

November 2009  
edited by Cristina Puccini

## Penny Lane Striders

# The Striding Report

City of Liverpool

Penny  
Lane

L18

### INSIDE THIS ISSUE:

Memberships & Club Events	2
Strider of the Month	3
A Running Joke	4
Journey to Ironman	5
Training Tips	7
Marathon Race Reports	8
Training & Race Calendar	11-12
Classifieds	13

## From the Editor

With the onset of winter you'd think that everything would start to slow down, but nothing could be farther from truth as far as PLS is concerned. The new season has just kicked off and a whole bunch of Striders either already have or are about to take part in autumn marathons.

The marathon is my favourite distance so I'm probably a little biased, but I think this is a wonderful thing. In celebration

of this feast of long distance running, this issue is dedicated to endurance – apologies to all those of a fast and furious disposition, your time will come soon enough – in all its forms, including a first for our club: an Ironman. Or, to be precise, an Ironwoman.

Last summer ladies' captain Tarja Kinnunen competed in her (and the club's) first Ironman triathlon in Zurich. Her story makes compelling reading. But

it's not all just about the running. Just ask Fiona, Jane, Nat & Sarah about their adventures in Amsterdam. In fact don't, go read their account of their little jaunt. Look. I'm simply not going to say trip. This is a serious publication. ☺

Send all contributions to:

[cristinapuccini@btinternet.com](mailto:cristinapuccini@btinternet.com)

## News

Who says you have to wait for 5<sup>th</sup> November to see fireworks?

The new season started off with a bang for Strider Maria Conaghan, who clocked a fantastic PB of 3:09:55 on a tough, windy city marathon course at the NY marathon on 1<sup>st</sup> November. The day was also a special occasion for Simone Capponi, who realised his long-term plan to run NY with his dad Mariano. Neither father nor son were looking for a PB this time, choosing instead to take it easy and take in the sights, so we shall gloss over the fact that the pair finished their Sunday stroll around the big apple in a time that would make me reach for the nearest bottle of bubbly.

Speaking of bubbly, the time has come once again to celebrate another year of achievements at the Club's annual Christmas party and Awards Night on Friday 27<sup>th</sup> November. Tickets are available from the usual suspects on club nights, so make sure you don't miss out on what promises to be a great night.

If you can't wait until then for a night out with your club mates then fear not, for the next Quiz night is nearly upon us. Sharpen your pencils and get ready for the Quizmaster on Friday 13<sup>th</sup> November at Sefton Park Cricket Club from 7.30pm. Family & friends

welcome as usual.

Finally, something remotely connected to running. Sunday 20<sup>th</sup> December is the date for the Xmas Devil's Gallop, followed by the traditional breakfast at the Tavern Company on Smithdown Road (come on, you just knew that a fry-up was bound to make an appearance sooner or later).

The top floor of the Tavern is booked, as is good weather and clear views of the estuary for the run. ☺ As usual there will be groups to suit all abilities, so don't miss your chance for a good workout to make some space for the xmas pudding!!!

### Special points of interest:

- Marathon Special! Reports and Pictures
- PLS's first Ironwoman
- Current Club Championship Standings
- Training tips

## Membership news

by S Knott

Penny Lane Striders is a friendly club and I am sure that all members will join me in welcoming the new "striders" that have joined in recent months!!

**Derek Tierney**

**Mandy Schofield**

**Natalie Steele**

**Sharon Brady**

**Emma Lucy**

**Clay Lenhart**

**Milie Hargaden**

**Tim Fletcher**

**Laurence Eccles**

**Kathy Doyle**

**Colin Dobbs**

**Alex Madder**

**Phil Bluer**

**Simon Marriot (2<sup>nd</sup> Claim)**

**David Quinn(2<sup>nd</sup> Claim)**

**Peter Pritchard (2<sup>nd</sup> Claim)**

(As of 1<sup>st</sup> November 2009)

There are currently 129 Members of  
Penny Lane Striders

The number of new members this month is a **world record**: I have checked with Guinness and there is no record of Penny Lane Striders ever recruiting 16 Members between editions of the Striding Report ever. 10, yes, 11 yes, even 12... but never 16!

This is good news because it means the club is thriving as we approach our 25<sup>th</sup> Year!!

**There are still a few membership renewals still outstanding.** If you have not yet renewed your membership, you can download a form from the

site, or see me on club night and ask for a form. You can return the form to the club Treasurer (Andy Stansfield) or pass it to one of the committee and they will pass it to him on your behalf. Fees remain the same for this year - £20 Waged, £13 unwaged. This includes your affiliation to England Athletics for the year.

On Friday 27<sup>th</sup> November we will be having our **annual Christmas Party**, starting at 7.30pm in St. Anthony of Padua Parish Hall on Queens Drive. Feedback from last years event was the best we have ever had: Food, Beer, Prizes and Music until we all get thrown out at some late hour...

**November 1<sup>st</sup> sees the start of a new championship year.** Start planning your races early to make sure you cover all events in each category to qualify for the road race and multi terrain championships.

Finally – congratulations to all those who did get a place in the **London Marathon** through the ballot and commiserations to those that didn't. However, all is not lost!! If you pass your rejection letter to Chris Carson, we will be holding the ballot for the 3 club places in the 2010 London Marathon (Eligibility Rules Apply). The draw for the places will take place at the club Christmas Handicap on Thursday 17<sup>th</sup> December.

Hope you all have a great Christmas – see you all in the new year!

Happy Running Y'all

Shane



## Strider of the Month – Janice McKinney

interviewed by D Lynan



Ant & Dec inspired Janice to marathon success. Or was it Gordon Ramsey?

**1) What is your favourite run and why?**

Along the prom on a sunny summer evening.

**2) What is your least favourite race and why?**

I only do one race a year as quite lazy. So far my least favourite is any that go round Sefton Park...I can't understand paying £15 to run round the park...?

**3) What is your most memorable memory in running?**

The first time I managed 20 minutes nonstop in Glasgow, I was so emotional I cried!

**4) Tell us something we don't know about you.**

I'm going to become Mrs Wildgust next year by marrying the fantastic Craig.

**5) What or who do you listen to on the run?**

Barry Manilow got me through 20 milers. Pumping trance music from the 90s is good for motivation. Otherwise I don't listen to music as I like to run and meditate.

**6) What is your favourite post run food?**

Chips washed down with Pinot Grigio.

**7) Who inspires you? Running or otherwise.**

Gordon Ramsay, Ant and Dec.

**8) There are lots of running clubs, why do you run with Penny Lane Striders?**

I enjoy being part of a friendly running club, where everyone's achievements are recognised. People also think it's funny when you tell them the name.

**9) What's your favourite post race tippie?**

I am a danger when alcohol is around as only go out annually (the wine tasting night is a prime example!)

**10) Do you have any words of wisdom, or top tips for running?**

I have learned that endless advice and expensive products can't make you a better runner...

**11) What achievement are you most proud of?**

Going back to university at 28 and giving up 3 years of salary, to do something which inspires me!

**12) Favourite sports?**

Tour de France, Dancing

**13) You were delirious after the London marathon! Describe your feelings from that day.**

I was exceedingly happy and proud of myself, I thought back to 3 years ago when I was porky and couldn't run 20 metres to the end of my road without having a tantrum☺. I can also now empathise with the patients I work with who can't get up and down stairs and on and off the toilet. Ouch!



Janice McKinney  
4-11-09

## Club Events – Wine Tasting Evening @ Vinea

On a fine October night, a selection of Striders and assorted friends and family met up at Vinea for an evening of wine tasting.

When it was first suggested I wasn't entirely surprised. I've only been a member for just over a year and already I've clocked up more visits to the local wine bar than I had managed in my entire life prior to joining, so I had a hunch that many in the club considered their bodies a temple...to the grape!

The evening was lead by a lady who – in the immortal words of Basil Fawlty - clearly drinks a lot. Like a connoisseur, mind. ☺

Various types of wine were passed around whilst she explained the characteristics of each, including how to roughly recognise the alcoholic content and giving pointers as to what to expect of various types of grapes.

Much to my annoyance, I had a long run in the morning, which meant I had

to do the unthinkable: pass most of it on to the other half, whose plan for the morning was to stay in bed for as long as possible.

As far as I could see none of the others present had such issues, throwing themselves into the tasting of the various wines – and some beers, too – with gusto.

We started off with a champagne, followed by a couple of whites, a rosé and two reds.

I would have preferred to have heard a little more about the sorts of foods some of these wines would be good with, but I guess that's a whole other issue. Maybe we should go back and ask. ☺

...After the nice lady had finished her piece we were all left to our own devices to finish off the bottles and chat, with a nice soundtrack of acoustic covers provided by the resident act. All in all a very enjoyable evening!



Liz & Tony pose whilst the wine expert fails to impress Gillian



Any requests?

## A running joke

by Frank Martin



## One Journey to become an Iron(wo)man

By T Kinnunen



The lesson to from this story is to never say "never". Until about a year ago I had no desire to test myself in a long-course triathlon (or "Ironman"). I thought a stand-alone marathon was long enough, and could not contemplate running 26.2 miles after a 2.4 mile swim and a 112 mile bike ride. Friends had been trying to talk me to join them in "doing an Ironman" but I persisted. However, in 2008 I entered a middle distance ("half-ironman") triathlon in Bala. My bike training for that race was far from ideal so once I finished the 50 mile bike leg and "only" had a half marathon to run I knew I had nailed the race. Slightly arrogant attitude given that it was the hottest day of the summer of 2008, and the Bala Middle run is one of the toughest in the UK middle-distance circuit. Nevertheless, as I crossed the finish line I blurted out the words "I can do a full-Ironman".

I decided not to wait but to go for it and entered Ironman Switzerland 2009. Time management became the key issue as fitting one training session before work and another one after work was not always easy. Never one to do things in half measures I challenged myself to follow a "competitive training schedule" from a book by a triathlete Don Fink. Although my main aim was just to finish the race, I was hoping to finish it in sub 13 hours -or sub 12 h 30min.

So I committed myself to a 30 week training schedule which started just before Christmas.

I am not going to pretend it was all glorious as there were weeks I was constantly exhausted, hungry, and grumpy, but overall the bad weeks were a minority. Getting out of the bed for a 6 am pool session in the darkness of the winter or forcing myself to do the scheduled turbo trainer/run brick session when workday had run late and I did not get home until 8 pm required some discipline. Weekend mornings were mainly occupied by long bike rides and runs. Fortunately, the winter months were untypically dry so I rarely got totally soaked. I mostly enjoyed the multi-discipline training regime, it became big part of my life style and in the end getting up before 6 am for a long bike ride on Sundays did not seem so bad...

Finally the big weekend arrived. I went to Zurich three nights in advance in order to get plenty of rest before the race. Arriving early also allowed for a swim in Lake Zurich a few days before the race and testing my bike after the flight. I was surprisingly calm. The swim started at 7 am on a cloudy and gray Sunday morning. The 3.8 km swim was on a two lap narrow course, so with 2,500 participants it was a bit of mayhem out in the water. People were still swimming over each other on the 2<sup>nd</sup> lap of the swim. I tried to stay out of the trouble, just take it steady and get the swim out of the way comfortably. I had a long day ahead.

*"As I got to the aid stations I stopped to eat pretzels and drink coca-cola as I could not face another sweet tasting energy gel. I would have never thought that pretzels and coca-cola would be my preferred fuel for a marathon!"*



## One Journey to become an Iron(wo)man

By T Kinnunen

Then I was off to the two lap bike course, which first followed the shores of the Lake Zurich before climbing some hills (total ascent per lap was 650 m). Having done a 110 mile cyclo sportive in the Yorkshire Dales as a part of my training, I did not find the hills too bad rather thought they were a nice chance to change my position on the time trial bike and get off the aerobars for a moment.

I was so relieved to finish the bike course without any mechanical problems or punctures and I was feeling great knowing the run was my strongest discipline of the three. The run was a four lap course, and I felt strong on the first lap. But as I started the second lap I run out of steam. Although I had consumed energy bars, -gels and -drinks and some electrolyte drinks during the bike leg, I had not taken in enough calories. As I got to the aid stations I stopped to eat pretzels and drink coca-cola as I could not face another sweet tasting energy gel. I would have never thought that pretzels and coca-cola would be my preferred fuel for a marathon! My legs felt fine (apart from a few cramps later on), and I was running at a decent pace, but I had to walk through almost every aid station in order to take in more fuel. My combined swim and bike time was 8 hours, so I had 4h30min to complete the marathon and achieve my target of 12h30min.

Having done the first lap of the run in 55 min, I knew that if I kept

running and walking through the aid stations, I should achieve my target. Oddly, telling myself that I “only” had three hours to go and then I would be an Ironman made it seem easy. I had great support from friends along the course –both fellow competitors and spectators- which made it ever so much easier. Finally, I crossed the finish line in an overall time of 12h19min with a huge smile in my face.

It took a while for all of it to sink in after the race. The training period had been so long that it felt like I had “done it” by the time I crossed the start line. Having done the weeks of hard training when constantly feeling tired paid the dividends and on the race day things fell to the right place. However, I learnt a great deal about race nutrition and how hard it is to keep fuelled for such a long race.

A former PLS member Katie Benson, whom some of you may remember, did an incredible time of 11h07min in Switzerland. This was Katie’s second IM, having done her first the year earlier in Germany. Katie’s splits were 1h18 swim, 5:59 bike and an amazing 3:47 for the marathon.

It was a great experience, and I would recommend it to anyone wishing to test themselves in endurance sport. And yes, before you ask, I have already entered another IM distance race for next summer.



After the Yorkshire Dales, the hills around Zurich are a bundle of fun for Tarja.

## Training Tips – Marathon Training Runs

G Beardsmore

For those of you looking to run a spring marathon next year, I've been trawling through various training literature and speaking to 'marathon regulars' in the club to select some training sessions which I hope will be useful for you.

Some of the sessions come from the elite marathon runners and can be adapted to suit us 'mere mortals'.

### **LONG RUNS**

#### **18 Miler: 3 loops of a 6 mile course**

Pace: Moderate at first then getting progressively faster, with last 6 miles at near race pace.

(Eddy Hellybuck 2:11:50 marathon)

#### **Forest Long Run (Delamere/Formby) – A long 2-3 hour run**

Pace: Easy at the beginning, getting faster as the run progresses.

Distance: Varies from 15-25 miles

#### **Long Run – Ending with 3-4 mile tempo run**

Pace: Solid first 16 miles, then at half marathon pace for last 3-4 miles.

Distance: 19-20 miles

(Mike Dudley 2:14:37 marathon)

#### **Long Run – Incorporating 8 x 3 minute surges**

During long run of 20 miles plus, include 8 x 3 minute surges, roughly 7 minutes between surges.

(Bill Rodgers 2:11:08)

**We take a short break from Tim Warn's series of training articles with this marathon specific piece.**

**Tim's Tips will return in the next issue.**

### **FARTLEK (Swedish for speed play)**

#### **Using park field**

2 x 90 seconds effort, 90 seconds 'float' recovery then 4 x 60 seconds effort, with 60 seconds 'float' recovery then 4 x 30 seconds with 30 seconds 'float'. Finally 4 x 15 seconds.

Pace: Race pace or faster on efforts used as part of run.

#### **Using park/golf course etc**

15 minutes warm up then 2 minutes effort, 90 seconds recovery, 1 minute effort, 1 minute recovery, 30 seconds effort.

Complete this set x 5

Pace: Faster than race pace.

Distance: Approx 10 miles

#### **Park to Park**

Using circular route, map a course to include park/fields/open spaces.

As part of route jog between parks then fast/slow efforts around perimeter of park – jog to next park.

Pace: Race pace on efforts

Distance: Varies between 8 – 15 miles

(Graham Beardsmore)

## Leicester Marathon Race Report

by T Warn

One club night in the summer when I mentioned that I was intending to run an autumn marathon I was asked whether I was going to Amsterdam, New York or perhaps Dublin? Well not exactly, but I was going to another world-famous autumn marathon venue...Leicester! Not actually my first choice, but as Abingdon, another world-famous marathon venue, (a week later) was already full by the beginning of July, then Leicester it was. Why Leicester? Well I needed a marathon before the end of October to qualify for the Club Championship, and being a Yorkshireman it struck me that this was going to be about the cheapest option I could find.

So at the end of June I dug out some old Runners World marathon schedules I had used previously, and I knocked up a 14 week programme. Happily the timing was perfect in that the schedule began the week before I retired, so there was going to be plenty of time to fit in the training runs and if I felt a bit tired then I could always take an afternoon nap (eat your hearts out all you workers!). It was almost 5 years since I had run a marathon, and I had got out of the habit of regular long runs each week, so I was quite apprehensive about how the long runs in the programme would go. Happily I enjoyed a good spell of fitness in early summer so I was well placed when the programme started, and with the help of a newly-acquired Garmin I was able to settle progressively into steady-paced long runs without too much difficulty. In fact the whole programme seemed to go very well, perhaps helped by July and August not being too hot and September being calm

and dry.

Isn't it funny how you can manage to complete the hard, high mileage weeks of training without too much difficulty but as soon as you start to ease off for the final 3 week taper before the race your legs always seem to get very heavy and you feel as though you are going to go down with a cold? This time was no different, but with judicious use of ibuprofen and various cold remedies I was able to ward off any problems.

The Leicester Marathon incorporated a Half Marathon and the start and finish were close to the City Centre. After about 6 miles the half marathon runners peeled off back towards the City Centre and the finish, whilst the marathon runners carried on out into the Leicestershire countryside before returning into Leicester at about 19 miles. They said the course was "undulating", which turned out to be a reasonable description but there was no mention of the final 2 miles being uphill! Andrew S, who had run the half marathon previously, had warned me of this, and my stroll over the final 2 miles of the course on the day before the race confirmed this!

A 9.15am race start time meant early to bed (and a surprisingly good night's sleep) and breakfast at 6.00am before making our way through a still-sleeping City Centre to the start area where 1500 half marathon runners and 700 marathon runners assembled at a park by the University. I met Andrew who was running the half marathon again, and we waited for the gun to go off.



Tim tries not to sprint to the line in Leicester

## Leicester Marathon Race Report

by T Warn

We sailed downhill for the first 2 miles (trying to put to the back of our minds that we would need to climb up them at the end of the race!) and then we levelled off at Belgrave Road – Leicester's curry mile, full of curry houses and shops selling brightly coloured saris. The road was also bedecked with lights and bunting, not for us runners, but to celebrate the Hindu festival of Diwali.

After the half marathon runners split off at about 6 miles the marathon course went out into the countryside and as the marathon runners started to thin out it reminded me a bit of the "loneliness of the long-distance runner". However, unlike big-city races like London where the constant crowds can be a bit of a distraction, I found it easy to focus on maintaining a steady pace which made this section of the course quite enjoyable. My concentration was however severely jolted at about 16 miles. As I came round a bend I thought I was beginning to hallucinate – surely those flashing lights about 150 metres ahead are not on a level crossing barrier coming down across the course! Then a train went through and fortunately when I was still about 50 metres away the barrier lifted and I was able to continue unhindered. Three or four runners were held up but marshals directed them over 2 mats, one to stop their chip time running and the other to start it running again when the road was clear, so they lost no time. In over 25 years of running I've seen some strange things in races but I've never seen anything like that before!

Back into the city at 19 miles, pass the 20 mile marker as tiredness begins to set in and right hamstring begins to tighten, forewarning of trouble to come later in the race. It's time to grit the teeth and battle through the last 6 miles. Pace slows a little but I latch onto another runner and we pick off quite a number of

runners who are beginning to suffer. At 23 miles cramp in right hamstring means an enforced stop to stretch and massage, but am able to continue quite strongly and I catch up my running partner and we continue to pick off slower runners. More gritting of teeth as we reach the last 2 miles uphill. City centre full of shoppers but not many seem interested in us runners – how odd! A couple more short stops for cramp, but then the welcome sight of Andrew halfway up the final hill with some energy-giving chocolate, and then cheers from Sue as the finish comes into view. The risk of further cramp means that my sprint for the line is more of a limp for the line, but at last I make it and my watch stops at 3.35.48 (which gave me 238<sup>th</sup> place out of a field of 700 finishers, and 3<sup>rd</sup> V60). Back to the hotel for a shower and a rest, before celebrating with a curry and several pints of Kingfisher – to make up for the mineral water which I had with my pasta the night before the race.

My overall view of the Leicester Marathon is that it was a well-organised race, run on what I would call a "real runners" course. It's far from being a big city marathon but none the worse for it. I thoroughly enjoyed the race, and it has restored my desire to race the distance again – perhaps another world-famous venue such as the Mersey Marathon next October!!



## A most Excellent European Adventure

by N Cooper



### August

Our adventures abroad began with some altitude training in France and Switzerland at the end of August, perfect timing for Fiona's marathon schedule. We stayed in a beautiful chalet, were fed delicious three course meals and drank plenty of chilled French wine. The scenery was out of this world and we were so well looked after by our hosts. We would highly recommend the chalet to anyone who fancies a weekend away running or walking (in the summer months) or skiing in the winter. We even manage a visit to a Swiss spa! Have a look at [www.flake-out.com](http://www.flake-out.com). As a point of interest we also did a bit of running while we were there too!



### September

#### Amsterdam!!!

After some pretty bad planning, our group of three runners and six supporters arrived in Amsterdam on different flights. Nat ended up travelling on her own and had to move hotels due to an over booking! As it turned out the new hotel was closer to the start line but not an ideal situation to have to switch hotels again later the next day having run a half marathon and not being able to shower for a couple of hours – lovely!

Sarah settled in on Saturday night with 3 plates of pancakes totalling a whopping £33. That will teach her to check the price before ordering. Sarah however returned to the Pancake house for breakfast the next day (only toast this time) before setting off to be chief supporter to Fiona, Jane and Nat.

It was a perfect morning for a marathon, nice and cool. Fiona and Jane set off at 10.30am making their way around the Olympic Stadium to the start line. The whole atmosphere in Amsterdam was amazing and both Fi and Jane got off to a great start. Steve (Fi's boyfriend) had instructions and times to be at certain kilometre marks which he successfully made! All was going well for Jane until the 18 mile mark when her runners knee kicked in and she had to walk the remaining miles to the finish line. Fiona finished her first marathon in 3hrs 40 minutes! Nat set off at 2.00pm with Sarah's support and shortly after Fi came over the line.

After doing the half marathon in Amsterdam last year Fi was dubious about the sights she would see, fearing endless Industrial estates and not so appealing scenery.

But she was pleasantly surprised running along the beautiful River Amstel and fabulous surroundings that she thoroughly recommends others take part in this marathon.

On Sunday night we had a celebratory meal and a few drinks! We wandered through Amsterdam to sample a few must see sights in order to expand our education before heading to some bars. There were plenty of runners about the place many with their t shirts and medals proudly on display. It wasn't too difficult to spot the marathon runners as they struggled down stairs and ramps with tired legs! We even managed to get a free round of mojitos, as the staff in a Cuban bar were not paying enough attention!

By Monday morning we were down to three weary runners as our supporters were slinking back to the UK on earlier flights. After a very serious and well deserved lie in we met up for lunch and then walked around Amsterdam, we were aiming to visit a couple of churches but our sense of direction and ability to walk comfortably was letting us down so we settled for hot chocolate and cake instead.

The marathon and the half marathon were great flat races, we would definitely recommend it to anyone chasing a PB. Its a bit pricey to enter compared to some of our more local races but you get a decent goodie bag with a dry fit t shirt which you will no doubt see us modelling down at the club.



## Training Calendar

The dark nights mean we'll unfortunately have to keep off our beloved parks – unless you take a leaf out of Barry's book and come armed with a head torch, that is. For the less, er, enlightened amongst us, here's the latest set of planned sessions until the end of the year.

### TUESDAY'S TRAINING SCHEDULE

Date	Location	Efforts	Comment
17 <sup>th</sup> Nov	Speke Fire Station	5 x 4 min with 2 min recovery	2 min out and back
24 <sup>th</sup> Nov	Otterspool Prom	1,2,3,4,5,4,3,2,1, min With 1, 1.5, 2, 2.5 min recovery	
1 <sup>st</sup> Dec	Speke Retail Park	6 x 1 lap each (of the square)	In pairs 1 person runs effort whilst other person jogs in opposite direction.
8 <sup>th</sup> Dec	Carnatic Road Hill	Hill reps 8 x uphill effort	Jog down recovery 2 groups
15 <sup>th</sup> Dec	Otterspool Prom	8 x 2 min with 90 sec recovery	

### THURSDAY'S TRAINING SCHEDULE

Date	Location	Efforts	Comment
19 <sup>th</sup> Nov	Garston – Hunts Cross – Woolton – Garston Route	Steady run 50 – 60 mins	2 Groups
26 <sup>th</sup> Nov	Sefton Park Run	Steady run to Sefton Park/Otterspool Prom	As above
3 <sup>rd</sup> Dec	Woolton Hills Route	On hills around Woolton	2 Groups sub 45 mins 10k
10 <sup>th</sup> Dec	Garston – Allerton Rd – Ullet Rd – Sefton Park – Aigburth Rd	Steady run 50 – 60 mins	2 Groups
17 <sup>th</sup> Dec	Carnatic Road Hill	Hill reps 8 x uphill effort	Jog down recovery 2 groups

## Club Championship Standings as@ 30<sup>th</sup> June 2009

### Men



### Ladies

5km	Leader	Runner Up
Open	Martin Swennson	John Connolly
V40	Martin Hirrell	Ste McNicholas
V45	Nigel Grant	Frank Martin
V50	Derek Ashcroft	S Pemberton
V55	Tim Warn	M Devereux
V60	Tommy Burke	
V65	Kevin O'Brien	

5M	Leader	Runner Up
Open	Martin Swennson	John Connolly
V40	Martin Hirrell	Tony Man
V45	Nigel Grant	G Beardsmore
V50	Derek Ashcroft	S Pemberton
V55	Tim Warn	T Hargreaves
V60	Tommy Burke	
V65	Phil Murry	Kevin O'Brien*

5km	Leader	Runner Up
Open	Maria Conaghan	Pamela Thurtle
V35	Jane Hallows	C Houghton
V40		Eunice Nopondo
V45	Gill Darby	Michelle Kelly
V50	Catherine Nevin	

5M	Leader	Runner Up
Open	Maria Conaghan	
V35	Jane Hallows	C Houghton
V40		Judith Dyer
V45	Michelle Kelly	
V50	Catherine Nevin	

10km	Leader	Runner Up
Open	Martin Swennson	John Connolly
V40	M Hirrell	Ste McNicholas
V45	Nigel Grant	F Martin
V50	Derek Ashcroft	S Pemberton
V55	M Devereux	Tim Warn
V60	Tommy Burke	M Buckley
V65	Philip Murry	K O'Brien

10M	Leader	Runner Up
Open	Martin Swennson	Paul Riley
V40	Tony Man	Martin Hirrell
V45	Nigal Grant	Andy Keely
V50	Derek Ashcroft	S Pemberton
V55	Tim Warn	Mike Devereux
V60	Tommy Burke*	B Hargreaves*
V65	Kevin O'Brien	

10km	Leader	Runner Up
Open	M Conaghan	Fiona Milne
V35		Carolyn Houghton
V40	Joanne Hart	Cristina Puccini
V45	Michelle Kelly	
V50	V Desborough	Catherine Nevin
F75	E Loughrey*	

10M	Leader	Runner Up
Open	Maria Conaghan	
V35		
V40	Tarja Kinnunen	
V45	Michelle Kelly	
V50	Catherine Nevin	

HM	Leader	Runner Up
Open	Martin Swennson	Neil Kelly
V40	Adrian Loughrey	S McNicholas
V45	Nigel Grant	Andy Keely
V50	Derek Ashcroft	S Pemberton
V55	Tim Warn	T hargreaves
V60	Tommy Burke	
V65	Kevin O'Brien	P Murry*

Mara	Leader	Runner Up
Open	Carl Wright	Dave Buse
V40	Adrian Loughrey	Martin Hirrell
V45	Frank Martin	G Beardsmore
V50	I McNeill	Vincent Friery
V55	T Warn	
V60	Tommy Burke	
V65	Kevin O'Brien	

HM	Leader	Runner Up
Open	Maria Conaghan	Elisabeth Lynan
V35	Jane Hallows	C Houghton
V40	Tarja Kinnunen	Jackie Chen
V45	Michelle Kelly	
V50	V Desborough	Tommy Burke

Mara	Leader	Runner Up
Open	Fiona Milne	Janice McKinney
V35		
V40	Cristina Puccini	Tarja Kinnunen
V45		
V50	Susan Cain	V Desborough

Women's results as @ 31.10.09

Men's results as @ 21.10.09

## November

## Race Calendar

## December continued...

Sun	01	26th Sweatshop Through the Villages Race, Wheelton, nr. Chorley
Sun	01	50th Derwentwater Ten, Keswick
Sun	01	Alexandra Park 5k
Sun	01	Kendal Duathlon
Sun	01	Monsterdash 2009, St Annes on Sea
Sat	07	Langley 7, nr. Macclesfield
Sat	07	Cumbria Cross Country Series (Race 3), Maryport
Sun	08	Lancaster Half Marathon (Lancaster Series 4/4)
Sun	08	Mad Jack's Five, Attingham Park, nr. Shrewsbury
Sun	08	Conwy Castle/Llandudno Half Marathon
Sun	15	Preston 10 Mile Road Race
Sun	15	Gill Pimblott Memorial 5k Trail Race, Tyldesley
Sun	15	Gill Pimblott Memorial 1 Mile Fun Run, Tyldesley
Sun	15	Christine Navan Cowm Reservoir Race, Whitworth
Sun	15	Santa Dash & Reindeer Run, Lancaster
Sun	15	Whinlatter Off-Road Duathlon, nr. Keswick
Sun	15	Barnsley 10k Road Race, Royston Leisure Centre, nr. Barnsley
Sun	22	Eaves Wood Trail Race & Junior Races, Silverdale
Sun	22	The Best 5k Fun Run, Preston
Sun	22	Skelmersdale BH XC Beacon Park*
Sat	28	Wesham 10k Road Race, nr. Preston
Sat	28	Ravenstonedale Red 10k Road Race, nr. Kirkby Stephen
Sat	28	Silkstone Shuffle Multi-Terrain Race Series (4/4), Barnsley
Sun	29	City of Salford Women's 5.25 Mile Run, Swinton
Sun	29	Co-operative 5k Santa Dash, SportCity, Manchester

## December

Sat	05	Cumbria Cross Country Series (Race 4), Keswick
Sun	06	Pensby XC Arrowe Park, Wirral*
Sun	06	Percy Pud 10k, Sheffield
Sun	06	Ulverston Christmas Pudding 10k Road Race & Fun Run, Ulverston
Sun	06	Guys 10, Bilsborrow, nr. Preston
Sun	06	Alexandra Park 5k
Sun	06	Helena Tipping 10k, Wrexham

Sun	06	Winter Duathlon Series Race 1, St. Helens
Sat	12	Great Langdale Christmas Pudding Run, nr. Ambleside (race 1)
Sun	13	Great Langdale Christmas Pudding Run, nr. Ambleside (race 2)
Sun	13	26th Longridge 7 Mile Road Race, nr. Preston
Sun	13	Stockport 10
Sun	13	Mortimer Forest Hill Race, Overton, nr. Ludlow
Sun	20	Great Xmas Breakfast edition Devil's Gallop, Liverpool ☺
Sun	20	Rudolf's Red Nose Race, Blackpool
Sun	20	Sweatshop Santa Saunter, Chorley
Sun	20	Christmas Cracker Multiterrain Race, Tittesworth Reservoir, nr. Leek
Sun	20	Telford Christmas 10k Road Races
Sat	26	Boxing Day 10k Road Race, Leyland
Sat	26	Shell Round the Walls Race, Chester
Sat	26	Ward Green 6, Barnsley
Sun	27	Ribble Valley 10k, Clitheroe
Sun	27	Festive 4k Fun Run, Lancaster

## January

Fri	01	Joe Salt New Year's Day Multi-Terrain Awakener Race, Whitworth, nr. Rochdale
Sat	02	Sheffield Open Cross Country Races
Sun	03	Central Lancashire New Year Half Marathon, Catforth, nr. Preston
Sun	03	Delamere Dash Trail Race, Delamere Forest
Sat	09	Cumbria Cross Country Series (Race 5), Carlisle
Sun	10	Warrington Road Runners XC Town Park, Runcorn*
Sun	10	Garstang 10k, nr. Preston
Sun	10	Hit the Trail 5, Reddish Vale, Stockport
Sun	10	Winter Duathlon Series Race 2, St. Helens
Sun	17	Shell Four Villages Half Marathon, Helsby
Sun	24	Chernobyl 10k, Walton-le-Dale, Preston
Sun	31	Liverpool Running Club XC Walton Hall Park, Liverpool*

\* North West Sunday Cross Country League

## The view from the back – Too old to Rock'n'Roll?

by C Puccini

For today's look into the archives I turn to a rather interesting article by Sybil Maden, on the subject of running and – cough – old age.

*"Have you ever had friends, family, acquaintances – even your doctor – suggest you might be getting too old to run? Do you feel that running is actually good for your long-term health? Well, recent research backs up your gut feeling."*

Well, recent in 1995. But you know, that's what I like about this stuff. We always think we have the right science, we who live in the here and now, don't we? I mean, listen to this chap:

*"Running races should be absolutely forbidden to men over 17 years of age. Between 30 and 40, a man may indulge in running at a moderate pace for exercise, but not in races. Men over 60 should never run at all for anything, not even to catch a train."* James Cantlie, 1906

It's a good job medical science has changed her fickle mind since then, otherwise we'd only have two members left. I think. We could be down to one. And she's a girl of the female persuasion. Mr C would have a fit, if they have fits in the afterlife.

*"Despite all those aches and pains most runners moan about, the fact is that the runners in the study had a lower rate of disability in both their muscular and skeletal system, they made fewer visits to the doctor, spent less time in hospital, missed half as many work days and had lower blood pressure and resting heart rates compared to non-runners."*

That's all very encouraging, although I wonder if it was because in 1995 the price of trainers wasn't what it is today. I've just been trying to get a new pair and it's done nothing useful for my blood pressure. But I digress.

*"Benefits for older female runners*

*were even greater than for the men in the study. Female runners accumulated problems at rates which were 89% lower than for female non-runners."* And it doesn't end there. *"While musculoskeletal problems tended to greatly increase when non-runners reached the 75-79 age group, they remained fairly steady among runners and others participating in regular exercise like cycling and swimming."*

Sybil concluded by saying:

*"...If you ever have to defend your running habits, now you can politely tell anyone they would be better off getting on their bike!"*

I couldn't have put it better myself.

## And in the next issue...

**Carolyn and Shane run 12 half marathons in 12 months. No trouts were harmed in the making of this programme.**

**Tim continues to hand out his famous training tips**

**Fuel up the natural way: make your own energy bars**

### WE MEET HERE:

Garston Sports Centre Long Lane Liverpool

18:45 Tue & Thu

### E-Mail:

Pennylanestridders@btinternet.com

### Visit our website:

www.pennylanestriddersrunningclub.co.uk

## Classifieds



### Circuit Training

Monday 7pm to 8pm - £3

Greenbank Gym @ IM Marsh College  
Barkhill Road Liverpool 18

**Want to advertise here?  
See Cristina on club nights or  
email the usual address**



Tight calves? Dead legs?  
Sore hammies?

Why not try a sports  
massage? See Mally

0151 281 1087

07776115497

mallybalmer@btinternet.com