

Perpetual Motion

The Thornton-Cleveleys Running Club Newsletter

April 2023

Happy Easter!



Welcome to the April Newsletter

This month we have yet again seen so many amazing achievements from TCRC members including those putting in the miles training for various upcoming events, fabulous representation and performances at road and trail races and so many enjoyable social runs too. We congratulated the C25K graduates on their success after weeks of hard work in challenging conditions and saw fabulous team spirit and support at the first of the Interclubs.

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Race Results

[Results form](#) (just a hint!!)

Trimpell 20, Sunday 12th March.

Well done to Tony Smith who finished in 02:37:28 and Tracey Mullan on completing the race in 03:03:11.



Granny's Bay 6 hour Challenge, Sunday 12th March.

Taking on the Granny's Bay challenge were Brian Cumpsty, Jim Almond and Marc Potter. Brian chose to complete 5 laps within the 6 hour time limit achieved marathon distance and completed his 185th marathon. Brian was joined by partner in crime Jim who completed 26.68 miles in 05:42:17. Also choosing to complete marathon distance was Marc Potter, achieving his 155th marathon in 03:30:34. Fantastic running by all.



Lancaster Race Series, Mother's Day 10K, Sunday 18 March.

Huge congratulations to Naomi Singleton on completing her first race since baby number two! Naomi finished in 1:04:09.

Leighton Hall 10K, Saturday 18th March.

Another fabulous turn out for this trail championship race:

Mark Nussey	00:55:45	Gary Tate	01:14:23
Tracey Mullan	00:58:58	Steve Buston	01:14:41
Rebecca Courtney	0059:58	Janine Denney	01:17:26
John Street	01:02:44	Keith Benson	01:18:16
Vinnie Jackson	01:05:24	Helen Kerr	01:19:09
Steve Robinson	01:06:33	Graham Saunders	01:24:25
Sarah Barton	01:07:05	Dawn Saunders	01:24:27
Mike Carey	01:08:28	Vikki Wrigley	01:25:45
Christopher Bligh	01:09:07	Lynn Shaw	01:31:49
Leanne Batty	01:12:15	Bev Mason	01:46:04
Colin Denney	01:13:05	Melanie Foster	01:46:05



Mad Dog 10K, Sunday 19th March.

Well done to Lynn Shaw and Simon Hall on completing the Mad Dog 10K, Simon finishing in 40:12 and Lynn in 1:15:56. Lynn shares her experience of the race:

'At it's height in 2019 this race attracted 3500 runners. There was a little over half of that took part this year. The race also had new organisers. They did their best, but there were definitely some teething issues which hopefully they will rectify in future years. The start was quite chilly, and I was rather regretting the wearing of a vest. There was quite a breeze to run into on the way out, but being on the prom in Southport I would expect nothing less. The music along the way was, as always, fantastic. Batala drummers, 2 choirs and a couple of solo singers were helping us round this year. Encouragement from the marshals and air cadets was first class. The sun shone and turning round at the half way point it got quite warm. As always the t-shirt is first class - the very reason most people do the race!'

Gin Pit Marathon, Saturday 25th and Sunday 26th March.

Congratulations to Brian Cumpsty on completing marathons number 186 and 187 in one weekend! On day one, Brian finished in 04:09:30, his first ever marathon with toothache! Day two saw kinder weather with no wind on the towpath section, no toothache and a time of 04:15:37.

Canitrail Ultra Marathon 2023. Saturday 25th March.

Roxanne McAllister and Wolfie embarked on a 30 mile Cani-Trail in Wales. Roxanne shares an account of their adventures:

'Having spent a lot of time running with my dog, Wolfie, I've been dipping my toe into the canicross scene this season. In December I saw a post advertising the first canicross ultra marathon in the UK and signed up immediately. A Facebook group for the all the participants was created and we all started sharing pictures of our dogs and the training we were undertaking. The event organiser shared every detail of the event and answered every question we had in the months before.

The event was taking place in Llanharan, South Wales, so I decided to make a weekend getaway of it and invited my mum and the kids to come and stay in a cabin with me for the weekend. Their only condition was that there must be a hot tub!

On race day I got up at 4am, quietly shuffled round the cabin getting my kit together and not being able to find my hair bobbles, thanks Lucia! I'd be cursing her for much of the day as I used the one tiny hair bobble, I had to tie my hair in 5 different ways trying to stop it getting in my face.

We set off running at 07:30 with over a 100 people and their dogs, who had travelled from all over the UK, Holland and Belgium to participate. Dogs of all breeds, shapes and sizes

took on the challenge like their people were merely a burden to be dragged around, preventing them all running the whole thing in 3 hours.

The route was 30 miles and 5000ft of beautiful Welsh countryside! Lots of water under foot and more mud than I've seen in my life, even at cross country! I saw lots of people I had been chatting to online throughout the course of the day, all recognising the gorgeous Wolfie before me, of course. I spent the first half running with a lady from Edinburgh and her Canadian Inuit Dog, Penny. Wolfie and Penny hit it off and ran shoulder to shoulder for miles, as we chatted about running and dogs, what could be better than that! The second half of the race I ran with a lady from Wigan, who I met at Silverdale Circuit, and her spaniel Goose. Having initially thought that I would run much of this race alone, it was great to have such good company along the way and some much needed team work over the styles.

This was the longest run I've ever done and had told my family I'd finish between 8 – 10 hours. I felt good and didn't really stop, just pushing on and taking it all in. I ended up finishing in 6hr 53mins! Running through the finish line to my bobble stealing children, with my best mate Wolfie was the best feeling in the world. I stayed back to cheer the people I had run with in, put Wolfie in the back of my car and had a little cry into his fur. What a good boy! Never stopped, never flagged, just kept on running for me all day long!'



Blackpool Interclub, Wednesday 5th April

Wednesday evening saw the return of the Interclubs with the first race hosted by Blackpool in Stanley Park. Thankfully the rain held off and TCRC had a great turn out with over 40 members turning up to race, soak up the atmosphere, support team-mates and sample the delights of the post-race buffet. TCRC gave some fabulous performances and numerous individual battles took place around the course. Although many of us are familiar with Interclubs it was great to see some new faces, in particular Fiona Dridge who having recently graduated from C25K has fully embraced the club and put in a great performance on Wednesday night.

James Greenaway	24:07	Gary Tate	34:21
Marc Potter	24:50	Steve Buston	34:44
Simon Hall	25:02	Dave Greene	35:00
Paul Stennett	27:04	Laura Halstead	35:03
Tony Smith	27:28	Tony Holder	35:04
Tony Clowes	28:24	Steve Thompson	35:23
Brian Cumpsty	28:36	Leanne Batty	35:33
Jim Almond	28:55	Hazel Bigley	35:47
Tracey Mullan	29:23	Christopher Bligh	35:50
Duncan Beattie	30:10	Viki Wrigley	36:24
Rebecca Courtney	30:19	Russ Jones	37:11
Craig Counce	30:38	Dawn Saunders	39:15
Steve Livesey	31:36	Audrey Gresty	39:17
Steve Robinson	31:46	Fiona Dridge	42:59
John Street	31:59	Julie Tate	43:43
Roxanne McAllister	32:01	Karen Livesey	44:26
Vinnie Jackson	32:11	Karen Smith	44:53
Mike Carey	32:20	Lynn Shaw	45:43
Sarah Barton	32:58	Hilary Goorney	51:23
Barry O'Cleirigh	34:16		

In other news

C25K 2023 by Lynn Shaw

After not being able to hold a full C25K programme since 2018 - the 2020 one got cut short with just a week left of the programme due to lockdown starting, we decided that 2023 was the year to get back to it.

We had nearly 50 runners sign up to get moving back in January. Sadly, the weather, once again, wasn't our friend.

On a cold, snowy, dark and pretty bleak Tuesday January night we had about half of the people who signed up brave the elements and turn out. They all did fantastically well on that first night.



As the weeks passed by, we had the people who dropped out, be it through injury or just deciding that running wasn't for them.

The final night of the course once again saw the weather turn against us. The rain was incredibly heavy, the wind was blowing a hooley and it was bitterly cold. However, the following people finished the course in style braving all the elements thrown at them:

Bev Mason
Christine Burgess
Michelle Travis
Jon Dent
Ian Cameron
Fiona Dridge
Anthea Hughes

We also had Mike Croft finish the course. Mike couldn't make it on the final night, but did make sure that he got out and did the final run and a full 5km.

A mention also goes to Tim Dixon. Tim sustained an injury and had to miss the last couple of weeks of the course and couldn't do the 5km consolidation run, however, he is incredibly determined to finish and has already got back out there following his enforced rest. He will, of course, be offered support to finish.

You'll no doubt recognise the names of Bev and Christine, who along with Michelle are already members of the club. Fiona and Anthea have already made their debuts at club nights, giving us a try out, with Fiona since having signed up as a new member. Jon and Ian weren't able to make club last week, but we do hope to see them soon.

A big shout out goes to Dave Barras, Russ Jones and Tony James for leading the groups through the 9 week course.

And an equally big shout out goes to all the club members who turned out each and every week to help support the leaders and the new runners in progressing their journey. There are a few too many to mention, but you know who you all are, and your help was most appreciated. We couldn't have done it without you!

The Yorkshire 3 Peaks, Sunday 12th March. By Roxanne McAllister

On 12th March, in the face of all the weather warnings, TCRC and Riversway Roadrunners (RRR) joined forces to battle the Yorkshire 3 Peaks. We started at Horton in Ribblesdale at 7.30am and headed towards Pen-y-ghent. Within the first two miles we had been hit with 40mph winds and thick fog. We got separated with the 3 RRR lads disappearing into the fog first and Colin following shortly after, leaving Gary and me to make the ascent together. The climb was tough and treacherous, our novice trekking pole handling skills hindering more than helping.

Down in the valleys the wind calmed down and it felt like a different day. The route was beautiful and easy to follow for a first timer. We saw plenty of other people taking on a peak or 3 for the day and chatted for a bit as we passed. As the organiser of this adventure, I felt a sense of responsibility for our separated group and pushed on to try to catch up. At about mile 10 we saw a blue coat in the distance that looked a lot like a Colin! I ran forward and we greeted each other like we'd been separated in battle.

The rest of the way Gary, Colin and I ran, walked and stumbled together. Whernside was freezing cold with winds strong enough to knock you over. By the time we got to Ingleborough the wind had died down a little and the fog had started to clear. The climb up was steep and covered in ice and snow, not ideal for someone with a phobia of heights! But when we got there, we had done it! All 3 peaks! The 4 mile run back down and into Horton in Ribblesdale was all that was left.

We never did catch up to the RRR lads but when I got back to the car and my run was uploaded to Strava I got call from them to say they had finished only 10 minutes before I had.....nearly got em!



Spotlight

This month we hear from Tony Smith:

When did you join TCRC?

First joined back in late 2021 but have now switched to a first claim member this year.

What is your best TCRC memory?

As a relatively new member all the race day & club sessions I have attended have been great. That said best experience with the club was my first interclub race at a very windy Lytham St Annes last year. A great team spirit and huge support for each other.

What is your favourite TCRC session?

As an England Athletics Coach my favourite sessions will be the ones I'll be setting up, once I've got this little marathon in America finished. Keep an eye for details of these sessions coming soon. One of my favourites is the C25K program. When we start off with a group of runners who don't think they can run for a minute & then watch them progress to 30 minutes none stop is so rewarding.

What events do you have coming up?

Don't know if I mention that I'll be running in the 2023 Boston Marathon in the coming days. That's been my focus for the last six months. Going forward I'm looking forward to taking part in the full interclub series & hopefully pick up a few more club championship races. The ultimate end goal for me is to collect the full six world major marathon stars, Boston will be number 3, adding to my Berlin & London runs. So there's three left to go. Chicago, New York and Tokyo.

What does running mean to you?

Running is my space, my time, the opportunity to be creative without distraction. It's weird I like solo running but equally enjoy a social run.

Proudest running moment?

The two that stand out are completing my first 10K on the prom for the Summer 10K. Finishing in less than 60 minutes after only running for 3 months. This was when I started to run aged 50, The following April the most emotional achievement was crossing the line on The Mall having completed the London Marathon whilst also raising nearly £3000 for the Mental Health Foundation. A trip to the physio the next day confirmed the slight pain I had during the marathon was a dislocated pelvis!! Now that's another story...

Favourite distance and worst?

Favourite distance is the half marathon, its enough to concentrate on without getting too bored if you know what I mean. Running a full marathon in a big city is exciting but going 26.2 on the Prom can sometimes end up soul destroying.

Favourite fuel before, during and after a run?

Simple, before a race its bagels if away, baked beans if at home, full English if at a Premiere Inn! In race fuelling is normally SIS orange gels, mainly because they are readily available at Tesco or Asda. My favourite gels are the Maurten hydro gels but they are so expensive. Postrace its Coca Cola for the 29% sugar fix to refuel and ready salted crisps, nuts or

pretzels to get the salts back in the body. Slightly later its coffee, lots of coffee and a nice pasta meal.

What keeps you focused and motivated during a race?

A 9hour running playlist on Spotify. However, when you do those big races, the crowds really do lift you and keep you going. Always have your name on the bib or vest, those personal shouts help.

Do you have a post run reward?

No not really. I enjoy the race and finishing in the best time I can do. I've just realised at the last 3 marathons I've done my wife has turned up at the finish line with donuts.

Tell us something we don't know about you?

Having had the privilege to work in radio for over 10 years, I meet many stars but the highlight was back when I was in my early 20's, working the summer season with Blacklace & even getting on the telly box with them for Blackpool illuminations switch on.



Thank you to Tony for sharing. If you would like to go 'under the spotlight' please let Rebecca Courtney know.

Upcoming events

TCRC 2023 Road Championship Races

Date	Race	Distance	Link
Sunday 14 th May	Blacksticks Blue	10km	Blacksticks Blue
Saturday 17 th June	Fleetwood parkrun	5km	
Thursday 20 th July (7.15pm)	Scorton Supper Run	4.75m	Scorton Supper Run
Wednesday 9 th August	Chorley Interclub	About 4 miles	
Sunday 3 rd September	Garstang Half	13.1m	Garstang Half
Sunday 22 nd October	Green Drive 5	5m	
Saturday 25 th November	Wesham 10km	10km	
Sunday 10 th December	Longridge Christmas Pudding Run	7m	Longridge Christmas Pudding 7

TCRC 2023 Off Road Championship Races (further dates to be announced)

Date	Race	Distance	Link
Sunday 16 th April (10am)	Rivington Trail	10m	Rivington Trail
Saturday 3 rd June	Green Man Trail Run	8.63 miles	Green Man Trail
Saturday 4 th August (11am)	Gisburn Forest Trail Race	10km	Gisburn 10K
Saturday 23 rd September	Lakeland Trails - Cartmel	10km	Cartmel 10k
October	Cross Country		
Sunday 27 th November	David Staff Memorial Race	6km	

Interclubs

Date	Race	Distance	Start time
Thursday 11th May	Lytham (start near the Beach huts)	5 miles	7.30pm
Wednesday 14th June	Preston	4 miles	7.30pm
Tuesday 27th June	TCRC (our own interclub)	5 miles	7.30pm
Monday 17th July	Wesham Road Runners	4.5 miles	7.30pm
Wednesday 9th August	Chorley Tri	4.7 miles	7.30pm
Wednesday 6th September	Red Rose Running Club	4.2 miles	7.00pm

PLEASE TAKE NOTE:

The first and the last Red Rose Interclub start at 7.00pm due to light conditions.

All other Interclubs start at 7.30pm.

Remember to keep an eye out for your weekly messages from Lynn for all upcoming Tuesday and Thursday sessions as well as anything else happening that week.

Sportshoe code

The new code for the month of April is – TARSY8- valid until 3rd May 2023 - giving you 10% off the whole range on orders * and free standard shipping, worth £4.99 on all orders over £50. Discount can now be obtained on all orders INCLUDING Brooks.

Club Shop

Please click [here](#) to access the link to the club shop where you can purchase a new hoody or jacket. There are also hats, bibs, socks.

If it's a club top (vest, short/long sleeved top) you're after then please get in touch with Debbie Hindley.