



# NSRRA November 20121

VirtualEdition 7

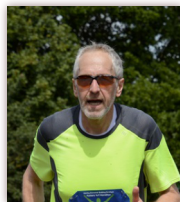


*“If you run, you are a runner. It doesn’t matter how fast or how far. It doesn’t matter if today is your first day or if you’ve been running for twenty years. There is no test to pass, no license to earn, no membership card to get. You just run.” – John Bingham*



Dear Runners

A huge thanks to all donated to Stroke Association by backing Sarah and myself with my Potters arf challenge. We raised a £695 which I am humbled and thankful for the generosity and support.



I can assure you it was the toughest race mentally of my running career. I am not out of the woods just yet as had an emergency stay at Royal Stoke 2 weeks ago and the diagnosis is that I need a pacemaker so this is yet another challenge to overcome.

I read some great race stories that you all submit for all to share and am a little envious not be part of those events. Never say never!

Act **FAST** and call 999.



Facial  
weakness



Arm  
weakness



Speech  
problems



Time  
to call 999

Keep well, keep safe, and keep healthy.

Your Editor

Graham

## Chairman's Report

Can I start off by saying thank you to everyone for your magnificent support in 2021. We had a record number of new members and hopefully you have enjoyed what we offer and we will see you in 2022.

Way back in February we started the season with the Alsager 5 but it had to be a Virtual event as did the next 7 events. Finally we had some light at the end of the tunnel and event 9 the Cheadle 4 was a live event. As with the next few events we operated a wave system of starting to keep things safe but it was live racing and seeing everyone was great.

August, September and October saw big fixture congestion as

rearranged races and normal race dates clashed but it was just a case of picking which one you ran in. Hopefully 2022 races will be spread out a little better.

What we have had this year is a record number of Compleat runners, 28 in total, well done to all of you. Also lots of records have been broken so more congratulations to all those who achieved those records.

Renewals and new membership is now open via our website and you can also purchase presentation tickets which takes place on January 21<sup>st</sup> at Florence Sports and Social Club.

Last but not least we have our AGM on December 9<sup>th</sup> once again at Florence Sports and Social Club. Happy Christmas and see you all in the New Year.

Ken



**AGM on December 9<sup>th</sup> once again at Florence Sports and Social Club.**

## Newcastle 10k race report

Originally scheduled for 22 March 2020, Newcastle 10k was the first NSRRA race to be cancelled due to the restrictions imposed to combat the pandemic. It has been a long and challenging journey to get us back to normality.

The fourth 'live' race since our return, after modest numbers at the first three events (209 at Cheadle 4, 155 at Betley 10k and 147 at Trentham 10k), Newcastle saw the largest attendance yet with 409 runners. It was a magnificent sight to see so many local runners turning out, all undeterred by the rain.

I was one of the folks seeking shelter underneath the entrance to the college, just a short way before the start line; as the battalion of runners marched around towards us, we fell in step with our chosen company led by the PB Pacer flag bearers, before we all began the charge into our own personal battle up Blackbank Road.

This was my first time running Newcastle 10k, having entered previously in 2016 but not making the start line due to a left hip flexor strain. I hadn't entered since, and only got in this time due to the extra places released in April. I'd never been up Blackbank Road before, let alone run it – although I'm no stranger to hills. Coming the week after a visit to Beech Caves on Trentham 10k, Blackbank was not as steep but more drawn out, sapping a few runners before reaching the top at Alsagers Bank. I'd set out with a vague idea of running somewhere between 57- 58 minutes, but having been overtaken by the 60 minute pacer on my way up, I knew I now had my work cut out.

As we make the turn at Scot Hay, the rain intensified, but the hard work has been done and it's a downhill charge from here back to Silverdale. I get back ahead of the 60 minute pacer, a smile and a wave to Bryan Dale at the 6km mark, and then push on to join the two-mile final stretch along the Greenway.



If we didn't think the rain could get any harder, we were mistaken, as the ferocity of the summer storm overhead intensified, the trees along the greenway providing little protection. Into the final kilometre, my shirt heavy with the rain and every step a squelch, then the sight of the finish line and there's Ken calling out the runners as I cross the line in 57:36, some 73 seconds quicker than my time at Trentham the previous week. Job done.

Despite the rain, there's plenty of smiles and camaraderie; after the long dark months of the pandemic, it will take more than rain to quell the spirits of the North Staffs runners!

Simon Clarke

## The Stone 5 Mile 2021

Mick first arranged this race in 2018 to raise funds for Lymphoma Cancer Association and it is a firm favourite of the Staffordshire Road Runners community. There was a live stream, a great sponsor from the Running Bear and all hosted at Oulton Cricket Club which must surely have some award for being so ridiculously elevated?! What else would you want to be doing on a Wednesday evening? I'm a huge fan of the Stone 5 so here is my top 5 of this year's race:

1. The starting line charge.  
We've become accustomed to wave starts in races and now we are **\*\*hopefully\*\*** heading back to normal racing. The bonus of chip timing means no one misses out on their illustrious PB. However, there was many a cheeky grin when the instructions were clear: "We are not hanging around at the start, get your watches ready." As race footage by John Danahay shows, a few mile PB's were set at the start of the race!!
2. Cheers from the volunteers.  
It takes one type of person to pay to run a hilly route. It takes another type of person to give up their time, don a hi-vis and encourage endlessly as we all huff and puff around the course. Every single volunteer oozed positivity smiled and sang us around the course.



3. The child who ran doggies in Oulton.

You've just legged it down hill from the cricket club, you've turned left along another sweeping downhill track, then sharp left to go up through Oulton – at this point your pace hits a brick wall. Running through Oulton village there was a young lad, knee high and had the energy of a puppy who kept running people up the hill. Bless him!

4. The car parking miracles.

Those volunteers parking the cars should be employed by the Royal Town Planning Institute to help solve lack of space in urban areas. How that many cars, portalooos, timing facilities and stalls fit in such a small space is beyond me.

5. Masters running.

I'm pretty sure every runner has a day or two where they feel "just a bit too old for this." Next time you do, take a look at the results from this race. We shouldn't ask a lady her age, and you certainly shouldn't be rude to these ladies – they would quickly catch you and clip you round the ear.

Well done: Dianne Lapworth; Elaine Statham and Rita Banks. Also, tip my hat to the men: Norman Hindle, Kevin Uzzell, Peter Divall, John Finney, Alfred Slater, Clive Baggaley and Alan Lewis.

Kelly Butler



## Ipstones 5ish

Hi all, this is my first opportunity to write a race report for NSRRA on the ask of Ken, so it's a pleasure to be able to describe my race experience having signed up to NSRRA for the first time this year, and what a year it has been for all.

You can't beat the highs and lows of a race day experience and for us now to be into the 7th live race of the season gives a whole different meaning to racing again. Whilst the virtual races ensured that I was motivated to keep improving and progressing with my running and also playing a big part in setting up a new running club (Gator Athletic Club), there's nothing quite like taking in the real life race day atmosphere. Catching up with friends from other clubs and being part of the race day camaraderie has definitely been missed.

Having tempo'd at Newcastle 10k, Dave Clarke 5k and Stone 5, it was time for a rev'd down race as I supported a friend and a follow GAC team mate. Tom is in his infancy of his running career having only started running during Lockdown! The race plan was quite simple; enjoy the race and learn from the race day experience being only Tom's third live race.

The race began and the first section was a lap of the field with us soon entering on to the Ipstones roads. We started off at a brisk tempo and attacked the first mile clocking an 8:02 mile.

Having not realised the elevation of the first mile, in hindsight, it was perhaps a tad pacey. That said mile 2 and 3 had a negative gradient so there was plenty of opportunities to relax into a more comfortable pace as we absorbed plenty of sunshine and took in the rural scenery!

Still working hard we had chalked off mile 2 and 3 both sub 8 minutes where we then





approached the climb back up towards where we had started. Through gritted teeth, perseverance and the temperature appearing to rise with the elevation, we had dug in and got to the business end of the race. With a final push into the recreation ground, and pipping a couple of follow competitors on the final 200 meters, we had completed our first experience of the Ipstones 5ish in a tad over 40 minutes.

A tough, but enjoyable race with impressive views made for a great Saturday afternoon run and one I would definitely have another blast at next year. We are really looking forward to the remaining races of the season and a big shout out to all the volunteers who help to organise, marshal and photograph each race. You all do a cracking job and keep the races coming thick and fast!

Thanks

Rich GAC 🐢

#### South Cheshire 20

The race started at 9.30am but on the South Cheshire website it advised that if any runners were going to take longer than four hours they could start an hour earlier at 8.30am which I thought was a good idea as I know it would take me longer than four hours to complete the race and I appreciate they can't expect Marshalls to be around the course for such a long time.

On the morning of the race I got up early, had my usual pre race breakfast, porridge and bananas, a nice up of tea, got myself ready, pinned my NSRRA letter Y on my vest, I checked my watch was fully charged, filled my water bottle, checked I had something warm to wear after the race, even in hot weather I think you still need something to put on afterwards, I also made a flask so I could have a hot drink when I finished. As I was getting ready my phone rang and it was Alf Slater ringing me to wish me Good Luck, which I thought was nice of him, he had to run the race virtual as the race was full.

I have run this race a few times and in all weathers so I sort of knew what to expect, I could remember some of the route, but my main concern was getting to the race than actually running it, I drive to most of the races but this one in particular for some reason I have never driven to it, I have always had a lift, so I checked google maps for directions (as I haven't got a satnav in my car) and found the route I was going to take. The previous Wednesday I saw Lee Lymer at the Staffs Knot 5 race and she asked me if she could have a lift, I said yes

she could, so I thought great at least I will have some company if I do get lost, but the day before the race my husband offered to take me and we picked Lee up on the way, he was only dropping us off then coming back later to pick us up, I asked him to come back between 1 and 1.30 as I was not expecting to finish before then.

We left home about 7.20 and picked Lee up at 7.30 from Silverdale, we got to Shavington Leisure Centre at 8am picked our numbers up, had the usual toilet stop then we were asked to go outside at 8.20 for a safety talk before the race, there were more runners than I thought starting at 8.30 there were about 30 runners outside. We were advised that the route was sign posted and there may not be many Marshalls on the first part of the course or any water stations so we had to make sure we had enough water for the first few miles.

We all gathered at the start. It was literally a 3 2 1 start with no gun or clock and a good luck from everyone spectating.

I started off running with Lee and we saw Sara Rees on the way, but after about half a mile Lee decided to stay with another lady and told me to go on ahead. It was a lovely sunny morning, just about the right temperature, I came across the first water station and am pleased to say that there was water available and there were Marshalls along the route sending us in the right direction, I could see some ladies in front of me, I was gradually getting closer to them, it was very quiet regarding spectators as I ran through Betley, there was not much traffic either, as I was approaching the 7th mile I could see Ann with her camera at the ready, so I smiled and looked as though I was enjoying myself (I was actually), as I passed the 7 mile marker I could hear footsteps behind me and thought this must be the winner coming through and as I turned around it was Tim Rees, (I thought he's doing well) I was told afterwards that he started early as well as he had to go to work afterwards (good lad).

At the 8th mile I heard footsteps behind me again and it was the winner coming through, I said well done to him and he gave me a thumbs up, at this point it was mainly main roads I was running on the pavement to avoid any traffic and trying not to get stung by nettles at the same time, we turned off the main road onto some country lanes but these country lanes also lead to some nice? Hills, I did catch up with the ladies in front of me going up the hill, Paul Hancock from South Cheshire Harriers ran passed and said "keep going Hazel well done" to which I replied "thank you and well done to you as well", after that more and more people starting catching up now and I said well done to them and the majority replied with a "well done", "keep going", "you're doing well", one lady from Silverdale running club said I was "looking strong", which kept me going, there was a lot of support off all of the runners. Later on there were people on the route giving you Jelly

Babies, offering drinks, water stations not only had drinks but they also filled your water bottle with fresh water. As I approached the 10 mile marker I thought great halfway there, only 10 more to go, my watch said 2 hours 9 minutes which I was happy with, I wasn't going to rush, 20 miles is a long way, I wanted to complete the race no matter what my time was, I seemed to come across quite a few hills and I seem to push myself on the up hills and relax on the down hills, (I think I've got that the wrong way round somehow). It was getting warmer now and I am approaching the 15 mile mark, I thought everyone had caught up and gone passed me as I was running on the right hand side of the road facing the traffic, a few runners past me on the left and one lady shouted, "come across this side of the road in the shade unless you like running in the sun" so I waved to her and crossed over and ran on the other side of the road which was cooler to be honest. I must admit I was feeling it a little bit over the next couple of miles and quite a few people were walking, anyone who knows me knows that I never walk in a race, (even if I'm running at a snails pace), but sometimes you have to make an exception and this was the exception, at 18 half miles I caught up with a chap named Peter who I had a chat with, he said he was walking because of an old injury and he told me to carry on, I was just walking because I had enough (to be honest at this stage I was probably walking quicker than I was running), but I didn't walk for long, as soon as I saw the 19 mile marker I started to run again, I thought I have got to run the last mile, half way along the road a car peeped at me and it was my husband, he gave me a wave and carried on to the Leisure Centre, as I turned the corner Martin Stirna was at the end of the road and said "its Hazel isn't it" and I replied "Yes, I don't usually walk in races but I have had to today", he just smiled and said "well done, the finish is just along the road", I could see the field where the finish line was in the distance, the last half a mile, as I ran towards the field somebody else peeped and waved to me, it was Sara and Tim Rees, I ran onto the field and the grass was quite long and I hadn't got the energy to pick my feet up, but I managed it and crossed the finish line in a time of 4.36.57 which I was pleased with. Scott Dundas was one of the first aiders at the finish line and asked if I was ok and I said yes I was, I just wanted to sit down, I collected my goodie bag which contained a t shirt, gingerbread man and bottle of water. I went to the car and sat down while my husband went to get me a bottle of pop, as I wanted something sweet and fizzy, then I

went to collect mine and lee's bag from the Leisure centre and waited for Lee to finish, she wasn't far behind me, when she finished my husband poured us out a nice cup of hot chocolate each, and then he drove us home.

I would advise anyone if you want to run a 20 mile race either if you are training for a marathon or just want a long run, this is the race to choose.

The South Cheshire 20 is a one loop race which takes place in the country roads of south Cheshire. The race starts at Shavington Leisure Centre runs through Betley, Wrinehill, Shralebrook, Audley, Barthomley and back to Shavington. I must admit it was a bit lonely at the beginning in places but by starting an hour before everyone else at least I was running with people around me and also had company at the finish. It's a lovely race, a few hills in places, lovely scenery some main roads but mainly country lanes and the support was excellent on the route, thank you to the organisers Marshalls, Marshalls on the drinks stations, all the children on the drinks stations as well who were giving away sweets and jelly babies and the lady who filled my water bottle with fresh water and everyone involved in the organisation of this race. And my husband Leon for taking me (and lee) and bringing us back home.

It's well worth having a go and you get a goody bag and nice t shirt as well. Thank you all and may see you next year.

Also well done to everyone else who ran the race.

Hazel Barlow. Michelin AC





## Congleton Half

Congleton was to be my 12th NSRRA race, so plenty to play and run for, get this one completed and the pressure would be off both personally and for Trentham Ladies Team. Without thinking I booked my flu jab and covid booster on the Friday and kept everything crossed that no ill effects. Luckily for me I woke Saturday feeling well, so now no excuses for a poor performance! Saturday night involved pasta for tea, plenty of fluids (forgoing the usual glass or 2 of vino) and an early night.

After the constant rain of Saturday it was a relief to wake up to a dry morning and eventually sunshine. It was a cold morning but perfect for running (for me anyway). There was a lot of discussion with team mates as we prepared for the race about what to or what not to wear. I was glad once the race started to have opted for shorts and vest and no extra layers.

It was a new start and a newish course and finish this year. A pleasant 10 minute walk through the woods took us to the start, where did that bypass come from and who put a roundabout at the start? I hope no one is expecting a detailed course recce at this point, I do know there were a few climbs, a bit of downhill and lots of nice, mostly traffic free country lanes. Organisation was excellent, plenty of friendly Marshalls along the route and a few team mates also popped up along the way to offer (very welcome) support.

I knew after mile 1 that I was going to have a good race, the temperature was perfect, comfortable with the pace, a chat with fellow age group runner and friend Ruth, it somehow just felt right. I was thinking I would have company from Ruth for most of the race until 1 or the other of us felt able to push and go ahead. Sadly, not to be as Ruth was unwell and had to abandon her race half way through. The biggest surprise came about half way when a Marshall informed me I was 4th lady, this spurred me on to keep up my current pace, with the knowledge this would secure me an age group win. The new switch back this year made for an interesting section; being able to see who was ahead, shout on fellow runners and get some very welcome shout outs from team mates. I know from other race reports that other runners in the vicinity get a mention, for the most part I ran this race pretty much solo. A hi from Jo Stanfield coming the other way on a training run at mile 8 was encouraging.

Everything was going really well until at mile 10 I started to feel a

couple of twinges in my hip and calf and my pace slowed. It was a relief to make it up the final climb and to be on the final stretch and see the finish sign. Lovely touch to have the race director at the finish and to ring the bell for a course PB, however as a new course does this count? Back to the school for a freshen up and cup of tea and to discuss the race with team mates. Very generously there were prizes for the Top 5 and I look forward to shopping at Running Bear. There were age group wins also for Trentham's Martyn McGuigan and Carol Higgs.

A good day out for Trentham and a very satisfying and enjoyable race for myself. A pleasure to write the report after a good race and then to find I was 1st NSRRA lady home, never happened before and pretty sure will never happen again, I will enjoy the moment....

Thanks Sarah.

Werrington 10k

My training this year has been very hit and miss due to an ongoing piriformis injury.

The previous week, having run/walked the virtual London Marathon incorporating Congleton half, my legs were not relishing the thought of the hill at Werrington.

(I had also been diagnosed with a urine infection mid week and on a course of antibiotics! Not ideal. Too much information I know)



Fellow Harrier Graham Williams offered me a lift which I kindly accepted. On arrival it was dull and cool but shortly before the start the sun decided to make an appearance. Do I or don't I need the sunglasses. Oh the dilemma! I opted to leave them in the car. There were very few Harriers competing as the majority seemed to be at the Manchester Marathon. I am not one of those people who can remember every detail about a course, all I know is that I enjoy this race around the quiet country lanes of Werrington, probably due to the cooler weather, but a hill was etched in my memory. Checking Strava it showed that this was around the 4-5 mile mark.



Graham Williams and I passed each other several times. Graham overtook me yet again when I was walking up 'that hill'

Afterwards I remarked to him that he flew up the hill and for the final mile or so to the finish. He made me laugh by replying that there was no flying involved, I'd just got slower! That told me.

Thank you to all the Marshals and for their support and keeping us safe, to Trentham Running club for a well organised race and of course to Ken, Andy and team without whom we wouldn't have these events. Now Covid restrictions have eased I am loving being back amongst the running community.

Julie Nokes

Flying Fox

I Started the race day as normal with a bowl of porridge. I arrived at Sandon and parked in the race car park and made my way up the hill to race headquarters and was given my number and chip by John Clemens. I put my race number and chip on I then ran back to the car

to warm up and drop off my hoodie. I then made my way back up the hill it never seems to get any easier running up that hill! I had a chat with some of my fellow South Cheshire Harriers runners and then made myself look good for the club photo! Then it was time for one last trip to the toilet before the race. The new course starts outside race headquarters which saves the time you had to run out to the old course start. More toilet and chat time!! I was now ready for the race.

I've done the Flying Fox race many times over the years with different weather conditions this year it was idle running weather cool and sunny. We all lined up on the start line I lined up around the middle of the runners. We had the customary race briefing. Fellow club member Dennis Robinson standing next to me said "they said there is no overtaking" and we all laughed. The race started and we all crossed the timing mat and we were racing.

The last time I did this race was in 2019 when I ran it with Natalie Bailey from South Cheshire Harriers. This years race plan was to run with Rachael Beech from South Cheshire Harriers but not long into the race she had to retire with a foot injury. So I had to come up with another race plan, so I decided as I'm training to be a running coach I thought I would put into action what I had been telling my fellow club runners and practice the running technique for running up and down hill, it seemed to work on the up hills! Not long into the race I was running on my own so I made an effort and joined onto the back of the group in front of me. As the race progressed I made my way through the group and then could see my fellow club runners Dennis Robinson and Jen Edwards in front to me. We came down the bank back into Sandon and completed the first smaller lap and where we're met by cheering spectators, it was nice to have your name called out, it gives you a lift. The miles and hills ticked by and we came up the biggest hill on the course to the welcome sight of the drinks station by the church I stopped and had a short walk and drink of water from the water bottle put it into collection bag and was on my way again. Previously I had seen Jen Edwards struggling to get up the big hill before the drinks station, not long after the drinks station she stopped so I stopped to ask if she was ok and helped her with her shoe lace and off she went. The break had helped her recover and she went on to win her age group well done Jen. For the last few miles of the race I ended up running on my own trying to catch up with a Stoke Fit runner, unfortunately I wasn't able to but I think it helped me improve my race time by making me run harder. As I neared the finish I saw runners coming the opposite way on their cool down runs. I turned and entered the school entrance and saw Ken Rushton on the microphone



commentating. I crossed the line had my chip taken off and went and got my bottle of Flying Fox beer and some Haribos. I was pleased how I had run.

Congratulations to Ben Gamble from Tipton Harriers for winning the mens race in 53.45 and congratulations to Kelly Butler from City of Stoke AC for winning the ladies race in 1.03.14

A big thank you to Stone Master Marathoners for putting on an excellent race. It was very well marshalled and supported.

Phil Cliff



Meerbrook 15k

Before I begin, I would like to thank Ken and Sue Rushton, Bryan Dale, Mick Hall, Andrew Vickerman, the running clubs, the pacers, the first aiders and the marshalls and anyone I have forgotten who have made the return to actual racing such a success.

What a season it has been! For me it has been a season very similar to the Meerbrook race made up of ups and downs, from the high of returning to real races at Cheadle 4 and starting to get both fitness and pace, then needing first aid for asthma and heat stroke at the sweltering Betley 10k to July where I sustained a very nasty inversion sprain of my right ankle, to the high of Flying Fox where I made my debut as a bat(happy days).

It seemed like my ambition to be a complete runner this season might be over but thank goodness for Ken and the team and the offer to switch to virtual until I was allowed to race again.

My return was at Congleton and more thanks are needed as the NSRRA community is so supportive it made returning from injury much easier than it might have been.

I promise I will get to the point now- Meerbrook, the final race of the season, a feeling of relief tempered with sadness that we have to wait

now until next year for more. What a race to finish our season though. In the build up to this one I must confess I was dreading it as its reputation precedes it and it was my first time tackling this one. I was worried my ankle wouldn't hold out on the hills and might stop me even finishing it. The race started by lulling me into a false sense of security by being a fast flat mile but that it was where it ended! The climbing began in earnest and I have to confess it is the earliest in any race where I've needed to walk at times. After climbing that seemed to go on forever there was a wonderful levelling out where the pain subsided and I was able to enjoy spectacular views and this reminded me why we do races like this. Meerbrook is a very tough race there is no question about that and it felt like there was more uphill than flat or down but the downhills were amazing and were quite the adrenaline rush, a feeling of fear of somersaulting and face planting mixed with sheer exhilaration. A bit further on came the grim realisation that the amazing downhill was going to be a gruelling uphill on the way back. The person who devised this course definitely has a sense of humour. The final mile of the race concluded with the best downhill ever and the welcome at the finish was brilliant.

In conclusion:.. Was I right to be scared of this race? - Yes! Did I think never again?-yes! Would I do it again maybe or even probably? The feelings of pain are balanced with elation so probably yes I would try again. I have unfinished business.

Thank you all for making this reason one to remember for all the right reasons when it could have been for all the wrong ones for me. The support from NSRRA community has been outstanding and I'm all signed up again, this time with Stone MM. I can't wait but for now, time for a few beers!

***The Race of Ups and downs(hills are still my friend, they are my nemesis!)***

Helen Somers



## PRESIDENT'S WANDERINGS

Runners and friends,

I hope you are well and have managed to stay injury free after a packed autumn schedule of racing, caused by some earlier postponements due to covid. I write these notes with just Mick Hall's Meerbrook 15K race still to go, as the final NSRRA run of the season. After a quick glance through the tables, it would appear that most of the leading places are already decided, but that very tough but scenic Meerbrook course, is bound to have a final say. My congratulations to the runners who, on the completion of Meerbrook, will have bagged a full complement of races. A big well done to you all and you have my admiration.

One of the most notable things about this past season, has been the amount of new records that have been set. Most prominent among the holders of these, is my flying second cousin, Julia Matheson, who I believe now holds a complete age group set. That's a truly great achievement and a reward for all that effort and hard work. It leaves me proud to claim Julia as a relative.

Another prominent record breaker, is my old pal, the fantastic 81 year old youngster, Alloy Alan Lewis. He even continues to improve on his own records and this despite running with a metal hip, much more of it and we'll all be wanting one!

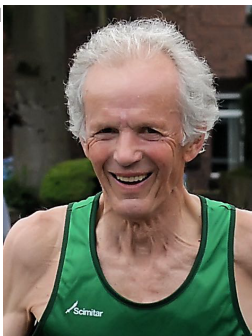
Next came Doug Alcock and Jill Philips, you can't mention one without the other. Between them they have set several new age group records at the longer distances and obviously make a great running partnership. Something is certainly seeming to suit them both, as they are rarely to be seen without a cheerful smile.

For many years, Martin Hull has been a very fine athlete and he has set age records this year at 5 mile and 10K. I have known Martin since the early 1980's, when we were both members of the now long departed, P.M.A.C. It's so nice when we meet up at a run now, to reminisce over those enjoyable times. We can chat about some of our old team mates who no longer run and many of the almost forgotten races.

By the time you receive these notes, the Cheddleton Christmas Pudding run will have taken place. I would like to say a very sincere thank you to all the many who have supported us once again, also Ken and Sue and Andrew Vickerman of AVtiming for all their help. I hope you all enjoyed the day and you can be proud that you will have helped to raise another substantial sum for Cancer Research UK. I will post a final figure when we have one.

Good running everyone and please remember to stay safe on these dark winter nights.

Regards, Stan.



Thanks to Bryan Dale and Mick Hall for supplying the photos.

Thanks To Sue and Ken and my wife Julie for proof reading

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