

Sandstone Trail Races 4th October 2009

It was my great pleasure to organise the races for the second consecutive year and what great races they were. Unlike last year the week preceding race day remained dry and as such the course was dry, fast and much safer, with no danger of people sliding through mud as occurred last year.

Congratulations to all of you who ran on the day, commiserations to those who had to retire and to those who had to withdraw through injury or illness.

On the day, and via subsequent e-mails since, I received many messages of thanks for organising the event, for the superb on the day organisation together with how much the day was enjoyed.

Such organisation was provided by the entire team and as such I owe a huge debt of thanks to all those who supported me in making the event a success, particularly Jill and Barry Barnes, Bob Elmes, and Gwyn Thomas for the many hours pre-race day and the numerous marshals and officials that dedicated their time to ensure that your safety was paramount at the road crossings, transport and the start and finish facilities. This year the Deeside Orienteering marshalling team were supported by Mike Hallsworth of Helsby Running Club and Hilary Murdoch of Tattenhall Runners. May I take this opportunity to personally thank Mike and Hilary for their time.

The race of course could not be held without the kind permission of the Forestry Commission and the National Trust and its most helpful personnel, including Sarah Wilson for issuing permits at Barnes Bridge, John Street of Cheshire County Council who is the Sandstone Trail Warden and Dave Morris of the National Trust who removed the gates to allow the quickest of passages at potential bottleneck locations.

Special recognition must also be extended to:-

- St John Ambulance, who only had one minor injury to treat!
- Phil Latham who allows the race to pass over his land to ensure runners do not have to encounter the dangerous A51 and as a consequence have a safe passage at Kelsall into Delamere Forest.
- Peter Bull for allowing the start at Beeston over his land.
- The staff at Beeston Castle who authorised the use of their facilities at the B race start.

Particular comment was made as to the manner in which we organised the coach transport, a thanks to Carver's coaches on that score, and car parking at Delamere, Duckington and Beeston, again, great thanks to all the helpers.

The two races were held as in previous years, the "A" race (17 miles) from Duckington with the "B" race (10.6 miles) from the extended start at Beeston, with both finishing in Delamere Forest.

Both races reached the limits of 190 per race sometime before the official closing dates. For those runners who could not take part due to injury or illness, then a thank-you for advising me in time to allocate places to those on the reserve list who were most grateful to be offered a place.

The intermediate timing that we had requested all competitors to utilise was extremely helpful in locating the position of everyone and received positive comment, as the split times added to the race atmosphere. A few however decided to skip this requirement, which is frowned upon - we have your names!

This year's "A" race winner was the last person to be given a place, again due to the kindness of those who advised they could not run. John Brown of Salford Harriers not only won by a clear five minutes but broke the course record by more than five minutes in a time of 1:50:20. Kenny Begley was second in 1:56:03 and Vincent Van Woerkom was third in 1:56:25. Tom Annable, last year's winner, was fourth. First lady was Ruth Isaacs of Pensby Road Runners in 2:20:35, with the age categories being awarded to Jo Molyneaux first LV40+, Sandra Connell first LV50+, Tom Annable MV40+, Ian Lancaster MV50+ and Ken Burgess MV60+ - well done to all. The team prize went to Tattenhall Runners with its three qualifying competitors of Peter Taylor, Ian Lancaster and Robert Dunn, and Andrew Thorpe of EPOC won the first orienteer prize.

The "B" race was won by Peter Brook of City of Chester Triathlon in a time of 1:12:49. The first lady was Laura Murphy of Liverpool Harriers, with the age categories being awarded to Gill Mead LV40+, Alison Meakin LV50+, Karl Bryers MV40+, Paul Frodsham MV50+ and Mike Smithard MV60+. The team prize went to City of Chester Triathlon with its qualifying competitors of Peter Brook, Gill Mead and Mark Humphreys.

A special mention for Mike Smithard of Deeside Orienteering for his splendid run and for his extensive work in supporting all Deeside events.

Full results are on the Sandstone Trail page of the Deeside Orienteering web page; all prize-winners are as appended.

This year each runner received a goody bag, kindly donated by Asics.

Finally to all runners, thank you for your continuing support of the event on behalf of the whole team - I do hope that you enjoyed the day and that you will join us again next year, which I hope will be on the first Sunday of October, subject to all necessary permissions. If you have any comments or suggestions regarding the race I will be pleased to receive them.

With kind regards and thank you all again.

Geoff Shaw
Organiser
Mobile No 079 19 19 19 95

Sandstone Trail Races 2009 Prizes

Prize-winners for the 2009 A Race					
	Name	Club	Time	Overall position	comments
Winner	John Brown (MV40)	Salford Harriers	1.50.20	1	new record
Second	Kenny Begley (MV40)	City of Chester Triathlon Club	01:56:03	2	
	Vincent van Woerkom	Epsom Oddballs RC	01:56:25	3	
Third	Tom Annable	Vale Royal AC	01:57:46	4	
MV40+					
MV50+	Ian Lancaster	Tattenhall Runners	02:04:40	11	new record
MV60+	Ken Burgess	Altrincham & District AC	02:17:26	25	new record
First Lady	Ruth Isaacs (FV40)	Pensby Road Runners	02:20:35	33	
FV40+	Jo Molyneaux	Vale Royal AC	02:32:41	67	
FV50+	Sandra Connell	Picton Sports Centre	02:48:55	101	new record
1st Orienteer	Andrew Thorpe	EPOC	01:59:59	5	new record
Team Prize	Peter Taylor			6	
	Ian Lancaster	Tattenhall Runners	06:10:58	11	
	Robert Dunn			12	

Prize-winners for the 2009 B Race					
	Name	Club	Time	Overall position	
Winner	Peter Brook	City of Chester Triathlon Club	01:12:49	1	
MV40+	Karl Bryers	Wirral AC	01:14:30	3	
MV50+	Paul Frodsham	Last Inn Runners	01:16:11	6	
MV60+	Mike Smithard	DEE	01:19:29	15	new record
First Lady	Laura Murphy (FU20)	Liverpool Harriers & AC	01:16:25	7	
FV40+	Gill Mead	City of Chester Triathlon Club	01:17:39	10	new record
FV50+	Alison Meakin	David Lloyd Runners	01:42:22	98	
Team Prize		Peter Brook		1	
	City of Chester	Gill Mead	03:56:26	10	
	Triathlon Club	Mark Humphreys		36	

Note: The team prizes have been awarded on the basis of their cumulative time and not on their race positions.