

# Winston Runners

NEWS LETTER

APRIL/MAY 2009



## SPECIAL POINTS OF INTEREST:

- Winston Runners who are running the FLM 2009.
- Salford 10K Results
- Whitley 10K Results

## Winston Runners @ Flora London Marathon 2009



This Years Flora London Marathon on the 26th of April saw more than 35,000 Runners undertake the 26 Miles. Of these runners 7 members of the Winston Running Club finished the race.

Steve Cook 04:13:42  
Brian Mason 04:29:13  
Amanda Dunbar 04:31:13  
Julie Crawley 04:56:48  
Jill Peacock 04:59:28  
Helen Nicoll 05:30:44  
Ann Robinson 05:30:44

On behalf of everyone at the Winston Club a big well done to all of our club runners. Undertaking a marathon requires a lot of dedication and hard work, it requires a lot of time to be put into training and getting the miles in. I'm sure if you asked all the runners who finished the race they would tell you it was all worth it!

## Salford 10K Results

Matthew Malone 41:05

Andrew Malone 43:55

## Whitley 10K Results

Matthew Malone 39:55

Andrew Malone 46:04

## Summer Training

Now summer is upon us we have started running on Thursday nights from the Ship Inn Pub in Styal. All are welcome and we start the run from 6pm. There are a few groups of runners of all abilities so don't feel like you have to fast! It really is a good way to keep you motivated and the runs we do are varied every week in beautiful surroundings.