

# STRIDE!

City of Liverpool  
**PENNY LANE  
STRIDERS**

ISSUE 139 September 2019

## CROSS COUNTRY

Get your spikes ready for the new season

Is that a javelin I see?

David Rand at the British Transplant Games

## STRIDER OF THE MONTH

Meet Michael Connor

## Isle of Man Marathon

It's not just bikes and a big wheel

## ORC update

Thurstaston MT and Rivington Pike

## TIME OF THE ANCIENT MARATHONER

Knees up!

## CHINESE WHISPERS

Rob Garth at the Shanghai Chongming R'n'R Marathon

**PLUS!**

STATO'S REPORT

HOW ARE YOU? LOOK AFTER YOUR MENTAL HEALTH

Get Going Garston group and Penny Lane group five by the seashore, ~August 2019



# In This Issue

## From the Editor

We all know we shouldn't just run, and the more rounded individual cross trains. Apparently the older woman needs to do weights to keep arthritis at bay these days so I thought I'd give that a go again. Besides I needed to finally admit to myself that cycling bores me, picking fights with vehicles hardly ever ends well and my hair has enough trouble with all the colours I throw at it without having to add regular doses of chlorine into the mix, so triathlon is out.

Anyway, I actually like weights so off I went to discover what manner of modern technology is available to the older woman who wants to see her deltoids again.

Truth is I hadn't bothered a dumbbell since somewhere in the early 90s, when most gyms were full of men not overly familiar with the concept of washing and where the smell posed more of a risk of dizziness than overdoing the weights; imagine the shock when I found the place filled with a good number of old people smelling for the best part of shower gel – I think I did get the odd side eye because I'd gone in just after a run, smelling vaguely like a damp goat.

I am now establishing a new routine that incorporates 2-3 gym sessions a week on top of the running and a bit of yoga in the morning. It's thrown me off a little here and there but it's starting to come along, and today what would have been almost unthinkable in 1985 Florence happened in Garston. A man came up to me and said: "You were working really hard there, must have been doing this for a while".

May your deity of choice bless the new millennium.

Suggestions as always to [thestriddingreport@gmail.com](mailto:thestriddingreport@gmail.com)

## News

The annual Wirral MT series is set to take off again with the Royden Park race on 3rd September at Royden Park, Frankby, 7.00pm

This popular series comprises of 4 weekly races, with the remainder on:  
10th Sep. Wirral Country Park, Thurstaston, 7.00pm  
17th Sep, Harrison Drive, Wallasey 6.30pm  
24th Sep, Arrowe Park Golf Course, 6.30pm.

Dates have also been announced for the 19-20 Sunday League Cross Country season.

20 Oct 2019 – Beacon Park (SBH)  
03 Nov 2019 – Clarkes Gardens (KM/PLS)  
15 Dec 2019 – Arrowe Park (Pensby)  
02 Feb 2020 – Croxteth Park (LRC)  
23 Feb 2020 - Runcorn (WRR)  
01 Mar 2020 – Birchwood (Spectrum)

In a break with tradition this year we have handed over the organisation of Clarkes Gardens to Kirkby Milers, who will take over all aspects of the organisation of the race.

This year everyone at PLS is encouraged to run as we will not require volunteers or marshals of our own.

For full details of the various fixtures and more information about other cross country races available to all a PLS see the Cross Country feature on page 7.

The club will also offer cross country specific training sessions from Sat 21<sup>st</sup> September. The sessions are suitable for all groups and usually take place at 10am - full details will be shared on social media and the forum in the next few days.

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**Editor:**  
Cristina  
Puccini



# Membership News

by Andy Keeley



We have 329 members and 3 places in the London Marathon for next year. If we get over 350 members by October we will have 4 places, as we did last year. There are still a number of members who have not renewed yet. We have removed all members who have not renewed from WebCollect so that club communications only go to fully paid up members. As a guide in the results spreadsheets you can see if you have paid or not.

- if you have raced and have paid up you will have an age group category (GREEN background),
- if you are lapsed no category (YELLOW background) and
- never registered no category (RED background)

We still have around a quarter of runners who identify as Penny Lane who have not paid. So please check and paid your subs. This will also help the club get it's last London Marathon place..

## New Striders

We would like to welcome the following new members, who have joined since 21st June 2019. I hope you are all enjoying running with Penny Lane. Your UKA registration packs should arrive soon. I have emailed you all your UKA registration numbers to use for getting reduced race entry prices.

### 1st Claim

- Stephen Green
- Alex Clifford
- David Lever
- Rachel Chandler
- David MacDonald
- Jamie Wynne
- Matthew Farrell
- Lesley-Anne Corbridge
- Graeme Back
- Aidan Thomas
- Stephen Connor
- Simon Heron
- Michael Leahy
- Lisa Crosby
- Hannah Gavigan
- Helen Mawson

### 2nd Claim



# Strider of the Month: Michael Connor

By Rachel Rick

Michael Connor has been part of Merseyside running scene for many years, and was involved in the early days of parkrun and the Halewood 5k. He joined PLS about 18 months ago. His wife Lisa has recently started running, and is a Get Going Garston graduate; we hope to see her at club soon, making it a family affair!



### Why did you choose Penny Lane Striders?

I was a founder member of Knowsley Harriers, and have great memories of the club. After several years I needed a change, a new beginning. Believe it or not, it was Ste Maguire who suggested I should come down to a session to try it out. I've never looked back since joining,

will be a lifelong member.

### When did you join?

April 2018. I remember wearing my PLS club vest for the first time doing the Sandstone Trail race. It's been a breath of fresh air, making new friends and rising to new challenges.



### What is your favourite distance?

Marathon! It's a great feeling when you've completed 26.2 miles.

### What is your least favourite distance?

I don't really have one, but I find 5k is the toughest – lung buster from start to finish, eyeballs out ... but I still keep coming back for more!

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



pace was dropping. I glanced up at the sky, thinking of my mum looking down on me saying, "You can do this, Michael!" I finished in 3:14 and got a Good For Age place in London. I always put positive thoughts in my head.

Manchester Marathon a few years back – I was on for a PB, but the last mile was so tough, and my



### What is your favourite session?

I love doing intervals, but also long slow runs on a Sunday morning.

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

Berlin Marathon. I've run it twice. There is an amazing atmosphere, and it's a lovely city.

### What is your best running memory?

I have so many great memories, but running 34.97 miles on the Sandstone Trail last year ranks right at the top!

### What do you see in your running future?

I have a friend, John Dobie, a Sefton Harrier who is 73 who is still running really well. Health and longevity – he is my inspiration.

### Tell us something we don't know about you.

Confessions of a train spotter ... yes, that was me! I was an avid train-spotter and still have an interest in railways, and particularly anything to do with Victorian engineering. I've still got my old anorak in the loft (LOL)



### Michael's gallery of best times

Event	PB	2019	2018	2017	2016	2015	2014	2013	2012	2011	2010
5K	19:42	20:57		<i>19:50</i>	<i>20:53</i>	<i>20:35</i>	19:42	20:30	21:15		
parkrun	20:09	20:26	21:04	20:09	21:39	20:11		21:22		21:47	
5M	33:36	34:06		34:34			33:36	34:58	35:50	35:58	
10K	41:39	41:39					42:51	41:52	44:20	44:56	49:08
10M	72:53							75:37	72:53	76:42	
HM	90:07						90:07	93:15	98:16	99:42	
20M	2:28:25					2:29:48	2:28:25				
Mar	3:14:18						3:14:18	3:28:23	3:47:30	4:11:16	

Times in italics are pre-PLS

# Preston 10

A support group with a difference began in January of this year at Princes Park Liverpool

# PRESTEN

City of Preston 5 & 10 Mile Road Races 11.8.19

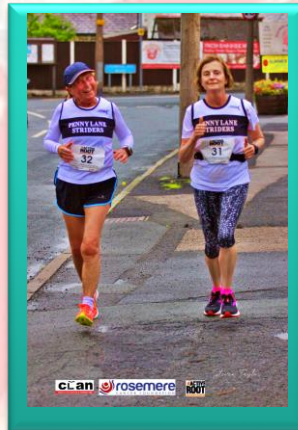
Rachel Rick

We entered this small, friendly race in the last few days before the race. We arrived in good time - just as well, as the dreadful weather had reduced parking capacity. Registration was easy, and there were great facilities. Other local clubs represented, so this made for a sociable start.

There were two races - 5 miles and 10 miles. The 10 mile race was basically two 5 mile laps. Most of the route was on pavement, with about half a mile in a nature reserve built on the site of a disused brickworks (Sam googled it!)

The race was really well organised and marshalled. There was no point where it felt crowded.

Memento was a medal, there was plenty of water and cereal bars.



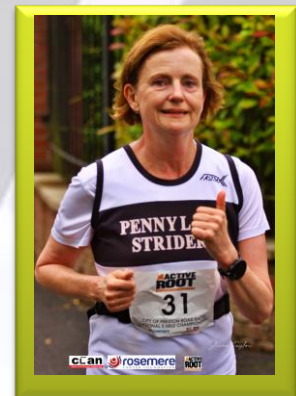
Liz Simpson

Special thanks to Sam for driving also thanks to Marie and Rachel for running with me. Would definitely recommend this race



Marie Motley

I would also recommend the City of Preston 10 mile race. Well organised and marshalled with a friendly atmosphere. Small race (less than 300 runners) on a gently undulating course mainly on pavements and around a small park, providing PB potential.



Sam Bentall

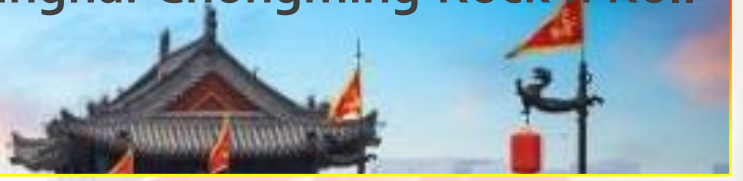
It was a last minute decision to enter the Preston 10 miler and I was glad I did. It was a small race with lots of friendly club runners from around the region. The race was well organised, although the recent downpour had left them short of parking spaces but everybody seemed to cope. A single lap five-miler started just before the double lap ten. The route took us around local houses and past a pond in the Brickcroft nature reserve. I'd recommend this race - a great ten miler and not too far to travel



# Running in China – Ep 2: Shanghai Chongming Rock'n'Roll Marathon

By Rob Garth

A fascinating insight in racing on the other side of the world



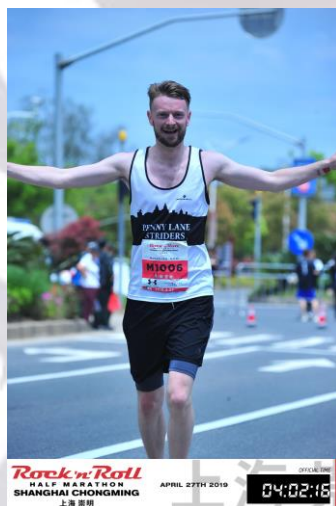
One week after the Xi'An race was the inaugural Shanghai Chongming Rock'n'Roll Marathon. Knowing this series from home I was hoping for some sort of 'normal' race experience! Registration for this event only opened about 3-4 weeks before the race itself, which does seem quite

commonplace for some of the larger events here – I'm unsure why.

Chongming is an island in Shanghai Bay, where the Yangtze River meets the Yellow/East China Sea, approximately 1 hour from the city. This time my colleague, Paul, wasn't invited to a wedding, so he managed to join me in what was his first marathon (and my 5th). Because of the short registration window, injuries and pollution mentioned previously, we had three weeks to put together some sort of real marathon training. This mainly consisted of an 11-mile run in 30-degree heat (taking 3 hours due to many rest stops) and a 20-mile run two weeks before race day – all in all we clocked around 60 miles in three weeks (including the Xi'An half for me).

We managed to collect our race pack in the city a few days before which all went swimmingly well and off we travelled to our hotel on the Friday night (Saturday race day). We took a trip to the start/finish area where we found the stage area for the concert currently showcasing some local talent and went in search of some last-minute carbs, which consisted of an oily spaghetti Bolognese at a café (Chongming was a desolate place).

China is a vast place, as I'm sure you know. Chongming isn't giving of much other than farmland, with residential blocks popping up every now and again. That said, the whole place was very well kept and we got to see how well extremely close up during the marathon as we saw nothing in the way of sights except lovely trees and shrubbery lining oversized roads for the whole 26-mile route. Peaceful if nothing else. But, wait, it was a Rock'n'Roll Marathon, I hear you say? Correct. Try telling the organisers. I could count the number of bands on one hand and there was the odd 'DJ' booth too.



For me, the race went well – I was comfortable all the way round – and our plan was to stop and stretch every 6-7 miles to help get us through on the lack of training we had. My main aim was to help Paul through and keep us on track for 4 hours. This we did, as 26.2 miles came up on our watches and we had hit 3 hours 58 mins. Alas, the finish line was out of sight around a corner.

Paul was not happy. Some expletives and half a mile later, we crossed the line in 4 hours, 2 minutes and 16 seconds – making both my experiences of Chinese marathons being at least 26.7miles long!

Overall, the marathon experience was good. It was cheaper than 'home' Rock'n'Roll races and is in a place where the air pollution is extremely low which will both keep me entering in the future. I felt the best I ever have after a marathon (because it was my second slowest?) but sunburn caught up with me later than night. For some reason I felt my pasty complexion would be ok in 20-degree clear sunny skies for 4 hours in my PLS vest with no sun cream on (I had packed factor 50 too!). It was not and I spent the next week off work with blisters on my shoulders and forehead – worth it by the end of the week!

As the summer approaches (God help my skin), I head to Japan on holiday and hope to take in their new parkrun in Tokyo before heading back to the UK for a week or so. There, I'll be fitting two more in, including my dad's 50th parkrun, which I am really looking forward to after he began 18 months ago and I've been proudly following his progress from 33mins to 27mins from afar – he's 67!



# Mud, Beautiful Mud...Cross Country Calendar 2019-20

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 have been hanging about Penny Lane for a little while, 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. Some of you may even recognize this primer from previous years. Yes, I do recycle more than just plastic.

My name is Cristina Puccini 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](mailto:thestriddingreport@gmail.com), on Facebook or at club nights (although, given how my personal and work life has panned out over the last couple of years good luck with the club nights).

First of all, we will once again 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 in the next week or so. These will include both a taster session for anyone new to cross country and



normal training sessions for the rest.

How does this cross country lark work, I hear you ask: Penny Lane Striders compete mainly in two leagues,

the North West Cross Country Sunday League and the Liverpool and District League. There are also other competitions we can enter, such as the Merseyside Championships, the Northern Champs and the National Champs.

## 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, sometimes 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:

- 20 Oct 2019 – Beacon Park (SBH)
- 03 Nov 2019 – Clarkes Gardens (KM/PLS)



- 15 Dec 2019 – Arrowe Park (Pensby)
- 02 Feb 2020 – Croxteth Park (LRC)
- 23 Feb 2020 - Runcorn (WRR)
- 01 Mar 2020 – Birchwood (Spectrum)

All races start at 10.00 o'clock and only first claim members can count for the official scores. Club vests are a must at these races, although PLS training tops will also be allowed (you cannot wear a plain top). This is not the day for your Team Ella or Macmillan top, lovely things that they are. You'll only confuse John Cheetham and get chased off the course so please don't do it. Some of us have spare vests/tops so if you are really stuck ask around before the relevant fixture.



Guests are very welcome to race but must not proceed along finish funnel or take a finishing token.

There has been the odd request for brief course descriptions. Courses change every year, even when held in the same location, so it is a difficult question to answer. Also conditions on the day play a big part so the same course will feel quite different if the weather has been fine for a week than it will if it's been lashing it down for days and it snows when you turn up. It's all part of the fun. Where possible I have put in a couple of links to videos as well. But, in any case, here goes:

**Clarkes Gardens** – you will get to see this one if you come to the training sessions but essentially a run on reasonably flat grass with sections in the woods that can become quite boggy (the mud is rarely above your ankle though) and if you are particularly lucky you get to cross a small stream (water can get calf deep at this point but it's only two or three steps). There are also longer sections on normal trail conditions. Here are some videos from the L&D Champs which are held in Clarkes Gardens:

[L&D Clarkes bottom field](#)

[L&D woods](#)

[L&D PLS finish](#)



**Beacon Park** – a lot of running on grass and trails with a couple of interesting slopes and muddy trails thrown in. My Top 2 favourite course this one. One of the downhills can get a bit slippery if the going is particularly soft and there are two uphill drags that will test your legs and lungs but they've never finished anyone off so far so I guess you'll all survive them (notice there is no "we" as I won't be joining in the fun at least until December).

**Arrowe Park** – reasonably flat and boring with a couple of false flat sections (depending on which way they make us go) that look like nothing but feel like a proper hill on the second lap. This one is definitely dependent on conditions because when it gets proper boggy it can get hard going but it's not a technical course so no danger of falling off a cliff, you'll just get a bit tired. This is what it can look like [Arrowe Park 2012](#) with bonus music and Korke cheering ❤️ as well as a cameo appearance by Lawrence's hair and the beautiful Sue Cain showing us all how it's done. It's all bit shaky because Korke spent the

entire time trying to join in with the running and nearly succeeding in making me go flying a couple of times. A bit of a trip down memory lane this one, also featuring the lovely Andrew Stansfield – RIP Andrew.

**Town Park** – Runcorn is famous for the ski slope ([Ski Slope 1st lap Jan17](#)) and from here you can get the 2<sup>nd</sup> part of the field as well – alternative perspective here ([Ski slope Dec15](#)) and is my favourite course. Most of it is running on grass and paths but there is a nice bit round a folly and a couple of nice inclines – the run into the finish is all downhill and if Lyndon managed it with one spike in one shoe and two in the other so can you with a full set. One section gets particularly muddy and on a good day you will disappear into it well past your ankles so the best advice I can give you is stay on your toes – this course is best suited to spikes in my opinion but as always go with what makes you the most comfortable. The slope is steep and by the 2<sup>nd</sup> time round quite slippery but as you can see from the vids quite doable by the whole field.



**Croxtheth Park** – this course was resurrected last year after decades – it’s mostly a run on grass with a really nice section in the woods featuring a couple of deep water crossings (calf to thigh deep but only a couple of steps). I’m told the course will be slightly different this year but in essence probably the usual combo of one small lap to divide the field and then two big laps including the woods. I was very pleasantly surprised by this one when it came back into the rota.

**Birchwood Park** – a sometimes maligned but in my opinion fun course. Four x roughly 1 mile laps around Forest Park. It features the rollercoaster ([Rollercoaster 1st lap Feb17](#)), a bit I have come to call the U-bend – a U turn that after the 2<sup>nd</sup> lap turns into a veritable quagmire – a fair bit of running on flat, sometimes muddy grass ([Mid course Feb17](#)) and, on a good day, a somewhat fragrant pond at the other end. Said pond can be knee deep or non-existent, kind of depends on the weather. The odd shark fin and abandoned welly has been spotted there in the past. A quick gander through Dave Pinnington’s flickr archive will show you how different it can get. You can see the PLS finishers in all their glory and the prize giving presentation for the 2016-17 season here ([PLS finish and prizes Feb17](#)) as well as John Cheetham doing his best to send people off course, Andy Cantwell giving what sounds to me like reasonable birthing advice, and a good example of how to pace one of your fellow teammates. I’ll just leave that there.



**The Old Chestnut: Sunday League and Road Racing for the Club Championship**

The long standing rule about road races taking place on the same day as a cross country fixture not counting for the championship is now safely consigned to the bin. That said, you had all summer to run those boring 10ks, the fun now is in the fields.



**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 once again be encouraging everyone to take part in the Saturday fixtures of the L&D, including the prestigious European

Championships which are run alongside the 23 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:**

- Race 1 Saturday 12th October Sherdley Park
- Race 2 Saturday 23rd November Sefton Park
- Race 3 Saturday 7th December Beacon Park
- Championships Sunday 9th February Clarkes Garden



**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 & venue to be announced, usually in early January.
- The Northern Championships on 25th Jan
- The National Championships will be in Nottingham on 22rd Feb



## How are you?

Mental Health Champions Val & Debi with some more helpful advice on how we can work together to make each other feel better when we need a boost



Let's talk

mental health

So, how are you then? I expect the answer is 'fine'. But are you? Are you really fine?

Runners love to talk about their injuries. You wouldn't hesitate to share your pain from plantar or that last night's efforts up Camp Hill have knackered your knee again would you? But how do you feel about telling someone you're feeling a bit low? That things are just getting a bit much. You can't cope. You need help.

Earlier this year, myself and Debi volunteered to become mental health champions for the club. England Athletics encourages all its affiliated clubs to appoint mental health champions and use their own experiences to get others in our club talking about mental health, sharing stories and breaking down the barriers that stop people from seeking help for a mental health problem.

I work for a local council in public health marketing and have been involved in a number of local and national mental health campaigns over the years. Perhaps you've heard of Time to Change or HeadsTogether, high profile national charities and campaigns spearheaded by celebs and members of the Royal Family. World Mental Health Day, Run and Talk. It seems everyone's talking about mental health these days. Or are they?

The reality of the situation is that while 1 in 4 of us will experience some kind of mental health issue this year, not all of us will feel able to open up. The reasons aren't always simple either. Maybe you fear being judged or told to 'pull yourself together' or 'man up' (I hate that phrase). God knows how many times over the years I was told I just needed to get out more and I wouldn't be so depressed. If only it was that simple.

Like any health condition, your mental health can vary from day to day. Some days you'll feel fine, other times you may need some support. The point is no-one should feel afraid to ask for help. We all need to learn to treat our mental health as we would treat our physical health and talk about it as freely.

There is always someone who will be ready to listen and help. It might be a friend, a fellow runner or a complete stranger at the end of a phone line. But the point is you shouldn't feel like you have to bottle it up and soldier on.

Equally, if you see that someone is acting differently, ask them how they are. Chances are they'll say 'fine'. So ask again. Show them you're there if they want a chat. Even if it's just going for a run and a chat over a drink afterwards, it just might change that person's life forever.

If you think you or someone else is in immediate danger call 999. You can also speak to your GP or there are lots of local and national helplines and websites. We've listed a few below.

Just remember, it's okay to ask for help.

### Talk Liverpool

<https://www.talkliverpool.nhs.uk>

Mon – Fri 8am – 6pm

North office 0151 228 2300

Central office 0151 228 2300

South office 0151 228 2300

### Samaritans

Call 116 123 – FREE, 24 hours helpline

<https://www.samaritans.org/how-we-can-help/contact-samaritan>

### Mind

<https://www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/helplines-listening-services/#.XJDJbCj7Q2x>

### Time to Change

<https://www.time-to-change.org.uk>

Find out about becoming a time to Change

Champion <https://www.time-to-change.org.uk/champions>

Get your workplace involved <https://www.time-to-change.org.uk/get-involved/get-your-workplace-involved>

### Apps

**Calm Harm App** to help resist or manage the urge to self harm.

FREE **Mindfulness Apps** include 'Smiling Mind' or 'Stop, Breathe and Think'

If you're thinking about suicide then download the #StayAlive app today. The app includes details of crisis services, a safety plan, strategies to help you stay safe and a life box that you can upload pictures to, to remind you of reasons to stay alive.

### For under 18s

Worried about your child's mental health? Call Young minds parents helpline for free confidential advice <https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

[www.kooth.com](http://www.kooth.com)

[www.childline.org.uk](http://www.childline.org.uk)

Young Minds 24/7 Crisis Messenger: Support for young people: Text YM to 85258 <https://youngminds.org.uk>

For tips on how to talk to your child about mental health visit <https://www.annafreud.org/what-we-do/schools-in-mind/youre-never-too-young-to-talk-mental-health/tips-for-talking-for-parents-and-carers>

**Free** online suicide prevention training available to everyone. <http://www.zerosuicidealliance.com>

# Isle of Man Marathon

By Paul Riley



Well the IOM marathon had never really been on my radar. Not exactly one of the World's Major Marathons, but when we shook hands on it a few months ago it didn't seem like too bad an idea and besides it would perhaps be a good training run for Chester Marathon.



There also had to be a cost benefit too, as surely the IOM can't be that expensive to get to and how can you possibly go wrong when the entry cost for an affiliated runner is a bargain £26. Even an Italian on a tight budget could afford it 😊

So I was informed that the race started in Ramsey, which apparently is in the

North of the island. So with the help of my lifestyle coach we decided to base ourselves in the Ramsey Park Hotel which was situated ideally just 200 metres away from the start line.

With so much going for it, this marathon seemed like a great idea by now, until I was informed that it was actually a two lap race and that there was a bloody big hill in it between miles 3 and 5. Oh how I laughed when I realised this was the



case....not! 😊 Anyway a hill is only as big as the speed at which you try and climb it and this was going to be a training run after all.

Well the morning of the run came and we'd been expecting some light rain and drizzle, with quite strong winds and a fairly pleasant

temperature for running of about 16 degrees, but fortunately on the whole the dreaded rain never materialised. We set off bang on 9:00 and the pace was quite fast with Richard Costain dashing off into the distance ahead of me with the would be winners of the race.

Using my experience I settled back and found a nice pace that I could stick to. After about a mile of running down the prom we turned left to be confronted by a nice little surprise as the course started to ascend slightly and bend around to the right leading us on to a country lane. From here onwards the course climbed steadily, but just a long undulating drag. Nothing too severe at all. I got chatting to a fellow runner as I ran and knowing this had the prospect of being a long lonely race

(only 75 names on the start list) I made the most of the company I had.

A mile or so later and we started to climb again, only more steeply this time, as the road slightly meandered its way through the countryside. I started to lose my new found acquaintance and closed on Richard. Before I caught him the road flattened out again for a very short stretch and then climbed again. Slightly steeper than the previous hill, but not as bad as I had visualised in my mind. I caught and passed Richard and then hoped the road would flatten out and fortunately it did.



With the worst of the course behind me I set out on my long lonely slog around the rest of the course. We now had several fairly flat though slightly undulating miles from Bride to Andreas, before the course began to descend towards Ramsey for what seemed like about 4 miles. There was a slight sting in the tail as we approached Ramsey, but nothing too severe, before the course descended again as we approached the finish at the Ramsey Football Ground. Unfortunately this time around it wouldn't be the finish and the mentally tough part was about to occur as I ran past the turn off into the finish and continued on my second lap. Sure enough the finish would come, but at least this time around I knew exactly what to expect. I finished eventually with a time of 3:12 that I was very happy with.

I'd definitely recommend this race to anyone out there who fancied doing something slightly different, on a beautiful island with lots of pleasant views to take your mind off the pain of running whilst you go. I couldn't fault the marshalling of the course one bit. They all seemed very helpful and enthusiastic and the race was well organised. There was a buffet on in the function room of the football club at the finish and how can you possibly go wrong when there's a pack of Fruit Pastels in your goody bag.



I think perhaps one day I may even return for another pack...just don't tell my lifestyle coach.

# Off Road Championship –Thurstaston & Rivington

By David Lynan and Charlotte Rawcliffe

*Wirral beaches and Rivington pikes*

## Rivington Pike by Charlotte

The second race in the new ORC season was upon us! The Rivington Pike Fell Race! This is one of the oldest fell races in the UK, starting in Horwich the 3 mile takes you up to the summit of the 'pike' and back. Whilst the race length is short, it has an ascent of 700ft defiantly short and sharp!

The race day was completely different form 2018 when we were lathering ourselves in sun cream and worrying about sunstroke. 2019 saw us sheltering from the wind in the bus stop and working out the very last point you could leave your jumper on.

The race lulls you into false sense of security with an initial section along the road, only slightly uphill but defiantly going uphill! Then the route takes you through a short muddy wooden section before joining a stony path up to a gate. You negotiate a gate where the rate of the climb ramps up significantly and the big climb starts! My main aim in this race is to get to the second cattle grid before I have to walk. Just about made it but only because I could see James Roberts on my shoulder chasing me down. Just after I reached the half way point the winners are hurtling down past me on the way home! After reaching the summit it is a 1.5 mile very downhill thigh busting decent! Had to break out the cheeky arm windmill on more than one occasion to avoid a face plant.

The descent follows the path of the way up with a brutal road section to finish where your legs feel like jelly. You just have to look up and try and catch the runner in front.

After the race back to the pub for a cheeky shandy and Morris dancing display – Brilliant!



## Thurstaston by David

Surely the most multi-terrained of all the multi-terrain races, 31 Striders travelled to Thurstaston for the next leg of the ORC. The run is approximately six miles, starting and finishing at the Wirral Country Park. In between, the route takes in a variety of surfaces, keeping the run interesting from the beginning.

From the start, a short race along the road sends you sharp left and careering onto the beach, at which point you realise that running across the uneven stones and boulders isn't going to get you anywhere near your 10k pb. If your ankles cope ok with that, the next stage is a mile long stretch along the beach. Hard going on the soft sand, but much easier than the stones. Up off the beach, up a few roads, we were then into the trail running of Wirral Country Park.

It's a conundrum of off-road racing that the views are generally better than when running along pavements, but you spend most of your time looking at the ground about a metre in front of you to check your footing. This is something Neil clearly forgot to do as he took a tumble and grazed his knee. This section is an undulating stretch along sandstone tracks with spikey gorse bushes to keep you on course. Neil soldiered on and didn't seem to be held him back as we headed to the final stretch along the former railway line.

The two mile run to the finish along the flat railway path allows a good view of those ahead, so any last dregs of energy could be dragged out to try and catch the competition in front. Lawrence held off Rob and Colin for the Penny Lane men, with Kathryn first home for the women, outstripping her immediate competition in the last hundred metres. Maybe she'd got word of the free Mars Bars awaiting at the finish...





Nigel Foo

Hello team mates I hope you're all feeling refreshed and full of beans as we come to the end of the Summer holiday season (I say this as I'm about to disappear for a

few weeks holiday and as always my trainers will be packed along with the budgie smugglers)!

Why pack your trainers! Well for me its new places to explore, a change of scenery a love of running (not sure what from) and to try and keep the training up for Chester Marathon.

So lots of races ran and PB's smashed over the summer (which seems to have been a short one).

So I'll start with the forever young Michael Sharkey who smashed the Penny Lane record in the V70 Cat with the fastest 5k (24:39 Mystery), fastest park run (24:22 Princes). Alan McDermott seems to have the bit between his teeth with an impressive PB in V55 cat with a new 5k PB (19:59 Mystery). Neil Hannett is in superb form smashing his 10k PB by over 4 minutes (42:52 at Alderley edge) and his 5 mile time (33:50 Tony Barnes race). Shane Knott is at the next level and is back on form with a new 5 mile PB (35:01 Tony Barnes). Jonathan Laber-Craig has jumped up his training into group two and with it his times are coming down with a new 5k PB (19:41 Mystery), 5 mile PB (33:00 Tony Barnes) and a new 10k PB (41:56 Aintree), Richard Stafford celebrated a new 5 mile PB (37:43 Tony Barnes). Steve Bennett has a new 5k, 5 mile, 10k & half marathon PB this season. Stuart Brandwood moved up to G3 a few weeks ago and immediately smashes his park run PB (22:36). I may of missed a few PB's just let me know and I'll look at getting them in next time.

Over the past month there has been more movement between groups 5 to 4, 4 to 3 & 3 to 2 and it's absolutely brilliant that you've taken that leap which is hard sometimes and your wondering will I be left behind or I don't know anyone etc.. Believe me you will gain more friends and faster times just remember if you drop back down a group for whatever reason (maybe you have a race at the weekend or your legs feel tired) just stay with that groups pace.

The off road champs (ORC) is about halfway through the 20+ races so still lots of time to sign up for some of the best off road racing around with the Wirral Multi terrain September races forming part of the champs so get up get out and run them hills it will make the flat road races feel so much easier.

A note to welcome Luke Harrison as Vice-captain and I'm sure he will bring all his experience as a teacher to bring some order to any unruly behaviour! Only joking Luke will be an asset and an extra hand of experience to help me out.

That's all folks stay safe and don't forget the nights will be starting to draw in so bright tops and lights if you're running when the light is low.....

## Captains' Log



Sam Bentall

Hi Ladies, I know the AGM in May seems like a distant memory now – but as this is my first Captain's Log, I really want to take this opportunity to say thank you so much for voting me in as Ladies Captain. I hope you'll bear with me as I work out what I'm supposed to be doing! And just in case you missed the announcement on Facebook, I've asked Annemarie to be Ladies Vice Captain and she has kindly agreed and is doing a brilliant job already. I'd also like to thank Sharon Samson for doubling up as Ladies Captain last year in addition to being Club Secretary.

It hasn't been the sunniest of summers but despite the soggy weather, there's been lots of celebrate on the Ladies Team. Firstly, the Grand Prix! Well done all on a fantastic turn out at Sefton Park Tony Barnes Memorial 5 Miler. Our Ladies Team are now in the lead with only two races left to run.

Halewood 5k (7th Sept) – a big turn out will really help to keep us up there at the top. Kirby Milers Safari 10 Miler (29th Sept) – Sold Out - but places do come up at the last minute so keep your eyes peeled.

The leading lady in the individual standings is Annmarie Williams in 5th position.

### Achievements

#### Tour of Merseyside

Seventeen PLS Ladies took part with Nichola D'Cruze finishing first PLS female. She was 5th lady overall and 2nd in her age category. Michelle Kelly finished 1st in her category. Diane Hennigan, Jane Nicholson and Jan Hughes also finished 2nd in their categories. Meanwhile – well done to Jo Harrison, Andrea Bond and Laura Porter who came 1st, 2nd and 3rd at the Willowbrook Halewood 5k in July. (Jo also got 3rd female at the August race!)

Well done also to Eunice Nopondo who ran the Fleetwood Rotary 10 miler and the Ashbourne Half Marathon, "if you like hill upon hill in the Peak District you'll love this race!" she said. Talking of hills, Kate MacFarlane, Bailey Ewel and Laura Hennahane smashed The Druid off road race on July 10th with Kate winning 1st woman overall.

Well done to Michelle Kelly for running two races in one day. After running Bere Island parkrun in the morning she also tackled Bare Island Midsummer 10k in the afternoon, which, she says, was, "very hot and hilly!"

Kathryn Bradley and Laura Hennahane ran Bollington Nostalgia, with Kathryn finishing 3rd female! Pam Thurtle took on Elswick 10 miler on 20th July finishing in 75:33

20th July was also the start of the Conti Thunder Run. Well done to all who took part in the teams; Jane Nicholson, Sarah Jackson, Anne Oxbrough, Rachel Rick, Robby Richey, Jo Bruchez-Corbett, Anna Watkin, Charlotte Rawcliffe, Charlotte Sanderson-Rigby (and the cute doggie-ladies Bella and Dora – who didn't run but kept us all entertained!) and well done especially Bex Fieldmouse who completed 5 laps of the 24 hour race as a solo entrant!

Jane Nicholson, Anne Oxbrough, Marie Motley and Jane Woods ran the Badger 10k in Cuerden Valley which was partially flooded due to the recent heavy rain. Annmarie Williams ran the Brecon Lions 10 miler – which I know from experience of running in that neck of the woods – would not have been flat!

In early August, Eunice Nopondo tackled the Riverside 10 miler while Kathryn Bradley ran the the St Albans 10k and Jane Nicholson, Rachel Rick and Marie Motley ran the scenic North Wales Half Marathon. Well done all!

Annmarie Williams ran her second marathon of the year on the Isle of Man and finished 2nd lady overall and 1st in her category! Fantastic achievement!

A fab evening was had at the Club Relay at The Mystery on 13th August. There was a great turnout and fantastic support for all the runners. Well done to everyone who took part – especially Kathryn Bradley who (unofficially) ran her fastest mile – knocking a couple of seconds off her official fastest mile of 6.05.65 achieved at the Manchester Mile.

Sunday August 18th saw the 36th Birchwood 10k with Annmarie Williams (49:56) Kathryn Sharkey (49:57) Judith Dyer (52:12) and Claire Meadows (58:43) all achieving great results.

Meanwhile, on the same day, the Two Hillforts Fell Race was run by Sarah Jackson (1:50:53) Hannah Bellamy (1:54:53) and Supanki Kamalanathan (2:16:54) Great

And finally, well done to Sarah Meyers and Liz Turner – who ran the Trail Outlaws Branches and Bays 10k with Liz winning first female. Fantastic achievement on a tough course – well done!

Also a special mention for Debi McMillan who ran her 250th Parkrun in August. Well done Debi!

### Relays

Don't forget the road relays coming up on the 8th and 15th September. Teams of 3 and 4 - running 5.4k each. Enter on Webcollect.

There's so much fantastic stuff going on with the ladies in our club it's really hard to keep track of everybody's achievements – I hope I haven't missed anyone or anything out – but if I have, please let me know and I'll include it next time!

Till then – happy running folks!

# British Transplant Games

By David Rand



Your editor has been on the register for over 30 years, get yourself on it and tell you family – transplants transform lives

The British transplant games are a 4-day event held in various cities around the UK once a year with the aim of promoting organ donation and a demonstration of what can be achieved after a life saving transplant. It is open to anyone that has received an organ transplant including heart, lungs, liver, kidney, small bowel or bone marrow or



Dipping for the line

any combination of the above. Entrants range in age from 3 to 83 with the aim of the games being fully inclusive, so ability can be beginner to professional. The donor families and living donors also attend the event where they are always welcomed at the opening ceremony with a standing ovation, as without their bravery, organ donation would not be possible.

A brief history of my condition – I graduated from university in 1998 and was lucky to get a great job working for a Chemical company in Liverpool. On moving to Liverpool, I joined a local doctors surgery where they found me to be suffering from very high blood pressure



Royal Liverpool Transplant Team

during a standard joining medical. From this, I was referred to the Royal Liverpool hospital where they quickly diagnosed me suffering from a condition called "Adult onset Polycystic Kidney disease", a hereditary condition that ran through my mother's side of the family. My Kidney function



Mixed volleyball team

rapidly deteriorated to the point where I started Kidney Dialysis in 2003. This was coupled with a strict fluid restriction and a very prohibitive renal diet. Once settled on dialysis, I was activated on the Organ transplant register and waited, and waited.... until in 2008, I received the call that there was a suitable kidney waiting for me. I received this on Valentines Day, which I remember joking at the time that it got me out of an expensive date night with my girlfriend

(now wife). Unfortunately, the kidney failed immediately and was removed the following day. I continued with the dialysis and started getting fit. This was small bike rides leading on to small runs round Sefton Park and then onto the Great North run in 2009. This

fitness served me well and in September 2010 I received my second kidney transplant that is still going strong in 2019. My involvement with the transplant games started in 2012 where as a member of the Royal Liverpool Transplant Sports Team. I went to Medway in Kent and was able to compete in my first games. I was

immediately hooked. The games gave me the opportunity to meet people that had been through similar situations. I got to see so many inspirational things, a 4 year old girl in a walking cage that struggled to the start in in the kids 25m run only to sprint to the finish line in front of the other kids, an 84 year old lady compete in the 5km time trail on a bike with a basket on the front and won gold. They are all amazing achievements considering what the individuals had been through.



Opening Ceremony



Javelin competition

The games follow a similar format each year. Participants are able to enter 4 events and 2 relay events. The sports range from track and field, full swim gala, cycling, all racket sports, golf, ten-pin bowling, archery, volleyball, darts and snooker. The aim is to offer as many varying

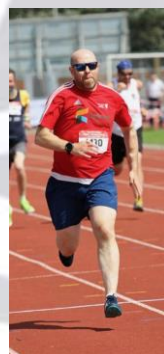


Silver Javelin & 100m

sports to enable competitors to participate in something that they either like or would like to try for the first time. The competitors are able to show what can be achieved following a transplant. The medals are a nice reward but taking part is what is most important.

The games start with an opening ceremony hosted by local dignitaries and end with a gala dinner to celebrate the achievements over the past 4 days. The Newport Gala was held at Celtic Manor, home to the 2010 Ryder cup. This was a stunning venue and made for a great party. As well as keen sportsmen and woman, the transplant family knows how to party, and we did until the wee hours when the lights go on and we are kicked out for another year.

At the closing ceremony, the Chairman of Westfield health, the primary sponsor of the British transplant games set the audience a challenge. That challenge was that following the games, everyone present was to go out and spread the word of organ donation, that is, sign up to the organ donor register and have the discussion with your family and friends about your wishes in the event of something happening. My transplant has given me so many opportunities to live life to the full and I thank my donor and their family everyday for the brave decision that they made. If you have any questions and you see me out running, you're more than welcome to give me a shout and ask away.



Silver 100m

## The Time of the Ancient Marathoner



## What's up? Knees up, that's what

By Tony Peacock



Knees are funny things. They are rarely, if ever at all, attractive. They make a mockery of the otherwise elegant swoop of the leg. They are there, it would seem, to be laughed at.

After the Second World War when there was very little to laugh at, knees, or to be more precise, knobby knee competitions at holiday camps, provided endless

amusement for spectator and competitor alike. It seems that the simple act of rolling up a trouser leg to reveal a preposterous patella was enough to cause great hilarity. This may have been because they tended to look like

Shiitake mushrooms sprouting on a log or sometimes like bagels resting on a baker's shelf. But more likely it was because there wasn't much TV then.



And yet the truth is that they are a serious bit of anatomic kit. In spite of the fact that most of the animal kingdom get along quite happily without knees, humans can be seriously restricted by even a minor malfunction of this joint. I have written a short list of important activities that could prove hazardous if rigidity of the legs occur. I'm sure you can think of others.

- Picking up confetti from a wet pavement.
- Patting a Chihuahua.
- Russian dancing.
- Swimming breaststroke
- TV dinners
- Genuflecting in many religions
- And of course .....running.

Without knees all runners would be reduced to race walking, awkwardly.



This small, ugly part of the body has a patella, cartilage, menisci, ligaments, synovial and fibrous membrane, numerous bursae and a whole lot of other fiddly stuff just waiting to go wrong and turn

you from a honed athlete into a Long John Silver impersonator.

So the knee is important and complex. My question is; if it is so important why is it so complex? A simple hinge would have done the job with a weekly squirt of WD40 the only maintenance required. (Other brands are available.)

Sadly this is not the case, knees frequently go wrong. Mine did. A knee problem put an end to my running in the early nineties and thwarted a comeback late in the noughties. Like most people

desperate to run, I opted to have an arthroscopy as a last resort. This was in 2012. It involved a highly paid and trained person poking



about in my leg with sharp knife hoping to find something he recognised. Apart from being annoyingly supercilious this specialist also had the bedside manner of all of Job's comforters put together. He asked me, post op, whether my leg felt better. I said, I thought so, more out of politeness than honesty. He guffawed and replied that most people he operated on said it felt worse. After that little booster he proceeded to describe the agony and debilitation I could look forward to when my knee finally and inevitably imploded. With that attitude I was just glad he'd managed to stab the correct knee.

Well here we are in 2019 and I still have knees which I believe are my own. My right knee continues to remind me that it's not 'right'. Lefty intermittently complains that it's doing the work of two and that I'm always going on about righty. The fact that I can still run is a minor miracle but I constantly remind myself that every day is numbered. The surgeon's prophecy of doom may yet come to pass but meanwhile I continue to do a made up set of exercises in the possibly unfounded belief that it's helping. And when all else fails I wear a colourful blue bandage (also available in pink and black). I do this, not because it provides any support but because it matches my eyes and acts as an excuse-aid. It screams "I have a serious sports injury and that is why I am running so pathetically, so dont be too proud if you have just gone past me." \*

\*(Unfortunately I have had to stop using my blue excuse bandage because I found the removal of this product was almost more painful than my original knee problem. Definitely not one for the hirsute)



I think overall my advice to people with dodgy knees would be, if possible, 'let them be' and certainly don't let some megalomaniac with a blade near them. When I first had problems with my knees I went to see a newly appointed, young, Czech knee specialist at The

Royal. I think someone had forgotten to tell him the unwritten law that 'surgery is always the answer' even when there is no question. He told me that, with knees, he believed it was often better to leave stuff in the joint to help protection, no matter whether these bits were floating about aimlessly or not. I have a feeling he may have had a point. Mind you he also said running was a futile and damaging activity. So what did he know?



# Parklife!

By Stuart Brandwood & Special Guest Debi McMillan



Stuart charts the progress of all Striders at parkruns and with each issue we will celebrate high milestone achievers and volunteers. This month Debi celebrates her 250<sup>th</sup> parkrun

One of the recent happenings in Parkrun world is the update to their website, one of the things removed is the ability to view the different events by region. Parkrun HQ seems to have decided this was an out of date throwback and no longer reflects how they administer their different events. This did cause minor consternation amongst parkrunners because some people always tried to do every run in their home region and those maintain their Regionnaire status. This got me wondering how we fare in the different regions. In the north west we do as well as you might expect having completed over 90% of the events. After that our most popular region is actually Northern Ireland where we have done 73% (plus a creditable 31% of runs in the Republic) and then we have West Midlands with 71% completed. Our least completed region is East of England with 21% then Scotland with 35%. Keeping up with these events is a tricky business. So far this year there are more than 50 new parkruns in the UK (although only two in the north west):

East Midlands	3
Greater London	3
Yorkshire & Humber	7
North East England	5
South East England	7
West Midlands	3
Scotland	5
East of England	6
Wales	3
South West England	4
Northern Ireland	3
North West England	2

One of the most pleasing things in recent weeks was hearing Stephen Boyd getting glowing praise on my favourite parkrun podcast "With Me Now". WMN is a celebration of true parkrun obsession and glories in the eccentricities that make each and every event unique and every runner and volunteer's parkrun story different. From inaugurals in far flung places to some superbly interesting pieces on things like parkruns in prisons it is always worth a listen. The idea of our very own Silent Marshal taking a noise complaint and making it into a huge, huge positive for Princes Park parkrun was classic With Me Now fodder and Danny & Nicola adored the signs that make us grin each and every week.

Catch up on the episode here :

<https://play.acast.com/s/with-me-nows-podcast/42f9c9gdof87494b8851c79e3db97573>

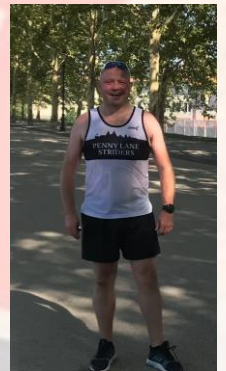
## Here come the Tourists



Chris Spruce at Victoria



Have you seen these Striders? The Usual Suspects at Tawd Valley



John Wood at Lucca

## 250 for Debi McMillan

Jan 12th 2012. I decided to go for a run. I'd heard from a friend about a weekly timed 5k run based in Princes Park. Paul at that time didn't run either, so my friend and I agreed to give it a go. 3 miles though – it seemed almost impossible.

We rocked up at gam and were confronted by the daunting view of a crowd of multi-coloured, lithe-limbed people who looked like they belonged there, unlike us. Still, we went in and hid



at the back, awaiting further instruction. Parkrun number 1 was one of the hardest things to this day I ever did, but also one of THE best. It took me 49 minutes and 51 seconds to get round - but get round I did. I don't think I've ever been as exhausted in my life, but my smile more than made up for it. I was hooked.

Fast forward 1,250km and a whole bunch of emotions later, I ran my 250th parkrun at the place which I call home on a Saturday morning. A group of my closest running friends ran with me, friends I would never have known unless I hadn't taken that first step 7 years ago. It's not just the obvious health benefits, it's the people (old and new), the travelling, the laughs, the support, the personal triumphs (and near misses) it gives. I simply don't want to be doing anything else on a Saturday morning.

Here's to the next 250. Thank you, parkrun.

**June 2019****01-Jun-19 20m****Welsh 1000m Peaks Race**

4th Lawrence Eccles 04:27:08

**02-Jun-19 10k****Morecambe**John Bampton 00:42:14  
Eunice Nopondo 00:59:22**02-Jun-19 Mara****Coniston Trail Marathon**

Andy Keeley 04:48:07

**05-Jun-19 5m****Birkenhead Park**Sean Jones 00:29:02  
Paul Riley 00:29:37  
Phil Riding 00:30:16  
Colin Walsh 00:30:53  
Julien Tour 00:31:41  
Lee Warburton 00:31:53  
Nigel Grant 00:32:01  
George Aylward 00:32:40  
John Bampton 00:33:01  
Richard Costain 00:33:57  
Alan McDermott 00:34:15  
Tony Peacock 00:36:01  
Sara Kelly 00:36:06  
Trevor Astell 00:36:36  
Annmarie Williams 00:37:25  
James Roberts 00:38:40  
Laura Porter 00:38:40  
Peter Morgan 00:38:52  
Samantha Bentall 00:39:05  
Julie Houghton 00:39:39  
Jefferson Gard 00:40:17  
Sarah Jackson 00:40:22  
Katie Dawson 00:41:08  
Judie Ko 00:41:10  
Jane Nicholson 00:41:18  
Michael Eakin 00:43:04  
Christine Grant 00:46:19  
Marie Motley 00:47:35  
Eunice Nopondo 00:47:35  
Debi McMillan 00:51:15  
Val Anderton 00:53:24**05-Jun-19****The BEAST (ORC #6)**3 Lawrence Eccles 00:37:34  
4 Robby Green 00:38:24  
27 Simone Capponi 00:46:07  
39 Nigel Foo 00:49:56  
46 Neil Hannett 00:50:39  
56 Michael O'Rourke 00:52:07  
68 Kathryn Bradley 00:55:01  
69 David Lynan 00:55:02  
89 Tony Green 01:01:03  
106 Anne Oxbrough 01:12:46  
110 Chris Probert 01:14:19**06-Jun-19 10k****Catforth**

Pam Thurtle 00:44:48

**11-Jun-19 5k****Mystery 2/5**Alex Cowin 00:17:21  
Sean Jones 00:17:27  
David Willshire 00:18:03  
Phil Riding 00:18:24  
Paul Gray 00:18:26  
Colin Walsh 00:18:39  
Paul Riley 00:18:44  
Julien Tour 00:18:47  
Nigel Grant 00:19:31  
Andrew Biddle 00:20:03  
Colin Dobbs 00:20:05  
Richard Costain 00:20:10  
Jonathan Laber-Craig 00:20:12  
George Aylward 00:20:14  
Alan McDermott 00:20:14  
Thomas Back 00:20:21  
Kate MacFarlane 00:20:36  
Michael O'Rourke 00:20:42Michael Connor 00:20:57  
Shane Knott 00:21:01  
Rob Cooper 00:21:04  
Kathryn Sharkey 00:21:07  
Thomas Rimmer 00:21:10  
Kathryn Bradley 00:21:12  
Dave Lynan 00:21:13  
Steve Pemberton 00:21:32  
Lenka Vidamour 00:21:54  
Jacj Stevenson-Smith 00:22:06  
Tony Peacock 00:22:16  
David Griffiths 00:22:24  
Steve Bennett 00:22:25  
Scott Hambleton 00:22:26  
Laura Hennahane 00:22:29  
Terry Lynch 00:22:33  
Oonagh Jaquest 00:22:34  
Matt Dutton 00:22:44  
James Roberts 00:22:53  
Annmarie Williams 00:23:02  
Jefferson Gard 00:23:07  
Peter Morgan 00:23:08  
Samantha Bentall 00:23:14  
John Brown 00:23:21  
Donna McKenna 00:23:28  
Michael Edwards 00:23:30  
Sarah Jackson 00:23:46  
Sue Burke 00:24:34  
Chris Probert 00:24:40  
Katie Dawson 00:24:48  
Rebecca Varnouse 00:25:01  
James Stansfield 00:25:04  
Judith Dyer 00:25:14  
Michael Sharkey 00:25:35  
John Wood 00:26:21  
Megan Thomas 00:27:25  
Atim Laber-Craig 00:27:32  
Christine Grant 00:27:42  
Anne Oxbrough 00:27:57  
Marie Motley 00:28:03  
Debi McMillan 00:29:49**12-Jun-19 5.3m****Hotfoot Up Famau**1 Lawrence Eccles 00:35:57  
20 Simone Capponi 00:47:15  
38 Kathryn Bradley 00:55:51  
39 David Lynan 00:55:56**13-Jun-19 5m****Walsh 2 Lads (ORC #7)**4 Lawrence Eccles 00:34:48  
14 Colin Walsh 00:38:52  
28 Simone Capponi 00:41:28  
32 Julien Tour 00:42:09  
35 Kate MacFarlane 00:42:42  
42 Colin Dobbs 00:43:11  
44 Lee Warburton 00:43:16  
47 George Aylward 00:44:08  
57 Jerome Doyle 00:45:15  
58 David Lynan 00:45:18  
74 Michael O'Rourke 00:47:49  
78 Charlotte Rawcliffe 00:48:11  
84 Kathryn Bradley 00:48:59  
96 Terry Lynch 00:51:00  
104 Annmarie Williams 00:52:34  
105 Cheryl Pace 00:52:40  
109 Sarah Jackson 00:53:05  
118 Tony Green 00:56:29  
120 Sue Burke 00:56:34  
126 Anne Oxbrough 01:00:43  
127 Sarah Meyers 01:00:45  
132 Chris Probert 01:05:50  
136 Martina Rice 01:14:32  
137 Joanne Edwards 01:15:00**15-18-Jun-19****Three Peaks Yacht Race (Barmouth to Fort William)**Snowdon from Caernarfon 24m  
1st Lawrence Eccles (& John Hunt) 03:50Scafell from Whitehaven  
20m bike + 13m run + 20m bike  
2nd Lawrence Eccles (& John Hunt) 07:51

# Stato's report

by Andy Keeley

Ben Nevis from Corpach 18m  
1st Lawrence Eccles (& John Hunt) 03:13**16-Jun-19 5k****Port Sunlight**Paul Brady 00:21:02  
Lileth Hammond 00:27:26  
Terence Long 00:32:22  
Deryn Graham 00:35:29**16-Jun-19 10k****Port Sunlight**Neil Hennigan 00:37:11  
Andy Keeley 00:41:21  
Paul Brady 00:44:52  
Sarah Richards 00:45:54  
David Griffiths 00:46:54  
John Brown 00:47:14  
Rod Jones 00:49:43  
Jonny McHale 00:51:36  
Lileth Hammond 00:58:30  
Jan Hughes 01:00:11  
Glyn Hughes 01:00:12**16-Jun-19 10k****Buncrana**

Marty Hirrell 00:47:33

**16-Jun-19 Half****Freckleton**Paul Riley 01:24:11  
Nigel Grant 01:29:10  
Annmarie Williams 01:50:10**19-Jun-19 8.4k****Robbie Webster's Wobbler (ORC #8)**3 Robbie Green 00:40:20  
10 Colin Walsh 00:43:48  
23 Liz Turner 00:47:39 1st W  
26 Julien Tour 00:47:59  
28 Simone Capponi 00:48:09  
35 Kate MacFarlane 00:49:02 3rd W  
36 Lee Warburton 00:49:05  
38 Michael O'Rourke 00:49:16  
39 George Aylward 00:49:29  
51 Nigel Foo 00:51:03  
66 Michael Connor 00:53:05  
85 James Crowder 00:56:35  
89 Terry Lynch 00:57:20  
90 James Roberts 00:57:27  
95 Sarah Jackson 00:58:19  
99 Laura Hennahane 00:59:04  
100 Neil Hannett 00:59:05  
112 Tony Green 01:02:07  
113 Sue Burke 01:02:07  
130 Jane Nicholson 01:07:14  
131 Jo Bruchez-Corbett 01:07:15  
136 Anne Oxbrough 01:10:39**20-Jun-19 10k****Warrington**David Willshire 00:37:27  
Julien Tour 00:39:14  
George Aylward 00:41:10  
Neil Hannett 00:42:20  
Alan McDermott 00:43:33  
Tony Peacock 00:45:07  
Steve Pemberton 00:46:18  
Katie Johnson 00:47:52  
Laura Porter 00:48:55  
Michael Sharkey 00:50:33  
Kathryn Sharkey 00:50:38  
Judith Dyer 00:51:35  
Sarah Simons 00:54:45  
Jessica Cavanagh 01:01:32  
Debi McMillan 01:01:32**23-Jun-19 10k****Penny Lane (Void in Champoinship)**

Luke Harrison 00:44:26

Ian Russell	00:45:33
Lenka Vidamour	00:47:16
Robert Porter	00:48:11
Annmarié Williams	00:48:15
Mark Dickinson	00:48:22
Ian Sadler	00:48:45
Holly Bishton	00:48:50
Andrea Bond	00:49:01
Matt Dutton	00:49:04
Ginny Johnson	00:50:04
Tony Green	00:50:28
Joanne Harrison	00:51:02
Samantha Bentall	00:51:46
Supanki Kamalanathan	00:53:52
Jane Nicholson	00:54:35
Liz Turner	00:54:58
Julie Houghton	00:56:36
Sheetal Sharma	00:59:08
Ciara O'Connor	00:59:40
Joe McGlynn	01:00:00
Liz Simpson	01:00:50
Judie Ko	01:03:58
Jessica Cavanagh	01:04:10
Joanne Edwards	01:09:25
Debi McMillan	01:36:10

### 23-Jun-19 25k Kinder Trog

9 Lawrence Eccles	02:05:45
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### 26-Jun-19 5k Seaside 4/5

Phil Riding	00:18:27
Nigel Grant	00:19:43
Mal Gordon	00:20:28
Alan McDermott	00:20:29
Michael O'Rourke	00:21:01
Kate MacFarlane	00:21:26
Tony Peacock	00:22:37
Terry Lynch	00:22:46
James Roberts	00:23:09
Stuart Harrison	00:23:53
Sarah Simons	00:26:13
Christine Grant	00:28:37
Debi McMillan	00:30:35

### 26-Jun-19 8.4k Harrock Hill 2/4

12 Colin Walsh	00:36:59
44 Simone Capponi	00:41:40

### 28-Jun-19 4m Knowsley Harriers Fab4 Race 2

Lawrence Eccles	00:23:22
Neil Hennigan	00:23:53
Luke Curtis	00:26:26
Steve Pemberton	00:29:10
Tony Peacock	00:29:20
Jefferson Gard	00:31:32
Diane Hennigan	00:34:14
Jane Nicholson	00:34:15
Carolyn Knott	00:35:45
James Stansfield	00:36:02

### 29-Jun-19 10k Southport

Terry Lynch	00:49:20
Sue Burke	00:49:39
Atim Laber-Craig	00:57:34
Jonathan Laber-Craig	00:57:35
Chris Anderson	01:00:21
Karen Culshaw	01:03:49
Inma Ruiz	01:07:20
Jane Woods	01:13:53

### 30-Jun-19 Half Southport

Sean Jones	01:21:02
Neil Hennigan	01:23:48
Phil Riding	01:24:32
Paul Riley	01:26:03
Luke Harrison	01:26:26
Julien Tour	01:27:26
George Aylward	01:29:12
Sam Evans	01:29:58
Luke Curtis	01:32:07
Nigel Foo	01:38:06

Kathryn Bradley	01:39:46
Nichola D'Cruze	01:39:54
Joanne Harrison	01:40:38
Shane Knott	01:41:20
Ian Jones	01:41:39
Rob Cooper	01:43:41
Paul McGregor	01:44:09
Paul Brady	01:44:17
Lenka Vidamour	01:44:36
Annmarié Williams	01:45:12
Sarah Richards	01:45:47
Kevin Dunn	01:46:02
Diane Hennigan	01:46:05
Carl Balshaw	01:48:00
James Roberts	01:49:39
Dominic Hardy	01:49:52
Stephen Gorman	01:51:43
Laura Porter	01:52:16
Joe McGlynn	01:52:25
Samantha Bentall	01:54:27
Peter Morgan	01:55:48
Steve Roden	01:55:48
Ian Sadler	01:56:24
Tony Green	01:56:48
Jane Nicholson	01:57:42
Supanki Kamalanathan	01:59:44

Katie Dawson	02:00:14
Alice Green	02:01:27
Tim Corbidge	02:02:46
Michael Edwards	02:03:48
Joe Abbott	02:04:05
Judie Ko	02:04:13
Richard Stafford	02:04:27
Rebecca Varnouse	02:05:01
Cheryl Collier	02:08:18
Anne Oxbrough	02:08:59
Christine Grant	02:09:34
Marie Motley	02:10:19
Paul McMillan	02:10:29
Chris Probert	02:11:27
Glyn Hughes	02:11:30
Jo Sutherland	02:13:09
Anthony Woods	02:13:14
Matthew Harvey	02:14:32
Jon Windle	02:22:06
Michelle Kelly	02:23:57
Scott Montgomery	02:24:52
Amy Edwards	02:26:17
Sallyann Hardwick	02:27:00
Debi McMillan	02:28:50
Jody Hazeldine	02:31:57
Jan Hughes	02:34:49
Joanne Edwards	02:36:17
Dave Owens	02:37:28
James Crowder	02:38:09
Eamonn Brady	02:45:32
Sarah Jackson	02:45:33
Rachel Rick	02:45:33
Val Anderton	02:54:07

## July 2019

### 01-Jul-19 10m Fleetwood Rotary

John Bampton	01:16:04
Eunice Nopondo	01:43:38

### 01-Jul-19 5.9m

#### TOM Day 2 Thurston Multi-Terrain

8 Neil Hennigan	00:38:32
14 Julien Tour	00:40:04
19 George Aylward	00:41:37
48 Shane Knott	00:45:37
50 Nigel Foo	00:45:43
53 Paul Brady	00:45:56
61 Kathryn Bradley	00:46:29
64 Nichola D'Cruze	00:46:34
68 Robert Jon Cooper	00:47:21
79 Lenka Vidamour	00:48:32
91 James Roberts	00:49:18
97 Sarah Richards	00:49:44
105 Paul McGrefor	00:50:05
114 Ian Sadler	00:50:29
115 Richard Stafford	00:50:30
120 Steve Roden	00:50:46
129 Carl Bradshaw	00:51:15
130 Joe McGlynn	00:51:18

132 Diane Hennigan	00:51:23
133 Tony Green	00:51:24
153 Stephen Gorman	00:52:49
155 Sara Kelly	00:52:54
161 Michael Edwards	00:53:09
177 Sarah Jackson	00:54:08
185 Joe Abbott	00:54:51
187 Jane Nicholson	00:55:06
193 Rebecca Varnouse	00:55:17
195 Alice Green	00:55:23
213 Peter Morgan	00:56:25
249 Tim Corbidge	00:59:02
251 Chris Probert	00:59:09
266 Jon Windle	01:00:39
291 Glyn Hughes	01:02:43
295 Matthew Harvey	01:02:54
307 Cheryl Collier	01:03:30
327 Jan Hughes	01:05:14
347 Michelle Kelly	01:05:56
358 Sallyann Hardwick	01:07:34
389 Joanne Hazeldine	01:10:40
404 Dave Owens	01:13:11
434 Val Anderton	01:23:41
438 Eamonn Brady	01:26:19
439 Rachel Rick	01:26:19

### 02-Jul-19 5k Mystery 3/5

David Willshire	00:17:43
Paul Riley	00:18:14
Phil Riding	00:18:33
Hamish Baxter	00:19:09
Luke Curtis	00:19:20
Nigel Grant	00:19:36
Colin Dobbs	00:20:32
Michael O'Rourke	00:20:37
Ian Claridge	00:20:44
John Jensen	00:20:55
Michael Connor	00:21:34
Marty Hirrell	00:21:44
Gregory Hocking	00:21:54
Kieron Carr	00:21:55
Tony Peacock	00:21:55
Steve Bennett	00:22:03
Leon Dixon	00:22:12
Andrea Bond	00:22:13
Matt Dutton	00:22:15
Helen Pantlin	00:22:22
Ginny Johnson	00:22:31
Steve Green	00:22:37
Terry Lynch	00:22:37
Katie Johnson	00:22:48
John Brown	00:23:05
Annmarié Williams	00:23:09
Samantha Bentall	00:23:42
Stuart Brandwood	00:23:52
Paul McMillan	00:24:23
Njideka Agwuna	00:24:32
Cheryl Pace	00:24:52
James Stansfield	00:25:10
Kerry Quinton	00:25:11
Sarah Simons	00:25:24
Bill Sergeson	00:25:26
Judith Dyer	00:25:54
Carolyn Knott	00:26:06
Atim Laber-Craig	00:26:28
Ciara O'Connor	00:26:33
Marie Motley	00:26:44
Mike Devereux	00:27:04
Jo Sutherland	00:27:25
Karen Culshaw	00:27:28
David Hughes	00:28:11
Tommy Gates	00:29:35
Jessica Cavanagh	00:30:19
Lynsey Laing	00:30:35
Jim Garvey	00:30:39

### 02-Jul-19 10m TOM Day 3 - The Ralla

Neil Hennigan	01:00:39
Julien Tour	01:04:38
George Aylward	01:06:41
Dave Lynan	01:10:29
Nigel Foo	01:12:49
Nichola D'Cruze	01:13:08
Kathryn Bradley	01:14:52
Shane Knott	01:15:19

Paul Brady	01:15:57
Rob Cooper	01:15:57
Lenka Vidamour	01:16:00
Paul McGregor	01:16:13
Sarah Richards	01:17:52
Ian Sadler	01:18:22
James Roberts	01:18:56
Tony Green	01:18:58
Diane Hennigan	01:19:51
Joe McGlynn	01:19:54
Richard Stafford	01:20:00
Steve Roden	01:20:31
Carl Bradshaw	01:22:21
Sara Kelly	01:24:47
Joe Abbott	01:25:08
Rebecca Varnouse	01:25:21
Jane Nicholson	01:26:01
Michael Edwards	01:26:55
Peter Morgan	01:27:25
Chris Probert	01:28:47
Alice Green	01:30:40
Tim Corbidge	01:31:40
Stephen Gorman	01:37:04
Matthew Harvey	01:38:28
Cheryl Collier	01:38:29
Michelle Kelly	01:39:07
Glyn Hughes	01:40:30
Jan Hughes	01:41:03
Jon Windle	01:42:22
Sallyann Hardwick	01:43:02
Jody Hazeldine	01:51:38
Dave Owens	01:52:12
Sarah Jackson	01:58:38
Eamonn Brady	01:58:39
Rachel Rick	01:58:43
Val Anderton	02:00:01

**04-Jul-19 5m****TOM Day 4 Red Bull**

Neil Hennigan	00:29:01
Julien Tour	00:31:09
George Aylward	00:31:40
Nichola D'Cruze	00:35:03
Rob Cooper	00:35:38
Kathryn Bradley	00:35:51
Dave Lynan	00:35:52
Shane Knott	00:35:59
Paul Brady	00:36:24
Nigel Foo	00:36:47
Paul McGregor	00:37:08
Ian Sadler	00:37:12
Lenka Vidamour	00:37:15
Sarah Richards	00:37:41
James Roberts	00:38:09
Joe McGlynn	00:38:12
Tony Green	00:38:47
Sara Kelly	00:38:49
Richard Stafford	00:39:29
Joe Abbott	00:39:41
Diane Hennigan	00:39:47
Steve Roden	00:39:53
Peter Morgan	00:40:41
Michael Edwards	00:40:59
Chris Probert	00:42:13
Stephen Gorman	00:42:17
Jane Nicholson	00:42:49
Rebecca Varnouse	00:42:49
Tim Corbidge	00:43:45
Carl Bradshaw	00:44:55
Matthew Harvey	00:45:21
Alice Green	00:46:26
Supanki Kamalanathan	00:46:26
Katie Dawson	00:46:28
Jonathan Laber-Craig	00:46:38
Jo Bruchez-Corbett	00:46:38
Atim Laber-Craig	00:46:38
Cheryl Collier	00:47:01
Alan Moore	00:47:50
Jon Windle	00:47:54
Michelle Kelly	00:47:59
Jan Hughes	00:48:25
Glyn Hughes	00:48:26
Jody Hazeldine	00:52:44
Dave Owens	00:54:56
Sallyann Hardwick	00:55:53
Sarah Jackson	00:58:26
Rachel Rick	00:58:26

Eamonn Brady	00:58:28
Val Anderton	00:58:55

**04-Jul-19 9.3k****Don Ashton Memorial Tockholes Fell Race**

Simone Capponi	00:45:38
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**05-Jul-19 6m****TOM Day 5 - Knowsley Cross Country**

Neil Hennigan	00:36:58
Julien Tour	00:39:30
George Aylward	00:39:33
Nichola D'Cruze	00:43:45
Paul Brady	00:43:45
Shane Knott	00:43:55
Robert Jon Cooper	00:44:06
Kathryn Bradley	00:44:25
David Lynan	00:44:26
Lenka Vidamour	00:45:26
Nigel Foo	00:45:26
Sarah Richards	00:46:01
Ian Sadler	00:46:24
James Roberts	00:46:36
Tony Green	00:47:12
Richard Stafford	00:47:21
Carl Balshaw	00:47:14
Paul McGregor	00:47:49
Joe McGlynn	00:47:51
Steve Roden	00:48:36
Diane Hennigan	00:48:43
Sara Kelly	00:49:15
Joe Abbott	00:49:39
Michael Edwards	00:50:52
Sarah Jackson	00:50:29
Rebecca Varnouse	00:52:02
Jane Nicholson	00:52:26
Peter Morgan	00:53:52
Chris Probert	00:54:03
Stephen Gorman	00:54:57
Matthew Harvey	00:54:43
Jo Sutherland	00:56:50
Alice Green	00:56:39
Tim Corbidge	00:57:17
Jon Windle	00:57:55
Glyn Hughes	00:57:45
Michelle Kelly	00:59:35
Cheryl Collier	01:00:55
Jan Hughes	01:02:34
Sallyann Hardwick	01:04:03
Joanne Hazeldine	01:08:33
Rachel Rick	01:08:35
Eamonn Brady	01:08:35
Dave Owens	01:10:11
Val Anderton	01:14:47

**06-Jul-19 12m****TOM Day 6 Final Day - Wirral Coastal Run**

Neil Hennigan	01:17:13
Julien Tour	01:20:47
George Aylward	01:24:26
David Lynan	01:27:31
Nigel Foo	01:31:35
Shane Knott	01:32:24
Nichola D'Cruze	01:33:25
Kathryn Bradley	01:33:42
Joanne Harrison	01:35:41
Robert Jon Cooper	01:35:42
Paul McGregor	01:36:48
Paul Brady	01:37:05
Sarah Richards	01:37:33
Lenka Vidamour	01:38:55
Ian Sadler	01:39:04
James Roberts	01:40:12
Steve Roden	01:42:57
Joe McGlynn	01:43:51
Diane Hennigan	01:43:51
Tony Green	01:43:42
Carl Balshaw	01:44:54
Richard Stafford	01:45:09
Peter Morgan	01:46:11
Joe Abbott	01:48:19
Stephen Gorman	01:49:45
Rebecca Varnouse	01:50:57
Jane Nicholson	01:53:10
Michael Edwards	01:54:05
Chris Probert	01:54:53
Matthew Harvey	01:59:23

Cheryl Collier	02:05:05
Jon Windle	02:11:03
Michelle Kelly	02:16:22
Sallyann Hardwick	02:18:59
Dave Owens	02:23:39
Tim Corbidge	02:25:30
Jan Hughes	02:31:36
Glyn Hughes	02:31:37
Alice Green	02:33:38
Joanne Hazeldine	02:35:35
Rachel Rick	02:35:27
Eamonn Brady	02:35:35
Sarah Jackson	02:35:28
Val Anderton	02:36:34

**TOM - Final**

NEIL HENNIGAN	05:26:18 (2nd V40)
JULIEN TOUR	05:43:44
GEORGE AYLWARD	05:53:32
DAVID LYNAN	06:25:13
NIGEL FOO	06:31:21
NICHOLA D'CRUZE	06:32:06 (2nd V35)
SHANE KNOTT	06:35:15
KATHRYN BRADLEY	06:35:44
ROBERT JON COOPER	06:43:01
PAUL BRADY	06:44:07
LENKA VIDAMOUR	06:51:28 (3rd V35)
PAUL MCGREGOR	06:52:29
SARAH RICHARDS	06:55:12
JAMES ROBERTS	07:03:38
IAN SADLER	07:08:34 (1st M60)
DIANE HENNIGAN	07:10:15 (2nd V45)
JOE MCGLYNN	07:13:51 (2nd M60)
STEVE RODEN	07:19:05
TONY GREEN	07:19:27 (3rd M60)
CARL BALSHAW	07:20:13
RICHARD STAFFORD	07:29:35
PETER MORGAN	07:42:06
JOE ABBOTT	07:43:45
JANE NICHOLSON	07:47:55 (2nd F55)
STEPHEN GORMAN	07:49:42
MICHAEL EDWARDS	07:51:22
REBECCA VARNOUSE	07:53:22
CHRIS PROBERT	08:13:30
MATTHEW HARVEY	08:38:35
TIM CORBIDGE	08:41:32
CHERYL COLLIER	08:45:12
ALICE GREEN	08:47:47
JON WINDLE	09:04:39
MICHELLE KELLY	09:14:42 (1st V60)
GLYN HUGHES	09:15:47
SALLYANN HARDWICK	09:40:37
JAN HUGHES	09:47:00 (2nd V60)
SARAH JACKSON	10:07:18
DAVE OWENS	10:15:34 (3rd M65)
JOANNE HAZELDINE	10:15:45
RACHEL RICK	10:57:02 (3rd V60)
EAMONN BRADY	10:57:40
VAL ANDERTON	11:11:51

**07-Jul-19 Half****Ashbourne**

John Bampton	01:44:19
Eunice Nopondo	02:21:21

**10-Jul-19****The Druid**

3 Lawrence Eccles	00:36:52
5 Robby Green	00:37:42
27 Kate MacFarlane	00:42:33
42 Simone Capponi	00:44:44
50 Michael O'Rourke	00:47:44
60 Bailey Ewel	00:49:27
61 Neil Hannett	00:49:46
81 Laura Hennahane	00:54:52

**10-Jul-19 10,000metres****Wirral AC Endurance Series**

Colin Walsh	00:38:27
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**13-Jul-19 10k****Bere Island Midsummer**

Michelle Kelly	01:02:00
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**14-Jul-19 7.1m****Bollington Nostalgia (ORC #9)**

2.Lawrence Eccles	00:45:07
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22. Simone Capponi 00:54:05  
 33. Michael O'Rourke 00:57:15  
 35. James Crowder 00:57:53  
 39. Kathryn Bradley 00:58:20 (3rd woman)  
 40. David Lynan 00:58:21  
 61. Laura Hennahane 01:03:55

**21-Jul-19 5k  
 Aintree**

Terence Long 00:32:14

**21-Jul-19 10k  
 Aintree**

Tony Peacock 00:45:50  
 Liz Simpson 01:00:58

**21-Jul-19 10m  
 Elswick**

Pam Thurtle 01:15:33

**21-Jul-19 18m  
 Holme Moss**

3 Lawrence Eccles 02:54:18

**24-Jul-19 5m  
 The Green Grass of Home fell race**

4 Lawrence Eccles 00:40:52

**26-Jul-19 4m  
 Knowsley Harriers Summer FAB4**

4 Sean Jones 00:23:03  
 5 Neil Hennigan 00:23:33  
 9 Jay Clarke 00:23:40  
 19 Luke Curtis 00:25:32  
 21 Luke Harrison 00:25:37  
 26 Nigel Grant 00:26:39  
 41 Shane Knott 00:28:13  
 45 Joanne Harrison 00:28:25  
 56 Sarah Richards 00:29:48  
 60 Tony Peacock 00:30:46  
 61 Jefferson Gard 00:30:47  
 62 John Brown 00:30:53  
 74 Donna McKenna 00:32:42  
 78 James Stansfield 00:33:37  
 79 Diane Hennigan 00:33:45  
 80 Jane Nicholson 00:33:45  
 84 Carolyn Knott 00:35:36  
 88 Christine Grant 00:37:19  
 91 Amy Edwards 00:39:21

**28-Jul-19 10m  
 Clywdian 10**

24. Richard Costain 02:24:55

**31-Jul-19 5k  
 Seaside 5/5**

Stuart Harrison 00:22:58  
 Michelle Kelly 00:28:24

**31-Jul-19 5m  
 Sefton Park**

Sean Jones 00:28:29  
 Alex Cowin 00:28:55  
 Neil Hennigan 00:29:01  
 Jay Clarke 00:29:17  
 David Willshire 00:29:18  
 Graham Douglas 00:30:00  
 Julien Tour 00:30:50  
 Luke Harrison 00:31:09  
 Nigel Grant 00:31:59  
 Colin Dobbs 00:32:33  
 Jonathan Laber-Craig 00:33:00  
 Felicity Pawling 00:33:06  
 Andrew Biddle 00:33:15  
 Dave Lynan 00:33:31  
 Liz Turner 00:33:46  
 Neil Hannett 00:33:50  
 Kate MacFarlane 00:34:03  
 Richard Costain 00:34:14  
 Alan McDermott 00:34:37  
 Ian Russell 00:34:50  
 Nichola D'Cruze 00:34:55  
 Shane Knott 00:35:01  
 Ian Jones 00:35:04  
 Joanne Harrison 00:35:06  
 Orla Carty 00:35:09  
 Kathryn Bradley 00:35:23  
 Rob Cooper 00:35:53  
 Sarah Richards 00:36:24  
 Ian Sadler 00:36:39  
 Steve Pemberton 00:36:48  
 Thomas Back 00:36:54  
 Robert Porter 00:36:54  
 Steve Bennett 00:36:59  
 Tony Peacock 00:36:59  
 David Griffiths 00:37:05  
 Charlotte Rawcliffe 00:37:11  
 Andrea Bond 00:37:12  
 Sakib Shamas-ud-din 00:37:37  
 Richard Stafford 00:37:43  
 Oonagh Jaquest 00:37:51  
 John Brown 00:37:55  
 Jefferson Gard 00:37:56  
 Stuart Brandwood 00:37:58  
 Terry Lynch 00:38:00  
 Diane Hennigan 00:38:00  
 Trevor Astell 00:38:24  
 Joe McGlynn 00:38:30

Andrew Troy 00:38:41  
 James Roberts 00:38:45  
 Katie Johnson 00:38:45  
 Michael Edwards 00:39:01  
 Peter Morgan 00:39:05  
 Lucie Michaelson 00:39:28  
 Sarah Jackson 00:39:31  
 Sue Burke 00:39:41  
 Laura Porter 00:39:46  
 Anthony Woods 00:39:50  
 Njideka Agwuna 00:39:50  
 Julie Houghton 00:40:56  
 Paul McMillan 00:41:07  
 Jane Nicholson 00:41:07  
 James Malone 00:41:08  
 Rebecca Varnouse 00:41:17  
 Barry Bright 00:41:29  
 Annmarie Williams 00:42:14  
 Katie Dawson 00:42:39  
 Jonny McHale 00:42:44  
 Judie Ko 00:42:56  
 Atim Laber-Craig 00:43:05  
 Michael Eakin 00:43:16  
 Sarah Simons 00:43:29  
 Nigel Foo 00:43:32  
 Ciara O'Connor 00:43:43  
 Carolyn Knott 00:43:46  
 John Wood 00:44:03  
 Ginny Johnson 00:44:40  
 David Rand 00:44:43  
 Claire Meadows 00:44:55  
 Tommy Gates 00:45:45  
 Christine Grant 00:46:00  
 David Hughes 00:46:24  
 Wendy Osborne 00:46:46  
 Graeme Back 00:47:15  
 Liz Simpson 00:47:40  
 Jan Hughes 00:48:36  
 Debi McMillan 00:48:55  
 Amy Edwards 00:49:04  
 Jim Garvey 00:51:09  
 Bex Dennehy (Fieldmouse) 00:52:28  
 Dave Owens 00:53:28  
 Vincent Hessey 00:54:53  
 Val Anderton 00:54:58  
 Sioux McGee 00:55:29  
 Jane Woods 00:55:30

**31-Jul-19 4m  
 Ponderosa Fell Race**

4 Lawrence Eccles 00:27:02

Wylane Striders

## Stato's Report

This month I am looking at parkrun. Who turns out rain or shine every week. We have had 19 Saturdays so far this season (since 1<sup>st</sup> April) and Jane Woods has managed to run 18 of those 19 parkruns closely followed by Steve Roden on 17 and Craig Hawley & Steve Watkin on 16 runs. A big shout out should also go to those who volunteer on a regular basis, none more so than our stalwart on Eamonn's corner than Eamonn Brady himself.

(If you don't see your name then it is either I have missed your result (sorry!) or you have not renewed your membership. Check on UKA if you are registered and if not renew via webcollect as a new member. Old members have been deleted from webcollect to ensure emails only go to signed up members)

18	Jane Woods							
17	Steve Roden							
16	Craig Hawley	Stephen Watkin						
15	Debi McMillan	Jo Gibson	Rod Jones	Joe McGlynn				
14	Jo Sutherland	Mary Heery	Jane Nicholson	David Webb	Trevor Astell	Vincent Hessey	Jim Garvey	
13	Njideka Agwuna	Diane Hennigan	Paul McMillan	Anthony Woods	Mike Welsby	Brian Higgins	Barry Bright	Michael Sharkey
12	Kathryn Bradley	Amy Edwards	Nichola D'Cruze	Laura Porter	Cath Nevin	Liz Simpson	Richard Costain	Gregory Hocking
	Dave Lyman							
11	Supanki Kamalanathan	Liz Turner	Ciara O'Connor	Joanne Edwards	Samantha Bentall	Marie Motley	Thomas Back	Matthew Eland
	Michael O'Rourke	Colin Walsh	Michael Eakin	Andy Keeley	Alan McDermott			
10	Felicity Pawling	Anna Watkin	Sarah Meyers	Val Anderton	Mark Thomas	Matthew Quinton	John Brown	Tony Peacock
9	Lisa Mitchell	Lenka Vidamour	Julie Houghton	Michelle Kelly	Sue Towner	John Wood	Nigel Foo	Marty Hirrell
	Steve Bennett							
8	Sarah Simons	Kerry Quinton	Inma Ruiz	Merav Kinshuck	Chris Spruce	Andrew Biddle	Stuart Brandwood	Robert Porter
	Terry Lynch	Mohammad Gharooni	Ian Sadler					
7	Karen Culshaw	Soraya Meah	Pauline Fielding	Jonathan Laber-Craig	Phil Riding	Michael Connor	Dave Owens	
6	Atim Laber-Craig	Vicki Witherspoon	Sharon Samson	Kathryn Sharkey	Wendy Osborne	Eunice Nopondo	Paula Stuart	Sioux McGee
	Rachel Rick	Craig Hacking	John Jensen	Paul Riley	Matthew Tollitt			
5	Rebecca Heyes	Leanne Miller	Cheryl Pace	Judith Dyer	Carolyn Holt	Jonny McHale	Martin Swensson	Mal Balmer
	Tony Green							
4	Oonagh Jaquest	Sheetal Sharma	Freddy Frost	Robert Garth	Josh Keogh	James Roberts	Aidan Thomas	Chris Anderson
3	Hannah Bellamy	Joanne Harrison	Kate MacFarlane	Anne Oxbrough	Sarah Richards	Rebecca Varnouse	Andrea Bond	Annmarie Williams
	Mark Finch	Jan Hughes	William Keeley	Gavin Melia	James Stansfield	David Rand	Mal Taylor	Gary Crockett
	Lee Warburton	Jon Windle	David Griffiths	Bill Sergeson	Paul McGregor	Alan Moore		
2	Sara Kelly	Hannah Lennon	Amy Majumdar	Jo Bruchez-Corbett	Sarah Jackson	Donna McKenna	Christine Grant	Claire Meadows
	Rob Cooper	Julien Tour	Ross White	Matthew Harvey	Steve Maguire	Stephen Gorman	Nigel Grant	Mark Skelton
	Glyn Hughes							
1	Ginny Johnson	Louise Burns-Lunt	Lisa Crosby	Jane Hallows	Carolyn Knott	Myka Heard	Joe Abbott	Kieran Birrell
	Robert Chesters	Graham Douglas	Sam Evans	Tom Evans	Dominic Hardy	Luke Harrison	Mitch Hawkins	Carl Newby-Hughes
	Richard Stafford	Jack Stevenson-Smith	Dan Thomas	Richard Thorpe	Andy Cantwell	Colin Dobbs	Matt Dutton	Neil Hennigan
	Shane Knott	Graeme Back	John Bampton	Keith Boyle	Rob Hardwick	Colin O'Brien	Clare Mawsley-Geoghegan	Michael Weston
	David Mullen	Dave Mangan	Steve Pemberton	Mike Devereux				

In terms of this year's championship we are now 4 months into the competition. For the men the current standings are shown below. Note that this season we have an additional category with parkruns being separated from other 5k events. This is for one year only as next year parkrun will not count for the championship. As with last season Paul Riley is showing strongly again leading on 6 of the 7 categories in his age group, counting only those with the required 2 results (excluding marathons). We also have strong showings from Ian Sadler leading 5/7, Nigel Foo 4/7, Tony Peacock 4/7, Nigel Grant 3/7 and Michael Sharkey 3/7 have also made strong starts to the season.



### Unofficial 2019-20 Men's Road Championship by Age Group

Key	Qualified times	1 time only							06/08/2019
U40									
Distance	Leader	Time x 2	Runner Up	Time x 2	Third	Time x 2	Fourth	Time x 2	
parkrun	Stephen Watkin	0:35:23	Josh Keogh	0:37:56	Colin Walsh	0:38:24	Gavin Melia	0:39:37	
5k	Lawrence Eccles	0:34:26	Jay Clarke	0:34:44	Sean Jones	0:34:56	David Willshire	0:35:35	
5m	Jay Clarke	0:57:11	Sean Jones	0:57:31	Lawrence Eccles	0:57:53	David Willshire	0:59:44	
10k	David Willshire	1:15:08	Luke Curtis	1:19:59	Matthew Cook	1:21:46	Richard Costain	1:23:49	
10m	Julien Tour	1:04:38	George Aylward	1:06:41	Rob Cooper	1:15:57	James Roberts	1:18:56	
HM	Julien Tour	2:58:12	George Aylward	2:59:57	Richard Costain	3:08:57	Sean Jones	1:21:02	
Mara	Alex Cowin	2:49:07	Graham Douglas	2:52:29	Robert Eagles	2:55:14	Sean Jones	2:57:59	
M40									
Distance	Leader	Time x 2	Runner Up	Time x 2	Third	Time x 2	Fourth	Time x 2	
parkrun	Martin Swensson	0:33:20	Phil Riding	0:37:27	Andrew Biddle	0:39:44	Craig Hacking	0:43:06	
5k	Phil Riding	0:36:51	Mal Gordon	0:39:26	Andrew Biddle	0:39:35	Colin Dobbs	0:40:37	
5m	Neil Hennigan	0:58:02	Phil Riding	1:03:14	Andrew Biddle	1:07:22	Shane Knott	1:10:30	
10k	Neil Hennigan	1:13:56	Mal Taylor	1:47:57	Phil Riding	0:39:09	Colin Dobbs	0:40:25	
10m	Neil Hennigan	1:00:39	Shane Knott	1:15:19	Matthew Harvey	1:38:28	None	0:00:00	
HM	Neil Hennigan	1:23:48	Phil Riding	1:24:32	Andrew Biddle	1:36:37	Shane Knott	1:41:20	
Mara	Martin Swensson	2:44:24	Neil Hennigan	3:00:46	Stephen Miller	3:08:07	Shane Knott	3:42:57	
M45									
Distance	Leader	Time x 2	Runner Up	Time x 2	Third	Time x 2	Fourth	Time x 2	
parkrun	Paul Riley	0:37:10	Lee Warburton	0:40:28	Dave Lynan	0:43:26	Gregory Hocking	0:44:40	
5k	Paul Riley	0:36:15	Lee Warburton	0:37:45	Dave Lynan	0:39:01	Gregory Hocking	0:44:14	
5m	Paul Riley	0:59:47	Lee Warburton	1:04:16	Dave Lynan	1:06:31	John Bampton	1:08:31	
10k	Paul Riley	1:14:59	John Bampton	1:23:27	Chris Anderson	1:57:57	Lee Warburton	0:38:37	
10m	Paul Riley	1:05:28	Dave Lynan	1:10:29	John Bampton	1:16:04	Steve Roden	1:20:31	
HM	Paul Riley	2:50:14	Dave Lynan	3:15:58	John Bampton	3:19:26	Colin O'Brien	1:21:03	
Mara	Paul Riley	2:58:05	Lee Warburton	3:19:09	Dave Lynan	3:22:04	John Bampton	3:29:28	
M50									
Distance	Leader	Time x 2	Runner Up	Time x 2	Third	Time x 2	Fourth	Time x 2	
parkrun	Nigel Foo	0:43:27	Marty Hirrell	0:43:38	David Griffiths	0:45:22	Terry Lynch	0:45:53	
5k	Nigel Foo	0:41:12	Marty Hirrell	0:43:39	Terry Lynch	0:44:49	Bill Sergeson	0:52:02	
5m	Nigel Foo	1:08:55	Terry Lynch	1:15:54	Jefferson Gard	1:18:13	Bill Sergeson	1:31:36	
10k	David Griffiths	1:33:11	Marty Hirrell	1:34:07	Terry Lynch	1:36:54	Paul Brady	0:44:52	
10m	Nigel Foo	1:12:49	Paul Brady	1:15:57	Eamonn Brady	1:58:39	None	0:00:00	
HM	Nigel Foo	3:13:59	Paul Brady	3:26:21	Terry Lynch	1:54:01	Eamonn Brady	2:45:32	
Mara	None	0:00:00	None	0:00:00	None	0:00:00	None	0:00:00	
M55									
Distance	Leader	Time x 2	Runner Up	Time x 2	Third	Time x 2	Fourth	Time x 2	
parkrun	Nigel Grant	0:40:15	Alan McDermott	0:40:45	Andy Keeley	0:40:52	Michael Connor	0:41:11	
5k	Nigel Grant	0:38:32	Alan McDermott	0:40:13	Michael Connor	0:41:54	Steve Bennett	0:44:28	
5m	Nigel Grant	1:03:44	Alan McDermott	1:08:52	Ian Russell	1:08:58	Trevor Astell	1:12:09	
10k	Trevor Astell	1:28:46	Steven Boyd	2:15:08	Nigel Grant	0:38:52	Andy Keeley	0:41:21	
10m	Paul McGregor	1:16:13	None	0:00:00	None	0:00:00	None	0:00:00	
HM	Nigel Grant	1:29:10	Alan McDermott	1:39:32	Paul McGregor	1:44:09	Trevor Astell	1:44:58	
Mara	Ian Russell	4:18:01	None	0:00:00	None	0:00:00	None	0:00:00	
M60									
Distance	Leader	Time x 2	Runner Up	Time x 2	Third	Time x 2	Fourth	Time x 2	
parkrun	Ian Sadler	0:42:58	Joe McGlynn	0:45:55	Tony Green	0:46:00	John Brown	0:46:53	
5k	Steve Pemberton	0:42:50	Tony Green	0:45:52	Peter Morgan	0:46:16	John Brown	0:46:26	
5m	Ian Sadler	1:12:51	Joe McGlynn	1:16:42	Peter Morgan	1:17:57	Michael Edwards	1:20:00	
10k	Ian Sadler	1:27:05	Tony Green	1:36:23	John Brown	1:36:46	Rod Jones	1:38:10	
10m	Ian Sadler	1:18:22	Tony Green	1:18:58	Joe McGlynn	1:19:54	Michael Edwards	1:26:55	
HM	Ian Sadler	3:25:41	Glyn Hughes	4:18:20	Joe McGlynn	1:52:25	John Brown	1:53:20	
Mara	Ian Sadler	3:29:35	Alan Moore	4:56:43	None	0:00:00	None	0:00:00	
M65									
Distance	Leader	Time x 2	Runner Up	Time x 2	Third	Time x 2	Fourth	Time x 2	
parkrun	Tony Peacock	0:45:20	Vincent Hessey	1:00:38	Dave Owens	1:01:47	Mike Devereux	0:27:28	
5k	Tony Peacock	0:44:04	Mike Devereux	0:52:43	Terence Long	1:04:36	Vincent Hessey	0:30:47	
5m	Tony Peacock	1:13:00	Dave Owens	1:48:24	Mike Devereux	0:43:27	Vincent Hessey	0:54:53	
10k	Tony Peacock	1:30:09	None	0:00:00	None	0:00:00	None	0:00:00	
10m	Dave Owens	1:52:12	None	0:00:00	None	0:00:00	None	0:00:00	
HM	Dave Owens	2:37:28	None	0:00:00	None	0:00:00	None	0:00:00	
Mara	Dave Owens	5:47:09	None	0:00:00	None	0:00:00	None	0:00:00	
M70									
Distance	Leader	Time x 2	Runner Up	Time x 2					
parkrun	Michael Sharkey	0:48:57	Jim Garvey	1:01:31					
5k	Michael Sharkey	0:25:35	Jim Garvey	0:30:39					
5m	Michael Sharkey	1:23:56	Jim Garvey	0:51:09					
10k	Michael Sharkey	1:40:39	None	0:00:00					
10m	None	0:00:00	None	0:00:00					
HM	Michael Sharkey	1:56:59	None	0:00:00					
Mara	None	0:00:00	None	0:00:00					

The provisional results that make up this table are based on the times reported on the bulletin board and have not been independently verified. If you want to report any errors or omissions contact me at andy.keeley@me.com. NOTE: Results for all runners are recorded but paid up members are only shown in Championship Summaries & Season's Best Times.

For the women Kathryn Sharkey, Annmarie Williams and Sam Bentall are all leading 5 of the 7 categories with Jan Hughes also showing strongly leading 4 of the 7 categories in her age group. This excludes part results.

### Unofficial 2019-20 Women's Road Championship by Age Group

Key Qualified times 1 time only 0:00:00 06/08/2019

U35								
Distance	Leader	Time x 2	Runner Up	Time x 2	Third	Time x 2	Fourth	Time x 2
parkrun	Felicity Pawling	0:40:59	Kate MacFarlane	0:41:19	Kathryn Bradley	0:43:24	Joanne Harrison	0:46:36
5k	Kate MacFarlane	0:40:49	Felicity Pawling	0:41:56	Kathryn Bradley	0:42:04	Joanne Harrison	0:43:09
5m	Felicity Pawling	1:07:18	Orla Carty	1:09:23	Kathryn Bradley	1:10:54	Joanne Harrison	1:11:29
10k	Sarah Simons	1:46:12	Atim Laber-Craig	1:57:08	Orla Carty	0:41:45	Felicity Pawling	0:42:21
10m	Kathryn Bradley	1:14:52	Cheryl Collier	1:38:29	None	0:00:00	None	0:00:00
HM	Kathryn Bradley	3:20:48	Joanne Harrison	1:40:38	Supanki Kamalana	1:59:44	Cheryl Collier	2:08:18
Mara	Leanne Miller	4:16:34	Supanki Kamalana	4:25:47	None	0:00:00	None	0:00:00

F35								
Distance	Leader	Time x 2	Runner Up	Time x 2	Third	Time x 2	Fourth	Time x 2
parkrun	Kathryn Sharkey	0:41:33	Nichola D'Cruze	0:43:22	Sarah Richards	0:44:18	Sharon Samson	0:44:36
5k	Kathryn Sharkey	0:41:39	Sara Kelly	0:42:59	Lenka Vidamour	0:43:39	Laura Hennahane	0:45:09
5m	Kathryn Sharkey	1:09:49	Nichola D'Cruze	1:09:58	Sara Kelly	1:12:14	Charlotte Rawcliffe	1:13:21
10k	Kathryn Sharkey	1:24:58	Laura Hennahane	1:33:40	Jessica Cavanagh	2:02:40	Lisa Mitchell	2:06:46
10m	Nichola D'Cruze	1:13:08	Lenka Vidamour	1:16:00	Sarah Richards	1:17:52	Sara Kelly	1:24:47
HM	Kathryn Sharkey	3:14:07	Rebecca Varnouse	4:03:14	Anne Oxbrough	4:07:56	Nichola D'Cruze	1:39:54
Mara	Liz Turner	3:26:40	Nichola D'Cruze	3:36:54	Sara Kelly	3:45:38	Anne Oxbrough	4:10:26

F40								
Distance	Leader	Time x 2	Runner Up	Time x 2	Third	Time x 2	Fourth	Time x 2
parkrun	Andrea Bond	0:45:25	Laura Porter	0:48:44	Sarah Jackson	0:50:06	Jo Sutherland	0:53:41
5k	Andrea Bond	0:44:16	Ginny Johnson	0:45:03	Sarah Jackson	0:47:21	Jo Sutherland	0:55:18
5m	Laura Porter	1:18:26	Sarah Jackson	1:19:53	Jo Bruchez-Corbett	1:27:52	Andrea Bond	0:37:12
10k	Laura Porter	1:38:03	Karen Culshaw	2:07:04	Pam Thurtle	0:44:48	Andrea Bond	0:46:47
10m	Pam Thurtle	1:15:33	Alice Green	1:30:40	Jody Hazeldine	1:51:38	Sarah Jackson	1:58:38
HM	Andrea Bond	1:48:38	Laura Porter	1:52:16	Alice Green	2:01:27	Jo Sutherland	2:13:09
Mara	Alice Green	4:29:31	None	0:00:00	None	0:00:00	None	0:00:00

F45								
Distance	Leader	Time x 2	Runner Up	Time x 2	Third	Time x 2	Fourth	Time x 2
parkrun	Diane Hennigan	0:45:44	Annmari Williams	0:46:14	Donna McKenna	0:46:53	Julie Houghton	0:48:17
5k	Annmari Williams	0:45:18	Debi McMillan	1:00:24	Jane Woods	1:04:28	Donna McKenna	0:23:28
5m	Annmari Williams	1:15:11	Diane Hennigan	1:16:04	Pam Thurtle	1:19:31	Julie Houghton	1:20:35
10k	Annmari Williams	1:34:46	Sue Burke	1:48:13	Inma Ruiz	2:09:35	Debi McMillan	2:21:01
10m	Diane Hennigan	1:19:51	Annmari Williams	1:22:07	Val Anderton	2:00:01	None	0:00:00
HM	Annmari Williams	3:32:39	Diane Hennigan	1:46:05	Inma Ruiz	2:22:27	Debi McMillan	2:28:50
Mara	Annmari Williams	3:45:36	Diane Hennigan	3:52:39	Donna McKenna	4:21:53	None	0:00:00

F50								
Distance	Leader	Time x 2	Runner Up	Time x 2	Third	Time x 2	Fourth	Time x 2
parkrun	Samantha Bentall	0:51:43	Judith Dyer	0:53:11	Paula Stuart	0:53:55	Claire Meadows	0:58:18
5k	Samantha Bentall	0:46:45	Judith Dyer	0:50:47	Claire Meadows	0:54:03	Christine Grant	0:55:28
5m	Samantha Bentall	1:18:16	Judie Ko	1:24:06	Claire Meadows	1:31:09	Christine Grant	1:32:19
10k	Samantha Bentall	1:37:46	Judith Dyer	1:44:05	Eunice Nopondo	1:57:39	Paula Stuart	0:52:35
10m	Eunice Nopondo	1:43:38	None	0:00:00	None	0:00:00	None	0:00:00
HM	Judie Ko	4:19:08	Christine Grant	4:20:11	Eunice Nopondo	4:25:54	Samantha Bentall	1:54:27
Mara	Samantha Bentall	3:59:56	Judie Ko	4:27:52	Eunice Nopondo	4:50:50	None	0:00:00

F55								
Distance	Leader	Time x 2	Runner Up	Time x 2	Third	Time x 2	Fourth	Time x 2
parkrun	Mary Heery	0:51:30	Jane Nicholson	0:53:34	Carolyn Holt	0:54:58	Marie Motley	0:54:58
5k	Marie Motley	0:54:47	Michelle Kelly	0:57:24	Jane Nicholson	0:25:02	Soraya Meah	0:31:28
5m	Jane Nicholson	1:22:23	Rachel Rick	1:40:28	Marie Motley	0:47:35	Michelle Kelly	0:47:59
10k	Michelle Kelly	2:02:25	Jane Nicholson	0:52:04	Rachel Rick	0:52:17	Carolyn Holt	0:56:18
10m	Jane Nicholson	1:26:01	Michelle Kelly	1:39:07	Rachel Rick	1:58:43	None	0:00:00
HM	Jane Nicholson	1:57:42	Marie Motley	2:10:19	Michelle Kelly	2:23:57	Rachel Rick	2:45:33
Mara	Jane Nicholson	4:14:16	Rachel Rick	4:29:05	None	0:00:00	None	0:00:00

F60								
Distance	Leader	Time x 2	Runner Up	Time x 2	Third	Time x 2	Fourth	Time x 2
parkrun	Jan Hughes	0:59:21	Sue Towner	1:05:12	Cath Nevin	1:07:21	Pauline Fielding	1:08:46
5k	Sue Towner	1:01:54	Pauline Fielding	1:09:40	Jan Hughes	0:29:40	None	0:00:00
5m	Jan Hughes	1:37:01	None	0:00:00	None	0:00:00	None	0:00:00
10k	Jan Hughes	2:01:42	None	0:00:00	None	0:00:00	None	0:00:00
10m	Jan Hughes	1:41:03	None	0:00:00	None	0:00:00	None	0:00:00
HM	Jan Hughes	4:58:16	None	0:00:00	None	0:00:00	None	0:00:00
Mara	None	0:00:00	None	0:00:00	None	0:00:00	None	0:00:00

F65				
Distance	Leader	Time x 2	Runner Up	Time x 2
parkrun	None	0:00:00	None	0:00:00
5k	None	0:00:00	None	0:00:00
5m	None	0:00:00	None	0:00:00
10k	None	0:00:00	None	0:00:00
10m	None	0:00:00	None	0:00:00
HM	None	0:00:00	None	0:00:00
Mara	None	0:00:00	None	0:00:00

F70				
Distance	Leader	Time x 2	Runner Up	Time x 2
parkrun	Liz Simpson	0:58:48	None	0:00:00
5k	None	0:00:00	None	0:00:00
5m	Liz Simpson	0:47:40	None	0:00:00
10k	Liz Simpson	1:00:58	None	0:00:00
10m	None	0:00:00	None	0:00:00
HM	None	0:00:00	None	0:00:00
Mara	None	0:00:00	None	0:00:00

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## Club Records

As normal listed below are changes to the top 5 at each distance and age group. From next year I will report the 5k and parkrun records separately as they will be different categories in the club championship.

**Andrea Bond** set 3<sup>rd</sup> fastest F40 parkrun time at Princes and 4<sup>th</sup> fastest 5k time at the Mystery.

**Ginny Johnson** set a new 4<sup>th</sup> fastest parkrun time at Croxteth Hall parkrun.

**Donna McKenna** set a new 3<sup>rd</sup> fastest F45 parkrun time at Knowsley parkrun.

**Sam Benthall** set a **New F50 parkrun club record** at Princes parkrun and a 3<sup>rd</sup> fastest 5k time at the Mystery in June.

**Jane Nicholson** set a new 4<sup>th</sup> quickest F55 5m time at Sefton Park and a 3<sup>rd</sup> quickest 10m time at the TOM Day 3 – The Ralla.

**Michelle Kelly** had a busy few months, she set

- a new 3<sup>rd</sup> fastest F60 parkrun time at Bere Island parkrun.
- a new 2<sup>nd</sup> fastest 5k time at the July Seaside 5k
- a new 5<sup>th</sup> fastest 5m time at the TOM Day 4 -Red Bull
- a new 2<sup>nd</sup> fastest 10m time at the TOM Day 3 -The Ralla and
- a new 4<sup>th</sup> fastest half marathon time at Southport.

**Alex Cowin** set a new 4<sup>th</sup> fastest M40 5m time at Sefton Park.

**Neil Hennigan** set a new 5<sup>th</sup> fastest M40 5m time at the TOM Day 4 -Red Bull.

**Paul Riley** set a new 4<sup>th</sup> fastest M45 5m time at Birkenhead Park.

**Alan McDermott** set a new 5<sup>th</sup> fastest M55 parkrun time at Croxteth Hall.

**Michael Sharkey** set a new 2<sup>nd</sup> fastest M70 time at 5m at Hale.

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

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