

November 2011

edited by
Cristina Puccini

The Striding Report



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From the Editor

Now that all the excitement for the return of the marathon to Liverpool has passed, one could be forgiven for thinking we're at the end of the racing season, with everything winding down for the winter.

But before anyone starts going on about how many shopping days are left before Christmas, let me reassure you that PLS does not go into hibernation.

As winter approaches we see the start of the Cross Country season – if you're new to this Frank Martin's beginner's guide on Page 9 is just the thing for you! – not to mention another few interesting events such as the Lamplight Handicap 5k Race and the traditional Christmas Devil's Gallop, which takes place the Sunday morning before Christmas and is followed by a hearty breakfast at a well known local hostelry, where we have been known to take

over the entire first floor!

So there you have it, no reason to be glum as the long nights draw in.

Grab your day-glo vest and a few flashing lights and join us! It's the best way to fight off the winter blues and make sure you're fully fit for the Four Villages. Trust me, that one will be coming up sooner than you think...

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

News

Following in the footsteps of last year's resounding success, Tuesday 8th November sees the return of the Lamplight 5k Handicap.

The race takes place on Otterspool Promenade and the £ 5 entry fee covers:

- race
- free raffle
- Curry & Chips

Race HQ is the Police club.

The race will start promptly at 7:00pm and consists of an out and back route along the prom. Make sure you get your ticket from John Kelly in

advance on Tuesday training nights, as there will be no entries on the night.

John told the Striding Report "Last November we had 83 entries - it would be great if we could exceed this figure!"

A somewhat different kind of fixture is set for the last weekend in November, when a number of Striders will join Marty Hirrell for a *cultural* weekend in Benidorm to celebrate his impending nuptials to Anne. And to run the local half marathon, of course!

The Christmas party returns on Friday 2nd December!

With the Awards Night moved to a new summer slot, the PLS xmas shindig promises to bring a tinseltastic end to the club's social 2011 calendar.

Social Secretary and November Strider of the Month Eunice Nopondo says fancy dress is encouraged [*not that Paul Riley needs any more encouragement...Ed*] and great food awaits!



Special points of interest:

- Frank Martin in Mersey Baywatch remake shocker!
- Bologna half marathon? 'Load of cobbles' says Simo
- Striders at the olympics? See above.

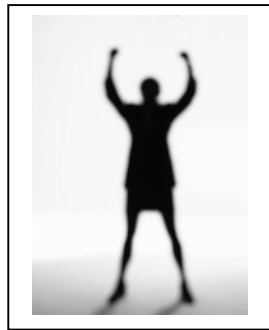
Membership News

by Shane Knott

Membership News – November 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!!

*Jennifer Waring
Ewan Dawick
Holly Suckling
Anne Kavanagh
Andrew Delaney
Colin O'Brien
Joanne Crawford
Peter Brown
Anna Zuckowska
James McNally
Owen Jones
Simon Rushton
Martha Betson
Graeme Hind
Kevin Sheahan*



well done to Mandy Jones of the Team PLS International Club for representin' in the Chicago Marathon on the same day – and Mike Roberts for being the sole strider in the Chester Marathon (maybe next year we will have different dates for these two races eh??!!)

Barry Bright – Thanks very much to Barry for organizing the water station on behalf of the club!

Great PR for the club – look out for the Northern Running Guide, feature article on Rachel Rick. Good work Rach!!

Cross Country Season: As we lose an hours sleep and the days get shorter, its time to put on your spikes and get muddy. The first cross country fixture of the season is in Clarkes Gardens hosted by Penny Lane Striders on Sunday 30th October. We would love to see as many of you there as possible to support this. Tim is arranging cross country training every Saturday morning at 9am in Clarkes Gardens.

Parkrun Volunteers Wanted – As usual, the parkrun every Saturday – the event depends entirely on the volunteers turning up to help organize and marshall, so if you have a free Saturday morning, get in touch with Me, Mike Roxburgh or Russell and come along to help out!

Christmas Party – Look forward to seeing you all at the Christmas Party on Friday 2nd December for fun & japes. This year's event includes the draw for the clubs 4 London Marathon places for all those who have submitted their rejection slips to Chris Carson. This year has to be my year... surely!! ☺

Happy Running Y'all

Shane

*(As of 19th October 2011) There are currently
275 Members of Penny Lane Striders*

Marathon Mania! A MASSIVE congratulations to the 61 members of PLS that took part in the Liverpool Marathon on 9th October. You were supported by around 25 member volunteers and countless other members en route as you bravely footed your way around a tough course along with thousands of other runners. Well done to all who ran, supported and handed out water, sweets and filthy tasting Gatorade courtesyofbarclaysthankeyouverymuchforge ggingin!

Marathon Mania continued...! Wouldn't be fair to mention marathons and not say

Follow the club on

Facebook and Twitter:

@TeamPLS1985

Strider of the Month – Eunice Nopondo

by R Rick



Memories are made of this: Eunice dances her way to 26.2 miles!

1. What is your favourite run and why?

I love the parkrun; anyone can join in, it's every week come hail rain or snow, and you have a chance to encourage people who are just starting out. I love volunteering at the parkrun too, because it's a great way of contributing.

2. What is your least favourite race and why?

I don't really have a least favourite race but generally I am not a big fan of 5k's. I know it's a bit contradictory having said I embrace Parkrun! I'm not a fast runner and I prefer distance runs. My best 5k time has been 26 minutes!

3. What is your most memorable memory in running?

It has to be The Liverpool Marathon! Throughout the summer I kept getting bitten by horseflies and at one point ended up on a drip in the Royal hospital. Over a 3 month period I had 4 lots of antibiotics due to an allergic reaction. Unfortunately, I only got up to 13 miles in the training and as a result didn't even attempt to enter the marathon.

I turned up at the Bugruns 20 mile time trial on the cycle track in August thinking I'd give it a go - Chris Carson was out on her bike that morning and encouraged me along, she later offered me her number for the marathon, and again like so many others she spurred me on. It was my first marathon, and it was great being on the doorstep. I so wanted to relax, soak it up and really enjoy the

experience. I ran with Kevin, Pauline and Shelly to start off and for part of the way with Johann who made sure I didn't over-stretch myself. We both laughed and danced wherever there was music! I saw lots of people on the route I hadn't seen for years and seeing as I didn't intend to do it, it turned out to be a nice surprise and a fantastic experience particularly the PLS waterstation.

I didn't sleep for about 4 nights afterwards, and couldn't even sit still. I had a holiday booked in Tenerife, and just crashed out there!

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

I'm a qualified Zumba instructor. I run classes on a Wednesday and Sunday, but I'm not telling you where!

I am going to really miss my mate Chris Hargreaves when she goes out to live in Australia.

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

My taste in music is eclectic - I listen to anything from gangster rap to Elvis. I usually like house music when I'm running, but I just put my ipod onto shuffle and off I go!

6. What is your favourite post run food?

Before a long run I like a huge breakfast - porridge, banana, honey, bagels. It makes me feel "strong like bull". Afterwards, I love my John's couscous with vegetable curry chick peas & spinach.



What is it? 10 laps? Eunice can't get enough Parkrun!

Strider of the Month – Eunice Nopondo

by R Rick

7. Who inspires you? Running or otherwise.

Liz Loughrey. I met Liz when I first joined PLS, almost 16 years ago. She was always there for me and gave me sound advice and tips on running. She's still running now, and it's wonderful to see her again. If I'm still mobile when I'm Liz's age I'll be a happy bunny. For me, she personifies what running is all about – enjoying it for life!

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

Because it's the best club on the planet. I first joined PLS when my children were young, but I had to stop because of childcare commitments. When my youngest daughter was 17 she wanted to start running but not on her own so we joined PLS together. It was fantastic to see the same people I'd met at the club over 15 years earlier – Tony Mann, Nigel Grant, Joe McGlynn, Kris and Alan Cahill. I remember Tony giving me a lift to my first ever half-marathon in Wilmslow in 1996. I had an amazing day – I'd never run in the countryside before and I got a cracking t-shirt that I wore for years & years after! When I came back in 2009 I felt at home straight away. I love that the club is inclusive. There's an equality – whatever your background, whatever your capability, people encourage and support you.

9. What's your favourite post-race tippie?

I love Chocolate milk-shake or if I'm going down the pub a glass of Guinness

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

My mum used to say: 'The World belongs to those who turn up'. That's my philosophy too!

11. What achievement are you most proud of?

I'm proud of every race I finish. But I'm glad

Frank Martin introduced me to Cross Country and also inspired me to have a go at the relay tri swimming event.

12. How have you coped with the pressures of being Social Secretary?

I took over from Eileen Burke about a year ago. I was really nervous, because she had done such a great job. We have the Christmas Party coming up – it'll be on 2nd December this year. We have separated it from Awards evening, which will be at the end of the season. Striders who want to do Fancy Dress can do that! We're hoping that aspiring master chefs will contribute. Last year we have fabulous dishes from Frank Martin, Tony Mann and Sue Derveureux to name but a few. Shelly has already promised her now-famous cheesecake, for this year, so let's get this party started! Don't be shy!



Synchronised Striding – Eunice & Johann at the Liverpool marathon

RTU Half Marathon Bologna

by S Capponi



It was very hot even before the start at 0930, between 25 and 30C. I was sweating just standing there chatting to the other runners!

The start, from piazza Maggiore, was fast.

In fact the whole race, being totally flat, meant the pace was supposed to be high, which worked until the 5k point, then the heat got the best of me and I started feeling my whole body getting heavier due to lack of oxygen... I was reaching melting temperature!

I threw buckets of water over me, and drank like a camel, but only at 15k point my legs started to roll a bit better. Maybe it's because I'm preparing for a marathon: they needed some time to wake up!

Running on cobbles would put many people at PLS off racing completely, but not me.... In one particular spot I had lots of fun hopping rather than running to avoid some cobbles that were like spikes!

Running through Bologna city centre meant seeing all the amazing old buildings, churches and the scenery that Bologna has to offer, and that alone was priceless, plus many bands played along the route, so many in fact, they had to map each spot on the route for the spectators!

When I passed under the famous landmark towers, a big round of applause greeted me but sadly it wasn't for me, it was for the band

playing in that spot!

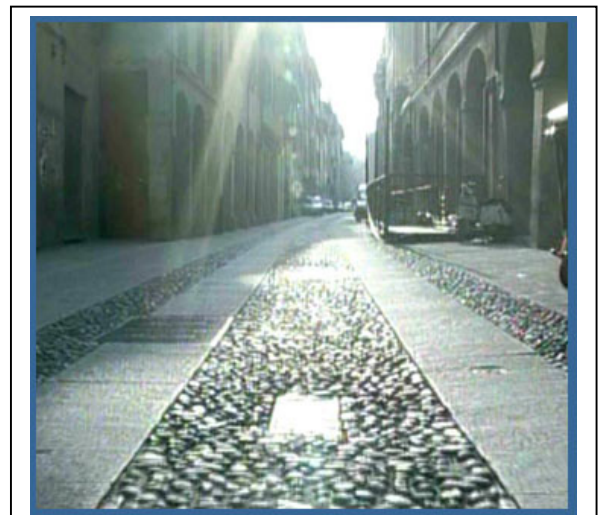


One of the many bands along the course

There was a lot of support along the way other than music, especially from my cousin Davide's running club mates, Pasta Granarolo, and even a healthy competition with one of the guys, Enrico, who passed me at 5k when the struggle started but I nearly caught near the end!

Later I found out he trained all summer on the beach..... That's an unfair advantage for sure!

The last 5k were the best part, spoiled only by a little contraction in my left hamstring at 800mt to the end, so I nearly had to drag that leg to the finishing line!



The dreaded killer cobbles of Via Pratese

RTU Half Marathon Bologna

by S Capponi

I ran without a stop watch, as I normally do lately in races, but that's another story altogether, so when I turned the last corner in Piazza Maggiore, seeing I was going to make it under 1:30 (1:29:56) gave me the strength for a final sprint!



Photo finish!

Some of you are wondering why I haven't mentioned my dad Mariano, the original of the Capponi family's runners legacy...

He had a knee operation in July and he was still on rehab, but he'll be back! He couldn't run on this occasion but he was there to cheer us from the sideline and took lots of cool pics!



One happy Simone sporting a stylish medal

Definitely a race TO DO if you are preparing an autumn marathon, and a fantastic chance to see possibly the most beautiful and underrated city in Italy! *[I'll give you underrated, but most beautiful is already taken, sorry ;-)* Ed]

That's where the name "Spaghetti Bolognese" comes from by the way!!!

But don't you go asking for it in Bologna, they don't know what it is over there, it's a secret formula known only in the UK!



Stretching the Truth

by K Grady

We all have a little stretch after a run. But are we doing harm or good? Many clubs struggle with counting a physio in their ranks, but not PLS – we have two! Over the next two issues Karen Grady debunks a few myths around the arcane art of stretching and gives advice on what makes a good routine for runners.

Ask a runner whether they regularly stretch and the typical answer is: “Oh... well, yes of course, everyone knows it’s important... I mean, I might not stretch after *every* run but I do them when I can... well, I get a couple in... for a good few seconds... ok, I do some sort of lunge position while I’m chatting to the other runners after a session. That counts, right?”

The fact is, most people aren’t sure exactly how long to do a stretch for, how many to do, what kind of stretch works best, or when to do them. And many runners don’t really do them but have no problems at all – so are stretches really that important?

Runners aren’t alone in their confusion over the question of stretching. There’s lots of scientific research out there on all aspects of stretching, but there’s also lots of contradictions, inconclusive reports or just rubbish science.

In this article I attempt to unravel some of the latest scientific research to shed light on some of the common beliefs about stretching.

Stretches makes your muscles longer: FACT (with a but...)

Stretching has been shown to make your muscle longer, which in turn gives you a bigger pain-free range of movement.

But a quick 10 second pose once a week isn’t going to get the job done. Some studies have found muscle length doesn’t increase until you hold a stretch for at least 30 seconds, while others have found the stretch effect diminishes if you go over 60 seconds (this

could be down to loss of concentration and subtly easing off).

One study found hamstrings do get longer with 3 lots of 30 second stretches, but this extra length only lasts up to 24 hours, with the initial effects wearing off after 15 minutes. And another study suggested you should be doing 5 lots of 60 seconds (ie 5 minutes), or 4 lots of 90 seconds (ie. 6 minutes) in order to get a prolonged effect, but went on to conclude that in order to effectively work through every muscle group you’d be looking at a stretching session lasting around an hour. Not the most practical of suggestions!

The research hasn’t made its mind up on the golden rule for how long to hold a stretch and how many to do, but aiming for 30 seconds, around 3 sets, and doing them every day is a good place to start.

Bouncing at the end of a stretch gives a better effect: FACT... but still a no-no

Holding a stretch and then “bouncing” at the end (known as ballistic stretching) does stretch the muscle further than just regular stretching, but it is used by elite athletes at the later stages of their training, and generally for sports requiring super stretchiness like ballet or gymnastics.

For us regular folk, adding a quick bounce causes a strong reflex muscle contraction, which can increase the chances of over-stretch and injury. So stick to keeping still.

Karen’s article continues in the next issue

Personal Profile – Charlie Stanway



Occupation: Postman

Why did you join pls? To get fit

Running likes: Fresh Air

How long have you been running? About 18 years

Running dislikes: Marathons and early starts.

Favourite male runner: David Bedford

Favourite female runner: Paula Radcliffe

Favourite non running person: David Attenborough

Favourite race: The old Waterloo 15k

Least favourite race: Anything over half marathon

Favourite drink: Cider

Least favourite drink: Lager

Favourite food: A proper steak & kidney pie

Least favourite food: Olives

Favourite holiday: Any away from work

What is your idea of happiness: A winning lottery ticket

Favourite Song: Highway to Hell

Favourite Male Singer: Bon Scott

Favourite Femail Singer: Maria McKee

Favourite group: The Who

What do you always carry on you: A pen

Best running moment: My first half marathon Southport 1993

Worst running moment: London marathon 1997

My most appealing trait: Sense of humour

My most unappealing trait: A fat a**e

Favourite running shoe: Asics

Favourite film: Gladiator

Vest in or out: out

Personal bests over the classic distances:

| Distance | Time | Race | Year |
|---------------|---------|----------------|------|
| 5k | 19:38 | Mystery | 2005 |
| 5M | 33:49 | Sefton Park | 2004 |
| 10k | 42:48 | Guilden Sutton | 2004 |
| 10M | 1:09:05 | Llandudno | 1997 |
| Half marathon | 1:35:46 | East Cheshire | 1996 |
| Marathon | 4:20:30 | London | 1997 |

The mud, the blood, the endless poetry!

by F Martin

New to PLS? You're in for a treat then. Far from being the end of the racing season, October is where the fun really starts and you get to wear spikes on your shoes. It's like Ben Hur, only without the chariots – or the sunshine. Here's Frank's with a good, old-fashioned rant beginner's guide to cross country

Cross country (XC) season is just about to land on us again.

I, Frank Martin am your manager.



With enough xc races under your belt, you too could look like this – so what's keeping you?

There are photos of me on the site but as my looks and hair go they are getting fewer and fewer. (Bring back my Dublin Marathon 1998 image [*Careful what you wish for...Ed*]) So you'll probably recognise me by my vibram five fingers (on my feet of course).

PLS is in the North West Sunday League .

Six races across the winter, starting at the end of October and finishing around March, when I find myself arguing with the marathon runners that XC does not mess up their spring training schedule. (I won XC championship and did sub 3 hrs marathon one year, so yaboo sucks to the doubters) I digress. [*Best not ask me why I had to miss London this year then... Ed*]

There are two competitions: first is the Sunday league itself.

This is the longest running competition that the club has been in. Twenty years at least.

We do it as a club, men and women against clubs across the Northwest and have acquitted ourselves very honourably over the years. The first 6 men and first 3 women count for their teams but the rest of us help out by pushing the other teams placings down. So it really is a club effort.

Then there is our own competition, with trophies for men open and vets, women open and vets plus runners up in each category. See club rules and don't pay any attention if a good looking Italian (they're all good looking of course) starts moaning about the open system. PLS vets will be grateful to me forever more for making the open category truly open. (One day the club championship will succumb to logic) I digress yet again.

The mud, the blood, the endless poetry!

by F Martin

What's XC like? I hear you ask.



A bit like this, actually.

Well hold on, I hope you're this impatient on race day.

- It's 30 to 45 minutes of glory and mud.
- It's an opportunity to try on weird spiked shoes
- It's about racing against each other. Not the clock.
- It's about never cancelling because of weather (except for WRR two years ago, but that was because of getting to race not the actual race itself)
- It's tea, coffee, sarnies and biccies afterwards in some sort of community hall (included in your 50p contribution)
- It's thinking up excuses when I come round the week before to see if you're coming.
- It's keeping that 10 K near Manchester that you're doing secret, (I don't care you turncoat, what next you'll be spying for the Russians.)
- It's leaving your muddy wet spikes in the garage between seasons and then plucking up courage to put them on race day.

- It's an excellent supplement to your road training building increased strength and acceleration. It's that extra efforts session that will get you that PB later on in the year.

So what are you waiting for? Season kicks off with our race at Clarke Gardens Sunday 30th October 10am.

Every year we get great support from the non runners, marshalling and dishing out the teas coffees and sandwiches. (volunteers make yourself known). I need to point out that anyone running for PLS as a second claim runner will not count. (last year Ian Lawton got across the finish line at Runcorn first in a PLS vest and suddenly someone remembered that rule)

Unfortunately I've had Dave Clarkson (previous XC manager) boasting to me that he had more Ladies in his team than I've ever had. Hopefully he was referring to the size of team and not moral incontinence. So ladies or women I don't care (and I won't be doing tests) please turn up I need you PLS needs you. You don't want see those Pink Panthers in their snazzy pink knee socks beating you!!!

Now I'm off to do some more cartoons of people running. My therapist says it does me good.

Race Calendar

November

| | | | |
|--------|--|---|--|
| Sat 05 | Lakeland 10km/15km Trail Races, Glenridding | Sun 20 | Preston 10 Mile Road Race |
| Sat 05 | No Walk in the Park 5km, Chesterfield | Sun 20 | Eaves Wood Trail 5.25M Race, Silverdale |
| Sat 05 | Langley 7M, nr. Macclesfield | Sun 20 | Thirsk 10 Mile Road Race |
| Sun 06 | XC Sunday League Race 2 Beacon Park** | Sun 20 | Lightwater Valley Challenge 10k, nr. Ripon |
| Sun 06 | Up & Running Guy Fawkes 10M, Ripley, nr. Harrogate | Sun 20 | Age UK 10km Leeds Abbey Dash |
| Sun 06 | Lancaster Half Marathon (Lancaster Series 3/3) | Sun 20 | Barnsley 10k Road Race, Royston Leisure Centre, nr. Barnsley |
| Sun 06 | Christine Navan Cowm Reservoir 5km Race, Whitworth | Sat 26 | Wesham 10k Road Race, nr. Preston |
| Sun 06 | Cop Hill Fell 7M Race, Meltham, nr. Huddersfield | Sat 26 | Ravenstonedale Red 10k Road Race, nr. Kirkby Stephen |
| Sun 06 | Alexandra Park 5k | Sat 26 | Silkstone Shuffle Multi-Terrain Race Series (4/4), Barnsley |
| Sun 06 | Lakeland 13km Trail Races, Glenridding | Sun 27 | The Best 5k Fun Run, Preston |
| Sun 06 | Abergele 5M | Sun 27 | City of Salford Women's 5.25 Mile Run, Swinton |
| Sun 13 | Windmill 10k, Lytham St. Anne's | Sun 27 | Clowne Half Marathon, nr. Chesterfield |
| Sun 13 | Dalby Dash 10k, Dalby Forest | Races on same date as XC fixture not valid for club championship | |
| Sat 19 | Harriers v Cyclists 6M Challenge, Bingley | | |
| Sat 19 | 60th Brampton to Carlisle 10 Mile Road Race | | |

*Multiterrain Championship

**Cross Country Sunday League

Race Calendar

December

| | | | |
|--------|--|---|--|
| Sat 03 | No Walk in the Park 5k, Chesterfield | Sun 18 | Hurst Green Turkey 5M Trail Race |
| Sat 03 | Bay 2 Bae 10k Coastal Trail Run, Bull Bay to Cemaes Bay | Sun 18 | Lynne Edmondson Memorial Cwm Reservoir Race, Whitworth |
| Sun 04 | XC Sunday League Race 3 Arrowe Park** | Sun 18 | Travellers 6, Denby Dale, nr. Wakefield |
| Sun 04 | Guys 10M, Bilsborrow, nr. Preston | Sun 18 | Derby Runner Bolsover 10k, nr Chesterfield |
| Sun 04 | Sweatshop Santa Saunter, Chorley | Sat 24 | Rudolf's Red Nose Race, Blackpool |
| Sun 04 | Alexandra Park 5k | Mon 26 | Shell Chester Round the Walls 4.5M Race, Chester |
| Sun 04 | Ulverston Christmas Pudding 10k Road Race & Fun Run, Ulverston | Mon 26 | Boxing Day 10k Road Race, Leyland |
| Sun 11 | Tatton Yule Yomp 10k & 3k Fun Run, Tatton Park, Knutsford | Sun 26 | Ward Green 6, Barnsley |
| Sun 11 | 28th Longridge 7 Mile Road Race, nr. Preston | Tue 27 | Ribble Valley 10k, Clitheroe |
| Sun 11 | Stockport 10M | Tue 27 | The Festive 5 Mile, Wythenshawe |
| Sun 11 | Epilepsy Action 5k Reindeer Stampede, Saltaire | Races on same date as XC fixture not valid for club championship | |

* Multiterrain Championship

**Cross Country Sunday League

Striders to win Olympic Golds in 2012?

By P Quinn

Want to be able to tell your grandchildren you were an Olympian in 2012? Can't use Photoshop? Never fear! Club biographer Phil Quinn has the answer.

I recently came across a list of the top five Olympic medal winning countries, a list unsurprisingly headed by the States with 2,548 medals and with GB appearing in fourth slot with a total of 737 medals. These totals, I should point out, include both summer and winter Games and cover all the Olympics in the modern era since 1896. The reason for quoting these statistics is to underline the fact that Olympic medals are difficult to come by and to remind us all that very few people are fortunate enough to acquire one of these treasured awards.

July 27th represented the 'one year to go' mark in London's preparation for the Olympics, 'The Greatest Show on Earth' and we are now on a countdown to London's unique third staging of an Olympic Games.

By the law of averages it is unlikely that any Strider will represent their country at an Olympic Games and even less likely they would return home with an Olympic medal hanging around their neck.

If no Striders are to be there in a competitive capacity then there are other routes they might have gone down in order to get close to the action. Some may have applied to be volunteers. Other members may have joined the lottery for tickets. Perhaps a Strider has been nominated to

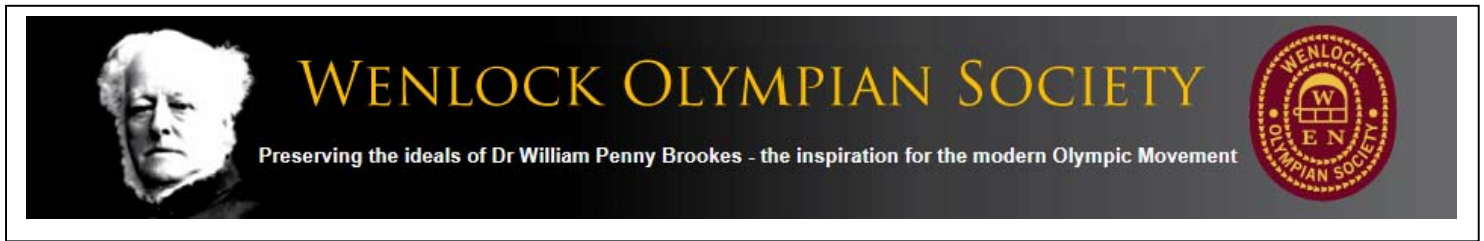
carry the Olympic torch on a leg of its journey around the country. If all of these strategies have failed, well there is always the telly and the newspapers to keep abreast of Games' news.

Is that it then? No other way of being a part of Olympic action in 2012? Participating as a competitor is out, right? And there is less than a sub two hour world record for the Marathon in 2011 chance of picking up an Olympic medal, right? The answer to these questions has to be ...Erm?...Well yes...And no.

In Central Shropshire lies the historic and picturesque town of Much Wenlock. It was the home of the charismatic, forward thinking, socially conscious and all round good egg, Doctor William Penny Brookes. It was he who in 1850 devised an early form of Olympics, the Wenlock Olympian Games. The Games were a big hit from day one though early events such as an Old Women's Race for a pound of tea and a Blindfold Wheelbarrow Race were soon superseded by more readily recognisable athletic events such as the Foot Hurdle Race (one mile over 14 hurdles), Putting the Stone and the Running High Leap. Big crowds attended these Games and they were accompanied with great ceremony. Penny Brookes would address competitors and locals

Striders to win Olympic Golds in 2012?

By P Quinn



outside the Gaskell Arms and they would all then process to the nearby Linden Field where competition would ensue.

The Games, held annually in the month of July, continue to this day. They were one of the major influences and templates for the modern Olympic Games, established in 1896.

2011 marked the 125th anniversary of the Much Wenlock Games and although it is not difficult to see that the sequence has been broken (like the Olympic Games themselves) it is also evident that the Much Wenlock Games have a continuing history and pre-date the Modern Olympics by nearly half a century.

The Much Wenlock Games, which take place in July over a period of a week or so, provide a wide programme of sporting events including: Archery, Tennis, Kwik Cricket, Hockey, Clay Pigeon Shooting, Biathlon, Triathlon and Athletics. Towards the end of the programme a 7 mile Road Race is staged, a testing event over mixed terrain.

I will now cut to the chase for this is what I have been building up to. I commend this race to all Striders. Fair enough the 126th staging of the

Games is nearly a year off but I know runners plan ahead and this event could always be pencilled in as one to do in 2012. At the end of the race all competitors are presented with an 'Olympian' medal. Yes I know it isn't exactly an 'Olympic' medal but it's only a letter or two out and is probably the closest that most (all?) of us will ever get to the real thing! The medal is also recognition that one has competed in a longstanding multi-sports festival, a precursor of the modern Olympic Games.

Do you know, can you guess the name of the mascot for the Olympic Games of London 2012?...Yes correct, it's 'Wenlock'.

A healthy dose of realism is one thing and likely to persuade us we will never hold an Olympic medal in our hands, consigning us to our armchairs to watch 'real' athletes compete for the Olympic spoils. A couple of teaspoonfuls of gentle self delusion or wild imagination however is quite another and likely to encourage us to get on the road and convince ourselves that the medals we have won, now hanging from our necks, are indeed genuine Olympic Golds.

Stato's Report

by Andy Keeley

August 2011

3 August 2011 - Ellenborough 10k Cumbria

| | |
|-----------|----------|
| Dave Cain | 00:44:07 |
| Sue Cain | 00:48:10 |

3 August 2011 - Pie & Peas 5 MT

| | |
|--------------|----------|
| Rob Ashcroft | 00:35:32 |
| Jane Eardley | 00:38:07 |
| Jane Hallows | 00:41:12 |

6 August 2011 - Tegg's Nose Fell Race 7.5m

| | |
|----------------|----------|
| Simone Capponi | 01:04:42 |
| Tony Man | 01:13:41 |
| Gill Darby | 01:20:56 |
| Jane Eardley | 01:25:12 |

7 August 2011 - Sale 10m

| | |
|------------------|------------|
| Martin Swensson | 00:56:04pb |
| John Connolly | 00:59:31pb |
| Tim Warn | 01:10:10 |
| Billy Hargreaves | 01:10:29 |
| Cath Nevin | 01:30:16 |

7 August 2011 - Wagon & Horses 10m

| | |
|------------------|----------|
| Cristina Puccini | 01:17:55 |
|------------------|----------|

11 August 2011 - Sale Sizzler 5k

| | |
|--------------------|------------|
| John Connolly | 00:17:46 |
| Neil Kelly | 00:17:51pb |
| Stephen McNicholas | 00:19:07 |
| Clay Lenhart | 00:19:43 |
| Mal Balmer | 00:20:16 |

14 August 2011 - Great Warford 10 Mile

| | |
|----------------|------------|
| Tony Man | 01:05:51 |
| Clay Lenhart | 01:13:24 |
| Liz Lynan | 01:19:26pb |
| Eunice Nopondo | 01:35:46 |
| Kevin O'Brien | 01:45:45 |
| Jimmy Daley | 02:03:29 |

14 August 2011 - Chernobyl 10k Preston

| | |
|-----------------|----------|
| Martin Swensson | 00:35:15 |
|-----------------|----------|

17 August 2011 - Delamere 10k

| | |
|-------------|----------|
| Shane Knott | 00:56:03 |
| Shelly Kemp | 01:03:17 |

20 August 2011 - Race The Train - Tywyn

| | |
|----------------|------------|
| Simone Capponi | 01:43:00 Y |
| Andrew Keeley | 01:51:28 |
| Rob Hardwick | 01:57:18 |
| Jane Hallows | 02:22:31 |

21 August 2011 - Birchwood 10k

| | |
|-----------------|----------|
| John Connolly | 00:36:57 |
| Ste McNicholas | 00:41:46 |
| Tim Warn | 00:43:47 |
| Paul Brady | 00:43:56 |
| Russell Burnham | 00:46:56 |
| Emma Kearney | 00:47:11 |
| Mike Roxburgh | 00:47:12 |
| Sam Darby | 00:47:16 |
| Gill Darby | 00:49:15 |
| Cath Nevin | 00:52:25 |
| Eunice Nopondo | 00:57:20 |
| Kevin O'Brien | 00:59:15 |
| Philip Murray | 01:02:02 |

24 August 2011 - Urenco Capenhurst 5k

| | |
|-----------------|----------|
| John Connolly | 00:17:26 |
| Tim Fletcher | 00:18:02 |
| Derek Ashcroft | 00:18:39 |
| Luke Parker | 00:18:53 |
| Andrew Keeley | 00:19:08 |
| Steve Pemberton | 00:20:15 |

27 August 2011 - Valentines Park Run 5k

| | |
|------------|----------|
| Cath Nevin | 00:25:08 |
|------------|----------|

29 August 2011 - Moel Famau 4.5m Fell Race

| | |
|-------------|----------|
| Gill Darby | 00:47:32 |
| Ellie Darby | 00:49:10 |

31 August 2011 - Croxteth Diabetes 10k

| | |
|-------------------|----------|
| Derek Ashcroft | 00:38:37 |
| Ian Russell | 00:40:23 |
| Ste McNicholas | 00:40:50 |
| Marty Hirrell | 00:41:00 |
| Steve Pemberton | 00:42:57 |
| Emma Lawton | 00:43:52 |
| Cristina Puccini | 00:45:54 |
| Andrew Stansfield | 00:46:31 |
| Tony Hargreaves | 00:46:33 |
| Mike Deveraux | 00:48:47 |
| Cath Nevin | 00:52:11 |
| Derek Broadfoot | 00:56:05 |
| Philip Murray | 01:01:26 |

September 2011

04 September 2011 - Alexandra Park 5k

| | |
|------------------|----------|
| Charles Stanway | 00:21:24 |
| Cristina Puccini | 00:22:02 |

04 September 2011 - Southport Legacy 10k

| | |
|---------------|----------|
| John Connolly | 00:36:48 |
| Dave Lovatt | 00:40:18 |
| Terence Long | 00:52:00 |

5 Sept 2011 - Wirral MT (1/4) Royden Park

| | |
|-----------------|-------|
| Neil Kelly | 30:21 |
| Tony Man | 32:26 |
| Andy Keeley | 32:57 |
| Marty Hirrell | 34:05 |
| Ste McNicholas | 34:12 |
| Mal Gordon | 34:20 |
| Steve Pemberton | 35:39 |
| Bill Hargreaves | 36:18 |
| Pam Thurtle | 37:00 |
| Joe McGlynn | 37:39 |
| Graham Hussey | 38:07 |
| Ewan Dawick | 38:22 |
| Ellie Darby | 38:52 |
| Gill Darby | 38:54 |
| Tony Hargreaves | 39:15 |
| Mike Devereux | 39:17 |
| Keith Boyle | 39:24 |
| Chris Welton | 40:55 |
| Jane Hallows | 40:59 |
| Tarja Kinnunen | 41:19 |
| Sam Darby | 44:43 |

8 September 2011 - Mystery 5k

| | |
|-----------------|----------|
| James McNally | 00:16:22 |
| Martin Swensson | 00:16:23 |
| Kieren Birrell | 00:17:41 |
| Owen Jones | 00:17:57 |

| | |
|-------------------|----------|
| Luke Parker | 00:18:02 |
| Nigel Grant | 00:18:21 |
| Ian Russell | 00:19:11 |
| Andy Keeley | 00:19:18 |
| Marty Hirrell | 00:19:23 |
| Derek Ashcroft | 00:19:27 |
| Robbie Collins | 00:19:36 |
| Ste McNicholas | 00:19:44 |
| Mal Gordon | 00:19:46 |
| Steve Pemberton | 00:19:50 |
| Ste Maguire | 00:19:59 |
| Gary Roberts | 00:20:06 |
| Tim Fletcher | 00:20:10 |
| Mal Sullivan | 00:20:14 |
| Paul Brady | 00:20:30 |
| Rob Cooper | 00:20:31 |
| Andrew Leslie | 00:20:46 |
| Emma Lawton | 00:20:47 |
| Marc Vincent | 00:20:50 |
| Colin Dobbs | 00:21:02 |
| Liam Hussey | 00:21:03 |
| Tim Warn | 00:21:09 |
| John Jensen | 00:21:38 |
| Natalie Cooper | 00:21:39 |
| Jane Eardley | 00:22:09 |
| Graham Hussey | 00:22:12 |
| Mike Roxburgh | 00:22:13 |
| Emma Kearney | 00:22:14 |
| Andrew Stansfield | 00:22:19 |
| K Flanagan | 00:22:35 |
| Keith Boyle | 00:22:45 |
| Eamonn Brady | 00:23:21 |
| Chris Whelton | 00:23:30 |
| G Friday | 00:23:36 |
| A Delaney | 00:24:11 |
| Holly Suckling | 00:24:17 |
| Dave Mangan | 00:24:56 |
| Cath Nevin | 00:25:06 |
| Tony Hewitson | 00:25:21 |
| Chris Carson | 00:26:27 |
| Keith Obrien | 00:28:28 |

11 September 2011 - Lake Vrynwy Half Mara

| | |
|----------------------|------------|
| John Connolly | 01:20:03 |
| Neil Kelly | 01:22:12 |
| Martin Hirrell | 01:30:08 |
| Tony Man | 01:30:20 |
| Rob Hardwick | 01:35:34 |
| Cristina Puccini | 01:40:42 |
| Elizabeth Lynan | 01:43:04 |
| Charles Stanway | 01:43:15 |
| Anthony Hargreaves | 01:43:25pb |
| Jane Hallows | 01:48:38 |
| Eunice Nopondo | 02:09:14 |
| Christine Hargreaves | 02:18:43 |

11 September 2011 - Cumberland Ale 10

| | |
|-----------|----------|
| Dave Cain | 01:12:49 |
| Sue Cain | 01:19:05 |

13 Sept 2011 - Wirral MT (2/4) Harrison Drive

| | |
|-----------------|-------|
| Andrew Keeley | 28:58 |
| Marty Hirrell | 29:08 |
| Tony Man | 29:55 |
| Mal Gordon | 30:17 |
| Ste McNicholas | 30:39 |
| Marc Wharmby | 30:47 |
| Bill Hargreaves | 30:55 |
| Pam Thurtle | 32:21 |

Stato's Report

by Andy Keeley

| | |
|-------------------|-------|
| Joe McGlynn | 33:16 |
| Graham Hussey | 33:35 |
| Jane Eardley | 33:59 |
| Jane Hallows | 34:01 |
| Ellie Darby | 34:11 |
| Keith Boyle | 34:05 |
| Andrew Stansfield | 34:15 |
| Mike Devereux | 34:29 |
| Tarja Kinnunen | 35:02 |
| Chris Welton | 36:21 |
| Sam Darby | 37:10 |

18 September 2011 - Great North Run

| | |
|----------------|------------|
| Shelly Kemp | 02:05:52pb |
| Siobhan Farmer | 02:54:47 |

18 September 2011 - Guilden Sutton 10k

| | |
|---------------|----------|
| Mark Sullivan | 00:42:05 |
|---------------|----------|

18 September 2011 - Hoylake 10k

| | |
|---------------|----------|
| Reg Armstrong | 00:55:15 |
| Terence Long | 00:47:49 |
| Cath Nevin | 00:51:08 |

18 September 2011 - English Half Marathon

| | |
|-------------------|----------|
| Eamonn Brady | 01:48:10 |
| Maurice Butler | 01:53:01 |
| Dave Mangan | 01:56:14 |
| Ann-Marie Lashley | 01:57:47 |

18 September 2011 - Garstang Half Marathon

| | |
|-----------------|----------|
| Colin Dobbs | 01:33:19 |
| Bill Hargreaves | 01:36:20 |
| Mark Vincent | 01:36:20 |

20 Sept 2011 - Wirral MT (3/4) Wirral Country Park

| | |
|-----------------|-------|
| Ste McNicholas | 33:18 |
| Marty Hirrell | 33:40 |
| Gary Whitfield | 34:08 |
| Steve Pemberton | 34:18 |
| Pam Thurtle | 36:20 |
| Mike Devereux | 38:18 |
| Keith Boyle | 38:19 |
| Ellie Darby | 38:36 |
| Jane Eardley | 38:49 |
| Gill Darby | 38:57 |

25 September 2011 - Macclesfield Half Marathon

| | |
|--------------------|----------|
| Paul Brady | 01:45:43 |
| Anthony Hargreaves | 01:47:46 |
| Gill Darby | 01:52:08 |
| Eamonn Brady | 01:53:37 |

27 Sept 2011 - Wirral MT (4/4) Race 4 Arrows Park

| | |
|------------------|-------|
| John Connolly | 26:24 |
| Simone Capponi | 28:51 |
| Martin Hirrell | 29:27 |
| Andrew Keeley | 29:28 |
| Mal Gordon | 29:59 |
| Ste McNicholas | 30:13 |
| Maria Conaghan | 30:35 |
| Gary Whitfield | 30:49 |
| Steve Pemberton | 31:07 |
| Billy Hargreaves | 31:18 |
| Pam Thurtle | 32:59 |
| Graham Hussey | 33:30 |
| Ewan Dawick | 33:42 |
| Mike Devereux | 34:07 |
| Keith Boyle | 36:03 |
| Ellie Darby | 36:06 |
| Tarja Kinnunen | 39:08 |

Stato's Report

The Wirral Multi-Terrain Series takes place on four successive Tuesdays in September each year. A runner's best 3 performances count towards the overall score for the series. The race results are summarised above and personally the series is great fun with races of different character. The first race at Royden Park is 2 laps of Thurstaston Hill which has a variety of terrain with sandstone and forest paths. The second race at Harrison Drive was mainly a beach run held in a howling gale which added a different element to the race. The field was broken up into a series of groups during the initial charge into the teeth of the wind and after a lap of the dunes the race finished with a tailwind sprint to the finish. The third race was also partly a beach run at Wirral Country Park, which I missed. The final race was a flat and fast dash around Arrows Park. A summary of our performances is shown below. Highlighted is the performance of Steve Pemberton who finished second in the Over 50 Men's category.

| Pos / Name | Race 1 | Race 2 | Race 3 | Race 4 | Overall | Pos / Name | Race 1 | Race 2 | Race 3 | Race 4 | Overall |
|----------------------|--------|--------|--------|--------|---------|------------------------|--------|--------|--------|--------|---------|
| Under 40 Men | | | | | | Under 20 Ladies | | | | | |
| 17 Mal Gordon | 8 | 8 | dnr | 11 | 27 | 4 Ellie Darby | 22 | 22 | 23 | 23 | 68 |
| 21 Neil Kelly | 21 | dnr | dnr | dnr | 21 | Under 40 Ladies | | | | | |
| 28 Simone Capponi | dnr | dnr | dnr | 16 | 16 | 7 Pam Thurtle | 19 | 17 | 20 | 16 | 56 |
| 35 Keith Boyle | dns | dns | 5 | dns | 5 | 17 Jane Eardley | dnr | 14 | 16 | dnr | 30 |
| 36 Mark Wharmby | dnr | 4 | dnr | dnr | 4 | 19 Maria Conaghan | dnr | dnr | dnr | 22 | 22 |
| Over 40 Men | | | | | | Over 40 Ladies | | | | | |
| 14 Tony Man | 20 | 14 | dnr | dnr | 34 | 16 Jane Hallows | 15 | 17 | dnr | dnr | 32 |
| 15 Gary Whitfield | dnr | dnr | 18 | 15 | 33 | 18 Tarja Kinnunen | 12 | 12 | dnr | 6 | 30 |
| 21 John Connolly | dnr | dnr | dnr | 22 | 22 | Over 50 Ladies | | | | | |
| 25 Chris Welton | 7 | 7 | dnr | dnr | 14 | 9 Jill Darby | 25 | dnr | 24 | dnr | 49 |
| Over 45 Men | | | | | | Ladies Overall | | | | | |
| 6 Andrew Keeley | 19 | 19 | dnr | 18 | 56 | 18 Pam Thurtle | 14 | 7 | 13 | 5 | 34 |
| 7 Martin Hirrell | 15 | 17 | 13 | 19 | 51 | 23 Maria Conaghan | dnr | dnr | dnr | 19 | 19 |
| 10 Ste McNicholas | 14 | 10 | 15 | 16 | 45 | 36 Ellie Darby | 1 | dns | 4 | dns | 5 |
| 26 Graham Hussey | 5 | 3 | dnr | 7 | 15 | 38 Jane Eardley | dnr | dns | 2 | dnr | 2 |
| 33 Andrew Stansfield | 3 | 2 | dnr | dnr | 5 | 40 Jill Darby | dns | dnr | 1 | dnr | 1 |
| Over 50 Men | | | | | | Ladies Team | | | | | |
| 21 Joe McGlynn | 11 | 9 | dnr | dnr | 2 | 7 'A' | 64 | 75 | 59 | 64 | 262 |
| 36 Sam Darby | 5 | 4 | dnr | dnr | 9 | 19 'B' | 143 | 145 | 163 | 200 | 651 |

Stato's Report

by Andy Keeley

| Over 55 Men | | | | | |
|--------------------------|-----------|------------|-----------|-----------|-----------|
| 2 Steve Pemberton | 22 | dnr | 24 | 24 | 70 |
| 15 Ewan Dawick | 17 | dnr | dnr | 17 | 34 |
| Over 60 Men | | | | | |
| 4 Billy Hargreaves | 23 | 25 | dnr | 23 | 71 |
| 7 Mike Devereux | 17 | 17 | 21 | 19 | 57 |
| 22 Tony Hargreaves | 18 | dnr | dnr | dnr | 18 |
| Men Overall | | | | | |
| 25 John Connolly | dnr | dnr | dnr | 13 | 13 |
| 35 Neil Kelly | 8 | dnr | dnr | dnr | 8 |
| Men Team | | | | | |
| 10 'A' | 235 | 317 | 339 | 209 | 1100 |
| 19 'B' | 483 | 512 | 691 | 383 | 2069 |
| 32 'C' | 628 | 705 | 725 | 669 | 2727 |
| 42 'D' | 798 | 830 | 725 | 800 | 3153 |

Club Records

The club records continue to be updated with some great runs over the past two months.

Martin Swensson improved his second place MOpen 10m time at Sale.

James McNally posted a new 3rd fastest 5k time at the Mystery.

John Connolly posted the 3rd quickest time for the M40 age group for 10m at Sale and then the 3rd quickest 10k at the Southport Seaside 10k in September.

Tim Warn improved his 3rd fastest M60 time 10m time at Sale.

Bill Hargreaves posted the 4th fastest M60 10m time at Sale and the 5th fastest half marathon at Garstang.

Kevin Obrien improved his 4th fastest 5k time in the M70 category.

Reg Armstrong posted the 5th fastest M70 10k time at Hoylake.

Emma Lawton an improved 4th quickest 5k time in the FOpen category.

Emma Kearney posted the 5th fastest 5k time in the F35 category at the Mystery.

Liz Lynam posted the 2nd fastest 10m time at Sale in the F35 category and then the 3rd fastest half marathon time at Lake Vynwy.

Gill Darby set a new 5th fastest half marathon in the M50 category at Macclesfield.

Cath Nevin set a **new 10k record** at Hoylake in the F55 category and the 2nd fastest 10m time at Sale.

The view from the back – Who’s holding all the cards?

By C Puccini

I know, I know. He still looks like his 21st was only last week, but trust me, the records don't lie.

You are looking at 21 years of commitment to club running, captaining [*is that even a word? It is now. Ed*], cheerleading, midnight sprints and a thousand other mad capers in the name of Penny Lane Striders.

Tony Man shows off his collection of PLS membership cards from 1990 to date.

Stay tuned for more of Tony's surprises in future View from the back columns!

WE MEET HERE:
 Garston Sports Centre Long Lane Liverpool
 18:45 Tue & Thu
E-Mail:
 PennyLANEstriders@btinternet.com
Visit our website:
 www.pennyLANEstridersrunningclub.co.uk



Impressed? I certainly am.

And in the next issue...

Graeme Hind & Dave Mangan away at the Autumn Breaker

Mountain Races: Man V Horse and Snowdon Race special!

More stretching advice from Karen Grady



Classifieds

Physio
 Karen Grady MCSP, BSc
 Chartered Physiotherapist
 Tel: 07815 456708
 Email:
 karen_grady40@hotmail.com

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
 mallybalmer@btinternet.com