

WESHAM ROAD RUNNERS



AUGUST 2020





August 2020

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Welcome

Welcome to the third edition of our Wesham Road Runners magazine.

I am pleased to be able to write this introduction in the knowledge that we have just held our first Monday Club session for over four months which brought together some 35 members in a new Covid Secure Environment. Whilst everyone must still maintain their social distance and run in small groups, it was great to be able to physically see people and be able to catch up in the open air.

The return of Club has coincided with the ending of our Facebook Live Club updates which have enabled us to keep our members informed and hopefully motivated through such unprecedented times. We have been able to talk with members of our running community about their running stories, and many of these interviews are available on our website at www.weshamroadrunners.com. Each interview has a personal story of achievement behind it with the story of the Olympic Runner, Liz McColgan, providing an amazing insight into an outstanding international career. If you have not seen any of the interviews, please do take a look at the website and reminisce over some of our members' tales.

Once again, this edition has a number of interesting articles covering some of our recent challenges and club news together with a look at the training that some of our intrepid cycling members are doing in preparation for "LeJog" in September.

We look forward to welcoming many more members to the newly refurbished Kirkham & Wesham Cricket Club over the coming weeks as confidence begins to return to us all, but in the meantime please stay fit, stay healthy and stay safe.

Enjoy the read!

Peter



Peter Rooney. Chairman of Wesham Road Runners



Lands End to John O'Groats cycle

Alan Taylor along with Wesham club members Carl Groome and John Collier are part of a team planning to cycle from Land's End to John O'Groats (LEJOG) to raise money for charity. Kevin Mawdsley and brothers Paul and Chris Rawcliffe will also be pedalling while Chris Moss and Alex Rowe will be in the support van.

All team members, including the support crew, are experienced cyclists with Alan, John, Alex and Chris having all previously successfully ridden the national three peaks – a long distance challenge that takes in Ben Nevis, Mount Snowden and Scafell Pike.

When the team sets out from Cornwall on Thursday, 3rd September, it will be with a twofold goal – to raise at least £5,000, which will be split equally between Rosemere Cancer Foundation and Blackpool's Brian House Children's Hospice, and to reach John O'Groats within nine days.

Team co-ordinator Alan Taylor, who is a regular Rosemere supporter, organizing Preston's annual Cheeky Santa Dash, hopes that John can

set a world record for the fastest 66 year old to complete

LEJOG. Training has been going well with Sunday rides up to 100 miles over flat and hilly terrain, despite the challenges of lockdown and social distancing. Alan has planned some great routes with some interesting challenges such as when the tarmac ran out on a hilly section near Settle....

Alan skips over the stones on a tricky moorland section as the rest of us look on it is encouraging to see the squad forming into a cohesive team with the stronger cyclists supporting the weaker ones, which will be invaluable to enable everyone to complete the challenge and get through any bad days. To sustain a ninety plus mile average for nine days will be tough on the body. To do it, we'll need a southerly wind, some sunshine and a bit of good luck and for Alan, plenty beer!

All donations, no matter how small, will be



greatly appreciated; to donate please follow this link:

<https://uk.virginmoneygiving.com/Team/Lejoggers1>

A big thank you to those who have sponsored us so far. These include: Russ and the staff at Intack Blackburn for the 17 seater crew bus. Deborah Myerscough at Snipper Clips 01772 633422 or 07899956414. Chris & team at B&G Fencing 01772900100 Phil at Shard Surfacing. Darren @ Stafford Builders 07976526001. John and team at Builders Supply West coast on the docks



John Collier

We are the wrinklys

"Team Wrinkly" consists of mainly present and past WRR Club Members who have retired from running. Also included are their wives/husbands or partners and friends. Their main aim is to enjoy life, whether it be through walking and socialising or, for those who still can, running. You do not have to be 'old' to be a Wrinkly! All are welcome.

The Wrinkly Runners, (as we were originally known), were formed by John Whiteman in the mid 1990's. We believe that we were part of the lucky generation, never to happen again, when some of us were in careers which allowed us to retire early, healthy, in our mid 50's and on a work's pension. The group slowly built up to about 15 of us joining John on weekly, Thursday runs starting anywhere within about an hours drive from the Fylde. John chose the venue and course, and was mainly off road. Always over 10 miles and often up to 15. Garmin's etc, hadn't been invented so it was usually by guestimated distance. The basic rule was to meet at the venue so as to leave at 10am prompt! and to finish around noon-ish. John often said, when questioned as to where we were, 'I'm not lost, I'm just not where I was meant to be!'

Wrinklys now: As time passed and we grew older and more 'infirm', wives/partners and friends joined us as walkers doing their own routes. The

number of runners gradually decreased and they became walkers. This has continued through to 'Covid Lock-down'. A list of venues is provided on the WRR website. As an example, these are the walks we did just prior to lock-down:

27th Feb
Roddlesworth Information Centre
5th March
YMCA Fleetwood, Marine Splash CP
12th March
White Coppice/Cricket Club CP
19th March
Conder Green/Café d'Lune

Walks are usually around 5 - 6 miles depending on terrain.

The beginning: In 1997, John W and Trevor Rayner organised a self drive mini-bus for 17 WRR runners to southern Ireland for the Ballycotton 10, but they forgot that the group would need space for the luggage! Alex Rowe, (M), came 22nd out of 1101 in 53:33.

John repeated this in 1998 where Alex, (M40), came 15th out of 1182 in 52:59.

Building on this success, in 1999, John now organised a coach trip, inviting friends from North



Tsada, Cyprus March 2000



Brugge 2002

Fylde AC to join us to help fill it up and keep the cost down. I had now retired from full-time teaching so could take the Friday and Monday off and join them, along with Brenda and other wives and partners. (For me, this was the start of the Wrinkly Holidays which followed). Alex, (M40), came 4th out of 1173 in 52:22. I, (M55), came 675th in 01:17:47. My first race abroad.

Wrinkly Holidays: Following the success of the last Ballycotton trip, twice a year in the first few years, Spring and Autumn, (because there were bargain holidays to be had

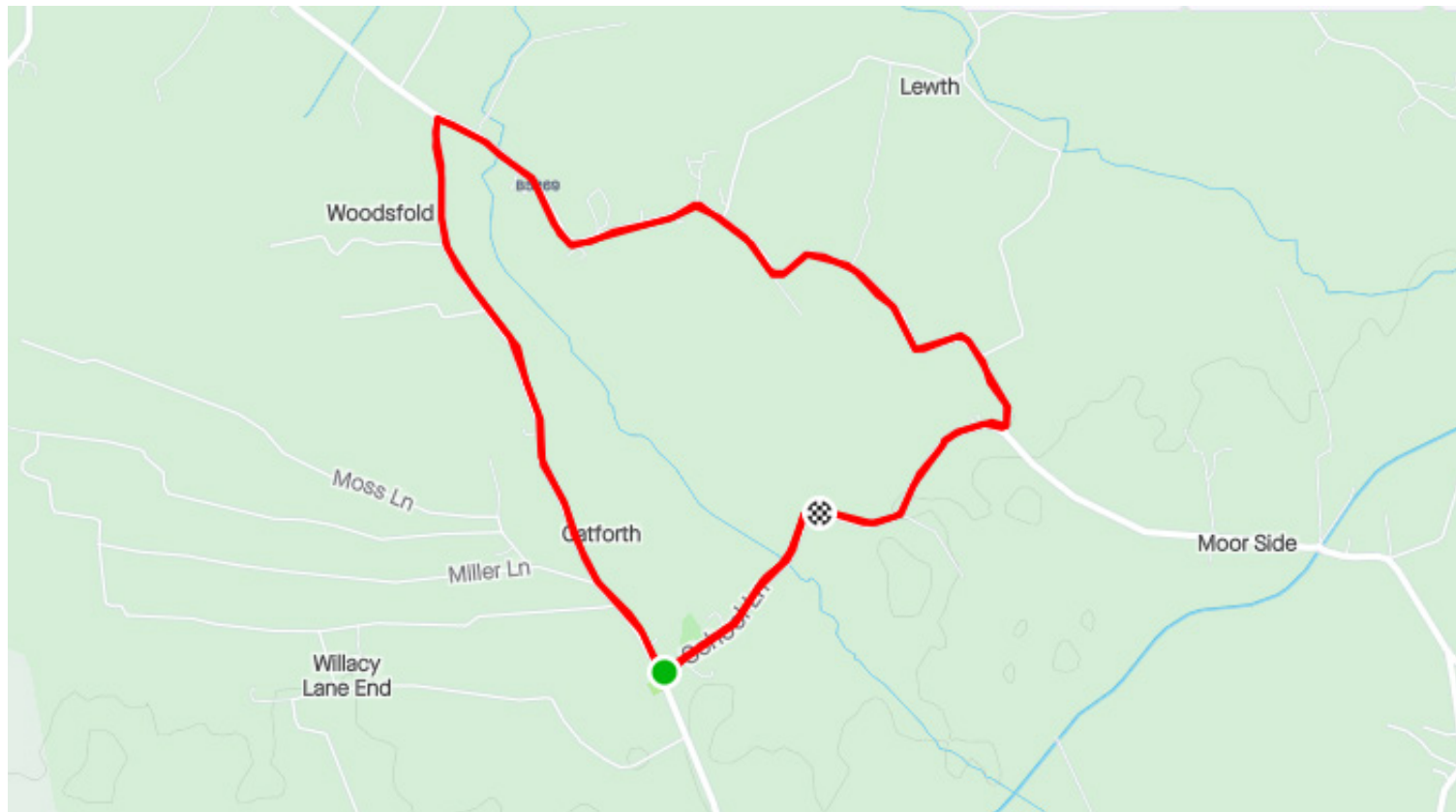
and we were 'pensioners'!), Wrinkly Holidays became the norm. John would find a race somewhere round the Med and build it into a weeks bargain holiday with 4* hotels. All necessary arrangements were made, including all pick-ups. All we had to do was to turn up at the appropriate time and designated place. John's wife Pam was heavily involved in the back ground, prodding him in the right direction. The first was to Benidorm in November 1998 for a Half Marathon; March 1999 to Cyprus for a 10K or Half Marathon, a village run and a local run for ourselves; then Malta for a Half Marathon; Benidorm again; Brugge 2002 for a 10K as part of the European Vets Championship; Puerto del Carmen on Lanzarote for a 10K or Half Marathon; Prague for 10K; Isla Canela in Spain for a Half Marathon across the border in Portugal, which was also part of the European Vets Championship; Edinburgh to watch the an international Cross County race and race for us the following day round Arthur's Seat.

Eventually the holiday took over, and races were phased out, but we always had a run before breakfast of about an hour, starting at 8am prompt. Non racing holidays: Los Christianos on Tenerife; near Palermo on Sicily; Salou in Spain; Lake Garda (twice); Sunny Beach in Bulgaria; Fuengirola in Spain; Albufeira and Estoril in Portugal and Olu Deniz in Turkey, (boy was it hot and sunny there!!). At least three times to Llandudno, running round the Great Orme, and finally to Scarborough.

Peter Earnshaw

Wrinkly Socialising: We meet up, as a full group of about 30, twice a year for a Christmas meal, and a walk with a summer garden party at the Old Vicarage, Hurst Green, courtesy of hosts Dorothy and Doug. Other members have hosted other social events over the years.





Catforth 5k route used by many as many to complete their virtual run

Virtual Interclub Relay

With the coronavirus pandemic of course all of the Inter Club races have been cancelled, so to provide some activity the innovative choice was to stage a Virtual Inter Club Challenge over the weekend of 18 th -19 th July. The format chosen was a virtual Manchester to Blackpool course, based on the 10 stages that had been followed latterly. This was a very historic event having started in the 1930s and been stage intermittently ending with a last run during the 1990s that was very popular with the Inter Club teams before it finally succumbed to rising traffic levels. The relay was 10 stages from Heaton Park in Manchester to Blackpool's Sandcastle, later cut back to Squire's Gate, totalling 55.4 miles. For the virtual event, each runner was allotted a specific stage and ran the distance on a course of their choosing near home to adhere to lockdown rules.

Wesham assembled three teams to battle against Blackpool, Chorley, Lytham, Preston Red Rose, and Thornton; an A Team; Masters Men; and an Open team. At the sharp end, the

result was very close between the Blackpool A Team Timber, Wesham a Team and Lytham's A Team Woody's All Stars. The Inter Club Series is now titled after David Wood in memorial. The Blackpool team clocked 5:47:49 for the 55.4 miles with Wesham just four seconds behind in 5:47:53 and Lytham 6:03:17. Heading out from Heaton Park Helen Lawrenson took the first 4.7 miles to Clifton Memorial just on the edge of the M60 in 35:12. At one time the relay started from the memorial in the middle of Heaton Park but one year the park gates had not been opened so from then on it started at the park gates, the time being 7am. Steve Myerscough ran the next 4.7 miles to Bolton opposite the old football ground at Burnden Park in 30:09, with Neil Gregson taking the next 5.5 miles to the Greenwood Hotel south of Horwich in 34:19. Garry Barnett then ran the 5.2 miles through Horwich to Yarrow Bridge south of Chorley in 31:19, with Mark Belfield completing the next 6.1-mile stage through Chorley to Leyland in 38:00. The undulations of these first five stages then

levelled off as the remaining ground was all on the Fylde glacial outflow, which extends south of the Ribble as well as mainly to the north into our home ground. Alek Walker covered the 6.4 miles out of Leyland to Much Hoole in 41:50; and Lee Barlow tackled the final section of downhill through Penwortham to Preston Docks in 38:57 for the 6.6 miles. David Taylor ascended the climb out of Preston over the 6.7 miles to Warton in 38:00; and Tom Crabtree then recorded 32:15 for the 5.3 miles to Granny's Bay. Nigel Shepherd took the anchor leg for the 4.2 to Squires Gate in 27:52, giving a total time of 5:47:53, in virtual terms he was chasing Blackpool's Graham Davies down all the way reducing his 33-second lead but just ran out of road, having run the second fastest time of the stage.

The Masters Men were 6th team in their category (16th overall) in 7:51:10, with the team featuring two Over-70s and 3 Over-60s. Dave Young (M70) finished Stage 1 in 41:03, with Finlay McCalman (M50) 44:09 for the second 4.7 miles to Burnden Park. Mick Edge (M60) ran 40:47 uphill to Horwich, and Peter Rooney (M60) 43:04 to Yarrow Bridge. Ryan Azzopardi (M40) clocked 48:49 to Leyland; and Paul Eccles (M40) 47:01 for the 6.4 to Much Hoole. Tony Leach (M50) ran 51:46 down to Preston Docks; Lee Nixon (M40) unfortunately had the cut-off time of 1:10:00 to Warton; and Alan Hudson (M70) clocked 40:47 to Granny's Bay. Peter Cooke ran 43:54 for the 4.2 "glory leg" to the finish at Squire's gate. The Open team were 2nd with 7:57:19, with Sharlan Butcher recording 43:29 away from Heaton Park; Stuart Topping on Stage 2 up to Burnden with 32:59; Carmel Sullivan clocked 39:41 on to the Greenwood Hotel; Tara Fisher 36:13 to Yarrow Bridge; Kirsty Holland then took 57:59 for the stage to Leyland; followed by Pauline Eccleston recording 1:03:31 to Much Hoole. Kerry Eccles was through Penwortham in 1:00:56; Sharon Cooper up to Warton in 56:52; Sean Murray on to Fairhaven in 45:58; and Julie Paton stage 10 to the Blackpool in 39:41.

The physical 10-stage relay had been a much-loved favourite at the beginning of May, with Wesham's involvement masterminded by the then club Chairman Peter Aldersley. Having run each yet until its demise at the end of the 1990s there was some hope that the inher-

itors of the race organisation Horwich RMI Harriers may have found a way to revive it but sadly this did not come to pass. The concept lingers on in the cycle event held in July over a similar course but there is currently no proposal for the run, although alternative routes could surely be found.

Alex Rowe



Virtual Endure 24

In July this year, 40 plus members of Wesham Road runners were due to be taking part in the Endure 24 hour relays at Bramham Park. An event that Wesham have attended for the past few years. Its an event full of excitement, drinking/ partying and of course running (with a little bit of sleep as well..). Sadly, due to the current on goings in the world that is Covid-19, this event had to be postponed this year, and re arranged for 2021.

Due to this pandemic, it was decided through the Endure 24 channel that people from all over the world would still like to take part in this event, and from here the NHS Endure 24 Virtual relay event was setup. The main aim of this challenge was a little bit different to the normal event. In this event each runner would run as far as they can in there hour timeslot, then using the powers of face book messenger to let the next runner know when it was their time to start. It also provided a good opportunity for the event to raise as much money as possible for the NHS charities – I believe the total was well over the £20,000 mark, although this could be much higher now!

There is always a lot to do when setting up a team for an event such as Endure 24. So first, a big thanks must go to Helen Lawrenson for being the main point of contact and ensuring that all the team were registered, and then setting up the running rota. Its greatly appreciated!

The whole event kicked off at 12pm on the Saturday, with our first runner Peter Rooney running his 1 hour in what I can remember was very warm weather, but got the relays off to a superb start. Although we couldn't be there to

cheer Peter on as the event started, it was great to see messages from all over social media supporting the team and encouraging everyone to have fun and to take care with it being so warm. This support continued throughout the event which was fantastic to see.

One of the best videos of that evening was



Sally and Alice. I think its fair to say it had everyone in stitches, but that one video just shows how much fun we all had, and that its not always about taking it so serious, but to have good fun in the process. But then the weather changed quickly and those taking part in the evening runs, got a bit of a soaking. Alex even managed to get a photo with some lightning over his shoulder.

As midnight arrived, the early morning runners were preparing themselves. I found it quite enjoyable running at 3am around Stanley Park. Peace and quiet, no wind at all. But its fair to say I didn't sleep when I got back and was up till 6.30am watching the Simpsons before I forced myself to get a few more hours sleep!

As the hours ticked by, and the 12pm Sunday deadline drew nearer, runners were still putting in the hard effort and clocking up as many miles as possible. The final hour of the relays came down to Mark Renshall. Another scorcher of a day, but the end was in sight. It was agreed that due to restrictions, runners would run in groups of 6 to run the last hour together. We had groups in Fleetwood and Kirkham It was such a great way to end the relays.

It was an incredible weekend, sadly we couldn't be there at Bramham Park to experience the full Endure weekend, but I know for sure that next years event will be incredible with so many people already looking to challenge them selves. If you haven't heard about the event and want to know more, feel free to ask. It's a great way to meet new members and build friendships. It was a great team effort.

Massive well done to

TOTAL DISTANCE WESHAM BLUES = 249.88 MILES



Rob Wallace



Committee Chat

Club Welfare Officer - new appointment

We are very pleased to announce that we now have a new addition to the club's Welfare Team. Neil Gregson joins the team alongside Tanya Shaw and Sue Rigby.

The role of the Welfare Officer is to support the club in building a culture where members feel welcome, safe, included and supported.

COVID-19

The club have also appointed a COVID-19 officer as part of the EA requirements to ensure that we operate within the Government and EA guidelines. Julie Rooney has been appointed to this role, and has completed the Risk Assessments required so that we remain safe and compliant. If you have any concerns in this regard, please speak to Julie or any other Committee Member/Welfare Officer. It is also important that you continue to book yourselves in online for all club activity attendance. This also applies if you are attending the club on a Monday socially, as you will be in contact with runners and we need to ensure we have a record for test and trace purposes. If for any reason you are unable to book online, please make sure you notify us and we will book you on.



HANDICAP - TROPHY RACE

There has been a lot of work going on behind the scenes with regards to the Trophy Race. Given that there are currently no races taking place, we have looked at ways in which we can hold this event whilst remaining Covid-19 compliant.

For those that have qualified, you will have been invited to take part. The event will take place on the actual Summer Handicap route. Sadly, due to the current restrictions only members that have qualified can take part.

Further details will be issued to those that have qualified.

Special thanks go to the following people who have supported and worked hard to make this happen:

Dave Young, Marian & Keith Rhead, Peter & Julie Rooney.

ROAD /AGE RELATED/OFF-ROAD CHAMPIONSHIPS

Unfortunately, the above series have all had to be cancelled for 2020 due to the ongoing pandemic. It is impossible and unfair to hold any form of championship when the majority of races have been cancelled.

We can only look forward to 2021 and hope that some form of competition can resume. In the meantime, we await news on the XC series.

Once again, thanks must go out to Helen Lawrenson, Alan Hudson, Debbie & Steve Myerscough who worked so hard to pull the championship races together for us all.

CLUB COACHES - New Appointment

We are delighted to announce that Tanya Shaw has joined your WRR Coaches Team. Welcome aboard Tanya. Unfortunately, we can't put Tanya in place just yet as there are currently no Leadership

in Running Fitness courses being held!

Tanya will be another great addition to the Team. A big thank you must go to all the coaches that have continued to support our runners during lockdown, through both structured sessions and Facebook live workouts.

Your current qualified coaches are as follows:

Ryan Azzopardi, Stuart Topping, Kerry Eccles, Julie Rooney, Helen Lawrenson, Sue Rigby, Tom Crabtree, Kay Twist, John Collier, Kirsty Holland.

If you have any coaching related queries, then please reach out to any of the above. Any new ideas and suggestions for future sessions are always welcomed.

Julie Rooney



