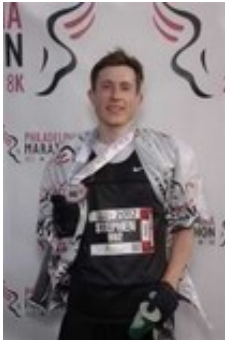


Reports & Results 2012

Philadelphia Marathon



Report by Stephen Miller

It was a cool start - probably about 2 degrees with a little wind. I opted for a t-shirt under the vest with gloves and I think that was a good move. The sun didn't really come out in full force but it did warm up during the race. I was in the Gold Corral so had a good start, maybe too good.

My first mile was 5:45 and I was not pushing this at all. I put on the brakes for mile 2 only to see 12:09 at the split. Slightly worried, I sped up for mile 3 but then the clock showed 17:09. There was no way I had run a 5 minute mile so

my confidence in the markers was a bit shot at this point. I then ran how I felt and was feeling good through 5 miles and 10 miles. I took my first gel around 10 miles. It wasn't until I got to about 16 miles that I could feel my hamstrings a little. Nevertheless, I pushed on and was starting to run out of steam around 21 miles. There was a nasty little incline around 19.5 miles and that tired me. Even though my stomach was feeling full (not ill) I took the second gel around 20 miles and ran for home. I knew I was on for 2:40 but it was a bit tighter than I would have liked. I slowed down to around 6:10 pace up to 22 miles then really slowed to about 6:30. At mile 24, the clock said 2:24:31 and I thought it was in the bag (sub 2:40). I was really tiring in the last mile (there is a cruel hill at mile 25) and at 25.5 miles I was thinking if I slow down any more I won't make it. at 2:38 I turned on the pace because the finish was hidden around a corner and I ran quickly as I could for home in 2:39:22.

Plain Crazy - 27th December

Report by - Paul Hadley

Raced the third running of Plain Crazy today. Starting from Warminster and going up onto Salisbury Plain. Two thirds of the 11.2 miles were on tarmac with the remainder on gravel roads. Ran through the deserted army training village of Imber and passed several burnt out tanks. Interesting area to run through which is usually closed to civilians. Tough hilly route made harder by the cold temperature, standing water and a very strong wind. The latter halted me in my tracks at one point. Pace dropped by 3 minutes a mile when faced with a steady climb and a head wind. Time was 1hr 24m 30s finishing 28th from 89 starters.

Wheaton Aston 10k - 27th December

Report By Steve Gill

As we set off from Telford the rain persistently fell from the sky, oh boy was I not looking forward to this one.

We had a car full of runners looking to run off their Turkey,pudding and beer.

We parked at a nearby pub, knowing that we would be back later and went off to the start to collect our numbers and a warm up. As predicted the course was a little waterlogged. So much so that if you tried to run around each puddle you would add another 1k to the distance. Just to make the run complete near the finish you had no choice but to wade/run through a massive puddle.

Paul Spriggs and Amanda Lysons managed PB's even in those conditions. Great runs folks.

We also met two runners from Blackpool who appear to belong to running clubs with the same ethos as us (i.e. Drinking club with a running problem). They gave us an idea for another event - info to follow.

[Click Here](#) for photos.

Simon Hardiman 37:40

Steve Gill 42:59

Alan Palin 45:56

Paul Spriggs 46:33 PB

Wendy Scott 48:03

Mick Fereday 48:49

John Scott 50:17

Mark Evans 52:10

Julie Tatton 53:32

Amanda Lysons 53:57 PB

Allison Haycox 54:40

Pauline Kesek 55:06

Jane Kind 56:03

Telford 10k - 16th December

Paul Ward 32:07

Simon Hardiman 37:13

David Issac 40:53 PB

Paul Hadley 42:26 PB

Neil Jefferson 42:31 PB

John Worburton 43:02 PB

Darren Poulton 43:02

Alexandra Maylor 43:17
Tim Carter 44:04
Nick Owen 44:07 PB
Bob Follows 45:13 PB
Paul Spriggs 47:07 PB
Kim Bennett 48:03 PB
Steve Donovan 48:17
Sharon Clayton 49:42 PB
Pauline Kesek 50:35 PB
Marie Deakin 53:12
Julie Tatton 53:15
Sally Whithington 53:21 PB
Robin Elliot 53:52
Allison Haycox 54:07
Lorraine Bradley 55:26
Wendy Williams 58:02
Verinia Thomas 58:10
Elizabeth Siddall 58:50 PB
Beverley Mccarthy 59:04
Gary Thomlinson 59:53
Hazel Neilsen 62:56
Julie Thomlinson 62:57
Jennifer Harrower 67:49
Julie Spriggs 72:26 PB

Belper in Darby 12k - 12th December

Report By Kathy Ling

As it was a special day 12.12.12. I just had to do a race somewhere when we arrived at a pub called Bluebell inn in Belper, we were made very welcome with a nice cup of tea the race started at 12 minutes passed 12 noon as it was a 12k race of two laps it had two nice hill one was 140m and the other was 170m this we had to do twice. The weather was 3.5 below with plenty of white frost on the ground but when the sun came out it was like a Christmas post card and once at the top the views were awesome. Everybody was very friendly, although there was only about 80 of us.

I was just finishing my first lap, the usual thing the winner past me and gave me plenty of encouragement

it was more of a fell race and had to take care with conditions under foot, we ran through a golf course and got lots of good cheer after running through the woods down in to Milford, a pretty little village we then started to climb the big hill for the second time round it seem to be quicker back to the finish. I loved every bit of the 12k[not last either].

My time was 2h 2m I manage to get back in time for my zumbering (cooling down).
it was UNIQUE EVENT ON A UNIQUE DAY.

Broad Meadow Marathon - 9th December

Jon Aston 5:16:15

Sarah Aston 5:16:15

Mortimer Forest Hills Race - 9th December

Report by Paul Hadley - Taken from Facebook

One of the most enjoyable races I have run this year. Awesome fun from the vertical hill after a quarter of a mile to the final descent. In total 9.76 miles of MUD MUD MUD. Not exactly a quick race at 1hr 34mins but as a challenging trail race this is up there with the best. The Bringewood Rollers are amazing, 300ft of slippery descent followed by 300ft of slippery ascent and there are three of them one after the other. The highest point at High Vinnalls is followed by an amazing descent on pine covered single track down through the trees then onto a footpath with a stream running down it and 6 inches of mud. Just great fun. Will be back next year.

Turkey Trot - 2nd December

Report by Paul Williams

I was the only representative from the club this year for this 5 mile road race held at Aldersley Stadium, Wolverhampton. The freezing overnight temperatures had left icy patches on the track on which the race starts and finishes, although the rest of the course was clear. After a safety assessment it was decided to let the race go ahead with mats placed strategically over the most dangerous stretches. Everything went smoothly and as far as I am aware there were no slip ups. I achieved a time of 32:52 which sufficed to give me a prize of a bottle of wine as the first M60 to finish.

Suicide Six - 25th November

Report by Paul Spriggs

Setting out on a lovely sunning morning, driving down the rabbit run dodging the large puddles, I knew I was in for a very muddy run at the Suicide Six. Slightly disappointed when we arrived to hear that the water crossing had been removed due to flooding. The start was great straight into a small hill then down to a gate that slowed everyone up to a stand still. The course lived up to its name with killer muddy hills, fast slippery downhills and lots of water and the steps at 5 half miles were torture. Great muddy fun, got to go back next year just to do the water crossing.

Paul Spriggs 53:52

Julie Tatton 1:05:4

Benidorm half marathon - 25th November

Report by Pauline Kesek

On a lovely sunny morning, in maybe not the prettiest place in Europe, a field of 1500 runners took part in this annual event. As I was going to be over in Spain I felt it would be quite rude not to take part! The organisation was great, a small race village was set up, lots of loud music and a bubbling atmosphere. A mix of nationalities too with a fair number of Brits (well, it was Benidorm after all!). There were quite a few running clubs that seemed to have travelled together as a club trip Could be one for the future if any body is interested in some winter sunshine. Speaking of which, there was plenty. Probably a little too much! The race was reasonably flat for the first half, then went into the old town (prettier area ... A bit) for a while, where the terrain began to rise! There were, in my opinion, significant hills to not call it flat (as was advertised), however, what goes up must come down. And compared to Conwy the previous weekend, it wasn't bad! The final 4 miles were mainly along the sea front which was good on one hand, but also in direct sun so a little draining. Plenty of support Vamoose ... Being shouted along the route. I think that means hurry! The final stretch was good and I even managed to sprint, then realised the last 100 yards were up a hill! Nothing left in me so I only just managed to keep going without walking across the line! That was a cruel end I thought! Anyway, I would do it again Just for the sun and cold beer after!

There was also a 10k held before hand which my friend did, a smaller field of runners, but equally good atmosphere!

Time 1 hour 55 mins.

Gatliff Martahon - 24th November

Jon & Sarah Aston completed a muddy 35 miles in 9:22:00

Cheddleton Pudding Race - 24th November

Report by Kathy Ling

As we approached Cheddleton, the skies were looking a bit dodgy; the local school is the head quarters for the race with plenty of home made goodies on offer. There was a good turn out of 350 runners all raring to go. As the race started so did the rain, this is a 3 lap course through the village with plenty of good hills and puddles. As I finished my first lap Chris Davies past me running like a whippet he was on his second lap, he came second only by a few seconds his time was 31.48. Despite of the wet weather the support from the locals was great. Upon finishing the race we each received a large Christmas pudding. I love this race it makes a good training session. I would do it again.

1:22:00 (an improvement on my last time)

Sundon Saunter - 18th November

Sarah and Jon Aston took part in this 28 mile off road marathon in Bedfordshire. We were treated to a beautiful sunny November day with cloudless blue skies, safe in the knowledge that the local Member of Parliament was in a jungle eating kangaroo bits on the other side of the planet.

As with the majority of LDWA events this one required self navigation with each participant being given written instructions to find their way between checkpoints. We were treated to a choice of food and drinks at each checkpoint including wraps, rolls, crisps, cakes, biscuits, jelly babies hot and cold drinks and at the last check point apple pie and custard, then at the end baked beans on toast and rice pudding. How many marathons do you know where it is possible to put weight on?

Although not particularly hilly the route was challenging mainly due to the mud, there was slippery mud and sticky cloying mud, at one point our shoes were at least twice as big as normal with all the mud that was stuck to them. The highlight of the route for me was passing Woburn Abbey and seeing deer in the park land.

We both finished in 6:33:00. This was a great event that I will do again. Pictures will be available to see on the club [Flickr website](#).

Conwy Half Marathon - 18th November

Report by Steve Gill

On a lovely sunny day a group of Wrekin road runners travelled to Wales for the Conwy half. This was a late decision to enter for me so probably not the best way of doing things. The race started in the shadow of the Castle and went over a bridge and then followed a coastal route for approx 4/5 miles to Llandudno (Flat but a little bit tight in places should you wish to pass someone).

At approx 6 miles we started the climb of the Great Orme hill. I was running with Chris Clayton and we dug in and started passing people (Hill reps is obviously the answer folks). The top was at 8 miles and then a downhill run to approx 10 miles. The views were great if you could find the time and effort to look.

Back along the same coastal path and across the bridge to the finish.
Nice medal and T-Shirt at the finish.

Wouldn't recommend the local pub The bridge inn - Talk about the pub with no beer (food wasn't great either).

You do get a free Coke if you faint though - Yes you will have ask about that one.

Dave Isaac 1.32.58

Paul Hadley 1.36.31

Stephen Gill 1.36.31

Chris Clayton 1.37.05

Darren Poulton 1.38.14

Bob Follows 1.43.57

Paul Spriggs 1.44.27

Alan Palin 1.45.27

Kim Bennett 1.46.34

Pauline Kesek 2.00.23

Tracey Drummond 2.03.15

Helen Yates 2.03.48

The Wrekin Wrecker - 18th November

Ben Kelly completed this hard 8 mile fell race that goes up, over and down the Wrekin several times. He finished in 147th place in a great time of 1:31:59.

Cannock Rotary 10k - 18th Nov

Report by Kathy Ling

I did this race last year in complete thick fog, but this year there was lovely sunshine and blue skies to enjoy the fantastic views. There were about 262 runners who were herded down to the main road among the traffic to the start. There was no messing about, it was like the Grand National once there was enough on the front line the horn went and away we went. Although there was many steep and long hills I enjoyed the challenge and we had to contend with the fast moving traffic this year and there was a lot more marshalls. Even the last mile was a bleep hill! There was plenty of encouragement from spectators and it was good to see so many families out enjoying the sunshine. I came in feeling really good but there no water, just a great big empty bag with a lonely medal in the bottom so I thought I'll have a cup of tea but the caterers had run out of hot water. In spite of this, I really enjoyed the race and would do it again and I managed a good PB from last year. My time was

1:21:00

Tatton Park 15K - 11th November

Report by Kathy Ling

We arrived at Tatton Park on a lovely sunshine morning the race was at 11.15am after two minutes silence which was very good it was great to meet Linda & Neil Edmondson, the race director warned us about some dangers and not to try for a P B as it was very slippery & muddy under foot, so off we went. I was very careful where I ran owing to the leaves covering tree trunks after 5k I seemed to get on the wrong path, as there was no sweeper to keep me on the straight and narrow, a kind policeman came across on his bike guided me in the right direction the sun was still out at this point.

It was not easy, but once I started I kept going. At 10k the hailstones came down and they hurt.. at 11k a man came up on a bike ask if I was ok as the sweeper did not turn up and there had been seven injures and they was very few marshals. I thought if I keep going in a big circle I should come somewhere to 13k. It was lovely run and the scenery was very beautifully plus the wonderful deer
Linda and Neil very kindly waited for me to finish.

Addition by Linda Edmondson

Kathy said she'd do the write up for our excursion yesterday, but if I could just add.....

I really enjoyed my run around Tatton and even found myself on some paths I've not been on before – but as to whether I could work out the route again, is a different matter. Poor Kathy got the hailstorm, but it was fine for me (almost too hot). This was my 55th race as LV50. I was going to sneak in a parkrun next Saturday, but my Achilles started to complain at 8K yesterday, so I think I'll call a halt at 55@50 – it's got a good ring to it. If anyone can spare a couple of quid, then donations are welcome on <http://www.justgiving.com/Linda-Edmondson>. Here's to the next year (when the inflammation has died down!)

Linda Edmonds 1:19:00

Kathy Ling 2:19:00

Fox @ 40 Marathon Day 2 - 11th October

Jon Aston 4:28:20

Fox @ 40 Marathon Day 1 - 10th October

Ross Weston 5:45:00

Mad Jacks 5 - 10th October

Congratulations to all who completed this race especially Lorraine Bradley who won her age category.

Dave Isaac 37:44

Paul Spriggs 42:50

Kim Bennett 45:53

Mark Richards 47:50

Simon Everton 48:06

Pauline Kesek 49:02

Julie Tatton 50:25

Alison Haycox 50:25

Verinia Thomas 51:04

Lorraine Bradley 51:49

Kathy Ling 82:57

Compton 5K - 4th November

Report by Kathy Ling

Jan and I went to Wolverhampton for this race, the weather was slightly cold but we were not too bothered when we got to the starting area it was one degree below freezing with a very cold wind. We were trying to warm up around the field when suddenly we were up to our ankles with mud and water and before long our feet were freezing cold. We were warned that the route had been changed owing to a bridge being repaired and also that there were no toilets so it was wet bramble etc. everywhere you went it was very soggy (*yuk too much info Kathy*). However we here so we were determined to have a go, after fighting the mud which I don't mind there bikers were out having fun and we got the sprayed with the mud their bikes chucked up. I wore my black cardigan because I was so cold, it's something I have never done before. I never took it off until I was nearly back at the finish. Another problem was that we had to divert and cross a main busy road, the marshal did not have a high viz vest on and really it was pot luck. We did this race before in September and we pointed out that you do need toilets. It was a low key event about 69 took part. We changed our footwear and headed to the nearest pub for a nice pot of tea and soup. I would think twice before doing this race again.

Jan Pugh 43:20

Kathy Ling 43:20

Cop Hill Fell Race - 4th November

Report by Linda Emondson

6 mile race with 780 ft of climb

It was a rather murky day in South Yorkshire for this 2 lap race. It's really hard cross country/trail rather than fell and was as muddy as I've ever known it. However, despite still being rubbish on climbs I was pleased to come in in 59.21 which is faster than the last two years (although they do tweak the course so not always possible to compare) and amazed to get a voucher for 1st LV50.

Crewe Déjà vu Two Track Marathon - 4th November

Well done to Denzil Martin who one week after completing the hilly Snowdonia Marathon did the somewhat flatter Crewe Déjà vu Two Track Marathon, which meant he had to run around a running track 105 time 'ouch'

Denzil Marin 4:23:54

Tatton Park Half Marathon - 4th November

Report by Lorraine Dixon

This was a brand new half marathon, a fast flat, road race around Knutsford and the scenic Tatton Park. There were about 2000 entrants who arrived bright and early for a 9.30am start. The dry crisp morning was cold, temp about 2 degrees,

but at least it didn't rain. The atmosphere was friendly and all marshals were well organised. The route took us around the park, down through Knutsford and along the country roads and back into the park again. The race numbers had chipped strips which was well organised, a text came within 5 minutes of me crossing the line to tell me my time. A PB of 2 hrs 4 mins which I was delighted with. The race was won by Tarus Elly from Salford Harriers in 01:09:09. First female was Julie Matheson in 01:22:23.

Julie Tatton 1:57:00

Lorraine Dixon 2:04:00

Enigma Staffordshire Marathon Day 2 - 1st November

Jon Aston 4:55:38

Caroline Beresford 5:38:53

Enigma Staffordshire Marathon Day 1 - 31st October

Sarah Aston 4:21:22

Ross Weston 6:22:32

Shrewsbury Halloween Walk - 28th October

Report by Kathy Ling

Janet & I dressed up for the Halloween 5k walk for the Lingen

Davies Cancer treatment centre at Shrewsbury, it's very important that people know about it as it's at Shrewsbury which is very handy for the people living in Shropshire and area around.

Starting at the castle we made our way up the high street, it was a lovely evening I tried to frighten

the lady in the Indian restaurant but she never flinched. We made our way through the quarry

the bridge has been repaired and looked very affective with its lights on, we went through some really creepy parts of the quarry and up narrow enters great fun there was about 60 of us and the police kept a close eye on us

The Bronte Way (8 miles/1000ft) - 28th October

Report by Linda Edmondson

This is a point to point race from Wycoller to Haworth. It was a bit of a miserable day (so glad you had the better day yesterday for Snowdon marathon) but the drizzle wasn't too bad and at least the wind was behind us. As expected the muddy bits were very muddy indeed, but no shoes were lost. I finished in about 1:28:37 – not my fastest, but at least under the magic 1:30! A welcome bottle of beer on the finish

line and then soup and a roll in the pub and we just had to visit one of Haworth 's many tea shops too.
So now the tally is 53@50

Marathon Eryri (Snowdonia Marathon) - 27th October

Report by Steve Gill

Sometime ago a certain Jon Aston sold the Snowdonia Marathon to me. The most beautiful marathon you will ever run (His favourite ever) is what he said.

Okay so if you're going to do only one a year I thought why not.

Everybody says when you tell them I am doing it, What you are running up Snowdon? No not quite but it does have a few hills.

After a cup of coffee and toasted teacake at a local cafe we made our way to the start. Paul Spriggs, Tim Carter and myself decided to be conservative for the first 5 miles as it was all uphill to Pen-Y-Pass. Lots of people ran past us. By the top even we had split up from each other. Then followed approx 9 miles of downhill or flat running on roads and tracks. The views were fantastic. At 14 miles we hit the second hill which went on for 1 to 2 miles. For some reason I was feeling good and going past a lot of people but also thinking this cannot be right.

More road running followed until Mile 22 (The killer Hill). I had watched the video so had an idea what was coming but it was brutal. I managed to run to 23 miles then I just couldn't go any further. It was down to a fast walk at best and the odd attempt at running. This went on until the 24 mile mark. I only saw 1 person out of many actually trying to run the whole way up it.

The views were superb as we then reached the top to see Llanberis down below us. 2 miles of downhill to go, easy right - NO. It was so steep you couldn't run fast for fear of going head over heels and that along with cramping muscles.

On to the streets of the town for the final 200 metres to be cheered to the finish by the Wrekin road runner cheer leaders.

A PB at the finish for me of 3.47hrs.

Most of the other Wrekin road runners achieved PB's or course pb,s.

The weather was fantastic for the day so I believe we were very lucky.

If you want to do at least one marathon in your lifetime make it this one. Do it again?

Stephen Gill 03:47:57

Tim Carter 04:01:17

Paul Spriggs	04:04:08
Sarah Aston	04:17:44
Jon Aston	04:37:27
Mark Evans	04:37:28
Denzil Martin	04:37:49
Donna Howells	04:53:58

Bupa Great Birmingham Run - 21st October

Report by Neil Jefferson (stolen from Facebook)

I had a good run at Birmingham half marathon today, finishing in 1:35:56. I did the same run last year and finished in 1:40:45 and wanted to try to finish quicker so I set a target of 138:00 for this year. I then joined a running club and today managed to knock almost 5 minutes off my previous best time. So this is what happens when you try to keep up with faster runners on a club run...so thanks to all you fast runners (and everyone else).

Thanks to Paul Hadley who went off a bit quicker than me but I saw him in the distance at mile 12 and closed the gap to 50 meters, so many thanks to Paul for setting the pace as that last mile help to get under 1:36:00.

Paul Ward	1:11:00	16th position overall
Neil Jefferson	1:35:36	
Simon Hardiman	1:21:08	
Paul Hadley	1:35:43	
John Warburton	1:37:48	
Paul Spriggs	1:43:24	
Dave Bytheway	1:43:28	
Jason Roberts	1:45:15	
Pibo Lucchesi	1:56:00	
Julie Tatton	1:58:15	
Julie Kaur	2:10:57	
Caroline Princep Beresford	2:14:03	
Sarah Turner	2:15:45	
Ester Whitten	2:19:46	

Linda's Weekend Double

Reports by Linda Edmondson

Inspired by Kathy's account of 2 runs in exotic locations I decided to have a 2 race weekend and chose the outskirts of Littleborough and the Wirral for my locations.

Saturday 20th October – Race you to the Summit

A 4.5 mile/900ft fell race this is one of my favourites – friendly pub, great organisation, nice scenery and not too painful. I completed it in 47.24, bit slower than last year.

Sunday 21st October - Leasowe Lighthouse 5K

This is right at the top of the Wirral and a point to point along the promenade. Hence it is good flat running with hardly any turns in it – ideal for pbs if the weather is good (am told it can be atrocious). Anyway, I was pleased with a time of 23.23 which would be a 5K pb, but my Garmin only came up with 3.04 miles so not sure I can really claim it! Anyway, there were lovely views of the sandbanks and I even managed a bit of bird-watching on the jog back to my car.

So Kathy had Red Square and the Hermitage and I managed a couple of pubs, a lighthouse and some oyster catchers.

"DEJA-VU" 14th October

Report by Ian Emery

On a recent long weekend trip to mid-France Ken, Paul & I returned to participate in a new race for us called "Les-Foules-Du-Bord-De-Loire" in a town called "Jargeau", on the Loire-River very scenic famous for its wine

& a type of meat delicacy? i shall explain later. Well we must have up-set the God's!, because from Sat mid-day to Sun mid-night it never stopped raining. At 10.15 a.m. Sun Ken/ & my French colleague x-Wrekin-road-runner/ex Race-Director took on the 5K Race, & Paul took on the 15K, in Freezing Torrential Rain, we set-off along the river-Loire the 5K was mostly on road's , but Paul's 15k course turned out to be part Multi-Terrain/ x-country due to the prevailing condition's. I must have caught Kath's "Disease" with less than 1/2 a K to go the last marshal was so involved assisting the shop keeper's empty their canopy's of rain he forgot to turn me left into the finishing straight, so I continued straight on to fine myself at the rear of the time-chip-tent & not the front!, confusion started as they thought I was the First runner in the 15K? "MOI", you've got to be Joking! Lasted well-over a Minute on my De-tour. Meanwhile Paul finished strongly to take 2nd Vet O/60, and a place on the Podium for the "Wrecker's".

We all returned to Guy's Transit van to Quoff a very large Whisky & coke! to find the part's not already Frozen, then as only the French can do everybody went back to the Reception-Hall to Eat & Drink as much as you could for 10 Euro's, it lasted all-afternoon. "Hick"! Menu: Starter's Pate &

Salad-Buffer, Main-Course Ah! zee French Meat Deliciously of this area"

Andouille" wait for it? (Tripe-Sausage with Lentil's) a "Bostin Dish" I highly recommend it. Desert 1 Tart (if I must)! & Fruit, Desert 2 It's got to be the Cheese-Board, followed by more-wine, and more wine, Bottles of it! 3 Hours later it was time to go home. Would I go back to do it again? Yes most definitely, even if we

didn't run, the after Reception was worth it.

Results:

5K

Ken Richard's 37.47,

Guy Helbert 40.35

Ian Emery 44.18

15K Paul William's 70.04

Au Revoir Messieur's et Mademoiselle's "Wrecker's" The Telford
Pimpernel.

Mendip Muddle - 14th October

Report by Linda Edmondson

This is a tough trail/fell race which is a figure of 8 route around Beacon Batch in the Mendips. I thought it would be chalk and well-drained and I was wrong! It was pretty boggy and very wet and I found it a bit tough (not enough long runs in preparation). Anyway, it was a beautiful day with great views (not that I stopped to view them). Neil came round with me and we managed to finish with the same time of 2:19:48. It was a special race for me since it was my 50th in my first year as LV50.

Cardiff Half Marathon - 14th October

Report by Jon Aston

I arrived in the half marathon village at the front of Cardiff City Hall for the volunteers briefing, I had been assigned to the start area and finish funnel, it was dark as it was still only 7:00 am and very cold, I had to scrape the ice of the cars windows before setting out in the morning.

My first job was to put up signs around the start area so that runners would know which start pen was which and the way the toilets were etc (despite my signs I later noticed several male runners urinating against the walls of Cardiff Castle, Yuk). Next I was put in charge of the cordon at the front of the white start, the white start was for runners predicting a finish time over 2 hours. We were in place 45 minutes before the start of the race with runners starting to assemble not long after, the race public address system was blaring for well over an hour, I think I must have 'One Day Like This' by Elbow 30 plus times today. I was amazed at how many runners came up to me telling me that they can run quicker than 2 hours and would I let them into a faster pen "I'm sorry" I told them "I can only let you in if you have the correct coloured number, it doesn't matter though, the race is chip timed and your time won't start until you cross the mat'. So with 10 minutes to go, a few thousand runners in front of me and many thousand more behind the Welsh National Anthem was sung and then Colin Jackson set the race going. It took over 10 minutes for all the runners to pass where I was standing.

As soon as the last runner was over the line the clean operation swung into full force. My first job was to walk the start pens collecting up the hundreds of items of discarded clothing that were to be distributed to homelessness charities around the Cardiff area, my next job was rubbish pick up. I had a large metal 800 litre wheelie bin that behaved just like one of those wayward supermarket trolleys. I pushed the bin the quarter of a mile or so back through the start pens collecting discarded bottles, bin bags and gel packets (sticky and yucky), I filled my bin. Before moving onto the finish area I did get my picture taken with Colin Jackson.

I went straight to the finish area where I was allocated to medal distribution, there were hundreds of boxes of medals to be unpacked. In what seemed like no time at all the first finishers were crossing the line in very fast times. I spent the next couple of hours placing medals over the heads of what I guess must be somewhere between 500 and 1000 runners, some of my colleagues were handing out medals but I think it nicer to have one placed over your head, everyone of them also got a smile and a "well done" or "congratulations". Many of the runners were very emotional to have finished the race, crossing the line obviously representing the achievement of ambition or dreams.

Volunteering at a big event gave me a completely different perspective to the small events I have helped at. During these events your fleeting contact with a volunteer or organisation is a fraction of the time they have put in. Like the 3 or 4 runners who thanked me for volunteering when I gave them their medals I will make it my mission to thank as many volunteers as I can the next time I run such an event.

Congratulations to the three Wrekin Road Runners who completed the event.

Lucy Kesek 1:44:51

Pauline Kesek 1:53:35

Helen Yates 1:58:13

Bells of Pattingham - 14th October

Report by Alison Haycox

Although many of you have run this race, I thought I'd do a report as a newbie to this event and as a newbie to the whole cross country thing! After being warned, I wore my old trainers rather than my favoured road runners and a wise move that proved to be. Although it was a gorgeous sunny morning, the rain of the previous week ensured there was plenty of wet grass/fields and mud to contend with. As I'd been advised that a PB was a non-starter, I decided that I'd just have a go and enjoy the ride and what a fun ride it proved to be! After spotting one poor bloke hopping on one foot trying to rescue his trainer from the mud at around 5 miles, Amanda Lysons was hauled out by the armpits by a fellow runner after landing ankle deep in the stuff shortly afterwards! It was a BRILLIANT event – really well organised, friendly runners and marshals and a welcome piece of cake and cuppa at the end of it. Although they were challenging conditions for a loyal road runner such as myself it certainly opened my eyes to the fun of cross country. Would I do it again? Let's just

say I'll be asking Santa for trail shoes this Christmas!

Wendy Scott 1:01:20

Robert Hurley 1:07:32

Allison Haycox 1:08:02

Amanda Lysons 1:08:22

Julie Tatton 1:08:58

[Pictures from the event taken by Brian Smith can be seen here](#)

Chester Marathon - 7th October

Denzil Martin 4:28:03

Cathy Hughes 5:31:00

Linda Norgrove Valtos Peninsula 10k - 6th October

Report by Paul Hadley (taken from Facebook)

Ran the Linda Norgrove Memorial 10K race on the Isle of Lewis. Linda was an aid worker in Afghanistan and was killed two years ago. The race is held to raise funds for her foundation. She came from the area the race is held in, the Baltos peninsular on the West coast of Lewis. The race traversed a stunning circular route on single track roads passing two spectacular beaches. Rather a hilly route with the worst at four miles which I admit had me walking for about fifty meters. Also a rather cold strong wind was blowing, it always does out here! Was pleasantly surprised given the route to set a new PB by 27 seconds with a time of 43m 06s. Also finished fifth overall out of about 150.

Where Raven's Dare - 6th October

Tea and toast at the start, 27 miles of boggy fells, stoney trails, big steep hills, stunning views, gourmet sandwiches, home made cake, leek broth at the finish. A great event and a good day day out.

Sarah Aston 7:53:00

Jon Aston 7:53:00

Ross Weston completed 21 miles of the event in 8:15:00

Andy O'Sullivan 3 Mile - 3rd October

Report by Linda Edmindson

This was the first Andy O'Sullivan race held in honour of Andy himself. He's organised well over 500 races for charity in his time. It was held at 18.30 and was 2 laps of Cowm Reservoir. Neil has been injured (again) and decided he'd come round at my pace and we had great fun running round in the gloaming in 23.08 and 23.09 (like the gentleman he is he didn't turn on his 800m finish and burn me off at

the end!). I was well pleased with a pb – but then I've only ever run hilly 3 milers before. Also pleased to pick up a bottle of wine later – no idea what for, that is the joy of an Andy O'Sullivan race.

Loch Ness Marathon - 30th September

Report by Ross Weston (taken from Facebook)

Managed to beat my time from 2008, and shuffle home in 5hrs 43mins, which although won't be giving Haile Gebrselassie any sleepless nights, is not bad for a fat bloke who has eaten too many pies.

Bristol Half Marathon - 30th September

Report by Alex Maylor (pinched from Facebook)

Did Bristol Half today in 1:36:14, really good race, a little windy and a hill near the end which I was glad to see the back of!

Ludlow Sprint Triathlon - 30th September

Report by Donna Howells

This was my first ever attempt at this always saying I couldn't compete as I couldn't swim. Made a decision at the beginning of the year that I would learn. I would definatley recommend it to any club members who are thinking of doing a Tri. The bike course is a little undulating and maybe a little long compared to other sprint triathlon but very enjoyable. The event was signposted well and marshalls very friendly and well organised. I was very pleased with my attempt especially my run time, on its own it would have been a PB.

Would I do it again... You bet!

Distance 400m Swim 26K Bike 6.2K Run

11:32 T1 1:33 - 01:08:26 T2 00:40 - 33:48 = 01:56:01

Thieveley Pike Fell Race - 29th September

Report by Linda Edmondson

We had good weather for this which was a relief after all the recent rainfall. I found it tough –a week of Munro climbing meant I was fine for the initial steep, rough climb, but not so good at anything which involved running! Since the course was different last time I did it I could still claim a pb though.

(7km/400m) – 55.15

Ludlow 12K - 23rd September

Report by Mick Fereday

Ludlow, Medieval castle

Home to kings, queens, princes & judges. Now invaded on a cold Sunday morning by some 250ish runners. What Walter de Lacy would have made of it...

Starting 20 minutes late, just inside the castle gates made for a bit of a tight squeeze at the start. Right turn out of the castle gates and head down towards the River Teme. Over the bridge and out into the beautiful countryside, taking in some winding country lanes and grand estate roads. Ending with a uphill finish along what must be one of the most beautiful streets in the country and a sprint finish through the castle gates.

This was the first running of Ludlow 12k. On the whole well organised and well marshalled. No goody bag or owt but a commemorative coin. Did I enjoy it? You betcha! I'll be back next year to see if I can beat

1:01:22

(57th overall)

Hursley 10K - 23rd September

Report from Paul Hadley (lifted from Facebook)

Hursley 10K Cross country race in Hampshire. Severe weather warning, strong winds and heavy rain from the start. Undulating course on grass and very sticky clay mud tracks. Supposed to be 600 runners but nowhere near that many started. Pleased with my time of 45:01 given the conditions. The plan was also to do the Fun Run with my two little nieces but as they were already cold and wet they decided to give it a miss.

Walsall's Queen's Jubilee Runs - 23rd September

Amanda Lysons and Allison Haycox took part in the 10K whilst Kathy Ling and Jan Pugh did the 5K. Kathy reports that it was a very cold morning but that the race had a great atmosphere with the event being mainly cross country.

Results will be posted as soon as they are available.

Cotswold 40 - September 22nd

Report by Jon Aston

One of the hardest off road marathon events we have ever done is the Cotswold Challenge, so when we entered the one off 40 mile edition of the event designed to mark the 40th anniversary of Long Distance Walking Association we knew it wasn't going to be a walk in the park.

Starting from Birdlip at 7am the route took us on a hilly course around the Cotswold north to the southern edge of Cheltenham and then south to outskirts of Stroud before returning to Birdlip along the Cotswolds

Way. We started in the morning mist and were treated as we climbed above it to views which resembled a sea of cloud in the valleys below us, then as the sun broke through to some stunning views across the Severn and into Wales, with the Severn road crossings clearly visible in the distance. We were well fed with plenty of fruit cake, flapjacks and Jaffa Cakes. The only negative was the route description which was a bit vague in places and on one occasion even got left and right mixed up, needless to say we got a bit lost. Overall it was a well organised event on lovely sunny day.

Attingham Park 5 Mile walk for Cystis Fibrosis - 22nd September

Jan Pugh and Kathy Ling did this five mile walk on a lovely sunny autumn morning and were rewarded with a t shirt and coffee.

Seven Bridges 10K - 16th September

Report by Loraine Dixon

I ran the Seven Bridges 10Km for the first time and really enjoyed it. Apparently the course was slightly altered compared to previous years due to the closure of the towpath prior to the Welsh Bridge, this meant a different position for the finish line. The weather was ideal for running, bright and dry with a gentle breeze. I was apprehensive about the route, hoping that I wouldn't get mixed up by the many bridges but the course was well marshalled and everyone had great encouragement from the marshals, including the Olympic gamemaker in Frankwell complete with his 'pink sponge' hand! The finish was a surprise, an uphill climb in the Quarry prior to a downhill run to the finish line. A great response from the crowd to all the runners especially the last few who got a great reception. It was a good day and I enjoyed it.

Dave Isaac	0:41:21
Paul Hadley	0:43:47
Kim Bennett	0:48:43
Mark Evans	0:50:13
Pauline Kesek	0:53:23
Julie Hartland	0:54:25
Loraine Dixon	0:56:22
Verinia	0:56:33
Thomas	
Cathy Hughes	1:08:49
Pam Weston	1:08:49

BUPA Great North Run - 16th September

Well done to the Wrekin Road Runners who took part in what is now the second largest half marathon in the world. If you are a club member and did the race but are

not listed below please let me know and I will add you. Also if you took part please write and send me a report.

Simon Hardiman	01:22:14
Robin Elliot	01:54:14
Susan Lloyd	01:58:01
Julie Tatton	02:02:47
Julie Kaur	02:17:13
Caroline Beresford	02:17:47

Patshull 5K - 16th September

Report by Kathy Ling

Jan and I went to Patshull Hall. The race was for the Shropshire Smile [maternity units] we were informed that it would be very flat, however on Saturday night the race organisers were informed by the Patshull golf club that they had pulled the plug on the race and said that they did not want the race to be held and that a new route would have to be found. The people of Patshull came to the rescue with the race going down the drive and along the main road with hidden hills.

I only did the 5k because I am getting my little legs going again after my epic 1/2 m week before we were given a very useful goodie bag and medal, tea & cake for afters. I loved it would do it again, hopefully more Wrekin members will enter next years as it is only down the road.

Jan Pugh 35m
Kathy Ling 35m

Open to Offas - 16th September

Report by Ross Weston (lifted from Facebook)

Open to Offa's; 21 miles of sublime Welsh Loveliness.

Missed the cut off time for the 30 mile route, and ended up on a shorter 21 mile route.

The early climbs of the Clywydian Hills nearly killed me, but the views were absolutely stunning, with views towards Liverpool and even the Isle of Man ferry at one point.

Budapest Half Marathon - 9th September

Bob Follows joined 12000 others to take part in the Budapest half marathon on a very hot day. He finished the race in 1:56:57

Bacchus Half Marathon - 9th September

Thanks Kathy for another great report. This race is already in my diary for next year. Pictures from the event are on the [Flickr website](#)

John and I travelled down to Dorking on the saturday the weather was great, on Sunday morning it was blue skies and not a cloud in sight. We went to Denbies vineyards where I picked up my number and chip, the marathon started at 11am and they were doing 2 laps, they were allowed seven hours. We the 1/2 marathoners started at 12 noon and we were allowed 5 hours. I had read about the route and it sounded interested, well here we go.. it was very very hot and the organisers had put on lot of extra water tables.

First it was around the vineyard fields a up hill job after the first hour, it was here I knew I was in for some hard work. Another problem was that wine was severed at all the water stations, plus all the food you could think of.

The condition underfoot was very hard with large ruts to contend with, in fear of falling over I had to constantly watch my footing. However like a true Wrekin Road Runner I dug my heels and kept going. Another problems was the very narrow lanes and people were just walking I had to wait 2miles before I could pass and get going. At last I got my self into a rhythm, then another water wonderful station by two hours I had only done seven miles plus the red and white wine, by 3pm I had managed 10 mile and was feeling quite happy. As I had only three miles to go and having conquered the very high chalky hill only to come back down which just as hard I found a another lovely station. I somehow managed the eleventh mile to try the champagne and I was away to the finish to a great reception and atmosphere excellent food and more hic.

My time was 3h 40m I am very please with that because I was told I would not do it in side five hours because I did not look like a runner its the hardest one I have ever done and loved it, well someone got to do the job hic hic and i was no were near last I felt sorry for many who did not complete marathon and 1/2. We were given a fantastic medal and T-shirt and John was very helpful with the drinking at the end.

Lake Vyrnwy Half Marathon - 9th September

Well done to all the club members who took part in the Lake Vyrnwy Half Marathon. I am sorry if I have missed anyone, I think I found everyone who run under the club name. If I missed someone let me know and I will add them.

Simon Hardiman	01:22:19
David Isaac	01:31:19
Paul Hadley	01:34:19
Neil Jefferson	01:39:13
Tim Stevens	01:41:34
Kim Bennett	01:44:27

Mick Fereday	01:44:55
Alan Palin	01:45:36
Mark Evans	01:53:17
Pauline Kesek	01:53:39
Tracey Drummond	01:56:52
Julie A. Hartland	02:00:36
Robert Hurley	02:01:15
Allison Haycox	02:03:00
Amanda Lysons	02:03:31
G. Henderson-Ashley	02:08:51
Catherine Hughes	02:14:52

Wistanstow Challenge Marathon - 8th September

Ross Weston completed his 17th marathon of 2012 (equalling the highest number he has in a year previously) in about 9:30:00

The 6th at 6 10K or the Quick 6th at 6 5K - 6th Septmeber

Report by Kathy Ling

Jan and I popped over to Wolverhampton to run this little race at St. Edmunds Cchool Compton Park. I only did the 5k as I need to rest my little legs for Sunday. It was a lovely sunny evening. About 50 runners set off across some lovely green feilds then down an enbankment and along the old railway track and back. We were all given had a goodie bag plus a medal. it was a lovely run I would do it again.

Janet Pugh 37m

Kathy Ling 37m

Graham Wright Cowm Reservior 4.2 mile - 5th September

Reprt by Linda Edmondson

This is an interesting trail race organised by the legend that is Andy O'Sullivan. It goes one and a half times around Cowm reservoir and then up along a muddy track with an exhilarating down-hill finish to make up for an up-hill start. It was a lovely fresh evening for it and I finished in 35:26, then back to the pub for refreshment and some banter.

Harper Scarper - 5th September

Just from reading the results it looks like the final race of the 2012 sexarathon series was an exciting event (***I think our Chair should be subject to an anti-doping test with that time***). A full report will be posted as soon as someone who was there writes one and sends it in. Final standings for the series will also be posted as soon as they are published, I believe the club was well represented in the prizes. Well

done to all Wrekin Road Runners who took part in the series.

Paul Ward	16:24
Jordan Lee Stamp	17:19
Stephen Gill	19:16
Paul Williams	20:10
Cameron Stamp	20:22
Steve Wootton	20:51
Tim Carter	21:15
Neil Jefferson	21:15
Paul Hadley	21:43
Alan Palin	22:24
Bob Follows	22:34
Mick Fereday	23:04
Wendy Scott	23:06
Paul Spriggs	23:06
Mark Evans	23:06
Pauline Kesek	24:14
Sharon Clayton	24:33
Rob Hurley	25:08
Tracey Drummond	25:17
Alison Haycox	25:18
Julie Tatton	25:20
Catherine Knott	25:22
Julie Kaur	27:39
Verinia Thomas	27:50
Beverley McCarthy	27:57
Caroline Bersford	28:28
Janet Pugh	35:55
Kathy Ling	35:55

Wombourne Sprint Triathlon - 2nd September

Report by Steve Gill

400 Metre Swim / 20k Cycle / 5K Run

My second Tri event and after the first so much was learned (well that was the theory). The day was all going to plan. There was I after getting my number - ok. Go and get bike and to put in Transition for after swim - ok. What else do you need - oh s--t I had forgot my bike helmet (No helmet = no race), what a plonker. Panic now sets in and I run around to the registration to ask for help. You can buy one at the portable shop over there the lady said, no I can't with no money. Step in another lady who rings someone and hey presto an angel (her name was copper Dawn) appears with a helmet. This lady had already done her race and lent me her bike helmet. Good job I had spare time as i jogged back to the car to sort everything out and back to the pool start. Good swim, and an even better bike ride. Finally an average runs. Unfortunately when trying to find out my time it appears that my chip didn't work. There is a backup system so we will have to wait and see. My garmin showed 59 minutes for bike and run so add on another 8/9 minutes for swim and it should be a new pb. Last time was 1.16hrs I do however owe a massive thanks to the lady from Black Country Triathletes.

P.S Copper Dawn is a Policewomen by trade.

Steve finished the event in a time of 1:09:00 so a new PB was secured.

Shrewsbury Triathlon - 2nd September

Report by Andy White

Time 1:10:59 Position 38 (200ish).

500m River Swim, 23km Bike and 5km Run

Had a great race!!

Wolverhampton Marathon - 2nd September

Sarah Aston 3:58:47 7th Female

Paul Spriggs 4:15:35

Jon Aston 4:29:36

Beverley McCarthy 4:58:00

Wolverhampton Half Marathon - 2nd September

Simon Hardiman 1:25:22 10th overall

Ediys Alksnis 1:30:53

Dave Isaac 1:33:07

Robin Elliott 1:57:53

Julie Tatton 2:03:42

Dale Hancox 2:04:38

Kenilworth Half Marathon - 2nd September

Report by Paul Hadley

Ran the Kenilworth Half Marathon today. Flattest route I have done for a half so expected a good time. New PB by 3m 50s with a race time of 1hr 36:23. Pleased with that as felt so tired, struggled for the mid five miles but picked up towards the end. Was a bit warm as well. Bring on Vynwy next Sunday.

Little Aston 5 Mile - 2nd September

Report by Kathy Ling

Jan and I popped over to Little Aston. The weather was very warm; this race is mainly on the back roads of the village, with a few hills and had more entries than last year. My target was a better time than last year. I had just passed the 2 mile checkpoint and checked my watch; yes I was on target when suddenly a earwig landed in my left ear. I struggled to get the little blighter out but it was no good, I could feel him dancing around in my one and only good ear. I came to a marshal called Arthur and asked him if he could see anything, he had to get his glasses to see, he informed me that there was indeed an earwig in my ear but his fingers were to big to get it out. After a lot of dancing around in circles we managed to remove the bleep bleep earwig not a nice thing. I was somewhat frustrated as I was losing time however I got my little legs going and managed a better time than last year. Not forgetting Jan also had a good run. I loved it would do it again, without the earwig.

Janet Pugh 64m

Kathy Ling 61m

Derwent Trail Race - 1st September

Report by Linda Edmonson

It was a lovely day in the Lakes for a 15K trail race. As expected it was pretty wet underfoot through the notorious bog. However, the stream crossing was quite tame. I really enjoyed the long run down back to Keswick and was rewarded with a pb (by 4 seconds!) to finish in 1:28:29.

Beginners Group 5K - 28th August

Well done to members of the beginners group who today completed an organised timed 5K run organised by Pauline Kesek. The course in Telford Town Park was marshalled by club members with others running with the beginners to support and encourage them.

All finishers were given a certificate and medal, the next beginners group will start next week. It was great to see so many new runners and our club encouraging them.

Pictures of the event taken by Clare Aston will be available to view on the flickr

website soon.

Name	Time
Stephen Farmer	00:28:30
Gary Thomlinson	00:29:19
Toni Davidson	00:30:04
Carmen Glenholmes	00:32:34
Debby Richards	00:32:34
Sam Farmer	00:33:19
Tracey Robinson	00:33:22
Rela Charlton	00:33:46
Hannah Richards	00:33:49
Becky Curry	00:34:50
Hazel Nielson	00:35:00
Sue Gill	00:36:15
Cherie Rudd	00:36:41
Steph Pattison	00:38:06
Kirsty Rudd	00:39:55

Ellesmere 10K - 26th August

A massive well done to Kathy Ling who took part in this race a smashed out yet another personal best.

Kathy Ling 73:13

Sandwell Six Towns Marathon - 26th August

Sarah Aston 5:25:00
Ross Weston 8:32:00

Golf Ball Fell Race - 22nd August

Report by Linda Edmindson

After this year's rain one of the wettest places is the moors around Rossendale as I discovered on this race. It's nearly 6 miles with over 900 foot of climbing and seems to go mainly through an assortment of bogs. There were a few paths for relief – although one of them turned into a stream. Anyway, it was great fun and I came in in about 64.30 winning a bottle of beer for 2ndLV50.

The Gin Pit Trail Marathon - 19th August

Denzil Martin finished this muddy marathon in 4:54:00

Race The Train Events - 18th August

Rotary Challenge

This is a 14 mile race, 103 of the 839 participants finished before the train including Wrekin Road Runner Simon Hardiman.

Simon	01:44:26
Hardiman	
Dave Isaac	01:49:19
Paul Hadley	02:00:57
Stephen Gill	02:07:33
Kim Bennett	02:18:20
Helen Yates	02:29:24
Pauline Kesek	02:37:44
Robert Hurley	02:52:24

Sale Sizzler 4 - 16th August

Report by Linda Edmondson

Completed this 5K in 23.58 and was amazed to be 16th MV50!

Quarry Challenge

10K race, the train won.

Christopher Clayton	00:51:30
Caroline Princep-	01:11:47
Beresford	
Kathy Ling	01:34:23

Gladstone 9 - 12th August

Report by Linda Edmondson

This is a 9 mile/ 2800 ft fell race up Tal-y-Fan near Penmaenmawr (it's based at the Gladstone pub – hence non-Welsh name). It was rather warm and humid for this and early on when the sun was out I thought it was going to become an exercise in survival. Luckily the clouds came over which made it a bit more bearable. I finished in a heap in 2 hours 20 seconds which, to my surprise, seems to be a pb – so maybe a bit of Olympic inspiration despite the conditions.

[See here for pictures from this event](#)

Stourbridge Stumble - 11th August

Report by Kathy Ling

Another lovely summers evening for this race which I have not done for three years

but I need the leg work for my September project as this race is hard on the legs it's got everything a nasty little hill at the start then narrow path plus sand to run through. Telford A C's Robin Sedman-smith was AS usual whippet like winning in a time of 37:04 well done to fellow Wrekin members David Bytheway and Pino Lucchesi I loved it and would do it again. There were 250 runners.

David Bytheway 53:24

Pino Luchessi 54:07

Kathy Ling 86:20

Elsecar Skelter 27mile - 11th August

Ross Weston completed this event in 9 hours and 6 minutes. He has not sent me a report but I pinched the following from his Facebook page.

Glorious weather, great folk, and amazing grub.

Staffs Knot 5 Mile - 8th August

Report by Kathy Ling

What a lovely summer's evening at Cannock Chase centre for this race. 358 ran on the night, I really enjoyed it because it had everything in it, I managed to miss other runners from our club. I kept getting banter from marshals who know me about runners behind me and when I came in to the finish I was told [Not last and 2m faster than last year would I take a drug's test? I said 'yes along as it was champagne'...loved it would do it again. Well done to the Wrekin Runners.

Tomothy Carter 37:29

Wendy Scott 39:31

Julie Tatton 43:32

Kathy Ling 65:15

Dovedale Dipper - 5th August

Twenty six miles of hills, rain, thunder, mud and stunning views. What better way could there be to spend a Sunday.

Sarah Aston 6:33

Jon Aston 6:35

Ross Weston (entered as walker) 10:07

Meerbrook 15K - 4th August

Report by Kathy Ling

When we arrived at Meerbrook, a nice little hamlet with narrow lanes we had to walk a good half a mile to the start. When we got to the start there were many large signs

asking men not to p all around this very posh house, I thought this was funny.

The race got under way; we ran back into the village, someone shouted that I should pack it in now before we started to climb the everlasting hill which was about four miles long. When I approach the 6k the winner was on his way back looking as if he was out on a stroll, Kim Faulke from T.A.C. looked fantastic on her way to win the ladies. When I got to mile five I managed to run down the wrong road yes they were marshals but they were too busy having a chat, then I heard someone shouting hay Wrekin come back I then got onto the right road. By now the weather was warming up, a car stopped and the driver asked if I wanted to call it a day and would I like a lift back? I replied no thanks I don't accept lift with strangers, having done 6 miles there was no way was I going to give in. By the time I managed to finish the 15k nearly everybody had gone home but for a few kind people who waited for me. I don't know if anyone from our club has done this, but if they have they will know how very high and hard the hills are. I would love another go at it (that's if they'd let me)

My time was 2:29 which I was pleased as that was my target. We were given a nice T-shirt and loads of bananas.

Hellifield Gala Fell Race - 4th August

Report from Linda Edmondson

A tough 3.5 mile little course with no flat running (800 ft of climb) as far as I could tell. This was hard work and I finished in 40.48.

Sale Sizzler 5K - 2nd August

Report from Linda Edmondson

This was the 3rd of a series of races – it's a popular, fast course around Wythenshawe Park . I was pleased with a time of 23.48 only 9 seconds off my pb of 2 years ago.

Whitchurch Sprint Triathlon - 29th July

Andy White completed this event swimming 750 metres in 18:25, 20K cycle in 36:02 and a 5K run in 23:25 giving a combined time of 1:17:52. Andy finished 6th overall and 1st in his age category. Well done Andy.

Enville 10K - 29th June

Report by Kathy Ling

The race started at 10am with fewer entries than last year, the weather was sunny. This race has two laps in it which includes a nasty hill, conditions under foot was ok once at the top the view is awesome, while I was enjoying my run across the top part among many sheep I heard someone trying to sing [the hills are alive with music] it was Brian Smith I informed Brian to stick to to his camera work. I was nearly at the

end of my first lap when Robin Sedman-Smith flew passed me like a whippet finishing the race coming in first while I set off on the second lap. There were a few light showers. I finished the race with a PB and a nice bottle of wine not sure what the wine was for??

I loved it would do it again, to all fell runner this a ideal 10k race, hopefully more will enter next year. My time was 1h 45m

[Bran Smiths photographs from the event can be seen here](#)

Addidas Thunder Run 24hr - 28th - 29th July

What fun that was. The Addidas Thunder Run is a unique event held at Caton Park in Derbyshire. This is cross country event held on a 10K course made up of technical trails, twists and turns and including a few climbs and a couple of steep descents. Starting at 12 noon on the Saturday the premise is to run as far as possible in 24 hours. The event is open to solo runners and teams that can be single sex or mixed and comprise of 2 to 8 runners. Wrekin Road Runners fielded a solo runner Denzil Martin, a mixed pair and a mixed team of 8.

With those taking part in the event and their supporters camping onsite a large tented village edged parts of the course. During daylight there was incredible support around the course especially near the campsite and although quieter at night there was great camaraderie amongst the runners and it was quite a spectacle seeing rows of head torches bobbing along the ridges and trails.

At 12 noon on Sunday the course is closed and no more laps allowed to start; with all those on course at noon finishing their run upon crossing the finishing line. Maybe we will take even more teams in 2013. The results for all the Wrekin teams and competitors are shown below.

[Photographs from the event can be seen here, more to come.](#)

Report from Wrekin Off Road Runners Captain Pauline Kesek

After months of training (sort of) and lots of planning (ish), team WORR headed to the beautiful setting of Catton Park in Derbyshire to prepare camp. We managed, in a 'put your towel on sunbed' fashion, to save space for all of us. Believe me, that was not easy as after all the teams were there the scene was like a musical festival minus the music and alcohol! The team consisted of Paul Hadley, Paul Spriggs, Lee Rudd, Neil Jefferson, Dave (Caroline) Issacs, Kim Bennett, Annette Ackerley and me. After a rather sleepless night camping (was so cold!), we were all up surprisingly fresh and ready to start. The atmosphere was amazing. Just under 2500 competitors. Some running as solos, pair, teams of 5 or teams of 8. At 12 noon countdown and then off! 24 hours of running started. I won't go through each individual run as we managed 27 of them, but I will mention now some of the highlights. Firstly, many thanks to Dave who stepped in at the very last minute to make up numbers. We all had personalised vests (thank you club) and Dave wore the one made for Caroline

who unfortunately had to drop out. It had her name on the back and was also very small! It caused a few giggles though (and probably a little confusion ... Is he, isn't he?!? ... from those running behind him!!). The course was undulating, [see elevation profile here](#), challenging, but lovely! Through the campsite and past spectators chilling in chairs, across fields, up hills, trails through woods, a bit of everything (except for Tarmac) [see course map here](#). Running through the night with head torch and little lights bobbing up and down was genuinely thrilling (everyone of us agreed it was our favourite lap), and then running again in the morning took every ounce of will power we had! Baton hand over was really enjoyable. A pen full of anxious runners waiting for their team member to come in and hand over. As you approach the pen, running your little legs off, your next runner is there waving and waiting But oh Lee! Where were you at 12.30am?? I promised I would mention in my report that Lee made a slight miscalculation as to when I would be in (truth is I was so darned quick!!!) and he wasn't there. I shouted, shouted and shouted a bit more, and the many runners in the pen also shouted. He heard from the distance making his way down from camp and arrived to a little teasing from the others in the pen. Of course, I haven't teased one little bit!!! But, he is fully forgiven because he was our fastest runner and fell over twice during that night run by being so fast through the woods. I managed to put the wrong timing chip on for my run. I wore Annette's so it looks like Netty did 4 laps and I only did 2. Of course she is being totally honest and explaining that to anyone who sees the results (NOT!). Due to some brilliant runs, both the Paul's and Lee had to do a 4th run each which was no easy task as they had each run their hardest on previous legs. Massive well done guys! Lee did the final leg and in true team spirit we all congregated just before the finish line, joined him and crossed the line together. How would I summarise the weekend? AWESOME! We have all said that we are doing it next year, and I hope that there will be at least one more team of Wrekin Road Runners joining us, if not more! Finally, huge well done to Denzil Martin, solo runner and Sarah and Jon Aston who ran as a pair. Such an incredible achievement!

Denzil Martin

Lap #	Lap Time
1	01:04:38
2	01:10:42
3	01:23:20
4	01:29:25
5	01:34:00
6	01:30:31
7	01:34:58
8	01:45:31
9	05:28:30
10	02:39:24

Total Time 19:40:59
 Distance Run 100K

Wrekin Off Road Runners

Runner	Lap #	Lap Time
Paul Hadley		1 00:48:34
Paul Spriggs		2 00:51:20
Annette Ackerley		3 01:03:41
Neil Jefferson		4 00:49:47
Kim Bennett		5 00:57:28
Pauline Kesek		6 01:00:04
Lee Rudd		7 00:43:56
Dave Issacs		8 00:45:01
Paul Hadley		9 00:48:08
Paul Spriggs		10 00:50:47
Annette Ackerley		11 01:04:13
Neil Jefferson		12 00:52:15
Kim Bennett		13 01:01:48
Pauline Kesek		14 01:04:13
Lee Rudd		15 00:49:49
Dave Issacs		16 00:47:18
Paul Hadley		17 00:52:37
Paul Spriggs		18 00:55:58
Annette Ackerley		19 01:09:39
Neil Jefferson		20 00:55:19
Kim Bennett		21 01:00:39
Pauline Kesek		22 01:01:40
Lee Rudd		23 00:44:34
Dave Issacs		24 00:47:26
Paul Hadley		25 00:50:45
Paul Spriggs		26 00:56:01
Lee Rudd		27 00:46:41
Total Time		24:19:41
Total Distance		270K

	Distance	Time
Paul Hadley	40k	03:20:04
Paul Spriggs	40K	03:34:06
Annette Ackerley	30K	03:17:33

Neil Jefferson	30K	02:37:21
Kim Bennett	30K	02:59:55
Pauline Kesek	30K	03:05:57
Lee Rudd	40K	03:05:00
Dave Issacs	30K	02:19:45

Silver Dream Team

Runner	Lap #	Lap Time
Sarah Aston		1 00:56:05
Jon Aston		2 00:57:09
Sarah Aston		3 01:00:20
Jon Aston		4 01:03:40
Sarah Aston		5 01:08:23
Jon Aston		6 01:09:23
Sarah Aston		7 01:08:07
Jon Aston		8 01:14:31
Jon Aston		9 01:27:47
Sarah Aston		10 01:18:00
Sarah Aston		11 01:23:47
Jon Aston		12 01:27:05
Jon Aston		13 01:36:14
Sarah Aston		14 01:24:41
Sarah Aston		15 01:34:19
Jon Aston		16 01:22:38
Sarah Aston		17 01:27:22
Jon Aston		18 01:18:02
Jon Aston		19 01:27:00
Total Time		24:24:33
Total Distance		190K

	Distance	Time
Sarah Aston	90K	11:21:04
Jon Aston	100K	13:03:29

Push Up Pincyn - 28th July

Report by Linda Edmondson

This race is run at from a show at a small village in NE Wales – Clawddnewydd. Due to wet weather the usual field hadn't been cut so the festivities were moved – which led to the race being lengthened to 7

miles from the usual 6 and a bit. However, the traditional vaulting of the hay bale was retained.

It was good to see we kept with Olympic tradition and began with a mass false start. However, we were all allowed a second chance and enjoyed the punishing traipse up the Pincyn with assorted fields, forestry, streams and trails. I had a good run to finish in 75.30 and was awarded first L50 (out of 2 of us) – a tombola style prize-giving saw me awarded a duster for my efforts!

[See pictures of the bale vaulting here](#)

Walk Ten (Weston Park) - 27th July

Report by Kathy Ling

Jan and I went to Weston Park and did our thing, dressing up in our red white & blue to do a 10k walk for Marie Curie. We were quite a hit because everyone wanted to have their photo taken with us. it was a lovely evening and once the walk started we enjoyed the awesome views ,the atmosphere was great at the end of the walk, live music and picnics were the order of the day we enjoyed a little drink of champagne, then went home home to enjoy the Olympic opening ceremony and finish the champagne off

No times were recorded

[Photographs from this event can be seen here](#)

Vic Musgrove 5K - 18th July

Twenty seven club members took part in this fast 5K in the Telford Town Park.

Paul Ward	0:16:10
Jordan Stamp	0:17:59
Cameron Stamp	0:19:27
Chris Clayton	0:19:42
Paul Williams	0:20:28
Stephen Gill	0:20:38
Steve Wootton	0:20:43
Paul Hadley	0:20:45
Neil Jefferson	0:20:45
Alan Palin	0:20:45
Bob Follows	0:21:47
Paul Spriggs	0:22:35
Mick Fereday	0:23:28
Mark Evans	0:23:53
Sharon Clayton	0:23:56
Julie Tatton	0:24:24
Pauline Kesek	0:24:50

Catherine Knott	0:25:06
Tracey Drummond	0:25:29
Verinia Thomas	0:25:52
Allison Haycox	0:26:10
Beverley Mccarthy	0:27:09
Caroline Beresford	0:29:04
Luisa Grey	0:30:45
Sarah Hodgson	0:30:46
Janet Pugh	0:36:12
Kathy Ling	0:36:43

Much Wenlock Olympics 7 Mile Road Race - 15th July

Twelve members of the club took part in this annual favourite at the birthplace of the modern Olympics.

Steve Gill 00:49:56

Paul Hadley	00:50:06
Neil Jefferson	00:51:38
Linda Edmondson	00:56:16
Ruth Vernon	00:58:51
Mark Evans	00:59:33
Julie Tatton	00:59:53
Allison Haycock	01:05:12
Donna Howells	01:06:30
Amanda Bottomley	01:11:23
K Jones	01:29:33
Kathy Ling	01:38:50

Photographs from the event taken by Clare Aston will soon be available of the clubs [flickr gallery](#)

Fairlands Valley Challenge 50K - 15th July

A lot more mud than last year but this remains a friendly well organised event.

Jon Aston	6:44:00
Sarah Aston	6:44:00

Druid Fell Race - 11th July

Report by Linda Edmondson

New manager's first day at work and I leave early to go fell running – does this set the right impression? Anyway, it's a bit far to go for an evening fell race (North Wales), but well worth it for a sunny evening, a

dark forest, a bit of mud and a meander around an interesting hill fort, even if the marshals put an extra climb in just for fun. It was hard work but fun - It's about 5 miles – got round in 55.48.

Three Peaks Challenge - 7th & 8th July

Report by Neil Jefferson

This weekend I took part in a 3 Peaks Challenge with a group of 15 walkers of very mixed fitness and walking experience. The plan was to start at Snowdon and finish at the top of Ben Nevis within the 24 hours to raise funds for the charity KISS who do work in Uganda with vulnerable children.

We managed to start the climb up Snowdon at 8 am on Saturday morning and completed the descent by 11.45am. The weather was dry but foggy. We jumped in to the minibus and travelled up to Scarfell for about 5pm. By 5.20 pm we started the climb up Scarfell in shorts and T-shirts as the weather was very warm. This lasted about 1 hour when a very dark cloud covered the mountain, it's became very cold and wet and we had to put waterproofs on for the rest of the climb. Again another foggy summit and we managed to descend to the bottom by 9.20pm.

The hardest part was the drive to Ben Nevis when we should have tried to get some sleep but only managed a couple of hours. We had to change after Scarfell as we were all very wet so left about 9.45pm and travelled to the M6 for a fast food stop. 50 miles from Ben Nevis the minibus suffered a lack of diesel (there are no petrol stations open after 8pm from Glasgow to Fort William..oh well) which cost us about an hour and we managed to get to the base of Ben Nevis around 5am. We were all quite tired by then but soldiered on through an hour's worth of cold driving rain then into dry, but foggy weather and managed to get to the summit by 9.15am. So in all it took 25.15 hours to get to the top of Ben Nevis including the issue with the minibus, a sleepless night, 518 miles travelled and some very sore legs.

British 10K London - 8th July

Report by Peter Lisney

The British 10K in London on 8 July 2012 was my first 10k race and was more a baptism by water than fire. It took place along much of the Olympic Marathon route on one of the wettest days of the year. 30,000 runners were pre-registered but I'm sure thousands decided to stay at home. Nevertheless the first runners had crossed the finishing line before I even passed the start line.

I ran with a friend who needed the loo after the one hour queue to the start line so just a few hundred metres in we joined a 10 minute queue in a sandwich shop to avoid a Radcliffe moment. When we rejoined the race there were just a few stragglers left. However; this transpired to be a good morale boosting tactic as we

spent the rest of the race overtaking others rather than starting at the front of the field and spending the race being overtaken.

My friend was merciless with her encouragement; 'BREATHE DEEPER...USE YOUR ARMS...HEAD UP', but it was good advice. The rain kept things cool and I kept the pace going all the way. If you take off the 10 minute loo break by the start line I completed the race in 1.02 hrs. Much better than anticipated!

The atmosphere was fabulous despite the weather, there were no real hills and no running all alone, so a great intro to 10K running. Next target is to complete a 10K in sub 60 minutes - in the dry.

Over The Edge Half Marathon - 8th July

Report by Kathy Ling

The Over the Edge half marathon started at Wilderhope Manor in the middle of nowhere. The weather was great. The one and only Jonathan Edwards came and started the race. This half marathon was totally different than any other I have ever run. When I got going I soon settled down the stiles were just my height, it was very muddy with plenty of hills, this was more like a fell race. As we approached the edge we were treated to a fantastic fly past by Tornado jet fighters. I was so busy looking at the planes that I trod in something nasty (not mud either). I caught two girls up who had suddenly realised that this was no ordinary race. When we reached the water station at Wilerhope had a quick drink many marathon runners were enjoying cake etc. we were clocked in and sent off again looking up at this great big hill I thought here we go again.

I was running round one of the fields when I realised that I was in the wrong field and heading towards the woods I spotted two girls two fields away so I had to get my little legs going extra fast.

I managed to catch them up on the hills, then out of the woods we came to a railway track the marathon runners were now passing me which is quite nice. Thanks to Kelvin who gave me a lot of encouragement which spurred me on after the last water station were a couple of nasty hills and the last stile, I was shocked to find another 2miles to go this got me so mad that I bit the heads off my jelly babies. At last we got back to Much Wenlock and the finish where I got to meet Jonathan Edwards ,very nice too. Although this race was hard I loved every bit and would love to do it again (or am I mad). I looked at my Garmin and discovered that I had done 15miles in 4h 35m and I was not last.

Over the Edge Marathon - 8th July

Report by Kelvin Bierton (stolen from facebook report)

Tough wasn't the word 2335 metres of ascent according to my Garmin on fetch - think I was 38th at the end - solid till 17M when I started to get cramp in my right quad, managed to shake it off for 2 miles but then at 19M it got tough again - managed to hold one of the Olympic Torches at the end, and got Jonathon Edwards to sign my certificate, oh and 12 tornados decided to put on a display above us as we approached the Wilderhope Estate - brilliant day

Kelvin Berton 4:50:42

Caroline Princep Beresford 6:48:26

Denzil Martin and Ross Weston dropped out at the half way point. But fair play to them for getting that far especially Denzil who had run 56 miles the previous day.

Peak Forest Fell Race - 8th July

Report by Linda Edmondson

At 6 and a bit miles this was a new race for me. It's relatively easy for a fell race (category C) and mainly on tracks, which were remarkably well drained considering the rain there has been recently. We also had sunshine, which was a bit of a surprise. It was a nice low key event with lots of cakes for sale afterwards. I was pleased with a time of 62.10.

Enigma Summer Festival of Running Day 2 - 8th July

Jon Aston 4:58:18

Birmingham and Black Country Half Marathon - 7th July

Report by Paul Spriggs

The half marathon started at the British waterways canal dock in Wolverhampton, it was a time trial format with the elites going off at around 9 o'clock followed in small groups with the last group leaving around mid day. The route was lovely, if not a little wet and muddy in fact it was very wet and very muddy in sections. The support along the way from the marshals was very good.

The water stations were well manned and had a mixture of water and high energy drinks, unfortunately the drinks were in plastic cups so most of mine went over my face.

Even though the paths were quite slim in some areas the staggered start meant it was never really difficult to pass anyone along the way. The Coseley tunnel was interesting at 360 yds it was a little dark in parts.

The finish at Brindley Place was good but was a little small, with not a large amount of space for spectators.

The bridges that you go over are only small but they do get more frequent near to the end and do break up the mainly flat route.

Overall it was a well organised fun half marathon that I would definitely do again next year.

Simon Hardiman 1:27:24 - 6th place

Paul Spriggs 1:52:47

Paulo Wanchope 2:03:29

Dale Hancox 2:06:00

Esther Whitten 2:10:44

David Betheway 2:32:46

Sarah Turner 2:48:05

Pictures from the event taken by Brian Smith can be seen on his website [here](#)

Enigma Summer Festival of Running Day 1 - 7th July

Denzil Martin somehow managed to miss the worse of the rain storm at lunchtime to run a marathon in the morning and a 30 mile ultra marathon in the afternoon. He completed 56.2 miles of running in two separate races on the same day. Awesome stuff.

Marathon

Denzil Martin 4:59:00

Ultra Marathon 30 Miles

Denzil Martin 6:27:00

Photographs taken at the event can be seen [here](#)

Forest Park Ladies 5k - 4th July

Report by Linda Edmondson

I LOVE this race. It gave me the confidence to progress from the Race for Life and although I don't make it every year I've raced it 10 times since 2000. It's renowned for extreme weather (wind, rain, excessive heat whatever!) but this year we got off lightly with a torrential downpour on arrival which finished before we started. After my navigational mistake the previous Friday I was pleased to see more marshals and tape and kept to the correct course and I am pleased to say I was a bit quicker (since I didn't run so far!) and finished in 24.37, receiving the traditional flowers which are given to all.

Dearford Relays - 4th July

Report by Tim Carter

This is a report with many firsts. This was the first running of the Dearnford Lake relays. It was the first race ever organised by Whitchurch Whippets. It is the first race report written by me. I would love to report that we came first in the race, sadly not.

On a muddy, undulating, 2 mile cross country course under leaden skies PBs were pretty much out of the question. The team was ably led off by Stephen Gill, strongly continued by Paul Spriggs and finished off by Tim Carter. The team came in 11th in category, 15th overall, with a combined time of 42:41.

For a first time event, it was well organised, though the field was a bit sparse, which meant that the final leg runners tended to be a bit lonely. On the plus side, the handover area was very orderly and getting off the car park a doddle. Hopefully they will go again next year and will attract more entrants.

Thanks to Stephen for suggesting and organising, to Paul for driving, and to Julie for supporting and holding the umbrella.

As an aside, for those into Triathlon, there was also an open water swimming taster session run by UK Triathlon on last night at Dearnford Lake, there's another in a couple of weeks. Looked really well run - £5 a session.

Fairly Freckled Cow Trail race - 1st July

Report by Amanda Lysons

This is a 7 mile multi-terrain trail race around Alwen Reservoir in Conwy, North Wales. This is the first year I have done this race and loved it. It has an undulating course (except for the hill, but felt like a mountain at the time) half way round, on a mixture of gravel paths and tracks through the woods and over the local moorland.

I did a time of 62 minutes - which I was very pleased with!!

Would recommend this race to anyone and will definitely do it again next year!

Denbigh Harriers who host the run are also holding another run around the nearby Llyn Brenig Reservoir in September - this is a 9 mile multi terrain race.