

Perpetual Motion

The Thornton-Cleveleys Running Club Newsletter

June 2023



Welcome to your latest newsletter:

Whether you've been hot, hot, hot or cool as a cucumber, TCRC have certainly been putting in the miles with road races, ultras, trails, solo and social runs. Amazing performances as always everyone!

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Race Results

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

Cottam Canter Marathon, 13th May 2023

Brain Cumpsty managed a first place finish in this fantastically organised local race in Preston, completing the run in 03:40:30.

Lakeland Trails Staveley 10k, 13th May 2023

On a very warm & sunny day Bev Mason, Melanie Foster and Jackie Routledge tackled this 10k (which was actually 11.5k) Lakeland trail from Staveley. Always great organisation and the event start area was buzzing with a large number of runners.

The initial 2 miles is unfortunately on tarmac and all uphill too! But they had some fantastic views and the 3 amigos kept each other going in the blistering heat. The descent from the last hill climb, aptly named the "Sting in the tail" sees views over Staveley and the Lakeland Fells. So lucky to be able to experience this. Bring on the next one!!



Avenham Amble Marathon, 14th May 2023

Not content with just one marathon on a weekend, Brian also ran the Avenham Amble in 04:15:20, another fantastically organised and fun race.

Beaverbrooks 10k, 14th May 2023

Barry O'Cleirigh, Alex Ingham and Vikki Wrigley took part in this popular local event in support of our amazing Trinity Hospice. Barry finished in 00:53:45 followed by Alex in 00:54:39 and Vikki crossed the line in 00:56:03. This is one of Vikki's favourite runs of the year, she loved the atmosphere and the bonus this year was the fabulous weather!



Blacksticks Blue, 14th May 2023

Motivated by the promise of cheese, Sara Barton, Karen Smith and Catherine Fletcher completed the Blacksticks Blue 10k. Sarah finished in 00:54:21, Karen in 01:56:51 very closely followed by Catherine in 01:56:53. Catherine described the run as a muggy uphill slog for over three miles eventually running through the Beacon Fell Visitor Centre. Fantastic views, fantastic support from the marshal crew ... and awesome support from my TCRC team-mates.

There were a number of other TCRC members taking part in this Road Championship race, so well done to you all.

Yarrow Bluebell 10k, 14 May 2023

One from me! Rebecca Courtney completed this beautiful route with friendly marshals in 01:02:24. Absolutely loved the river crossings!

The Lap, 14th May 2023

On an extremely hot day many of our fabulous team members took on The Lap. They all had very different experiences and we all have great admiration for each and every one of them who embarked on journey. Jim Almond has shared this account of the day:

The Lap: from a Newbie's perspective.

A long time ago on a run far, far away....

Captain Paul told me about this epic Trail Run around Lake Windermere, 47 miles long, 7,700 feet elevation (equivalent to over two Scafell Pikes), with a 24hour time limit. "And why would I want to do that Captain Paul?" I asked, "Because You'll Love it" he said.

Fast forward nearly two years and there I am at 5am with the majority of Dixon's Dashers being driven to The Lap's start line by Captain "Sensei" Paul, with Simon "Gumpy" Hall, and Tony "TC" Clowes, having barely had four hours sleep, body battery dropping fast at 40% and an increasingly painful toothache. On the positive side, he was playing our song "Smalltown Boy" by Bronski Beat and we were all well fed after Paul's delicious tea of Lasagne, garlic bread, Simon's donuts for afters and having breakfasted on smoothie, grapefruit, 3x Weetabix, breakfast bar and banana. We were also well versed on the Sensei's words of wisdom and quietly confident after undertaking several trail runs together beforehand.

The previous evening we'd all registered and met up with other members of the club who were either running or supporting. It was an early start so we didn't hang around too long, said good luck for tomorrow and definitely abstained from alcohol. The next morning we'd got to the start line with less than five minutes to spare the excitement was increasing, as per my need to go to the toilet, but too late for that (1st schoolboy error).

A few last words over the tano, a bagpipe playing and we're off. Well we crossed the start line but barely walking, since a stile was hampering progress, followed by a mile walk in single file by the lakeside to the first open field. However, before you could say "Don't get giddy," Simon was off, with the parting words "I've had enough of this." So we were down to four in the team since high maintenance Kelly "The Boss" Ross was now with us, after her luxury night's sleep in a local hotel with hubby Tony.

By the time we were running and getting nicely warmed up, it was the 1st feed station at Far Sawrey (3 miles in). Ok time for an increasingly urgent toilet stop for me, I tell the rest "don't waste time waiting, carry on without me," which they promptly did. So 44 miles to go and a long day running solo ahead, is it time to panic, no of course not, because I can hear the Sensei's words in my head:

- 1. Don't get giddy Jimbo and use most of your 10 matches at the start of the run you'll need them later*
- 2. Only run on flats and downhill, for uphill you walk*
- 3. Race at your own pace*

By the time I'm at the base of Loughrigg Fell I've caught up with the team anyway, which is good, but bad, because I can tell Paul is slower than normal and must be struggling. Within 20 mins I'm again teamless at the peak of Loughrigg since I keep on moving at my own pace and the cooling morning mist is still present. Down to Ambleside where I drink plenty of water in readiness for Wansfell Pike and being at 1600 ft, the highest of the hills for the race. One stop on the way up for a breather and I'm at the peak for a well-earned rest to catch my breath, plus take in the superb view. The suns out now, visibility is 10/10 and facing South I can see Lake Windermere in all its glory. To the North West I can see the Langdales and just make out Bowfell the team's favourite. From here you stay at roughly the same altitude and run over to the top of Baystones. Simple enough but I make my 2nd schoolboy error by stepping in the semi bog in between the hill tops. We all know what wet feet make, smelly shoes but also BLISTERS. I think to myself don't worry, I know I've got a spare pair of socks in my drop bag at the next feed station in Troutbeck. Down the old sheep track I run (The Hundreds), with loose stones just waiting to trip the unwary. So full focus required, but I still do my obligatory trip with a forward roll. "Are you alright mate," "Yes I'm ok, just my pride" I say and soon enough I'm in Troutbeck, where I can see Vikki and Janine. No time for chatting, 1st priority is to dry my feet and put clean socks on. Again I hear the words of the Sensei:

- 4. Don't use a water bladder, use bottles for fluids they're quicker to fill up and they are*
- 5. Use a bag at the feed station, fill it with your food selection and then eat while on the move*

It's going well, I feel good apart from the toothache and I do forsake a bit of time for a quick chat with Vikki and Janine and give them a teary parting hug since I'm a bit soft that way. (I found out later this is where Mike Carey and Colin Deeney had to pull out) probably too much temptation with Vinnie's "Ronnie," the club's support vehicle for the day being parked up there.

Off I go to Windermere through a relatively easy section and I'm soon in Cleabarrow (near to Bowness) 24 miles in so just past half way. Still feeling good, the legs are great after the previous days massage from Julie Terno's Sport Massaging Services and I'm feeling confident with under a marathon to go and the big hills are done. My mind is starting to wander though and I hear a voice saying "You're going the wrong way", "Are you sure" I say, "yes" she says (Viki from Yorkshire). "Ok right I'll follow you" and off we go in tandem. We're a similar pace so I stick with Viki and the conversation helps make the miles pass by just that bit quicker. By the time we get to the next feed station Cote Hill (30 miles in), the legs are starting to get a bit rubbery so as the Sensei said.

6. If you start feeling weak it's due to nutrition so eat and drink up more than you think you need, so I did.

Soon we're on top of Gummers How (1053ft) and the 360 degree views are spectacular with Lake Windermere to our left. "No time for views, we're off" Viki says "will do boss" I say and off we go again. The next part was Astley's plantation a tricky section where lots of trees are ready for tripping over. So again I take the now mandatory trip and forward tumble, "Are you alright mate," "I'm ok just my pride." By the time we're nearing Stavely, Viki's struggling to keep up, so being a gent I leave her, well it is a race.

Soon I'm in Newby Bridge and then going up the steep hill before the last feed station at Finsthwaite (39 miles). So 8 miles to go should be easy, but this was a tricky section, with another steep section up to High Dam and then in the woods with lots of trip hazards and places to crack your ankle. I meet some more racers and the tiredness is definitely kicking in with all of us. We're running on the flats and down hills but we would probably be quicker walking, it's now starting to look like a scene from Tenko.

After what seems an eternity I'm only a mile from the finish and the legs suddenly feel good again. A bit further on I start to get giddy as I can hear the tany and see the flags leading to the finish line. Then I hear somebody shout out my name, am I losing it, they can't possibly know my name. But it's Viki she's caught me up and I feel even better now. We hold hands and within a minute we're over the finish line. A big tearful hug with Viki and it's done, we've finished the Lap. I meet Viki's husband, tell him he's got one spunky wife and then I find Simon. I find out he finished 57th in a superb 10:31:21 especially with the slow start and I give him a teary hug as well. Two pints later I'm starting to feel better, we clap the other finishers in including Marc Potter after his 12:17:03 and then the rest of the team Paul, TC and Kelly are arm in arm after 12hrs 35 mins, all is good. Another pint and I could stay all evening but we agree to get home. Two hours later I'm at home watching Eurovision with the family, having leftovers from there Chinese takeaway and a box of Merlot with my name written on it, perfect...

The next day I check my feet, one small blister and some aching thighs that's all. I find out how the rest have done and see the epic performances from the other club's runners namely Roxanne 13:29:42, Gary P 17:40:18, John Street 19:40:57, Gary Tate 20:15:22, Spriggsy 20:25:20 and for Chris Bligh 20:27:08. How some of the club members carried on in the dark, is another level of skill and doggedness, respect. 🍷

So if you are doubtful or somebody else is questioning why you should take part in The Windermere Lap, just say "BECAUSE YOU'LL LOVE IT."



Pilling 10k, 18th May 2023

Well done to Paul Evans on completing the Pilling 10k in the fantastic time of 00:52:03.



Keswick Mountain Festival 10k Trail, 20th May 2023 by Lynn Shaw

Louise, Lynn and Karen Smith tackled this “lumpy” one. The day started great, with Lou forgetting the numbers and having to run back to her car to get them! Once we’d let her recover from that and got ourselves sorted it was a pit stop for the loo before taking a short amble down to the water’s edge to catch the ferry that would take us across Derwent Water to the race starting point.

It was a glorious morning and a beautiful start to the event having to catch the ferry across (ferry included in race costs). Following a few more loo trips, it was time for the off. We were lulled into a false sense of hope, with the first mile being relatively flat. However, on turning a corner we were faced with a rather large slope. It was “quite tiring” getting to the top of that!

We then continued climbing, passing along the bottom edge of Catbells. Signs said it was a mile to the top (if I remember rightly). From there, there were some lovely downhill bits. Some nice straight paths to tootle along at a fair speed (for us) and some steeper bits to go a bit steadier at.

About 4 miles into the run, Lou came a right cropper! Bloodied knees and a very grazed hand. There was a pit stop to wash her down and clean her up, which actually worked to our advantage, as some kindly passers by told us that just ahead of us, a lot of runners were going the wrong way and having to double back. They pointed us in the right direction, which in fairness, was flagged up, but probably not the clearest when you’re pegging along in the zone!

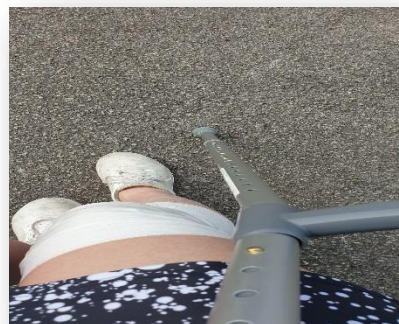
Once we got underway Lou tootled ahead to try and stop her knees from seizing up. She just needed to concentrate on getting to the finish. Knee pain was plaguing Lynn and leading her to run/walk the last couple of miles, which turned into a definite hobble a couple of hundred metres from the end when something went “ping” in the knee. Slightly annoying when the race was over half a mile over distance!

Not bad to have ⅔ club members needing the first aid tent at the end!! Lou finished in 1:36:54, followed by Lynn in 1:40:54 and Karen finished unscathed 1:42:17.

Lou ended up like this:



Lynn ended up like this:



Has it deterred us! Nope. Did we say “never again”, - yep. Will we be doing it next week - most probably!!

For anyone interested, it looks like the full music festival will be making a comeback next year too.

Windemere Marathon, 21 May 2023

Brian Cumpsty embarked on his 3rd marathon in 8 days and his 191st official marathon ' hot, hilly and well organised as always. Brian completed this long-established marathon in 03:50:31.

Wesham Summer 10k, 24 May 2023

Congratulations to Steve Robinson on completing the Wesham Summer 10k in 00:50:17.

Green Man Trail run, 3 June 2023

This was the inaugural Green Man trail run. Organisation, marshaling and signage was not the best and many runners got lost resulting in disappointing finishing times for the speedy ones. However, the views and support from fellow runners more than made up for it. Tracey Mullan led the TCRC crew home in a time of 01:43:40, followed by myself in 01:44:20. Leanne Batty, Dawn Saunders and Steve Buston tackled the course together finishing in 02:06:21, 02:06:32 and 02:05:53 respectively.



Walsh 2 Lads Trail, Thursday 8 June 2023

Well done to Karen Smith who completed the Walsh 2 Lads in 1:23:36.

Lakeland Trail 15k challenge, 10 June 2023

After completing this trail race in 01:58:04 Steve reported that it was 'bloody hot'!

Morecambe 10k, 11 June 2023

Mike Carey completed this race in 57:35:00. It was a very hot race, lots of water needed. Mike was joined by Dave Greene who finished in 00:58:03 and John Street with a time of 00:58:25.

Preston Interclub, Wednesday 14 June 2023

Simon Hall	25:39	Tony Smith	34:21
Marc Potter	25:49	Dawn Saunders	34:49
John Hickman	28:55	Vikki Wrigley	34:50
Tony Clowes	29:19	Tony Holder	35:34
Craig Caunce	29:37	Dave Greene	35:42
Tracey Mullan	30:22	Steve Thompson	35:53
Duncan Beattie	31:09	Chris Bligh	35:56
Matthew Veitch	34:00	Leanne Batty	36:14
Barry O'Cleirigh	34:01	Andy Whitlam	36:55
Mike Carey	34:10	Steve Buston	37:15

Spotlight

In this edition we hear from Catherine Fletcher:

When did you join TCRC?

I joined the club back in 2016, along with a big gang from the C25K that ran in January of that year.

What is your best TCRC memory?

So many memories, am I really expected to choose one?? That's like being asked which is your favourite grandchild ... really!?! So ... doing the C25K so long ago and meeting an amazing group of people. That was how I got sucked in. Swiftly followed by Sarah trying to kill us all by throwing us straight into 5 mile training run in preparation for Lytham Inter Club. IC was such an exhilarating experience with the club that first year and it was SOOO hot . There was great team spirit and huge support for each other. Coming in at the back of the pack to be greeted by a good 20 or more TCRC club members cheering me in - unbeatable!! And that experience was repeated time and time again.

The overarching theme of friendship and support is what TCRC is for me. I've made really good friends but I was still blown away when I was awarded the Fairclough Trophy ... it's SUCH a meaningful award because it's voted for by the club members.

I can't not mention Training Weekends ... they have always been just the best experience (and trust me, I've done more than my fair share of training Weekends - but usually with teenager's).

What is your favourite TCRC session?

As a LiRF (the club helped with the cost) I've loved delivering the C25K programme. In the beginning we start off with a group of people who don't think they can run for a bus, never mind for a minute. Then to watch them progress to 30 minutes is so rewarding. It's been fantastic to then see them join the club and blossom into lovely runners (eh, Steve Buston). Another session - I initially picked up the 1/2 mile loops by accident - helping out whilst injured then covering when someone was off gallivanting. I've learnt so much delivering the sessions but I do still keep looking over my shoulder waiting to be caught out.

What events do you have coming up?

I have championship runs in my calendar along with the February XBorder and March Mad Dog. Long Covid (if that's what it is) is really getting in the way!

What does running mean to you?

Running is my space, my time, and my opportunity to destress. I do like solo running but I really enjoy all of our social runs.

Proudest running moment?

Completing the Liverpool Rock and Roll Half, my first (and last). 5 weeks before the event my quads, glutes and hams decided to complain on my 10 mile training run ... and rebelled right up to and beyond the race. I jeffed it (in 3:07) 20s run 30s walk. Cried like a baby when I finished!! It was a lovely trip away with Karen and Angela.

Favourite fuel before, during and after a run?

Breakfast is always porridge with Nutella and chopped banana.

During has to be flapjack and jelly babies.

After Bacon Barm ... Cake ... both if they're on offer.

What keeps you focused and motivated during a race?

Counting ... breathing ... the next lamp post ... I'm not a natural runner so it takes lots of stern self talk!

Do you have a post run reward?

Bacon Barm ... Cake ... both, if they're on offer. A long hot shower doesn't go amiss either.



Upcoming events

TCRC 2023 Road Championship Races

Date	Race	Distance	Link
Thursday 20 th July (7.15pm)	Scorton Supper Run	4.75m	Scorton Supper Run
Wednesday 9 th August	Chorley Interclub	Approx. 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
Saturday 8 th July	Fell Foot Parkrun	5km	
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
Tuesday 27 th June	TCRC (our own interclub)	5 miles	7.30pm
Monday 17 th July	Wesham Road Runners	4.5 miles	7.30pm
Wednesday 9 th August	Chorley Tri	4.7 miles	7.30pm
Wednesday 6 th 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.

In other news

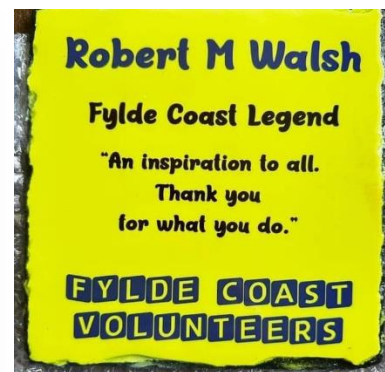
TCRC Cucumber Relay! Tuesday 6 June 2023.

On a beautiful summer's evening so many club members turned up to run or support Brian's Cucumber Relay. Congratulations to the winning team, Kicking Asparagass who finished in 01:06:16 and well to everyone who took part.



Fylde Coast Legend!

Congratulations to Mike Walsh who was presented with the 'Fylde Coast Legend' award at Fleetwood Parkrun on Saturday 10th June 2023. The Award was presented by Steve Bullows on behalf of Fylde Coast volunteers in recognition of his support and inspiration.



Notices

Parkrun

A reminder for new members to log into your Parkrun account and add TCRC as your club. This will ensure you don't get missed when the TCRC results are shared each week.

Sportshoe code

The new code for the month of June is – LTSNH6 - valid until 3rd of July 2023 - giving you 10% off the whole range on orders and free standard shipping, worth £4.99 on all orders over £50.

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 email runtcrc@gmail.com