

Reports & Results January to June 2014

Midsummer six - 29th June

Report by Karthy Ling

A lovely run, once up over the hill and along the country track well done to Sara Green, Kim Richard and Janet Pugh, well marshalled.

Sarah Green 56.54

Kim Richards 1h.09

Janet Pugh 1h.30.32

Kathy Ling 1h.30.52

Gnosall Carnival 10k - 21st June 2014

Race report by Allison Haycox

Never a good start to a race when you can't even find the car park! After somehow driving headlong into the start of the carnival parade, doing a 3 point (ish) turn to the sound of a marching band, I eventually managed to get directions to the start.

The race followed a lovely route across wooden walkways, old railway lines, woodlands, fields, canal paths and quiet roads. Steve's hill training paid off as I passed a lot of people walking up the steep sections – unfortunately I obviously need to work on running on the flat and downhill as any progress was short lived! There were a few stiles and steps to negotiate and a particularly lumpy field which slowed us right down. Wendy was further hampered by a stampeding herd of cows heading straight for her but thankfully they were well under control by the time the rest of us arrived.

The worst bit was passing the 6 mile marker to be told by the marshall "less than a mile to go now"! After exchanging confused looks with the Market Drayton runner alongside me we both confirmed we thought it was a 10k race and had hoped the end was just around the corner. No such luck! A never-ending pathway, yet more steps and a dash across a field and we finally reached the finish line.

A great race (even if it was a bit further than the stated 10k!) and a lovely finale to the Four-midables. An unexpected cotton t-shirt to compliment the technical one for completing the series, and a goody bag containing the all-important coaster. Well done to Sarah and Wendy for coming first in their age categories for the series.

Wendy Scott 52:37
 Kevin Sumner 53:14
 Allison Haycox 58:21
 Sarah Green 1:00:55
 Sally Withington 1:02:55
 Janet Pugh 1:40:26
 Kathy Ling 1:41:40

Blakedown Bolt - 20th June

Report By Kathy Ling

M/T X/C the lot

A bigger Nut and Bolt this year and a bunch of flowers when crossing the line, something to do with being over 70's.

Kathy 1:39

Caen - 15th June



Report by
 Chris
 Clayton

The Caen posse return, battle scarred and weary to good ol Blighty with many a story a tell. Let us first start with the 10k and Julie Spriggs, what an inspiration! where once

she found the running so difficult now she simply chalks up another achievement and goes from strength to strength, well done Jules. The Caen half and finally Pauline gets her mojo back. I'm sure she won't mind me saying she's not enjoyed her running of late but the Caen half has put a spring in her step. The spring is partly due to Lord Hurley ever present and evergreen he escorted her like a latter day Sir Galahad riding to the rescue of a damsel in distresslike he always

does! Well done both great to see. Then ol blood and guts Palin who's training regime leaves everyone scratching their head as he rustles up another 1.40 then simply asks "ou est la bar". A big thank you to Mr Spriggs who carried me the last six miles and although our times seem level he could have left me anytime after seven mile but chose not too a real team player. After the last 18 months I'll settle for 1.39 it's a starting point and hopefully I'll improve. Now the highlight.... The marathon. Dave Issac the quiet man of WRR. He quietly beavers away on his own clocking mile after endless mile. Seeing him storm in toward the end was like watching. A Masai warrior with a hungry lion in hot pursuit. There's more to come from Davey the quiet man who's as hard as granite. Then as if that could be topped along comes Jaquie. The very same Jaquie who frustrates us because advice slides off her like water off a ducks back. " don't go with the 1.30 group Jaquie" murmurs started "she's going to have a mare". The clock ticked 3.30 and on the horizon could it really be ? yes it was ! Pigtails dancing in the morning air. "It's Jaquie" the cry went up! She looked like death, trying to pump legs that had given every drop of blood to her single minded cause. Make no mistake it was emotional and I for one was in awe. Her teeth clenched, pain whispering in her ear to stop she'd have none of it. Her determination is harder than teak, muscles and sinews forged in good old fashioned Sheffield steel! On a little note about the trip Bayeux was lovely.....well the one street was where 7 bottles of muscadet drew their last breath. Mr Spriggs knew he'd moved up with the big boys as his eyes rolled around like a billiard ball that won't quite go in the pocket! Palin with his schoolboy laugh "don't say garçon Al" even Mr Hurley had a nookie bear look his mischievous grin like a man who knows his fate is sealed but accepts it with open arms. it has been a great trip. There has been endless fun, self sacrifice a la' Mr Spriggs and some wonderful achievements from the guys. Au revoir Caen see you next year!

10k De La Liberete

Julie Spriggs 1:09:23
 Kathy Ling 1:20:06
 Ian Emery 1:36:04
 Ken Richards 1:43:19

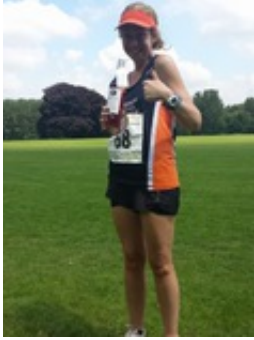
Half Marathon Pegasus

Paul Spriggs 1:39:03
 Chris Clayton 1:39:03
 Alan Palin 1:40:23
 Paul Williams 1:53:50
 Pauline Kesek 2:04:12
 Rob Hurley 2:04:13

Marathon de La Liberte

Dave Issac 3:11:44
 Jacqueline Macey 3:30:25

Newport Carnival 10k 14th june



Race report by Allison Haycox

It was really, really hot.....! There was a big field to run round at the start and finish and we got to run along Newport High Street ahead of the carnival. A great atmosphere with friendly, chatty runners.

Fantastic running by Sarah and Wendy who both got first in their age categories. Sarah hung around long enough to claim her wine, alas Wendy did not!

Edijs Alksnis 40:14
Darren Owen Jones 43:32
Neil Jefferson 43:45
Kevin Sumner 47:58
Wendy Scott 48:18
Amy Wakeley 49:52
Sarah Green 54:32
Alison Haycox 54:56
Sally Withington 1:00:38

The GB Relay



Report By Phil Goodwin

Wrekin Road Runners became Relay Runners as part of a world record attempt for the longest continuous relay currently taking place around the coastline of Great

Britain.
The GB
Relay
stated in



Scarborough on 31st May, circumnavigating England, Scotland and Wales before ending back where it started, having travelled over 7000 kilometres through the hands of over 2000 runners. With temperatures soaring and the challenge of an undulating route to deal with, the first Wrekin group containing Esther Whitten, Darren Pouton, John Warburton, Phil Goodwin and Seretta Philips received the Casey the relay baton and set off from the quiet village of Clynnog-Fawr.

First there came a gradual climb before dropping down in to quiet Trefor. This dip meant only one thing, a very steep hill, which seemed never ending, to reach the first handover point at Llanelhaern. Paul Richards, running in the memory of Georgia Williams took on the challenge leading his group up yet another rise on the way to Nefyn, handing on to Debbie Pierce, Tim Carter and Ross Jackson along the way.

Following on from here Darren, Phil and John motored off towards the beautiful seaside village of Aberdaron. This was where the heat and incline began to take it's toll on the runners, grateful to see their support along the way, cheering and waving water and energy drinks at them to sustain their efforts to become record breakers.

Picking up from here were Paul, Ross and Tim Carter, fresh legs needed to continue the trial with around 20 kilometres to go. The final few miles were run by John and Phil. Following the last ascent up to the highest point over Abersoch they were joined by the rest of the team, jubilant to have safely escorted Casey through to the next carrier who disappeared off in to the night to continue the relay.

In the morning the next group consisting of Cherie Rudd, Ann Ridgeway and Joanne Carswell met at Tonfanau Station to march on to Tywyn thus completing the involvement of the Wrekin Road Runners in GB Relay 2014. Find out if they were successful at the end of the month.

Malvern 10k - 11th June

Report by Kathy Ling

Malvern 10k , 75% mud interesting hills but great fun and atmosphere
time 1h 45m, not forgetting the free curry and rice afterword

The Chase Challenge 5 & 10k - 7th June



Race Report by Sam Jones

I woke up in the morning to the sound of thunder and thought the race might be cancelled. Luckily the storm passed quickly and with no updates on the race website, I set off hoping for the best.

Success, the race was on!!! The rain had stopped by the time I'd registered and the start was only a short walk from Cannock Chase visitors centre. I don't wear a watch during a trail run as I entered to enjoy the forest views and didn't care for a fast time. The first km

was a nice downhill and the rest of the course undulated with some good hills. Some muddy puddles and slippery downhills on the first 5km but the second loop for the 10km was mainly on gravel paths. The last 10km wasn't as scenic as the first 5km but it was fun running along the grass towards the end, like a mini cross county.

Support from marshals was great, I didn't expect a medal at the end as well as a goody bag so an extra bonus! The walk to the car was my least favourite part once finishing, as the heavens opened, however to brighten up the morning Jenny had coffee and croissants ready, thank you!

I really enjoyed the course and for anyone doing their first trail race the 5k is a great one to start with!

5k results

Hazel Neilsen – 33:32

Jennifer Harrower – 34:01

10k results

Sam Jones - 64:08

Graham Adey – 70:03

Lynn Adey – 70:11

The GB Relay

The GB Relay, also know as the people's relay is an attempt to run the longest, continuous relay around the British Isles. The total distance covered will be over 7000 Kilometers and will involve over 2000 runners.



The team will carry a specially designed "baton", nicknamed "Casey", containing a GPS receiver and time-lapse camera in order to fully document and verify the record attempt. Wrekin Relay Runners have agreed to take on four stages of the challenge in North Wales on 15th June, from Clynog Fawr around the picturesque North Wales Peninsular ending up in Abersoch, a total of 60 Kilometers. A further contingency will carry the baton along a different route ending up in Tywyn.

Paul Richards will be wearing "No. 6 Georgia Williams" on his shirt in a tribute to the teenager who had "Break a World Record" as the sixth item on her bucket list. Wrekin Road Runners will be hosting their own Wrekin Relay Challenge on 12th July, with all the proceeds going to the Georgia Williams Trust. You can enter online <http://www.wrekinroadrunners.net/wrekin-relay-challenge/>

Follow the progress of the baton at www.gbrelay.com

Wrekin Relay Runners:

John Warburton, Paul Richards, Seretta Phillips, Tim Carter, Ross Jackson, Esther Whitten, Darren Poulton, Cherie Rudd, Ann Ridgeway, Joanne Carswell, Phil Goodwin and Debbie Pierce.

The Shropshire - 4th June

0:20:49 WARD, Paul
 0:24:32 ISAAC, David
 0:25:42 ALKSNIS, Edijs
 0:26:14 SMITH, Gavin
 0:27:32 WILLIAMS, Paul
 0:27:39 SPRIGGS, Paul
 0:27:43 OWEN - JONES, Darren
 0:29:43 MACEY, Jacqueline
 0:30:14 SUMNER, Kevin
 0:31:06 EVANS, Mark
 0:31:48 CLAYTON, Sharon
 0:31:52 WILSON, Robert
 0:33:48 LOOKER, Tracey
 0:33:48 LYLE, Emma
 0:34:34 SMITH, Warren

0:34:40 KESEK, Pauline
0:35:22 RUDD, Cherie
0:35:23 THOMLINSON, Gary

0:36:01 TATTON, Julie
0:36:27 JOHNSON, Sally
0:37:16 HOLMES, Lorriane
0:37:47 ROBINSON, Tracey
0:38:44 PHILLIPS, Seretta
0:39:23 NIELSEN, Hazel
0:40:25 HARROWER, Jennifer
0:43:41 SPRIGGS, Julie
0:48:30 RIDGWAY, Ann
0:52:27 PUGH, Janet
0:55:44 LING, Kathy

Edinburgh Full Marathon - 25th May



Race Report by Sam Jones

After the hype after other runners getting their London Ballot places I decided I wanted to join the marathon party and in November I entered Edinburgh, giving myself plenty of time to train.

After reading it was a fast easy course, I thought ideal for my first marathon and it lived up to what I expected.

I got to city centre with an hour to kill and in the pouring rain ventured into McDonalds looking very out of place eating an apple and drinking water! Finally after half an hour it stopped raining and headed to the start pens.

The race started and the first mile downhill was through the rough and ready part of the city, very different to the beautiful scenic second mile again downhill. More city to look at after 3 miles until 5 miles and being from the midlands, an exciting moment – I can see the sea!!!

Great atmosphere with spectators and drummers and charities playing music in Musselburgh. Heading out of the city there were a few crowds but down to 17 miles where there aren't crowds there's lovely scenery. The hills are slopes and I didn't feel a struggle until 18 miles, the first wall and what a place to have one! Views around Gosford Hall kept me going at the pace I wanted, not because the course got tough I just needed water as the sun was shining by then!

Final loop back to Musselburgh and I was enjoying the slopes going up but back down my quads were aching. Last mile was fantastic with the atmosphere in Musselburgh, I even managed a sprint finish at the end.

Nice goody bag, tshirt and medal. Lots of places to eat and drink and plenty of places to have a rest and a stretch. I am thrilled I picked this course as my first marathon and it's been my favourite road race so far!

Time – 4:20:07

Liverpool Rock N Roll Marathon - 25th May



*Race
Report by
Tim
Hughes*

There were 8 of us doing the Full marathon in Liverpool, taking part in the inaugural British 'Rock n

Roll' event.

We mostly arrived the night before – some having done many, many marathons, some having done a lot, a few having done a few and a couple doing their first. For some of us it was all about raising money for charity, for a lot of us about the bling and all of us about soaking up the atmosphere and the live bands en route!!

We had all had a wander round in the evening – checking out the setup and locating

the beer tent for the 'finishline' party which included free Cobra beer and some good bands.

A lot of these overnight trips are as much about a social as the race and a few met up for a meal together – I went for dinner with some of Telford parkruns crew and then watched the Champions league final in my room - being anti-social!!

The morning of the race was filled with nervous anticipation for me – my marathon training hadn't exactly gone to plan, so I was very concerned about making the distance. I knew that my arrival at the designated WRR meeting point would relieve some tension and give everyone a good laugh.....they were

CALF GUARDS NOT CALF SOCKS ;-P

The start was in waves – so we wished each other good luck and made out way to the corrals. I was running on my own and stood in silence having a last minute panic before the waves began to leave. As soon as I started running the nerves passed and I set about enjoying the run.

The first bit was all around the city centre – past Goodison Park and Anfield – around a massive park – through some posh parts and then the final 4 miles along the edge of the dock to the finish.

The atmosphere was excellent. There wasn't loads of supporters and I missed my WRR T-shirt as normally you hear the odd shout "Go Wrekin" pronounced all wrong to spur you on!! There were fuelling stations every couple of miles which really broke the race up and bands all over the place. As soon as I could hear the music in the distance I thought "I'll just make it to that next band" and then gave a clap and thumbs up before pushing on the next.

The weather was great for supporters but pretty hot for running – I think we all suffered on the final push along the dockland to the finish and we all had rosy cheeks come the end!

We all finished safely and enjoyed a beer or two in the sunshine listening to 'The Farm' – which I have to say were pretty good

Roll on Lisbon Rock n Roll!!!

Phil Goodwin – 3:27:50

Tim Hughes – 3:28:59

John Warburton – 3:38:33

Andy Mac – 3:45:46

Sarah Aston – 4:21:49

John Aston – 4:25:10

Esther Whitten – 4:38:33

Caroline Beresford – 4:54:22

Attingham Relays - 22nd May



Race report by Allison Haycox

Sitting in the car on arrival at Attingham Park, rain pouring down outside, Manda and I discussed the feasibility of leaving before anyone saw us and abandoning Mark to run all 3 laps on his own.

Feeling guilty at harbouring such thoughts, we skulked out of the car and

spotted other reluctant WRRs loitering in the car park. Sally wore her Paris Marathon Poncho (apparently the medal was too heavy to race in!), and a scowl to match the weather.

We met up with Mark (we didn't confess our earlier thoughts) and went to the registration tent to collect our numbers and "dibber" (chip timing device and baton). After about two seconds' debate, we decided on a team name of "Wrekin Waders" to reflect our enthusiasm for the weather.

After familiarising ourselves with the dibber operation, Mark was prepped and first to run. The race was really well organised with all the first leg runners in place well before the allocated start time. I stood watching, huddled beneath my oversized umbrella, and waited with reluctance to take off my several layers of warm and waterproof clothing. Total respect and gratitude to the WRRs who came along to support and cheer – Team Chardonnay were out in force, together with Simon, Mick, Jennifer and Jackie.

The first leg runners dashed off at a mad pace and we waited in anticipation for the first to return. There were some seriously speedy runners out there! Dave Isaac was among the leaders and we watched to see how the dibber handover would work – all seemed straightforward and well-organised by the marshals. Relays always seem a bit manic with everyone looking for their team-mates (you can't help but snigger when someone screeches across the finish line only to find no one waiting for them!)

After a smooth handover from Mark to Manda there was nothing further for me to do except pass the team jumpers, coats and umbrellas to Mark to hold until the finish. As we waited, Mark provided me with valuable course information (watch out for the tree roots at the half mile point, keep an eye out for rabbit holes etc.) Fully prepped, I waited for Manda to dib the dibber for me to start the final leg.

It was a brilliant course and fantastic fun to run – the setting, the scenery, the support and the atmosphere were all amazing. Every marshal cheered you on with a “go Wrekin” and other runners made encouraging comments (mostly as they ran past me but we won’t go there!). I don’t think I stopped smiling from start to finish. As I crossed the bridge and came onto the field for the final sprint, I grinned even wider as I heard the cheers of support from the WRRs. It’s impossible not to dig in deep and put a spurt on when Team Chardonnay and the other mad lot braving the weather are yelling at you. I dibbed my dibber and the Wrekin Waders were done! If a race can be that much fun on a wet and miserable evening, I can’t imagine what it would be like with the sun shining and picnic blankets out. All I can say is that Wrekin Waders will be back next year, hopefully with a new name....

Mens Results

Dave Isaac Male 11:50
Steven Hanley Male 12:46
James Hickinbottom 12:08
Total Time 36:44
Position 5th

Stephen Gill 12:51
Paul Spriggs 13:15
Lee Rudd 12:49
Total Time 38:55
Position 7th

Phil Goodwin 12:36
Alan Palin 14:36
Paul Richards 11:55
Total Time 39:07
Position 10th

Womens Results

Pauline Kesek 16:34
Belinda Gower 17:15
Julie Hartland 17:51
Total Time 51:40
Position 10th

Sally Withington 17:26
Sonia Edmonds 19:54
Janine Felton Female 20:35
Total Time 57:55
Position 17th

Sarah Aston 14:42
 56 Janet Pugh 21:47
 56 Kathy Ling 26:38
 Total Time 63:07
 Position 20th

Mixed Teams Results

Emma Lyle Mixed 15:12
 Ceri Baran 17:19
 Kevin Sumner 14:46
 Total Time 47:17
 Position 20th

Mark Evans 15:16
 Amanda Lysons 16:14
 Allison Haycox 16:28
 Total Time 47:58
 Position 24th

Sarah Green 15:48
 Jon Aston 16:07
 Karen Bunning 19:01
 Total Time 50:56
 Position 32nd

Ross Weston 19:21
 Pam Weston 20:01
 Sam Jones 18:36
 Total Time 57:58
 Position 35th

Phoenix Flyer - 21st May

Overall position	First name	Last name	Category position	Finish time	Lap1 Leg Time	Lap2 Leg Time	Finish Leg Time
1	Paul	WARD	1	00:15:58	00:05:22	00:05:20	00:05:16
39	David	ISAAC	5	00:19:02	00:06:24	00:06:23	00:06:16
46	Edijs	ALKSNIS	6	00:19:22			
68	Paul	WILLIAMS	3	00:20:45	00:07:02	00:06:48	00:06:54
72	Paul	SPRIGGS	13	00:20:53	00:07:00	00:06:51	00:07:02
108	Kathryn	GOODWIN	6	00:22:33	00:07:34	00:07:33	00:07:27
122	Kevin	SUMNER	20	00:23:19	00:07:37	00:07:57	00:07:46

124	Mark	EVANS	21	00:23:23	00:07:59	00:07:46	00:07:39
129	Sharon	CLAYTON	5	00:23:37	00:07:35	00:08:02	00:08:01
151	Robert	Pearce	8	00:24:45	00:08:29	00:08:20	00:07:57
155	Emma	LYLE	7	00:24:55	00:08:27	00:08:18	00:08:11
156	Tracey	LOOKER	10	00:24:55	00:08:27	00:08:19	00:08:10
159	Sarah	GREEN	8	00:25:12	00:08:23	00:08:23	00:08:27
168	Warren	SMITH	14	00:25:50	00:08:33	00:08:50	00:08:28
170	Robert	WILSON	19	00:25:54	00:08:35	00:08:47	00:08:32
186	Gary	THOMLINSON	25	00:26:18	00:08:45	00:08:50	00:08:43
188	Justin	Duckett	16	00:26:22	00:09:08	00:08:40	00:08:34
196	Pauline	KESEK	7	00:26:58	00:09:18	00:08:49	00:08:52
199	Jane	ANSLOW	8	00:27:25	00:09:18	00:08:55	00:09:13
204	Cherie	RUDD	11	00:27:48	00:09:33	00:08:56	00:09:20
209	Sally	JOHNSON	17	00:28:16	00:09:22	00:09:28	00:09:25
212	Emily	JERVIS	19	00:28:32	00:10:20	00:10:16	00:07:57
215	Ceri	Crabbe	12	00:28:38	00:09:53	00:09:18	00:09:27
217	Seretta	PHILLIPS	13	00:28:43	00:09:26	00:09:40	00:09:38
222	Clarissa	GUNNING	21	00:29:00	00:09:59	00:09:38	00:09:23
224	Tracey	ROBINSON	14	00:29:10	00:09:50	00:09:51	00:09:30
229	Lorriane	HOLMES	11	00:29:29	00:09:57	00:09:57	00:09:35
235	Diane	CHADWICK	4	00:29:55	00:09:50	00:09:57	00:10:08
236	Joanne	CARSWELL	15	00:29:57	00:10:00	00:09:58	00:09:59
238	Hazel	NIELSEN	13	00:30:17	00:10:00	00:09:58	00:10:20
239	Jennifer	HARROWER	5	00:30:25	00:09:57	00:10:14	00:10:15
250	Emma	Jones	16	00:32:25	00:10:55	00:10:40	00:10:51
251	Julie	SPRIGGS	17	00:32:25	00:10:54	00:10:40	00:10:51
263	Ann	RIDGWAY	20	00:36:57	00:12:12	00:12:22	00:12:24
265	Sarah	BATES	17	00:37:16	00:12:11	00:12:36	00:12:30
266	Janet	PUGH	6	00:37:46	00:12:46	00:12:27	00:12:33
267	Kathy	LING	4	00:38:13	00:12:51	00:12:35	00:12:48
270	Jacqueline	MACEY	18	00:38:49	00:00:00		
274	Ian	EMERY	8	00:44:37	00:00:00	00:29:00	00:15:37

Much Wenlock Half Marathon - 18th May

Report by Dave Davies



Started the day by hoping for a nice cool day, for what I expected to be a challenging race....nope! It was going to be lovely and hot, not to worry I thought, I will just give it my best shot.

The venue for the start & finish was super easy to find and with less runners than a parkrun parking was easy too. After showing my spot the difference skills I noticed my running shoe was missing the chip I needed, however the

organisers quickly sorted this for me with no fuss at all. So we all lined up on the 200m athletic track for the start all 71 of us.

One lap of the track and we was off into the wilderness with the mystery of what this race had install for us. First came a nice mainly downhill woodland trail and we all quickly got into our stride and settled down. We was soon out onto the road and then came the first testing hill before even 2 miles was clocked up. We soon found ourselves back off road crossing fields and running through woodland as we made our way down past Benthall past the iron bridge and followed the cycle route to the welcome sight of a water station, a quick u-turn and then back onto the road as we made our way to bridge bank! I'm sure that bank needs a trig point! From here the Wenlock half would show its teeth and test everyone's physical and mental strength, from here it was hill after hill and by the time a downhill came my legs wasn't working how they should of. Up to about 2/3rds distance I was on for about a 2 hour finish time but the last miles of this race would push me to a level I hadn't been before and it became a case of 'I will not quit, I will finish this'.

The last miles was torture and the heat and physical nature of this race ment I ran/walked the last few miles. However the welcome sight of Wrekin roadrunners, my partner and son giving support gave me the strength to finish.

I hope this race grows, yes it's tough and forget your PB. This race is about pushing your limits. It's well organised and the water stations are stocked with water, jelly babies & Jaffa cakes. So go on, next year give yourself a challenge!

Dave Davies 2:14:39
Mark Evans 2:20:03
Kim Bennet 2:20:03
Sarah Green 2:20:03

Chester Half Marathon - 18th May

Report by Steve Hanley



I was fortunate to be given the opportunity to run in the Chester half, a race that I hadn't expected to run so was taking a plunge into the unknown as the last half that I ran was in July 2001 in Lisburn, I was 36 so a little apprehensive as to how I would do 13 years on!! I arrived at the race course where the sun was already hot so this would make for a very hot race. There was plenty of water stations pre start which was great. Over 5000 runners were preparing

and getting ready to run their race. With fifteen minutes until the start I placed myself in the 1.30 pace group and took part in the mass warm up. The Mayor of Chester took up his position on an open top bus to start the race; he cracked a few jokes which he had used at Chester Marathon so he may wish to consider new material! The gun sounded and we were off. I started my garmin once over the chip mat. I settled into a nice pace of 6.52/mi and I think everyone started to feel how hot it was within the first mile. At mile 3 my garmin was bang on 6.52/mi so everything was on track. The third mile seemed to drag on and on, my garmin had ceased working so was now running blind. This was a good thing as I did not have to keep glancing at the watch, I just ran. I kept the 1.30 pacers behind me as a guide and then started to move ahead. At the halfway point there was a turn around and the race then heads back into Chester, it was on the way back in I saw Neil Jefferson running well towards the halfway marker. Mile 13 is where the crowds really lifted everyone running and as you turn the last right turn you can see the finish. As I approached the line I was well chuffed to have my name and number announced as I finished. It was a great day, great weather, and great people. I finished in a time of 1.29.01 Happy days.

Cader Idris Mountain Race - 17th May

Report By Steve Gill

It was a hot day as we headed off to Dolgellau, Wales for one of the must do in your life fell races. 3,000 ft and nearly 11 miles long. Arriving in good time thanks to driver Paul we collected our race numbers. Back at the car the preparation started with Sun tan cream a must for the day (23 degrees by now). A quick check over the kit that are mandatory on all fell races (FRA Rules), whistle, compass, map and full waterproof's. On a hot day I have to admit this did seem ludicrous.

We lined up in the town square with the three of us virtually at the back and everyone was checked for full kit (no kit = no race). Off we went and the race started as it mean't to go on with the first mile on road but going upwards. After that we headed on trail and tracks around a lake and then over a very boggy field. 2.5 miles done.

Then the real work started as we then climbed pathes heading upwards. Now I would like to say I ran all of this but it was impossible to do so and the rest of the route was made up of run/walk segments. Two false tops where you think your there but only to look up and see the track up ahead snaking away in the distance with runners (I use that term runners in a loose term) scattered all over it. A final scramble over rocks to



touch the summit and then back down the same way you came.

The down bit was as hard as the up where concentration was the key to the safe return.

I did get a view of the beauty of the countryside around me but they were brief.

The times on these races are not what you go for as completion is the biggest challenge but here they are anyway.

Stephen Gill
2.08.41
Lee Rudd 2.11.29
Paul Spriggs
2.16.01

I very, very tough race but fantastic in every way if you like real challenges.

Just a small footnote the journey home was interesting as we had to stop for me to puke up. Lee and Paul told me I had to put that in the report

Market Drayton 10k - 11th May

Dave	Isaac	00:38:25
Steve	Hanley	00:39:09
Phil	Goodwin	00:40:55
Stephen	Gill	00:40:59

Paul	Spriggs	00:42:01
Paul	Richards	00:42:33
Neil	Jefferson	00:42:58
Ross	Jackson	00:43:35
Alan	Palin	00:45:12
Deborah	Millington	00:45:30
David	Tyler	00:45:45
Mick	Fereday	00:45:54
John	Warburton	00:46:16
Darren	Poulton	00:46:19
Wendy	Scott	00:46:40
Lucy	Kesek	00:47:02
Kathryn	Goodwin	00:47:12
David	Davies	00:47:31
Kim	Bennett	00:47:56
Kevin	Sumner	00:48:10
Mark	Evans	00:48:21
Esther	Whitten	00:48:31
Nick	Owen	00:48:55
Sam	Jones	00:50:39
Tim	Hughes	00:50:42
Jane	Kind	00:50:50
Tracey	Drummond	00:51:12
Sarah	Green	00:51:18
Warren	Smith	00:51:24
Tracey	Looker	00:51:30
Emma	Lyle	00:51:36
Paige	Anslow	00:51:42
Jon	Aston	00:51:43
Amanda	Lysons	00:51:49
Donna	Howells	00:51:50
Katherine	Jefferson	00:52:05
John	Scott	00:52:06
Pauline	Eccles	00:52:19
Robert	Hurley	00:52:33
Joanne	Smith	00:52:50

Andrea	Logan-Bourne	00:52:57
Jane	Anslow	00:53:01
Allison	Haycox	00:53:18
Julie	Hartland	00:53:34
Graham	Adey	00:53:39
Gary	Thomlinson	00:53:54
Julie	Thomlinson	00:53:56
Julie	Tatton	00:54:06
Pauline	Kesek	00:54:23
Adrian	Cooper	00:54:38
Leanne	Ecclestone	00:55:14
Sally	Withington	00:55:32
Helen	Hall	00:55:33
Matthew	Williams	00:56:09
Lorraine	Dixon	00:56:17
Ceri	Baran	00:56:45
Fliss	Webb	00:57:07
Louise	Weaver	00:57:24
Thomas	Smith	00:57:42
Lorraine	Holmes	00:57:45
Seretta	Phillips	00:58:39
Rebecca	Curry	00:58:39
Cherie	Rudd	00:59:01
Tracey	Robinson	00:59:32
Bernie	Cruise	00:59:32
Lesley	Ramsden	01:00:04
Hazel	Nielsen	01:00:39
Jennifer	Harrower	01:00:43
Tracy	Cousins	01:01:00
Clarissa	Gunning	01:01:06
Claire	Williams	01:01:56
Diane	Chadwick	01:02:48
Tim	Carter	01:03:43
Kelly	Jones	01:04:35
Julie	Spriggs	01:05:59

Sara	Millward	01:06:34
Janine	Felton	01:06:56
Annie	Bradley	01:08:23
Pam	Weston	01:11:10
Ann	Ridgway	01:14:50
Ross	Weston	01:14:54
Sarah	Bates	01:15:26
Kathy	Ling	01:19:03

Sheriffhales Shuffle - 4th May

Report by Sarah Green

We were yet again blessed with lovely weather for the second race of the formidables series, this time a 12k/ 7mile-ish course through Sherrifhales and Lilleshall. Having never done this length of race I had no idea of what sort of time I could acheive so set myself around the hour mark. Generally the consensus within the WRR'S who were there seemed to be people were out to enjoy the run rather than set any records.

Arriving with Kev fairly early it was already quite busy so we parked amongst some very pretty bluebells and headed to collect numbers and eye up the bbq and cake stall.

We lined up ready for the start and we were off just as the church bells rang the hour, after my usual slow first mile (really must do something about that!) I mananged to just about keep Mark in my sights the whole race but couldn't catch him up!

Starting from the village it was a gentle uphill for the first two miles before a nice long downhill stretch down the drive at Lilleshall Sports Centre, a welcome water stop at around the three and a half mile mark then led to a steady uphill for around two and a half miles, this for me was the hardest part of the course, not a steep incline but it did go on and it was getting warmer. Luckily some friendly competition from a Newport and District runner kept me going and we were rewarded with a speedy final descent back into the village accompanied by cheers from the the lovely WRR'S who had come along to support everyone- always gives you a boost!

We got an unexpected medal along with the all important coaster and of course had to support the local WI with appropriate purchases of cake and bacon sandwiches.

It was a lovely scenic run and not too demanding inspite of the inclines, I went in trail shoes which was a mistake as there were only a few really uneven sections and due to the amount of pavement running I would probably opt for more cushioned shoes next time.

I have loved both the formidables I have done -big races are great but the smaller ones have a special, friendly atmosphere, couple this with lovely scenery and fantastic support from the WRR's and you've got a really great local race- hoping the

next two are just as good!

Simon Walker- 54.36

Wendy Scott- 58.20

Kevin Sumner- 59.22

Mark Evans- 1.00.14

Sarah Green - 1.02.17

Amanda Lysons- 1.05.20

Allison Haycox-1.05.21

Sally Withington- 1.11.30

Ceri Baran- 1.12.43

Kathy Ling- 1.49.23

Beat the Bells - 3rd May



Report by Kathy Ling

Janet, John and myself travelled down to Hereford early as we were not too sure about the traffic and we needed to park somewhere near the Cathedral. There were 135 entries and we thought it was a 5 mile but it turned out to be more than 5.5 and started at midday by the cathedral bells. It started by the big doors at the Cathedral and we never heard the

start but we were ok, running through the side street into the park then all along the river which included gnats, a lovely big field to run round and a brand new bridge to run over. By this time the weather was hotting up, we had to cross a dried up river with some very nasty stones. On our way back across the new bridge we headed for home but by my watch we had already nearly done 5 miles so by the time we got back to the edge of the park we had run more than 5.5m and the last bit we were hindered by spectators who stood and stared at us but were not moving out of the way. Anyway we finished and enjoyed it.

Janet Pugh 1h.17 1st O/60 bottle red

Kathy Ling 1h.17 1st O/ 70 bottle red

Pelsall 10k - 13th April

Report By Kathy Ling

Although the wind was very cold the sun came out and warmed us up by the time the race started. This race was a 10k and a 5k with 150 entries and it was organized by the Bloxwich & Phoenix rotary club.

There were two laps on grass and pavement,s the air cadets were very good and the

back up man was Steve.

As I approached the last half mile I was accompanied by the air cadets which caused quite a stir. Janet also had a good run but we are unable to give the results owing to the break down of the website. We had a goodie bag and nice medal. Well done to Emily on her first run for the club.

Emily Jervis 48.26

Janet Pugh 1.14.53

Kathy Ling 1.19.48

Virgin Money London Marathon - 13th April

A spectator's view by Allison Haycox

After a pre-marathon curry and Cobra the night before, we had a reasonably early start to secure a decent viewing spot. After about a 10 minute walk from our friend's flat, exhausted from the effort we stopped for a quick McDonald's breakfast. Fully re-fuelled we managed a further 5 minute walk and arrived at the Highway just in time to see the Elite women race past at a speed I would struggle with over 100m.... After a bit of wandering up and down, I found a suitable viewing spot right by the tape – husband pointed out that it was probably unoccupied due to the fact it was in the shade and freezing. Undeterred I insisted we wouldn't get a closer view and sacrificed a sun tan in order to cheer on the WRRs. A short wait and we were rewarded by the lovely vision of the Elite men (sigh!) and the fabulous Mo – an awesome sight to behold.

Then it was onto the main event – based just after the halfway point we (when I say we, I really mean the better half) utilised the website to track when the first of the WRR would pass by. Who would it be? Neil was due to pass first but after scanning the crowds it was evident we had missed him (sorry Neil). I hadn't anticipated how difficult it would be to spot a particular runner in the thousands running past – doh! Next up was Alan – no missing him! Bob was harder to spot but helpfully wore a bright orange cap so clocked him at the halfway point as well. Nearly missed Manda but thankfully she spotted us and yelled very loudly to attract our attention – such a diva!

Having stood in the coldest part of London for over 2 hours, the husband helpfully suggested we move somewhere warmer and we headed across the road and up towards the water station around the 21 mile mark. The difference in the state of the runners at this point was incredible – lots of walking, limping and general staggering around. Not so from Neil – he glided gracefully past with a smile and a wave. Having given up spotting anyone not wearing WRR colours, it was great to see Phil (who I have to say was definitely not mincing, despite what he said on Facebook!). Alan was not looking quite so happy at 21 miles but still managed a high five while stating "I've had it". Not sure what he was referring to – maybe another beer looking at his training plan .

Yelled at Bob long enough for him to spot us this time and give us a wave. A cheer and a wave for Manda then we decided to call it a day and head back to check out the finishing times. Once everyone was safely in, there was nothing left to do but celebrate by grabbing a pint or two of "London Pride". Not sure about London, but definitely proud of WRR and the fabulous runners taking part in this spectacular event. Sorry to miss Darren, Wendy, Ross and Debbie but congratulations to

everyone – you all did brilliantly! I was exhausted just watching...

Virgin Money London Marathon - 13th April



Report By Phil Goodwin

I'm running the London marathon. Words which kept popping in to my head as I was, well, running the London Marathon. It was a minor miracle at all that I was able to think this having spent the previous 48hrs pretty much horizontal and unable to lift my head from the pillow. I had considered dropping out up until the night before.

But following a restless night I made my way over to Greenwich Park to find my pen and line up with 35000 other runners to take on one of the biggest races in the sporting calendar. To line up in the same race as Mo, Halie, Wilson, the bloke carrying a fridge,

the guy dressed as a tiger, the woman in the tutu, the man in the tutu, the rhinos, the marching band, there was even a smurf...but that's been done before...

The race began at 10.00am and I was surprised that it only took 4 minutes to cross the start line, and then we were off, nice and steady, just take it easy and enjoy it. Thousands of people, all kinds of people just running. Some fast, some slow and lots in the middle but all of them there for their own reasons.

This first bit of the route is colourful with bands and DJs set up in front gardens and on balconies, you're just thinking what am I going to see next? It was so diverse, a million miles away from the polished skyscrapers we were to run amongst about twelve miles later.

The first few miles ticked by in no time, and before I knew it we had reached the 3 mile point, the bit where the red and blue starts come together and you start to head back to Greenwich. The noise levels along the route were unbelievable, people will tell you that the crowd keep you going and that is the absolute truth. The cheering, the shouting of names, the high fives off the kids, it's the closest you could probably get to feeling like a professional without the money and the ego that goes with it.

Mile six and I spotted my wife and friends hanging out of their first floor window shouting words of encouragement, a smile and a wave and on we go. The first iconic

sight on the route was the Cutty Sark, now restored to its former glory and surrounded by a cauldron of sound. The guy in front of me tried to jump up and get on the camera and nearly took me out, a near miss!

The miles went by, water seemed to be at every turn, handed out by outstretched arms, sprayed by firemen, sprinkled by the showers, and was it needed? YES. It was hot. Hot enough to give me my first ever vest tan lines, hot enough to render me like an Brit abroad in Benidorm. Take the water on gradually, not all at once but consistently. Sound advice.

Then the first big wow, just before half way, Tower Bridge looming up in front of you, before you know it you're on it, spotted Denise, and off the other side and you think you've broken the back of it. Miles 13 and 22 run in opposite directions to each other, just to remind you how far you've got left to go, a glimpse to the left sees Paralympic super star Richard Whitehead bowl past, knowing that he's got about 4 left compared to your 13. Sobering.

But there's the noise again, both sides erupting and carrying each and every one of you along towards Canary Wharf but not before navigating the Isle of Dogs first! A second spot of the wife in Canary Wharf gave yet more inspiration while the beating sun encouraged yet more perspiration, thank goodness for the St John's and their endless Vaseline supplies. Out of Canada Square and it wasn't long before mile 22 reappeared. Then the slog began, you just had to carry on, it wasn't far. Mile 23, "it's just a parkrun" you tell yourself, "that's still 3 miles", you tell yourself back. OK let's just finish this.

The Lucozade tunnel is a scene out of casualty on a Saturday night, maybe some runners think the crowd can't see them so they won't be disappointed if you have a little rest, but it seemed to be a favoured spot for a lie down more than elsewhere on the course. DJ belted out some tunes to keep you going as gigantic white balloons lit the way.

Mile 24, just 2 and a bit to go, "it doesn't matter now you say", "I'll just take as long as I want to do this bit", but the crowd are relentless: "That's it Phil, you're looking good", "Keep smiling Phil", "Phil, you're almost there". They're right. Suddenly, without warning Big Ben

just appears, you turn right and head towards Buck Palace, 800 meters to go, count them down, 600, 400, there's the Mall! You're nearly there! Have I got a sprint finish? No! I've got a finish though, 200 meters and home through the middle portal and that's it.

Medal, goody bag, photo, kit bag, done. Now go and meet your family and show your medal off round town.

Well done to all involved, it great to be part of such a brilliant club who support each other so much! Most of us were doing our first marathon today and hopefully we'll be back for another one!

Neil Jefferson 03:33:58
Wendy Scott 03:53:57
Alan Palin 03:54:44
Phil Goodwin 03:58:00
Ross Jackson 03:59:49
Bob Follows 04:01:39
Darren Poultry 04:02:11
Amanda Lysons 04:33:17
Debbie Pierce 04:54:41
Joanne Wilkinson 05:28:10

Coledale Horseshoe - 12th April

Report by Linda Edmondson

This is an 8.5 mile race with about 2000 ft of ascent. However, due to a navigational error I made it a 10 mile race (spot on!!!) with about 2500 ft of ascent. In mitigation the conditions were pretty bad with very low visibility and wind and rain. Having negotiated the hardest bit of the course at the head of the horseshoe I followed another ridge when I should have contoured round. I realised before it was too late and doubled back but still managed to find another unnecessary hill to go up on the way back to base and also tweak my knee leaping over a boggy bit. On apologising for taking so long at the finish I was told that I wasn't last and there was someone else to come in. However, I've still to see the full results and think it's possible that said person could have dropped out and given me my moment of glory. So, one to put down to experience and at least I did make my way round unaided and gave myself a decent work out!

Sexarathon Race 1 - Lilleshall - 9th April

Race results

Paul Ward 26: 14 - 1st Place
David Issac 31:55
Edijs Alksnis 32:15
Gavin Smith 33:22
Paul Williams 34:12
Jacqueline Macey 35:35
Paul Spriggs 35:49
Sharon Clayton 39:01

Kate



Hickinbottom 39:50
Robert Wilson 39:53
Kevin Summer 39:53
Kathryn Goodwin 39:53
Mark Evans 40:52
Emily Jervis 41:26
Sarah Green 41:36
Tracey Looker 41:36
Emma Lyle 41:52
Warren Smith 42:43
Pauline Kesek 43:34
Jane Anslow 44:12
Michael Holden 44:13
Gary Thomlinson 44:50
Kim Richardson 44:54
Julie Tatton 44:59
Iorraine Dixon 45:35
Cherie Rudd 45:45
Sally Johnson 45:59
Seretta Philips 47:12
Rob Hurley 47:12
Richard Herbert 47:15
Tracey Robinson 48:40
Diane Chadwick 48:40
Lorraine Holmes 48:50
Hazel Neilsen 49:31

Jennifer Harrower 51:08
Janine Felton 51:23
Julie Spriggs 53:52
Ann Ridgway 59:10
Janet Pugh 1:01:08
Kathy Ling 1:03:30
Sarah Bates 1:03:40
Ian Emery 1:14:15

Manchester Marathon - 6th April

*Report by
Paul
Spriggs*



Manchester Marathon 2014

After a steady drive to Manchester and dropping Steve and Sue Gill at their hotel it was a short drive to ours next to Old Trafford, with a great view of the stadium for our room. It was then a little walk to Hulme to watch Marathon Mania hosted by the Marathon Talk Team with Tony Audenshaw (Bob from Emmerdale) , Tom Williams and Martin Yelling. A great two hours with interviews from last years winner Dave Norman and second place Andi Jones, a pacer, a first time marathoner, a very funny review of the route in pictures and more.

Then off to meet Steve, Sue and Mick for some pre race pasta, probably not the best idea on a Saturday night in the Trafford centre as it seemed the whole of Manchester had had the same idea.

Wide awake at 4 o'clock the next morning was not the best start to the marathon day but nerves were a little tense now. Breakfast done it was time to meet with the rest of the WRR marathon team.

Esther was just passing the hotel as I face booked her (Spooky) we then met up with Steve Hanley at the race village Half an hour to go and we were all there ready to go.

Myself and Steve Gill decided to follow the 3:30 pacer group. Ron Hill was the starter for the race as the gun went off we set downhill for the first mile keeping our eye on the pacer, it was very crowded and difficult to get into a regular pace. As the miles clicked by we both said how easy it felt at about mile 10 we saw Steve Hanley coming back the other way going really well. We had stuck with the pacer until mile 11 then we started to pull away starting to increase the pace the crowds along the route were really supportive with lots of cheers, when then spotted Kelly running towards us with a big smile on her face, Team Chardonnay were at mile 17 to cheers us on which gave us a great boost.

Come mile 20 I was still feeling strong so decided to push on a bit more, it felt good to be passing people for the last 6 miles, the last mile was a painful and a struggle to keep going but still managed a sprint finish at the end, the crowds at the finish were brilliant.

If you want a marathon PB this is the race to do it, the pacers did a great job and the route is pancake flat. Thanks to Steve Gill for the nutrition and pacing advice.

Overall a great weekend full of PB's

Steve Hanley 3:21:40 PB
Paul Spriggs 3:24:20 PB
Steve Gill 3:27:05 PB
Mick Fereday 4:01:28 PB
Kelly Jones 4:28:16
Esther Whitten 4:40:22

Ironbridge Half Marathon - 6th April

Race Report by Warren Smith

A race of 2 half's and a Hill

We all seemed to be gathered before the race with our very own Meet and greet marshal Mrs Jennifer harrower who had covered all bases offering Cake, Jelly babies and a fleece.

Gun goes and off we go up slight hill then out towards the silken way. First few miles ticked nicely and a good pace but within myself.



It was my first Ironbridge half and it seemed very well

marshalled. Approaching the 6 miles and after a slightly muddy mile and got to the pub and Andre and Kate were in top voice. (it is not too late to enter that for next year by the way) Next little bit was a bit bizarre single file running what seemed like being in a mini rain Forrest, one false move and you could wipe out a dozen runners with a fall.

Over the bridge still feeling great and I do believe stalwarts members of team chardonnay were in force, camera and al. (some great pix have come out from this race)

Had my gel at mile 7 and covered the first 10k in 55.30 not far off my PB for that distance but it felt within myself and easy.

With not being a good hill runner I knew what was around the next turn, I tried hard to get up it but had to walk the last 3rd. In the Distance I saw Graham G-Man Adey to facebook walking backwards to rest his Calves, (I suspect also checking out the competition and that Lyn Adey doing her first half was not catching lol)

Once up the hill I thought I would be ok as the rest of the course was part of my usual long Sunday run, how wrong was I? I hit the wall, tried to push through and it certainly swung right back at me.. The last 3 miles were hell took me 36 mins and ruined a potential great time.

More WRR club members kept appearing offering great support along the way.

Entered the last mile a spent force already trying to run through in my head what went wrong, if it wasn't for Pauline catching me and saying "were going to cross the line together" I think I would have easily turned right and not got a finishing time.

Up the last hill me and Pauline went to amazing cheering and cross the line hands locked (a great moment which to me makes the club great.

There seemed some amazing times for some of the experienced runners and great debuts from some others. (Lyn, Adrian and Simon I know of)

Would I do it again or suggest it to anyone? Only if they train hard and like hills, this time next year I want to be loving hills and be a slim Jim. Then see who wins the battle of the Hill

Great club and parts of today enhanced my opinion of it

Paul Ward 1:14:50
Dave Issac 1:31:10
Jacqueline Macey 1:36:50
Gavin Smith 1:39:48
Andrew Whitehouse 1:44:22
Deb Millington 1:48:05
Simon Walker 1:52:36
Stephen Farmer 1:52:36
Mark Evans 1:55:52
Lucy Kesek 1:57:05
Kevin Summer 1:58:45
Jane Kind 1:58:01
Pauline Eccles 1:59:52
Nick Owen 1:59:14
Sarah Green 1:59:23
Tracey Drummond 2:03:47
Robert Hurley 2:11:22
Julie Tatton 2:12:15
Adrian Cooper 2:13:43
Helen Yates 2:13:17
Clare Westlake 2:13:49
Graham Adey 2:16:35
Pauline Kesek 2:18:12
Warren Smith 2:18:02
Donna Howells 2:19:16
Lynn Adey 2:21:57
Simon Everton 2:36:27

Wrekin Fell Race - 6th April

Report By Linda Edmondson

I had to make an early morning get away from home before the roads were closed for the Manchester Marathon. A shame not to be supporting this year, but the Wrekin beckoned. We were pleased that the forecast rain and wind didn't turn up and enjoyed the conditions on this classic race up and down Ercall Hill and The Wrekin. My time was 1:64:42 and yes, I hope to do it again!

Lilleshall Monumental - 30th March



Report By Allison Haycox

Having run this last year, I knew it was going to be a fun but tough one! After a misty start, the skies cleared and we had a beautiful sunny day. Alas, it wasn't sunny enough to dry the ground and it wasn't long before the mud and puddles were upon us. It's a lovely course,

taking you through open fields, very narrow muddy footpaths, over styles, across fields with strange spiky things underfoot (spot the townie!), and back through the village.

Lovely as the route is, in the back of your mind is the nagging reminder that the climb to the monument is waiting for you at the end. As I started the loop towards the dreaded mound, I passed Simon Walker, smiling at having already completed it – grrr! Onwards and upwards, this was where the WRR supporters came in – it was impossible not to put in extra effort with all the shouting and nagging coming from the top of the hill! Thursday hill reps paid off and I was just a tiny bit excitable at passing a Newport runner just before the top! Any ground made up was soon lost as I ran like a total girl down the hill for fear of throwing up and/or falling over...

A nice run then to the finish, to be rewarded with a banana, a painted pebble (mine was a ladybird) and a coaster. Joining the rest of the supporters waiting to cheer Kathy (and support crew Mark) across the finish line, we did our bit for charity by buying (and of course eating) cakes. Great race, friendly marshals and fantastic WRR support – hope the rest of the Four-midable series is as good....

Report By Sally Withington

Paul Richards was first WRR home and was ecstatic in his post-race interview. "Well that was fun!!! Hills, mud and stinking cow manure that cleared my lungs, not!!! Thanks for the support great running by all the Wrekin Road Runners."

Dave and Simon were both set to walk up the hill but the cheers from Tim and the WRR gang meant that walking wasn't an option. Simon thanked Tim and everyone for the encouragement, saying, "It definitely helped me up the hill". Photographic evidence also shows Alison Haycox running, but Sarah chose to "charge up it". Sally described her ascent in a post-race interview: I walked up the hill behind a lady who was running. Got to the top and she was so knackered that I overtook her and left her in my dust. I had a new mantra today: "Know when to hold 'em, know when to fold 'em, know when to walk away and know when to run". To some my time does not reflect that this mantra worked, but it got me round!!

Some WRR have been known to covet race medals, but today's finishers received a bottle of water, banana, bunch of daffodils and a slate coaster. Sarah Green entered on the day and was so impressed that she has decided to enter the other three races in the Four-midable series. She explained her decision in a post-race interview, "Doing the other three now. Not even pretending anymore I have no resolve!" Simon Walker supported her decision by telling her "Just think of all them coasters".

Kathy Ling received huge applause from the crowds as she completed the course with Mark doing a sterling job acting as her Janet for the race.

Paul Richards 44:30

Simon Walker. 50:53

Wendy Scott. 52:50

David Davies. 56:16

Sarah Green. 57:49

Alison Haycox. 58:36

Sally Withington. 1:04:31

Kathy Ling. 1:32:53

Mark Evans. 1:32:54

Coniston 14 - 29th March

Report by Linda Edmondson

This road race is one of my favourites – a traipse around Coniston Lake from the John Ruskin School – it's undulating enough to make up for the lack of soft surfaces, brambles and mud. I found I hadn't run it since 2008 so it was time for another go. It was perfect conditions – nice temperature and little wind. I was worried I'd set off too fast (not very good at road race pacing), but just about managed to maintain. This hill at 12 miles was as much a killer as I remembered from last time. Anyway, I managed to beat the two hours mark for the first time in 4 goes – so was pretty pleased.

Now for a rest and a few fell races. 1:58:22.

Stafford Half Marathon - 16th March

Report by Steve Gill

As we rose and looked out of the window it was sunny in Telford. A car full of excited runners and



supporters headed to Stafford for the half marathon with the usual nerves. When reaching the race venue the weather got warmer but also a little bit windier. We then headed to the high street where we had arranged to meet all the other members of Wrekin road runners for a pre-race team picture.

The race started in the high street and headed out towards the Shugborough estate. Taking a left and heading towards the countryside before looping back towards town. A few minor hills but nothing too hard. There was plenty of support all around the course and with the finish back in the high street more support to come. Once over the line we all received a lovely medal and technical t-shirt.

I have to say the organization was great. 12 Wrekin Road Runners took part with 7 of them getting personal best times. With 6 of the 12 using this as their marathon race preparation (London or Manchester) PB's probably were not really on the cards. Great race and recommended to all.

Darren Poulton 01.28.17 – PB

Phil Goodwin 1.30.21 – PB

Stephen Gill 1.32.56

Paul Spriggs 1.34.02 – PB

Mick Fereday 1.38.12 – PB

Tim Hughes 1.45.02

Dave Davies 1.48.16 – PB

Amanda Lysons 1.57.01 – PB

Allison Haycox 1.57.43 – PB
Sam Jones 2.10.42
Rob Hurley 2.08.22
Jennifer Harrower 2.22.08

March Hair Raiser - 2nd March



Report by Sarah Green

Hair raising experience

Getting up early after finding out the start of the race wasn't at the registration point then only to discover it was actually about five minutes walk away left us plenty of time for a hot drink and some of Janine's lovely banana bread before we made our way to the start. The wind was bitter as it was open fields all round fortunately my companions took pity on my misguided t shirt and shorts decision and I did my warm up in Wayne's jacket and borrowed her mums mittens!

Kim appeared with about five minutes to spare after a last minute decision the same morning and then we were off. The course starts with a downwards slope on tarmac before cutting through a farmyard and into the fields, overall the route was fairly flat or on upwards

inclines but no steep hills, mainly off road it was muddy in places and very uneven so you had to be careful.

I was keeping a good pace until around mile four when I came unstuck or rather stuck and nearly lost my trainer!

A stile offered a few moments breathing space before more fields and a very slippery section where some bemused golfers paused to watch with us sliding about. I got excited when I saw the finish marker until I realised that was because it was all uphill! so a last push to the finish where we were presented with a buff and water.

Not the easiest course but lovely scenery, great support from the marshalls and well organised, definately one I'd do again.

Results

Sarah Green 57.56

Kim Richardson 1.02.33

Janine Felton 1.12.08

Kathy Ling 1.32.49

Cardingmill Canter - 1st March

Report by Lee Rudd

On march 1st I took part in the Cardingmill canter, a 5 mile fell race. This was the first time that I had been to Church stretton and had I had picked a nice sunny day or so I thought. The day started off nice and sunny but as I climbed higher up there was snow on the ground. As I was running across the top the views of Church Stretton were amazing, and helped distract from the hard climb up, parts were so steep walking was the only option.

Overall I enjoyed this run even though it was tough and I finished in a respectful time of 58.52.

I'm looking forward to doing it all again next year.

Pipe Dream - 1st March

Report by Linda Edmondson

This is a 5ish mile fell race at Dolgarrog in the Conwy Valley. It's called the Pipe Dream since it usually follows a Water Pipe for about half its distance. This year there were some diversions due to maintenance works which meant that the famous ascent up the steps beside the pipe were replaced by a zig zag track through the woods. It was still the case that most of the race's ascent (1700 ft) was in the first mile. Once that's out of the way there is an undulating muddy track alongside the pipe followed by a slight ascent to a hill top before descending through scrub, track, fields and woods. Lovely scenery, if only there was time to look – am told the snow on the hill tops looked lovely. Considering the course was longer than last year I was pleased with 63.21.

Ironbridge Mudstacle Winter Warmer - 23rd February

Report by Phil Goodwin

Wrekin Mud Runners

With a name like Wrekin Road Runners, you may assume that this is a club where the members stick to the well known feel of concrete and tarmac under their feet? Not so, for there are a number of this gang who sometimes like to stray from theses well beaten pathways and try something else: a cross country: a trail run: a fell run and then there's those other races. Often billed as "extreme", "wild". "tough and coming with a few pages of legal paperwork to not read properly and sign.

Obstacle races and mud runs have taken off in the last couple of years, each one trying to out muscle the other and attract the masses. A lot of these are now hugley commercial, costing close



to £100 for the privilege and then there's the parking, and the spectator tickets too.

Then there's kickass endurance, a local company, who put on a graet event for a reasonable

price too. Four of the branch known as "Wrekin Mud Runners" donned there off-road shoes and whatever clothing they deemed to be appropriate and headed off to Buildwas for the Kickass Ironbridge Wineter Mudstacle Challenge! After a warm up involving a bit of jumping up and down and shouting, we were off up a hill (yes!) and under a long cargo net, some suffering the afetr effects of the previous nights's curry social! A few tipeeetoeed around a few of the spots of mud then it was around the corner and into the first waist deep pool of muddy water. Voices went up a octave, as did other parts of the anatomey and then it was game on and a valuable lesson learned by one of our companions: elastic locking laces are not good idea for mudruns. . . .

Across a field and down a hill before a monstrous climb and under a barbed wire fence, up a bit more and a bit of trail led us to the wall, an 8 foot solid wall where the team work really came in to play. The convention here is that you arrive, chuck a couple of small people and a few large ones over and then get chucked over yourself, easy, who worries about climbing over walls? Closley followed by a see-saw, the type that can knock you out if you get too close, then it was a trog across marshland (uphill again) before a rapid decent assisted bay a rope, this is why the Kickass guys recommended bringing gloves!

This is where the mud bit really began, we were about half way in and were introduced to every different type of mud that shropshire has to offer: brown,red, yellow, grey, orange, there was certainly a variety! Sometimes you were ankle deep and then without warning you would disappear to your waist. Finally there was the signature pool with the gallon barrels to dive over for the photo oppurtunity of a lifetime. Those were the funniest moments, the times when the camaraderie shone through and the team building happened, there's nothing like rolling round in filthy smelly mud with your mates.

I've worked out that tht's what these "extreme challenge" runs are about, yes they're hard work and you end up with cuts and bruises, but you have a laugh on the way round and you gat an excuse to act like a child again for a couple of hours. Anyone can do it and I would recommend everyone to have a go at least once. They are generally not timed, but you can win if you REALLY want to Oh and the photos look pretty cool on facebook too;)

Portsmouth Coastal Half Marathon 23rd February



Reprt By Tim Hughes

A long drive down to Portsmouth on the Friday night saw a beautiful morning on the Saturday. We walked some of the course – pretty flat, couldn't find the 'Muddy Beach' that everyone was on about – should be fine.

We had arranged to run the race with my friend Tasha, whom I hadn't seen for 13 years since leaving Portsmouth. She had started running in October last year and this was her first half.

We set off at 09:45hrs under a cloudy sky and very strong coastal winds – 3 miles along the seafront enjoying the views and then we got to the beaches at mile 4. About 3 miles of trudging along the edge of the estuary through the low tide mud and then a short XC bit of about a mile – then the 'bogs of doom', not the toilets, but a field which was ankle deep in water and mud – mile 8 and we were approaching the promenade again for the final 5 miles into the wind.

At the end of the promenade we weaved through smugglers tunnels, doing a short loop before heading back to the Pyramids centre a few hundred yards from where we started.

A really nice race that I would definitely consider doing again – great goody bag too - bandana/buff type thing, energy gels, tea bags, pen, sweets, nuts and of course the medal!!

Oulton Park 10k and Half Marathon - 23rd February

Report By Donna Howells

As Apley got cancelled this year due to all this horrible flooding I decided to enter the first available half marathon I could. Then realised, 'oh its 6 laps of a race course'. Great I thought.

Oh well get on with it. So we set off for just over an hour drive. Easy to get to and straight onto car park as the 10k had started and finished by the time we arrived. We had to sign a disclaimer with it being a race track and also photo evidence to pick up your number, which seemed a little over kill but hey ho.

We waited around a little before we decided to go down to the start line. They had used the cockpits as changing areas and baggage and you could get a massage too. We weren't allowed

on the the course until a few minutes before the race so warmed up and got changed... nothing else to do!

Finally we go through and its not sectioned just a mass start so did my best not to go to near the front. However I think there was only around 450 participants. Not the 3000 they had hoped for. I wasn't nervous just wanted it to start as 12:30 is a late start for me and was a bit concerned about the weather/wind.

Anyway we finally get going and the first mile was awful.... I was running too fast so slowed it down a touch and actually started enjoying it. The course was quite nice.... undulating not flat and the inclines were short and sharp. There were 3 of them. One of them a real effort needed to get up. It had a little lake and was more fun than I expected. The trouble as I thought was the wind. It didn't know which way it was blowing and on some of the straights it was knocking me sideways and other times it felt like I was running on a treadmill.

However the Huddersfield brass band kept us motivated as they walked the course playing their tunes.

Going into the 5th lap I was starting to feel drained so decided to walk through the water station and take on plenty of water as legs were starting to tire. Good it worked as 5th lap went by but the 6th lap and mostly the last mile I did struggle. The wind was getting stronger my legs were getting more tired and cramping.

The race finished back in the cockpit after running up the 18th incline. I managed a time of 2:01:25 not to bad and I was only lapped once by hubby and twice by the winner!

I think I was the only WRR in the half and Graham Adey and Lynn Adey completed the 10k in times of 56:26 and 1:00:16

Some teething problems as a new race but apparently they are listening to feedback for next year... would I do it again, if I needed to.

Parbold Hill Race - 15th February

Report By Linda Edmondson

On the whole I enjoyed this classic 6.75 mile real cross country race. There was plenty of mud, a stream to cross and lots of variety of terrain. The only downer was some new stiles on the later part of the course causing delays just when you really want to keep going. I was pleased to be a couple of minutes faster than last year at 1.11.31 (especially considering additional time at said stiles), especially after a week's holiday with limited running and just a bit of food and drink.

Longleat 10k - 9th February

Report by Tim Hughes

Leaders of the pack?!



5 WRR made the long journey to Longleat Safari Park for the annual 10k race. After a week of torrid rain we considered ourselves lucky to enjoy a dry run in and around the Longleat estate.

The course

weaves its way from Longleat house around the grounds and amongst some of the enclosures finishing with the long run up the drive to the finish.

Despite a tough course we all had a good race, with Sarah Green even managing a new PB of 56:16, showing that the club training is really paying off for a lot of their new runners.

We also go two medals each!!

Keven Summers 55:17

Darren Poulton 56:13

Sarah Green 56:16 PB

Sam Jones 56:49

Tim Hughes 56:50

Clarissa Gunning 1:03:14

Nick Beer 10k - 9th February



Report By Kathy Ling

Windy but great fun including some lovely fluffy goats, pleased with my time considering the conditions.

1:28:00

Tarren Hendre Fell Race - 1st February

Report by Lee Rudd

I left here on Saturday morning to head to Wales for the tarren Hendre fell race it was dry and nice clear sky's as I got closer to Abergynolwyn the rain started and the mist closed in I thought oh no it's going to be cancelled.

I got there to be told they had to alter the course because the weather was bad so instead of going to the top they were going shorten it. We started the race the rain was hammering down and the wind was in our faces, as we had to climb the mountain straight away the 1st mile was a hard slog that took me 13minutes to complete.

The course then flattened out as we ran along a road through the woods. The mud in places was up to my knees. I didn't mind the going up but the coming down was scary at times, the paths were narrow and my feet were sliding. The course was meant to be 6.3 miles but was shortened to 5.5miles and my time as 50.36I cam 19th in a field of 49 as the conditions meant that lots of runners had the sense to stay home in the warm. Looking forward to going back next year to do this again.

Overall was a hard run but I enjoyed it.

Shifnal Gallop - 26th January

Report by Simon Walker

Arrived at Idsall school in Monsoon conditions for My First 10k event. Luckily the rain eased just before the start, but the damage to the course had already been done. Having been warned at the start of the poor condition of parts of the course, we set off. The first mile is ran around the School Sports fields, then onto the road out of the School grounds. A nice steady road run until crossing over the motorway, then turn into Farm fields, this was where it started to get progressively muddier and muddier, until I remember thinking to myself that I didn't know that there was Paddy fields around Shifnal!

After crossing Fields and Farm Tracks we hit Road, only to find in places that it was completely flooded across in places! The middle part of the race was mostly road now and able to get up some pace after all the mud and water. A short Farm track alongside some woods towards four miles now and just as I get to water

station I passed Kathy Ling, after a brief moment of confusion, I realise that she must have started early. Back on the road now and soon come to a bit of a hill, I was able to kick on and pass a couple of runners. I could hear cars on the motorway, and realised it was not too far now. After crossing the motorway, a nice downhill straight down to the School. Turning into the School grounds, more mud! Legs feeling heavy now, but hearing people cheering at the finish line really boosted me to start a bit of a sprint finish.

I crossed the line and look down to see that I have done it in just under 52 minutes, well happy with the time in tough conditions. The support from everyone at the club was fantastic on the day, and I look forward to taking it on again next year.

Four villages Half Marathon - 19th January

Report by Tim Hughes

Four Villages is a race run in Cheshire. An undulating course with beautiful scenery, well organised and not too far to travel.

6 of us were running it this year and I think that 5 got PB's – that said, its definitely not flat!

Great weather on the day made it very enjoyable and Helsby running club did a great job of organising the event – the only slight issue was the start, which wasn't penned for different start times and began with a 50yd dash to a 90 degree left hander through narrow gates. After that the first mile is on a nice wide main road so it thins out well and the rest of the race is well spread out.

10 miles along nice country lanes and scenic countryside and then a nice 2 miles downhill to the finish – the first 11 miles is a lot of up and the last two are steep down.

A couple did their first sub 2 hour half and another three knocked a few minutes off their best times.

Certainly worth a look next year!

Tim Hughes 1:33:08

Sam Jones 1:55:04

Kelly Jones 1:56:57

Warren Smith 2:14:55

Hazel Nielsen 2:19:12

Jo Cartwright 2:19:33

January Jog - 5k 5th January

Paul Williams 21:47

Paul Spriggs 22:13

Steve Gill 22:35

Alan Palin 23:15

Kim Bennet 23:43

Brogan Anslow 23:46

Linda Edmondson 25:00

Sam Jones 25:07

Tim Hughes 25:10

Darren Poulton 25:10

Simon Walker 25:51

Amanda Lyson 26:10

Alison Haycox 26:42

Jane Anslow 26:45

Julie



Hartland
27:24
Mick
Huden
27:57
Cherie
Rudd
29:13
Lee Rudd
29:13
Donna
Howells
29:24
Luca
Howells
29:30
Victoria
Allen
29:39
Ceri

Baran 29:42
Caron Taylor 30:22
Ceri Crabbe 30:31
Claire Williams 30:57
Diane Chadwick 31:00
Tracey Robinson 31:01
Jennifer Harrower 31:07
Jon Aston 31:57
Pam Weston 32:15
Janine felton 32:49
Joanne Carswell 33:44
Julie Spriggs 35:41
E Jones 36:14
Kathy ling 42:52
Ian Emery 47:22

Full results [Here](#)

Shropshire AA County XC Championships - 4th January

Senior / Vet Women

Jacqueline Macey 32:46
Kim Bennet 34:35
Deb Millington 35:15

Kate



Hickenbottom 35:28

Sam Jones 36:10

Jane kind 37:39

Donna Howells 38:38

Sally Whittington 39:37

Esther Whitten 39:46

Ceri Baran 44:24

Kathy Ling 61:15

Senior / Vet Men

Phil Goodwin 47:57

Paul Richards 50:11

Full Results [Here](#)