

WESHAM ROAD RUNNERS



CHRISTMAS 2021

Christmas 2021

3	Welcome
4	Northern Relays
6	Silver Club Standard
7	Ultra Running
10	10k Racing
11	Couch to bronze standard
12	Ghosts of Christmas
14	Preston 10 Miler
15	I'm not a runner - I can't breath
16	Joining during Lockdown
17	Interclub 202218



Welcome

Welcome to the Christmas edition of our Wesham Magazine!

As we reflect on another strange year, it has at least been good to see some races return to our calendar and club members feeling more comfortable to attend both our Monday and Wednesday sessions.

In recent weeks we have been able to hold our own 10k which was extremely well supported and generated some really positive feedback and also on the same day hold our Wesham Party Night, which whilst different from previous years, presented a fantastic opportunity for those attending to enjoy themselves.

In this edition, we have some really interesting reflections from some of our

members in terms of their own personal achievements from their running year as well as looking forward to some events that will be happening next year.

I want to thank everyone who has supported our Club this year – running and non-running members, volunteers and our Committee members who have all pulled together to make sure that our Club has continued to be successful and flourish.

I hope you all have a very peaceful festive season and a great 2022.

Stay Fit, Stay Healthy, Stay Safe!

Enjoy the read!

Peter Rooney





Northern Relays

2021 has been another difficult year for the racing calendar, but the only saving grace has been that as it has gone on, more races have started to reappear.

During the summer months we managed to get a couple of excellent team events together. Our runners that went to 'Endure' represented the

club superbly, and we looked to follow that on in an official club racing capacity in this autumn's 6 and 4 stage relays.

This was my first time organising a club event in the capacity of Men's captain. Navigating our way through covid restrictions, late-cancelled coaches - and even doubts whether the event would be allowed to go ahead - was tough, but



definitely worth it.

We had an excellent day out - and I thank everybody that took time out of their schedules to join us. The coach proved to be a massive success and advantage for us, as it allowed more people to travel across the north of England - and kept us together in a team building environment - whilst also aiding us logistically to ensure we all made it to Redcar safely and on time!

Once we had made the near 3 hour journey and arrived on the north east coast, we quickly got the tent pitched (thank you Alex Rowe and co!), numbers distributed, and our first leg runners had time for a brief warm up before they were on their way.

The race of the day from a team Wesham perspective was on leg 1, with a titanic battle between Andrew Harling (A team) and Mark Belfield (B team). Both runners had been training and racing well in the build up to the event, and Andrew's new 5k PB the week before had seen him claim the place in the A team.

Both runners can be proud of their performances on the day, as Mark took the plaudits this time around with a fantastic opening leg that saw the B team lead home. It is an excellent representation of how strong a squad of runners we have to select from at the moment, and the strength of depth the men's team currently possesses.

Ryan Azzopardi brought the C team through leg one with a great run too, after only recently returning from a hamstring injury. To get 3 full men's teams together was a huge achievement by everybody involved.

On leg B, new member Adam Wilding had a brilliant debut run, and managed to overturn the deficit that the A team had from the opening leg on Team B, although Lee Barlow had a fantastic run too to keep his team in striking distance after two full 5.2 kilometre legs had been run.

Eventually the A team managed to open up a gap on our B team - but both teams performed fantastically and competitively throughout, again showing the levels of ability we possess at the front end right now. There is certainly a lot for us to build on moving forwards as we look to compete against bigger and better opposition.

The A team of Harling, Wilding, Crabtree, Danson, Taylor and Datavs ended the day I. 43rd place, an improvement of some 11 positions on our last outing at the same event 2 years before.

In total we managed to get 3 full men's and 3 full ladies teams together and that was a superb effort from all involved. I'm sure everyone that joined us will agree that we had a great day out - blessed by good weather, good food, good transport, and a great social drink together afterwards.

Hopefully the rest of the team enjoyed themselves as much as I did, as the feedback received was all positive. We go again at the 12 and 6 stage relays on Sunday 27th March and it would be fantastic to see as many members as possible join us for those. Thank you.

Rob Danson



Silver Club Standard - Dawn Biggs

With the start of organized racing this summer, mission silver standard was born. Just under 10 months to leaving my age category, the race was literally on.

1st to go in September, the Catforth 5K, perfect race.

2nd, Green Drive 5. Should have been a cert..... alas "COVID" struck just 3 weeks before. It could not have been closer, with only one second to spare.

Next to book, Wesham 10K.

Then Peter Rooney introduced a curve ball with "Have you booked Preston 10 mile?" With just 3 weeks to prepare, Preston was booked. A possible Wesham DO! presentation was on the

cards. Then the epic fail, 19 seconds to slow, no presentation. Helen suggested the Myerscough 10 mile and help to pace. Firstly the Wesham 10K, great race and PB 3rd time achieved.

Finally Myerscough 10 mile, with echoes of the Preston fail, off I went. Probably the most pain I have endured to date. Mission silver was completed.

I foolishly had a peep at "Gold standard" times.....

Getting older does have some benefits, roll on 55 and a more manageable age category.



Ultra Running - Julie paton

Quite selfishly I was more than happy living the life of a singleton spending most weekends walking or climbing around the UK and planning my next challenge in the Alps or further afield. Then boom, I surrendered to the charms of Neville (really called Andy) a guy that did no exercise and zero interest in rock climbing, hill walking or skiing – way to go Julie!

After experimenting with a few different activities I realised he liked running off road but wasn't too impressed with tarmac pounding. So, he won't walk up a hill but if I put a pair of trainers on his feet and call it running, he's happy to come up a mountain – winner. The downside to this compromise was that Nev, the non exerciser, is quite good at running through boggy fields and going uphill, which I'm not.

In a bid to get better at running uphill and level the playing field I researched running clubs in the Wesham area then bumped into a group of runners (it was the hi viz and torches that gave it away) in the Kingfisher pub. My first night at the club was a cold Wednesday playing tail end Charlie, as I tried to keep up with anyone and learnt 600s.

You know you're slow when Stuart asking the room if anyone is running at a 10minute mile is met with, 'Not in this weather, it's too cold!'. Despite being a lot slower than everyone, I keep turning out on a Monday and Wednesday until that pesky little virus thing that'd be over in a few weeks called time on training. Not wanting to lose the progress I'd made in the last 3 months I keep running locally using the Garmin coach training programme until the welcome return of the Wednesday night sessions. These sessions were the perfect antidote as one of the few excuses I had to leave the house or interact with people other than via a computer screen.

Life was on the up, the weather was great, my runs were getting longer and my speed was slowly increasing then came September, when disaster struck. Stepping over a stile on a site visit for work my foot slipped on gravel and that big 'OUCH' feeling turned out to be a broken ankle. If being in lockdown wasn't bad enough, I'm now confined to the couch entertaining myself by having a smiley face drawn on the bottom of my big toe so I can



send a silly message to my niece who thought it was funny to compare me to the silly bones book.

Once over my children's entertainment phase I started to trawl the internet for the best ankle rehabilitation exercises and calculate how long it would be before I could run. Meanwhile Nev was questioning if he could train enough before July to complete a 30 mile adventure ultramarathon. As there's no show without punch before the end of the night the pair of us had signed up for final Lakes vs Man – Silverdale to Coniston via Morecambe Bay Sands with a few obstacles thrown in for good measure.

Bored of convalescing it was time to think about training and test the ankle. Not wanting to do too much too soon I was a few days into a Couch to 5km when Wesham announced the 12 days of Christmas Challenge. Not knowing how far I'd get I plumped for Kms starting at 1 and working my way up to 12. I was over the moon at completing the final 12km on 24 December, 3 months after breaking my ankle.

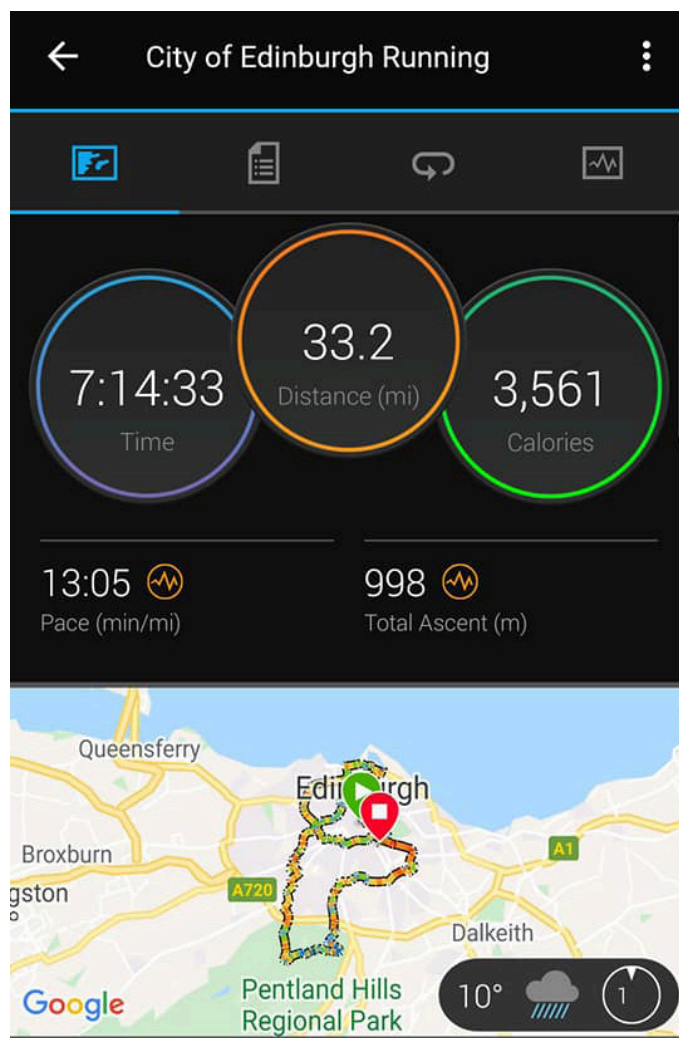
A combination of long dark nights and lockdown with no end in sight was starting to take its toll making me quite lethargic which isn't great when you've 6 months to prepare for your biggest running challenge and no motivation to do anything. Wesham Road Runners came to the rescue as I laid in bed at 11pm on the 1 January reading the details of the January Move Everyday Challenge. 1mile or 30mins of exercise everyday day. Knowing this was exactly what I needed I was off downstairs sporting my best PJ slipper combo to log a mile on the turbo trainer. Nev thought I'd lost the plot but it couldn't have come at a better time.

February brought some bizarrely warm weather so before those pesky cows were let back out (they think it's funny to chase me) Nev and I set off to see how far we could run linking all the local footpaths. 20 miles and 4hr 20mins later unable to go any further, not that I wanted to, I returned home drained with very tired legs. Conscious that Man vs Lake was half the distance again it was time to learn about nutrient and frequency of refuelling as the reality of what we'd signed up for sunk in and didn't feel possible.

Following my surprise win of the summer handicap and some sparse training runs including the Sanders Lakeland Marathon (SLMM) testing kit and refuelling (I struggle to digest anything when exercising) the day of reckoning had arrived along with soring temperatures. To make sure we didn't get carried away in the moment and burn out at the first check point we set off at a steady speed working to our pacing and refuelling strategy. Liquid every 15 minutes, trail mix (nuts, dried fruit and jelly babies) every 30 minutes. By check-point two I was on blister prevention from the sand crossing the bay and like many others Nev was struggling with the heat. Following a good intake on fluid we were back on our way onwards and upwards looking forward to the first water obstacles for a chance to cool down, although I had visions of lovely clear waters and not a minging tarn that would kill off COVID.

Fortunately, the standard of water and obstacles improved as we enjoyed jumping across a couple of floating pontoons, swimming under a sausage followed by an obstacle course of scaffold monkey bars (I didn't have the strength so backed off before falling back in the water) and running along a sausage before jumped off some blocks into Windermere.

As we reached Windermere and the 20 mile



mark I started to notice a pain in my knee when coming down hill, presumably as I run faster downhill to make up for being slow going uphill, which slowly got worse as we proceeded up the hill for another swim under some sausages that disappointingly should have been a crane swing and over Grizedale Forest to Lake Coniston for a short sit on canoe paddle.

Being so close to the finish and not being able to run was exceedingly frustrating and made worse by getting overtaken. For the last mile I did a stop start shuffle, balancing the pain, in the hope that I could catch up to the last person that overtook me. Nearly at the finish, I foolishly believed the marshal who said it was only around the corner. Out of nowhere I got a sudden rush of adrenaline and started sprinting (didn't even notice my knee) only to find he was telling porkies. However, on the plus side I had nearly caught up with the last person who'd overtaken me. Knowing it was still for the taking I was off again up and over the final obstacle wall and sprinting across the finish line with Nev. What an amazing feeling, we'd done it!

It wasn't long before we were looking for the next adventure and discussing grand ideas of well

thought out training schedules. We managed to fail miserably at the training schedule but had committed ourselves to the Ultra Tour of Edinburgh 34miles and 1000m of ascent and decent through the streets and surrounding hills of Edinburgh starting at the Royal Mile.

Doing some last minute training and shoe testing at Rivington my knee pain returned as I reached the 20 mile mark. Not expecting it I had to question the cause, obviously lack of training but could it also be down to precision trail shoes? A couple of weeks later I repeated the same route in a more cushioned shoe and still had the same issue but a little sooner than the 20mile mark. Bugger I am running 34miles in two weeks and can't get past the 20 miles. Not being one to quit instead of bowing out gracefully I gave myself a trip to the physio and two weeks off running, which wasn't that difference from the rest of the year. Ready or not I crossed the start line full of happy thoughts and telling myself I could do this, as the clock started ticking. Like the previous race I'd estimated what time we'd reach each pit stop allowing a little extra towards the later stages for a dodgy knee. The excitement and height were in the first half of the run as we skirted Arthurs Seat and over Allermuir Hill. I imagine the views would have been lovely, had it not been covered in cloud. Leaving the soft ground behind the rest of the course was lots of long sections of cycleway and walking routes, which made it easy underfoot

but quite monotonous at times.

Running as a pair you're mindful that what's best for you may not be the best thing for them so to make sure Nev didn't seize up running at my pace there was a point where I really wanted to do a run walk combo but needed to keep plodding ignoring that knee, which was starting to say, 'Hello!' Pit stop three was the 26 mile mark, the start of the final leg and the first time I'd hit marathon distance, something I never thought possible when I joined Wesham RR. Feeling invigorated from the smiling face of Ann Berry, with 10 miles to go the only thing left to do was put one foot in front of the other and keep going till the welcoming sight of the finishing line. At Neville's request not to sprint this time, 33.2 miles, 998m of ascent and 7:14:33 hours after the start we crossed the finishing line with an enormous feeling of satisfaction and smiling faces. I've been a little apprehensive booking anymore events till I've sorted the 20mile knee pain, however despite how short or long my next challenge one thing is for certain. None of this would have been possible without being part of Wesham Road Runners.

A special thanks goes to all the coaches and those who gave up their time to keep the challenges and virtual runs coming during the dark days of the pandemic – Thank you.

PIT STOPS / CUT OFF TIMES			
Pit Stop	Distance		Cut off time
Pit Stop 1	10m/16km	1hr 45	1000 9.15
Pit Stop 2	18.6m/30km	3hr 45	1230 11.15
Pit Stop 3	26m/42km	5hr 15	1500 12.45
Cut-off times are applied to your departure from these locations and not your arrival.			
Finish	35m/57km	7hr 15	17:30 2.45pm

10k Racing -

Becky Ingham



I joined Wesham Road Runners mid September 2021. I had such a lovely warm welcome to the club. My goal from the start was be part of a social run club, up my mileage every week and go sub 50 minutes in a 10k road race.

Previously I have raced in fell, track and cross country races but I had never competed in a road running race before now. After the first 3 weeks of wesham training going well, I decided to enter my first road race being the Wesham 10k (27th November).

Alan Hudson set me up with a great running program to get some miles under my belt given I was only running 6km a week approximately before joining the club. My initial goal for the Wesham 10k race was just to get a race under my belt but as the weeks closed towards the race date my competitive side came out and I decided I wanted to go for sub 50 minutes in my first ever race.

Training before the race seemed to go fairly well. Note to self - I'm still definitely not a morning runner though. One run sticks to mind setting off on a training run at 7 am before work and getting picked up by my dad by 7:20 am after a failed morning run.

The week before the race comes and I felt awfully nervous particularly with the weather changes affecting my breathing on runs (seasonal

asthma). Although the weather changes were a slight worry for the race day, I still felt reasonably confident to pull myself round the 10k

irrelevant if the time goal. BUT THEN, 26th of November hit the UK... Weather warnings for the wind speed hit Lancashire. The weather was crazy the night before the race and so I said to myself sub 50 minutes was now a no go and just to enjoy the race and get round.

That being said, I woke up on the morning of the race with the wind still crazy and set about my race day preparations. Once the race was underway, I felt reasonably comfortable even with the wind so I stuck with the pace I knew I needed to run to go sub 50. Note to self - maybe wear a top under the wesham vest to save your arms freezing throughout the race.. and maybe take a tissue for a snotty nose particularly is there's photographers at the finish line..

1 mile to go and with having not pre run the course I was hit with an up hill windy last mile along side head wind to the finish line. That being said, I DID it. I ran a 49.35 minute 10k. I couldn't have done it without the club support on the day, my families support and Alan's fantastic coaching.

Couch to Bronze Standard - Sharlan Butcher

From Couch to Bronze Standard – By Sharlan Butcher

When I graduated from Couch to 5K at Lytham Hall Park Run I decided to join Wesham Road Runners properly as everyone was so supportive and welcoming. I completed my first 10K 6 months after graduating and within a couple of weeks broke my foot in a non-running incident. Whilst in a plaster-cast I entered the Wesham 10K which was 5 months away giving me a target to aim for - to actually be able to actually run but also to run a sub 1-hour 10K.

Returning to running a couple of months before the 10K was daunting, but I was so pleased to achieve my target in the November. By this point I'd started running with some new members of similar ability and that's the competitiveness kicked in.

What next?

Seeing members receiving their Club Standards really started something and so I decided to

go for my Bronze Standard. Covid put a stop to this for a year or so but then fuelled most Sunday mornings with post run egg barmes at various cafes in the Fylde, plans were hatched and targets set for race days with my running friends. And with sheer determination and encouragement from these crazy running ladies I achieved my goal.

I've learned that running is mostly a case of mind set. It's too easy to stop and make an excuse. But nothing quite beats the elation of a new PB. My husband asked me after I'd achieved my Bronze Standard what was I going to do next? My answer after a brief pause was that I have 18 months to get my Silver. So back to pace calculator app once again!



Ghosts of Christmas past, present and future -

Adam Wilding

Hi everyone. Firstly, thanks for the opportunity to write in the the magazine and 'sell' my story. Secondly an apology. I was advised I could be as humorous as possible. For those who have met me, I am about as humorous as Lea Lane in gale force winds on 27/11/2021 at 10am! Anyway, for those who don't know me I though I'd give an overview of my running career to date.

Past

I started running age 11, hugely inspired by my dad Keith, who has had a successful time at Wesham Road Runners. I joined the club in my early teens. At the time it was tough being so young in a club full of adults (which I now retract seeing the antics at the Awards Presentation evening). However, I had a few successful years with 10k times around 42 minutes. I then went to college and uni, where my runs became more jogs and my potential fizzled out. After uni I moved back home and tried to reestablish my form. I somehow pulled out a 10k PB of 34:56 in the Blackpool Summer 10K on my 24th birthday in 2015.

Present

Since then I joined a non competitive (my idea of hell as I am Mr Competitive in everything [unless I know I can't win]) jogging club in Edinburgh where I lived and worked. A few years ago, I managed a 5k parkrun in under 17 minutes but my barcode didn't register so it's not official (crying emoji). The pandemic was a blessing in disguise as I permanently moved home. For a better work life balance I rejoined Wesham just before the Redcar Relays, so thank you Rob (and Alek whilst decorating out house!) for some gentle persuasion. I was gutted with my relay time; comforted by the fact that the only position i did not want was second, having never done a relay and wanting to see the set up to reduce the nerves, and the inevitable struck! And to be honest that was the perfect debut, motivating me to ensure I performed in my next races. So I was relatively pleased with my efforts at Green Drive 5 (28:24), Pilling 10k (35:49) and Wesham 10k (35:56). On reflection that looks like



I am getting slower so I'll have to work on that! To be part of the winning Lancashire Mens team at Green Drive was a huge shock/highlight; tinted with guilt at stealing a place in the team.

I am a regular Park Runner and love the community spirit, and it really brings my family together. My number 1 fans are mum, dad, partner Will, and my brother, Heather and their m 3 girls. As mentioned, dad is a huge inspiration from his peak running days. So although currently out with a injury, he could not be more supportive and encouraging (enough to do 4 weights sessions a week with me at 7am before work without fail). Although everyone thinks it's inherited from dad, mum is proving to be a huge talent and we encourage and inspire one another. I am so proud of her. For those who follow me on strava, my partner

Will has started running. We have done about 35 training runs together this year (#apprentice) and he has a 5k PB of 23:54 (I will get him signed up in 2022). Thankfully I am still a better farmer, which he has taught me, than he is runner (not that it's a competition). However, he weirdly enjoyed a taste of Carr Lane Hill sprints - and for a beginner that's scary! The park runs are always accompanied with supportive Wesham Runners, so a huge thank you for all the kindness (shout out to Peter and Julie who have made me feel so welcome at the parkruns and the club).

My experience of being back at the club could not have been more different to the last time, primarily down to having matured (slightly). I have been made to feel so welcome; both the running and socialising. I try to attend club nights in an attempt to reduce my social awkwardness. I love the handicaps which really play to my competitive nature (thank you Keith and Marion) and I enjoy it when there are a few people doing a decent length run together. So huge thank you to every-



one who has ran with me, just made time to have a quick chat or even left a comment on strava! Please feel free to say hi. I really need to go out of my comfort zone and take advantage of the social element that Wesham has to offer! I have been helped out with a lot of advice and guidance on things such as shoes, laces, watches, etc (a large proportion from Kay and Steve - thank you).

A big highlight for me was the Wesham 10k and the Awards Presentation evening. Firstly, to pull that event off in those conditions is nothing short of miraculous and deserves high praise. The amount of support around the course was immense. Although, I did start to think my name was "Wesham" at one point. So hopefully next year I may get to hear a few more "Adam" or actually be able to hear anything at all with no gales. Even my dad shouted "well done Wesham, you are 4th at the moment". This came as some surprise when I knew there were at least 5 people in front of me (I do have an accountancy degree but that once more wasn't needed to prove that was incorrect). I was then met with fear or relief (you can decide) that I wasn't seated on the same table as my parents at the awards evening. Thank goodness; not solely because Clare was a glow stick pro or Mark scooped all the awards, but more that it gave an opportunity to socialise with the Paula Radcliffers and learn more about the fantastic people in the club!

Future

First and foremost I need to shift my shin splints. So any referrals to expert physios are most welcome.

So let's aim for a new 10k PB and sub 17 minute 5k next year.

I'll do what I can for the inter clubs (very excited for those).

I will give cross country a bash next season (sorry Steve and Kay, I'll need your help with spikes too)

I've already committed mum and Will to 5k PBs and doing their first 10ks, so I'll need to drag that out of them.

More importantly I want to continue enjoying my running whilst making more fantastic friends.

So thank you all and to the club for 2021.

Merry Christmas and Happy 2022 from me and the Wilding's

Preston 10 miler - Alek Walker

21-10-21 Porsche Centre 10-mile Road Race- Preston Harriers.

Firstly, this was my first 10-mile race since 2019 and before joining the club, nerves were high and not running 10 in months worried me. Without checking the route pre-race I had one little glimmer of hope in mind, we're in Hutton, starting at the village hall, Lathams is in Hutton near the village hall. Regardless of what happens, a coffee renoir will make it all OK..

After an albeit brief but pleasant warm-up with our fearless leader Peter Rooney we walked to the startline in beautiful conditions, the guns sounded and we were off. Within the first 300m, we passed a heart-breaking closed Lathams Bakery where I thought all hope was lost. 1½ miles in forgetting this the race

took us through Longton, Walmer Bridge then onto the dreaded bypass people mentioned, looping back around to do it all again.... reminding of the upset from the first 300m...

Upon completion of the race and doing far better than planned, the finishers pack contained a medal, snood and Fox's Caramel Rocky bar- not the worst haul from a race. Although only a small number of WRR members turned up medals were won, the weather was perfect and great to show support for a local club.



I'm not a runner! I can't breath - Liz Sharrocks

I've been a jogger - more off than on - since 2008 when I did Race for Life but I've never been able to make it something I can't live without. This is mainly because I always think I'm going to run out of breath and collapse!

When my grandchildren started to arrive I realised I needed to be fitter and I wanted to make sure I always had the energy to play with them, so I jogged more often without being able to improve my pace.

In November 2019, along with my husband, I registered for the Wesham 10k which I completed in just over an hour. At the end of January 2020 I joined Wesham Road Runners in the hope that by being a member of a club it would encourage me to jog more and hopefully turn me into a runner. I had a focus too - the Reading half marathon, to raise money in memory of a dear friend who had recently died from MND .

On 23rd March, 2020 lockdown arrived and meeting at the club was put on hold. The fantastic club challenges arrived and whilst completing a challenge with Stuart (Topping) I shared my dream to run 10k in under an hour. Stuart said I could do it and gave me lots of encouragement.

I've completed three half marathons but still couldn't increase my pace.

27th November arrived - it was sooooo cold and windy I wasn't jumping for joy to do the 2021 Wesham 10k. But after 2 years I needed to give it a go. My plan was to start the run ahead of the 60 minute pacer (Steve Twist) so that I wouldn't have to feel the pressure of keeping up with him.

At the 5 mile stage I was slowing down but thinking, 'I've got this, I can do this'and then Steve was at the side of me.....oh no I haven't got the legs to keep up with him. Steve was totally amazing, encouraging me to keep up with him but I couldn't. Suddenly I was running in slow motion and it felt like I was running backwards as Steve got further away my head gave up but my legs slowly

kept going. The Smiths Arms was so far away and I still had to get round the corner. With my head down I pretended that this wasn't happening to me and hoped that no-one could see me.

If it wasn't so painful it would have been funny. I turned the corner and Steve was running ahead and turning round telling me I could do it. How had I caught him up?

'Come on you can do it' said Steve. 'Keep going.' Did I have anything left to get me over the line? I had to try as Steve was amazing! I kept trying and made it! I crossed the line at 59:55 and my chip time was 59:34! Thank you Steve! I am so happeeeeeee

I'm being a marshal next year



Joining during lockdown - James Green

I am a relatively new member to Wesham Running Club and joined around August 2020 when social distancing was strongly enforced. Only groups of 6 were permitted and meeting up for club runs was restricted to just the car park. We couldn't gather any more than 5 mins before setting off. So as a new member it was difficult to meet and introduce myself to other club members. Even when running, trying to go at the pace some lads set, it was hard enough to breathe let alone have a conversation. Since then restrictions have started to ease and faces and names are becoming more familiar.

My running throughout the year has been up and down whilst bouncing in and out of injury. I have only entered 2 events, Endure24 and Wesham 10K.

To mention Endure24, what a baptism of fire and a bit of a write off for me. Loaded up on Ibuprofen and running / hobbling on and off for 24 hours with a trapped nerve. The team certainly carried me through that one and we still won by 2 laps (I prefer 10 miles – just sounds further). We were also subjected to about 2 or 3 thunderstorms with high winds and torrential rain, bad enough to stop the event for a couple of hours until it cleared.

One word sums up Endure24 for me: "MARTIN....MARTIN...MARTIN...MARTIN...." I suppose you had to be there.

The Wesham winter 10K was the first real opportunity for me to start running injury free as a club member. Despite, perhaps one of the coldest and windiest days of the year, it was strangely enjoyable. Yet again, very well organized and thank you to the marshalls and organisers for a great job in poor conditions. This was followed by the annual members party, where the drinks were flowing and a chance to see members in a more relaxed atmosphere.

I am certainly looking to progress and get into more competition in the future and whilst being new to the club, it has become clear that Wesham caters for all abilities whilst offering opportunities and guidance for all kinds of running events.

So onward and upward. Let's hope that this next year we can get back to normal and stay there - and the council can cut the branches back on the Kirkham by-pass, sort that knackered pavement out over Dowbridge and fill that hole in just before the triangle..... Just a few points that

would make our running experience that little bit better!

Hoping you all have a boozy Christmas that you'll struggle to remember and a decent New Year that's just better than last year!!



Interclub 2022

It's great to be able to report that Inter Club racing will be retuning in 2022. After the pause during the last couple of years it certainly will be good to have these events back on our racing calendar.

Whilst the racing format will be the same, there will be a couple of changes in as much as we will need to have a good idea as to how many members will want to take part at each event about a week before so that we can ensure that clubs do not breach their race licence – more will follow on this in the New Year. Also it has been decided that at least for 2022 no club will offer a buffet after the event – it will just be about the running.

The provisional dates are as follows:

Blackpool – 6th April
Lytham – 12th May
Preston – 15th June
Thornton Cleveleys – 28th June
Wesham – 18th July
Chorley – 10th August
Red Rose – 7th September

All will be at 7.30pm except Blackpool and Red Rose which will be at 7pm.

If you have not taken part in these events before then they are great fun and free to enter. You just need to run in a club vest which can be purchased on Club Nights.

Let's look forward and once again see lots of blue filling each course!



