

September 2011
edited by
Cristina Puccini



From the Editor

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for the Puccini-Westhead household.

The point to my fixation with eating all the pies is simple.

Many people take up running to lose weight. That in itself is not a bad idea, since moving about a bit more will doubtlessly do the trick. It certainly did it for me when I first started, and is the reason why I feel I can indulge in my semi-regular consumption of pastry-encased veggies and frankly bizarre

beers with impunity. It's just that when I hear of people worrying about having a normal meal or trying to work out how many calories legging it up Woolton Hill might burn, I feel like pointing out that if you exercise regularly and try to avoid deep fried pizza for breakfast every morning, chances are you'll do just fine.

Now go have your dinner!

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

News

On Sunday 9th October PLS is set to have its own Water Station at the Liverpool marathon. The station will be at approx Mile 15, in the heart of Sefton Park.

Having our own station represents a golden opportunity to both promote the club and support your clubmates who will be taking part in the event.

We are looking for volunteers to help staff the PLS water station, so if you don't fancy running the 26.2 miles but still want to feel a part of the event please help on the day.

We need a minimum of 15 volunteers to hand out water and words of encouragement to the runners. Barry Bright is co-ordinating this exercise.

If you want to take part and help out, please comment on Barry's thread on the forum or email him at

barry.bright@yahoo.co.uk, sending him your contact details so he can keep you updated.

As Barry so aptly put it: "Let's make the PLS water station the best one on the route!"

If you don't want to wait till October to socialize with your fellow Striders we have just the thing for you:

Sunday 4th September will see the annual BBQ at Aigburth Peoples Hall.

Call in for a beer & a burger from 3pm onwards.

Social Secretary Eunice Nopondo says: "Can't promise sunshine, but you can have a good time!"

We hope to see Striders, partners, family & friends.



Special points of interest:

- Mike Roxburgh in marathon race plan disregard shocker
- Tony Man just keeps on running!
- Cristina Puccini's 10k in outdoor sauna. No birch was harmed.

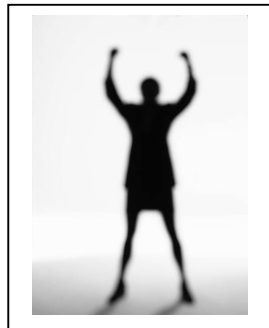
Membership News

by Shane Knott

Membership News – September 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!!

*Steve Maden
Steve Casey
Craig Hawley
Gary Roberts
Mary Kelly
Tunde Varga-Atkins
Ann-Marie Lashley
Matthew Stott
Rachel Rick
Paul Wynne
Elleanor Witt
Alex Morton
Janet Jamieson
Rob Lloyd
Jonathan Booth
Darren Reilly
Ross Crilly
John Jensen
Marc Vincent
Dawn Fenton
Shelly Kemp
John Bampton
Scott Hendry
Louise Warn
Chris Welton
Robby Ritchey
Ian Russell
Sergi Cabrespina
Nina Roberts*



*Phillip Bradford
Emma Kearney
Steve Maguire
Mal Gordon
Dave Williams
Gareth Lawson
Rob Cooper
Mike McCann
Ellie Darby
Jonathan Kersh*

*(As of 17th August 2011) There are currently
245 Members of Penny Lane Striders*

- **Lots of new members!** This one is deceptive really – it's the names of people who have been officially elected to the clubs membership following renewals – for many of you, it feels like you have already been around for quite a while!
- **Great PR for the club** – look out for the Northern Running Guide, feature article on Chris "The Carrot" Welton. Good work Chris!!
- **Summer BBQ:** Fantastic social summer outing for the club will be at coming up in September. Looking forward to seeing you all there, choosing the salad options over the cheeseburgers!
- **Parkrun Volunteers Wanted** – As usual, the parkrun every Saturday – the event depends entirely on the volunteers turning up to help organize and marshal, so if you have a free Saturday morning, get in touch with Me, Mike Roxburgh or Russell and come along to help out!

Happy Running Y'all
Shane

Strider of the Month – Andy Leslie

1. What is your favourite run and why?

At the moment I'd have to say the Thunder Run but with the club I'd probably say the Winter Hills... even though it hurts

2. What is your least favourite race and why?

I didn't particularly enjoy the Warrington 10k but that might be because I struggled from the off. Apart from that I'd probably have to say the Edinburgh Marathon as I had to miss it with Glandular Fever (It might be fine, I just didn't run it).

3. What is your most memorable memory in running?

Even though I've improved since then, I'd have to say finishing my first half marathon in my home village of Freckleton in June 2010. I finished in 2 hours 11 minutes on a baking hot day but I was so happy with just getting round. I think it was probably when the running bug first took a firm hold of me as well.

Either that or going past Paul Brady with 1k to go in the Tunnel 10k and being able to give him the sympathetic tap that says "I've beat you here, mate" as he's done it to me on numerous occasions.

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

I am the Stig (don't tell anyone though)

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

Eamonn Brady. If he's not there and I'm running on my own then usually a Marathon Talk podcast or a selection of rubbish music on my Ipod.

6. What is your favourite post run food?

A big bowl of Pasta or a Ham and Pineapple Pizza

7. Who inspires you? Running or otherwise.

Mike Roxburgh: If I'm still running/ alive at his age, I'll have done well.

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

The people and that its 2 minutes from my front door

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

A Friij milkshake or a cold lager

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

Never under any circumstances let Russell Burnham navigate. It will end badly.



Old pic illustrates why these days The Stig always wears a boilersuit over his clothes

Strider of the Month – Andy Leslie



Our heroes fly the flag for PLS. Kind of.

11. What achievement are you most proud of?

Beating my PB for the half marathon at Liverpool this year, 7 days before being diagnosed with Glandular Fever.



Andy in action at the Liverpool half marathon

12. Favourite sports? Football, Cricket and American Football.

13. You've just taken part in the Adidas Thunder Run, an offroad 24 hour event. A great achievement! How would you describe it to the uninitiated?

I'd describe it as a little bit mad. It's a relay race with teams of up to 8 people in, around a country park in Derbyshire, combined with camping and

a lot of eating. Each team has to have a runner on the 10k lap course throughout the 24 hours and the aim is to do as many combined laps in the time limit. The PLS team consisted of me, Russell Burnham, Marc Vincent, Colin Dobbs and Paul Brady in a team of 5 and we managed 23 taxing cross country laps (It would have been 25 but Russ cried off his final 2 with a "cold") between us over the 24 hours, which included some running overnight, which was an interesting experience to say the least. Tree roots and head torches shouldn't really work but it does and some of the views at sunrise and sunset were brilliant (I bagged those laps pretty early on)

I would recommend the event to anybody and hope that we can get a couple more PLS teams out next year so we can rival the tented villages some clubs had.



Russell tries to pretend he's not the shortest one anyway

Edinburgh Marathon

by Mike Roxburgh

Earlier this year the PLS charabanc took the high road to Edinburgh and a small (but perfectly formed) group of Striders to participate in an action packed weekend of 10k, Half Marathon and Marathon events. Mike Roxburgh recounts the events of his first marathon.



So 15 weeks hard labour completed, 15 weeks of dragging myself out of bed on cold dark winter mornings at 5.30am to make sure I got a run in before work, 15 weekends of longer and longer long runs, 15 weeks of making sure Tim Warn didn't catch me (again) taking a quick break at 14 miles to grab a drink of Lucozade, the words "Your supposed to be running not walking" as his car pulled up alongside me still ringing in my ears, 15 weeks of training to a set 8.50 pace per mile and a strict 5 runs a week had brought me to this point, a seminal moment in my running career, the back seat of Croxteth Community Councils Mini bus, en route for Edinburgh as part of Team PLS's assault on the Marathon.

Things overall had gone well...well when I say well that's ignoring the niggling Plantar Fasciitis that had got a grip on my left foot and the Achilles strain in my right which made my nightly trip to the toilet (well I'm now classed as a vet 40) more a shuffle and a hobble than the highly trained athlete's (don't laugh, that's what I'm

referred to on the UK Athletics website and they should know) graceful stride that should have been on display during these late night sojourns. But these problems were nothing compared to the mini bus with its 60 mph speed limiter which turned the journey into one of epic proportions suitably aided and abetted by Dave "The Fox" Lynan's navigational skills [*really? A little bird told me he got you lost and you nearly ended up in Dundee...Ed*] and Eamon "Zippy" Brady's seemingly endless supply of the worst jokes known to man.

Finally we arrived, booked into our rooms and made ready for the next day having first fitted in a rather nice Italian for our pre-race meal with some suitable non-alcoholic beverages to wash it down, although Ritchie "Fat Ballack" Houston still managed to show his support for his colleagues in the beer and wine industry by sneaking in a sly pint of lager when he thought no one was looking.

Race day dawned, Eamon, Sarah Hodgson & Shane "The Prefect" Knott had already left to pursue glory in the half marathon, Marie Motley had successfully scaled the North Face of the Eiger 10K the day previously so now it was our



The lads rock the PVC look in downtown Edinburgh. Nearly.

Edinburgh Marathon

by Mike Roxburgh

turn.

I'm sure you will agree there is nothing that sets you up better to run a marathon than a nice two mile hike in your vest and shorts through the cold wind and rain of an Edinburgh Sunday morning so by the time we had met up with Russell "Chicken Drummers" Burnham at the baggage trucks we were a little on the cold side. Fortunately Ritchie had spared no expense and produced a nice warm bin bag for me to put on, not as trendy as my PLS Fleece mind but im sure Tony Mann could make a killing with some official PLS bin bag type merchandise if he put his mind to it.

Having then rustled around the streets looking to find the start line we turned a corner and there it was awaiting me, the start line of my first marathon...

We took our places in our pens, Davey Lynan disappeared into the crowd almost immediately probably because he didn't want anyone to think we were with him, Russ stood with me probably to make himself feel better, Ritchie was on a different starting point whilst John "Speedy" Connolly, Paul "Banana Man" Riley & Mark "Finchy Strider" Finch were up ahead where the proper runners congregate.

Without too much of a delay the gun sounded and we were off and running the course taking a gentle downward slope for around the first 5 miles. Now here's the bit that pains me to this day...as I've detailed earlier in this report under coach Warn's tutor ledge I had trained diligently for months to run at a consistent 8.50 pace throughout the race, a tactic I had managed to perfect over numerous 20/22 mile

long runs in the weeks preceding so what did I do on the big day? That's right I threw everything out of the window and set off at 8.30 Pace with the intention of slowing up when the hill bottomed out.

Well the hill did indeed bottom out but by this time I was feeling fine and dandy so decided to completely ignore my training and continue on as I was which to be fair at that point felt very comfortable and manageable.

The course itself leaves Edinburgh very quickly and follows a long flat stretch out along the coast through some small villages before snaking out into the countryside over an undulating road before looping back on itself to end in one of the towns previously ran through on the way out, Musselburgh.

At mile 12 I was still running too fast but did I care? Not one iota to be honest. I felt great, until that is I had a quick swig of water at a drinks station and almost immediately got the worst stitch I've ever had. I assumed at the time Russell must have had his little voodoo doll effigy of me out and was sticking pins in it just to make sure he beat me, but whatever the cause it hurt pretty bad for about a mile.

My pace held however and I reached mile 14/15 feeling confident I was at least going to hit my time target which was the point where my stomach started to give me some problems, for those of you familiar with Tom Williams & Martin Yelling's Marathon Talk pod cast it was a bit of Tony Audenshaw's Gingerbread Man scenario.

Being the stoic sort of person I am however I did not to do a Paula and decided to ignore the

Edinburgh Marathon

by Mike Roxburgh

stomach cramps and push on. By this time I had reached the undulating countryside section of the route and began to see the first of the elite runners coming back along the opposite side of the road. The wind and rain had started to pick up at this point and began to worry a little when I saw more than one or two of the elites actually walking.

At around mile 18 I noticed that my pace had started to slow, the wind was howling in and the rain was driving down; I tried to push on but there was no denying it, my legs were definitely feeling a lot heavier and were not happy about me trying to push them to run any faster. It was at this point that I realised I was about to learn what marathon running was all about - pain, sweat and tears!

I checked my watch and saw my target time slipping away, I moved from my secret target of 3.45 to 3.50. After another mile or so I'd changed target again, this time to anything sub 4, another mile along it was just finish the bloody thing and don't walk! I saw Ritchie come up behind me at around mile 22 and pass me. He'd stuck to pace plan, now that's a lesson I should have heeded! The last four miles or so were just a case of head down and dig in...

...And I did. I finally entered the home straight some 20 minutes behind my planned time; I looked at the clock and remembered my last target left: Keith Boyle's 4.11 at the London Marathon. That gave me the final push to the line to finish in 4.10, thanks for that Keith!

The finish area was a joke; it took 25 minutes to get through it, most of the time spent

standing shoulder to shoulder with other runners in a queue that didn't seem to move.

It was cold and my legs decided to lock up which meant I eventually ended up limping back with the aid of my Mrs to the meeting area where the other guys were waiting for me in my role as "The Last Of The Penny Lane Striders".

Thankfully there is a God; he masquerades as the PLS Membership Secretary going under the pseudonym of Shane Knott who had provided a Chariot (ok, a 60mph mini bus) to get us back into Edinburgh.

After that a quick rest back at the hotel, a few alarming spasms of cramp in my groin (something I really wouldn't recommend) and we were out for a Chinese and a number of beers and the highlight of the weekend – winning the 'sexiest calf' competition, independently judged by a wee Scottish Lassie!

All in all a great weekend, a great race and with the Liverpool Marathon just around the corner something I'm about to do all over again, although this time I'm sticking to my target pace!



Personal Profile – Rachel Rick



Occupation: Primary School Headteacher

Why did you join pls? Motivation – enjoy running with others sometimes

Running likes: long, easy run

How long have you been running? Since 1980s

Running dislikes: injuries!

Favourite male runner: Steve Ovett (showing my age now)

Favourite female runner: Paula Radcliffe (predictable, I know)

Favourite non running person: husband

Favourite race: Liverpool Half-marathon

Least favourite race: none really – depends on how well prepared I am!

Favourite drink: G&T

Least favourite drink: beer – hate it

Favourite food: Brown rice and dhal

Least favourite food: any meat / fish!

Favourite holiday: beach or skiing

What is your idea of happiness: happy family

Favourite group: The Who

What do you always carry on you: toilet paper!

Best running moment: finishing the Liverpool Half-marathon, 2011

Favourite running shoe: Nike Zoom Vomero (wide fitting)

Favourite film: Quadrophenia

Vest in or out: out

Personal bests over the classic distances:

Distance	Time	Race	Year
5k	26:30	Liverpool Team Challenge	2005
5M	n/a		
10k	56:30	Liverpool Womens	2011
10M	n/a		
Half marathon	2:05:57	Liverpool HM	2011
Marathon	n/a		

Race Calendar

September

Thu	01	Stanhill 5km Trail Race, Oswaldtwistle (Trail)
Thu	01	Kevan Shand Brown Wardle Hill Race, Rochdale (Multi)
Thu	01	Deestriders Off-Road Grand Prix (4/4), Shotton (Multi)
Sat	03	Lakeland 14km Trail Races, Keswick (Trail)
Sat	03	Kirkby Stephen GS/Howgill Harriers 10k, Kirkby Stephen (Road)
Sat	03	Hilton Blackpool 10k (Road)
Sun	04	Hilton Blackpool Half Marathon (Road)
Sun	04	Great Eccleston Scouts Fast 4 Miler, nr. Preston (Road)
Sun	04	Southport Beach 10k (Multi)
Sun	04	YMCA Harriers 5 Mile Multi-Terrain Race, Walkden (Multi)
Sun	04	Tameside 10k, Ashton-under-Lyne (Road)
Sun	04	Ulverston Charter 5k Road Race & Fun Run, Ulverston (Road)
Sun	04	City of Salford 10k Road Race (Road)
Sun	04	City of Salford 5k Road Race (Road)
Tue	06	Gosforth 10k (Road)
Tue	06	Wirral MT (Multi)*
Wed	07	Graham Wright Cowm Reservoir Multi-Terrain, Whitworth, nr. Rochdale (Multi)
Thu	08	Wavertree Mystery 5k Series (Road)
Sat	10	The Great Westmorland Trail Race, Crosby Garrett, nr. Kirkby Stephen (Trail)
Sun	11	Accrington 5k Road Race, Altham, nr. Accrington (Road)

September continued...

Sun	11	Pennington Flash 5 Mile Trail Race & Fun Trail Run, Leigh (Trail)
Sun	11	Autumn 5k Road Race, Blackpool (Road)
Sun	11	Athlete Matters Worsley Woods Trail Race 4.5 & Worsley (Trail)
Sun	11	Farmers Arms 10k & 2 Mile Fun Run, Hilldale, nr. Parbold (Road)
Sun	11	Woodford 10k, Stockport (Multi)
Sun	11	St. Helens Dream Trail Race & Junior Dream Challenge (Trail)
Sun	11	Lake Vyrnwy Half Marathon - RACE NOW FULL (Road)
Sun	11	Padfield Plum Fair Scamper & Junior 2k Scamper, Glossop (Fell)
Sun	11	Gawsworth 10k & 5k Fun Run, nr. Macclesfield (Multi)
Wed	14	Helen Clitheroe GOLD Cowm Reservoir Race, Whitworth (Trail)
Sat	17	High Peak 40 Mile Challenge, Buxton (Multi)
Sun	18	Shell Sutton Six 10k, Guilden Sutton, Chester (Road)
Sun	18	Boggart Chase 10k, Boggart Hole Clough (Multi)
Sun	18	Boggart Chase 3k Under 17 Road Race, Boggart Hole Clough (Road)
Sun	18	Garstang Half Marathon, nr. Preston (Road)
Thu	22	Ron Hill 73rd Birthday 5k Road Race, Littleborough, Rochdale (Road)
Sat	24	Great Langdale Marathon, nr Ambleside (Road)

*Multiterrain Championship

Race Calendar

September continued...

Sat	24	Great Langdale Half Marathon, nr Ambleside (Road)
Sat	24	Orton Autumn Fair Fell Race, Penrith (Fell)
Sat	24	Lancaster 5k Race Series (5/5), Salt Ayre, Lancaster (Road)
Sun	25	Run Preston 10k (Road)
Sun	25	Run Preston 5k inc. Workplace Challenge (Road)
Sun	25	2nd Swinton 10 Mile Road Race (Road)
Sun	25	Run4alife 10k Run & Family 5k Fun Run/Walk, Wigan (Road)
Sun	25	Macclesfield Half Marathon & Junior Fun Run (Road)
Tue	26	Dawn Taylor Cowm Reservoir Race, Whitworth (Trail)
Wed	27	Wirral MT (Multi)*

October

Sat	01	Lakeland 15km Trail Races, Coniston (Trail)
Sat	01	No Walk in the Park 5k, Chesterfield (Road)
Sun	02	Sandstone A Trail Race (trail)*
Sun	02	Gin Pit 5, Tyldesley (Trail)
Sun	02	Gin Pit Fun Run, Tyldesley (Trail)
Sun	02	Asics Natterjack Seaside 10k & Fun Run, Southport (Road)
Sun	02	Blackpool to Fleetwood 10 Mile, Blackpool (Road)
Sun	02	Sandstone Trail Race (long), nr. Delamere (Trail)
Sun	02	Sandstone Trail Race (short), nr. Delamere (Trail)

October continued...

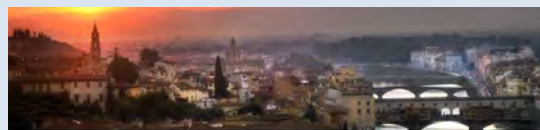
Sun	09	Penrith Rotary Club 10k Trail Run & 4k Fun Run/Walk, Lowther Park, Penrith (Multi)
Sun	09	Congleton Half Marathon (Road)
Sun	09	Reservoir Jogs, nr. Glossop (Multi)
Sun	09	Len Mullen Memorial Ladies' Cross Country Race, Stockport (XC)
Sun	09	Len Mullen Memorial Men's Cross Country Race, Stockport (XC)
Sun	09	Liverpool Marathon (Road)
Sun	09	MBNA Chester Marathon (Road)
Sat	15	Claire Ryder Memorial Watergrove Reservoir Race, Wardle, nr. Rochdale (Multi)
Sat	15	Bay 2 Bae 10k Coastal Trail Run, Bull Bay to Cemaes Bay (Trail)
Sun	16	Green Drive Five, Lytham (Road)
Sun	16	Sandbach 10k & 1 Mile Fun Run (Multi)
Sun	23	Autumn Breaker 10k Road Race, Blackpool (Road)
Sun	23	Lea Town 10k Road Race, nr. Preston (Road)
Tue	25	Standish Hall Trail Race*
Sun	30	Accrington 10k Road Race (Road)
Sun	30	Jekyll and Hyde' Halloween 5 Mile, Hyde (Multi)

* Multiterrain Championship

Notturna di San Giovanni – 18.06.11

by C Puccini

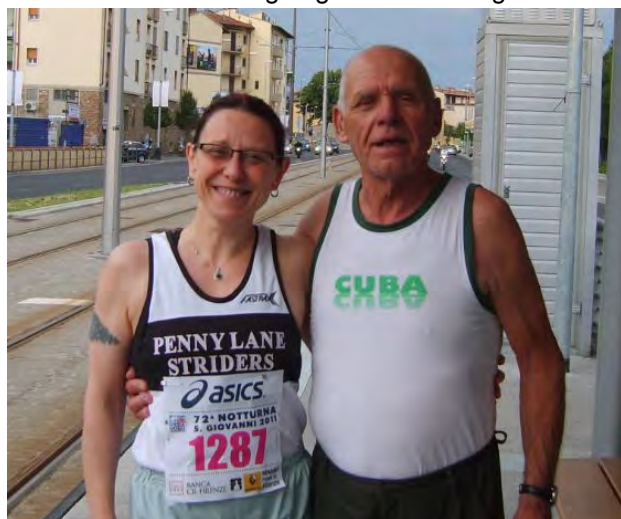
Ed celebrates the Summer Solstice at this traditional night time race in the heart of Florence. Now in its 72nd year, St John's Nocturne is one of the oldest 10k races in Europe.



My first attempt at the Notturna in 2009 was a shock to the system. Most summer races in Tuscany are held in the evening because only camels could manage to do anything more than walk during the day, but I quickly found that to my unacclimatised body evenings didn't feel much different!

This time I knew what was coming though. And I had a cunning plan. Drink lots of water during the day and take it easy during the race. Just stay under 50 minutes so you can enjoy the sights this time, I told myself with the air of the local expert advising a visiting Siberian.

And 50' for a 10k is like going for a walk. Right.



Local cycling legend lends his support

A quick tram journey later, with my support team in position on a strategic street corner two steps away from the finish and, unbelievably, one step away from a bar, I made my way to the start.

This is what it looked like for the proper runners:



Ready?

For me it looked like this, but only if I jumped.



The view for mere mortals

The route is great. Two different laps from the cathedral square, past the town hall and along the river before crossing over for an adventure round the side streets of the Oltrarno. You really do see all of the sights. That is unless, like me, you think you're about to suffocate and can just about focus on the a**e of the person in front. Thankfully most people taking part were quite fit, so it wasn't as bad a sight as it could have been.

The other odd thing is that nights draw in much more quickly because of the latitude. The race starts at 9pm, but by the 2nd lap the lights were on and the sky a very deep blue. By the time I finished it was completely dark.

The pavements were filled with the usual crowd out for the after-dinner passeggiata. Tipsy tourists were mingling with family and friends of the runners - not to mention a number of bona fide spectators - gathered by Ponte Vecchio, shouting encouragement in various languages.

Many of the locals on the other side of the river joined in from bar doorways, street corners and windows and the atmosphere was great (apart from the odd impatient motorist), but deary me it was hot, hot, hot. I'd set out thinking I was going to jog my way around but by the end I felt like I was running for my life. I definitely earned my post-race ice cream!

If you're looking for a PB and aren't used to running in 30°C heat this is probably not for you. If, on the other hand, you are looking for an unusual race and a great weekend in the – cough – most beautiful city in the world, come next June you *know* where you want to be.

PLS Sick Notes – Who’s got the best excuse?

by C Puccini

When life chucks a hand grenade at your best laid training plans, what do you do? Send your pictures to your favourite magazine to see who’s got the best scar, of course. Readers, I know what you’re thinking. This time she’s gone too far, this is truly in bad taste. Well, you should have seen the ones I left out...

Michelle Kelly



My torn cartilage is a regular occurrence, it seems in 'mature runners' (sorry Jackie). To name but a few of us, this happened to Physio Dave (who gives great advice and support if it happens to you), Frank Martin, Sam Darby, Chris Carson, and me. Oh yes and Simone's Dad (after he ran 2 Marathons in April). The injury isn't too painful but you cannot run properly until you have op (and depending on severity of the tear of your cartilage, the op varies) and the recovery after op is anything between a few days to a few weeks.

To finish, I am on the mend and I look forward to returning in a few weeks/months

to see all the great guys and girls in PLS that I miss so much, never mind the running/hard efforts!

Tarja Kinnunen



Sometimes life comes on the way of racing; three weeks prior to my priority race of the year -Ironman Regensburg- I was diagnosed with detached retina which required emergency surgery with post-op recovery involving two weeks of “posturing” i.e. lying down on my left side. I was allowed to be up for only 10 min every hour when awake. Six months of focussed training ended up lying down on the sofa...No Ironman, no European Long Course Champs. Lesson to learn; no matter how well you prepare, sometimes things are totally out of your control. All you can do is adapt and look forward to a new year and new races!

Stato's Report

by Andy Keeley

June 2011

26 June 2011 - Moel Gamelin Fell 9.5m2400'

Frank Martin 01:58:14

4 June 2011 - Hollins Green 5kDerek Ashcroft 00:18:29
Billy Hargreaves 00:22:04**4 June 2011 - Abersoch 10k**

Mike Roberts 00:54:06

5 June 2011 - Abbeystown 10m CumbriaDavid Cain 01:10:59
Sue Cain 01:17:24**5 June 2011 - Alexandra Park 5k**Charlie Stanway 00:21:46
Cristina Puccini 00:22:08**5 June 2011 - Allenthorpe Half Marathon**

Tim Fletcher 01:28:47

5 June 2011 - Croxteth 10kNigel Grant 00:38:10
Paul Riley 00:38:16
Gary Roberts 00:40:42
Rob Cooper 00:41:00
Graham Halsall 00:42:02
Graham Beardsmore 00:42:48
Steve Pemberton 00:43:20
Colin Dobbs 00:44:18
Barry Bright 00:44:38
Paul Brady 00:44:50pb
Andrew Leslie 00:44:58
Eamon Brady 00:46:43pb
Emma Kearney 00:48:15
Peter Pritchard 00:48:22
Ann-Marie Lashley 00:50:16
Shelly Kemp 00:54:08
Dave Mangan 00:56:01
Kevin O'Brien 00:59:35
Pauline Darlington 01:02:09**8 June 2011 - Birkenhead 5m**Martin Swensson 00:27:26
Neil Kelly 00:29:31
Mark Hargreaves 00:30:05
Nigel Grant 00:30:08
Marc Wharmby 00:31:27
Tony Man 00:31:40
Steve Pemberton 00:33:17
Tim Warn 00:34:18
Barry Bright 00:35:06
Andrew Stansfield 00:35:23
Cristina Puccini 00:36:29pb
Eamon Brady 00:36:42pb
Liz Lynan 00:37:07
Russell Burnham 00:37:29
Billy Hargreaves 00:38:48
Cath Nevin 00:42:40
Marie Motley 00:43:32
Eunice Nopondo 00:45:08**12 June 2011 Mersey Tunnel 10k**Martin Swensson 00:34:05
Mark Hargreaves 00:37:40
Marc Wharmby 00:39:02
Paul Lloyd 00:40:05
Ian Russell 00:40:18
Dave Owens 00:42:16
Fiona Milne 00:42:53Colin Dobbs 00:43:11
Andrew Stansfield 00:43:21
Andrew Leslie 00:43:36
Paul Brady 00:43:42
L Hussey 00:43:49
C Langdon 00:43:51
Marc Vincent 00:43:54
Barry Bright 00:44:17
Eamon Brady 00:45:30
J Bampton 00:45:33
J Jensen 00:46:39
Sarah Noon 00:47:17
G Hussey 00:48:35
Peter Pritchard 00:48:40
Michele Kelly 00:50:12
D Pease 00:50:23
S Bradley 00:51:56
T Varga-Atkins 00:53:33
D Mangan 00:53:59
F Mcalle 00:54:50
Anthea Deane 00:55:15
R Armstrong 00:55:31
R Rick 00:55:52
L Woolley 00:56:22
Eunice Nopondo 00:56:29
A Morton 00:59:34
Pauline Darlington 00:59:59**14 June 2011 - Mystery 5k**Martin Swensson 00:16:25
John Connolly 00:17:29
Mark Hargreaves 00:18:17
Tim Fletcher 00:18:21
Derek Ashcroft 00:18:40
Ste McNicholas 00:19:25
Mike McCann 00:19:48
Gary Whitfield 00:19:49
Dave Owens 00:20:20
Steve Pemberton 00:20:21
Colin Dobbs 00:20:48
Dave Lynam 00:20:51
Andrew Leslie 00:21:05
Andrew Stansfield 00:21:23
Tony Man 00:21:37
Sarah Hodgson 00:21:37
Natalie Cooper 00:21:43
Tony Wilcock 00:21:47
John Jensen 00:21:49
Jane Eardley 00:21:53
Richard Houston 00:21:57
Mike Devereux 00:22:10
Emma Kearney 00:22:35
Paul Brady 00:22:39
Sam Darby 00:22:41
S Maden 00:22:44
Anthony Hargreaves 00:22:58
Joe McGlynn 00:22:58
Sarah Noon 00:23:10
Mike Roxburgh 00:23:12
Liz Lynan 00:23:13
Keith Boyle 00:23:19
G Hussey 00:23:22
Peter Pritchard 00:23:24
Gill Darby 00:23:33
C Whelton 00:24:00
Michelle Cobourne 00:24:23
Jane Dyer 00:24:49
Cath Nevin 00:26:10
Shelly Kemp 00:26:25
Carolyn Houghton 00:27:01**17 June 2011 - Dunham Massey 5k**

John Connolly 00:17:45

18 June 2011 - Great Langdale 20k

Clay Lenhart 01:39:00

18 June 2011 - Notturna S Giovanni 10k

Cristina Puccini 00:49:16

19 June 2011 - Freckleton Half Marathon

Mike Roxburgh 01:53:54

19 June 2011 - Leasowe Rotary 10kJohn Connolly 00:37:50
Paul Brady 00:44:56
Eamonn Brady 00:46:55
Elizabeth Lynan 00:47:56
Emma Kearney 00:48:55
Marie Motley 00:57:12**22 June 2011 - Moel Famau Fell 3.5m1200'**

Lawrence Eccles 00:42:07

22 June 2011 - Harrock Hill Fell 5.2m900'Neil Kelly 00:36:07
Andy Keeley 00:41:04
Billy Hargreaves 00:44:19**23 June 2011 - Warrington 10k**Martin Swensson 00:34:13
John Connolly 00:37:00
Paul Lloyd 00:40:48
Colin Dobbs 00:41:20
Steve Pemberton 00:42:08
Dave Lynam 00:42:50
Andrew Stansfield 00:43:19
Paul Brady 00:44:00
Marc Vincent 00:44:10
Andrew Leslie 00:44:23
J Bampton 00:44:30
Sarah Hodgson 00:45:13
Liz Lynan 00:45:44
Eamon Brady 00:45:47
Richard Houston 00:45:51
Sarah Noon 00:47:38
Mike Roxburgh 00:48:02
Gill Darby 00:48:02
Emma Kearney 00:48:37
G Hussey 00:48:50
Russell Burnham 00:49:44
Jane Dyer 00:50:09
C Whelton 00:50:20
Shane Knott 00:50:22
Keith Boyle 00:50:40
Cath Nevin 00:54:09
Marie Motley 00:55:14
Eunice Nopondo 00:55:44**23 June 2011 - Stadt Moers MT 8k**

Marty Hirrell 00:36:17

25 June 2011 - Tromso Midnight Sun Marathon

Pat Bryan 3:35:33

25 June 2011 - Lymm 5kDerek Ashcroft 00:18:18
Nigel Grant 00:18:45
Billy Hargreaves 00:21:37

Stato's Report

by Andy Keeley

July 2011

6 July 2011 – Mystery 5k

Martin Swensson	00:16:18
John Connolly	00:17:43
Nigel Grant	00:18:21
Tim Fletcher	00:18:30
Tony Man	00:18:51
Ste McNicholas	00:19:29
Marty Hirrell	00:19:39
Gary Whitfield	00:19:51
Paul Lloyd	00:19:52
Steve Pemberton	00:19:53
R Cooper	00:19:54
M Gordon	00:20:02
R Collins	00:20:03
Gary Roberts	00:20:09
Mark Sullivan	00:20:24
Colin Dobbs	00:20:28
Tim Warn	00:20:40
Andrew Leslie	00:20:48
Graham Beardsmore	00:20:50
Andrew Stansfield	00:21:03
Marc Vincent	00:21:16
Dave Lynam	00:21:18
Paul Brady	00:21:37
S Maguire	00:21:37
Natalie Cooper	00:21:42
Jane Eardley	00:21:59
Emma Lawton	00:22:24
Liz Lynam	00:22:30
Emma Kearney	00:22:35
Joe McGlynn	00:22:55
Keith Boyle	00:22:56
Mike Roxburgh	00:22:57
R Darlington	00:22:58
Russell Burnham	00:23:06
Sarah Noon	00:23:08
Sam Darby	00:23:19
D Pease	00:23:23
Shane Knott	00:23:31
G Hussey	00:23:41
C Whelton	00:23:49
Peter Pritchard	00:23:54
Jane Dyer	00:24:00
Naomi Fowles	00:24:44
R Ireland	00:24:48
Cath Nevin	00:25:38
Carolyn Houghton	00:25:50
Tony Hewitson	00:25:54
S Maden	00:26:12
S Kemp	00:26:12
Maria Motley	00:26:22
R Rick	00:27:52
Eunice Nopondo	00:27:53
Pauline Darlington	00:31:24
Keith Obrien	00:31:25
Monica Brown	00:35:56

10 July Catforth 10k

Tim Warn	00:43:12
Cristina Puccini	00:45:52

14 July 2011 - Wizard 5 Trail race

John Connolly	00:31:50
Tony Man	00:33:44
Simone Capponi	00:34:15

Stephen McNicholas	00:34:16
Andrew Keeley	00:35:00

16 July 2011 - Burtonwood 5m

Nigel Grant	00:30:04
Steve Pemberton	00:34:51
Billy Hargreaves	00:35:23
Gill Darby	00:38:09
Cath Nevin	00:42:47
Althea Deane	00:46:08

17 July 2011 - Leigh Sports Village 10k

Martin Swensson	00:35:27
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17 July 2011 - Milton Keynes Half Marathon

Shelley Kemp	02:06:23pb
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20 July 2011 – Sefton Park 5m

Martin Swensson	00:26:52
John Connolly	00:29:17
Derek Ashcroft	00:30:36
Tony Man	00:30:41
Marty Hirrell	00:31:53
Ste McNicholas	00:32:03
M Gordon	00:32:20
Simone Capponi	00:32:24
Gary Whitfield	00:32:30
Andy Keeley	00:32:42
Mal Balmer	00:32:43
R Cooper	00:32:45
Rob Collins	00:32:59
Colin Dobbs	00:33:04
Steve Pemberton	00:33:39
Tim Warn	00:34:08
S Maguire	00:34:23
Billy Hargreaves	00:34:29
Paul Brady	00:34:33
Marc Vincent	00:34:33
Dave Lynam	00:34:40
Fiona Milne	00:34:40
Andrew Leslie	00:34:55
Dave Pinnington	00:35:17
Jane Eardley	00:36:02
Emma Lawton	00:36:13
Liz Lynam	00:36:25
Richard Houston	00:36:34
Russell Burnham	00:36:36
J Jensen	00:36:37
Cristina Puccini	00:37:01
Mike Roxburgh	00:37:36
Emma Kearney	00:37:36
Sarah Noon	00:38:08
Eamonn Brady	00:38:31
Keith Boyle	00:39:13
W Peters	00:39:23
Tim Fletcher	00:39:25
A Grinley	00:39:37
Nathan Walker	00:39:42
Judith Dyer	00:39:45
C Whelton	00:39:47
Mike Roberts	00:40:29
Cath Nevin	00:40:47
Val Desborough	00:41:01
K Atterbury	00:41:30
R Ireland	00:41:34
Tony Hewitson	00:41:53
Chris Carson	00:42:01
Maria Motley	00:42:51
Carolyn Houghton	00:43:25
D Hamill	00:44:25
Shelly Kemp	00:45:09
Eunice Nopondo	00:45:28
Kevin Obrien	00:47:11
23 July 2011 – Elswick 10m	
Neil Kelly	1:03:49

Eunice Nopondo	1:34:56
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24 July 2011 - Cross Bay Challenge

Jane Eardley	01:50:29
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27 July 2011 – Harrocks Hill Race

Neil Kelly	00:35:49
Simone Capponi	00:38:51

29-31 July 2011 Lakeland 100

Lawrence Eccles	31:42:06
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30 July 2011 - Glasgow 5k Park Run

Tony Man	00:22:25
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31 July 2011 - York 10k

Shane Knott	00:49:41
Carolyn Houghton	00:59:05

Keep on Running

by Tony Man

The Club Gallop on 30th June marked 4 years of running every day. I started 1/7/07, encouraged by Liz and inspired by Susan and Dave Cain back in 1996.

The rules are simple. All runs must be a minimum 2 miles/16-17 minutes and outdoors. Treadmills don't count!

First I tried it in 1996 but failed. I completed a whole year successfully for the 1st time in 1998. I did it again in 2001 and ran all my PB's that year. Then between 1st January 2006 - 28th April 2007, before I fell and ripped open my knee at Hawshead 15k Trail Race.

It's all about planning ahead and sometimes running at unusual times. Once I ran just after midnight as up early the next morning to catch a flight. I ran when arrived in Hong Kong last year - only just! I ran after U2 at Wembley back to the hotel to beat the traffic and crowds. I ran from Anfield after match to town before catching the train home.

During the last 4 years I have ran 5,691 miles and ran 125 races. I am very lucky.

PS. 'July also marked 20 years ago I ran my first race for PLS at Ellesmere Port Half Marathon.



Tony makes it look easy up Snowdon – and trust me, it's not.

Stato's Report

by Andy Keeley

We have reached halfway in this year's Multi-Terrain Challenge Trophy. We have had some cracking events in the first half of the calendar with Winkle Trout being a personal favourite, despite taking a tumble and hobbling back to the car with a groin strain. Simone Capponi is leading the men's event with Tony Man hot on his heels. In the women's event Gill Darby is leaving everyone in her wake but we are only at halfway and there are still 8 races to go to the finish line so it can all change. This year for the first time we have two of the Wirral MT series in the MTCT series so we should hopefully see more people vying for the prizes at the end of the season.

Multi-Terrain Challenge Trophy 2011-12 - Provisional Standings (Best 5)								
Position	Men				Women			
	Points	Name	Cat	Races	Points	Name	Cat	Races
1	248	Simone Capponi	M	6	249	Gill Darby	FV	6
2	245	Tony Man	MV	7	145	Jane Eardley	F	3
3	190	Andrew Keeley	MV	4	50	Natalie Cooper	F	1
4	189	Ste McNicholas	MV	4	49	Alice Spooner	F	1
5	149	John Connelly	MV	3	47	Emma Lawton	F	1
6	88	Sam Darby	MV	2	45	Jane Hallows	FV	1
7	50	Neil Kelly	M	1	44	Christine Hargreaves	FV	1
8	47	Marc Vincent	M	1	0	None	0	0
9	47	Steve Pemberton	MV	1	0	None	0	0
10	46	Bill Hargreaves	MV	1	0	None	0	0
11	46	Rob Hardwick	MV	1	0	None	0	0
12	45	Andrew Stansfield	MV	1	0	None	0	0
13	44	Tony Hargreaves	MV	1	0	None	0	0

Club Records

This has been a few months with a number of updates to the club records.

Martin Swensson improved his second place MOpen 5k time at Mystery in July and then improved his second fastest 10k time at the Tunnel 10k and followed these with a **new 5M record** time at Sefton Park.

John Connolly posted the 3rd quickest time for the M40 age group at the Sefton Park 5M.

Derek Ashcroft posted a **new 5k record** for the M55 age group at Hollins Green.

Steve Pemberton posted the 5th quickest M55 5m time at Birkenhead Park and the 5th quickest 10k at Warrington.

Bill Hargreaves posted the 4th fastest M60 time at Bowden and the 5th fastest 5M at Sefton Park.

Tony Hargreaves posted the 5th quickest 5k time at the Mystery in June.

Peter Pritchard posted the 2nd fastest M65 time for 5k at the Mystery in June.

Kevin Obrien posted a **new 5M record** in the M70 category.

Fiona Milne posted the 4th quickest 10k time in the FOpen category.

Sarah Hodgson posted the second fastest 5k time in the F35 category.

Liz Lynam posted the 5th fastest 10k time in the F35 category at Warrington.

Cristina Puccini posted the 5th fastest 5M time in the F40 category at Birkenhead Park.

Gill Darby improved on her 2nd fastest F50 5k time at the Mystery also posted the 4th fastest time for 5M at Burtonwood and the 5th fastest 10k time at Birkenhead

Cath Nevin set a new 5M record at Sefton park in the F55 category.

Chris Carson improved her second fastest 5M time in the F55 category.

Val Desborough posted the 2nd fastest marathon time in the F50 category at London.

The view from the back – Give me fuel, give me fire, give me that which I desire... by C Puccini

WE MEET HERE:

Garston Sports
Centre Long
Lane Liverpool

18:45 Tue &
Thu

E-Mail:

Pennylanestridders
@btinternet.com

Visit our website:

www.pennylanest
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co.uk

With a good number of Striders limbering up for the Liverpool marathon, now is probably as good a time as any to explore the myths and legends of the pre-marathon breakfast.

From the inadvisable – anything high in fibre! – to the downright bizarre – pasta for breakfast, anyone? – we've all read about what's good, bad or indeed ugly on the morning of the big day.

Of course it goes without saying that whatever you have for brekkies on the day is not going to sustain you for the race itself and that you need to establish your nutritional race plan well in advance. The goal of the marathon breakfast is to give you a bit of a head start.

I have a tried and tested method which I'd like to share. Ideally you need to try this out before a couple of your longest runs first, just to make sure nothing disagrees with you on the big day.

1. Don't eat/drink anything that's hard to digest. In short, anywhere up to a couple of hours before the start is no time for a huge Latte. Milk is hard to break down and will likely play havoc with your stomach. If you really *have to* eat cereal that morning I suggest you use soya.

2. Have a nice cup of coffee. Black. You can have as much sugar as you like. Frank Martin swears by a triple espresso before a marathon, and I'm not going to argue with that.

3. Warm up a baguette and make a nice jam sandwich, or have a couple of slices of good, thick toast. Only use a tiny bit of butter if you must, but remember that today sugar is your friend! And it's easy to digest. Marmalade or jam will do the job.

With all the sugar though don't forget your toothbrush as soon as you're done with breakfast, as I won't be held responsible for any dentists' bills afterwards. ;-)

Now go get them! Or at least try not to collapse halfway.

And in the next issue...

Tony Man shows off his collection of PLS membership cards

Mountain Races: Man V Horse and Snowdon Race special!



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

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