

July/August newsletter

Handicap

Tuesday June 29th saw the first running of our monthly handicap, starting by the river at the end of Burglars alley and finishing back at TCFC. A total of 3.65 mile a good turnout (21) gathered at the start with the usual moan and groan about "someone going before me" etc.

First back on a warm evening was Wendy Thomas in 34min 50 sec closely followed by Stan Jackson (34.22). Brian Cumpsty(23.55) was fastest setting a record that is there to aim at. Georgina Apperley setting the ladies record (29.41) Next running of the handicap is Tuesday 27th July. Register at the club before 7pm.

Fairclough 5

We had the inaugural running of the Fairclough 5 this month (July). A big thanks to all the helpers and caterer's who made the day a success. A big thank you to St John's ambulance that attended, Ron McAndrew for measuring the course and setting up the finish area, Diane Clark and Steve Ashcroft for the time keeping and results on the day, Pat Wright for the pre entries. Huge thanks to Charlie Pass and his staff, allowing us to use the facilities at Stanah Country Park. A big thanks to all the marshals from TCRC, Wesham and the local motor bike club, and to Steve and Christine and a very special thanks to Julie who has spent the last few months helping me set up the course, marshal points ,ordering "mugs" permits , entries on the day etc etc and of course putting up with me.

Fairclough Trophy

Following the prize giving at the above event we had a bbq supervised by Simon, Steve and Tony with enough food to feed an army. Unfortunately the weather had turned nasty so we had no option but to stay inside.

Members have been voting over the last few month's for the person who has shown "a dedication and commitment to running" There were votes for numerous members but the overall winner was Julie Sherwood, a just reward for her nonstop enthusiasm and energy.

Chernobyl Series

When the club championship races were decided upon we thought we would make a mini championship within the main one, choosing the Chenobyl 5k series. It was decided that instead of having the fastest winning it would be based on the improvement from the runner's first race to the last. In the men's series the outright winner was the "youngster" Mike Walsh. The ladies result was too close to call, so joint winners were Jenny Ryan and Wendy Thomas.

Annual membership

Membership now runs from September to August to coincide with TCFC membership. It was decided at the AGM that the coming year fees will be £17 first claim and £14 second claim. Second claim members paying £17 will be eligible to compete and score in club championship races. Subscriptions are due by the end of August. Send to Malc Sherwood (membership secretary).

Fireman De Vere Relays

TCRC had nine "schoolgirls" and one naughty school boy competing in the fun relays around the De Vere hotel . Julie, Bev, Melanie, Debbie, Kirsty, Wendy, Janine, Karen C and Brian "Madonna" Cumpsty plus Simon "just William" Mason.

The event organised by Dave Waywell is in aid of charity and the support and enthusiasm shown by our members is something to be proud of. WELL DONE

Training weekend

We are holding a training weekend starting Friday 29th October to Monday 1st November at "Lakeside" , Carnforth is the venue. The accommodation is luxury log cabins with log fires. On site there is a gym and swimming pool. No session is compulsory, just run as you feel. The log cabins have three double/twin bedrooms each and are self catering. Three nights, three couples so why not take it in turns to cater. Cost for weekend only £40 per head. see Julie/ Malc or Christine

Date for your diary. Christmas social

Friday evening December 10th is now booked for our Christmas social and presentation night. Details to follow.

Male Representative

There is still a vacancy on the committee for someone to take on the above role.

Recent club championship race results

June Chernobyl 5k

Dave Young 25.54	Janine McNeill 27.20
Julie Sherwood 26.21	Mike Walsh 27.46
Malc Sherwood 26.35	Norman Bateman 29.23
Anne Docherty 26.59	Wendy Thomas 30.00
Jenny Ryan 27.10	Hilary Goorney 30.10
Steve Burgess 27.14	Dave Whitehead 30.11

Caldervale Supper Run

John Bradley 31.25	Julie Sherwood 31.29	Malc Sherwood 36.12
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Freckleton Half Marathon

Brian Cumpsty 1.32.15	Mike Walsh 1.59.03
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John Bradley	1.49.02	Dave Heaton	2.09.35
Dave Young	1.55.22	Hilary Goorney	2.12.31

Soto's 10k

Brian Cumpsty	42.06	Hilary Goorney	60.26
John Bradley	48.14	Paula Washington	61.23
Darren Dickinson	48.52	Steve Burgess	62.00
Georgina Apperley	53.47	Wendy Thomas	62.20
Dave Young	54.01	Stan Jackson	62.42
Anne Docherty	55.32	Andy Bijsterbosch	63.29
Julie Sherwood	56.32	Karen Oldham	63.45
Malc Sherwood	56.55	Catherine Walkden	69.32
Jenny Ryan	57.16	Karen Cumpsty	70.50

Web Site

Don't forget we have a web site now www.run-tcrc.co.uk.