

The Strider

MARCH
NEWSLETTER



Some of St Helens Striders before the GPW Legal Services St Helens 10k



St Helens Striders preparing for the great Grindleford Gallop

Spring and light nights are here!

Welcome back to The Strider, the newsletter for St Helens Striders

This month we bring you a variety of race reports as members start to up their training in preparation for more races over the Spring and Summer. Included this month are reports from Parbold Hill Race, Wrexham Village Bakery Half Marathon, Trimpell 20 mile Grindleford Gallop and the GPW Legal Services St Helens 10k in support of the Steve Prescott Foundation.

Also this month we are bringing back our "Meet the Strider" feature, particularly useful given how much the club has grown over the past few

months - since the beginning of the year we have grown to almost 50 members. This month we are giving you the opportunity to get to know one of our newer members.

We are also providing a new running route idea, to help alleviate any boredom that may result from sticking to the tried and tested, as well as an explanation about some of training sessions - aimed at helping some of our newer members to understand what the short-hand descriptions are in the training plan and what the common landmarks are.

Finally, there are a few reminders on races that are coming up over the next few weeks and months.

And just to have the last word, please check out The Striders Message Board on the website www.sthelensstriders.co.uk and the St Helens Striders Facebook page. Striders are always posting about races, plans for weekend runs and social events as well as general advice. It's a great way to get involved with the Striders.

Thanks for Reading

Rach & Charley

ST. HELENS
= Striders =

We run every Monday and a Wednesday, meeting at 7:00pm at Central Fitness, following a preset training programme, made available to members each month. Our members cover a wide range of ages and abilities. The more experienced and faster members train in one group and the other members train together in another group. Whichever group members train in they will always be accompanied by other runners who are more than willing to advise and encourage them. If you would like to try out running with us please email info@sthelensstriders.co.uk or call Les on 01744 23160 so that we can make sure you come down on a suitable evening.

Brian Middleton and Danny Fegan during the GPW Legal Services 10K



RACE REPORTS

Parbold Hill Race, 11th Feb 2012

On the weekend just before Valentine's a team of Striders had a hot date with Parbold Hill in the annual Parbold Hill Race. This testing, hilly and muddy race saw Kevin Brennan leading the Striders home in 52:04, followed by Andy Bridge (56:27) and Marie Whalley (56:49). Next Strider home was Jo Billinge in 1:12:19, followed closely by Geoff Hunter (1:15:40). Following a roll in the mud, Carol Foster and Nick Howarth both came in at 1:29:13.

Wrexham Village Bakery Half Marathon, 19th Feb 2012

Just two Striders made it over to Wrexham this year for the annual Village Bakery Half, which saw a chilly start - although it soon warmed up in the glorious winter sunshine. Luckily John Skinley and Charley Ward were not affected by the disastrous events that occurred resulting in the first 15 or so runners taking the incorrect route due to someone maliciously changing the arrows around on the course. Some runners ended up only running 11.3 miles - John and Charley have the Garmin readings to prove they ran the full distance (honest!!)

John finished in 1:41:08 while Charley came home in 1:53:55.

Grindleford Gallop, 10th March 2012

On Saturday 10th March, 7 Striders went to Derbyshire to take part in the annual Grindleford Gallop. This 21 mile route takes runners around the villages of Grindleford, Eyam and Bakewell before going through Chatsworth Estate and finishing over Froggatts Edge. Kevin Brennan was the first Strider home (and in 22nd place) in a fantastic PB of 02:58:19. He was supported by Gary Carney in 03:16:22. Claire Murphy was the first Strider lady home in a PB of 03:18:58. Andy Bridge was chasing in 03:21:19. Rachael Fishwick finished in a new PB of 03:38:25, supported by Jo Billinge (04:13:37), rounded up by Mike Brunt in 05:40:32.

GPW Legal Services St Helens 10K, 11th March 2012

St Helens Striders were pleased to support the Steve Prescott St Helens 10km with 25 members running, supported by many other members who lined the streets of St Helens. Brian Middleton was the first Strider home and winner of the V60 prize in 39:47. Danny Fegan was chasing in 40:54, followed by Chris Reid (42:24), John Smea (PB 42:49), Dave Navis (PB 44:38), John Skinley (44:56), John Lingard (45:00), Gary Spriggs (PB 45:54), Geoff Hunter (53:13) and Tom Towey in (56:57).

Meet the Strider



Name

Karen Lesley Strong

Age

40

Occupation

Special needs learning assistant in a primary school.

Years running

Started running about 3 years ago as a weight management/fitness regime and kind of got hooked!!

Years as a member

Joined striders in January this year to run with others especially during the winter months when dark, and to meet more like-minded people!!

Favourite Race

Have entered a few 5k charity races, completed 2 10k races and a half marathon! Looking forward to improving my fitness and entering more races; already signed up for Chester half in May.

Funny Story

I was running down Prescott road and got chased by a dog (probably very friendly, but due to my fear of dogs I ended up screaming "help" at the top of my voice and waving my arms around like a lunatic running towards 2 old ladies... think the dog ended up more frightened of me!!) Also when I did the Warrington half marathon it was torrential rain before and during the race... I was absolutely drenched and couldn't understand why I kept having to wipe loads of "bubbles" off my top!! Thought it was my race number that was frothing but someone told me later it was probably washing powder that had not properly been rinsed out of my clothes... pretty embarrassing!

Favourite race (except for the bubbles), was the Warrington half as I felt it was a huge personal achievement!!

In the ladies, Striders were delighted when Marie Whalley finished 1st in the Ladies race in 41:43, beating off stiff competition. She was supported by Gill Lee (46:41), Charley Ward (new PB of 47:46), Carol Foster (48:22), Ruth Besford (49:28), Clare Pickavance (50:27), Elaine Parry (51:21), Karen Strong (52:04), Nicola Howarth (54:50), Lisa Sharkey and Caroline Featherstone (55:19), Donna Halsall (57:01), Sarah O'Brien (01:00:13), Charlotte Smee (01:00:53) and Nicola Reid (01:01:03).

Congratulations to everyone who took part.

Trimpell 20 Mile, 4th March 2012

Warming up for a Spring marathon was April Morgan who took on Trimpell 20 miler from Salt Ayre leisure centre in Lancaster on 4th March. This fairly flat and fast course saw April obtain a great measure of her marathon fitness with a time of 2:44:18.

Park Runs, 5km

Several members went to Pennington Flash to undertake the weekly FREE timed 5km trail around the flash.

Andy Bridge was first to finish in 21:38. He was chased by Rachael Fishwick in a PB of 22:41. Jo Billinge was not far behind in 25:00. Mike Brunt was using the run as part of his Triathlon training and after cycling to the Park finished the course in 29:57. Jenny Burrows nicely rounded things off in 30:43.

Park Runs operate a number of these runs across the North West (and UK) and further information can be found on their website www.parkrun.org.uk Any Striders interested in taking part can register on the Park run site.

CHARITY EFFORTS

Steve Prescott Foundation

Having seen the amazing challenge that local St Helen's sports stars Steve Prescott and Paul Sculthorpe have set for themselves, St Helens Striders are pleased to support the duo in their effort.

This demanding physical test will push the endurance levels of Steve Prescott and friend and former St Helens teammate Paul Sculthorpe over an eight day period. The two-man team will be against the clock as they:

1. Run the Paris Marathon (Sunday 15th April).
2. Cycle from the Paris to the English Channel.
3. Cross the English Channel in individual kayaks.
4. Cycle from the English south coast to London.
5. Run the Virgin London Marathon (Sunday 22nd April).

St Helens Striders have set up a Just Giving page to help support this great cause.

<http://www.justgiving.com/StHelensStridersSupportStevePrescott>

Virgin London Marathon

Several Striders are raising funds for charity as part of their debut marathon efforts.

Sarah Griffiths has a charity place, and is running on behalf of Christian Aid. Sarah has a target of £2000 to raise.

Visit www.virginmoneygiving.com/SarahLGriffiths to support Sarah

Vicky Kehoe is also running London on behalf of CHILDREN with CANCER UK, and The Legacy Rainbow House.

Visit www.virginmoneygiving.com/victoriakehoe to support Vicky

Good luck to all Striders running London and Manchester marathons this Spring.

Upcoming Races

A selection of races that Striders are likely to be taking part in, include:

Belle Vue House, 10K, 31st March 2012
10km, Mixed Terrain
Start Time 10:30am,
Edge Hill University, St. Helen's Road, Ormskirk, Lancashire L39 4QP,
£7 affiliated
Download entry form
www.ukresults.net
Run The Bridge, Halton 5 Mile, Sun 8th April 2012
5 Miles, Road Race,
Start Time 9:30am,
Runcorn Railway Station, Runcorn, Cheshire WA7 4UD,
£12 affiliated
www.runhalton.co.uk

Chorley Trail Series, Starts 2nd May 2012
4.4 Miles, Trail Race
Series of 4 races on 1st Weds of every month (May - Aug)
Start Time 7:30pm
Baron's Rest, Astley Village, Chorley, Lancashire PR7 1XA
£4 per race (£12 for 4 races)
Download entry form
www.ukresults.net

Freckleton Half Marathon, 17th June 2012
13.1 Miles, Road Race
Start Time 2pm,
Freckleton, Nr. Preston, Lancashire PR4 1SB
£15 affiliated
www.myfylde.co.uk/freckletonhalfmarathon

Please post on the Striders Message Board or Facebook page about any interesting races.

St Helens Striders are always happy to share transport to races

If you have any race reports or news you would like to feature in next month's newsletter please contact Charley charlotteward@gmail.com

Training Sessions Explained

All sessions begin with a 10-15 min warm-up and end with a 10-15 min cool-down.

Indian File

A group of 5 or 6 run at an easy pace in a line 5-10 meters apart. On command the last person runs to the front of the line. When the person reaches the front, the person at the back runs to the front. This continues until everyone has had a turn or for an agreed length of time.

Out and Back (O/B)

Everyone heads out at the same time on a relatively straight stretch of road. After a set period of time (5 or 6 minutes), everyone turns around and heads back to the start point. At which point a short recovery period (2-3 minutes) is enjoyed before repeating. This may appear as 5 min O/B (2 min Rec) x 2 in the training plan.

Fartlek

Everyone runs as a group at an easy pace. At intervals the leader will shout "FAST" or blow a whistle, and everyone sprints for a period of between 10 and 60 seconds. At the end of which the leader shouts "SLOW" or blows the whistle again, and everyone returns to an easy pace. This continues for around 10 minutes and may be repeated twice.

Strider's Summer Handicap Series

The 'Summer Handicap', is a series of 8 races, one per Month, from Jan to Sept. Depending upon ability and past results competitors start each race at different intervals (handicapped) and are awarded points for their finishing positions, 1 point for first, 2 points for second, 3 points for third, etc., up to a maximum of 10 points for tenth, higher than tenth and non-attendance is also awarded 10 points. Each competitor's 5 best runs, ie. 5 lowest scores are added together to determine a total. The overall winner is therefore the one with the lowest total.



Route Suggestion DISTANCE: 18.5 Mile approx (daytime route)

Start at Central Fitness but you can pick it up anywhere on the way e.g. Waterside or Game Bird. Head up North Road, down City, then left down Bishop Rd. Head straight across junction up Dentons Green Lane, and up to Windle Island. Head towards Liverpool down the East Lincs and past the Game Bird pub. About 1/2 mile after pub, cross the East Lincs (take great care) and go through the turn-stile at the Coach House. Head down the Coach Road - this is lovely and sheltered and traffic free, but lonely (don't go it alone!).

As you get to the end of the Coach Road and reach the gates, turn a sharp right and head down Ben Lane. At the junction turn right down Intake Lane, follow all the way to Rainford By-Pass. Cross over the by-pass just after the roundabout and head back towards St Helens - take left hand road just after railway bridge down Ormskirk Road towards Rainford. Head past shops and when take left turn down Cross Pit Lane, at mini roundabout. Turn right at Muncaster Lodge and up Higher Lane. Follow road all way to Red Cat pub. Turn right towards Crank Hill and follow road round to the left down Alder Lane. Turn right at the junction and continue along Gore's Lane/Rainford Road, up the big hill towards Billinge.

When you get the roundabout at the bottom end of Billinge, turn left and head down the hill towards the Waterside. At the East Lincs, head towards Liverpool until you get to the Red Triangle. Turn left but hang right for City Road, but before the big hill, turn right down Bishop Road once more. At the end of Bishop Road, turn left to head back down Duke Street towards Central Fitness or throw in a quick loop to make this 20 miles!!!!

St Helen's Striders Membership

Annual membership to St Helen's Striders costs just £25 per year, which includes membership to England Athletics and access to changing and shower facilities at Central Fitness. All members now need to complete an application form and membership fees are due by 16th April 2012. If you have not yet received an application form please contact John Smee via jsmee@hotmail.com.

The Strider's AGM is also scheduled for 16th April, which will take place instead of a club run. Time, venue and agenda to be confirmed and there is usually a social event afterwards. Keep an eye on the message board or your emails for further info.