

# ACTIVE LIFE

ISSUE 47a

Autumn 2011

## WE NEARLY HAD A SUMMER

A few sunny days here a few rainy days with cool winds there.. The summer Handicap back in June was ran on a really miserable night. We just avoided the worst of the rain and cold wind. Only a few days later with the Rotary 10k at the same venue it was a warm sunny morning. Since the last issue there have been many good runs and races. The club had 5 runners in the London marathon and on the same day we had 11 runners in Nice for the half Marathon and 10k.

The Rotary 10k at Moreton Shore must have been the most successful race ever for BAC. Out of 86 runners we had 9 entrants and 4 took prizes as Age group winners. Brilliant.

The May multi-terrain at Thurstaston was again on the race calendar. It was well supported by the running fraternity and help with Marshaling, registration, organisation etc from club members. So it was fully justified in running it.

Hopefully next summer, the weather will be better for the greatest event in this country for many a year namely the London Olympics. The event is coming round fast and it only seems like yesterday that the games were awarded to London. There are practise events going on to test the swimming, triathlon, cycling marathon, arenas or courses. The are club members who have volunteered to help and they should be hearing soon as to whether they have been successful after their interviews.

We have about 7 runners who are in full training for the Liverpool or Chester marathons. Here's hoping all goes well for them.

We have lost a few events from the running calendar this year but the local races Hoylake 10k, the Rotary 10k, Penny Lane 10k and Walton hall 5, Capenhurst 5k, seaside runs and the princes park weekly 5k, to name but a few, seem to be going from strength to strength. And long may it continue

The long awaited return of the Llandudno 10 mile seemed a huge success, again we had several runners in this.

## “SUMMER CLUB RUNS”

After previously having a moan about the summer weather the 4 Club runs were blessed with decent weather. No rain and lots of late evening sunshine. The 4 events were well supported and all enjoyed

the different runs. First off was the run along the Riverfront to Seacombe and back . Next was the run through Port Sunlight and Brotherton Park, this was followed by the run from the Irby Mill and the Cot-

tage Loaf,. Thanks to Dave Grundy, Jim and Maureen Edwards, James Downey, Maria Haigh and Andy Waring for organising the successful evenings and the weather



## Our Presidents 80th

On the 13th June 2011, our President, Tony Bobby celebrated his 80th birthday and 2 days later at the 2nd summer club run he again celebrated it with his running club friends. The run, at which Tony was a spectator, started from the picturesque Dell in Port Sunlight Village. The evening was perfect for running and the run proceeded to Spital via the old railway line footpath, then through the lush fields and woods of Brotherton Park. Whilst in the Park we had to negotiate the Tunnel which is about 100 yards long and even at the time of night it was quite dark and difficult because to the runners right hand side there was a pond and because of this we had to run very

carefully for fear of slipping and getting wet. All, though, negotiated it safely even if there were bird and bat noise "impressions" I am sure these were to unsettle the lady runners but they are made of sterner stuff. We then made our way back to the Bebbington /Bromborough road, up



A Birthday fleece for Mr. President

the hill to the railway line footpath and back to the Village. We were then invited back to newly moved north Emer and Rob Sneddons cottage, who provided a wonderful supper. We had the usual friendly social with some new acquaintances made.. It was during the evening that Pauline and Margaret presented Tony with a lovely chocolate birthday cake, plus candles, not 80 though because of the fire hazard. After the very vocal "Happy Birthday" Chairman, Andy Waring, then made a short speech whilst presenting Tony with an embroidered Club fleece. Tony then responded and thanked all for the lovely evening. Andy also thanked Rob and Emer for the supper.

## MERIT AWARD

Congratulations to Chris Champney on being voted as the club runner who deserved the Merit Award for 2010/2011. This award is voted for by club members who were, at the time of voting, eligible. It was a close run contest but Chris amassed 2 more votes than her nearest "rival"

Unfortunately Chris was unable to attend the AGM as she was on her way home from Uganda where she had been for 2 weeks on a volunteering scheme helping the locals with their Midwifery clinics.

Chris thoroughly enjoyed the experience and she hopes she has helped

in some way to improving training of the nurses there. Chris also ran the London Marathon with Margaret Delaney who between them helped raise over £5000 for the charity "CRY" They thank all who sponsored this very worthwhile cause.

## ODDS AND ENDS

### London Marathon Draw

The club has 2 entries for the London marathon and it then has a ballot of those wishing to enter. To qualify you have to be first claim and have paid 2 years subscriptions. Those wishing to enter should inform the secretary, in writing either by post or e-mail, before the end of October 2011

### London Olympics 2012

The club has 3 members who have been nominated and selected for the next phase of the process to select runners for the

### Torch Relay.

Congratulations to Margaret Delaney, Andy Waring and Norman Grundy for getting to the next stage and good luck with the selection process

## AGM

In May the club held its 15th AGM . The meeting was held at the Lairds Social Club and the chairman, Andy Waring, said we had had a successful year, The Officers and Committee were duly re-elected plus Joe Johnson who takes over the role of Off Road Secretary. Several suggestions were put forward namely alteration of the London Ballot and a proposal to join the Borders league. The London ballot resolution was to alter the re-apply time to successful applicants to 5 years. This was accepted.

An application was to be sent to the Borders League for membership.

Most Social dates were fixed and

would be circulated to all members. The only dates not sorted are those for the Extra training runs we have during the winter. Andy and Lawrie to arrange dates and venues.

The club social in September/ October is also to be arranged.

Subscriptions to remain at £12 per year for first claim and £7 for second claim

Various presentations took place.

The Merit Award went to Chris Champney, unfortunately she was in Uganda, on volunteer work, at

the time and a suitable presentation date would be found. Joe Johnson and Justine Reston won the Presidents track 5k at the Bebington Oval..

Joe also won the Equaliser along with Louise Powney.

“Lovely legs” went to Norman Grundy.

Special mention was made of Justine’s qualification for Great Britain in her age group for Triathlons and she was very successful in her debut in Budapest.

The usual superb buffet followed the meeting. Thanks to Pauline and Margaret for that.

## OUR MAN IN AMERICA

Steve Skegg who has been a club member since 1998 works for then Unichema and has worked in Holland before moving to America. He was home at Christmas and ran the Sunday run with then.

He competes regularly in America and is quite successful in his age group. This year to date he has ran 5k, 10 mile, 25k, half and full marathons and with quite impressive

times.

A regular runner with times of 1-30-00 for the half and 3-30-00 for full. Considering the distances he has to travel from state to state to get these runs in. The Birkenhead AC vest has been seen in many

states in America. He has claimed first place in his age group in several races and also running in humid temperatures of 80 Fahrenheit can’t be much fun. We can only dream of temperatures like that with our summer. Steve has made a successful comeback after 4 months out with injury. Good luck with your running Steve a keep the BAC vest to the front

*FAIL TO PREPARE  
THEN  
PREPARE TO FAIL*

## MORE ODDS AND ENDS

**WELCOME TO NEW MEMBERS...**Adam Edge, David W Griffiths, Jason Howard, Jacqueline Hudson-Kirkham, Graham Hughes, Craig Impett, Carole Morrison, Paula Sheridan and James Dunbar  
Here’s hoping you have many happy years of running with BAC.

**CONGRATULATIONS** to **Dave Griffiths** and partner Nicola in Stirling Scotland on the Birth of daughter Daisy.  
**Linda Duffy** on the birth of her first grandchild Esme.  
**Margaret Delaney** on the birth of her first grandchild Edward Christopher.

**MALTA 2012** Following on from many successful overseas runs next spring we are off to Malta. At the time of going to press there are 29 of us going with 21 running the half marathon there. Anybody else interested? If you are let me know, Norman Grundy, and I will explain all

## NEWSLETTER OF BIRKENHEAD AC

### OFFICERS and COMMITTEE

President Tony Bobby  
Chairman Andy Waring  
Treasurer Margaret Delaney  
Secretary Norman Grundy  
Social Secretary Pauline Martin  
Off Road Secretary Joe Johnson  
Committee Lawrie Brown and Jerry Williams  
Web-site Manager Andy Gardner

[www.birkenheadac.co.uk](http://www.birkenheadac.co.uk)

## RACE DATES 2011-2012

### MULTI-TERRAIN

Tuesday 13th September Beach, Harrison Drive, 7pm

Tuesday 20th September. Wirral Country Park, Thurston 6-30pm

Tuesday 27th September. Arrowe Park, 6-30pm and afterwards in the Cherry Orchard for buffet and presentation.

### ANDY'S AND LAWRIE'S EXTRAS (winter training)

Thursday 13th October Port Sunlight War memorial

Thursday 17th November, Top of Thornton Road

Thursday 15th December, Port Sunlight War memorial.

ALL THESE TRAINING RUNS ARE AT 6-30pm

## MORE RACE DATES

### BORDERS LEAGUE, DIVISION 2

Sunday 16th October, Prestatyn, 11am

Sunday 13th November, Wallasey, 11am.

Sunday 11th December, Tattenhall, 11am

Sunday 8th January, Abergele. 11am

Sunday 26th February, Wreccsam Tri. 11am.

Sunday 11th March, Helsby 11 am

Sunday 1st April Spare date

Wednesday 25th April, Dee Striders, plus prize giving 7pm

### CAR SHARING WILL BE IMPORTANT FOR THESE EVENTS.

### CROSS COUNTRY

Sunday 30th October, Clarke Gardens 10am

Sunday 6th November, Beacon Park, 10am

Sunday 4th December, Arrowe Park, 11-30

Sunday 15th January, Runcorn 10am

Sunday 5th February, Walton Hall Park, 11am

Sunday 4th March Birchwood 10am

Note different start times

As well as the above events there are 2 more important dates for the club

**Northern Cross Country Championships** at Pontefract. Saturday 28th January 2012. 8k Ladies  
12k men.

**Merseyside Cross Country Championships**. Sherdley Park St. Helens. Saturday 7th January 2012.

It is intended that the club enter teams for these events. More details later.

**Time to meet.....Les Hall** Les is an original founder member of BAC. He was at the meeting in 1995 that formulated the constitution, elected officers and as they say the rest is history.

As with previous editions of the Active Life I put a series of questions to Les and what follows are his answers...

[Family](#) my wife is Janet and we have a daughter Jayne.

[Favourite holiday destination?](#) Skiathos, we went on holiday there a few years back, the first week was on Skopilos and then we transferred to Skiathos via hovercraft. A fantastic holiday with Skiathos being particularly outstanding.

[Worst holiday?](#) When I was about 6 years old, my family stayed on a farm in Wales. The farm had no running water, everything taken from the well outside. To make matters worse on the way to the farm, via steam train, I got grit in my eye, and my eye was swollen for the rest of the holiday.

[Breakfast. Cereal or fry up?](#) I eat healthy cereal during the week but on a Sunday I like to go for the "full works" after our Sunday run

[Favourite female athlete?](#) Paula Radcliffe. She's a terrific competitor and role model and she's also attractive from my male point of view.

[Favourite male athlete?](#) Daley Thompson because he was such a great all- round athlete rather than just good t one particular event.

[Are there any sports you dislike?](#) Horse racing and motor racing are two sports that don't interest me at all. I get quite bored with them after a short time.

[Most enjoyable race?](#) The Great North Run. It is a few years since I last ran this and perhaps there are too many taking part now, but I thought it was a great experience. Running over the Tyne Bridge was quite an experience.

[Most disliked race?](#) The Wrexham half marathon, the weather was always cold and wet when I ran this race and I don't think it is well organised.

[Invited dinner guests?](#) Anthony Hopkins is terrific when being interviewed due to his vast experience in the film world. Kim Thompson is the most attractive actress for me, with a great speaking voice.

[Favourite song?](#) "Theme from a summer place" not a song but instrumental and goes back to 1960. It's just got fond memories for me.

[Favourite music/singer?](#) I like smooth jazz, which is totally different from the sort of jazz most people like. I prefer instrumental music to singers and Peter White is an outstanding guitarist.

[Favourite food?](#) You just can't beat a good Chinese chicken curry with fried rice.

[Most disliked food?](#) I can't stand salads. I remember some years ago being given one for breakfast on a holiday flight- the ultimate insult!

[Favourite drink?](#) That's easy. The Greek spirit Metaxa. It is a sort of Brandy but much smoother and quite unique.

[Met anyone "famous"?](#) I used to help with radio production at Radio Merseyside and met a few famous people there. Sir John Mills was particularly nice and polite and I was quite surprised how small in stature he was.

[Favourite radio or television programme?](#) Celebrity Juice. It is certainly adult entertainment and not for anyone easily offended. All I can say is watch an episode and see what I mean.

[Favourite film?](#) "On Golden Pond 2 with Henry Fonda and Katherine Hepburn and also Jane Fonda. An absolute classic.

[Any phobias?](#) I have always had a dislike and been very wary of wasps. I've been stung a few times and that hasn't helped.

[Alternative career?](#) A Radio presenter would be high up on my list I was a voluntary presenter with hospital radio for 16 years and had experience at some radio stations in the North West. It's a great life if you are successful but will be quickly discarded if "your face doesn't fit"

Thank you Les. Who's next? I know but do they?