

The Strider

St Helens Striders Newsletter



August/ September 2011

Issue 24

Welcome to our 3rd Newsletter of 2011!

Many of us cannot believe how quickly the first 7 months of the year have flown. We have enjoyed 2 months of good weather with plenty of off road running- here's to a good summer!

The past few months have been extremely busy with Chorley race 1, 2 & 3, London Marathon and the Prague Half marathon. Full race reports are contained in this newsletter. We are also delighted to have even more new members and extend our membership list even further.

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

Chorley Success



The St Helens Striders swept the board again at the 2nd Chorley race of the year. 17 striders were in attendance in what continues to be a popular race between local running clubs. Kevin Brennan was first Strider to cross the line in 29:18, and 26th overall. He was chased by Danny Fegan (30:48). Returning to the club, Peter Fairclough ran a new PB of 31:40, with John Skinley hot on his heels in 32:01. Les Abbott ran a strong 32:52, with John Smees chasing in 33:14. Rachael Fishwick was the first lady Strider to finish in a consistent 33:58. April Morgan made her Chorley debut in 34:29, with Joanne Billinge in 34:44. It was a dead heat between Carol Foster (34:53) and Tommy Houghton (34:54). Frank McAllister continued his road to recovery in 36:52 with Charley Ward (37:16) striding behind. Sarah Bryne (42:09) and Mike Brunt (42:09) shared a strong race together, nicely supported by Alex Abbott in 43:14.

Prizes were awarded to April (1st lady vet40), Carol (1st lady vet50) and Tommy (1st vet male 60). The Ladies also continued with their winning streak by snatching the Ladies team prize for the second month in a row.

London Marathon 2011

Three Striders ran in the Virgin London Marathon. Gary Carney was rewarded after months of strong training with a new personal best of 03:11:55, which hopefully gives him a 'good for age' entry in next year's races. John Lingard, no stranger to the course, ran a fantastic 3:20:24 which should also keep him in a good for age entry. Finally, Chris Reid ran his second London marathon in an improved time of 03:41:58.

Czech out the Striders!

Seven members of the St Helens Striders travelled to the Czech republic for the annual Hervis Prague Half Marathon during the first weekend of April. In a surprising turn, the weather on the day was over 20 degrees (in comparison to the minus figures which were experienced only the week before!). After a busy first quarter of the year, most Striders were happy to take in the sights and sounds of the city. Andy Bridge was first over the line in 01:35:56, supported by first lady Strider Claire Murphy in 01:43:06. Carol Foster and Rachael Fishwick completed the course together in 01:54:56, nicely rounded up by Jo Billinge and Mike Brunt (in his first ever half marathon) in a time of 02:23:43. Peter Fairclough was on hand to offer his support from the local bar!

Several striders also took part in the local Aintree Diabetes 10km run on the 10th April. A strong Gary Carney was first back in 37:55, supported by Danny Fegan who crossed the line in 40:49. Mike Brunt rounded up the males and ran a comfortable 54:51 after Prague. It was a brilliant day for the Ladies as Joanne Billinge was rewarded with 2nd place in the ladies category in 46:56, and then Carol Foster claimed 3rd lady in 48:01!

Meet the Striders



Name: Kevin Brennan

Age: 42

Occupation: Support Worker

Years running: 7

Years as member: 1

Favourite race: Short distance: Chorley 4.4 mile Trail series because of great team camaraderie and a cheeky pint in The Barons Rest afterwards. Long distance: Grindleford gallop - 21 miles of agony, ecstasy, despair and elation in the lovely Peak District.

Personal Best: St Helens 10km 39:20

Personal ambition: To be still be running and enjoying it into old age would be enough. Oh, and doing Grindleford again without getting cramp would be nice!

Funny story: On a run up to Billinge lump, I was putting in a big effort in up to the summit. Legs aching, lungs busting, when finally reaching the top I let out a few "Yes!", "Get in!" and "Come on!"s at volume.

Pumped up and pleased with myself, I turned a corner of the beacon only to find a teenage couple in fits of laughter! Ego suitably deflated, I made a hasty retreat back down almost tripping up in the process. Not my finest hour!

We run, not because we think it is doing us good, but because we enjoy it and cannot help ourselves. The more restricted our society and work become, the more necessary it will be to find some outlet for this craving for freedom. No one can say, 'You must not run faster than this, or jump higher than that.' The human spirit is indomitable." **Roger Bannister**