



# Newsletter

September/October 2013

## Cheshire 10k



The Cheshire 10k proved to be a popular event for the club, with 13 members running.

# Greater Manchester Marathon Relays

At next year's Greater Manchester Marathon, scheduled for 6 April 2014, there will be two ways to run the marathon as a relay team.

New for this year is the half-and-half relay, where two runners run a half marathon each.

Back for the second year is the four person relay, with the four legs varying in distance from 7.8k to 12.2k.

If anybody is interested in running either relay as part of a team with other club members, if you email [winstonrunners@gmail.com](mailto:winstonrunners@gmail.com) saying which event you would prefer to do, we'll try to put some teams together.

# AUGUST RACE RESULTS

## **SALE SIZZLER 3 1 August 2013**

Pos	Name	Time
160	Paul Muldoon	21:08
249	John Malone	23:17
359	Terrie Blammon	29:17
362	Kathleen Tyms	29:42
375	Carmen Donaghy	31:56
389	Susan Lynne	34:58
393	Margaret Carleton	35:54
395	Helen Knight	37:59

## **North Wales Half Marathon 4 August 2013**

Pos	Name	Gun Time
96	Peter Walters	1:50:20
150	John Malone	1:58:13
288	Maureen Hadfield	2:21:47
312	Julie Carr	2:32:10

## **Bramhall Runners Foodbank 5K 8 August 2013**

Pos	Name	Gun
20	Paul Clifford	24:36

# Great Warford 10

## 11 August 2013

Pos	Name	Gun
187	John Archer	75:17
364	Ria Bright	2:05:30

# Staffs Knot 5

## 14 August 2013

Pos	Name	Gun
129	John Archer	38:04

# SALE SIZZLER 4

## 15 August 2013

Pos	Name	Gun
230	Lee Dalwy	21:39
231	Paul Lockett	21:40
287	John Malone	22:43
425	Terrie Blammon	28:39
437	Susan Lynne	30:11
457	Annette Fairclough	37:02
460	Sarah Cowling	TBC

## Birchwood 10k 18 August 2013

Pos	Name	Gun	Chip
232	John Archer	46:07	46:02
673	Terrie Blammon	62:49	62:08
675	Fiona Ashworth	62:53	62:11
688	Julia Glancy	64:21	63:39

## Fleetwood Half Marathon 25 August 2013

Pos	Name	Gun	Chip
281	John Malone	1:53:57	1:53:28
473	Jo Christopher	2:25:58	2:25:31

## Blackpool Hilton Illuminations 10k 31 August 2013

Pos	Name	Gun
73	Paul Clifford	43:47
102	Michael Thompstone	46:05
175	Lynda Clifford	52:22
271	Terrie Blammon	61:35
274	Fiona Ashworth	61:54
278	Julia Glancy	62:44

# SEPTEMBER RACE RESULTS

## Wolverhampton Marathon 1 September 2013

Pos	Name	Chip	Gun
273	Ria Bright	6:58:14	6:59:00

## Abney Cheadle Run 5K 7 September 2013

Pos	Name	Gun
3	John Archer	22:19

## Tameside 10k 8 September 2013

Pos	Name	Gun	Chip
27	John Archer	48:52	48:50

## City of Salford 10k 8 September 2013

First Name	Surname	5K	Gun Time	Chip Time	Chip Position
Paul	Clifford	23:02	44:55	44:39	315
Scott	Ashworth	23:05	46:48	46:31	436
Lynda	Clifford	26:38	52:40	52:22	920
John	Malone	28:07	53:43	52:19	913
Andrew	Malone	28:02	53:43	52:15	907
Fiona	Ashworth	30:21	59:45	59:22	1546
Terrie	Blammon	32:22	1:05:50	1:05:07	1828
Carmen	Donaghy	32:12	1:07:09	1:06:46	1879
Julia	Glancy	32:12	1:07:11	1:06:47	1881

## Great North Run 15 September 2013

Name	Chip Time
Kath Tymms	2:26:03
Jordan Tymms	2:49:08

## Gawsworth 10k 15 September 2013

Pos	Name	Gun
53	John Archer	47:15
186	Bernard Thompstone	60:09

# Stockport Big 10k

## 22 September 2013

Pos	Name	Gun
108	Lynda Clifford	51:48
210	Fiona Ashworth	1:01:03

# Littleborough 10k

## 22 September 2013

Pos	Name	Gun
45	John Archer	45:47



# Cheshire 10k

## 29 September 2013

Pos	Name	Gun Time	Chip Time
137	Paul Clifford	42:57	42:38
184	Paul Lockett	44:49	44:29
206	John Archer	45:44	45:44
245	Scott Ashworth	47:08	45:57
361	Lynda Clifford	50:51	49:41
537	Terrie Blammon	58:10	57:31
538	Fiona Ashworth	58:11	57:32
604	Carmen Donaghy	01:01:38	01:00:59
642	Julia Glancy	01:04:42	01:04:04
674	Susan Lynne	01:09:02	01:07:43
698	Caroline Owen	01:16:22	01:15:01
699	Helen Knight	01:17:06	01:15:45
700	Sarah Cowling	01:27:37	01:26:16

# 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:

## **City of Salford Women's 5.25 Mile**

Sunday, 24 November 2013

## **Stockport 10**

Sunday, 8 December 2013

## **Hit the Trail 5**

Sunday, 5 January 2014

## **Wilmslow Half Marathon**

Sunday, 23 March 2014