

The Strider

St Helens Striders Newsletter



APRIL/MAY 2010

Issue 17

Welcome to the second newsletter of 2010.

I am sure the end of March was a welcome time for everyone as the clocks went forward and now we can begin to train in the light.

A big welcome back goes to Andy, who has recently returned for a few training sessions. We also say hello to new member Alex Kilgannon, bringing our member total to around 25, which is really positive.

If you have any suggestions for training, please feel free to drop me or Frank a line and we will try and incorporate as many ideas as possible. Ideas for the next month or so include an urban gym session!

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

Until next time
Rachael

STRIDERS GALLOP TO GRINDLEFORD



STRIDERS LIMBER UP BEFORE THE BIG RACE

Seven members of St Helens Striders recently took part in the annual Grindleford Gallop 21, Derbyshire on Saturday 13th March.

The course takes in the villages of Grindleford, Froggatt, Eyam, Great Longstone, Edensor and Baslow linking them together with paths, tracks and open moorland of the White Peak, whilst climbing an incredible 3000ft over the course distance. Famous landmarks on the way round include the Riley Graves, Longstone moor, the Monsal trail and of course the stunning Chatsworth Park estate. The final high-level section along Baslow and Froggatt edges gives breath-taking offers of the surrounding peak district. The race is a popular event, with many participants using it as training for the spring marathons- and the Striders were no exception!

Shaun Phoenix was the first Strider to finish in a fantastic 3:07:37, followed by Gary Carney in 3:19:21 and Ian McLoughlin in 3:20:34. Chris Reid struggled with a knee injury over the last 4 miles to finish in 3:43:17. On the ladies side, Claire Murphy and Rachael Fishwick completed the course in 3:45:22 and 3:45:24 respectively, nicely rounded off by Joanne Billinge in 4:07:52. The last runner to complete the course finished in 5:29:22.

NEW WEBSITE

Hopefully by now you would have all seen the new Strider website. Found at the same address (www.saintsrun.co.uk), we now have access to many new functions such as the training plan, handicap results, picture albums, race results and this newsletter! John has done a fantastic job and has worked really hard. Our thanks also go to Brian, who for many years managed our website, and without whom we would not have a website today.

HALF MARATHON WEEKEND

12 striders took part in a half marathon on Sunday 28th march. Jo, Danny, Shaun, Ian and Nicola all ran in the local Liverpool half marathon. The new course, which is now in it's 2nd year, starts and finishes outside the echo arena and takes in several of Liverpool parks along the 13.1 mile route. Times were Shaun 01:26:37, Danny 01:31:47, Ian 01:38:42, Joanne in 1:48:28, and on her debut half marathon, Nicola in 2:05. All the times were extremely strong given the unexpected head wind on the last section of the course. Finally, former Strider Ana Quintana completed the course in 02:05:30.

Meanwhile, over a thousand kilometers away, 6 Striders were limbering up for the Bratislava half marathon in Slovakia! Les, Brian Chris, Alan, Peter and Rach all made the journey abroad as part of striders annual jaunt to a foreign race. Course results were Chris (01:34:17), Brian and Les (01:42:17), Peter (01:47:15), Alan (01:49:13) and finally Rachael in 01:50:08. Striders celebrated their success with 1 euro pints (and 1.50 euro glasses of wine for Rach) and were able to take in many of the historic sites. Full pictures are available on the strider website.

Gary was also running over the weekend, taking part in the Coniston 17 (formally 14), completing the punishing course in an incredible 1:57:38



Raring to go in Bratislava

Meet the Striders...



Name: Chris Reid

Age: 48

Occupation: Gardner

Years Running: 4

Years as member: 3

Favourite race: Nick Beer 10km

Personal Best: Half Marathon 01:31

Running Ambition: Sub 1:30 half marathon

Funny story: On a Sunday morning run with a friend, I was too busy talking to myself and running to notice that they had fallen into a ditch. Needless to say they weren't impressed!



A blustery start for Striders at the Liverpool Half

"Running is a big question mark that's there each and every day. It asks you, 'Are you going to be a wimp or are you going to be strong today?'"

- Peter Maher, Canadian marathon runner