

# Thornton Cleveleys Running club

## November

# NEWSLETTER

With 2011 rapidly coming to a close we look forward to 2012 with optimism.

This past year has seen us move our base from Thornton Cleveleys football club to Thornton YMCA.

We competed in the Pennine Bridleway relay again and we improve each year.

Next year's event is on Sunday February 5<sup>th</sup> and we once again have a mixed team entered.

This year for the first time we entered the Adidas 24hour thunder run relay in Staffordshire and a superb time was had by all. The team and Brian Cumpsty who ran as an individual did the club proud.

We had the second running of the Fairclough 5 on Sunday 3<sup>rd</sup> July and to be honest the numbers were disappointing.

In 2012 we will be holding the race on SATURDAY July 7<sup>th</sup> at 11 am. This will avoid any problems on Lambs Rd due to the car boot.

We have recently returned from our annual training weekend (Brian's article is included). The last two years we have used the facilities at Lakeland Leisure village near Carnforth and without doubt they are superb but the

general feeling is that we should look around to see what else is available, maybe in the lakes or the Yorkshire dales. We are open to suggestions and ideas.

**\*Congratulations\***

Steve Browne became the first TCRC member to claim his standard award.

Steve achieved four standards out of the six in the vet 45 category and received his bronze award from Bev Foster at a recent club gathering.

These awards are attainable and we have introduced a Copper and Pewter standard and also a handicap standard to be included.

Instead of having to achieve four from six it will now be five from seven in a five year period.

If you don't understand how the standards work, please ask. Remember we cannot be expected to see every result from races competed in so it's YOUR responsibility to inform us of your achievements.

Next year's championship races are included and you will notice that we have increased the number of races to choose from. We hope to encourage more members to become involved in the championships, be it in the open or age categories for male and female runners.

**Christmas Social & Presentation**

**SATURDAY 3<sup>RD</sup> DECEMBER THORNTON YMCA**

**Only £5 to include Hotpot and Disco**

# Events for the coming weeks

## November

		Wesham 10k
Saturday	26	C/C
Sunday	27	Preston Fun Run
		Monthly
Tuesday	29	handicap

## December

Thursday	1	Hill Session Knowle Hill
Saturday	3	Christmas social
Sunday	4	Guys 10 mile Bilsborrow
Tuesday	6	Club Night
Thursday	8	Speed Session YMCA
Sunday	11	Longridge 7
Tuesday	13	Club Night
Thursday	15	Speed Session YMCA
	18	Hurst Green Trail Race
	20	Club Night
	22	Speed Session YMCA
Saturday	24	Rudolf Red Nose Race
Monday	26	Boxing day 10k Leyland
Tuesday	27	Club 5/10 Run see Simon
		Monthly
Thursday	29	handicap

## 2012 Road Championship Races

Sunday	8	January	Garstang 10K	1 M
Sunday	22	January	Inskip Half Marathon	1 L
Sunday	29	January	Chernobyl 10K	2 M
Sunday	19	February	Central Lancs 5K	1 S
Saturday	3	March	Stanley Park 10K	3 M
Sunday	18	March	Ultra Fit 10 Mile	2 L
Tuesday	17	April	Chernobyl 5K	2 S
Monday	7	May	Preston Guild 5K	3 S
Sunday	20	May	Worden Park 10K	4 M

Sunday	27	May	Blue Light 5 Mile	4 S
Sunday	3	June	Longridge 7	5 M
Sunday	17	June	Freckleton Half Marathon	3 L
Sunday	24	June	Soto's 10K	6 M
Thursday	5	July	Caldervale Supper Run	5 S
Tuesday	10	July	Club 5 Miler	6S
Saturday	21	July	Elswick 10 Mile	4 L
Sunday	19	August	Birchwood 10K	7 M
Sunday	26	August	Fleetwood Half Marathon	5 L
Sunday	2	September	Fast 4 Gt Eccleston	7 S
Sunday	18	September	Garstang Half Marathon	6 L
Sunday	14	October	Green Drive 5	8 S
Sunday	4	November	Through the Villages	7 L
Saturday	24	November	Wesham 10K	8 M

2 Long 3 Medium 3 Short to Qualify

## 2012 Trail Championship Races

Sunday	18	February	Standish Trail Race near Wigan	App 10k
Sunday	25	February	Radcliffe Trail Race near Manchester	10 mile
Sunday	11	March	Roddlesworth Roller, Abbey Village	Approx 6 mile
Sunday	25	March	Muddy Bottoms, Bamber Bridge	Approx 9 mile
Thursday	7	June	Cuerden Valley Trail.Bamber Bridge	10K
Thursday	28	June	Badger Sett Trail, Bamber Bridge	10K
Tuesday	3	July	20 Barriers Race. Carnforth.	Approx 10K
Sunday	15	July	Hurst Green Trail, near Clitheroe.	Approx 5 mile
Thursday	2	August	Cuerden Valley Trail.Bamber Bridge	10K
Saturday	8	September	Great Westmorland Trail, Crosby Garrett	7 mile
Sunday	7	October	Tough 10.Road & Trail	Accrington
Sunday	18	November	Eaves Wood, near Silverdale.	5.25 mile

4 races from 12 to Qualify for championship

## South Lakeland Leisure Village Training weekend 4-7 Nov 2011

A short report from Mike Walsh

A wonderful weekend in the most glorious weather.

Some tough but pleasant off road runs, which tested the stamina and map reading abilities, off which the latter was extremely well carried out by the assistant coach.

## A slightly longer report from Brian Cumpsty

TCRC Training weekend 2011. Nov4th-6<sup>th</sup>

### Brian's Story

With the car packed by 4.45 we were ready for the off. The kids ( Jack & Sarah) along with Karen's mum and dad were there to wave us off. Karen's dad this time had not made any sandwiches for the journey, just in case there are any scanners at the entrance to the park. (Those who went to Amsterdam know why, the rest will have to ask Brian)

I got a text off Julie saying there was an accident on the motorway and it would be best to come off at junction 34. It was soon after this that we had our only domestic of the weekend. As we came off I sent Karen the wrong way. We spent the next half hour driving down long winding roads. I blamed her for going the wrong way but she got her own back by taking a narrow hump back bridge at 70 mph and going thirty foot in the air, thus meaning i had to change my boxer shorts on arrival at the lodge.

We arrived just before Steve, Christine, Simon and Bev who were to share our lodge with. By six thirty we were unpacked. Karen had made lasagne (the only thing she makes that is edible) we also had a hotpot (bought) and a chicken for the following evening's meal. It was at this point that Karen realised she had left the veg at home.

After tea we, along with everyone else was invited to Malc and Julie's lodge for a quiz and karaoke evening. I was especially looking forward to it as i had not had any alcohol since the New Years Eve party at Simon and Bev's. The karaoke evening was soon in full swing. I murdered Delilah scoring 44%, I'm afraid I'm no Tom Jones. Malc soon showed everyone how it should be done scoring 86%. Some of the girls Did Cyndi Lauper's "girls just want to have fun" only scoring 29%. Steve Livesey followed with his rendition of Rod Stewart's " do you think I'm sexy" , Malc obviously did as he took off his shirt and gyrated behind him at very close quarters. ( too close if you ask me)

Following this we stopped for a fantastic quiz put together by Simon and Bev. Simon would make an excellent quiz master if he ever gave up his day job.

Our team were wondering what to call ourselves, then it hit me, Chicken and no Veg. The quiz lasted for what seemed like an hour and mainly thanks to Christine's general knowledge we won by a single point.

Following the quiz it was time for everyone to get slightly tipsy ( I changed that for you Brian)

I think (Sunny Periods) ? Gwen was under the influence first very closely followed by the three Karen's and Bev, who Malc decided was a caber at the highland games. It was around this point Debbie took a fancy to mine and Malc's feet, she soon whipped off our socks and was applying red nail varnish to our toes. I asked her how long it would take to dry and was told about ten minutes. I asked Debbie if she wouldn't mind blowing them dry, which she did.

With the socks back on and the party in full swing the boys decided to show the girls how karaoke should be done, only 29% to beat. It was at this point the girls showed their true colours and sabotaged our winning performance by switching off the tv. We couldn't get the machine back on, not that it mattered as by now the caber ( Bev) was on the floor in a head lock courtesy of Simon.

My Karen had been taken back to our lodge but was brought back by Janine. Gwen was asleep ( surprise) and Karen Oldham was also asleep standing up.

As I don't drink, I only had three bottles of cider and four " shots" from Steve Burgess, I was stone cold sober and was looking forward to see who turned up for the 8am, 3 mile run. Looking around the room I was pretty sure Tony, Gillian and myself would be there, but Gwen not a chance in a million years.

### Day 2 November 5<sup>th</sup> Fireworks Day

I awoke bright and early just before 7 am with a big smile on my face, remembering the night before and wondering who would make our first training run. I had a bowl of sugar puffs and a coffee.

When i was ready for the off Simon, Steve and a rather sore looking Bev got up but were not quite ready to run. Me being me and not wanting to be late left and walked round to Malc's Lodge for 8am.

To my great surprise, after seeing her the night before, the first person I was Gwen, dressed and ready to go. Debbie was next to arrive along with Tony, Graham, Gillian and last but not least Malc. We waited until 8.05 but with no sight of Bev, Simon or Steve the magnificent seven ( I'm Yule Brynner, not Graham although he

had the head for it) set off on our run. I find myself running with and talking to Gwen and discover its her first run in about six months so all the more impressive after the previous evening.

It was around this time I thought I saw Malc sneak off back home (Wrong Brian I took a short cut) and we were down to six. It's a beautiful Autumn morning and I spend the rest of the run talking to the others, plus A chicken, a donkey, a dog etc etc . ( just like Yule Brynner in the King and I).

On arrival back at the lodge I wake Karen, after all I need my bacon and eggs etc cooking.

One cooked breakfast later courtesy of Karen, Christine and Bev ( thanks girls) we are ready for our main run of the day .A short drive to a small village called Holme. We park on the side of a quiet country road. Steve Burgess decides he wants Steve Livesey's parking spot and tries to push his car back with his bumper, gives it up as a bad job when Steve L shouts out " STOP PLEASE STOP"

We set off and soon we are on the canal. The run is mostly off road and cross country and round a rather large hill finishing back were we started.

We run in two groups, in my group we had the three Steve's, Janine, Julie, Malc, Tony, Graham, Debbie and the ever young Mike.

We are slowed up on the run as Malc's backside is very sore. I wonder what he got up to last night when he we went back to our lodges?. We arrived back after running/ walking 7.8 miles

As the "slower" group had not returned we decided to go to the one pub in the village and wait for them.

Graham had decided he needed another run and ran back to the lodge. He took the wrong turn out of the village and almost finished up in Kendal.

With the Karen's, Bev and Christine now back at the pub and fully hydrated we set off for base. On arrival I realised I'd not done the lottery or got my morning paper so I decided to run up to the petrol station at Carnforth. The station is next to the Canal Turn pub. Last year we went to this pub on Halloween.

I decided to run back along the canal to Tewitfield and back to the lodge. 8 mile in all.

I arrive back to the nice smell of cooked chicken. As we had no veg the girls improvised and did baked beans and jacket potatoes.

We all decided to go down to the Longlands hotel for fireworks and a drink or two. Unfortunately we were too late for the display. The pub was heaving and it felt like Blackpool on a busy night.

We sat down for a drink and a chat but after half an hour we were asked to move as the band was setting up to play. We were squeezed into a small corner of the pub.

At this point I became bored and luckily the boys found me a firework picture to colour in. At least it gave them all peace and quiet for an hour. When Karen L saw the finished article she said I was very artistic ( or was it Autistic)

We walked back the half mile to our lodge for a quiet drink and a chat. I received a message on my mobile at 11.46pm from Debbie stating " get your ass over here to entertain me" As all my toenails were painted I decided to take a rain check. Around 12.30am we were all in bed and looking forward to our last full day.

Sunday 6<sup>th</sup> November

I woke early at 6.45am with yet another smile on my face. I looked outside and discovered a white frost was everywhere. I immediately thought " I wonder how many will turn up at 8 for a run"

Same breakfast as yesterday. Decided to wear jacket, hat and gloves. Walk round to Malc's lodge and the only one waiting at 8am was " stud" Steve Browne. I tell him I'm doing 8 mile and he says "HOW FAR" and goes to get his jacket.

8.01am Tony and Gillian turn up then we wait and wait and after 6 minutes "Stud returns, I tell him he has to carry my Sunday paper back as its so heavy with all the supplements , so he decides to run 3 mile with the others instead. BxxxxxD ( only joking Steve).

After my return Julie turns up and informs us that there is a car boot on opposite the pub.

Karen and I decide to walk down and spend a couple of hours looking round.

We arrive back at the lodge and I get changed into my last pair of clean shorts and we meet outside Malc's Lodge. As Malc's backside is still sore he is taking some of the girls on a walk. Julie takes the rest of us on a 7.5 mile run up towards Warton.

It's great to have Steve Livesey back after injury running with us. I spend a lot of the run talking to Janine, Debbie and Mike.

One good thing about these weekends is you get an opportunity to talk to people that you don't get on a Tuesday run back home.

Janine decides that "Stud" looks like a Smurf and so he is now known as " Stud Smurf" but seeing as he left me to carry my own paper back in the morning i decide its " Stud Bxxxxd Smurf"

On the run up a hill we come across a man of 77, Janine and Debbie try to recruit him for the club.

Debbie held one arm and Janine the other and tried to drag him up the hill. I think it made his day for him.

After getting lost in the wood ( you can't blame this one on Malc, Julie) we find our way back, but not before Tony gets a fat lip courtesy of a wasp sting.

Steve and I are first back and enjoy a coke sitting in our shorts and t shirts. Can't believe its November.

We go inside for a shower and i realise I have run out of boxer shorts. I know how Georgina felt in Amsterdam.

We wait for the others to return but as Steve has nothing for me to colour in I talk him to death for two hours, Karen and the girls had a lovely time with Malc, walking to Fairy steps, even though she got stuck in the mud.

One cheese and onion pie later and it's time for us to depart for home and give the others some peace and quiet.

Thanks to all of you for making the weekend so enjoyable, and thanks to Debbie for the toe job. I will let her know when they need a new coat.

THE END ( Or is it)

## Website

Simon has put together a superb website for the club

[www.run-tcrc.co.uk](http://www.run-tcrc.co.uk)

You can find all the latest news etc. There is a message board for members use. Do you have any news or ideas that may interest others?

## Newspaper reports


Simon (busy man) is in contact with the Evening Gazette, so if you have done a race at the weekend please contact him with the result so that it may be included in a weekly report. The more coverage we get can only be good publicity for the club, and may encourage others to join us.

## Tuesday 27<sup>th</sup> December

Simon (very busy man) has arranged a run on the promenade starting and finishing at Norbreck Castle at 11am.

It's one lap approx 5 mile or two if you're feeling energetic after the Christmas festivities. All finishers will receive a T shirt and mince pies. Santa may even be there with a warm drink for you.

### October Handicap Result



1	Katy Ashton	33.32		
2	Ellie Jackson	33.33		
3	Gillian Kerr	34.03		
4	Rachel Turner	34.04		
5	Stan Jackson	34.53	Bronze	
6	Hilary Goorney	38.16	Silver	
7	Mark Neath	31.02		
8	Brian Cumpsty	22.33	Silver	Mens course record
9	Steve Burgess	29.08	Copper	
10	Andrew Fairbairn	23.02	Copper	
11	Steve Livesey	25.47	Copper	
12	Steve Browne	23.52	Bronze	
13	Mark Hall	26.59	Pewter	
14	Natali Harper	27.30	Bronze	Ladies course record
15	Mark Trent	24.02	Bronze	
16	Phil Hayes	27.23	Copper	
17	Derek Wilson	32.49	Bronze	
18	Mike Walsh	32.55	Gold	
19	Karen Livesey	42.36		
20	Denise Minto	42.37		
21	Karen Oldham	36.29	Pewter	
22	Kirsty Whyatt	36.29		

Handicapper Malc Sherwood

Helpers Janine, Gillian and Lee

Next Handicap Tuesday 29<sup>th</sup> November

Thornton Cleveleys Running Club  
Men's Standards

Under 40	5K	Handicap	5 mile	10K	10 mile	Half M	Marathon
Diamond	16.00	18.00	26.20	33.00	54.00	1.12.00	2.35.00
Gold	17.30	19.50	28.45	36.00	1.00.00	1.20.00	3.00.00
Silver	18.30	21.00	30.30	38.00	1.03.00	1.23.00	3.10.00
Bronze	20.00	22.45	33.00	41.00	1.08.00	1.30.00	3.30.00
Copper	23.00	26.00	36.15	45.00	1.15.45	1.39.00	3.51.00
Pewter	26.00	29.30	40.30	49.15	1.22.30	1.48.00	4.12.00

40 – 44	5K	Handicap	5 mile	10K	10 mile	Half M	Marathon
Diamond	16.30	18.45	27.10	34.00	56.00	1.15.00	2.40.00
Gold	18.15	20.45	30.00	37.30	1.02.00	1.24.00	3.05.00
Silver	19.30	22.00	32.00	40.00	1.06.00	1.28.00	3.20.00
Bronze	21.10	24.00	35.00	43.30	1.12.00	1.36.00	3.45.00
Copper	23.15	26.15	39.30	48.45	1.19.15	1.46.30	4.08.00
Pewter	25.30	28.45	42.00	52.15	1.26.30	1.55.15	4.30.00

45-49	5K	Handicap	5 mile	10K	10 mile	Half M	Marathon
Diamond	17.10	19.30	28.00	35.15	58.00	1.18.00	2.45.00
Gold	19.10	21.45	31.30	39.30	1.05.00	1.28.00	3.12.00
Silver	20.20	23.00	33.30	42.00	1.09.00	1.33.00	3.30.00
Bronze	22.45	25.45	37.15	46.30	1.16.00	1.42.00	4.00.00
Copper	25.00	28.30	42.00	51.15	1.24.30	1.52.15	4.24.00
Pewter	27.15	30.45	45.45	56.45	1.31.15	2.02.30	4.48.00

50 -54	5K	Handicap	5 mile	10K	10 mile	Half Ma	Marathon
Diamond	17.30	19.45	28.50	36.15	59.40	1.20.00	2.50.00
Gold	20.15	23.00	33.15	41.30	1.08.00	1.32.00	3.20.00
Silver	21.30	24.30	35.15	44.00	1.12.00	1.38.00	3.40.00
Bronze	24.10	27.30	39.30	49.30	1.20.00	1.48.00	4.15.00

Copper	27.30	31.30	43.30	54.30	1.28.00	1.59.45	4.41.30
Pewter	29.00	33.00	47.30	59.30	1.36.00	2.10.30	5.06.00

55 -59	5K	Handicap	5 mile	10K	10 mile	Half M	Marathon
Diamond	18.40	21.15	30.30	38.30	1.03.30	1.25.00	3.00.00
Gold	21.10	24.00	34.45	43.30	1.11.00	1.36.00	3.30.00
Silver	22.30	25.30	37.30	47.00	1.16.00	1.43.00	3.50.00
Bronze	26.00	29.30	42.30	53.00	1.25.30	1.55.00	4.33.00
Copper	29.30	33.30	47.45	58.15	1.34.00	2.07.30	5.00.00
Pewter	31.15	35.30	51.00	1.04.30	1.43.30	2.18.00	5.28.00

60-64	5K	Handicap	5 mile	10K	10 mile	Half M	Marathon
Diamond	21.10	22.45	33.00	41.15	1.07.30	1.30.00	3.15.00
Gold	22.30	25.30	36.45	46.00	1.15.00	1.41.00	3.40.00
Silver	24.30	27.45	40.00	50.00	1.21.40	1.48.00	4.05.00
Bronze	27.45	31.30	45.15	56.30	1.32.00	2.02.00	4.55.00
Copper	31.30	36.00	50.45	1.02.15	1.41.15	2.14.15	5.25.30
Pewter	33.15	38.30	54.15	1.08.45	1.50.30	2.26.30	5.54.00

65-69	5k	Handicap	5 mile	10K	10 mile	Half M	Marathon
Diamond	21.45	24.45	35.30	44.30	1.13.00	1.37.00	3.30.00
Gold	24.00	27.30	39.15	49.00	1.20.00	1.50.00	3.55.00
Silver	26.00	29.45	42.30	53.00	1.26.00	1.59.00	4.23.00
Bronze	29.30	33.30	48.00	60.00	1.38.45	2.13.00	5.17.00
Copper	32.30	36.45	53.45	1.06.00	1.49.30	2.26.15	5.50.00
Pewter	35.30	40.30	58.30	1.12.00	1.59.30	2.40.30	6.20.00

70 -74	5K	Handicap	5 mile	10k	10 mile	Half M	Marathon
Diamond	22.52	26.00	38.10	47.45	1.18.30	1.45.00	3.45.00
Gold	25.08	29.00	41.45	52.15	1.25.30	1.58.00	4.10.00
Silver	27.08	31.00	45.00	56.15	1.32.00	2.08.00	4.45.00
Bronze	30.45	35.00	50.45	63.30	1.44.00	2.23.00	5.40.00
Copper	34.45	40.00	56.45	1.10.45	1.54.30	2.37.15	6.14.00
Pewter	38.00	43.00	1.01.45	1.16.15	2.05.30	2.52.30	6.48.00

75-79	5 K	Handicap	5 mile	10 K	10 mile	Half M	Marathon
Diamond	24.28	30.30	40.30	50.55	1.24.00	1.52.00	4.00.00
Gold	27.00	33.45	44.30	56.00	1.32.15	2.03.00	4.25.00
Silver	29.00	36.20	48.00	1.00.00	1.39.00	2.14.30	5.00.00
Bronze	32.38	40.45	53.30	1.07.15	1.51.00	2.30.00	6.00.00
Copper	36.00	45.00	57.30				
Pewter	39.00	48.45	62.30				

"Mike Walsh Awards"

80 -84	5K	Handicap	5 mile	10 K	10 mile	Half M	Marathon
Diamond	26.30	30.00	43.30	55.00	1.27.00	2.00.00	4.15.00
Gold	29.00	32.50	47.30	1.00.15	1.35.45	2.12.00	4.40.00
Silver	31.00	35.15	51.15	1.04.15	1.43.00	2.25.00	5.20.00
Bronze	34.45	39.30	57.15	1.11.45	1.55.15	2.41.00	6.20.00
Copper	38.45	48.45	63.30				
Pewter	42.00	50.30	67.00				Finish

Ladies Standards

Under35	5K	Handicap	5 mile	10 K	10 mile	Half M	Marathon
Diamond	18.15	20.45	30.00	37.30	1.02.00	1.24.00	3.05.00
Gold	19.30	22.00	32.00	40.00	1.06.00	1.28.00	3.20.00
Silver	21.10	24.00	35.00	43.30	1.12.00	1.36.00	3.45.00
Bronze	22.45	25.45	37.15	46.30	1.16.00	1.42.00	4.00.00
Copper	25.00	28.30	42.00	51.00	1.24.30	1.52.00	4.24.00
Pewter	27.00	30.30	45.45	57.00	1.31.00	2.02.30	4.48.00

35 -39	5K	Handicap	5 mile	10 K	10 mile	Half M	Marathon
Diamond	19.10	21.45	31.30	39.30	1.05.00	1.28.00	3.20.00
Gold	20.30	23.15	33.30	42.00	1.09.00	1.33.00	3.30.00
Silver	22.45	25.45	37.15	46.30	1.16.00	1.42.00	4.00.00
Bronze	24.10	27.30	39.30	49.30	1.20.00	1.48.00	4.15.00
Copper	27.30	31.30	43.30	54.30	1.28.00	2.00.00	4.41.00
Pewter	29.00	33.00	47.30	59.30	1.36.00	2.10.00	5.06.00

40 -44	5k	Handicap	5 mile	10k	10 mile	Half M	Marathon
Diamond	20.00	22.45	33.15	41.30	1.08.00	1.32.00	3.20.00
Gold	21.30	24.30	35.15	44.00	1.12.00	1.38.00	3.40.00
Silver	24.10	27.30	39.30	49.30	1.20.00	1.48.00	4.15.00
Bronze	25.30	29.00	41.45	52.00	1.25.00	1.53.30	4.30.00
Copper	28.00	32.00	46.00	57.15	1.34.30	2.04.30	4.57.00
Pewter	31.30	36.00	50.00	1.02.30	1.42.00	2.16.30	5.24.00

45-49	5K	Handicap	5 mile	10K	10 mile	Half M	Marathon
Diamond	21.10	24.00	34.45	43.30	1.11.00	1.36.00	3.30.00
Gold	23.00	26.00	37.30	47.00	1.16.00	1.43.00	3.50.00
Silver	26.00	29.30	42.30	53.00	1.25.30	1.55.00	4.30.00
Bronze	27.30	31.30	44.30	56.00	1.31.30	2.02.00	4.45.00
Copper	30.15	34.30	50.00	1.02.30	1.41.45	2.14.00	5.25.30
Pewter	33.00	37.45	53.30	1.07.15	1.51.00	2.26.30	5.54.00

50 -54	5K	Handicap	5 mile	10K	10 mile	Half M	Marathon
Diamond	22.30	25.30	36.45	46.00	1.15.00	1.41.00	3.40.00
Gold	24.20	27.30	40.00	50.00	1.21.00	1.48.00	4.05.00
Silver	27.40	31.30	45.15	56.30	1.32.00	2.02.00	4.50.00
Bronze	30.00	34.00	48.15	1.00.00	1.38.00	2.11.00	5.10.00
Copper	33.00	37.30	53.00	1.06.00	1.49.00	2.24.00	5.41.00
Pewter	36.00	40.45	59.00	1.12.00	1.58.30	2.37.00	6.12.00

55 -59	5K	Handicap	5 mile	10 K	10 mile	Half M	Marathon
Diamond	24.00	27.00	39.00	49.00	1.20.00	1.47.00	3.55.00
Gold	26.00	29.30	41.30	54.00	1.26.00	1.55.00	4.20.00
Silver	30.00	34.00	48.00	1.00.00	1.38.00	2.11.00	5.15.00
Bronze	32.00	36.30	51.00	1.03.30	1.44.00	2.20.00	5.35.00
Copper	35.15	40.00	56.00	1.10.45	1.54.30	2.34.00	6.09.30
Pewter	38.30	43.30	61.15	1.16.15	2.05.00	2.48.00	6.42.00

60 -64	5K	Handicap	5 mile	10K	10 mile	Half M	Marathon
Diamond	25.40	29.00	41.30	52.00	1.25.00	1.54.00	4.10.00
Gold	27.50	31.00	44.00	56.00	1.31.30	2.02.00	4.37.00
Silver	32.10	36.30	51.00	1.04.00	1.44.00	2.20.00	5.30.00
Bronze	34.15	39.00	58.00	1.12.00	1.56.30	2.38.00	5.55.00
Copper	38.45	44.00	1.05.00	1.19.15	2.08.00	2.54.55	6.31.30
Pewter	41.00	46.15	1.10.30	1.26.30	2.20.45	3.10.00	7.06.06

65 -69	5K	Handicap	5 mile	10K	10 mile	Half M	Marathon
Diamond	27.30	31.00	44.50	56.00	1.33.00	2.03.00	4.27.00
Gold	29.45	33.45	48.00	1.01.00	1.40.00	2.12.00	4.55.00
Silver	34.30	39.00	54.30	1.09.00	1.53.00	2.30.00	5.55.30
Bronze	36.40	41.30	1.00.30	1.16.00	2.00.00	2.39.00	6.25.30
Copper	40.20	45.30	1.07.30	1.24.30	2.12.00	2.56.00	7.04.00
Pewter	44.00	49.45	1.13.30	1.31.15	2.24.00	3.12.00	7.43.30