

Reports & Results 2015 July to December

Bridgnorth 10k - 1st November



Report by Allison Haycox

Rumour has it that this is a hilly race - we love hills so this wasn't going to put us off...was it....?

Considering it's only in its second year, the race was very well organised with clear instructions and a quick and easy pick-up of the chipped number at the start. The start was located in the "High Town" section of Bridgnorth which kind of gives you a clue as to how this race was going to pan out.

A loud siren started the race and we headed off downhill – yay, I hate an uphill start. As we headed towards the river, it wasn't long before we encountered a field. I must have worn my "oh no, wrong trainer choice" expression as the marshal quickly explained it was only a short stretch of grass before we would be back on the road. It wasn't long before I wished we had stayed on the field as the road went up, and up...

and up...! A brief respite as we headed downhill, only to face an even steeper climb at the next hill. As I began to wonder how the topography of Bridgnorth defied the laws of physics, a marshal broke the news to us that we had a downhill stretch approaching. And what a downhill stretch it was – it went on for well over a mile and was a welcome relief. Unfortunately on my drive into Bridgnorth I had spotted the 8km marker and knew there were more hills to come at the end. The last steep section past the Severn Valley Railway nearly finished me off but the support from the marshals and other runners was really friendly and encouraging. The biggest cheer came from the 9km mark where Jenny (and her cow bell), Rob and my hubby were standing – WRR know how to support! Just as the end was in sight, there was a sneaky loop of St Mary's Church (really pretty grounds, who knew it was there?!) and then back to the Town Hall and a shout out by the announcer to finish. For a reasonably priced 10k race, it was well organised, brilliantly marshalled, and you get a great if slightly bizarre goody bag (tomato ketchup, toothpaste, bird watching magazine, but disappointingly no seeds this year!), and a rather nice medal and T-shirt. There was also a cake and Snickers bar – no prizes for guessing who in the group photo demolished theirs in a hurry! Great race which I'd definitely do again.

Matt Costello 36:12 (3rd overall) – How fast?! Well done – amazing result.

Ben Carter 41:00

Darren Owen-Jones 42:32

Robert Costello 48:15

Philip Howarth 48:52

Carl Evans 52:04

Mark Evans 52:25

Kevin Hyde 52:54

Amanda Lysons 54:31

Allison Haycox 56:30

Becky Owen-Jones 57:10

Kathy Ling 1:26:50

Flying Fox 10 mile - 1st November

Report by Sarah Green

Organised by the Stone Master Marathoners running club this race starts and finishes in the pretty little village of Standon just a few miles from Eccleshall.

Due to the thick fog and my usual amazing navigational skills I rolled up a little later than anticipated just in time to dump my car in a ditch, grab my race number and trot off to the start line which is about half a mile from race registration.

Last year we were spoiled by clear skies, bright sunshine and unusually mild weather, this year the fog was stubbornly refusing to clear and was so thick in places you could only see a few meters in front of you.

However it was mild and the mist rolling through the fields and the dewy cobwebs on the grass did still have a certain autumnal appeal and at least it wasn't raining!

This race is described as challenging and it's definitely one you have to pace yourself, last year I had a horrible last 2 miles when it felt like everyone came past me so this time determined to pace it better I decided to start nearer the back, possibly a bit too far back as it was a very slow start but it did keep me from going off

too quick.

With the first 6.5 miles being mainly uphill it's a gradual climb for the most part with the odd sharp incline and bridge but the real killer is a steep bank just at the 5.5 mark, fortunately as I'd done it before and knew what was coming I'd managed to save enough energy to crawl up with only a little swearing and after a much needed water stop it was off up another hill (which I am sure wasn't there last year) but what goes up has to come down and the last two miles are a nice gentle downhill to the finish.

Although it isn't the easiest course I really enjoyed it, there were around 230 other runners, everyone was really friendly and there were lots of different ages and levels of ability, you don't get crowd support or a technical t-shirt but you do get a great atmosphere, flying fox beer and the satisfaction of knowing you've earned your Sunday lunch!

Time 1.25.36

Bristol and Bath Marathon - 25th October



Report by Phil Goodwin

Bristol holds a lot of sentimental value for me. I went to uni there, met a load of brilliant people, got my first "proper job" and most importantly, met and married my lovely wife there before heading on up to settle here in Telford. So it was a real pleasure to revisit some of the old haunts the day before the race and we even ate in the restaurant in which we shared our first date: Casa Mexicana in Zetland Road near the famous Gloucester Road. I know what you're thinking...Mexican the day before a marathon...that's crazy talk! It's OK, I went for steak!

I absolutely picked the right hotel for the race, The Bristol Hotel in Princes Street. You literally walked out of the door and in to the start pen. I went for the 3:00 - 3:30 pen aiming for a time somewhere between those, I would have been over the moon with

3:15 so coming in at 3:16 plus change was a really satisfying result given the elevation of the race. The Garmin 920t was set to virtually pace to 3:15 but I can't say I used that feature too much until the end when I realised it was slipping away a bit.

The first part of the route is pretty fast and flat, in fact it follows the route of the Bristol Half Marathon, a race which I did in the Autumn of 2013. About a mile in I tagged along with a guy, Chris, who I ended up running most of the race with, it's always a lot easier to run a long race like this with someone as you can gas the whole way round and the miles just slip by. This works best with a stranger as 3 plus hours with someone you know can mean that you run out of things to talk about. Anyway Chris seemed to have similar targets to me (he infact upgraded his 3:30 target to a sub 3:15 when I told him he would be good for age for the London Marathon if he were to achieve this.)

So on we ploughed at about 7:20 pace (a bit quicker than needed for 3:15), occasionally 7:10...(far too quick...) and this speed was OK, it would be for half a marathon on a flat course. However at 14.5 miles the course starts to get interesting, a few hills start to appear. Not allowing this to slow us down we continued on the journey, hoards of supporters shouting my name, one person shouted Chris, someone he knew. He was confused as to how everyone knew my name, took him a while to figure out it was printed in large letters across my chest...I think with hindsight I should have eased off a bit on the hills, especially the beastly one mile long one from about 20 miles which really finished me off. Even the downhill after that felt like I was still climbing. Chris dropped me just after this hill, we had made a gentleman's agreement earlier, spurred on by the fact that he could qualify for London he pushed on and actually completed the course a good 5 mins ahead of me.

As you enter Bath right near the end of the run there are a series of twists and turns, little decents and punishing little climbs, it has to be said that this was a dark place. Despite the passage through Royal Crescent being truly breathtaking, it took a lot of self motivation to get myself to the end. I was saved by the water station at around the 24.5 mile mark. Instead of drinking the water, I emptied the whole freezing lot over my head, Brownlee style in a bid to kick start my weary (here comes the science bit) nervous and cardiovascular systems. This had the desired effect, in fact it made me a bit delirious, the pace picked up a bit and with a fair bit of shouting and missing the wife cheering me on (oops!) I managed to scrape myself along the finish chute (saw her this time) to receive my medal from 4 x Ironman Champ Chrissie Wellington. That was pretty cool!

Reunited with Kathryn, it was off to the train back to Bristol, the journey taking all of 10 minutes, the ticket seller unamused by the request for a discount with a marathon medal. On the way, a chap noticed my Wrekin Road Runners Hoodie and asked me to mention him to the club so if anyone remembers Elvis Parsley (!) then he says hello!

The Bristol and Bath Marathon was an enjoyable race, one which I may do again in the future. It probably wouldn't be described as a PB course although it was for me that day, but then again I have a short marathon history so it's not fair to compare it in that way. The Stava race analysis looks great until the end where the pace drops off. Was it the hill? The training not being as thorough as planned? Too quick a pace at the start? Probably a combination of all of those things, Experience counts for a lot and this was a great experience back in the place which already held so many great memories for me

Time 3:16:34

Morrisons Great Birmingham Run - 18th October



Report By Sue Gill

My First Half Marathon

After a few injuries and a long time off I decided I was ready to start running again, so I started right back at the beginning and joined our beginners group, it was a struggle to start off with, but soon got back in to it.

After getting my confidence back I decided to enter race the train 5.5 miles and Severn Bridges 10k. Then someone said why don't you do a half a marathon? I was

given a plan, hadn't actually agreed to do it then. As I was feeling more confident in my running, one night I decided to go for it and my first Half Marathon. (Birmingham Half)

So the training began - training 5 days a week, this would include weekends - my training plan was for 12

Weeks, this would include, track sessions, tempo runs, parkrun and long runs

EEK Todays the day

Well the day has finally come, up at 6.30am with porridge for breakfast and on the bus by 8am. We had decided to wear orange tutu's to match the club colours. We had just over an hour to go so off to the toilet we ran. Banana eaten, tutu's on and we were ready. Off to the start line and we were off. Great crowds from the start with music playing around the route. Just coming up to the 2 mile mark and we could see some Wrekin Road runners. I then spotted a banner with GO WRR GO Sue, it was a lovely surprise. Lots of people shouting go tutu's or go on fairies. At the 3 mile mark we could see our follow runners going by on the opposite side, more music as we went by. On to the 5 mile marker and nearly at Bourneville. Then to six miles, this went so quick and meant we were nearly half way and on homeward leg. At mile 7 we could see some more of our follow runners going by, mile 8 we went around Edgbaston cricket ground then on to mile 9 and around Cannon Hill Park. Great atmosphere with music and lots of people cheering you on. As you came up to mile 10 we had showers across the road to cool you down. Just after the 10 mile mark we were looking out for the Wrekin Road runners support crew on the bridge cheering us on. Carrying on up to mile 11, getting ready for the hill! The HILL wasn't as bad as I had thought, must have been all that training around the Wrekin & Hampton hill. By mile 12 my legs were starting to hurt, but I thought I have only got 1 more mile left as we turned on to broad street. The crowds were great, 400m 200m, then I spotted the finish line, couldn't believe I did it, 2:30:00 on the dot.

All this started only 5 months ago !

Would like to thank Paul for all the time he has put in to train us, and to Julie, Cherie, Annie and Becky for all your support on our long training runs, couldn't of done it without you all xx

Paul Richards 1:20:41

Lee Rudd 1:20:47

Dave Issac 1:25:09

Ashley Cartwright 1:29:27

Ben Carter 1:30:53

Darren Owen Jones 1:34:33

Lee Bates 1:35:13

David Leonard 1:36:24

Carl Evans 1:26:58

Philip Howarth 1:42:26

Paul Firmstone 1:45:30

Dave Davies 1:46:01
Jessica Speed 1:48:40
Colette Duffy 1:48:40
Sarah Green 1:51:08
John Warburton 1:51:22
Stephen Sherwood 1:51:22
Robin Hartley 1:52:18
Kelly Jones 1:54:23
Dale Hancox 1:55:39
Amanda Lysons 1:57:01
Stephen Williams 1:57:42
Alison Haycox 1:59:32
Emily Jarvis 1:59:53
Jane Kind 2:00:15
Emma Lyle 2:00:23
Belinda Gower 2:10:09
Helen Hall 2:18:46
Robert Fellows 2:19:36
Denise Fellows 2:19:37
Emma Jones 2:22:41
Ceri Crabbie 2:22:42
Stacey Paskin 2:25:07
Dan Lewis 2:25:07
Suasn Gill 2:30:00
Paul Spriggs 2:30:01
Julie Spriggs 2:30:01
Sam Jones 2:30:02
Holly Thomas 2:32:40
Rosie Thaomas 2:32:41
Rob Hurley 2:39:40
Annie Bradley 2:39:40
Rebecca Owen Jones 2:39:40
Cherie Rudd 2:39:41
Matthew Williams 2:55:25
Bridie Jones 2:55:26

Amsterdam Half Marathon - 18th October

Report by Mio Kontic

My first race abroad, entered last November whilst I was still with the Telford Harriers. But fret not, I ran in WRR colours!



Didn't really get any sleep on Friday night as I had to be up at 2am, leaving home at 3am to get to Birmingham airport, 6am flight. We were in Amsterdam before 8:30am. It looked very similar to England, mostly wet! The hotel – the Ibis Express Schipol – was nothing spectacular but good enough; it had a bed, a shower, a toilet (about as small as a toilet on an aeroplane!), and most importantly (for me) a restaurant for my breakfasts.

Having dropped our luggage at the hotel we went to the expo to pick up our numbers and t-shirts for those who had entered the marathon (included in the marathon entry fee). A final carb-loading meal in the evening and we were ready.

Despite no sleep on Friday night I couldn't sleep on Saturday night either – not good preparation for the race. Last weather forecast we had seen said it would be raining pretty much all day on Sunday. When I popped out at 9am it wasn't raining and looked quite pleasant. Within 15 minutes it was raining! Marathon started at 9:30am, half marathon due to start at 1:20pm. Left the hotel around 10:30am as I had forgotten to pack some lycra shorts so would have to buy some at the expo. I decided I might as well get a t-shirt at the same time.

The start seemed rather unorganised, not an easy task I guess with so many runners. It was done in waves, but there seemed to be a lot of runners who should have been in a wave in front of mine but simply couldn't get to it; it didn't help that there were non-runners also trying to squeeze through. The rain had drizzled all morning but stopped literally minutes before we started, with just a nice cool mist lingering in the air. It was supposedly 6 degrees centigrade but felt much warmer than that, maybe

because there wasn't a breath of wind. We finally started moving and eventually reached the start line – the race was under way! My plan was to beat my Lake Vyrnwy time of 1:59:33. Although I'd packed my race pace card for 2 hours, I'd forgotten to bring it with me – it was still in the suitcase in the hotel! Never mind, I knew that for 2 hours I had to do each 0.1 of a mile in 55 seconds – that equates to 9:10 per mile. As everyone keeps telling me, most runners don't like doing this, but working out my time every 0.1 of a mile keeps my mind occupied and takes it off the running; it's also a far better way for me to make sure I am doing the right pace. My pace was very good and within a few miles I was 30 seconds ahead of schedule, not an easy task as there were many slower runners ahead of me who had obviously put down a time well beyond what they were capable of! There were a number of music bands around the course, not that I paid much attention to them. Lots of drinks stations too, but the use of cups made it difficult to actually have a drink whilst still running. Lost a few seconds each time trying to collect a cup, avoid the many cups that had been discarded, runners who walked to drink, and trying to actually have a drink myself, most of it missing my mouth and running down my chin! In the latter miles I started to tire a bit and lost a few seconds, but I dug deep and got it back to about 45 seconds ahead of schedule and on course for a PB. Having to constantly work out my pace made the miles pass very quickly and it wasn't long before we reached the stadium. Just one problem... it was obvious that it was going to me more than 13.1 miles; my Garmin showed a distance of 13.26 when I crossed the finish line, as did most others. I heard that the marathon was similarly over distance, either 26.4 or 26.6 miles – I can't now remember which. Unfortunately I didn't quite manage to get home inside of 2 hours, but was really pleased with the run and my pace, and a moral PB had the distance been correct.

The course was mostly flat through the centre of Amsterdam with just a couple of bridges to go over and possibly one other small incline – definitely a PB course even with the extra distance. I'm told it's very scenic but I don't see very much whilst running. Even though I said it would be my last half marathon, the lack of aches and pains the following morning tempts me to do it again next year. Finally, I have to mention the fabulous Chinese restaurant where we ate on Sunday night – the Mandarijn - the food was amazing!

Time – 2:00:19

Jimmy Cricket 70th - 18th October

Report by Kathy Ling

To celebrate Jimmy's 70th a 5k race was organized at Whitworth Roachdale. Janet and I travel up to Roachdale we were looking forward to meeting him his charity is the local children's Hospice. Janet had made us labels with left & right, Jimmy was thrilled about this and we had great fun with him.

About 120 had entered and Jimmy started the race and gave the prizes out. The race started at 11am off we went once we got up the big hill it was lovely running around the Cown Reservoir twice, the wild life was brilliant not forgetting the Brass Band who played all the time we were running.

We all met back at the local pub called the Cock & Magpie.



Jimmy gave the prizes out well done too Janet Pugh winning the 0/65 then we all had a piece of Jimmys cake great atmosphere and we were made very welcome

Janet Pugh 37m

Kathy Ling

resting now for a while####

Bells of Pattingham - 11th October

Report by Allison Haycox

I love this race - It's tough, it's hilly, it's muddy and it's ace! I'm not exactly sure what the appeal is. Maybe it's because at 7 miles it's a bit further than the usual 10k? Maybe it's because the course is very narrow and congested in places so you can't take it too seriously and "race", allowing you to forget about PBs and just enjoy the beautiful scenery? Or maybe it's the friendly marshalls located in random fields and bits of woodland in this lovely Staffordshire village which gives the whole thing a laid back and cheerful atmosphere? Whatever it is, this is the 3rd time I've done this event and I've loved every one.

The start was a mad dash across a field, before we ground to a halt as we all squeezed down a narrow path into more fields. It was impossible to pass so it



provided a good opportunity to relax and chat with other runners as we waited for the next opening to gain a bit of ground. It was on a wider pathway that I caught up with Sam, who flashed me her wounded leg from an earlier dive. After a mile or two (I was so chilled I didn't even bother with my Garmin) there was a long, steep climb which I had somehow managed to forget about from previous years. As I weaved and dodged other runners who had obviously been neglecting their hill reps (tut, tut), the climb just kept on going.... On reaching the top, it was back to tailgating runners along narrow footpaths. The varied terrain makes this a great but challenging run and every corner, with a cheerful marshall pointing you in the right direction, brings you something different. The highlight is about a mile from the finish when you can hear the church bells ringing in the distance and you know the end's within reach. The finish is a nasty little slope into the school playing fields where you're greeted with a welcome cup of tea and a piece of harvest cake (I actually think this may be the real reason for this being one of my favourite races!) Oh yes, and you get a quirky horse brass as a memento rather than the usual medal – what's not to love about the Bells of Pattingham?!

Carl Evans 00:56:37
 Robert Wilson 00:58:35
 Mick Fereday 00:59:50
 Stephen Williams 01:03:33
 Mark Evans 01:05:55
 Allison Haycox 01:07:13
 Joanne Smith 01:09:29
 Dan Lewis 01:10:24
 Sally Withington 01:11:17
 Sam Jones 01:11:20
 Julie Tatton 01:15:30

Stacey Paskin 01:17:44
Robert Hurley 01:19:07
Andrea Wilson 01:25:09

Les Foulees du Bord de Loire 5k & 10k - 11th October



Report by Kathy Ling

I told John to pack his socks and off we went to St Pancras in ready for the Eurostar to Paris we went to catch another train to Orleans then taxi to Jargeau. Jargeau is a small town but very beautiful with lots of history and the people are very friendly.

Although I could not speak any French but I seem to order the right food and drink on the Friday the Lads came and took us around the Loire valley to look at the lovely Chateaux's.

Sunday the race day was here, very cold and misty. At 8am I went to book in and ask if I can do the 5k and 10k the lady gave me a strange look said are you well enough where is your medical I gave it to her, she look at me and said nobody has done the 5k and the 10k, before you will have to be back within the hour I thought here we go again, she went off and came back with a smile so pick up my numbers and got ready for the 5k.

Off we went running round the back streets I came in at 37m and was not last Ian and Ken had a good run.

I changed my number had a drink and piece of cake then was ready for the 10k now unbeknown to me the 10k started up the road and around the corner so

suddenly realise after making inquiries strange looks from marshals and Paul just made it as well

The first 5k was flat and on the roads coming up to 5k a lady offered me a drink which looked like grapefruit juice I took a good swig and suddenly realise it was pernod that was a shock to the system. The second half was off road though a lovely wood I missed the turning but soon got back on route when I reach 8k a marshal come up to me on a bike ask if I was ok, I said I could not understand French he then spoke in English to let me know that the 20k were coming through, then he ask me if I had seen a body no was my reply strange I thought hoping it was not Paul.

I finished the race and really enjoyed it. Later I was presented with a cup for 1st 0/70 in the 5k and then a cup for 2nd place in the 10k the lady who was 1st 0/70 said she was not mad enough to do two races together.

Well by this time the wine was flowing like mad the refreshment were very tasty after that things went down hill I was seeing double, I was then sick but soon recovered and was ready for the evening we had a great time as everybody were friendly.

Next day was a quite day John and I just visited four bars on Tuesday we headed back to Paris and on the Eurostar back to London we had a brilliant time great memories.

resting now.

5k Kathy Ling 37m
Ian Emery 43.38
Ken Richards 44.22

10k Paul Williams 52.45
Kathy Ling 1h.27m

Robin Hood Half Marathon - 27th September

Report by Gayle Cashmore

Having first taken the step from 10k to half marathon earlier this year, this was to be my 2nd half marathon. I had previously made the mistake of setting off too quick and struggling at then end, I had also not done as much training as I would have liked, so planned to start off nice and steady. This worked well with the elevation of the route as there was an uphill section in the 2nd mile and then fairly flat for the rest of the course.

An early start was called for as the run started at 9:30, the journey took approximately 1hr 45min from Telford which included the time getting through the traffic in Nottingham. Plenty of free parking was available in the recreation ground near the start. Unfortunately by the time we got there I was in desperate need for the loo and panicked a little at the sight of the queue for the portaloos! My warm up

consisted of a game of extreme bladder control, fortunately I made it and got to the start line with just a few minutes to spare.

This is by far the biggest event I have entered with over 7000 people finishing the half. A new route had been set out from previous years, we started off next to the River Trent on Victoria Embankment. The route took us past the castle and through the scenic deer park. The weather started misty but brightened up throughout the morning. The support all around the course was fantastic, there were a couple of live bands set up along the route, the local radio station were also playing music and even a few cheerleaders were out. Bottles of Lucozade were given out at the start point and 5 mile point and there were plenty of water stations throughout. There were many food stalls set up along with a massage tent and shopping tents around the start/finish area. The goody bag was disappointing but there was a very nice medal.

Overall I thoroughly enjoyed the course around what I later discovered had been awarded Britain's cleanest city. I would certainly recommend this event, especially to those like myself who are new to half marathons. I was very pleased with my time 02:01:20.

Gayle

Rochdale / Whitworth - 26th September

Report by Kathy Ling

I had planned to do two races on my birthday we stayed in a nice little pub at Whitworth, the landlord told us it was only a mile & half across the moors to the local parkrun. By 8:40 am we were truly lost thank goodness the weather was lovely and warm.

We managed to find the Oxford Inn where the Ron Hill 77th Birthday 5k started and finished, the weather was still warm the 5k was supposed to be two laps of the local reservoir it was completely different when we started, we did one big circle with a big hill in it, it was very very challenging.

It would make a good fell race, but I did enjoy it I think my time was 45min I did receive a bottle of wine not quite sure why.

Worcester Wineathlon - 13th September

Report by Kathy Ling

This was a 8miler with 3 water / wine stations. It was brilliant and truly chaos, about 400 took part with lots of great fancy costumes especially the ladies from Telford in their lovely Spanish outfits.

It was late starting and we began at the bottom of the hill, only to find a kissing gate at the end of the first field which caused complete blockage but nobody

seem to be bothered the ladies with lots of balloons kept going bang, which made it a great atmosphere I have never had to fight so many styles of allsorts not designed for my little legs. There were at nearly every field not forgetting the many gates, the first water station was complete chaos we had to fight for the drinks so I carried on to the next station.

3/4 of the race was off road and very dry and uneven with big ruts so we had to really concentrate on where I was going. There were no marshals any where but there was plenty of signs. After about 4miles we came across a cricket match and I think there concentration was lost when the lovely Spanish ladies especially Caroline Beresford went pouncing past, I wanted to have a go at bowling but their would not let me. At Last come home, nice finish down hill We had T shirt and I think my time was about 2h 30m

I just got to do it again hic hic

Little Aston 5 miler - 6th September

Report by Kathy Ling

Janet & myself popped over to Little Aston, this was the 4th time we have done this race and we always enjoy it.

137 runners took part, the race is down very narrow roads we were met by lots of cyclist who gave us plenty of encouragement the weather was getting hot, and as usual there were problems with the results. However the is an interesting goodie bag.

As we were enjoying our cups of tea we had a surprise Janet won the 65 plus and I won the 70 plus so we both had a bottle of wine then I was called back to receive another bottle from last year because of no results from last year now my John's face did light up Janet had a very good run with a PB and I had a PB

And of course will hope to do it next year

Janet Pugh 63m

Kathy Ling 64m

Severn Bridges Half - 2nd September

Report by Sarah Green

Having signed up with lesley's persuasion (she didn't have to try very hard to be fair) for a number of races basing our selection more on location than the event itself I

admit I hadn't given a lot of thought to the course description of undulating with one hill....

We arrived at the campsite and were allocated a spot at Gods Window which was lovely with breathtaking views of the surrounding countryside .We made a last minute decision to collect our numbers the evening before the race and we were glad we had as traffic on the morning was heavy due to the bridge being closed.

We set off in plenty of time and wthe campsite was only about five miles from the start but cars were queuing round the island to the car park so I felt sorry for anyone who was running late!

After the obligatory last minute toilet stop we headed towards the bridge for the start, I noticed then that the last mile would include a short hill right before the finish line which should have warned me what might be ahead!

The start was delayed by 15 minutes due to people getting stuck in traffic which gave us time to appreciate the views from the bridge before the distant sound of the firing pistol signalled the start.

After a downhill start from the middle of the bridge the first five/ sixmiles were a gentle mainly uphill climb with the odd hill thrown in but nothing too uncomfortable, at the bottom of each were signs saying "this is not THE hill" and I saw one at four miles saying " you're NOT nearly there" which made me smile. Support was minimal but chat from the other runners helped the miles tick away. Another warning sign declaring "we can smell your fear" and there was THE hill around the halfway mark, it was steep and was one of those that kept twisting so you couldn't see the top, I managed a jog to about halfway but then had to walk I'd totally lost any idea of time by now and stupidly pushed the next mile too quickly. My watch flashed up the next mile 7.45 and things got a bit sticky from there on, luckily most of the way back was downhill until the bridge when we had to climb back to the middle point, it's not a gradient you'd probably notice normally but I was done, I'd stupidly had only a cereal bar for breakfast after a porridge malfunctione and just ran out of energy. A cheery spectator was encouraging me to woo hoo go for it! I briefly considered pushing him over the edge but decided it would be a shame to get disqualified this far into the race. It had started raining a bit and the breeze was welcome as despite being overcast it was quite humid and warm especially inland. A very welcome downhill the other side of the bridge was followed by another mean little uphill section to the finish.

I managed to totally miss Lesley coming in but we met up after to discuss the hills, the smallness of the t-shirt and how unpleasant it was going to be packing up in the rain!

Overall the race was well organized, nice medal and shirt and it was nice to run on the iconic Severn bridge I found it hard going but have taken a couple of lessons from it for the next race!

Sarah Green 1.55.25

Lesley Ramsden 2.21.29

Hatton Darks 10k - 23rd August

Report by Kathy Ling

254 took part in this race no entres on the day, weather very hot and close.

Once the race started we immediately come to, two very challenge hills well there are there so you just get on with it, this race was mostly on the main road but well marshalled and great encouragement

Well done to Mick Fereday first Wrekin Road Runner home and he was very kind waiting for me and running in to the finish.

This is the first time I have done this one and would love to do it again and have another go at those hills, we had a very nice tea and cake.

I managed to pick up a prize [not sure what for but not complaining]

Mick Fereday 46 50

Kathy Ling 1h.19m

Dolgoch Challenge 5 miles - 15th August



Report by Sue Gill

It was my first race after injury so a bit nervous. Stephen drove Cherie, Julie, Becky and myself to the start where we were to meet the Lord Hurley with his race number. Jessica and Collette had taken the bus earlier.

Now to say he was cutting it fine was an understatement as he abandoned his car with approx. 5 mins to go it was like an F1 pit stop as we all gathered around the lord. One pin each for his number and then his chip attached to a trainer. He even had time for a little tinkle such was the speed of the pit stop – McLaren will be calling us up next.

After the team photo of the lord and his harem we were off

The course was over fields and the last mile being footpaths into town. Jessica, Collette, Lord Hurley, Cherie and Becky started at a faster pace than me so they moved off into the distance. Julie and myself ran pretty much together with Julie feeling a twinge on her hip slowing her down. Conditions underfoot were drier than a few years ago when I last did it but never the less dodging animal poo was the name of the game.

There was one hill (Stephen said it was probably only an ant's nest knowing my view

of hill against his). We walked the hill and then was off again towards the puddle that you couldn't avoid. This was flipping cold – brrrr
Onwards to the finish from there at a nice steady pace Julie and I ran. As we ran up the high street towards the finish hand in hand it was great to be cheered on by all supporters and runners from Team WRR.

A dinner plate of a medal and a T-Shirt with some other random things in a bag made it all worthwhile.

Thanks to Julie for running with me

00:41:20	Jessica	Speed
00:41:29	Colette	Duffy
00:50:56	Rebecca	Owen-Jones
00:50:57	Cherie	Rudd
00:50:57	Rob	Hurley
00:58:23	Julie	Spriggs
00:58:23	Susan	Gill

Neil Howells Memorial 4.5m - 14th August

Report by Kathy Ling

This is the last race in the Maldwyn Harriers mid-Wales series 120 entered and its consist of two great big hills, after about mile, I had to face the first one which make you huff and puff but got stuck in.

There had been a lot of rain so I was disappointed, very little mud but running down the other side of the first hill came in to a load of well spread fresh cow stuff then recovering from that, I face another hill called the Town Hill, I was quite happy with this hill as some of the runners were walking up then off to another challenge down around the ruined castle with hidden little hills at last back down in to Montgomery town centre which was very very steep we were welcomed by a very good crowd excellent refreshment managed to win nice bottle for John.

Always loved these series looking forward to next year

Time was 1h 8m

Pies & Peas 5m - 5th August

Report by Kathy Ling

This is the second time I have done this race and I loved it. Its a cross country race and starts and finish in a village called Moulton this is a very popular race and with a limited entries you have to have entered very early.

While waiting for the start a hard face women came up to me and ask what category I was in I said look here sunshine I am only here for the pie and peas. Once the races got going I was on my own as I got the very narrow lane I keep wondering where the back up was I was truly on me own, the marshals were brilliant and when I got back I did not realise I was not the last one strange feeling once back to the finish and I enjoyed the lovely pie & peas help by John then I had a lovely surprise.

I had won the 70 category (£10 cash) very nice I wonder what's happen to the hard face women?

Time 1h.8m loved it and would do it again

Adidas Thunder Run - 25th July



WREKIN FUDDY MUCKERSFLY

Sally Withington	01:04:07
Ashley Cartwright	00:48:13
Kev Summer	00:56:57
Mark Evans	00:58:47
Andy Mcnaughton	00:49:28
Sarah Green	00:57:19
Emma Lyle	01:00:10
Tracey Looker	00:58:59
Sally Withington	00:59:51
Ashley Cartwright	00:44:37
Kev Summer	00:58:12
Mark Evans	01:07:16
Andy Mcnaughton	00:53:12
Sarah Green	01:00:34
Emma Lyle	01:03:51
Tracey Looker	01:04:08
Sally Withington	01:07:38
Ashley Cartwright	00:52:18
Kev Summer	00:57:04
Mark Evans	01:01:17
Andy Mcnaughton	00:51:21
Sarah Green	01:01:07
Emma Lyle	01:05:36
Tracey Looker	01:06:16
Sarah Green	01:03:45



MR & THE LITTLE MISSES

Carl Evans 00:54:34

Sam Jones 01:03:43

Stephen Williams 01:02:19

Jon Shore 00:53:22

Amanda Lysons 00:58:22

Julie Hartland 00:56:39

Deb Millington 00:51:15

Mark Lysons 00:53:43

Carl Evans 00:46:20

Sam Jones 00:59:16

Stephen Williams 01:08:11

Jon Shore 00:57:01

Amanda Lysons 01:02:34

Julie Hartland 01:02:14

Deb Millington 00:54:22

Mark Lysons 01:03:05

Carl Evans 00:55:56

Sam Jones	01:04:57
Stephen Williams	01:19:43
Jon Shore	00:56:48
Amanda Lysons	01:04:25
Julie Hartland	00:58:02
Deb Millington	00:51:00
Sam Jones	01:22:24



BLOOD.SWEAT...AND BEERS

Seretta Phillips	01:21:47
John Warburton	00:46:12
Esther Whitten	01:05:09
Ross Jackson	00:51:22
Sarah Bates	01:22:47
John Taylor	00:57:45
Debbie Pierce	01:01:53
Vicky James	00:47:02
Seretta Phillips	01:19:06
John Warburton	00:46:30
Esther Whitten	01:07:25

Ross Jackson	00:52:47
Sarah Bates	01:32:49
John Taylor	00:57:24
Debbie Pierce	01:08:15
Vicky James	00:51:00
Seretta Phillips	01:28:39
John Warburton	00:48:24
Esther Whitten	01:11:43
Ross Jackson	00:53:56
Sarah Bates	01:31:41
John Taylor	01:00:27
Vicky James	00:52:47



WREKIN OFF ROAD RUNNERS

Paulien Eccles	01:07:32
Darren Owen-Jones	00:49:00
Lee Rudd	00:42:25
James Hickinbottom	00:39:35
Emily Jarvis	00:51:10
Kim Bennet	00:56:29

Mark Dean	00:46:40
Dave Issac	00:42:19
Paulien Eccles	00:58:59
Darren Owen-Jones	00:46:48
Lee Rudd	00:41:10
James Hickinbottom	00:38:22
Emily Jarvis	00:53:14
Kim Bennet	00:58:33
Mark Dean	00:48:18
Dave Issac	00:46:16
Paulien Eccles	01:09:50
Lee Rudd	00:49:54
James Hickinbottom	00:42:32
Emily Jarvis	00:59:41
Kim Bennet	00:58:51
Mark Dean	00:47:50
Dave Issac	00:47:29
Lee Rudd	00:44:35
James Hickinbottom	00:41:16
Emily Jarvis	01:00:45
Kim Bennet	00:59:42
Mark Dean	00:49:21
Dave Issac	00:47:39



LACTIC ACEEEEEED

Phil Goodwin	00:45:19
Jaqueline Macey	00:48:49
Paul Spriggs	00:47:41
Steve Hanley	00:47:08
Darren Poulton	00:46:59
Phil Goodwin	00:46:12
Jaqueline Macey	00:48:38
Paul Spriggs	00:49:21
Steve Hanley	00:48:10
Darren Poulton	00:47:03
Phil Goodwin	00:46:37
Jaqueline Macey	00:51:26
Paul Spriggs	00:53:02
Steve Hanley	00:52:14
Darren Poulton	00:54:30
Phil Goodwin	00:52:16
Jaqueline Macey	00:56:14
Paul Spriggs	01:06:22

Steve Hanley	00:58:39
Darren Poulton	00:54:50
Phil Goodwin	00:51:36
Jaqueline Macey	00:55:45
Paul Spriggs	01:02:55
Steve Hanley	00:52:30
Darren Poulton	00:59:54
Phil Goodwin	00:56:06
Phil Goodwin	01:19:59

North Wales Half Marathon - 26th July



Report by Mio Kontic

Last Month the Famous Five travelled to Tywyn for the Dysynni Trailfest 15k. Last Sunday a depleted Fantastic Four – Sarah Green involved in something called the Rumbling

Jog(?) went to Conwy for the North Wales half marathon. The forecast wasn't good; rain from about the time the race was meant to start. We left Telford in the dry, and it was only when we stopped on the A55 for 4 various large Costa coffees that it started drizzling. That drizzle soon turned to very wet rain, dampening the spirits. Parking at the destination was a nightmare thanks to some inefficient car park marshalling, but some quick thinking found us a prime parking position. Over to The Mulberry to get changed, last minute toilet stop, and for Warren to pick up his number. There were murmurs from certain quarters (more than just me I should point out!) about whether to run or pull out; it was going to be frightfully wet and cold. The start was put back 15 minutes to 11:15 due to the parking problems, so we decided to delay the decision for a few more minutes. Another toilet break (10 minutes after the last one!) for the ladies before leaving The Mulberry. Shouldn't have stopped for that coffee!

Back at the car and a decision had to be made. I had 3 options; A) run with an

umbrella, B) don't run, C) Anadin Extra... Anadin Extra sponsors The Chase (weekdays ITV 5pm!). This wasn't going to be a chase but more of a slog, so I opted for option A – run with an umbrella. Jo decided on some alternative protection – Asda shopping bags. These would be ripped off at the start line, Hulk-style! On the way to the start line, another toilet break required by the ladies... only 10 minutes since the last one! Definitely shouldn't have stopped for that coffee! Off Lesley went into the bushes, but soon returned, unrelieved. Something had put her off, but a couple of minutes later both she and Jo couldn't wait and back into the bushes they went, returning just in time for the start.

There were a few looks towards the guy running with an umbrella, but you could see they were thinking “yeah, clever”! And I certainly stayed a lot drier than everyone else. Mark my words, next year you will see umbrellas everywhere at races where it's raining! The 1st mile along the sand was both easy and tough; easy on the compact sand, tough on the soft sand. 4 miles of flat promenade followed; Warren and Jo were well out of sight, I and my umbrella going well and even overtaking some runners, and Lesley wasn't far behind.

A snail played chicken across the promenade path... and won! I should say at this point, only some snails were not hurt during the making of this race. At mile 5 we made a Uturn... into wind and driving rain, and the start of the 4-mile climb; now who wished they had an umbrella! The umbrella worked in another positive way too; because I was having to hold it horizontal due to the high headwind I couldn't actually see where I was going, so couldn't see the length of the hill, enabling me to just keep running. Mile 7-8 had to be walked because it was so steep, but by power-walking I was still able to overtake a number of runners who were slow-walking. The last uphill mile was very Wrekin-like – muddy/grassy/stoney track. It was about this point that the rain stopped, which was just as well because the wind was now too strong to keep the umbrella up.

That was the last we would see of the rain, thankfully! I finally reached the top and then it was 2 miles of downhill, obviously steeper as it had taken 4 to get up! The first mile of the two was tough, mostly down a slippery, muddy track, and even having to go over a stile at the end which is damn difficult when you're struggling to bend the knees! The second downhill mile was on road – better grip but just as painful on the already hurting legs. Finally some reprieve as the next 2 miles were back on flat road, before the dreaded final mile on the beach again. As before, the compact sand was manageable, but the soft sand sapped every last bit of energy one had, including the last 200 yards to the finish line. I was prepared to walk it in until I heard the shout “C'mooooooooooooooooon Miooooooooooooooooooo”, a shout that could only have come from Jo. I couldn't disappoint so ran as best I could, crossing the line to the finish commentator's comment “there's a runner who came prepared” as he saw the umbrella. A few minutes later Lesley crossed the line. Jo had a great run and a fantastic time, her energy gel kicking in and overtaking Warren around mile 8. All agreed it was a damn good and enjoyable run despite the rain, very tough in

places, particularly the downhill section and soft sand for me.

Jo Smith - 2:15:08

Warren Smith - 2:22:09

Mio Kontic - 2:26:39

Lesley Ramsden - 2:31:36

Tara Kendle Memorial 10k - Sunday 17th July

Report by Kathy Ling

We popped up to Elaston Castle nr Derby, and 480 runners took part, this was a three lap race with different m/t great atmosphere.

Marshalls were brilliant, after the race finish we were given a great T Shirt and a large bottle of Lager which pleased John. Faster than last year really pleased with my time. all the money was for the local Children Hospice, hoping to do it again next year

Time 1h 21m

Snowdon Mountain Race Saturday 18th July



Report by Lee Rudd

The day started well the sun was out, Paul and Julie picked me and Cherie up and off we headed on our road trip to Llanberis. We were keeping

our fingers crossed that the weather stayed sunny and we would be able to go to the summit, as last year it rained all the way and the race shortened.

As soon as we arrived we went to collect our numbers and get some lunch. Once we were ready we followed the parade of previous winners to the start. I kept saying to Paul I hope I don't fall this year, his reply of, you will be fine did little to settle my nerves. Then we were off!!

My race plan was to hammer it up to the top as quick as I could because I knew I would be slower coming down. I got to half a mile into the race and I could here team Chardonnay (Cherie and Julie) shouting and cheering me on.

Then came the Mountain (and this was a mountain not a hill Mr Gill) there were so many runners already walking but I just kept going passing as many as I could. You could see the runners up ahead snaking up the mountain. The terrain was very rocky and there were also steps to contend with. When I got half way up and went under the bridge my heart dropped, as i was faced with a beast of a hill I couldn't run and had to walk at this point. The wind had got stronger and was blowing at about 45-50 miles. I could already see the leaders coming down, jeez they were flying-I don't know how they do it !!. I kept going and I could see the summit I was so happy until I realised is now meant I had to go back down the part I was dreading the most.

I took my time. I wasn't liking this one bit and even walked some bits last years fall still on my mind. So many runners were passing me coming down. I then saw Paul coming towards me. With a quick well done to each other we both kept on going. My mantra was just stay on your feet, don't worry about them passing you!. I just couldn't let myself go like they seemed to be.

As I rounded the corner there was a big crowd with a Marshall thee to check everyone off the mountain and I could see the road, I was so happy I dropped to my knees. The Marshall was just about to come over to check I was ok but he stopped and chuckled as I kissed the Tarmac and shouted yes I got down without falling, before I then ran off to complete the race.

A bit further up he road I could hear some familiar cheers from Cherie and Julie I thumped the air and shouted yes I didn't get injured and all the crowd around them cheered. The finish was about half a mile from there so I just went for it. As I crossed the finish

I looked back at the mountain with a big grin on my face it didn't beat me!!! Roll on next year I will be back to taking on that beast again although I need a lesson or 2 on coming down quicker.

Well done Paul that was a hard race but it didn't beat us. A big thank you to Cherie and Julie you were awesome and very loud with your cheers and cowbells.

Lee time at summit 1:01:26 finish time 1:39:42

Paul time at summit 1:15:07 finish time 1:58:22

Midsummer 10k - Sunday 12th July

Report by Kathy Ling

Owing to the cancelation of Much Wenlock race, I popped up to Wolverhampton to do the Midsummers six a 10k which is part of the four seasons series. Great time good marshalling. got to the last mile and the heavens open I thought where's my shower gel. Plenty of rain and mud a couple of hill but we managed it nice medal

I think my time was about 1h 28m

Andy Holden Memorial 5m - Wednesday 9th July

Report by Kathy Ling

About 128 runners started with some lovely sunshine, the race started with a run around the two field through the woods the along the canal over some uneven bridges the marshals were great. Well done to Mick Fereday first Wrekin road runner home in a time 38.17 followed by Vicci Allan 47.11, follow by Janet Pugh and Kathy Ling both in 108m we all had a bottle of beer and other goodies loved it and would love to do it again.

Potteries Marathon - Sunday 5th July

Report by Sam Jones

I didn't know much about the event when I signed up, and then I was told afterwards it's a hilly one. It sure was! Luckily a couple of months ago I had got my marathon pb for the year so I wasn't going to go for it. Every mile there was a hill and mid day the sun came out so it was very hot.

The course was very well marshalled and spectators and local residents were out to support. Loads of cheers, hosepipes, drinks stations, sweets and ice pops throughout the course made it so enjoyable with so much support, I'll be booking again for next year.

4:59:46

Birmingham Blackcountry Half Marathon Saturday 4th

July

*Report by
Robin
Hartley*

After the



Shrewsbury "Half" Marathon debacle 3 weeks previous, I felt there was unfinished business between me and the 13.1 distance. I therefore entered the Birmingham Black Country Half Marathon.

How hard could it be? 13.1 miles from the Boathouse, Wolverhampton to Brindley Place, Birmingham, along the canal. Nice and flat right? Nice and cool right? Doodle right?

As you can imagine with a narrow towpath to run along, a mass start just wasn't feasible, so the 1000+ field were stagger-started between 9am and 12

midday. Guess which time muggins here was given on a Saturday that peaked at 31 degrees? That's right people, Midday! The night previous I prayed for rain. It didn't work.

"I could've done parkrun at 9am instead of this".

We arrived at the Boathouse in plenty of time to fill up the water bottles, and stretch out. After our briefing from the Stuwab guy, we were shown out onto the tow-path. We crossed the rubber mats and we were away. Just 1 mile in and the sweat was running off me. Not a cloud in the sky and the sun was beaming down. I thought It'd be nice and shaded down there, how I was wrong! This wasn't going to be pleasant.

The major feature of the race were the locks/bridges that we had to scale and cross. Some steeper than others but they were energy-sapping, given the heat. As I will never be a very quick runner, I just took the opportunity to take in the gorgeous scenery and the sun bouncing off the canal.

Much needed water stops were scheduled at 3, 6, 9 and 12 miles on "Rosie & Jim" style Barges- some even offered their toilets to runners. I was tempted to use one just for some shade at mile 3, but plowed on.

The most difficult section of the course was a 360 metre long tunnel 3 or 4 miles in. Putting it nicely, it was grim! Completely pitch black, which wasn't great with sweat running into your eyes. with just a railing between you and the canal. It was also very slippery underfoot, slowing everyone down massively. God knows how many flies I swallowed down there, lost count at about 6!

The marshals were very supportive and encouraging. It frustrates me no-end when you are slogging away and some marshals just stare at you. Not on this race! Whilst the atmosphere was lacking crowd-wise due to the nature of the course, the course was fantastic. We had many a wave off of people on their barges. Surprisingly none of them took me up on the offer of swapping places. Was worth a try!

I'll be honest, I was completely sapped by 11 miles, the tank was at empty. This didnt help me as I approached the most difficult part of the course. Lock after lock to climb as we approached Brindley Place, the finish line, and the pub. It really was draining. The finish line approaches you extremely quickly as you take a sharp right corner after the final 100 metre climb or so. One big cocktail of relief, sweat, blisters and lack of bodyglide. Time 02:14:14.

Cracking medal, decent goodie bag. You cant argue with yet another summer addition of the ABC Midlands running mag, Aldi ready salted crisps (other brands are available), a box of raisins and the candy sticks.

I believe I was the only WRR in attendance, perhaps next year a few of us can give it a crack!