

Reports & Results January to June 2013

Shrewsbury Marathon & Half Marathon - 23rd June

Marathon

Steve Hanley 3:48:29

Half Marathon

Paul Ward 72:51

Dave Isaac 86:42

Alan Palin 1:43:47

Robin Elliot 1:57:25

Tracey Drummond 1:57:22

Lorraine Bradley 1:58:54

Sally Whithington 1:57:46

Pauline Kesek 1:57:57

Robert Hurley 1:57:56

Helen Yates 2:00:14

Donna Howells 2:01:36

Caroline Beresford 2:05:04

Julie Tatton 2:06:51

Kathy Ling 3:06:04

Blake Down Bolt 10k - 21st June

Report by Kathy Ling

It was a lovely evening for the race I always enjoyed this race it has everything hills streams narrow paths etc. the entry was higher than last year I think about 300. This my 5th year and always look forward to it the hills are great the mud and not forgetting the stream. as usual I had to negotiate the stiles that are not deigned for little legs and the beer tent keeps everybody happy till I come in please with my time keeping my legs for Shrewsbury half Sunday.

A bigger nut and bolt on a ribbon this year.

Kathy 1:36

Shugborough Relays - 19th June

The Newbies

Jenny Harrower18:47
Hazel Neilson 19:06
Tracey Robinson18:11
Susan Gill19:12
74:76

The Average 50 Club

Paul Williams13:47
Mick Fereday14:08
Mark Evans15:11
Paul Spriggs13:11
55:77

Speed is the Essence

James Hickingbottom11:52
John Warburton12:33
Darren Poulton13:20
Simon Hardiman11:43
48:48

Not The Spice Girls

Sally Withington16:16
Julie Hartland 17:02
Belinda Gower16:33
Sharon Clayton15:01
64:52

Youth Is On Our Side

Simon Hardiman11:38
Donna Howells 16:16
Luca Howells 19:11
Jan Pugh20:43
67:08

The Jd Club

Dave Isaac12:02
Jacqueline Macey15:09
Joanne Wilkinson16:57
James Hickingbottom12:02
55:70

The Pro's

Pauline Kesek16:23
Julie Kaur17:28

Alison Haycox16:24
Kathy ling 24:32
74:07

The I Love A Hill Club

Gavin Smith13:05
Ian Emery25:09
Marie Deakin15:30
Pauline Kesek16:45
69:89

Only Just Made It

Paul Spriggs13:25
Vicky James 17:07
Linda Edmundson16:06
Dave Isaac12:29
58:67

Severn Valley Trail Race - 16th june

Report by Allison Haycox

This is the first year the race has been run by Shropshire Council and I used it as an excuse to finally visit the Severn Valley Country Park. After a miserable weather forecast all week, the sun shone and conditions couldn't have been more perfect for a trail race.

It was a friendly and relaxed event with a turnout of around 60 runners of all abilities. The first section of the course was all downhill towards the river. We crossed (via the bridge - no swimming involved, Mr Chairman!) and followed the path alongside it for a while before heading in a loop past the railway (where my impeccable timing coincided with a steam train going past) and back across the bridge. The payback for the downhill start was having to run back up, but thankfully Steve's obsession with hills paid off as I was able to overtake quite a few runners along this stretch. Back past the start and off on another loop, this time we crossed fields and ran along woodland paths. The course was really lovely and I must confess I stopped worrying about my time as I was far too busy enjoying myself! My non-existent sense of direction meant I hadn't spotted that we'd looped back round to the bottom of the same hill again so it was with some surprise when I started my final ascent towards the finish line. Apparently there were some marshalling issues as the front runners got a bit lost but they were obviously sorted by the time I got to wherever it was as I had no difficulties.

I loved this race and will definitely be doing it again – my only disappointment was that it wasn't longer as it's such a lovely course. There is also the added bonus of a café which provides a good excuse for a post-race cake or ice-cream.

Allison "no mates" Haycox - 28:00

Gnosall 10k - 15th June

Report by Kathy Ling

Having waited patiently in the traffic jam from Telford to Gnosall Janet and I managed to get to the starting line just in time. 125 entries and the weather was looking miserable not to worry off we went through the park very nice running along the different pools and the what seem to be a long railway track, then the fun started up hill after hill through the woods this was indeed a lovely running through the woods down hill taking care not to fall in the badger den

a couple of style to fight over another hill, uneven and long grassy fields to run through to me this was heaven. The marshals were great and every where we went a great atmosphere Jan and me did turn right instead of left but soon corrected our self the marshal was stood outside the Bell inn and would not let us in. Down the main road back on to the track and yet another hill and last in the carnival field we were given banana medal chocolate.

I personally really enjoyed the race I would do it again.

Well done to Samantha Jones she had a good run.

Samantha Jones 1:02:09

Kathy Ling 1:31:15

Janet Pugh 1:31:18

Malvern 10k - 12th June



Report by Kathy Ling

This is the third time I have done this Malvern 10k and the condition were totality different than last year, the stream was deeper and more mud to fight through while running up the Malvern hill it was very misty and a wonderful eerie scene all around you, great atmosphere plenty of supporters all around the race.

There was 253 entries and many entered on the night ,the free curry refreshments may have something to do with it. I was sent off early as usual with my minder 15 minutes before the main start so for one mile I am actually leading the race the first mile is up hill then through a field of tall wheat well it is for me been short so already wet up to the waste line, another hill to run up across the common then up another hill up in the clouds then a nice easy down run for about one mile then back up another hill and another cloud at mile five it went down hill through plenty of mud the a nice deep ford to wash and cool your feet the weather was drizzle but warm. We all meet back at the village where everyone has a chat to you good atmosphere.

The refreshments had ran out by the time I had got in knowing this would happen I had prepared food parcels for us both.

The only down side was I discovered my back tyre was flat luckily John manage to change it (what would I do with out him)

Although this is not a easy run I love every bit of it and am hoping to do it again next year.

Kathy Ling 1:38

Potters Arf - 9th June

Report by Allison Haycox

I picked this race as it's my home town and I have fond memories of manning the water station when the full marathon route caused the roads around my home to be closed. This was many years ago and unfortunately the half marathon route went in the opposite direction so I was totally unfamiliar with my surroundings! Probably just as well as I had no idea it would be so hilly....

The city centre starting point was great as it meant easy parking and you could sneak a toilet break at the shopping centre, McDonalds etc. with no need to queue for portaloos. A load of blokes still insisted on using the road bridge at the start as a latrine – nice!

I'm not a big fan of warm weather running (just as well living in the UK!) so I wasn't impressed when the big ball of flame in the sky decided to make a rare appearance. Respect to the bloke dressed in a huge sunflower outfit – I was sweating just looking at him! As the ups and downs started (I don't think there was actually a flat bit anywhere on the route) it wasn't long before I started to struggle. At around 4 or 5 miles there's a long uphill drag (think Asda hill, but longer and steeper) which drained the legs early on and although there were some lovely downhill stretches, the uphill ones were never far behind. At around 8 miles we were greeted by a load of kids armed with sponges and buckets of cold water – very welcome as I was starting to cook at this point. After that, there was never a hosepipe far away to keep us cool and Manda even spotted a few water pistols in operation!

The worst part was around 11.5 miles when you spot the sign warning "Heartbreak Hill 200m ahead". It didn't break my heart exactly, but my spirit was well and truly battered by then so I opted for a fast walk rather than attempt to run it, just so I could maintain some degree of dignity for the finish. Again the support of the locals was amazing – more hosepipes across the road and Manda even had her water bottle re-filled and returned on the way up. Jelly babies, orange slices and shouts of encouragement were available at many points throughout the route.

Hoping the last mile would all be downhill (it wasn't!) I started flagging, but the last section running down towards Sir Stanley Matthews's statue was amazing. Manda and I agreed it was the hilliest, hottest and hardest half we've done but probably the most fun thanks to the supporting crowds. It must be good because Simon Hardiman keeps coming back for more....

Simon Hardiman 1:26:20

Allison Haycox 2:04:41

Amanda Lysons 2:06:47

Newport Carnival 10k - 8th June

Report by Kathy Ling

A very hot day for the Newport 10k there was 171 entries for the race thirteen Wrekin Road Runners took part it was one of the very few races I need to take on extra water as usual the carnival possession had to wait for me [shame] it was quite nice getting shouts of encouragement don't know weather it to get me out of the way ready for procession once off the road and running up the lane Janet had problems with her toe and stopped to check it out when a car full of idiots came very near causing us to dive in to the edge but all was forgotten when we ran across the lovely yellow and white field I think summer might has come at last.

The marshals were great and although it was hot I really enjoyed it.

Kyle Drummond 38:40 (5th place)

Dave Isaac 39:59 (8th place)

Edijs Alksnis 40:05

Wendy Scott 48:21

John Scott 49:35

Robert Pearce 51:10

Tracey Drummond 53:38

Pauline Kesek 53:47

Marek Kamjnski 54:35

Robert Hurley 56:04

Samantha Jones 1:00:24

Kathy Ling 1:22:20

Janet Pugh 1:22:33

The Shropshire 4 - 5th June

Round Three of the Sexarathon Series

Paul Ward 20:51 (Second place)

James Hickingbottom 23:58
David Issac 24:18
Chris Clayton 25:29
Darren Poulton 27:11
Paul Spriggs 27:12
Mark Richards 28:50
Mick Fereday 29:34
Lucy Kesek 30:36
Jacqueline Macey 30:48
Mark Evans 31:10
Sharon Clayton 31:22
Andrea Logan-Bourne 32:16
Pauline Kesek 32:35
Sally Whittington 32:48
Robert Hurley 33:09
Jenni Barber 34:19
Sally Johnson 34:27
Julie Tatton 34:38
Esther Whitten 35:34
Sue Bowskill 36:22
Tracy Cousins 37:56
Diane Chadwick 38:11
Jo Cartwright 39:00
Tracey Robinson 40:43
Hazel Nielsen 41:00
Sue Gill 41:02
Julie Spriggs 43:08
Janet Pugh 50:18
Kathy Ling 50:18

Pen-y- Ghent Fell Race (6.6. mile / 1750 ft) - 1st June

Report by Linda Edmondson

A great day for this and I really enjoyed it once my legs warmed up (2 weeks of hard Scottish walking hasn't done anything for my running fitness). 1:19:40 was faster than last year and the Horton tea shop was as welcome a retreat as ever!

Batch Bash - 29th May

Report by Paul Spriggs

The weather was not good for my first Fell race the rain was starting to slow down as I drove into All Stretton. Entry was easy in the local pub just turn up hand over your £5.00 and off you go to the start. I did get some strange look standing there in my Wrekin Road Runners top. After a short safety briefing the 110 runners were off up

the road for a short while before we hit the first hill I thought this is quite easy until we hit the next climb where there was a long line of runners negotiating the first of three tough climbs everyone I could see was walking some almost crawling. Once we cleared the top it was a little flat before we hit the first descent I tried to run down it but ended up on my bum after a couple of steps and slid down the majority of it on my bum it seemed a good strategy at the time.

From there the race just got tougher but the views were stunning and there was some great support from the rather wet marshals. The last hill was a killer grabbing on to bits of root and grass to pull yourself up the climb that seemed to go on forever.

If you want to try something different its a great event no flashy T shirt or medal just the pleasure of running / walking up those lovely hills.

Paul Spriggs 41:33

Julie Tatton 54:32

Stornoway Half Marathon - 25th May

Report by Paul Hadley

This is my second year up in the Outer Hebrides to race the Heb3, three half marathons on consecutive Saturdays. Gathering for the start beneath Lews castle the contrast in the weather to last year could not have been more different. It was grey, drizzle hung in the air and it was ten degrees centigrade, a whole seventeen degrees cooler than twelve months ago but these were ideal running conditions. The route is split into two distinct half's. It drops from the castle down to the harbour then does a big rolling loop around the town before re-entering the castle grounds. Its here the hard work starts as the remaining seven miles are on gravel tracks that repeatedly rise and fall. The climbs stick in the mind but the descents pass unnoticed. The same thing happened last year; you reach a point where you expect a nice long downhill to the finish only to turn a corner and find you are at sea level. But what views are in sight now across to the ferries in the harbour and distant high mountains on the mainland. The last mile is a joy as it hugs the shore line in a continuous zigzag of bends. The finish is in sight now beneath the entrance arch to the castle. It's a great race and the people are so friendly. An amazing spread of food was put on at the awards; soup, sandwiches and a twelve foot long table crammed with homemade cakes. After suffering "runners knee" at the last couple of races I took it at a steady pace and was really pleased to do it in 1hr 34m, a whole thirteen minutes faster than last year and finished 25th from 152. Roll on Benbecula Half next Saturday.

Paul Hadley 1:34

Cader Idris Mountain Race - 18th May

Report By Tim Carter



Every morning of the week leading up to the 18th of May the first thing I did was to check the weather forecast for Saturday afternoon in Dolgellau. Every day the forecast was for rain. The relief on that Saturday when I woke up to dry weather was huge. As Paul and I drove over to Wales the clouds cleared and blue sky and sunshine emerged. We just hoped that the black skies in the distance would stay there. And then, as we neared our journey's destination, the full

folly of what we were about to attempt became apparent. Cader Idris. A great big lump of Welsh Mountain. But at least it was dry.

Having parked up and registered we did what any self-respecting Wrekin Road Runner would do and went for a cup of tea. (Congratulations must go to Paul for picking the greasiest of greasy spoon cafes in Wales – particularly liked the mirror ball walls) Suitably refreshed it was time for a little foray along the course to reinforce the steepness of the climb out of town and then back to the car to complete our race prep and get a passer-by to take a “before” photo.

We made for the start line, had our kit checked, and listened to the safety briefing (Summary: don't fall off the mountain, and if you do make sure you tell a marshal before going to hospital), and then we were off. The first 4.5k is a great run. About 170m of ascent on a mix of tarmac, forest trails and field paths, with the occasional stile thrown in. Standard Thursday night round the Wrekin fare. Pleasant in the sun shine.

Over the next 4k you climb 650m on stone steps, boulder fields, and loose hard core paths. I believe that someone far ahead of me may have run some of it, but nobody that I could see. Final 500m to the summit was in cloud with a strong wind blowing across the mountain. I was just so grateful that it was on my back rather than in my face.

The route to the summit, a narrow cleft in the rocks, was fairly congested up and down, but once you're clear of that it's just hell for leather down the mountain. The course is not marked – you just have to go through the marshalled gates, so exactly how steep a slope you're prepared to launch yourself down is up to you.

Returning to the sanity of the final 5k back into Dolgellau, it's a pleasant run again, and gently down hill as well, only this time you've got that climb in your legs so cramp doesn't seem far away. Across the line to a bottle of water, half a Mars Bar, and the possibility of a spot prize.

As with all the Fell Races I've done, it's cheap, cheerful, and friendly. No big goody bag, but not dear to enter and well organised. Also a great introduction to mountain racing, with no navigation skills required.

Thanks to Paul for driving and commiserations to Steve for missing out, hopefully next year.

Results:

Field of 182. Winning time – 1:31:02

115 – Tim Carter – 2:07:51

147 – Paul Spriggs – 2:20:29 (But did stop to take photos)

At least it didn't rain.

Latrigg Fell Race (3m/ 950 ft) - 15th May

Report by Linda Edmondson

We did this lovely classic Lakeland short fell race on our way up to Scotland on holiday. It was a bit claggy underfoot and a slippery descent down a forest track (I even gained two places). I did 31.57

Phoenix Flyer - 15th May

Round two of the sexarathon Series.

Paul Ward 15:35 (second place)

David Issac 18:48

Tim Hughes 19:43

Darren Poulton 21:00

Nick Owen 21:09

Gavin Smith 21:20

Paul Spriggs 21:26

Bob Follows 21:42

Gavin Ellis 22:00

Alan Palin 22:08

Jacqueline Macey 23:10

Sharon Clayton 23:41

Mick Fereday 23:59

Mark Evans 24:02

Pauline Kesek 25:26

Esther Whitten 25:27

Andrea Logan Bourne 25:39

Sally Whithington 25:50

Jenni Barber 25:51

Warren Smith 26:42

Julie Tatton 27:06

Sue Bowskill 27:51

Diane Chadwick 29:40

Jo Cartwright 29:59

Rachael Carline 30:08

Jennifer Harrower 30:11

Hazel Nielsen 31:34

Tracey Robinson 31:49

Susan Gill 32:19

Julie Spriggs 35:14
 Janet Pugh 36:26
 Kathy Ling 38:12
 Ian Emery 39:52

Market Drayton 10k - 12th May



Simon
 Hardiman
 36:30
 Dave
 Issac
 38:28
 Paul
 Harris
 39:09
 Steve
 Hanley
 40:43
 Tim
 Hughes
 40:51
 Darren
 Poulton
 41:22
 Alan Palin
 44:06

Paul Spriggs 44:12
 Ross Jackson 44:31
 Mark Richards 45:34
 Jacqueline Macey 46:39
 Mick Fereday 47:21
 Deborah Millington 47:54
 Mark Evans 49:06
 Sally Withington 49:49
 Andrea Logan-Bourne 50:25
 Amanda lysons 50:52
 Simon Everton 51:03
 Allison Haycox 51:09
 Pauline Kesek 51:17
 Tracey Drummond 51:52
 Jenni Barber 52:07
 Caroline Beresford 52:14
 Lorraine Bradley 52:58
 Robert Hurley 53:19
 Julie Tatton 53:43

Gary Thomlinson 55:35
Kathy Jefferson 56:55
Sam Jones 57:42
Bev McCarthy 58:54
Jennifer Harrower 59:34
Jo Cartwright 59:55
Julie Thomlinson 61:20
Hazel Nielsen 62:37
Pam Weston 67:41
Julie Spriggs 69:21
Ross Weston 70:22
Kathy Ling 73:33
Ian Emery 84:10

Trevornick 10 Miles - 12th May

Report By Paul Hadley

This was a ten mile trail race starting on the coast a few miles south of Newquay in Cornwall. Billed as one of the toughest races in the county it lived up to that reputation, not helped by a gale force wind and rain driving in off the sea. Deciding what to wear was a struggle, in the end it was back to full Winter racing gear and fell shoes. The route criss-crossed Cubert Common finding every ascending path possible, it was then down to the great little cove of Polly Joke for a short run on the beach, the deep sandy paths where no joke though. Next was a full circuit of the exposed Kelsey Head. The marshals here deserved a medal standing in the full force of the wind. The view down to the deserted Hollywell beach with huge breakers coming in was interesting. But no time to admire them as we headed back inland for another tour of the common, hunting out viscous little climbs. Four hundred feet of accent in total, not bad considering we were never more than about half a mile from the sea. It was a great challenging race and I was pleased to average sub 8minute miling with a time of 1Hr 19min and that included two stretches I had to walk. Biggest disappointment was no bling in the goody bag, but did get a nice pair of running gloves.

Moel Eilio (8m / 3000 ft) - 11th May

Report by Linda Edmondson

A good race on the grassy hills at the back of Snowdon on the Llanberis side. We had rain, hail and sunshine for this, but kept mainly dry. My legs suffered from lactic acid overload on the steeper ascents, but I enjoyed the last 3 miles of downhill and my time of 1:54:12 wasn't too much slower than that of 3 years ago. I also got a prize for 2nd LV50 – I have a suspicion there were only 2 of us in the race though

Strawberry 5 mile - 11th May

Report by Kathy Ling

Jan and i travelled to a little village called Church Leigh in Staffordshire the race was around little lanes and included plent of hills.

We got soaking wet while waiting for the start, the sun came out at about two miles and we felt it burning us, then towards the end it started to hailstones which hurt but we managed to finish the race.

Afterwards we had strawberries and cream very nice we didi not stay long as we needed to get back to the car to get the heater on.

Still loved it and would do it again.

Janet Pugh 64:36

Kathy Ling 64:46

The winner was Mark Dalkins in 26:47

Lillishall Monumental - 5th May

Report by Tim Hughes

My first 10km race – bit nervous, but planned on going steady with MD next week. A field of about 150'ish, nice bright sunny day and lots of WRR to offer support – couldn't go wrong!

The course was mostly off road which is something I have no practice of, but people seem to enjoy the challenging course so I thought I should give it a try.

A few hard slogs through fields, up hills, over styles and lastly up to the monument itself before a sprint around the school field to the finish.

All thoughts of taking it steady went out of the window, mostly thanks to Mr Poulton making me get all competitive – hoping my next race will not be quite so tough!!

Simon Hardiman – 38:01

Tim Hughes- 45.10

Darren 'Pocton' – 46:45

Mark Richards – 51:04

John Scott – 52:34

Wendy Scott – 52:49

Kim Bennett – 53:04

Marie Deakin – 55:44

Alison Haycox – 57:00

Amanda Lyons – 58:34

Pauline Kesek – 1:00:59

Thunder run 10k - 5th May

Report by Sally Withington



I heard that Thunder Run 10k at Catton Park welcomed canicross runners, so I took the plunge and entered with my foxhound Sam. The 22 canicross runners started 20 minutes after the 66 dogless runners. Some people were running with two dogs, so waiting at the start line was interesting with 30+ dogs barking and jumping around. Sam didn't like it and tried to head off in the opposite direction, before lying down and refusing to play, but once he saw the other dogs head off he knew what he had to do. Sam has no concept of pacing himself for a 10k race and off we went running faster than I ever have run before.

It wasn't long before we had passed the bulk of the runners and we were heading up a steep hill on a narrow woodland path. Sam and I were on our own now and he kept going. 10k of woods, hills and fields passed by and Sam remained focused. There was no time for sniffing or peeing, but Sam did let me stop twice for water.

We finished in 7th place (2nd female - me, not Sam!) in 53:13, and even managed to pass 11 of the dogless runners who had started 20 minutes before us.

If cycling is your thing, the 10k race is followed by a six hour mountain bike endurance event for teams, pairs and solo riders. The race was well organised and included free camping, a medal, t-shirt and a goody bag with toiletries and a water bottle.

Llangynhafal Loop (4.7m /1749ft) - 4th May

Report by Linda Edmondson

A nice little run up and down the back of Moel Famau on a sunny day – pleased with a pb of 64.29

Shakespeare Marathon - 28th April

Report by Bob Follows

Well my first marathon, what was I thinking! Seemed so easy to enter on-line and the training and long runs have gone really well so come on lets get on with it! Mick said I'd go below 4 hours, he should know.

With half and full marathoners there was a full house of 3,700 at the start, it must have been cold or I was nervous as I started shivering.

A loop within the streets of central Stratford passing the Bard's birthplace as a warm up then off into the countryside with good crowds in the towns and villages shouting out my name – great idea that putting the name on the jersey!

Fairly flat course with only one major hill and steepish drop but twice round which I didn't find a problem, quite nice to recognise places again. I felt great coming up to 20 miles at a good pace, the training went well, then started to slow as the old knees tried to buckle, the last hour was a battle of wills but the sun came out and every stride was closer to home.

I'll never forget the feeling of coming around the last bend on the recreation ground with no-one in front of me only the finish line with the Tannoy announcer and crowd cheering just me home, I had to put a sprint on didn't I? Any time would have been good for a first attempt but under 4 hours was an amazing feeling, Mick you were right..

Thanks for my coach Denise's support and encouragement and to the local Rotary Club who organised a very slick event, they've been doing it 30 years now. Won't be running this week thanks to some lovely blisters and legs that feel like lead, will I run another marathon? Well I've entered for London next years so you ever know.

Bob 3:53:13

Shifnal Gallop 10k - 28th April

Report by Kathy Ling

A small turn out of 38 runners for the rescheduled 10k, it was a cold and windy day. Simon was just pipped at the post into second place by 2 seconds.

Simon Hardiman 37:40

Wendy Scott 49:12

Mark Richards 49:18

Marie Deakin 51:48

Rob Hurley 58:08

Kathy Ling 1:25:27 New P

Fordhouse 5k - 26th April

Report by Kathy Ling

On a very chilly night 95 runners had to wait a while as the marshals got to there posts, we finally got going its a pretty run along the canal. With low flying ducks just missing us during the last part of the race we did have a storm but managed to get in time. Paul Williams had a good run winning the mens 60 category, and I managed to win another bottle of red wine for the ladys 65 category.

Paul Williams 21:06

Janet Pugh 40:07
 Kathy Ling 40:14
 Ian Emery 41:59

leasowe Lighthouse short 5k - 25th April

Report by Linda Edmondson

Had another go at this linear race up the top of the Wirral. It's flat and fast providing the weather behaves, which it did. I was pleased with 23.28 and second lady (don't know where all the good lady runners were that night!).

Race time 23:28

Barlaston up & down 5 mile - 25th April

Report by Kathy Ling

This was the 3rd of the three challenges

The race started in very cold wind but the sun came out and the sunset was awesome this was a good section of road then two laps around and up the Downs Banks as I was ascending the first lap the winner Paul Hammond from Wolverhampton & Bilston passed me as if he was on a stroll every where you ran it was hill after hill. It was very well marshals and a great atmosphere every one encouraging me on. As I was last in I received a lovely bottle of red wine, after the race very nice refreshment was provided and then I had a nice surprise I got a voucher for the over 65. although I had to work hard at all the races I love the challenges and would do them again.
 time 1h 18m for the above race.

Race time 1:18

Virgin London Marathon - 21st April



Report by John Warburton

The morning of race day getting to Greenwich where the red start is for the "masses" can only be described by two words "organised chaos". I felt like a sardine squashed on the train with hundreds of other runners all clutching their official kit bags. You can sense the nerves as conversation is minimal. Finally we were here, leaving the train and walking down the road towards Greenwich Park the excitement was building, it was like the journey into a large football stadium with all the fans. The sun was beaming down which made Greenwich look even more stunning. We made our way into Greenwich Park, a sea of people

awaited, there were that many runners and families it was hard to find the entrance of the Red start. Once inside it was a busy village of activity, baggage lorries, toilets with queues a mile long and runners sunbathing and jogging around to warm up. I handed my bag in and went to the toilet and made my way to my starting pen, I was in pen 6 which was about half way down the massive line of runners. There were cameras on cranes and helicopters filming from above. I couldn't believe I was about to start the London Marathon, all the fear and nerves soon turned to excitement and anticipation.

We held a 30 second silence to pay respect to those affected by the Boston Marathon bombings just 6 days ago, I have never heard so many people be so quiet it was very moving. The whistle sounded the end and a massive cheer was raised. Then the countdown started 5, 4,3,2,1 and we were off!! It took about 10 minutes of shuffling forward before I reached the gates, turned left and jogged up to the start line, away I go. Now the words "don't set off too quick, stick to your pace" was ringing in my head and I jogged down the road in the sunshine trying not to clip the heels of the person in front, it was easy to get boxed in with slow runners so I spent a lot of time weaving in and out. Greenwich was amazing, thousands of spectators all shouting runners' names read off their vests, I quickly learnt who was running around me by the names repeatedly called out.

The first 6 miles went in a flash, filled with music from houses and pubs and trying not to get caught up and run too quick. A right turn and there was the Cutty Sark, there were BBC cameras here hanging on cranes and cheerleaders all around, it gets narrow around here so you get slightly held up as you make your way around the ship. The next 5 miles was the same as before so I spent some time high fiving kids and waving to the crowd.

Just after 12 miles a right turn displayed the Tower Bridge in all its glory, it looked spectacular in the sun and running under it was jaw dropping, I accidentally ran into the guy in front looking up so much. The other side was crazy with thousands of people and cameras, the atmosphere was electric! Soon 13.1 mile marker came up, I knew the race has only really begun now.

Not far after that I was plodding along maintaining my pace when I noticed a familiar site in front of me, a Wrekin Road runner vest! It was Donna Howells, what are the chances! Here the elite runners were coming back the other way at mile 22 and I cheered them on. The next 3 miles followed the river east into the Isle of Dogs before heading north. Mile 18 came Canary wharf and we weaved around the Skyscrapers heading west back towards the city at mile 20. The view here was amazing, I could see the Shard and the Gherkin standing in the distance, soon came mile 22 and this was now the furthest I have ran, I saw a banner here that read: Humpty Dumpty had wall issues too, this made me chuckle to myself. Mile 23 was the "Lucozade tunnel of Yes" the crowds around here on out were immense, the tunnel had big glowing lanterns with inspirational messages on them and the Jam London's Calling was

blasting out, everybody was singing to it at the top of their voices, this was like a shot of pure adrenaline helping me push on and forget my tired legs and a niggling blister developing on my toe. Soon came The Embankment, I could see Big Ben and London Eye around the corner pulling me in like a magnet I knew just a few km to go now! I picked up my pace a bit and turned right at Houses Of Parliament where I noticed Colin Jackson interviewing a Panda for BBC, here I could see Westminster Abbey to the left, just two more roads to go, I could smell the finish it was that close.

I charged down Birdcage walk turning right then passed under a sign 385 yards to go, nearly there, right turn again past Buckingham Palace onto the Mall I can see the finish line and all the flags either side, one last sprint and I was across the finish line. Done It!!! My time 4Hr 10min 50secs! Very pleased.

A lady hung my medal around my neck and I kissed it! (I know cheesy or what) I remember Mick's wise words "don't lie down whatever you do, you won't get up" so I hobbled on, collected my bag and meet up with my Family in Horse Guards Parade, it was packed! Everybody was walking around showing off their medals and having photos taken. The City later on that night was a buzz with atmosphere, runners wearing their medals out to dinner and knocking back the beer finally after all the hard work done! This is a race I will never forget. If you watch this on TV and get a feel for the atmosphere it is about 100 times more intense actually being there, it's not a pb race, but you don't really care for times, you feel like you are part of an event in history, it's definitely one to tick off the bucket list. I am already looking forward to seeing if I am lucky enough to take part next year. Hopefully some of you will be.

Race time 04:10:50

Virgin London Marathon - 21st April

Report By Donna Howells

Always a mixed feeling at the end of a marathon. You have completed it but the enjoyment is over so a little deflating. ... will I do it again, yes if lucky enough :-)

Having been very fortunate to be able to run this for the 3rd year on the trot I was actually not that excited as it was my 4th marathon in 12 months also. However once the race started I was soon starting to relax and the crowds were exceptional this year.

I had not got my name on my vest but this did not matter as everyone was shouting and clapping and offering sweets. There were brass bands; steel drums, singers and even other runners supporting.

My plan to run with the pacer failed again as when I get to the start line I just want to get going. I did however manage to pace my self quite well. I ran the first two miles with two Black Country Triathletes. Who caught me up again around 17 miles.

I saw my boys, Neil; Luca and Woody just passed 10k which was a relief. I never saw them last year. John bumped into me not long after Tower Bridge. He looked very strong so knew he would soon pick up his pace. I also saw the 4:30 pacer in front which confused me a bit as I had been trying to follow the 4:15. My target as 4:29!

I started to feel fatigued at About 17 miles but time wise still ok so just kept my head down decided not to look at the garmin and get to 20 miles. When I saw the 4:15 pacer again running with just one guy who had nearly given up and he had found sitting on the kerb!

Apparently he was a couple of minutes out as he had a loo break. So company again for two miles but somehow they sped off at a water station and I was once again running alone.

I kept my self going at mile 22 by shouting encouragement to all the runners at 15 miles, who were walking and struggling. I thought how pleased to be where I was. So still kept it going and then was determined to break my target.

The words Pain is only Temporary on a balloon made me pass 774 runners in the last 7k. Albeit 174 also passed me.

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Mick Fereday 04:05:07

John Warburton 04:10:50

Donna Howells 04:23:08

Julie Kaur 04:51:00

Beinn Ratha Hill Race - 20th April

Report By Linda Edmondson

We travelled to Thurso by train to do the most northerly mainland hill race. It's a little gem from the golf course by Dounreay power station (don't go on the beach it's radio active!). There was an average field of 28 runners, a bit smaller than the mass race for London Marathon, more like the elite ladies field! There was a gusty wind for the run out, but then it was up a heather clad hill side and a nice run down a boggy track, back to the golf club for a great spread provided by the North Highland Hillrunners.

Race time 1:18:12

Spring Treble Challenge 2 - Milford Murder 5 Mileish - 18th April

Report by Kathy Ling

This is the second race of the spring challenge it was just what the title says two loops on tracks through Cannock Chase heath land and woods above Milford Common, the hill is called Oat hill and i was told it was not for the faint hearted! This one was about 5.4 miles i was very pleased with the time my tactic was to keep running up the hills at a steady pace. In spite of the windy conditions I managed to get round the first loop before Paul Hammond the winner past me, it makes for good leg training and would do it again.

Kathy 1:38:43

Sexarathon Race 1 Lilleshall 5M - 17th April

Well done to all that took part in the first of the Sexarathon series. A special well done to the runners who have moved up from the begginers group and to Kim Bennet who came first in her age cateryory.

Jordon Lee Stamp 29:27

Cameron Stamp 32:38

Darren Poulton 33:53



Steve Gill
 33:58
 Tim
 Hughes
 34:54
 Ashley
 Cartwright
 36:36
 Alan Palin
 37:43
 Bob
 Follows
 37:43
 Nick
 Owen
 38:18
 Mick
 Fereday
 39:26
 Paul

Spriggs 39:39
 Kim Bennett 39:42
 Elliot Stamp 40:53
 Mark Evans 41:11
 Sharon Clayton 41:35
 Mark richards 41:38
 Marie Deakin 41:59
 Pauline Kesek 43:05
 Julie Hartland 43:07
 Julie Tatton 43:32
 Donna Howells 44:20
 Andrea Logan-Bourne 44:24
 Jenni Barber 44:43
 Sally Withington 45:02
 Sue Bowskill 47:57
 Jo Cartwright 49:39
 Luisa Gray 51:19
 Tracy Cousins 51:25
 Hazel Nielsen 51:26
 Jennifer Harrower 51:42
 Diane Chadwick 51:59
 Sue Gill 53:26
 Lorraine Dixon 53:53
 Tracey Robinson 57:02
 Kathy Ling 1:07:22

Ian Emery 1:09:18

Brighton Marathon - 14th April

Report By Paul Spriggs



Well the weather could have been better as we started our way to the expo on the Saturday with high winds and rain I was praying for a change in the weather. As we entered the expo I soon forgot about the weather with thoughts only on tomorrow. My first time at a big expo was interesting listening to the interview with two elites past and present, past being Mike Gratton the 1983 London Marathon winner

in 2:09 and new boy on the block Jon Pepper who eventually came in 8th in 2:20 and there different views on training and fuelling they both agreed the long run is the all important part of the training.

Race day arrived and what a change in the weather the walk to the race start was a couple of miles so off we went half way to the start we met a local runner who suggested we caught the bus to save are legs great thinking, only the buses only went so far due to the marathon so we still had to walk. We got there with just enough time to strip off and get to the start just over 9000 runners were ready to go and we were off with a nice little hill within the first half mile. The crowds through Brighton town were amazing as we headed off towards Brighton Marina it started to get a little hilly but it was good to see the African runners coming the other way great to hear all the runners clapping and cheering them on. As we got back into Brighton the crowds again were amazing they really helped me along by mile 20 it was really staring to hurt this was the worst part of the course as there were not a lot of supporters and we passed some factories that did smell a little fishy. The three mile back to Brighton pier and the finish were hard into the wind but the crowds were amazing my original plan was for 3:40 but as I was feeling good so I tried for 3:30 I should have stuck with the 3:40 target as came in at 3:48:57 a 15 min PB real mixed emotions pleased with the sub 4 hr and a new PB but disappointed with my pacing as ever each race you learn something new and this was no exception. Thanks for Julie's support during all that training and being there at the finish line.

Great race with fantastic crowds

Paul 3:48:57

Coledale Horseshoe Revised (6ish miles with biggish hills) - 13th April

Report by Linda Edmondson

This is a classic Lakeland horseshoe from Braithwaite near Keswick. The heavy snow hadn't melted and was icy in parts so at the head of the horseshoe we had to

descend into the valley and then go back onto the ridge again – it made the race shorter but with more climb. It was a big climb up Grisedale and my mantra was “must get fit” as I plodded up. However, the views were great and it was a lot of fun from then on. I was greeted at the end of the race with Neil with a bandaged head – so yet another trip for the two of us to a medical centre – luckily just a few stitches and no major damage and our night out wasn’t affected

Race time 2:06:47

Spring Treble Challenge 1 - Hanchurch Hilly 5m - 11th April

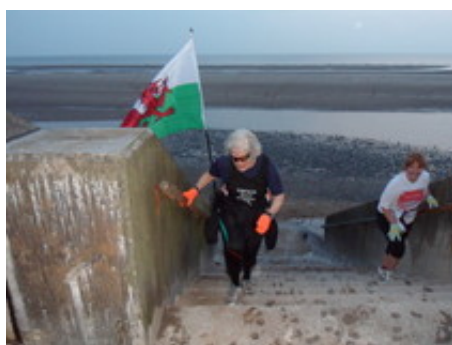
Report By Kathy Ling

I fancy some hill training so i had a go at the Hanchurch Hilly 5 miler in Staffordshire although it was over cast it was still a nice evening. Some very good hills, some boggy patches and a long nearly a mile of a gullet to run up. Well marshalled one down two to go

Kathy 1:18

looking forward to the next one.

Tour De UK Little Bisham 4.7 Mileish - 9th April



Report By Kathy Ling

Well it was like this ,when i was at Crewe 10k i spotted a flyer with this unusal race well i just had to have a go. It was a lovely evening with a calm and beatifull sunset.

Just before the start, Simon gave us a quick pep talk .As this was a self navigating run with four flags to find. 7pm we started off the frist mile was pebbles and deep sand to run through,this certainly give me something to think about. When we got to the English flag which was just before the Blackpool pier,we turn right in to thr Irish sea looking for the Irish Flag then running along the sea edge to the

Scottish flag the tide was coming in so i had to get a move on the Welsh flag turning right again to wards in land crossing many inlets which was filling up with water so i need to keep moving as water was up to my knees i findley made it back to dry land what a brillent run and i loved everybit of it. a bit like [The Charoits of Fire] after the race we had a nice soup and roll.

The idea of the race was to raise money for two young girls Megan Waywell and Sarah Cumpsty for there trip to Tanzania

Kathy Ling 1h 10 m

Paris Marathon - 7th April

Report by Sally Withington

When I signed up for my first marathon I wanted it to be special, so I chose Paris. We were in Paris for nearly five days and marathon day was the only one where the sun was shining, but it was still cold, especially waiting at the start. I started one hour after the gun in the last wave - the 4hr30min wave. The route takes in most of the sights of Paris - from the Arc de Triomphe along the Champs Elysee, to the Bastille, Louvre, passing a château, along the Seine, Notre Dame and the Eiffel Tower. There were amazing crowds cheering us on and music every few miles. There was always something to entertain the mind. The first 16 miles were easy and the last 10 weren't as bad as I'd expected.

All the advice says to keep something in reserve for the last 6 miles, so I was expecting the pace to pick up again, but I was wrong. Everyone seemed to slow down and many people were walking, some were limping, one was vomiting, others were crying. There was no more sightseeing now, just meandering along avenues through the Bois de Boulogne and craving the sight of the Arc de Triomphe. I had started passing people with 4hr15min bibs before mile 20, but now I was passing 3hr45min bibs - oh how wrong they had been!

When I entered the marathon I had hoped to complete it in under 5 hours, but as my training progressed I was hoping for 4.5 hours. I crossed the line in exactly 4:30:00. I could have been a pacesetter! I received my medal, t-shirt and poncho, and once reunited with my husband I staggered down the Champs Elysee to celebrate with overpriced mussels and beer.

Race time 4:30:00

Mow Cop Hill Race 6.5 miles - 7th April



Report By Steve Gill

Marie Deakin had suggested as I like hills maybe I should do a race called Mowcop Killer mile, having looked into it I decided its a long way just for a 1 mile up hill race but did find another 6.5 mile race at the same venue. So off I went with Paul Spriggs and our wife's (Susan & Julie) for company. So arriving early as usual we entered (only £5) not quite knowing what to expect. As with most FRA races

everyone seems to be a little bit more friendly than the usual road races. This proving so as Paul and Myself went to prepare and warm up Sue and Julie got asked if they don't mind marshalling at one of the early marshall points. As good WRR members they both agreed. The race itself proved to be tough with the terrain included Trail, grass, bog, road and even scrambling over rocks. The start went straight into a hill followed by more hills with styles to climb over to boot (single file only here). Off through the village leading to the Mowcop monument where we had to scramble over the rocks to find our way to the fields. More styles and even gates followed through muddy fields which lead to a bog of a field to conquer (going downwards at this point). Through a wood and then onto road, at this point a fellow runner said I hope you have saved something as

the worst is to come. Oh bugger was my thought as he sped away from me. We turned onto a lane which started to go upwards, out on to a field to which he was coming back towards me. Got so far and the hill still kept on going on, I along with everyone else was walking at this point. Up through a wood and back to a levelish field, back through the village and downhill to the finish. I am sure there was at least 10/12 styles/gates in total. Only 100 runners but the race deserved more.

Stephen Gill 58.25 - 32nd

Paul Spriggs 63.30 - 54th

Thoroughly enjoyed the event and probably would do it again. Maybe more WRR members would like to try it.

What i enjoyed most to be honest was nearly everybody stayed to see the prize giving, great camaraderie amongst the runners.

Air Products 10k - 31st March



Report by Kathy Ling

When we arrive at Crewe the sun was out even though the wind was very cold, 321 entries the race goes through an industrial estate but the surroundings are like running through the park its a double loop with a few hills included. When I reach 2.5 mile the winner passed me, the winners time 31.44 by the time I reach 4m two runners had dropped out so I just keep going finishing with a good time a very

bright yellow t shirt was given to us.

loved it and would do it again. I did not see anyone else from the Wrekin Road Runners.

Kathy Ling 1h 20m

Rivington Pike Fell Race 3 Miles - 30th March



Report By Linda Edmondson

It was amazing to do this with patches of snow on the ground – however, underfoot conditions were good, with hardly any mud. Never-the-less times seemed a little slow, so I wasn't too disheartened at being around a minute slower than 6 years ago.

Linda 30.27

Stafford Half - 17th March



Report by Steve Gill

With snow falling the night before I wasn't sure what to expect when I drew back the curtains in the morning.

Lucky for us it had mainly disappeared.

Rumour's had it that there were only two hills on the route so should be a good race.

Mick, Paul and myself arrived with plenty of time to spare as usual so used the local McDonald

conveniences for a Coffee and toilet break.

Off we went through town, hearing Rob Cope shouting my name over the tannoy and out towards Shugborough via the main road. On the way at 3 miles we went up the first hill (sorry but not a real hill to be honest). At Shugborough we turned left and out to some lovely villages. At mile six we hit the second hill, not too bad to be honest. The rest of the route consisted of undulating country roads followed by paths and roads back towards the centre of Stafford.

The run went really well with only a slight misjudgement of the finish line leaving me really struggling for the last 800 meter's.

This is a fast course with PB potential for everyone, this proved by all us achieving PB's.

Well marshalled and a lovely medal and T-Shirt to boot.

Simon Hardiman 1:21:39

Paul Williams 1:30:14

Steve Gill 1:31:25

Paul Spriggs 1:38:13

Bob Follows 1:39:58

Mick Fereday 1:44:05

Rob Hurley 1:56:09

Marie Deakin 1:56:18

Donna Howells 1:58:59

Julie Tatton 2:00:48

The Brooks Street Pre-London Half Marathon - 17th March

Report By Paul Hadley

What a race this turned out to be. My first race raising sponsorship, for a charity my sister works for in Fleet, Hampshire. The start was on a road but the runners village and finish where located on a sports playing field that due to the heavy rain was either under water or covered in two inches of liquid mud. Plus the temperature was only four degrees. I was cold, wet and muddy even before the start. The course was

undulating consisting of a small five mile loop then a seven mile loop, good for supporters and plenty of folk out cheering the runners on. It was going to be tough keeping a fast pace in the cold but set off and managed sub seven minute miling for the first seven miles. Started to tail off after that but still managed to come in with a new PB but only by seven seconds at 1hr 32m 25s. The last two hundred meters was just mud, even the matting they put down seemed to be floating. Not long after the race it started snowing! Can we have some warm races soon please?

Ryton XC and Ramble 10k - 17th March

Report by Kathy Ling

With snow the night before it looked very interesting for the Sunday morning race however it was quite normal. this is the first race for Ryton and parking was a hole new ball game to then, it was when they had one or two tractors standing by but eventually they got organised with help from Wrekin members. 112 entries and we made our way across a field to the start, the man on the mega phone gave a little pet talk about the condition e.g. electric fence and barbed wire and very heavy mud, deep puddles looking at the lovely white trainers and looking at mine because I had strapped mine on as I am good at getting stuck with mud. it was nice to see Wendy and John Scott, Wendy with her usual smile wondering what she had let her self in for the race started and away we went the first two fields were great then it all happened mud ,mud and more mud deep puddles etc. I am in my usual place at the back caught this chap up who would not let me pass, he was more concerned about the mud and water I am not to sure whether he had done anything like this before but he was struggling ,I passed him just by the church and that was the last time I saw him he had dropped out this race is lovely and had got everything in it,when I reach mile 3.5 mile I took a dive in a dirty puddle but got up and finish I had grit everywhere when I come in I look a mess but soon got cleaned up good marshalling nice prizes for me a bottle of wine for the 60/65 loved it would do it again

John Scott 55:27

Wendy Scott 55:37

Kathy Ling 1:39:00

Llantysilio Fell Race - 16th March



Report by Linda Edmondson

This race is hard work – 6 miles with three big ascents and descents. Luckily it was pretty dry underfoot, but somehow all times were a bit slow – maybe we were all a bit tentative descending through the gorse bushes (I'm still getting thorns out of my fingers). Anyway, I finished in 1:27:41 – First LV50 (OK I was Last LV50 as well – a bit embarrassing to be the oldest lady in the race). I was also pleased to keep upright throughout – last time I fell over on the road at the end right in front of two marshals!

Pathos 10k - 10th March



Report By Kathy Ling

Once again I told John to pack his soaks as we were flying to Pathos in Cyprus When we landed at the Pathos airport we were welcomed by lovely warm and sunshine weather and by Malcolm from Running Crazy Malcolm always look after us very well.

When we arrived at the hotel its was something from one of those carry on abroad film with all sorts of

building and alteration going on a big hole where the lift should have been great fun. Friday at 7am I went for a jog as the weather was so warm with blue sky's I came across some Russians who were swimming in the sea they wanted me to join them I said no way thanking them they even offered me a swimsuit but I keep on running. The next day at 7am while I was out jogging I got involved with some Germans who were running the 1/2 mi I was enjoying my running with them when I suddenly realise I was way out of my route so ended doing 5m and I needed to get back for breakfast.

Sunday D Day the races had been brought forward to 8.30 which I was pleased with after warming up we were waiting for the start and as usual I attract the odd person she was from England in my age group she keep on that she has breathing problems and was not sure if she should run by the time the gun went off I had enough I let her go then when I reach 2mile I thought here goes I pass her and keep going as hard as I can when we reach 4m the weather was hotting up and I needed water but carried on, I was on a high my timing was good just 1/2mile from the finish I grab the flag of John and I could feel this women catching me up but no way was she going to beat me. there was 6 in our age group (65-69) I came 4th and was please with my time.

I enjoyed every moment of the race, after the race this women came up to me and ranted ,I just looked at her shrug my shoulder and smile and walk away (shame) we were given a lovely medal and T S not forgetting a goodie bag.

So when we got back to Gatwick it was different ball game dull and cold and delays, but on the brighter side I had received in the post two prizes one from Blymhill 10k and one from Knype 5m

Kathy Ling 1h 19min

Roddlesworth Roller - 10th March

Linda Edmondson

6 mile hilly trail race

51:15

Grizedale Off Road Duathlon - 10th March

Report by Paul Hadley

Competed in this my first duathlon in Grizdale Forest in the Lake District. It consisted of a 4 mile trail run, 14.5 mile mountainbiking followed by a repeat of the run. The morning started bright but very cold. From the start it went up hill after about a quarter of a mile then climbed all the way to the top of Carron Crag at 314meters. The view of the snow covered fells was fabulous. Took it easy on this leg and came into transition in 38 minutes. On the bike now and straight into climbing. There were ten miles of awesome technical singletrack and some great descents in the 14.5 miles. A few snow flurries dusted the route. Back down into transition in 1hr 43m. Managed a quick cup of tea while tying up my fell shoes, it was laid on by the organisers, the water was too cold to drink. The second run was a repeat of the first. Running on empty now and struggled on the climbs. Finished in 46m with a total time of 3hrs 14m. Toughest race I have done, 100% concentration needed at all time and no time to recuperate. Bring on the next one.

Silverstone Half Marathon - 3rd March

Report By Allison Haycox

Perfect conditions awaited us on the start line of the famous Silverstone racetrack. With "The Chain" playing over the speakers, it was impossible not to make "vroom vroom" noises as we slowly moved our way forward. This was my first BIG race and with a field of over 6000 runners I wasn't sure what to expect. Over 13 miles looping around a racetrack is not everyone's idea of fun as it's not exactly scenic, but I loved the fact you get to nosey in parts you don't normally get to see. Running on the lovely smooth tarmac (plenty wide enough for the number of runners taking part but a bit of a squeeze in a car at speed!) through the pit lanes (alas, no replacement legs available!) and around the perimeter was certainly different. Although there were loads of runners, it never felt cramped and the course layout meant you could see runners for miles ahead – and thankfully miles behind! Half marathons are not renowned for being great spectator events but the course layout meant that our long suffering husbands got to cheer us on at 6 different points during the race and we never had to repeat a lap (did I mention how much I hate doing laps? – it reminds me of school sports...). It was a huge event, really well organised from the chip system to the baggage drop off, and most importantly we got a really nice medal and correctly sized T-shirt (no looking like I'm wearing a tent this time!). The only downside is the time it took to get out of the venue but apparently it's always bad! Would I do it again – oh yes!

Adam Higgins 1:51:32

Allison Haycox 2:03:08

Amanda Lysons 2:05:11 (4 mins fast than previous course best!)

Verinia Thomas 2:11:53

March Hair Raiser 10k ++ - 3rd March

Report By Kathy Ling

124 entries took part in the March Hair Raiser on a cold



windy morning at Kingbury by Albrighton I have not done this race for three years, it was the same course down country lanes and across fields just missing a few golf balls passing over head. It was a lot easier than Blymhill a few places of mud but nothing to serious. this race says 10k but it was 6.1/2 miles so I was please with my time I have had a busy weekend so now I am resting for my next project... I did not see any one else from our club

Kathy Ling 1:32:35

Anglesey Half Marathon - 3rd March

Report By Paul Hadley

Ran this race today which started on the mainland end of the Menia Bridge then along the road to Beaumaris before doing a loop then returning the same way. The start was great and quite an experience to race across the famous bridge. The main coastal road was closed for the duration so no problems with cars and you could use the whole road, nice and peaceful as well. Amazing views across the Menai Straits to the snow capped mountains of Snowdonia. There were some deceptive inclines and a long slow drag up to the finish. I set off at a fast pace with the intention of just seeing how it went. Was quite surprised that my splits all seemed good. Eased off on the inclines to conserve energy. Came away with a new PB by nearly two minutes and a time of 1hr 32m 32s. Finished 80th overall and 9th in my category. A good day I think.

Pipe Dream (Dolgarog) - 2nd March

Linda Edmondson

5 mile fell race with 1700 foot ascent (mainly in the first mile, up some steps by a pipeline)

57:56

Blymhill 10k - 2nd March

Report By Paul Spriggs

The race is billed as a beginners cross country on the web site, you could not have asked for a better day for running the sun was out and the skys were clear. we were called to the start in the middle of a ploughed field and we were off. the terrain was very mixed and tough on the ankles, it was a one lap race including road, trail, field, mud and some styles in the middle to slow you down a little more.

It was a great race around some lovely countryside followed by some lovely cakes

and coffee at the end.

Simon Hardiman 41:17 4th overall

Dave Isaac 44:15

Paul Spriggs 49:47

Rob Hurley 1:00:38

Claire Westlake 1:03:41

Ross Weston 1:14:21

Kathy Ling 1:45:34

Knype Pool Charity Race 5m - 24th February



Report By Kathy Ling

After fighting our way with two new roundabouts and coming to a dead end road, we managed to find the Green bank Park where the large Knype pool, weather was cool but OK. 186 entries double from last year.

I picked up my number up ready for the race, The lady mayor and town crier was in full vocal, but never heard the start so quickly joined the runners this race had everything,

hills, forest, fields and plenty of muddy narrow paths along the knype pool it was magic, snow on the one side and sunshine on the other big steps my little legs had to work extra hard, and trying my best not to slip in the icy pool. I had just done over a mile when I meet the winner coming home Simon Baily who is the British fell runner champion his time was 26.55. Markin Delkin was second 27.07 going past me like lightening. When I got to the top the view was awesome, then off across the muddy fields and descending down in to the woods the marshals were good and supportive, the sweeper was a young man who only ever run 3m he keep stopping and was struggling every so often I would hear this heavy breathing coming up behind me what a laugh

In spite of the uneven under foot and really had to watch where I was running I really enjoy this brilliant race and would do it again. a nice mug from the mayoress.

PS needed the portoloo but when I got back someone had taken them away.. to p or not to p???

Kathy Ling 1h 20M

Apley Estates Run - 17th February

Report By Sue Gill

Apley Estate 5K

This was my Second official race, on a very cold / sunny Sunday morning (I can't believe that this time I wasn't taking photo's because I was running)and I still managed to miss the group photo from being stuck in the queue for the ladies (Only

2 toilets and a trough for the men).

I just got back in time to see the 21k set off, then the 10k and then it was my turn. Eek!

And we were off, a good start off up and back down the lane. We then started running down the hill which was good till you spotted people running back in your direction – which meant only one thing, yes we would be running up the hill as well. Then we were mostly on the flat, I could see people disappearing around the corner, and there was this one lady in the distance who kept running, then walking, I finally over took this lady, which felt good. I got to the corner and I could see a Hill! I managed to get to the top without stopping, but turned another corner to see an even steeper hill, I was determined to keep running, but my legs got slower and slower and before I knew it my legs were walking. When I got to the top I then started to run again into the open field and I could see the finish line, hooray I thought! I did my run in 37.13

There were 63 runners in the 5k, of which 3 were Wrekin Road runners Newbies! Which all did a great time

Report By Pauline Kesek

Apley Estate 21k (well it was actually 12.1 miles!)

On a cold and sunny morning on a beautiful country estate

18 Keen Wrekin Road Runners all began to congregate!

We all started strong with so much beauty to enjoy

A huge mansion, the river, woodlands, and the hills .. Oh boy!

Lap one was a pleasure, although rather tough at times,

But lap two was painful, especially the climbs!

It was undulating and at points steep, with muddy areas galore!

But speaking for myself I will return next year for sure!

Special mention goes to Simon ... third in the race and first in his age!

To All you Wrekin Road Runners we took centre Stage!

Thanks must be given to the marshals and those that came to support,

I must mention Alison, Chris and 4 legged Fred in this report!

Those that did the 5 and 10k were also there for us at the end!

Just goes to prove that if you are a Wrekin Road Runner you are never without a friend!

So I end this report by saying one final thing to you readers ...

Come join us next year and let this club be the leaders!!!

21k Results

Simon Hardiman 1:21:32 3rd overall

Edijs Alksnis 1:27:12 10th

Dave Issac 1:29:44 16th

Paul harris 1:31:02

Steve Gill 1:32:20

Darren Poulton 1:33:59
Paul Hadley 1:36:09
Neil Jefferson 1:37:17
Mick Fereday 1:43:49
Paul Spriggs 1:45:43
Dave Fitton 1:51:21
Mark Evans 1:55:47
Tracey Drummond 2:00:10
Pauline Kesek 2:00:55
Jane Kind 2:01:15
Sally Withington 2:02:38
Donna Howells 2:07:01
Julie Tatton 2:07:20
Rob Hurley 2:09:52

10k Results

Tim carter 42:54

5k Results

Jennifer Harrower 35:30
Susan Gill 37:13
Julie Spriggs 40:43
Kathy Ling 46:12

Parbold Hill Race - 16th February

Report By Linda Edmondson

After doing the timing at the Wythenshawe parkrun, I popped over to Parbold Hill (near Ormskirk) for a genuine cross-country experience – 6.75 miles of road, track, fields, hills and mud. After 3 months nursing my Achilles I was a bit apprehensive (thought something shorter would have been better really, but this one is such fun I couldn't resist) but managed to get around without too much pain (just a lot of unfitness). It was the muddiest Neil has known it – and he's been doing this race for 35+ years. I did 1:13:40 and was pleased considering the conditions

Wyre Forest 8 - February 10th

Report By Paul Spriggs

Three hardy Wrekin Road Runners ventured into the Wyre forest for the 8 mile cross country run, the weather was cold and very wet this only meant one thing lots & lots of mud and water. There were 200 starters the first two and a bit miles are down hill on a track you then hit the mud and water that seemed to go on for ever. Thanks to

the runner behind me who pulled my trainer out of the mud after it decided to leave my foot. There are some tough hills especially after all that mud but the last one just seemed to go on far too long. It was a great run if not a little cold at the end I have never seen Steve shake so much trying to eat his mars bar. The course was slightly short at just over 7.5 miles which my legs were quite pleased with.

One for the diary next year.

Steve Gill 60:35 (24th overall)

Paul Spriggs 68:08

Pauline Kesek 79:24

Nick Beer 10k - 10th February

Report by Kathy Ling

I am glad I had a double helping of porridge and honey as the weather on the way to Llandudno was foggy and raining we arrived in good time. 620 runners turned up in the cold weather it did start to clear up, on our numbers were the time chip and our name and for a while I was mystified why people were calling my name then I realised. by the time I had reached the top of Great Orm the winner was crossing the line Rob Samuel from Eryri Harries won it in a time of 31m.35 sec.

Once I started down on the west side the icy wind set in and I thought I had frozen my attributes it was very well marshalled and the atmosphere was great usual thing ended been last as some runners dropt out finely reached the prom which is a long one to great support from spectators and a nice china mug the weather was closing in so after a nice cup of tea we set off back home when we reach Shropshire it was snowing very hard.

I love this race and was pleased with my time and well done to Ken Richard.

Once again I do get the odd runner coming up to me saying we glad your in the race it means we won't be last

and two lads come out of a pub asking am I really going to go up that hill I said yes are you coming they turn on their heels went back in the pub but were there when I came in holding a pint of beer for me....

Kathy Ling 1h 24m

Ken Richard 1h 17

Brooks Alsager 5 - 3rd February

Report By Kathy Ling

Jan and I went up to Alsager in the cold and wet weather we all had to collect a time chip and made our way (10 minutes walk) to the start and we soon started to feel cold, a delay in the start did not help. I was aiming to do it in 67 minutes but found I could not get going but not giving up we carried on at this stage we were not last. But

when we reached mile 4 we became the last runners owing to some of the runners dropping out. When I reached the last half mile a policeman joined me and wanted to know what the X was on my back (member of the north staff league) I told them it meant I was dangerous, he continued to run with me, and when I crossed the line all the sirens went off great fun I was pleased with my time as I have a little injury, 794 entry's.

Although the roads were full of pot holes I would love to do it again

Jan Pugh 1:05:53

Kathy Ling 1:06:08

January Jog - 6th January

Report by Steve Gill

The January jog is a very friendly 5k race with all money raised going to Macmillan cancer. This was a great first race for a number of our beginners to try their hand at. Conditions under foot were damp and slippery with the race consisting of two laps of a 2.5km off road course. Wrekin road runners came 1st and 2nd, with also a number of men and women finishing in prize winning positions.

Funny moment of the day was Kim Bennett taking the wrong turning and taking 4 or 5 people with her.

A number of went to the Phez pub / Newport afterwards for a few drinks. The landlord (Quinny) also provided curry + chips. Thanks for their hospitality.

Mark Dalkins 16:16 1st position

Paul Ward 16:30 2nd position

Dave Isaac 20:21

Steve Gill 21:07

Paul Hadley 22:00

Paul Williams 22:09

Darren Poulton 22:12

Alan Palin 22:46

Paul Spriggs 23:39

Kim Bennet 25:19

Mark Evans 25:32

Pauline Kesek 26:22

Julie Hartland 28:05

Rob Hurley 28:20

Jon Aston 28:58

Elizabeth Siddall 29:41

Bev McCarthy 30:31

Donna Howells 30:48

Susan Bouskill 31:09

Luca Howells 31:41
Sue Gill 34:08
Jennifer Harrower 34:40
Annie Bradley 36:17
Kathy Ling 41:56

Shropshire Cross Country Championship - 5th January

Race Report BY Steve Gill

After the lovely weather of late I arrived for the event knowing that conditions underfoot would be trying to say the least and I was not disappointed. Wet and very very very muddy. This is an enjoyable and very hard event but I would recommend you try it at least once. The ladies ran 3 laps and the men 4 laps of mud, sweat and more mud.

Paul Ward won the event in a thrilling race with Joe Brocklehurst from Shrewsbury AC. Sprinting past me near the finish (I was a lap down by then). Well done Paul in retaining your title.

Thanks for the men cheering on the women, the women cheering on the men and Mark, Dave, Chris, Kathy, Jan and Ian for your support.

Ladies Results - 3 laps

Kim Bennet 30:37
Pauline Kesek 32:08
Allison Haycox 32:54
Lorraine Bradley 34:04

Male Results - 4 laps

Simon Hardiman 40:13
Lee Rudd 43:48
Steve Gill 44:46
Paul Hadley 45:55
Tim Carter 45:56
Neil Jefferson 48:50
Paul Spriggs 48:59

Vernons Limp Wrist - 1st January

Report By Kathy Ling

As I had consumed a lot of Christmas trifle and Champagne, I thought I better get back on the road again.

I went to Stafford to run the Vernons Limp Wrist 5 miler, you give the marshal you estimated time, for me 1h 8m.3 sec.

you are not allowed to wear a watch. It was a beautiful morning with blue sky. The race started at 11.30am its a lovely run starting off on the road but soon running around the pools then once on the old railway track its great until we came to the water bit the water was as high as our calf's for about 3/4 of a mile runners in front of me were messing about deciding which side of the muddy track to run, and complaining that it should have been cancelled, I had had enough of this messing about and was losing time so I took off down the middle and keep going, there was a turning point so I manage to see the first one on there way home I knew I had to go through the water again, I managed to pass a few runners, when we get back on the road we have to run pass the finish and then run the last half mile up a little hill and return to the finish I was last on the results because the other runners just stop at the finish instead of completing the last half (rats) I really enjoyed the 5 miler. Prizes were given to the nearest time. I had put down my time as 1h.8m.03sec my finishing time was 1h.8m.20sec I was 17 second out that a one off...there was 123 entries and all the money made went to Katherine's house hospice.

Happy new year to everyone