



The Sowerby Bridge Snails Review of 2018



Howdi



Hiya dudes!!!

Well what a MAHOOSIVE year this has been for the Snails!!! Take a look at some of the highlights of the year!! Lots of you lovely people running longer distances and getting PBs and smashing your personal goals!!

Along with all the great races featured here, don't forget we have regular runs on a Monday and a Wednesday, along with smaller Group runs at other times - make sure you check Facebook for details!

A big shout out and many thanks to EVERYONE for making the Snails the club it is - we wouldn't have a club without YOU, Special mention and thanks go to all those who give their time to lead, and tail groups, as well as all those who work tirelessly behind the scenes.

I hope you enjoy this Review of 2018 and see you all in 2019!!

Lots of love

Jodie xxxxx



January



The year started at **Brighouse Park Run** where 59 Snails competed in the first championship race of 2018. "It's fantastic we can get so many people out running on a cold January morning but we have a number of members preparing for big races in 2018 and this was a great start to the 2018 championships.", remarked Jodie.

Meltham was the venue for the second race of the year where the weather added to the difficulty of the course "I don't think I have ever run into a stronger headwind, it was like going backwards!" commented Kevin Carse.

The end of the month saw Jonathan Moon lead the Snails Championship with Ian Hesselden, Sandra Pinder, Brian Crowther and Emma Greaves leading the other divisions.



January also saw the first Snails **Presentation Night** where a full year of awesomeness in 2017 was celebrated. The **Snail of the Year** award went to Sheila Ryder.



February



The third round of the Championship was held at **Liversedge Half Marathon** in testing conditions. A number of Snails were spurred on by the large turnout of Snails supporters. Bernard Murphy commented "every encouragement, every shout, every whoop they all make such a huge difference!". Ella King agreed, "The support definitely gives you a spur on!"

The club received a donation of £200 from the ASDA foundation. The cheque was presented at the Pellon store to Chaz Wolstenholme and Julie Anne Percival on behalf of the club. Chaz said "many thanks for putting the club's name forward and thank you to everyone who voted for us. We are extremely proud to win this award".



Danielle and Carol Whitworth both got PBs at the **Snake Lake 10**, a race over a fairly flat 10 mile course in the Yorkshire Wolds. Carol commented, "the weather was lovely, I got a Personal Best AND a free massage at the end!!"

In 4 out of the 5 divisions of the Championships, there was no change but Terence Lamonby-Smith took over the lead in Division 2.



March

Jodie was “blown away” by the record number of Snails at the Tod Harriers **Hot Toddy**. “At 45 runners, the Snails were the most represented club and it was a record turnout of Snails to any event. Well done everybody and well done Tod Harriers who organised a great race”, she said.” Moonie said “who could have believed we would have had perfect running conditions after the previous 2 weeks weather! It’s great to see so many Snails pushing themselves and supporting local races.”

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April

Amanda Aveyard and Danielle Whitworth completed the Manchester Marathon in a time 05:05:58. Amanda enjoyed an Ice Bath after the event said "it was amazing and, dare I say, I enjoyed it?".



174 runners took to the hills above Sowerby Bridge on a foggy Sunday morning for the inaugural running of the **Flat Caps 10K race**. The race was

organised by Jodie who said "it was an amazing day - a shame about the weather but what's more Yorkshire than Flat Caps and Fog? We raised a massive £1000 from the race for a fabulous charity. Thank you to my co-organiser Jonathan Moon. We've already started planning next year's event!"



In London, 6 Snails completed the **London Marathon** with Richard Smith and Gary Taylor finishing just outside of 4 hours. Meanwhile, in Blackpool, Sean Suttle completed the **Blackpool Marathon** in a time to gain him automatic entry for 2019.



April ended with the delayed **Bradford 10K** again attracting a record number of Snails entrants. Some even running in their own name!!



May

The month started with cake and running for some in the **“It’s a Piece of Cake” 10K**. Sandra Pinder commented on the run in Manchester, “the weather was fantastic, the natives friendly and the cake was even better!”



There were personal bests at the **John West Liverpool Spring 10k**, for both Chris Hanley (44:05) and Rebecca Pollard (53:07). “It was tough going in the heat but glad to get a PB” said Chris.



The Championship continued at the **Bluebell Trail** with Sean Suttle going into the lead in Division 1

Snails ran 3.7 miles in memory of Matt Campbell, who died after falling ill during the London Marathon. The 3.7 miles was the distance that Matt had left to complete the marathon. £80 was raised which will go towards Matt’s Charity, the Bathay Trust.



Alan Schofield knocked 6 minutes of his personal best in the **Leeds Half Marathon**



by Snails in Red White and Blue at the **Sowerby Scorchers 10K**

The Royal Wedding was celebrated



The month ended with the Scammonden Sizzler, the latest round of the Championships. Sean Suttle, took over the lead of the First Division. Terry Lamonby-Smith still headed Division 2. Nicky Brown led Division 3. Brian Crowther and Emma Greaves led Division 4 and 5.



June



With no Glastonbury, the Snail Boys took part in the Running equivalent – **Endure24** at Bramham Park in Leeds, seeing how many 5 mile laps teams could do. 2 Snails teams competed, “It was the most brutal race that I have ever had the pleasure of participating in.” said Chris Hanley, “Lots of highs a few lows and a lot of pain. I thought we were pretty impressive considering the heat and sleep deprivation!”





July



After the Football World Cup, the Championships resumed with the Greetland **Helen Windsor 10K** on a brutally hot Wednesday night (not made any easier by having runners drink Sparkling Water)



The second running of the **Cakeathon** took place in Crow Wood Park – 2 stations around the course offered cake

to the runners. The winner was Nathan Pollard. Jodie Smith thanked everyone who supported the event “Running and cake – a great day for our community and a fantastic way to promote our club”



Sean Suttle moved closer to the Championship title with a win at the **Jane Tomlinson Burnley 10K**. David Gee knocked 12 minutes off his 10K personal best. “I had a great run but in shock after posting such a great time”, he said.



Meanwhile, on the night of the World Cup semi final, the Spice Snails headed to the North East for the **Willow Miner Race**. Sandra Pinder commented “It was very hot. We experienced cut grass like hay, tree trunks, stiles, rickety bridges. You name it, we ran through it!!”

At the end of July, Sean headed Division 1, Terry Division 2. Verity Garside had taken over Division 3 and Brian and Emma maintaining their leads in Division 4 and 5.



August



It was **(Wo)men v Barges** for the next Championship race between Marsden and Diggle. A barge travels through the canal tunnel, and 21 Snails followed a 5 mile trail over Marsden Moor. Sean Suttle once again pipped Jonathan Moon to first place.

In the **Littleborough Lions 5K**, 36 Snails took part and saw Sean consolidate his position at the top over Moonie. Terry continued to lead Divisions 2 and Sandra was back at the top of Division 3. Brian was holding off Carol Whitworth is Division 4 and a strong late summer saw David Gee moving towards the head of Division 5 Division 5.





September



Watergrove Park Run kicked off the autumn and saw David Gee take over the lead of Division 5

Autumn saw Stuart Pilling have a late surge to the top of Division 3, sharing the lead after the **Stainland Trail**.



The final action in September was at the **Littleborough 10K**. none of the main contenders

for Division 1 took part so Kyle Spencer took the honours. Laura Armstrong became the latest Snail to go under 60 minutes for a 10K. "It feels good to be under the hour mark", said Laura, "and it certainly keeps me motivated!".



Over 40 Snails ran the **Great North Run** and had huge Snail support. Sean Suttle came 133rd overall. A number of Snails were running a half marathon for the first time and achieving personal bests. "The atmosphere and support were fabulous", Ella King said, "people lined the whole route and pushed all the runners along". Jodie said "it's amazing how far we have come in just over 2 years. Hopefully, more Snails will look to take part in 2019".

The Championship at the end of September now had the familiar look of Sean, Terry, Stuart, Brian and David leading the divisions.



October



October started with Amanda Aveyard and Sandra Pinder running 2 half marathons in 2 different countries in 2 consecutive days!! First of all, they ran the **Bangor Half Marathon** before joining 19 other Snails for the **Rochdale Half Marathon** championship race. Both ladies took Championship records for their respective age categories at Rochdale.



The Championships moved to Lancashire for the **Lancaster Jail Break 10K**. A number of Snails gained PBs over 10K, including EL Ogilvie who joined the sub 60 club. "I'm buzzing after that", she said, "the Snails support was fantastic". Hannah Priestman was particularly pleased with her medal, "it was as awesome as all the Snails who achieved PBs!!"

There was no change in the Championship leaders by the end of the month.



It was then a War of the Roses as Snails took part in both the **Manchester Half Marathon** and **Yorkshire Marathon** in York. Stu Pilling completed his first half marathon in Manchester, "That was the most emotional thing I have done", he said, "I wanted to break 2 hours, so happy that

I smashed it by 6 minutes!" In York, Lesley Rushworth completed her first marathon. "It was torrential rain from start to finish", she said, "but I got to the end of my first (and last) marathon!" At the same venue, Snails competed in the 10 miler, including Amanda Aveyard. "I think it's time to give my body a rest after 2 half marathons and a 10 miler in a week!" she said.





November



Some Snails headed into leafy Cheshire where the latest colour style was orange and black in the **Tatton Half Marathon**....

...while some ran up and down Kirkstall Road as part of the **Abbey Dash** at the same time.



38 Snails joined over 1000 runners paying their respects to the fallen on the Centenary of the end of the 1st World War during the **Windmill 10K**. Chris Hanley gaining maximum Championship points on the day.
No change in the Championships heading into the last race.



Bernard Murphy got a sub 2 hour time and led 21 Snails home in the Conwy Half Marathon cheered on by a large Snails contingent. Carol Whitworth beat the sub 3 hour mark. "I'm dead chuffed with that!" she said.

Linda Mitchell was another Snail achieving her goal of running a half marathon, "I have no words to say how grateful I am for all support from the club".



December



The Snails 'Came Home' for the final Championship race of 2018 at the **Halifax Park Run**. **117** runners took part in at least 1 Championship Race and **41** completed the requisite 6 races. **Sean Suttle** retained the Division 1 title he won in 2017, **Terry Lamonby-Smith** reigned supreme in Division 2. **Stuart Pilling** came out on top of a very competitive Division 3. **Brian Crowther** headed Division 4 and a late surge from **David Gee** saw him take the Division 5 honours.

*And That Was the Snails Year That Was
2018*