



# Swinton Running Club

VOLUME 2, ISSUE 2

FEBRUARY 2011

## THIS MONTH

- Race Reports
- Race Advice
- Race Results

## Race Reviews

### Central Lancashire Half Marathon, Sunday 2<sup>nd</sup> January 2011

Catforth had always been a happy hunting ground for me - shortly after joining Swinton I recorded my PB at the Catforth 10k which stood for some 15 months. When I saw the Central Lancs Half Marathon advertised I knew what to expect - flat country lanes with occasional canal bridges.

Like most of the runners who had entered the previous few weeks training had been hampered by the snow and ice, even walking to the start line the ice patches were still there to catch out any unsuspecting runners. As we lined up and listened to the organisers instructions an impatient motorist tried to barge his way through... the organiser went over to have a quiet word however the driver refused to wait 2 minutes and was met with a round of applause as he passed the patient runners - only to end up getting stuck behind the safety car!

As the race set off it was as I expected and remembered, flat country lanes with a short loop where we were cheered on by spectators before heading out on one larger loop. I spent the first 3 miles tucked in behind a couple of runners plodding along at 9 minute mile pace before making a break for it and upping my pace. For those club members who have a strange 'fetish' for hills then this race probably won't appeal to you. The only 'hills' came when the road went over the motorway bridges, something similar to those at Birchwood 10k with the organisers managing to direct the course over a motorway bridge and a hump-backed bridge over a canal all within the last mile of the race.

For some reason I thought the race was like the 10k that's held there, 2 laps of the country lanes and was expecting to come past the village hall however the race went further out towards the route of the Wesham 10k before looping back over the motorway towards a straight 1/4 mile sprint back towards the finishing line. My previous PB had been Wilmslow at 2.04 so to cross the line in 1.53 left me with a great smile on my face - looks like Catforth will hold another PB for me.

Mike

[Full Results Available Here](#)



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## Race Reviews

Radcliffe 10 Mile Trail Race, Sunday 6<sup>th</sup> February 2011

There was a lot of rainfall in the days leading up to the 6<sup>th</sup> February and driving to the race headquarters the rivers flowing down the roads did not inspire confidence in the condition of the route.

There is a 5 minute jog to the start of the race and getting there in plenty of time the throng of runners gathered. The Swinton posse met up there and it was great to see a good turn out with Carl, Steve H, Ric, Paul, Glynn, Mark and Antony in full force for the men and Rebecca, Cara and myself for the ladies. The race was soon started and we headed off up the road towards the country park and the mud.

Within minutes I lost sight of most of the Swinton runners but managed to keep with Steve who was a godsend to me, warning me of upcoming obstacles and where the next hill was. After the initial road section we turned into the park and soon battled with people walking dogs, cyclists, horse riders and of course mud glorious mud. The route takes a varied path over hills, across bridges, through fields and numerous gates. At about the 5 mile marker the water station was well manned and we even had a lovely lady handing out jelly babies. The second half of the race was much the same as the first, plenty mud, plenty hills and more dogs and horses. The marshals were all incredibly friendly and we even had a second helping of jelly babies towards the end.

The final part of the race took us back out of the country park, past the start up quite a nasty hill before a sprint round half of a track. The rest of the Swinton team had all finished before me with Carl coming 5<sup>th</sup> overall and first in the V50 category, Cara coming in 1<sup>st</sup> for the senior ladies and as a huge bonus, I got my first ever prize as part of the 1<sup>st</sup> ladies team.

The race is definitely my favourite I've ever done, loved the course, the atmosphere en route and the friendliness of it all. Even the cafe at the clubhouse was good with a great line in bacon butties and cups of tea, just what the doctor ordered after a 10 mile run.

**Sharen x**

[Full results available here](#)



RADCLIFFE 10 MILE TRAIL RACE, 6<sup>TH</sup> FEBRUARY 2011



## Race Reviews

Alsager 5, Sunday 6<sup>th</sup> February 2011

I was persuaded to try this by my PT Gregg. He told me it was a flat, fast 5 mile and I should get a good time. After 6 months of me pulling faces after races and saying, “Well... it was quite undulating,” I think he wanted to know what I could actually do over a course with which he was familiar.

I naively entered and thought nothing more of it until Carl’s eyes widened when I mentioned it at the AGM. Apparently this is a race where up and coming stars go to get noticed. I started to have pictures of myself finishing after they’d packed up the drinks table and all gone home. This image was further reinforced by Steve D’s reaction. I don’t suppose I’ll ever win anything, but I’m with Lisa and the rest of the girls who don’t fancy the embarrassment of finishing a ridiculously long way behind everyone else. Gregg reassured me that all sorts enter this race, including complete novices.

It was nice to fall out of bed and drive to a race ten minutes down the road for a change. The weather forecast had been for a complete downpour, so I was relieved that it was dry but blustery. It was odd being at an event without anyone else from SRC – I missed you guys. It was also odd to be surrounded by totally unfamiliar club vests – I had obviously crossed a significant border!

The race starts on a road in a residential area and we did the Okey Kokey for a while as the race marshals tried to get us lined up for the race whilst letting the locals out to do their Sunday shopping. We were quite bunched up, and remembering Carl and Steve’s comments I didn’t try to get too close to the front, I didn’t want to get pushed out of the way by testosterone laden teenagers. Since it was not a chip race I started my watch as I crossed the start line, which gave me a time 7 seconds quicker than my official time, so if you want to do this race and get a good time you do need to be more assertive about getting to the front. It soon became clear that I had been too girly about pushing to the front and I spent the first half mile burning up energy dodging round other runners.

The first two miles went well, this really is a flat, fast race – Lauren would hate it – I was actually trying to slow down so that I didn’t burn out. I was also getting quite excited about my possible time as I did endless calculations in my head. The third mile was very, very slightly uphill, but also we turned into the wind and I suddenly dropped 30secs a mile. The 4th and 5th miles were totally flat again, but by the 5th mile the headwind was significant and I was a minute and a half down on my first mile. More experienced/fitter (?) girls started to pass me as my legs, lungs and resolve flagged in the unrelenting wind.

Someone shouted out, “Only 400 meters to go!” I looked down at my watch and saw that it said 4.6 – so with only a lap of the track left, I tried to pick up my pace, only to remember 400 m later that my Garmin is set to miles and 0.4 miles is actually more like 650 metres and I’d pushed too soon. The last 200 metres felt like the end of a pyramid session.

I’m glad I did this one – it’s not as picturesque or varied as some of the CLGP, but it is well organised, well marshalled and the T shirts are good! The only possible AFI was the small number of inadequate toilets, which were already blocked and malfunctioning when I arrived an hour and a half before the start of the race.

**Sarah**

[Full results available here](#)



## Race Reviews

## Clayton Vale Cross Country, Saturday 12<sup>th</sup> February 2011

Adam and I had the perfect reason to give this one a miss; we had already raced the required 4 out of 5 races to complete the series. However, we decided to give it a go. What else is there to do on a Saturday afternoon anyway?

The weather was reasonable – dry and mild – practically sun tanning weather for cross country. We arrived at Clayton Vale, a cross country venue we hadn't been to before, at the wrong end of the park. The lady in the café gave us directions and was terribly concerned for Patrick's 'poor little legs' as it was about a mile walk. Eventually, we located the Swinton tent, with no apparent detriment to Patrick's ability to walk (or run for that matter.) In contrast, I was not feeling terribly confident about the race due to a very tired training run the previous night, but I lined up for the ladies race with the rest of the Swinton team and a somewhat depleted field of racers. Clearly, other ladies did have better things to do on a Saturday afternoon.

The race was a 3 lap event for the ladies, with one particularly steep climb (and of course the equivalent downhill) on each lap. It wasn't the most scenic – rather too many electricity pylons for the view to be pleasant – but it was a decent race with friendly marshals. I actually had a great race with my best finishing position of the series. I even managed a sprint finish, which, as most of you know, is very out of character! It was a great effort from all the Swinton ladies, especially Kate who also completed all 5 races and Carly, who raced (brilliantly) for Swinton for the first time.

This race was a little disappointing in the respect that it was much more difficult than usual to watch the men competing. We could have moved to another part of the course, however with the number of children (and the sodding bell) this would not have been an easy task. So, we settled for watching the finish of the race only. The Swinton men put in fine performances, with Steve Doxey ending the season strongly and newcomer Dan racing extremely well. Hubby Adam tried to steal my thunder with a fabulous sprint finish of his own to pass 'mop head' man, who had far too much hair to be aerodynamic!

We had great support from all of the children, as well as Neil, Carl and Emma. All in all, it was a successful end to the series.

Sadly, it was not quite time for the spikes to be put away as there was still another cross country event to attend – the Nationals at Alton Towers. I believe Paul is writing the report for that one – good job it's not me as there would be far too many expletives to print.

**Lauren**

[Ladies full results available here](#)

[Mens full results available here](#)

manchesterarea **X**C

CLAYTON VALE CROSS COUNTRY - 12<sup>TH</sup> FEBRUARY 2011



CLAYTON VALE CROSS COUNTRY - 12<sup>TH</sup> FEBRUARY 2011



## Race Reviews

# Nick Beer 10K, Llandudno, Sunday 13<sup>th</sup> February 2011

After a 6 month lay-off with dodgy knees, I was really glad to be back to club training at the start of 2011.

Some things had changed; a few new faces, I was fatter and slower, everyone else had really improved (especially Mr Shier). At least Phil still had those same old lame excuses for missing training!

January was a nightmare just trying to keep pace, but gradually, I felt some fitness returning so after 5 weeks back, it was time for a race.

The Nick Beer 10K sounded good but would there be a nice refreshing pint at the finish line?

## Race Details

Starting at Llandudno pier, the race follows Marine Drive around the Great Orme and finishes back on the seafront. The first 5K is really tough, all uphill then it's downhill all the way to the finish. The Sea-view is spectacular, especially from the half way mark at the top of the hill/mountain.

With 650 entrants, the chip timing meant there was no need to rush so I started in my usual spot near the back of the field. I managed to over-take a few runners, (mainly 70+ category and fun runners) and eventually reached the summit and half-way point in 29mins.

The second half of the race was an absolute joy, all that is needed is to keep your legs turning and I came back in just under 25mins for a finishing place of 400<sup>th</sup> and time of 53mins 48 secs. Not my fastest 10k, but I was really happy with my time after just 5 weeks training. Waiting at the finish Line was fellow Swintoner Vicky who had finished a minute earlier.

My better half Joanne had travelled in support and although hadn't raced, was keen to share in the post run recovery fish & chips of which there are plenty in Llandudno.

Overall, it is really well organised event, showers/changing facilities are available in the local leisure centre, just a pity there isn't any chance of a free Beer !

## **Dave Williamson**

[Full results available here](#)



## Race Reviews

English National XC Championships, Saturday 19<sup>th</sup> February 2011

10:30am, February 2011.... A date that will live in Infamy! It's the time that Adam said we we're setting off for one of the most manky hellish races I've ever partaken in.... A little early I though, never mind though, Adam was kind enough to offer a lift and besides what's wrong with being a little early and hanging round in a field with a few friends waiting for your race? How wrong a thought I'd think right there let me tell you now Dear Reader!

Loading the car with the Official Swinton mobile Boudoir designed for cross country life Lauren, Adam and myself hit the Motorway under gray and overcast skies, typical British cross weather but ney mind, We've ran in worse weather. The motorway cruise down the M6 was a brief one with Adam at the wheel, Lauren and I passed the time spotting Cows on the side of the road and other related animals, was a shame Patrick wasn't there he'd have loved that game!

As we passed off the motorway onto more scenic roads, namely the A500 the first horror of the day was truly inflicted on me! Lauren from the back of the car past me the map and directions to our final destination. The route wasn't known to me and I'd not been paying attention, not a problem you're probably thinking just follow the map and read the directions.... Ahh ha! That would have been fine if it wasn't for a small powder keg in the back that hates getting lost! I've witnessed it before and I was terrified! I switched all brain to Satnav mode and focused, I gave my directions in as manly voice as I could muster, barely squeaking as I told Adam to "hang a left" or "take the next right" Every second awaiting the rage that would shout from the back "THATS IT WE'RE LOST! WE MIGHT AS WELL TURN ROUND RIGHT NOW" or "YOU'VE RUINED MY LIFE" but Lady Luck was on my side that day, despite a country lane adventure we arrived to Alton Towers all safe, barley taking heed of the Snow on the fields around us!

Following the directions of a nice man in a High Viz we entered the towers and were greeted by a view that reminded me of Darfur! It wasn't pretty, a veritable Tent City in the Mud surrounded by the dead and dying, we quickly parked the car and abandoned the idea of the Swinton tent to trudge down and see what state the place was in.... It wasn't good, a quick trip to the loo and the place had a look of Glastonbury but without the Fun, Lauren also chose the worlds slowest queue clearly aging in front of our very eyes, you woman and your toilets, Makes me glad I'm a bloke and can use trees /walls/open air pretty much at a whim at races, unless that Emma has your camera, bloody pest!

As we'd arrived very early and massively under equipped we wandered round all looking rather miserable, kids poured off the race course in tears all the while angry parents gave them advice in the form of abuse! Rebecca and Steve Hart joined us shortly after looking as un-impressed with the situation as us, truth be told I really wasn't looking forward to the race by now, my brain was seeking a get out clause at any angle, if it was possible to get arrested in a field that day I'd have found a way to do it!

Trying to avoid the bog of misery we found a nice tree and made camp, bags down and waited for the inevitable, soon we were joined by Ric, Mark and surrounded by a club of whippersnapper kids who were caked in muck and clearly having far too much fun for my liking, a slight cause for contention was that after several ambulance rescues the kind race organisers finally shortened the course to 10K for safety!

## Race Reviews

**English National XC Championships, Saturday 19<sup>th</sup> February 2011**

Shortly after that the ladies went off to the start, we said our goodbyes, I was thinking we'd probably never see Lauren and Rebecca again or actually anybody to be honest! As you can tell reader I'm was still not any more excited about the race, at one point Steve Hart described me as looking like a depressed dog, "thanks Steve!"

Ladies were still going when the shout for the men to action stations was called, I'd not know till after my race if either of our ladies were dead, I was guessing we'd lose at least one! (\*Nb. It's ok kids, they both made it, don't panic) as there was about a thousand five hundred men we were lined up in pens by, one behind the other, on the way in some numpty decided to tie his shoes and nearly got flattened by every other runner, Darwinism at work there I like to think Evolution fans.

Gun fired and we were off! Despite the muck the start was amazing, so many runners all shooting forward, I've never seen it before and it did look good. Our course was one small loop followed by two big loops, first hill was only about a Hundred metres away, just a small bump then onto the course proper, we hung a left in mud and muck up to our ankles, course dipped and rose quickly, draining your legs very easily, already the pack was spreading out I settled into a slow pace that would be my race pace for the day! It wasn't going to be a PB day! Couple of snaking right and lefts through more muck and in one place I'm convinced the Sea the first loop had its first proper hill, the mud was ankle deep now all the time and I nearly lost my shoes on several occasions, steep down followed by a sharp rise that bent to the right, no spikes helped at all although I did have a nice chat with a lad from Telford for a few minutes.

First loop done and onto the second big loop, it was not going well, I was in pain and my legs were knackered, I could see Steve in the distance but not any of our other guys. Big loop was evil let me tell that right now! It was the small loop and then a steep downhill turning right towards another blooming ocean, this one had Whales in it I swear, curling round to the right and then left I was faced with the world's biggest hill! I kid you not it was 300 metres at 45 degrees with bugger all grip, I managed about 50% of it before I had to stumble to a walk, thanks to the three kids cheering for "Swindon" I didn't have the energy to tell them otherwise!

Despite another lap of muck I managed to cross the finish, almost catching my opponent who foolishly taunted me into sprinting after him, he got a shock at least, another couple of feet and I'd have had him, needless to say it was one of the hardest races I've ever done.

Well done to every single person who ran it! Will I be there next year? Hmm, let's think that one over!

**Paul Shier England's 1282<sup>th</sup> best cross country runner 2011!**

[Ladies results available here](#)

[Mens results available here](#)



## Race Series

### Central Lancashire Grand Prix Series

This years Central Lancashire Grand Prix races are fast approaching, with new races and one new club.

The website is <http://centrallancsgrandprix.blogspot.com> although a new catchier address and site are coming soon. There will be a results service around the site and each club is expected to provide race reviews of its own races at least. Other contributions will be gratefully accepted by [Gary Stevens](#).

The first CLGP race is a new race just for the series, and hosted by the new club Bolton Harriers. The Central Lancashire 5K is on Sunday, 20th February, based at Leverhulme

Date	Race
Sunday, 20th February	Central Lancashire 5K
Sunday, 6th March	The Trotters 5
Sunday, 3rd April	Radcliffe 10km
Wednesday, 11th May	Haigh Hall 4
Wednesday, 20th July	Horwich 5
Wednesday, 3rd August	Chorley 4.4 Trail
Sunday, 14th August	NVAC 10km at Bisham
Sunday, 25th September	2nd Swinton 10 Mile Road Race
Sunday, 2nd October	Gin Pit 5

#### USEFUL CLGP LINKS

- | [Central Lancashire Grand Prix Web Site](#)
- | [Swinton Running Club Forums](#)
- | [UK Results \( on-line entries \)](#)
- | [SportSoft \( on-line entries \)](#)

## Up and Coming Races

**Sunday 6<sup>th</sup> March**

Haweswater Half Marathon

**Sunday 6<sup>th</sup> March**

Trimpell 20 Mile Road Race, Lancaster

**Sunday 6<sup>th</sup> March**

The Trotters 5

Secord Grand Prix Event of 2011

**Sunday 13<sup>th</sup> March**

Trafford 10K

**Sunday 20<sup>th</sup> March**

Ultrafit St Annes 10 Mile

**Sunday 20<sup>th</sup> March**

Bradford 10K

**Sunday 27<sup>th</sup> March**

9th Great Grizedale Forest Trail Race, Hawkshead

**Wednesday 20<sup>th</sup> March**

Vera Hirst 5K, Rochdale

**Sunday 3<sup>rd</sup> April**

Radcliffe 10K Trail Race

Third Grand Prix Event of 2011

**Saturday 9<sup>th</sup> April**

Coniston 14+

**Sunday 10<sup>th</sup> April**

Gin Pit 5

**Sunday 17<sup>th</sup> April**

Bolton 10K

**Friday 22<sup>nd</sup> April**

Salford 10K

**Sunday 24<sup>th</sup> April**

Fleetwood 10 Mile Road Race

**Sunday 24<sup>th</sup> April**

Guiseley Gallop Trail Race

**Wednesday 27<sup>th</sup> April**

John Metcalfe Memorial Healey Dash

**Sunday 1<sup>st</sup> May**

### The Bluebell Trail 10

*10.3 Mile road and woodland trail race through beautiful bluebell woods in the heart of Yorkshire. Unique river crossing finish*

***“Not for Shrinking Violets.”***

***“Can you troop the Trooper”***

#### Heaton Park - Park Run

Every Saturday at 9am this 5km run is organised - **free!!**. All you have to do is let them know you're coming in advance.

It has been suggested that it could become a Swinton regular event on the first Saturday of each month. [Web page link](#)

**Lucozade Sport have a van at the run every 4 to 5 weeks, giving away lots of freebies and advice.**

#### Race Calendar Web Sites

Look for all those local and not so local races on these web sites

- [Swinton RC Forum](#)
- [Fetch](#)
- [John Schofield](#)
- [SoftSport](#)

The wonderful [Fetch](#) does it all (running log, routes, race log, leagues, logs shoe miles, blogs, fetchmail & more!!) its a great place full of nice running types, a proper online community, its the place to see and be seen, AND its free!! King Fetch (Ian) is very good at responding to member requests about new site content and there are now a total of 13 Swinton Members using the site! Fetch (in my opinion Fetch has the Class!).

**Andrew**

## Committee Meetings

Regular meetings are now being held on the second Wednesday of every month at the club after pack runs. Notes from the January meeting below. The minutes for February will be approved at the March meeting and appear in that months Newsletter.

**Remember any member may sit in the meeting.**

**The January committee meeting was taken up with discussing the AGM**

## Beanies



Black Acrylic knitted beanie hat with Swinton Running Club embroidered in red.

£10.50

Please see Paul or Adam for more details

## Membership

Membership for the Swinton Running Club is currently £10 and an additional £5 for your [England Athletics](#) registration fee if you wish to enter races.

### Benefits for registered members

Membership of England Athletics brings a wide variety of benefits for members ranging from reduced entry fees for road races, to discounts on products such as a £5 Sweatshop voucher and a further 10% discount of subsequent purchases, representative opportunities and much more. Importantly it enables you to opt to receive fortnightly bulletins on what is happening in the sport including essential information for athletes to know.

Just entering 3 races will repay your registration fee.

If you do not register for EA membership you **must** enter races as a unattached runner.

Simply fill out the form and bring it with you on a Monday or Wednesday evening.

# Swinton Running Club

www.swintonrunningclub.co.uk



## Membership Application 2011

### Membership due 1st February each year.

Headquarters:

Swinton Moorside Cricket Club, Deansway, Swinton, M27 0WH.

Membership Secretary

Barbara Bayliss

**Individual Membership: 1st February 2011 - 31st January 2012, Cost £10.00\***

Name																				
Address																				
Post Code																				
Tel. No. Home																				
Mobile No.																				
Email Address																				
Gender						Date of Birth			/			/								
Place of Birth																				
Nationality																				

Disability please tick relevant box

Non-Disability	Visually Impaired	Learning Difficulties	Cerebral Palsy	Ambulatory	Wheelchair	Other
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Date of Joining			/			/														
Previous Club (If Any)																				
Current Club (2nd Claim)																				

**Do you intend to enter races in the next 12 months?**

Yes	No
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**\* If yes please include an additional £5.00 for England Athletics registration**

I confirm that I am eligible to compete under UK Athletics Rules.

I \*accept/\*do not accept that my personal data will held on a computer by the club.

I \*agree/\*do not agree to the disclosure of my personal data in a list of members provided to UK Athletics and England Athletics

(\*Delete as applicable)

Signature.....	Date.....	Fee Included	£10.00	£15.00
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Please hand this form, together with the fee (Cheques payable to "Swinton Running Club"), to our Membership Secretary, Barbara Bayliss, or any committee member.

Swinton Running Club  
Affiliated to UK Athletics and England Athletics

## Valentines Disco, Saturday 12th February 2011

Mary and I arrived at the club around three in the afternoon and wondered how we were going to make the room look at least half full with only 28 to seat. We decided that five tables in a semi circle around a larger than normal dance floor would be best so tables and chairs were moved around and we left it for the caterers to work their magic. When I arrived back just before seven it look even better than expected and I settled down with the first pint and nervously waited for all on the list to start to arrive. Thankfully all made it with Paul and Mike plus guest just making it in time for the soup. The food was good and plentiful and both the vegetarian alternatives got top marks. We had a choice of three sweets and then cheese & biscuits to end it and after all the eating exercise was definitely required and the DJ, Mike Prince, made sure the music got us all up dancing. Mike is an old friend of the club having officiated at most of the discos when we were still Swinton Joggers. He was considered an honorary jogger in those days and even joined us for the last ¼ mile of our first twenty four hour relay. The music was fantastic and I can't remember any songs being played that cleared the dance floor and at one stage nearly everyone in the room was on the dance floor. Thanks to all who came and hopefully enjoyed, especially Steve H whose £5 contribution gave us the profit for the evening which was especially pleasing given the small numbers attending.

Some pictures have made it onto the website and for a small fee I can destroy the evidence of those remaining.

Hopefully we will continue the social events as for us older members they are still considered an important part of the club which helps to foster the friendships that SRC has always been renowned for. For the future we need to try to choose dates that don't clash with other events and members need to let Jon and the committee know what social events they would like to see organised and maybe help with the organising as well.

**Ian T**



## Social Events

### Pie Night - Last Wednesday of the Month



### Special Offer's to Members

#### Special Discount Rate for Swinton Running Club Members

To match the offer made by both Prestwich and Leigh Road Physiotherapy Clinics, our very own Shirley Duckworth-Oates has lowered her rates.

Shirley Duckworth-Oates MBCA, MSTAT, MATI  
Bsc Hons(Healthcare);Bsc Hons (Chiro); Msc.(Psych)  
Doctor of Chiropractic and Teacher of the Alexander Technique

Telephone 0161 773 3395

**Treatment rate for Swinton Running Club members: £25 (normally £35)**

#### Special Discount Rate for Swinton Running Club Members



The usual price per session is £35, SRC members, on production of a current English Athletics card, will only pay £25.

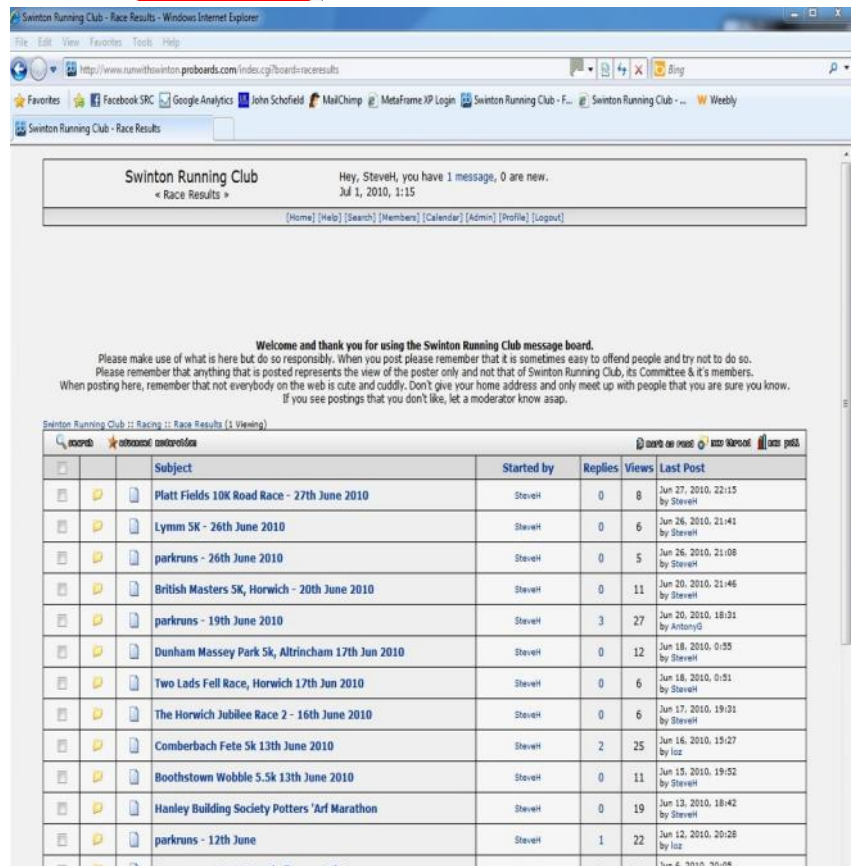
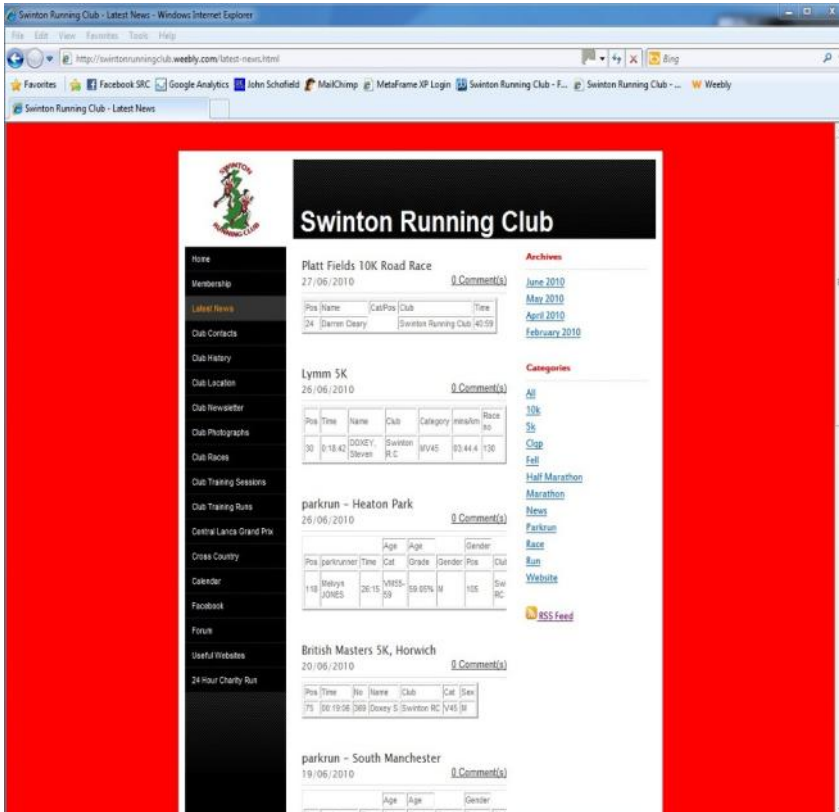
This offer is available at both the Leigh Road and Prestwich clinics. Anyone who wants to access the service but does not yet have their card can contact [Barbara](#) who will contact the clinic on their behalf.

[Please check there website for more details](#)

**Prestwich Physiotherapy & Sports Injuries Clinic**  
**Leigh Road Physiotherapy & Sports Injuries Clinic**

# Race Results Corner

**Full race results can now be found on both the Swinton Running Club Website and the forum  
If you have ran a race and cannot find the details on either site please let me know.**





Secretary

[Steve Doxey](#)

Treasurer

[Ian Thomas](#)

Membership Secretary

[Barbara Bayliss](#)

Social Secretary

[Jonathan Mellor](#)

Club Captain

[Steve Doxey](#)

Ladies Captain

[Rebecca Mills](#)

Web Site & Forums

[Steve Hart](#)

Swinton Running Club is proud of its friendliness and welcomes newcomers to come down and meet us for a run, to see if we meet your expectations.

We meet at 7:30pm on Mondays and Wednesday at Swinton Moorside Cricket Club.

The club can provide you with the opportunity to train and compete at whatever level you choose. We are affiliated with England Athletics for Road, Fell and Cross Country running. We have members from fun runners up to International level - all enjoying taking part in a sport that provides the chance for everyone to find the event that suits them best. We regularly compete in local races at all age and ability levels. Some members just come down to the club to run and don't want to enter races, but prefer to train with like minded people and enjoy the social side of being with a club.

We have said it before and will say it again:

We hope that you enjoy this occasional newsletter. If you are sick of it clogging up your in box, let me know and I will take you off the circulation list.

[Steve](#)

If you have any race reports, photos, announcements or any news that would be of interest to the others members please let just know.

[Sarah](#)

