



Newsletter

2014 – Issue 4

Great Manchester Run



On a scorching hot day, I'm not sure whether it was tougher to run the Great Manchester Run or volunteer, but as you can see from the pictures, there were plenty of Winstons performing each role.

As one of the runners, it was great to cross the line and see so many familiar and friendly faces. Well done to everyone involved.

Paul L

Website and Facebook

As always, you can find back issues of the club newsletter at the club website:

<http://winstonrunners.com>

You can also keep in touch with other club members on the club facebook page:

<https://www.facebook.com/winstonrunnersmcr>

RACE RESULTS

Alderley Edge Carnival Fruit Farm Dash 4 16 May 2014

Name	Position	Time
Fiona Ashworth	47	38:51
Terrie Blammon	48	38:52

Bupa Great Manchester 10K 18 May 2014

Name	Position	Time
Paul Lockett	1261	44:58
Scott Ashworth	2497	47:57
Dorothy Muldoon	6028	53:20
Eimear Donnelly	6977	54:34
Rachel Whitelegg	21720	1:14:40
Anthony Fairclough	24846	1:23:28
Helen Knight	24866	1:23:31
Annette Fairclough	24905	1:23:41
Philomena Hesketh	25437	1:26:02
Rebecca Critchley	26042	1:29:14
Margaret Carleton	26617	1:34:03
Sarah Cowling	27490	1:51:17
Ann Robinson	27491	1:51:17

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. Races marked in red are new additions to the list this month.

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 Ian Terry Memorial 5K Cowm Race, Rochdale

Wednesday, 16 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