

Shrewsbury Half Marathon 19th June 2016

Report but Christie Blackwell

Well... what a fab day we were blessed with. Some good dry weather even if it was about it muggy.

As with anything I tend to do.. nothing runs to plan. This came in the shape of a twisted ankle 2 weeks before my second ever half marathon. Plenty of good advice and rest meant that by the time Sunday came round I was confident I'd make it round.(even if I had to crawl after all my hard work and training)I arrived early and bumped into a few friends who were also running. Took my time to look around and then grabbed myself a quick pre race massage. What a treat ! Made my way over to a cluster of the WRR team for a bit of chat and got sorted ready from the off...

My plan had gone out the window after having 2 weeks before the race off. I knew I'd done plenty of training and had been feeling pretty strong and confident. Unsure of the ankle situation I muscled into the the back of the over 2hrs section at the start line.

Once we got rolling the race seemed pretty good. It was well marshalled and very well supported with plenty of shouts of encouragement. A couple of good hills (I was glad I'd been up and down the wrekin a few times) and a slightly undulating later part of the race made for a tough last few miles.

By the time I'd got to mile 10 I was feeling tired.. I'd spotted a WRR top a while ago and had spent the last few miles trying to catch up. I hadn't seen most of the guys for some time so I knew they were well out in front. I caught up to Megan and ran with her for the last few miles. She was also aiming for a sub 2hrs time. Just keeping going was the goal and a good finish was looking likely. By the time I got to the last half mile I was definitely glad I was nearly home. I had pretty much run out of steam by the time I crossed the line just behind Megan. She was amazing in those last few hundred yards..really strong and determined. I was really chuffed with my time of a very respectable 1.54.05... I think the whole of the WRR team did well in tough muggy heat... we certainly earned our medals, Tshirts and Peanut butter !!

Onwards now to the next few races..

Team times

1:39:22Darren OwenJones

1:47:46 Neil Jefferson

1:48:11 Robert Wilson

1:50:01 Dave Davies

1:50:59 Jon Shore

1:51:06 Paul Candlin

1:54.05 Christy Blackwell

1:55:42 Megan Owen-Jones

2:02:43 Sally Johnson

2:04:13 Colette Duffy

2:06:53 Ceri Crabbe

2:11:02 Kevin Hyde

2:13:03 Rebecca Owen-Jones

2:24:36 Emma Jones

2:25:42 Tracey Robinson

2:34:20 Dan Lewis

2:44:49 Stacey Paskin



Severn Valley 10 Km Trail Run - 12th June 2016

Report by Jennifer Harrower

In a moment of madness a few weeks ago I decided to enter my first trail 10km run. I had always wanted to do one and when I saw we had one at Bridgnorth there really was no excuse. What swung it for me was the race literature that said no time limit!! That will do me I thought.

We arrived early for a 11.30 am kick off just in time to see Polly and Sarah set off in the rain in the 5km race. As Polly shouted to me "you must be mad" I started to get worried. What had I let myself in for. I went to look at the hill you had to run up at the finish and felt very scared. At that point I had to give myself a good talking to and told myself I would be OK as there was no time limit and anyway It can't be as bad as the Wrekin Relay route can it?

Once the race gun went and we were off, no going back now I thought so get on with it. We had a lovely long down hill start which suits me as it gave me chance to settle down. Before long we turned off into the meadow and the 2km sign was already in sight.

Everyone said what a lovely scenic route it was but to be honest I didn't see much as I was looking where my feet were going, trying to avoid cow pats, tree roots, slippy mud etc.

The course went through some uphill bits, then a lovely trail path through the trees on to a wet grassy meadow. There was a water station at 5km and all was going well. Then I saw it . The biggest mountain you have ever seen, it was massive, I had no chance and had to walk/ crawl to the top but once over the other side soon got back into a nice rhythm with my running. Running on the Wrekin on a Thurs night was certainly paying off. Soon the 9km sign was in sight, ah only 1 more km to go and I know exactly how far that is thanks to Mr Gills improvers group who do 1 km sprints down the Silkin Way.

Unfortunately this 1 km was all up hill. Big thanks to Mark Goodridge who had finished the race and was waiting at the bottom of the hill with lots of shouts of encouragement. At this

point I was with a group of ladies from the same running club who all started to walk up the hill. I carried on with my fairy footsteps as I could see my husband at the next bend and I wanted to make him proud of me not see me walking. It was a slow trot to the top of the hill then a dash to the finish line. I was delighted with my time of 1.16. Everyone received a plastic medal, bottle of water and a cereal bar on finishing. It was over and I had loved it, a great experience and apart from the 2 big hills ran all the way.

The race was very well organised, all the marshals were lovely and friendly and there is a smashing tea shop at the end. Only 151 people did the 10km run but such a lovely race I am sure more will do it next year as the news spreads. I am converted, trail running it's the future. Give it a go!

Jogging Jen

Well done to Mark Goodridge, Neil and Katherine Jefferson, Polly Eccles and Sarah Green who all had great times

[Liverpool Rock 'n' Roll Half Marathon - 29th May 2016](#)



Report by Stacey Paskin

Last year I joined half way through the beginners group with WRR. I wanted to get back into fitness after suffering with a knee injury for 2 years. After being discharged from the army due to my injuries I was told I would struggle to run again. Yet here I am about to take on my 4th half marathon, Liverpool Rock and Roll.

I was really looking forward to it after doing Chester half 2 weeks previous. I felt ready and excited and we could not have asked for better weather. After a very stressful drive down and getting lost around Liverpool we finally made it.

I felt like a kid in a sweet shop.

We started off in waves and it felt like it took forever to just to get to the start line. But as soon as we started off it was great. The atmosphere and support was brilliant right from the off.

I have never been to Liverpool before and running through the town to start off with my mind was instantly took off the running as I was interested at looking what was going on around me.

After the first few miles I could hear a cheering voice and I could see Jennifer Harrower who gave us great support.

I felt really comfortable 8 miles in and the weather started to get a little hotter. A harrier runner started running with me and we chatted for the next mile.

At mile 9 I hit a problem that I haven't had before. I could feel the blisters starting to appear on my left foot, at 9 and a half miles I looked down at my trainers and I could see blood coming through my trainer and my feet became really painful. I was determined to carry on, I seen a 1st aid tent at the 10 mile point but didn't want to stop. I just wanted to get to the finish line.

The last 3 miles was just painful but as soon as I reached the last stretch to the finish the crowd started cheering and it lifted me up again. I suddenly forgot about the pain my feet were in. Not sure where my energy came from, but I finished with a sprint. I soon regretted it though as I passed the finish line my feet were in so much pain I could hardly walk. As soon as I got given my medal and goody bag which was excellent, I went straight to the bar for my free pint of lager (which some would say was the best part of the run).

This race was really good to do as its great value for money and I would recommend it to anyone.

I gave my feet a week's rest and after investing in some new trainers, I'm ready to take on my 5th half marathon on Sunday. I could not do it without the great support from the club and the amazing people that I run with that keep me going each week.

Torshavn Marathon & 1/2 Marathon - 4th June 2016



Report by Kathy Ling

As this is our special year John said he always wanted to see the Faroes, so I got on the website and low and behold I found a race and we got to do just that. We flew to Edinburgh and then on to the Faroes. As the weather was perfect, we flew through the mountains, it was sheer magic. We were with a group of other runner so a taxi was waiting for our 40Km ride to the smallish city in the world through long tunnels, one under the sea and one through the mountain up some big hill, realising that this was part of the 1/2m at Vagur and went to collect our chip and number. I did get the odd "look at this short and dumpy senior person" and questions were asked: "Will you be alright?" "Have you done much running?" and "It will be very hot out there tomorrow!" I just smile and I'll give it a go as I am only doing the 1/2 , I grabbed me number and left them muttering .

It was music festival weekend on Friday night, Rock & Roll. John said "Don't even think about going, your race is the next day!" Drat! However the music was just out side the hotel and it finished at 4am so not much sleep! On the day of the race I went for a little run then got me head down for a quick nap. 2pm soon comes round. It was red hot, the sun was in full swing. There were about 300 which included marathoners, 1/2 and doggie walkers. Off we went around the city, which was hills and more hills but I soon settled down. After 8k we left the city and off along the coast line, blue sky everywhere and becoming very hot. Had a encounter with a miserable looking black sheep and he followed me for a while but the gave up. As the road was completely closed to traffic it was quite weird but just fantastic! Not easy, but I was determined to finish it. At last I reached the top to turn round, some runners were struggling and sat on the side of the road through the heat. I put plan B into action and ran from one water station to the next. Attracted to the water and banana and just kept a gentle speed. At 20km I try to phone John to have the flag ready somewhere up the before the finish when all of a sudden two lads come running out of the pub to see if I was ok; I reply "Yes, I am try to get John out of the pub with me flag". " Well come in for a drink!" "No I couldn't , I want to finish the race!"

I kept going and met John with flag. He said "I knew you were ok, I could hear you on your mobile with a load of drunks!" You can tell how hot it was the winner of the marathon was 15 minutes longer and the first lady was 3 1/2 hrs.

The support from everybody were great I was very pleased as I planned for 4hrs and my time was 4hr 3m and my medal was well worth the hard slog up the hills. As I agreed to meet the boys later on, when we meet up I found out one was from Shrewsbury, one from Canada one from Wolverhampton and the rest is history! There is more to tell but that's enough for now!

Snowdon Mountain Race - 17th July 2016



Report by Paul Spriggs

As Lee wanted breakfast it was an early start for a race that started at 2 o'clock in the afternoon, as we headed out of Telford at 8:30 in the morning the weather was not looking good. As we got closer to Llanberis Darren let us know he had never been to this lovely area of Wales! It was a shame as we got closer to Snowdon the clouds were very low so you could hardly see any of what was to be the race route.

Numbers collected, breakfast eaten and we still had a couple of hours before the race start, it was still raining so there was a lot of debate around footwear and jackets.

2 o'clock soon came around and it we were off, the first 3 quarters of a mile were on road, this is no ordinary road most people were walking it as its very very steep. You then hit the mountain only 4 miles of climbing to the top at 3,500 feet, the track is rough in places and very uneven there were lots of marshals along the course all cheering you on.

As I hit the 3.5 mile point the front runners were already at the top, at this stage you start to climb the rock steps as I reached the top the front guys were on their way down, watching them fly down the hill is impressive they seem to have no regard for there own safety. Once you finish the steps and pass under the bridge the hard climbing really starts hands on knees and keep going. Before I got to the top Lee was already on his way down. When you get to the top its very busy with runners coming down and lots of walkers

wondering what the hell's going on with all these nutters in vest and shorts in the rain running to the top.

As I started to run down I saw Darren he said Lee is about 10 mins in front, I thought here we go I might catch him, how wrong could I be as I started to push faster down hill past the steps down past the Cafe, then bang smashed my foot straight into a rock. The last two miles were a painful shuffle, as I got to the road my legs were gone but still managed a bit of a sprint finish at the end.

Then straight in to the medical tent to have my foot looked at, after some time being tended to by the doctor and strapping my toes together and Lee have a good laugh at me expense it was time to cheer Darren in.

This race is the highlight of my running calendar its tough but great fun and a real challenge I am sure we will all be back next year.

Lee Rudd 1:38:37

Paul Spriggs 1:54:13

Darren Owen Jones 2:25:29

The Tara Kinder Memorial 10k - 15th July 2016

Report by Kathy Ling

It was **Friday night** and we travelled up to Elvaston Castle in Derbyshire. It was a 3 lap 10k, and the weather was very hot and humid. About 500 took part and as I approached the end of the 1st lap the winners were passing me, giving me great encouragement. Then, on lap 2 I felt I was going down as it was so hot and humid. I thought "come on old girl get your little legs going" so I downed the water and seemed to pick up. The marshals were brilliant on the last lap, Cynthia & Al came to meet me which was great. When I got over the finishing line the marshal asked me how old I was and then took me over to the goodie stall and gave me 3 small bottles of wine and a bottle of beer for John!

My time was 1h.37m, I know this is slow but at least I finish it where a lot of people drop out on the second lap. And I was not last which makes a change. We also had a good T Shirt. Because I am a lot slower now I was thinking of not doing any more races but then I do love my running so you will have to put up with me a little bit longer and in two weeks time I would have been a member of this fantastic club for 16 years so a big thank you every one for all the support you have shown me.

Great Donington 10 mile - 26th June 2016

Report by Amanda Ellis



Having run my first 10k at Market Drayton this year I wanted to build up my distance running with the intention of doing my first half marathon. I thought a 10 mile race would be a good intermediate step. There aren't many of those around but I am a bit of a girl racer so a motor racing themed run at Donington Park was an immediate attraction. Sure, I'd have preferred to zip around in my masterpiece of German engineering, but if that wasn't possible then why not run?

Part of the Great Run series, I expected this to be a well run event and it was, apart from the fact that my race number didn't arrive (and still hasn't...). I was able to get a replacement easily enough on the day, and I signed up to receive my race photos posted automatically to Facebook, which was a good feature of the event.

The weather was overcast with rain prior to the start. It did remain dry for the actual race and thankfully the sun only poked its rays through the clouds very briefly. So, pretty good for running.

The 10 mile course involved two "short laps" of the race track itself, followed by two "long laps". The long laps involved a detour down what seemed to be an access road near the main grandstand.

VIP for the event was Sonia Samuels who was the second woman in this year's London Marathon and is training for the Rio Olympics. Her husband is her pacer and runs just ahead of her then lets her overtake at the end, which seems like a bit of a raw deal for him!

There were 500 or so participants in the 10 mile race and we set off to the sound of revving engines and the Top Gear theme tune. On the first lap I focused on not running too quickly. I intended to stick to 6.30 to 7.00 minutes per kilometre. The race track itself was, as you would expect, super smooth. No need to watch for kerbs, pot holes or tree roots. Soon enough, I could see that the track was not as flat as it looks when cars or bikes are

zooming round at high speed. There's a fairly gentle but relatively long incline followed a little way afterwards by a shorter one. I kept my head up, slowed down but did not stop to walk, unlike many of those around me. And then thought, "I've got to do this hill another 3 times...." which was a definite downside to this race.

Coming under the start gantry after 1 lap and approx 3k, I was lapped by Sonia Samuels. She was running approx twice my pace and seemed to just float on air as she came past. Soon afterwards the other elite runners were lapping me as well. I kept my eye on certain people ahead of me, eavesdropped on a few conversations, and concentrated on my breathing and maintaining a steady pace.

Lucozade Sport was also available in addition to water at the drink station. Not being able to eat within four hours of starting a run, I took advantage of the offer of Lucozade and sipped on a bottle from lap 2 to lap 3.

In stark contrast to the Market Drayton 10k, there were very few spectators as most of the racetrack is not accessible to spectators. The few that there were were clustered near the grandstand and start/finish area. Great Run marshals were very enthusiastic but few and far between as the only real place they were needed was when you left the main racetrack to do the extra bit on the long laps. This meant that for most of the course, there was not much distraction. I focused on staying with or catching up certain other runners and just kept on going. There was music playing in the area of the extra loop on laps 3 & 4 which all seemed to be 80's tracks so clearly aimed at my demographic.

As I neared the end I increased my pace a little, which was as much as I could manage, and ran past the chequered flag in 1:52:17. 10 mile finishers were offered a free 10 minute massage which was very welcome, but extremely painful!

Upsides of this race - novelty of running on a racetrack, wheel shaped medal, and the massage afterwards. Downsides - having to do 4 laps of the same track, and relatively boring landscape.

Shifnal Half Marathon Report Sunday June 26th 2016

Report by Johnathan Smart

Welcome to my first ever run report.

I first looked at this race when Kim Bennett highlighted it within the WRR Facebook group citing support for a local event. But during my semi usual Saturday Parkrun my running chum Robin Hartley asked if I fancied a steady 2 hour effort. It didn't take much to convince me to be honest.

So race day routine, a decent runners breakfast of porridge, get my running kit on, sort liquids out, Sort Garmin out left me just enough time to then relax for 10 minutes with a bit of social media updates while waiting for Robin to arrive, Only to find via Facebook I get a reminder that it's his birthday. So now with that information my Wife then sings happy birthday at Robin in a mouse onesie as he comes up the street, (Hope my Neighbours weren't up!) so after that embarrassment we quickly jump in the car and after a few high 5's from my son we make our way to Shifnal.

We arrived at Idsall school, ample parking for the event and we registered on the day which again was easy, once numbered up & after exchanging a few pleasantries with our running brethren we wandered down to the start where we got our fair share of road runner team photo's and selfies in.

Once we got down to the start we all got down to our pre-race stretching routines at the start area which happened to be a small car park opposite the church, Little did I know this was going to be the start of one of the most eventful races I've done so far.

So the start, we were briefed well by the starter about traffic and where we were going, not to wear headphones etc all good then he sets us all off. "Happy birthday to you, happy birthday to you happy birthday dear Robin" starts resonating from the collection of lads & lasses of Telford Harriers behind us, laughter ensued and I'm pretty sure Robin said something along the lines of "Well this was the best start to a race ever".

For the first 4-5 miles we went off at a steady pace and seemed to have a bunch of our Road Runner team having a natter and shouting out in front for when vehicle's were coming up and about, there were a few comments about how nice the weather was and being thankful that it hadn't rained as much as some of the terrain leading into Ryton seemed to change every mile, this is the turning point of when events during the race all started to get a bit odd once we got down to the grange farm area of the course. We passed through a stile coming along the farm when Robin brought it to my attention that a sheep was hot on the heels of Sarah Green, for a good 20 yards all we could see was a bouncing woolly bully trying its best to catch up with Sarah, Of course this was hilarious & Robin wanted to chuck some friendly banter once we'd left the field, but the sheep attack seemed to light a fire under Sarah, this was the last we seen of Sarah till the end.

We carried on running into Ryton which we were then caught up by LRC's own Amy Aldridge who then preceded to sing to Robin "happy birthday" again, but this was rudely broken up by myself being bitten by something after running through the long grass where the crazed sheep was, loud swearing and an immediate pull up slowed us down a bit while I doused my ankle in water to try alleviate the pain. I'm pretty sure Robin then took a mid race selfie at this point, which I didn't look to impressed about and we soldiered on.

Beckbury was the next village along the route, plenty of hills here to negotiate but enjoyed this part of the course as some lovely gent had left a sprinkler spraying over his garden fence for the runners to run through, a nice touch to be honest as we were getting quite warm by now.

We took in the views and admired some of the posh houses and cars that were parked up along the way. We then headed out past Grindle up to the Kemberton area we didn't encounter much view wise, although we literally had to do running repairs on a few of Robin's blisters as soon as we hit Kemberton, Luckily St John's Ambulance were stood by the water station, we patched up Robin and after a hug of the lass in green we made our way on the back leg of the course up to the finish at back towards Shifnal.

We picked up our pace a little now as we had intended to clock a 2 sub 2 hour half I had powered on a little as we had to go down a single track through a wooded area, Let this be a lesson to anyone reading this to remember to lift your sunglasses when running through dark wooded areas, not more than 10 metres after passing my good friend Richard from the Search and rescue team with his dog Gill I was sent flying my kicking a tree root, Robin being behind me said it's the funniest thing he's ever seen, (Yeah cheers mate!). According to Robin I got a 9.2 for my dive!

So after yet another crazy mishap we carried on the last few mile's with what was left of my race number out of this wood along the road into Shifnal, Where we encountered a race photographer who has got a perfect picture of me looking like I've been dragged 13 miles let alone run it, but the fun still hadn't ended! During our run in to the finish we encountered a young runner who was doing his first half, (I'm pretty sure he run for Newport Running Club) However, he was flagging a bit but asked us what times we had on our Garmins & what time we were looking to get, we told him 2 hours. "Really was his word's" A smile hit his face, he then told us his mates had made some sort of bet, he was on for a free Nando's which seemed to give him a major second wind & he trotted off.

We then got back into Shifnal, we knew that the pedestrian traffic light's might make or break our 2 hour target, luckily today the motorists of Shifnal were in a forgiving mood today as they waited patiently for us to nip across even though they were on green, we made our way to the finish line cheered in by WRR's own Kathy Ling, we were greeted by the race director shouting our names according to our race number's as we came in, we heard "here comes number 78 Robin Hartley, and just behind number 18 Adam Hyde" from his PA system. My number was upside down from my fall & being held on by one pin, I quickly turned my number the right way up "Sorry its number 81 Johnathon Smart" My friend at the finish line has managed to take a few pictures of me running rather awkwardly as I'm holding the number with both hands across my belly.

The medal & banana was well earned and we have plenty of stories to tell to my club after, although I did have to explain my sorry looking state several times over. I Finished 1:58:49 which considering all the crazy events along the way a miracle. Still managed to smile about it though!

All in all it was a great local race, will look to give it a go again next year, it was really well marshalled, watered and all for a good cause.

York 10k – Sunday 7th August 2016



Amanda Lysons

The race morning greeted us with heat, sunshine and gusting winds – but atleast they would keep us all cooler for the run and surely it couldn't be head winds the whole way round!?

The run started and finished on York Racecourse, and with the odd sneaky little hill it wound through the city centre (perfect for a spot of window shopping as you went by), past the Minster Cathedral, with its bells ringing in support of the runners and also taking in the riverside – it was a fab route.

The event was exceptionally well organised and support along the way was fantastic – a race I would definitely do again.

And in case you are all still wondering, there was the odd street that was a wind tunnel, but not enough to dampen everyone's spirits.

Finish Time – 52.01

Cannock Chase 10k - Sunday 7th August 2016 *Report by Dawn Humphries*

My first trail run, I had been told it would be a challenging course, which mixed with hot weather made it especially so for the "ancient and arthritic" as my girls call me.

Unfortunately, it was not very well sign posted from the main road, so we didn't get there until 10.00. Lots of free parking, and well signed once in the main entrance, but, nothing from the road, hence us being tight on time for a 10.30 start. Consequently was then faced with the ubiquitous queue from hell for the portal loo, so stood for nearly 30 mins and literally only made it to the start within seconds... A lot opted for the privacy of a fern covered stop en route but my modesty prevailed.

Fortunately, it was a phased start, so fine for me as I was at the back and not looking for a PB. Once underway there was a lot of congestion, even with the phased start. There was single track for a while, as I was only planning to "pootle" around this was not an issue, but would have been a bit frustrating for the speed fiends.

Finally it settled down, I can say the scene was absolutely stunning. Beautiful woodlands, and lakes, very picturesque, so I did try to enjoy that and ignore the killing hills that seemed to make up most of the course, especially the minxy once just about half way round, which put the park run hill into context. I think I could accurately describe it as a challenging course, the first half was predominately up hill, second half was only marginally easier, not exactly down hill, and still tricky due to the stones, sand, and odd cyclist.

There was just one water station, but again well organised by the time I got there, and as only a 10k that was fine, but glad I had water with me due to the heat. Not much crowd support around the course for obvious reasons but I didn't mind that, but a good finish support. Oh and a big thank you to team Wrekin for cheering me on, on the last straight in my hour of need, very much appreciated. 😊

Very sandy and pebbly all round, with marked good trails, one stream crossing, there were stepping stones for those who wanted to queue and not get wet... declined that option and splashed through, as I am now a real trail runner!

Overall very friendly and well marshalled, unfortunately there was no-one at the sharp turning at 9K so disappointedly, I missed the turn and ended up back the visitors car park before I realised my error, had no idea where to go, so had to go back, and found about another 10 runners who had made the same mistake, so was a bit gutted and it was grim having to run back and recover the distance...overall did 7.2 miles! Hence my utter appreciation of the friendly Wrekin faces on the last leg. As my husband said... "Value for money," can't repeat what the girls said!

So, despite the heat and the hills (am still waiting for the latent Wrekin hill lover to emerge) and getting lost. It was a friendly and well organised race, nice blingy medal, the goody bag was a little light, but included some healthy treats, some Haribo's and a chewy drumstick thing...the children liked it though, bananas and water available too.

I would do it again next year, beautiful course...just need to embrace those hills, and not get lost.

The Pie and Peas 5 miler - Wednesday 3rd August 2016
Report by Kathy Ling

Last night just popped up to Moulton to run the Pie and Peas 5 miler with a lot of undulating and rough patches. I had to keep my eye on where I was going. The Vale Royal A C organizes the event and this is my 3rd year. 307 runners took part and it was a very warm evening. When I got as far as 2 miles the leader was on his way home. It was a great atmosphere in the village but on the way home all I could think of was the Pie and Peas waiting for me...would there be any thing left?? But there was and very nice too. I love this race and would love to do it again.

Time 1h.19 1st 70, cash in envelope and lots of goodies!