

The Strider

St Helens Striders Newsletter



October/ November 2008

Issue 8

Welcome back to our bi-monthly newsletter. We are now approaching Autumn and our summer runs have been replaced with dusky and colder efforts around St Helens.

Sadly, as most of you know the YMCA has now closed and temporarily the Striders are meeting across the road. Please can everyone keep their eyes and ears open for potential new headquarters- every little helps. After all it is OUR club and OUR members should get a say in how the club should move forward. Do not be worried about expressing your ideas or concerns.

For those of you who go on weekend runs, why not ask at the club if anyone else would like to join you. There are plenty of striders who run at the weekend, and from personal experience it is much better to be running with someone else. Use the message board and other facilities we have to keep in touch.

If you would like to join the club please email saintsrun@hotmail.com or call Les on (01744)23160.

Rachael

Striders lining for the Prestwich Challenge- find out the results over the page!



Striders tackle the Langdale Half

Several Striders travelled up to the Lake District on Sunday 14th September to run the legendary Langdale Half Marathon. The 13.1 mile run has no less than 26 hills and took them on a lovely scenic route of the Lake District.

Les, Brian and Gary all completed the race in 01:47, with Kate following in 01:55. Tommy and Dawn wrapped up the Strider times with 02:03.

There was talk amongst the Striders to take part in the Langdale Marathon next year instead- we will find out then if it was the beer talking or not!!

If anyone has recently completed a race and would like their story to be told in this newsletter please email me on r.fishwick@hotmail.co.uk

Chorley Season Ends

It may seem like a long time ago, but it did not seem fair not to mention the final outing for the Striders at this year's Chorley Series.

Paul Carrier ran his best ever to achieve a personal best of 21:49 and finished 10th. Austrian visitor Jakob Hager walked away with the 1st Junior prize with a time of 24:42. Other times were as follows: Gary 24:55, Brian 26:25, Les 26:59, John 27:25, Chris 28:19, Tommy 29:29, Roy 29:57, Alex 30:06, Steve 31:17 and Alex A 39:32.

Turnout was also strong for the ladies with Rachael finishing in 29:51, Kate 30:21, Dawn 31:38 and Carol 33:12.

John won the 1st V55 prize and Tommy got 2nd which rounded off a very nice season indeed.

Prestwich Challenge

The Striders were involved in no less than 3 teams in the recent Prestwich Challenge. The 8 mile off road race is widely renowned for its obstacles and challenges- never mind the running in between! Runners were faced with tunnels, cargo nets, tyres, climbing ropes, a rowing dingy and plenty of mud!!! This is not a race for the faint hearted!

Honor, Gary, Joanne and Rachael were part of one team and they finished in 2:12:07. Paul Clegg and Tommy took part with friends and they finished in 2:15:47. Two female friends supported Dawn and Kate and they finished in 2:51:37.

Finishers were awarded with a goody bag (including a £5 voucher) and food supplied by Greggs the Bakers. Although the Striders did not win any prizes, everyone had a really enjoyable race and will no doubt be back again next year.

Races

Oct 5th - Liverpool 10km
Oct 11th - Wythenshaw Relays
Oct 25th - Standish 10km
Nov 2nd - Hell Up North- Delamere Forest
Nov 9th - Lancaster Half Marathon
Nov 16th - Preston 10 miler

Meet the Striders...



Name: Rachael Fishwick *Age:* 23
Occupation: Human Resources Administrator
Years Running: 3 years
Member Since: October 2006
Reason Started Running: Wanted to do something else at University apart from sleeping and drinking beer!! Also started to train for Cancer Research Race for Life and carried on from there.
Favourite Race: Great North Run
Personal Best: 01:46:50 in Liverpool Half Marathon this year.
Funny Story: Dare I say the Frank story again...!!)
Running Ambition: To get under 01:45 for a half marathon.

News in Brief

The Striders are hoping to enter a few teams in this years Wythenshaw Relays- come on, let's show those university students what we are made of! Full details can be found on our website.

Dawn has mentioned booking the Abbey again for the Christmas meal. Details will be issued shortly.

"In running, it doesn't matter whether you come in first, in the middle of the pack, or last. You can say, 'I have finished.' There is a lot of satisfaction in that."
-Fred Lebow. New York City Marathon co-founder