



Newsletter

May 2013

The Winston Runners Ladies' 5k

The date has been set – this year's Ladies 5k Run will take place on Sunday 7th July at 11a.m.

There's a flyer with more details on the next page and you can download an entry form from here:

<http://winstonrunners.com/images/downloads/ladies-5k-entry-form-2013.pdf>.

As we hope that as many of our female members as possible will run (along with friends, family, co-workers and casual acquaintances!), if any of our men are able to volunteer on the day, we will have plenty of roles available. If you are interested in helping out on the day, please send an e-mail to winstonrunners@gmail.com.

Calling all Ladies

Come and Enter

Winston Runners Ladies 5k Run

WYTHENSHAW PARK

Sunday 7th July 2013, 11am Start

**Flat Course – No Roads – Well Marshalled
Medal and Goody Bag to all Finishers**

Supported By



Sale and District Lions Club



The Authentic Food Company

Raising money for Greater Manchester Asbestos Victims Support Group

Entry Fee: £6 affiliated club members, £8 non-affiliated
Entries on the day +£1

For more details e-mail: winstonrunners@gmail.com
or visit winstonrunners.com

Run under UKA rules, licence applied for



Greater Manchester Marathon

As well as having six club members running the marathon, we had plenty of club members marshalling out on the course.



As I took the easy route and ran the marathon as part of a relay team, I got to stop at the 18 mile mark and see some of the marshals in action. It's only when you see them stopping drivers, who want to turn onto a closed road full of runners, that you appreciate what a vital job they do.



2013/14 Subscriptions - Reminder

Annual membership fees of £20, for the year beginning on 1st April 2013, are due.

Each member will also need to complete a membership form for the year. Forms are available to download from the Winston Runners website –

http://winstonrunners.com/images/downloads/winston_runners_application_and_subscription_form_2013-14.pdf.

Paper copies of the membership form will also be available at the track on a Tuesday.

Parkrun Beginners Event



Our local Parkrun at Wythenshawe Park will be holding a beginners event on the 11th of May. If you're nervous about making the move to running in organised races, this event would be a good first step and there will be other club members taking part. You can get more details at:

<http://www.parkrun.org.uk/wythenshawe/>

RESULTS

Runcorn Run the Bridge 5 Mile 31 March 2013

First Name	Surname	Gun Time	Overall Position	Chip Time	Chip Position
John	Archer	36:52	162	36:51	166

Blackpool Half Marathon 7 April 2013

First Name	Surname	Gun Time	Overall Position	Chip Time
Paul	Lockett	1:46:20	264	1:45:11
Jo	Christopher	2:13:20	773	2:10:44
Emma	Bates	2:18:37	842	2:17:29
Susan	Bates	2:18:37	843	2:17:29

Cheshire 10k 14 April 2013

First Name	Surname	Gun Time	Overall Position
John	Archer	46:39	17

Mobberley Round the Runway 5.3 Miles

18 April 2013

First Name	Surname	Gun Time	Overall Position	Cat	Cat Position
Paul	Muldoon	39:03	130		
Richard	Bacon	40:00	148	V70	1
John	Malone	40:06	152	V55	6
Paul	Lockett	40:45	161		

Bolton 10k

21 April 2013

First Name	Surname	Gun Time	Overall Position	Chip Time	Chip Position
Rachel	Whitelegg	1:19:07	584	1:18:27	583
Sarah	Cowling	1:22:41	587	1:22:01	587

London Marathon

21 April 2013

First Name	Surname	Chip Time
Julie	Carr	4:45:48
Jean	Ruane	5:01:32

Fleetwood 10 Miles

28 April 2013

Name	Gun Time	Overall Position
Kevin Maguire	96:44	131

Greater Manchester Marathon

28 April 2013

Name	Chip Time	Gun Time
Paul Muldoon	03:34:44	03:35:22
Peter Walters	03:38:48	03:40:19
Richard Bacon	03:39:47	03:40:22
Helen Morris	04:08:18	04:12:53
Shirley Carr	04:18:53	04:20:26
Julie Carr	04:35:37	04:40:01
Terrie Blammon	05:06:02	05:10:14

FIXTURES

Date	Event
Sun 5 May 2013, 10:30 http://merseyraces.co.uk	Liverpool Spring 10k
Sun 12 May 2013, 10:30 EVENT FULL	Chester Half Marathon
Sun 19 May 2013, 11:00 http://www.redroseroadrunners.org/our-races/worden-park-10k/	Worden Park 10K, Leyland
Sun 26 May 2013 http://www.greatrun.org/Events/Event.aspx?id=4	Great Manchester 10k
Wed 29 May 2013, 19:30 https://sites.google.com/site/kiwiclassicevents/races-2012/dove-stone-diamond	Dove Stone Diamond
Sun 1 Jun 2013, 10:30 http://www.abersoch10k.com	Abersoch 10k
Sun 9 Jun 2013, 09:30 http://www.btrliverpool.com/event/tunnel-10k/	Mersey Tunnel 10k
Sun 16 Jun 2013, 10:00 http://www.activeleisureevents.co.uk/sport-in-the-port.aspx	Ellesmere Port 10k, 5k and mile
Sun 16 Jun 2013, 14:00 https://sites.google.com/site/freckletonmarathon/	Freckleton Half Marathon
Thu 4 Jul 2013, 19:30 http://www.race-results.co.uk/results/2013/efsizzler13.pdf	Sale Sizzler 5k - 1
Sun 7 Jul 2013 http://winstonrunners.com/index.php?Itemid=8	Winston Runners Ladies 5k
Sun 14 Jul 2013, 09:30 http://www.sportstoursinternational.co.uk/running/city-of-manchester-10k	We Love Manchester 10k
Thu 18 Jul 2013, 19:30 http://www.race-results.co.uk/results/2013/efsizzler13.pdf	Sale Sizzler 5k - 2
Sun 21 Jul 2013 http://cheshirehalfmarathon.co.uk	Arley Hall Half Marathon

Date	Event
Sun 21 Jul 2013, 09:30 http://www.fyldecoastrunning.org/index.php?route=product/product&path=60&product_id=87	Blackpool Summer 10k
Thu 1 Aug 2013, 19:30 http://www.race-results.co.uk/results/2013/efsizzler13.pdf	Sale Sizzler 5k - 3
Thu 15 Aug 2013, 19:30 http://www.race-results.co.uk/results/2013/efsizzler13.pdf	Sale Sizzler 5k - 4
Sun 25 Aug 2013, 10:00 http://www.fyldecoastrunning.org/index.php?route=product/product&path=60&product_id=60	Fleetwood Half Marathon
Sun 8 Sep 2013	Tameside 10k
Sun 20 Oct 2013 http://www.tui-marathon.com	Palma Marathon, Half Marathon and 10k
Sun 3 Nov 2013 http://cheshirehalfmarathon.co.uk	Capesthorne Hall Half Marathon
Sun 10 Nov 2013, 11:05 http://www.fyldecoastrunning.org/index.php?route=product/product&path=60&product_id=64	Windmill 10k, Lytham