parkrun

Steve Pemberton	00:24:12
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10-May-14 5k Armagh parkrun

Jerome Doyle	00:22:19
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10-May-14 Trail Mara Excalibur

Cristina Puccini	05:03:06
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11-May-14 5k Port Sunlight

Mal Taylor	00:22:03
Eamonn Brady	00:27:47
Jo Bruchez-Corbett	00:27:48

11-May-14 10k Port Sunlight

Lyndon Easthope	00:38:12
Andy Keeley	00:39:21
Christopher Lee	00:40:16
Andrew Biddle	00:41:52
Andrew Leslie	00:42:08
John Jensen	00:42:12
Paul Brady	00:42:17
Kate McGing	00:44:56
Gill Darby	00:48:28
Bill Sergesson	00:48:32
Sam Darby	00:49:20
Rachel Rick	00:49:21
Keith Boyle	00:49:32
Terence Long	00:51:54
Liz Simpson	00:54:15
Sue Bradley	00:54:45
Eamonn Brady	01:04:13
Jo Bruchez-Corbett	01:04:13

13-May-14 5k Mystery (1/5)

Martin Swensson	00:16:02
John Connolly	00:17:18
Nigel Grant	00:18:16
Steve Maguire	00:18:31
Mitch Hawkins	00:18:48
Jonathan Toft	00:18:55
Colin Dobbs	00:19:28
Marc Littlefield	00:19:30
Andrew Leslie	00:19:44
John Jensen	00:19:51
Tom Kennedy	00:19:54
Jerome Doyle	00:20:00
Kate McGing	00:20:15
Andrew Biddle	00:20:19
Paul Brady	00:20:21
Stephen Watkin	00:20:37
John Kelly	00:20:56
Steve Pemberton	00:21:00
Martin Kelly	00:21:01
Michelle King	00:21:12
Mike Roxburgh	00:21:18
Emma Kearney	00:21:27
Hannah Bruce	00:21:36
Michael O'Rourke	00:21:38
Kathryn Sharkey	00:22:12
Craig Hawley	00:22:28
Neil Hannett	00:22:35
Mark Thomas	00:22:53
Louise Warn	00:22:58
Tim Jones	00:23:24
Cheryl Pace	00:23:49
Cath Nevin	00:23:52
Anna Watkin	00:24:13
Ronald Bowcock	00:24:19
Esther Van Ginneken	00:24:20
Michelle Kelly	00:24:43
Melanie Holden	00:25:06
Samantha Kenny	00:25:11
Njideka Agwuna	00:25:29
Ruth Fisher	00:25:49
Rachael Underwood	00:25:54
Carolyn Knott	00:25:57
James Stansfield	00:26:09
Elizabeth Formella	00:26:20
Anthony Woods	00:26:36
Eamonn Brady	00:31:37

Jo Sutherland	00:31:37
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13-May-14 10k Moorclose

Dave Cain	00:42:05
Sue Cain	00:44:41

13-May-14 6m Thurston MT Challenge (MT)

Lawrence Eccles	00:36:37
Neil Bullock	00:36:58
Simone Capponi	00:42:31
Ian Russell	00:42:38
Mike Devereux	00:44:53
Marty Hirrell	00:45:01
Cristina Puccini	00:47:43
Gill Darby	00:48:54
Tommy Gates	00:55:07

17-May-14 5k Princes parkrun

Martin Swensson	00:16:21
Andrew Biddle	00:20:05
Steve Maguire	00:21:17
Michael O'Rourke	00:22:25
Joe McGlynn	00:23:12
Mark Thomas	00:23:41
Bill Sergesson	00:24:01
Tim Jones	00:24:02
Mike Welsby	00:24:15
Cath Nevin	00:24:32
Tommy Gates	00:24:45
Matthew Tollitt	00:25:07
Samantha Kenny	00:25:42
Oonagh Jaquest	00:26:00
Craig Hawley	00:26:04
Stephen Watkin	00:26:11
Rachel Rick	00:29:45
Phil Murray	00:30:35

17-May-14 5k Sewerby parkrun

Ste McNicholas	00:20:09
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17-May-14 5k Delamere parkrun

Steve Pemberton	00:22:17
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17-May-14 5k Workington parkrun

Dave Cain	00:20:25
Sue Cain	00:22:28

17-May-14 120km Festa Trail - Ultra Draille

Lawrence Eccles	15:49:56
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20-May-14 5m Walton Park

Martin Swensson	00:26:38
Neil Bullock	00:28:57
Nigel Grant	00:30:33
Jonathan Toft	00:31:56
Andy Keeley	00:31:59
Marc Littlefield	00:32:20
Ian Russell	00:32:54
John Jensen	00:33:13
Jerome Doyle	00:34:03
Steve Pemberton	00:34:06
Graham Beardsmore	00:34:13
Marty Hirrell	00:34:20
Stephen Watkin	00:34:46
Michael O'Rourke	00:35:13
Kate McGing	00:35:19
Mike Roxburgh	00:35:37
Emma Kearney	00:35:49
Mike Devereux	00:36:25
Kathryn Sharkey	00:36:41
Oonagh Jaquest	00:37:10
Jane Eardley	00:37:59
Mark Thomas	00:38:07
Louise Warn	00:38:12
Billy Sergesson	00:38:45
Michael Sharkey	00:39:03
Gill Darby	00:39:35
Cheryl Pace	00:39:51

Anna Watkin	00:40:20
John Hindle	00:40:34
Ruth Fisher	00:42:03
Samantha Kenny	00:42:03
Keith Boyle	00:42:37
Tommy Gates	00:42:42
Terence Long	00:42:45
Rachel Rick	00:43:52
Liz Simpson	00:44:44
James Stansfield	00:48:50
Jo Sutherland	00:49:44

23-May-14 5k Christleton

John Connolly	00:16:38
Steve Maguire	00:18:18

24-May-14 5k Workington parkrun

Dave Cain	00:20:34
Sue Cain	00:21:50

24-May-14 5k Barrow parkrun

Michelle Kelly	00:25:09
John Kelly	00:25:13

24-May-14 5k Mitchelton parkrun

Tony Hewitson	00:28:53
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24-May-14 5k Princes parkrun

Jonathan Toft	00:19:30
Trevor Astell	00:22:17
Dave Lynam	00:23:02
Joe McGlynn	00:23:45
Gill Darby	00:24:25
Tommy Gates	00:24:54
Mark Thomas	00:25:04
Nathan Brady	00:26:56
Craig Hawley	00:29:43

24-May-14 100km Del Passatore

Lawrence Eccles	09:24:42
Cristina Puccini	11:55:58

25-May-14 Half Liverpool RnR

Christopher Lee	01:28:59
Mitch Hawkins	01:30:33
Rob Bruchez-Corbett	01:30:55
Michelle King	01:38:59
Michael O'Rourke	01:41:40
Liz Lynam	01:44:59
Shane Knott	01:45:54
Dave Lynam	01:45:54
Mark Thomas	01:47:30
Paul Brady	01:49:43
Cheryl Pace	01:49:44
Mal Taylor	01:53:08
Bill Sergesson	01:53:15
Ruth Fisher	01:53:43
Alan Gidman	01:54:21
Melanie Holden	01:59:00
Liz Simpson	02:00:11
Jo Bruchez-Corbett	02:17:12
Jody Hazeldine	02:17:12

25-May-14 Mara Liverpool RnR

Lyndon Easthope	03:02:58
Paul Riley	03:22:53
Jerome Doyle	03:27:26
Sarah Hodgson	03:32:49
Barnaby Hiron	03:35:16
Rob Hardwick	03:35:58
Andy Cantwell	03:41:40
Gregory Hocking	03:41:40
Stephen Gorman	03:53:30
Daniel Connell	03:54:49
Richard Thorpe	04:00:09
Emma Lawton	04:02:38
Rachel Rick	04:31:32
Sue Bradley	04:33:23

Dave Mangan	04:35:00
Tim Jones	04:54:56
Kevin Mooney	05:04:05
Anthony Woods	05:10:23
Oz Fry	05:20:02
Clare Stanistreet	05:20:02
Jo Sutherland	05:20:02
Annmarié Lashley	05:21:56
Debra Williams	05:43:39
Eamonn Brady	06:03:46

27-May-14**Hay'o'Trail 3.85m**

Sue Cain	00:32:40
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28-May-14 5.3m**Harrock Hill Race (1/4)**

Neil Bullock	00:37:19
Ian Russell	00:42:48
Steve Pemberton	00:47:26

29-May-14 5k**Bowden**

Martin Swensson	00:16:19
John Kelly	00:21:19
Michelle Kelly	00:24:50

31-May-14 5k**Princes parkrun**

Martin Swensson	00:16:34
Jonathan Toft	00:19:22
Andrew Leslie	00:20:27
Paul Brady	00:21:13
Richard Thorpe	00:21:26
Trevor Astell	00:21:54
Dave Lynam	00:21:57
Gregory Hocking	00:22:21
Lucie Michaelson	00:22:56
Joe McGlynn	00:23:09
Mark Thomas	00:23:13
Michael O'Rourke	00:23:42
Bill Sergeson	00:23:48

Tommy Gates	00:24:17
Ronald Bowcock	00:24:30

Cath Nevin	00:24:31
Mike Welsby	00:25:06

Sam Darby	00:26:45
Colin Money Penny	00:29:28
Rachel Rick	00:30:26
Jo Sutherland	00:31:14
Samantha Kenny	00:31:29
Anne Oxbrough	00:31:29

31-May-14 5k**Delamere parkrun**

Steve Pemberton	00:21:51
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31-May-14 5k**Mitchelton parkrun**

Stato's report

by Andy Keeley

Tony Hewitson	00:28:55
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31-May-14 5k**Workington parkrun**

Dave Cain	00:20:20
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31-May-14 10m**Blackpool**

Mike Roxburgh	01:15:23
Emma Kearney	01:16:44

Stato's Report

For this report I have looked at the this season's biggest improvers at each distance based on the best times record over the past 2 years. This will not show improvement within a given year but does allow a crude measure of progress. I have compared times for everyone who posted times in both the 2012-13 and 2013-14 seasons.

5k

At 5k Chris Lee has shown the biggest improvement with Shane Knott close behind as he gets back to top form. In the women's table Anne Oxbrough shows the biggest improvement with Eunice close behind.

5m

At 5m Ceredig shows the biggest improvement for the men followed by Richard Houston and Dave Lynan while for the women Rachel Rick is the most improved followed by Myka Heard and Nina Croasdale.

10k

Keith Boyle is the most improved male at 10k followed by Mark Thomas and Jonathan Toft while for the women Cath Nevin showed a massive improvement returning from injury with Claire Stanistreet and Ruth Fisher were the next best improvers.

10m

There were only 3 women you completed a 10m race in both seasons and most improved was Sarah Hodgson followed by Michelle Cobourn and Sue Cain. For the men Dale Higham was the most improved followed by Neil Kelly and Tim Warn.

Half Marathon

Ruth Fisher was the most improved woman at the half marathon distance followed by Eunice Nopondo and Claire Stanistreet. For the men Keith Boyle again showed the biggest improvement followed by Dave Mangan and Mike Roxburgh.

Marathon

Myka Heard was the most improved woman followed by Emma Kearney and Claire Stanistreet. For the men Lawrence Eccles showed the biggest improvement followed by John Connolly and Mark Finch.

5k

Men	2012-13	2013-14	Improvement	Position	Name	2012-13	2013-14	Improvement
Chris Lee	0:20:19	0:18:51	7.2%	1	Anne Oxbrough	0:28:22	0:25:15	11.0%
Shane Knott	0:23:12	0:21:34	7.0%	2	Eunice Nopondo	0:29:00	0:26:03	10.2%
Dave Lynam	0:23:18	0:21:43	6.8%	3	Carolyn Knott	0:27:30	0:24:57	9.3%
Neil Bullock	0:19:08	0:17:57	6.2%	4	Cristina Puccini	0:21:48	0:20:24	6.4%
Chris Anderson	0:24:42	0:23:11	6.1%	5	Louise Warn	0:24:53	0:23:18	6.4%
Matthew Tollitt	0:25:26	0:23:53	6.1%	6	Cheryl Pace	0:25:59	0:24:30	5.7%

Dave Owens	0:20:34	0:19:21	5.9%	7	Marie Motley	0:28:05	0:26:35	5.3%
Tommy Gates	0:24:38	0:23:22	5.1%	8	Rachel Rick	0:26:25	0:25:12	4.6%
Andy Cantwell	0:22:09	0:21:07	4.7%	9	Nina Croasdale	0:25:36	0:24:30	4.3%
Simon Birtles	0:19:08	0:18:15	4.6%	10	Laurinda Holden	0:27:38	0:26:30	4.1%

5 mile

Name	2012-13	2013-14	Improvement	Position	Name	2012-13	2013-14	Improvement
Ceradig Cattanach-Chell	0:36:42	0:32:18	12.0%	1	Rachel Rick	0:56:18	0:51:12	9.1%
Richard Houston	0:38:54	0:35:35	8.5%	2	Myka Heard	0:39:20	0:36:24	7.5%
Dave Lynam	0:38:23	0:36:22	5.3%	3	Nina Croasdale	0:42:23	0:39:51	6.0%
Andy Cantwell	0:37:30	0:35:32	5.2%	4	Cristina Puccini	0:36:46	0:34:58	4.9%
Tommy Gates	0:40:56	0:38:53	5.0%	5	Ruth Fisher	0:48:54	0:46:40	4.6%
Dale Higham	0:31:06	0:29:37	4.8%	6	Louise Warn	0:41:07	0:40:17	2.0%
Colins Dobbs	0:31:20	0:30:15	3.5%	7	Fiona Dutton	0:32:44	0:32:16	1.4%
John Connolly	0:28:57	0:28:12	2.6%	8	Cath Nevin	0:40:43	0:40:18	1.0%
Dave Mangan	0:41:34	0:40:30	2.6%	9	Althea Deane	0:45:45	0:46:16	-1.1%
Mike Roxburgh	0:37:49	0:36:55	2.4%	10	Emma Kearney	0:36:21	0:36:55	-1.6%

10k

Name	2012-13	2013-14	Improvement	Position	Name	2012-13	2013-14	Improvement
Keith Boyle	0:58:55	0:51:10	13.2%	1	Cath Nevin	1:44:05	0:50:09	51.8%
Mark Thomas	0:47:52	0:43:56	8.2%	2	Clare Stanistreet	0:58:58	0:47:19	19.8%
Jonathan Toft	0:42:12	0:38:56	7.7%	3	Ruth Fisher	0:59:45	0:53:03	11.2%
Mike Roxburgh	0:47:46	0:44:13	7.4%	4	Sarah Nealey	1:03:59	0:56:58	11.0%
Chris Lee	0:43:01	0:39:54	7.2%	5	Myka Heard	0:49:31	0:44:29	10.2%
Dave Lynam	0:47:27	0:44:13	6.8%	6	Eunice Nopondo	0:59:17	0:54:06	8.7%
Andrew Leslie	0:44:43	0:42:02	6.0%	7	Cristina Puccini	0:45:05	0:42:41	5.3%
Andy Cantwell	0:45:53	0:43:20	5.6%	8	Louise Warn	0:50:27	0:48:35	3.7%
Dale Higham	0:37:17	0:35:20	5.2%	9	Emma Lawton	0:43:56	0:42:23	3.5%
Lawrence Eccles	0:39:21	0:37:30	4.7%	10	Jo Bruchez-Corbett	0:54:49	0:53:55	1.6%

10 mile

Name	2012-13	2013-14	Improvement	Position	Name	2012-13	2013-14	Improvement
Dale Higham	1:02:32	1:00:05	3.9%	1	Sarah Hodgson	1:16:10	1:12:29	4.8%
Neil Kelly	1:04:44	1:03:17	2.2%	2	Michelle Cobourn	1:15:12	1:12:40	3.4%
Tim Warn	1:13:46	1:12:10	2.2%	3	Sue Cain	1:12:33	1:15:12	-3.7%
Dave Cain	1:12:15	1:11:25	1.2%	4				
Tony Man	1:10:33	1:10:11	0.5%	5				
Ste McNicholas	1:06:05	1:06:17	-0.3%	6				

Ste Maguire	1:08:08	1:08:32	-0.6%	7				
Terence Long	1:21:11	1:25:04	-4.8%	8				
Paul Brady	1:12:12	1:16:36	-6.1%	9				
				10				
Half Marathon								
Name	2012-13	2013-14	Improvement	Position	Name	2012-13	2013-14	Improvement
Keith Boyle	2:15:33	1:56:40	13.9%	1	Ruth Fisher	2:24:21	1:45:28	26.9%
Dave Mangan	1:58:13	1:42:08	13.6%	2	Eunice Nopondo	2:17:03	2:01:12	11.6%
Mike Roxburgh	1:54:42	1:41:16	11.7%	3	Clare Stanistreet	2:13:13	1:59:00	10.7%
Shane Knott	1:57:35	1:43:58	11.6%	4	Rachel Rick	2:00:15	1:56:38	3.0%
Mark Murphy	1:51:27	1:39:44	10.5%	5	Clare O'Callagan	1:56:20	1:52:55	2.9%
Andy Cantwell	1:45:02	1:35:49	8.8%	6	Jo Bruchez-Corbett	2:09:08	2:07:28	1.3%
Paul Turp	1:48:39	1:40:42	7.3%	7	Rachel Williams	1:30:58	1:30:01	1.0%
Matthew Tollitt	2:00:22	1:53:03	6.1%	8	Sue Cain	1:42:20	1:41:55	0.4%
Chris Lee	1:36:49	1:31:13	5.8%	9	Robby Richey	2:04:38	2:04:30	0.1%
Dave Lynam	1:45:47	1:40:05	5.4%	10	Laurinda Atkinson	2:02:18	2:02:25	-0.1%
Marathon								
Name	2012-13	2013-14	Improvement	Position	Name	2012-13	2013-14	Improvement
Lawrence Eccles	3:26:06	3:00:07	12.6%	1	Myka Heard	3:54:32	3:47:01	3.2%
John Connolly	3:08:50	2:50:17	9.8%	2	Emma Kearney	3:57:47	3:50:54	2.9%
Mark Finch	3:39:11	3:34:18	2.2%	3	Clare Stanistreet	4:56:23	4:51:27	1.7%
Lyndon Easthope	3:13:45	3:10:19	1.8%	4	Cristina Puccini	3:28:14	3:33:41	-2.6%
Neil Kelly	3:03:15	3:00:10	1.7%	5	Clare O'Callagan	4:17:52	4:27:22	-3.7%
Dave Cain	3:42:48	3:42:29	0.1%	6	Sue Cain	3:49:04	3:57:39	-3.7%
Martin Swensson	2:37:10	2:36:59	0.1%	7	Val Desborough	3:55:11	4:05:45	-4.5%
Graham Halsall	3:25:42	3:28:08	-1.2%	8	Annmarie Lashley	4:23:18	5:31:35	-25.9%
Dave Mangan	4:35:32	4:40:17	-1.7%	9				
Mike Roxburgh	3:59:49	4:09:31	-4.0%	10				

Club Records

Some great performances as people saw the benefits of winter training with a host of new club records. The club records name the 5 fastest runners at each distance for a given age group.

John Connolly set a **New M40 5k Record** at Christleton and improved his 2nd fastest 10k time at the Liverpool Spring race.

Nigel Grant improved his 5th quickest 5m time in the M50 age group at Walton Park.

Dave Lovatt posted a new 2nd quickest M55 5k time at the Merseyvend event in April.

Dave Cain improved his 5k time but slipped to 5th fastest M50 at the Workington parkrun. Dave also improved his 10k time at the Moorclose event.

Tony Hewitson posted a new 5th quickest M70 5k time at the Michelton parkrun.

Kevin O'Brien posted a new 4th quickest M70 10k time at the Liverpool Spring event.

Phil Murray posted a **M75 Record at 5k** and a 2nd fastest 10k at the Liverpool Spring event both in the M75 age group.

Rachel Williams improved her 3rd fastest 5k time at the Merseyvend event in the FOpen age group.

Steph Bullock set a new FOpen 10k Record in Sydney.

Kate MacFarlane posted a new 5th fastest marathon time at London in the FOpen category.

Emma Kearney continued a recent run of form moving up to 3rd fastest at 5k at the Mystery, posted a new 5th fastest 5m at Walton Park and then moved up to 3rd fastest at 10m at Blackpool – all in the F35 age group.

Sarah Hodgson posted a new 4th quickest marathon time at the Liverpool Rock n' Roll event also in the F35 age group.

Sue Cain set a new F55 5k Record at the Eorkington parkrun.

Cath Nevin is also in good form improving her 3rd quickest 5k time at the Mystery and also her 5m time at the 'Run the Bridge' race and again her 2nd fastest 10k time at the Liverpool Spring event – all in the F55 age group.

Rachel Rick posted a new 3rd quickest 10k time at the Port Sunlight race and a new 3rd quickest marathon time at the Liverpool Rock n' Roll marathon both also in the F55 age group.

Liz Simpson posted a **New F65 Marathon Record** at London and followed that up with **New F65 Half Marathon Record** at the Liverpool Rock n' Roll event. She also managed a new 2nd quickest 5m time at Walton Park.

Emil Zatopek and Dana Ingrova - A Perfect Match.

By Phil Quinn

Emil Zatopek was amongst the pick, the very best of world class athletes but his wife Dana was also an athlete of rare quality. Emil and Dana both hailed from Moravia in the east of the Czech Republic (then Czechoslovakia) where they were born on the same day, 19th September 1922. They each took up athletics relatively late in life, Emil as a distance runner, aged nineteen and Dana as a javelin thrower at age twenty four. They first met at an athletics meeting several years before both were chosen to represent their country at the 1948 London Olympic Games.

From the very start the many similarities and coincidences that reflected in their lives seemed to lead them inevitably towards one another. Emil, acknowledging these correspondences, in a witty line of patter proposed to Dana saying, "So, we were both born on the same day, what if by chance we were also to get married on the same day?" While in London they bought rings in a shop in Piccadilly Circus and were married two months later.

In 1952 they were again both selected to represent their country, this time at

the Games of Helsinki. Emil's 5000 metre event, and Dana's



javelin event were scheduled to take place at the same time, on the same day. As it happened the javelin was delayed because of time given over to accurately measure and confirm a world record set in the hammer throw. Emil in the meantime had run and won his race, setting a new Olympic record. When eventually Dana was called into the stadium, to contest the javelin, she bumped

into her husband who was able to tell her how he had fared. She took his medal into her contest and with her first throw set the Olympic record that was to win the event. In just over an hour on the same day then, Emil and Dana won their respective events, both setting Olympic records in the process.

At the 1954 European Championships in Bern they both won gold and though selected for the 1956 Olympics in Melbourne, neither managed to win a medal here. The following year Emil retired from competitive athletics. In 1958 Dana, aged thirty five, set a javelin world record, went on to win gold in the Europeans at Stockholm and to win silver in the 1960 Olympics in Rome, after which successes she too retired. In October 1998, aged seventy six, they celebrated their golden wedding anniversary; two supreme athletes, world record holders, European and Olympic gold medallists, Emil and Dana, a perfect match.



Race Calendar

JULY

Tue 01-Jul	Rochdale 10k Road Race, Rochdale
Thu 03-Jul	Cuerden Valley Badger 10k Trail Race (2/3), Bamber Bridge, Preston
Thu 03-Jul	Sale 5k Sizzler (1/4), Wythenshawe Park
Fri 04-Jul	Colin Potter 10k, Darley Abbey
Sat 05-Jul	Merseyvend Halewood 5k, Liverpool
Sat 05-Jul	No Walk in the Park 5k, Chesterfield DATE CHANGED TO 28 JUNE
Sat 05-Jul	Herdwick 10k, Great Langdale
Sat 05-Jul	Catforth Canter 5k (2/3), Catforth, nr. Preston
Sun 06-Jul	St. Annes Carnival 5k Road Race, Lytham St. Annes
Sun 06-Jul	St. Annes Carnival Fun Run, Lytham St. Annes
Sun 06-Jul	Lymm Festival Trail Races (10k plus 5k and Fun Run)
Sun 06-Jul	Brampton Brewery Chesterfield Spire 10 Mile Road Race, Chesterfield
Wed 09-Jul	'Royton Trail' Multi-Terrain Race, Royton, nr. Oldham
Wed 09-Jul	Endmoor 10k, nr. Kendal
Wed 09-Jul	Offerton 10k Road Race & YA 1 Mile, Offerton, Stockport
Thu 10-Jul	Bull Hill Fell Race, (Race 1/3 Radcliffe AC 3 Day Challenge) Hawkshaw, Bury
Thu 10-Jul	Happy Valley Foodbank 5km Series (1/3), Bramhall, Stockport
Fri 11-Jul	The Barlow Carnival 10k, Barlow
Sat 12-Jul	VLA Events 5 Mile Trail Race (Race 3/3 Radcliffe AC 3 Day Challenge), Radcliffe
Sat 12-Jul	Lancaster 10k Series (2/5), Pilling
Sat 12-Jul	Holme Howler 10k & Fun Run, nr. Carnforth
Sun 13-Jul	Windmill Half Marathon, Fairhaven Lane, Lytham St Annes
Sun 13-Jul	Bollington Nostalgia
Wed 16-Jul	Ian Terry Memorial 5k Road Race, Whitworth
Wed 16-Jul	Lancaster 10k Road Race
Wed 16-Jul	Horwich Jubilee Series (3/4), Rivington, nr. Bolton
Thu 17-Jul	Sale 5k Sizzler (2/4), Wythenshawe Park
Sat 19-Jul	Elswick Express 10 Mile, Elswick, nr. Preston
Sun 20-Jul	Blackpool Summer 10k, Hilton, Blackpool
Wed 23-Jul	Harrook Hill Race (3/4), nr. Parbold, Wigan
Thu 24-Jul	The Joan Rhodes & Fred Norris Memorial 5k, Radcliffe
Fri 25-Jul	South Cheshire 5k Series (2/3), Crewe
Sat 26-Jul	Lancaster 5k Race Series (3/5), Salt Ayre, Lancaster
Sun 27-Jul	Towneley Park 6 Mile Road Race, Burnley (Pendle & Burnley GP)
Sun 27-Jul	Mossley AFC 10k
Sun 27-Jul	Great Warford 10 Mile Road Race, Warford, nr. Knutsford
Tue 29-Jul	Welcome Tavern 5k Tuesday Night Series (4/4), Preston
Wed 30-Jul	Millbrook Monster 10k, Millbrook, Stalybridge
Thu 31-Jul	Sale 5k Sizzler (3/4), Wythenshawe Park

AUGUST

Sat 02-Aug	No Walk in the Park 5k, Chesterfield
Sun 03-Aug	Worsthorne Moor Fell Race, Burnley (Pendle & Burnley GP)
Sun 03-Aug	Wagon & Horses 10, Lancaster (Lancaster Series 2/3)
Wed 06-Aug	Astley Park Trail Senior Series (3/3), Astley Village, Chorley
Wed 06-Aug	Pie and Peas Five MT, Moulton, nr. Northwich
Thu 07-Aug	Cuerden Valley Badger 10k Trail Race (3/3), Bamber Bridge, Preston
Thu 07-Aug	Happy Valley Foodbank 5km Series (2/3), Bramhall, Stockport
Sun 10-Aug	Blackpool Air Show 10k, Bispham, Blackpool
Sun 10-Aug	Welcome Tavern 10k Challenge, Preston
Sun 10-Aug	Boulsworth Fell Race, Trawden (Pendle & Burnley GP)
Wed 13-Aug	Joe Ashcroft Saddleworth 6, Greenfield, Oldham
Wed 13-Aug	Ulverston Summer 10k Road Race & Fun Run, Ulverston
Thu 14-Aug	Sale 5k Sizzler (4/4), Wythenshawe Park
Sat 16-Aug	Catforth Canter 5k (3/3), Catforth, nr. Preston
Sat 16-Aug	Race the train
Sun 17-Aug	Birchwood 10k & Fun Run, Warrington
Sun 17-Aug	Wagon & Horses Half Marathon, Lancaster
Sun 17-Aug	Belper Rugby Rover 30km Run or Walk
Wed 20-Aug	Horwich Jubilee Series (4/4), Rivington, nr. Bolton
Wed 20-Aug	Urenco Ellesmere Port RC 5k
Thu 21-Aug	Stan Curran Birthday Charity Reservoir Race, Whitworth
Sat 23-Aug	Lancaster 10k Series (3/5), Pilling
Sun 24-Aug	Fleetwood Half Marathon
Mon 25-Aug	Chesterfield Community 5k, Chesterfield
Tue 26-Aug	Littleborough Lions 5k Fun Run, Littleborough, nr. Rochdale
Wed 27-Aug	Harrook Hill Race (4/4), nr. Parbold, Wigan
Fri 29-Aug	South Cheshire 5k Series (3/3), Crewe
Sat 30-Aug	Blackpool Hilton 10k, Hilton, Blackpool
Sat 30-Aug	Lancaster 5k Race Series (4/5), Salt Ayre, Lancaster
Sun 31-Aug	Blackpool Hilton Half Marathon, Hilton, Blackpool

Multi terrain championship

BULLETIN BOARD



SPRING 10K



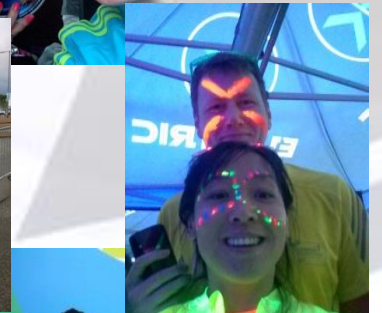
ELECTRIC RUN MANCHESTER



SUMMER BIKE RIDE



BADGER TRAIL 10K



The Striding Report

A newsletter for Readers of all abilities

Circuit Training

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From 18:15

