

Perpetual Motion

The Thornton-Cleveleys Running Club Newsletter



WELCOME TO YOUR LATEST NEWSLETTER

In January we saw the first of the road and trail championship races. Despite the wet and windy weather and possibly one too many mince pies, TCRC were out in force representing the club in Delamere and Morecambe.

A few of us had entered races in Garstang and Skipton, whilst there's been various parkrunning and social escapades.

January also saw the club's Presentation Evening. It was amazing to see everyone together celebrating the success of our team members and sharing enthusiasm for the year ahead...and not a sign of any high viz anywhere!

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Race Results

Delamere 10K 14 January 2024

Richard Percival	00.53.17	
Mark Nussey	00.58.59	
Chris Bligh	01.01.33	
Mike Carey	01.01.36	
Leanne Batty	01.04.02	
Fiona Dridge	01.10.30	



Skipton Sweetie Skedaddle 14 January 2024

Tracey Mullan	04.00.28	Another intrepid marathon adventure for this pair! Well done to Brian for completing the run whilst nursing an injury.
Brian Cumpsty	05.18.32	

Garstang 10K 14 January 2024

Andy Whitlam	58.26.14	Well done Andy on representing the club at this 10K event.
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Morecambe 10 miler 21 January 2024

Tracey Mullan	01.19.47	Fantastic running from this hardy bunch! Enduring strong winds and driving rain whilst still managing a smile!
Mike Carey	01.26.18	
Dave Greene	01.28.21	
Chris Bligh	01.29.08	
Leanne Batty	01.34.08	
Vikki Wrigley	01.35.34	
Jill Clowes	01.38.05	
Sandr Gilchrist	01.42.15	
Linda Dyson	01.46.58	



Upcoming Events

Interclubs

It will soon be the return of the much-loved Interclubs. Preliminary details below, with further information to be shared nearer the time. The committee will email all club members shortly with further details including how to sign up for your number.

Road Fixtures

Date	Race	Distance	Start time
Weds 10 April 2024	Blackpool	4 miles	7.00pm
Thurs 9 May 2024	Lytham St Annes	5 miles	7.30pm
Weds 12 June 2024	Preston	4 miles	7.30pm
Tues 25 June 2024	Thornton Cleveleys	5 miles	7.30pm
Mon 22 July 2024	Wesham	4.5 miles	7.30pm
Weds 14 August 2024	Chorley	4.7 miles	7.30pm
Weds 4 September 2024	Red Rose	4.2 miles	7.00pm

Fell Fixtures

Date	Race	Distance	Start time
Tues 14 May 2024	Mearley Clough	TBC	TBC
Sun 2 June 2024	Edenfields - Rossendale	TBC	TBC
Tues 9 July 2024	Hambledon Quarry	TBC	TBC
Sat 24 August 2024	Pendleton	TBC	TBC

TCRC Road Championship 2024			
February	Saturday 10 February	Blackpool Parkrun 5K	Free
March	Sunday 17 March 10.15am	Garstang Gallop 7 miles	£13.50 Book here
April	Saturday 27 April 1.15pm	Wray Scarecrow Festival 10K	£13.50 Book here
May	TBC	Wesham Summer 10K	£10.00
June	Sunday 16 June 10.30am	Freckleton Half Marathon 13.1 miles	£28.00 Book here
July	TBC	Bentham Beagles 10K	£18.00
August	Sunday 11 August (Provisional)	City of Preston 5 miles	£15.50
September	TBC	Red Rose Interclub	Free
October	Sunday 6 October 10.10am	Chester Metric Marathon 26.2KM	£48.00 Book here
November	No race		
December	TBC	Myerscough 10 miles	£17.00

TCRC Trail Championship 2024			
February	Sunday 25 February 9.30am	Stockport Trail Half Marathon 13.1 miles	£22.00 Book here
March	Sunday 3 March 10.00am	Take the Fell 10K	£20.00 Book here
April	No race		
May	Thursday 23 May 5.00pm	Nicky Nook Fell Race 5 miles	£7.00 Book here
June	Saturday 8 June 1.00pm	Lakeland Trails Coniston Trail Challenge 15K	£35.00 Book here
July	Sunday 7 July 10.00am	Puddleducks Trail 15K	£28.00 Book here
August	Saturday 24 August	Pendleton Interclub Fell series	£5
September	TBC	Yarrow River 10K	£16.00
October	TBC	Worden Parkrun 5K	Free
November	TBC	Allithwaite 8 miles	£12.00
December	Sunday 1 December	Bingley Baubles Full Trail 26.2 miles	£39.00 Book here

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

Presentation Evening

Friday 26 January saw the TCRC Annual Presentation Evening. A wonderful evening and an opportunity for the club to get together and acknowledge the successes of the past year. There was a great turnout for a fish and chip supper, a few drinks and a raffle with a range of exciting prizes. Huge congratulations to all our winners and well done too to all our members who have achieved individual goals and completed challenges during last year:

Fairclough Trophy	Bev Mason
Mike Walsh Trophy	Dawn Saunders
Ladies Most Improved	Vinnie Jackson
Mens Most Improved	Dave Greene
Ladies Most Improved Parkrun	Fiona Dridge
Mens Most Improved Parkrun	Dave Greene
Ladies Captain's Table	Tracey Mullan
Mens Captain's Table	Tony Clowes
Parkrun Tourism	Lynn Shaw

Road Championship			
Mens V40	-	Ladies V40	Vinnie Jackson
Mens Vet 45	Gary Tate	Ladies Vet 45	Leanne Batty
Mens Vet 50	Dave Greene	Ladies Vet 50	Dawn Saunders
Mens Vet 55	Tony James	Ladies Vet 55	Janine Denney
Mens Vet 60	Colin Denney	Ladies Vet 60	Linda Dyson
Mens Vet 65	Steve Robinson	Ladies Vet 65	-
Mens Overall	Simon Hall	Ladies Overall	Tracey Mullan

Trail Championship			
Mens V35	Mike Carey	Ladies V35	-
Mens V40	-	Ladies V40	Vinnie Jackson
Mens Vet 45	Gary Tate	Ladies Vet 45	Leanne Batty
Mens Vet 50	Dave Greene	Ladies Vet 50	Dawn Saunders
Mens Vet 55	Chris Bligh	Ladies Vet 55	Janine Denney
Mens Vet 60	Colin Denney	Ladies Vet 60	-
Mens Vet 65	Steve Robinson	Ladies Vet 65	-
Mens Overall	Mark Nussey	Ladies Overall	Tracey Mullan
Mens Qualifier: Steve Buston		Ladies Qualifier: Sarah Barton	

4 Interclubs or more	
Andy Whitlam	Leanne Batty
Anthony Holder	Marc Potter
Anthony Smith	Michael Carey
Barry O'Cleirigh	Simon Hall
Chris Bligh	Stephen Buston
Craig Counce	Steve Thompson
Dave Greene	Steven Robinson
Davinia Jackson	Tony Clowes
Dawn Saunders	Tracey Mullen
Duncan Beattie	Vikki Wrigley

Silver Standard	
Female Vet 40	Vinnie Jackson
Female Vet 60	Linda Dyson
Male Vet 55	Tony James





Images above selected from photos taken by the fabulous Alex Shaw. I've tried to include as many of you as possible but all photos can be found on our Facebook group [here](#) or high quality photos are available on a hidden gallery on Alex's website: [here](#)

Spotlight

with Vikki Wrigley

When did you join TCRC?

A wet and windy January evening in January 2016....turned up to do C25K and never looked back! Best decision I've ever made turning up that night.

What's your best TCRC memory?

So many memories with an amazing group of people but think the training weekends count for a lot of my favourite memories....We need to bring these back! Sat here trying to think what my favourite memory is has really made me smile. Can't really say there are any bad memories when it comes to running but if there are it definitely involves mud.

What is your favourite TCRC sessions?

I like Tuesday night club runs. Its more relaxed and like the social side of it. For the same reason I love the Wednesday night run but more so when we get a nice evening in the summer and can do a beach run.

What events have you got coming up?

I've not booked anything....I tend to jinx myself and get an injury when I do, but do plan on taking part in the road championship and as many inter clubs as I can.

What does running mean to me?

Running is a massive part of my life..... It is my stress relief, my social life and a way of being able to eat more cake!

Proudest running moment

Finishing Manchester marathon with a PB 2 years after snapping my achillies and being told by the surgeon I'd never run again.

Favourite distance and worst?

I think my favourite is probably 10 miles, long enough to feel like a challenge but not too far for the nerves to get to me.

Not really a least favourite distance.... its just anything that involves a hill!



What keeps you focused and motivated during a race?

Other than trying to beat Leanne.... I don't really know. Something seems to kick in during a race and I often just surprise myself with just how determined I can be.

Do you have a post run reward?

A nice long soak in a bubble bath.... Bet you all thought I'd say wine!

Tell us something about you that we don't know about you...

I love going to the theatre especially to Musicals and I love to cook! (Found this the hardest question of them all to answer!)

Notices

New members

A big TCRC welcome to **Gillian Satterthwaite** our newest recruit!

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:

NUVVI7 - valid until 3rd March 2024

This gives you 10% off the whole range on orders over £50 and free standard shipping, worth £4.99 on all orders.

Please make sure to select United Kingdom in your shipping address to apply the promotion code without errors. Should you come across the "country-iso" error in checkout, you will need to check you have set up a correct UK shipping address.

Thursday training sessions

Thursday sessions are a great opportunity for us to try out different training sessions and can be led by any member of the club. If you would be interested in leading a Thursday session just let any member of the committee know, we will be more than happy to work around your availability.

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

Future newsletter request

If you would like your results published in the next newsletter, please enter them using [this link](#) to the google form.

I'm always on the look out for the next 'spotlight' victim! So if you'd like to feature in a forthcoming newsletter, please do let me know.

Finally, if you've really enjoyed a particular run and would like to include a small run report, it can always be included.

Thank you 😊