



# Newsletter

## 2014 – Issue 3

### Race Round-up

March and April have proven to be busy months for racing, with three races having double-figure numbers of club members running.

- 18 Winstons ran the Wilmslow Half Marathon
- 13 Winstons ran the Cheshire 10k
- 15 Winstons ran the Mobberley Round the Runway

It was also peak season for marathon running, with 4 Winstons running the Greater Manchester Marathon, including Lynda Clifford running her first marathon, Richard Bacon who finished first in the V70 category and Pete Walters, who also ran the London Marathon a week later.

All the latest club performances are in the results section. Well done to anybody who ran over the last couple of months.

*Paul L*

# Membership Benefits

As we've entered the new membership year, it's a good time to take a look at some of the benefits you get from being an England Athletics affiliated runner. (if you're still to pay your 2014 fees, membership forms can still be downloaded from

<http://winstonrunners.com/images/downloads/membership-2014.pdf>)

The benefits you get include:

- Reduced entry fees for UKA licensed road and multi-terrain events (minimum £2)
- Personal profile page on the Power of 10 website (<http://thepowerof10.info>) showing all your race results in one place
- Access to exclusive club places in races, such as the London Marathon
- Access to races which are open only to affiliated runners
- Sweatshop - £15 off running shoes (one redemption offer valid all year), 10% off all full price shoes and apparel (offer valid all year on unlimited purchases when you show your England Athletics card) plus more seasonal offers
- 10% off athletics equipment from Eveque and Sunwise sunglasses
- Discounts on Athletics Weekly magazine - save £6 per

year on a Junior Subscription or £12 per year on a senior subscription

- ebulletins including key information on the sport. You can ensure your email address and mailing preferences are up to date at <http://www.englandathletics.org/myprofile>. Winston Runners also use the contact details in your England Athletics profile, so keeping them up to date means that we can keep in touch with you.

*Paul L*

# RACE RESULTS

## Anglesey Half Marathon 2 March 2014

First Name	Surname	1 Mile	10K	Gun Time	Chip Time
Rosalind	Dyde	00:10:39	01:03:17	02:19:17	02:18:32

## Wilmslow Half Marathon 23 March 2014

First Name	Surname	Cat Pos	10K	10Mile	Chip Time	Chip Pos
Paul	Muldoon	320	00:45:12	01:13:29	01:36:27	591
Paul	Clifford	49	00:45:53	01:14:33	01:39:03	742
Peter	Walters	28	00:46:39	01:16:46	01:40:58	864
Paul	Lockett	431	00:46:32	01:16:34	01:41:41	899
Richard	Bacon	2	00:47:44	01:18:27	01:44:21	1117
John	Malone	45	00:47:37	01:19:30	01:47:19	1350
Gino	Giordano	828	00:56:19	01:29:35	01:55:22	2040
Lynda	Clifford	78	00:55:28	01:31:29	02:01:09	2566
Kevin	Maguire	17	00:56:54	01:33:53	02:04:59	2822
John	Edwards	18	00:58:53	01:36:11	02:06:57	2938
Maureen	Hadfield	62	00:59:23	01:40:06	02:14:12	3332
Fiona	Ashworth	242	01:00:07	01:42:23	02:16:41	3422
Jo	Christopher	215	01:01:08	01:42:11	02:15:37	3379

First Name	Surname	Cat Pos	10K	10Mile	Chip Time	Chip Pos
Terrie	Blammon	264	01:01:34	01:44:43	02:21:11	3552
Kath	Tyms	254	01:08:25	01:54:14	02:29:13	3711
Valerie	Moulden	301	01:07:34	01:55:34	02:35:15	3781
Susan	Lynne	17	01:14:18	02:03:05	02:38:31	3809
Annette	Fairclough	39	01:14:20	02:04:06	02:46:05	3848

## Cheshire 10k 30 March 2014

Pos	Name	Time	Chip Time
239	Scott Ashworth	00:45:56	00:45:14
283	Paul Lockett	00:47:16	00:46:35
352	Paul Muldoon	00:49:16	00:48:12
397	Sarah Cowling	00:50:26	00:47:45
419	Tony Southworth	00:50:49	00:47:48
471	Dorothy Muldoon	00:52:34	00:51:03
734	Terrie Blammon	00:59:22	00:57:38
738	Fiona Ashworth	00:59:25	00:57:41
805	Susan Mee	01:01:33	00:59:01
849	Carmen Donaghy	01:02:49	01:01:06
867	Mandy Gyaamie	01:03:29	01:00:57
1046	Julia Glancy	01:13:35	01:11:52
1086	Helen Knight	01:21:46	01:19:28

## Berlin Half Marathon 30 March 2014

Name	Gun Time	Chip Time
Thompstone, Michael	01:49:05	01:53:52

## Greater Manchester Marathon 6 April 2014

Name	Gun Time	Chip Time	Category	Category Position
<a href="#">Peter Walters</a>	03:40:49	03:39:00	V55	33
<a href="#">Paul Muldoon</a>	03:48:39	03:46:49	SEN	1035
<a href="#">Richard Bacon</a>	04:03:53	04:01:29	V70	1
<a href="#">Lynda Clifford</a>	04:22:43	04:17:48	V45	72

## Snowdonia Half Marathon 6 April 2014

First Name	Surname	1 Mile	10K	Gun Time	Chip Time
Rosalind	Dyde	00:10:39	01:03:17	02:19:17	02:18:32

# London Marathon

## 13 April 2014

Place overall	Place gender	Place category	Name	Half	Finish time
8887	7170	225	<a href="#">Peter Walters</a>	01:52:54	03:49:31

# Whitley 10k

## 13 April 2014

Name	Time
Tony Southworth	0:48:24

# Salford 10k

## 18 April 2014

Gun Pos	Gun Time	Forename	Surname
289	0:45:11	Michael	Thompstone

# Run the Bridge 5, Runcorn

## 20 April 2014

Gun Pos	Gun Time	Forename	Surname	Chip Pos	Chip Time
182	0:37:55	Michael	Thompstone	182	0:37:39

# Mobberley Round the Runway 5.3

## 24 April 2014

Pos	Name	Time
117	Paul Muldoon	36:47
144	Paul Lockett	37:56
194	Scott Ashworth	40:19
215	John Archer	41:02
224	Denise Irving	41:14
225	Anthony Southworth	41:15
384	Fiona Ashworth	51:49
390	Carmen Donaghy	52:56
391	Terrie Blammon	53:03
422	Rachel Whitelegg	1:03:34
423	Annette Fairclough	1:03:37
424	Philamena Hesketh	1:06:15
425	Margaret Carleton	1:06:17
426	Tori Blatchford	1:15:01
427	Helen Knight	1:15:07

## Radcliffe 10k

### 27 April 2014

Pos	Name	Time
343	Eimear Donnelly	00:61:59



# parkrun

The latest club parkrun results can be found at

<http://www.parkrun.com/results/consolidatedclub/?clubNum=2297>

# FIXTURES

Races marked \* have significant numbers of club members running.

**\* Great Manchester Run**

Sunday, 18 May 2014

**Bowdon 5k Road Race**

Thursday, 29 May 2014

**Wincle Trout Run**

Saturday, 31 May 2014

**Hollins Green 5k**

Saturday, 31 May 2014

**Great Trail Challenge, 11k & 22k, Keswick**

Sunday, 1 June 2014

**Dunham Massey Park 5k**

Thursday, 5 June 2014

**Dunham Massey Park 5k**

Thursday, 19 June 2014

**Lymm 5k**

Saturday, 21 June 2014

## **Arley Hall Summer 10k**

Sunday, 29 June 2014

## **Run Fest Wales, Rhyl – Marathon, Half Marathon, 10k & 5k**

Sunday, 29 June 2014

## **Sale Sizzlers**

Thursday, 3 July 2014

Thursday, 17 July 2014

Thursday, 31 July 2014

Thursday, 14 August 2014

## **Debdale Park 7k**

Sunday, 6 July 2014

## **We Love Manchester 10k**

Sunday, 13 July 2014

## **The Manchester Mile**

Wednesday, 16 July 2014

## **Birchwood 10k**

Sunday, 17 August 2014

## **City of Salford 10k**

Sunday, 7 September 2014

## **\* Palma Marathon/Half-Marathon/10k**

Sunday, 19 October 2014