

The Strider

St Helens Striders Newsletter



October/November 2009

Issue 14

Welcome back to the bi-monthly newsletter.

A warm welcome goes to prospective new members (John, Alan, Jenny, Peter and Shaun) and a welcome back to Claire P who returned for one of our training sessions last week.

This month's issue includes a Great North Run report from first timer Carol Foster, local race reports and 'Meet the Strider'.

Training continues to start at 7pm, Mondays and Wednesdays.

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

Until next time
Rachael

Races

Sun-11-Oct-09 **5m** Gin Pit Manchester trail off road

Sun-11-Oct-09 **10m** Blackpool to Fleetwood 10m

Sun-19 Oct-09 **10k** Seaside Southport 10k

Sun-25-Oct-09 **10k** Accrington 10k

Sun-01-Nov-09 **10m** Derwent water 10 m

Sun-08-Nov-09 **1/2M** Lancaster 1/2M

Sat-28-Nov-09 **10k** Wesham 10k

Sat-28-Nov-09 **10k** Knowsley Hall / Safari Park reindeer

Three Striders ran in the popular Lancaster 10 on Sunday 2nd August. It was personal bests all round as Chris Reid led the pack and finished in 1:11:23, followed by Rachael Fishwick in 1:20:29 and Joanne Billinge in 1:21:43.

Final Chorley

St Helens Striders recently travelled to Astley Village in Chorley for the last of a 4.4 mile summer race series. Striders have participated in all the races over the summer, and were keen to see if their loyalty was rewarded with any series prizes in the various different categories- and they did not leave empty handed! Although the Strider Ladies did not make a full team on the night, Carol Foster won 1st V45 Ladies over the entire Series and achieved a personal best of 36:37. Colin Leyland, on behalf of Strider men, also took away 1st prize in V45 Male category and a finishing time of 33:45. Also competing were Chris Reid finishing in 31:16, Roy McHale following closely in 31:41 and Gary Carney in 33:23, who came 10th in the overall Men's series, beating off stiff competition from other clubs such as Chorley and Wigan Phoenix.

ST. HELENS
= Striders =

DIARIES 2010-Strider Diaries for 2010 are now available. I will be bringing them down to the club over the next few weeks. Priced at £6 each, they are a handy size to keep in your sports bag and plan those all-important Strider races. I have only ordered 20, but will order more if demand is high.

GREAT NORTH RUN

Report by Carol Foster

Jelly Babies and Ice pops, were some of the freebies on offer at this year's 29th Great North Run.

Four Striders travelled to Newcastle to take part. Jo Billinge who has completed the GNR several times before finished with a big smile in a personal best of 1:48. Carol Foster completed her first half marathon in a respectable 1.54. Danny Fegan ran strong to complete the distance in 1:34. Unfortunately Colin Leyland had to pull out at 2 miles due to injury.

Colin has had to retire temporarily from running but has taken up a new extreme sport of doing Jigsaws whilst waiting for his ankle to heal.



Carol shows off her Medal after her 1st Great North Run

Langdale Survivors

The Langdale Marathon and Half Marathon also took place on the 20th September. Described as one of the hardest road marathon/half in the world, the first loop contains no less than 26 hills.

Striders had a strong presence, with Gary Carney finishing the marathon in 3:42 in an amazing 14th place! Chris Reid and Tommy Houghton ran the half marathon, finishing in 1:44 and 1:58 respectively.

Meet the Striders...



Name: Carol Murphy

Age: 34

Job: Field Account Manager for IT Company

Years running: Since school

Member Since: July 2009

PB: 10km in 00:45

Fave Race: I enjoyed the atmosphere of the Great Manchester Run- running with the crowd cheering you on at the end is a great feeling.

Running ambition: I want to complete a marathon within the next 12 months- either the London or New York Marathon. New York would be great with a few days of shopping afterwards!

I dream a Dream

The Striders recently make the epic journey to St Helens newest tourist attraction- The Dream. Built on Sutton Colliery, this £1.88 million pound project has created much interest since it was built earlier on this year. Part of the 'big art project', it stands 20m in height and weighs 373 tonnes!! Striders who visited the monument were Roy, Chris, Brian, Les, Carol, Rachael, Joanne, John and Alan.



Striders at "The Dream"

"Mind is everything: muscle - pieces of rubber. All that I am, I am because of my mind."
- Paavo Nurmi