



Newsletter

November 2013

Track Session Cancellation **Tuesday 5th November**

There will a bonfire and firework display in Wythenshawe Park on the 5th of November, which has made it necessary to cancel the track session, due to the likelihood of:

- heavy traffic conditions
- the car park being full
- air pollution

Apologies for any inconvenience. The session will return as normal on Tuesday 12th November at 6pm.

Club Night Out

In order to have a get together which doesn't involve any running, we are going to have a night out in Didsbury on Saturday 30th of November, starting around 8pm at the O'Neill's on Wilmslow Road.

If you've got any questions, or you want to say that you'll be coming along, you can join the Facebook event or drop an e-mail to the club inbox:

Facebook event:

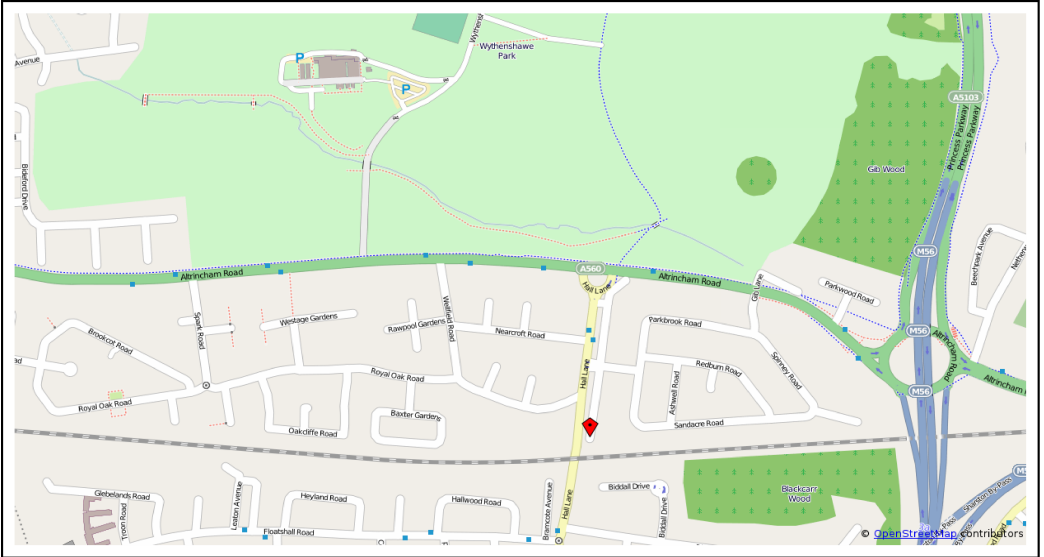
<https://www.facebook.com/events/1430995573786624/permalink/1430995580453290/>

E-mail: winstonrunners@gmail.com

Hope to see you all on the 30th.

Thursday Night Runs from the Winston Club

Now the clocks have gone back, we'll be having Thursday night runs starting from outside the Winston Club at 6pm. If you aren't familiar with the Winston Club, it's at the red marker on the map:



Last week we had two groups, one doing just under 4 miles and one doing just under 6 miles.

If you want to check who is running on a Thursday and where they are planning to run, just ask at the track on a Tuesday.

London Marathon Places

The club has two 2014 London Marathon places available for members who applied for next year's race and were rejected.

If you would like to enter the draw for one of these places, please come along to the track session on the 12th November. The draw will take place before the session starts, so please be at the track early. You must bring along your rejection letter as proof that you applied for a place; if you don't have a rejection letter, you cannot be entered into the draw. The draw is not open to anyone who got a club place for the 2013 race.

If you need any further information about the draw, please contact Les at lesrobinson6257@gmail.com.

FIXTURES

As always, upcoming races can be found on Facebook at:

<https://www.facebook.com/winstonrunnersmcr/events>
(desktop)

or

<https://m.facebook.com/winstonrunnersmcr?v=events>
(mobile).

You can view the desktop version without having a Facebook account. New races added recently include:

Guys 10

Sunday, 1 December 2013

Palma Marathon/Half-Marathon/10k

Sunday, 19 October 2014

RACE RESULTS

Marple 10k Trail Race 7 September 2013

Name	Position	Time
Paul Clifford	17	0:42:07
Lynda Clifford	105	0:53:01

Ladybower 50 22 September 2013

Name	20 mile split	35 mile split	50 mile split
Paul Muldoon	03:31	06:59	11:23

Abersoch Half-Marathon 5 October 2013

First Name	Surname	Gun Time	Chip Time
John	Malone	01:48:57	01:48:40
John	Edwards	02:07:56	02:07:38
Rosalind	Dyde	02:14:23	02:14:04
Carron	Lane	02:17:32	02:17:13

Burnley Fire Station 10k 6 October 2013

Name	Position	Time
Paul Lockett	84	46:43

Chester Marathon 6 October 2013

Name	10K	20K	Half	30K	40K	Gun Time	Chip Time
Julie Carr	59:46	2:06:10	2:13:54	3:21:59	4:38:39	4:55:29	4:52:25

Wirral Half-Marathon 13 October 2013

First Name	Surname	Half	Gun Time	Chip Time
Jo	Christopher	01:03:00	02:12:20	02:09:01

Palma Marathon 20 October 2013

Name	Chip	Gun
Hadfield, Maureen	04:59:08	05:00:23
Carr, Julie	05:23:44	05:24:59

Amsterdam Marathon 20 October 2013

Name	5K	35K	40K	Gun Time	Chip Time
Ria Bright	39:17	4:37:59	5:21:55	6:02:01	5:42:43

Palma Half-Marathon

20 October 2013

Name	Chip	Gun
Harrison, Dave	01:36:30	01:36:46
Malone, John	01:47:48	01:49:19
Ashworth, Scott	01:47:58	01:52:11
Walters, Peter	01:48:41	01:49:50
Thompstone, Michael	01:48:51	01:52:02
Irving, Denise	01:49:07	01:51:56
Clifford, Lynda	01:57:31	02:00:39
Donnelly, Eimear	02:05:59	02:07:33
Maguire, Kevin	02:06:35	02:08:07
Bracchi, Carole	02:11:54	02:15:20
Lane, Carron	02:16:56	02:20:07
Mee, Susan	02:29:20	02:32:10
Thompstone, Bernard	02:31:18	02:34:28

Palma 10k

20 October 2013

Name	Chip	Gun
Muldoon, Paul	00:45:41	00:45:57
Archer, John	00:46:36	00:46:36
Donnelly, Roisin	00:58:10	00:58:53
Ashworth, Fiona	01:03:26	01:15:12
Gordon, Jane	01:12:09	01:14:28
Maguire, Sandra	01:22:23	01:32:57
Robinson, Bernadette	01:22:23	01:32:57

Snowdonia Marathon

26 October 2013

First Name	Surname	Gun Time	Chip Time
Ria	Bright	07:02:36	07:02:36