

Clarkes Gardens XC 1st November 2015

PROBABLY LIVERPOOL'S PREMIER RUNNING CLUB NEWSLETTER

From the Editor

Every year we put on the first and usually most attended cross country fixture of the Sunday League calendar. It's not a massive road race with traffic closures and thousands of runners converging on a small area but it's still a busy event and we have to keep our guests safe. None of this would happen if we didn't have a small but perfectly formed group of people ready to help Penny Lane deliver this race so, in true Oscars style, I thought I'd use this space for a few thank yous. I hope you are sitting comfortably.

Tony Man for taking over the organisation of Cheshire Lines. Tony gets in all the teabags, rounds up the teapots, tablecloths, biscuits and crisps packets ready for the big day. He gets in all the sandwiches and does the weirdest shop in Tesco the day before the race without batting an eyelid.

Tony's angels – every year they're different. This year he had Sam and Gill Darby (who legged it there after the race), Robby Richey, Billy Sergeson, AnnMarie Williams and Claire Meadows to make sure everyone got a drink and something to eat.

Marty Hirrell always comes and helps me collect all the tape, stakes, orange netting, cones etc. from wherever we have them stashed (previous XC Managers were affluent types with garages, I have a terraced house so can't keep them at home) so we can bring everything down to the race. By the time we have collected and returned that lot we both look like we've been transporting livestock but Marty's a good lad and takes it all in his stride.

Dave Clarkson may have given up his job as XC Manager a few years ago but that never stops him turning up and setting up half the course with Charlie Stanway, Mike Devereux and this year Anna Watkin whilst Marty and a couple of others sorted out the other half and Graham Beardsmore took personal charge of a rogue tree that had been felled halfway down the main field to make sure all the runners negotiated it safely.

Before the start Neil Kelly did a brilliant job of a few words about our late friend Mike McCabe. On a normal day that may have been just about the point where Mike would be seen legging it from the car trying to make the race in time. Sadly not this time.

Rachel Rick, Eamonn Brady, Phil Quinn, Lesley Finnih, Tim Warn and Andy Leslie then proceeded to direct the traffic of runners, spectators, children and animals along the course with grace and good humour. Charlie Stanway had his special spot by the steps. As far as I could tell no-one got lost or hurt. Had they done so Carol Holt – our official First Aider – would have been on hand to patch them up but thankfully none of that was needed.

And last but not least Helen Osborne, Soraya Meah, Anna Watkin and Anne Oxbrough (plus friend!) were at the finish line to hand out the finishing tokens to all 341 qualifying runners in the field and Anna took down all the PLS results.

It takes a village, as they say. I'm sure I've missed a couple of people here and there but please forgive me that one, it's not because you didn't matter. When I'm around more than four people at once I start losing the plot so looking back at all the names here I think I've done quite well.

Take a bow my beauties and thank you for making such a successful day – oh and by the way Martin won ;-)

Suggestions as always to thestriddingreport@gmail.com

The Striding Report

IN THIS ISSUE

Membership News	2
Strider of the Month	3
Merseyside Grand Prix 2015	4
30 Anniversary Relays	5
Mentoring scheme	5
Spartathlon	6
Captain's Log	8
Whistle Stop Tour	9
Personal Profile	11
Andrew Stansfield 5k	12
Stato's Report by Andy Keeley	13
Running time...30 years!	19
Rant from Grant	20
Yarrow 10k	20
Bulletin Board	21
Classifieds	22

Editor:
Cristina
Puccini



Membership News

by Christopher Lee

Once bitten always a Strider!

Well the summer has disappeared seemingly within the blink of an eye and we're already back into our Autumn/Winter training sessions on the roads. Unfortunately this time of year means darker nights and being seen when we are out becomes extremely important. I remember writing something similar in last year's piece at this time of year but it's worth repeating, especially for new members. So it's time to dust off your hi-vis and fluorescent clothes and start donning them once more. Please do not wear all black or dark colours to club for the next few months as it will make it very difficult for cars to spot you as they go hurtling past. If you don't already own these things you can get them for very reasonable prices in most sport shops. You can get hi-vis tshirts, hi-vis vests to wear over your normal gear, flashing armbands and even headtorches to light your way should you choose!

Road safety is very important too so take your time to take that extra look when crossing roads, and also keep an eye out for other pedestrians when running along. Please also make sure to thank people who stand aside when you go running past. We are representing our club when we are out running and we don't want to be seen as rude and inconsiderate to non-runners. It takes a second to say a quick thanks as you pass by.

Ok, so with the lecture out of the way it is fantastic to report that membership continues to grow, with 288 members now registered with us on the membership website. It gives me great pleasure to welcome the new members that have signed up since the last newsletter below:

Glen Caffley	Rob Garth	James Scholey	Conor McGarry
Robert Woodham	Katherine Bowering	Nichola D'Cruze	Leslie Schofield
Ross White	David Dando	Charlotte Mason	Joanne Edwards
Ian Crispin	Catherine Devine	Jennifer Hampson	Andrew Starkey
Richard Stafford			

Welcome to the club and I hope you have a great time training and running with us!

Looking at wider news and events, by the time you read this the Cross Country season will have started and our home race at Clarkes Gardens will have taken place. To all the first timers this year, I hope you enjoyed it. If you are new to the XC world and want to take part, speak to our XC Captain and newsletter editor Cristina to find out more. There's nothing like a good run through mud and up and down some steep hills on a cool winter morning!

The Christmas Party is not also not too far away, so add the date of Friday 4th December to your diaries and speak to our Social Secretary, Claire Meadows for more information. Tickets should be on sale through our membership website soon if they aren't already.



Last year was a great night with lots of novelty Christmas jumpers on show – should we go for the same this year??

Finally just a quick note about training. This time of year can often feel like the hardest to get out there and run. The nights and mornings are often cold and wet, and always dark so it's tempting to give that one session a miss, especially as there are often less races on at this time of year to sign up to, to keep you motivated. It's best to think of the next few months as the time when you're putting in the basework to be ready for next year. Hard work now, laying down long runs at the weekend and working hard in your week night sessions will reap massive benefits come the races at the start of next year. The XC races are also great for this, as the hard work through the mud and up the hills will give your legs extra strength and endurance, making those road races seem that little bit easier when they come round again. And if you have been lucky enough to get into London or are thinking of signing up for another Spring Marathon don't wait until the New Year to start thinking about your 12 or 16 week training programme. They generally all start with distance of at least 11-12 miles so you need to spend the weeks now making sure you are consistently used to those distances before you start building up even further in January.

Until next time, enjoy your Autumn running!

pennyanestridders@btinternet.com

Follow the club on Facebook and Twitter:
@TeamPLS1985



Strider of the Month: Emma Kearney

By Rachel Rick

Emma has had an amazing year, completing her first Ironman! We were interested to know the impact of training for three different disciplines, so we thought we'd better talk to her!

Why did you choose Penny Lane Striders?



All the cool kids do the Chester Liverpool

I did the Penny Lane 10K for a few years and you seemed such a friendly club that it was my first choice when I felt brave enough to join a running club.

How long have you been with us? 2011. I did the London marathon in 2010 and then

had a break from running. I decided that I needed a kick start in 2011. Parkrun and Penny Lane did that.

What is your favourite distance and why? Half marathon. You can relax into it but the end isn't too far out of sight. My first half-marathon was the Great North run. I've run a lot faster since then, but I really loved the atmosphere. It was like London but more low-key and less complicated. I stayed with a friend who met me at the end with dry clothes and we had chips on the beach! I liked the fact that it was point-to-point - it felt as though we were going somewhere! I was new to the distance and I was delighted to do the distance. I loved the Red Arrows and the finish - coming over the hill and seeing the sea, finishing on the beach!

What is your least favourite distance and why? 5 Miles. The pain of a 5K but my head always convinces me that it should be over just as quickly. Running psychology is mean. The 5 milers I've done - South Cheshire, Walton Hall and Sefton Park - are in the evenings. I find it really difficult racing in the evening. After a day at work, it's difficult to know what and how much to eat before going straight out again. Two of those races - Walton Hall and Sefton Park - are two laps. I



8th place and Age Cat win at Blackpool 10M

prefer one big loop. With laps, you know the pain is coming again!

You're half way through a race, having had a bad day and feel like giving up, what makes you keep going? The thought of Mike Roxburgh taking the piss.....the long walk to the end. To be honest I never really

really feel like giving up except for one post winter cold half marathon when I hadn't eaten and I felt like having a little lie down at about 9 miles. The only thing that kept me going was that I was in the middle of country lanes and it was too cold to stay still.

What is your favourite training session? The summer sessions when we get to run in the parks.

Coming to prefer running off road. When I was obsessed with times I preferred road, but doing milt-terrains has been good for me. I really love Cristina's Headtorch runs in the winter!

If you could do one more run in the year what would it be? I'd like to try Race the Train. Outlaw training has made me fall out of love with road running for a while and I need some pretty scenery to inspire me again. I would have loved to to the Sandstone Trail, but the dates didn't work out this year. I love the idea of the Lakeland Trails - every year I think about them. Ironman took over everything, but now it's time to put my head above the parapet and see what's out there.

What is your best running memory? There are loads! It's hard to pick one. Thunder Run was a fantastic and unique experience. The women's 10K in 2012 was memorable. There were five ladies from Penny Lane in the top 20 and support from Penny Lane all over the park.

What about Ironman?

Doing the Ironman changed a lot for me. It took over everything for a year, although it was totally worth it - it feels like a massive achievement. The training was relentless - I had to do something every night but because I was cycling and swimming too, I could train every day. I couldn't have run that often without injury. I did lots of long slow runs - no hill runs or speedwork, so not I feel I can keep going for a long time. I will probably do another one some time, but not just yet!

Tell us something about you that we didn't know? There isn't much that people don't know about me. I'm swimming in another advert which will be on TV soon.



3rd place at Fleetwood 10K



Getting ready for TV

Merseyside Grand Prix 2015

By Tim Warn

With a team win for the girls plus various category wins and placings this has been a very successful Grand Prix for Penny Lane

This year's series of 10 races in the 3rd Merseyside County Grand Prix drew to a close with the Halewood 5k in September. Striders again performed well with full Mens and Womens Teams for all the races (apart from our own 10k). Highlight of the series was our Womens Team comfortably winning the Womens Team Prize. Over the series there were 18 individual striders who counted in the Womens Team which shows the incredible strength in depth in the Club. This was emphasised by the fact that 5 of our girls finished in the top 20 in the Individual Standings, with Sharon Samson taking the Third Place Trophy, Lou Warn 8th, AnneMarie Williams 11th, Anna Watkins 16th and Jane Nicholson 18th. Sharon and Jane both also accomplished the considerable achievement of completing 8 of the races in the series. The Mens Team also had a solid season, retaining the runners up Trophy in the Mens Team event. Best performers in the Individual Standings were Stephen Watkins (7 races completed) in 12th place and Tom King 20th.



The Grand Prix is open to members of affiliated clubs in Merseyside. It consists of a number of races within Merseyside (10 this year) with the first 6 men and the first 4 women from each club to count in the team event in each race. There are Trophies for the overall first 3 men and women (based on best 5 results), the first 3 Men's and Women's Teams (based on best 6 results) and the winners in each of the Men's and Women's vet categories (based on best 5 results). Results and latest standings are posted on Merseyside County Athletics Association website (www.merseysidecountyaa.org) as soon as possible after each race, so check out all this year's results and the final standings if you've not already done so. Also look out for details of next year's Grand Prix which is currently in the planning stage.



In the Vets standings Jane Nicholson went one better than last year to win the FV50 Trophy, and Rachel Rick also improved one place to take 2nd place in the FV55 category. AnneMarie Williams finished 3rd in the FV40 category. Steve Pemberton ended a successful first season in the MV60 category by taking 3rd place.

Overall the Grand Prix was incredibly well supported by PLS with 105 men and 60 women taking part in at least 1 of the Grand Prix



Marshals at PLS 10k

races. So well done to all Striders who took part in this year's Grand Prix, and particularly those who won Awards and who contributed to the Team Awards.

Note:

The Grand Prix is promoted and financed jointly by Merseyside Athletics Forum and Merseyside County Athletics Association, and Tim Warn is the Co-ordinator. Each of the participating Clubs appoints up to 2 club contacts (currently Jane H and Andy L for PLS) whose role is to liaise with the Co-ordinator over questions of eligibility, and to publicise races and results within their clubs.

Merseyside County Grand Prix 2015	
Award Winners	
Mens Individual Winner	Anthony Lawlor, Knowsley Harriers
Mens Individual Runner Up	Stephen Doyle, Knowsley Harriers
Mens Individual Third Place	Kevin Brennan, St Helens Striders
Mens Team - Winners	Knowsley Harriers
Mens Team Runners Up	Penny Lane Striders
Mens Team Third Place	Liverpool Running Club
Mens V40	Steven Nix, Southport Waterloo AC
Mens V45	Paul Demers, St Helens Striders
Mens V50	Paul Schumann, Knowsley Harriers
Mens V55	Alan Spencer, Knowsley Harriers
Mens V60+	Anthony Metcalfe, Mossley Hill AC
Womens Individual Winner	Kirsty Longley, Liverpool Pembroke Sefton AC
Womens Individual Runner Up	Rachael Fairclough, St Helens Striders
Womens Individual Third Place	Sharon Samson, Penny Lane Striders
Womens Team - Winners	Penny Lane Striders
Womens Team Runners Up	St Helens Striders
Womens Team Third Place	Liverpool Running Club
Womens V35	Sarah Richards, Southport Waterloo AC
Womens V40	Lisa Crosby, Mossley Hill AC
Womens V45	Lynn Levington, Knowsley Harriers
Womens V50	Jane Nicholson, Penny Lane Striders
Womens V55+	Pauline Horsfall, St Helens Striders

30th Anniversary relays

By Claire Meadows

Social Secretary Claire puts on an excellent event to mark the club's 30th Anniversary



The club's 30th anniversary was celebrated in energetic style recently when a healthy contingent of Striders assembled in Princes Park for the Handicap Relays. This was a new event, and the team line-ups were a closely guarded secret until a few days beforehand. The idea was to try to balance the teams in terms of their overall strength, but also to create a friendly social event where club members could work together with people from other training groups.

A top-secret, highly complex formula was used to balance the teams (this involved a pencil, a scrap of paper and an abacus). Bizarrely, this actually seemed to work, and the majority of the teams were very closely matched after the first lap. A series of last-minute injuries meant that we were left with one outstanding team which didn't fit in with the secret formula, so the two Andies (L and C) made a swift calculation which enabled us to hold back this team exactly long enough to give everyone else an equal chance of victory. Crisis (and a flood of vehement complaints) averted.

Final results were:

1st: Trevor, Matt and Rob
2nd: Eamonn, James, Tony (injured in action) and Nigel
3rd: Paul, Stu and Jon

After the awarding of the prestigious goodie bags to the winning team, not forgetting the hare and tortoise mascots,



we all returned to Aigburth People's Hall for food, drink and chat. The weather was kind, spirits were high, and everyone seemed to have

fun – what more could we ask for? Thanks to everyone who took part, kept time, marshalled the course, supported the runners and entertained the children – roll on next year

If you are new to running or would just like some further advice on training kit, suitable races, suitable shoes, etc, I have included below the names and disciplines of the experienced runners in the club who have volunteered to act as points of contact.

- Marathon**- Martin Swensson, Matt Helme.
- Trail/Fell**- Gill Darby, Simone Capponi, Lawrence Eccles.
- Ultra**- Lawrence Eccles, Cristina Puccini, Matt Helme.
- Cross Country**- Cristina Puccini, Neil Bullock, Graham Beardsmore, Andy Keeley
- Road**- Sharon Samson, Neil Kelly, Nigel Grant, Colin Dobbs
- Track**. -John Connolly
- Sports injury, massage**-Mal Balmer

There's no such thing as a stupid question. Graham Beardsmore developed this idea with the committee in order to give all new Striders the opportunity to discuss any of your ideas/worries/running wardrobe conundrums with people who have already worn out untold numbers of shoes, socks and in some cases joints.

Mentoring Scheme

By Graham Beardsmore

Details of the club's new mentoring facility

The mentoring volunteers can be contacted at club nights or via the club forum. Alternatively post a message on the PLS Group on facebook or PM the volunteer directly.

Now turn to page 20 to see what our resident ranter makes of this new, exciting development.

Spartathlon

By Lawrence Eccles



Lawrence takes another run up at the Spartathlon and this time he's even stopping for selfies

Spartathlon is a race from the Acropolis in Athens to the foot of the statue of King Leonidas (Gerrard Butler in 300) in Sparta. The race professes to retrace the run of Pheidippides, the Greek messenger who later died on an errand to Marathon. See Wikipedia for more information:

<https://en.wikipedia.org/wiki/Spartathlon>

Entry to the race is famously tough. The entry criteria that mean something to non-Greeks are:

a) Have completed a 100 km race within 10.30 hours (now 10 hours for men).

b) Have finished a 100 miles race within 22.30 hours (men) or 24.00 hours (women). *[seen as even I qualify for it are we sure it's a difficult race to enter ; -p - Ed]*



I scraped in on the 100km time in 2014, running just under 10:30. The race is also famous for tough cut-offs. The only two I actually know are 09:30 to Corinth at 80km and 36 hours to finish the race. There are 74 check-points each with cut-off times. Being Greece, these times can be missed if you smile and keep going. By getting in the race and being British you automatically become a member of the British Sparatathlon team and get some free stuff <http://britishspartathlonteam.org/>

The main difficulty of the race is the heat. Even in September Greece still sees low 30s. There have been horror years were

temperatures have crept into the 40s. Since I failed to finish in 2014 I adopted a cautious approach from the start in 2015. Unfortunately I could not help myself and was overtaking people through the early stages, then I caught up with Pat Robbins, a British runner who finished 7th in 2013. I resolved not to pass him. Obviously I accidentally overtook him after a while. Fortunately he did catch up and pass me before the marathon point (not Marathon the place), which I went

through in 73rd place in a time of 03:49:22.



As I started to feel nauseous around 50km in 2014 I was trying to work out if I had got further and if I still felt ok. It took me till 70km to be satisfied I was going ok, but my legs did hurt from the constant pounding on the road. This section was no way near as bad as I had remembered. It is amazing what not throwing up and having a feeling of swaying does. I reached Corinth (80km) in 54th place and a time of 07:48:28. I did walk a bit as I have heard it said that you should walk before you need to walk.

The next leg I found I was shuffling more. My quads really hurt, reducing my stride length. I still felt I had the pace to finish the race, but I looked unlikely to get under 18hours for 100 miles; and so it was to be. I reached the 100km point in 10:14:13 and 61st place. Debbie, a British girl,

inconveniently caught me walking on a flat stretch of road and commented something to that effect as she breezed past.

By halfway I was in 70th place and had taken 13:22:25. My dream of a sub-30 time looked to be slipping through my fingers as I leaked time. It did not help that they had lost my drop bag of food at check-point 33; or perhaps it did as I was fed up of shot blocs. I managed to get some food off a fellow Brit, Paul Ali, at CP35 when I told of my story of woe. He had passed me at CP 33 as I had the CP staff looking for my drop bag. He also had shot quads and had taken to having massages (and he was still ahead of me).



I reached the 100 mile point at the foot of the mountain (that's what people call it) having resorted to taking a 10 minute power nap as I felt so tired. I had only dropped to 75th place. My 100 mile time was 19:21:01. I attacked the off-road section and ran down the other side as the rain started to come down. Before too long I was back on tarmac road. I briefly passed Paul Ali as I felt I could run again, only to revert to type and walk. I was further disappointed by another

missing drop bag at CP50. I was questioning if I had remembered were I had put them correctly.

It took me 21:24:56 to reach Nestani (CP52) at 171.5km. My mini revival had seen me climb to 72nd place. My bright head torch battery had died and I was onto my dull backup light and starting to see things in the shadows. I contemplated another power nap as I longed for the sun to come up. All I got was another Brit woman, Isobel, passing me to spur me on. I had been stopping at the CPs to have coffee and coke

with some food. This strategy is ok on the normal races I do in the hills, but on the road when they are only 2-4km apart it wastes a lot of time and fills the bladder.

Daylight did come and it was overcast and the rain had stopped. The race route was Norfolk like, running past flat fields. I longed for a hill to hide the fact I was

walking when I should be running. I passed through CP60 in 25:13:49. I was in 69th place at 195.3km. I did not realise my revival had continued till this point. I did not bother stopping at the CP and just crossed the timing matt and carried on my miserable way.

As I walked up a rather long hill I was caught by a woman who knew my name. It was Isobel, who had passed me earlier, but stopped to rest at CP60. She told me Paul Ali was not far behind. He had stopped for another massage. She convinced me that since walking hurt as much as running we might as well run for targets along the road. We started at this and the tactic worked and we caught runner ahead. There were lots of targets to aim for like road signs, bushes, Armco barriers, beach like ground and obviously the CP when it came in to sight. Isobel's knees hurt so I left her on the downhill.

To my surprise Paul and Isobel caught me over the next few miles, then I dropped back as I messed with readjusting the chip on my shoe. I also got a boost as my race food was at CP63. I reached CP69 (226.7km) first, of the three Brits, in 30:52:49. I had climbed to 62nd place. It is fabled to be all downhill from CP69 and I think it was pretty much.

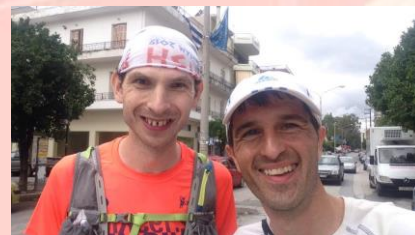


Somehow conditions conspired that we, three British team runners, ended up grouped again with first Paul Ali catching me and adopting the 50



steps running followed by 50 walking strategy. I could have run it all (I think), but my left little toe hurt and my breathing was laboured so Paul's method made the run it far more palatable and enjoyable. Out of the blue Isobel came charging after us. She had probably taken drugs, or been spurred on by the sight of the finish in Sparta.

We ran in to the last CP together having moved onto the target method of running. The running times had got much bigger and walking was getting shorter. For the last leg we had a cycle escort of boys on bicycles. I started to break sweat on the last mile as the pace quickened. We decided that we should finish individually. Isobel got to go first, being a girl, leaving Paul and I to walk and take selfies. Paul went next as he was older than I. I did not leave a suitable gap as spurred on by the crowd I ran to the King Leonidis statue and almost had to pull up as I saw Ali was still there getting his picture taken. I walked to the finish and attempted to wash my hands and face in the water cup that runners are meant to drink from and then forgot to even touch the statue.



I don't think my legs are conditioned for road running. I am not planning a run from London to Liverpool anytime soon. I thought I would never do Spartathlon again when I was 30 odd miles from the end; now I do.





Andy Leslie

So it's that time of year again when we all have to go through the back of the kit cupboard, digging out all the brightly coloured kit and venturing into the attic and trying to work out whether the XC spikes will do another season despite

only having one spike left and the sole is coming apart from the rest of the shoe. (answer: they will)

I'd like to encourage everyone to give the XC races if you haven't done so before. They're hard work but provide a great base for the new year and (without having done any analysis) I'd bet that there would be a huge difference in improvement between those who do the XCs and those that don't.

It has also been a proud month in which the club and individual members received recognition by being nominated in the Merseyside Running Community Awards. We as a club were nominated in the best club category and Eamonn (Service to the community), Liz Dennett (Best Moment), Matt Helme (Running Personality) and Annmarie Williams (Newcomer) were all nominated, as we a few other members in the best picture category. I hope you're all proud of the well-deserved recognition. Details of how to vote for us/them are on the BTR website.

Now this is only my second column as captain but I'm already starting to get a bit blasé when I write about Martin Swensson's latest achievements but he's had another stellar few months, despite recently moving up into a new age category. All of his hard work paid off with a new club half marathon record at Vyrnwy and two separate race victories at the Rainford and Southport 10ks.

We put out 3 men's teams at the North West Relays at Edge Hill and 2 full teams (plus Adam McGlory holding the C Team together on his own) at the Northern Relays the week later in Blackpool. No medals this year but still excellent performances across the board. It was great to see plenty of runners taking part in their first relay events, even if some of them (No names but Ste Gorman and Marc Goudie... I'm looking at you!) decided to go and get ice cream and eat it right in front of me just before I started my leg. I can testify that it's quite difficult to run when your mind is solely focused on whether it's appropriate to steal a gg from a child (Answer: Probably but I'm no longer allowed in any park in the Blackpool area)

Ste Watkin continued his amazing run of form as he PB'd over 10k and 5k recently as well as an excellent 3rd place at the October Merseyvend 5k. The Big Man's rate of improvement has been absolutely staggering, having gone from not having broken 20 minutes for a 5k at the start of the new season to going well under sub 18. Great work Mr Watkin!

Alex Cowin also continued his run of form in the marathon with his third "sub 3" of the year. A fantastic achievement, made all the more impressive when you take into account the unscheduled stop at mile 14.

Matt Helme continued with his madcap adventures, when he decided that instead that the York Marathon wasn't enough of a challenge so that it'd be sensible to run from Liverpool to York, while live facebooking his adventures and then run a sub 3:30 marathon on no sleep. Utter madness but a fabulous achievement!

The club also held the intra club relays in Princes Park. A really fun event with a great turnout and excellent grub afterwards. Big thanks to our Social Secretary Claire for her hard work and to everyone who helped out on the day.

By the time you read this we should have held the Andrew Stansfield Memorial 5k and Curry Night. Hopefully we all had a blast and I managed to adjust Mike Rox's handicap by enough to prevent him from winning as he's been sandbagging all season/doing an ironman/being mediocre at three disciplines instead of just one. (delete as appropriate)

Captain's Log

Well the last couple of months have

flown by and been jam-packed with races, PB's, great social events and the team road relays. There has been so much to try and cram into my log I didn't quite know where to start.



Jane Hallows

However, we sadly lost a good friend and previous club member suddenly to cancer. Mike McCabe was an active member of the club a few years ago before moving to Newburgh Nomads. For those of us who remember the forum when it first started out he was simply 'pot-bellied Mike'. He was one of the most friendly, down to earth people with a contagious smile and sense of fun, mixed with more than a little chaos as he developed a reputation for turning up late to races and asking "which way did they go...?!" Mike's passion was the great outdoors, and especially off road running, which came second only to his love of food and drink! Despite racing in blue and red in recent years he always cheered on Team PLS, and took a genuine interest in his fellow striders by cheering us on whenever we raced together. It was therefore no surprise to see the packed out church for his funeral last week. Mike was given a great send off, with his sister and colleagues sharing so many fond memories about one of life's genuinely good guys who was taken far too soon. I would therefore like to dedicate this captain's log to Mike. My thoughts and prayers are with his wife Fiona, their young daughter Seren, family, friends and everyone at Newburgh Nomads at this sad time.

It seems fitting to mention the Wirral multi-terrain series last month. It is growing in popularity every year, so many clubs now complete it is increasingly competitive but manages to retain its friendly, fun atmosphere. It was great to see a number of new faces competing this year. Elinor and Kathryn finished 8th in their respective age categories and we had four complete teams placed in the final standings.

The cross country season commences in November with our race in Clarkes Gardens on the first of the month. Let's have as many people competing as we can this season. They are great fun, friendly and give you good speed/strength to take forward into the spring for those 10k and half marathon PBs. We need as many people as possible to race as it's a team competition, as the more striders who run the better for the overall team results. Look out for the taster and training sessions on the forum and Facebook.

The multi terrain championship continued with the sandstone trail races, with upcoming races being the Standish Trail race later this month, Ashurst Beacon in January and Parbold Hill in February. I suspect we will have to enter Parbold Hill early this year, this was one of Mike's favourite races and is always popular. It would be great to get as many of us as possible compete in his memory, maybe even having a pint and a glass of red in his honour afterwards? RIP Mike.

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

Striders

Wirral Whistle Stop Tour



The little sister of the Tour of Merseyside takes place on the Wirral over the space of a weekend. See what your fellow Striders make of it

Race 1

ARROWE PARK 5 MILER 6.30pm START

The first leg of the Tour will be an off road race over 5 miles on Friday 11th September. The race start will be brought forward to 6.30pm to avoid the diminishing September evening light.

by Rob Garth

Having taken part in the full Tour of Merseyside back in July, I was looking forward to the Whistle Stop Tour and a different range of races. A few familiar faces greeted me as I turned up at Arrowe Park, catching up and reminiscing about the full tour.

I hadn't been to Arrowe Park before, so had no idea what the course would be like (and hadn't paid much attention to the race instructions) other than knowing it was a two-lap course.

The first section was uphill (others would probably class it as a slight incline) on grass and carried a headwind, making it seem quite tough on the second lap. The run continued on paths, winding through the park, similar to many parkrun courses, before moving into the woods for a nice cool section under the shade of the trees. By the second lap this section had got quite dark and it was quite difficult to see, especially when I found myself running alone for most of the race!

Exiting the woods brought us out into the open field where the start/finish line was situated, ready for the second lap, and the support there was brilliant. Just like the full tour, family and friend support was brilliant, spectators calling your name as you ran to give you that extra 10%. The marshaling all the way round was excellent, very supportive and informative on what was coming up next. The infamous cowbell marshal made an appearance (tourists know what I mean), alongside the 300 or so whistles given out at the start!



Race 2

THURSTASTON COUNTRY PARK

10.00am START

The second leg will be an 8 mile race using parts of the Wirral Way, the beach between Thurastaston / Heswall, the Dales Trail paths and the challenging incline of Oldfield Road.

by Jo Bruchez-Corbett

So day 2 and we're over at Thurastaston! As we set off for our 2nd run of whistle stop tour...an eight mile multiterrain....and when I say multi I mean road, 1.5 miles of rock climbing a long stretch along the beach followed by plenty of hills and steps!...it was Awesome. .even though it did take well over 2 hours to complete! Mainly due to the fact Eamonn and a few others were helping a blind runner navigate the rocks, the time didn't bother me at all mainly because the fun I had helping others and getting to the finish in one piece was probably the best feeling ever!

The main reason for the rocks was unintentional due to the tide coming in an hour earlier than predicted! But is certainly didn't ruin the atmosphere and the camaraderie was even better because of it...all I saw as I was clambering over the rocks where smiling faces..people laughing and everyone helping each other!

The team spirit was amazing!

..but to be honest the finish line was a very welcome sight!



Wirral Whistle Stop Tour



The little sister of the Tour of Merseyside takes place on the Wirral over the space of a weekend. See what your fellow Striders make of it

Race 3

WIRRAL HALF MARATHON BIRKENHEAD PARK - NEW BRIGHTON 9.30am START

The final leg will be the Wirral Half Marathon between Birkenhead Park and New Brighton.

by Stuart Harrison

This was the third year in a row that I had ran the Wirral half marathon.

The previous 2 years I had run it as a solo race but this year it was acting as the final stage of the whistle stop tour. I got up nice and early for this one and headed over to Birkenhead. Being born and raised on the dark side I know the area well and the park is a great location for a run.

The last time I had run on the Wirral was the coastal run at the end of the tour of Merseyside and I felt that I would honour the occasion by wearing the same kit I had worn on the last day of the tour.

As with the Liverpool half marathon I like the fact that it is easy to split up the Wirral half into different stages. The first is around Birkenhead Park and through Birkenhead towards the bridges and over to Seacombe. This is a really nice flat section and everyone is still smiling. You are also running with the 10k runners at this point.

The second stage is between the ferry terminal and the point you come off the front and onto the roads. This stage can be a little dull but if you do get to see the front runners coming back towards the finish line. Seeing the likes of Terry and Anthony and getting some acknowledgement from them gives you a little boost. Those guys are crazy fast!!! Mentally seeing the finish line at New Brighton causes you to push through the gears without paying attention to the fact that you have to still run the last 7 miles. I was tempted to push on a little quicker at about mile 8 but I was thinking about the previous couple of days and didn't know how my legs would react so I just decided to not look at my watch and just encourage other runners.

The final stage is the slog back to the finish line. You do get to see some of the runners heading out and you can use this stage to offer support to the other runners. There were plenty of whistles being blown at this point. Remember people; race karma is a real thing. The more support you give out, the better you feel. Supporting another runner can take your mind off any niggles or discomfort you are feeling and plus you get support shouted back your way. I got over the line feeling strong I had tried to take it easy and pace myself to 1 hour 45.

I was made up that my pacing was spot on and I hit the 1 hour 45 feeling and still felt good. There was the usual post-race catch up and obligatory pint. It was all over. Another fantastic event and one I would definitely recommend to anyone.



And what does Barry Bright make of the whole thing?

Which was your favourite race and why? Favourite without a doubt was Thurstaston. A real multi terrain this year. It involved rock climbing, running through calf deep river, beach, road, woods and a bloody big hill. I loved the way everybody supported each other over the rocks making sure people knew the best places to put your feet and where it was slippery. Running up the hill the people who were on their way down were shouting and urging you on.

If you could have swapped one race for another venue where would your run be? I don't think I would swap any of the three as they were a good mix of terrains.

If you had a piece of advice for someone who wants to try the WST what would it be? Definitely go for it. Unless you have taken part in the whistle stop or the Tour of Merseyside you can't imagine the atmosphere and camaraderie between the tourists. I think it exemplifies the true meaning of the phrase "running community".



Personal Profile: Jon Windle

Occupation: legal advisor (Injury solicitors)

Why did you join PLS? A google for running clubs, found PLS and really liked the new website, spent ages reading it ,sent an e-mail then turned up and got hooked, never looked back.

Running likes: the after running bit is the best, after a great run when you get in and wish you were still at the club/race

How long have you been running? Since January 2014

Running dislikes: odd random pains, niggles and aches in places i never knew existed before I ran

Favourite male runner: I'll be honest I'm pretty ignorant about the actual sport, so I suppose Mo Farrah. He has an excellent hairdo also.

Favourite female runner: Paula Radcliffe

Favourite non running person: Simon Pegg

Favourite race: whichever one I PB'd in last, have a soft spot for the spring 10k as it was my first, but this year the rock n roll half and the Sefton park 5 miler are my stand out faves

Least favourite race: tunnel 10k, just killed me this year, I will smash its smug little face next year though

Favourite drink: Sailor Jerry, coke n lime

Least favourite drink: whiskey

Favourite food: probably a decent steak (medium rare), loads of grilled mushrooms, onions, a big spud and salad

Least favourite food: any swimming creature, they should be left in the sea horrible slimy things

Favourite holiday: Kalkan, turkey 2013

What is your idea of happiness: when I have no worries that's when I'm really happy and content with life!

Favourite song: The Ace of Spades (Motörhead)

Favourite male singer: Bruce Dickinson (Iron Maiden)

Favourite female singer: Cristina Scabbia (Lacuna Coil)

Favourite group: Ghost

What do you always carry on you: My mum's locket

Best running moment: Finishing the rock n roll half 15, my first ever half and a real milestone for me.



Worst running moment: swallowing flies, and any point in a race where you think you can't make it argue with yourself for 30 seconds and push on

My most appealing trait: Honesty

Most unappealing trait: Honesty (even when you don't like it)

Favourite running shoe: Only really had two sets, currently in Saucony Ride 7

Favourite film: The Empire Strikes Back

Vest in or out: Vest? T-shirts and shirts always out

Favourite motto: So Long and thanks for all the fish (the hitchhikers guide to the galaxy)

Best Times over classic distances:

Distance	Time	Race	Year
5k	25'04"	Mystery	2015
5M	42'20"	Sefton Park	2015
10k	55'47"	Spring 10k	2015
10M			
Half marathon	2h04'04"	Liverpool Rock'n'roll	2015
Marathon			

Andrew Stansfield 5k handicap race

By Cristina Puccini

The annual handicap race is once again a resounding success with over 100 Striders running along the Prom on Tuesday 27 October 2015

The annual handicap race has been a feature of the Penny Lane Calendar for many years, held twice a year in summer and winter.



Gold medal for Leslie to meet him:

'With so many new members being welcomed to the club over the past couple of years since Andrews passing the Committee thought it would be a good idea to tell those of you who never had the pleasure of getting to know Andrew a little bit about him.



Mike Rox is overjoyed passing on the bronze medal to its rightful owner

Initially named the Lamplight 5k and changed to an annual event, the race was renamed in honour of Andrew Stansfield. Here are a few words from our Chairman, Mike Roxburgh, about Andrew for the benefit of newer members who never had the opportunity

Andrew was a long standing Strider who gave a lot of his time to the club both in his role as Treasurer on the Committee whom he served with distinction for a number of years, and that of Coach and leader of the old Group 2 which was where so many of us got to know him.

With his trademark white running cap and his constant good natured banter in everyone's ears (which usually in my case involved a general denigration of my running abilities) Andrew was a

well-known and much respected member of Penny Lane Striders and the wider running community in general.

His sudden loss shocked us all and left a big hole in the club that remains, the sheer numbers of

Striders who turned up to run Princes parkrun the weekend after his passing in his memory breaking what was then the course attendance record being testament to the high regard within which he was held by all.

The opportunity to remember Andrew by way of the Curry Run, an event he would always help organise and time keep for whilst sacrificing the opportunity to run in himself therefore seems a very appropriate way to do it.

So when you have finished your run and are back at the Police club enjoying a curry and a drink, raise a glass to Andrew Stansfield a man who was and will always remain a legend and a true Strider.'

On the night the race produced its usual array of surprise winners; in the Women's race these were:

1st: Misha Callow
2nd: Susan Turner
3rd: Emma Kearney

Whilst in the Men's race:

1st: Leslie Schofield
2nd: Henry Rainford
3rd: Mal Taylor

After third place was initially awarded to Mike Roxburgh in a results mix-up reportedly caused by a particularly confusion-inducing serving of curry and chips.

As per usual good fun was had by all and a heroic quantity of chips consumed on the night.



Capt Jane Hallows presents Misha with the gold medal...



...And Susan with the silver.



Emma Kearney gets bronze

Striders

August 2015**01-Aug-15 5k****Newcastle parkrun**

Andrew Leslie 00:19:49

01-Aug-15 5k**Princes parkrun**

Stephen Watkin 00:18:50
 Dan Thomas 00:19:01
 John Jensen 00:19:57
 Trevor Astell 00:21:55
 Craig Hawley 00:22:01
 Paul Riley 00:22:03
 Stephen Gorman 00:22:16
 Gregory Hocking 00:22:22
 James McAdams 00:23:58
 Matthew Tollitt 00:24:10
 Michael Sharkey 00:24:50
 Mike Welsby 00:25:23
 John Hindley 00:26:25
 Matt Helme 00:26:27
 Jim Garvey 00:29:16
 Phil Murray 00:31:30
 Kevin O'Brien 00:31:59

01-Aug-15 5k**Guildford parkrun**

Val Desborough 00:25:44

01-Aug-15 5k**Armagh parkrun**

Jerome Doyle 00:21:29

01-Aug-15 5k**Croxtheth Hall parkrun**

Jonathan Toft 00:19:09
 Diane Hennigan 00:25:03
 Laura Atkinson 00:28:39

01-Aug-15 5k**Workington parkrun**

Sue Cain 00:22:04

01-Aug-15 5k**Penrose parkrun**

Elinor Chapman 00:30:38

01-Aug-15 5k**Birkenhead parkrun**

Neil Bullock 00:18:54
 Tony Man 00:20:59
 Joe McGlynn 00:22:28
 Liz Simpson 00:28:24
 Vincent Hessey 00:28:36

01-Aug-15 5k**Merseyvend**

John Connolly 00:17:39
 Lyndon Easthope 00:18:36
 Lawrence Eccles 00:18:41
 Jay Clarke 00:18:58
 Andy Cantwell 00:19:19
 Marc Littlefield 00:19:22
 Marty Hirrell 00:20:20
 John Bampton 00:20:39
 John Kelly 00:20:48
 Shane Knott 00:21:57
 Katie Johnson 00:22:31
 Bill Sergeson 00:23:32
 Annmarie Williams 00:23:38
 Gill Darby 00:24:43
 Michelle Kelly 00:25:23
 Jon Windle 00:25:30
 Claire Meadows 00:26:05
 Eunice Nopondo 00:26:27
 Ruth Fisher 00:28:25

01-Aug-15 Half**Dublin RnR**

Mal Taylor 01:58:17

02-Aug-15 Half**Cheshire**

Stuart Harrison 01:48:22

Mark Thomas 01:50:30
 Rachel Rick 01:54:16
 Claire O'Callaghan 01:54:18
 Keith Boyle 01:58:03
 James Stansfield 02:20:02

06-Aug-15 6.4km, 289m**Ponderosa Fell Race**

Lawrence Eccles 00:28:37

06-Aug-15 10k**The Badger 10K Trail Race**

John Bampton 00:45:43
 Mike Devereux 00:50:16
 Paul Doyle 00:50:30
 Gill Darby 00:52:58
 Keith Boyle 00:53:30
 Eunice Nopondo 00:59:09
 Tommy Gates 00:59:10

08-Aug-15 5k**St Albans parkrun**

Rob Cooper 00:24:07

08-Aug-15 5k**St Helens parkrun**

Robert Farley 00:27:02

08-Aug-15 5k**Guildford parkrun**

Val Desborough 00:25:42

08-Aug-15 5k**Royal Tunbridge Wells parkrun**

Cheryl Pace 00:25:28

08-Aug-15 5k**Princes parkrun**

Stephen Renshaw 00:18:23
 Nigel Grant 00:18:29
 Mitch Hawkins 00:19:10
 Marc Littlefield 00:19:25
 Marc Goudie 00:20:16
 Paul Riley 00:21:41
 Trevor Astell 00:21:46
 Gregory Hocking 00:21:46
 Neil Kelly 00:22:03
 Jerome Doyle 00:22:07
 Stephen Gorman 00:22:07
 Craig Hawley 00:22:10
 Joe McGlynn 00:22:32
 Lucie Michaelson 00:23:03
 Annmarie Williams 00:23:36
 Sara Kelly 00:23:55
 Joe Abbott 00:23:59
 James McAdams 00:24:23
 Michael Sharkey 00:24:42
 Liz Turner 00:25:10
 Oonagh Jaquest 00:25:41
 Louise Warn 00:25:41
 Sarah Meyers 00:25:54
 Anthony Woods 00:26:07
 Matthew Tollitt 00:26:31
 Adam McGlory 00:26:35
 Mary Heery 00:26:54
 Elinor Chapman 00:27:45
 Andy Keeley 00:28:01
 Matt Helme 00:28:02
 Jane Nicholson 00:28:02
 Matt Forshaw 00:28:04
 Rebecca Price 00:29:31
 Jim Garvey 00:29:36
 Mike Welsby 00:29:46
 Colin Moneyppenny 00:29:54
 Rachel Rick 00:30:40
 Debi McMillan 00:33:28

08-Aug-15 5k**Westport parkrun**

Michelle Kelly 00:25:53
 John Kelly 00:25:54

08-Aug-15 5k**Workington parkrun**

Sue Cain 00:21:43

08-Aug-15 5k

Stato's report

by Andy Keeley

Croxtheth Hall parkrun

Christopher Lee 00:17:55
 Stephen Watkin 00:18:27
 Jonathan Toft 00:18:40
 Mark Thomas 00:22:22
 Anna Watkin 00:23:55
 Claire Meadows 00:26:38

08-Aug-15 5k**Ormskirk parkrun**

Jay Clarke 00:18:45

08-Aug-15 5k**Widnes parkrun**

Dave Pinnington 00:32:44

08-Aug-15 5k**Birkenhead parkrun**

Neil Bullock 00:18:57
 Liz Simpson 00:31:24

11-Aug-15 3000m**Trafford Grand Prix**

John Connolly 00:09:43.80

11-Aug-15 5k**Mystery (4/5)**

Lawrence Eccles 00:17:33
 Jonathan Toft 00:18:19
 Stephen Watkin 00:18:20
 Colin Dobbs 00:18:39
 Luke Harrison 00:18:41
 Matt Helme 00:18:42
 Graham Douglas 00:18:55
 Andrew Leslie 00:18:58
 Marc Littlefield 00:19:05
 Jerome Doyle 00:19:25
 John Jensen 00:19:26
 Thomas Rimmer 00:19:32
 Richard Thorpe 00:19:40
 Beth Hankinson 00:19:45
 Marc Goudie 00:19:48
 Lee Clarke 00:19:52
 Sharon Samson 00:20:02
 Ste McNicholas 00:20:07
 Steve Pemberton 00:20:32
 Julien Tour 00:20:50
 Charlotte Rawcliffe 00:20:51
 Trevor Astell 00:21:09
 Mark Collins 00:21:10
 Nigel Foo 00:21:25
 Dave Pinnington 00:21:34
 Louise Warn 00:21:34
 Kathryn Sharkey 00:21:36
 Gregory Hocking 00:21:38
 Katie Johnson 00:21:53
 Mark Thomas 00:22:01
 Craig Hawley 00:22:08
 Christopher Lee 00:22:15
 Louise Watkin 00:22:15
 Eamonn Brady 00:22:16
 Lucie Michaelson 00:22:22
 Joe McGlynn 00:22:26
 Mike Devereux 00:22:27
 Paul Doyle 00:22:51
 Andrew Bates 00:23:10
 Annmarie Williams 00:23:11
 Michael Edwards 00:23:29
 George Winter 00:23:34
 Neil Braithwaite 00:23:44
 Colin O'Brien 00:23:46
 Marie Motley 00:23:52
 Rachel Rick 00:24:00
 Keith Boyle 00:24:05
 Joanne Harrison 00:24:05
 Robert Farley 00:24:18
 Jane Hallows 00:24:18
 Matthew Tollitt 00:24:28
 Gill Darby 00:24:37
 Mike Welsby 00:24:55
 Michael Sharkey 00:25:15

Stato's report

by Andy Keeley

Ron Bowcock	00:25:20
Jane Nicholson	00:25:21
Jon Windle	00:25:23
Adam McGlory	00:25:29
James Stansfield	00:25:35
Michelle Kelly	00:25:36
Rebecca Varnone	00:25:36
Emma Connor	00:25:46
Soraya Meah	00:26:29
Eunice Nopondo	00:26:33
Elinor Chapman	00:27:23
Vincent Hessey	00:29:42
Claire Butterworth	00:29:46
Debi McMillan	00:35:07

15-Aug-15 5k Woodhouse Moor parkrun	
Jonathan Hazell	00:18:18

15-Aug-15 5k Southampton parkrun	
Nathan Walker	00:25:02

15-Aug-15 5k St Helens parkrun	
Andrew Leslie	00:19:38

15-Aug-15 5k Princes parkrun	
Stephen Watkin	00:18:14
Jonathan Toft	00:18:31
Matt Helme	00:18:43
Sharon Samson	00:21:04
Trevor Astell	00:21:17
Gregory Hocking	00:21:54
Katie Johnson	00:22:22
Craig Hawley	00:22:35
Liz Turner	00:22:38
Joe McGlynn	00:22:39
Michael O'Rourke	00:23:14
Adam McGlory	00:25:38
Tony Man	00:26:55
Andy Keeley	00:26:57
Louise Warn	00:27:15
Anna Watkin	00:27:16
Sarah Meyers	00:27:57
Elinor Chapman	00:28:33
Elizabeth Dennett	00:28:38
Claire Meadows	00:28:39
Rachel Rick	00:28:39
Vincent Hessey	00:28:55
Jim Garvey	00:29:10
Rebecca Price	00:29:24
Colin Moneypenny	00:30:26
Mary Heery	00:35:16
Anthony Woods	00:37:04

15-Aug-15 5k Guildford parkrun	
Val Desborough	00:25:39

15-Aug-15 5k Workington parkrun	
Sue Cain	00:29:20

15-Aug-15 5k Penrhyn parkrun	
Helen Osborne	00:25:30

15-Aug-15 5k Croxeth Hall parkrun	
Colin Dobbs	00:19:05
Steve Pemberton	00:20:45
Diane Hennigan	00:24:48

15-Aug-15 5k Lanhydrock parkrun	
Nigel Foo	00:23:50

15-Aug-15 5k

Ormskirk parkrun	
Jay Clarke	00:18:47

15-Aug-15 5k Widnes parkrun	
John Jensen	00:20:01
Dave Pinnington	00:22:07

16-Aug-15 MT Two Hill Forts Fell Race	
Lawrence Eccles	01:08:09
Cristina Puccini	01:27:03
Tony Man	01:40:33
Gill Darby	01:40:43

19-Aug-15 5k Capenhurst	
Martin Swensson	00:15:55
John Connolly	00:17:26
Christopher Lee	00:17:54
Jay Clarke	00:18:02
Nigel Grant	00:18:16
Colin Dobbs	00:18:31
Andrew Leslie	00:19:03
Marc Littlefield	00:19:27
John Kelly	00:19:41
Michelle King	00:20:42
Michael O'Rourke	00:21:16
Louise Watson	00:22:03
Michelle Kelly	00:25:41
Ruth Fisher	00:27:50
Debi McMillan	00:32:49

22-Aug-15 5k Edinburgh parkrun	
Vincent Hessey	00:27:54

22-Aug-15 5k South Manchester parkrun	
Stephen Renshaw	00:18:15

22-Aug-15 5k Southampton parkrun	
Nathan Walker	00:24:46

22-Aug-15 5k Princes parkrun	
Mitch Hawkins	00:18:54
Sharon Samson	00:20:20
Andrew Biddle	00:20:26
Paul Brady	00:20:52
Gregory Hocking	00:22:25
Joe McGlynn	00:22:33
Lucie Michaelson	00:22:42
James Roberts	00:23:11
Anna Watkin	00:23:23
Andrew Bates	00:24:07
Oonagh Jaquest	00:24:54
Liz Turner	00:24:54
Adam McGlory	00:25:44
Matt Helme	00:25:58
Jane Nicholson	00:25:58
Robert Farley	00:26:14
Mary Heery	00:26:17
Anthony Woods	00:26:24
David Webb	00:26:37
Elinor Chapman	00:26:43
Craig Hawley	00:27:14
Elizabeth Dennett	00:27:54
Marcus Dodd	00:27:59
Andy Keeley	00:29:02
Jim Garvey	00:31:12
Kevin O'Brien	00:31:45
Debi McMillan	00:32:56

22-Aug-15 5k Worcester parkrun	
Val Desborough	00:25:15

22-Aug-15 5k Marley parkrun	
Jen Walsh	00:24:16

22-Aug-15 5k Croxeth Hall parkrun	
Robert Garth	00:19:50
Tony Man	00:22:05

Mark Thomas	00:23:43
Gill Darby	00:25:48

22-Aug-15 5k Widnes parkrun	
John Jensen	00:23:44

23-Aug-15 10k Birchwood	
Alex Cowin	00:37:41
Luke Jones	00:39:26
Lyndon Easthope	00:39:45
Colin Dobbs	00:39:56
Michelle King	00:44:54
Kathryn Sharkey	00:46:24
Steve Pemberton	00:46:29
Charlotte Rawcliffe	00:47:04
Michael O'Rourke	00:50:32
Gill Darby	00:52:09
Terence Long	00:55:21
Michael Sharkey	00:55:34
Helen Osborne	00:56:10
Claire Meadows	00:57:55
Lesley Finnih	00:58:36
Phil Murray	01:07:03
Debi McMillan	01:13:46

25-Aug-15 3000m Trafford Grand Prix	
John Connolly	00:09:50.55

26-Aug-15 119k 7250m climb Ultra Trail du Mont Blanc - Sur les Traces des Ducs du Savoie race.	
Lawrence Eccles	17:25:00

28-Aug-15 3m August Wirral Seaside Run	
Paul Doyle	00:22:09

29-Aug-15 5k Princes parkrun	
Stephen Watkin	00:18:13
Andrew Biddle	00:19:59
Sharon Samson	00:20:45
Paul Brady	00:20:57
Michael O'Rourke	00:21:46
Trevor Astell	00:21:52
Gregory Hocking	00:22:14
Neil Kelly	00:22:21
Craig Hawley	00:22:24
Lucie Michaelson	00:22:42
Joe McGlynn	00:22:43
Sara Kelly	00:23:13
James Roberts	00:23:19
Joe Abbott	00:23:37
Annmarie Williams	00:23:37
Nigel Foo	00:23:39
Tony Man	00:23:43
John Guy	00:24:44
Lee Warburton	00:25:02
David Webb	00:25:02
Mitch Hawkins	00:25:03
Mary Heery	00:25:40
Kerrie Davidson	00:25:45
Adam McGlory	00:26:08
Anthony Woods	00:26:15
Carolyn Knott	00:26:24
Marcus Dodd	00:26:49
Elinor Chapman	00:27:21
Matt Forshaw	00:28:32
Bill Sergeson	00:28:55
Jim Garvey	00:29:07
Vincent Hessey	00:29:35
Jo Sutherland	00:29:36
Phil Murray	00:31:24
Emily Marshall	00:33:15
Samantha Bentall	00:44:48

29-Aug-15 5k Guildford parkrun	
Val Desborough	00:25:32

29-Aug-15 5k Strathclyde parkrun	
Debi McMillan	00:31:51

**29-Aug-15 5k
Darlington South Park parkrun**
Louise Warn 00:22:08

**29-Aug-15 5k
Workington parkrun**
Sue Cain 00:21:41

**29-Aug-15 5k
Ormskirk parkrun**
Jay Clarke 00:18:11
Andrea Banner 00:21:05

**29-Aug-15 5k
Delamere parkrun**
Steve Pemberton 00:21:52

**29-Aug-15 5k
Bognor Regis**
Ste McNicholas 00:20:06

**29-Aug-15 5k
Widnes parkrun**
Dave Pinnington 00:21:38

**29-Aug-15 5k
Croxteth Hall parkrun**
Andrew Leslie 00:19:08
Marc Littlefield 00:19:22
Robert Garth 00:19:40
Marc Goudie 00:19:47
Phil Macklin 00:21:26
Stephen Gorman 00:22:29
Mark Thomas 00:23:16
Keith Boyle 00:23:46
Diane Hennigan 00:24:11

**29-Aug-15 5k
Birkenhead parkrun**
Liz Simpson 00:28:16

**29-Aug-15 35m
St Bega's Ultra**
Dave Mangan 11:00:13

**29-Aug-15 21k
Isuzu Lowther Trail**
Neil Kelly 01:39:45

**30-Aug-15 5m MT
Dream Trail 5m**
Matt Helme 00:33:55
Stuart Harrison 00:39:10
Tom King 00:39:13
Mark Thomas 00:42:45
Jon Windle 00:44:51
Marie Motley 00:45:33
Jane Nicholson 00:45:54
Liz Dennett 00:50:44
David Ashcroft 00:53:33

**31-Aug-15 MT
Cilcain Mountain Race**
Cristina Puccini 00:45:48
Tony Man 00:47:44
Gill Darby 00:52:11

September 2015

**01-Sep-15 MT
Wirral MT Race 1 – Thurstaston**

Men:
Lawrence Eccles 00:29:53
Alex Cowin 00:30:36
Christopher Lee 00:31:21
Matt Helme 00:32:04
Neil Bullock 00:32:40
Andrew Leslie 00:33:45
Jerome Doyle 00:34:28
Julian Tour 00:34:46
Rob Bruchee-Corbett 00:34:48
Martin Hirrell 00:35:32
Mark Collins 00:36:41
Mike Roxburgh 00:38:04
Paul Doyle 00:39:17

John Guy 00:40:54
Keith Boyle 00:41:30
James Stansfield 00:43:50
Tony Woods 00:48:04

Women
Katherine Sharkey 00:37:19
Louise Watson 00:38:18
Michelle Parker 00:40:25
Emma Kearney 00:40:28
Marie Motley 00:42:29
Jane Nicholson 00:43:41
Lesley Finnih 00:45:25
Rachel Rick 00:45:30
Elizabeth Dennett 00:47:27
Elinor Chapman 00:47:31
Anne Oxbrough 00:49:01

**03-Sep-15 5k
Mystery (5/5)**
John Connolly 00:17:29
Stephen Watkin 00:17:55
Luke Jones 00:18:25
Thomas Rimmer 00:19:26
Andrew Biddle 00:19:38
Beth Hankinson 00:19:40
Lee Warburton 00:19:41
Lee Clarke 00:19:44
John Jensen 00:19:52
Andy Cantwell 00:20:03
Michelle King 00:20:03
Paul Riley 00:20:05
Michael O'Rourke 00:20:11
Paul Brady 00:20:13
Julien Tour 00:20:16
Eamonn Brady 00:20:26
Kate MacFarlane 00:20:51
Thomas King 00:21:04
Stephen Dipple 00:21:13
Robert Astley 00:21:18
Phil Macklin 00:21:20
Kathryn Sharkey 00:21:40
Jerome Doyle 00:21:41
Nigel Foo 00:21:42
Louise Warn 00:21:45
Gregory Hocking 00:21:50
Stephen Gorman 00:21:54
Katie Johnson 00:22:04
Craig Hawley 00:22:08
Mark Thomas 00:22:26
James Roberts 00:22:28
Joe McGlynn 00:22:43
Neil Braithwaite 00:22:47
Sara Kelly 00:22:49
Keith Boyle 00:22:55
Paul Doyle 00:23:04
Andrew Bates 00:23:06
Anna Watkin 00:23:10
John Guy 00:23:30
David Webb 00:23:38
Marie Motley 00:23:51
Adam McGlory 00:23:54
Mal Taylor 00:24:36
Jon Windle 00:24:36
James Stansfield 00:25:11
Andrea Clark 00:25:27
Rebecca Varnone 00:25:28
Mary Heery 00:25:36
Michael Sharkey 00:25:58
Soraya Meah 00:26:18
Elizabeth Dennett 00:26:52
Elinor Chapman 00:26:57
Tommy Gates 00:27:42
Njideka Agwuna 00:27:53
Vincent Hessey 00:27:59
Jo Sutherland 00:29:17
Claire Butterworth 00:29:48
Kevin O'Brien 00:31:14
Debi McMillan 00:32:08

**05-Sep-15 5k
Merseyvond**
Lawrence Eccles 00:17:51
Andy Cantwell 00:19:12
John Jensen 00:19:51
Michelle King 00:19:58
Richard Thorpe 00:20:14

Stato's report

by Andy Keeley

Fiona Dutton 00:20:18
Sharon Samson 00:20:23
Michael O'Rourke 00:20:45
Thomas King 00:20:50
Louise Warn 00:21:32
Annmarie Williams 00:22:30
Stephen Watkin 00:22:49
Anna Watkin 00:22:51
James Stansfield 00:24:04
Claire Meadows 00:26:16
Jo Sutherland 00:28:49

**05-Sep-15 5k
Princes parkrun**
Luke Harrison 00:19:20
Neil Kelly 00:21:49
Gregory Hocking 00:22:08
Joe McGlynn 00:22:13
Craig Hawley 00:22:25
Lucie Michaelson 00:22:29
James Roberts 00:23:07
John Guy 00:23:37
David Webb 00:23:39
Joanne Harrison 00:24:48
Michael Sharkey 00:25:32
Adam McGlory 00:25:44
Rob Cooper 00:25:45
Samantha Bentall 00:26:20
Elinor Chapman 00:27:21
Njideka Agwuna 00:27:36
Vincent Hessey 00:28:14
Liz Simpson 00:29:43
Jim Garvey 00:30:12
Jo Gibson 00:30:27
Anthony Woods 00:33:42

**05-Sep-15 5k
Leamington parkrun**
Charlotte Rawcliffe 00:23:27

**05-Sep-15 5k
Oldham parkrun**
Leonie Glynn 00:25:59

**05-Sep-15 5k
Workington parkrun**
Sue Cain 00:21:55

**05-Sep-15 5k
Keswick parkrun**
Jessica Mitchell 00:25:12

**05-Sep-15 5k
Ellesmere Port parkrun**
Tony Man 00:21:55

**05-Sep-15 5k
Croxteth Hall parkrun**
Nigel Grant 00:18:32
Robert Garth 00:19:18
Mark Thomas 00:24:08

**06-Sep-15 10k
Salford**
Christopher Lee 00:38:09
Andrew Leslie 00:39:37
Jerome Doyle 00:41:25
Kathryn Sharkey 00:45:29
Louise Watson 00:48:00

**06-Sep-15 10k MT
Delamere 10k**
Liz Dennett 01:05:31

**06-Sep-15 Half MT
Delamere Half Marathon**
Lawrence Eccles 01:25:25
Marc Goudie 01:35:24
Lee Clark 01:40:54
Barry Bright 02:01:58
Lesley Finnih 02:13:31

Stato's report

by Andy Keeley

Matt Helme 02:23:28
Jane Nicholson 02:23:28
Rachel Rick 02:23:28

06-Sep-15 20m South Cheshire

Sam Evans 02:24:17
Steve Robinson 02:24:17
Mike Devereux 02:46:17
Eunice Nopondo 03:26:53

08-Sep-15 MT Wirral MT Race 2 - Royden Park MT

Men:

Lawrence Eccles 00:29:06
Alex Cowin 00:31:05
Neil Bullock 00:31:41
Christopher Lee 00:31:59
Matt Helme 00:32:45
Jerome Doyle 00:33:18
Andrew Keeley 00:33:26
John Jensen 00:33:54
Simone Capponi 00:34:25
Rob Bruchee-Corbett 00:34:31
Andrew Leslie 00:34:32
Marc Goudie 00:34:33
Thomas King 00:35:14
Mark Collins 00:35:57
Martin Hirrell 00:36:13
Andy Hodson 00:38:41
Mike Roxburgh 00:38:59
Paul Doyle 00:39:07
John Guy 00:39:56
Andrew Bates 00:40:23
Keith Boyle 00:41:57
James Stansfield 00:43:58
Andrew Richards 00:50:15

Women:

Cristina Puccini 00:38:09
Katherine Sharkey 00:38:39
Lucie Michaelson 00:38:48
Michelle Parker 00:39:12
Emma Kearney 00:41:21
Lesley Ward 00:43:09
Lesley Finnih 00:44:32
Marie Motley 00:44:34
Rachel Rick 00:50:55
Elizabeth Dennett 00:51:08

12-Sep-15 5k Southampton parkrun

Nathan Walker 00:25:30

12-Sep-15 5k St Helens parkrun

Phil Macklin 00:21:15

12-Sep-15 5k Warrington parkrun

Craig Hawley 00:25:25

12-Sep-15 5k Princes parkrun

Kate MacFarlane 00:21:03
Trevor Astell 00:21:37
Louise Warn 00:22:12
Nigel Foo 00:22:34
Diane Hennigan 00:24:57
Matthew Tollitt 00:25:35
Michael O'Rourke 00:25:41
Mike Welsby 00:26:11
Samantha Bentall 00:26:42
Andrew Biddle 00:26:49
Matt Forshaw 00:27:56
Jo Gibson 00:29:44
Colin Moneyppy 00:30:26
Anthony Woods 00:31:30
Phil Murray 00:31:47
Kevin Obrien 00:32:12

12-Sep-15 5k Poole parkrun

Elizabeth Dennett 00:28:00

12-Sep-15 5k Workington parkrun

Sue Cain 00:21:54

12-Sep-15 5k Conwy parkrun

Elinor Chapman 00:27:53

12-Sep-15 5k Croxteth Hall parkrun

Mark Thomas 00:23:02
Keith Boyle 00:24:41
Anna Watkin 00:25:48
Stephen Watkin 00:31:29

12-Sep-15 5k Widnes parkrun

Ste McNicholas 00:19:39

12-Sep-15 5k Kings Lynn parkrun

Rob Cooper 00:24:30

12-Sep-15 5k Birkenhead parkrun

Vincent Hessey 00:27:52
Liz Simpson 00:29:15

12-Sep-15 North West Relays

Women 3 Stage Relays

A – 30th overall (10th in Merseyside)

Katie Johnson,
Cristina Puccini,
Sharon Samson
B – 36th (12th Merseyside)
Annmarie Williams,
Anna Watkin

Lucie Michaelson
C – incomplete team
Claire Meadows,
Ruth Fisher

Men 4 Stage Relays

A – 36th Overall (12th in Merseyside)

Stephen Watkin,
John Connolly,
Neil Bullock,
Nigel Grant

B- 52nd Overall (17th in Merseyside)

Simone Capponi,
Matt Helme,
Luke Harrison,
Neil Kelly

C – 56th Overall (18th on Merseyside)

Jerome Doyle,
Richard Thorpe,
Marc Littlefield
Andrew Leslie

D – 73rd Overall (26th in Merseyside)

Stephen Gorman,
Tommy Gates,
Adam McGlory
David Webb

13-Sep-15 10k Wirral

Andrew Biddle 00:40:24
Mark Collins 00:47:31
Marie Motley 00:49:26
Esther Van Ginneken 00:49:28
Adam McGlory 00:49:39
Kerrie Davidson 00:51:29
Claire Meadows 00:55:39
Adel Fattah 00:58:06
Melissa Fattah 00:58:07
Jon Windle 01:04:04

13-Sep-15 10k Wigan

Ste McNicholas 00:41:04
Jon Windle 00:53:09

Debi McMillan 01:08:13

13-Sep-15 Half Lake Vyrnwy

Martin Swensson 01:10:33
Andy Cantwell 01:28:13
Jerome Doyle 01:33:02
John Bampton 01:34:19
John Jensen 01:37:18
Pauls Auce 01:39:28
Thomas King 01:39:31
Michael O'Rourke 01:40:47
Kathryn Sharkey 01:41:34
Eunice Nopondo 02:03:44

13-Sep-15 Half Wirral

Matt Helme 01:26:39
Andy Keeley 01:32:11
Stephen Dipple 01:38:49
Trevor Astell 01:39:02
Steve Pemberton 01:40:27
Andy Simpson 01:40:36
Stuart Harrison 01:45:14
Stephen Gorman 01:46:56
James Roberts 01:48:17
Annmarie Williams 01:48:58
Gill Darby 01:53:12
Rachel Rick 01:54:46
Barry Bright 01:57:12
Colin O'Brien 01:57:34
Carla Hennessy 01:57:55
Eamonn Brady 01:58:04
Terence Long 01:58:22
Helen McBride-Clavis 01:58:55
Claire O'Callaghan 01:59:07
Ron Bowcock 02:04:32
Mal Taylor 02:06:05
Tony Hewitson 02:06:13
Bill Sergeson 02:06:16
Soraya Meah 02:07:08
Robert Farley 02:08:40
Robert Astley 02:14:35
Jo Sutherland 02:14:35
Jo Bruchee-Corbett 02:18:57
Jenni McClure 02:23:42

13-Sep-15 Half Great North Run

Jay Clarke 01:23:01
Lyndon Easthope 01:26:27
Stephen Renshaw 01:27:11
Liz Folan 02:09:40
Sally Richardson 02:23:00
James Hart 02:25:47

13-Sep-15 18m+ Lake District Mountain Trail – Borrowdale

Lawrence Eccles 05:18:52

15-Sep-15 Wirral MT Race 3 - Harrison Drive

Men

Lawrence Eccles 00:25:33
Stephen Watkin 00:26:54
Matt Helme 00:29:23
Jerome Doyle 00:29:46
John Jensen 00:29:49
Simone Capponi 00:29:57
Thomas King 00:30:39
Martin Hirrell 00:30:45
Julian Tour 00:32:16
John Guy 00:34:01
Paul Doyle 00:34:03
Andrew Bates 00:34:34
Andrew Richards 00:42:22

Women

Katherine Sharkey 00:31:52
Lucie Michaelson 00:31:55
Michelle Parker 00:33:13
Jill Darby 00:35:52
Marie Motley 00:36:29
Lesley Finnih 00:37:03
Elinor Chapman 00:40:18
Elizabeth Dennett 00:41:11

Rachel Rick 00:42:21

**19-Sep-15 5k
Bromley parkrun**

Jonathan Hazell 00:18:23

**19-Sep-15 5k
Cambridge parkrun**

Frank Martin 00:22:08

**19-Sep-15 5k
Princes parkrun**

Dan Thomas 00:18:51

Neil Kelly 00:20:56

Julien Tour 00:21:04

Trevor Astell 00:21:16

Marty Hirrell 00:21:35

Craig Hawley 00:22:43

James Roberts 00:22:45

David Webb 00:22:49

Sara Kelly 00:23:14

Joe Abbott 00:23:23

Anthony Woods 00:24:17

James Stansfield 00:24:38

Mike Welsby 00:25:05

Tony Man 00:25:25

Elinor Chapman 00:26:33

Njideka Agwuna 00:26:57

Marcus Dodd 00:27:04

Rebecca Price 00:28:57

Colin Moneypenny 00:29:13

Jo Gibson 00:29:16

Andy Keeley 00:29:28

Liz Simpson 00:29:52

Pauline Fielding 00:32:13

Angela Beresford 00:32:31

Emily Marshall 00:35:14

**19-Sep-15 5k
Delamere parkrun**

Mike Roxburgh 00:23:33

Emma Kearney 00:24:26

**19-Sep-15 5k
Croxteth Hall parkrun**

Matt Helme 00:18:15

Andrew Biddle 00:21:19

Mark Thomas 00:23:09

Diane Hennigan 00:24:04

Gill Darby 00:24:56

Stephen Watkin 00:38:02

**19-Sep-15
Northern Athletics Road Relay
Championships
Stanley Park, Blackpool**

Senior Men, 6 stage, 6.6km

PLS A (51) 02:21:44

Lawrence Eccles 00:23:26

Nigel Grant 00:24:40

John Connolly 00:23:22

Martin Swennsson 00:21:21

Alex Cowin 00:24:31

Jay Clarke 00:24:24

PLS B (89) 02:41:41

Stephen Gorman 00:30:51

Marc Goudie 00:28:11

Lyndon Easthope 00:25:42

Phil Macklin 00:25:56

Neil Bullock 00:24:57

Andy Leslie 00:26:04

PLS C

Adam McGlory 00:31:50

Senior Women, 4 stage, 5.2km

PLS A (41) 01:33:19

Annmarie Williams 00:24:21

Marie Motley 00:25:16

Lucie Michaelson 00:22:36

Sharon Samson 00:21:06

**20-Sep-15 10k
English**

Katie Johnson 00:45:17

Keith Boyle 00:48:52

Debi McMillan 01:06:54

**20-Sep-15 10k
Aintree**

Stephen Watkin 00:37:29

John Jensen 00:41:44

John Bampton 00:42:14

Nigel Foo 00:45:36

Stuart Harrison 00:46:21

Mark Thomas 00:47:34

Paul Doyle 00:48:33

Marie Motley 00:50:12

Claire Meadows 00:54:48

Jon Windle 00:55:12

Eunice Nopondo 00:56:30

Anna Watkin 01:19:37

**20-Sep-15 Half
English**

Ste McNicholas 01:29:51

Marc Littlefield 01:29:54

Jerome Doyle 01:30:14

Colin Dobbs 01:36:26

Kathryn Sharkey 01:38:36

Louise Warn 01:40:58

Lesley Finnih 01:57:45

Terence Long 01:58:24

John Guy 01:59:49

Colin O'Brien 02:02:07

Ron Bowcock 02:02:08

Robert Farley 02:06:55

Jo Sutherland 02:16:48

Leila Hassan 02:19:02

**22-Sep-15 4.5m
Wirral MT Race 4 - Arrowe Park**

Men

Stephen Watkin 00:27:28

Matt Helme 00:29:07

Neil Bullock 00:30:08

Jerome Doyle 00:30:43

John Jensen 00:31:23

Thomas King 00:31:46

Martin Hirrell 00:32:36

Mike Roxburgh 00:34:32

Andy Hodson 00:34:53

Paul Doyle 00:35:05

John Guy 00:36:13

Andrew Bates 00:36:37

Women

Oonagh Jaquest 00:33:27

Sarah Hodgson 00:34:19

Emma Kearney 00:35:07

Jill Darby 00:36:53

Marie Motley 00:38:30

Lesley Finnih 00:38:39

Jane Nicholson 00:39:54

Elinor Chapman 00:42:42

Elizabeth Dennett 00:45:12

Rachel Rick 00:45:12

Anna Watkin 00:45:13

**25-26-Sep-15 153m
Spartathlon - Greece**

Lawrence Eccles 32:36:49

**26-Sep-15 5k
Cambridge parkrun**

Frank Martin 00:21:41

**26-Sep-15 5k
Northampton parkrun**

Jonathan Hazell 00:18:18

**26-Sep-15 5k
Warrington parkrun**

Craig Hawley 00:23:25

**26-Sep-15 5k
Princes parkrun**

Stephen Renshaw 00:18:18

Julien Tour 00:21:36

Andy Hodson 00:21:54

James Roberts 00:22:33

Stato's report

by Andy Keeley

Neil Kelly 00:22:50

David Webb 00:22:57

Adam McGlory 00:23:13

Keith Boyle 00:23:43

Liz Turner 00:24:27

Oonagh Jaquest 00:24:30

Esther Van Ginneken 00:25:01

Rob Cooper 00:25:11

Mary Heery 00:25:39

Njideka Agwuna 00:25:43

Jane Nicholson 00:26:18

Matt Helme 00:26:19

Marcus Dodd 00:27:00

Andy Keeley 00:27:46

Elinor Chapman 00:27:46

Colin Moneypenny 00:28:54

Jim Garvey 00:29:02

Rebecca Price 00:29:03

Samantha Bentall 00:30:43

Kevin O'Brien 00:31:22

Angela Beresford 00:32:18

Sue Towner 00:32:21

Pauline Fielding 00:32:42

Rachel Rick 00:44:49

**26-Sep-15 5k
Croxteth Hall parkrun**

Mark Thomas 00:23:43

Anna Watkin 00:25:09

Stephen Watkin 00:26:31

Claire Meadows 00:26:32

Vincent Hessey 00:28:12

**27-Sep-15 10k
Southport Natterjacks Seaside**

Martin Swennsson 00:32:46

John Connolly 00:36:13

Jay Clarke 00:37:25

Luke Harrison 00:37:50

Andrew Leslie 00:39:23

Jerome Doyle 00:40:19

Trevor Astell 00:44:19

Stuart Harrison 00:44:21

Kathryn Sharkey 00:44:58

Annmarie Williams 00:47:31

Anna Watkin 00:48:10

Neil Braithwaite 00:48:31

John Guy 00:48:32

Joanne Harrison 00:48:44

Mal Taylor 00:49:07

Gabby O'Gara 00:49:07

Terence Long 00:50:57

Jon Windle 00:51:53

Claire Meadows 00:55:37

Keith Peacock 00:56:55

**27-Sep-15 10m
Swinton**

John Bampton 01:09:16

Eunice Nopondo 01:32:36

**27-Sep-15 10m
Paris Versailles**

Carolyn Knott 01:42:51

Shane Knott 01:42:52

**27-Sep-15
Sandstone Trail Race A (27.5km)**

Neil Kelly 02:15:54

Andrew Keeley 02:26:08

Thomas King 02:50:45

Gill Darby 03:03:50

Sandstone Trail Race B (17km)

Simone Capponi 01:24:48

Tommy Burke 01:34:06

Tony Man 01:34:12

Jane Nicholson 02:05:26

Matt Helme 02:05:26

Elizabeth Dennett 02:19:07

Rachel Rick 02:19:08

Andrew Richards 02:32:01

Stato's Report

Blimey we have a lot of races these days. The number of parkruns being done is amazing.

The PB count continues to rise. In the table below is a list of everyone who has achieved a personal best time since April and the list is getting long! We are definitely getting faster and all that training is paying off. Top of the heap is Stephen Watkin with 17 PBs this season! , On his tail are Matt Helme (14), Marc Goudie (12) and James Stansfield (11). For the women it is neck and neck between Claire Meadows and Annmarie Williams on 9 PBs each followed by Sara Kelly (8) and Anna Watkin (7). I could go on but we have had 595 PBs from 189 people so far this season. Quite a phenomenal performance by the club and I must try to get down to the club as I am obviously missing out on something.

Name	No. Pbs	Name	No. Pbs	Name	No. Pbs	Name	No. Pbs	Name	No. Pbs
Stephen Watkin	17	Claire Butterworth	5	Sarah Flanagan	3	Andrea Clark	2	Andy Simpson	1
Matt Helme	14	Elizabeth Dennett	5	Joanne Harrison	3	Kerrie Davidson	2	Matthew Tollitt	1
Marc Goudie	12	Katie Johnson	5	Holly Johnston	3	Pauline Fielding	2	Mike Welsby	1
James Stansfield	11	Jane Nicholson	5	Michelle King	3	Myka Heard	2	George Winter	1
Robert Farley	10	John Bampton	4	Sarah Loveridge	3	Melanie Holden	2	Peter Yip	1
Christopher Lee	9	Andrew Biddle	4	Jenni McClure	3	Oonagh Jaquest	2	Njideka Agwuna	1
Anthony Woods	9	Keith Boyle	4	Claire O'Callaghan	3	Isla Jenkinson	2	Andrea Banner	1
Claire Meadows	9	Lee Clarke	4	Helen Osborne	3	Debi McMillan	2	Carmel Clare	1
Annmarie Williams	9	Matt Forshaw	4	Rachel Rick	3	Soraya Meah	2	Laura Chambers	1
Andy Cantwell	8	Robert Garth	4	Sue Towner	3	Sarah Meyers	2	Ellie Darby	1
Nigel Foo	8	Luke Harrison	4	Trevor Astell	2	Lucie Michaelson	2	Sian Davies	1
Jon Windle	8	Vincent Hessey	4	Nathan Brady	2	Jessica Mitchell	2	Trish Dudley	1
Sara Kelly	8	Andrew Leslie	4	Paul Brady	2	Eunice Nopondo	2	Fiona Dutton	1
Stephen Gorman	7	James McAdams	4	Rob Bruchez-Corbett	2	Gabby O'Gara	2	Joanne Edwards	1
Richard Thorpe	7	James Roberts	4	Jay Clarke	2	Anne Oxbrough	2	Adel Fattah	1
Jonathan Toft	7	Julien Tour	4	Mark Collins	2	Abby Peters	2	Melissa Fattah	1
Anna Watkin	7	Beth Hankinson	4	Joseph Cormell	2	Anna Scott	2	Ruth Fisher	1
Louise Watson	7	Diane Hennigan	4	Marcus Dodd	2	Lesley Ward	2	Leonie Glynn	1
Jim Ganey	6	Carolyn Knott	4	Lawrence Eccles	2	Pauls Auce	1	Leila Hassan	1
Adam McGlory	6	Kate MacFarlane	4	Ben Freaney	2	George Aylward	1	Mary Heery	1
Martin Swensson	6	Charlotte Rawcliffe	4	David Griffiths	2	Carl Balshaw	1	Carla Hennessy	1
David Webb	6	Jo Sutherland	4	John Guy	2	Graham Beardsmore	1	Arror Hodder	1
Elinor Chapman	6	Rebecca Varnone	4	Mitch Hawkins	2	Dean Connolly	1	Carolyn Holt	1
Lesley Finnih	6	Robert Astley	3	Dale Higham	2	Rob Cooper	1	Angela Joyce	1
Marie Motley	6	Andrew Bates	3	Luke Jones	2	Graham Douglas	1	Merav Kinshuck	1
Louise Wam	6	Michael Edwards	3	Andy Keeley	2	Paul Doyle	1	Emily Marshall	1
Joe Abbott	5	John Jensen	3	Shane Knott	2	Neil Hannett	1	Cheryl Pace	1
Eamonn Brady	5	Thomas King	3	James Malone	2	James Hart	1	Sarah Potter	1
Neil Braithwaite	5	Terence Long	3	Paul McGregor	2	Jonathan Hazell	1	Rebecca Price	1
Daniel Coonan	5	Phil Macklin	3	Mark Murphy	2	Gregory Hocking	1	Cristina Puccini	1
Alex Cowin	5	Colin O'Brien	3	Keith Peacock	2	Arron Hodder	1	Victoria Raj	1
Stephen Dipple	5	Michael O'Rourke	3	Steve Pemberton	2	Chris Jones	1	Kathryn Sharkey	1
Jerome Doyle	5	Dan Thomas	3	Harry Rainford	2	Neil Kelly	1	Sue Smith	1
Sam Evans	5	Lee Warburton	3	Bill Sergeson	2	Marc Littlefield	1	Zoe Sumner	1
Stuart Harrison	5	Barry Wheller	3	Mal Taylor	2	Stephen Mannings	1	Rachael Tarbona	1
John Hindley	5	Angela Beresford	3	Olivia Baden	2	George Metinel	1	Rachael Tarbuck	1
Andy Hodson	5	Jo Bruchez-Corbett	3	Dolores Beach	2	Colin Moneypenny	1	Esther Van Ginneken	1
Stephen Renshaw	5	Katie Burrows	3	Emer Breen	2	Ste Robinson	1		

Now with all these PBs you would think that we would be getting faster as a club overall. We all join and go on our own personal journey of improving our times and some move on or stop running, amazing as that seems. Why would anyone want to move on from such a great club? At the sharp end the top 20 runners at 5k, 10k & half marathon have been compared from the last season to the current times. The average time for the top 20 men and women at these distances has been compared and this surprisingly shows that only for men at 5k are we faster than last year. At the other distances we are slower. Individuals are running quicker but the average of the 20 fastest times has slowed for men at 10k and half marathon and for all distances for women. Now why is that? Answers on a postcard please....

Distance	Men		Women	
	2014-15	2015-16	2014-15	2015-16
5k	18:10	17:53	21:26	21:41
10k	37:47	38:01	45:29	47:03
Half Marathon	1:24:33	1:26:52	1:43:11	1:47:40

Club Records

The club records now list the top 20 runners in each age group and these can be found on the club website. I have updated the Open results so that they now include all age groups and are a true "Open" category. In the past they were effectively under 40 for men and under 35 for women. For the Striding Report I will continue to report significant improvements and any "New Entries" in the top 5.

Martin Swensson set a **New Open and M40 Half Marathon Record** with a time of 01:10:33 at Lake Vyrnwy. He also set a New M40 10k Record at the Southport Natterjacks Seaside race. He is definitely not slowing down with age!

Matt Helme set a new 2nd quickest 5k time in the M50 category at the Croxeth Hall parkrun.

Kevin O'Brien set a new 2nd fastest V75 time at 5k at the Mystery in September.

Beth Hankinson improved her 5th fastest 5k time in the FOpen category at the Mystery in September.

Kathryn Sharkey set the 5th fastest F35 time at the English half marathon in September.

Annmarie Williams improved her 5th fastest 5k time for the F45 age group at the Merseyvend event in September.

Rachel Rick became the 4th fastest F55 at 5k in the August Mystery race.

Running time... ...Approximately 30 years!

By Phil Quinn

PLS is 30 years old. And here's how we got started



Gordon (bib 1656) with Nev

Though 1985 seems a long time ago, paradoxically it also seems like yesterday. Torrents of water have passed under the bridge since then but though much has changed there is much that is the same. Considering my own life: I am still resident in the house I bought back in the eighties, I still like to run, never very quickly and now slower than before, ('Still is still moving to me' sang Willie Nelson - I'll settle for that!), then as now I prefer a pint of ale, the likes of 'Thirst Born', 'Nettle

Thrasher' or 'Wobbly Bob' to the fizzy, invariably tasteless, generic brew that goes under the name of 'lager', and I am happy to reveal that I still dearly love each and every one of my five wives... Hold on! That last is obviously an exaggeration and should perhaps more accurately read, I still quite like each of my five wives.

While all this may be so, the knowledge that Wayne Rooney born in 1985, has accumulated 107 caps and plundered 50 goals for his country, and is now in the position of England's leading goalscorer and Beth Tweddle, born in the same year, having had a full career as a gymnast is now retired as the most successful, British gymnast, male or female, helps give one a more accurate appreciation of the passage of time and realisation of the true timegap between then and now.

...Karslake is a short road of sixty five houses running from Stalbridge Avenue at its northern end to the recently cultivated triangle of land bordering Penny Lane to the south. It was to this typical suburban terraced road that Jack Clark moved in 1983. Jack had recently taken up running and was delighted one day to spot a neighbour, all geared up for a run, leaving his house and jogging off towards Penny Lane and the Park. A potential running companion! When the opportunity arose Jack introduced himself and was advised his neighbour was Neville Parsons ... 'Call me Nev'. It was a fortuitous meeting for a close friendship followed, leading in time to an effective working relationship and ultimately, in 1985, to the founding of Penny Lane Striders ...

'Hi dad, Mike here.... Happy new year.' This was the message sent, on 1st January 1985, by Michael Harrison to his dad Ernest, Vodaphone's first chairman. It was a significant call for it was Britain's first mobile phone call and was made from a 'mobile' phone weighing 5kilos, 11lbs in old money! What would the kids say?



Llandudno 10 miler 1989 – spot the current Strider!

On June 30th that same year Michael Phelps was born. He was to become the most decorated Olympian of all time with twenty two medals to his name. At the Athens Olympics in the 200 metres butterfly Phelps took gold followed home

by Liverpoolian Stephen Parry, who picked up the bronze. Coincidentally Stephen is currently working in partnership with Beth Tweddle to help provide access to gymnastics for every child in the country. Coincidentally also, and this is a world exclusive, Stephen attended the same play group as my daughter, Rebecca.

Nationally the 80's was the era of Maggie Thatcher and locally of a Militant council led by Derek Hatton. There was inevitably a conflict of interests, policies and actions between these parties but the council also found itself in opposition to the Labour Party and its leader Neil Kinnock. Unfortunately the people of Liverpool ended up as the meat in an uncompromising sandwich and it was a depressing time for everyone in the city.

The 80's may have been a depressing time for Liverpool politically but it was a tragic period too. Bradford and Heysel in 1985 and Hillsborough in 1989 were three football stadia disasters that have left an indelible mark on people throughout the country and particularly the people of Liverpool. For some the scars will never heal especially for those suffering the loss of loved ones. The pain continues as a fresh inquest on Hillsborough stretches on.

...Over the following months other runners joined Jack and Nev in regular meetings at Jack's place. It was decided to form a running club. Club colours and a club name were agreed upon and so on Thursday 25th July 1985, Jack handed out the now distinctive black and white vests and Penny Lane Striders running club was formed.

At the time Gordon Hall was a tutor and warden at the Derby and Gladstone University Halls on Greenbank Road. At a local 10k race, in which he was participating, Gordon met up with Jack and Nev. He learned the newly formed Striders had no club house and so offered the use of a small self-contained building within the University grounds – the Rumpus Room. As well as providing a home for the Striders, Gordon hoped that by association students would be encouraged and inspired to run. Some were but the take-up was not overwhelming.

In recent weeks (Aug/Sept 2015) many of the student blocks on this site have been demolished and the rooms where some of the early PLS meetings took place, have disappeared along with them.

...On October 22nd 1985, three months after their formation, Penny Lane Striders received a letter from the secretary of the AAA's informing them their affiliation had been approved. The Striders were now officially recognised by athletics' governing body.

Jack, Nev and Gordon would, I am sure, be greatly chuffed, to know that the running club they founded has stood the test of time and is not only still in existence but is also in rude health. They would also be buoyed by the knowledge that while it continues to pursue a variety of sports including cycling, swimming and triathlon, it is running that remains as and at its core.



Women's Team on the 5th anniversary in 1990



XC at Spectrum in 1987

You call it mentoring, I call it a...

BY Nigel Grant

RANT FROM GRANT!

Summer is rarely conducive to ranting but after reading a recent post on the club forum, I found myself unable to prevent my hackles rising (what are your hackles anyway?) with the mention of the word 'mentoring' amongst a number of things it was suggested that our hard-pressed committee should be offering our lovely members.

This is an activity which seems utterly out of place in a running club. A dubious Americanism for the practice of showing lesser mortals how to do things properly, mentoring is a term many of us will have come across in work or in education. However, when we come down to Penny Lane Striders or go running generally, we are usually doing so to get away from work or from studying.

Don't get me wrong, if someone asks me for advice I will do my best to provide it; likewise if I feel I need advice I'll seek out the person I think is best qualified to provide it. It's called helping; we all give help if we are able to, we all receive it; it goes with the territory when you join a club and, believe me, it is immensely valuable in helping a new runner feel part of the club they have joined. Just let's not start dressing it up in fancy Dan terminology designed to make you think you're back in work.

I'm also dubious about how many new members join us because they seek mentoring, though I guess that – almost subconsciously – most realise they'll probably learn a few new tricks. Generally however, new members aren't complete novices and have at least a basic grasp of what running is all about. Okay, they might not be fast but that's why we have a group structure with group leaders – aren't these very committed and charitable individuals already running

Yarrow River 10k trail race

BY Liz Dennett

On Sunday the 20th of September we were at a bit of a loose end so I searched for a race to take part in. Since recovering from injury I'm not keen on running on the road and am leaning more to the multi terrain/off road aspect of running, and to be honest, find it much more interesting than just pounding the streets. So the race was found...

...The Yarrow river 10k trail, which, although it sounds like its somewhere in the outback in Australia, it's actually Chorley!

Sunday morning arrived and away we went up the M6 to Chorley, arriving at a local pub for registration, after numerous toilet visits, as is obviously normal before a race, the obligatory cup of tea and some sustenance for Matt, which for reasons unbeknown to us seemed to be paid for by someone else – don't ask! - we found ourselves at the start of the race.

We set off not knowing where we were, how hilly or what the terrain



Liz and Joan never miss an opportunity to clean their shoes.

'mentors'? This set-up shows the club understands that not everyone is capable of running like Martin Swenson, and that for many people the limit of their ambitions is to get fit, make new friends and generally have some fun – things that generally aren't offered by your workplace, no matter how much your boss is salivating over the benefits of mentoring.

I also think Penny Lane's otherwise sensible group system doesn't lend itself to mentoring activity. Quite rightly, people tend to train with others of roughly the same ability. Implicitly this means that members of particular groups have roughly the same knowledge and awareness of what they should be doing. Sure, discussion may take place surrounding how people have, say, run a race or what shoes they'd recommend, but this could in no way be described as mentoring. In my earlier days, soaking up tales of running achievements recounted by people like Jimmy Walker, Stan Holbrook and even John Kelly (have I really written that?) informed many of the alterations I made to my training schedule and diet.

For me, mentoring would involve more experienced runners sharing the 'knowledge' which they have accumulated over the years with people newer to the sport, as these guys did for me. It can only happen when relative newcomers team up with gnarled old veterans and the older runners are willing to pass on that most valuable of commodities : advice.

As I say, I'll happily bore anyone to tears who wants to hear about all the races I've run, places I've been, training hours I've completed etc etc. And you know what? I won't even charge for the service. Just don't call it ***** mentoring – that's all I ask!

was, there had been some hint in the pre race propaganda that a crossing of a river was involved, but we ran with trepidation...

...Matt obviously left us for the speedier end of the race, whilst we wound our way through forest, up hills, down steep steps, through fields, deep mud and beautiful scenery through the Yarrow country park. After dragging ourselves and our heavy mud caked shoes for a while we arrived at a clearing to the words of a marshall saying "are you going to be our fourth faller of the day into the river?"

Before us was a fairly deep river to cross of freezing cold, but quite clean water, so without hesitation we launched ourselves straight through it, with surprisingly for Jane, beaming smiles on our faces (for those of you that know Jane, you know that she doesn't smile easily).

A few more twists and turns in our now beautifully clean shoes, courtesy of the river Yarrow, yet another cold river crossing and a quick run for home and it was over. We were greeted at the finish by our goody bags, containing one of the best t-shirts we've had, a lovely shiny medal and a shoe bag, along with the obligatory water.

A fantastic race that is a must for all next year, and all for the brilliant price of £10. Then a quick change in the car park from our wet clothes and shoes and we were off in search of the now compulsory tea and cakes after a race, which we found along the way home.

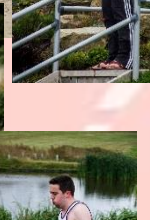
BULLETIN BOARD



NWest Road Relays



Chester Mara



Wigan 10K



Aintree 10K



Clarke's Gardens Xc



Myka wins Sprint tri



St Helens tri



Martin wins Rainford 10k



ENGLISH HALF



SNOWDONIA MARATHON



CLASSIFIEDS

Warm up sessions

Thurs

Garston Lifestyles

From 18:15



Tight calves? Dead legs?
Sore hammies?

Why not try a sports
massage? See Mally

0151 281 1087

07776115497

mallybalmer@btinternet.com

The
Striding
Report

A newsletter for
Readers of all
abilities

Physio

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

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

[www.physio-
liverpool.co.uk](http://www.physio-liverpool.co.uk)
0761184850