

Summary of High Performance Runner coached athletes and associates (those who have trained with us) competitive activity in 2021

For all its ups and downs I'm really happy with what we have been able to do this year. There were many great results and performances, as the number of athletes who wanted to be associated with HPR continued to increase.

It's only when you see all my weekly reports listed in one place that you really get an idea of what HPR is about. HPR is not a club, but it is about guiding, training and supporting runners to do their best across a full range of running disciplines and events.

2021 started off with another pandemic lock-down and continuation of virtual races from 2020 and it wasn't until April that actual races returned in England at least.

Many thanks to everyone who has supported HPR through 2021, and here's to further improvement and high performance running in 2022!

17 April 2021

There was a positive return to real racing today for 4 HPR coached athletes.

At the Mallory Park 5k, City of Stoke AC's Amy Neill set a 39 second personal best with a time of 18.35. For Trentham RC's Jo Stanfield this was a first ever real 5k road race, and she zipped round in 19.35, finishing 3rd in the W50 age-category.

In the Cheshire Cross Country Championships at Betley Court, Congleton Harrier Bryan Lomas finished 29th overall and 2nd in the M50 age-category. Club-mate Emma Weston finished 7th overall and 1st in the W45 age-category, both excellent runs in one of the very few cross country events to have gone ahead in the last 6 months. Well done Cheshire AAA for putting this race on.

18 April 2021

Two more positive first post lock-down races today for HPR training group athletes.

At the Mallory Park 10k Birchfield Harrier Carli Baldwin recorded 39.29, not quite back to full speed but definitely heading in the right direction.

Stone Master Marathoner Danny Soltys has missed a lot of training recently but wanted to test his fitness with a real race anyway. It is testament to Danny's ability and base fitness that he still recorded 74.35 for 8th place in the Leicestershire Half Marathon 13 months after he last did an actual race.

23 April 2021

Well done Leeds AC and HPR coached athlete Dan Whittle who ran 16.28 at the York Even Splits 5k this evening, a 71 second improvement on his previous personal best!

24 April 2021

Congratulations to HPR coached Judith Ho on finishing her first ever actual road race today. Judith ran 57.22 at the Tatton Park 10k, a brilliant performance from the 67 year old who only started running during lock-down, and who had never run at all before last summer

25 April 2021

Well done HPR coached Trentham RC member Mike Bosworth who ran 85.35 at the Tatton Park Half Marathon today, an improvement of 84 seconds on his previous personal best!

29 April 2021

Stone Master Marathoner Danny Soltys was back in racing action last night finishing 4th in 34.59 at the Tatton Park 10k despite very limited training over the past 6 weeks. I'm certain once Danny picks it up again that effort will convert into much improved performances this summer.

30 April 2021

Strong runs by all six HPR coached athletes in the Mid Cheshire 5k this evening.

Leeds AC's Dan Whittle was very close to his recent PB with 16.34 and is showing the consistency which will result in another jump up in his next race I'm certain.

Cannock and Stafford AC's Megan Huxley was doing her first ever official 5k here and performed brilliantly with 17.41.

Close behind Meg, Leeds based former Stoke AC runner Sammeyjoe Daley-Davies improved her best by 61 seconds with a super 17.55.

Congleton Harrier's M50 Bryan Lomas ran his fastest time for many years with 17.58.

City of Stoke AC's Amy Neill smashed her recent best by 16 seconds with 18.19.

Cannock & Stafford AC's Rebecca Brown was also running her first ever 5k and smashed the 20 minute barrier with 19.50.

I am also really pleased for Buxton AC's 17 year old Harry Bond who trains with us regularly and smashed his official PB by nearly 2 minutes with a time of 16.24.

2 May 2021

Congratulations to HPR coached Staffordshire Moorlands AC runner Dave Bethell who broke the Three Trigs FKT (Fastest Known Time) in the Staffordshire Moorlands today with a time of 1hr 09 m 54secs!

Really good to see Dave bounce back so strongly after health issues last year left him unable to run at all for quite a long period, and with real concerns he wouldn't be able to get back into it.

There were three more actual 5k race performances from HPR coached runners at a breezy Prestwold today.

Congleton Harrier W45 Emma Weston has been looking for an official time under 20 minutes for a while and she smashed it today with a 19.47 personal best in her first actual race this year.

Trentham Running Club's W50 Jo Stanfield was hoping to beat her 19.35 best set at Mallory Park two weeks ago and set off really strongly with that intent. Unfortunately it didn't quite work out today but Jo still recorded 19.57, her second best ever time, and I know she will bounce back very quickly.

Naomi Ellis has only just returned to training after an injury, but that return resulted in a super 26.50 run today, one of her best times over the distance, and with a new training programme to work through I'm certain she can improve considerably on that over the summer.

6 May 2021

Newtown based HPR athlete Matt Marston was in action at the 2nd Hereford 5k series race last night.

Although slightly disappointed to be 1 second off his PB in 17.18 a majority of runners in this second race were a bit slower than in the first so possibly the weather conditions were not as conducive to fast times.

And as I often tell runners consistency is always a sound basis for an improvement in performance, so I'm sure that will be the case for Matt in the next race.

9 May 2021

There was some great racing this weekend from 4 HPR coached athletes with 2 personal bests and 2 brave attempts to push individual performances to new levels.

On Saturday Trentham RC's Mike Bosworth raced the Tatton 10k in 39.08, an official personal best by 12 seconds and an excellent run in the wet and windy conditions.

Also on Saturday Stone Master (Ultra) Marathoner Phil Cape was in action in the Thames Path 100 mile race. After running strongly through the first half Phil had some problems resulting in his withdrawal at 67 miles. This was the first time Phil has raced on such a sustained flat ultra course and there have been plenty of lessons learnt from the attempt after a positive block of training.

On Sunday Newcastle (Staffs) AC's Paul Tatler finished a brilliant 2nd overall in the Aintree Half Marathon in 74.10, a personal best by 4 minutes vindicating the super training Paul has been able to put together in the last 8 weeks since an injury.

Also at Aintree, Paul's club mate Shaun Haddrell competed in the 10k event just a month after coming back from injury himself. Lacking endurance but determined to push his limits Shaun battled through to a 36.32 clocking, just 24 seconds away from his 2 year old official best.

10 May 2021

Demonstrating the variety of athletes and events that HPR provide coaching and advice for, Staffordshire Moorlands AC athlete (and coach) Ben Williams finished a strong 5th in the first Kong Mini Mountain Marathon Evening 2 hour Navigation event at Dovedale on Saturday!

16 May 2021

This weekend HPR had representatives in actual races on the fells and at the Birmingham Festival of Running as well as the latest NSRRA virtual, the mid week Clayton 10k.

On Saturday M40 Cumberland Fell Runner Jim Masters was in action in his first fell race of the year the oddly named 9 mile Brian Clough Head and Ken Dodd Fell Race in the Lake District where despite picking up a cold he was very happy with his 46th place in a strong field.

Today Newcastle Staffs AC's Scott Zikmanis ran his first actual race since last September when he competed in the Birmingham Festival of Running 10k in Sutton Park. Despite also picking up a cold and struggling to get past lapped runners from other distances happening at the same time, Scott ran 38.18 for 3rd place in the M40 age-category on the undulating course, not close to his best or where he is fitness wise at the moment, but absolutely delighted to have got a real race in again at last.

In the virtual Clayton 10k last week it was great to see Michelin AC's Clare Caci run 41.40, her fastest so far and the 2nd fastest ladies time. Silverdale RC's Gareth Copley-Jones yet again completed his Clayton 10k attempt on the Silverdale Country Park trails with 41.43. Trentham RC's John Guest who regularly trains with us was the fastest M60 in 44.14, and Judith Ho continues to run amazingly strongly with 2nd fastest time in the W65 category in 57.43, just outside her best for the distance.

17 May 2021

A return to real racing at last for HPR coached Scott Zikmanis in the 10k race at the Birmingham Running Festival at Sutton Park. Not the time he was after but 3rd place in the M40 age category was a good result on the undulating course. In any case Scott was just delighted to be back racing for real!

20 May 2021

HPR coached Newport runner Matt Marston was in competitive action last night in his first fell race after a 10 year break from the sport.

The Batch Bash in the Shropshire Hills is only 4.8km long but has 305m of ascent and descent.

Despite feeling very rusty on the technical parts of the course Matt finished a creditable 13th in a competitive field and will be looking to improve considerably in local fell races to come over the summer.

21 May 2021

Conditions were super tough last night at the Leicestershire 'Chase The Sun' 5k race for HPR training group and Cannock & Stafford middle distance athlete Rebecca Brown who recorded 20.57 in her second ever 5k race. Although it was not the time that she was looking for Rebecca's strength and endurance is improving every week, and I'm sure that she will run some PB races on the track this summer as a result.

22 May 2021

There was a great turnout of HPR training group athletes at the York Split Events 5k race last night despite the inclement conditions.

Dan Whittle - Leeds AC - 16.54

Sammeyjoe Daley-Davies - 17.50 PB

Emma Wood - Silverdale RC - 17.52 PB

Geoff Marchment - Knavesmire Harriers - 18.21 PB

Amy Neill - City of Stoke AC - 19.02

23 May 2021

Although many of the first races to return after lock-down have been flat fast courses, this was definitely not the case with the Run Heaton Park races today. HPR training group athletes were in action in the 5k and Half Marathon.

Cannock and Stafford AC's Meg Huxley won the women's 5k in 18.50, a great time considering nearly 200ft of ascent on the course.

Trentham Running Club's Jo Stanfield finished 3rd lady (and first over 50) in the Half Marathon in 1.37.32, again a really strong run with nearly 900ft of ascent!

28 May 2021

Two HPR training group members were in action in the Run Media City races in Salford last night.

Unfortunately the course was much more twisty and turny than expected so finishing times were well short of what both wanted but in those kind of races positions in the race relative to others count for a lot more too. In any case it was great for both runners to get back into competitive real race action.

Newcastle (Staffs) AC's Lindsay Dixon ran 20.29 in the 5k race finishing an extremely close 2nd in the W45 age-category and 8th female overall.

Congleton Harrier Emma Weston ran 43.17 in the 10k race also finishing 2nd in the W45 age-category and 3rd female overall.

30 May 2021

Amazing 2nd place finish for HPR coached Stone Master Marathoner Phil Cape in the Chester Ultra 100mile race.

Phil paced the race to perfection not getting into the top 20 until close to 50miles and then gradually picking everyone off but one.

31 May 2021

Well done Leeds based HPR athlete Sammeyjoe Daley-Davies who zipped to 38.50 and 3rd lady in the Middlesbrough Endeavour 10k today.

This was Sammeyjoe's first ever 10k road race and it was definitely a tough one for a debut with the sudden onset of warmer weather today so we are sure there is plenty more to come with more experience of the distance.

3 June 2021

HPR training group members Newport's Matt Marston and Lancaster & Morecambe's Matt Guilder were in racing action last night.

Matt Marston ran 17.38 in the final race of the Hereford 5k to complete a solid set of sub 18 minute performances in the 3 race series after a 10 year break from running.

Matt Guilder ran his first race since lock down at the Carlisle Tri 10k finishing in 36.46 one of his faster 10ks despite the undulating course and warm conditions.

7 June 2021

Well done HPR coached Staffordshire Moorlands runner Ben Williams who ran 3.54.39 in the Lakeland Trails Coniston Trail Marathon yesterday finishing 20th overall out of more than 220 finishers.

14 June 2021

HPR coached athletes were in action across a couple of actual events this weekend as well as completing the latest virtual North Staffs Road Runners Westbridge '5' virtual event.

In the Midlands Track & Field Championships at Nuneaton Cannock & Stafford AC's Rebecca Brown recorded her fastest 1500m time for 4 years with 5.04.

At the Cheltenham Running Festival Trentham RC's W50 Jo Stanfield had to overcome a warm day and an undulating course along with many 10k and HM racers still on the course, so 20.36 for her 5k was still a pretty strong run in the circumstances.

In the Westbridge 5 virtual event Silverdale RC's Gareth Copley-Jones ran 33.00, whilst 67 year young Judith Ho improved her 5 mile time to 45.25 for 2nd in her age-category and also an amazing 160th out of 296 runners!

This weekend also saw competitive outings on the fells for 2 runners who attend some HPR training sessions.

Harry Bond finished a highly creditable 10th in the English Junior and UKA British Junior Inter Counties U19 Fell Championships at the Up the Nab Fell Race, one of his best fell performances so far.

In the same race Jack Ross is on the comeback trail after injury and illness, and finished in the top 10 senior men showing improving form after a long time out.

19 June 2021

HPR coached athletes were in action at the Tatton Park 10k and the Cholmondeley Sprint Duathlon this morning.

Cannock and Stafford AC's Meg Huxley made a stunning duathlon debut finishing well ahead as first lady and 5th overall in the sprint event at Cholmondeley. There's obviously plenty of potential in both this event and her running as she continues to get stronger.

At Tatton Park new HPR training group member Warren Thomas who is in the M45 category put a 40.22 marker down before he starts an HPR individual training programme.

Also at Tatton W50 Jane Holt enjoyed a return to real racing with a solid 54.33 clocking whilst W40 Naomi Ellis recorded 55.38, a PB by nearly a minute!

21 June 2021

There was more varied competitive activity from HPR coached athletes and associates yesterday.

At the Midlands track and field league at Burton Cannock and Stafford runner Rebecca Brown ran the 3000m finishing in 3rd place with a time of 11.30 a 54 second improvement on her previous best.

At Cholmondeley London based former Stoke AC runner Aimee Hargreaves competed in her first ever Triathlon finishing in a creditable 14th place and with one of the faster 10k times.

Many local runners were hoping for PBs at the Colshaw 10k in Cheshire.

One that did was Newcastle Staffs AC's M45 Neil Dixon who recorded 35.07 a 28 second improvement on his previous best.

Neil was closely followed by former Staffs Moorlands now Alsager Runners Sam Lucking on the comeback trail who has been doing regular Tuesday night group sessions with us. Sam ran 35.14.

Trentham Running Club's Mike Bosworth is putting in big miles for a solo Thunder Run effort in July so was pleased with his 39.41 clocking just 20 seconds off his best.

Club-mate Jo Stanfield is a fast and super consistent W50 now but will be looking for faster next time out despite having ran her second fastest official 10k with 41.18.

24 June 2021

Well done HPR coached Knavesmire Harrier Geoff Marchment who ran a 2+ minute personal best course time of 67.27 at the super hilly Otley 10 mile race in Yorkshire on Wednesday evening.

27 June 2021

Some great racing this weekend from HPR coached athletes and associates.

City of Stoke AC's Amy Neill finished an excellent 6th lady in the Shrigley Stag Fell Race over 10k in the Peak District on Saturday.

Staffs Moorlands runner Jack Ross who trains with us most Saturday mornings on Keele Golf Course showed real improvement to finish 4th man in the same race.

Today Trentham RC's M55 Dave Maydew recorded his fastest Half Marathon time for 4 years (and his 2nd fastest ever) at Southport. Dave's time was 1.31.50.

And there was another good run from U20 Harry Bond who also does some training sessions with us. Harry finished a competitive 4th in the short (2.4 miles) but tough (530 feet ascent and descent) Combs Fell Race this morning!

Also in action this weekend, HPR coached Congleton Harrier Andy Roberts completed the Great Lakes Fell Race on Saturday.

More than 7000ft of steep and technical running in 13 miles was great prep for Andy as he prepares for the Welsh 1000m Peaks Race in 3 weeks' time.

3 July 2021

A massive well done to HPR coached South Cheshire Harrier Suzanne Lynn who completed the Cheshire Ultra 50 mile trail race in the really tough humid conditions today. Suzanne finished in the top 75 finishers earning her a GB Ultras gold medal.

They might not be HPR coached athletes but they always put good effort into training sessions with us, so well done Harry Bond and Jack Ross, second and fourth respectively in the Weaver Hills Fell Race last night.

4 July 2021

It's always tough racing in high humidity and especially with lots of hills. I could feel the extra effort required just jogging around the Maer Hills this morning!

Today Newport's Matt Marston finished a strong 5th in the Pen Y Fan mountain race in the Brecon Beacons showing his form is really picking up in his favoured discipline now.

Up in Yorkshire HPR training group members Michelle Stevens (Congleton Harriers) and Paul Birdsall (Vegan Runners) did the very hilly Harrogate Trail 10k. Michelle recorded 55.27 and Paul 64.50.

Yesterday Jack Ross completed his 2nd fell race in 2 days (as fell runners often do) with an excellent 3rd in the Thurlstone Chase fell race, just losing out on a sprint finish.

5 July 2021

HPR training group athlete Danny Soltys was back in action last weekend after quite a long break from serious running / training.

Danny decided to combine a short break in Cornwall with the Man v Coast 25+ mile trail race which involves plenty of the famous hilly and rocky coastal paths, running on the beach and sea, as well as some inland trails.

Without serious prep and determined to enjoy the day he finished in around 5 hours, probably just outside the top 10, and said it was a great experience but tough!

After a few days recovery this week, a re-energised and motivated Danny will be getting back into serious training for an autumn marathon.

7 July 2021

Well done HPR coached Newcastle Staffs AC runner Lindsay Dixon who finished 3rd lady in 41.34 and first in the W45 category at the Tatton Park 10k this evening.

8 July 2021

Two more HPR coached athletes were in action last night despite there being something on the TV...

Congleton Harrier Bryan Lomas finished 14th in the DCRO Dash fell race, nearly 2 minutes faster on the same course than two years ago.

Birchfield Harrier Carli Baldwin starts autumn marathon training this week but turned her hand to vets league track with competitive runs over 400m, 1 mile and 800m in the mixed distance relay instead of a track session.

10 July 2021

She always puts max effort into HPR training sessions so it was an especially well deserved win for Trentham Running Club's Wendy Swift who finished first lady in the Bosley Fell Race today.

12 July 2021

Great to see more HPR coached athletes, training group members and friends getting involved in real races now.

I love to support athletes through a full range of running disciplines and this weekend reflected that.

Track league track races tend to be more about tactics so the times don't always reflect the effort put in, especially in warm and windy summer conditions.

On the track, Herne Hill Harrier (and ex City of Stoke AC) athlete Aimee Hargreaves opened her track account for 2021 in a Southern League 1500m with 3rd place and time of 4.51 just a few seconds outside her best.

In the Midland League equivalent at Stoke, Cannock & Stafford's Rebecca Brown improved her season's best for 1500m by 5 seconds to 5.01 for 4th, also just a few seconds outside her personal best now.

In another Midland League match at Solihull, Birchfield Harrier Carli Baldwin led all the way but narrowly missed out on a 5000m win after a sprint for the line in 19.11.

The HPR road racers were also in action in the first real local North Staffs road race this year the Cheadle 4 miles and the faster 10k course at Wilmslow.

At Cheadle the long uphill in the 2nd mile makes for a tough course. Silverdale RC's Gareth Copley Jones recorded 26.27 whilst Judith Ho continues to make great progress finishing first W65 in 36.23

At Wilmslow Newcastle (Staffs) AC's Shaun Haddrell had another solid run with 36.40 whilst Trentham RC's Jo Stanfield finished first over 50 female yet again in 41.17. Congleton Harrier Kelly Hurlstone returned to competitive action with 48.27.

The previous day Staffordshire Moorlands AC's Jack Ross continued his fell racing comeback with another improving run finishing a close 3rd in the Bosley Fell Race.

16 July 2021

HPR coached Congleton Harrier Bryan Lomas is going from strength to strength this summer and was in fell racing action mid week with 20th place overall (out of 240 finishers) and 2nd M50 at the Bamford Fell Race. Showing the benefits of a consistent period of training Bryan was nearly a minute faster than when he last did this race 2 years ago.

Great running from HPR coached Silverdale RC athlete Emma Wood who ran 17.42 in the York 5k series tonight, an improvement of 10 seconds on her official best for the distance. Photo from the race thanks to Sammeyjoe Daley-Davies.

18 July 2021

This was another really super busy weekend for HPR training group members and coached athletes over a wide mix of running disciplines and distances.

On Saturday, Debbie Hope and Martin Dearden were in action in the Ingleborough Mountain Race close to their new home. Martin finished an excellent 21st overall (out of 240 competitors) whilst Debbie was 7th lady and a brilliant 1st lady over 50.

Congleton Harrier Andy Roberts raced probably the toughest event of the weekend with the Welsh 1000s long fell race in Snowdonia and completed it in just over 7 hours, a fantastic effort in those mountains in the heat.

Today saw the local Betley Trail races, and also Staffordshire team representation at the Nick Beer Llandudno 10k road race.

Betley reminded me just how tough a cross country course is with added heat and everybody who did this one deserves some extra kudos.

In the 10k race (actually a bit short) top HPR coached finisher was Trentham RC's Jo Stanfield who finished an excellent 3rd lady overall and 1st over 50 with a strong run. Jane Holt, proudly wearing her HPR vest, battled every inch of the way for 4th over 50 lady. For the men Trentham RC's Dave Maydew finished 18th overall and 3rd M55. Buxton AC teenager Harry Bond who sometimes trains with us finished 6th man picking up valuable race experience in the conditions

At Llandudno the 10k course is not an easy one either with a big hill up and around The Great Orme and super warm conditions too. Three HPR coached athletes were competing for Staffordshire in the Inter Area Challenge against North Wales, Shropshire and Cheshire.

In the ladies race Cannock and Stafford AC's Megan Huxley was making her debut over 10k and ran brilliantly for 4th overall in 39.18 and 2nd Staffordshire team counter. City of Stoke AC's Amy Neill finished 15th overall in 43.17 and 4th Staffordshire counter, all the times reflecting the difficulty of the course and conditions.

Newcastle Staffs AC's Paul Tatler was also competing for Staffordshire and running very strongly at 5 miles when he collapsed due to heat stroke and unfortunately did not complete the race. Thankfully Paul is fine now and will be looking for another opportunity to show his current fitness once he has recovered fully.

South Cheshire Harrier Katie Latham who also does some sessions with us ran really well for 10th lady overall in 42.17 competing for Cheshire.

Well done everyone, running is enjoyable in most conditions, but long fast running in the heat is perhaps a bit less like fun. Thankfully in the UK these conditions are pretty rare. We will probably be complaining about the wind and rain next weekend, but running might be a bit more pleasant!

25 July 2021

There has been plenty of varied racing action by HPR training group members over the past few days.

On Wednesday in the highest temperatures of the summer Knavesmire Harrier Geoff Marchment ran 68.48 at the hilly Vale of York 10 mile race.

Also on hot Wednesday Congleton Harrier Kelly Hurlstone ran 36.35 at the Alderley Park Trail Race over 4.5 miles.

On Friday Newport runner Matt Marston recorded 17.47 in the Park Hall 5k at Oswestry showing improving consistency over this distance.

On Saturday we were hoping for some strong runs at the Lakeland 50 and 100 Trail Ultras in the Lake District. These really are extra tough events with a high proportion of non-finishers by normal race standards. Unfortunately for Erewash's Matty

Brennan in the 50, and Stone Master Marathoner Phil Cape in the 100 things did not go to plan this time and both had to withdraw before completion, but we will work out what went wrong and go forward.

Saturday also finally saw the return of parkruns.

Lancaster & Morecambe AC's Matt Guilder was 1st finisher at Lancaster in 18.45. Birchfield Harrier Carli Baldwin was 1st lady at Walsall Arboretum in 18.47. Newcastle Staffs AC's Shaun Haddrell enjoyed a holiday parkrun in Trelissick, Cornwall, finishing 4th in 19.29. In Cumbria also on holiday Herne Hill AC's Aimee Hargreaves recorded 19.51 for 2nd lady at Rothay.

Newcastle Staffs AC's Scott Zikmanis returned to competitive action after illness (Covid) with a strong 4th place in the Tolkien Trail 10k just holding off club-mate Craig Taylor, and followed that up with a brilliant 3rd overall in the even tougher Spartan Trail 10k on Sunday.

Also on Sunday the Conti Thunder Run 24 festival of trail running came to a conclusion. This is a continuous 24 hour race of laps around a surprisingly tough 10k (approx) course starting at lunchtime on Saturday.

Stone Master Marathoners Tom Wilson and Danny Soltys helped their 5 person mixed relay team to an overall win in their category with super consistent running both completing 7 laps. Martin Cross also recorded 4 good quality laps for a 8 person mixed relay team. Great to see Trentham's Warren Thomas return from injury with 4 laps too.

However there's no doubt the HPR performance of the week was delivered by Trentham RC's Mike Bosworth who won the Thunder Run solo race outright, recording an amazing 115 miles (19 laps of 10k!) on the tough course in 24 hours. Mike has trained hard and stayed focused on this event for the past few months and it showed with super consistent laps over the entire 24 hour period.

29 July 2021

Well done HPR coached Newport runner Matt Marston who finished 9th in the short sharp Caradoc Classic fell race in the Shropshire Hills last night. Matt is gradually picking up speed again after a 10 year break from the sport and this was probably his best fell result so far.

30 July 2021

There were more HPR training group members and associates in fell running action in the Brassington Hill Race last night.

Top performance came from Trentham Running Club's Wendy Swift who finished 2nd lady overall and 1st W50.

For the men it was fantastic to see a return to racing from Will Neill finishing 3rd here. The GB long distance mountain runner has had a really challenging time with injury over the past 2 years but showed that his instinct for the hills remains surprisingly intact despite very limited running these days.

City of Stoke AC runner and Will's better half Amy Neill also had a strong run finishing 5th lady.

Buxton AC's Harry Bond was 9th overall and 1st U19 whilst Staffordshire Moorlands AC runner and coach Ben Williams returned to competitive action with 33rd place. Harry's dad Rob also running for Staffordshire Moorlands was 66th.

31 July 2021

HPR training group and associates parkrun results - Saturday 31st July 2021

Good to see the turn-out across the country today and especially in the HPR local event at the Wammy.

Many strong runs, some big PBs and a number of runners gradually returning from illness and injury breaks.

Cannock Chase:

Rebecca Brown (Cannock & Stafford AC) 20.32 and first female finisher

Fountains (North Yorkshire):

Geoff Marchment M40 (Knavesmire Harriers) 18.39

Keswick (Cumbria):

Harry Bond (Buxton AC) 16.54 PB

Rob Bond M45 (Staffs Moorlands AC) 20.08 PB

Morecambe (Lancashire):

Matt Guilder (Lancaster & Morecambe AC) 16.58 and first finisher

Trelissick (Cornwall):

Shaun Haddrell (Newcastle Staffs AC) 18.54

Wammy (Newcastle-under Lyme):

Paul Tatler (Newcastle Staffs AC) 16.31 PB and first finisher

Neil Dixon M45 (Newcastle Staffs AC) 17.01 PB

Shaun Ashworth (Stone MM) 17.45

Martin Cross (Stone MM) 18.05
Mike Griffiths M45 (Newcastle Staffs AC) 18.15
Tim Twentyman M50 (Newcastle Staffs AC) 18.23
Lindsay Dixon W45 (Newcastle Staffs AC) 19.29 PB
Mike Bosworth (Trentham RC) 24.45
Jane Holt W50 26.44 PB

York:

Dan Whittle (Leeds City AC) 17.21
Sammeyjoe Daley-Davies 18.17 PB and first female finisher

1 August 2021

Some more great racing by HPR training group members this weekend to report on.

On Saturday Newcastle Staffs AC's Scott Zikmanis raced his 3rd trail 10k in 8 days finishing 7th overall in a high quality field at the Leighton Hall Trail 10k.

On Sunday Meg Huxley, now back with Vale Royal AC smashed a 90 second PB finishing 2nd lady at the Sandbach 10k in 37.43. (City of Stoke AC's Cross Country International Kate Holt had a magnificent run to win this race outright beating all the men too in 33.27!).

Also on Sunday at the latest NSRRA series race the Trentham 10k, Trentham RC's flying W50 Jo Stanfield won the ladies race overall in 41.56 a really good time on this hilly course. In 2019 Jo ran 45.20 on the same course showing the improvement she has made since then.

Trentham RC's M55 Dave Maydew recorded a strong 43.00 finishing 3rd in his age-category.

Another HPR 'super vet' who is going from strength to strength is Judith Ho who flew round this tough course in 57.44 and not surprisingly also finished first in the W65 age-category.

It was also great to see City of Stoke AC's Mike Harding have a comfortable run-out after time out due to injury. Hopefully the start of a good progression over the coming year back to the level we know Mike can achieve if fully fit.

5 August 2021

Over the past week in addition to road racing and park-running HPR training group athletes have been in action in fell and trail races.

On Sunday at the Pete Bland Kentmere Horseshoe English Championship Fell Race in the Lake District, Dark Peak Fell Runner's Josh Williams started his HPR time with a solid 44th place. Debbie Hope, now with Settle Harriers is beginning to get more familiar with these bigger hills as she finished 15th in the W50 category.

On Wednesday Congleton Harrier M50 Andy Roberts had a great race to finish 11th overall and 2nd M40 in the Parwich Hill Race.

Also on Wednesday Congleton Harrier Kelly Hurlstone finished 24th lady in the Quarry Bank Trail Race.

Congratulations HPR coached Meg Huxley who won the Pie and Peas 5 mile race multi-terrain race in 31.21 on her return to Vale Royal AC colours last night.

After a 7 year + break from serious running it's been great to see Meg gradually return to structured training and pick up fitness over the past year and I'm sure she'll run even better in the future.

7 August 2021

There was some excellent trail racing this morning by HPR training group members in the Peak Skyline and Half Skyline ultra trail races with 4 runners finishing in the top 5 overall across the two races.

In the full race over almost 30 miles and over 6000ft of ascent on tough moorland terrain Congleton Harrier Bryan Lomas ran a super strong race to finish a brilliant 4th place overall.

In the Half Skyline race over 15 miles and more than 3000ft of ascent Trentham Running Club's Wendy Swift gave the competition no quarter as she stormed to a ladies win.

Wendy and Bryan are both in the 50+ age-category but fully subscribe to the HPR maxim that age is no barrier to top results and performances overall

Also in the half race Staffordshire Moorlands AC runner Dave Bethell had a fantastic race underlying his ability when he is able to do some consistent training, finishing a very close 2nd overall.

Close behind Dave, and less familiar with the terrain, Newcastle Staffs AC's Scott Zikmanis tackled this race for the first time and finished an excellent 5th overall.

9 August 2021

There was a good turn-out and some strong runs from HPR training group members in the KMF Newcastle 10k this weekend.

- 11. Shaun Ashworth - 36.54
- 14. Shaun Haddrell - Newcastle Staffs AC - 37.09
- 50. Gareth Copley-Jones - M40 - Silverdale RC - 41.03
- 59. Dave Maydew - 5th M55 - Trentham RC - 41.38
- 221. Jane Holt - 4th W50 - 51.33
- 275. Judith Ho - 2nd W65- 55.15 PB

Some of those who do sessions regularly with us also had good runs:

- 6. Harry Bond - Buxton AC - 35.52
- 23. Tim Twentyman - 1st M55 - Newcastle Staffs AC - 37.51
- 24. Tom Watson - Boalloy RC - 37.58
- 46. Dave Ratcliffe - Boalloy RC - 40.37

11 August 2021

More HPR training group parkrun and racing action from last weekend.

Stone Master Marathoner Allison Cope ran the Hawkshead Trail 16k finishing in 2 hours 8mins.

Lancaster & Morecambe's Matt Guilder set a new personal course record on the Swerby parkrun of 18.04

At Druridge Bay parkrun Knavesmire Harrier Geoff Marchment was only a few seconds away from his best ever parkrun with 18.31.

Trentham Running Club's Warren Thomas is gradually returning to form after injury as he ran 19.41 at the Wammy.

There was another super run by HPR training group and Trentham Running Club W50 runner Jo Stanfield as she finished 2nd overall in Cheadle Running Club's Masters Invitation Cross Country event last night, proving she is now very competitive with the younger masters too.

In the mens race another HPR training group member and Trentham M45 club mate Warren Thomas also had a strong run as he returns from injury.

Both runners helped Trentham to team victories in this very popular and well attended annual event.

12 August 2021

With the return of actual races with a big variation in courses and weather, plus travel and other factors we are back to the real world of not being able to guarantee a PB every time athletes run but what is guaranteed is that HPR training group members will push themselves as hard as they can on the day.

HPR's Leeds based duo Sammeyjoe Daley-Davies and Dan Whittle were in action last night at the Quayside 5k in Newcastle upon Tyne. In blustery conditions Dan recorded 17.25 which before this summer would have been a PB. Sammeyjoe ran 18.31 finishing 7th overall amongst female competitors in a competitive race.

At the Nuneaton Night of 1500m PBs Cannock & Stafford AC's Rebecca Brown competed despite having been unwell for most of the previous week. Feeling a bit better the day before and it being the last track race of the season Rebecca gave her best effort but unfortunately had not fully recovered. Having completed an excellent period of training this spring and summer I'm certain Rebecca will bounce back and there's no doubt she will be much faster next summer.

Not being too concerned about a PB time is a benefit of fell racing and Congleton Harrier Andy Roberts put in another excellent mid week effort at Eccles Pike finishing 38th overall out of 172 competitors and 3rd in the over 50 category.

Tonight's local race returning post pandemic was the Dave Clarke multi terrain race organised by Trentham Running Club.

Great to spectate again and see 4 HPR training group members run strong performances on this undulating course.

Stone Master Marathoner Tom Wilson finished 4th overall in 18.45.

Trentham Running Club's Dave Maydew finished 3rd M55 in 20.41.

Amy Butters also from Stone Master Marathoners recorded 26.33

Judith Ho yet again was 1st in the W65-69 age category running a fast 28.06 for this tough course.

13 August 2021

Thursday evening saw yet another fell/trail race podium placing by Trentham Running Club and HPR training group member Wendy Swift as she claimed 3rd lady overall and 1st over 50 at the tough hilly Ricky's Race over 5 miles at Darley in the Peak District.

15 August 2021

2 HPR training group members were in action in multi-terrain races today.

In Cumbria former Staffs Moorlands AC now Settle Harriers runner Martin Dearden produced one of his best performances in recent years to finish 11th overall and 3rd M40 in 1 hour 38mins at the Lowther Trail and Fell Half Marathon, a tough route with more than 1500ft of ascent.

At the Belper Rover multi-terrain race in Derbyshire, another hilly multi-terrain race with almost 2000ft of ascent in 18 miles, Trentham Running Club's Jo Stanfield had a few issues near half way that caused her to run at a slower pace to the finish, but she still finished 6th lady and 2nd in the over 45 category. Fortunately it appears no long term damage done so Jo lives to fight another day with another good long run.

HPR training group and associates parkruns this weekend:

Harry Bond, Buxton AC, 17.08 and first finisher at The Wammy

Matt Guilder, Lancaster & Morecombe AC, 17.43 at Sewerby

Shaun Haddrell, Newcastle Staffs AC, 18.19 at The Wammy

Carli Baldwin, Birchfield Harriers, 18.42 at Walsall Arboretum

19 August 2021

Great to see Newport's Matt Marston continuing his re-familiarisation with hill racing as he finished 5th in the Ragleth Inn Fell race in the Shropshire Hills last night. These races benefit enormously from course knowledge so I'm certain Matt will be even more competitive next year.

21 August 2021

Two good runs on the fells today from HPR training group members Jack Ross (Staffs Moorlands AC) and Andy Roberts (Congleton Harriers) at the Crowden Horseshoe near Glossop covering 8miles and 1700ft of ascent.

Jack, seen here wearing his HPR t-shirt finished 2nd overall, and Andy finished 18th overall and 4th in the M50 age-category.

HPR training group parkrun results today:

Long Eaton

Matt Guilder, Lancaster & Morecambe, 17.18 course PB

Glossop

Josh Williams, Dark Peak, 17.49, first finisher

Cannock Chase

Scott Zikmanis, Newcastle Staffs, 17.58, parkrun PB

Lyme Park

Will Neill, City of Stoke, 18.31

The Wammy

Warren Thomas, Trentham, 19.33

Mike Bosworth, Trentham, 19.36

22 August 2021

HPR Training Group road race results from today:

Definitely making progress now after returning from an 18 month break Shaun Ashworth set a half marathon PB of 1.21.16 at the Vitality Half Marathon in London this morning.

Closer to home Stone Master Marathoner Danny Soltys stuck to his marathon training focus with a controlled 33.48 effort at the Alderley Edge 10k followed by a 13 mile steady run.

At the same race Trentham Running Club's M55 Dave Maydew ran 41.03, his second fastest ever, and his fastest 10k for 4 years.

25 August 2021

Great to watch a number of HPR coached athletes perform really strongly at the Stone 5 mile race tonight.

Although it's mostly road this is a tough course for a road race with nearly 700ft of ascent and descent.

2. Danny Soltys, Stone Master Marathoners, 28.46, more than 70 seconds faster than when he won this race 2 years ago!

7. Tom Wilson, Stone Master Marathoners, 31.24

15. Bryan Lomas, Congleton Harriers, 33.03, 2nd over 50

28. Joanne Stanfield, Trentham Running Club, 34.49, 3rd lady and 1st over 50

125. Judith Ho, 46.31, 34th lady and 1st over 65.

28 August 2021

Friday evening saw 7 HPR training group members tackle the super fast Mid Cheshire 5k at Kingsley and deliver some excellent performances all round.

Leeds City AC's Dan Whittle improved his personal best to 16.24.

Newcastle Staffs AC's M45 Neil Dixon went below 17 minutes for the first time with 16.39 as did club mate Shaun Haddrell with 16.56, both big personal bests.

Silverdale Running Club's Emma Wood recorded a personal best of 17.25 followed closely by Leeds based former City of Stoke club-mate Sammeyjoe Daley-Davies in 17.26 also a big personal best.

South Cheshire Harrier Katie Latham suffered a massive fall from her bike on Wednesday but put in a really strong run of 19.05 just 10 seconds outside her best despite her injuries.

Newcastle Staffs AC's W45 Lindsay Dixon set a big personal best recording 19.39 her first 5k under 20mins too.

28 August 2021

There was a strong run today at the Black Combe Dash a race in the English Fell Championship series by Dark Peak Fell Runner Josh Williams who only joined the HPR coaching programme 6 weeks ago.

Josh has typically been finishing in the 40s in the English Fell Racing Championship races this year so good to see an improvement to 28th and picking off some of the men who have been beating him this year too.

29 August 2021

More HPR training group members have been racing on the roads this weekend with excellent results at both the Ipstones '5' yesterday and the Spitfire 10k today.

The Ipstones is a really tough hilly 5 miles 'ish' with 600ft + of ascent and is another race in the popular North Staffordshire Road runners Association series.

Staffordshire Moorlands AC runner and off-road specialist Dave Bethell very rarely does a road race so he excelled here with a clear 3rd place overall in 30.13.

The amazing Judith Ho stormed to yet another W65 age-category win with 45.42, a brilliant run just 3 days after her equally impressive race at the Stone 5 on Wednesday.

The Spitfire 10k is held at the Cosford Air Museum and saw the first race appearance for more than 18 months of Cannock & Stafford AC's Nina Skilton who absolutely flew round to a personal best of 40.07 for 5th lady overall and 1st in the W50 age-category.

Jane Holt has been quietly improving in the past 6 weeks and at this 10k she recorded a brilliant 49.52, her fastest 10k for 10 years, and her 2nd fastest ever. She also finished 9th in the W50 age-category.

Saturday also saw HPR training group parkrun action including a Neill family double at Macclesfield.

Isabel parkrun (Stafford)

Tom Wilson - Stone Master Marathoners - 17.30 PB

Amy Butters - Stone Master Marathoners - 24.30 PB

Macclesfield parkrun (extended!)

Will Neill - City of Stoke AC - 18.53 - first male finisher

Amy Neill - City of Stoke AC - 23.19 - first female finisher

Wammy parkrun (Newcastle-under-Lyme)

Kerry Taylor - Newcastle Staffs AC - 25.37 PB

1 September 2021

HPR training group members are making up for lost time with 2 more competing in fell and trail races last night.

In the Eyam Fell Race M50 Congleton Harrier Bryan Lomas finished 13th overall, and in his fastest time ever in this race which he has done regularly over the years.

At the Gorple Rocks Trail Race Newcastle Staffs AC's Scott Zikmanis finished 17th overall and 3rd M40 as he tackled a strong Lancashire field on terrain they are more used to.

2 September 2021

There was another super performance by HPR coached Judith Ho in the Staffs Knot 5 mile race last night as she stormed to a 5 mile personal best of 43.00 in winning the over 65 age-category.

Sue Potter has also returned to run-training and it was good to see her complete this race in 40.35. I'm sure we will help Sue get through a few niggles and return to full pace in the next few months.

4 September 2021

HPR training group parkrun results today:

The Wammy (Newcastle under Lyme)

Chris Gidlow - City of Stoke AC - 16.27 and first finisher. Great to see Chris back after injury.

Morecambe

Matt Guilder - Lancaster & Morecambe AC - 16.46 parkrun (and unofficial 5k) PB

Newtown

Matt Marston - 18.37 - course PB

Also good to see that Buxton AC youngster Harry Bond was first finisher in 18.13 at the 5k at Brough Park, Leek

5 September 2021

A number of HPR coached athletes were in action in road races today led by a stunning personal best 37.59 ladies win for Leeds City AC's Sammeyjoe Daley-Davies in the Leeds 10k. (See photo).

Sammey re-started running 18 months ago after 8 years out of the sport so this was a testament to her hard work and dedication since returning to training with HPR.

At the South Cheshire 20 mile race Judith Ho recorded 3 hours 11 mins in her longest run so far for another super win in the W65 age-category. Despite this being the longest run she has ever done and on a hilly course Judith's pace was amazingly even from beginning to end.

Also in this race Trentham Running Club's Warren Thomas continued his marathon prep with a solid 2 hours 42mins.

3 HPR athletes were looking for fast times at the Wrexham Half Marathon but it turned out to be a tougher course on a warmer day than expected. The HPR competitors were also looking to consolidate current marathon training.

After suffering heat stroke in his last race at the Llandudno 10k Newcastle Staffs AC's Paul Tatler wisely managed his effort today with a 1.16.37 clocking, still his 2nd fastest half marathon so far.

In his first race after a long time out with injury Stone Master Marathoner Martin Cross also recorded his 2nd fastest time so far with 1.24.08 despite missing the start after a puncture delayed his arrival at the race.

Trentham Running Club's in-form W50 Joanne Stanfield recorded 1.30.20 a 1.45 personal best and a time nearly 10 minutes faster than the next competitor in her age-category.

Vale Royal AC's Siobhan Tarbuck is another HPR athlete returning to competitive action after many years out of the sport and today she completed her first ever official half marathon at Leeds with a creditable 1.36 clocking.

8 September 2021

Despite horrendous traffic almost causing him to miss the start HPR coached Newcastle Staffs AC athlete Scott Zikmanis had a stronger run to improve to 14th place in the tough Switchback Valley Trail, the latest Pennine Trails series race in Lancashire. With just one race to go Scott will certainly be looking for a place in the top 10 next time out.

10 September 2021

Well done HPR coached Lindsay Dixon who finished 5th woman overall and 1st over 45 in the Police Service UK 10 mile Championships at Carsington Water yesterday.

The undulating mostly trail course, high humidity and rainstorms during the race made conditions as tough as they could be but Lindsay showed she is in great shape on current marathon preparation.

11 September 2021

We love trail and ultra running at HPR so really pleased to report on some great performances by HPR coached athletes today.

At the 9 Edges Challenge in the Peak District Erewash Valley's Matty Brennan finished 2nd overall and 1st over 40 recording 2 hours 35 minutes on the 20+ mile tough off road course with nearly 3000ft of ascent. This was also a course PB for Matty.

Stone Master Marathoner Allison Cape attempted her first ever ultra race at the tough hilly 38 mile Conic Canter on the West Highland Way in Scotland, and not only finished in 8 hours 19 minutes but smashed it with 64th place overall and 3rd over 50!

12 September 2021

This has been another great weekend of half marathon racing for HPR training group members.

At Wilmslow Newcastle Staffs AC's Lindsay and Neil Dixon both smashed their personal bests.

Lindsay improved by over 2 minutes recording 1.27.30 for 6th woman overall and 1st over 45.

Neil also beat his previous best by more than 2 minutes recording 1.16.55 and 2nd over 45.

In the Cheshire Half Marathon Stone Master Marathoner Danny Soltys continued his gradual return to form with a solid 1.13.04 for 5th place overall and first in the over 35 category as he stays focused on his marathon preparation this year.

Up in the North East Newcastle Staffs AC's Shaun Haddrell recorded his fastest official half marathon so far with 1.20.42 at the Great North Run.

Also in action at the Great North run Stone Master Marathoner's ultra running specialist Phil Cape smashed his previous best by 8 minutes to record 1.28.02!

HPR training group member Scott Zikmanis continued his trail racing campaign with an excellent 11th overall at the tough Sandstone Trail race in Cheshire today. As a measure of his improvement Scott was over 16 minutes faster than his previous race on this course in 2018, recording 2 hours 13 minutes today on the hilly 17+ mile route.

13 September 2021

This past weekend also saw a strong mountain/fell performance from HPR coached Cumberland Fell Runner Jim Masters as he completed the extremely tough Lake District Trial over 18+ miles and 7500+ feet in just over 6 hours.

In Jim's words 'Didn't really have many dips during the run and managed my nutrition pretty well, most importantly I wasn't completely done in at the end so I think the mojo is back thanks for your help'

That's what High Performance Runner is about. Well done Jim!

HPR parkrun results from last weekend: Always good to see runners back in action after time out and parkruns are the perfect low key return.

Chasewater

Shaun Ashworth - 17.55 & first finisher

Congleton

Michelle Birdsall - Congleton Harriers - 24.23

Paul Birdsall - Vegan Runners - 28.34

Crewe

Bruce Johnson - Newcastle Staffs AC - 20.28

Glossop

Josh Williams - Dark Peak Fell Runners - 17.29 & first finisher

Heslington

Geoff Marchment - Knavesmire Harriers - 18.35

He might not be a HPR coached athlete but Buxton AC's Harry Bond always puts a big effort when he attends our training sessions.

So it's good see Harry had another good run in the FRA junior championship race at the Ilam Fell Race at the weekend finishing 8th overall and 7th U19.

16 September 2021

HPR's Newcastle Staffs AC runner Scott Zikmanis was in racing action yet again on Tuesday as he competed in the 3rd Pennine Trail series event, the Hurstwood Hills Trail Race.

Scott is focused on improving his trail racing skills using short sharp races outside the area and on this occasion he had to settle for 16th place in a strong field, still a really good result after 17 tough miles in the Sandstone Trail race at the weekend.

19 September 2021

Plenty of varied racing activity from HPR coached athletes and training group members this weekend!

North Staffs Cross Country League Round 1 at Betley Court Farm

Junior, Senior and Masters Women – 122 finishers

16th - Lindsay Dixon – Newcastle Staffs AC – 20.33 - 4th W45

84th – Kerry Taylor – Newcastle Staffs AC – 26.27

Great to see Trentham RC's Sarah Taylor and Congleton Harriers' Jo Moss finish 2nd and 3rd W50 after training with us on the Keele Golf Course hills last week!

Junior, Senior and Masters Men – 153 finishers

15th – David Bethell – Staffordshire Moorlands AC – 29.41

28th – Tim Twentyman – Newcastle Staffs AC – 30.44 – 1st M55

32nd – Bryan Lomas – Congleton Harriers – 30.53 – 2nd M50

37th – Jack Ross – Staffordshire Moorlands AC – 31.09

68th – Ben Williams – Staffordshire Moorlands AC – 33.27

72nd – Andy Roberts – Congleton Harriers - 33.40

Buxton AC's Harry Bond who also trains with us on occasion finished 18th overall and 3rd U20.

In the English Fell Racing Championship race at the South Mynd Tour in the Shropshire Hills, Dark Peak Fell Runner Josh Williams finished 20th in the 14mile + event with nearly 4000ft of ascent and descent. Another solid run for Josh who is gradually picking up places in these high quality races.

Erewash Harrier Matty Brennan was in action in the first race of the Peak District Autumn Trail Series at Calver over 10 miles and 1500ft of ascent finishing 2nd overall and 1st M40 in 68 minutes.

Stafford Half Marathon:

Tom Wilson – Stone Master Marathoners – 1.21.06 – PB by more than 2 minutes!

Warren Thomas – Trentham RC – 1.33.13 – another solid run for London Marathon prep

Amy Butters – Stone Master Marathoners – 1.56.33 – PB by more than 12 minutes!

Parkrun results:

The Wammy

Chris Gidlow - City of Stoke AC – 16.15 – 1st finisher

Newtown

Matt Marston – Maldwyn Harriers – 18.06 – course PB

Hampstead Heath

Scott Zikmanis – Newcastle Staffs AC – 19.11

Scott combined this hilly parkrun with a 2 mile swim in the Serpentine completing the London Classics Challenge comprising Swim Serpentine, Ride London and the London Marathon, raising money for the Children with

25 September 2021

Even though he normally focuses on ultra trail races HPR coached Stone Master Marathoner Phil Cape is no slouch in shorter races either. Last weekend Phil sped to first place in the challenge section of the Cartmel Trail 18k, also finishing in the top 10 race times overall.

I always encourage HPR coached athletes to compete for their clubs in club team competition if it fits in with their individual racing and training programme so pleased to see strong runs from Carli Baldwin (Birchfield Harriers) 16.04, Jo Stanfield (Trentham RC) 17.02 and Nina Skilton (Cannock & Stafford AC) 17.03 in the Midland Counties Women's 4 stage Road Relays at Sutton Park today. Carli was back close to her very best form of 2 years ago whilst Jo and Nina both smashed their previous personal bests on this course.

26 September 2021

HPR results from the Potters 'Arf' Half Marathon today:

995 finishers.

1. Chris Gidlow - M40 - City of Stoke AC - 1.13.47

Chris has just returned to action after almost a year off with injury. He's not been following a detailed plan but running to feel and inserting the HPR sessions he knows work for him as he's got stronger. A couple of recent fast parkruns showed it was coming back fast and so it proved today. A great performance on that course and result against strong local opposition.

66. Gareth Copley-Jones - M40 - Silverdale RC - 1.36.28

76. Dave Maydew - M55- Trentham RC - 1.37.50

Gareth and Dave have unfortunately both had COVID recently so really pleased to see them back with controlled runs today.

HPR coached Congleton Harrier Kelly Hurlstone also ran this one finishing in around 2.15, a lot slower than she could do I'm certain, but a good planned time-on-foot training run ready for a marathon in two weeks time.

Also great to see Newcastle Staffs AC M55 runner Tim Twentyman finish 9th in 1.24. Tim regularly does our Saturday morning XC sessions at the former Keele Golf Course and also ran for his club in the Midlands Road Relays yesterday!

More super HPR training group results this weekend

Another excellent overall race win was recorded by Shaun Ashworth who won the Apley Estate Autumn Challenge Trail 10k today.

And Jane Holt finished the Farndon 10k in 184th place out of 682 finishers and 4th over 50 woman recording 52.04.

Well done both!

HPR training group members and associates were also in action in the Wincle Trout Fell Race this weekend - results to follow as soon as I find them!

HPR coached Newcastle Staffs AC runner Scott Zikmanis was in action in the Spartan OCR Sprint event in Edinburgh today.

Leading early on through his strong running he struggled a bit more on the slippery obstacles in the rain but gained more experience to use in the next tranche of Spartan events.

Scott always wears his HPR vest with pride in these non club events! - see photo.

3 October 2021

London Marathon

Well done to all the HPR coached athletes who competed in the first actual London Marathon for more than 2 years. A marathon is always a challenge and not everything went to plan, but everyone put in their best effort on the day. Considering the break from competition it was also great to see all who started complete the race in good times for them considering the circumstances.

Neil Dixon - Newcastle Staffs AC – M45 – 2.44.54 - PB

Danny Soltys – Stone Master Marathoners – 2.45.00

Paul Tatler – Newcastle Staffs AC – 2.52.14

Shaun Haddrell – Newcastle Staffs AC – 3.05.20 - PB

Carli Baldwin – Birchfield Harriers – 3.09.30

Gareth Copley-Jones – Silverdale RC - M40 – 3.24.40

Warren Thomas – Trentham RC - M45 – 3.25.53

Michelle Birdsall – Congleton Harriers – W40 – 4.30.39

Well done to all the other local athletes who competed, some with amazing debuts in particular. And great to see the level of support by locals at the event too.

Other HPR training group results this weekend:

Judith Ho stormed to yet another W65 age-group win and personal best in the tough Congleton Half Marathon with a time of 1.58.50

Congleton Harrier Bryan Lomas may be in the M50 age-category but he loves a tough hilly race and today he finished 4th place overall and 1st M50 in the Ilam Half Marathon in 1.29, a great time with nearly 1700ft of ascent.

Jane Holt recorded another good W50 10k performance of 52.48 at the Market Drayton 10k.

South Cheshire Harrier Katie Latham finished in 2nd place in the W35-39 age-group in the Oulton Park Standard Duathlon earning her an age-group silver in the British Championships and qualification for the 2022 ETU Standard Distance Duathlon European Championship.

Congleton Harrier M50 Andy Roberts finished in 20th place in the Curbar Commotion Fell Race.

Dark Peak Fell Runner Josh Williams had a strong run to help his team finish 6th overall in the Hodgson Brothers Mountain Relays

On Friday night Lancaster and Morecambe AC's Matt Guilder set a 5k PB of 16.34 finishing 6th in the Power of 5k race.

Parkrun results:

Aberystwyth – Matt Marston – Maldwyn Harriers – 18.53 – 1st finisher
Finsbury – Kerry Taylor – Newcastle Staffs AC – 26.25
Hampstead Heath – Scott Zikmanis – Newcastle Staffs AC – 18.46
Isabel Trail – Tom Wilson – Stone Master Marathoners – 17.52 – 1st finisher

10 October 2021

This has been another busy, diverse and successful weekend for HPR training group athletes!

Saturday:

Tough Runner Staffs Trail 10k - Cannock Chase

A great win for South Cheshire Harrier Katie Latham in 44.40 on the tough undulating trail course.

National Road Relays - Sutton Park

Sammeyjoe Daley-Davies helped the Leeds City A team to 11th place in the Women's Championship.

Sunday:

Werrington 10k

Another brilliant W65 age-group win for Judith Ho improving her PB to 53.39 despite the undulating course.

Also great to see Naomi Ellis run a strong 56.18 on her return to racing.

Manchester Half Marathon

Targeting 2 hours, 18 year old Evie Weston smashed that with 1.48.42 in her first ever half marathon race.

Shaun Ashworth ran a brilliant even paced race to record 1.19.05 an improvement on his half marathon PB by more than 2 minutes.

Manchester Marathon

Vale Royal AC's Siobhan Tarbuck recorded 3.19.09 smashing her previous marathon best by more than 30 minutes!

Despite a niggling hamstring Trentham RC's W50 Joanne Stanfield also amazingly beat her previous marathon best by more than 12 minutes with 3.21.31

Breidden Hills Fell Race

Mercia Fell Runner Matt Marston finished 7th - probably the best performance in his return to fell racing so far.

Spartan London South-East Trifecta Weekend

Newcastle Staffs AC's Scott Zikmanis completed both the Beast (13.1 miles) and Super (10k) obstacle course events over one monster weekend!

HPR parkrun results:

Cannock Chase

Rebecca Brown - Cannock & Stafford AC - 20.48

Fleetwood

Matt Guilder - Lancaster & Morecambe AC - 17.13 - first finisher

Glossop

Josh Williams - Dark Peak Fell Runners - 17.46 - first finisher

Tooting Common

Aimee Hargreaves - Herne Hill Harriers - 19.40 - first finisher

17 October 2021

Yesterday saw the second North Staffs Cross Country League fixture at Stafford Common.

It was great to watch some strong performances from HPR training group members, associates and friends.

For once the course was firm and fast and this made for some quick pace too.

Women: (152 finishers)

11. Katie Latham - South Cheshire Harriers - 20.21

87. Kerry Taylor - Newcastle Staffs AC - 27.09

Men: (165 finishers)

13. Paul Tatler - Newcastle Staffs AC - 26.48

16. Dave Bethell - Staffs Moorlands AC - 27.03

17. Harry Bond - Buxton AC - 27.07 - 2nd U20

29. Craig Taylor - Newcastle Staffs AC - 28.36

35. Bryan Lomas - Congleton Harriers - 29.07 - 2nd M50

17 October 2021

Three HPR coached athletes were in action at the Yorkshire Marathon today. Lindsay Dixon and Suzanne Lynn were representing England Masters, Martin Cross was returning to a race he last did 2 years ago. Wet conditions and an undulating twisty route certainly made for a more difficult course than the 2 recent marathons in London and Manchester.

Newcastle Staffs AC's Lindsay Dixon (see photo) stormed to a brilliant time of 3.07.03 for 14th woman overall and 3rd in the W45 age-category. This was also a personal best by more than 6 minutes.

Stone Master Marathoner Martin Cross suffered from some issues very early on in the race that meant a time of 3.33.58 was actually a good finish in the circumstances and I'm certain he'll bounce back to fight another day with some great training banked over the past couple of months.

Unfortunately South Cheshire Harrier Suzanne Lynn also suffered some severe issues relatively early on which meant a withdrawal at 16 miles. A real pity for the W55 athlete who was on target to set another personal best. Again I'm sure Suzanne will bounce back strongly.

Fell Racing:

The British Fell Race Relay Championships is the biggest single event on the Fell Racing Calendar so it was good to see a number of HPR training group athletes competing on behalf of their clubs in the Tebay Fells in Cumbria.

Dark Peak Fell Runner Josh Williams ran on leg 1 to help his club finish a fantastic 2nd overall in the championship.

Debbie Hope competed strongly for a Settle Harriers Ladies team on the 2nd leg, a navigations pairs leg.

Buxton AC and England Junior International Fell Runner Lucy Bednall who has done a couple of our Saturday morning Keele Golf Course XC sessions recently also ran strongly on her first leg as part of a Buxton Mixed team.

On Sunday Staffordshire Moorlands AC runner Jack Ross returned to winning ways with a victory in the tough 13.5 mile Windgather Fell Race in the Peak District.

Cross Country:

In Yorkshire former City of Stoke AC middle distance runner Rob Cook now running for Steel City Striders returned to cross country racing with a run in the South Yorkshire League - no official results yet.

In London another former City of Stoke AC middle distance runner Aimee Hargreaves now running for Herne Hill Harriers finished an excellent 41st in Division One of the Surrey League at Richmond.

Trail Running:

This year's Potters Half Marathon winner, City of Stoke AC's Chris Gidlow completely dominated the Sherwood Forest Runner 10k Race with an outstanding time of 34.25 on the undulating forest trails. Chris's wife Naomi Ellis also ran strongly to record 1.00.11 in this event.

Parkrun:

Newcastle Staffs AC's Scott Zikmanis recorded 18.11 at Hanley, a course PB for Scott.

Lancaster & Morecambe AC's Matt Guilder ran 18.53 at Lancaster.

14 October 2021

It was a relatively quiet weekend for HPR training group athletes but some good performances as usual.

I always try to support HPR coached athletes in their club team competitions if that is what they want to do so it was good to see three in action at the Midland Cross Country Relays at Wolverhampton this weekend.

Trentham Running Club's W50 Jo Stanfield helped her club to win silver medals in the women's masters championship.

Newcastle Staffs runners Craig Taylor and Scott Zikmanis both ran strongly as their team finished 4th in the men's masters championship.

Parkruns:

Shrewsbury

Matt Marston - Maldwyn Harriers - 17.54

Wammy

Katie Latham - South Cheshire Harriers - 18.52 PB

Kerry Taylor - Newcastle Staffs AC - 25.31 PB

Whinlatter Forest (600ft + ascent!)

Matt Guilder - Lancaster & Morecambe - 21.23

30 October 2021

North Staffs XC League – Parkhall. Great to see a number of HPR training group athletes and those who train with us regularly in action:

Senior Women: 141 finishers

6. Katie Latham - South Cheshire Harriers - 1st F35

15. Lynne Callaghan - Trentham RC - 1st F45

82. Kerry Taylor - Newcastle Staffs AC

Senior Men: 197 finishers

16. Dave Bethell - Staffs Moorlands AC

26. Harry Bond - Buxton AC

30. Jack Ross - Staffs Moorlands AC

37. Bryan Lomas - Congleton Harriers - 2nd M50

42. Craig Taylor - Newcastle Staffs AC

31 October 2021

As usual HPR coached athletes have been involved in a wide range of on and off-road events across the country.

In London, Herne Hill Harrier Aimee Hargreaves overcame the lingering effects of a bad cold to finish a brilliant 2nd lady in the Wimbledon Common Half Marathon - also her debut over the distance!

Newcastle Staffs AC's Scott Zikmanis produced a top performance in the Spartan Trail Half Marathon near Cardiff, South Wales over an epically hilly and muddy course with nearly 3000ft of ascent to finish 3rd overall and 1st M40.

Maldwyn Harrier Matt Marston continues to make progress finishing an excellent 7th place overall in the Clywdian Hills fell race in Wales over nearly 9 miles and 3000ft.

Steel Valley Strider Rob Cook had another improving run to pick up more places in the South Yorkshire Cross Country League at Penistone Park - result to follow.

Lancaster and Morecombe AC's Matt Guilder was also in cross country action finishing 67th on his debut in the high quality Mid Lancashire Cross Country League race at Hyndburn.

HPR parkrun results:

Colney Lane Parkrun (In Norfolk - trails and grass)

Neil Dixon - Newcastle Staffs AC - M45 - 18.21

Lindsay Dixon - Newcastle Staffs AC - W45 - 21.10

The Wammy Newcastle-Under Lyme

Martin Cross - Stone Master Marathoners - 18.50

Jane Holt - Newcastle Staffs AC - 1st W50 - 25.20 parkrun PB!

6 November 2021

Congratulations to Buxton AC teenager Lucy Bednall who won the 16-19 age group category in the Sprint event at the World Duathlon Championships in Aviles, Spain, today!

Lucy who recently also represented England at junior level on the fells has started to do some training sessions with HPR and I'm sure will continue to make progress across a range of running and Duathlon events.

7 November 2021

Another weekend of varied events and terrain across the country saw some brilliant race performances by HPR coached athletes and those who have been doing some group sessions with us recently.

City of Stoke AC's Chris Gidlow stormed to a fabulous 15.22 PB as he claimed a Bronze in the M40 category at the British Masters 5k Road Championship at Barrowford.

Erewash Valley's Matty Brennan won the latest Dark and White Trails Series event over 9 miles of Peak District trails with more than 1200ft of ascent in 68.03, improving from 2nd place last time out.

Buxton AC youngster Harry Bond won tough Lakeland Trails 10k races at Helvellyn on Saturday, and Ullswater on Sunday to achieve a brilliant trail racing double.

Stone Master Marathoners Phil and Allison Cape and Harry's dad Rob were also gluttons for trail running punishment in the Lake District completing runs over a super tough 15k on Saturday and 14k on Sunday.

At the Flying Fox 10 mile road race today Trentham Running Club's Lynne Callaghan had a strong return to local road racing to finish 3rd lady and 1st over 45 in 70.41. Clubmate Sarah Taylor won the over 50 category in 74.47.

Judith Ho celebrated her birthday with an amazing 89.46 run, yet another PB despite the tough course, and a clear win in the over 65 category.

Stone Master Marathoner Martin Cross finished 10th in a big PB of 62.17 whilst clubmate Tom Wilson made his debut at this distance with 62.33 for 11th.

Parkruns:

Birchfield Harrier Carli Baldwin ran 18.43 for 1st female finisher at Walsall Arboretum.

14 November 2021

It was largely a cross country race weekend for HPR coached athletes this weekend.

In the Midlands Women's League at Betley Court Farm Birchfield Harrier Carli Baldwin had a good run starting steadily and moving through the field to finish 31st overall provisionally (and 3rd counter for her club) in the combined Division 1 & 2 race. There were 340 finishers in this race.

In the Birmingham & District Cross Country combined Division 1, 2 & 3 race at the same venue Newcastle club mates Paul Tatler and Craig Taylor both had probably the best cross country runs of their lives so far, helping their club to a strong showing after their return to Division 1.

Paul provisionally finished 78th overall with Craig 230th out of more than 620 finishers.

In the Manchester Area League at Sherley Park Congleton Harrier Bryan Lomas found top competition in his age-group finishing 8th M50 and 144th overall out of more than 500 finishers.

Herne Hill Harrier Aimee Hargreaves finished a creditable 58th out of more than 270 finishers in a strong Surrey Women's League race on Wimbledon Common.

HPR parkrun results:

Cannock Chase

Scott Zikmanis - Newcastle Staffs M40 - 17.57 PB

Glossop

Josh Williams - Dark Peak Fell Runners - 18.03 1st finisher

Isabel Trail

Lynne Callaghan - Trentham RC W45 - 20.06

Michelle Birdsall - Congleton Harriers W40 - 23.56

Paul Birdsall - Vegan Runners M45 - 29.25

Newtown

Matt Marston - Maldwyn Harriers - 17.42 PB 1st finisher

Shipley

Matty Brennan - Erewash Valley RC M40 - 19.07

20 November 2021

A number of HPR coached athletes and runners who train with us were in action at the Meerbrook 15k on the hilly lanes near Leek today. Almost all either made strong debuts or smashed their previous course bests.

With more than 1200ft of ascent and descent this one is extra tough on the legs and lungs.

Competition at this event was also a step up on most local races due to it being an inter-area match with men's and women's teams of 6 from Staffordshire, Shropshire, North Wales and Cheshire.

4 out of the 6 men, and 2 out of the 6 women on the Staffordshire teams are HPR coached athletes and their performances helped both teams to inter-area bronze medals.

11. Paul Tatler M35, Staffs team and Newcastle Staffs AC - 55.42 - course debut

13. Danny Soltys M35, Staffs team and Stone Master Marathoners - 56.16

20. Craig Taylor M35, Staffs team and Newcastle Staffs AC - 58.53 - course PB

22. Harry Bond U20, Buxton AC - 59.22 - course debut

23. Scott Zikmanis M40, Staffs team and Newcastle Staffs AC - 59.53 - course PB

58. (17th female) Lindsay Dixon W45, Staffs team and Newcastle Staffs AC - 68.09 course PB

60. (19th female) Joanne Stanfield W50, Staffs team and Trentham RC - 68.56 - course PB and 1st W50

142. (50th female) Judith Ho W65 - 90.04 - course debut and 2nd W65

22 November 2021

HPR training group members were in competitive action in a variety of events this weekend in addition to the big local race at Meerbrook already reported on.

Conway Half Marathon

Shaun Haddrell - Newcastle Staffs AC - 84.12 course PB - great to see Shaun back after taking a training break since London.

Emma Wood - Silverdale RC - 87.30 - 4th lady overall and a debut half marathon!

Dave Maydew - Trentham RC - 94.55 - 7th M55

Jo Stanfield - Trentham RC - 1.42.17 - 3rd W50 despite this being very much a recovery effort run for Jo after racing Saturday!

Peak District Autumn Trail Series - Bakewell - 14.4km - 1100ft+

Matty Brennan of Erewash Valley finished 6th in a time of 64.18 over 3mins faster than his previous best on this course and he also took the series M40 age-group win.

South Yorkshire Cross Country League - Campsall

We've not got actual results for this yet but Josh Williams (Dark Peak FR and Hallamshire Harriers) on his cross country debut, and Rob Cook (Steel City Striders) performed strongly.

HPR parkrunners

Morecambe Promenade

Matt Guilder - Lancaster & Morecambe - 17.08

Walsall Arboretum

Carli Baldwin - Birchfield Harriers - 18.31 - 1st female finisher

Well done all!

24 November 2021

Well done HPR's London based Herne Hill Harrier Aimee Hargreaves on smashing her 10k PB by nearly 3 minutes tonight, clocking 38.28 at Battersea.

27 November 2021

Well done Settle Harrier Martin Dearden on a brilliant 2nd overall in the Starlight 20 mile trail race last night in the Pennines.

Settle Harrier Debbie Hope was also in action on Friday evening. Unfortunately worsening conditions meant that the race was stopped whilst Debbie was at 16 miles and 2nd placed female at that point.

They certainly make them from tougher stuff up north!

28 November 2021

At the Cheddleton 10k on Saturday afternoon Congleton Harrier Bryan Lomas had another strong run to finish 7th overall and 1st M50 in 39.55. Trentham Running Club's Jo Stanfield finished 7th lady and 2nd W50 in 43.58 on this tough hilly 10k.

Other non HPR coached runners who regularly do training sessions with us also performed really well at this event, with a brilliant overall win for Buxton AC U20 Harry Bond in 35.53. Congleton Harrier Chris Moss finished 3rd M50 in 41.26, Trentham RC's Georgia Stanfield outsprinted her mum in 43.57, and Trentham RC's Sarah Taylor finished 3rd W50 in 45.06.

Lancaster and Morecombe's Matt Guilder had a great run-out in the Mid Lancs XC League at Sefton Park held in conjunction with the Liverpool Cross Challenge and European XC Trial, recording sub 6min mile average pace on the country over the 10k + distance.

Sunday saw one of the fastest 10k races in the Northwest at Wilmslow. Newcastle Staffs AC's M45 Neil Dixon ran superbly, recording 34.31 and improving his personal best by 36 seconds.

Alsager youngster Evie Weston smashed her target time on her 10k debut recording 47.39, also finishing 6th in the U21 category.

There really is no stopping amazing 68 year young Judith Ho who destroyed her previous personal best with 51.15 and finished 1st out of 28 finishers in the W65 age category!

Also on Sunday, Newcastle Staffs AC's M40 Scott Zikmanis finished a close 3rd in the Crown Wharf Turkey Trot 5k in 17.49 on the twisty mixed terrain course. Scott was just a few seconds behind 2nd placed Stone Master Marathoner Jono Goodall who has recently been doing our Tuesday evening Keele track sessions.

In the Shropshire Hills Maldwyn Harrier/Mercia Fell Runner Matt Marston recorded the 6th fastest time in the Little Stretton to Stiperstones Time Trial.

5 December 2021

Great to see plenty of HPR involvement across a wide range of events this weekend.

Birmingham Cross Country League Division One - Northampton
Senior Men - 144th - Craig Taylor - Newcastle Staffs AC

Manchester Area Cross Country League - Macclesfield
Senior Women - 58th (9th W35) - Siobhan Tarbuck - Vale Royal AC
Senior Men - 110th (6th M50) - Bryan Lomas - Congleton Harriers

Midlands Women's Cross Country League Division One - Stratford
Senior Women - 80th - Jo Stanfield - Trentham RC

Cardington Cracker Fell Race - Shropshire Hills - 9miles with more than 2700ft of ascent
4th - Matt Marston - Mercia Fell Runners
(Definitely Matt's best run yet!)

Meia Maratona Dos Descobrimentos - Lisbon
Paulo Mendes M56 - 1.34.01

Welcome on board the first HPR athlete from Portugal. This race was completed on his previous training but I'm hoping to help Paulo run faster in future!

White Peak Trail Run - 15.8 miles with more than 1300ft of ascent
3rd overall, 1st M40 - Matty Brennan - Erewash Valley RC - 1.57.09
27th - Danny Soltys - Stone Master Marathoners - 2.17.06

A really good run from Matty who is getting stronger through the winter and well done Danny for doing something different for his Sunday LSR!

Keswick Parkrun
1st female finisher - Aimee Hargreaves - Herne Hill Harriers - 20.06

12 December 2021

This time of year is always especially tough for training and racing and sometimes it's just a case of persevering. If you keep training whilst being sensible with niggles, colds and other illness you will always run better in the spring.

Dales Dash Trail Race – Newcastle Under Lyme

Newcastle Staffs AC's Scott Zikmanis had a really strong run on his favourite surface finishing 3rd overall and 1st M40 in 32.31

Buxton AC junior Harry Bond who has done some training sessions with us was the overall winner in 30.42

Litton Christmas Cracker Fell Race – Peak District

Buxton AC's Jo Bednall who has also recently done some training sessions with us won the W50 category at this race

Santa Dash 5k – Crewe

There was another super run by 68 year old Judith Ho as she recorded a 25.30 personal best for 5k

Sneyd Christmas Pudding 10 Mile Road Race – Bloxwich

Birchfield Harrier Carli Baldwin finished 2nd lady in 64.53, close to her personal best 10 mile time.

Telford 10k

New HPR training group member, Boalloy RC's Ashley Maughan recorded a personal best of 34.25

Newcastle Staffs AC's Craig Taylor was only a few seconds outside his best with 35.59

South Cheshire Harrier and another new HPR training group member Sean Dyer recorded 36.08 his best time so far this year

South Cheshire Harrier Katie Latham recorded 39.33, almost back to her best set 5 years ago.

Newcastle Staffs AC's W45 Lindsay Dixon has been chasing a sub 40 for as long as I've been helping her and she did it here by taking more than a minute off her previous best with 39.44 – a deserved reward for one of the most dedicated and committed runners in the HPR group.

South Yorkshire Cross County League – Graves Park

There was a better run by Dark Peak Fell Runner / Hallamshire Harrier Josh Williams who is in his first winter of cross country racing. Result to follow.

Parkruns:

Lancaster & Morecambe AC's Matt Guilder recorded 17.16 at Morecambe Promenade

At Congleton Congleton Harriers Kelly Hurlstone and Michelle Birdsall recorded 24.35 and 24.57 respectively

20 December 2021

As a coach who loves cross country running it was really pleasing to watch a super turn-out of 14 HPR coached athletes in the final North Staffs Cross Country League fixture at Betley, with a number of them picking up individual and club team awards too.

Senior Women – 132 finishers

9th - Katie Latham W35 - South Cheshire Harriers
15th - Lindsay Dixon W45 – Newcastle Staffs AC
18th – Nina Skilton W55 – Cannock & Staffs AC
20th - Joanne Stanfield W50 – Trentham RC
22nd – Siobhan Tarbuck W35 – Vale Royal AC
93rd – Kerry Taylor – W35 – Newcastle Staffs AC

Extra kudos to Kerry whose determination to compete in every race no matter the circumstances resulted in her picking up a well deserved 3rd place in the individual W35 championship across 4 races.

Senior Men – 194 finishers

11th – Paul Tatler SM – Newcastle Staffs AC
16th – Ashley Maughan SM – Boalloy RC
27th - Scott Zikmanis M40 – Newcastle Staffs AC
34th – David Bethell SM – Staffs Moorlands AC
35th – Neil Dixon M45 – Newcastle Staffs AC
42nd – Craig Taylor SM – Newcastle Staffs AC
46th – Bryan Lomas M50 – Congleton Harriers
60th – Sean Dyer SM – South Cheshire Harriers

Congratulations to Bryan who achieved his winter goal of winning the overall M50 category in the individual championship

Paul, Scott, Neil and Craig were part of the Newcastle Staffs men's team (captained by Craig) who won the Division One championship team championship

Dave also captained his Staffs Moorlands AC team to the Division Two title and promotion to Division One

Also great to see a number of other local runners who regularly train with us competing in this race:

22nd – Harry Bond JM – Buxton AC – who also finished 3rd Junior Man in the individual championship
43rd - Tim Twentyman M55 – Newcastle Staffs AC – who also won the M55 category individual championship
52nd - Mike Griffiths M40 – Newcastle Staffs AC
74th - Tom Watson SM – Boalloy RC
77th – Chris Moss M50 – Congleton Harriers
91st - Mike Bosworth SM – Trentham RC
101st – Andy Roberts M50 – Congleton Harriers

HPR Parkrun results

Long Eaton: Matty Brennan M40 – Erewash Valley RC – 18.17

21 December 2021

HPR training group members and Stone Master Marathoners Allison and Phil Cape recently completed the Lakeland Virtual Challenge covering more than 105 miles in 19 hours 53mins and 23 hours 48mins respectively spread over 11 days. Although Phil laps this kind of distance up in his ultra-races, this was a real challenge for Allison who rarely runs more than 30 miles a week in training, so particularly well done to her!

27 December 2021

Really pleased to report 10k personal bests for both HPR training group members racing today.

At the Wheaton Aston 10k Birchfield Harrier Carli Baldwin recorded 38.02 also finishing 2nd lady.

At the Ribble Valley 10k Lancaster and Morecambe AC's Matt Guilder recorded 35.02.

30 December 2021

Stone Master Marathoners Allison and Phil Cape put the fitness gained from their recent successful Lakeland 105 mile challenge to great use today as they completed the tough Bridlington New Year Bonanza coastal trail marathon.