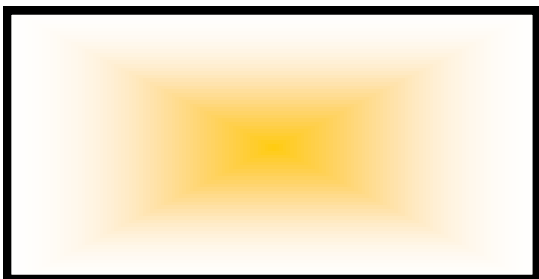


GO!

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Our cover photo shows left to right, Chris Bentley, Tim Pattison and James Noakes after the Langley 7 race on 3 November 2012.

Next Issue – March 2013

Please submit any articles or photographs to gomacclesfield@hotmail.com
by **Sunday 10th February**

Magazine Issue

Please note: To save production/distribution costs we only send one magazine to each household. Please pass this magazine around in your household if you have more than one club member in the family so that they are all aware of what's going on within the club.

Starting Lines...

Merry Christmas



Here we are again, another twelve months has flown by. Hopefully for all of you it's been a good one, and your athletic endeavours have been fruitful. Certainly, the Olympics and Paralympics have inspired us all, and I'm seeing lots more runners around the streets of Macclesfield these days.

The club is always trying to come up with new ideas to keep all of our members interested and involved in the club, and so a relay event has been organised for Saturday 15 December at the athletics track. How about coming down to the track and having a go. It will be an inclusive event for all abilities, and you never know, you might find you enjoy running on the track, or you want to get involved with one of the regular Harriers groups. At the least it's a good opportunity to meet other runners and enjoy some tea and cake afterwards. You can find the details on page 13.

In this issue we've got 2 very interesting articles about long distance events. I have re-published an article first seen in GO! in 1987 about Phil Cheek's experiences on the Bob Graham Round. Also, Mandy Calvert has given us a great account of her recent exploits on the Dragon's Back, an ultra race from the top to the bottom of Wales, over some extreme terrain. Both articles, I'm sure you'll agree, are awe inspiring.

If you fancy entering a friendly event over the Christmas break, how about the annual Boxing Day Handicap race. Starting at Langley, it covers a scenic 4 mile course and is then followed by a sociable get-together in the St Dunstan Inn. Definitely a cure for a hangover! See page 28 for details.

Wishing you all a very Happy Christmas and a great 2013.

Alison Gunn - Editor
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Levy Fee Increases by England Athletics

Our sport is administered by two bodies - UKA, the governing body, and EA who administer the sport in England. Both are closely interlinked and in fact now operate out of the same offices as part of the Alexandra stadium in Birmingham. In turn they receive the bulk of their funding through Sport England (SE) which is a government body. Athletics therefore has to demonstrate its viability against other sports to attract funding. Compared to other sports, athletics is considered cheap - not my words but Sport England's. I will not go too deeply into comparisons, but unlike most other sports that receive funding, athletics at grass roots level is largely run by unpaid volunteers. Therefore it could be argued that membership fees for other sports should rightly be higher.

Whatever the rights and wrongs of comparative costs of running different sports, EA has announced that it will be increasing the levy fee that each athlete has to pay to be part of an affiliated club. There has not been consultation; it will be levied on us from April of next year.

I assume this increase is to demonstrate to SE that it is worthy of continuing to receive monies from SE, and that EA is managing its finances professionally.

Personally what I cannot understand is the fact that they will be reducing substantially the fee that they levy when affiliated clubs put on road races; which is currently based on the numbers entering. This fee has been built into road race organiser's costs for some years; so EA are depriving themselves of significant funding by taking this action. The logic of this move defeats me.

Nonetheless athletes are being asked to swallow this pill of increased EA levy fees, if they wish to remain a member of an affiliated athletics club that competes in the many disciplines that make up athletics.

The club committee has obviously debated the issue and has re-examined the basic cost of running the club going forward, based on the current membership. Neil, the club treasurer has put together a very good article explaining the implications on each of you depending on your age and your membership category. This will have to be presented at the AGM which is scheduled for Friday 22 March 2013.

In the meantime through our county association and by consulting with other clubs - we will attempt to garner support for a fairer system of applying these increases, if they are necessary.

Quite separately, we have already considered a slicker way of getting you to pay your membership fees, because it is not right that some of you, for whatever reason, fail to pay your membership promptly. This in turn means that there can be a considerable lag in making block payments on your behalf to EA.

This for new members can mean a delay in them receiving their EA membership number and details. We will obviously still want to go ahead with a more responsive payment method, and the details of this will come out when membership renewals become due.

Feel free to voice your concerns as individuals to EA, and please seek more details from us. **Please bear in mind the England Athletics levy is outside the club's control.**

I hope that you will continue to be a member and to enjoy your sport.

Bob Lynch (club chairman) 01625 829229 pauline_lynch@hotmail.com

Levy Fees Update – 16 November

Subsequently I have raised the question of EA levies at the Cheshire County Athletic Association meeting and I attach the letter which has been sent on behalf of all the Cheshire affiliated clubs.

Additionally the EA board has published a follow up full page article in AW explaining their justification and reasoning for the increases: but in my opinion our objections remain correct and unanswered. Hopefully some understanding can be reached in the coming months.

“Following our Cheshire County AA meeting, we are writing to you to express the unanimous opposition by all the clubs present to the proposed increase in levy fees.

We wish you to reconsider your imposed increases on three grounds.

1) EA has not given any acceptable financial reason based on income and expenditure for the proposed increase in the competing membership levy.

2) The changes are discriminatory based on discipline and age, and will adversely affect the ability to retain junior age groups. If justified, a reduced increase should be equal across ALL competing athletes. The proposal to cap the race licence fee for club-organised races runs counter to EA's insistence on requiring more money.

3) The current proposal to impose different levy fees, based on the category of competing member, will add a significant load on club membership secretaries.

EA is already unable to police the current policy, with some clubs not paying the correct amounts, or not paying against the agreed timescale. In our opinion, complicating the levies, will render the scheme unmanageable.

We therefore request that you reconsider your position, before you lose clubs, and the clubs themselves lose athletes and volunteers.”

Macclesfield Harriers and Athletic Club – Club Membership Fees (2013/2014)

England Athletics (EA) has recently announced a significant change to the affiliation fees that the club needs to pay on behalf of its members. This change is outside the club's control. The background to this change can be found online at www.englandathletics.org/membership2013

The new EA affiliation fees are shown overleaf and compare with £5/member that we currently pay.

The club committee have met to discuss the impact of this change for membership fees for 2013/2014 and are making the following proposal which will need to be finally approved at the AGM on 22nd March 2013. Subsequent year's fees will be reviewed each year.

The membership fees will be calculated as the sum of the 'basic' cost of running the club plus the appropriate EA levy for that membership category.

Club Membership Fees (2013/2014) (cont'd)

EA Levy by Membership category	Year 1	Year 2	Year 3	Year 4
Club/Body Affiliation (one off fee)	£50	£50	£50	£50
Senior athlete (17 and over) - track & field, cross-country, road	£20	£21	£22	£23
Off Track (for example road and cross country – not covering track & field athletics)	£10	£10	£10	£10
Under 17 athlete membership	£15	£16	£17	£18
Athletic 365 (U11's) membership *(Optional)	£15	£16	£17	£18

With tight cost control the 'basic' cost of running the club is £8,000/year. This is the sum of the costs for the following items - Club Admin, Insurance, Club Magazine, Awards, Equipment replacement, Entry fees for competition, Coaches Training courses, Club Clothing, Social Events, League affiliation costs.

Many other items of club expenditure have been excluded as we manage to cover their costs through catering income, track fees, grants and donations and other creative means (as an example the track hire costs of ~£10,000/year are covered by the track fees of £2/session).

There are ~500 club members. To cover the 'basic' club running costs of £8,000 requires a membership fee of £16/member (approx £1.34/month) which I hope you will agree is a amazing value.

The proposed membership fees for 2013/2014 will therefore be as follows:-

MH&AC — Fees by Membership category		Club Fee	EA Fee	Total Membership Fee
A	Under 11	£16	£0	£16
B	Under 17 athlete - including T&F	£16	£15	£31
C	17 and over (Senior athlete) - including T&F	£16	£20	£36
D	Competing member (excluding T&F) – eg Road, Cross-Country	£16	£10	£26
E	Officials, Social, non-competing	£16	£0	£16
F	Life Member			£300

Notes:

- a) Students who are studying away from home but periodically return to train and compete will have a 50% reduction of their fees
- b) Due to the complexity of the EA fee structure it is no longer possible to offer family membership
- c) Anyone joining after 1st October will benefit from a 50% reduction in the club element but will still be required to pay the full EA element

Membership runs from 1st April to 31st March each year. An e-mail reminder will be sent out mid March and a renewal form will be available to download from the club website and also a copy will be sent out with the Spring edition of GO! Magazine. Please pay your membership fees promptly to help with club cash-flow.

Neil Gunn (Treasurer)

Cross Discipline Challenge

The dark nights and cold weather are with us. The track season is a distant memory and there are fewer road and fell races to choose from. But it's not all bad. The cross country season is in full swing, and if nothing else it provides an opportunity to get some good training in for next year. Equally many of us will soon be deciding which events we will be entering next year so that we can block the dates out in our diaries. Which means that now is an ideal time to try something different; you never know where it might lead and at worst you will have spent time running with some different people.

I will be publishing a list of those who have completed the challenge in the next magazine following conclusion of the cross country season. However for those of you who are an event or two short, or simply curious about club events over the coming months, here is the usual list of upcoming club races open to senior athletes. It is rather thin this time round - the road, fell and track & field championships for 2013 are currently being finalised so watch out for updates from the section managers.

Chris Bentley

Date	Name	Type	Category	Distance	Pre entry required ?
Sat-17-Nov	Tour of Pendle	Fell	L		
Sat-17-Nov	Stafford Common (North Staffs)	XC	XC		
Sat-24-Nov	Cheddleton	Road	M	10k	
Sun-25-Nov	Famous Grouse	Fell	S		
Sat-01-Dec	Wythenshawe Park (Manchester League)	XC	XC		
Sat-08-Dec	Leek (North Staffs)	XC	XC		
Sun-09-Dec	Stockport	Road	L	10 mile	Yes - Closed
Sat-05-Jan	Cheshire Cross Country Champs	XC	XC		Yes
Sun-13-Jan	Boggart Hole (Manchester League)	XC	XC		
Sat-26-Jan	Northern championship - Knowsley	XC	XC		Yes
Sun-10-Feb	Woodbank Park (Manchester League)	XC	XC		
Sat-23-Feb	English championship - Sunderland	XC	XC		Yes

Slaying Dragons - The Dragons Back - A 5 Day Odyssey

Approaching the Dragon's Lair - The race runs from Conwy Castle on the coast of North Wales to Carreg Cennan Castle not far from Swansea, traversing the rocky spine of Wales with about 50,000 feet of climbing and about 200 miles of distance. Oh and there is no pre-defined route, so the dragon may switch its tail along the way.

Day 1 The Dragons Head – Well this dragon has a huge head as we had to get from Conwy Castle to Nantgwynant south of Snowdon, but traversing 17 summits including ALL the Welsh 3000'ers. So after a kit check and a few verses from a top Welsh Male Voice Choir at 7:00am in the morning, we started trotting along Conwy Castle walls and headed towards Snowdonia. The sun was shining and visibility was good as we headed towards the Carnedd's. Disaster almost struck when I slipped spectacularly whilst dibbing on a summit, just missing a hit on the head and luckily escaping with a bashed shin; early disaster avoided.

Unlike the original Dragons Back we had a few more hills to do on the first half of Leg 1 down to Ogwen. So although we had receded the short descent from Carnedd Llewelyn, it was onwards to Pen-Ole-Wen where we decided to descend the Eastern Ridge. Like the Pied Piper many others followed us down until they could see where we were heading and then sprinted off!



The midway stop was very welcome as we were short of water, but we knew we were only a third of the way through and it was already afternoon. Tryfan was ascended quickly and descended slowly through poor route choice and then we were off along the Glyders, but unlike the original we had to traverse way our west to Elidir Fawr, and only then did we notice the cut-off times and they were fast approaching. To avoid climbing Crib Goch in the dark we set a target of reaching the Llanberis Pass road by 18:30. This we did but only to be greeted by a couple of marshals, who told us that we were not allowed to go up Crib Goch, but could either take a lift to the end or go directly up Snowdon. We asked repeatedly if this would mean we would be classed as DNF, which would be a tragedy on Day 1 and were assured that "something" would be worked out. A tricky decision was now required; did we ignore the marshals and risk disqualification or risk a DNF by going straight up Snowdon and missing out Crib Goch and Garnedd Ugain. We opted for the straight up Snowdon route and it was straight up, vertically. We had good company; Peter from Belgium but now living in Africa was an ex-Belgian orienteering champion and a tough military type and his friend Stephen was also in the military and now in war zones in Africa. Tough characters, although we did get on top ahead of them! We reached the top ridge for a well deserved butty and got to the summit of Snowdon enjoying the most wonderful sunset. Careful navigation was now required as we did not want to make ANY wrong turns on the descent. Navigation proved significantly more tricky as there were no walls marked on the maps to use as handrails, but we went carefully and eyes glued to our compasses found the paths and eventually rocked up to the campsite at about 11:00pm. Then we simply had to find a tent and some food. We were completely knackered! After a lot of faffing to get into recovery tights and dry kit we found some chilli and cake to eat. It was well after 1:00am when we managed to get into our sleeping bags and allow the pitter-patter of raindrops to lull us asleep.

Dragons Neck - Day 2 - The alarm went off at 6:00am but it was 7:20 by the time we left to

negotiate the 53km across the Moelwyns and the Rhinogs. This would only make the day even tougher. It was foggy and raining when we set off. More map and compass work was required to find Cnicht. Luckily Kirsty knew the area from a lot of Paddy Buckley reccies. We made it to the summit just as the photographers were coming down, and met a very tired Ian Symington who had had enough and was on his way back already. Kirsty found a brilliant but precipitous route straight down the mountain to the dam wall. A few faint hearted souls decided not to follow us, but it was their loss. We found out later that one of the Berghaus guides who was chaperoning one of the competitors who was part of a relay team actually ran completely off the map here in the clag! We struggled down towards the railway, slipping and sliding and then found easier ground on a few disused levels. The big decision of the day then needed to be made. Did we go the long way along the roads and along the valley path to Cwm Bychan or take the much shorter route over Moel Ysgyfarnogod. Kirsty and I had been over this hill earlier in the year and it was awful. We opted for the low route as we knew we would not get lost. But it was a long, long way and the cut-off time was getting ever nearer. We arrived with about 30 minutes to spare and enjoyed the hospitality of Ian and Charmain who provided us water and encouragement. Then we were on our way to the Roman Steps and the shattered summit of Rhinog Fawr using all the knowledge from previous reccies in this wilderness. We found the summit and then struggled down the rocky descent. At one point we had to stop as Kirsty's map had slipped between the crags and this necessitated some unnatural clambering to extricate it! We now recalibrated our expectations and set a target of getting off the last hill Diffwys, by dark. We made good progress to Diffwys. We knew a bad path off and this is where the GPS wanted to take us, but I insisted we carry along the ridge to a cairn and hooray, found a set of old levels down to the forestry road. And no, we did not turn on our head-torches until we were off the hill! Then it was simply 7-8km along paths to the campsite which had showers!! It had only been 14 hours on the hill today! The marshals put up a tent for us rather than disturbing others and we loved the hot shower. The lentil stew and mash was a welcome bonus even if we did eat it al-fresco in the dark in a field 100m from our tent!

Dragons Back - Day 3 - Now we knew this was a big, big day, the map was longer and wider than Day 2! We were marginally more efficient today and left at 6:20am, only 20 minutes later than planned! Mark of course was ready before us, but even without having to queue for the bathroom and not bothering with the hairdryer and make-up it takes a girl a time to get ready! We had expected to go straight up Cadair Idris today, but as a special treat we were going to enjoy a complete traverse of the whole mountain ridge, which is about 10km west to east. A great traverse but we needed to end up at least 40km south of where we started by dark. I have never been up Cadair Idris before and it is a superb ridge especially in the sunshine just going in the wrong direction. After Cadair we were off to the Tarrens, which were quite small lumps, but tricky to find.. Again we were blessed with beautiful weather and we had the benefit of looking forward to the local 3 star Michelin Spar in Machynlleth, where fresh food and Coke was duly bought! Now we just had to mosey on down to Pumlumon. There is no real defined route up this mountain and again we wanted to reach it before dark. We met Wendy Dodds on the way and it was getting dusk as we approached the mountain and crossed the knee deep ford. There was much discussion about route choice and then we decided to go up the wet and boggy path up the side of the stream and then hack our way across to the summit ridge on a compass bearing. This was a good move and we reached the summit just in daylight. The Pied Piper effect was again in evidence and we picked up a few cold souls on the summit who were clearly a bit lost. We seemed to lose all the light quickly and despite many pairs of eyes, GPS and compass bearings we could not find a good path off the mountain. It was horrible ground and slow going until we eventually managed to find the old mine workings and a good track. We were a big group now and eager to find the campsite.

We took a wrong turn into a farm yard full of sleeping, but soon to be awake and barking, guard dogs that luckily were in cages. Then up the track to the campsite, which as a special treat was inside a huge barn! It was freezing and very noisy. However at least the food van was just outside and still serving veggie curry with a real kick as it had been stewing for hours. We found our tent changed into the magic compression tights and collected our food. Not much sleep tonight as it was very noisy and we were sleeping on stones and gravel!

Dragons Leg - Day 4 – The alarm went off at 5:30am and it made me jump so therefore I must have been asleep and I must be on holiday! We got up and enjoyed another lovely breakfast; 4 weetabix eaten as two courses washed down with tea. Then off across the featureless wilderness of mid Wales which is known as the Elan Valley. Bad navigation meant we missed the path and ended up in thigh high bog and grass, it served us right as we followed Joe Faulkner, who insanely was doing this race for the second time! We eventually find the right path and joined up with Wendy Dodd's peleton and the American Johns. By this stage in the race we are all suffering and the pace had slowed right down, but it gave us time to talk and share stories and experiences. I realised that there are some seriously good athletes here. One of the American John's had done the Hardrock 100 and over 100 ultra races and the other was a very accomplished adventure racer. The half-way point today was near a pretty reservoir, but Kirsty and I were suffering. Kirsty had first aid on her ankle that was seriously swollen and very painful and I had a deep set of blisters popped again on my toes and heels. We were both pretty maxed out on ibuprofen and paracetamol! Ian again had the thankless task of patching us up and then we were off again along the banks of Caban-coch reservoir. There was not much climb today, but the paths are tricky to find and we had 10km along the road to look forward to at the end of the day. Just before this we needed to negotiate a pass on what was advertised as a mountain bike track, so that should be easier going we think. Well apart from the thigh deep mud and reeds we regularly sank into! And then there was the wall we had to climb...Mark managed to get over OK, and then I struggled over assisted by Mark, with all the grace of a hippopotamus. Then it was Kirsty's turn and she



was having the worst time, but somehow we got her over and then collapsed in fits of giggles at our ineptitude! Shame we had not seen the gate 100m up the wall! At last we reached the road, which was surprisingly steep and trogged along so that we managed to reach the campsite in the daylight....well without switching on our head torches. By day 4 there are not that many people still in the race, only about 30 from the original field of 100. The organisers had not envisaged such attrition and were offering a Spanish Dragon which means that competitors could just do half days and get a lift to or from the half way point. Kirsty, Mark and I are at this point determined that we will finish even though we were often the slowest and there were bits of us that were falling apart. We feel that we were a nuisance to the

organisers as we steadfastly rocked up each evening well after dark and then doggedly started again in the morning. Not for us the Spanish Dragon! This only fuels our determination to finish. After all we want those measly 3 UTMB qualifying points!

Tonight we had the pleasure of sleeping in a teepee; good because you could stand-up in it and there was only one other bloke in it; bad because it was freezing and damp! We spent the rest of the evening getting our various injuries attended, eating and sorting out kit! The Spanish Dragons had enjoyed an evening down at the pub!

Dragons Tail - Day 5 - The last day dawned. It was painful to stand up, as my blisters had only got

worse overnight, so I slapped on another compeed and took some painkillers. The last day... we only had to survive. Kirsty and I were a bit like the walking wounded, hobbling along. We encouraged Mark to go ahead as he was in better shape, but we were now a team of three and he stuck with us. We set off along the road and soon ascended the first hill which was only a pimple really, but then we were on our way along a lovely ridge that meant we avoided the road, Ian Symington and the Helene's peleton soon came past and then we were back on the road to Llandovery, which seemed very big and busy (it's not!) after a week in the wilds. Nicky and Tim caught us up and Tim generously gave me half a pasty that he had bought in the village, delicious! It was then a sociable if painful trot to Usk reservoir where the mid-point stop was. Charmain and the team were there and had bought us all delicious choc-ices, yes it was warm and sunny! We stopped for some time and I got my blisters punctured again and took a few more painkillers! We made our way towards the dramatic escarpment of Carmarthen Fan. It was great to be back in the mountains again and the summit of Fan Brycheiniog was beautiful. We were taking the short-cut recommended by Ronald Turnbull in his account of the 1992 race, but it was legal for us! The summits stretched way into the distance along this ridge and even the distant one was only half way to the finish! The route was largely pathless even though we were supposedly on the Beacons Way, but we managed to find a succession of trods through the bracken and heather. Dropping down to the road we spied Charmain's camper - the team had decided to meet us and provide an extra water and sweets stop. Very welcome in the heat of the day. Only two hills to go now and we realised that we may manage to get to the finish just before dark. The last hill was lower than Shutlingsloe, but was pathless and had a horrible descent, over boulder fields. But we could see Carreg Cennan castle perched dramatically on its outcrop. We broke into a trot and after what seemed an interminable time we crossed the river and made our way up the final slope to the castle ramparts. Martin and Bonnie were there to greet us along with a few race officials. This was a seriously low key finish, but the dragon was slain.



Out of the Dragon's Den - This is one of the most bitter-sweet races that I have ever done. It was absolutely brilliant to run with Kirsty and Mark and I could never have completed without their support. Looking at the photographs, we always seemed to be smiling which is surprising! The race organisation left a lot of room for improvement, but some of the volunteers were fantastic and put in so much time and effort it was humbling. The weather was fantastic and I feel that I have been to most of the Welsh mountains and I doubt will see them in sunshine again! If St George needs any helpers, I will not be applying but, Dragons are a dying breed.

Mandy Calvert

The numbers

Day	km	Ascent (m)	Time
1	52	4468	15:01:00
2	53	3719	14:33:24
3	64	3772	15:12:22
4	66	2453	14:03:02
5	64	2092	13:29:45

Minutes of Macclesfield Harriers Committee Meeting -

18/10/2012

Attendees: Keith Mulholland, Bob Lynch, John Mooney, Dave Jackson, Julian Brown, Neil Gunn and Kevin Ranshaw.

Apologies for absence were received from Phil Cheek and Phil Barnes.

Item1. Race Signs

Dave Jackson kindly offered to control the use of club race signs in order to make sure that they were all accounted for. People from the club must see him in order to use the signs. Dave will charge £20 to other organisations who want to use the club signs. Bob Lynch (BL) will give Dave a list of events which will show who will be asking for the signs and when.

Item 2. Date of AGM

The AGM will be on Friday 22nd March followed by the presentation of the cross country and senior awards.

Item 3. New categories of membership

England Athletics have increased their membership fees by a large amount for different categories of membership. Therefore the club will have to offer 5 different types of membership for the different types of England Athletics membership. We will call them A, B, C, D and E. The cost of club membership will be £16 and then we will have to add the appropriate England Athletics levy.

Item 4. Proposal that rising 9s can join the club

BL will propose, at the AGM that rising 9s (i.e. the last year of school year 4 from the 1st April) may join the club because they can compete in Cheshire Track and Field at that age.

Item 5. New membership form

BL said that the new membership form should include a question about occupation because that could be useful information for the club.

Item 6. New group leaders and new courses

BL stated that 4 new group leaders had completed the road course and the next course would be on 26/4/2013. He also said that 3 people would be completing the Under 11s coaching course in October and November.

Item 7. Date of next committee meeting

The date of the next committee meeting will be Thursday 13th December at 8.00 p.m.

J. B. Mooney

MH&AC – Road Running Christmas Relay

When - Saturday 15th December 2012 (9.00-11.30)

Where - Track behind the Leisure Centre

What - Mixed ability 50 minute team relay followed by coffee & cakes and the chance to socialise with fellow runners.



Cost: £2.00 (track fee)

Registration: 9.00am – please be prompt

Please bring a cake or biscuits (tea and coffee provided)

Minimum Age: 17

Note: The draw for the club places for London Marathon will take place after the relay

Contact Anne Farmer to book your place anne1.farmer@virgin.net

Background to the relay over the last few months the Road Running group leaders of MH&AC have worked to improve the structure of road running within the club to make it easier for new members to join and then to progress to reach their personal goals. Now that the 'basics' are in place the group leaders are hoping to improve progression through the groups and to encourage more people to compete on behalf of the club.

The plan is to hold events periodically throughout the year where road runners of all abilities can come along and enjoy running with fellow club members. The events will be designed so that runners of all abilities can enjoy them. By doing this we hope that people will realise that it is possible to progress through the club's road running group structure and also to compete for the club. The 'Christmas Relay' is the first of these events and hopefully we will get feedback so that subsequent events will be even better – why not come along and give it a try!

Please let Anne Farmer (anne1.farmer@virgin.net) know if you are coming along so we have an idea of numbers.

Registration is prompt at 9.00am on Saturday 15th December in the clubhouse (remember your £2.00 track fee and cake/biscuits).

The draw for the club places for the London Marathon 2013 will take place after the relay.

Chris Bentley, Anne Farmer, Neil Gunn



Club Fell Handicap Race - Sunday 16 December 2012

The club Fell Handicap will be held on Sunday 16 December from the St Dunstons Inn, Langley.

Start times will be from 9am for those planning a gentle morning out until 11am for the whippets. Handicaps, start times etc. later. Bribes and excuses to Mr Phil Cheek to give yourself a chance. Open to all, £5 per head (including supporters) to fund soup and sandwich post run.

Full kit, ie. waterproof top and bottoms, hat, gloves, map, compass, whistle and emergency food to be carried or worn.

Tea and coffee available pre-start (pay as you go).



This is also a counter in the club Fell Champs.

Route unchanged from last year – Langley – Macc Forest – Shutlingsloe – Wildboardclough – Cumberland Clough – Cat and Fiddle – Sweetie Tree – Shining Tor – Lamaload – Setter Dog – Tegg's Nose – Langley. Please ask if you've not done the route before or are unsure, as it's about 14 miles and 4000ft of climbing.

Phil Cheek

Wednesday Night Fell Runs

Dec 5 Trentabank / Heronry Car Park, and after at St. Dunstons Langley

Dec 12 Knot Inn Rushton Spencer

Dec 19 Vale Inn for another Street orienteering event organised by Andy Skelhorn

Dec 26 No organised run

Jan 2 Stanley Arms Wildboardclough

Jan 9 The Poachers Bollington

Jan 16 Pym Chair Car Park (Grid Ref 995768)and after at The Swan Kettleshulme

Jan 23 Shepherds Arms Whaley Bridge

Jan 30 Robin Hood Rainow

Feb 6 The Navigation Inn Buxworth

Feb 13 Boars Head Higher Poynton

Feb 20 Ship Inn Winkle

Feb 27 Derbyshire Bridge and after at the Stanley Arms

Mar 6 Church House Sutton

Mar 13 Stanley Arms Wildboardclough

Mar 20 Hanging Gate Higher Sutton

Mar 27 Congleton Leisure Centre and after at the Bear Town Tavern

These dates are also on the Macclesfield Harriers website calendar,

<http://www.macclesfield-harriers.co.uk/index.php/fell-running-mainmenu-26/calendar>

Bob Graham Round – June 12-13 1987 by Phil Cheek

Back in 1932 Cumbrian fell walker Bob Graham celebrated his 42nd year by establishing the 'round' of Lakeland summits which now carries his name, and which has become the classic long distance mountain challenge.

Bob Graham's round was not successfully repeated until 1962, but since then some 500 people have competed the circuit of 42 peaks, 65 (or is it 70) miles and 27,000 feet of climb inside 24 hours to claim membership of the Bob Graham Club. The record time taken stands at an incredible 13 hours 54 mins set in 1982 by the mercurial Billy Bland.

The accompanying map shows the route and the 42 peaks visited. Starting and finishing at the Moot Hall in Keswick, the route may be taken in either direction, Graham himself having gone clockwise.

On the exact 55th anniversary of the original round 7 Macc Harriers staged an attempt which ended in success for 3 of us, Mike Laurence, Peter Nolan and myself.

Going clockwise with a 6pm start, in bright sunshine, our first target was the steady long haul of over 2700ft up Skiddaw. Next came the long drops and climbs back up Calva and then Blencathra and the knee jarring and 'exposed' descent of 2500ft to the first road support and food stop at Threlkeld. For the non-mountain types amongst you, 'exposed' means an area with big drops if you fall, the sort of thing Peter Nolan and Colin Ardron skip down chatting contentedly while I crawl on all fours with my knees knocking.

Our schedule was set up to give us the best underfoot conditions during the four hours of darkness as we traversed the grassy ridge of the Helvellyn range. Once up the big climb onto this ridge it was indeed dark but this was a magic time with perfect conditions, a full moon shining brightly over the fell tops, changing colour during the night as the slight cloud cover came and went. By this time we were down to six contenders as Tony Ford had to drop out feeling unwell and was accompanied off the fell in the darkness by Nigel Robinson.

Also at around this time Pete and Mike were going strongly away from the rest of us who found the rocky ground around Fairfield and Seat Sandel slow going in the darkness. The loss of Nigel Robinson's knowledge of the area cost us a few minutes, the loss minimised by the accuracy of Andy Addiss's navigation on map and compass.

After a brief halt at Dunmail for food we set off in the dawn up Steel Fell and onto the Langdale range. More magic moments here, frost on the ground, bright sunshine at around 4.30am and looking down onto a layer of mist over the lakes

below. It was around here that Colin Ardron had to pull out and despite his upset stomach he set off alone for the long trek off the fell so that his pacer Rick Kerwin could rejoin the main group.

Mick and Pete were going so well that by the time we reached our high level food stop at Esk Hause, Jim Kelly and I were dropping well behind our schedule with



Mick Hornsey a few minutes behind us. The next tough let took in the boulder strewn Scafell range followed by another jarring 3000ft descent to Wasdale for more food and a change of clothes. Alan Ireland and Ian Roberts were our pacers now and on the long drop to Wasdale Alan was instructing Jim and I in a descending technique involving a 'jogging' motion apparently more appropriate to a male model on a catwalk – maybe that's where he learnt it but it certainly protects the knees and there was no one around to notice.

By Wasdale Jim and I were so far behind schedule that I had written off any chance of finishing in 24 hours and was now looking for a completion. We took a longer rest than planned before confronting the 45 minutes of seemingly endless, vertical scramble up Yewbarrow.

Several significant things happened around this time. First it rained for all of 5 minutes, significant because it only rained for 5 minutes in the whole 24 hours despite heavy rain up to 2 hours before our start, all the following day and seemingly most of the summer. Secondly, Jim, though going well, had a knee problem which eventually forced him to retire and walk painfully in to Honister with his pacer. Thirdly, Mick had somehow got a second wind and aided by taking the brave, mountaineers route over Broad Stand (me, I went the slower cowards way) was back within 10 minutes of mee when our paths crossed at Steeple. Mick's revival certainly inspired me to up my pace but his efforts were of more help to me than him as terminal fatigue caused him to stop soon afterwards and he too walked in with his pacer.

I had the further inspiration of seeing B.G. record holder Billy Bland leading the classic Erndale fell race up Pillar towards me. I was heartened by the calls of encouragement from many of the race field by nearly flattened by the 'bunch' coming down the narrow scree path I was struggling up. Even more heartening was the sight of Bob Smith at the head of Black Sail Pass with a flask of tea and some food – which he had carefully rationed (or rather defended) when Pete and Mike had fallen on it with literally all-consuming relish.

I was now under 20 minutes behind schedule but every time I began to gain something went wrong – the delay caused by the race traffic, dehydration as the day grew hot, a slightly wrong line descending into Honister, and later a stitch after nearly 21 hours.

After a brief halt at Honister and the knowledge that Pete and Mike ahead were virtually sure to succeed, I set out with 3 peaks to go and 3 hours left in which to cover a section usually scheduled at 3 ½. There was one final problem, my pacers, Ian and Alan had done nearly half the event carrying food etc and were done for. 2 pacers had gone with Pete and Mike and the 3 others were behind with Jim and Mick. Fortunately Tony, now recovered from the illness which forced his early retirement, realised the situation and kitted up to take me on to the finish.

Up ahead Mike Laurence was pulling away from Pete, whose knees and stomach were giving him problems. However, they were both finishing strongly – Mike in 23.04 and Pete in 23.29, a whole minute faster than his time 6 years ago on his first B.G. How's that for consistency?

I now felt very strong and began to think I could get very close, Tony sensed this by

sensibly reigning me in and made me go steadily on the long 'charge' to the end.

On the last road section Tony's pacing had got me back within striking distance of success, though neither of us could work out whether we were going to make it until suddenly we were on the outskirts of Keswick, less than 2 miles from the Moot Hall with almost 30 minutes left. At that moment Tony told me to go on and finish alone as he was tired, but strangely I couldn't face being unescorted and had to persuade him to keep going with me. So finally it was through the Saturday evening crowds back to the Moot Hall, where because our whole attempt had become so split up just one of our pacers was there sitting casually against a wall waiting to welcome me home. I had 23 hours 48 minutes on the watch, 12 minutes inside the deadline and only 9 minutes slower than Bob Graham himself had taken (wearing plimsolls, baggy shorts and a pyjama top) all those years ago. I'm sure he had no idea what he was starting and I'm equally sure he didn't feel any more proud, elated or knackered than I did. We all staggered back to our B&Bs (what a sight to confront our landladies), to bath, rest and change. Three hours later, with everyone down off the hills, we gathered for a few beers and supper before collapsing into bed.

One last thing I must mention was the wonderful feeling of 'belonging' as I sat in the pub that evening in a group of 24 Harriers, family and friends, all of whom had put so much into (and got so much out of) that weekend.

PS: Two months later two more Harriers went round the B.G. in difficult wet conditions more typical of this summer. Mark McDermott recorded a phenomenal time of 18 hours 13 minutes and Andy Addiss despite losing time in thick mist on Great Gable did an excellent 19 hours 45 minutes. Congratulations to Mark (whose time we believe to be ranked in the best 10 ever recorded) and Andy.

Leadership in Running Fitness

There will be another Leadership in Running Fitness course at
Macclesfield Athletics Track, Priory Lane, Macclesfield

On Saturday 13 April 2013

Course code : NCO446 Cost : £110 (the club will pay this)

For more details contact Bob Lynch on

Pauline_lynch@hotmail.com

Secret Confessions of an Aquajogger

"Hi, I'm Declan and I'm an Aquajogger"

(cue round of sympathetic applause and supportive back-patting from my fellow AA attendees, AA being the Macclesfield branch of 'Aquajoggers Anonymous')

There. I said it. I'm an Aquajogger.

Despite my infrequent indulgences in this magazine pretending otherwise, I have been suffering on and off since the age of 14 with various injuries of the Achilles tendon (so much so that I dispute its capitalisation and am campaigning to rid the tendon of its proper noun status, feel free to get in touch or follow me on Twitter, @DecladMurray, if you wish to join the steering group). If one was to seek a similar presence in the Results sections of this, or any other running-related publication then I would be conspicuously absent. But please don't blame me for such imbalances - blame the Achilles and the good nature of Alison, our editor. The result of all this is that the mysterious art of aquajogging has found a semi-permanent place in my training schedule. These are my confessions:



Aquajogging (AJ) is a fringe form of cross-training where the frustrated (injured) runner straps themselves to a flotation device around their hips akin to a back brace or over-sized bum bag – whichever the analogy, it is not attractive – and attempts to run through (not on) water.

[FADE OUT, FADE IN]

I stroll out on to the poolside. I carry my water bottle and the Unattractive Accessory, the latter serving to undermine the seriousness suggested by the former. Already arousing suspicion from life-guards and pointed giggles from poolside yobs the situation does not improve upon entry into the water. Lowering oneself down into the Deep End carefully and slowly looks to most like this geezer wearing the foam belt has never encountered water before (for the record I once reached the Final at the Cheshire Swimming Championships for the boys 200m Breaststroke, so yes, I am familiar with large containers of water - I've even swam in the sea).

Then if I am feeling mischievous or merely wish to delay the inevitable and impending pain (embarrassment and aerobic in equal measure) I sometimes submit to my back bracing bum bag and let it have its uninterrupted way. That is for it to bring my hips, back and bum to the surface floating higher than any other

Secret Confessions of an Aquajogger (cont'd)

part of my body so I flounder face down like something from the opening credits of *Midsomer Murders*. With such japes amused, and the lifeguard and poolside yobs even more irritated or intrigued (I can never tell), I right my keel and regain an upright stance ready to begin the 'workout' (AJ like all great inventions was born in The Righteous States of America).

Shoulders slightly above water I start to run, or at least replicate a running action as you don't actually move anywhere. No, unlike the vast, and I want to say total, majority of other fitness exercises, or fads if you're traditionalist (*cough* my Dad), AJ does not offer a differential of speed or serenity. No, instead, as I sweat and pant myself through the water the elderly lady swimming head up, hair dry breaststroke (the one I'm good at remember!) in the lane next me glides past like Bolt versus a British sprinter. It is at this point that I have, on occasion, been asked if I am ok or do I need a hand. To which I strongly retort: No, I am not drowning. Yes, I do know how to swim. And no, I am not a Paralympian (I wasn't good enough). That is another lie, in reality I softly respond yes I am fine or no I do not need a hand and slow-motion motion myself away.

So out of the water and in it I feel and look stupid. Add this to the usual psychological grievances of an injured athlete and any endorphins released from the session are soon washed off in the shower. AJ may have as high profile advocates as Paula and Kelly (who won her Athens golds off the back of it) but like all sub-cultures it is treated by the real world with suspicion and snigger. As a true convert to aquajogging I seek now to convert the world. Either that or get running again.

*Macclesfield doesn't have a branch of AA. And truth be told the AA doesn't actually exist, though I am considering starting it. Only once I have de-capitalised the Achilles though of course.

Declan Murray



CAFOD FUN RUN, Bollington

Thursday 27 December 2012 at 11.00am

Choice of distance, 4.5mile, 3 miles or 1 mile

Start/Finish on Bollington Viaduct

Registration St Gregory's Parish Hall

For more information go to www.stalbanmacc.org.uk/Bollfunrun1.html

Track & Field Summary

Young Athletes League

(Northern 1SW Division – U13/U15/U17 athletes)

An excellent overall performance saw the club finish second in the league.

Congratulations to those who received “Athlete of the Match” awards as follows:

Round 1: Salford, Blantyre Street		
Clara Boothby	U17W	Grade 3: High Jump 1.55m Grade 3: Long Jump 5.13m
Round 2: Macclesfield		
Katie Lowery	U15G	Grade 2: 1500m 4:57.4
Sarah Stockman	U15G	Grade 3: 1500m 4:58.2
Round 3: Salford, Blantyre Street		
Lydia Hatton	U13G	Grade 3: High Jump 1.30m
Alex Cridland	U15B	Grade 3: High Jump 1.60m

As mentioned in the last magazine, this is the final year for the YAL which is scheduled to be replaced by the Youth Development League in 2013.

At the time of writing, it has not yet been determined where in the new league the club will be positioned, but wherever it is your support next season would be much appreciated so that the club achieves its full potential.

More details will follow as soon as received.

Northern League (Division 4W – U17 to Senior athletes)

As the number of senior athletes competing for Macclesfield has dwindled over the last few years, for 2012 we entered this league as a composite team with Crewe and Nantwich AC under the name “Team Cheshire East Athletics”. This gave Crewe its first presence in this league and the chance for their senior athletes to compete against their peers in a competition environment.

It was clearly successful as the combined team won all 4 matches and finished top of the league. This will mean promotion to Division 3W from where Macclesfield was

Track & Field Summary (cont'd)

relegated in 2011. Hopefully, the stronger combined team will be able to stay in the higher division this time.

Both clubs are looking forward to 2013.

Cheshire League (U11 – Senior athletes)

Another steady year with the final outcome being (2011 in brackets): Men 4th (4th), Ladies 4th (3rd), Overall 3rd (4th) and Under 11s 6th (6th)

If the club is to improve its overall position for 2013 then we will need better support in both the men's and ladies teams. Please consider competing in this league next year.

The U11s achieved the same creditable performance as last year. However, we should aim higher next year and all U11s should step forward to compete.

So overall a good 2012 season; your endeavours are much appreciated.

I look forward to the challenges of 2013 and hope that you will support the club as best you can – be it as competitor, coach, official, team manager, parent or helper.

Kevin Ranshaw – Track and Field Manager (01625 616483 or kevinranshaw@tiscali.co.uk)

Membership Secretary's Ploddings

Hi again.... Just back from the Roaches race, which took place on a lovely autumnal day yesterday (English fell running champion and local Simon Bailey won by 19, yes nineteen minutes over an 18 mile race, would any athlete in the country have beaten him....), good to see so many club members out both racing (we won the team prize) and helping (mostly on Shutlingsloe drinking tea and offering encouragement / abuse). Numbers were a bit down, which meant we had to eat the last of the cakes.

I'd like to welcome the following **new members** to the club, another goodly influx in the last few weeks ! - It's good to see lots of new faces out training and racing - and we wish them all good luck in their athletics :-

Matthew Brown	Leo Thomas	Natasha Hanks
Jasmine Mugridge	Scott Wilson	Holly Dillon
Nathan Haigh	Liz Burns	Finley Proffitt
Peter Buck	Henry Bridgett	Connor Fowler
Thomas Barker	William Davies	Lewis Connolly
Benjamin Haigh	Samuel Page	Sam Ogg
Holly Clark	Olivia Folkes	Lauren Robinson
Carl Taylor	Rowan Hudson	Richard Clegg
Hope van der Veken	Robert Hasler	Claire Shewbridge
Thomas Lewis	Carol Hancock	Esther Morgan
Paula Nimmo	Emma Beveridge	Jack Ansley
Katie Appleyard	Hannah Gravett	Jacob Winfield
Matthew Page	Tilly Cross	Katherine Dane
Lucy Pollard	Annabel Cross	Saranya Hasler
Daisy Pickles	Joshua Davenport	Rose McCormack
Orlagh McKendry	Andy Dines	Rachel Maskell
Kaiya Connor-Green	Ian Mills	Abbie Simpson
Asia Connor-Green	Joe de Sousa	Charlotte Darton
Daniel Murdock	Garry Jones	

We currently have 494 members.

We had excellent support from the club's members for the Langley 7 race last weekend, about 50 helping out in one form or another, plus quite a few racing (we won the team prizes) - it's very much appreciated by all who take part. Runner numbers were a bit down on last year, (they managed to eat all the cakes though!) but we still think we've raised £1700 - £1800 for East Cheshire Hospice, so thanks all once again.

There's still various cross-country races coming up, plus the club's Boxing Day Handicap, and in addition for the first time this year a pre-Christmas relay at the track on Saturday 15th Dec, in the morning. It's something different and will I'm sure be a bit of fun.

Annual reminder – don't forget those luminous bibs, torches, and enough (but not too much!) warm clothing for those road runs, and watch out for the odd icy patch here and there (you can always run off-road, that way at least you shouldn't get run over). That said, some of the best running is on a crisp clear winter's morning, once you get out of the door and warmed up there are some great places to run on our doorstep and some lovely views, especially in the snow (if we have any), so no excuses for spending Christmas in front of the telly with mince pies !

On a bit more then.....

All the best. Cheers Julian, Fox's Reach Lake Road Rudyard Staffs ST13 8RN
Tel 01538 306837, E-mail julian.brown@astrazeneca.com or julianbrown10@hotmail.co.uk

MACCLESFIELD HARRIERS AND ATHLETIC CLUB

TRACK & FIELD AWARDS PRESENTATION AT THE MINI COMPETITION HELD 22nd SEPTEMBER 2012

Award	Places	Recipient
Track and Field (2012)		
U11 Girls (Perpetual Shield)	1 st 2 nd 3 rd	Eve Cobey Shona Williams Liliana Carey
U11 Boys (Perpetual Shield)	1 st 2 nd Equal 2 nd Equal	James Wilson Jack Croker Peter Goodfellow
U13 Girls (Perpetual Shield)	1 st 2 nd Equal 2 nd Equal	Lydia Hatton Abigail Cook Niamh Lewis
U13 Boys (Perpetual Shield)	1 st 2 nd 3 rd	Robert Finnis Joshua Carey Robbie Peal
U15 Girls (Perpetual Shield)	1 st 2 nd 3 rd	Katie Lowery Sarah Stockman Naomi Kershaw
U15 Boys (Perpetual Shield)	1 st 2 nd 3 rd	Callum Ahern Edward Thompson Alex Cridland
U17 Ladies (Perpetual Shield)	1 st 2 nd 3 rd	Grace Hatton Clara Boothby Hattie Matthews
U17 Men (Perpetual Shield)	1 st 2 nd 3 rd	Nathan Finnis Sam Stockman Tom Mort
U20 Ladies (Perpetual Shield)	1 st 2 nd 3 rd	Seren Bundy-Davies Jennie Hughes Danielle Wallis
U20 Men (Perpetual Shield)	1 st 2 nd 3 rd	Ryan Wallis Lloyd Hilton Calum Murray
Senior Ladies (The Richard Sudell Memorial Trophy)	1 st 2 nd 3 rd	Pauline Lynch Barbara Murray Alison Hartopp
Senior Men (Perpetual Shield)	1 st 2 nd 3 rd	Ashley Pritchard Elliot O'Neill Simon Sloan
Best Track and Field Performance (The Pigott and Whitfield Cup)		Seren Bundy-Davies

TRACK & FIELD CALENDAR OF EVENTS—2012/13

DEC 2012			
Sat 1st	Cross Country: Greater Manchester League Match 3	12.00	Inc U11
Sun 2nd	Indoor T&F: Open Meeting 1	10.30	U15 – Senior
Sat 8th	Cross Country: North Staffs XC League Round 4	12.30	All
Sat 8th	Indoor T&F: Northern Open Meeting 2	11.00	U15 – Senior
Sun 9th	Indoor Sportshall: North West League Round 3	11.45	U11/U13/U15
Sun 16th	Indoor T&F: Open Meeting 2	10.30	U15 – Senior
JANUARY 2013			
Sat 5th	Cross Country: Cheshire Championships	11.30	All
Sun 6th	Indoor T&F: Open Meeting 3	10.30	U15 – Senior
Sun 13th	Cross Country: Greater Manchester League Match 4	12.00	Inc U11
Sun 20th	Indoor Sportshall: Aviva Fun in Athletics		U11 Pre-Selection
Sat 26th	Cross Country: Northern Championships		
Sun 27th	Indoor Sportshall: North West League Round 4	11.45	U11/U13/U15
FEBRUARY 2013			
Sun 3rd	Indoor T&F: Open Meeting 4	10.30	U15 – Senior
Sun 10th	Cross Country: Greater Manchester League Match 5	12.00	Inc U11
Sat 16th	Indoor Sportshall: Aviva Sportshall Regional Final		U13/U15 Pre-Selection
Sat 23rd	Cross Country: English Championships		
Sun 24th	Indoor T&F: Open Meeting 5	10.30	U15 – Senior
MARCH 2013			
Sun 3rd	Indoor Sportshall: North West League Final Widnes, Kingsway Leisure Centre (WA8 7QH)	11.45	Qualification needed
Sun 17th	Indoor T&F: Open Meeting 6	10.30	U15 – Senior
Fri 22nd	Club AGM and Awards Evening Venue TBC	7.00	All !

TRACK & FIELD CALENDAR OF EVENTS—2012/13 (cont'd)

APRIL 2013			
Sun 7th	Indoor Sportshall: Aviva Sportshall UK Final Birmingham, LG Arena (at NEC)		U13/U15 Pre-Qualify
Sun 28th	uka: Youth Development League – Upper Age Round 1 Venue TBC	11.00	U17 – U20
MAY 2013			
Sat 4th	uka: Youth Development League – Lower Age Round 1 Venue TBC	12.30	U13 – U15
Sun 5th	T&F: Northern Mens/Ladies League: Round 1 Venue TBC	11.00	U17 – Senior
Sat 24th and Sun25th	T&F: Cheshire County Championships Trafford, Longford Park		U13 upwards
JUNE 2013			
Sat 1st	uka: Youth Development League – Lower Age Round 2 Venue TBC	12.30	U13 – U15
Sun 2nd	uka: Youth Development League – Upper Age Round 2 Venue TBC	11.00	U17 – U20
Sat 8th	T&F: Cheshire Schools Championships Venue TBC		Juniors/Inters/ Seniors
Sun 9th	T&F: Northern Mens/Ladies League: Round 2 Venue TBC	11.00	U17 – Senior
Sat 15th	T&F: Schools Mason Trophy Date and Venue TBC		
Sat 22nd	uka: Youth Development League – Lower Age Round 3 Venue TBC	12.30	U13 – U15
Sun 30th	uka: Youth Development League – Upper Age Round 3 Venue TBC	11.00	U17 – U20
JULY 2013			
Fri 5th and Sat 6th	T&F: English Schools Championships Venue TBC		
Sun 7th	T&F: Northern Mens/Ladies League: Round 3 Venue TBC	11.00	U17 – Senior
Sat 13th	uka: Youth Development League – Lower Age Round 4 Venue TBC	12.30	U13 – U15
Sun 28th	uka: Youth Development League – Upper Age Round 4 Venue TBC	11.00	U17 – U20
AUGUST 2013			
Sat 3rd	T&F: Northern Mens/Ladies League: Round 4 Venue TBC	11.00	U17 – Senior

North West Indoor Sportshall League (U11/U13/U15 athletes)

The club has re-entered this league after an absence of 4 seasons.

A successful first round on 14th October resulted in the U11Gs achieving joint 3rd, the U11Bs and U13Gs 4th and U13Bs finishing 5th in their respective age groups.



The next fixture is on 9th December (at Kingsway Leisure Centre, Widnes) and will be the club's chance to progress up the table.

Please support the re-establishment of the club in this league which gives good winter competition for those athletes not participating in cross country.

All athletes interested in competing should contact Anna Carey (01260 226418 or annacarey@btinternet.com) or myself.



Kevin Ranshaw – Sportshall Co-ordinator

(01625 616483 or kevinranshaw@tiscali.co.uk)

CHRISTMAS TRAINING ARRANGEMENTS

Please note the following in respect of training at the track over the Christmas holiday period:

Tuesday 11 December:	Final U11 indoor training for 2012
Tuesday 18 December:	U11 training outdoors at the track
Thursday 20 December:	Final training night for all age groups



There will then be a break for the Festive celebrations.

Tuesday 1 January:	No training as Leisure Centre closed
Thursday 3 January:	Training resumes for all age groups
Tuesday 8 January:	Training for U11 resumes indoors (for January only)

Have a great Christmas and I hope that all athletes return refreshed in the New Year eager to compete for the club in some way during the 2013 season.

Kevin Ranshaw – Track and Field Manager (01625 616483 or kevinranshaw@tiscali.co.uk)

2012 Boxing Day Handicap Race



The annual Boxing Day Handicap will take place on Boxing Day starting at 10:30am. Providing that the weather is not too icy the course will be the usual hilly 4 mile route starting close to the St Dunstan Inn in Langley. In the event of icy conditions we will opt for a short off-road route through Macclesfield forest, so bring some off road shoes just in case.

Entry is FREE and there will be some light food to be laid on by the St Dunstan Inn after the race. However, we will be having a collection on the day for the East Cheshire Hospice.

We will be using the self-handicapping format as last year:

You estimate your run time for the course.

There is a mass start at 10:30.

The winner is the person who finishes closest to their estimated time.

You are NOT allowed to take any watch/timing device on the race – it's not supposed to be easy!

To give you some hints the average time for the course last year was 26 to 30 minutes. We will also record the finish positions to cater for those who want to race the course.

If anybody would like to marshal on the day, let me know on the forum.

Mike Nelson

Road Running

Gawsworth 10k – Sunday 9 September 2012

This year's Gawsworth 10K was run under warm conditions. Macclesfield Harriers athletes won some of the main prizes at the race, with several of the Club's runners taking part.

James Noakes claimed the overall first vet prize – as well as overall third place – and Daniel Graves finished as the first junior in the 10K race. Tim Stock came in as the first M50 and Liz Burns was the first lady F35. Additionally, in the 5K junior race, Harriers' Aaron Shaughnessy and James Stott were second and third respectively. The event was very well organised. All the participants enjoyed the race atmosphere and the weather was ideal for those just watching. A lot of Club members will be aware that the course is a mixture of road, canal path and fields and the route also contains a stepped railway bridge and some steady inclines. The fields were mainly dry to run on today. 236 runners completed the race. The overall race winner was Chris Davies of Telford AC, in a new course record of 33:52 and the ladies' overall race winner was unattached runner, Jen Lewis in a time of 46:00 (exactly).

Harriers' results for the 10K;

James Noakes, 36:35 (3rd place and 1st overall vet)

Andrew McEvoy, 41:58 (9th place)

Tim Stock, 42:29 (11th place and 1st M50)

Alan Wardle, 43:50 (19th place and 3rd M50)

Daniel Harle, 45:35

Steve Lomas, 45:41

Matt Grove, 46:14

Daniel Graves, 46:45 (1st junior)

Jonnie Plumb, 47:05

Iona Harle, 47:46 (3rd lady)

Daisy Pickles, 48:01

Mark Wheelton, 48:40

Paula Nimmo, 49:14 (5th lady)

James Mothershaw, 51:51

Liz Burns, 51:43

Lucy Pollard, 51:43

Richard Pankhurst, 53:07

Gawsworth 10k results (cont'd)

Melanie Head, 53:07 (12th lady and 2nd F40)

David Larkin, 53:15

Rob Graves, 57:46

Mark Mothershaw, 58:40

Dave Jackson, 1:03:03

North West Road Relays – Saturday 15 September 2012

The Harriers fielded both a ladies' and a men's team at the North-west Road Relay Championships at Marbury Park in Northwich.

The ladies' 3-strong team finished in an excellent 16th position - out of 32 teams - which saw junior, Seren Bundy-Davies making her senior race debut for the Harriers and she was joined by Carol Bird and Kristy Readman.

The men's 4 man team was led off on the first leg by James Noakes followed by Keith Mulholland, Steve Lomas and Mark Walker and the team finished in 38th place out of a modern-day record number 72 teams.

The overall ladies' event was won by Liverpool Harriers and that club claimed a double by also claiming the men's title.

The two-lap course in the leafy surroundings of Marbury Park measured approximately 5.4K and the surface on the flat terrain alternated between tarmac and shale.

The fastest individual time by a lady on the day was by Holly Barrett of Liverpool Harriers in a time of 18:43 and the fastest men's time was recorded by Johnny Mellor, also of Liverpool Harriers, in a time of 16:11.

The Liverpool Harriers' men's team is coached by Keith Mulholland's 81-year old father-in-law, Harry Benson.

Preceding the senior relays were a series of junior relays and Macclesfield Harriers' acting Chairman and President, Bob Lynch, helped in officiating throughout the whole day.

Great Langdales Half Marathon and Marathon - 22 September 2012

Jo Miles and Julian Brown were both in action at Great Langdale. Jo ran in the Great Langdale Half Marathon and Julian entered the associated Great Langdale Marathon. They have both run the respective races before and they both came up trumps again with some superb results on the hilly courses.

Jo finished as the 18th lady out of 98 ladies in the field and she was the 2nd F50 in a time of 1:51:51.

Julian has run the event several times and I think today was his quickest time, finishing in an overall 8th place in 3:19:19 and being the 3rd vet overall. This was out of a field of 173 on a very undulating and demanding course.

Weston-super-Mare Half Marathon - 23 September 2012

Some of the Harriers' C Group were on tour recently and they competed in the Weston-super-Mare Half Marathon.

Peter Vince ran a time of 1:42:22 which put him in 104th place out of a field of well over 400 and he was the 20th M40-49 vet. Then Melanie Head came home as the 20th F40-49 vet, dipping under the 1 hour 50 minute mark in a time of 1:49:52, followed closely by Richard Pankhurst in a time of 1:49:53, making him the 34th M40-49 vet in the race.

Congleton Half and Quarter Marathon - Sunday 7 October 2012

The Congleton half race saw James Noakes put in another stellar performance with a 5th place finish in 1:15:31 (chip time). The men's race was won by Carl Mouton from Boalloy RC (1:12:58) and the women's race by Laura Thompson from Trentham RC (1:24:39).

Other Harriers' results were:

Chris Bentley	79:42
Mark Messenger	85:37
Gary Willcock	87:38
Martin Platt	92:38
Daniel Harle	96:53

Iona Harle	98:51
Mark Wheelton	103:58
Carol Bird	105:19
Daniel Graves	105:45
Emma Beveridge	110:56
David Hancock	112:51
Lynne Graves	119:55
Duncan Ross	135:01

Well done to all!

The quarter marathon had some notable performances by Chris Harbron (44:21, 2nd Place), Steve Lomas (46:07, 4th Place) and Hannah Bentley (5th Place 49:22).

Chester Marathon - Sunday 7 October 2012

The second running of the MBNA Chester marathon at this time of year saw over 2000 finishers. Five Harriers completed the race. Congratulations to all of them. The results are below:

Steven Millar	3:17:44
James Bones	3:49:37
Fiona Wilson	4:07:14
Alan Flood	4:27:58
Susannah Middleton	4:36:02

Langley 7 – Saturday 3 November

Thanks to everyone who made the race a success. We've raised about **£1700.00** for East Cheshire Hospice!!!!

All the marshals, timekeepers, and everyone who helped in the hall and at the car parking, special thanks to Dave Jackson who was out at 7 am and spent 3 hours marking out the course, then went round and collected them all in again! Everyone who baked cakes for the post race refreshments, they must have



been good as they all went! St John's Ambulance, who fortunately didn't have too much to do. Cheshire Police, who weren't initially able to come but in the end did a fine job for us. John Honey Physio, to sort out your tired and aching legs post-race. Bryan Dale Photos, doing a sterling job as ever. North West Water, for letting us use their reservoir even though it was closed. Our race scrutineers, Sue and Ken Rushton, who seemed happy that we knew what we were doing. And finally everyone who ran the race, we hope you enjoyed it. Plus everyone else I've forgotten.

A fine win in the men's by Tim Pattison, despite his mum telling me he's just out for a jog - how many have said that - and Diane McVey retained her title from last year. Interestingly almost 75% of the field were veterans.

Hope you all enjoyed your post-race beer. Numbers slightly down on last year, possibly due to the Tatton half the day after, but we don't mind too much. We hope to see you all again next year though!

Julian Brown, Alison Horsfield & Dave Buxton and all the organising team.

Manchester League Cross Country - Heaton Park – Saturday 22 October 2012

The first of the Manchester League Cross Country races took place on Saturday 22 October at Heaton Park. It was a beautiful, sunny day with ideal running conditions; a very nice start to the season!

Macclesfield ladies consisted of Anne, Andrea, Barbara, Pauline and 3 first timers: Hannah, Emma and Lynne, all agreeing that they had enjoyed the race and would certainly be coming again!



The senior ladies team (Anne, Andrea, Hannah & Barbara) finished in 15th position whilst the vet team (Anne, Andrea & Barbara) finished in 10th.

The next race takes place on Saturday, 1 December at Wythenshawe Park at 1.40pm. Then in the new year it's Sunday 13 January at Boggart Hole Clough, Manchester and then Sunday 10 February at Woodbank Park, Stockport. All are very welcome, it's a great afternoon out and a brilliant excuse to escape the hubbie/kids, have a good natter and eat cake!! Please let Anne (Farmer) know if you'd like to run, (anne1.farmer@virgin.net). If you haven't entered already this can be done on the day and just a reminder that we meet at the Leisure Centre to share lifts.

Thanks

Andrea Frost

Macclesfield Harriers and Athletic Club Notice of AGM & Annual Presentations

**Friday 22 March 2013
Bollington Arts Centre, at 7.00pm**

**Food and refreshments will be supplied by The Vale,
Bollington.**

Please note this date in your diaries.
All members are invited and encouraged to attend.
Please support your club.

Road Running

Cheshire Grand Prix and Club Championship Road Race Series 2013

Road races which will make up the Club Champs in 2013

Jan 20th	Four Villages Half Marathon (Grand Prix)
March 3rd	Cheadle 5
March 31st	Air Products 10k (Grand Prix)
April 15th	Newcastle 7
May 12th	Chester Half Marathon
June (tbc)	Lymm 5k (Grand Prix)
July (tbc)	Burtonwood 5 mile (Grand Prix)
August (tbc)	Pie and Peas 5 mile (Grand Prix)
Sept (tbc)	Sutton 10k (Grand Prix)
October (tbc)	Congleton half marathon (Grand Prix)
Nov (tbc)	Cheddleton 10k
Dec (tbc)	Stockport 10 mile

Confirmed dates will be publicised on the website as they become available.

Virgin London Marathon 2013

As in previous years the club has applied for places in the 2013 Virgin London Marathon. The number of places available is likely to be four. If anyone is interested in this opportunity they have to fulfil the following criteria:



1. Fully paid up members of Macclesfield Harriers since before April 2012.
2. Applied for and been rejected in the London Marathon Public Ballot for 2013.
3. Able to supply proof of rejection.

In the event that there are more applicants than places, a draw will take place on Saturday 15 December after the Christmas Relay at the track, at around 11.00am.

Please forward any enquiries to kmulholland64@gmail.com

Cheshire Grand Prix Results

After a series of great results at the last race (Macc Half Marathon) in the series, the men's team came 3rd in the Grand Prix and the women's team came 5th.

Pos	Club	Points
1	South Cheshire H	2688
2	Wilmslow RC	2658
3	Macclesfield H	2447
4	Vale Royal	2414
5	Spectrum Striders	2262
6	Warrington RR	1634
7	West Cheshire AC	1340
8	Helsby RC	1299
9	Chester Tri	1278
10	Warrington AC	1119
11	Congleton H	821
12	Styal RC	769
13	Ellesmere Port RC	624
14	Sandbach Striders	526
15	Lymm Runners	525
16	Cheshire HHH	497
17	Boalloy RC	403
18	Tattenhall Runners	303

Pos	Club	Points
1	Wilmslow RC	927
2	Vale Royal	842
3	South Cheshire H	729
4	Spectrum Striders	645
5	Macclesfield H	592
6	Chester Tri	476
7	Helsby RC	356
8	Lymm Runners	238
9	West Cheshire AC	174
10	Tattenhall Runners	156
11	Warrington RR	151
12	Ellesmere Port RC	106
13	Cheshire HHH	92
14	Styal Runners	92
15	Sandbach Striders	84
16	Boalloy RC	71
17	Warrington AC	68
18	Congleton H	25

Men's & Women's Individual Final Cheshire Grand Prix Standings 2012

4th	Mark Walker
17th	James Noakes
26th	Chris Bentley
32nd	Gary Wilcock
33rd	Keith Mulholland
65th	Duncan Dickie
74th	Chris Harbron
76th	Barry Blyth
80th	David Woodhead
95th	Andrew McEvoy

26th	Carol Bird
28th	Julia Dickie
33rd	Barbara Murray
46th	Sally-Ann Hales
58th	Kristy Readman
62nd	Eleanor Bird
63rd	Andrea Frost
63rd=	Daisy Pickles
67th	Sarah Grady
69th	Fiona Wilson
74th	Paula Nimmo
78th	Angela Swinden
90th	Melanie Head

Mens Club Champs points after 10 races

		Alsager	Cheadle	Wilmslow	Chester Spring 5	Whitley 10K	Hollins Green 5K	Great Warford 10	Birchwood 10K	Ellesmere 10K	Congleton Half Oct 7
		5 Feb 5	5 Mar 4	Half Mar 25	S Apr 4	M Apr 15	S Jun 2	L July 29	M Aug 19	M Aug 26	L Oct 7
Name		S	S	L	S	M	S	L	M	M	L
No. of Runners		9	6	24	5	9	8	15	9	4	10
Chris Bentley	M	19	18			20		19	18	19	19
David Hancock	M60+		15		16	13	13	10	13	17	12
James Noakes	M45+	20	20	19					20		20
Mark Walker	M			18	20			20	19	20	
Steve Lomas	M40+		16		17	15	16		14	18	
Gary Wilcock	M50+					19		17	17		17
Keith Mulholland						18	18	14	16		
Andrew McEvoy	M	16	17		19						
Chris Harbron	M40+			15		17			15		
David Larkin	M	12		1		12	14				
John Mooney	M50+	18						18			
Barry Blyth	M65	17						16			
Duncan Dickie	M45+			14			19				
Mark Wheelton	M50+				18						14
Alan Webster	M	15				16					
Jonnie Plumb	M						17	12			
Richard Pankhurst	M40+			3			15	8			
David Tucker	M60+	14		9							
Tim Pattison	M			20							
Lachie Murray	M						20				
Daniel Harle	M			4							15
Mat Bingley	M		19								
Mark Messenger	M45+										
Richard Brown	M40+			17							18
Martin Platt	M55+										16

Ladies Club Champs points after 10 races

		Alsager 5	Cheadle 5	Wimslow Half	Chester Spring 5	Whitley 10K	Hollins Green 5K	Great Warford 10	Birchwood 10K	Ellesmere 10K	Congleton Half
		Feb 5	Mar 4	Mar 25	Apr 4	Apr 15	Jun 2	July 29	Aug 19	Aug 26	Oct
Name		S	S	L	S	M	S	L	M	M	L
No of runners		1	1	15	1	2	6	1	1	2	4
Carol Bird	F50+			17			16		20	19	19
Barbara Murray	F50+	20			20	20	17				
Julia Dickle	F45+			16			18				
Iona Harle	F			13							20
Fiona Wilson	F50+			11				20			
Emma Beveridge	F40+			9							18
Melanie Head	F40+			12			15				
Lynne Graves	F40+			8							17
Hannah Bentley	F									20	
Kristy Readman	F35+						20				
Andrea Frost	F45+			20							
Sarah Grady	F35+			19							
Eleanor Bird	F						19				
Den Masset	F					19					
Angela Swinden	F40+			18							
Sophie Kirk	F			15							
SallyAnn Hales	F50+			14							
Helen Macleod	F40+			10							
Savitri McAsey	F55+			7							
Jane Stephens	F45+			6							

General club information November 2012 by Bob Lynch

Sadly I have to record the deaths of two long standing club athletes - Bill Ellison and Ray Eagle. Bill was a no nonsense man, a talented sprinter in his earlier days, who continued to sprint into his late 60s. Although his first claim club remained Manchester Harriers; for the last 12 years of his life he was both a coach and official for Macclesfield. He maintained his fitness by a daily regime of exercises up into his early 80s. He was always ready to give coaching advice, but he didn't appreciate anybody who was not prepared to give their full commitment back.

Ray on the other hand was a complex, quiet man, with a wealth of interests. He was a talented runner, and during the 80s was club secretary. Sadly for Macc. he transferred to Wilmslow RC for the last 10 years of his life, where he set age group records for the marathon. He died in the recent air crash, while on his way to a trekking holiday in Nepal. Both will be missed by their fellow runners and club volunteers.

Unfortunately I have only just become aware that Ron Graves, another stalwart of the club, now in his 70s, suffered a bad accident while on a sponsored bike ride back in the summer. He is recovering, albeit slowly, and is still in Macclesfield general hospital.

On a much more positive note, 4 more people have attended a road running group leaders course to help augment the improved structure we have for the various running groups. They are - Alison Gunn, Stephen Barker, Phil Gaskell, and Tim Stock.

My particular thanks to Steve Lomas, who has put in four years of hard graft as the road running manager. He has managed to persuade Keith Mulholland to take on the role.

Equally, I am delighted that 3 people are in the process of attending their first coaching course, which will help strengthen the structure for the younger athletes. They are Nick Foxton, Becky and Simon Frith.

We can always do with more helpers and volunteers, so if you can help in any way, just let us know.

A number of people have taken on other club roles, which will help the club going forward. While I remain committed to the club, I will be stepping down as chairman at the next AGM - so we do need someone who has the overall interests of the club at heart to take over from me.

The AGM combined with the second part of the presentation awards will take place on Fri 22 March.

Also as indicated separately, there will be a need to increase membership fees, assuming some sort of increase in EA competing members levies is imposed by EA and accepted by us as a club.

Just to add insult, we need to raise the track training fees to £2.50p per session to ensure that we can cover the cost of hiring the track. We will then try to hold this for a further 3 years. Any surplus of income over cost for the hire for training, will be used by the club to help improve the facilities. This increase is required despite us hosting another successful Startrack course as well as a 100 days to go event and a post Olympics legacy day. These events and the fabulous Olympic games have created an upsurge in interest - but it will be difficult to maintain this through the long winter months; despite the provision of indoor training at an increased cost to the club. Hopefully in the new year, we will be able to move some of the youngsters through to the next training groups in anticipation of their new age groups for the 2013 T&F season. Equally athletes

General Club Information (cont'd)

and parents need to remember that while we are a friendly club, it is important that people commit to competing for the club when asked. We still have a long waiting list for children wanting to join the u/11s category.

I hope you accept that the club remains good value for money and that you contribute to its success in any way you can.

Bob Lynch (Chair) 01625 829229 pauline_lynch@hotmail.com

My new role - Dave Jackson - Is this a sign of the times?

Hello everybody, just a few words to let you know what is going to happen with regard to race signs in 2013.

As you are probably aware one of my roles is to erect the signs for Macclesfield Half Marathon and the Langley 7 road races, a job I have enjoyed doing for a number of years. It also gives me a good excuse not to run up some seriously steep hills.

Doing this job has given me an insight into how difficult it can be to keep control of the signs and ensure we have enough of them in good condition and available to our local race organisers. This year alone the club spent £200 on new signs simply because we were never quite sure where they were at any one time, no one individual is to blame for this it's just that the system needs to be clarified. With this in mind I suggested to the club that I could look after the signs. This would enable Bob Lynch to drop one of the balls he has been juggling with for years taking some of the pressure off him. The club have agreed to this and I am now the official "Keeper of the signs".



What does this mean for our local race organisers? Well, not a lot at the moment other than you have a new contact when you need your signs, there are several advantages to having a retired dodderer running the show, I am available throughout the day to deal with requests, I can gain access to the signs outside of Tuesday and Thursday nights and I can prepare your requirements and arrange for your collection from the club or my home. I am also able to purchase new signs to cover loss or natural wastage.

To summarize I see my role as a support to the race organisers helping to facilitate their needs whilst maintaining the club's stock of sign. If anyone wishes to know more please do not hesitate to contact me. I plan to get in touch with race organisers in the new year.

I wish you all a Happy Christmas and a prosperous New Year,

David Jackson

C.E.O. SIGNS-R-US

Sports Massage: What's it all about?

Judith Cooper ISRM (Institute of Sport and Remedial Massage Therapy)

Fundamentally, a good massage therapist works to promote healthy soft tissue; be it muscle, tendon, ligament or fascia. Training and experience teaches the therapist to feel for dysfunction and imbalance in the tissues and to address it with a variety of techniques.

A massage treatment involves continuous assessment of the tissues. As soon as you put your hands on, you are assessing the condition of the tissues; are they soft, elastic, pliable and smooth or are they hard, fibrous, lumpy and restricted? Are there patches of scar tissue that will cause a muscle to be less efficient and perhaps a little short so that it pulls on a joint? Is a muscle weak and restricted by a more dominant opposing muscle which needs to be released before the weak muscle can be strengthened? What has the client told you that may give you clues as to the origin of the problem? Is there perhaps a postural problem that needs to be addressed? Is there a problem with technique in their particular sport? Could the way they use their body during the day at work have an impact on their sport (sitting at a desk every day will shorten your hamstrings in no time if you're not careful).



A regular sports massage is a great way to help avoid injury. Obviously plenty of injuries are unavoidable and happen suddenly, but a huge number of injuries build up gradually over time and are to do with repeated use of particular groups of muscle fibres. These overuse injuries start at a microscopic level with perhaps only a few muscle fibres torn after a hard training session. At this stage they don't cause any discomfort and the athlete carries on as normal. What they may not realise is that without sufficient repair time, the fibres surrounding the original tear soon fatigue and are damaged in their turn. Before

too long, what started as a small amount of damage to a few muscle fibres becomes a full blown patch of scar tissue with the potential to cause problems not only within that particular muscle, but within the body as a whole as compensatory movement patterns are adopted to deal with the injury.

The good news is that a well trained massage therapist will find those little patches of overused tissue very quickly and treat them before the problem gets any bigger. They will also discuss with the client what may have caused the problem and whether they need to address it by looking at their training schedule / technique / footwear etc etc.

If you visit your massage therapist regularly then together you can build up an understanding of how your body responds to your particular sport and where its strengths and weaknesses lie. If you are sitting at a desk all day then some regular massage to help keep those hamstrings pliable and loose will pay dividends. Another very common problem for those sat at desks and computers every day is discomfort in the shoulders and neck and this can have a hugely negative impact on a whole variety of sports (not to mention life in general!).

Sports Massage: What's it all about? (cont'd)

Massage boosts the circulation, taking fresh blood and nutrients to the tissues and taking waste products away. The action of the massage stretches out the muscle fibres and the fascia that surrounds them, improving their elasticity and function. The nervous system is soothed by massage encouraging relaxation and healthy digestion. Research increasingly shows that massage has a very positive effect on the Hypothalamus / Pituitary/Adrenal axis (HPA axis) which regulates our response to stress.

All in all, whether you are competing regularly in your favoured sport or simply trying to keep relatively fit, there is a lot to be said for a regular sports massage; even half an hour once a month will help to prevent avoidable injuries and aid elasticity and health in your soft tissues. More than that it will help you improve your performance, allowing you to train more effectively and compete at your optimum level.

Do get in touch if you would like to know more about sport and remedial massage therapy; contact details are below. Throughout January 2013 I will be offering Macclesfield Harriers a 20% discount; please mention this when booking your appointment.

Judith is the sport and remedial massage therapist at John Honey Physiotherapy, Trinity House Practice, 150-152 Cumberland Street, Macclesfield 01625 500777

www.maccsportsmassage.co.uk
msrmt@hotmail.co.uk

Macclesfield Athletics Development Fund (MADF) (Registered Charity number: 1041755)

Macclesfield Indoor Athletics and Multi-Sport Centre

The main objective of the MADF is to enable the development of an indoor athletics facility and covered spectator seating alongside the existing track and the main strategy for achieving this objective is to work with Cheshire East Council, Sport England and other sports clubs to enable this to happen. It may take some time to achieve this objective. However we believe that if we can establish the need for this facility and ensure that it is included in future development plans we can be confident that, given time, this objective will be realised.

A key part of the strategy is our ability to say to other funding partners that MADF can make a sizable contribution to the costs. At the moment MADF can commit £50,000. If we were able to commit £100,000 this would of course represent an even more significant contribution. It also helps to demonstrate the level of demand for and the commitment of the athletics community in Macclesfield to a facility of this type. If it is not possible to achieve this objective in a reasonable time frame the accumulated fund will of course be available for other aspects of athletics development in Macclesfield. However at this stage we feel it is important to focus on our primary objective.

Macclesfield Athletics Development Fund (MADF) (cont'd)

The main activities carried out in 2012 in support of this objective were, a) Continued engagement with Cheshire East Council. This has resulted in development of plans for phased development of sport and athletics facilities at the Athletics Track and Leisure Centre site, b) Development (with assistance of Craig Harwood) of a visual illustration of a phased development of athletics and sports facilities at the Leisure Centre Site that can be used in discussions with council officers and councillors, sponsors, representatives of other sports and funding partners, c) Review of a variety of approaches to development of indoor athletics facilities across the UK (from Essex in the south to Ayrshire in the north, from Yorkshire in the east to Wales in the west), d) Submission of comments on the Draft Macclesfield Town Strategy Consultation. These comments recommended enhancement of the existing Athletics facilities by: a) provision of an indoor and multi-sport facility at the Macclesfield Leisure Centre site, b) provision of covered spectator seating and c) development of the infield as a football and/or rugby pitch.

Based on the work and consultation carried out to date the current vision we have is:

Phase I: Upgrade infield drainage to enable use for football and/or rugby. Commence (hire) use of field for football.

Phase II Initiate discussions with Football Foundation and FA for provision of changing and showering facilities (based on use of the site as a floodlit centre of excellence for junior football in North Cheshire). Subject to approval of funding upgrade facilities to include changing and showering facilities (including disabled users facility). This could be part funded by MADF as part of a phased development of the indoor athletics facility.

Phase III Review options for provision of covered spectator seating/ indoor athletics/ multisport facility

Subject to approval of funding (Sport England/ Cheshire East/MADF) upgrade facilities to provide spectator seating/ indoor athletics/ multisport facility.

Phase IV Review options for development of Leisure Centre and Athletics Track site as a North Cheshire Sports Village and Lifestyle Centre.

All of this is of course subject to further discussion, agreement and funding, however we believe that this is both credible and achievable. In addition to these activities the MADF trustees were also instrumental in organising and coordinating both the '100 days to go' (18th April) and Olympic Legacy Day (25th August). These events were very successful and provided key opportunities for Macc Harriers and the wider community to participate in Olympic events.

During 2013 our main focus will be to continue our engagement with Cheshire East Council and other partners to: a) Ensure that development of athletics and sports facilities are included in development plans for the Leisure Centre site. b) Continue to establish the case for improved athletics and sports facilities at the Leisure Centre site, c) Support and enable the phased development of athletics and sport facilities at the Leisure Centre Site. d) Continue to build the fund to enable MADF to make a significant contribution to improvement of athletics facilities in Macclesfield.

The current trustees are Barbara Murray (tel 01625 572729), Bob Lynch (01625 829229) and John Kershaw. Kevin Ranshaw is the treasurer and Raphael Murray is the secretary.

R Murray

Macclesfield Half Marathon : 30th September 2012

A record breaking entry and the largest ever donation to charity, this year's Macc Half was undeniably the best yet!

After 9 months of careful planning, the only thing we couldn't control was the weather and sure enough it was chilly, damp and windy; not ideal, but the forecast rain did hold off until the afternoon. Initially we were fearful that the poor weather would affect our entries on the day, but we couldn't have been more wrong. Final entry numbers on the Half were 994, on the 5k, 165 and for the fun run, 44. A record total of 1203 athletes!

Before the Half Marathon began a minute's silence was observed as a mark of respect to Ray Eagle who had been a loyal friend and supporter of the Harriers for many years and who sadly, perished in the tragic air crash in Nepal the week before. It was very moving to see so many people paying tribute to a dear friend.

David Rutley MP and Tracy O'Keefe (East Cheshire Hospice) took to the track to thank everyone and wish them on their way, before the half marathon tore off at 10.00am.

A quick call-out brought the first ever 5K race to the starting blocks, fast on the heels of the half at 10.15am. It was fantastic to see so many runners taking part, representing all parts of the local community; regular athletes and fun runners of all ages alike!

Minutes later, the track was full again with our youngest entrants, ready and excited to start on their fun run. So by 10.20am everyone was on their way!

The Fun Runners came in first, with winner Matthew Lees finishing in a very fast 05.30 and all entrants, large and small crossing the line inside of 10 minutes.

Which was just as well because we could barely blink before Kevin Acton of Stockport Harriers was charging down the funnels to win the 5K in an amazing time of 16.47. Our very own James Stott was not far behind, finishing 12th with a time of 19.48.

The presentation of prizes for the 5K happened in a flash before the winner of the Half Marathon Mohamad Aburezeq stormed up the hill and onto the track finishing in 01.09.52. James Noakes was hot on his heels, making everyone proud to see him cross the line in 6th place with a time of 01.15.52.

Once again the "first lady" of the Half Marathon was Altrincham and District's Olivia Walwyn-Bush who set a new ladies course record at 01.17.48; a fantastic achievement especially given the weather conditions.

Total finishers on the Half Marathon numbered 804, of the 5K 135 and on the fun run all 44 entrants! When all was said and done it was an amazing race day made all the more special by the fact that thanks to sponsors, increased entries and costs being cut, the donation to the East Cheshire Hospice this year, was a record breaking £15,000.

Thank you to everyone who took part in the race and to all of the supporters, sponsors and volunteers who have given us another day to be very proud of.

Jo Papadimitriou



Presentation of the cheque to East Cheshire Hospice

Macclesfield Half Marathon 2012 - Accounts

This year's event was the most financially successful yet making a surplus of nearly £16000. This was largely down to an increase in sponsorship. Joanne Papadimitriou persuaded 2 new major sponsors (PZ Cussons and InforMed) to contribute and we retained Simon Carves (Martin Rand's influence). In addition the cost of policing was waived (new policy for supporting charitable events) saving ca £1000 (2011 cost).

In the summary accounts below I've estimated a breakdown of the share of the surplus generated by each of the Half, 5k and fun run. This was the first time we included the 5k race so it was pleasing that this made a small profit of ca £334 or £1834 if the InforMed sponsorship is included. The Half made £8250 or £13725 including sponsorship.

For interest I've listed major cost items not included in the table.

The table also reflects that we have chosen to donate £15000 to the East Cheshire Hospice. The donation to MADF (Macclesfield Athletic Development Fund) is pending identification of a suitable project.

Barry Blyth

Macclesfield Half Marathon, 5k & Fun Run - 2012 Accounts				
	All events	Estimate Half Marathon	Estimate 5K	Estimate Fun Run
Income				
Entries	£21,000.50	£19,504.50	£1,320.00	£176.00
Sponsorship	£6,975.00	£5,475.00	£1,500.00	
T Shirt sales	£30.00	£30.00		
Total	£28,005.50	£25,009.50	£2,820.00	£176.00
Expenses				
Advertising	£862.23	£776.23	£86.00	
Clerical Admin	£327.12	£294.12	£33.00	
Donations (non ECH) - Water Stations, Raynet etc	£460.00	£460.00		
Goody Bags exc t-shirts/medals	£295.75	£266.75	£29.00	
T-shirts (1/2M)	£4,428.00	£4,428.00		
Medals (5k)	£262.74		£262.74	
Prizes	£1,452.03	£1,240.58	£151.45	£60.00
Race Admin	£4,242.94	£3,818.94	£424.00	
Total	£12,330.81	£11,284.62	£986.19	£60.00
Net Profit	£15,674.69	£13,724.88	£1,833.81	£116.00
Donations				
Donations (ECH)	£15,000.00			
Total	£15,000.00			
Bank Balance 1 Jan 2012	£1,665.19			
Carried forward to 2013	£2,339.88			
MAJOR COST ITEMS (Race Admin)				
	PROVIDER	£		
UKA Race Licence fee	UKA	£700.00		
Track Hire	Cheshire East	£594.90		
1000 Brochures	Impression Productions	£475.00		
Results service	John Schofield	£460.00	Note: Discounted rate	
5 Tardis toilets+ 1 urinal	Chelford Mobile Services	£360.00		
6 Banners	Spiral Colour	£345.60	Note: These are reusable	
Race Numbers	Pymmwn printing	£311.10		
First Aid cover	St John Ambulance	£296.64		

Club Records 2012

2012 has been a strong year for setting club records, both on the road and on the track and field.

On the roads, James Noakes clocked up great Vet 45 records for both half marathon at Wilmslow (1hour 13min 40sec) and London marathon in 2 hours 41 min 22 sec. Barry Blyth has been busy setting and smashing Vet 65 records at 5 miles (32min 46sec), 10K (39min 19sec), 10 miles (1 hour 5min 39 sec) and half marathon (1 hour 32min 24sec). His times at 10K and 10 mile also beat the previous Vet 60 times! At the longer distance Dave Tucker set new Vet 60 records at 20 mile (2 hour 44min 10sec) and marathon (3 hour 44min 11sec).

On the roads for the ladies Cynthia Chapman set new Vet 60 half marathon time (2 hour 6min) and a new great record for Pauline Lynch in Vet 65 with London marathon record of 4 hours 29 mins and 46 sec.

On the track the girls/ladies set a bunch of new records this year. Firstly particular mention to Eve Cobey who set a new U11 record for 400m of 76min 3sec; the previous record had stood since 1986. For the U20s, Seren set new records for 400m (55min 8sec) and also equalled Seonaid Murray's record of 64.8sec for 400m hurdles; Danielle Wallis set records for 1500m (4min 42.4sec), 3000m (10min 34.4sec), 1500m Steeplechase (5min10.8sec); Jennie Hughes set a record of 3.30m in pole vault. Both Seren's and Jennie's records set in May were both club and county records. Pauline Lynch also set records for Vet 65, in hammer (11.41m) and 800m (3min 45.3 sec).

For the men there were also a good collection of T&F records set this year by the seniors. Mark Wheelton set a vet 50 record for 400m (70sec) and discus (11.13m); James Noakes ran 3000m in new Vet 45 record of 9min 35.1sec; Dave Tucker set a Vet 60 record for 100m of 15min 2 sec; Barry Blyth set vet 65 records for 3000m (11min 17.5sec) and 5000m (19min, 31.4sec); Simon Sloan set a senior record of 15.3sec for the 110m hurdles; Chris Lowe set a record of 57.3 sec for the 400m hurdles. There was just one record for the boys; Callum Ahern and Edward Thompson both ran 300m in 43.5 sec.

During 2012 it was agreed that we should record club records for 5-year age categories for the seniors for the track and field as we do for the road records. So this year there are a quite a few new T&F records – there may be some “older” records that were not previously claimed so if you do know of any please let me know and we can keep records going forward and encourage all those seniors to keep athletic and claim those records!

Rachael Lawrance
Rachael.lawrance@gmail.com

Club Records 2012 (cont'd)

Road

V Men O/45	Half Marathon	James Noakes	1.13.40	Mar-12
V Men O/45	Marathon	James Noakes	2.41.22	Apr-12
V Men O/55	20 Mile	Martin Platt	2.16.14	Mar-12
V Men O/60	10K	Barry Blyth	39.19	Apr-12
V Men O/60	10 Mile	Barry Blyth	01:05:39	Jul-12
V Men O/60	20 Mile	Dave Tucker	2.44.10	Mar-12
V Men O/60	Marathon	Dave Tucker	3.44.11	Apr-12
V Men O/65	5 Mile	Barry Blyth	32.46	Feb-12
V Men O/65	10K	Barry Blyth	39.19	Apr-12
V Men O/65	10 Mile	Barry Blyth	01:05:39	Jul-12
V Men O/65	Half Marathon	Barry Blyth	1-32-24	Sep-12
V Ladies O/60	Half Marathon	Cynthia Chapman	2.06	Jan-12
V Ladies O/65	10 Mile	Cynthia Chapman	01:32:00	Dec-11
V Ladies O/65	Marathon	Pauline Lynch	4.29.46	Apr-12

Track & Field

Female U11	400m	Eve Cobey	76.3	Sep-12
Female U20	400m	Seren Bundy-Davies	55.8	Jul-12
Female V60	800m	Pauline Lynch	3.45.3	Jul-12
Female U20	1500m	Danielle Wallis	4.42.4	May-12
Female U20	3000m	Danielle Wallis	10.34.4	May-12
Female U20	1500m s/chase	Danielle Wallis	5.10.8	Jun-12
Female U20	Pole Vault	Jennie Hughes	3.30m	May-12
Female V50	Discus	Den Masset	13.30m	Sep-12
Female V45	Javelin	Janet Hatton	10.91m	Sep-12
Female V50	Javelin	Den Masset	8.44m	Sep-12
Male V60	100m	Dave Tucker	15.3	Apr-12
Male V50	400m	Mark Wheelton	70.0	Sep-12
Male V45	3000m	James Noakes	9.35.1	Jul-12
Male V65	3000m	Barry Blyth	11.17.5	Jul-12
Senior Male	110m hurdles	Simon Sloan	15.3	May-12
Senior Male	400m hurdles	Chris Lowe	57.3	May-12
Male U15	High Jump	Alex Cridland	1.75m	Jun-12
Male V50	Discus	Mark Wheelton	11.13m	Sep-12
Male U13	Hammer	Maurice Bolton	21.68m	Sep-12
Male U15	300m	Callum Ahern & Edward Thompson	43.50	Jun-12

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WEEKLY TRAINING TIMES

Group Name	Group Contacts	Meeting Time	Distance & Pace
A Group	James Noakes (01625 230233) jimgetdownshep@aol.com	Monday and Thursday evening 6.30-8.00pm at the overflow car-park behind the Leisure Centre	7-9 miles at sub 7½ min/mile
B Group	Fran Swallow (01625 827355) family_swallow@hotmail.com Jon Falkner (07973 629639) jon@mediafour.co.uk	Monday and Thursday evening 6.30-8.00pm. Meet at the overflow car-park behind the Leisure Centre. The Monday meeting is at Tegg's Nose Car Park from April-September	7-9 miles at 7-8 min/mile
C Group	Rich Pankhurst (0772 2687799) richard.pankhurst@airbus.com Dave Jackson (07786 673746) jacksondave@live.co.uk	Monday and Thursday evening 6.30-8.00pm at the overflow car-park behind the Leisure Centre	5-7 miles at 7½-9 min/mile
D Group	Bob & Pauline Lynch (01625 829229) p_lynch@hotmail.com	Wednesday and Friday evening 6.30-8.00pm at the overflow car-park behind the Leisure Centre	4-6 miles at 8-10½ min/mile
Beginner's Group	Neil Gunn (07786 855027) neil.gunn@gmail.com	Saturday 9.00-10.30am at Riverside Park, Bollin Valley	2- 4 miles at >10 min/mile – depends upon group ability

FELL RUNNING

Meet on Wednesday nights at various venues. See schedule in magazine and on calendar on the website: www.macclesfield-harriers.co.uk

TRACK & FIELD

U11 & U13 meet at Macclesfield Athletics Track Pavilion (behind Leisure Centre).

Tuesday & Thursday 6.00 – 7.00pm

Contact : Judy Brown on 01625 421560 or Bob Lynch 01625 829229.

U15s, U17s, U20s and Seniors (Tues only for Seniors) for track training meet at Macclesfield Athletics Track Pavilion (behind Leisure Centre)

Tuesday & Thursday 6.30 – 8.00pm

Contacts : U15s, U17s & U20s - Bob Lynch on 01625 829229, & Seniors - Sue Rowson on 01260 252410

CROSS COUNTRY

No separate training sessions but club belongs to 2 different cross country leagues.

Macclesfield Harriers And Athletic Club

Founded 1897 – reformed 1945 – affiliated to England Athletics,(registration number 2658261) Cheshire County Athletics Association & Northern Athletics
Website: www.macclesfield-harriers.co.uk

CLUB OFFICIALS

Chairman	Vacant	
Vice Chairman	Phil Cheek	01625 425539
Secretary	John Mooney	07900 823789
Treasurer	Neil Gunn	01625 611802

OTHER OFFICERS

Ladies' manager	Alison Hartopp/	07817 365608 (Ann)
Road & cross country	Ann Farmer	
Track and field manager	Kevin Ranshaw	kevinranshaw@tiscali.co.uk
Borough Council Liaison	Bob Lynch	01625 829229
Schools Liaison Officer	Bob Lynch	01625 829229
Magazine Editor	Alison Gunn	01625 611802
Membership Secretary	Julian Brown	01538 306837
Website Co-ordinator	John & Nancy Bunyan	01625 424564
Club Colours	Trevor Longman	01625 871744 or 07944 897842
Junior Athletes Waiting List mgr	Judy Brown	01625 421560
Club Development Manager	Bob Lynch	01625 829229
Coaches Representative	George Fisher	01782 513606
Men's Track & Field Captain	Ashley Pritchard	01625 617734
Fell Running Representative	Philip Barnes	07779 126450 philip@jolokia.uk.com
Men's Road Racing Manager	Keith Mulholland	kmulholland64@gmail.com
Men's Cross Country Manager	James Noakes	01625 230233
Junior Cross Country Manager	Vacant	
Ladies Track & Field Captain	Vacant	
Club Statistician	Rachael Lawrance	01625 423940 rachael.lawrance@gmail.com
Welfare Officers	Bob & Pauline Lynch	01625 829229
Race Signs Manager	Dave Jackson	07786 673746
Legal Advisor	John Hirst	
Auditor	Vacant	
Press Officer	Vacant	
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