

January 2011
edited by
Cristina Puccini

The Striding Report



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From the Editor

Fantastic! Meretricious. And a Happy New Year.

Surely there can be no better way to start 2011 than with another first for PLS: Dave Lovatt competed in the Duathlon World Champs in Edinburgh in September, and tells us how he got there in our special GBtastic report on Page 7.

Then head off to our first XC feature, in which Simone finally disproves the notion that men

are creatures of few words, not to mention fully capable of counting to 10. ☺

Strider of the Month is once again a joint effort, with Mal & Ste keeping the Nutters Section alive and well by wrestling the Para 10 Challenge to the ground.

And if you – like me - have a thing for numbers head off to Stato's new column, with all race results for the past 3 months.

PLS's 25th year has had its share of happy moments and more sombre ones, with the passing of former Chair Ted Lloyd and long standing member Noel Lappin, both fondly remembered by their fellow Striders on page 2.

All that's left for me to do now is to wish you a prosperous 2011.

Send all contributions to the editor at:
thestridingreport@gmail.com

News

Membership News – January 2011

Penny Lane Striders is a friendly club and I am sure that all members will join me in welcoming the new "striders" that have joined in recent months!!

Dave Higham
Emma Dalton
Colm Whelan
Michael Horner
Richard Packer

(As of 11th December 2010)
There are currently 203
Members of
Penny Lane Striders

First of all, I would like to thank everyone involved in making the Penny Lane Christmas Party and Presentation Evening a fantastic success.

Sports Centre Closures: Garston Lifestyles will be closed on Tuesday 21st and Tuesday 28th December. We will however, still congregate on both nights in the car park, for those wanting to burn off the mince pies.

Finally **Merry Christmas!** – Wishing you all a very Merry Christmas and a Happy New Year. Give some thought to your new years resolutions: a PB at your favourite distance? A new challenge? Hopefully not a new club though!! ☺. Training for the spring marathons will begin in earnest after the new year, so don't forget to ask Father Christmas for a new pair of "trainees"!

Happy Running Y'all
Shane



Special points of interest:

- Dave Lovatt duathls it for Team GB at the Duathlon World Champs!
- Stato (Andy Keeley)'s Season Review. All races from September to November covered!

Membership News: Remembering Ted Lloyd and Noel Lappin

Fantastic, great gentleman. So keen and active with the club until a few years ago. He really did put the club first. So fit and running marathon's up to his 70's. His London Marathon time of 3.59.46 in 1998 tells you how fit he was. He once ran round Sefton Park 11 times as his marathon training! Who needs Garmin's? He made my time as men's captain a pleasure with all his knowledge of the sport. Celia (wife) was always there to support Ted and PLS at races. A lovely couple. He is sadly missed.

Tony M

Dear PLS friends,
So very sorry to hear about Ted.
What a gentleman, so kind and an inspiration. Thinking of you all from far away shores.

Lil

Just adding our sincere sympathy to Lynne and to say I (Michelle) will greatly miss Noel, especially at all the Cross Country races, when he was always there in his quiet, gentlemanly way, cheering, supporting and encouraging me up those many hills. I cannot believe he won't be there tomorrow or anymore. He was one great guy and a great runner and 'always came back for more' despite injury and setbacks.

Michelle & John

Noel Lappin was a character. He loved his running, and despite enduring some setbacks and some tough injuries in recent years, he always persevered and kept turning out for the club he loved.

He was a proper strider and will be sadly missed.
Shane

Noel Lappin sadly passed away today R.I.P my mate you will be sadly missed bro love **Peter Doran**

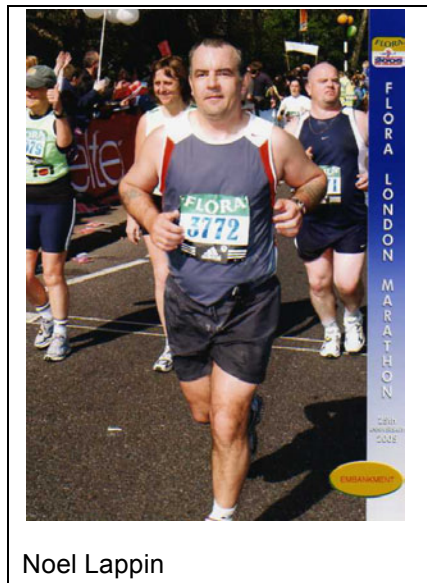
Whilst I being a member of the club for many years I would often to go for a number of weeks without getting down to the club. Ted, however, was always there offering both words of welcome and encouragement. I can only repeat what others have said that Ted was a true gentleman.

Graham P

Ted was a kind and polite person who was always full of praise for the club members. I will never forget Ted especially when i am at tuesday and thursday club sessions in the future. My thoughts go out to his family.

Ted you will be missed

Graham R



Noel Lappin

A terrible shame. Didn't know Noel very well but he seemed like a lovely fella.

Maybe we could ask for a minute's silence before Sunday's XC?

Nige



Ted Lloyd

A true gentleman

Marty

Ted was a gentleman and was proud to be chairman. Our prayers and thoughts to his wife and family.

Mike Devereux

I am very saddened to hear of Ted's death. he was a great gentleman charming, considerate and a fantastic chairman. It's been a few years since Ted been involved in club life but i can assure members old and new that he played a major role in shaping the club that we all get so much pleasure out of now.

Frank Martin

Ted was a kind and polite person who was always full of praise for the club members. I will never forget Ted especially when i am at tuesday and thursday club sessions in the future. My thoughts go out to his family.

Ted you will be missed

Graham R

I was really shocked to hear Noel passed away today. I only saw him the other night at the Christmas Party. Noel was a quiet guy with a great sense of humour. Very kind and determined. I enjoyed our runs together. He'll be sorely missed.

Russell

One of the nicest guys you'll ever meet and in his younger days quite a runner. Noel ran for South Liverpool AC in his younger days With 10k times of 34 min and 5 miles in 28 min. Noel was certainly no slouch, however age and injury gets to us all in the end and he settled into our club easily. Noel was due to do his annual pilgrimage to London and was back enjoying his running with the club. A good family man and I'm proud to say friend. Noel will be greatly missed, certainly by me and all at Penny Lane Striders.

Mal

GE Duathlon World Championships

by D Lovatt



Sit down and relax with your favourite brew as I explain how an ordinary bloke from Garston with a modicum of talent for running (never good enough for a county vest or anything exciting like that) ended up representing his country as an age grouper in the Duathlon. The qualifying is much more interesting than the event so I will start there.

Like most you fellow readers I never knew there was such a thing, even though I had dabbled with Triathlon in the previous year as a way of preserving my dodgy left knee. But what with all the snow we had over the last winter I ran more than usual (there's nowhere better than Allerton golf course in the snow) - this brought two bonuses. First being second overall and 1st Vet for PLS at cross country, and secondly beating one of the coaches (Matt) from my Tri club, Ashurst Bike Club, (ABC) as a second claim member, in a XC race at Sherdley park. Post race we shivered around as you do as Matt explained to another member, who beat us both out of site that he should enter the qualifying races for the Worlds. Pricking up my ears I though hang on, what about me?

Some research via the BTF website revealed for qualifying races, 1st for in each age group get a place with other discretionary places based on time. So off we go to Clumber Park on the 6th of March for the national age group championships with Matt's advice "that no matter what, run flat out to the end, it's all done on time". It was freezing. I ran in a tri suit with tights (running, not women's they tend to ladder)

The initial 10k run was hilly, my legs were stiff from the start and never felt right. I finished in 39.17 wishing that was it for the day. An undulating 40K bike followed and the cramp set in

early in nearly every muscle group, even my eyelashes felt tired but funny enough went reasonably well in 1:10:44 (Avg 19.9 mph for the stats lovers). So, into transition for the final 5k.

As I racked the bike I clocked the bloke next to me: he is in my age group, I tell myself he is wearing *my* GB vest, and give chase despite the fact that I can barely put one foot in front of the other. The pain in my hips and hamstrings is similar to when you have a shocker of a marathon and stumble the last few miles. Still I hang on to the enemy never more than 2 meters away until just before half way, he gets a gap. Five meters now and gaining, we hit the turnaround point at a water station, I prepare for a change of pace, a do or die kick to close the gap, but the legs won't have it, then incredibly he reaches for a drink! It's freezing, we have 1.5k to run, a big tactical error. I close up, I hear John Kelly's voice in my head, *kick straight past don't give him any hope*. I try and fail. We change places a few times, mentally and physically it all feels very dark, I've never been to these depths of effort before for such a long period. I decide to rely on a finishing kick. We get to within 200m and his wife spectating shouts "come on Steve he's in your age group" I flipping know he replies (self edited to protect the innocent) I laugh out loud then spot the finish gantry 50m to go, I must be running at 9 minute mileing but it's faster than Steve and I beat him by 15seconds. I switch from hatred for the man in front to hand shakes and hugs. 5K in 22.40 overall 13th in 2.14.16. I ran flat out through the line. The relevance is that by finishing within 120% of the age group winners time I got the vest (or Tri suit to be exact) Steve didn't.

Stage	Distance	Laps	Arrow
Run 1	10km	4	→
Bike	41.6km	5	→
Run 2	5km	2	→

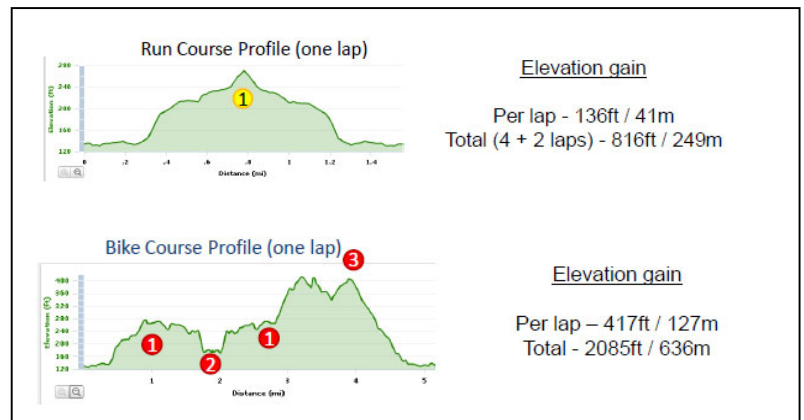
GE Duathlon World Championships

by D Lovatt

To show my dedication to the PLS cause we left the hotel a day early (Joyce was not too impressed) to run for PLS in the final XC race at Runcorn. I could barely walk let alone run, refusing to run up the ski slope while warming up with Mally.

I got confirmation of my GB place on the 2nd of August; I had switched from running to swim training over the summer hence the Harriers 5k times. I had a month to get some running form back. The next 30 days saw at least double sessions nearly every day with 6am bike turbo sessions and running/cycling in the evening, with triple session over weekends, I took to sleeping in the car at lunch time I was so knackered. Amazingly I didn't get injured or ill and made it to Edinburgh having paid my race entry fee (over £100) and bought a GB tri-suit (£90).

Registration and race day were fantastic warm and sunny, loads of different nationalities all really friendly. I was panicking a bit hoping just not to come last. The course around Holyrood Park was spectacular and hilly. I decided on a conservative 1st 10k running the uphill section really steady 8 mins/mile and kicking downhill at 5.30 pace, seemed to work well finished in 40.11. Onto the bike and 5 really hilly laps saw me catch a few more initially but lose them up the hills only to catch again on the manic descent, 40mph on single lane twisty road was loads of fun clocked 1.25.29. A final 5k saw 2 loops of the same up and down course done in 21.35. Finish time of 2.30.17 to be 30th of 57 finishers. My thanks go to my long-suffering wife Joyce, my triathlon-training partner, the ever-cheerful Mally, and to all at PLS, for whilst it was ABC that I competed for it was the running with PLS that got me through. Thanks.



Striders of the Month – Mally Balmer & Ste McNicholas

1) What is your favourite run and why?

Mal: You can't beat an early morning run in Delamere Forest in my opinion and different times of year bring a variety of different sights and challenges. This followed by tea & cakes or an ice cream from the forest tea rooms or a breaky from the old station is defo the way to start your day/weekend.

My best race would have to be the Welsh Castles Relays or London Marathon.

Ste: Tough Guy, because it's nuts!

2) What is your least favourite race and why?

Mal: Any urban fast, flat, short racing snake race. Even though I do them.

Ste: The Mystery 5K. I hate laps and I hate tarmac.

3) What is your most memorable memory in running?

Mal: I'm lucky to have many memories over my time in the club, from finishing the 4 peaks in Ireland with team PLS to crawling through freezing mud in Tough Guy (winter) with Ste Mac. The Grizzly, Man v Horse and The Welsh Castles relays all have special memories but I think it has to be every time I run down The Mall in London.

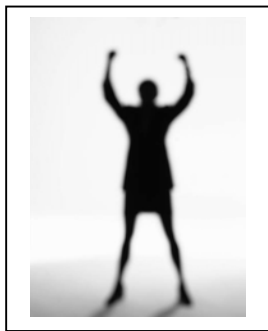
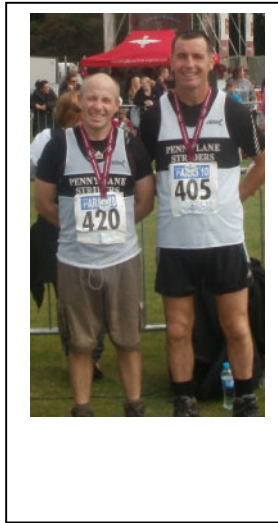
Alternatively any run with Marty is quite memorable.

Ste: Finishing the Amsterdam Marathon in the Olympic Stadium. Hearing the crowd cheering and seeing yourself on the big screen as you are coming around the track to finish is amazing.

4) Tell us something we don't know about you.

Mal: I was in the Royal Tournament in 1984 on the Royal Navy Display Team and received my medal orf Princess Anne for being the button boy (person on the top of the mast) on the mast manning display.

I can do the hornpipe.



Ste: Before I had my operation my name was Stephanie.

5) What or who do you listen to on the run?

Mal: Normally our Ju (I'm now deaf in one ear as is Jimmy Daly) and barefoot frank has some interesting anecdotes too.

Ste: Myself because living with three women it's the only time I get a word in.

6) What is your favourite post run food?

Mal: After long run it's got to be full English for me, shorter runs something with chicken, cheese or tuna.

Ste: Curry, the hotter the better.

7) Who inspires you? Running or otherwise.

Mal: Ted Lloyd and our senior members (yes even Kevin O), when I joined I was shocked how many of the senior members where in the 60s, 70s and 80s and still racing and Ted was doing marathons all over the world in his 70s.

Outside of running probably our Julie, the way she looks after and cares for all her old ones, come to think of it that maybe why she likes running with Jimmy & Kevin.

Ste: The OAP section of the club. Such as Frank or Marty, to think I could still be running when I get to their age, keeps me going.

8) There are lots of running clubs, why do you run with Penny Lane Striders?

Mal: I like the friendly relaxed atmosphere at the club and the banter (p**s takin g*ts) on training nights or at races and the encouragement is defo second to none (again p**s takin g*ts).

Ste: I'm just unlucky I guess. No but seriously, a young man I work with called Mal Balmer talked me into joining, I don't know how long ago it was but he did have hair then.

Striders of the Month – Mally Balmer & Ste Mc Nicholas

9) What's your favourite post race tippie?

Mal: Chocolate milk shake (which is well hidden from Pam I might add).

Ste: Kronenbourg or Stella

10) Do you have any words of wisdom, or top tips for running?

Mal: Set achievable goals and don't worry about the clock. Don't beat yourself up over a bad race they're like buses there'll be another one along shortly, yes even a marathon.

Don't talk to Mandy; she'll have you marathoning before you know it.

And finally don't go near the race pages on the computer when you've had a drink.

Ste: Just put one foot in front of the other as fast as you can. Oh and don't play rugby the day before a race! It doesn't work.

11) What achievement are you most proud of?

Mal: Club wise it would have to be getting us in The Welsh Castles Relays last year. The logistics and organisation were quite a challenge. PS thanks to all who helped, see you next year

Ste: Too many to list, but I guess doing 1hr 29 for the Paras 10 is right up there.

12) Favourite sports?

Mal: Running, Triathlon, Football (though why I don't know, whingeing over paid g*ts), cycling, swimming and athletics.

Ste: Rugby, rugby and more rugby (it's a pity I'm too old now).

13) When you completed the Paras 10 earlier this summer you made the paratrooper selection with time to spare. Tell us about it, and what training tips you would share for any volunteers for the 2011 challenge!

Mal: Do some body conditioning prior to starting i.e circuit training, body pump, weights, etc.

Start breaking your boots in early.

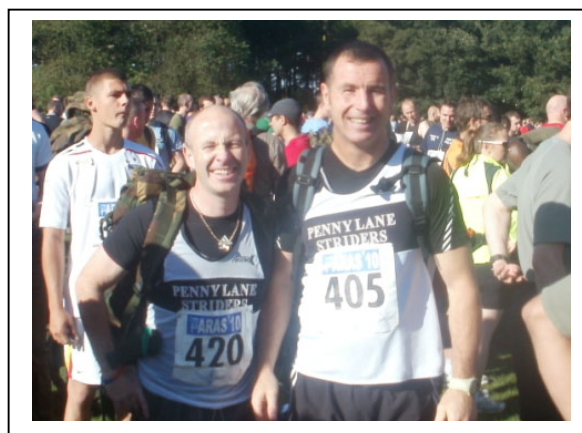
Start training early with a pack of about 10lbs/5kg(ish) and 5 miles and add weight only when you feel confident. Also up your mileage only when comfortable with the weight and distance (full distance is 10 miles).

Take walk breaks every 20 minutes and drink more than you would normally (by the way the water is not included in your pack weight which is 35lbs about 17k)

Don't run more than twice a week with your pack, I only ran once a week.

Don't say to Ste "I've seen this race: what do you think?"

Ste: It was a thoroughly enjoyable race; words can't describe how mad it is running through fields with blown up tanks lying around. I would recommend it to anybody who is mad as a hatter. My training tips would be lots of hills with lots of weight in your backpack, don't be put off with your first couple of runs, it gets easier as you find a comfortable running style.



Thought for the season

By P Quinn

One icy New Year's Eve, some years back, my wife, Mary, and I called in at the Dovedale Towers for a celebratory drink. We finished our drinks and on leaving the premises turned into Penny Lane. Before we knew what was happening we were airborne and in what seemed a perfectly synchronised flying then falling movement, we were dumped unceremoniously on our bums. Staggering unsteadily to our feet, like new born foals, we hoped we had been quick enough for no one to have noticed our unscheduled crash landing. Too late! Already we could hear the strangulated whoops and yells of a bunch of lads who had witnessed the whole aerial display and who as the laughter took hold were themselves struggling to stay on their feet.

Managing to gain some sense of equilibrium I felt justified in yelling across at them in, what it has to be said, was a somewhat superior and sarcastic, if slightly ruffled manner, "Well thanks very much for your help!" This appeared to have the opposite to desired effect and rather than temper their hilarity it

only served to stoke it and so as Mary and I made an inelegant exit, slithering and sliding up the Lane, we did so to the sound of their unrestrained laughter ringing in our ears. Once out of eye and earshot we checked with each other that we were both ok and no bones broken. Then, as they say, if you can't beat them join them, we collapsed laughing.

Last winter was also bad and once again, though earlier this time around, snow and ice have made movement difficult. However bad it is here though we never seem to have it as severe as other parts of the country or indeed other parts of the world. While in Scotland three years ago I met up with Ed a chap from Fairbanks, Alaska, who happened to be a runner. Ed told me that average winter temperatures there are -10C to -20C and that he had run in temperatures of -36C! For such a run he would wear three layers on top, two below and a full head and face covering with spaces, of course, for eyes and mouth. Sometimes the mask would freeze up around the nose and mouth areas and it was necessary to roll it up to assist breathing. Ed would use duct tape around

Thought for the season

By P Quinn

the front of his trainers to keep his feet dry and warm as he ran through the snow. He recalled one occasion returning home to find the tape had lifted and a lump of ice had formed and was sitting, bold as you like, between the tape and the trainer!

As runners we have to contend with all kinds of conditions: snow, ice, wind, sun and rain, whatever the seasons throw at us. Wouldn't it be dull if it were otherwise? The Rhayader Round the Lakes 20 mile Road Race is a toughie with the first 10k of the race essentially uphill. Conditions for the 1992 race were particularly tough and many baled out, returning to Rhayader town and sanctuary. Billy Collinson takes up his story of that year, "It was a bitterly raw day, and after struggling up the mountain in gale force winds, rain sleet and snow I came to a drink station at 6.5 miles.....The force of the wind was so strong it blew out the contents of the cup as I was about to take a drink. I was drenched through, freezing and I decided, 'I'm turning back'. It was a snap decision, one I've never

regretted."

Runners are nothing if not resourceful and I remember a Llandudno '10' in the 90's when the effects of stormy conditions around the coast had put the race at risk. Rocks and stones of all shapes and sizes were thrown up onto the prom and if was only with everyone mucking in that the Start/Finish area was cleared and the race could go ahead – half an hour late. During the recent icy snap I notice that some members have fitted themselves up with head torches and taken themselves off to the parks to run on the grass. It just isn't possible to run on ice, that's a different sport altogether. It's called skating. As I write, the forecast is for more severe weather. No doubt Striders will strive to maintain fitness and adapt their training to the weather conditions that come their way. Whatever happens we would be wise to take the advice of Hill Street Blues' Sergeant Esterhaus, every time we close our door and take to the road, "Let's be careful out there!"

X to the C – Meet the Mud people!

Name: Simone Capponi

Is this your first XC season? No, too many to seem care to remember.

It goes back at least 20 years, which include school because I'm not that old ;-) when running in spikes was a luxury only available to the very talented ones (so not me!) - kids who played football were the luckiest, they already had a kit!

Which is your favourite fixture and why?

Beacon Park in Skelmersdale, with the Hellrunner style "bogs of doom" whatever the weather, and the horizontal rain which seems to fall exactly between 9 and 12 am every year on a Sunday morning in mid-November but never again any other time of the year!

Saying that, many will remember Birchwood earlier in 2010, it was so badly affected by snowfall that it created a 50 metres long, knee-deep bog, and that made my day!

How many seasons have you competed in?

7 seasons with the PLS, I won it once in 2005, came runner up another couple of times (can you check coz I'm not sure *[what the ... am I now, your secretary? Ed]*)

Tell us in less than 10 words what makes you come back! I want to win it again (6 words) because at PLS it's all about personal glory ;-)

Describe your last race in 3 words: Out of breath

Who provides the best after-race refreshments? Clarkes Gardens (but Birchwood have a good display too)

Spikes or Studs? STUDS, purely because spikes gave me a black toe nail which bothered me for ages in the past, otherwise I would recommend spikes to everyone who's looking for speed.



Name: Tarja Kinnunen

Is this your first XC season? No

Which is your favourite fixture and why? Skelmersdale – it feels like a proper XC, with hills and wet dirt that makes it so tough going.

How many seasons have you competed in? This is my 5th or 6th season.

Tell us in less than 10 words what makes you come back! It is a team event, but also good strength work.

Describe your last race in 3 words: Tough, tough, tough.

Who provides the best after-race refreshments? PLS! (Thanks!)

Spikes or Studs? Studs although I am contemplating trying spikes.



X to the C – Meet the Mud people!

Name: Charlie Stanway

Is this your first season? No

Tell us in less than 10 words what makes you come back! They are over quicker than road races.



Describe your last race in 3 words:

Pain. Slime. Cold.

Who provides the best after-race refreshments? Penny Lane of course

Spikes or studs: Studs.

Name: John Connolly

Is this your first season? No

Which is your favourite fixture and why? Walton, no wet soft earth or earthy matter (you said I can't mention mud) and no hills

How many seasons have you competed in? This is my third

Tell us in less than 10 words what makes you come back!

It's a team event so I do it for the team, oh and the glory, natch



Describe your last race in 3 words: come back special

Who provides the best after-race refreshments? Penny Lane

Spikes or studs? Depends on the course.

Name: Andy Keeley

Is this your first season? No

Which is your favourite fixture and why? I like Beacon Park due to the varied terrain and the opportunity to understand the origins of trench foot.

How many seasons have you competed in? Two.

Tell us in less than 10 words what makes you come back!

Team spirit and the love of cold windy wet fields.

Describe your last race in 3 words: Gasping skating fun

Who provides the best after-race refreshments? Us.

Spikes or Studs? Studs



Personal Profile – Nigel Grant



Occupation: spending someone else's money

Why did you join PLS? 2 stints; first time, to improve; 2nd time, because Mossley Hill were gobbling up South Liverpool

Running likes? Winning !

How long have you been running? 25 years

Running dislikes? steeplechase; nice distance ruined by a load of daft obstacles and a big puddle

Favourite male runner: the bloke I've just passed

Favourite female runner: the club's lady champion in 1996.

Favourite non running person: my Mum

Favourite race: Christleton 5k

Least favourite's race: Parbold Hill Race

Favourite drink: Deuchar's IPA

Least favourite drink: gassy lagers

Favourite food: pasta

Least favourite food: humble pie

Favourite holiday: France 98

What is your idea of happiness: "...and Scotland have scored!!!"

Favourite song: Born to Run (honest!)

Favourite male singer: Bruce Springsteen

Favourite female singer: Nanci Griffith

Favourite group: Proclaimers

What do you always carry on you: my genitals.

Best running moment: winning Mersey Tunnel 10k in 1998 (was presented with a big cup and a cheque for £200 as soon as left the tunnel !)

Worst running moment: London Marathon 1998; hit the wall big style, spent time in an ambulance before being chased into a tube station as though I was a criminal by people thinking I was taking a short-cut

My most appealing trait: that's for others to say

Most unappealing trait: impatience (will this interview ever end ?)

Favourite running shoe: Asics

Favourite film: Midnight Express.

Personal bests over the classic distances:

Distance	Time	Race	Year
5k	15:53	Christleton	1999
5M	26:32	Croxteth Park	
10k	32:49	Chester Zoo	1995 & 97
10M	53:53	Llandudno	1996
Half marathon	1:11:59	4 Villages	2000
Marathon	2:38:36	Manchester	1996

Race Calendar

January

Sat	1	Joe Salt New Year's Day Multi-Terrain Awakener Race (4.2 miles), Whitworth, nr. Rochdale
Sat	1	20th New Years Day Hangover 5 Mile Road Race, Whatstandwell, Cleethorpes New Years Day 10k
Sun	2	Central Lancashire New Year Half Marathon, Catforth, nr. Preston
Sun	2	Alexandra Park 5k, Greater Manchester
Sun	2	Delamere Dash Trail Race (6 miles) & 2 Mile Fun Run, Delamere Forest
Sat	8	Merseyside Championships, Stadt Moers Park, Huyton
Sun	9	Garstang 10k, nr. Preston
Sun	9	Hit the Trail 5, Reddish Vale, Stockport
Sun	16	Sunday League Race 4, XC – Runcorn Town Park
Sun	23	30th Shell Four Villages Half Marathon, Helsby
Sun	23	Brass Monkey Run Half Marathon, York
Sun	23	Chernobyl 10k, Walton-le-Dale, Preston
Sat	29	Northern Cross Country Championships, Sunderland

February

Sun	6	Liverpool & District Championship XC
Sun	6	Asics Alsager 5 (miles), Alsager, Cheshire
Sun	6	Radcliffe AC 10 Mile Trail Race, Radcliffe, Manchester
Sun	6	Wild Zoo 5 (miles), Blackpool Zoo
Sun	6	Alexandra Park 5k, Greater Manchester
Sun	6	Mad Dog Seaside 10k Run, Southport
Sat	12	41st Parbold Hill Race, nr. Wigan (6.74 miles - hilly)
Sat	12	The Action Duchenne Love Run 10K, Prestwich, Manchester
Sun	13	Winter Hill Fell Race, Rivington, Horwich, Bolton
Sun	13	Llandudno Nick Beer 10K Race
Sat	19	Standish Hall Trail Race, nr. Wigan (10K trail)
Sat	19	English Nationals XC, Alton Towers
Sun	20	Central Lancashire 5k, Bolton
Sun	27	Sunday League Race 5, XC – Walton Park
Sun	27	22nd Great North West Half Marathon, Blackpool
Sun	27	High Legh Robert Moffat Memorial 10k, Knutsford, Cheshire
Sun	27	Lostock 6 (miles), Lostock nr Horwich, Bolton

Stato's Report

by Andy Keeley

Road Season

The road season came to a close at the end of October. What a bumper year it has been with 821 eligible times logged in the last 12 months with the breakdown shown below. The most popular distances were 5km and 10km. An impressive 43 marathons were also completed. It is interesting that there is no significant difference between the men and women in terms of preferred distances with the distribution of races run almost identical.

Distance	Men	%	Women	%
5 km	177	31%	80	32%
5 mile	82	14%	31	12%
10 km	152	27%	71	28%
10 mile	46	8%	20	8%
Half Marathon	83	15%	36	14%
Marathon	30	5%	13	5%

A total of 97 men ran 570 qualifying times while 49 women posted 251 eligible times. The most prolific road runner was Mark Finch with 28 times posted, followed by Martin Swensson and Andrew Stansfield on 20. For the Ladies Jane Eardley clocked 18 qualifying times followed by Michele Kelly with 15.

	Men	No. of races		Women	No. of races
1	M Finch	28	1	J Eardley	18
2	M Swensson	20	3	M Kelly	15
	A Stansfield	20		C Houghton	13
4	P Riley	18		J Hallows	13
5	D Pinnington	17	5	P Thurtle	12
	S Pemberton	17		C Nevin	12
	S Knott	17	7	E Nopondo	11
8	M Hirrell	16	8	M Conaghan	10
9	T Warn	14	9	M Motley	9
	S McNicholas	14		E Lynan	9
	N Kelly	14		E Lucy	9
12	N Grant	13	12	J Dyer	8
	R Burnham	13		C Carson	8
14	T Man	12	14	J Hayes	7
	A Keeley	12		V Desborough	7
	M Hargreaves	12		M Cobourn	7
	R Hardwick	12			

Club Records

m Warn has done a great job of updating the club records and they can now be seen on the web site. Getting some of the early performances has been a challenge and there may still be some fast times completed in the past that have not been entered. If you have any information on previous records please pass them on to me. Based on the current information we have had a number of new additions to the records in the last year.

MOpen – **Martin Swensson** posted improved times at every distance and is now the club record holder for 5 mile.

M45 – **Adrian Loughrey** clocked the 4th fastest marathon time at Krakow for the over 45s.

M50 – **Dave Lovatt** is now the 4th fastest at 5km in his age group.

M55 – **Steve Pemberton** is 3rd fastest at 5km for this group.

M60 – **Tim Warn** set a new record at 5km and reached 3rd fastest at 5m and 10m and 4th fastest at 10km.
Mike Devereux clocked the 3rd fastest 5km, 4th fastest 5m and 5th fastest 10m.
Bill Hargreaves is now the 4th fastest over 60 at 5km.

M65 – **Tony Hewitson** clocked the 3rd fastest 5km time for the over 65s.
Pete Pritchard also clocked the 5th fastest 10km time.

M70 – **Keith O'Brien** logged the 4th fastest time at 5km.

FOpen – **Maria Conaghan** clocked new club records at 5km, 10km and marathon and 2nd fastest time at half marathon.
Pam Thurtle set a new second fastest at 5km.
Emma Lucy set a new 3rd fastest 5km time.
Jane Eardley also set a new 5th fastest time at 5km.

F35 – **Jane Hallows** set a new 4th fastest at 5km for the over 35s.

F40 – **Naomi Fowls** is now 4th fastest at 5km and also at 10m in the over 40 category.
Joanne Hart ran the 4th fastest 10km.
Tarja Kinnunen recorded the 3rd fastest 10m.
Cristina Puccini has improved her club record for the marathon by 5 minutes and also managed the 5th fastest half marathon time.
Ranj Moses the 4th fastest marathon in this age group.

F45 – **Gill Darby**, more at home on the hills, has now achieved the 4th fastest 10km.
Mandy Jones set the 4th fastest marathon for the over 45s.

F50 – **Michele Kelly** has now clocked the 2nd fastest 5km and the 5th fastest 5m, 10km & 10m in this age group.
Val Desborough now has the 3rd fastest 10km and the 2nd fastest marathon.

F55 – **Chris Carson** set new records at 5km, 5m and 10km in this age group.
Ann Clarkson managed the 5th fastest 10km time.

F60 – **Eileen Burke** managed a new 3rd fastest 10km time in this age group.
J Adams set the 4th fastest 10km time for the over 60s.

September 2010**04/09/10 - Hilton Illuminations
10k**

Luke Parker	38:01
Neil Kelly	39:13
Maria Conaghan	41:17

05/09/10 - Salford 10k

Andy Keeley	40.08
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**09/09/10 - Wavertree Mystery
5k**

Nigel Grant	17:40
Mark Hargreaves	17:47
Luke Parker	18:21
Dave Lovatt	18:49
Andy Keeley	19:01
Marty Hirrell	19:04
Eamon Brady	19:07
Mark Wharmby	19:24
Steve Pemberton	19:39
Tony Man	19:44
David Owens	19:51
Graham Beardsmore	20:27
Graham Randfield	20:30
Mark Finch	20:47
Andrew Stansfield	20:50
Emma Lucy	21:01
Danny Taylor	21:22
Dave Lynan	21:37
Sarah Hodgson	21:44
Jane Eardley	21:45
Natalie Cooper	21:57
Andrew Leslie	22:08
Richard Birks	22:10
Mike Devereux	22:17
David Pease	22:48
Mike Roxburgh	23:06
Michelle Cobarn	23:13
Naomi Fowlis	23:29
Judith Dyer	23:39
Shane Knott	24:04
Carolyn Houghton	24:20
Cath Nevin	24:46
Tony Hewitson	24:49
Chris Carson	25:37

V55 record**11/09/10 - Penistone Show
10k**

Mark Hargreaves	38.17
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12/09/10 - Hoylake 10k

Luke Parker	37:30 PB
Michele Coburn	48:05
Kelly Atterbury	49:21
Terence Long	49:22
Cath Nevin	51:14
Carolyn Houghton	51:19
Reg Armstrong	56:17

12/09/10 - Nottingham Marathon

Val Desborough	4:18:52
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**12/09/10 - Athlete Matters Trail
Race**

Dave Pinnington	32.21
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12/09/10 - Gawsworth Hall 10k

Mark Finch	49:53
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**12/09/10 - Lake Vyrnwy Half
Marathon**

Neil Kelly	1:22:25 PB
Maria Conaghan	1:28:41 PB
Jane Eardley	1:40.04

19/09/10 - Great North Run

Ian McNeill	1:33:27
Andrew Stansfield	1:34:04 PB

19/09/10 - Guilden Sutton 10k

Derek Ashcroft	40.01
Ste McNicholas	40.48
Jane Hallows	48.39
Rob Hardwick	48.40

**19/09/10 - Garstang Half
Marathon****(reduced to 11.8 miles due to
flooding)**

Andrew Keeley	1:19:51
Adrian Loughrey	1:22:10
Mark Finch	1:35:08
Mike Roxburgh	1:40:02
Nathan Walker	1:41:24
Russell Burnham	1:42:25

26/09/10 - Run Preston 10k

Martin Swensson	35:08
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26/09/10 - Ormskirk 10k

Andrew Leslie	46:30 PB
Mike Roxburgh	48:51 PB
Richard Houston	49:47

Russell Burnham	50:55
Karen Grady	54:39 PB
Marie Motley	54:49 PB

26/09/10 - Pennington Flash 5m Trail

Clay Lenhart	33.12
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26/09/10 - Swinton 10 Mile

Barry Bright	1:11:27
Emma Lucy	1:16:29
Naomi Fowlis	1:18:38
Steve Pemberton	1:20:12
Michelle Kelly	1:25:08

26/09/10 - Macclesfield Half Marathon

Marty Hirrell	1:33:34
Jane Hallows	1:59.21
Rob Hardwick	1.59.22
Althea Dean	2:14:14

October 2010**2/10/10 - Penmaenpool (Wales)
10 Trail Race**

Michelle Kelly	1.26.17 1st LV50
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3/10/10 - Liverpool 10k

Marc Wharmby	40:12
Derek Ashcroft	40:55 2nd M55
Marty Hirrell	41:09
Graham Beardsmore	41:55
Andrew Stansfield	42:53
Mark Finch	44:28
Andrew Leslie	46:14
Steve Pemberton	46:35
Michelle Cobourn	47:52
Mike Roberts	48:38
Terence Long	49:18
Valerie Desborough	49:22
Richard Houston	49:42
Robin Ireland	51:05
Tony Hewitson	51:16 1st M65
Dave Woodhall	51:34
Christina Carson	52:57 1st F55
Karen Grady	53:18
David Crawford	55:19

Stato's Report

by Andy Keeley

Paul Dimeck 57:40
 Keith Steen 59:11
Philip Murray 59:53 3rd M70
 Susan Towner 1:06:03
 Judith Adams 1:06:03

03/10/10 - English Half Marathon - Warrington

Adrian Loughrey 1:28:09
 Ste McNicholas 1:30:04
 Graham Halsall 1:36:23
 Dave Owens 1:36:45
 Gary Whitfield 1:41:55
 Ben Carr 1:47:42
Mike Roxburgh 1:49:17 PB
 David Pease 1:49:55
 Judith Dyer 1:54:16
 Russell Burnham 1:54:50
 Gillian Hyland 2:01:22
 Lucy Gerrard 2:01:22
 Joanne Hayes 2:01:52

09/10/10 - Self Transcendence 10K, London

Tim Fletcher 39.19 PB

10/10/10 - Leicester Marathon

David Gillies 4:23:06

10/10/10 - Leicester Half Marathon

Andrew Stansfield 1.37.03

10/10/10 - Naterjacks 10k Southport

Martin Swensson 35:01
 Tony Man 40:24
 Paul Riley 43:09
 Mark Finch 44:25
 Emma Lucy 45:16
 Michael Roberts 48:30
 Nathan Walker 48:36
 Elizabeth Lynan 48:58
 Michelle Cobourn 49:04
 Terence Long 50:22
 Shane Knott 50:28
 Rob Ireland 53:17
 Carolyn Houghton 54:14
 Philip Murray 1:00:57

10/10/10 - Gin Pit 5 Trail Race

Gill Darby 42.33
 Sam Darby 42.34

10/10/10 - Congleton Half Marathon

Andrew Keeley 1:27:29
 Barry Bright 1:41:18

17/10/10 - Green Drive Five - Lytham

Neil Kelly 30:10

17/10/10 - Cardiff Half Marathon

Kelly Atterbury 1:46:50

24/10/10 - Alderley Edge Bypass 5

Jane Eardley 35:22
 Shane Knott 39:06
 Carolyn Houghton 40:21

24/10/10 - Bupa Great South Run (10 Mile)

Luke Parker 1:06:15

24/10/10 - Lea Town 10k

Pam Thurtle 44:08

24/10/10 - Pickering & Moors 10k MT North Yorkshire

Judith Adams 1:09:16

30/10/10 - Snowdonia Marathon

Dave Owens 4:21:05 PB

31/10/10 - Guy Fawkes 10 - Ripley

Chris Anderson 1:33:15

November 2010

7/11/10 - Derwentwater 10

David Cain 1:13:55
 Susan Cain 1:17:56

7/11/10 - Abergele 5

Mark Hargreaves 29:56, 17th overall, 2nd MV35

7/11/10 - Lancaster Half Marathon

Mark Sullivan 1:33:16
 Mike Roberts 1:48:05
 Johnan Urshitz 2:11:05

20/11/10 - Brampton to Carlisle 10m

Andrew Stansfield 1:09:58

21/11/10 - Preston 10 mile

Martin Swensson 57:13 5th
 Simone Capponi 1:04:51
 Stephen McNicholas 1:07:51
 Martin Hirrell 1:07:32
 Mark Finch 1:12:09
 Terence Long 1:24:03
 Michelle Kelly 1:24:46
 Catherine Nevin 1:26:57

21/11/10 - Conway Half Marathon

Luke Parker 1.27.11
 Mark Sullivan 1.33.05
 Jane Erdley 1.40.32
 Natalie Cooper 1.41.41
 Emma Lucy 1.44.04
 Naomi Fowles 1.45.11
 Marc Wharmby 1.45.56
 David Lynan 1.46.21
 Liz Lynan 1.52.05
 Dave Owens 1.52.46
 Michelle Cobourn 2.00.40

27/11/10 - Wesham 10k

Mike Roberts 47:12

28/11/10 - The Best 5k Race Preston

Terence Long 23.58

28/11/10 - Firenze Marathon

Cristina Puccini 3:27:45 pb F40 record
 Mandy Jones 3:44:20
Tony Hargreaves 4:03:47 pb

28/11/10 - Benidorm Half Marathon

Mark Finch 1.37.40 pb
 Keith Boyle 1.59.26

The view from the back – Alderley Edge: Run the bypass 5 mile Race

Sunday 24th October 2010

WE MEET HERE:

Garston Sports
Centre Long
Lane Liverpool

18:45 Tue &
Thu

E-Mail:

Pennylanestridders
@btinternet.com

Visit our website:

www.pennylanest
ridersrunningclub.
co.uk



*A view of the route from
above*

Race Description

To mark the opening of the A34 Alderley Edge and Nether Alderley bypass, representatives from Nether Alderley Parish Council, Alderley Edge Rotary Club, Wilmslow Running Club, Seashell Trust, and the Combined Charities Christmas Shops have come together to provide us with the opportunity to run,

or walk, the bypass before it is open to traffic – in support of local charities and good causes. The Route is 2 ½ miles out and back along the same road.



The view from the start line

Race Review:

Riveting.

Penny Lane Finishers

Jane Eardley - TBC

Shane Knott – 38.43

Carolyn Houghton – 39.51

And in the next issue...

Ask Dr Marty returns! Like batman, only without the cape. Or the batmobile.

More cross training tips coming your way. See how cycling can complement your running.



Classifieds



25TH ANNIVERSARY HISTORY

If you haven't bought a copy of the book so far (200+ pages including reference sections and over 100 pictures), contact details can be found on the PLS website shop link.

Circuit Training

Monday 7pm to
8pm - £3

Greenbank Gym
@ IM Marsh
College
Barkhill Road
Liverpool 18



Tight calves? Dead legs?
Sore hammies?

Why not try a sports
massage? See Mally

0151 281 1087

07776115497

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