

# WESHAM ROAD RUNNERS

---



SEPTEMBER 2022

# September 2022

3	Welcome
4	Manchester Marathon
5	"hammer or isser"
6	Endure 24
8	My Running Journey
9	Joining Wesham Road Runners
10	Half Marathon Running
11	Lakesman Triathlon





# Welcome

Welcome to the latest edition of our Wesham Magazine!

During these past few months it has been really encouraging to see so many people returning to take part in our regular club nights and training sessions. Races have also returned to the calendar and we have successfully held our own Summer 10k in May which was well supported.

A number of our members have written about their recent running experiences for this edition and the goals that have been achieved through training and perseverance – thank you to each of them for their contributions.

We are always looking for members to record their experiences for future editions so please do feel free to send them in to our editor, Dave Taylor – it doesn't need to be long or read like Shakespeare either, just some words of your own that will entertain and perhaps inspire others. Please don't wait to be asked either!

Stay Fit, Stay Healthy, Stay Safe!  
Enjoy the read!

## Peter Rooney



# Manchester Marathon

So this infamous 'wall' does exist!

After deferring my original 2020 London Marathon in an attempt to avoid a summer training programme, I decided this year's Manchester Marathon was 'the one'. Training commenced mid December (shout out to Alan Hudson for the programme) and a target time of sub 3hr 45 was set. Training started well and by late January I was running as well as I ever have. A couple of big runs were missed as the niggles and February storms arrived but the Oulton Park 20 miler at the end of March gave me the confidence needed to comfortably beat my target time...or so I thought!

Race day...nervous but quietly confident. We parked in the City centre and headed to the race village on the metro with Nat and plenty of time to find the bag drop. Nat headed back to Deansgate where the 5 mile point was and a good position to see me twice as you come back on yourself. I made my way to the start line soaking up the atmosphere, two nervous wee's on the way just to be on the safe side! I wanted to get towards the front of my wave as I was feeling confident and didn't want to get held up....rookie mistake!

And we're off! Front of the wave...the aim was 8:20 miles. 'Keep it steady, don't get carried away, get to halfway and see how you feel'. First mile...7:30, whoops. Eased off slightly but still sub 8's as I approached the City centre. Spotted Nat and got carried away, breezed through the Deansgate crowds thinking I was a celebrity. Mile 5...7:19, mile 6...7:16...an unofficial 10k PB recorded...that wasn't in the plan!

Halfway point reached...half marathon clocked at 1:40 and another PB. Had to have a word with myself...'that's not what you're here for!' but I felt strong. High fiving every spectator I passed and a 3:25 finish was on the cards...who was I kidding!

18 miles...the pain arrived. First in my achilles (never had a problem there before!) and quickly spread to the rest of my lower half. Felt like I'd been hit by a bus! The sub 8's became sub 9's which soon became sub 10's! Before I knew it, I'd designed a new running style and the mental



battle was upon me. 'Just DO NOT walk!' is all I could think of as I battled through what can only be described as a very very dark place. It was at this point the traditional high fiving was replaced with an uncontrollable urge to high five spectators in the face...I managed to resist!

The finish line was in sight and I was still running...just. The pain in my legs at the finish was fierce and it felt like I was trapped in a concrete jungle after I'd had my medal put round my neck! No sign of Nat...the tracker hadn't been informed I'd hit the 'wall' so had me finishing 10 minutes earlier. By this time she'd gone searching for me only to receive a picture from my Dad of me crossing the line from the YouTube coverage! I was found outside the bag drop in a crumpled mess, official finish time...3:40:42!

Manchester Marathon...we have unfinished business!

## Stuart Mulrooney

# Are you a 'hamer' or an 'isher'?

When you are asked which running club do you belong to, what do you say? It's 'Wesh-am' or 'Wes-ham'?

Place names have evolved over the centuries. Look at any map for the names of any city, town, village or hamlet in England and you will find echoes of our past. For example, they hint at forgotten Saxon settlers, powerful Norman landowners and local geographical features. Place names reference hills, rivers and forests, etc. In the distant past, Great Britain has been invaded and conquered many times by those speaking in 'foreign' tongues, so we have the influence of languages as diverse as Celtic, Latin, Anglo-Saxon and French. Many of the original names have been mangle and mutilated over the centuries by dialect and mispronunciation until English spellings were standardised by Samuel Johnson, into its pre-current form, by his Dictionary of the English Language (1755).

Many place names have suffixes which might indicate their origins: 'ton' - farm or hamlet, 'ham' - village or estate, 'ly' or 'ley' - wood or a clearing, 'stow' - place or meeting place, 'bury' - fort.

As an aside: Have you ever driven/ridden along 'Kilcrash Lane' near Nateby and wondered how safe you are to be doing so?? If you Google its derivation, you will find: The prefix 'Kil' (sometimes written 'Cil') in old location names refers to 'keeill' - a fifth-tenth century part pagan - part Christian chapel or church. (Kilbreck, Kilcross etc.) The 'crash' is a variation of the Celtic word 'cruach' referring to a pagan holy place, more often than

not a barrow. This isn't surprising as most 'keeils' were constructed on prehistoric burial grounds. Kilcrash, therefore, indicates the site of an ancient keeill chapel and accompanying prehistoric burial ground. (Brian Hughes: Curator of the Fylde and Wyre Antiquarian. <http://www.wyrearchaeology.blogspot.com>)

Back to the original question: It depends how you split Wesham into syllables and its derivation. You wouldn't pronounce Bispham as 'Bis-pham' - 'Bisfam'? So please pronounce your club Wesham as 'Wes-ham,' Or you could have been the local 'Weshamer' who was stopped by the broad-accented American, who asked directions to: 'Weezham'!

Peter  
WRR Membership Secretary.





# Endure 24 Leeds

To be honest I had never done any form of endurance event before, but we had heard about the great comradery that always goes on at these events and Julie thought it would be good to give it a go.....that was last October! We'd done the hard part I thought by getting a new tent and putting it up.

"E-Day" arrived on Friday 1st July and 19 intrepid Wesham members with their supporters packed everything needed for an all-weather weekend and set off to Bramham Park in Leeds. Having set up camp we explored the vast and well organised site with some of the seasoned Endurers who knew where the bar was located – this was the ideal time to settle down and find out more what lay ahead whilst the rain fell heavily outside the beer tent.

Friday night was party night and in true Wesham fashion we managed to get everyone under the Wesham gazebo and settled in....for a good session!

Saturday saw final preparations coming together for the start of the race at 12 noon. Julie and me were both members of a team of seven

runners, perhaps aptly named Wesham Trotters. Under the leadership of Rob Wallace, we were instructed on what to do and Sue Coulthurst really showed off her teaching skills by preparing a schedule for runners to complete after each lap – she even provided a pencil and rubber in case any of the children made a mistake!

Our other teams were also busy making preparations with Wesham Whippets ( the five fast ones) under the stewardship of Dave Taylor being presented with a spreadsheet detailing all the times required to aspire to success and Wesham Wanderers ( the three amigos – Kirsty, James and Louise) who had already planned their strategy in advance. Our Wesham Green Goddesses kept their strategy very quiet as they had opted for the more luxurious Glamping option, although I don't think this went as far as butler service.

When the race got under way it was a mixture of watching and waiting as each runner took their turn to run the undulating 8k route around Bramham Estate – a really lovely scenic route in what became pleasant conditions – passing the baton to the next person and then returning to base camp to describe your running experience to





anyone who would listen as well as not forgetting to fill in Sue's schedule without making a mistake.

This familiar pattern went on through the evening and into the night....grabbing some sleep after my late evening run finished at about 11pm, I was awoken at 1.30am as Julie was off out at 2am.



My slot was directly after her so waiting on a cold start line at 3am I was aware of a great atmosphere amongst the weary runners and the night run was not unpleasant with some lights in the trees, musical accompaniment and great marshals.

As breakfast time loomed we were down to the last three hours and stories of the night time escapades were exchanged .....Mark Holton had put in a sterling effort for the Whippets completing six consecutive laps during the night.....and the Wanderers had all undertaken double laps to ensure that all three of them could get some rest.....and Julie had treated herself to coffee and cake in front of the fire pit at 3am to recover from her night lap.

The final two hours was about trying to get as many laps in as possible, but available runners were dwindling as a result of injury or fatigue. I was however one of the "lucky" ones who got to run an extra lap and then get dragged home by the

rest of the Trotters at the end for the customary team photo at the finish line.

Everyone did fantastically well with the Whippets completing 36 laps, but for me the stars of the weekend were the Wanderers who completed 22 laps between the three of them driven on by Kirsty who kept them going. I did hear James mutter on the Sunday morning....."never ever again" but I think with time his sentiment might mellow!

It was a great weekend and we certainly would want to take part again next year and so if you fancy it take a look at Endure 24 website and see what it's all about – it's on the weekend of 23/24 June.

In case you are interested, you can do the event as a solo runner, and the winner of the overall event set a record of 30 laps in 24 hours.... that's a total of 150 miles. Time to get training now if you think you could beat it!



**Julie and Peter Rooney**



# My Running Journey

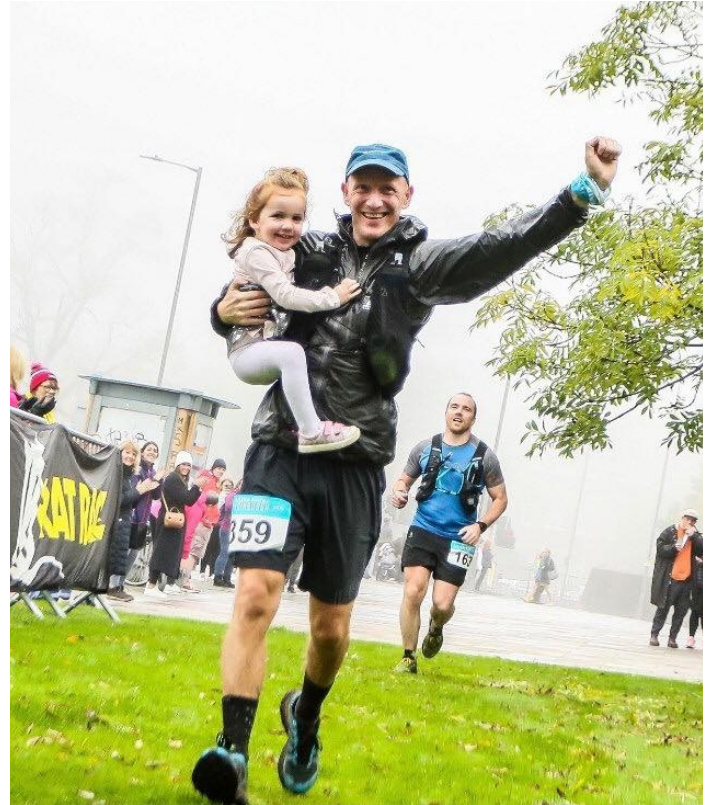
I started my running journey around 10 years ago. Just a few local plods here and there. Nothing special, nothing too big. Just the odd 5k and 10k. I initially ran for cardio fitness as I used to do a little bit of kickboxing back in the day. But then I started doing actual running events and then I became totally addicted!

I did road races/events for a few years until I started venturing onto the trails. I soon fell in love with trail running (especially in the Lake District) and as they say, the rest is history.

In October 2021 I ran the Ultra Tour of Edinburgh along with other club members Helen Lawrenson and Julie Paton. It was the most amazing running experience of my life. 55k around Scotland's historical capital. Starting on the Royal Mile, followed by an energy sapping climb up to the Pentland Hills, the crags, the streets, alleyways and the cobbles of the city. It was a huge test of physical and mental endurance. Crossing the finish line, was without doubt, my most satisfying running adventure to date.

In recent months, I took part in the Derwentwater Dawdle: A 23 mile event in the Lake District, with over 4700ft in elevation gain. Taking on Skelgill Bank, Catbells and Walla Crag. Anybody who knows the Lakes, will know that the hills surrounding Derwentwater are stunning, even if it's for just a hike or run!

I would also like to add, that joining Wesham Road Runners (around five years ago) has really helped me push my running to a level I never could of imagined! It's enabled me to push further than I ever thought was possible.



**Paul Lancashire**



# Joining Wesham Road Runners

After finally completing my first 5k run in February 2021, in just under 30 minutes, I remember uttering the words...‘that wasn’t too bad but I’m never running any further or any faster!’ Fast forward a year and I was entering my first 5k and 10k races!

My journey with Wesham started at the relays last September when I joined the club convoy to support Adam and Bev. I was made to feel so welcome, but still managed to hold off joining as a member. I was subject to more peer pressure to join at the Christmas Party. What a great night and a chance to meet the Paula Radcliffe table - luckily the balloons flew, wine flowed and the priority turned to dancing, rather than persuading me to join the club!

I finally caved and joined Wesham Road Runners a week before the first Inter-club, back in April earlier this year. I thought that I might as well ‘jog’ around if I am going to watch anyway! Julie jumped into action and kitted me out with the vest and from within, a competitive drive and change in mindset occurred! Turning up in ‘Wesham blue’ and the encouragement and support from the whole team, made me regret not joining earlier but excited for the future!

Since then I have taken part in the other Inter-clubs and ran a few 5k and 10k races, improving my time in each one with new PB times of 20:41 and 44:14 respectively. I have reassured Adam that he doesn’t need to worry about me catching up just yet, so he has promised to keep dragging

me up Carr Lane Hills - thank you...I think!

I also want to say thank you for the encouragement from so many of team Wesham. Whether it be pacing me, great Wednesday sessions or making me feel welcome and part of the club.

Who knows what the future will hold...a sub 20 5k and sub 40 10k is the aim (which I never thought would be humanly possible for me!). I now feel like a full cycle has occurred as I look forward to being part of team Wesham at the relays this September. I have also heard the word ‘endure’ muttered.... watch this space!

## Will Parkinson



# Half Marathon Running

Back in 2019 I made the decision that I wanted to give a half marathon a go, but Covid put paid to that before I had chance to do one. So, my 2022 New Year's resolution was to get it done this year & when I saw the Morecambe Half advertised & the race description said it was flat, I figured that would be a good one to do as my first ever. I searched the internet for a training plan, found one that looked good & made a start in February along with my fab training buddy Robert.

I really enjoyed having a structured plan to follow every week but what I didn't expect was the massive improvement it made to my times at all distances. It enabled me to take a minute off my 5k PB & 2 mins off my 10K (and take the Twist household PBs from Steve, added bonus!!)

My initial target was sub 2 hours but as the training weeks went by I began to hope for nearer 1.56, not that I would tell anyone that beforehand, not about to set myself up to fail publicly!!

On the day the conditions were fab, cool & drizzly, perfect! The plan was to try & stay under 8.30 min miles for as long as possible but I actually managed to average 8.08 for the first 9 miles, then the fun started! A few tough steep sections (it said flat!!) slowed my tiring legs a bit but it was about to get worse. Who in their right mind puts a section of pebbly beach and a footbridge over a train line in a half?! I don't know who the martial at the bridge was but I would like to apologise for yelling 'You're having a feckin laugh!!' at him as I started to trudge up the steps. By now I was knackered, grumpy & regretting ever taking up running.

But I am not one to quit so I concentrated on simply putting one foot in front of the other & kept pushing as hard as I could. As the finish came in to view I glanced at my watch & almost fell over, it read 1hr 48 something & I was convinced I'd stopped it by accident, no way could that be right! I gave it everything I had left (not a lot) & made it over the line in 1.50:05. For about a minute I was elated until I realised 6 seconds quicker & I'd have dipped under 1:50 (typical me, whatever I achieve I'm always thinking it could have been better!)

The learning points from this experience: -

1. 13.1 miles is a long way
2. Don't get hung up by people passing you quickly in the first few miles.....see point 1 again

3. It's worth sticking to the training plan even on the days where it's inconvenient or you don't feel like it, you will reap the benefits in all your running.

4. If I ever mention doing a full marathon find me a nice padded cell & lock me in.

## Kay Twist





# The Lakesman Triathlon 2022

Jo and I travelled up the Saturday before the race and decided we would do Fell foot Parkrun on the way to loosen the legs. It turned out to be a great decision as the parkrun is in a great setting.

Once we arrived in Keswick, I had to register and take everything I needed for the event into the transition area ready for the following day. After a bit of time sorting everything out it was time to go and check in at the hotel.

Late afternoon we went to watch the infamous 'budgie run', an event quite like no other where competitors run from the lakeside to the finish line in the most garish swimwear they can find. No prizes for guessing who we saw showing off their speedos, Mick Edge and Lee Barlow of course!

Having recovered from the sights of the budgie run it was time for the race brief, dinner and an early night in preparation for a very early start!

After a 3am alarm, to force feed myself some porridge it was time to get ready for the event I had been training the last 4 months for.

Some last minute checks in transition and it was nearly time to go when we saw Mick and Carmel, which helped to calm the pre-race nerves.

Wetsuit on, I left a rather worried looking Jo and headed into the water, 10 minutes or so of waiting and I was off. The swim was something I felt confident with but had to make sure I didn't set off too fast to conserve energy for later in the race. 1.2 miles and 35 minutes later, I was out of the water and running up to transition 1 ready for the bike leg.

After a very busy and slow transition I managed to get out onto the bike course feeling good. I quickly settled to the task in hand, making sure I took regular food and water on board, trying to measure my effort for the next few hours. 56 miles through some of the lake districts most stunning scenery and a little over 3 hours later I entered transition 2.

Another slow transition and I was out onto the 13.1 mile, 3 lap run around Keswick. There was a great atmosphere all the way around with plenty of encouragement from friends and strangers alike. I went out a little too quickly for the first 4 miles so slowed down for the next 4 at which point the sun came out and I was just trying to hang on until the end. I managed to cross the line in 1 hr 54 minutes, tired but happy.

After the race, I got some food and collected

my equipment from the transition area. I then went to freshen up before Jo and I met up with Mick, Carmel, Lee, Tanya and of course Bertie, to rehydrate and celebrate completing one of the more challenging events I've participated in. Whilst I feel there's room for improvement, I'm happy to have completed my first half ironman distance triathlon in a total time of 5:52:57, especially after collapsing at Blackpool cross-country right at the start of my training cycle for the event and missing the first 2 months of training. Hopefully there won't be any issues quite as dramatic before the next challenge!



**Martin Allison**

