

Perpetual Motion

The Thornton-Cleveleys Running Club Newsletter

May 2023



Welcome to your latest newsletter:

The lighter mornings and longer evenings have seen our runners really maximising the opportunity to get out and about whether it's putting in the miles for marathon training, chasing down that next PB or making the most of the glorious places we have to run right on our doorstep.

We have seen a great turn out at our regular club runs and some great Thursday sessions have taken place. TCRC have put in some amazing performances at the recent road, trail and interclub races and we have seen some really enjoyable social and solo running too. It's also wonderful to see so many new faces at the club.

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Race Results

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

Hawkshead 10k Lakeland Trail, Saturday 15th April

Bev Mason Mel Foster Jackie Routledge	2:20:40	A lovely sunny Lakeland day. Hard hike up the 1 mile "coffin trail" very very wet and muddy underfoot. And the course measured 7.4 miles. We all finished together - smiling!!
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Rivington 10 mile Trail Challenge, Sunday 16th April

Mark Nussey	1:40:49	Steve Robinson	1:48:29
Rebecca Courtney	1:43:57	Vinnie Jackson	1:48:29
Tracey Mullan	1:46:45	Sarah Barton	1:48:44



Manchester Marathon, Sunday 16th April

Simon Hall	3:15:35	First official Road marathon.
Jim Almond	3:34:36	Achieved sub 3:35:00 which is my BMQT. 2 secs also off achieving my PB but happy with time since distance was approx 0.2 miles longer than it should have been!
Marc Potter	3:02:48	
Paul Dixon	3:37:48	
Tony Clowes	3:40:23	PB!
Roxanne McAllister	4:18:46	Marathon PB!
Mike Carey	4:44:21	Great race, went really well to 20 miles and then struggled slightly after this. PB for Marathon by 50 minutes!
Christopher Bligh	4:47:37	
Steve Buston	5:15:37	



Blackpool Marathon, Sunday 16th April

Brian Cumpsty	3:58:45	The amazing Chris Clancy was running Blackpool for his first official marathon ' so I volunteered to pace him to his target sub 4 hours and despite badly cramping up over the last 10k he achieved his goal! Absolutely brilliant to play a small part in his achievement! Also fantastic support around the course from local runners and the distance and weather where both spot on as well.
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London Marathon, Sunday 16th April

James Greenaway	2:48:46	Dawn Saunders	4:42:36
Kelly Ross	3:21:54	Debbie Hindley	7:54:13
Tracey Mullan	3:50:04		



Not forgetting the fabulous London Marathon tail walkers who provided such invaluable support to so many runners. Amongst the tail walkers this year were Lynn Shaw and Lou Wainwright and Lynn shares details of their adventures:

The Adventures of Lynn and Lou - part 1.

Friday 21st April saw the pair of us travel separately down to the big smoke - well outskirts. We both stayed in Bromley, just different places.

Saturday saw Lynn up bright and early to head off to parkrun. On arriving in the hotel reception we were greeted by a fantastically colourful affair and some outstanding dresses of wedding guests heading off to an Asian wedding. A brisk walk up the high street found Team Shaw at Bromley parkrun. We had a quick chat with and took pictures of some other lovely visitors, then it was off to the start for a 3 lap parkrun. On getting back to the hotel, it was into the restaurant for the big fat Premier Inn breakfast. We got chatting to a couple who had 4 month old twins. The husband was running the London Marathon on Sunday, but all kudos goes to his wife who would have had the babies just as marathon training was commencing!!

After that it was up to old London Town for us for a mooch around, the obvious train rides for the teen, some protest watching (of which there were many) and a spot of tea out at Canary Wharf.

Meanwhile Lou, as an experienced marathon tailwalker headed off to the Expo and helped out at the volunteer stand, explaining to many people, what the role of the tailwalker was, and the fact there would be 8 hour pacers along with a control car and sweeper buses,

making sure that all competitors were safe and not put into any danger should injuries etc occur.

Sunday - marathon day.

Along with thousands of others, a nice early start for us both. We met at 7.30 and headed off to find our trains that would take us to Blackheath. After getting uniform and passes for the day we headed off to our tailwalker meeting point for a briefing. From there we headed off to our start point - the red wave - and went in search of Dawn! We were successful in finding her sheltering from the rather heavy rain that had arrived.

We watched Dawn head off then started our own journey, along with 4 others as red wave tailwalkers.

Unfortunately, due to broken down trains, many people actually started after us, but soon overtook us, including a chinese chap, who initially decided we were "his people" going at 8 hour pace, but on seeing the control car thought better of it and sprinted away.

The tail bike did a good job of doubling back and letting us know how many people were still to catch up and overtake. We had chats with some (hence finding out that the situation had occurred due to train issues) but they all went merrily on their way.

At the 3 mile point, the 3 waves, red, green and blue, merge so we were joined by many other tailwalkers.

Shortly after that point Lynn and a lovely lady called Claire, who runs for Styal running club in Cheshire, were tasked with looking after Tom, a crazy fundraiser from Amersham, who's challenge this year was to walk the marathon backwards! His other challenges include having done the marathon, crawling it dressed as a gorilla, taking 6 days. The back end of last year saw him walk from Cornwall to London.

Lou went up in front as the official 8 hour pacer. Her role was literally to pace people to finish in 8 hours. The tailwalkers role was to walk with and support anybody dropping behind that 8 hour pace, of which there were quite a few.

Lou did a fantastic job of walking the full 26.2 miles and finishing exactly in 8 hours. This is the third time Lou has done the tail walk role, and her first finish on the Mall.

Tom was handed over to a 2nd set of tailwalkers past the half way point, and he went on to finish in 12 hours 45 minutes.

Overall a very positive experience and definitely a great day meeting other runners and experiencing their excitement.

Boston Marathon, Monday 17th April

Huge congratulations to Tony Smith who completed the Boston Marathon in 3:42:11.

NYC Runs Brooklyn Half Marathon, Sunday 23rd April

Alex Ingham	2:14:43	My first international race and what a city to do it in. Totally amazing.
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Market Drayton 10k, Sunday 7th May

Louise Wainwright	1:16:23	Great road race, fantastic goodie bag, brill weekend away
Lynn Shaw	1:16:58	Rather hot, slightly undulating, fantastic local support

The Adventures of Lynn and Lou - part 2

Lou headed away for the Coronation weekend on Friday night to stay down in Hereford with family friends.

Saturday morning came along and it was very much the tale of 2 parkruns.

Northwich - Lynn set off bright and early, heading for the eventual destination of Telford, but stopped an hour(ish) in to the journey to do parkrun at Northwich. The event takes part in Carey Park (one for you Mike Carey) and what a stunning park it is.

You do a small loop, followed by a larger loop and an out and back bit - out is most definitely uphill, but the back is way more enjoyable coming back down the hill.

Whilst not fantastically sunny, it was very warm and a little muggy. And most definitely dry. Both at the start and the finish I had a natter with Blackpool's very own Bob Massey who was there with a few of the Blackpool ladies.

Hereford - meanwhile at Hereford, Lou set off for a quick 10 minute walk from her hotel up to Hereford racecourse for the local parkrun. Two laps of galloping around the race course in rather different weather to Northwich saw Lou "soaked to her underwear".

Sunday morning saw the pair of us up bright and early for breakfast before heading off to Market Drayton 10km.

The event was fantastically organised, with free parking and bus transfers to the start. Cubs/Scouts/Brownies were all on hand to help give numbers out and sort out the bag drop.

At the event tent we were given our numbers, t-shirts and a buff.

After multiple trips to the loo - which were aplenty, so no lengthy queue time - and a rather energetic warm up, it was off to the start with the horn blowing at 11am prompt.

We headed away from the HQ and into Market Drayton. I have to say, for a road race it was quite picturesque, but what blew us both away was the amount of support from the local people. There was not a street that we turned down that didn't have locals out in front of their houses cheering, clapping, playing instruments. It was fantastic.

The down side was, it got incredibly warm, and the water station had run out of water. Many people were resorting to picking up barely used bottles to have a "swig and a tip". Much further into the course two local legends were out with their hosepipes to cool everybody down.

The course was a bit undulating, but not too bad - until the very last hill into the village. We'd driven up it earlier so knew what was coming!

An hour and a quarter later and we were done. Lou - 1.16.23, Lynn 1.16.58. Then it was into the queue for our medal and post race goodies - which included a gingerbread man, a pack of sausage rolls and a full case (10 bottles) of Friij milkshake!

All in all it was a great race, and we're off to do it again next year!



After the race, all that was left to do before heading home, was treat ourselves to a delicious cream tea, with the most enormous scones at a local steam railway.

Great weekend away with a top running buddy representing our club.

Lytham Interclub, Thursday 11th May

Marc Potter	29:52	Vinnie Jackson	39:35
Paul Stennett	32:06	Matthew Veitch	39:40
Brian Cumpsty	32:50	Barry O'Cleirigh	40:29
Colin Gilchrist	34:24	Tony Holder	41:07
Craig Counce	34:48	Dave Greene	41:43
Tony Clowes	35:06	Steve Thompson	42:08
Tracey Mullan	35:37	Leanne Batty	42:21
Duncan Beattie	36:12	Vikki Wrigley	42:55
Rebecca Courtney	36:30	Steve Buston	43:31
Steve Robinson	38:03	Sandra Gilchrist	43:36
Steve Livesey	39:21	Andy Whitlam	44:43

Thursday evening saw the second of the Interclub races, hosted on this occasion by Lytham. Perfect running conditions saw a fabulous TCRC turn out once again with some amazing performances, great support and lots of smiling runners.

A mention also to our two TCRC members who received awards for the Interclub Grand Prix 2022. John Hickman, 2nd M60 Interclub Road Series and Tracey Mullan, 2nd F45 Interclub Road Series 2022.



Spotlight

In this edition we hear from Mike Carey:

When did you join TCRC?

September 2019

What is your best TCRC memory?

This has to be my first Interclub race, I really enjoyed running as part of a team against others. This was one of the main reasons I wanted to join a running club.

What is your favourite TCRC session?

My favourite session is when we all get together and go for a mystery run somewhere different, all abilities can join in and everyone has a great time. A cheeky pint afterwards is always a nice reward too.

What events do you have coming up?

I have the Lap coming up Saturday 13th May. This will be my longest race so far and the training certainly has been intense, lots of Hill sessions with Paul and lots of weekend runs up in the Lakes and Rivington. I leave a picture of myself on the fridge so my family don't forget what I look like 🤪

What does running mean to you? Running for me started as a way to lose weight and get fit. Now it's a big part of my life where I have made some fantastic friends and also gives me an outlet for any frustrations or stresses in need to work through in life. Proudest running moment? I think my progress this year has been my proudest moment. I have been working hard and managed to get PBs over many different distances already this year. Hard work and consistency is really paying off.

Favourite distance and worst?

Favourite distance is Marathon, it is such an achievement and an amazing feeling crossing that line. Worst distance is 10k, it just feels like a 5k that never wants to end.

Favourite fuel before, during and after a run?

Before I usually eat porridge, during I use Tailwind for anything over 10k, after I do like a pizza (and yes pineapple does go on pizza).

What keeps you focused and motivated during a race?

I just try and settle into the race for the first half and get into a rhythm, after that I focus on the person in front of me and aim to pick off as many people as possible by the end of the race. This drives me to run harder and gives me something to focus on.

Do you have a post run reward?

I do enjoy a pint of Guinness after Tuesday sessions and races.

Tell us something we don't know about you?

I played Tenpin bowling to high level when I was younger and represented Great Britain and my county a number of times over the years.



Upcoming events

TCRC 2023 Road Championship Races

Date	Race	Distance	Link
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
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
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.

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 May is - FBGYA3 - valid until 3rd of June 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 get in touch with Debbie Hindley.