

Reports & Results July to Decemeber 2013

Telford 10k - 15th December

Paul Richards 40:00
Steve Hanley 41:32
Mark Dean 42:00
Darren Poulton 42:40
Neil Jefferson 42:58
Paul Spriggs 43:23
Jacqueline Macey 43:49
Andrew McNaughton 44:23
Bob Follows 45:13
Kim Bennett 47:43
Kevin Summers 50:16
Kelly Jones 51:33
Sam Jones 52:16
Donna Howells 54:10
Katherine Jefferson 54:13
Warren Smith 54:32
Michael Holden 54:47
Thomas Smith 54:49
Jo Smith 55:10
Clare Westlake 55:18
Julie Thomlinson 55:37
Sally Withington 55:48
Clarissa Gunning 57:17
Lorraine Holmes 58:34
Sally Johnson 58:41
Robert Hurley 58:53
Lorraine Dixon 59:00
Esther Whitten 59:03
Hazel Nielson 59:57
Jo Cartwright 60:12
Seretta Phillips 60:58
Karen Bunning 61:39
Jennifer Harrower 61:56
Ceri Baran 61:58
Claire Williams 64:00
Julie Spriggs 67:53
Janine Felton 69:19

Ann Ridgway 79:38

Kathy Ling 80:46

Turkey Trot 5m - 1st December

Report by Janine Felton

Very excited for my first official non parkrun event which was the Wolverhampton Turkey Trot on the 1st Of December 2013 which was at Aldersley Stadium and hosted by Wolverhampton & Bilston AC.

It was a 5 miler, the course was excellent all on



roads and pretty flat there were long stretches that seemed to go on forever, the route was well marshalled and the marshall's were very friendly and encouraging.

Each runner received a "turkey" which was a turkey breast stuff and wrapped in bacon, I was very relieved it wasn't a Bernard Matthews.

Not many WRR's as it was the day after the Xmas party however I bumped into fellow WRR Kathy Ling & Janet Pugh

Will definately be doing this event again next year!

Paul Williams 33:13 First in age category

Janine Felton 54:48

Janet Pugh 66:00

Kathy Ling 66:00 First in age category

Conwy Half - 24th Novemebr

Report by Tim Hughes

WRR Conwy Trip



Having run the XC race on the Saturday I slept well and was ready for the off when I was picked up by Lord Hurley just before 9am. I'd booked the hotel and had a plan for the after race entertainment, so just the 13.1 miles to get out of the way before the festivities commenced.

We arrived about half an hour before the

race - it would have been an hour if it wasn't for the 3 mile route march courtesy of 'Palin Parking' advice. I guess we would have only got chilly waiting around :-). We all met up by the start and had a chat about our various race plans and who was staying over afterwards - whatever had happened we would always be having a pint at the end!

Off we set at 12 O'Clock, - down the estuary and along the coast, all the time the Great Orme is in our sights. The weather was beautiful, a bit chilly, no wind and bright - perfect for such a scenic half marathon. As the climb began I was pleasantly surprised at how fit I felt, cruising up the hill to the much anticipated water station at the top. A quick drink and I began the decent with Paul Spriggs - it felt good to stretch my legs, suck in some air and get a good pace on whilst still being able to have a chat. I'm finding now after my first few races that I prefer to run with someone - enjoy the atmosphere and help each other during any tough bits.

We then had the last 3 or 4 miles along the edge of the beach to run with Conwy Castle in sight up the estuary we kept up a steady pace and finished strongly.

As always, WRR's always cheer other WRR's over the line and this would be no exception. It was really nice to see the beaming smiles of happy runners crossing the line - a few PB's and everyone said how much they had enjoyed the race.

This is a great race and I think everyone who did it will be encouraging folk to join us next year.

Then the night out started at about 2:30pm, but that's another story.....

James Hickinbottom - 1:23:13 PB

Tim Hughes - 1:39:40

Paul Spriggs – 1:39:55
 Alan Palin – 1:44:17
 Kim Bennet – 1:45:38
 Amanda Lysons - 2:00:01 PB
 Lord Robert Hurley - 2:03:57

Midlands 7 & 5 mile Cross Country - 23rd Novemebr

Mens 7 mile

Paul Richards
 53:19
 Mark Dean
 53:26
 Steve Hanley
 53:33
 Phil Goodwin
 54:20
 Tim Hughes
 54:40
 Paul Spriggs
 56:38
 Neil Jefferson
 57:02
 Steve Gill
 57:39



Ladies 5 mile

Jacqueline Macey 40:37
 Kate Hickinbottom 46:47
 Donna Howells 49:17
 Sam Jones 49:32
 Sally Withington 49:32
 Esther Whitten 52:17

Shakespeare Half Marathon - 16th November

Report By Tim Hughes



Arrived by chauffeur driven car at the Shakespeare raceway. My chauffeur (Sam Jones) and I jumped out of the car and headed to the start line.

Ran round an airfield 4 and a bit times and then came home. Boring!!!
Sam knocked over 3 minutes off her PB, so it was worth going :-)
Tim Hughes 2:03:17
Sam Jones 2:03:17

Betws y Coed 10K Trail Challenge - 9th November



Report By Sam Jones

I had no intention doing this race until Marie had posted that she and Mark couldn't do it. I sent a message back as I might be interested (I only had 3 races lined up for this month). I then got a message from Sally minutes later "tempted if you are" and sold!

The day of the race was surprisingly sunny for Wales. Sally, Adrian and I went to the church to register and got a nice t shirt each and some energy gels before the race. Adrian had Warby's

place, so it was an unplanned race for all of us!

We waited at the start for 10 minutes and keeping us entertained were a fabulous Welsh drumming band. After they had finished it was time to go; to the blast of a cannon!

We ran around the road for a few hundred meters and then we met the trail path. It was steep! I've never ran up the Wrekin before, but now I know what it would be like. The first 2 miles were climbing and just passing the 1 km mark my calves were hurting. At 4km there was a water and gel stand, just goes to show how tough the start was!

As soon as we got to the top, it was an undulating route around the lake. The views were stunning! It was very muddy and slippery in places, I did well staying on my feet, however I can't say the same for Adrian! It was Sally's fault, she pointed out the camera man at the top of slope and a second later Adrian was down but luckily unhurt.

The last 2 miles were fantastic, I've not ran downhill so fast and confidently on a trail route. Just before going downhill Sally said our aim is to do sub 1 hour 10 minutes so with that in mind I trusted my new trail shoes and took off, the calves had recovered by now.

I had been avoiding puddles all the way around the course, until the end. An ankle deep puddle was not going to stop me so close to the finish, so I christened my new shoes, luckily they're mud colour.

We all finished together, I loved running in a little team all the way around. We were rewarded a prize fridge magnet at the end. The results were up in 5 minutes and we'd done it, sub 1h10m!

After a great race and lots of convincing by Sally, Adrian has now joined the club. More club members should take on the challenge next year, tough hills in a beautiful location.

Adrian Cooper 1:05:32

Sally Withington 1:05:39

Sam Jones 1:05:39

Race mile splits: miles 1&2 26:55; 3&4 21:16, 5&6 16:19.

Mad Jacks 5 - 9th November

James Hickinbottom 33:56

Tim Hughes 35:52

Paul Richards 36:44

Phil Goodwin 37:21

Paul Spriggs 39:15

Jacqueline Macey 40:52 (1st in age Category)

Deborah Millington 45:03

Allision Haycox 48:28

Julie Tatton 51:48

Kathy Ling 1:22:29 (1st in age category)

Bupa Great Birmingham Run - 20th October



Report by Warren Smith

Beginners beat Brum (Hill en all)

Got up at 6am, I would like to have said after a good night sleep but hardly slept due to first ever half marathon, and I picked a big one to make my debut.

Had my porridge and got ready for my lift, first blip of the day waiting on the side of the road only to realise didn't have running trainers on, quick change and first panic over, and disaster averted.

Landed in Brum at 8.30, check the travel progress of Jo Cartwright (training partner/ Agony aunt)

Move up to the start head to the pens, but not before Jo shows me her trick to avoid having to queue for the toilets, this was simply walk past the 50 odd people queuing and jump in the first port a loo door which opens (this was done with such lightning speed I do not believe this stunt was a one off)

Off we both head to our pens Jo in Green, me in Pink.

I quick warm up, another attack of nerves and the hooter sounded off I went around 11.25am.

Wanted to go off steady due to recent niggle with calves hoping if it went, it was not until the latter part of the run. First mile point and all well, I went through in 9min 10, Jo a speedy sub 9min

Heading towards mile 2 and seem unable to get my pace below 10mins, this went on for 2 miles, I noticed a couple of WRR coming back up towards the cricket ground as I was heading down. 3 mile point slight up hill and disaster calve went and I pulled over to the side thinking the worst that I would need to stop, I hobbled on and remembered a Friday night pep talk with a good friend, who runs for them in Yellow and Green saying "if it goes you don't stop, think of all the training you done, you know it's not a tare" with that in mind I grit my teeth, after 800metres it seemed to be so much better and I was back in my stride, passing a couple of bands.

10k point I was around 1h 4 mins, quick calc in my head and if I didn't pick it up the 2hr 20 I would be pleased with was starting to look out of my grasp so knuckled down and the faster I went the better I felt.

Up to 9 miles now and 3 sub 10s under my belt.

For some reason turning into Cannon Hill park the traffic was getting hectic but I was cutting through people like a knife through butter and was getting annoyed when gaps were closed on me... Through the park I headed looking forward to a bottle of Powerade shock!, no Powerade left (the speedy ones go to them first)

Heading onto the 10/11 mile and I knew what was coming from the advice people said, but also I was starting to see the carnage the race had taken on some people I counted 5 on the floor having medical attention. Maybe this was due in my wave there seemed many fun runners who by one person's admission had only done 2 miles training runs.

Now for the hill, as much as I wanted to walk and my legs were stopping I refused to be beaten pushing and pushing. I think it was at this point Jo went for quick toilet break, this time no need to queue.

The top of the hill and the radio station shouting one mile to go and Jelly babies were handed out. A quick look at the Garmin, a few deep breaths unplugged the IPOD as the atmosphere was great and pushed for the last mile which seemed never ending.

200 metre to go and this seemed the only time I was being over taken, saw the clock and 2h 16.

I crossed the line in 2hr 16. 53, initial reaction angry with time, then emotions took

over.

Hobbled to get my goodie bag, then met Jo who had a storming run hit her target came in 2hr 21 (impressive with a toilet break)

Jo found it good as she turned around in the finish area to be chased down by Clare Westlake who seemed to have a brilliant run by the time.

For me this was followed by a couple of emotional tears, then off with Jo and friends for a quick drink.

Jo had a large bowl of soup, and an even larger glass of wine.

All in all a great day, great experience and made me want to do more and work harder

I'm sure Jo would agree we would not have made it there without the training sessions with the club, whether this be a stroll down the Silkin Way or trotting up them hills from the Brewery

If this is what 2 beginners can do in less than a year, see you next year.

Mark Dean 1:31:33
Paul Richards 1:32:40
Neil Jefferson 1:36:33
Tim Hughes 1:37:39
Paul Spriggs 1:37:40
Ashley Cartwright 1:41:14
Mark Richards 1:43:55
Bob Fellows 1:44:25
Andy Alexander 1:44:42
Kim Bennett 1:46:52
Kathy Jefferson 1:56:04
Dale Hancox 1:56:15
Jane Kind 1:57:27
Tracey Drummond 1:58:40
Darren Poulton 1:58:47
Helen Yates 1:59:55
Kelly Jones 2:00:03
Claire Westlake 2:05:04
Verina Thomas 2:08:18
Bev Mc Carthy 2:10:55
Julie Tatton 2:11:31
Warren Smith 2:16:53
Julie Duhra 2:19:23

Jo Cartwright 2:11:14

Kathy Ling 3:20:37

Bournemouth Running Festival - 6th October

Report by Kathy Ling

This was a busy day for me on the Saturday morning I did the Bournemouth town parkrun 5k it was a hard one starting in a very uneven field with lumps and bumps through a uneven forest up hills and 2 laps, we are spoilt with Telford then at 4pm I did the 10k by this time the weather was really warmed up 28, we had to run along the sea front there was no shelter from the sun the crowds were great making the atmosphere brilliant finishing feeling quite happy, then at 7pm did the 5k also along the front next to the beach although it was getting dark it was lovely watching the golden sun setting so many cheers from the crowd it made me feel great and a excellent goodie bags lovely T S and medals like manhole covers.

Sunday enjoyed cheering the 1/2 m runners and the full marathon it was very hot for them.

Kathy times

Bourmnemouth parkrun 39.48

Supersonic 10k 1h.22

Speed of light 5k 46.15

5 down 65 to go

Chester Marathon - 6th October



Report by Steve Hanley

My alarm woke me at 0500 hrs and had breakfast before hitting the road from Warrington to Chester. As I drove into the race course at 0630 hrs many people had started to arrive from all over the UK. I parked up the car and went for a wander around the tented village, here I was able to deposit my bag and start to think about the race. I must admit that nerves did kick in as I queued for 20 minutes to use one of 100 portaloos.

I took up a start position in the 3.45 hour pen for the start. The Chester Town Crier did the honours and started the race bang on time. This was it, I was off. The start was great as it flowed without too much stop and start. 4500 plus runners began their marathon journey leaving the race course for the roads of Chester.

I started at a good pace and resisted being dragged along by the atmosphere and ran to pace. I didn't want to make the same mistake starting too quick as I did in Shrewsbury. After my first 4 miles I was where I wanted to be in the 3.30 hour pace group, this was my target time for finishing.

Mile after mile passed and I felt great settling in to enjoy the run. On route I ran a mile or so with Emmerdales Bob, exchanged a few words then continued back in towards the finish. At mile 21 I was still on target for my expected finish and surprisingly still felt good.

The crowds were fantastic giving support to all runners during the marathon. In the last mile I moved in front of the two pacers, who did a fantastic job. From this point it was the last effort, my

legs felt heavy but I just kept moving. I rounded the last right turn where I had the finish in sight. I ran across the line in a PB time of 3.27.50.

The whole day was fantastic, even better was having family at the finish to cheer you on. I will definitely run Chester again. The organisation, staff, pacers and spectators made the day.

So what next??? Manchester with Mr Spriggs and Mr Hughes! Oh yeah

Badger Bite 6k - 6th October



Report by Sam Jones

This was my first cross country race and I was a bit unsure whether I'd enjoy it. I had tried my trail shoes on around the house but this was their first outing outside. When I got to Badger the car park was about 600m from the registration, so I had a nice warm up jog down the hill. I decided to run steady, to cruise around and try to enjoy it.

The course started off downhill, then flattered and then came the inclines. They weren't too steep and the course took you through woodland and farmers' fields. About half way around there's a stile to hop over and it then goes quite flat until through the fields. The hill you come down at the start is the hill or the bite you climb at the end. It wasn't as steep as I was expecting and then a flat few hundred metres to the finish. The course wasn't too muddy and it was a warm day.

After completing the course you received a nice medal and a certificate. There's also the option to get your race time too. Unfortunately I did make an idiot out of myself my taking a little girl's hat thinking it was a race memento. I have to add, I did give it back!

So the verdict for my first cross country race; I loved it! Everyone else seemed to enjoy it too and we all did really well. It's my favourite race this year. I enjoyed the whole route and there was great support from spectators and marshals. I would recommend this race for anyone, especially if it's your first cross country race.

Tim Hughes 26:44

Andrew Mcnaughton 29:00

Nick Owen 29:57

Kevin Sumner 32:09

Wendy Scott 32:31

Sam Jones 37:24

Aaron Baynton 41:43

Karen Bunning 42:12

Joanne Cox 43:57

Seven Bridges 10k - 22nd September

Paul Ward - 33:23 First placed
Mark Dean - 42:31
Paul Richards - 42:39
Paul Spriggs - 43:09 New PB
Neil Jefferson - 44:16
Ross Jackson - TBC
Alan Palin - 45:07
Tim Hughes - 45:07
Mick Fereday - 48:40
Kevin Sumner - 48:49 New PB
Kim Bennet - 49:33
Julie Hartland - 54:04 New PB
Amanda Lysons - 55:05
Rob Hurley - 55:06
Kelly Jones - 55:12
Jane Anslow - 55:22
Warren Smith - 56:06 New PB
Michael Holden - 56:08
Sam Jones - 57:58
Lorraine Dixon - 58:31
Cherie Rudd - 59:03 New PB
Jo Cartwright - 59:36 New PB
Ceri Baran - 59:55
Beverley McCarthey - 60:26
Gary Thomlinson - 61:52
Seretha Phillips - 62:55
Hazel Nielsen - 62:58
Bernie Cruise - 63:41
Aaron Baynton - 64:10 New PB
Pam Weston - 65:23 New PB
Julie Spriggs - 68:25 New PB
Kathy Ling - 83:19

For the full Results [Click Here](#)

Bupa Great North Run - 15th September

Simon Hardiman 1:23:15
Darren Poulton 1:36:47
Ashley Cartwright 1:42:51
Helen Yates 1:58:34
Esther Whitten 1:58:39
Pauline Kesek 2:02:19
Amanda Lysosns 2:02:45
Julie Tatton 2:05:53
Allison Haycox 2:11:27

Lake Vrnwy Half Marathon - 15th September

Report By Tim Hughes

As the day approached, we were all keeping an eye on the forecast for 'not so sunny' Wales. Midweek the forecast was wet but by Saturday it was saying severe winds and chucking it down midday till 4pm – which coincidentally was race time!

We met first thing and jumped on the minibus – well, I say jumped, Vice Chairman Palin and Mr Hurley clambered aboard with their cool boxes full of beer and cheap wine!!

We set off and the weather was looking ok – overcast but no rain – the closer to Vrnwy we go the grimmer the weather. We arrived to light drizzle at 11am which progressed to sideways sheets of rain for the start. Thankfully some people had brought old tops and bin lines to keep them dry whilst waiting at the start – some hadn't, which is why the Social Secretary was dressed like a right tit in a carrier bag fashioned into a very fetching crop top type affair!!

Anyway – off we set in the pouring rain whilst our amazing support team had already climbed the hill to cheer us off around the lake. It was all much appreciated by us all guys at the top of the first mile! Their work done for an hour or so the support team walked to the nearest hotel – ordered an enormous carvery and bottles of wine and beer to watch the rain splash against the windows – good work!! They then supported each other in their quest to reach the dam and cheers us all back down the finishing straight!!

The course was as I expected. A gradual climb upto the dam, which must be taken steady followed by a lap of the lake, back to the dam and down into the town and the finish line.

The weather was grim from start to finish – a shower was much appreciated at the end!!

I think everyone was pleased with their run given the awful weather – a special mention must go to all the folks completing their first half marathon – a horrid day to do it, but you all did great!!

James Hickinbottom - 1:23:37 (PB)

Tim Hughes – 1:29:55 (PB)

Mark Dean – 1:31:43

Paul Spiggs – 1:34:43 (PB)

Neil Jefferson – 1:37:13

Alan Palin – 1:41:11

Andrew McNoughton – 1:42:04 (PB)

Wendy Scott – 1:43:53

Mark Richards – 1:43:59 (PB)
Kim Bennett – 1:44:23
Kate Hickinbottom – 1:44:58 (PB)
Mark Evans – 1:47:36
Brogan Anslow – 1:52:04 (PB)
Jane Kind – 1:54:12 (PB)
Mick Fereday - 1:54:55
Julie Hartland – 1:54:55 (PB)
Lord Hurley – 1:58:03
Kathy Jefferson – 1:58:04
Donna Howells – 2:03:51
Sam Jones – 2:09:34
Tracy Cousins – 2:10:03
Simone Everton – 2:11:03
Jennifer Harrower – 2:15:58 (PB)
Hazel Nielsen – 2:18:55 (PB)
Sophie Jane Watts – 2:36:51 (PB)

Little Aston 5 miler - 5th September

Report by Kathy Ling

This race is in its 20th year so instead of a towel we got a T Shirt all the same size so one or two comments were made ,

146 took part on this five mile down very narrow lanes not for getting the hills and high hedges,

I kept my eye open for any earwigs Jan and I had a great run and a good P B for both of us

however they had problems with the results and we had to wait quite while for the presentation so while we were waiting we enjoyed cups of tea with a very nice muffin

the winner was Chris Perrin from Cannock Staffs time 26.29s followed by his brother James

27.36 we meet the winners when we reached just past 2m mark.

loved it and would do it again not forgetting the nice bottle of red wine for over 65

Well done to Janet Pugh who ran very well 60:43

Kathy Ling 60:45

Harper Scarper 5k - 4th September

Final round in the sexarathon series.

James Higginbottom 18:30

Darren Poulton 20:04
Paul Spriggs 20:38
Neil Jefferson 21:03
Ashley Cartwright 21:24
Bob Follows 21:45
Alan Palin 21:51
Mark Richards 22:26
Lucy Kesek 23:12
Jacqueline Macey 23:13
Mark Evans 23:44
Sharon Clayton 24:19
Marie Deakin 24:58
Esther Whitten 25:27
Tim Hughes 25:57
Pauline Kesek 25:57
David Issac 25:57
Mick Fereday 26:10
Sally Withington 26:26
Warren Smith 26:53
Sally Johnson 27:25
Julie Tatton 27:46
Jo Cartwright 29:46
Tracey Robinson 29:49
Tracy Cousins 30:00
Diane Chadwick 30:01
Hazel Neilsen 30:31
Jennifer Harrower 31:21
Susan Gill 32:24
Julie Spriggs 34:12
Janet Pugh 38:35
Kathy Ling 38:35
Ian Emery 45:05

The full results are [Here](#)

Ellesmere 10k - 25th August



Report by Tim Hughes

So near and yet so far!!

I joined the Club in February this year and may have mentioned to the odd person in the last 6 months that my main aim was to do a sub-40 10k at Ellesmere. I had only done one other 10k at Market Drayton and posted

a time of 40:55mins, so thought that Ellesmere would provide a good opportunity to meet my goal given the fact that it was, supposedly, flat!

Race day arrived, along with the ribbing that had been going on for the previous week, made for a nervous start to race day as usual!! I picked up my 'Hareem' of WRR ladies and off we set. Perfect weather, overcast but with a bit of wind – we lined up and off we went. Straight on my arse as I tripped on the timing strip, nobody seemed to notice (apart from the chap and lady I was grabbing at to stop myself falling) so I scrambled up and set off at a good pace.

Off the field and straight up a hill – what the hell was this, it's meant to be flat!!?? The rolling hills continued and at the 5k point I was at 19:30, which was just to plan, but I felt knackered after the hills taking their toll. I carried on plugging away, along the only flat bit by the mere and along the canal before the final climb back to the Start/Finish line. With a mile to go I had over 7 minutes left to do my sub 40, but as I came to the last 200m sign I only had 15 seconds left – gutted!! I sprinted as fast as I could and came in just over the 40min mark. Quick drink and back over the field to cheer everyone in – That is one thing I love about this club, everyone always gives you a good cheer to propel you that little bit faster to the finish line!!

Everyone had been surprised by the hills – although a few of us had achieved new PB's. Great running WRR.

Tim Hughes – 40:15 PB
Paul Spriggs – 43:42 PB
Brogan Anslow – 48:44 PB
Kevin Sumner – 50:00 PB
Sam Jones – 54:44
Warren Smith – 57:00 PB
Jane Anslow – 57:46
Ceri Baran – 59:38
Jennifer Harrower – 59:50
Jo Cartwright – 1:00:23
Hazel Nielson – 1:02:30
Aaron Baynton – 1:04:35
Julie Spriggs – 1:10:42
Kathy Ling – 1:18:44

Race The Train - 17th August

Report by Kathy Ling

Race the Train 10k

Once again boarded the bus for the quarry 10k challenge while trying to warm up among many sheep ,it was soon time to start. I find the start of the race very taxing and thank to the lads for support once over the top I was able to get in to a steadier



pace I had 3 young men on their bikes who keep getting in the way till one of the marshals told them to get out of the way, I found running on the side of the mountain hard going owing to the strong wind once up the hill it seem a lot easier, running through the garden at Tynllwynhen it was very quite I thought this is strange, normally I get great cheer including a special glass but unfortunately Jill known as the [flap jack lady] had passed away earlier this year I have known Jill for many a year coming up to the 5th mile no marshals and I

knew I had got to turn somewhere after about a quarter of mile Mick Hall was shouting me to stop and come back on to the right route, however I finshed the race in good time, I loved every bit and would do it again.

Results

Tynllwynhen Challenge 3.5 miles

Cherie Rudd 25:57

Clarrisa Gunning 26:40

Dolgoch Challenge 5 miles

Sue Gill 59:34

Julie Spriggs 59:35

Quarry Challenge 10k

Lee Rudd 44:05 (beat the Train)

Kathy Ling 1:39:39

Rotary Challenge 14 miles

Dave issac 1:43:27 (Beat the train)

Mark Dean 1:49:45

Paul Spriggs 1:56:15

Lee Rudd 1:57:25

John Warburton 2:00:28

Kim Bennet 2:07:01

Alan Palin 2:08:48

Mark Evans 2:20:15

Pauline Kesek 2:26:37

Rob Hurley 2:28:58

Simon Everton 2:35:47

Caroline Beresford 2:42:43

Paul Hadley 2:42:43

Nant y Moch 13 miles - 17th August



Report by Linda Edmondson

This is a tough fell race around the Nant y Moch reservoir going over Plynlimon on the way back. My legs had only just recovered from the Gladstone the week before and at 9 miles I remembered I hadn't run that far for months and I was going up the biggest hill. The heavy rain and buffeting wind made it even more interesting. It was a case of head down and plod on. Al Tye's picture shows my look of relief on finishing. Did around 3 hours 50 mins and wasn't

last!!!!

Stafford Knot 5 Miler - 14th August

Report by Kathy Ling

Although the weather was dull and quite windy, the atmosphere was hotting up 344 runners took part starting was a bit funny no gun just a gentle voice GO everybody were looking at each other wondering should we get going it was a go, stop, start how ever everyone soon settled down. Steve the back up was great even though he got legs up to the armpits this race had all sorts not forgetting the big hill. First home was Alex Benfield from Burton 27.50 follow by Robin Sedman smith in a time of 28.02

I always loved this race our goodie was a lovely black towel with the Stafford Harriers club badge.

Hope to do it next year.

Kathy 1:06

Full results [here](#)

Gladstone 9 - 11th August

Report by Linda Edmondson

I have not raced much this summer due to hot weather and niggly injuries. So after a few weeks with just the odd 5K and low training mileage this fell race came as a bit of a shock to the system. However, I was pleased to get round in 2.06 and win a pair of socks (Neil's size!) as 2nd LV50.

Ras Glyndwr 5k - 10th August



Report by Paul Spriggs

This race is a short but challenging fell race in the village Machynlleth Mid Wales. There were 50 runners in the race that charged off across the first field then there were a couple more fields then the ascent started on grass, rock and steep gravel paths. Once you hit the top at about 1.5 miles the views were stunning across to Cader Idris and the surrounding areas.

Following the Glyndwr Way you then start the descent back to the start this was the fun bit it was mainly on grass and very steep.

Even though it was a bit of a trek for a 5k it was well worth it. The race was well organised and the route was tough but stunning and the support from both marshalls and fellow runners was brilliant.

In the diary for next year.

Time 29:31

North Wales Half Marathon - 4th August



Report by Paul Spriggs

This was the first running of this race as part of the Run Wales series. The start was on the beach in Conway the run along the beach was a very different way to start the race, after about a mile you join the cycle path along the coast road for about four miles the hard work then really starts as you work your way up to Penmaenmawr village. As you run

through the village you look up and see the task a head a tough climb to the top of the Sychnant pass, then over the Conway mountain this was a lovely part of the route with great views and some nice downhills. You hit the bottom of the mountain at about ten miles. By now my legs were dead and all i could think about was the return journey on the beach. It was a great race with a good medal and T shirt well organised.

James Hickinbottom 1:40:33

Paul Hadley 1:49:05

Paul Spriggs 1:51:57

Rob Hurley 2:14:59

Adidas Thunder Run - 27th July

Report by

Steve
Hanley

GILLY'S GANG

On Sat 27 July the team members of Gilly's Gang met on a hot and sunny Catton Hall estate ready to undertake the TR24.



The team name is tribute to the club chairman Stephen Gill who due to injury could not race and I had the honour of filling his shoes as B Team Captain. We wore orange tee-shirts with the team name blazed across the chest

The team consisted of me (Sarge), Darren Poulten (Dazzler), Tim Carter, John Warburton (Warby), Chris Clayton (The Cat), Alan Palin (The Real Al Palin), Esther AKA Esther and Caroline. Camp was set up and the race order was decided with Darren running the opening lap at 12 midday. He was followed by:

Caroline Beresford
John Warburton
Steve Hanley
Alan Palin
Tim Carter
Chris Clayton
Esther Whitten

Thunder Run had begun and it was an impressive sight to see so many runners from all over UK crossing the start line. The course was perfect due to the sunny weather for everyone's first lap. Later on in the day the weather turned from bad to worse and continued in this fashion until first light the next morning. This proved to be heavy going during the night run stages were visibility even with a head torch was challenging. The ground turned to mud and water holes appeared all over the place. Everyone kept their high spirits with members of the B team opting for no sleep and

plenty of laughing policy when not on course. We only had one incident where 'Warby' threw his teddy a fair distance and managed to use every available swear word in the English language within one intake of breathe. He consoled himself with 3 weetabix eaten from a frying pan!! Chris Clayton also provided us with his famous 'Chris Quotes' one of which was that he had 2 toe nails blacker than king kongs eyelids.

Everyone had a great time and all runners from both A & B teams gave it their all despite being covered in mud and wet head to toe. The race ended at 12 midday on Sunday where Gilly's Gang had completed a respectable 24 laps of the course, a total of 240 Km. I would like to thank all members of the B Team, a great effort by all. Everyone received their well deserved TR24 medal which were donned with pride.

A special mention to Team Chardonnay, Sue Gill, Cherie Rudd and Julie Spriggs who acted as the support team, photographers, bacon roll suppliers and tea makers.

All in all a fantastic weekend. I would urge anyone in WRR to enter next year and take in this awesome running experience!

Darren Poulton	1 00:49:13
Caroline Beresford	2 01:09:09
John Warburton	3 00:47:24
Steve Hanley	4 00:44:39
Alan Palin	5 00:51:37
Tim Carter	6 00:50:14
Chris Clayton	7 00:47:09
Esther Whitten	8 00:59:01
Darren Poulton	9 00:51:17
Caroline Beresford	10 01:08:37
John Warburton	11 00:51:21
Steve Hanley	12 00:51:37
Alan Palin	13 01:02:57
Tim Carter	14 00:56:46
Chris Clayton	15 01:00:26
Esther Whitten	16 01:15:20
Darren Poulton	17 01:08:22
Caroline Beresford	18 01:33:52
John Warburton	19 01:03:53
Steve Hanley	20 00:52:02
Alan Palin	21 01:14:58
Tim Carter	22 01:00:15

Chris Clayton
Esther Whitten

23 01:00:03
24 01:14:46



Wrekin off
Road
Runners

Fantastic
result
coming in
20th out
of 253
teams.

Paul Hadley	1 00:49:13
James Hickinbottom	2 00:43:25
Lee Rudd	3 00:42:25
Paul Spriggs	4 00:48:03
Dave Isaac	5 00:42:00
Pauline Kesek	6 00:58:38
Mark Dean	7 00:48:19
Kim Bennett	8 00:55:09
Paul Hadley	9 00:48:40
James Hickinbottom	10 00:41:54
Lee Rudd	11 00:42:59
Paul Spriggs	12 00:49:48
Dave Isaac	13 00:47:10
Pauline Kesek	14 01:11:01
Mark Dean	15 00:53:05
Kim Bennett	16 01:06:25
Paul Hadley	17 00:55:23

James Hickinbottom	18 00:51:19
Lee Rudd	19 00:55:46
Paul Spriggs	20 01:03:03
Dave Isaac	21 00:50:13
Pauline Kesek	22 01:12:27
Mark Dean	23 00:53:00
Kim Bennett	24 01:07:15
Paul Hadley	25 00:57:13
Lee Rudd	26 00:50:45
Dave Isaac	27 00:51:38
Paul Spriggs	28 01:00:17

Jogging Jon Jogs On And On

Jon Aston	1 01:17:11
Jon Aston	2 01:30:35
Jon Aston	3 01:41:05
Jon Aston	4 01:34:28
Jon Aston	5 01:41:06
Jon Aston	6 01:44:01
Jon Aston	7 03:06:31
Jon Aston	8 02:44:36
Jon Aston	9 02:14:59
Jon Aston	10 02:06:58

The Thunderbirds

Sarah Aston	1 01:03:45
Liz Tunna	2 01:07:10
Sarah Aston	3 01:04:52
Liz Tunna	4 01:16:18
Sarah Aston	5 01:14:05
Liz Tunna	6 01:19:13
Sarah Aston	7 01:10:13
Liz Tunna	8 01:25:50
Liz Tunna	9 01:51:33
Sarah Aston	10 01:26:50
Sarah Aston	11 01:45:11

Vic Musgrove 5k - 17th July

Results from the 5th Sexarathon race at the Telford Town Park. Well done to Paul Ward who came in third.

WARD, Paul	0:15:55
HICKINBOTTOM, James	0:17:56
ISAAC, David	0:18:46
HUGHES, Tim	0:19:16
ALKSNIS, Edijs	0:19:17
WILLIAMS, Paul	0:20:05
POULTON, Darren	0:20:29
PALIN, Alan	0:20:49
CARTWRIGHT, Ashley	0:20:49
SPRIGGS, Paul	0:21:00
OWEN, Nick	0:21:23
RICHARDS, Mark	0:21:34
FOLLOWS, Bob	0:21:40
FEREDAY, Mick	0:21:44
MACEY, Jacqueline	0:22:56
ELLIE, Gavin	0:23:00
CLAYTON, Sharon	0:23:04
EVANS, Mark	0:23:19
KESEK, Pauline	0:24:28
WHITTEN, Esther	0:24:35
HURLEY, Robert	0:25:00
LOGAN-BOURNE, Andrea	0:25:03
WITHINGTON, Sally	0:25:42
JOHNSON, Sally	0:26:38
SMITH, Warren	0:27:30
COUSINS, Tracy	0:29:11
CHADWICK, Diane	0:29:13
GUNNING Clarissa	0:29:20
HARROWER, Jennifer	0:29:36
ROBINSON, Tracey	0:29:38
GILL, Susan	0:29:42

CARTWRIGHT, Jo	0:29:49
NIELSEN, Hazel	0:30:36
DAVIDSON, Toni	0:33:31
SPRIGGS, Julie	0:34:42
PUGH, Janet	0:38:24
LING, Kathy	0:38:40
EMERY, Ian	0:41:05

Worcester Pitchcroft 10k - 14th July

Report by Sam Jones

I picked this race as I enjoy the 10k distance and the description was a fast course, meaning it was flat. I good job too it was flat as it was a hot day, high twenties and not much shade to run in. The course is 3 laps of the Worcester Racecourse on the perimeter path. You can see exactly how far you have to go, which I thought at the start I wouldn't like at the start. However after the first lap I found that I could pace myself better than the other 10k races I have done, I'm still running without a gps watch (it's on my xmas list). I think this helped me achieve my best 10k time to date. Also spectators have a great view from the grand stand and as everyone runs past you get a great cheer from the crowd at mile 2, 4 and 6.

I'd do this again next year, well organised, plenty of marshals and you run past the drinks station 3 times, which was much needed!

Sam 56:28

Much Wenlock 7+ miles - 14th July

Report by Kathy Ling

Another lovely hot day everyone saying it's a bit hot for a running, however it does not stop nutters like me having a go at a slower pace. The usual laid back lovely attitude just getting everything ready in time for the road race Leigh gave us a little talk on where you should wear your time chip (it must be on your left arm and no where else)

The enteries were well down to 95 the race got underway, I was pleased with my speed going up the hilly Wyke lane coming out of Benthall once I got to the main water station at the top my house was just two fields away, I was very tempted but I kept going. As I was going down the main road the cars seemed to be using me as a target however it was a good atmosphere as I finished the race.

Well done to James Hickinbottom who was the first Wrekin Road runner Home.

ps Still loved it and would do it again.

James Hickinbottom 46:12

Julie Tatton 1:06:40 (2nd in age group I have a special medal for her)

Donna Howells 1:12:30

Jennifer Harrower 1:13:21

Kathy Ling 1:42:00

Shawbury 10k - 7th July

My First 10k- RAF Shawbury – by Sue Gill

Well it started off with a training run on a Thursday when Jenny Harrower said she had entered the Shawbury 10K and I should enter. I wasn't sure, then I was talking to a colleague at work and she said she had entered it .I said I think I'm thinking about it, she said today was the last day!, I got straight on the phone and spoke to Stephen and said can you enter me in the Shawbury 10k as today was the last day. So I'm entered EEK.

The day has arrived, it was early and the sun was already shining, it was going to be a hot day .So sun cream went on, trainers on, ready to go. When we got there we had to collect our race number and chip, I was now ready to go! I met some of the other Wrekin road runners , by this time it was getting very hot .Before we started they had the RAF Falcons Parachute Display Team Jump, which was fantastic (see photos on Facebook).We had a quick briefing and then we were off , I was looking forward to it being a flat course !!. It was a zig zag of a course where we would have to go up one side of the runway and then come back down the other side , we could see our fellow WWR runners every now and again. I took a grip drinking bottle around with me, but couldn't get the top to stay open, so it was hard to get a drink so I welcomed the halfway point so I could get a good drink. We had to run around the tails of the planes , and the Zig Zag bit seem to go on and on .Then another straight bit before I come out of the last corner to see the finishing line in the distances. As I got nearer a very welcomed water hose was being sprayed over the runway. Running on the flat nonstop was hard.

The goodie bag consisted of a Muller cotton bag ,a head/neck scarf , 2 t-shirts , one with Shawbury 10k and the other technical Muller t shirt , and a tray of 12 Muller yogurts. After the runners had all come in there was a Battle of Britain Dakota Fly Past (see photo's) ,and then Prize Ceremony .It was a well organised advent, the only thing was that you only got the supporters at the end as they weren't allowed anywhere else , could of done with supporters dotted around the course .

I finished in 1:08:08 and I got my first Medal .

James Hickinbottom 39:20

Brogan Anslow 55:00

Jane Anslow 56:07

Michael Holden 57:28
Ceri Baran 58:58
Sam Jones 62:26
Kelly Jones 62:26
Jennifier Harrower 64:00
Jo Cartwright 65:08
Hazel Nielsen 67:33
Sue Gill 68:08
Karen Bunning 72:36
Kathy ling 77:44
Jennifier Robinson 79:00
Janet Pugh 79:45
Ian Emery 91:59

Ironbridge 4ml - 3rd July

Round four of the Sexarathon series

Paul Ward 22:23 (2nd place)
James Hickinbottom 25:28
Dave Isaac 26:04
Edijs Alksnis 26:49
Tim Hughes 27:49
Paul Williams 28:55
Darren Poulton 29:42
Ashley Cartwright 29:48
Neil Jefferson 29:49
Alan Palin 30:08
Bob Follows 31:20
Mark Richards 31:20
Jacqueline Macey 32:14
Sharon Clayton 32:39
Mark Evans 33:26
Gavin Ellie 33:52
Marie Deakin 34:44
Sally Whithington 35:15
Pauline Kesek 35:15
Robert Hurley 35:17
Esther Whitten 35:31
Julie Tatton 36:54
Sally Johnson 37:14
Jenni Barber 37:52
Warren Smith 39:21
Joanne Wilkinson 39:45
Tracy Cousins 40:59
Tracey Robinson 41:07

Diane Chadwick 41:08
Jennifer Harrower 41:25
Jo Cartwright 41:31
Sue Gill 42:47
Pam Weston 44:55
Julie Spriggs 47:24
Janet Pugh 53:58
Kathy Ling 54:04
Ian Emery 57:11

[Click Here](#) for the current stanings after four events.