



# Newsletter April 2013

Welcome to the first of what will (hopefully!) be a regular newsletter. Any ideas for future editions will be gratefully received; feel free to e-mail them to me at [lockett@lavabit.com](mailto:lockett@lavabit.com).

## **2013 Annual Presentation**

There were cheers all round on Saturday 2nd February as we celebrated another fabulous year of Winston running!



Congratulations this year go to our most improved male, Bernard Thompstone, most improved female, Kath Tyms

and our two most improved beginners who are John O'Donnell and Karen Sweeney... their awards were very well deserved and we are all very proud of them!

We must say a big well done too to all our runners for what they have all achieved this year - another great year of running.

Once the presentations, the raffle and eating was over we did what the Winstons always do very well... and we partied!

We would like to thank our friends from the Manchester Harriers, and everyone who joined us in our celebrations and we hope you all had a great night.

The picture shows from left to right: Bernard Thompstone, Karen Sweeney, Les Robinson (Chairman), Kath Tyms, John O'Donnell and Ann Robinson (Ladies Captain).

You can see more pictures from the night – [http://winstonrunners.com/index.php?option=com\\_content&view=article&id=76](http://winstonrunners.com/index.php?option=com_content&view=article&id=76).

## **2013/14 Subscriptions**

Annual membership fees of £20, for the year beginning on 1<sup>st</sup> April 2013, are now due.

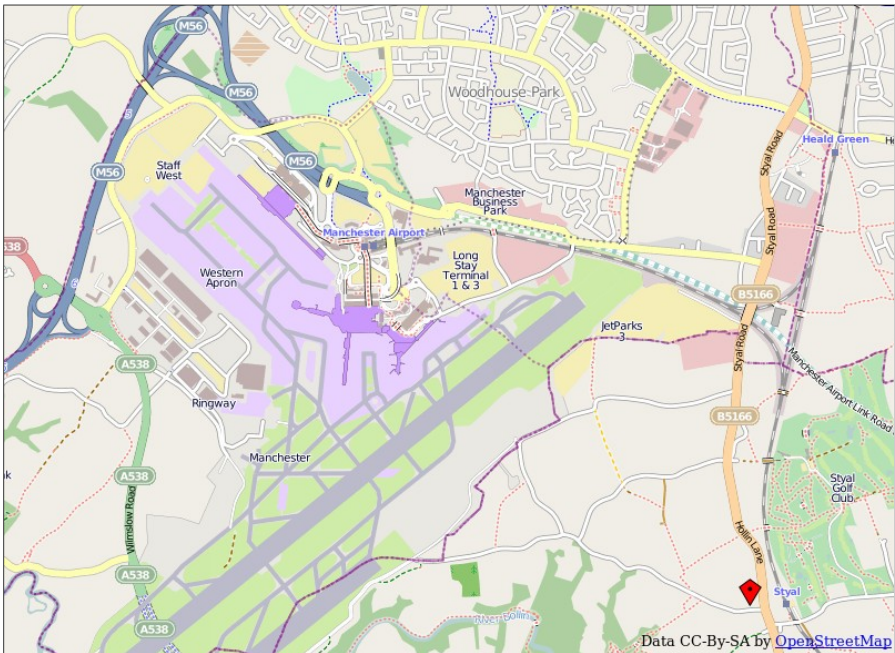
Each member will also need to complete a membership form for the year. Forms are available to download from the Winston Runners website –

[http://winstonrunners.com/images/downloads/winston\\_runners\\_application\\_and\\_subscription\\_form\\_2013-14.pdf](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.

## Thursday Runs in Styal

Now the clocks have gone forward, our Thursday night runs will move back to Styal. Runs start from the Ship Inn car park at 6p.m., last about an hour and provide the option of a social drink in the pub afterwards. The Ship Inn is on Altrincham Road. Head for the red marker on the map:



If you need directions, this is the location of the Ship Inn on Google Maps: <http://goo.gl/maps/fulGt>

# FIXTURES

Date	Event	Entry Details
7 <sup>th</sup> April 2013	Blackpool Marathon and Half Marathon	Event Full
14 <sup>th</sup> April 2013	Lymm 10k	<a href="http://lymm.com/10k">http://lymm.com/10k</a>
18 <sup>th</sup> April 2013	Mobberley Round the Runway Race	<a href="http://ajw.blogs.com/files/Mobberley_Race_2013.pdf">http://ajw.blogs.com/files/Mobberley Race 2013.pdf</a>
1 <sup>st</sup> June 2013	Abersoch 10k	<a href="http://www.abersoch10k.com">http://www.abersoch10k.com</a>
16 <sup>th</sup> June 2013	Ellesmere Port 10k, 5k and mile	<a href="http://www.activeleisurevents.co.uk/sport-in-the-port.aspx">http://www.activeleisurevents.co.uk/sport-in-the-port.aspx</a>
7 <sup>th</sup> July 2013	Winston Runners Ladies 5k	
20 <sup>th</sup> October 2013	Palma Marathon, Half Marathon and 10k	

# RESULTS

## Salford 10k 29<sup>th</sup> March 2013

First Name	Surname	Gun Time	Overall Position
Paul	Muldoon	00:45:24	283
Richard	Bacon	00:45:53	300
John	Malone	00:46:45	331
Andrew	Malone	00:50:54	413
Bernard	Thompstone	00:58:06	503
Kathleen	Tyms	01:01:44	527

# Wilmslow Half Marathon

## 24<sup>th</sup> March 2013

First Name	Surname	Gun Time	Overall Position	Chip Time	Chip Position
Dave	Harrison	01:34:06	453	01:33:38	462
Richard	Bacon	01:40:33	789	01:40:08	838
Lee	Dayley	01:42:14	896	01:40:07	837
Paul	Lockett	01:44:35	1055	01:43:46	1109
Paul	Clifford	01:45:02	1089	01:44:11	1135
John	Malone	01:47:54	1287	01:45:47	1266
Carmen	Donaghy	01:57:31	2053	01:55:10	2041
Helen	Morris	01:59:33	2199	01:55:46	2095
Andrew	Malone	02:03:17	2463	01:59:30	2390
Chloe	Smith	02:08:40	2774	02:04:52	2721
Mandy	Gyaamie	02:11:00	2892	02:08:18	2917
Susan	Mee	02:11:00	2893	02:08:18	2919
Kevin	Maguire	02:13:03	2999	02:08:57	2955
Jo	Christopher	02:14:12	3057	02:10:22	3025
Bernard	Thompstone	02:14:34	3076	02:10:28	3033
Eimear	Donnelly	02:15:54	3131	02:13:11	3154
David	Allen	02:20:47	3298	02:17:00	3287
Terrie	Blammon	02:21:07	3313	02:17:20	3293
Lynda	Clifford	02:21:44	3332	02:19:01	3343
Kath	Tyms	02:24:10	3387	02:20:45	3387
Julia	Glancy	02:24:18	3390	02:21:18	3409