

# Reports & Results 2012

## Shifnal Half Marathon - 1st June

### *Report by Dave Isaac*

This was the second year I've run this race and the weather was certainly a lot cooler this year compared to the unbearable heat we had last year! I could tell at the start line that there was a poorer turn out this year which is a shame because its a nice friendly race with the kids and teachers of the idsall school all giving up their Sunday morning to marshall. The race itself takes in the churches of Shifnal, Ryton, Beckbury and Kemberton with some nice off road stretches to keep it intreseting. There were three wrekin road runners competing with myself, John Scott and Simon Hardiman. Simon had a great run and came in 5th overall and continues to earn my respect with how humble he is and annoy me in equal measure with how easy he makes it look! :)

In checking the results I note that Wendy Scott also took part and finished in a great time.

Photographs from the race taken by Brian Dale can be seen [here](#)

Times will be posted below as soon as they available

Simon Hardiman 1:24:32

Dave Isaac 1:36:02

Wendy Scott 1:50:22

John Scott 1:54:20

## Lakeland Trail Marathon - 1st July

### *Report compiled from Facebook Posts made by Ross Weston*

Ross Weston completed this tough trail marathon in 6:55:00, he says it is one of the hardest events he has ever done with difficult technical trails and rain throughout. He does admit to a bit of cheating by sliding part of the way down a slope on his backside.

## Speedo Big Swim - 30th June

Wrekin Road Runner Andy White competed in this open water 5K swim in Nottingham. He says the weather conditions meant it was like more swimming in the

sea than a lake as the water was quite rough. *Good practice for next year's trip to Caen then.*

Andy completed the first lap in 56:42 with an overall finishing time of 2:09:18, he says that he was glad to just get round. Well done Andy

### **Eldwick Gala Fell Race - 30th June**

*Report by Linda Edmonson*

This 4.3K race is one of the easiest fell races and is deceptively runnable. Felt great after Moel y Gamelin the previous weekend.

I did 27:44 – would do it again!

### **Spectrum Striders' Lunchtime Charity 5K - 29th June**

*Report by Linda Edmonson*

This follows the course of one of my favourite races ( Forest Park ladies 5K). As it's a low key event with few marshals I managed to go slightly wrong. The two guys behind went even more wrong, presumably they couldn't believe a woman knew the way and didn't follow me when I corrected myself (or maybe they just couldn't keep up!).

I finished in 25:13.

### **Ironbridge 4 Miler - 28th June**

29 members of the club run in the fourth race of the Sexarathon Series and had to contend with very warm humid conditions.

Pictures by Brian Smith can be seen by [clicking this link](#) and full results by [clicking here](#)

Paul Ward 22:15

Jordan Stamp 25:39

Cameron Stamp 28:36

Stephen Gill 29:08

Paul Hadley 30:02

Neil Jefferson 30:12

Bob Follows 31:42

Tim Carter 31:54

Sharon Clayton 33:54

Mark Evans 34:02

Mick Fereday 34:28

Cliff Shardalow 35:04

Julie Tatton 35:19

Pauline Kesek 35:50  
Tracey Drummond 36:45  
Beverley McCarthy 38:18  
Donna Howells 38:23  
Allison Haycox 38:25  
Verinia Thomas 38:45  
Julie Kaur 39:48  
Caroline Beresford 40:14  
Sarah Hodgson 41:58  
Catherine Hughes 42:07  
Luisa Grey 42:34  
Pam Weston 47:06  
Ross Eston 47:08  
Kathy Ling 55:16  
Janet Pugh 55:18

## **The Midsummer 6 – 27 June**

*Report by Kathy Ling*

The race started at Aldersley centre at 10am on a very cold morning, the first mile was over a field and included a couple of very nasty hills which knocked the wind out of me. The race continued along the canal, which was very muddy and slippery, I had settled down into my rhythm by this time, the weather had picked up and the sun came out. I managed to see the winner on his way back. It was quite hard going but I hung in there. Jan Pugh had a very good run although it was hard I did enjoy the race and would do it again.

Jan Pugh 1:22:13

Kathy Ling 1:30:45 (1st over 60 female nice bottle of wine for a prize)

## **Moel y Gamelin Fell Race – 24th June**

*Report by Linda Edmondson*

**At 9.5 miles this is my longest race since the Manchester marathon and hilliest for a while. I really felt the lack of long runs and hills but got round in 1:57:29 only just short of one of my rivals.**

## **Worcester Top Barn Triathlon – 24th June**

Well done to Andy White who took part in this event that comprised of a 750 metre open water swim, 25 kilometre cycle and 5Krun.

Andy finished in 1:41:25 to come 41st in a field of 108

## **Malvern Midsummer Marathon - 23rd June**

This hard marathon which as part of its 26 miles included ascending each of the summits in the Malvern Hills was the 100th marathon distance event that the Aston's have both taken part in.

Sarah Aston 6:39:00

Jon Aston 7:04:00

## Trail Marathon Wales - 23rd June

Denzil Martin 5:30:53

## Blakedown Bolt - 22nd June

*Report by Kathy Ling*

This is one of my favourite races and the weather was nice and warm, every year there is always a waiting list for this race so I always enter in January because of its popularity. Conditions under foot were very muddy, once we were off the school fields we had to run down a very narrow path this is where I managed to catch up. There are plenty of hills and around the Mount Segg, through some scenic woods and a water crossing to refresh your feet. As I was approaching the school field the PA announcer said 'and here comes the last runner as usual' [but I wasn't] so he had to correct it. I was pleased with my time. We were awarded a nut & bolt as a prize along with a nice goodie bag. I really enjoyed this race and would do it again.

Kathy Ling 1:32:00

## Shugborough Relays - 20th June

### Mixed Open

#### Wrekin Mixed Nuts

**48:49 1st place**

Paul Ward 9:47

Helen Yates 15:19

Alex Maylor 12:40

Jason Walkley 11:01

#### Wrekin Youth Club

**1:06:17**

Donna Howells 16:26

Luca Howells 19:05

Sarah Aston 14:54

Jon Aston 15:50

### Mens Open

**Wrekin Piercings 55:46**

Nick Pearce 13:36

Martin Pearce 13:25

Rob Pearce 13:53

Mark Evans 14:51

**Wrekin Right to Run 58:39**

Tim Carter 13:17

Dale Hancox 15:32

John Scott 14:14

Denzil Martin 15:35

**Ladies Vets 160 years****Wrekin Tarts 1:01:27**

Sharon Clayton 14:56

Julie Tatton

15:42

Wendy Scott 14:46

Pauline Kesek 16:02

**Mens Vets 160 years****Wrekin Streakin****47:34 4th place**

Andy White 12:57

Tony Nicholls 11:59

Steve Gill 12:28

Paul Ward 10:09

**Wrekin Creakin 53:05**

Chris Clayton 12:40

Alan Palin 13:25

Neil Jefferson 13:08

Paul Spriggs 13:50

**Wrekin Last over the Post****1:13:05**

Simon Hardiman 11:27

Ian Emery

25:31

Kathy Ling

23:41

Paul Williams

13:01

How Kathy managed to run in a men's team I do not know!

Jon Aston 5:10:45

## **The Holly Challenge - 16th June**

Another great event hosted by Denzil and Lucy Martin see [www.codrc.co.uk](http://www.codrc.co.uk) for full results, pictures etc.

### **Half Marathon**

Sarah Turner 3:01:00

### **Marathon**

Jon Aston 4:55:00

Denzil Martin 5:05:00

Caroline Princep Beresford 5:22:00

## **Wythenshawe Park Run 5K - 16th June**

Linda Edmondson completed this event in 24:59 which she reported was not as muddy as the last time she did the course.

## **Severn Loop 5k - 15th June**

Report by Kathy Ling

When we arrived the weather was looking a bit black and there were not as many as last year. The course was a couple of loops around the quarry mainly along the river with two hidden hills in, however the weather held off but it was not a summers night.

I enjoyed it and Janet Pugh had a good run too. I would do it again as it is on the doorstep.

times

Kathy Ling 36:00

Janet Pugh 36:00

## **Kettleshulme Fell Race - 13th June**

Linda Edmondson took part in this 6 mile race which she describes as containing a middle sized hill in 63 minutes.

## **Malvern 10K - 13th June**

Fresh from representing the club at both 5K and 10K in Caen last weekend, Kathy popped over to a village called Willard near Malvern for this race. She reports that the weather was good, 'just like a summers evening' a rare occurrence this summer. The field smaller than the same race last year set off on time, after the first 2K the underfoot conditions as runners ran through the woods became boggy and muddy. Kathy says that running up the numerous hills was a case of four steps forward and three sliding back, at least she was generally maintaining the right direction of travel. Encouraging marshals made for a great atmosphere and the views from the top of hills were awesome. In the last mile Kathy encountered cows of all sizes which were somewhat bemused at a lot of funny people running through their field. Towards the end she had to run through a stream with knee high water but says this was good as it cooled the legs and cleaned her muddy trainers. The finishers goody bag included a bottle a Malvern Apple Juice with a special label saying '**Congratulations you Survived the 10K Race**' Kathy says she really enjoyed the race and will do it again. In finishing she claimed her second PB of the week. Well done Kathy.

Kathy Ling 1:37:00

## **Potters 'Arf Marathon - 10th June**

Simon Hardiman 1:26:19

## **Caen Festival of Running 9-10 June**

Report to follow

Photos from the trip can be seen by clicking [here](#) if you have any more please email them to me or upload directly to Flickr (contact me for log in details.)

## **10K - 10th June**

Paul Williams 0:41:40

Ken Richards 1:11:12

Kathy Ling 1:22:19

## **Pegasus Half Marathon - 10th June**

Paul Ward 1:11:20

Anthony Nicholls 1:36:19

David Isaac 1:39:24

Chris Clayton 1:40:20

Alan Palin 1:40:45

Stephen Gill 1:40:45

Robert Hurley 2:03:47

Pauline Kesek 2:03:50

## **Marathon de la Liberte - 10th June**

Sarah Aston 4:10:53

Mark Evans 4:23:09

Jon Aston 4:23:09

## **La Rochambelle 5K - 9th June**

Pauline Kesek 26:22 (136th place out of 1106 finishers)

Kathy Ling 0:35:18

Sarah Aston 0:35:18

## **Wythenshawe Parkrun - 9th June**

Breaking her previous course record by 1 second Linda Edmondson completed this muddy 5K race in 25:20

## **Skye Half Marathon - 9th June**

Paul Hadley 1:42:47

## **Dennis the Menace 5K Trail race -6th June**

Linda Edmondson finished this race in 42:44

## **Pen y Ghent fell race - 2nd June**

Linda Edmondson completed this 6 miles run which includes a big hill in 1:20:21

## **Benbecula Half Marathon - 2nd June**

Paul Hadley 1:40:13

## **Newport Carnival 10K - 2nd June**

Report by Kathy Ling

Six of the Wrekin Road Runners took part in the Newport Carnival 10k, the weather was quite cool, ideal for running, after running around the field Pauline decided to slip down but soon recovered and was on her way.

This race starts in the field and we made our way through the high street full of spectators cheering us on just before the the carnival parade starts. Once we were up the street and out in to the country lanes l'ts great, across fields and back down narrow lanes and into the fields.

Kelvin Berton was first Wrekin home, and congratulations to Julie Tatton 1st



F50 (nice bottle of wine)

(Julie, Kathy has your wine safe for you and will give it to Pauline for you!)

I won a nice bottle of wine for FV65 and well done to the rest of Wrekin members.

I always enjoy the run and look forward to next year. The entries were down this year. Marshalling very good

Kelvin Bierteron 38.43

Edijs Alksnis 42.22

Julie Tatton 52.07

Pauline Kesek 52.50

Janet Pugh 77.48

Kathy Ling 77.48

## **Shropshire 4 (Sexarathon 3) - 30th May**

Paul Ward 20:32 (2nd place)

Jordan Stamp 23:50

Stephen Gill 26:32

Steve Wootton 27:47

Alan Palin 27:54

Neil Jefferson 28:12

Bob Follows 28:17

Tim Carter 29:43

Mark Evans 30:05

Paul Spriggs 30:38

Mick Fereday 31:12

Julie Tatton 31:47

Catherine Knott 32:05

Sharon Clayton 32:21

Pauline Kesek 32:50

Cliff Shardalow 33:06

Verinia Thomas 33:12

Tracey Drummond 33:32

Alison Haycox 33:42

Donna Howells  
35:31  
Beverley McCarthy 36:23  
Julie Kaur 36:27  
Sarah Hodgson 38:13  
Kathy Ling  
49:25  
Janet Pugh 49:25

## Edinburgh Marathon - 27th May

Report by Donna Howells

I had heard many negative views of this race but so far so good as our race packs arrived on schedule so all we needed to do was familiarise ourselves with the area. So once we were happy with train times and where the start line was we enjoyed Saturday walking around the castle in the 'sunshine' and ate pasta the night before our race.

Neil was also racing but he was starting on London Rd at 9:50am, I was 10am Regent Rd. So after a light breakfast we made our way to the train station got off in Edinburgh and a short walk until we parted. A hazard of not being able to run as fast as your husband is different starts and still on my own.

After chatting to a few and putting my luggage on the baggage lorry I took up my spot in the Black pen. Only four pens back compared to eight back in London.

Once we got going the first 3 miles were down hill but congested in a built up area, it then opened out, the route takes you out to Mussleburgh and a bit more and you don't see anything of Edinburgh. However I was prepared for that and enjoyed looking at the coast. Thinking how funny on such a hot day no one was on the beach. We passed a small town called Preston Pans where a famous battle took place.

I got to the half way point in 2:06, 6 mins quicker than London so was feeling strong, I then saw the Elites coming towards me which was great to think I was in the same race, they finished 9 minutes later though. Seeing them turned my thoughts to Neil so I ran along the right hand side to try and spot him. I kept looking out and saw him 2:35 in. I was at 15 miles and I think he was at about 20; the sun was beginning to take its toll on him and I was about to find out why.

The sun was beating down now and the next water station I carried the bottle with me as there was no cover at all, very exposed. We ran through a 'farm' and now after talking to others have all said it zapped everything out of you, just no air! The farmers wife had her hose pipe and set up her own water station. Legend!

When I got out and back on the road I was still happy but knew I had slowed considerably. I decided to walk through the water station just before 20 miles and take a gel which helped for about a mile But then there was nothing left. Oh well one foot just kept going in front of the other and I have to say it was hard going. I had been sure with how the first half went to come in around 4:20/25 but finally crossed the line at 4:37:35, 2 mins quicker than London 5 weeks earlier.

After usual medal and goody bag (with small T-shirt, YAY!) I met up with Neil who came in at 3:32. He too had struggled after that 'farm'!! also.

We then walked 20 mins to get a bus to take us back to Edinburgh which took 40 mins and dropped us back on Regent Rd.

Not quite London Atmosphere but locals were very kind; many jelly babies and hosepipes on offer. I would recommend it but not sure I would do it again.

Donna Howells 4:37:35

## **Leaden Boot 26 miles - 27th May**

Report by Sarah Aston

This was the second time this event had been held and what a gem it is. Stunning scenery, challenging route, friendly marshalls and scrummy food at the end. It was hard going in the heat relieved occasionally by a breeze on the hills. Unfortunately Jon had to retire due to a knee injury but he reported that the marshalls could not have been more helpful.

Sarah Aston 6:46

Ross Weston 10:57

## **Race for Life - 27th May**

Report by Kathy Ling

We managed to rally ourselves and go to Telford park to do the race for life, once again we dressed up

in the red white & blue with our torches, it was a lovely warm day and there were 2,000 entries mostly in pink.

We were going to run round but somehow we got entangle with walkers it took quite a while for us to get going so we put Plan B into action and walked, no way could we pass the walkers. It was well organized with plenty of marshalls and a good atmosphere, we both enjoyed the event.

## **Stornoway Half Marathon - 26th May**

Paul Hadley 1:47:43

## Midnight Walk - 26th May

Report by Kathy Ling

Jan and I dressed ourselves up in red white & blue ready for the midnight walk for the hospice. Jan had made some excellent torches with lights, everybody thought they were very good (thanks Jan). The weather was ok, the numbers were down from last year. There were plenty of marshalls , which was a good thing because most of the street lights went off after midnight and we needed the big lights from the 4x4...

We felt there was a lack of spirit among the walkers and most of the time was quiet. We had to keep to the pavement so most of the time we were boxed in.

We started at midnight and finished at 2am

In spite of low attendance £25,000 was made for the Shropshire hospice

## Dunham Massey 5k - 25th May

Report by Linda Edmondson

A hot evening race with 3 times down a straight track going into the wind(!). This was very different to the wet conditions for the Manchester Marathon. I did 24:30 and went straight home to eat ice cream.

## Riga 10k (Latvia)- 20th May

Report by Kathy Ling

When John and I flew to Riga the weather was very cold, but within 24 hours it had warmed up. The city itself is very lovely and not too spoilt, our hotel was only 10 minutes from the start and finish.

At 8.45 on the Sunday the race for the marathon and half started. It was already warming up so by 11.30 there were blue skies and it had really heated up. It was great to see the first three marathon runners coming in, the two Kenyans were closely follow by the Japanese and at the finish it was Kurgat Kipkorir in 2:16:53, right on his shoulder was the Japanese Tomoya Shimizu in

2:16:57, that's how close it was followed by Kimani in 2:17:63, it was really thrilling.

Next was our race, the 10k with 9,000 competitors. With the chip on our numbers and at 11.30 we were away nice and flat and smooth to start with then it was cobbles, trams lines and runners getting in my way, it was quite strange passing slow runners and not letting them pass me. By the time we reached 6k it was 28 degrees with no wind to keep us cool, there were plenty of rock n roll bands all along the route.

My hardest bit was running over the big bridge, it was very high, so I counted backwards from 100 to keep me concentrated.

At last 9k but then very uneven cobbled streets, round the last bend where John was waiting with the club flag,

I always feel that the last kilometre seems to go on and on, over the finishing line and I was feeling great and thrilled, the atmosphere was just awesome.

What I liked was the different colour medal for what you had entered because I feel the marathon runners deserve they own medal, mine is a lovely 10k medal on a green ribbon.

6,000 took part in the 5k, this meant family could join in. It was just a fantastic day for everyone and I loved every moment.

I would love to do it again and my time was 1:20

## **Borrowdale 13 km Trail race - 20th May**

Report by Linda Edmondson

This was held on a beautiful, sunny (but not too hot!) Lakeland morning. We ran around Derwentwater with a bit of a hill at Lodore. It was quite tough after a few days of Wainwright bagging, but I enjoyed it very much. I did 1:23:35 and was first LV50. Neil was first MV50 so we now have matching running baseball caps. Certainly one to do again – maybe try the 21 km version next time

## **Sheriffhales Shuffle - 20th May**

Well done

to Simon Hardiman and Kelvin Bierton who were both placed in the top 10.

Simon Hardiman 45:10

Kelvin Bierton 45:47

John Scott 57:32

Wendy scott 58:07

Julie

Tatton 62:31

## **BRAT sprint triathlon (750m/21km/ 5km) - 19th May**

Andy White 1:23:59

Position 65th out of 128 and 21st in MV40

## **Phoenix Flyer (Sexarathon 2) - 17th May**

Paul Ward 15:49

Cameron Stamp 20:13

Stephen Gill 20:18

Steve Wooton 20:50

Paul Hadley 21:01

Alan Palin 21:16

Neil Jefferson 21:26

Tim Carter 22:04

Bob Follows 22:14

Mick Fereday 22:25

Paul Spriggs 22:44

Mark Evans 23:13

Sharon Clayton 24:08

Verinia Thomas 24:31

Julie Tatton 24:36

Cliff Shardalow 24:45

Pauline Kesek 24:46

Catherine Knott 25:10

Alison Haycox 25:28

Tracey Drummond 25:46

Beverley McCarthy 27:48

Julie Kaur 27:56

Caroline Beresford 28:49

Luisa Grey 29:10

Sarah Hodgson 29:34

Janet Pugh 37:02

## **Carraghan - 15th May**

Report by Linda Edmondson

At about

4km this is the shortest race I have ever done – it's also the steepest. It just goes straight up and down one of the lesser known Manx hills. At least I didn't get lost (as did one of my Manx friends taking 2 others with her) – so quite pleased with 35.14 for a 4km pb.

## **Chester Half Marathon - 13th May**

Running

in his 80th year Ivor Denning completed this event in 2:55:58, many congratulations to him.

## **Market Drayton 10k - 13th May**

Apologies

if I have missed anyone out but if you were not entered as Wrekin Road Runner on the results I will not have seen you. Let me know if this is the case and I will add you to the list.

Simon	Hardiman	37:14
Paul	Harris	38:38
Stephen	Gill	42:05
Paul	Hadley	43:33
Neil	Jefferson	44:15
Alex	Maylor	44:30
Steve	Wootton	44:22
Alan	Palin	44:53
Nick	Owen	45:12
Lucy	Kesek	46:06
Paul	Spriggs	47:11
Bob	Follows	46:47
John	Scott	47:54
Wendy	Scott	48:01
Mark	Evans	49:15
Julie	Tatton	50:50
Pauline	Kesek	51:57
Verinia	Thomas	53:16
Allison	Haycox	53:36
Amanda	Lysons	53:54
Donna	Howells	54:05
Annette	Ackerley	55:20
Claire	McAllister	56:03
Bev	McCarthy	56:19
Caroline	Princep-Beresford	1:18:44
Fiona	Peel	1:19:14
Kathy	Ling	1:19:53

## **Strawberry 5 mile run - 12th May**

Report by Kathy Ling

Jan and I travelled to a little hamlet call Church Leigh in West Staffordshire. We were driving down lots of little lane with very little signposts and nearly got involved with two weddings and suddenly realised we were not dressed right. The event itself was not signposted enough, however I spotted a car with runners in and followed them .

It was lovely sunshine but the wind was cold. The race got under way and on the main lanes because of high hedges the sun was giving some heat out. It was hill after hill but well marshalled.

There was a very good turn out so when I got in, they had run out of medals, still I had the strawberries and cream,very nice. We both enjoyed the 5 miles and would it again.

Janet Pugh 62 minutes

Kathy Ling 62 minutes

## **Sandstone Trail - 12th May**

Report by Sarah Aston

On a beautiful day we got on a bus and were driven from Frodsham to Whitchurch to run back to Frodsham along the 33 mile Sandstone Trail. This was the 2nd running of this revived event put on by Helsby running club and took in canal tow paths, fields, Bickerton Hill, Delamere Forest and Overton Hill with stunning viewpoints along the trail. At the finish we were offered a choice of soup or pie and peas along with hot drinks and plenty of cakes. That's what I call a day out!

Sarah Aston 7:18

Jon Aston 7:46

## **Rainow 5 - 9th May**

Report by Linda Edmondson

This was a welcome return to fell running after ankle sprain and road marathon training. On a damp night it was good fun and I finished in 53.42 – somewhat mysteriously as a MV50.



## **Kingsbury Classic 10k - 8th May**

Report by Kathy Ling

The journey to Kingsbury Water Park was easy as there was no major road works, when we got there the sun came out so things were looking good. This race is a two lap 10k all around the water park. The conditions underfoot were very muddy and the water went over the ankles but it kept your feet cool. I had nearly got round on my first lap when the winner passed me on his last lap ( nice to see the winners sometimes) running between different pools and undulating grassy paths along the river Tame. This is where you have to try to keep your mouth closed, plenty of gnats.

By the time I was on my second lap the light dropped considerably and in some parts it felt a bit vulnerable, a man came out of the bushes but it was a marshall.

I was pleased with my time because of what I had done on Sunday, I would do it again.

My time was 1:25.

## **Uttoxeter Half Marathon - 6th May**

Simon Hardiman 1:24:07

## **Lichfield Half Marathon - 6th May**

Report by Paul Spriggs

Neil Jefferson 1:39:38

Paul Spriggs 1:48:05

A very scenic but undulating course around the outskirts of Lichfield, the 850 runners lined up after some fun aerobics on the school field. The course took you through some lovely countryside and some nice small villages. The support along the way from the locals, marshals and the police was fantastic. The finish was in the shadows of the Lichfield cathedral with a great crowd to cheer you on for that final sprint finish. Fantastic weather with the rain

staying off and the sun coming out for most of the race. Would definitely run it again next year.

## Sarsen Trail & Neolithic Marathon - 6th May

Ross Weston 8:10

## Haughmond Hill Handicap - 6th May

Report by Sarah Aston

This was the 6th running of this interesting race where the slowest runners set off first and fastest last based on predicted times given on the entry form. It is chip timed and means that theoretically all the runners should finish at the same time, that is if people have been truthful with their predicted times! The conditions were perfect this year with a little sunshine, good conditions underfoot and excellent organisation and marshalling. It is perhaps a little disappointing about the low numbers for the Shropshire Shufflers who organised it but maybe there are so many events now that it needs a little more promotion. I always enjoy this race and will hopefully be able to do it again next year.

Stephen Gill

1:03:43

Mick Fereday

1:10:07

Mark Evans 1:15:00

Sarah Aston

1:15:00

Pauline Kesek

1:18:26

Kathy Ling

2:09:22

For photos [Click Here](#)

## Wiggle 10k - 5th May

Report by Paul Spriggs

Lovely setting for the Wiggle 10k cross country race, a great set up with everything on site you would need. The course was very muddy but that just added to the fun of it, you knew how tough it was going to be when within the first half mile you get thrown straight into an uphill section through the

woods, the organisers had managed to create a course where you always felt like you were going up with very few downhill. The sections through the woods were great if not a little disorienting they will be even better in the dark at the Thunder Run in July. Fantastic event one for the diary next year. Bring on the Thunder Run.

Paul Spriggs 56:58

Caroline Beresford 1:10:19

## **Sheinton Steeplechase - 2nd May**

Anthony Nicholls 23:08

Sharon Clayton 30:46

Julie Tatton 32:15

Pauline Kesek 32:35

Jonathon Wysome 35:22

For photos taken by Alastair Tye  
and Brian Smith [Click Here](#)

## **DK10k - 2nd May**

Simon Hardiman 37:44

Paul Williams 40:07 (and 1st vet 60)

Paul Hadley 44:11

For photos from the event [Click Here](#)

## **Rodneys's Pillar Walk - 29th April**

Lingen Davies cancer centre appeal - Shrewsbury

Report by Kathy Ling.

When Jan and I arrived at Rodney's Pillar on Sunday morning we

were wondering where everybody was, had I got the right date, while waiting for someone to turn up two fell runners came and I started to think I got it wrong again after a quick chat they went home. Eventually people were turning up all dressed up for the very wet weather, we had several layers of macs etc on and with our sticks we set out to walk up to Rodney's pillar which is 4.9 kilometres each way.

All the road up to Rodney's Pillar was quite good, we had to contend with very heavy rain and wind the last bit was a struggle because we could not see where we were going, finally we made it to the top only to be drowned by thick mist but we did manage to find Rodney's Pillar. We looked at each other and said what on earth are we doing up here and made a quick turnaround and down we went back to base.

It took two pubs to throw us out, we loved the challenge but would prefer a nicer day.

50 people took part who all had a connection with cancer. and we hope lots of money was made.

It took us about 2 hours.

## **Milton Keynes Marathon - 29th April**

Kelvin Bierton 03:38:39

## **Greater Manchester Marathon - 29th April**

Report by Linda Edmondson

I know I have said I'll never do a road marathon, but the temptation of doing one around my home in my first year as LV50 was too much. I'd much rather be on the fells, however I did enjoy it (after a fashion). The support was amazing - I never knew so many people in Trafford were prepared to stand around in the rain and cheer so vocally (what a lovely place to live). It was fun going past so many places with personal associations and looking out for friends along the way (not that I managed to spot all of them).

Denzil Martin 4:12 :48

Linda Edmondson 3:59:54

## **Shakespeare Half Marathon - 29th April**

Sarah Aston 1:51:44

Jon Aston 1:59:37

Mick Turner 2:25:36

Sarah Turner 2:39:00

## **Fordhouses 5K - 27th April**

Report by Kathy Ling

The weather was still rather wet and cold when we reached the Jack Peaker cricket club at Fordhouses and everybody looked fed up. Jan and I went for a warm up, when it was time for the race to start at 7pm and everybody was raring to go it was announced that the starter was stuck on the motorway so it was a 15 minute delay. There was a lot of moaning that went on, however at last John Davis turned up and started the race.

In spite of the weather it was very enjoyable running along the canal through lots of deep puddles, Jan had a good run and so did Paul Williams winning the 1st over 60. I won the over 65 (nice bottle of wine)

I loved the race and would do it again -it would be even nicer if it was a nice summer evening.

Paul Williams 20:30

Jan Pugh 38:08

Kathy Ling 38.08

## **Wrekin Streak - 25th April 2012**

Report by Pauline Kesek

A very damp evening didn't stop over 100 slightly mad runners from taking on the challenge of running up, then down our favourite local hill (which in my mind, after this race, has taken on the title of a mountain!).

Three Wrekin Road Runners, Tony Nicholls, Sharon Clayton and Pauline Kesek, decided to brave the elements. A gruelling uphill run (mixed with lots of walking) was followed by an exhilarating down hill sprint, through puddles and mud. The

rain did manage to hold off for most of the time, but to be honest, once you are a little bit wet, it doesn't make any difference if it pours down! Tony did an impressive race considering the lack of training (it's just not fair!), Sharon absolutely flew down hill and I was quite happy with my performance as a virgin fell runner! More practice needed, but I would definitely do it again!

Tony Nicholls; 23:27

Sharon Clayton; 30:36

Pauline Kesek; 31:45

## **Severn Hospice Spring Stride 10 miles - 22nd April**

Report by Kathy Ling

Jan Pugh and I booked in at the Greenwood Trust and at 9:30 am all dressed up in our union jacks etc we set off making our way up the back of Coalbrookdale across some fields crossing the main Ironbridge road, following the river Severn and ending at the back end of the power station and this is where the fun started. While we ascended to climb the hill up to Benthall edge we encountered heavy mud, I managed to misplace my trainers so had to tie the laces even tighter than before.

When reaching the top the view was awesome, we made our way down through Broseley then into another muddy dingle

and arrived at the Boat house at Jackfield (it was closed) so we kept going across the Ironbridge and then we were in

for a nasty shock - 92 steps up to the top part of Ironbridge. We had just about recovered then when we started to descend, to our horror another 137 steps. These were quite steep and my little knees did not like it at all

however we managed the 10 mile walk in 2 hour and 45 minutes, we were very pleased with ourselves.

I think I will stick to running.....

## **BCT Sprint Triathlon - 22nd April**

Report by Steve Gill

#### 400 Metre Swim - 20k Bike Ride - 5k Run

As this was my first obviously I was nervous - Sales of Andrex going through the roof.

With the help of Anna Davies I set up my bike in the racking system with all kit for the bike and then run.

All goes well in the swim as I hit my estimated time of 9 minutes and then run to collect my bike. I then have a few problems as I put my shoes and socks on followed by my top. Being wet this was not easy. Couldn't get my top over my shoulders first time, couldn't get it past my midriff (not because I am fat by the way) second time, got it on the third time only to realise my numbers were coming off. After straightening out my numbers I finally got my top on the fourth time. Transition took way too long - 4.41minutes.

Bike ride went really well other than I had to stop at traffic lights at the bottom of the last hill which wasn't great. Then off on a run after second transition.

A total time of 1.16.23

Many lessons learnt from this experience but thoroughly enjoyed it.

Many thanks to Anna Davies, Pauline Kesek, Paul Hadley and my wife for encouragement and support on the day.

Anna Davies 1:25:52

### **Virgin London Marathon - 22nd April**

Esther Whitten	4:14:08
Mick Fereday	4:23:45
Donna Howells	4:39:08
Helen Smith	4:43:27
Caroline Beresford	4:51:33
Ross Weston	5:50:48

To read Ross's blog [Click Here](#)

### **Lilleshall 5 Mile (Sexarathon Race 1) - 18th April**

Congratulation to all Wrekin Road

Runners who took part in the first of this years sexarathon series, especially to Paul Ward who won the race. 26 club members braved the rain and cold to compete.

Paul Ward	00:27:00
Jordan Lee Stamp	0:30:31
Steve Wooton	0:35:46

Alan Palin 0:35:52  
Stephen Gill 0:36:18  
Paul Hadley 0:36:36  
Heil Jeffereson 0:36:36  
Mick Fereday 0:38:43  
Tim Carter 0:39:23  
Mark Evans 0:40:17  
Bob Follows 0:40:17  
Paul Spriggs 0:40:23  
Luisa Grey 0:40:26  
Julie Tatton 0:41:29  
Sharon Clayton 0:42:55  
Catherine Knott 0:43:06  
Tracey Drummond 0:43:34  
Cliff Shardalow 0:43:38  
Allison Haycox 0:44:55  
Donna Howells 0:45:12  
Ruth Verdon 0:45:29  
Beverley McCarthy 0:46:49  
Julie Kaur 0:47:16  
Caroline Beresford 0:48:35  
Kathy Ling 1:05:41  
Janet Pugh 1:05:41

## Ennstone 7 Mile - 15th April

[For full results click here](#)

To see pictures taken by Brian  
Smith [Click Here](#)

[For photos Click Here](#)

## Brighton Marathon - 15th April

Report by Pauline Kesek

On a beautiful spring morning, with wall to wall blue sky, around 9000 runners gathered at the start in Preston Park, Brighton. The atmosphere was buzzing! This is the third year Brighton has held a marathon and apparently the numbers have grown at a rapid rate. I waited anxiously in the 'pink pen' for the gun to start and it took about 12 mins to get through to the start line, which wasn't too bad considering the number of people crammed together. During the wait it was exciting to see the lead runners complete their first mile (which took them back past where we were all waiting). Once out on the roads I can't praise the people of Brighton enough! At almost every part of the route, the streets were lined with spectators cheering us all on. Later in the race, going through a residential area, householders were out with biscuits, jelly babies and music through loud speakers. There were several bands playing throughout the journey



and many charities had their own viewing spots, so the atmosphere from start to finish was amazing. The route itself was slightly undulating in the first half and either flat or downhill in the second. There were several miles that followed the coast which was lovely. I enjoyed all but the last 5 miles, by which time my feet were hurting! Another Wrekin Road Runner, Gemma Cox, also did it but we didn't get to meet. Well done though Gemma. There were also some members of Telford Harriers and Newport Running Club. I would most certainly do it again and am delighted to report a 41 minute PB from Chester in October! The entries for next year are now open and it fills up really fast, so if you are interested, sign up quickly!!

Pauline Kesek 4:20:29

Gemma Cox 4:25:50

## **Worcester Half & Full Marathon - 15th April**

Half

Neil Jefferson 1:39:39

Full

Paul Spriggs 4:18:56

Jon Aston 4:27:06

Sarah Aston 4:27:06

## **Bath Beat - 14th April**

Jon Aston 6:38

Sarah Aston 6:38

Ross Weston 9:41

[Click Here for Ross's blog](#)

## **Wythenshawe Park Run - 14th April**

Linda Edmondson 25.21

## **Northampton Running Festival- Half Marathon - 8th April**

Caroline Beresford 2:13:04

## **Air Products 10k - 8th April**

Report by Kathy Ling

When we got to Crewe the weather was foul- cold and raining however not to be put off I got ready with the rest of the 296 runners. This is a double loop and a big hill plus a few hidden hills but then I like a challenge.

My time was 1:20.

## **Bedford Clanger (28 miles) - 7th April**

Jon Aston 5:43

Sarah Aston 5:43

## **Chocoholics 5k - 6th April**

Report by Kathy Ling

On Friday 6th April we went to Newtown with very cold weather. Although this race is only 5k it is a hard one as it has a big hill to run up but I managed to keep going. It was nice with all the hills covered in snow. I was please with myself - a PB by 3 minutes and we all had a chocolate bunny ...

My time was 39 minutes.

## **Broadmeadow Good Friday Marathon - 6th April**

Denzil Martin (and Meg)

5:07:04

Ross Weston

6:40 For Ross's blog [Click Here](#)

## **Enigma Good Friday Marathon - 6th April**

Jon Aston 4:23:50

Sarah Aston 4:27:19

## **Colin & Brenda Robinson 5k - 4th April**

Report by Linda Edmondson

I was looking for a little loosener after Ironbridge, this certainly fitted the bill – and what different conditions to Ironbridge – snow on the hills and a biting wind. I set off too fast (trying to keep warm) and didn't blow up too much, finishing in 24.49 and winning the raffle in the pub afterwards!

## **Ironbridge Half Marathon - 1st April**

Another great turn out from Wrekin Road Runners with 23 members taking part in this local event, which I am pretty sure is more runners than any other running club had entered. Some great times posted and I am sure more than a few personal bests. Of note a massive congratulations to Luck Kesek who won her age category and Ashley Slater who was second in his.

Brian Smith's photographs from this event can be seen by clicking [here](#) it looked warm.

Simon Hardiman	01:24:56
Ashley Slater	01:28:43
Paul Harris	01:29:23
Kelvin Bierton	01:33:42
Alan Palin	01:43:12
Dave Timmins	01:43:31
Paul Hadley	01:44:26
Lucy Kesek	01:44:25
Paul Spriggs	01:45:25
Nick Owen	01:45:38
Mick Fereday	01:46:40
Wendy Scott	01:51:10
Mark Evans	01:53:45
John Scott	01:54:58
Marek Kaminski	01:55:40
Julie Tatton	01:56:10
Linda Edmondson	01:56:07
Pauline Kesek	01:57:09
Donna Howells	02:04:32
Sue Lloyd	02:04:52
Sharon Foster	02:07:34
Verinia Thomas	02:12:09
Julie Kaur Duhra	02:22:46
Sarah Turner	02:34:04

## Three Shires

Well done to Ross Weston who completed this tough 27 mile event, read Ross's blog by clicking [here](#)

## Hampton Ferry 5K - 31st March

Report by Kathy Ling

On Saturday we popped down to Evesham to a little place called Hampton Ferry it turned out to be the name of Raphael's Restaurant where we started and finished the race. While I was buying my cup of tea, my eyes did not fail to miss this great big tray of Bread Pudding - John's eyes lit up but not mine as I hate the stuff. Now I was convinced the race started at 11.30 although I was there in good time John pointed out that some of the runners were at the starting line raring to go, as luck have it the Mayor was late and he was to start the race. It was 11:15 when the mayor arrived asked the runners to get ready he then said ready steady and before he could get another word out and press

his starter gun the runners were half way up the field. It was a lovely run with the the river Avon on our side we saw many different types of boats. I got all the usual comments [come on old girl]. When I finished the race the Mayor insisted that I had two medals don't know why? I really enjoyed this 5k and

would do it again, I was pleased with my time 29 minutes

but prizes giving didn't exist after the age of 45

## **Stafford Half Marathon - 25th March**

Simon Hardiman 1:23:29

Matthew Jones 1:26:55

Marek Kaminski 1:53:19

Julie Tatton 1:55:45

Caroline Beresford 2:04:48

## **Lilleshall Monumental 10K - 24th March**

Report by Kathy Ling

It was lovely warm sunshine day, with not a cloud in the sky. The event attracted 169 entries and a big fun run.

The course was really lovely across fields and through woods and was well marshaled. It was all ladies who entered from Wrekin Road Runners no men! Well done to Wendy Scott who was first from the club home home in 53.45

also well done to the young lady Verinia Thomas with a good time of 1h 2m it was good to see Catherine Hughes, Pam Weston and Linda Edmondson. I personally really enjoyed it and managed a PB. I was going great till I reached the monument then I confess I walked the last bit but was greatly encouraged by the marshals and cadets.

I was pleased with my time and would do it again.

Wendy Scott 53.45

Linda Edmondson 55.29

Verinia Thomas 1:02:32

Catherine Hughes 1:14:45

Pam Weston 1:15:07

Kathy Ling 1:33:43

## **Gin Pit Marathon Day - 24th March**

Denzil Martin 4:53:58

## **Charnwood Marathon - 24th March**

Sarah Aston 6:18:00

Jon Aston 6:18:00

Ross Weston 9:34:00

## **Apley Estate M/T - 18th March**

Report by Donna Howells

What better way to start off Mother's Day with a scenic route around Apley Estate, the first of hopefully many events to be held here by Black Country Triathletes.

It was your choice if you wanted to do 4 miles or 10 miles of the multi terrain course. Everyone started off together for an undulating first 4 miles tackling a wobbly bridge and a queue to get over a stile, just before 4 miles they went right and all the 10 milers continued left doing it all again and then the route took on a new level after 6 miles where after the water station and a flat 3/4 of a mile we then had two hills one after the other; muddy and steep that seemed to go on for ever. I took the easier option and strided up them ( probably quicker too!)

Although I woke up to rain by the time the race got started at a later time of 10:45 it was a beautiful sunny morning and very scenic, even seeing some sheep.

Well organised only starting late as many registered on the morning. The finishing memento was a fleece hat. There was chips/burgers/beer tent/ cakes also at finish line so that you could enjoy the presentation in the presence of Lord and Lady Hamilton of the estate.

Definitely do again.

### **10 miles**

Mick Fereday 1:26:00

Mark Evans 1:32:56

Julie Tatton

1:34:24

Donna Howells 1:40:16

Report by Kathy Ling

When we arrived the weather was cold and wet. The race was delayed for 15 minutes because of extra entries on the day. Once the race started the sun came out. I only did the 4 miles because I knew what type of hills and conditions to expect as I have lived nearby in my younger days. The bridge was very interesting as it had not experienced anything like

200 runners so by the time I got there it was really bouncy, something quite different. Immediately after the bridge you turned right over a

stile then across the field, back on to the railway track and back down over the bridge around in front of Apley Hall along a lovely path then turn left to ascend the everlasting hill that seem to go on forever. By this time the sun was really out and there were lovely blue skies, I was thinking what lovely countryside we are running in.

I was approaching the last 400 metres the marshalls from the Black Country Tri tried to tell me I was going wrong because they thought I should be doing the 10 miles. There were laughs all round and I was very good to keep my comments to myself.

I personally enjoyed the multi terrain and am looking forward to next year - fancying a go for the 10 miles.

## **4 miles**

Kathy Ling 56:54

### **Daffodil Dawdle - 18th March**

Ross Weston 8:36 Click

Here for a link to his blog.

### **Cartmel Lakeland Trail Race - 17th March**

Report by Linda Edmondson

Kathy has raved about this race and said she'd be there, so Neil and I thought "what a good excuse for a South Lakeland weekend" (as if we needed one). Anyway, despite Kathy's non-appearance we had a great time – rehabbing Neil did the 10K whilst I went for the 18K, which was a bit of a shock to the system since I'd not done more than 10K for 5 weeks. Anyway, Kathy was right, it's a great course, unrelenting and muddy, but lots of variety. The first half had more uphill than the second, so I was pleased to do a negative split and also to break 2 hours in 1:55:05. Nice tee shirt and sticky toffee pudding at the finish too. I'd do it again, especially if Kathy turns up!

### **Rhayader Round the Lakes 20 - 17th March**

Report by Pauline Kesek

Three enthusiastic Wrekin Road Runners headed off to the Welsh Valleys for a picturesque 20 mile race. Oh boy! Running round the Wrekin will seem like a stroll in the park! Hills, up and up and up a bit more! However, the scenery and views were breath taking (not that I for one had any breath left to take). Reservoirs, dams, woodland, valleys from high up looking down. An abundance of sheep, some very woolly cows (I'm not good with farmy stuff!) and superb support from marshals and spectators at several spots throughout the 20 miles. An incredible run for Paul Spriggs and Helen Yates and an ok one for me

(I'm afraid the hills zapped my energy – more practice needed!). I would love to say I would do it again, ask me next week when I'm recovered and I expect I'll say YES. Helen has done it twice and knocked 20 mins off her time from last year and Paul has already said he definitely wants to do it next year ... so it can't be too bad!!

Paul Spriggs 3:00:05

Helen Yates 3:15:58

Pauline Kesek 3:35:12

## Ellesmere 5 mile+ - 11th March

Report by Kathy Ling

On a cold Sunday morning we gathered round ready for the race which was a half marathon and a 5 mile+, I opted for the 5 mile. After we runners had trodden down all the flowers in the park the starter gave a little talk then said "Go", I never heard him any away. Off we went, half way round the mere then on to the little by roads with very nasty and big hills. When I was half way up the one hill I thought what am I doing here but then I have started so I will finish- it's not an easy road race at all.

As I came up to 5 miles I was please with my time of 1:01 then I realised there was another half a mile to go.

At this point the winner of the half marathon came past me, however I hung in there and finished with a PB by 3 minutes.

I did not see anyone else from the club and I have checked with the result, so if I have missed anyone apologies.

We went to the presentation at Ellesmere cricket club which has seen better days and because many of the category winners did not go to the presentation it felt very flat.

I was given a bottle of wine (don't know why?)

My time 1:13

This race lacked good marshalling and it is quite difficult running through visitors however we persevered.

[Click Here](#) for a photo of Kathy during the race.

## **Gartmorn 6 - 11th March**

Report by Linda Edmondson

This is a lovely trail race up near Alloa. It's a circuit of a reservoir with a wander through some woodland and a bit of track as well. We did this on our way home from holiday and hooked up with my cousin who lives in Stirling. We'd fitted in a few scenic training runs whilst away on Islay and Jura and luckily my sprained ankle is much improved. So, I enjoyed the sunshine and the views of the hills and a time of 51.01.

## **New Forest Marathon - 11th March**

Ross Weston completed this event [Click Here](#) to see his blog and photos from the event.

## **Stafford 20 - 11th March**

Simon Hardiman 2:21:54

## **The Friends of Mick 'n' Phil Half Marathon - 11th March**

Donna Howells 2:07:49

## **Silverstone Half Marathon - 11th March**

Sarah Turner 2:33:42

After getting stuck in traffic, we arrived at the famed Silverstone circuit. I made my way to the start line, already the sun was beating down on me with next to zero wind. So at the start line the gun sounded, we were off. Atmosphere was excellent, scenery was not so good a little boring for my liking. A great flat race perfect for a PB. The Marshalling was superb, drinks and energy drinks were plentiful, and of course my T-shirt and Medal. The first 6 miles I was flying and starting to think I am on for a PB of 2.20, then on the 9<sup>th</sup> mile, I realised that wasn't the case. The sun was really hot, no wind.. I was struggling. I guess I am not used to running in the heat. Oh well "here's to summer training" overall Silverstone was a flat and fast course, Maybe the next race will be a PB.. Watch this space...

## **Blackpool Marathon - 11th March**

Denzil Martin - 4:47:35

## **Pick n Mix - 4th March**

Report by Jon Aston



Starting at about 8:30 from a primary school in Great Missenden, Buckinghamshire we set off in the rain to take part in this new novel event. Competitors are able to pick and mix from any of 6 routes ranging in distance from 5 to 12 miles and can complete as many or as few as they want between 8:00 and 18:00. The routes took in footpaths, bridleways, woodland and fields around the town. We started with the 12 mile loop and then an 8 mile loop, followed by the 6 mile loop to complete 26 miles (although we got a bit lost and ran nearly 28 miles). During the run we passed Hampton House once HQ of Hammer House of Horrors which featured in many of the films, across Lee Common which featured in the TV series Midsommer Murders and past Gipsy House where Roald Dahl lived and wrote many of his books. About half way it started to snow and it snowed for the rest of the event and we got very cold.

Sarah Aston 6:05:30

Jon Aston 6:05:30

## Malta Half Marathon - 26th February

Report by Kathy Ling

John and I flew to Malta and we arrived very late but managed to find a bar. On the Saturday night we had a briefing by Helen from Running Crazy plus our numbers etc.

On Sunday 26th we caught the bus at 6.15am, it was very cold at the start in Medina. After warming up before the race started we were asked to have 2 minutes silence in memory of John Walsh who died suddenly last year and he had started the Malta Marathon. I have met this man and he always had time for any one, then the race started.

This time I decided to start in the middle of the runners instead of the back.

I felt so good and was raring to go, by the time I got to 10k I was really warmed up and started to pass runners which is a funny feeling, once I got to 15k which was well in my time limit I was on a roll, then the weather really warmed up. There were plenty of water stations with energy drinks in small bottles which I thought a very good idea, less waste and not forgetting the Haribos all this is a great help to us runners.

Coming to the finish the atmosphere was just brilliant which made me wanted to go faster.

Once over the line (photo and handing in you time chip) we were given lots of goodies and a wonderful very large medal. This medal was designed by John Walsh, I was still on a high because I knew I had come in well in the time zone

of 3 hours. I went back to hotel and had a cold bath ( bad language) then found a good pub.

In the evening we went with the rest of the Running Crazy gang for a celebration meal when Helen presented me with a plaque, I had won second in the 0/65 this was the icing on the cake. This was one of those day where everything was perfect, I had broken all the rules... had 4 brandies the night before, did not get to bed until 12.30am, got up at 5.30am, did two sessions of Zumba, had two cups of tea with lots of sugar in and loads of Haribos.

The day before while I was enjoying my lunch when a bird left me a calling card and just missed my plate, was this a omen for a great Sunday?

What a way to celebrate our 46th wedding anniversary.

I am resting now.

My time 2:48:20

[Click Here for photos](#)

## **Action Heart 5 mile - 26th February**

Paul Hadley 36:16

## **South Shropshire Circular Walk - 25th February**

Ross Weston completed this event.

## **Belvoir Challenge (26 miles) - 25th February**

Sarah Aston 5:24:32

Jon Aston 5:24:35

## **Nick Beer 10k - 12th February**

Report by Kathy Ling

John and I went to Llandudno and the weather was kind to us. This year was the 20th in remembrance of Nick Beer and there was a good entry, about 681.

After I had warmed up and was waiting for the start Ken Richards turned up and asked could he run with me because of his injuries as my pace would suit him. Well I have heard this before from many runners, I said ok but I know what's coming- as soon as the gun goes off they just leave me.

The sun had come out and away we went up the Great Orme, Ken was ahead of me. I managed to pass three runners, the Great Orme road is at least 4k and a bit, so when you get to the top you are nice and warm. At that point the fog came in but once you were over the other side it was lovely.

When I got to 6k the dreaded ambulance was right behind me, I looked surprised at the driver and he shouted to me that the 3 runners had dropped out, we knew you'd be ok you being a tough so and so, well I thought I've been done I will be last again ( I know my place)

It was well marshalled and had a great atmosphere, I came in with a PB, John spat the dummy because he missed me coming in and muttered something about being in before my time.

Ken had a good run. The presentation was by the Mayor who was more concerned to get to watch the welsh rugby. I had

a nice china mug and goodie bag.

By the time I got home my chipped time was on my mobile which was great.

Ken Richards 1:14

Kathy Ling 1: 24 PB

I loved it and would do it again.

PS. The fish and chips were nice.

[Click Here](#) for photos of Kathy and Ken

## **Carnethy 5 - 11th February**

Report by Linda Edmondson

This is in the Pentland Hills just south of Edinburgh and goes up the main 5 peaks with some nice steep ups and downs. I had a good run round until about half a mile from the end when I went over on my ankle as I tried not to run into the guy in front. The end of the race was a bit hop-a-long as a result. I was a bit annoyed not to get under an hour and a half (1:33:22) – although the ankle probably didn't make that much difference. It's just a year since I split my knee at Tarren Hendre – maybe I should give racing a miss this weekend!

## **Enigma Quadzilla 9th - 12th February**

Thank you to David Bayley of Enigma running for putting on this challenging event of 4 marathons in 4 days made even more difficult this year by the cold conditions and the snow. Wrekin Road Runners competed in both stand alone marathons and over all four days.

### **Day 1**

Sarah Aston 4:14:25

Jon Aston 4:18:15

Denzil Martin 4:44:23

## Day 2

Denzil Martin 4:45:21

Jon Aston 4:51:04

## Day 3

Jon Aston 4:23:36

Denzil Martin 5:37:52

Ross Weston 6:22:32

## Day 4

Jon Aston 4:35:41

Denzil Martin 4:46:43

## Stourbridge Stagger 10 miles - 5th February

Simon Hardiman 1:14:51

Julie Tatton 1:44:09

Verinia Thomas 1:57:43

To see all the snow they had to  
run in click [here](#) for Brian Smith's photos.

## Titterstone Clee Race - 4th February

Report by Linda Edmondson

A bit of a bleak day for this one – it wasn't quite snowing, but  
it was hard work going uphill into the headwind. My time was 30.35.

## Shifnal Gallop 10k - 29th January

Report by Kathy Ling

It was a very cold foggy morning as 163 runners were ready for the off. It was  
the usual thing, everybody gone and when I got to  
field three I suddenly realised I was in the wrong field as I could not see any foot prints, however I carried  
on and came  
out somewhere by the water station.

When I met the winner coming towards me I knew  
I was going the wrong way but I kept going as I felt so good.

I knew I had done my 2.5 k well before the 3k.  
One of the marshalls said "Oh Kathy we are very sorry but we thought everybody  
had gone through, what are you doing coming out of that field I just smiled and kept going as I wanted to  
do a PB.

It was good to see other Wrekin members  
there and well done to Kelvin Bierton first Wrekin in 40 26. (I was still  
wandering round the fields)

Well done to the rest of the Wrekin runners

I really enjoyed the race and was really  
pleased with my PB and yes I would do it again.

Kelvin Bierton 40.26

Wendy Scott 49.44 PB

John Scott 50.24

Julie Tatton 53.56

Esther Whitten 55.06

Amanda Lysons 57.29

Alison Haycock 57.31

Kathy Ling 1:20 PB

## **Wilmot Wander - 29th January**

Jon Aston 7:23

Sarah Aston 7:23

## **Battle of Northampton marathon - 28th January**

Ross Weston 6:16

## Wythenshawe park run - 28th January

Report by Linda Edmondson

It's taken me about 2 years to get round to it, but I finally managed a park run on a bright frosty morning. There are 2 routes for this run and I chose the one round the fields since the tracks were a little icy in places. I think the course is a bit short, but felt surprisingly good (far too early for a race for me) to finish in 24.57.

## Blymhill 10k - 22nd January

Report by Kathy Ling

This is a lovely cross country run with everything in it. The entries had doubled this year to 337, the hall is now built and has been in use since last September. There were lots of home made cakes and goodies along with hot drinks.

The race started off in the middle of the field, this was to avoid congestion at the beginning.

It was nice to see many Wrekin Road Runners.

Well done to Simon Hardiman who was first WRR home, 13th in 41:27.

Also well done to all the rest of the Wrekin gang....

I really enjoyed the xc race with all its interesting obstacles, it was well marked and marshalled. The wind was very strong and blowing all ways.

Simon Hardiman 41.27

Paul Hadley 53.15

Catherine Knott 56.29

Claire Mcallister 1:02:23

Verinia Thomas 1:04:32

Donna Howells 1:04:53

Sarah Hodgson 1:05:37

Luisa Gray 1:09:14

Ross Weston 1:10:33

Kathy Ling 1:39:00 by my  
watch (although not on the list I did do it)

Luca Howells 3k 14:42

There were problems with the results so prizes were not given out so a big posting job for them (come back Mr B Smith)

I loved it and am looking forward to next year.

For pictures taken by Brian Smith [Click Here](#)

## Four Villages Half Marathon - 22nd January

Wendy Scott  
1:47:25

Linda Edmondson 1:53.30

John Scott 1:54:00

Deb Sandeman 1:56:59

## Twin Piers 10k - 21st January

Report by Kathy Ling

Jan, John and I travelled up to Colwyn Bay for the Town Piers 10k. When we arrived the wind was quite strong but it was dry. This year we were bussed up to Llandudno by a very modern bus instead of the dear old double decker.

While waiting at the start on the front of Llandudno the weather took a turn for the worse, Jan and I tried to hide behind some very tall runners. At last the gun went off but we never heard it, by this time the wind was whipping up the sea and sand but luck was with us because the wind was behind us and helped us on our way up the Little Orme as we approached Rhos on Sea.

We were completely soaked from the rain as we approached Colwyn Bay but then the sun came out, dried and nearly

burnt us. This year the race ended actually at the Colwyn Bay, normally we have to run past.

We both enjoyed the race, Jan ran a very good race. After we got changed we tried to comb our hair but was unable too

owing to the amount of sand in our hair.

I loved it and would do it again.

Jan Pugh 1:15

Kathy Ling 1:24

## **South Holme Circular - 15th January**

Report by Linda Edmondson

This was a new race for me and the organiser had amended the course and told us it was 8 miles long. It went up a hillside and then did a big, flattish loop around some reservoirs behind Todmorden. Then it was down the hill again (bit skiddy since the ground was still frozen). Everyone with a garmin told us it was actually 9.1 miles long so I didn't feel so bad about getting round in something like 1:26:45. Lovely day for it with great views.

## **Winter Tanners 30 Miles - 15th January**

Sarah & Jon Aston ventured

south to Surrey for the Winter Tanners, a 30 mile off road adventure from Leatherhead towards Guildford and back, mostly along or near the North Downs Way. The weather was bright sunshine but a bit chilly with most of the ground frozen solid throughout.

Sarah Aston 6:41:00

Jon Aston 6:41:00

[Click here to see pictures from this event](#)

## **January Jog - 8th January**



**5k**

Paul Ward	17:02
Lee Rudd	21:41
Paul Williams	21:47
Stephen Gill	22:56
Paul Spriggs	25:29
Sarah Aston	25:40
Linda Edmondson	26:24
Mark Evans	26:34
Verinia Thomas	27:33
Pauline Kesek	27:41
Claire McAllister	28:30
Alison Haycocks	29:24
Jon Aston	29:51
Sarah Hodgson	30:30
Ross Weston	32:34
Luca Howells	32:48
Donna Howells	32:50
Pam Weston	33:20
Jo Ward	33:27
Luisa Gray	34:05
Catherine Hughes	34:06
Ken (Rickardi) Richards	40:58
Kathy Ling	46:24
Heather Hulse	46:24
Ian Emery	52:38

**2.5 k**

Paul Miller	13:18
Pauline Kesek	14:54
Linda Edmondson	16:06
Liam Ackerley	16:13
Amy Ackerley	16:16
Holly Martin	19:00
Denzil Martin	19:00

Lucy Martin	20:31
Aimee Johnson	20:33
Matt Johnson	20:33
Kathy Ling	28:10
Jan Pugh	29:18
John Ling	29:45

## Shropshire Cross Country Championships - 7th January

### Men's team

Simon Hardiman	39:19	
Dave Isaac	42:33	
Lee Rudd	43:32	
Gavin Goodale		45:49
Nick Owen	46:10	
Stephen Gill	47:18	
Alan Palin	48:23	
Jon Aston	55:50	

### Women's team

Lucy Kesek	29:44 (1st under 20 lady)
Sarah Aston	30:47
Sharon Clayton	33:05
Pauline Kesek	34:47
Debbie Goodale	38:54

## Vernon's Limp Wrist 5 mile - 1st January

Report by Kathy Ling

Sarah very kindly picked me up in her nice BMW with a soft top.  
The weather was ok until we got to Stafford then it went very cold and windy.  
The idea of this race is to estimate your time for 5 miles and you are not allowed to wear a watch.

It starts at the bottom of an incline but once you are on the old railway track you can settle down in to a rhythm, it was very enjoyable.

Looking at the results my estimated time was 1:08 but I was slower at 1:11, 3 minutes out. Sarah (the fast cat) was estimated 1 hour but she was faster at 49 minutes, 11 minutes out.

It was great fun and I would do it again.

## **Liverbird Marathon Double Day 2 - 1st January**

Jon Aston 5:10:45