

Winston Runners

NEWS LETTER

JANURAY 2009



SPECIAL POINTS OF INTEREST:

- 31st January 2009

Winston Annual Dinner Dance.
Tickets £15.

- Shell 4 Villages Results

- Web Site updated for 2009.

www.winstonrunners.com

1st ever News Letter

Hello Everyone..... Welcome to the very first ever Winston Runners official news letter. It was decided this year that we try and improve our communication with club members. We have started to role out the first of our plans to do this by creating a news letter which will keep you all informed of what's going on monthly!

We are also in the process of updating the Winston Runners web-site – www.winstonrunners.com. We plan to get a new fresh look and the web-site will have all the up to date fixtures and planned runs as well as comedy photos from us all participating in races!! And many other extras.

As some of you may well know, there are some Winston club members who enter running races frequently. We would like to invite anyone who feels they would like to try a race to come and join us. Part of the web-site and news letter is to tell you all about what runs are available in any given month. This information will also be present on our

web-site.

Firstly it would be of great help if everyone could e-mail Matthew Malone with their e-mail address, this makes it easier for us to pass information on to you. mat-malone69@yahoo.co.uk.

What's on this month?

On 31st of January is the clubs annual dinner dance. The men are to attend in black tie and the ladies...well glammed up to the 9's! It's a fantastic night with lots of dancing, drinking and eating. This year it's to be held at Cheadle Golf Club. Tickets are £15 per person. We can cater for around 80 guests so my advice is to book early!

*Winter training– Thursday Night runs from the Winston Social Club on Hall Lane, Wythenshawe.

Shell 4 Villages Results and Runs for February

The major race for this month was the Shell 4 Villages Half Marathon. We had a few Winston Runners enter this years race. Results Below:

John Malone	1:45:16
Steve Cook	1:47:49
Brian Mason	1:50:53
Amanda Dunbar	1:58:58
Carole Bracchi	2:00:48
Julie Crawley	2:07:46
Sam Hardman	2:09:07
Beverley Lee	2:16:34

Well done to everyone!

We would also like to say a big well done to Andrew Malone for completing the Dubai Marathon in 4hrs 11 Mins.

Races for February:

Sunday 15th February – Radcliffe 12 mile trail race. This is a very tough but rewarding course. *Of note the Trafford 10K is March 15th. This is a very fast 10K course and is very popular. You will have to book early to ensure a place.

Final note: It would be a great help if you can help me out with the web-site and news-letter. I'm looking for anyone who has any interesting running stuff or general info they want to tell people about, I'm looking for people to send me photos of us Winston Runners at racing events or social nights etc..

Until next time.....