

## SO HOW ARE WE DOING?



It's 3 months since our last Torrier and it's great to see so many Toddlies performing well in both local and championship races. We have strengthened our positions considerably over the last few months.

Star of the championships at the moment is Lauren who is currently 3rd in the British champs & 2<sup>nd</sup> in the English champs, with one more race to go. Not only that but she is now the proud owner of an England vest after representing her country in the recent International Snowdon race in Llanberis, where she helped the women to gain the team prize – fantastic. Lauren has also set her sights sky high by taking part in 2 WMRA events in the Alps this August.

Moyra Parfitt is still in gold medal position in the English champs L65 category after bravely completing both Noonstone & Sedbergh 3 Peaks with injuries acquired during the race, she is a tough cookie. Well done Moyra.

Currently the men are 7<sup>th</sup> in the English open team, 6<sup>th</sup> in the V40 team & 4<sup>th</sup> in the V50 team – showing that they are improving with age! The Ladies are currently 4<sup>th</sup> in both the open & LV40 teams, this is our best performance so far, and is no doubt due to the ever improving results from Sarah May at both Coniston and Holme Moss, should we gain two points on our nearest competitors in the next race we could be in for a bronze medal team result, how good would that be? So let's get out there train hard & have a go. Remember every runner is important in a championship race.

There weren't many slackers at Turnslack either as the men claimed the team prize with some excellent results Andrew Wrench 3<sup>rd</sup>, Sean Carey 4<sup>th</sup>, Alastair 7<sup>th</sup> & Dwane Dixon 8<sup>th</sup>. I believe there were only 3 seconds between Sean & Andrew which shows the strength Sean has developed over the last year under the guidance of coach Graeme Wrench. Sean also produced excellent results in the Midsummer madness series where he finished 1<sup>st</sup> in the junior series, with excellent results in the 2 senior races. He also finished second at Whittle Pike last week – improving on last year's time by nearly 2 minutes. Well done Sean – you are running so well. Jon Wright true to form has shown some excellent results in the big races this year running well at Jura, Ennerdale & Borrowdale and WINNING the Saunders Lakeland Mountain Marathon Scafell class with Richard Pattinson. Jane Leonard seems to have found her previous form returning to racing well after a long spell off with injury, winning LV50 prizes at nearly every race she runs – well done Jane.

So many Toddlies are improving at the moment with Nick Barber, Alastair, Paul Hobbs & Dwane Dixon showing strong performances in local races – it looks like we could have some cracking relay teams this year.

I know there are many people I haven't mentioned but I think that's a sign of how strong we are as a club, there are so many of us improving and more importantly getting out and enjoying our running and our club.

Happy running & hope to mention more of you in the next Torrier.

*Kath B*

