

# The Strider

St Helens Striders Newsletter



June/July 2010

Issue 18

Welcome to the third newsletter of 2010.

We are pleased to have seen more new faces over the last couple of weeks. A warm welcome goes to Mike, Paul and Lisa, along with Nicola and Bernie.

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. Shaun's urban gym session proved to be popular last month so we are including it again.

If you would like to join the club please email [saintsrn@hotmail.com](mailto:saintsrn@hotmail.com) or call Les on (01744)23160.

Until next time  
Rachael

## CHORLEY SEASON STARTS!



STRIDERS LIMBER UP

Striders were out in force with no less than 11 members in the first Chorley race on 6<sup>th</sup> May. For the men's, Gary Carney led the team home in a time of 28:28:00, followed quickly by Shaun Phoenix in a

strong post Brighton marathon time of 28:50:00 and Danny Fegan 30:06:00. Fresh from the London Marathon, Andy Bridge was not far behind in 30:59:00, followed by Blackpool marathon finisher Chris Reid 31:48:00. First timers to Chorley Peter Fairclough and John Smeed finished in 33:14:00 and 33:44:00 respectively, with Tommy Houghton finishing in 34:28:00.

The Ladies were led home by Claire Murphy 32:22:00, who also won 1<sup>st</sup> place V35, supported by Rachael Fishwick 34:48:00 and rounded up nicely by Carol Foster 36:02:00.

The second race was held on July 2<sup>nd</sup>. Mr Consistent (aka Shaun) completed the course in the same time of 28:50, followed by Danny Fegan in 30:21. Andy Bridge was not far behind in 31:02 and Gary with 31:22. Chris Reid was next in 32:29 and an improving John Smeed in 33:36. Tommy did not disappoint with a time of 33:47, followed by first strider lady Carol in 36:25. Fresh from the White Peak marathon, Joanne Billinge was hot on Carol's tail with 36:25. Mike Cox ran his first Chorley race in 38:46, rounded up nicely by Alex Jackson in 43:05.

Congratulations to all competitors- let's hope the next Chorley is as successful.

## STRIDERS ON TOUR

Striders continued their tour of Europe as several members tackled the Riga half marathon on the 23<sup>rd</sup> May. Les and Brian finished comfortably in 1.42 .03, followed by Tommy Houghton in 01:53:00. An injured Dawn Platt finished strong in a time of 2:12:22.

The question to Les now- is where next....watch this space!

# MARATHONS ALL ROUND!

April was busy month for members of St Helens Striders, participating in Marathons all over the UK. Chris Reid took part in the Blackpool Marathon on the 11<sup>th</sup> April, completing the course in a new PB of 03:19:36, knocking an incredible 20 minutes off his time from London in 2009. Shaun Phoenix travelled slightly further afield to Brighton on the 18<sup>th</sup> April to take part in his first ever Marathon, finishing in an impressive 03:25:49.

There were also 2 members of the Striders in the newly named Virgin London Marathon on April 25<sup>th</sup>. Andy Bridge ran the course in a fantastic 03:15:45 after a lengthy break from distance running. He was supported by John Lingard who ran his 21<sup>st</sup> London marathon in a very competitive time of 03:29:16.

Joanne Billinge completed the White Peak Marathon on the 22<sup>nd</sup> May in what can only be a freak of nature in temperatures of around 27 degrees, in a fantastic time of 04:42:00! Gary completed the first ever Chester marathon on Bank holiday Monday in a new PB of 03:17:00.

Well done to everyone!



Just what you need after a marathon in the sweltering heat- a mug!

## Meet the Striders...



**Name:** Shaun Phoenix  
**Age:** 25  
**Occupation:** Fitness Instructor  
**Years Running:** 8 years (But with long breaks)  
**Years as member:** 8 months (I think?)

**Favourite race:** Grindleford Gallop (When I'd finished, hated it during)

**Personal Best:** 5k: 19.20 10k: 39.34, Half Marathon: 1.26.27, Marathon: 3.23.41

**Running Ambition:** To get close to 3 hours for a Marathon

**Funny story:** Liverpool Half Marathon 2009 was my first race for about 6 years. Being keen to get a good time I decided to make my way to front on the start line. I set off like a rocket feeling really good and not thinking that it's strange that I'm in the top 20 about 2mins in... Until we hit a dead end on the Albert Dock and realised we'd gone the wrong way and have to turn around! So my first Half Marathon was about 13.4miles instead of 13.1!

Every morning in Africa, a gazelle wakes up. It knows it must outrun the fastest lion or it will be killed.  
Every morning in Africa, a lion wakes up. It knows that it must run faster than the slowest gazelle, or it will starve.  
It doesn't matter whether you're a lion or a gazelle when the sun comes up you'd better be running.  
(But, unless you're a runner, you won't understand.)