

Tour of Merseyside – Red Bull fancy dress 5 miler



The Striding Report

PROBABLY LIVERPOOL'S PREMIER RUNNING CLUB NEWSLETTER

IN THIS ISSUE

From the Editor

Looks like we're back in business then. I've had my holiday, my GP tells me I'm completely normal (and he has lots of certificates on his wall), my blood pressure is fine and it turns out my headache was probably just a result of being surrounded by idiots general stress. Having said that I still think there's time for another spot of PLS therapy.

When I was younger I always had the most horrific fear of failure and rejection. At no point would I consider trying something out that I wasn't 300% certain I'd do at least passably well. I just couldn't imagine the thought of being the last of the class – I'd sooner not even try. Let's not mince our words then: a bit of a coward.

Then I discovered mountain trails. They're brilliant. You're like in the middle of nowhere with a piece of cake and two slices of cheese and blink and it's night time and where did the day go? It's amazing.

Sadly I'm not very good at it. I can train adequately for middle distances and little hills but when I am faced with proper lumps with climbs that seem to go on all day there's nothing for it, I am at the back of the class. So what would the coward I knew in my youth have done? She'd have stayed at home.

And boy am I glad she's gone, because the woman I know now might well bite off more than she can chew but she gets to see sunsets at the top of mountains that the coward would only have seen in pictures.

Suggestions as always to thestriddingreport@gmail.com

News

Road Relays are coming! These are a popular fixture in the Penny Lane calendar and this year we have:

Saturday 10th September - North-West Road Relays (Men 4x5k stage/Women 3x5k stage)- Delamere Forest

Sunday 25th September - Northern Road Relays (Men 6x6.6k stage/Women 4x5.2k stage)- SportCity, Manchester

Women's captain Helen Osbourne told us "This year we are going to be selecting teams based on recent 5k performances. Myself and Andy will be working with Sharon and Colin to select teams and we will be inviting those selected to represent the club in the competitive teams shortly. However, as always, we are inviting everyone along as it is a great day out and an excellent opportunity to represent the club whatever your pace. There is no limit on the number of teams we

can field, so it would be great to have a sea of black & white vests at both events!"

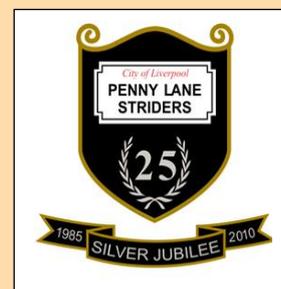
Saturday 17th September sees the return of the Autumn Handicap Relays from 4pm in Princes Park, followed by a buffet and team presentations at Aigburth People's Hall.

Social Secretary Claire Meadows promises "A fun event, just like last year only better! It's a chance for members old and new to get to know one another in the spirit of friendly competition. Members will be organised into teams of 3 and each runner will complete 2 separate laps of Princes Park. There are some great prizes too!"

Finally watch out for the start of Saturday xc training sessions from the end of September with Graham Beardsmore. More details will be provided on the forum, facebook and on club nights during September.

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Editor:
Cristina
Puccini



Membership News

by Christopher Lee

Once bitten always a Strider!

Sadly, as ever, the summer months seem to fly by and already we are faced with the prospects of the Autumn Nights starting to draw in on our evening sessions. However, there are some positives to take from the time of year, with some great events and races coming up over the next couple of months.

September brings the Multi-Terrain races in the Wirral. These four races run every Tuesday in September and are a great introduction to off-road running for those that are new to the area. They are organised by the same person that organises the Sunday League Cross Country League, Steve Saunders, and usually bring out great representation from the club. More details will go up on the Forum and Facebook nearer the time and we would encourage anyone who wants to, to try it. Car sharing normally takes place so if you need a lift don't be afraid to post asking for help! Also in September is the final Mystery 5k of the year, bringing to a close the series of 5k races there that began back in May.

September also means the return of the club Relays event on 17th September in Princes Park at 4pm. This costs £5 to enter and includes a buffet back at Aigburth People's Hall afterwards. This is a great social event and sees club members of different abilities put together into teams to race against each other. There is a handicapping system so any team stands an equal chance of winning the relay. If you didn't do this one last year, please give it a try, as it is a great way to meet other members of the club. To enter log on to the Webcollect site where you pay your membership fees and purchase a place there.

Moving into October and we see the return of the Cross Country season and lots of mud! If you have never given it a go, the Cross Country races are great fun, and a great way of building up your strength and endurance. All you need are a pair of Cross Country Spikes to run in (don't try it in road shoes unless you want to look like Bambi on ice!) and a good bath or shower afterwards! More details about these will be made available nearer the time by our Cross Country Manager, Cristina (also the editor of this newsletter), but if you have never ran in them before you will need to give your details to Cristina so she can register you with the organisers. We usually have some training sessions to get you used to the feel of it in the weeks leading up to the first race so keep your eyes peeled for those if you are interested.

Finally, October will also bring our own Andrew Stansfield Memorial Lamplight 5k named in memory of one of our late, great former members and organisers. Also affectionately known as the Curry 5k it is a handicapped 5k run up and down Otterspool prom, for our members only, and is followed by, you guessed it, a curry! More details of this will also go up nearer



the time and you will also be able to buy the tickets for that through Webcollect too when they are released.

So we may be losing the sunshine soon, but at least we've got plenty of fun to come! Enjoy your running!

pennylandstriders@btinternet.com

Follow the club on Facebook and Twitter:
@TeamPLS1985



Strider of the Month: Keith Boyle

By Rachel Rick

Event	PB	Event	PB
5k	22:12	10M	78:42
5M	37:47	HM	1h44:28
10K	37:42	Marathon	4h11:33

Would you buy a 2nd hand car from this man? Well you don't have to. He only sells them brand new!

Why did you choose Penny Lane Striders?

I had done Couch to 5k by myself and completed my first 10k in 2008 then Christmas got in the way and my training lapsed. I got chatting to a girl in my local pub who said she was a member at PLS and recommended I give them a try. I've never seen her since.



Cake, mud & spikes – what's not to love

When did you join?

January 2009

What is your favourite distance?

Although there aren't many around nowadays I like 10 mile races. It's a good test that doesn't require all the extra training required for a half or full marathon.

What is your least favourite distance?

Unsurprisingly 5K. I'm not really built for speed.

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

Stubbornness I suppose. I've never DNF'd. I don't get too hung up on times so as long as I finish that's the main thing.

What is your favourite session?

A pyramid session on Otterspool Promenade, middle of winter, pouring rain, a howling wind and preferably hailstones.



If you could do one more run in the year what would it be?

For the last six years it's been the Benidorm Half and will be again this year. It's a tough, well organised race with a growing contingent from all the local clubs. All in all it's a great weekend.

What is your best running memory?

Coming second to John Bampton in the 2015/16 V40 Male 10 Mile Club

Championship. There was only him and me who had completed two qualifying races so I basically came second in a two horse race. But it won't say that in the club records! And that time I found a five pound note running through Pickerings Pasture. And that time I got legged by around 400

Manchester United fans outside Euston Station. I was quick that day!

What do you see in your running future?

I really need to up my training. I'm nowhere near as fit as I once was but I believe I'm still capable of achieving new PB's if I put the effort in. But for the time being I'm quite content retaining a basic level of fitness. I was asked to look after a beginners running group for Liverpool City Council until the middle of next year which has become really successful and rewarding so I'm quite enjoying that at the moment.

Tell us something we don't know about you?

There's not a lot really. I think I'm quite open so I don't really have any secrets. I was once vice captain of Lister Drive Primary School Quiz Team which basically meant I was the second cleverest kid in the school. It all went downhill after that. Oh yeah, I sell new Ford cars for a living and there are far too many people in this club who didn't buy their cars from me. That needs to change!



Power to the Tourists!

The Benidorm Half is fast becoming an infamous fixture in the winter calendar. What do you recommend as the best race strategy?

1. Don't go the pub Saturday afternoon for 'a couple of shandies' to watch the footy. It doesn't end well.
2. Stay away from Kirkby Milers!



Taking on carbs at the Benidorm Half...

Cunning running

By Tom King

An insight into Penny Lane Striders dark orienteering underground.



Most Striders will not be aware that there is a small (very small) band amongst their ranks who have been ditching the well marshalled, sign posted and accurately measured world of road, trail and multi-terrain racing in favour of entering and competing in ORIENTEERING races. Orienteering has taken us to beautiful and intriguing areas of Merseyside, Cheshire, North Wales, Manchester, Lancashire and Yorkshire. Unlike organised running races that usually take place on well-

worn paths and tracks orienteering races usually take you through holly thickets and huge patches of stinging nettles and brambles. They may require you to jump over a few marshes or bogs, or require you to climb a steep hill or banking using rootstacks to pull yourself to the top. In one race in January this year I ended up waist deep in a frozen stream in a small wooded area in a suburb of Manchester. Equally urban sprint orienteering events are becoming more popular requiring the orienteer to navigate themselves through complex urban environments like the recent urban race at Edge Hill University campus.

I have been taking part in orienteering races for just over a year and I have found it exciting, mentally and physically challenging and very very addictive. What's made it more fun is I have been joined by two or three regular members of Penny Lane Striders and until now we have remained relatively quiet about the whole thing.

What is orienteering?

Orienteering is a competitive sport that combines running and navigation. Each participant is timed as they use a highly detailed map to navigate through various types of terrain visiting control points in sequence. At most orienteering events there is a wide range of courses to choose from, from family and child friendly beginner courses to courses for the more advanced.

An orienteering course consists of a start point, a series of control sites that are marked by circles connected by lines and numbered in the order they must be visited, and a finish. The control circles are centred on the feature that is to be found; this feature is also described by control descriptions or clues, a list which is either given to you at the start of the race or printed onto the map. Out in the terrain a control flag marks the location the orienteer must visit.

In an orienteering race the route between controls is not specified and is entirely up to the orienteer. This element of route choice and being able to navigate through the terrain is the essence of orienteering.

To verify a visit to a control, the orienteer must punch an electronic dibber (small plastic stick worn round the index finger) into a small electronic control recorder at each control site.

Where did Orienteering originate?

Orienteering was originally created in the late 19th century as a training exercise for the Swedish army. Orienteering was used to train Swedish military officers to navigate quickly and effectively in dense forest terrain. By the very end of the 19th century military orienteering competitions were being held between Scandinavian countries.

The development of the baseplate compass in 1930 meant that orienteering became much more popular as a civilian sport. Orienteering became popular among the Scandinavian countries and in

Switzerland (As a general rule European countries with crosses in their national flags are generally stronger orienteering nations)

By 1961 an international orienteering federation had been established (IOF) and the first international meeting was held. From 1961 to 2003 the world championships were held bi annually. There are now over 70 countries in the IOF and the world championships are held every year. In 2015 the world championships were held in Scotland. A French man

named Thierry Georgiou is the dominant force in long and middle distance orienteering whilst the women's competitions are much more open.

How did I get interested?

Whilst back home in my native West Yorkshire I was training for the 2015 Manchester marathon running across Ilkley Moor and I noticed a strange wooden post with numbers and letters on. As I ran further onto the moor and round my circuit I noticed a few more posts and when I got back to the car park I asked a local mountain biker what the posts were for. He told me they were permanent orienteering posts used by the local orienteering club called the

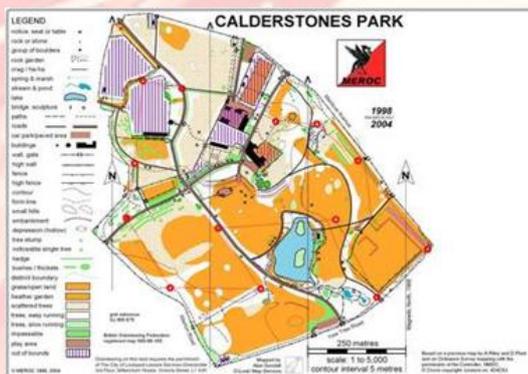
Airentees (Based in the Aire Valley, see what they did there). I got home and went on their website and managed to download and print off the Ilkley moor permanent orienteering course map. The next day I took a friend back to Ilkley moor and we orienteered our way round the course. It felt like we were children again running where we wanted, through whatever we wanted not bothered that the hikers and picnickers thought we were idiots or just a bit nuts.

When I got back to Liverpool I looked up my local orienteering club and a bit dismayed found out that Meroc the old Merseyside club had folded and amalgamated with the Cheshire team Deeside Orienteers. I went on their website and found a list of permanent orienteering courses I could do at my leisure, Birkenhead Park, Runcorn Town Park, Arrowe Park and Formby Nature reserve (There is now one at Speke Hall too). Nearly all my tapering for the 2015 Manchester marathon consisted of running permanent orienteering courses.

Not knowing anyone who orienteered I decided to read Carol McNeill's book simply named "Orienteering" and read as many web articles on the sport as I could. I also completed every permanent orienteering course in Merseyside, Wirral and Wigan. Finally it was time to take part in a real event. My first orienteering event was a Deeside Orienteering club event in Sefton Park in July 2015 on a very sunny Wednesday evening. I entered

a very easy light green race and with an over familiar knowledge of the park I came 1st. My second competition was a Manchester District Orienteering Club event at Alderly Edge. On a very difficult technical course in very challenging terrain I came 34th out of 35 people and only just managed to beat a 68 year old man. I had told my wife it would take me 45 minutes at the most so when I stumbled out of Alderly edge woods over 60 minutes later than planned no wonder she wasn't happy.

One Tuesday night training session I told my fellow Strider buddy Dr Pauls (Our "unique" Latvian team mate) that I was taking part in a Deeside Orienteering Club autumn orienteering event in Birkenhead Park and he asked if he could come along. Just to let you readers know orienteering is the national sport of Latvia, so I was expecting great things from Pauls. I



An example of Calderstones Park orienteering map



An orienteering control flag and electric control recorder

finished the event somewhere in the middle of the times. Dr Pauls was disqualified for punching the controls in the wrong order. YES!!! I thought to myself. Someone I can finally beat. Despite the setback Pauls really enjoyed that event and caught the orienteering bug.

Towards November 2015 I optimistically put a message on the Penny Lane Striders web forum asking if anyone fancied taking part in an urban orienteering event with me and Dr Pauls at Reaseheath College in Cheshire. Amazingly I got a message back from Ross who until this point I knew only as "The fast Scottish group 1 runner who came 1st in the October curry run". Ross told me he wanted to join us and it was apparent he had quite an in-depth knowledge of the sport. (About 90% of the British Orienteering team are Scots). In this event Ross came in the top 6 out of 40 and me and Pauls were last and second last. In this event I was looking so hard at the map that I didn't notice a lamppost until I had ran straight into it. It was after this race that I decided the best thing to do in order to keep up to date with events and to get a small price reductions at events was to join Deeside orienteering Club for the year as did Ross. Dr Pauls thought £7 to join the club was still a ripoff and still to this day is an independent runner.

In spring 2016 at a Saturday morning Orienteering race in Delamere forest Lawrence Eccles turned up and won his first orienteering race. Unfortunately we had to tell him the ease of his win was due to entering a course designed for families and beginners not experienced fell runners/ultrarunners and that most of his competitors had been 13 year old scouts or families walking the course together. This event took place after huge amounts of rainfall and navigating through the Delamere forest undergrowth in knee high bog water was great fun.

Last of the 2016 Summer week night events

Due to the summer holidays the world of orienteering goes pretty quiet in August. The penultimate event we participated in was in Erddig Hall just outside Wrexham at the start of July. The roads were pretty quiet getting to this one because apparently Wales were playing in some big international football tournament. Ross and I were driving down and Dr Pauls was meeting us there.

After a bit of trouble finding the car park we paid, registered and were ready to go. The start line was over a mile from where the car was parked so it gave us ample time to warm up. I set off before Ross and in my head



The unholy trinity of orienteering's first adventure together at Reaseheath College. (l-r Ross, Pauls and Tom)

I was trying to work out how long it would be before Ross passed me. I found the first few controls pretty easily in a nice wooded hill. On route to the 5th control Ross came speeding past me, it goes against the spirit of the sport to follow a competitor and in larger events you can be disqualified so even though Ross could have been my meal ticket to the next control I let him go. The course took us through fields, into nettles, into bushes and through bogs and up extremely steep hills. I could hardly believe my eyes when I got to control 18 out of 25 and found Ross looking for a

control. With a tiny bit of team work (ssssshh don't tell anyone) we found the control together and Ross flew off in front again to kick my backside again. The second to last control was in the middle of some very very boggy ground and there was an obvious path to get to it safely. Me, deciding I wanted to shave off a few minutes decide to wade through the bog to get to the control. Now my time saving plan did actually work, but I had to finish the race looking like Andy Dufresne after his escape from Shawshank prison. Luckily the race finished next to a small weir. Whilst most competitors were washing their shoes or having a cheeky paddle I had no option but to jump straight in and have a bath. I later found Ross was in the top 10 finishers and I myself was 16th out of 35 competitors. Dr Pauls turned up to this event 10 minutes after they had stopped letting people start the race. He got very annoyed. He shouted at one of the organisers for having put insufficient directions on the website (everyone else found it) and drove home and didn't tell us he had turned up to the event until 3 weeks later.

5 reasons why you should give orienteering a try

- 1) It is great fun + demands physical and mental stamina
- 2) Most events only cost £5 at the most
- 3) You get your result printed off immediately after you finish the race, none of this waiting for results to be uploaded online malarkey and you get to keep the map.
- 4) There is a real sense of community and everyone there is friendly and helpful
- 5) There is an event in Calderstones park on Saturday the 24th of September 10:30 – 12:30. It is designed especially for people who want to try it for the first time. Want more info contact me RE_King@hotmail.co.uk

****REMEMBER**** - All the best orienteers are great runners, not all the best runners are great orienteers.

What your Penny Lane orienteers say



"I compete in orienteering events out of fear. Fear that one day I will be beaten by either Tom King or Pauls Auce. It's the fear that keeps me going. I'd like to win an event but I make mistakes.... Probably because of the fear" *He genuinely said that.*

"You get to run through rivers and marshes. Jump across rocks, crawl under fallen logs, bolt fences and generally act like I did when I was 14. You can keep paying £35 to run around industrial estates on Sunday mornings I'll just keep doing this."



"It uses your brain as well as your body. The scenery is very beautiful not like dull road running. The atmosphere is very chilled out and relaxed. Orienteers don't cry or get angry over PB's"



"It's never the same twice, one area can be used in a different ways which makes it really interesting. It's like a big family and it's very inclusive for everyone and always fun"

Cross Country Calendar 2016-17

By Cristina Puccini

Old hands and anyone who's been at PLS for more than one year just look at the dates – new Strider? Have a good read and put these dates in your winter calendar, cross country's coming!!!

If you've joined PLS since spring or summer this year you may have heard some of your club mates talk about the upcoming cross country season. Some people call it xc (mostly because they can't spell) but who am I to criticise, I make up words on an almost daily basis.

My name is Cristina and I am your cross country manager. If you have any questions over the season, the fixtures, whether it's spikes, studs or slippers – or anything else that pops into your head about xc – you can contact me at thestriddingreport@gmail.com, on facebook or at club nights.

In the meantime Graham Beardsmore will be arranging specific training sessions on Saturdays from the end of September. More info will follow at club nights, on the forum and on facebook during September.

Penny Lane Striders compete mainly in two leagues, the North West Cross Country Sunday League and the Liverpool and District League.

Sunday League

As the name suggests, the Sunday League fixtures are always held on a Sunday. The races are not timed and the classification for both men and women works on position number alone – everyone who turns up makes a valuable contribution to the club. There are 6 counters for the men and 3 for the women (one of each has to be a vet). The team with the lowest score wins the day and at the end of the season the five best scores are aggregated to give the final result.

The Sunday League is the main focus for the club. The fixtures are hosted by the various clubs in the league. Each club provides a venue with showers and changing facilities for before and after the race, as well as sandwiches and drinks (tea, coffee, juice) whilst the results for the day are collated.

There is also a club competition within Penny Lane with prizes for the overall champion and runner up and vet champion and runner up.

Dates for the Sunday League are as follows:

- October 23 Penny Lane Striders at Clarkes Gardens
- November 13 Skelmersdale B H at Beacon Park
- December 4 Liverpool R C at Walton Hall Park
- December 18 Pensby Runners at Arrowe Park
- January 22 Warrington R R at Town Park, Runcorn
- February 19 Spectrum Striders at Forest Park Birchwood

All races start at 10.00 o'clock and only first claim members can count for the official scores. Club vests must be worn, although PLS training tops will also be allowed (you cannot wear a plain top).

Guests are welcome to race for a fee of £2 but must not proceed along finish funnel or take a finishing token.

Sunday League and Road Racing for the Club Championship

The important thing to remember about cross country fixtures is that any road races run on the same day as a Sunday League fixture will not count towards the club championship so please bear that in mind when putting together your winter racing calendar.

Liverpool and District

The club also supports the Liverpool and District League. In the past some members have found this league a bit too fast and furious however it is now becoming a lot more welcoming to the slower runner, so this year we will be encouraging everyone to take part in the Saturday fixtures of the L&D, including the prestigious European Championships which are run alongside the 26 November fixture in Sefton Park.

This is a wonderful opportunity to be in the same race as national standard athletes whilst at the same time ensuring that a high profile event such as this continues to be held in Liverpool.

Most fixtures are on Saturday apart from the last one which is always held on Sunday in Clarkes Gardens.

L&D League Fixtures:

- Sat 29th Oct (Arrowe park)
- Sat 26th Nov (Sefton Park)
- Sat 10th Dec (Beacon Park)
- Sun 5th Feb (Clarke's Gardens)

Other major cross country events:

The club captains need to enter runners for this one and will post updates for locations, deadlines etc.

Merseyside XC Championships – date to be announced

North of England XC Championships - Saturday 28th January

National XC Championships - Saturday 25th February

PLEASE NOTE:

CAN ANY NEW STRIDERS PLEASE LET ME HAVE

**NAME
SURNAME
DATE OF BIRTH**

So we can pass on the details to the Sunday League organisers for the results database. Our fixture at Clarkes Gardens is the first of the season and lots of newcomers on the day make the compilation of results after the race a mammoth task.

EMAIL YOUR DETAILS TO THESTRIDINGREPORT@GMAIL.COM – if we can get the database updated before the first fixture at Clarkes Gardens it will speed up the results process on the first day.

Lakes Sky Ultra

By Lawrence Eccles

Elevated ridgelines, breathtaking exposure, fast travel on technical mountain terrain. Definitive Lakeland vistas. Classic Lakeland scrambling. Fell running on additives. This is Skyrunning™. This is Lakes Sky Ultra™.

I first heard of this race when I was at the UTMB in 2015. It seemed the Skyrunning brand was coming to the UK. They had just had the Glencoe Skyline race with big international names and next up was the Lakes Sky Ultra (LSU). Sadly when I investigated further I saw that it clashed with the Lake District Mountain Trial (LDMT) which I had already entered.

Roll on a few months and I entered the Lakes Sky Ultra. It had now moved to July; perhaps in search of better weather. There is a vetting procedure for entrants as the LSU involves scrambling up a grade 3 rock climb on St Sunday crag called Pinnacle ridge. I had done the climb many years ago and recall it being easy once found and the climb up to the base of the climb was the hardest part as the slope is so steep. I got a place after vetting.

I forgot about the race then and breeze read the emails. I was disappointed to read fixed ropes were to be installed in two places for the race. I suppose this was to mitigate against damp conditions. As luck would have it, the weather was perfect for running in 2016. A friend, Ally Beaven, asked me where I would be staying for the race a few weeks before. I advised him I'd drive up on the day. The detail I missed was that registration, and briefing, for the race was the day before. I had assumed Ally would have to travel down as he's based near Aviemore, so thought nothing of the question.

Reading the race emails more thoroughly I saw the kit list was quite extensive and the course was quite long and hilly (56km, 4500m). Foolishly I thought I would manage with my new fell shoes (untried at the distance or on such steep descents) and to save having to make a decision at the start, left my trail shoes at home.

Race registration was Friday night. After the race briefing I headed to my mates in Kendal who kindly put me up for the night

(or did not know how to refuse me without seeming rude). I repaid him with a cowbell I got at race registration and by drinking his beer. I did have some buttered bagels and a bit of my race biltong as a bit of solid food for my dinner. Come morning I realised I had probably had too much beer and too little solid food for my dinner. The weather was ideal for running with high cloud, although poor for photographs as Robert Campbell commented, "Extremely difficult photographic conditions, clag makes everything impossible almost, these are somewhat stylized over saturated shots to make something usable."



Photo by Wildman Media

I met a few familiar faces at the race start and then we were all off running up a hill at 07:00. I started on food and water early and I started feeling better. I spotted an LRC vest (worn by Michael Clayton) on the climb so had to pass him. Ahead I could see a girl in very bright pink shorts and the distinctive red and white polka dot king of the mountains jersey often worn by James Harris; it was James Harris. The woman was Sarah Ridgeway. I passed them both, but I stopped running off Fairfield.

A man had fallen and badly bruised his collar bone; it may have been broken. He looked in severe pain. He asked were the next CP was. I thought it was on the top of Helvellyn, but fortunately it was just a few hundred metres down the hill. On I went with my race up to Helvellyn. The Skyrunning races are very well marked with red flags and you have to follow the marked route (there is a quicker line to Helvellyn used on the Old County Tops fell race).

Following the marked route meant it was easier to concentrate on running (or at least trying to run). Ally Beaven caught me as I neared the top of Striding Edge on the

LAKES SKY ULTRA



second time going up Helvellyn. I had tried to break him on the climb/grade 1 scramble, but he was happily walking behind me still. We ran over to Nethernmost Pike for the grade 2 descent down Eagle crag. As I pondered how the big toe on my right foot was getting bumped as I ran down the steep hill Ally danced off ahead like it was easy running downhill. I then moved to wondering why I had not put my tested trail shoes in my drop bag at halfway through the race.

I had stones in my shoes by Patterdale, the halfway check-point where I could have had my change of shoes and socks if I'd been a bit more organised. I'm over it now. The second half of the race is more like trail and suits trail shoes. A French runner, Thomas Paris passed me on the climb to High Street (the name of a hill and not a high street). He was in his element seemingly. He just kept running were as I was looking for the steeper inclines as an excuse to walk; and walk I did.

Onto the last CP and a time trial. I was joined at the CP by Sarah Ridgeway (technically she passed me a 100m before it). The time trial was from the CP up a steep slope. I drank three cokes. Stupidly I also had some chocolate cake as it looked nice. I let Sarah go first so I could chase her down up the hill; a psychological trick. I dibbed and hit the climb. Sarah was going fast. Actually she was going a lot faster

than me. She posted the second fastest time of the day. My time was ok and I lost no more positions on my way to the finish. A fun race. I can forgive the long drive up on the Friday night now. It was worth it.

2016 race video; let down by not featuring me and

too much talking and not enough hill running.

https://www.youtube.com/watch?v=Gojjo-VR_Go



Photo by Wildman Media



Andy Cantwell

A short while ago I had the pleasure of being asked by Andy to be his vice captain and I jumped at the chance to represent such a great club and help promote PLS in any way possible. I'm sure many of you will have seen me at club nights and at various races, but for those who don't know me, my name is Colin Dobbs.

I've been a member of PLS for 7 years and would like to think I'm a very open and approachable person, as are Andy and our female counterparts Helen and Sharon. Any help, advice or feedback that any of you may want to discuss will be warmly received.

With the introductions out the way, I hope you're all being inspired by the Olympics? Personally, I think athletic participation increased after the London games, and I can only hope the Rio games, and Team GB'S amazing performances will have seen a sudden, positive uptake in healthy lifestyles and hopefully an increase in PLS members!

I've only been helping Andy for a few weeks, but three of our members have amazed me with their performances lately. Firstly, I'd like to mention Ste Watkin, who has dipped under 17 minutes for 5k twice. Firstly, on a track 5000m race when he smashed the 17 minute mark by a whopping 0.3 seconds. He then matched it in a road 5k race at the Mystery last time out! Secondly & thirdly I'd like to mention Mal Balmer and Myka Heard. I know we may not see them at club sessions all that regularly (understandable when you have 3 events to focus on), but both have qualified for the World Triathlon Championships in Mexico, which I'm sure you'll agree is an amazing achievement!

I hope to see many more of you in the near future, enjoy your running.

Happy Summer Time Striders! I want to use this Captain's Log to mostly look forward to what promises to be a very busy, and hopefully, very successful Autumn. September is 'Relays Month'! Three out of the four weekends have a relay event taking place and I would love to see as many of you guys taking part in them. Saturday 10th sees the Northwest Road Relays taking place in Delamere Forest, with the Senior Men's event kicking off at 2:30pm. These consist of teams of four with each leg measuring 6.4km. I think we could really demonstrate a competitive edge this year with the class and strength in depth we currently have at the club. There are no limits to the amount of teams we can enter so it really is an inclusive event where everybody can join in and enjoy themselves whilst representing our great club.

The two weeks later, we have the Northern Road Relays on Sunday 25th at SportCity in Manchester. This is fantastic opportunity to race alongside some of athletics' elite athletes and it is another great day out with plenty of opportunities to have loads of fun with your teamies. There is very little information available for this event at the moment so I will keep you up to date with all the information, as and when I get it.

Sandwiched between these two great events is our very own Handicap Relay, returning for it's second year due the massive success of last year's event. The event is on Saturday 17th and will be held once again in Prince's Park, starting at 4pm. Claire Meadows has opened the entries on WebCollect and so far, the uptake from us guys has been very low. Entrants will be sorted into teams of three and all three team members will complete two separate laps of the Prince's Park. Teams will be a mix of men and women, and also mixed abilities and a handicap system will be used to ensure that all teams are as balanced as possible. There is a buffet and a presentation after the event at Aigburth People's Hall. If you ask me, this is excellent value for money and great fun.

October sees the start of our XC season. Sticking with tradition, the first fixture is our home event at Clarke's Gardens on October 23rd at 10:00am. It would be great if we could reclaim the trophy we won in 2015 by going one better than our 2nd place finish in 2016. Again, keep your eyes and ears open for news from Cristina regarding this race, and all other XC events.

Retrospectively, there has been some absolutely fantastic running during the last two months. We are currently leading the way in the Merseyside Grand Prix, 122 points ahead of second placed Knowsley Harriers. The results from the Mystery 5k have yet to be confirmed but with some outstanding performances, including a win for Martin, we could still be some way ahead of the pack with only two races left- Halewood 5k on September 3rd and the Wirral Half on September 11th. Graham Douglas currently sits in third overall, with Nigel Foo and Nigel Grant also well placed in their categories.

I would like to add a very special comment about one of our team who has had an amazing start to his season, setting and breaking PBs on at least 9 occasions! Well done to the one and only Vincent John Hessey. He has set himself a 3km PB twice, going from 16:06PB to 15:45PB. A staggering 47:01PB at The Tony Barnes Memorial 5 mile in Sefton Park. And, he has set and reset his 5k PB on six occasions so far this year and his best for the distance currently sits at 27:10. Vincent is just two Parkruns off the 100 mark and judging by his Facebook, he looks likely to hit the 100 mark on September 10th. I hope he saves a bit for the relays in the afternoon!

Captain's Log

My first few months of being captain and I cannot feel prouder of our

women's team! I have seen some amazing performances and teamwork on display. Although the summer is generally a quieter time on the race calendar, with many on holiday or generally enjoying some downtime after spring marathon training, you have all been extremely busy getting PBs!



Helen Osborne

July kicked off with the Tour of Merseyside which is always a spectacular. 14 women finished the Tour of Merseyside and Louise Warn even managed the amazing feat of PBing during the tour and finish the 10 miler in 1:14.04. Not bad after a half marathon and 6 miler! The Tour of Merseyside encapsulates what running is about for me - community, teamwork and friendship. I have entered it myself next year and can't wait to be a part of something so special in the Merseyside running community.

The Tour kicked off with the Southport Half, which was another Merseyside Grand Prix race. We had a really strong performance. Cath Grierson finished in an amazing time of 1:37 and Joanne Harrison shaved an amazing 8 minutes off her previous half marathon PB with a time of 01:47:29.

Following on from her success in Southport, Cath also came 3rd at the women's running 10k in Sefton Park on the 17th July. I went down to support you all and it was quite a spectacle seeing so many Penny Lane Striders in the top 10! Rachel Stead also continued her impressive improvement with a PB of 56.44.

On 2nd July, Claire Meadows PB-ed at Halewood 5k, smashing her goal of a sub 26 5k with a time of 25.42.

We've also seen some races as part of the off road champs, Bollington Nostalgia and Harrock Hill Race. I took part in the Harrock Hill race and it was so much fun - if you've never tried a trail race before I really recommend giving them a go. Well done to Pam Thurtle, Cristina Puccini and Eunice Nopondo who all raced - racking up some valuable points for the off road championship.

A favourite race of mine was held on our door step on the 13th July - the Sefton Park 5 milers. We had a great result for the grand prix here, coming first with 26 women from the club taking part.

Another grand prix race was the Mystery 5k on 9th August - Orla Carty finished 3rd female in a scorching time of 19.34. Congratulations to Katie Johnson on a new pb of 21.33 also. This leaves us going into the final 2 races of the grand prix looking strong - the next 2 are the Halewood 5k on 3rd September and the Wirral half on 11th September.

September is looking exciting with the Penny Lane handicap relays social events and the two road relay events. Claire is organising the handicap relays for Saturday 17th September and so far we have more women than men booked in - good stuff! On Saturday 11th September there will be the north west relays in Delamere Forest and on Sunday 25th September there are the northern relays at SportCity, Manchester. We have no limit on the number of teams we can enter so if you want to run a fun race and have a great day out with the team, let me know!

The cross country fixtures for the coming season have now been confirmed, so get them in your diaries. I'm really excited to increase female participation in the cross country. Last season we had 21 women race, compared to 50 men taking part, so I think this year we can do much better than that! Cross country is so much fun and it's a great chance to be part of the team, whatever your pace. It can really help your results on the road in the coming spring too - I think all of my PBs this year can be credited to taking part in the cross country season!

I have selected Sharon Samson for my vice-captain, as I think our abilities and enthusiasm will complement each other nicely. Sharon is super enthusiastic about the cross country season too - some may even say evangelical - so between us there will be no escaping the nagging, I mean...gentle encouragement, to take part in the cross country. Sharon is also an excellent role model and encourages runners of all abilities - as seen when she was pacing at our 10k race in June. I've never seen someone shout and encourage anyone across the line quite as much as Sharon did that day!

If you have any ideas, queries, etc, please don't hesitate to contact me on facebook, on a club night or via email (helen.sheridan@gmail.com)

Ten things you could probably guess about trail running

By Cristina Puccini

I entered the 80km du Mont Blanc to prepare for a longer race at the end of August called the TDS. I had tried the TDS last year and failed miserably, but in a fit of blind optimism I thought that 80km would be dead easy by comparison and put me in a good mood to have another go at 120. That was last Christmas. Come June, not content with not even giving the map a sideways glance, I decided I'd just done 100 without anything falling off in just over 12 hours so allowing for a bit more mountain and a splash of luck I'd probably get it done in about 15 hours and be home in time for tea and medals. Then I read the race info file. The women's record was 13 hours. Ah.

It turned into a bit of a long day, which gave me plenty of time to think up these pearls of wisdom

1. There isn't always a trail. OK for the most part there is and it's very well kept but sometimes the weather does not cooperate. This year, two days before the race, the route we were supposed to take at the top of the first climb (a lump called the Brevent at 2400m) looked like this.

I know because I took that photograph (whilst at the same time wondering what the hell I'd signed myself up for this time). By race day the sun was shining, they'd dug a path through it and the death sign was face down in the snow. Then we were running down a ski slope in snow up to my shins descending for a good 400m until we found something that looked like a track. It was brilliant.



2. A change of course due to bad weather doesn't mean it gets any easier. The climb over the highest peak at 2645m was just too dangerous for nincompoops in trainers, however they kept to the same amount climbing by sending us up to halfway, then back down to the bottom of the valley and back up again. For me that was right on lunchtime and it was hotter than my dad's flat in July when he refuses to put the aircon on.



On the way out from the Emosson Dam

3. When you overhear someone say to a runner they are supporting "The next bit downhill is all runnable" don't believe a word. It means pointy rocks and general torture for the big toes.

4. The views are great but it's no good if there's no place to stop – it's hard to admire the view and look at where you're putting your

feet at the same time. I don't know how these people who profess to be at one with nature (and are often shown in videos hopping over rocks and bushes like gazelles) manage to take in the view and not break their necks. For me it's all I can do to stay upright when I'm concentrating solely on the 2-5 metres of ground in front of me. I did manage to take a picture of this violet but it wasn't during the race.



5. Post race the bath resembled a scene of oompa loompa carnage. I have good memories of where the path seemed to be made of the most beautiful ochre clay (it was early evening and I was hungry so I could have been seeing things) but for some reason a lot of it stuck to my legs. It could have been when I sat down to put more Vaseline on my feet (see 3 or 7). When I tried to get vaguely clean before bed the water was orange and for once it wasn't because of my hair. For a very long minute the morning after I thought I'd need a pressure washer to remove the stains from the bath.



See what I mean about the views

6. Lumps of snow under your hat in the middle of a hot afternoon feel wonderful.

7. Big toes after a long descent do not. After the third one you do start to question your hobbies.

8. There is something of a uniform for trail runners. Men seem to love encasing themselves in the tightest of lycra tops whether they fit them or not. On the plus side they mostly wear hats instead of those horrific visor things triathletes seem to favour. Women like wandering about in skorts. I was forever jealous of Lawrence's foreign legion hat but I have one of my own now. Walking poles are a very divisive subject.



9. Local business owners will set up impromptu drinks stations halfway up a mountain and try to sell you a stay in their clear plastic bubble tent in the trees despite your general wobblytude, vacant stare and total inability to communicate in anything other than grunts. And no, I did not sign up for that.

10. If you are afraid of heights the best time to run along a rocky path on the edge of a precipice is in the dark.



Brecon 10 miler

By Glyn and Jan Hughes

New Striders Jan and Glyn take on this 10 miler in the beautiful and picturesque market town of Brecon, Powys, at the foothills of the well-known Brecon Beacons..

This event is hosted by the Brecon Lions at the rather faded surroundings of the Penlan Athletics Stadium, with the Brecon Beacons forming a picturesque backdrop to a lovely Tartan Track that provides the start and finish. The race also acts as the East Wales Road Race Championship, so there was a wide range of running ability and an interesting mix of professional and amateur elements to the day's management.



The printed details were sparse, so finding free parking close to the stadium was a nice surprise. The changing facilities and toilets were old but adequate, and showers were available at the nearby Leisure Centre. A covered stand was used by waiting supporters, and there was a 2-mile Fun Run/Walk (£4, complete with medal for finishers) to fill the time after the runners had left the stadium. This did cause some parents to lose vital seconds at the end of their race, as the occasional child tried to intercept them on the home straight to show off their own medal!

A lack of chip timing wasn't an issue with a field of only a few hundred, but the Mayor of Brecon's air-horn failure did cause a

silent start which surprised runners beyond the front ranks. A mix of lanes and

roads were well marshalled, and motorists were very considerate indeed.

However, it was an open-road course in the main, and headphones would have been potentially dangerous.

The course was described as undulating, but the climbs and descents were unremitting, making it very difficult to judge pace. An out-and-back course with a large loop at the farthest point, it ran east of Brecon under the main A-road to Cardiff before passing through a couple of villages. These were the only points for spectators, but they were all enthusiastic, as were the marshals. The far point of the course was also the lowest point, so many runners suffered in the uphill second half of the race. Having something left in the tank gave a psychological boost as those fading on the uphill return leg were picked off.

A small 400m up-and-back 'appendix' near the start/finish of the course was tackled at the end in previous years – a cruel uphill diversion just when the turn to the long final lane beckoned. This year it was tackled on the way out, which was much better.



The final 300m around the track gave a chance to impress club-mates and supporters with a Bolt-like sprint finish! One annoyance was a week's delay in publishing results.

An attractive medal, a bottle of water, and a stylish black cotton t-shirt was good value for £13. Many runners and supporters stayed around afterwards, taking advantage of the snack bar and charity massage, and cheering in runners from the many clubs represented, predominantly from South Wales. Wearing our PLS vests officially for the first time, we got many shouts along the way, plus questions from other runners "Is that Penny Lane in Liverpool?". Sadly, PBs weren't ever under threat, but no hill training needed for a while – and PLS was the furthest club represented, so one podium result!



Personal Profile: Sarah Meyers

Occupation: I work for the Information Commissioner upholding data privacy rights conducting criminal investigations.

Why did you join pls? I wanted to get better as a runner while I was still playing hockey at a reasonable standard. The running is starting to take over from the hockey now..

Running likes: Dealing with the mental aspects of physical exertion while running, building a mental as well as physical resilience.

How long have you been running? Few years, more seriously in the last year or so.

Running dislikes: The constant washing of running kit

Favourite male runner: John Helm,

Favourite female runner: Liz Turner, dared me to enter a 10km race and I never looked back even though I grumbled saying "I hate running" not now..

Favorite non running person: For sheer sporting inspiration it has to be Kate Richardson-Walsh, GB hockey captain, competing at her 4th Olympics this year. Broke her jaw in a match v Japan at London 2012 and made it back to play in the last group games. Amazing!

Favourite race: I loved the Hawkshead 17km trail race in April this year

Least favourite race: Beat the bore in Gloucestershire, there were huge cows blocking the way through a field but it did teach me to always concentrate!

Favourite drink: a fresh coconut which has just fallen to the ground

Least favourite drink: Brandy, or I have not found one that tastes as good as a peaty Whiskey

Favourite food: Anything I can get at a "hawker centre" in Singapore

Least favourite food: Durian fruit, the smell has a close resemblance to rotten mushy onions, it has stayed with me from childhood

Favourite holiday: Travelling around South East Asia by train however, the recent trip to Scotland was spectacular.

What is your idea of happiness: Being content with what you have in your everyday life and enjoying it

Favourite song: Music is so influential for so many different reasons I could not single out one specific one.

What do you always carry on you: Hopefully my house key and running watch when I am out running.

Best running moment: Running through the jungle in a night race in Singapore when the humidity went through the roof.



There were some tricky hills which had a rope to help you pull yourself up, I finished 19th from a field of 400 and was soaked through in sweat.

Worst running moment: Kicking a large rock on a downhill at the "Beat the Bore" and splitting my knees which were already a bit thin from years of hockey abuse. Liz had to drive the whole way home (sorry). I did finish the race with bloodied knees.

My most appealing trait: I am enthusiastic about most sport and hopefully most things, and enjoy supporting almost as much as running.

Most unappealing trait: Nail biting, it goes well with the sport spectating!

Favorite running shoe: Any that I am running in, really like my Brooks Trail shoes

Favorite film: May be a shock to some but Star Wars, it's like religion to me

Vest in or out: Out

Favorite motto: Shy bairns get nowt

Best Times over classic distances:

Distance	Time	Race	Year
5km	25:28	Princes parkrun	2016
5m	41:45	Walton Park	2016
10km	63:46	North Tyneside	2013
10m			
Half mara	2h04:42	Bristol	2014
Marathon	4h43:53	Bristol & Bath	2015

40? Surely Knott!

This month sees our very own Shane Knott finally move out of the Men's Open category and become a Vet as he turns the big 4-0! Now we couldn't let reaching such a grand age pass by without a few words from some running friends, especially as he is also celebrating 10 years at the club - a double milestone achieved!

But first a few facts about Shane:

- He made NYE resolution in 2003 to run a 10K in 6 months.
- He achieved this by running the Bolton 10K in 2003. His time was 1:12:06 and he came 416th out of 421. Unknown at the time, Marty Hirrell also ran the same race in 40:56!
- He ran the PLS 10K in 2005, the one and only time he ever ran the race. Again unknown at the time, his future wife Carolyn also ran that race!
- In 2006 he ran his first marathon in London in a time of 4:46:59. He joined PLS soon after.
- He was Membership Secretary from 2007-2011.
- In 2007 he ran London marathon again and finished the race holding hands with Dave Lynan
- In 2008 he ran London again but this time finished the race holding hands with Carolyn!
- In 2010 he gained his qualification as a leader in running fitness coach.
- He helped set up Princes Parkrun in 2011.
- In April 2014, he married Carolyn!
- He helped set up the Get Going Garston running group in 2014.
- He takes out a Couch to 5K running group of council employees once a week.
- He is currently working with others to launch junior parkrun in Stanley Park this month.



So it's fair to say, running is very much part of his life and with his day job being in public health then you can see why.

One of his proudest moments was when he picked up a trophy in the club championship for runner up in the 10K category in 2007. Shane had been in the Men's Open category alongside the likes of Neil Kelly and Martin Svensson so there was never much chance of ever winning a trophy. So he is delighted to be moving up into the Vet category which may finally give him a chance of winning another trophy – but oh no, Neil and Martin have also moved up – goddammit! Well at least Neil has moved to the other side of the world!

Now here's the Mr & Mrs bit as Carolyn attempts to guess the following memorable race moments!

Favourite race: - Any that Carolyn is also taking part in – ha ha! Although the Muggelsee 10k (Berlin) also comes very close on his stag do!

Least Favourite race: - Its go to be the Mystery Park 5K – he gets dizzy going round and round! Failing that it would be the Oldham half, renamed as the most miserable half marathon ever!

Best and worst running moment: - Best: bringing home the club flag into Cardiff Castle in the 2010 Welsh Castles relay race. Worst: When he realised everyone else had gone home!!

Nearest race to winning: When he got lost on the Wirral multi terrain and missed a few miles and came out near the finish line!

Quotes:

"I believe Shane was the first Penny Laner to introduce 'Eye of the Tiger' moto at the start of races - although others may lay claim to it. Shane also started calling it Team PLS when he registered the Twitter thing, so single-handedly he's responsible for most of Nigel Grant's rants!" *Dave Lynan*

I met Shane in March 2011. I was doing my second half marathon, the first having been in 1988! Shane was one of the pacers and he was amazing. I'd been down to PLS some years before, but got injured. Shane managed to be encouraging without being condescending. He did, of course, talk non-stop but that really helped! Parkrun had just started and he was telling the group all about it. The next week I went along to parkrun...and the rest is history"
Rachel Rick



"The other time I recall was when Shane organised a trip to Edinburgh for the marathon weekend and good enough arranged accommodation for everyone in the city centre the night before. What he failed to advise everyone was that two of the lads and two of the girls (names withheld to protect the innocent) were going to have to share one very small room with 4 single beds in a line. It didn't go down well when those involved found out with oaths of secrecy taken...much to the amusement of those who baggy the private rooms first" **Mike Roxburgh**

"When Shane was membership secretary he brought an outstanding amount of enthusiasm and ideas to help take the club and its membership forward and for that alone the club owes him a debt of gratitude. And to this day he is still putting himself forward wither helping GGG as leader or in other ways" **Mike Devereux**

"I remember when we did the Cheshire 20 with Dave Lynan, Mark Finch, Russell Burnham, Rich Houston and Paul Riley. It was a really hot day and Shane hadn't been training for it and wasn't fit for it. Everyone else had finished and waited and waited for him to arrive. When he finally did he was ashen grey then proceeded to almost collapse in the car park. He said he needed Lucozade quick. Everyone is running around to find something and then someone came back triumphant with a ¾ drank bottle he had managed to get off someone. Shane necks the bottle as quick as you like in relief then looks at the empty bottle to realise its sugar free so no use whatsoever! I think he ended up draped across the lap of some guy he hardly knew who he had ordered a lift all the way back to Liverpool" **Mike Roxburgh**



So congratulations Shane on your 10 years at Penny Lane Striders and your forthcoming 40th birthday celebrations. If anyone would like to help Shane celebrate, then there will be a gathering in the Penny Lane Wine Bar on Friday 30th September from 8pm onwards for a few bevies!



Striders

Recipes with FiFit

By Fiona Dutton

Healthy eating ideas for runners



Two more lunchtime treats...

Lunch time idea... Nutty corgetti pasta. So simple, just avocado, cashew and almond butter, fresh mint, olive oil, salt and pepper. Heat sauce with the corgetti and chopped red peppers.. Enjoy!!



Homemade hummus in my new nutri ninja! Tastes fab, so much better than the bought stuff. I just used

- Tin of drained chickpeas
- 1 clove of garlic
- 2 dessert spoons of tahini
- 5 tablespoons of extra virgin olive oil
- 7 tablespoons of lemon
- 6 drops of Tabasco
- 2 tablespoons of water
- And paprika for garnish



Raspberry chia jam... Delicious on a slice of toasted rye or even a spoonful in your morning porridge.



Raspberry chia jam

They say the best things come in small packages, and this luscious jam certainly does. Since the sugar content is much lower than in usual jam which has lots of sugar added, this version won't keep as long. That's why it's best to make it in small quantities, as and when you fancy some on a slice of gluten-free toast or in the centre of a cake sponge.

Soak the chia seeds in 100ml of the water and set aside.

Place half the raspberries in a pan with the remaining water and the agave and simmer over a medium heat until the raspberries start to break down. At that point, crush them further with the back of a wooden spoon.

Add the soaked chia seeds and stir until incorporated - you may need to use a whisk to break down any clumps. Add the lime zest, if using.

Finally, add the remaining raspberries and continue to simmer for a further 2 minutes until the larger raspberries break down a little - not too much, though, as they add a nice texture.

Transfer the mixture to a clean glass jar and place in the fridge to set for about 1 hour.

makes a small Kilner jar full

- 4 tbsp chia seeds
- 175ml water
- 200g raspberries
- 1 tbsp agave syrup
- finely grated zest of 1/2 lime (optional)

...And sweet snack ideas!

Amaze...balls! Minty green tea choc balls... Dates, almonds, raw cacao powder, coconut oil and minty green loose tea.

If you need energy...this is the answer



Lakeland 50

By Dave Mangan

The hills of the Lake District have never looked so good. Dave tackles this gruelling 50 mile event on a beautiful July weekend



I tried to get a place on the 50 last year but it sold out in around 20 minutes so I was determined to get a place for 2016. 9:00am 1st Sept 2015 entries are open, Laptop ready with Bank Card in my left hand right index finger poised to hit the enter button. Yes I'm in, looks like July 2016 is going to be a busy month, Lakeland 55K, Thunder Run and now the Lakeland 50. Fast forward to 30th July I turned up at Coniston at 7:00 am for registration, kit check and weigh in (thought that was for Boxers & Jockeys?) With plenty of time to spare I went back to my van for Bagels & Coffee and opened up the race pack which contained a foldie that gives you details of the course as the route is not way marked with arrows. To my horror I found that the directions were too small and I couldn't read

anything so I ended up having to follow runners which is fine at first but as the race thinned out and went into the night proved difficult. 9:20am the Coaches take runners from Coniston to Dalemmain north of Pooley Bridge for an 11:30am start, drop you off and you make your way back through some outstanding scenery.

Dalemmain to Howtown CP 1 Ascent: 294m (965ft) Descent: 285m (935ft)

The race starts with a gentle 4 mile trek around the Dalemmain Estate over grassy fields and along easy paths, out of the estate the route then heads off through Pooley Bridge. Once out of the town there is around 2-3 miles of open countryside with a few short sharp climbs along the way. Having never done more than 36 miles before I was sticking to my plan of walking the hills and running the downs and flats where possible. Chatting to people along the way seemed a good idea to take my mind off the race and pretty soon was at Howtown which was well manned by Cowboys! and well stocked with biscuits, sweets, crisps, water etc.

Howtown to Mardale Head CP 2 Ascent: 765m (2510ft) Descent: 672m (2205ft)

I was warned beforehand about this section by a couple of local runners couple who were giving me some tips of what to expect on route, this part of the course they said is called the Wife, "why's that" I asked, they replied "because it just keeps going on and on and on....." The first long climb up Wether Hill which seemed to have 3 false summits gave me a taste of what was to come before reaching High Kop the highest point. The views from the summit ridge were fantastic with Ullswater and Helvellyn with its surrounding fells to the right making me realise why I love this sort of running. Then came the long ridge path through some rough terrain, I could see a trail of runners before me which seemed to go on for miles, the trail was undulating and quite boggy in places and I found myself making detours to avoid the worst areas. Finally the descent down towards Low Kop and Haweswater started and after a few minutes of running I found myself flat on my back looking up at the sky. "You alright mate?" the guy behind asked, "yes thanks just having a breather" so out came my set of poles I had purchased to help me with the descent's, can't think why I left it so long to start using them. The descent carried on through chest high bracken with rocks and boulders lining the way, trying to take in the view of Haweswater while concentrating on your footing takes some doing. The path along the lake is rocky and very wet in most parts I found myself relying on my poles to keep upright, I was overtaken by a couple of Guys doing the 100 who were making running on slippery rocks look easy. I can't see how anyone could run so fast on this type of terrain without falling but good fell runners seem to find it no problem. CP at Mardale was stocked with soup, sandwiches, crisps, sweets etc.



The "Howdytown" cowboys

Mardale Head to Kentmere CP 3 Ascent: 511m (1677ft) Descent: 589m (1932ft)

After some proper food and emptying my shoes of grit came a tough ascent up to Gatesgarth Pass, only 17 miles into the run and it was really starting to tell on my calves. More false summits to contend with before finally hitting the top, next part of the course was tricky I found it was easier to walk fast than try and run it. After a while the trail becomes runnable again passing through more chest high bracken, over a couple of steep stiles, more bracken, through a Farm and ending up at Kentmere Institute. CP was manned by people dressed like something out of Harry Potter, food was pasta, smoothies, cake, hot drinks etc.

Kentmere to Ambleside CP 4 Ascent: 491m (1611ft) Descent: 602m (1975ft)

I had to wait around for a while as I had no idea which direction the route went so I tailed onto a couple of guys who seemed to know where they were going. Out on to the road and onto a rocky path that takes you towards Troutbeck via another steep climb up Garburn Pass, once on top there is a great view over Windermere. Onwards towards Troutbeck along a decent path running parallel to the lake I started to feel what I thought was a blister on my left foot (wasn't that a film?). Into Troutbeck with the light fading it was time for my head torch, fumbling around in my bag looking for my torch the guys I had been following had moved on and I had to get moving pretty fast to keep them in sight. Finally the path leads into the centre of Ambleside where groups of people were standing on street corners and outside of pubs clapping and cheering as I

made my way to the checkpoint. Once inside I had a change of socks and checked out my blister which was the size of a 2p piece, cleaned it up and placed a plaster and tape over it hoping that would do the trick. The guy next to me told me there's some rough ground still to come and a bog on the Chapel Stile section to pick your way through so the chances are you'll be taping your foot up again. CP was stocked with soup, sandwiches, crisps, cake hot drinks etc.



Ambleside to Chapel Stile CP 5 Ascent: 234m (768ft) Descent: 213m (699ft)

Out of the CP and onto the open fells still following the 2 guys from Kentmere the route takes you out towards Langdale passing through Skelwith Bridge and Elterwater. There is a fair amount of flat running on some descent paths now and the guys I was following were starting to pick up the pace, they passed a group of runners from Help for Heroes who were moving at a pace more suited to me so I decided to tag on to them till the next CP. They turned out to be a great bunch, singing songs, telling jokes and having a T.V. themed quiz as we ran through the night really made the miles go quickly. Running along the side of a River and through a Wood we soon hit a



The way to Mardale Head

campsite where the next CP was situated, I'd heard tales that this was the best feed station on route. Outside the Marquee there was a big fire blazing away with lots of runners doing the 100 sitting around staring into the flames looking in a sorrowful state, they were at mile 90 with 10 to go and had been on the go since 6:00pm Friday! Inside the Marquee were Leather Coaches with runners crashed out on them, there was music playing "Always look on the bright side of life". Food was great, hot stew!! sandwiches and all manner of goodies was on offer.

**Chapel Stile to Tilberthwaite CP 6 Ascent: 387m (1270ft) Descent: 323m (1060ft)**

Feeling good after eating some hot food and with my shoes emptied out of grit again I set off with a couple of Ladies from Keswick who had done this race before and knew the area very well. "6.5 miles to Tilberthwaite" they told me with a bog that is ankle deep at its shallowest so you'll need to stay high up as possible which is not going to be easy at night. The route takes you out towards Dungeon Gill and starts another long climb up towards Blea Tarn, looking up the night sky looked amazing, you don't get this amount of darkness living in the city. Eventually we hit Bleamoss where some nasty terrain lay ahead, slipping on rocks and picking my way through bracken I came to the bog I'd been dreading. Being a Gentleman I let the two Ladies lead the way through the bog (as you do), the language at this point was pretty colourful as they started to sink deeper and deeper. I lent one Lady who was struggling to pull her feet out of the mud one of my poles which she gladly accepted and after a while we eventually made it to the road where there was a unmanned compulsory CP situated on a wooden fence (think that was to make sure everyone got out of the bog). Looking down at my shoes that were caked in mud I wondered how my blister was holding up after a mud bath, I soon found out as we started to run down the road. About 1 1/2 miles to go until the next CP it felt like I was running with glass in my shoe, I had to stop and clean my foot with a spare base layer I had in my bag, plaster and tape had come away so I did a quick change and plodded on. CP had hot drinks, biscuits, crisps etc.

**Tilberthwaite to Coniston CP 7 Ascent: 283m (928ft) Descent: 385m (1263ft)**

Leaving the CP you are confronted with a set of steps lined with lanterns then around 1 1/2 miles of steep climbing over the Yewdale Fells using hands and feet, this part is really tricky to navigate as there doesn't seem to be a distinct path to follow. Once on top there is an undulating ridge with areas of mud and stony ground to contend with, it was starting to get light now and I could make out Coniston Old Man and Dow Crag to my right. The descent down to Coniston Coppermines was an absolute killer, steep and full of boulders, I lost count of the number of times I slipped or kicked a rock any mistake now and it's a long way down. Finally you get on to a descent zig zag path that leads you past a beck on the right and then into the Village, I started to realise that just a few hundred yards around the corner was the finish and I was about to complete my first 50 miler. Over the finish line with smiling faces everywhere a Marshall led me through the School filled with runners, family and friends and announced "another Lakeland 50 finisher" to which I received a round of applause, nice touch I thought.

I received my t-shirt and medal and a printout of my time 18:07:10, definitely will go quicker next time now I know the route. The Marshalls throughout the race were second to none, staying up through the night(s) to make sure that runners were fed and watered and with such a great sense of humour made this race complete. This was the toughest and longest race I've ever done with lots of highs and lows along the way but so glad I did it. Link to website if anyone fancies doing this next year <http://www.lakeland100.com/the-lakeland-50>



Tilberthwaite to Coniston



Striders

The Journey to 100 parkruns

By Andrew Biddle



Follow Andrew along his journey to 100 parkruns

It started back in March 2012, when I was persuaded to go down to Princes Park early (well early for me) on a Saturday morning to try this 'parkrun' thing out. I arrived at the park not quite knowing what to expect but glad to see many others there and a genuinely friendly atmosphere. As usual I started the run way too quick, buoyed on by the downhill start only to regret it badly by the time I got to the lake finally finishing in just over 22 minutes. However I did feel good afterwards and promised myself I'd be back the following week. Thereafter began a ritual of Saturday mornings at Princes Park, it took me a year to get under the 21 minute mark at Princes and even longer for the elusive sub 20.

At that time Liverpool only had one parkrun, of course now we're blessed with many more and plans for the list to grow yet further. As a result I've started to tour round a bit alternating my Saturday's between the various parkruns of Merseyside. Here's my take on the other local parkruns:



Crosby parkrun on a nice day – note the soft sand!

Croxteth - If you don't like running laps this is the parkrun for you as there's only one. And it's got proper toilets!

Definitely feels quicker than Princes but can be tricky in poor weather through the woods.

Widnes – Three tight laps Yuck! And swan poo round the lake – it's not my

favourite.

Birkenhead Park – Fast course, very fast in fact, three laps (I'll forgive it that) but downhill start and finish. If you want a parkrun PB head here – it's worth the tunnel toll.

Crosby – the new kid on the block. A run out on the grass (watch out for rabbit holes) back on the prom (always breezy) and to finish you off, the last section is on the beach. It's a slightly short course but the terrain makes up for it and when the tide is in it turns in to a long course with an extended prom

section. When the weather is good its beautiful but when the weather isn't it's very tough (think 4 ft high sand dunes and gale force winds).

Slightly further afield we now have new parkruns in Southport, Chester and Connah's Quay (Wepre) – I'm told this one is the second hardest in country. I recently did Hanbury Hall parkrun – the third hardest – I can only say that it was good cross country practice...

For my 100th parkrun I'll be back at my home course of Princes. I still find it a tough course (even after 70 or so attempts) – you never seem to get used to those sharp turns. However, it's by far and away the friendliest course with a great 'community' feel to it and always the biggest PLS turnout – and I'm

Hanbury Hall
Pretty venue – rock hard parkrun!



convinced Eamonn knows the name of every runner as they pass his corner.

So, if you've not done parkrun get on the bandwagon and if

you have why not try some of the others.



Running Mojo! A Crossbay Challenge

By Craig Hawley

We don't call it a challenge for nothing! Without doubt our hardest and windiest Cross Bay Challenge to date by far

Having completed the Crossbay challenge last year I was keen to compete again. Or rather I was keen when I entered the race five months before when signing up in the comfort of my own home, but I'd completely failed to take into account important things - such as the state of my running mojo! I'd wanted to get back into free running and to enjoy running for the sake of running rather than to obtain a PB - so I'd decided to spice up my running by getting back to basics and the Crossbay challenge couldn't be any more basic..

For the uninitiated, the half marathon is a cancer charity based event that crosses the sands and tributaries of Morecambe Bay. There's an event for cyclists (using special bikes with huge tyres), a race for walkers and another for runners. Anyone who remembers the tragic event of the twenty-one chinese cocklers who had drowned when they were caught in the tidal bore will understand that safety is a key issue here..

This year it was a linear race! This was a change from last year whereby both start and finish were at Flookburgh in Cumbria, with the course being a 13.1 mile circuit around the bay. This year, however, we started in Silverdale and finished in Flookburgh. But I prepared to drive at 4am on the morning of the race any thoughts of tidal bores and quick-sands were far, far away. The weather report was for gale force winds, (a typical british summer!) and all I could think about was how exposed the bay is to the elements.

Arriving in good time I parked up and got the coach to the farm in Silverdale. From here it was the usual race preparations of registration, nutrition, hydration, portal loo's. Once these

preparations were completed it was a matter of chatting to the other runners and keeping out of the wind, (which at that stage of the morning was turning chilly and causing a few of the less well equipped runners to shake with cold). The lack of sunshine and the relentless wind contributed to a wintery feel and made the start appear slightly gloomy and very daunting..

After the race briefing outlining the tidal dangers and the emphasis on being off the sands by 3pm, they guided us onto the sands for the start, and when we finally got running there was cheering and laughter. Minutes into the race we hit the first water - a choppy sandy-brown brine, which quickly became thigh deep and forced us to walk and wade through. The water wasn't too cold, but the splashes created by other runners drenched and quickly chilled the upper body in the wind. It occurred to me that I'd totally forgotten to protect against chafing with the usual copious amounts of

vaseline, and at this early stage of the race I could already feel the soreness starting to burn. It's strange how trying to run through water drains the strength from your legs and as I factored in the headwind I quickly realised that the race was going to be one heck of a graft!

But that wasn't the end of my troubles and further problems started to stack up. For example, when running on the dry sand, the ripple effects made in the sand as the tide had receded created a hard uneven surface - similar to running on cobble stones, and this effected my running gait causing knee and ankle pain. Also, my wet socks seemed to gather and bunch on the ball of my feet sending a shooting pain every time I rolled my foot onto the toe, and to add insult to injury, my wet H/H running shirt, (being drenched with salty water), was causing a fatal case of joggers nipple!

Despite the discomforts - and there were many - the Crossbay challenge can be a very surreal experience and I'd recommend it for this alone; it's a race like no other. The water stations are tractors and the race marshalls are farmers dressed in water-proof dungarees. Your mile markers are abandoned and very lonely looking traffic cones and your running path can disappear into rivers and tributaries or just fade into a sand storm somewhere off into the distance. In parts of the race the grey sky and sand appear to merge and become one, giving the impression of a never ending landscape and desolation. There are no trees, buildings, cars or people for the eye to get a bearing, and on a clear day the whole 13.1 miles can be see stretched out before you; you're exposed to the elements but also at one with nature.

The finish line seems to come from nowhere! Just when you're wondering when it will all end, the course turns and heads towards a distant marquee. Over the last mile you're forced to pick your way around rock pools or risk stomping into deep water you'd thought were no deeper than a puddle and risk twisting your ankle or jarring your knee. This concentration shortens the distance and in no time at all the finish line looms-up and I could hear sporadic applause from onlookers..

No PB for me, in fact at 2:29 this was a PW (personal worst)! As I collected my medal I reflected on the fact that I could no longer identify just one individual pain - somehow they'd joined up to give me the mother of chafing pain. I was red-raw, wind blown, tired and smelling strongly of scampi, but hey, looking on the bright side, I'd given my running mojo a boost! Chef served a delicious three course meal to get the evening off to nice start. It also allowed some of us to 'put a decent base down' for the inevitable onslaught of deliberate kidney and liver cruelty. The dining tables were expertly mixed by Claire to make sure that everybody had a really good opportunity to mix with new people, and still have good ol' friends close by.



Shots from Craig's Drift action cam!

Striders

June 2016**01-Jun-16 3000m
Wirral Endurance Series**

Colin Dobbs	00:10:44
James Stansfield	00:13:50

02-Jun-16 10k**Cuerden Valley Badger 10k**

Stephen McNicholas	00:42:13
John Bampton	00:45:12
Pamela Thurtle	00:45:30
Andrew Biddle	00:46:00
Cristina Puccini	00:49:37
Michael Devereux	00:49:48
Steve Pemberton	00:51:30
Robert Cooper	00:55:39
Billy Sergeson	00:55:47
Keith Boyle	00:58:30
Eunice Nopondo	01:00:27
Anne Oxbrough	01:01:35

02-Jun-16 21.1k**Maratonina dei 2 Conventi (Italy)**

Simone Capponi	01:39:12
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03-Jun-16 5k**Birchwood Brook 5k trail race**

Martin Swensson	00:16:10
Nigel Grant	00:19:03

04-Jun-16 5k**Poole parkrun**

Michael Weston	00:25:41
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04-Jun-16 5k**Cardiff parkrun**

Emily Marshall	00:34:09
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04-Jun-16 5k**Edinburgh parkrun**

Helen Osborne	00:27:39
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04-Jun-16 5k**Princes parkrun**

Stephen Watkin	00:17:18
Paul Hughes	00:19:18
Craig Hawley	00:22:29
Gregory Hocking	00:22:33
Joe McGlynn	00:22:38
Michael O'Rourke	00:23:11
Frank Martin	00:23:38
Andrew Bates	00:23:42
Oonagh Jaquest	00:23:48
Nigel Foo	00:23:49
Andy Keeley	00:23:53
Njideka Agwuna	00:24:23
Tony Man	00:24:41
Mary Heery	00:24:52
Carla Hennessy	00:25:17
Michael McDonald	00:25:19
Carolyn Holt	00:26:01
Mike Welsby	00:26:02
Helen McBride-Clavis	00:26:07
Jon Windle	00:26:28
Anthony Woods	00:27:46
Vincent Hessey	00:28:15
Elizabeth Dennett	00:28:28
Claire Meadows	00:28:30
Cath Nevin	00:29:02
Jo Bruchez-Corbett	00:29:03
Rachel Stead	00:29:07
Oz Fry	00:29:09
Jo Sutherland	00:29:44
Colin Moneyppenny	00:30:09
Steve Roden	00:34:19

04-Jun-16 5k**Tring parkrun**

Jim Garvey	00:33:46
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04-Jun-16 5k**Widnes parkrun**

Richard Costain	00:22:03
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04-Jun-16 5k**Keswick parkrun**

Liz Turner	00:23:07
Jessica Mitchell	00:26:07
Jane Mulcane	00:26:07
Sarah Meyers	00:29:59

04-Jun-16 5k**Fell Foot parkrun, Newby Bridge**

Jo Gibson	00:33:35
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04-Jun-16 5k**Croxteth Hall parkrun**

Jonathan Toft	00:18:55
Robert Garth	00:19:23
Matt Helme	00:19:30
Sharon Samson	00:20:46
Mark Thomas	00:22:18
Anthony Ogden	00:26:20
Diane Hennigan	00:27:25

04-Jun-16 5k**Birkenhead parkrun**

Ian Crispin	00:18:15
Liz Simpson	00:29:00

04-Jun-16 5k**Crosby parkrun**

Tim Jones	00:26:11
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04-Jun-16 5k**Halewood**

Stephen Watkin	00:18:45
Marty Hirrell	00:21:11
Richard Costain	00:22:27
Mike Devereux	00:23:08
Bill Sergeson	00:23:08
Nigel Grant	00:23:18
Gill Darby	00:25:50
Michelle Kelly	00:26:25
James Stansfield	00:27:19
Anne Oxbrough	00:27:44
Sue Towner	00:28:57
David Webb	00:30:31
Kevin Obrien	00:35:32

4-5-Jun-16 40m**Highlander Mountain Marathon**

Lawrence Eccles & Garry Beardwood	
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Saturday =	05:56:41
Sunday =	05:24:03
Total =	11:20:44

08-Jun-16 5m**Birkenhead Park**

Martin Swensson	00:26:08
Stephen Watkin	00:28:49
Dan Thomas	00:30:05
Sam Evans	00:30:24
Nigel Grant	00:31:35
Andy Keeley	00:32:15
Paul Riley	00:32:31
Julien Tour	00:33:34
James Malone	00:34:51
Louise Warn	00:35:03
Steve Pemberton	00:35:27
Marty Hirrell	00:35:49
Nigel Foo	00:35:56
Richard Costain	00:36:13
David Webb	00:36:32
Stuart Harrison	00:36:39
Sarah Richards	00:37:32
Michael Edwards	00:37:54
Annamarie Williams	00:38:46
James Roberts	00:39:00
Michael O'Rourke	00:39:16
Jane Nicholson	00:42:07
Anne Oxbrough	00:44:29
Christine Grant	00:45:56
Debi McMillan	00:54:16

09-Jun-16 5k**Bowden**

Michelle Kelly	00:26:56
John Kelly	00:26:57

09-Jun-16 8.4k**Walsh 2 Lads ORC**

Lawrence Eccles	00:35:58
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Stato's report

by Andy Keeley

Alex Cowin	00:38:31
Sam Evans	00:39:18
Jerome Doyle	00:43:44
Cristina Puccini	00:47:22
Keith Boyle	01:07:37

11-Jun-16 5k**Gunnersbury parkrun**

Andy Keeley	00:19:35
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11-Jun-16 5k**Brockenhurst parkrun**

Nathan Walker	00:23:42
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11-Jun-16 5k**Oldham parkrun**

Leonie Glynn	00:24:52
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11-Jun-16 5k**Darlington South Park parkrun**

Louise Warn	00:22:08
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11-Jun-16 5k**Delamere parkrun**

Jerome Doyle	00:20:18
Anne Oxbrough	00:29:13
Lesley Finnih	00:31:24

11-Jun-16 5k**Cuerden Valley parkrun**

Robert Garth	00:22:11
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11-Jun-16 5k**Ormskirk parkrun**

Richard Costain	00:22:29
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11-Jun-16 5k**Widnes parkrun**

Phil Riding	00:19:11
Ste McNicholas	00:19:31

11-Jun-16 5k**Penrhyn parkrun**

Claire O'Callaghan	00:27:05
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11-Jun-16 5k**Croxteth Hall parkrun**

Marc Goudie	00:19:40
Nigel Foo	00:21:48
Cathy Grierson	00:22:04
David Webb	00:22:28
Joe McGlynn	00:22:34
Craig Hawley	00:22:54
James Roberts	00:23:05
Rob Cooper	00:24:21
Conor McGarry	00:24:45
Kerrie Davidson	00:25:49
Diane Hennigan	00:26:27
Anthony Woods	00:27:17
Claire Meadows	00:27:53
Marie Motley	00:28:27
Jane Nicholson	00:28:29
Anna Watkin	00:28:52
Stephen Watkin	00:29:19
Rachel Stead	00:29:26
Jo Sutherland	00:29:26
Jim Garvey	00:29:43
Joanne Edwards	00:29:50
Sarah Parsons	00:32:08
Jane Woods	00:33:33

11-Jun-16 5k**Hove Promenade parkrun**

Steve Roden	00:24:18
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11-Jun-16 5k**Birkenhead parkrun**

Ian Crispin	00:17:41
Cath Nevin	00:27:51
Jo Gibson	00:30:33

**11-Jun-16 5k
Crosby parkrun**

Andrew Biddle 00:20:25
Alan Gidman 00:28:47

**11-Jun-16 22.1m
Man v Horse**

Simone Capponi 03:47:16
Rob Hardwick 04:09:01
Penny Lane Plodders 04:25:55
- Tommy Burke/Jane Eardley/Gill Darby

**11-Jun-16 24k
Le Castor Fou**

Lawrence Eccles 01:53:42

**12-Jun-16 Half
Potters Arf**

Colin Tucker 02:13:57

**14-Jun-16 5k
Mystery (2/5)**

Martin Swensson 00:15:47
Stephen Watkin 00:17:02
Dan Thomas 00:17:42
Andrew Starkey 00:18:05
Jay Clarke 00:18:07
Sam Evans 00:18:07
Colin Dobbs 00:18:24
Ian Crispin 00:18:28
Nigel Grant 00:18:29
Jonathan Toft 00:18:45
Robert Garth 00:19:00
Richard Thorpe 00:19:26
Andy Keeley 00:19:32
Julien Tour 00:19:53
Andrew Biddle 00:19:55
Lee Clarke 00:19:55
Beth Hankinson 00:20:06
Ian Russell 00:20:09
Steve Pemberton 00:20:11
Jefferson Gard 00:20:19
Paul Brady 00:20:22
Marty Hirrell 00:20:50
Steve Maguire 00:21:02
Stephen Dipple 00:21:03
Louise Warn 00:21:04
Liz Turner 00:21:10
Joe McGrath 00:21:14
Charlotte Rawcliffe 00:21:22
Richard Costain 00:21:37
Gregory Hocking 00:21:37
Oonagh Jaquest 00:21:57
Shaun McGrath 00:22:21
Mark Thomas 00:22:22
Kevin Dunn 00:22:23
Neil Braithwaite 00:22:42
David McKenna 00:22:43
Hannah Sargeant 00:22:46
Gary Cook 00:22:48
Myka Heard 00:22:49
Michael Edwards 00:23:01
Gareth Owen 00:23:04
Andy Hodson 00:23:07
Anna Watkin 00:23:16
Stephen Gorman 00:23:20
Bill Sergeson 00:23:23
Andrew Bates 00:23:32
Annmarie Williams 00:23:32
Mark Skelton 00:23:41
Colin O'Brien 00:23:56
Njideka Agwuna 00:24:02
Diane Hennigan 00:24:15
Cheryl Pace 00:24:24
Matthew Tollitt 00:24:49
Mary Heery 00:24:58
Rachel Rick 00:25:04
Jon Windle 00:25:07
Nigel Foo 00:25:09
Carolyn Knott 00:25:12
Paula Worrall 00:25:13
Kerry Quinton 00:25:14
Tommy Gates 00:25:15
Katie Johnson 00:25:31
Mike Welsby 00:25:32
Judith Dyer 00:25:40
James Stansfield 00:25:49

Anthony Ogden 00:25:54
Rachel Hall 00:25:56
Holly Johnston 00:25:57
Chris Jones 00:25:58
Keith Boyle 00:26:01
Matt Forshaw 00:26:02
Elinor Chapman 00:26:06
Andy Cantwell 00:26:14
Claire Meadows 00:26:15
Jaime Ryan 00:26:20
Mike Devereux 00:26:33
Michelle Kelly 00:26:35
Claire McCann 00:26:38
Rebecca Heyes 00:27:12
Cath Nevin 00:27:49
Christine Grant 00:27:55
Jane Mulcane 00:28:37
Laura Jones 00:28:50
Joanne Edwards 00:29:01
Adam McGlory 00:29:07
Kathryn Gidman 00:29:28
Sioux McGee 00:29:28
Claire Butterworth 00:29:30
Jo Gibson 00:30:59
Debi McMillan 00:34:38

**15-Jun-16 3.5m
Hotfoot up Famau**

Lawrence Eccles 00:36:58

**18-Jun-16 5k
Southampton parkrun**

Nathan Walker 00:23:21

**18-Jun-16 5k
Brighton & Hove parkrun**

Marie Motley 00:25:41

**18-Jun-16 5k
Princes parkrun**

Graham Douglas 00:18:18
Stephen Watkin 00:18:25
Ian Crispin 00:18:32
Richard Costain 00:21:43
Nigel Foo 00:21:52
Liz Turner 00:22:42
Andy Keeley 00:23:08
Njideka Agwuna 00:24:11
Mike Welsby 00:24:34
Rob Cooper 00:24:44
Rachel Rick 00:24:49
Mary Heery 00:25:05
Louise Warn 00:25:13
Carolyn Holt 00:25:20
Liz Lynan 00:25:25
James Forshaw 00:25:43
Robert Woodham 00:26:00
Elinor Chapman 00:26:05
Claire Meadows 00:26:09
Anthony Woods 00:26:10
Alice Spooner 00:26:13
Bailey Ewel 00:26:19
Oz Fry 00:26:51
Anna Watkin 00:26:51
Robert Farley 00:27:48
Helen Osborne 00:28:14
Sarah Meyers 00:28:15
Colin Moneypenny 00:29:28
Jo Sutherland 00:29:57
Joanne Edwards 00:30:07
Jim Garvey 00:30:36
Sue Townner 00:30:57
Jo Gibson 00:32:00
Oonagh Jaquest 00:36:03

**18-Jun-16 5k
Cuerden Valley parkrun**

Robert Garth 00:20:26

**18-Jun-16 5k
Armagh parkrun**

Jerome Doyle 00:20:29

**18-Jun-16 5k
Widnes parkrun**

Phil Riding 00:18:54
Joe McGlynn 00:22:21

Annmarie Williams 00:23:08

**18-Jun-16 5k
Croxteth Hall parkrun**

Andrew Biddle 00:20:14
Mark Thomas 00:22:47
Kerry Quinton 00:24:47
Cheryl Pace 00:24:49
Gill Darby 00:25:21
Carolyn Knott 00:25:42
Anne Oxbrough 00:25:55
Diane Hennigan 00:26:24
Lesley Finnih 00:28:06

**18-Jun-16 5k
Crosby parkrun**

Steve Roden 00:24:36

**19-Jun-16 10k
Mersey Tunnel**

Andrew Starkey 00:37:35
Andy Keeley 00:39:45
Marc Goudie 00:41:00
Ian Russell 00:43:23
Paul Brady 00:43:30
Mal Gordon 00:43:54
Cathy Grierson 00:44:47
Katie Johnson 00:44:56
Richard Costain 00:47:25
Sarah Richards 00:47:37
Stephen Gorman 00:48:00
Shaun McGrath 00:48:22
James Roberts 00:49:04
Andy Hodson 00:50:29
Steve Ogden 00:50:36
Andy Simpson 00:50:48
Richard Stafford 00:51:26
Carla Hennessy 00:52:26
Helen McBride-Clavis 00:53:30
Kerrie Davidson 00:54:17
Sheila Ryan 00:54:48
Robert Farley 00:54:52
Jon Windle 00:55:03
Claire O'Callaghan 00:55:12
Terence Long 00:55:31
Michael Sharkey 00:55:52
Owen Mayne 00:56:12
Robert Eagles 00:56:15
Brian Higgins 00:57:00
David Griffiths 00:57:24
George Winter 00:57:32
Adam McGlory 00:58:17
Soraya Meah 00:59:25
Rachel Stead 00:59:34
Sioux McGee 01:02:33
Inma Ruiz 01:02:40
Rebecca Heyes 01:02:45
Jim Garvey 01:03:31
Jane Mulcane 01:05:09
Paula Kelly 01:06:08
Claire Butterworth 01:06:43
Jane Cunningham 01:07:40
Rachael Tarbuck 01:08:38
Jo Bruchez-Corbett 01:11:22
Nichola D'Cruze 01:11:23
Julie Westray-Baird 01:11:49
Debi McMillan 01:11:53
Eamonn Brady 01:13:11
Harry Rainford 01:13:20

**19-Jun-16 Half
Freckleton**

Nigel Grant 01:24:29
Adrian Loughrey 01:36:04

19-Jun-16 11.3m**Race the train Bury to Rawtenstall ORC**

Stephen McNicholas 01:20:10
Simone Capponi 01:24:13
Tony Man 01:36:05

**21-Jun-16 5k
Knowsley Active Challenge**

Andy Keeley 00:19:13

**22-Jun-16 5.3m
Harrock Hill Race 2/4**

Ross White 00:39.44
 Jerome Doyle 00:43.17
 Simone Capponi 00:43.37
 Andy Bates 00:51.49
 Mike Roxburgh 00:55.24
 Emma Kearney 00:57.17

**24-Jun-16 80k
 Chamonix Mont Blanc**

Lawrence Eccles 13:25:56
 Cristina Puccini 22:31:33

**25-Jun-16 5k
 Southampton parkrun**

Nathan Walker 00:23:57

**25-Jun-16 5k
 Princes parkrun**

Stephen Watkin 00:17:15
 Andrew Biddle 00:20:08
 David Webb 00:22:12
 Katie Johnson 00:22:29
 Joe McGlynn 00:22:32
 Andy Keeley 00:22:51
 Cheryl Pace 00:23:33
 Joanne Harrison 00:23:34
 Liz Turner 00:23:52
 Oonagh Jaquest 00:23:55
 Anna Watkin 00:23:56
 Carla Hennessy 00:24:16
 Helen Osborne 00:25:04
 Carolyn Holt 00:25:11
 Paula Worrall 00:25:27
 Michael Sharkey 00:26:16
 Vincent Hessey 00:27:57
 Marie Motley 00:27:57
 Jane Nicholson 00:27:58
 Elinor Chapman 00:28:45
 Jo Bruchez-Corbett 00:29:11
 Cath Nevin 00:29:11
 Jo Sutherland 00:29:20
 Inma Ruiz 00:29:26
 Jim Garvey 00:29:32
 Jo Gibson 00:30:42
 Sue Towner 00:31:41
 Pauline Fielding 00:32:01
 Kevin O'Brien 00:34:33
 Steve Maguire 00:38:39
 Rachel Rick 00:44:37

**25-Jun-16 5k
 Citypark parkrun, Craigavon**

Michael McDonald 00:24:39

**25-Jun-16 5k
 Ellesmere Port parkrun**

Ian Crispin 00:19:19

**25-Jun-16 5k
 Widnes parkrun**

John Jensen 00:20:24
 Steve Roden 00:26:56

**25-Jun-16 5k
 Stevenage parkrun**

Jessica Mitchell 00:25:38

**25-Jun-16 5k
 Reigate parkrun**

Hannah Sargeant 00:25:08

**25-Jun-16 5k
 Evesham parkrun**

Judith Dyer 00:27:25

**25-Jun-16 5k
 Croxteth Hall parkrun**

Nigel Grant 00:23:21
 Kerry Quinton 00:25:28
 Rebecca Heyes 00:27:13
 Rachel Stead 00:27:20
 Diane Hennigan 00:27:26
 Matt Helme 00:27:37

**25-Jun-16 5k
 Crosby parkrun**

Marc Goudie 00:19:37

Debi McMillan 00:33:43

**25-Jun-16 5k
 Birkenhead parkrun**

Liz Simpson 00:29:17

**25-Jun-16 10k
 runfestwales**

Terence Long 00:54:02

**29-Jun-16 6m
 Robbie Webster's Wobbler ORC**

Lawrence Eccles M 00:41.11
 Jerome Doyle M40 00:49.17
 Simone Capponi 00:50.01
 Stephen McNicholas 00:51.00
 Andrew Biddle 00:52.27
 Cristina Puccini 00:54.09
 Pamela Thurtle 00:59.05
 Andrew Bates 00:59.06
 Mike Roxburgh 01.04.23
 Emma Kearney 01.09.14

**30-Jun-16 10k
 Warrington**

Alex Cowin 00:36:34
 Andrew Starkey 00:37:37
 Dan Thomas 00:38:07
 Colin Dobbs 00:38:37
 Nigel Grant 00:39:22
 Stephen Dipple 00:43:31
 Cathy Grierson 00:44:15
 Richard Costain 00:46:05
 Bill Sergeson 00:49:05
 Cheryl Pace 00:50:00
 Carla Hennessy 00:50:30
 David Webb 00:50:36
 Marie Motley 00:51:27
 Helen McBride-Clavis 00:53:40
 Anne Oxbrough 00:54:50
 John Kelly 00:55:03
 Michelle Kelly 00:55:03
 Kevin O'Brien 01:10:21

July 2016

**02-Jul-16 5k
 Milton Keynes parkrun**

Jonathan Hazell 00:25:51

**02-Jul-16 5k
 Halifax parkrun**

Nathan Walker 00:24:44

**02-Jul-16 5k
 Princes parkrun**

Andrew Parkinson 00:19:05
 Julien Tour 00:20:17
 Richard Costain 00:22:17
 Gregory Hocking 00:22:22
 Paul Brady 00:22:48
 Brendan Murphy 00:23:01
 Andrew Bates 00:23:54
 Michael McDonald 00:24:00
 Njideka Agwuna 00:24:27
 Craig Hawley 00:24:34
 Oonagh Jaquest 00:24:48
 Liz Turner 00:24:49
 Sarah Meyers 00:26:19
 Leonie Glynn 00:26:34
 Graham Hussey 00:26:35
 David Woodhall 00:27:07
 Elinor Chapman 00:27:39
 Vincent Hessey 00:27:48
 Joe McGlynn 00:27:49
 Jim Garvey 00:29:11
 Tony Hewitson 00:29:35
 Colin Moneyppenny 00:29:52
 Inma Ruiz 00:30:33
 Jane Woods 00:34:38
 Anthony Woods 00:34:39
 Jo Gibson 00:47:17

**02-Jul-16 5k
 Highbury Fields parkrun**

Mary Heery 00:25:50

**02-Jul-16 5k
 Ellesmere Port parkrun**

Ian Crispin 00:19:14

**02-Jul-16 5k
 Widnes parkrun**

David Webb 00:24:14
 Rachael Tarbuck 00:31:08

**02-Jul-16 5k
 Croxteth Hall parkrun**

Mark Thomas 00:23:10
 Robert Garth 00:23:18
 Charlotte Sanderson-Rigby 00:23:20
 Diane Hennigan 00:26:11
 Matt Helme 00:27:15
 Jon Windle 00:29:18
 Paula Kelly 00:29:19

**02-Jul-16 5k
 Halewood**

Phil Riding 00:18:53
 Tony Peacock 00:22:13
 Helen Osborne 00:23:27
 Richard Costain 00:23:30
 James Stansfield 00:25:07
 Claire Meadows 00:25:42
 Judith Dyer 00:25:58
 Michelle Kelly 00:26:37
 Christine Grant 00:27:18
 Rachel Stead 00:27:27
 Sue Towner 00:30:00
 Pauline Fielding 00:30:57

**02-Jul-16 5.5k
 Ultimate Trails**

Rob Hardwick 08:46:14
 Dave Mangan 11:48:23

**03-Jul-16 5m
 Run Alderley Edge Bypass**

Claire Meadows 00:45:21
 Jo Gibson 00:49:04

**03-Jul-16 Half
 Southport**

Martin Swensson 01:13:09
 Stephen Watkin 01:19:36
 Andrew Starkey 01:21:48
 Nigel Grant 01:24:04
 Jay Clarke 01:26:34
 Graham Douglas 01:29:32
 Robert Garth 01:29:43
 Marc Goudie 01:30:33
 Jerome Doyle 01:32:05
 Christopher Lee 01:33:00
 Rob Bruchez-Corbett 01:33:43
 Adrian Loughrey 01:34:44
 Cathy Grierson 01:37:04
 Nigel Foo 01:37:29
 Lee Clarke 01:37:31
 Louise Warn 01:39:28
 Sharon Samsom 01:39:29
 Matt Helme 01:40:31
 Paul Brady 01:40:32
 Kathryn Sharkey 01:40:37
 Nichola D'Cruze 01:40:38
 Amanda Treanor 01:42:15
 Sarah Richards 01:42:17
 John Bampton 01:42:20
 Joe McGlynn 01:43:02
 Richard Costain 01:44:33
 Stephen Gorman 01:44:44
 Barry Bright 01:45:11
 Andy Simpson 01:45:52
 Mark Skelton 01:45:54
 Neil Hannett 01:46:24
 James Roberts 01:46:50
 Joanne Harrison 01:47:29
 Annmarie Williams 01:47:40
 Stuart Harrison 01:48:07
 James Forshaw 01:49:24
 Craig Hawley 01:49:27
 Andy Hodson 01:50:13
 Anna Watkin 01:50:56
 Conor McGarry 01:52:13
 John Guy 01:52:57

Louise Watson	01:53:29
Rachel Rick	01:54:04
Robby Richey	01:54:33
David Webb	01:54:50
Paul McGregor	01:56:10
Steve Roden	01:57:18
Carolyn Holt	01:57:33
Matt Forshaw	01:58:01
Matthew Tollitt	01:58:07
Jane Nicholson	01:58:10
Claire O'Callaghan	02:02:24
Michael Sharkey	02:02:54
Jon Windle	02:03:33
Anthony Woods	02:06:54
Keith Boyle	02:06:56
Eunice Nopondo	02:09:57
Jo Bruchez-Corbett	02:09:59
Eamonn Brady	02:10:02
Helen McBride-Clavis	02:13:19
Mal Taylor	02:17:32
Jo Sutherland	02:19:05
Debi McMillan	02:55:23

04-Jul-16 5.9m Thurston MT ToM Day 2

Stephen Watkin	00:37:23
Jay Clarke	00:40:17
Nigel Grant	00:40:46
Christopher Lee	00:41:50
Rob Garth	00:41:59
Marc Goudie	00:42:30
Lee Clark	00:42:51
Rob Bruchez-Corbett	00:44:04
Paul Brady	00:44:42
Jerome Doyle	00:45:16
Nigel Foo	00:46:10
Louise Warn	00:47:09
Sarah Richards	00:48:42
Joe McGlynn	00:49:02
Kathryn Sharkey	00:49:38
Mark Helme	00:49:38
Stephen Gorman	00:49:34
Neil Hannett	00:49:47
Stuart Harrison	00:49:46
Conor McGarry	00:50:37
James Forshaw	00:51:11
Paul McGregor	00:52:30
Louise Watson	00:52:29
Andrew Hodson	00:52:31
John Guy	00:52:37
Anna Watkin	00:52:36
Robby Richey	00:53:45
Barry Bright	00:53:55
Anthony Woods	00:55:18
Carolyn Holt	00:55:54
Steve Roden	00:56:02
Rachel Rick	00:56:31
Clare Ocallaghan	00:57:12
Jo Bruchez-Corbett	00:57:19
Jane Nicholson	00:57:22
Michael Sharkey	00:58:43
Matthew Tollitt	00:58:51
Matthew Forshaw	01:00:22
Keith Boyle	01:02:23
Malcolm Taylor	01:05:51
Eunice Nopondo	01:05:52
Joanne Sutherland	01:07:57
Debi Mcmillan	01:15:28
Eamonn Brady	01:15:45

05-Jul-16 10m Sustrans ToM Day 3

Stephen Watkin	00:58:14
Jay Clarke	01:02:30
Robert Garth	01:05:37
Nigel Grant	01:05:43
Christopher Lee	01:07:20
Lee Clarke	01:09:47
Marc Goudie	01:10:02
Rob Bruchez-Corbett	01:10:54
Paul Brady	01:11:37
Nigel Foo	01:12:48
Louise Warn	01:14:04
Neil Hannett	01:15:29
Joe McGlynn	01:16:26
Kathryn Sharkey	01:17:08
Matt Helme	01:17:10

Sarah Richards	01:17:10
Stuart Harrison	01:18:40
Barry Bright	01:19:21
Stephen Gorman	01:22:03
James Forshaw	01:22:24
Anna Watkin	01:22:56
Conor McGarry	01:23:08
Robby Richey	01:23:23
Andy Hodson	01:23:46
Paul McGregor	01:25:11
John Guy	01:25:30
Matthew Tollitt	01:27:29
Louise Watson	01:27:48
Steve Roden	01:29:00
Carolyn Holt	01:30:28
Keith Boyle	01:30:36
Michael Sharkey	01:30:36
Matt Forshaw	01:31:28
Jane Nicholson	01:33:16
Claire O'Callaghan	01:34:00
Rachel Rick	01:34:00
Anthony Woods	01:34:34
Jo Bruchez-Corbett	01:34:46
Eunice Nopondo	01:37:32
Mal Taylor	01:41:06
Jo Sutherland	01:46:05
Debi McMillan	01:57:44
Eamonn Brady	02:00:07

06-Jul-16 10000m Wirral AC Endurance Series

Colin Dobbs	00:39:37
Andrew Keeley	00:39:55
James Stansfield	00:54:40
Stephen Watkin	00:54:40

07-Jul-16 5m Red Bull ToM Day 4

Stephen Watkin	00:28:40
Jay Clarke	00:30:32
Robert Garth	00:31:55
Christopher Lee	00:32:28
Lee Clarke	00:32:45
Marc Goudie	00:33:38
Rob Bruchez-Corbett	00:34:49
Paul Brady	00:35:07
Louise Warn	00:35:18
Nigel Foo	00:35:57
Neil Hannett	00:37:00
Kathryn Sharkey	00:37:01
Matt Helme	00:37:20
Stuart Harrison	00:37:49
Joe McGlynn	00:37:51
Sarah Richards	00:38:13
Conor McGarry	00:38:16
James Forshaw	00:38:29
Paul McGregor	00:38:36
Anna Watkin	00:40:05
Louise Watson	00:40:18
John Guy	00:40:56
Matthew Tollitt	00:41:05
Andy Hodson	00:41:12
Stephen Gorman	00:41:18
Rachel Rick	00:41:21
Keith Boyle	00:41:31
Carolyn Holt	00:41:49
Anthony Woods	00:42:34
Steve Roden	00:43:16
Jane Nicholson	00:43:41
Michael Sharkey	00:44:01
Claire O'Callaghan	00:44:16
Barry Bright	00:45:08
Eamonn Brady	00:45:37
Jo Bruchez-Corbett	00:45:43
Rachel Stead	00:46:00
Eunice Nopondo	00:46:01
Matt Forshaw	00:47:41
Mal Taylor	00:48:58
Robby Richey	00:49:27
Jo Sutherland	00:49:53
Debi McMillan	00:59:40

08-Jul-16 6m Knowsley XC Tom Day 5

Stephen Watkin	00:35:06
Rob Garth	00:39:13
Christopher Lee	00:39:47

Marc Goudie	00:40:07
Lee Clark	00:40:49
Rob Bruchez-Corbett	00:42:08
Paul Brady	00:42:16
Nigel Foo	00:44:09
Louise Warn	00:44:10
Eamonn Brady	00:44:10
Neil Hannett	00:44:42
Sarah Richards	00:45:56
Jay Clarke	00:46:11
Joe McGlynn	00:46:31
Kathryn Sharkey	00:46:35
Mark Helme	00:46:28
Conor McGarry	00:47:06
Stuart Harrison	00:46:37
James Forshaw	00:47:34
Paul McGregor	00:47:48
Barry Bright	00:47:56
Stephen Gorman	00:48:04
Andrew Hodson	00:48:03
Louise Watson	00:49:00
Anna Watkin	00:49:48
Robby Richey	00:50:46
John Guy	00:51:16
Carolyn Holt	00:51:18
Matthew Tollitt	00:52:05
Steve Roden	00:52:47
Jo Bruchez-Corbett	00:54:36
Jane Nicholson	00:55:26
Clare O'Callaghan	00:55:12
Rachel Rick	00:55:26
Michael Sharkey	00:55:26
Keith Boyle	00:56:07
Matthew Forshaw	00:56:25
Eunice Nopondo	00:57:05
Malcolm Taylor	00:59:47
Anthony Woods	00:59:59
Joanne Sutherland	01:03:28
Debi McMillan	01:10:49

09-Jul-16 5k Southampton parkrun

Nathan Walker	00:24:20
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09-Jul-16 5k Burnley parkrun

Andrew Parkinson	00:21:22
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09-Jul-16 5k Citypark parkrun, Craigavon

Michael McDonald	00:26:59
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09-Jul-16 5k Widnes parkrun

Ste McNicholas	00:19:16
John Jensen	00:20:02
Andrew Biddle	00:21:28
David Webb	00:22:35

09-Jul-16 5k Chester parkrun

Claire Meadows	00:27:56
Rachel Stead	00:28:22
Sioux McGee	00:28:28

09-Jul-16 5k Highbury Fields parkrun

Mary Heery	00:25:43
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09-Jul-16 5k Mossman parkrun

Steph Bullock	00:22:46
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09-Jul-16 5k Keswick parkrun

Jessica Mitchell	00:25:45
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09-Jul-16 5k Conwy parkrun

Elinor Chapman	00:27:18
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09-Jul-16 5k Croxteth Hall parkrun

Neil Hennigan	00:19:18
Mark Thomas	00:23:28
James Roberts	00:23:48
Njideka Agwuna	00:24:54

Carolyn Knott 00:26:52
 Diane Hennigan 00:27:02
 Vincent Hessey 00:27:32
 Jim Garvey 00:29:41
 Sue Towner 00:30:22
 Inma Ruiz 00:30:52
 Pauline Fielding 00:31:50
 Kevin Obrien 00:32:47

09-Jul-16 5k**Birkenhead parkrun**

Cath Nevin 00:27:56

09-Jul-16 12m**Wirral Coastal Run ToM Day 6**

Stephen Watkin 01:11:34
 Rob Garth 01:22:37
 Marc Goudie 01:26:02
 Christopher Lee 01:26:48
 Rob Bruchez-Corbett 01:27:54
 Lee Clark 01:28:58
 Nigel Foo 01:30:47
 Paul Brady 01:30:49
 Neil Hannett 01:31:52
 Louise Warn 01:34:41
 Joe Mcglynn 01:36:26
 Kathryn Sharkey 01:36:25
 Stuart Harrison 01:37:12
 Sarah Richards 01:37:32
 James Forshaw 01:38:16
 Barry Bright 01:40:23
 Conor McGarry 01:40:26
 Andrew Hodson 01:42:26
 Anna Watkin 01:43:31
 Rachel Rick 01:45:01
 Mark Helme 01:44:50
 Stephen Gorman 01:45:16
 Robby Richey 01:47:19
 Carolyn Holt 01:47:58
 Jay Clarke 01:50:48
 Matthew Forshaw 01:50:47
 Paul Mcgregor 01:51:43
 Steve Roden 01:51:40
 Matthew Tollitt 01:52:30
 John Guy 01:52:54
 Michael Sharkey 01:56:56
 Jo Bruchez-Corbett 01:59:46
 Eunice Nopondo 02:02:36
 Malcolm Taylor 02:06:09
 Eamonn Brady 02:07:20
 Jane Nicholson 02:07:25
 Clare Ocallaghan 02:08:29
 Keith Boyle 02:19:11
 Anthony Woods 02:20:25
 Joanne Sutherland 02:22:51
 Debi Mcmillan 02:22:51

ToM Overall

Stephen Watkin 05:10:40 4
 Rob Garth 05:51:12 17
 Christopher Lee 06:01:38 27
 Marc Goudie 06:03:14 30
 Lee Clark 06:12:59 37
 Rob Bruchez-Corbett 06:14:15 39
 Jay Clarke 06:17:08 42
 Paul Brady 06:25:47 46
 Nigel Foo 06:28:18 49
 Louise Warn 06:35:20 54
 Neil Hannett 06:47:08 67
 Kathryn Sharkey 06:48:13 70
 Joe Mcglynn 06:50:34 73
 Sarah Richards 06:50:49 74
 Mark Helme 06:56:53 82
 Stuart Harrison 07:00:38 87
 James Forshaw 07:08:20 98
 Conor McGarry 07:11:46 105
 Stephen Gorman 07:12:47 106
 Barry Bright 07:12:50 107
 Andrew Hodson 07:20:04 115
 Anna Watkin 07:23:52 118
 Paul Mcgregor 07:33:33 128
 John Guy 07:37:14 135
 Robby Richey 07:41:39 141
 Carolyn Holt 07:46:06 149
 Rachel Rick 07:48:27 152
 Steve Roden 07:52:13 158
 Matthew Tollitt 07:52:40 160

Matthew Forshaw 08:06:30 181
 Michael Sharkey 08:11:59 189
 Jane Nicholson 08:17:46 194
 Jo Bruchez-Corbett 08:24:49 198
 Clare Ocallaghan 08:26:03 199
 Keith Boyle 08:39:29 211
 Eunice Nopondo 08:42:21 215
 Anthony Woods 08:42:46 217
 Malcolm Taylor 09:04:37 235
 Eamonn Brady 09:05:23 239
 Joanne Sutherland 09:34:27 256
 Debi Mcmillan 10:56:23 281

10-Jul-16 7m**Bollington Nostalgia ORC**

Lawrence Eccles 00:44:29
 Ross White 00:52:05
 Simone Capponi 00:54:30
 Tony Man 01:01:11
 Pam Thurtle 01:02:21
 Michael Devereux 01:04:17
 Andy Bates 01:06:02

12-Jul-16 5k**Mystery (3/5)**

Lawrence Eccles 00:17:33
 Sam Evans 00:17:58
 Neil Hennigan 00:18:46
 Robert Garth 00:18:52
 Andy Keeley 00:19:05
 Thomas Rimmer 00:19:46
 Ian Russell 00:19:57
 John Jensen 00:19:59
 Kate MacFarlane 00:20:48
 Mal Gordon 00:21:00
 Marty Hirrell 00:21:10
 Amanda Treanor 00:21:26
 Nigel Foo 00:21:27
 Steve Pemberton 00:21:39
 John Dyer 00:21:43
 Richard Costain 00:21:54
 Shane Knott 00:22:07
 Tony Peacock 00:22:22
 Joe McGlynn 00:22:24
 Trevor Astell 00:22:28
 Mark Thomas 00:22:29
 Mark Skelton 00:22:42
 Andy Hodson 00:22:45
 Michael Edwards 00:23:01
 Colin O'Brien 00:23:17
 Hannah Sargeant 00:23:41
 Karl Corrick 00:23:45
 Njideka Agwuna 00:23:49
 David Hughes 00:23:51
 Diane Hennigan 00:24:05
 James Stansfield 00:25:00
 Kerry Quinton 00:25:07
 Mike Welsby 00:25:11
 Chris Jones 00:25:18
 Carolyn Holt 00:25:23
 Rebecca Varnouse 00:25:37
 Elinor Chapman 00:26:05
 Claire McCann 00:26:48
 Soraya Meah 00:26:59
 Rebecca Heyes 00:27:22
 Christine Grant 00:27:39
 Sioux McGee 00:27:40
 Vincent Hessey 00:27:56
 Claire Butterworth 00:27:58
 Liz Simpson 00:28:12
 Laura Jones 00:28:15
 Eamonn Brady 00:28:40
 Joanne Edwards 00:28:40

13-Jul-16 5m**Tony Barnes Sefton Park**

Martin Swensson 00:26:22
 Graham Douglas 00:29:39
 Colin Dobbs 00:30:55
 Robert Garth 00:31:02
 Ste McNicholas 00:31:18
 Andy Keeley 00:31:39
 Andy Cantwell 00:31:48
 Richard Thorpe 00:32:13
 Marc Goudie 00:32:22
 Andrew Biddle 00:32:25
 Ian Russell 00:32:57

Julien Tour 00:33:24
 Kate MacFarlane 00:34:02
 Steve Maguire 00:34:57
 Katie Johnson 00:34:57
 Stephen Dipple 00:35:18
 Nigel Foo 00:35:25
 Gregory Hocking 00:35:27
 Kathryn Sharkey 00:35:32
 Nichola D'Cruze 00:35:42
 Marty Hirrell 00:35:58
 Liz Turner 00:36:07
 Charlotte Rawcliffe 00:36:21
 David Webb 00:36:44
 Sarah Richards 00:37:00
 Richard Costain 00:37:27
 Joanne Harrison 00:37:32
 Trevor Astell 00:37:50
 Barry Bright 00:37:51
 James Roberts 00:38:04
 Mark Skelton 00:38:23
 Bill Sergeson 00:38:34
 Michael Edwards 00:38:41
 Helen Osborne 00:38:51
 Colin O'Brien 00:38:58
 David Hughes 00:39:09
 Njideka Agwuna 00:39:10
 Diane Hennigan 00:39:18
 Stephen Gorman 00:39:20
 Hannah Sargeant 00:39:27
 Rob Cooper 00:39:45
 Clare Fozard 00:39:46
 Cheryl Pace 00:39:52
 Gerard Russell 00:40:46
 Paula Worrall 00:41:13
 Mary Heery 00:41:20
 Holly Johnston 00:41:24
 Stuart Harrison 00:41:33
 Gareth Owen 00:41:41
 Jon Windle 00:41:46
 Anthony Woods 00:42:03
 Kerrie Davidson 00:42:15
 Sarah Meyers 00:42:18
 Jane Nicholson 00:42:36
 Mike Welsby 00:43:00
 James Stansfield 00:43:33
 Rachel Hall 00:43:43
 Carolyn Knott 00:45:07
 Cath Nevin 00:45:14
 Vincent Hessey 00:46:49
 Paul Hughes 00:47:19
 Jo Sutherland 00:47:50
 Jim Garvey 00:48:19
 Colin Moneypenny 00:52:45
 Kevin Obrien 00:53:55
 Jane Woods 00:54:31
 Harry Rainford 00:56:38
 Debi Mcmillan 00:59:06

13-Jul-16 5m**The Druid fell race**

Lawrence Eccles 00:34:25

16-Jul-16 5k**Southampton parkrun**

Nathan Walker 00:24:28

16-Jul-16 5k**Edinburgh parkrun**

Liz Turner 00:22:11
 Sarah Meyers 00:27:07

16-Jul-16 5k**Princes parkrun**

Andy Keeley 00:19:43
 Andrew Biddle 00:20:43
 Gregory Hocking 00:22:29
 Tony Peacock 00:22:48
 Trevor Astell 00:22:51
 Joe McGlynn 00:23:06
 Paul Riley 00:23:22
 Craig Hawley 00:23:24
 James Roberts 00:23:29
 Anna Watkin 00:23:50
 Graham Hussey 00:24:15
 James Malone 00:24:19
 Mike Welsby 00:25:01
 Robert Woodham 00:25:02

Marie Motley 00:26:10
 Alice Spooner 00:26:10
 Anthony Woods 00:26:12
 Paula Worrall 00:26:14
 Vincent Hessey 00:27:58
 Jane Nicholson 00:28:21
 Rachel Rick 00:28:21
 Elinor Chapman 00:28:32
 Jo Sutherland 00:28:53
 Jim Garvey 00:30:10
 Sue Towner 00:31:36
 Pauline Fielding 00:32:28
 Kevin Obrien 00:34:53
 Rachel Stead 00:36:03
 Jane Woods 00:49:07
 Cath Nevin 00:49:11

**16-Jul-16 5k
 Widnes parkrun**

John Jensen 00:20:33
 Christopher Lee 00:35:20

**16-Jul-16 5k
 Croxeth Hall parkrun**

Martin Swensson 00:16:19
 Robert Garth 00:19:04
 Nigel Foo 00:21:20
 Richard Costain 00:22:51
 Mark Thomas 00:23:40
 Matt Helme 00:25:06
 Dave Pinnington 00:25:36
 Diane Hennigan 00:26:53
 Alan Gidman 00:29:40

**16-Jul-16 5k
 Birkenhead parkrun**

Marc Goudie 00:19:04
 Liz Simpson 00:28:03

**16-Jul-16 10m
 Elswick Express**

Tony Man 01:12:35
 John Bampton 01:14:59
 Mike Devereux 01:17:13
 Eunice Nopondo 01:35:52

**17-Jul-16 10k
 Women's Running**

Cathy Grierson 00:44:58
 Pam Thurtle 00:45:20
 Katie Johnson 00:45:59
 Joanne Harrison 00:47:40
 Diane Hennigan 00:49:50
 Paula Worrall 00:52:22
 Sarah Louise Jackson 00:53:06
 Rachel Stead 00:56:44
 Kerrie Davidson 00:56:45
 Claire Meadows 00:56:45
 Helen McBride-Clavis 00:58:28
 Sioux McGee 01:00:17
 Paula Kelly 01:02:25

**17-Jul-16 Half
 Cheshire**

Andrew Starkey 01:27:55
 Ste McNicholas 01:29:07
 Adrian Loughrey 01:35:10

**21-Jul-16 5.3m
 Harrock Hill Race 3/4 ORC**

Lawrence Eccles 00:34:48
 Ross White 00:39:46
 Stephen McNicholas 00:41:51
 Simone Capponi 00:43:03
 Rob Garth M 00:43:29
 Andrew Biddle 00:44:35
 Nigel Foo 00:47:54
 Cristina Puccini 00:49:30
 Michael Devereux 00:50:54
 Andy Bates 00:51:00
 Richard Costain 00:53:24
 Jon Windle 00:53:48
 Helen Osborne 00:56:38
 Billy Sergeson 00:56:38
 Eunice Nopondo 01:05:10

23-Jul-16 5k

South Manchester parkrun

Trevor Astell 00:21:59

**23-Jul-16 5k
 Southampton parkrun**

Nathan Walker 00:24:10

**23-Jul-16 5k
 Princes parkrun**

Ross White 00:18:42
 Andy Keeley 00:19:28
 David Webb 00:22:00
 Nigel Foo 00:22:32
 Tom Oakley 00:22:32
 Kevin Keane 00:22:40
 Joe McGlynn 00:22:48
 Katy Barry 00:23:27
 James Roberts 00:23:34
 Annmarie Williams 00:24:07
 Mark Finch 00:24:46
 Robert Woodham 00:25:01
 Mike Welsby 00:25:11
 Carolyn Holt 00:25:12
 Carolyn Knott 00:27:31
 David Woodhall 00:28:36
 Elinor Chapman 00:31:31
 Joanne Edwards 00:31:31
 Jon Windle 00:32:11
 Kevin Obrien 00:32:12
 Michael Sharkey 00:43:40

**23-Jul-16 5k
 Hanley parkrun**

Matt Helme 00:22:04

**23-Jul-16 5k
 Stevenage parkrun**

Jessica Mitchell 00:30:15

**23-Jul-16 5k
 Redcar parkrun**

Sarah Louise Jackson 00:24:11

**23-Jul-16 5k
 Conwy parkrun**

Debi McMillan 00:35:21

**23-Jul-16 5k
 Widnes parkrun**

Ste McNicholas 00:19:26
 John Kelly 00:26:56
 Michelle Kelly 00:26:56

**23-Jul-16 5k
 Croxeth Hall parkrun**

Andrew Biddle 00:19:57
 Mark Thomas 00:23:10
 Kerry Quinton 00:24:00

**23-Jul-16 5k
 Birkenhead parkrun**

Martin Swensson 00:15:57
 Richard Costain 00:22:13
 Vincent Hessey 00:27:16

**23-Jul-16 5k
 Crosby parkrun**

Michael McDonald 00:24:38

**23-Jul-16 56k
 Lakes Sky Ultra**

Lawrence Eccles 08:46:36

**27-Jul-16 8.2k
 Green Grass of Home**

Lawrence Eccles 00:41:10

**28-Jul-16 5k
 Sale Sizzler**

Martin Swensson 00:15:33

**30-Jul-16 5k
 Southampton parkrun**

Nathan Walker 00:23:31

**30-Jul-16 5k
 Harrogate parkrun**

Ste McNicholas 00:19:51

**30-Jul-16 5k
 Oldham parkrun**

Leonie Glynn 00:25:31

**30-Jul-16 5k
 Princes parkrun**

Stephen Watkin 00:17:07
 Christopher Lee 00:18:53
 Lee Warburton 00:21:25
 Nigel Foo 00:21:47
 Steve Ogden 00:21:54
 Liz Turner 00:21:55
 Tom Oakley 00:21:59
 Gregory Hocking 00:22:17
 Tony Peacock 00:22:23
 Joe McGlynn 00:22:39
 Trevor Astell 00:22:48
 Nigel Grant 00:23:32
 Craig Hawley 00:23:39
 Mark Finch 00:23:46
 Rob Cooper 00:23:54
 Njideka Agwuna 00:24:35
 Mike Welsby 00:24:53
 Marie Motley 00:25:17
 Anthony Ogden 00:26:09
 Robert Woodham 00:26:09
 Michael Sharkey 00:26:21
 Sarah Meyers 00:26:40
 Eunice Nopondo 00:27:44
 Mike Devereux 00:27:45
 Vincent Hessey 00:27:55
 Cath Nevin 00:28:39
 Jim Garvey 00:29:37
 Samantha Bentall 00:29:39
 Sue Towner 00:31:42
 Pauline Fielding 00:33:02
 Jo Gibson 00:34:58

**30-Jul-16 5k
 Keswick parkrun**

Andy Keeley 00:20:31

**30-Jul-16 5k
 Widnes parkrun**

Dave Pinnington 00:23:27

**30-Jul-16 5k
 Curl Curl parkrun**

Steph Bullock 00:21:44

**30-Jul-16 5k
 Delamere parkrun**

Debi McMillan 00:35:19

**30-Jul-16 5k
 Croxeth Hall parkrun**

Andy Hodson 00:23:37
 Mark Thomas 00:24:08
 Cheryl Pace 00:24:25
 Diane Hennigan 00:27:03
 Matt Helme 00:27:42
 Lesley Finnih 00:28:43

**30-Jul-16 5k
 Crosby parkrun**

Paul Doyle 00:26:22
 Michael McDonald 00:27:35

**30-Jul-16 5k
 Dolgellau parkrun**

John Kelly 00:27:35
 Michelle Kelly 00:27:35

**30-Jul-16 5k
 Hanbury Hall parkrun**

Andrew Biddle 00:22:00

**30-Jul-16 50m
 Lakeland 50**

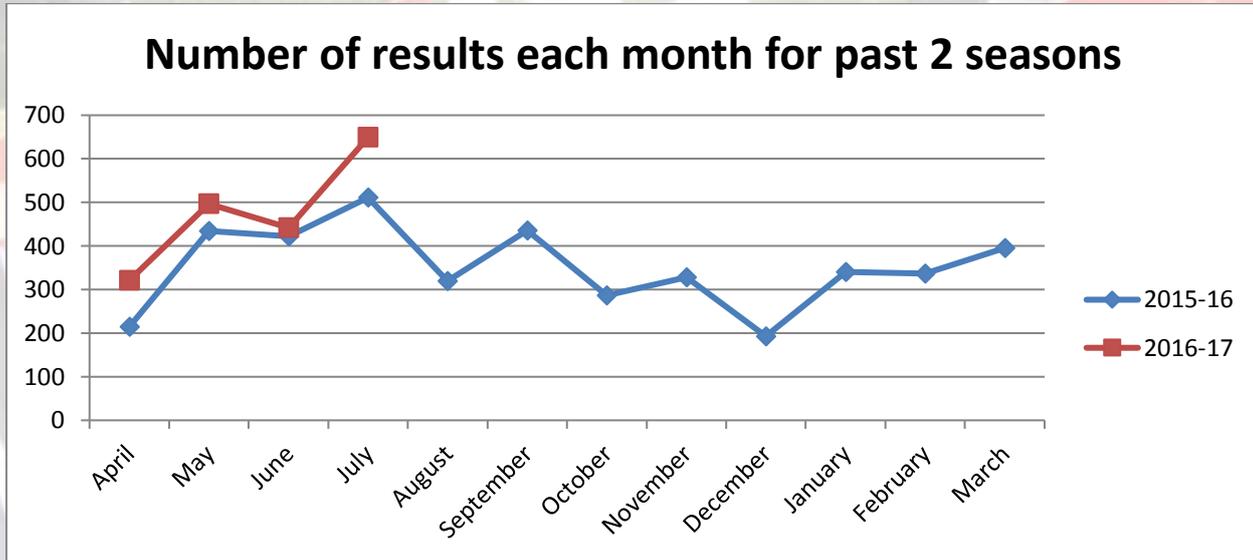
Dave Mangan 18:07:10

**31-Jul-16 10k
 Helena Tipping Wrexham**

Mark Skelton 00:46:38
 David Hughes 00:49:47

Stato's Report

As you can see on the previous pages we have a massive number of results over the past 2 months. This has definitely been keeping me busy. July was definitely the highest number of results (649) that we have ever had with a 27% increase on last year. Overall we have over 20% more results recorded for the first 4 months of the season than last year. This is normally the busiest month of the year but it is great to see so many races being run.



Club Records

No other courses have been found to be short following the issues with the Manchester Marathon and Trafford 10k, which is a relief. As normal listed below are changes to the top 5 at each distance and age group. Lots of jostling for position lower down the tables and this can be seen on the website via the results tab.

Matt Helme celebrated his move to a new age group with a new 3rd fastest 5k time at the Croxteth Park parkrun for the M55 age group.

Tony Peacock set a new 3rd fastest M55 5k time at Halewood in July.

Mike Devereux set a new 3rd fastest 10m time in the M65 age group at Elswick Express event.

Kevin O'Brien set a new 2nd fastest 5m time at Sefton Park and a new 3rd fastest 10k time at Warrington both in the M75 age group.

Katie Johnson set a new 4th fastest 5m time at Sefton Park for the F35 age group.

Pam Thurtle set a new 5th fastest 10k time for the F40 age group at the Women's Running event.

Mary Heery set a new 4th fastest 5m time at Sefton Park in the F55 age group.

Carolyn Holt set a new 5th fastest 5m time on Day 4 of the Tour of Merseyside at the Red Bull in the F55 age group.

Rachel Rick set a new 3rd fastest half marathon time at Southport again in the F55 age group.

Cath Nevin set a **New F60 5k Record** at the Mystery in June. She also set a new 2nd fastest 5m time at Sefton Park.

CLASSIFIEDS

Warm up sessions

Thurs

Garston Lifestyles

From 18:15

Physio

Our job is not only to address the runners pain but correct the underlying dysfunction

Leigh Halfteck PGDip
MCSP HCPC
Physiotherapist British Athletics
Physiotherapist in Liverpool and Wirral

www.physio-liverpool.co.uk
0761184850



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Sore hammies?

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mallybalmer@btinternet.com

The Striding Report

A newsletter for Readers of all abilities

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ideal training/conditioning work and suitable for all abilities

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