



# *GO!*

NUMBER 121

DEC 2013



James Noakes (No. 435) first over the line at the start of the Macclesfield Half Marathon.  
James went on to win the race!



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*Thanks to Bryan Dale for the cover photo and pictures of Macclesfield Half Marathon & Langley 7 races.*

### Next Issue – March 2014

Please submit any articles or photographs to [alison.gunn61@gmail.com](mailto:alison.gunn61@gmail.com)  
by **Sunday 9 February 2014**

### 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...**



It's that time of year when training becomes difficult because of the weather conditions and dark nights. Running around the streets can be a hazardous occupation, what with badly lit roads, kerbs and dazzling car headlights. So it's very important that you wear the right kit so you can be seen. A reflective top or bib is ideal over your normal running top, and with this in mind the club has been donated some reflective bibs by a local firm of solicitors, which carry the firm's and Harriers logos. See the article on page 4 overleaf.

Have you ever thought when you pay your race entry fee where the money goes? There are lots of races springing up these days which are organised by companies for profit. In other words the proceeds don't go to charity. All races organised by Macclesfield Harriers give their net profits to charity, and there are plenty of other races which do this too. You might want to consider this when entering your next race. See Bob Lynch's article on page 40.



It's hoped that the Boxing Day Handicap race (on Boxing Day!) will still go ahead, as Mike Nelson is unable to organise it this year. It just needs a couple of willing volunteers to take it on, and it's not too onerous. It would be a shame to lose this very friendly and popular event from the Club's calendar.

Finally, as the year draws to a close, I would like to wish all Harriers' members a very happy Christmas and a great new year of exciting athletic challenges!

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## ***Be Visible at Night ...***

As the dark nights draw in it is essential that we are seen when out running at night. The brighter we are the more likely we are to be seen!

Local Solicitors, Edwards Hoyle (Bollington), have sponsored the club with Hi-Viz running bibs for the road running groups. The bibs proudly display both the sponsor logo & the club logo on the front and back. The bibs have plenty of reflective material!

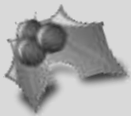
David Edwards from Edwards Hoyle said "we are delighted to be associated with such a prestigious and historic club. We act for people who have been involved in accidents and hope that these bibs keep those that wear them safe".

Running Group leaders for A, B, C, D and E Groups will have a few spare bibs in case runners arrive without adequate reflective clothing and club members will be able to have their own bib for a nominal fee (come along to the track on a Tuesday night to get your bib!).



Pictured from Edwards Hoyle are David Edwards, Karen Outhwaite, Danielle & Rebecca Marshall and Esther Morgan (club Runner) with Neil Gunn (Macc Harriers Club Treasurer).

**Neil Gunn**



## **Christmas & New Year Track Training**

Remember track training finishes on Thurs 19<sup>th</sup>  
December and recommences on  
Tues 7<sup>th</sup> January 2014

## 2013 Macclesfield Half Marathon and 5K Race Report

The 2013 race took place on a beautiful and sunny autumn day on Sunday 29th September. There was a total of 583 finishers in the Half Marathon and 97 finishers in the 5K race. The post race comments on our Facebook page unanimously reflect the race as a great success, well organised and marshalled with plenty of challenging hills and lovely countryside.

The winner of the Half Marathon was local MV45 runner James Noakes from Macclesfield Harriers in a time of 1:16:45. This was a fitting result as he had also featured on the pre-race publicity! There was another outstanding result for Olivia Walwyn-Bush who recorded her sixth win in the race in a time of 1:21:17 and placed 5th overall.

There were four new records set in 2013; Janet Hardwick set a new FV55 record in 1:31:34. Stainland Lions runners, Aileen Baldwin and Janet Greenwood set new FV60 and FV65 records. Brian Scully was the first ever MV75 finisher in a time of 2:24:32.

The 5K race attracted 97 runners and was won by Karl Webster MV40 in a time of 17:28. There was an outstanding performance in the Ladies race with a win for Macclesfield Harrier Katie Lowery GU15 who placed 3rd in a time of 18:20.

In the fun run there were 37 youngsters who completed the course to be awarded well deserved medals.

All the profits from the race are donated to charities and the race committee were able to donate £10,000 to the East Cheshire Hospice and a further donation to support Athletics Development in Macclesfield. This was enabled by the generous support of the Half Marathon by main sponsors PZ Cussons and Simon Carves Engineering and of the 5K race by Informed.

Mandy Calvert  
Race Director



Cheque presentation to East Cheshire Hospice by Mandy Calvert, members of the Macclesfield Half Organising Committee and sponsors

Macclesfield Half Marathon, 5k & Fun Run - 2013 Accounts				
	All events	Estimate Half Marathon	Estimate 5K	Estimate Fun Run
<b>Income</b>				
Entries	£17,110.00	£16,001.00	£949.00	£160.00
Sponsorship	£6,750.00	£5,250.00	£1,500.00	
T Shirt sales	£85.88	£85.88		
<b>Total</b>	<b>£23,945.88</b>	<b>£21,336.88</b>	<b>£2,449.00</b>	<b>£160.00</b>
<b>Expenses</b>				
Advertising	£384.86	£346.86	£38.00	
Clerical & race Admin	£5,872.61	£5,232.61	£580.00	£60.00
Donations (exc itemised below)	£435.00	£435.00		
Goody Bags exc t-shirts/medals	£270.00	£270.00		
T-shirts (1/2M)	£4,600.62	£4,600.62		
Medals & cups(5k)	£340.76		£340.76	
Prizes	£1,127.57	£1,037.57	£90.00	£0.00
<b>Total</b>	<b>£13,031.42</b>	<b>£11,922.66</b>	<b>£1,048.76</b>	<b>£60.00</b>
<b>Net Profit</b>	<b>£10,914.46</b>	<b>£9,414.22</b>	<b>£1,400.24</b>	<b>£100.00</b>
<b>Donations</b>				
Athletics Development	£1,048.90			
East Cheshire Hospice	£10,000.00			
<b>Total</b>	<b>£10,000.00</b>			
<b>Bank Balance 1 Jan 2013</b>	<b>£2,339.35</b>			
<b>Carried forward to 2014</b>	<b>£2,205.48</b>			
<b>MAJOR COST ITEMS (Race Admin)</b>				
	<b>PROVIDER</b>	<b>£</b>		
Results service and Race Nos	Sports systems Ltd	2653.8	Includes 1800 race numbers and 4000 e mail shot\$	
Track Hire	EC Council	833.7	additional cost of Sports Hall hire.	
Brochures 1000	Impression Production Ltd	475		
5 Tardis Toilets; 1 Urinal	Chelford Mobile Services	360		
First Aid/Ambulance cover	St John	300		
Stamps; Envelopes & Labels	Tim Stock	266.86	Brochures/race numbers in advance	
Signs and Marshal Bibs	Running Imp Int Sports	181.22	Re usable	

A summary of the accounts from Barry Blyth follows on page 7.

## Macclesfield Half Marathon, 5k and Fun Run – Accounts Summary

We were able to donate £10,000 to East Cheshire Hospice and a further ca £1000 to local Athletics Development along with smaller donations to other scout groups and local charities who ran the water stations and baggage handling for us.

Our sponsors contributed £6750. Excluding this the half marathon made a surplus of ca £6700 whilst the 5k made a small loss of ca £100. The latter does however cover some of the overheads and with sponsorship provides a surplus of ca £1000. The Fun Run covered its costs (NB used medals surplus from 2012).

Major costs apart from the T shirts were the results service provided by Sport Systems which included provision of Race Numbers ("chipped") and 4000 e-mail shots, and the Track Hire which this year included the Sports Hall, and which made life a lot easier for on-the-day entries.

**Barry Blyth**

### A selection of images from the Macclesfield Half Marathon, 5k & Fun Run



Katie Lowery - 5k



Mad Marshals!



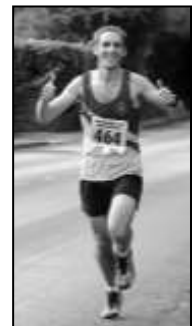
Sarah Quigley - 5k



Fun Run Warm Up



Fiona Wilson - Half



Paul Sharp - Half



Jane Stephens - Half



Rob Hasler - Half

## Brief ramblings from around the world

The day after the Wilmslow half marathon this year I waved goodbye to England's freezing cold temperatures and set off on a five month 'gap yah' around the world.

First stop was South East Asia where I visited Thailand, Laos, Vietnam and Cambodia, completing the four country loop in two and a half months. Travelling with a friend our first stop was Bangkok where we sampled the infamous 'Kho San road' before going north to Chiang Mai where we hiked through a national park, learnt how to cook Thai food and spent a day volunteering to 'save the elephants'.



We then headed east to Laos which didn't have too much to offer but we did stop off

in Luang Prabang, cycling to some beautiful waterfalls, Vang Vieng, where the infamous 'tubing' was now walking through a river in a rubber ring and finally the 4000 islands, to be precise 'Don Det'. We celebrated Laos new year on Don Det island before being scammed on our transport into Vietnam, that luxury AC minibus turned out to be a minibus crammed with over 50 locals and chickens who didn't quite make it over the border. But hey, I guess that's travelling!

Next was Vietnam which we definitely fell in love with. Starting in the crazy streets of Hanoi we then headed north to the beautiful mountains of Sapa where we took a two day hike with a night at a local family home stay. We then ventured to a World Heritage Site, Halong Bay where we spent two nights on our own 'castaway' island. Moving South we stopped off at Hue and then Hoi An, famous for its tailoring services so inevitably we got suits made (convenient as it's now onto the job hunt!). After Hoi An we stopped off at Nah Trang where we took the longest over sea cable

car to a theme/water park and finally stopped in the crazy capital Saigon/Ho Chi Minh City. Given Vietnam's recent history we took a tour around the Cu Chi tunnels and visited the War Remnants Museum.

Cambodia was next and definitely a trip highlight. Knowing little about Cambodia's recent history I was shocked and interested to learn of the Khmer Rouge, visiting the killing fields and S21 in Phnom Penh. We also spent some time volunteering in an Orphanage and then headed to Siem Reap to the world's largest religious monument - Angkor Wat. We took a relaxing break on the beach at Sihanoukville before heading back to Thailand and then to the Thai island's for some more sun soaking. We stopped off at Ko Tao, Ko Phangan (for the famous full moon party) and then over to Krabi where we took a trip to the 'James Bond Island'. Our last stops were Phi Phi and Phuket before heading back to Bangkok airport to continue our trip elsewhere.

South America was our destination for the remaining two and a half months. We started in Ecuador, then Peru, Bolivia, Chile (briefly), Argentina and finishing in Brazil. Landing in Quito mid June we joined a G Adventures tour and headed into the Amazon jungle. It was an amazing experience learning about jungle life and falling to sleep outside with the sounds of the jungle. After this we stopped off in Banos and Cuenca before continuing our trip into Peru.

First stop in Peru was Mancora where we soaked up some last rays of sun before heading south to the cooler capital Lima. Lima was a brief stop and a real eye opener with the slums of the city within reach of the wealthier parts. We soon continued to Nazca where we took a very small plane over



the Nazca lines before travelling to the Colca Canyon for a two day hike. After this we visited the historical city of Arequipa, surrounded

Cusco, another historical Inca city.

The overall highlight of the trip for me was the four day Inca trail hike to Machu Picchu. After hiking at altitude and 3 freezing nights in a tent it was an amazing experience to get to the sungate at 7am with a panoramic view of the 'Lost City of the Incas'. Our final destination in Peru was Lake Titicaca where we stayed for one night at a home stay on the lake.

After a month of Inca ruins, lots of hiking and breath-taking mountain ranges we crossed into Bolivia and stopped off at the other side of Lake Titicaca in Copacabana. Full of stray and rabid dogs we soon moved on to the capital La Paz. Here we cycled down 'Death road' (yes it was dangerous!), and having survived, continued to Sucre where we took some private Spanish lessons (something very necessary when travelling around South America!). We visited the mines in Potosi and did a tour of the salt flats visiting geysers and lagoons over three days before ending in San Pedro de Atacama in Chile. Our brief stop in Chile was very relaxing and being in the desert we took the opportunity to try sand boarding on the sand dunes.

After Chile we headed to Salta in Argentina where I ticked 'bungee jump' off my to do list (there's

video evidence for anyone who's interested!). We spent some time in Mendoza sampling fine wines and then headed to the vibrant capital Buenos Aires. We took a tango lesson, braved the streets of La Boca and took the long bus ride to Iguassu falls, one of the new seven wonders of the world.



*Bungee Jump in Salta, Argentina.*

Our last stop was Brazil visiting Florianopolis and finally the buzzing capital Rio de Janeiro. Taking a trip to Christ the redeemer, sugarloaf mountain, never being bored on Copacabana beach and finally hang gliding over Rio we had an unforgettable last week after an amazing five months. Having had one of the best experiences of my life I was exhausted, overwhelmed and definitely ready for a good sleep back in my own bed!

**Daisy Pickles**

## *Macc Half T-Shirts to Uganda...*

Following the Macc Half, there were a number of race T shirts left over.

50 of them will be soon on their way to Uganda via the Christian Relief Uganda charity which has links locally in Macclesfield. The photo right shows myself (and my wife Catherine) handing over the T-shirts to Rhona Marshall M.B.E. who has fundraised for the charity for many years.

Keith Mulholland



# **Minutes for Macclesfield Harriers &AC**

## **Committee Meeting held on 10th October 2013**

### **Time: 20.15, Venue: Athletics Club House**

**Attendees:** Phil Cheek (PC), Clare Finnis (CF), Bob Lynch (RL), James Noakes (JN), Neil Gunn (NG), Chris Bentley (CB), Keith Mulholland (KM)

**Apologies:** Kevin Ranshaw (KR), Rachel Lawrence (RL), Alison Gunn (AG), Julian Brown (JB), Barry Blyth (BB)

#### **1. Agreement of Previous Meeting's Minutes (All)**

The minutes for the last meeting were agreed.

#### **2. Correspondence (CF)**

All e-mail and postal correspondence has been forwarded on to the appropriate clubmember(s).

#### **3. Club Membership Update (JB)**

Paid up membership numbers are higher than in previous years. A discussion was had over the lack of organisation in the membership department of England Athletics (EA). The club being concerned over an un-cashed cheque and the consequent delays in the sending out of membership cards from EA. Bob will contact Kevan Taylor (Finance Director of EA) concerning this. Neil also suggested we ask EA what we can do to help as EA are concerned about their cash flow. The EA affiliation fee will be £75 for the club and £10/competing member.

#### **4. Finance (NG)**

Finances are in good shape, the club has good reserves of cash. The only current purchase requirements are a new vertical jump for indoor season and a new club flag.

#### **5. Affiliation of the Run England group into the club from 1/4/2014, possibility of running a C25K course (NG)**

It is planned that the Saturday Run England group will be integrated into the Macclesfield Harriers as the E group on 1st December 13. It has 40 -50 members and Neil has worked hard to persuade them to become a part of the Harriers. They will still use the Run England badging to encourage people to join.

Neil has offered to run a 9 week course for absolute beginners, 'from couch to 5km', on Thursday nights. Participants would have to apply and pay £30 or £35 for the course, this would cover their track fees and club membership. Part of joining this course is membership to the club. Spring was suggested for the trial of this course. Neil suggested having 2 coaches, one qualified and the other supervised by the lead coach.

#### **Request for funds from Macclesfield Half (NG)**

It was agreed that we would not ask for funds from the Macclesfield Half as we had plenty of our own funds and did not have any essential purchases to make. The funds would all go to East Cheshire. Bob and Neil would convey this at the next Macclesfield Half committee meeting.

#### **6. Track and Field**

##### **Update (KR)**

Excellent season with the end results across the leagues as follows (CTF League final table awaited – so positions are as calculated from the individual results):

As previously advised to the committee, we now need to decide which leagues to enter for 2014.

It appears that no age group changes are proposed for the YDL for next season.

Therefore, owing to the small turn-out of athletes in the YDL Upper Age Group League (and the extra commitments on the few officials available), it is suggested that we do not enter this league

for 2014. The 3rd place finish is flattering in that most teams – us included – in the division had very few athletes.

League	2013 Position	2012 Position
Cheshire Track and Field League – Ladies	4th	4th
Cheshire Track and Field League – Men	2nd	4th
Cheshire Track and Field League – Overall	2nd	3rd
Cheshire Track and Field League – U11s	3rd	6th
Youth Development League – Lower (U13/U15)	4th (out of 8)	League did not exist
Youth Development League – Upper (U17/U20)	3rd (out of 8)	League did not exist
Northern League (after promotion last year)	3rd (out of 6)	1st (out of 6)

Our Under 17s and Under 20s would therefore compete in the Northern League which it is suggested we re-enter in our own right rather than as a composite team with Crewe and Nantwich AC (known as Team Cheshire East Athletics).

These two age groups could, of course, also compete in the Cheshire T&F League.

#### **Indoor Sportshall (KR)**

Training indoors started on Tuesday 1 October and continues (on Tuesdays only) until the end of January for the U11 age group only.

The league fixtures commence on 20 October at Crewe. There are 3 rounds to contest (2 at Crewe; 1 at Widnes) with the final set for the end of January – also at Widnes.

The Affiliation Fee for 2013/2014 is £80 (up from £40 last year owing to the League losing its sponsor) which has been paid.

We anticipate fielding teams in both the U11 and U13 categories for both boys and girls and remain hopeful that the excellent outcome last year (after 4 seasons out of the league) can be built upon with more teams reaching the final.

The increased support from parents at the club was also noted. Kevin has made a lot of effort to include parents in the 'chats' at the end of training sessions - a clear benefit to the club.

#### **Upper league commitments and composite team (RL)**

It has been decided that we will not enter into the Upper Youth Development League next season. We do not have enough committed U17 and U20 athletes. We will compete in the Cheshire League and the Northern League and use U17s and U20s as appropriate. We will compete as our own team and not as a composite with Crewe and Nantwich. This will restrict the events our athletes can do, they will, however, be able to compete in open events to do chosen disciplines not included in the Leagues.

The club will still compete in the Lower Youth Development League.

Concern was also raised over the huge pressure placed on officials with them required to cover 22

meetings over the track and field season. Kevin will be writing to the AGM about this.

#### **7. Cross Country (JN)**

Upcoming fixtures are: 4th January at Birchwood (Cheshire XC Championships)

25th January, Knowsley (Northern athletics)

22nd February, Nottingham (English XC Championships)

In the first round of the North Staffordshire League the U13 boys did not field a team meaning they cannot compete in the team competition. We have a large number of U13 boys so these should be encouraged to compete. Please also note the U13 boys can still compete as individuals just not as a team.

The club has a good number of entries for the Manchester League. There have been difficulties in obtaining EA numbers as membership cards will not be issued until cheques have been cashed (see previous notes under club membership.)

#### **8. Road Running (KM)**

On average we have about 14 members competing in Club Championship races which is an improvement on 2011 and 2012. The number of ladies involved is on the low side between 1 and 4 at each race. A proposal to change the nature of the Club Championship on the forum did not meet with general approval and there was support to keep the competitive element. Local races such as Wilmslow, Gawsorth, Langley and Cheddleton have been the most popular in terms of numbers over the last few years.

The likely format of next year's Club Championship is to include the Cheshire Grand Prix races, the local popular races and some extra ones yet to be decided. The idea is to get more runners involved. Extra points may also be awarded for running in the Cheshire Grand Prix races e.g. the winner would get 30 points instead of the usual 20, runner up 29 etc.

It was also proposed to have prizes for the highest placed member in each running group (B, C, D etc) with a reward for those who regularly do 10 or more Club Championship races in a year.

The Macclesfield Half marathon and Langley 7 have been suggested for inclusion in next year's Cheshire Grand Prix. Keith has agreed to make a formal request that the Macclesfield half be included next year.

#### **9. Fell Running (BB)**

The Forest 5 race is on Wednesday 16th July 14.

Barry has changed the handicap for the Ken Hall Trophy from age related to being based on all 2013 results. If athletes are seen to have improved on last season's results they will have a chance to win the Trophy.

Some of the Wednesday night fell runs over the winter season will be hill reps and suitable for all road and cross country runners.

Phill Barnes is optimistic about the turnout of teams for the forthcoming National Fell Relays.

#### **10. Club statistician RL stepping down (CF)**

The proposal from Bob that each section deals with its own statistics was agreed. Each section will complete its own records and a composite record will be placed as a read only document on the website. There will be a back up copy of this document. New awards will go through the section head.

**11. St John's Ambulance (NG)**

Neil commented that we now have a better and stronger relationship with St Johns. A calendar of events with requirements and costings is being drawn up between St Johns and the club. St Johns will not cover Forest 5 as this is an off road event, club members who are first responders will cover this.

**12. Boost Profile of club (NG)**

Neil attended the Treacle Market, how successful this was is hard to tell. Facebook is doing well with 2 sites: Macclesfield Harriers and Macclesfield Half. The latter getting 500 hits in one hour, we should capitalise on this. It was decided we should be targeting the younger senior members in our publicity as this is where we have low numbers. The U11s currently have a waiting list. James suggested we have some business cards printed so we can hand them out to people to advertise the club. He then agreed to organise this.

**13. Publicity (CB)**

No report was received.

**14. Go! online/ paper publication (AG)**

Here is a summary of the responses from the request in the last magazine as to whether people preferred the printed magazine or online version.

There were 13 responses in total.

8 preferred the printed version – like the portability of a magazine

3 preferred the online version

1 had no preference

2 said 'yes' to online but that it should be available with a password, or that only past issues (not the current one) should be put online.

A discussion was had on this last point, some felt that receiving a quarterly printed magazine was worth paying the Harriers' membership fee, and that if it was available online to all and sundry (including non-members), it could potentially diminish the membership. Others felt that publishing the current issue would help to promote the club so would be of benefit. A compromise was agreed where the current issue would be held back from the website for a few days so that members could read the magazine first.

It was also decided that a tick box would be placed on the membership renewal form asking whether people wished to receive a printed magazine or on-line version. The default option for members is to have a paper copy but the tick box will allow people to opt out.

**15. Honorary Membership**

A discussion was had about when to offer honorary membership to members. It was felt that it should be after a person has retired from competing for the club after prolonged and committed service. No decisions were made at this stage but Keith will ask Julian for his opinion on the matter.

**16. Date of next meeting**

5th December 2013 at the athletics clubhouse, 8.15pm

Chair person: Keith Mulholland

**17. Any Other Items**

Bob informed us that a young lady who gives free massages in the clubhouse is now qualified - congratulations.

Clare Finnis

## **Macclesfield Run England becomes Macc Harriers 'E Group'**

The England Athletics "Run England" scheme started a number of years ago to encourage more people to start running.

On Tuesday 26<sup>th</sup> October 2010 the first meeting of the newly formed Macclesfield Run England group took place on a cold, dark and wet night. Eight 'beginner' runners came along to the first session to start their own personal running journeys. Three years later the group has grown and now has over thirty regular members who meet every Saturday morning for a variety of running experiences (usually followed by tea and cake!).

During the three years since the formation of the Macclesfield Run England group there has been strong links with Harriers and the next stage has been to formally incorporate into Macclesfield Harriers as 'E Group' (the group is also still part of the Run England scheme). Officially this change will happen on 1<sup>st</sup> December 2013 but already the majority of the Run England group members have completed their membership forms, are now officially Macc Harriers and are representing the club at races, coming along to seniors track nights and moving onto D & C group.

The group continues to meet in a variety of locations at 9.00am every Saturday morning and we run about 4 miles at a pace of 10 min/mile (or slower) – more information is available on the group BLOG at [www.tinyurl.com/runengland](http://www.tinyurl.com/runengland)

***So – a very warm welcome to "E Group"!***



For more information contact group leader Neil Gunn on [neil.gunn@gmail.com](mailto:neil.gunn@gmail.com)

# TRACK & FIELD AWARDS PRESENTATION AT THE MINI

COMPETITION HELD 21st SEPTEMBER, 2013

Award	Places	Recipient
<b>Track and Field (2013)</b>		
U11 Girls (Perpetual Shield)	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>	<b>Poppy Dutton</b> Liliana Carey Annabel Cross
U11 Boys (Perpetual Shield)	1 <sup>st</sup> Joint 2 <sup>nd</sup> Joint 2 <sup>nd</sup>	<b>Morgan Frith</b> Finley Proffitt Benjamin Haigh
U13 Girls (Perpetual Shield)	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>	<b>Lydia Hatton</b> Emily Lowery Shona Williams
U13 Boys (Perpetual Shield)	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>	<b>Oscar Johnson</b> Joshua Carey Peter Goodfellow
U15 Girls (Perpetual Shield)	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>	<b>Katie Lowery</b> Amy Clark Katie Davies
U15 Boys (Perpetual Shield)	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>	<b>Callum Ahern</b> Maurice Bolton Bruce Fellows
U17 Ladies (Perpetual Shield)	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>	<b>Chloe Doggett</b> Naomi Kershaw Martha Richardson
U17 Men (Perpetual Shield)	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>	<b>Matthew Barton</b> Alex Cridland Dan Giffilan
U20 Ladies (Perpetual Shield)	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>	<b>Clara Boothby</b> Grace Hatton Danielle Wallis
U20 Men (Perpetual Shield)	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>	<b>Nathan Finnis</b> Tom Mort Ryan Wallis
Senior Ladies (The Richard Sudell Memorial Trophy)	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>	<b>Stephanie Kleynhans</b>
Senior Men (Perpetual Shield)	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>	<b>Simon Sloan</b> Ashley Pritchard Lloyd Hilton
Masters Ladies (Perpetual Shield) First awarded in 2013	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>	<b>Hanny Stockman</b> Den Masset Alison Hartopp
Masters Men (Perpetual Shield) First awarded in 2013	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>	<b>James Noakes</b> Mark Wheelton Rod Grant-Smith
Best Track and Field Performance (The Pigott and Whitfield Cup)	Morgan Frith, Lydia Hatton, Oscar Johnson, Katie Lowery and Danielle Wallis	<b>Katie Lowery</b>

## CALENDAR OF EVENTS 2013/14

<b>DECEMBER</b>			
Sun 1st	Indoor T&F: Open Meeting 1 Manchester, Sportcity (Etihad Campus) (M11 3FF)	10.30	U15 – Senior
Sat 7th	Cross Country: Greater Manchester League Match 3 St Helens, Sherdley Park (WA9 5DE)	12.00	Inc U11
Sun 8th	Indoor Sportshall: North West League Round 3 Widnes, Kingsway Leisure Centre (WA8 7QH)	11.45	U11/U13/U15
Sat 14th	Indoor T&F: Northern Open Meeting 2 Sheffield, English Institute of Sport (S9 5DA)	11.00	U13 – Senior
Sun 15th	Indoor T&F: Open Meeting 2 Manchester, Sportcity (Etihad Campus) (M11 3FF)	10.30	U15 – Senior
<b>JANUARY</b>			
Sat 4th	Cross Country: Cheshire Championships Warrington, Birchwood Forest Park (WA3 6QX)		
Sun 5th	Indoor T&F: Open Meeting 3 Manchester, Sportcity (Etihad Campus) (M11 3FF)	10.30	U15 – Senior
Sun 12th	Cross Country: Greater Manchester League Match 4 Blackley, Boggart Hole Clough (M9 7DH)	12.00	Inc U11
Sun 19th	Indoor Sportshall: Fun in Athletics Manchester, Sportcity (Etihad Campus) (M11 3FF)		U11 Pre-Selection
Sat 25th	Cross Country: Northern Championships Knowsley		
Sun 26th	Indoor Sportshall: North West League Final Widnes, Kingsway Leisure Centre (WA8 7QH)		Qualification needed
<b>FEBRUARY</b>			
Sun 2nd	Indoor T&F: Open Meeting 4 Manchester, Sportcity (Etihad Campus) (M11 3FF)	10.30	U15 – Senior
Sat 8th	Cross Country: Greater Manchester League Match 5 Manchester, Wythenshawe Park (M23 0AB)	12.00	Inc U11
Sat 15th	Indoor Sportshall: Sportshall Regional Final Wigan, Robin Park Sports Centre		U13/U15 Pre-Selection
Sat 22nd	Cross Country: English Championships Nottingham, Wollaton Park		
<b>MARCH</b>			
Sun 2nd	Indoor T&F: Open Meeting 5 Manchester, Sportcity (Etihad Campus) (M11 3FF)	10.30	U15 – Senior
Sat 8th	Cross Country: Inter Counties Birmingham, Cofton Park (B31 2BQ)		
Sun 23rd	Indoor T&F: Open Meeting 6 Manchester, Sportcity (Etihad Campus) (M11 3FF)	10.30	U15 – Senior
Fri 28th	Club AGM and Awards Evening Bollington Arts Centre	7.00	All !
<b>MAY</b>			
Sat 3rd	T&F: Youth Development League – Lower Age Round 1 Venue TBC	11.00	U13 – U15
Sun 4th	T&F: Northern Men's/Ladies League: Round 1 Cleckheaton, Liversedge, Princess Mary Stadium (WF15 6LW)	11.00	U17 – Senior
Sat 17th & Sun 18th	T&F: Cheshire County Championships Macclesfield		U13 upwards
Sat 31st	T&F: Youth Development League – Lower Age Round 2 Venue TBC	11.00	U13 – U15

## CALENDAR OF EVENTS 2013/14 (cont'd)

JUNE			
Sat 7th	T&F: Northern Men's/Ladies League: Round 2 Ashton-under-Lyne, Richmond Park Stadium (OL6 7TX)	11.00	U17 – Senior
Sat 21st	T&F: Youth Development League – Lower Age Round 3 Venue TBC	11.00	U13 – U15
JULY			
Sun 13th	T&F: Northern Men's/Ladies League: Round 3 Halifax, Spring Hall Track (HX3 0AQ)	11.00	U17 – Senior
Sat 19th	T&F: Youth Development League – Lower Age Round 4 Venue TBC	11.00	U13 – U15
AUGUST			
Sat 9th	T&F: Northern Men's/Ladies League: Round 4 Warrington, Victoria Park (WA4 1DG)	11.00	U17 – Senior

### 2013 Boxing Day Handicap Race

This year Mike Nelson is unable to organise the Boxing Day Handicap, so the Club is looking to find someone (or a small group of people) who would be willing to take over the organisation.

The race normally takes place on Boxing Day starting at 10:30am (Registration in St Dunstan Inn from 10.00am). 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 to club members and there will be some light food to be laid on by the St Dunstan Inn (paid for by the club) after the race. However, we will be having a collection on the day for the East Cheshire Hospice and we do expect non-members to make a donation.

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

*You estimate your run time for the course.*

*There is a staggered start from 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 you can help organise the race, then please get in touch with Julian Brown or Bob Lynch (see contacts list on page 47 for details) who will be able to give you all the information you need.

## TRACK and FIELD: ... and now the end is here

### Cheshire Track and Field League (All Age Groups)

The fourth and final round saw a fantastic turn-out by Macclesfield athletes at Salford.

A great atmosphere, fine weather and some excellent performances resulted in a superb day with a fine outcome for the club. In the fixture Macclesfield finished in 1st place and the Under 11s completed an outstanding season by also achieving 1st place.

The final result was:

- Mens score: 202 – 1st
- Ladies score: 150 – 2nd
- Overall score: 412 – 1st (includes Officials points)
- Under 11s score: 118 – 1st

A final league table should be available at:

[http://www.cheshireaa.com/results/TFL/cheshire\\_tf\\_league\\_2013.aspx](http://www.cheshireaa.com/results/TFL/cheshire_tf_league_2013.aspx)

8 graded performances were achieved.

The outcome was an all-round improvement on 2012 (with the Ladies just missing out on 3rd place by 8 points) and all participants should be congratulated on their contribution to this result – a great end to the season.

#### So in summary...

The club's results were as follows:

League	2013 Position	2012 Position
Cheshire Track and Field League – Ladies	4th	4th
Cheshire Track and Field League – Men	2nd	4th
Cheshire Track and Field League – Overall	2nd	3rd
Cheshire Track and Field League – Under 11s	3rd	6th
Youth Development League – Lower	4th (out of 8)	League did not exist
Youth Development League – Upper	3rd (out of 8)	League did not exist
Northern League (after promotion last year)	3rd (out of 6)	1st (out of 6)

Overall, an excellent season, with many notable performances.

However, there were numerous gaps at certain events where the club lost points (and therefore potential league position) owing to athletes not stepping up to compete.

If the club is to maintain a reasonable presence in these leagues and perform to the level a club our size should, then more athletes need to consider competing.

Can I again thank all the athletes/team managers/parents/officials/supporters and anyone else who has contributed to the club's participation in these leagues over the summer...

...and implore athletes to compete in some form of competition over the autumn/winter months and continue training during this period to maintain fitness. Please consult the fixture list which is updated regularly.

Finally, please consider helping your club. There are many ways you could help the club to progress. Could you assist at coaching sessions, step forward to officiate at meetings, possibly be a team manager, consider helping the catering provision at home events, provide some specialist knowledge that could help the club or even help distribute the quarterly magazine ..?

All offers of assistance are gratefully received – please let us know if you feel able to help in any way.

**Kevin Ranshaw**



Indoor Sportshall



U11 Boys Cross Country Team

Image removed in accordance with Harriers' child protection policy.

# CHESHIRE TRACK & FIELD LEAGUE FINAL TABLES

## Men

	TOTAL	Match 1	Match 2	Match 3	Match 4
1 Crewe and Nantwich AC	1073	273	267	269	264
2 Macclesfield Harriers	865	163	236	234	232
3 East Cheshire Harriers & Tamworth	794	221	180	190	203
4 West Cheshire	736	179	163	180	214
5 Dash AC	693	183	181	173	156
6 Colwyn Bay AC	682	169	172	194	147
7 Salford Mets	629	120	169	134	206
8 Trafford AC	627	150	201	114	162
9 Menai Track & Field	533	164	201	51	117
10 Stockport Harriers	443	185	73	110	75
11 Deeside AAC	438	115	144	111	68
12 Bury AC	436	135	99	121	81
13 St. Helens Sutton AC	421	86	102	82	151
14 Vale Royal AC	406	96	93	124	93
15 Halton & Frodsham AC	360	88	102	74	96
16 Altrincham & District AC	308	72	72	68	96
17 Manchester Harriers	282	93	86	80	23
18 Handforth & Wilmslow AC	222	93	81	29	19

## Women

	TOTAL	Match 1	Match 2	Match 3	Match 4
1 Crewe and Nantwich AC	812	185	211	212	204
2 West Cheshire	691	153	174	159	205
3 East Cheshire Harriers & Tamworth	679	178	161	195	145
4 Macclesfield Harriers	671	156	195	140	180
5 Salford Mets	616	142	149	138	187
6 Trafford AC	588	193	117	131	147
7 Dash AC	556	151	135	138	132
8 Colwyn Bay AC	553	155	129	149	120
9 Deeside AAC	545	124	145	162	114
10 Manchester Harriers	467	148	169	76	74
11 Bury AC	396	127	90	118	61
12 Halton & Frodsham AC	367	82	94	111	80
13= St. Helens Sutton AC	365	79	124	61	101
13= Menai Track & Field	354	131	81	65	77
15 Stockport Harriers	342	145	74	58	65
16 Vale Royal AC	243	64	61	55	63
17 Altrincham & District AC	165	31	39	44	51
18 Handforth & Wilmslow AC	100	15	50	20	15

## CHESHIRE TRACK & FIELD LEAGUE FINAL TABLES (cont'd)

### Under 11's

	<b>TOTAL</b>	<b>Match 1</b>	<b>Match 2</b>	<b>Match 3</b>	<b>Match 4</b>
1 West Cheshire	441	102	113	108	118
2 Crewe and Natnwich AC	427	104	108	117	98
3 Macclesfield Harriers	400	109	87	86	118
4 Salford Mets	376	82	106	100	88
5 Bury AC	357	90	90	79	98
6 Menai Track & Field	341	72	98	86	85
7 Dash AC	307	72	75	76	84
8 Trafford AC	282	80	75	44	63
9 Stockport Harriers	255	82	45	66	62
10 St. Helens Sutton Ac	254	53	57	70	74
11 East Cheshire Harriers & Tam	239	68	59	39	73
12 Colwn Bay AC	190	30	33	66	61
13 Halton & Frodsham AC	175	40	12	71	52
14 Vale Royal AC	152	32	50	40	30
15 Altrincham & District AC	150	51	41	46	12
16 Handforth & Wilmslow AC	145	50	56	18	21
17 Manchester Harriers	130	40	43	28	19
18 Deeside AAC	117	13	56	30	18

### OVERALL

	<b>Men</b>	<b>Women</b>	<b>TOTAL</b>
1 Crewe and Natnwich AC	1073	812	1885
2 Macclesfield Harriers	865	671	1536
3 East Cheshire Harriers & Tameside AC	794	679	1473
4 West Cheshire	736	691	1427
5 Dash AC	693	556	1249
6 Salford Mets	629	616	1245
7 Colwn Bay AC	682	553	1235
8 Trafford AC	627	588	1215
9 Deeside AAC	438	545	983
10 Menai Track & Field	533	354	887
11 Bury AC	436	396	832
12 St. Helens Sutton Ac	421	365	786
13 Stockport Harriers	443	342	785
14 Manchester Harriers	282	467	749
15 Halton & Frodsham AC	360	367	727
16 Vale Royal AC	406	243	649
17 Altrincham & District AC	308	165	473
18 Handforth & Wilmslow AC	222	100	322

# *Your Fascial Bodysuit*

**By Judith Cooper ISRM**

I'm sure I've written about fascia before, but to quickly re-cap, fascia and more specifically myofascia is the collagen rich connective tissue which surrounds each muscle fibre, each bundle of fibres and each muscle in your body in a continuous wrap. It is like an internal bodysuit which supports and nourishes your musculoskeletal system as well as your organs. Blood vessels and nerve fibres run through it and it is richly innervated, sending continuous feedback to your brain about your internal and external environment. It also adapts brilliantly to the demands put on it. The iliotibial band is a marvellous example of this as it is a band of dense fascia on the outside of your thigh which starts to thicken and strengthen as soon as we learn to stand and walk. People who don't have the use of their legs have no need for the iliotibial band and the outside of their thighs is soft to the touch. Equally, cowboys and people who spend hours every day riding horses develop a thickening of the fascia on the inside of the thigh! This adaptation is a wonderful thing, as long as it works in our favour, but bear in mind that your fascial bodysuit will also adapt to bad posture, repetitive strain and other things that we ideally don't want reinforced, so it is in our interests to keep it flexible, hydrated, elastic and healthy. Thickened, restricted fascia will cause local tightening, it will impede the path of nerves and blood vessels and can pass tension along to other parts of the body along fascial lines. (Myers, T., 2003 *Anatomy Trains*)

There is now a centre for fascial research at Ulm University in Germany and I recently attended a two day workshop with its director Robert Schleip. Research in this field is moving rapidly and there is much to write about, but I felt for this magazine, the more practical aspects of the research would be the most pertinent. For those of you interested in learning more, Google Scholar is always a great source.

So, keeping our fascial body supple and loose will maximise our range of movement, allow free passage for blood vessels, nerves and interstitial fluid and it will mean that our muscles can work freely with minimal restriction and adhesions. If you look at the diagram below you will appreciate how deeply fascia permeates our musculoskeletal system and you can see that our tendons for example, are not separate entities stuck on to the ends of our muscles; they are simply a continuation of the fascia which is a fundamental part of the muscle...so tightness in the muscle and/or the fascia will have a direct impact on that tendon (think Achilles and the calf muscles.)

All well and good I hear you think, but what am I supposed to do? It seems that different stretching styles reach different parts of our fascial tissue. Classic weight training will help to strengthen the fascia within our muscles whereas most yoga stretches will work on the fascia outside of the muscle. The most comprehensive way to keep your fascia healthy involves briefly activating the muscle when it is in a lengthened position ie. working carefully at the end range of movement with soft elastic bounces. This, combined with slower, more passive stretches using different angles at the end range of movement has been shown to increase collagen production, improve the all important "sliding" property of fascia (to allow structures to move easily over and against one another) and encourage hydration of the tissues. Think about how Bruce Lee used to move. Picture that wonderful elasticity in his movement; he had a fantastically well trained fascial body. Healthy fascia stores energy



## The Great South Blow

The south coast of England was not the place to be on the weekend of October 26-27<sup>th</sup> this year as the most violent storm since the great storm of 1987 was forecast. This however was the weekend of the Bupa Great South Run and 3 intrepid Harriers made the long journey south to participate, along with approx 25,000 others. Fiona Wilson, my wife Carol and I have all done this 10 mile race before. 2013 being my 4<sup>th</sup> consecutive year.

High winds and possible heavy rain was the forecast for Sunday morning. Well it was certainly windy when I looked out of the bedroom window at 06.30. Why so early, well the hour went back overnight, but the body clock hadn't been adjusted. The race uses a wave start with the elite men and orange wave including Fiona and I off at 10.35. With the wind speed rising all the time just keeping warm was key and a short sharp shower minutes before the off didn't help.

The flat fast course starts and finishes on the seafront in Southsea visiting Portsmouth's historic dockyard and the city centre before running out to the eastern end of the island with the final 2 miles along the seafront. This year those final 2 miles were into the teeth of a full gale with the wind increasing all the time so that the later runners actually had the worst conditions. No records were set this year other than the one for staying on your feet and finishing.

In the elite races Kenyans Emmanuel Bett and Florence Kiplagat defied the gale force conditions to score convincing victories and capture their respective Bupa Great South Run titles.

Bett had the tougher contest in his race before destroying the threat of South Africa's defending champion Stephen Mokoka who pushed him throughout the encounter. However the 30-year-old with one last major break finally pulled away in the last mile winning by 19 seconds in a time of 48:03 with Uganda's Thomas Ayeko a distant third in 49:08. Andy Vernon was first Brit home in 49.21.



David Hancock

Kiplagat enjoyed a much easier success, the 26-year-old just a month after winning a second BMW Berlin Marathon title clocked a time of 53:53 to win at a canter ahead of fellow Kenyan Polline Wanjiku who recorded 56:43 with Great Britain's Charlotte Purdue an excellent third in 56:57.

Much further down the field the 3 Harriers finished thus:-

Fiona Wilson 1.24.32 (22nd in F50-54 category)

David Hancock 1.24.52 (9th in the M65-69 category)

Carol Hancock 1.55.55 (58th in the F60-64 category)

All three of us were delighted just to finish.

So, roll on 2014 which will be the 25<sup>th</sup> running of the GSR. Carol and I will be there as we have already booked the accommodation. Next year will be a flat calm !!(I wish.....)



Carol Hancock

**David Hancock**

## Club Fell Handicap Race - Sunday 15 December 2013

The club Fell Handicap will be held on Sunday 15 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 – Wildboarclough – 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



## Lakeland Trails Ultra

Eighteen months ago I joined the Harriers having just notched up a few trail races and with the intension of dabbling a bit more with fell running. I was perhaps a little star struck when on my first outing with the club I sat down for that post run beer and realised that I was the only drinker who hadn't done the Bob Graham. I remain in awe of the amazing accomplishments of other club members, but these people have infected me and having gained a little more appreciation of the amazing things the body is capable of I have set my sights on higher horizons. On the 14th September, on a flawless summer's day, Lakeland Trails hosted a new long distance event in the Lake District that I was lucky to be part of. I thought other Harriers might be interested in adding this to their bucket list and for anyone considering stepping up to their first Ultra take comfort in that if I can do it then so can you.

It was that rare Cumbrian day that I saw almost every major peak in the national park; the route was a belter and while not to imply that it wasn't the most significant challenge I have undertaken, provided a more manageable profile than the Lakeland 100, or the BG. The distance is 100km (actually 108km as a couple of hundred Garmin's witnessed), with about 3,500m of ascent and 10 excellent food stations. The route was well marked (although I hear that some Saturday night revellers in Ambleside did have some fun with the way markers after closing time) and glow sticks lit way at critical points during the night.

The race started at Brockhole at 6am and I was soon chatting with Clare and Darren from Mow Cop, which was a great way to ease into the day. The sun rose just as we were getting over to Kentmere. From there Mardale Head to the shores of a rippleless Haweswater and then down to Bampton for a bacon butty. The day was glorious but not too hot (nothing is hot after the Wasdale). From Bampton the route topped Askham Moor for a change of terrain, which allowed some rhythm to set in. A rhythm that for me suffered from if not speed as I crossed Boredale Hause to Patterdale for the half way point.

After a change of socks I was fully motivated again and had a big smile on my face up the climb to Grizedale Hause and down a difficult descent to Dunmail Raise. The short leap to Watendlath looked easy enough on paper but the boggy moor was brutal and relentless on tired legs so the well manicured path down to the tarn for a slab of sticky toffee pudding was appreciated. Renewed vigour allowed for a fun descent to Borrowdale and a steady climb towards Stake Pass (the last 500m or so being far from steady). Another fast and thrilling descent took me into Langdale and with the sun setting the twilight and moon overhead was sufficient for me to avoid the need of a head torch until just before reaching Stickle Barn.

Despite the organisers laying on a fabulous spread at the penultimate food stop and getting my fill of a large bowl of chips in the company of a live musician, the leg through to Ambleside was a dark and lonely place and the pace slowed

considerably despite being the easiest terrain of the day. I staggered through Ambleside determine to finish before midnight just as others staggered in search of a lock in. A beer would have been welcome at that point but I was nearly home and I somehow managed to find the energy that had eluded me for the previous 7 miles. Prior to the event a fellow Harrier had suggested that during 'dark patches' I remind myself that they do not last forever and this proved good advice. It is amazing what the human body is capable of after such long endurance and the final section back to Brockhole and still with a few hundred meters of climbing was my fastest pace of the day by some degree. Dig deep and always save something for a sprint finish being the mantra.



My final sprint, or lurch to the finish was met by a glorious fanfare and hero's welcome. Or that's how I'd like to remember it. In fact there was no one there save my lovely wife Zoë who had laboured around the food stations offering encouragement and dry socks throughout the day. The

race organisers had by that point moved inside for some hot soup and I joined them soon after. With 18 hours on the clock, at one minute past midnight all the fanfare I needed was in fact coursing through my soul.

I was too weary at the time to fully appreciate it but over the following week I have relived every bit of the day in my head. The course had a bit of everything and was a fabulous route. The organisation excellent given that it was the first event of this measure they have undertaken. The marshals were brilliant and food stations well stocked with noodles and porridge. The weather was definitely on our side too, particularly in light of the storm that raged through the county early the following morning. This event is very much recommended, particularly if like me there is a certain appeal to being well looked after and not needing to worry about navigation so that all focus is on the job at hand. It goes down for me as probably the best day I have had in the Lakes (and I spend all of the time I can there) and a proud moment in my running ability. As many a Harrier will know, these moments inevitably open a chasm of possibilities, but for now please no-one mention the BG....

The Lakeland Trails Ultra returns in 2015, when the event will be moved to the Summer Solstice. See [www.ultimatetrails.com](http://www.ultimatetrails.com)

Tom Whittington

## Macclesfield Harriers and Athletic Club Notice of AGM & Annual Presentations

Friday 28 March 2014  
Bollington Arts Centre, time to be confirmed

Food and refreshments will be available.

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

### Cross country 2013/2014 season update

It has been a great start to the 2013/14 cross country season for Macclesfield Harriers. The first match in the North Staffs league kicked off at Winsford on 28 September and, despite complaints from some senior men that it was too warm and too dry for cross country, the club saw some good results. The second match for the North Staffs league was at Stafford common, and 3<sup>rd</sup> at Park Hall country park (results not available at the time of writing) and again some great performances were seen. The Manchester area league (MACCL) has had two matches, the first at Heaton Park (U11s did not compete) and the second at Woodbank Park.

Every performance that individuals put in for the club is great, and additionally you never know when your points will count towards the team. There have been some superb individual and team performances. The U13 girls team 1<sup>st</sup> at Winsford (Emily Lowery 6<sup>th</sup>, Amelia Newbould 9<sup>th</sup> and Shona Williams 11<sup>th</sup>) demonstrating a really great team performance. The team performances are summarised below. Individual performances particularly worthy of mention include U11 boy, Finley Profitt (2<sup>nd</sup> at Winsford, 1<sup>st</sup> at Woodbank Park, 2<sup>nd</sup> Park Hall country park), U11 Sian Heslop (2<sup>nd</sup> Stafford Common, 1<sup>st</sup> Park Hall country park), U15 Katie Lowery (1<sup>st</sup> at Winsford, Stafford Common, Park Hall country park, 2<sup>nd</sup> Heaton Park), U13 Emily Lowery (1<sup>st</sup> at Park Hall country park), Senior (vet) Sarah Harris (3<sup>rd</sup> Woodbank Park).



Some Harriers senior men at the North Staffs Cross Country League meet at Stafford Common

Team performances:

	Winsford (NS)	Stafford Common (NS)	Heaton Park (MACCL)	Woodbank Park (MACCL)
U11 boys	2 <sup>nd</sup>	3rd	NA	2 <sup>nd</sup>
U11 girls	4 <sup>th</sup>	2nd	NA	11 <sup>th</sup>
U13 boys	-	-	7 <sup>th</sup>	-
U13 girls	1 <sup>st</sup>	3rd	9 <sup>th</sup>	6 <sup>th</sup>
U15 boys	3 <sup>rd</sup>	3rd	7 <sup>th</sup>	-
U15 girls	2 <sup>nd</sup>	4 <sup>th</sup>	-	-
U17 men	-	-	-	-
U17 women	-	-	-	-
Senior men	8 <sup>th</sup> (Div 2)	15 <sup>th</sup> (Div 2)	10 <sup>th</sup> (14 <sup>th</sup> vet)	
Senior women	-	-	5 <sup>th</sup> (6 <sup>th</sup> and 25 <sup>th</sup> vet)	4 <sup>th</sup> (11 <sup>th</sup> vet)

*The remainder of the fixtures for the season are:*

### 2013

Sat 30 Nov North Staffs (NS) League, Westwood High School, Leek

Sat 7 Dec Sherdley Park, St Helens, MACCL

### 2014

Sat 4 Jan **CHESHIRE XC CHAMPIONSHIPS**, Birchwood Forest Park.

Sun 12 Jan Boggart Hole Clough, North Manchester, MACCL

Sat 25 Jan Northern Athletics X-C Championships, Knowsley Safari Park, Prescot

Sat 8 Feb Wythenshawe Park, south Manchester, MACCL

Sat 22 Feb English X-C Championships, Wollaton Park, Nottingham

?? Mar CAU X-C Championships (Date and details to be confirmed)

**James Noakes**

## JOB VACANCY - CAN YOU HELP?

The Club's statistician, Rachael Lawrance is standing down after 3 years - thank you Rachael for your help in keeping the Club's statistics in order.

The job of Club Statistician has two parts ...

1. to keep the club records up to date and
2. to compile the track and field races during the year to calculate the winners of club awards each year. All done in Excel and easy to do "in your own time".

If you think you could help the club out with this please give Rachael a ring on **01625 423940** for a chat.

## FELL RUNNING

### Wednesday Night Fell Runs

Have kept the "winter" runs all local and have included 6 Hill Rep sessions (5 in Macc Forest led by Phil Cheek; 1 road led by Julian Brown). Andy Skelhorn has volunteered street orienteering from the Vale in Bollington in Dec and (if able) Feb.

Dec 4 Robin Hood, Rainow

Dec 11 Trentabank/Heronry car park SJ916711, after at St Dunstan's, Langley\*

Dec 18 The Vale PH, Bollington\*\*

Jan 8 Church House PH, Sutton

Jan 15 Trentabank/Heronry car park SJ916711 after at St Dunstan's, Langley\*

Jan 22 Boars Head PH, Poynton

Jan 29 Waters Green Tavern, Macclesfield. Hill reps on Blakelow Rd circuit.

Feb 5 Derbyshire Bridge after at the Stanley Arms

Feb 12 Trentabank/Heronry car park SJ916711 after at St Dunstan's, Langley\*

Feb 19 The Vale PH Bollington \*\*

Feb 26 Hanging Gate higher Sutton

Mar 5 Trentabank/Heronry car park SJ916711 after at St Dunstan's, Langley\*

Mar 12 The Poachers Bollington

Mar 19 Robin Hood Rainow

Mar 26 Sunset 18.33 Trentabank/Heronry car park SJ916711 after at St Dunstan's, Langley\*

NB Apr 2 Sunset 19.47

\* Hill rep in Macc Forest option led by Phil Cheek

\*\* Street orienteering courtesy of Andy Skelhorn

**All runs meet 6:45 for a start 7pm prompt, and last typically 75 – 90 minutes**

**Volunteers needed to lead off road options. Barry is happy to lead a road option from the Robin Hood.**

**PLEASE CAR SHARE, and PARK PRETTILY especially at smaller venues**

These dates are also on the Macclesfield Harriers website calendar,  
[www.macclesfield-harriers.co.uk/index.php/fell-running-main-menu-26/calendar](http://www.macclesfield-harriers.co.uk/index.php/fell-running-main-menu-26/calendar)

**Barry Blyth**

### LANGLEY 7 - Saturday 2 November, 2013

Thanks to everyone who made this year's event as much of a success as previous years. We had almost 250 entries and just over 200 finishers this year, slightly up on last year - despite a bit of competition with a half marathon at Capesthorpe on the Sunday (but £22 to enter instead of £8, and no beer at the finish!).

Although a bit wet and miserable first thing, the weather for the actual race wasn't too bad for November in Langley. There were many fine runs this year, and our winners were





both from Wilmslow RC, Damian Nichols for the men ahead of Harriers' Scott Wilson, and Diane McVey for the ladies, ahead of Sharon Johnstone. I'm reliably informed that it was a bit nippy and draughty on the tops – and apparently the hill doesn't get any easier.

The small but perfectly formed race committee would both like to thank, in no particular order :- All the marshals, car park attendants and results and finish chaps and chapesses. Dave Jackson for marking the course at 8am ! and then unmarking it again afterwards, thanks Dave! Harry Newton for leading the runners the right way (very important with Damian!)

Tea and cake dispensing section for their excellent service, every bit as good as Julie Walters in the Two Soups sketch. The cake manufacturing department for a sterling job, we can vouch for some excellent offerings this year.

Bryan Dale for his excellent photos, once again producing a silk purse from a sow's ear. The Methodist Church, and Langley village hall, for building some nice halls and churches for us to use as HQ, and then letting us use them for free. John Honey physio for sorting out the walking wounded, also for free, at the finish. The boys and girls in blue, possibly tempted by tea and cakes, for helping us out with traffic control, and keeping the rowdy locals in check. St John's Ambulance, fortunately not too stretched, and who also boosted the catering profits.



All those who donated prizes, stuff for goody bags, and so on, especially Graham from Hilly for their continued support. Untied Utilities for kindly building us a rather spiffing reservoir for a finish, and then giving us a key to it. Scragg's yard for the car park, Tess for looking after all the beer and not drinking it. Anyone else we've forgotten.



And finally all the runners, because between them they have enabled us to donate over £1800 to East Cheshire Hospice, which is not bad for an afternoon's work.

**Julian Brown**

#### Harrier's Results

2	Scott Wilson	M	40:41	84	Andrea Frost	LV45	51:52
6	Chris Bentley	M	42:17	88	Daisy Pickles	L	52:07
8	Andrew Bradley	M	42:44	98	Rachael Lawrance	LV35	53:36
12	James Noakes	MV45	43:51	99	Fred Wardle	MV55	53:56
29	Dan Croft	MV45	46:26	119	Dave Walker	MV60	55:51
37	Carl Hanaghan	M	48:06	124	David James	MV45	56:09
39	John Mooney	MV50	48:10	132	Robert Graves	MV40	56:58
42	Gary Willcock	MV50	48:33	145	Richard Mattison	M	58:07
43	Alan Wardle	MV50	48:41	148	Sally Ann Hales	LV50	58:21
61	Paula Nimmo	L	50:14	150	Terry Neild	M	58:35
67	David Lawrance	M	50:51	156	Ian Woodcock	M	59:25
73	Phil Barnes	MV55	51:05	166	Lynne Graves	LV40	1:01:56
77	Keith Mulholland	MV45	51:18	174	David Hancock	MV65	1:02:32
84	Andrea Frost	LV45	51:52	192	Maria David	LV40	1:08:30
				198	Fiona Bagues	LV45	1:16:46

## ROAD RUNNING

### 2013 Cheshire Grand Prix and Club Championship Road Race Series

Cheshire Grand Prix race	Race Distance Category	RACE	DATE
Yes	Medium	Sutton 10k	Sunday 15 <sup>th</sup> September 11.00am
Yes	Long	Congleton Half Marathon	Sunday 6 <sup>th</sup> October 9.30am
No	Medium	Cheddleton 10k	Saturday 23 <sup>rd</sup> November (tbc)
No	Long	Stockport 10 mile	Sunday 8 <sup>th</sup> December (tbc)

#### Scoring Rules for Cheshire Grand Prix

Best 5 races to count for the team event and best 4 races for the individual event. Scoring system: Points are awarded on the finishing position within the GP on the following basis  
Men: 100-99-98....3-2-1 with 6 to score for a team

Women: 50-49-48....3-2-1 with 4 to score for a team (all ineligible and non scoring runners are removed from the results first). Further rules and guidelines, including the handicap system can be found at:

[www.cheshireaa.com/results/RRGP/cheshire\\_road\\_race\\_grand\\_prix.aspx](http://www.cheshireaa.com/results/RRGP/cheshire_road_race_grand_prix.aspx)

#### Rules for the Club Championships

Separate championships for men and women.

20 points for first place, 19 for second etc

All finishers receive a point.

Best 7 races to count with no more than 3 events from each category (short, medium and long).

Results based upon gun times, rather than chip times when these are used.

Further details on the above and other races can be found at:

[www.race-results.co.uk](http://www.race-results.co.uk)

[www.ukresults.net](http://www.ukresults.net)

[northernrunningguide.com](http://northernrunningguide.com)

[www.runnersworld.co.uk/events](http://www.runnersworld.co.uk/events)

**Keith Mulholland**

## CHESHIRE GRAND PRIX RESULTS 2013

The men's and women's teams both came 4<sup>th</sup> this year. In the end South Cheshire just won the men's team championship and Wilmslow, the women's.

There were some notable individual performances with Kristy Readman coming 2<sup>nd</sup> overall, Nina Moss 13<sup>th</sup>, James Noakes 5<sup>th</sup>, Scott Wilson 10<sup>th</sup> and Chris Bentley 17<sup>th</sup>.

Carl Hannaghan came second in the Handicap competition which gives a prize to the most improved runner. Other Harriers also won Handicap Prizes at Burtonwood (Keith Mulholland), Sutton (Dave Larkin) and Congleton (Rob Graves).

Well done also to the youngest member of the men's team (James Shering) who competed at Lymm, Burtonwood and Pie and Peas gaining 152 points for us.

Many thanks to all who took part in the Grand Prix. The competition starts next year at 4 Villages half marathon on 19<sup>th</sup> January.

Currently the remainder of the Grand Prix races for next year have not yet been decided.

### Keith Mulholland

	Men	
Pos	Club	Overall
1	South Cheshire H	2731
2	Wilmslow RC	2718
3	Vale Royal	2537
4	Macclesfield H	2372
5	Spectrum Striders	1897
6	West Cheshire AC	1394
7	Helsby RC	1387
8	Warrington RR	1299
9	Tattenhall Runners	979
10	Boalloy RC	868
11	Chester Tri	757
11	Lymm Runners	757
13	Styal Runners	710
14	Sandbach Striders	691
15	Warrington AC	679
16	Delamere Spartans	381
17	Knutsford Tri Club	321
18	Congleton H	250
19	Ellesmere Port RC	226
20	Cheshire HHH	73

	Women	
Pos	Club	Overall
1	Wilmslow RC	928
2	Vale Royal	898
3	South Cheshire H	729
4	Macclesfield H	608
5	Spectrum Striders	571
6	Lymm Runners	352
7	Helsby RC	303
8	Sandbach Striders	244
9	Tattenhall Runners	215
10	Warrington RR	196
11	West Cheshire AC	181
12	Congleton H	167
13	Chester Tri	138
14	Styal RC	87
15	Ellesmere Port RC	72
16	Boalloy RC	38
17	Knutsford Tri Club	33
18	Cheshire HHH	29
19	Delamere Spartans	7

## **CONGLETON HALF/QUARTER MARATHON AND CHESTER MARATHON 2013 – SUNDAY 6 OCTOBER**

In near perfect running conditions, the 30<sup>th</sup> Congleton Half and Quarter Marathons took place along with the Chester Marathon.

An impressive turnout of Harriers gave rise to some PBs and a second M45 prize for James Noakes. James finished in 1:15:38, showing no signs of fatigue following his victory at Macclesfield the previous Sunday. James was followed by Chris Bentley (1:19:46, 19th) and Scott Wilson (1:20:53, 22nd).

Kristy Readman was the first lady home in 1:26:07 maintaining her excellent form with another 20 points for the Club Championship. Daisy Pickles (1:41:08), Nina Moss (1:41:52) and Nel Moore (1:45:09) followed.

There were also PB's for Carl Hannaghan (1:28:27), Robert Hasler (1:25:11), Doug Hughes (1:40:02) and Dave Larkin (1:48:19).

In the Quarter marathon, three Harriers took part, Chris Harbron was 4<sup>th</sup> (45:10) and Steve Lomas was 20<sup>th</sup> (54:33). The ladies were represented by Nicky Tasker (67:14).

Full results can be found at: <http://www.ukresults.net/2013/conghalf.html>

Ian Sparks and Greg Bones took part in the Chester Marathon yesterday. Ian finished in 3:42:29 (47<sup>th</sup> M50) with Greg following in 4:43:20.

Chester Marathon results can be found at: <http://www.tdl.ltd.uk/index.php>

Congratulations and well done to everyone on a great day's running!

**Keith Mulholland**

## **SUPER SUNDAY FOR MACC HARRIERS**

Sunday 15<sup>th</sup> September saw a host of successes in the Gawsworth 10k and Sutton 6 10k.

Scott Wilson and Sarah Harris won at Gawsworth with James Noakes finishing second at Sutton!

Both races were run under cool and blustery conditions. At Gawsworth, Scott

Wilson improved his time from the previous year by 8 minutes finishing in 37:20. Sarah finished in 41:10 with Helen Evans in third place (42:40).

Other notable results included Richard Brown (43:13, 2<sup>nd</sup> M40), Alan Wardle (43:25, 1<sup>st</sup> V50), Paula Nimmo (45:19, 7<sup>th</sup> L), Mark Stanbridge (45:22, 5<sup>th</sup> M40) and Andrea Frost (45:39, 1<sup>st</sup> L45).

Full results can be found at:

<http://www.runbritainrankings.com/results/results.aspx?meetingid=89878>

The sixth Cheshire Grand Prix race was at Guilden Sutton near Chester. James Noakes ran an excellent race to finish second in 34:17 followed by Chris Bentley in 36:16 (10<sup>th</sup>). Carl Hannaghan continued his excellent recent form to gain a PB (40:37)-2 minutes faster than Air Products 10k at Easter! Ray O'Keefe followed, finishing in 42:25 pursued all the way by me (42:46)!

Dave Larkin also gained a PB (48:19) followed by Dave Hancock (52:57) and Nicky Tasker (62:10).

Full results can be found at: <http://www.westcheshireac.co.uk/roadracing/Sutton6>

Congratulations to everyone on a great set of performances!

**Keith Mulholland**

## **LOCAL RACES DECEMBER 2013 TO MARCH 2014**

Further details on the above and other races can be found at:

[www.race-results.co.uk](http://www.race-results.co.uk) [www.ukresults.net](http://www.ukresults.net) [www.northernrunningguide.com](http://www.northernrunningguide.com)  
[www.runnersworld.co.uk/events](http://www.runnersworld.co.uk/events)

Race	Location	Date
Tatton Yule Yomp 10k	Tatton Park	Sunday 8 <sup>th</sup> Dec 10.00 am
Chester Round the Walls Race	Chester	Wednesday 26 <sup>th</sup> Dec 10.30 am
Ribble Valley 10k	Clitheroe	Sunday 29 <sup>th</sup> Dec 10.30am
Hit the Trail 5	Reddish Vale, Stockport	Sunday 5 <sup>th</sup> Jan 11.00am
Asics Alsager 5	Alsager	Sunday 2 <sup>nd</sup> Feb 11.00 am
Great North West Half Marathon	Blackpool	Sunday 23 <sup>rd</sup> Feb 11.00 am
Oulton Park 10k and Half Marathon	Oulton Park	Sunday 23 <sup>rd</sup> Feb 12.30 pm
Cheadle Spring 5	Cheadle, Staffs	Sunday 2 <sup>nd</sup> March 10.00 am
High Legh 10k	High Legh, Knutsford	Sunday 9 <sup>th</sup> March 11.00 am

## AUTUMN HIGHLIGHTS

Harriers' Scott Wilson sped to victory at the Sandbach 10K on Sunday, 13 October. He covered the rough tracks and paths which also included negotiating a railway bridge, in a time of 35:35, near his personal best which was run over a much faster course – see below. Here at Sandbach, he was almost half a minute clear of second place.

Three other Harriers took part too. Daisy Pickles continued her great form with another high finish, 6<sup>th</sup> lady, this time in 44:53. Ray O'Keefe was 19<sup>th</sup> in a time of 41:04, one of his fastest 10K times this year. Mark Stanbridge finished in 41<sup>st</sup> position with a time of 44:23, two weeks after completing the Berlin Marathon – also see below. [www.chiptiming.co.uk](http://www.chiptiming.co.uk)

Scott took his first sub 36 minute 10K at September's, Cheshire 10K at Arley (22/9/13). His time of 35:30 secured 24<sup>th</sup> place in an elite field containing runners from big city clubs far and wide. Daisy also returned to form at this race, with a 43:54 time, finishing as 16<sup>th</sup> lady, close to her best.

Results here; [www.runbritainrankings.com/results/results.aspx?meetingid=89968](http://www.runbritainrankings.com/results/results.aspx?meetingid=89968)

Harriers' Ewan Edmondson, who is preparing for the forthcoming Amsterdam Marathon, recently took part in the Sandstone Trail Race which is run by Deeside Harriers. He finished the up and down, 27.5km course in 2 hours, 15 minutes and 9 seconds which saw him gain 23<sup>rd</sup> place in a field of nearly 200 competitors.

Results here; [www.deeside-orienteeing-club.org.uk/sstrail/2013/a.html#nners](http://www.deeside-orienteeing-club.org.uk/sstrail/2013/a.html#nners)

Whilst Wilson Kipsang took all the headlines in the Berlin Marathon on 29 September by breaking the world record, there was also a new pb set by Mark Stanbridge, who took 6 minutes off his previous best mark with a new time of 3:44:33. He was amongst hundreds of British runners that took part in the race.

Results here; [www.runbritainrankings.com/results/results.aspx?meetingid=79006](http://www.runbritainrankings.com/results/results.aspx?meetingid=79006)

There have been several big races run by Macclesfield Harriers athletes recently, including some recent marathons and the Halloween Hellraiser.

On Sunday, 20<sup>th</sup> October, Ewan Edmondson completed his first ever marathon at the TVC Amsterdam Marathon. He finished more or less bang on his target with a time of 3:09:49. This, despite suffering a pulled leg muscle two-thirds of the way through the race.

The full results are here;

[www.evenementen.uitslagen.nl/2013/amsterdammarathon/index-en.html](http://www.evenementen.uitslagen.nl/2013/amsterdammarathon/index-en.html)

Two members who are experienced at running marathons competed in the Snowdon Marathon on Saturday 26 October, a road based event entries of which are filled for months in advance. Mark Walker just edged proceedings, in front of Julian Brown. Mark, who earlier this year, zipped round the London Marathon in 2:39, this time settled for a time of 3:19:48 along the tortuous roads around Snowdon. Julian, who, a couple of years' ago, stormed round this course in a sub 3 hour time, was just behind Mark this year, with a 3:20:31 time.

Full results here; [www.tdl.ltd.uk/race-results.php?event=1500](http://www.tdl.ltd.uk/race-results.php?event=1500)

On Sunday, 13<sup>th</sup> October, at the Perkins' Great Eastern Run Half Marathon (Peterborough), Harriers' Chris Harbron, recorded one of his best times for the distance this year, with a time of 1:32:41.

Full results here; [www.perkinsgreateasternrun.co.uk/pdf/2013PerkinsGreatEasternRunHalfMarathon.pdf](http://www.perkinsgreateasternrun.co.uk/pdf/2013PerkinsGreatEasternRunHalfMarathon.pdf)

Finally, Sunday 27 October, saw another impressive result by Scott Wilson with 2<sup>nd</sup> place in the Halloween Hellraiser, a nine mile trail race organised by East Cheshire Harriers. Daisy Pickles added to her list of top performances with a fantastic 6<sup>th</sup> place, she is really benefitting from her hard work in training and racing. Ray O'Keefe also made the top 20 and was one of the best scoring vets in this field.

[www.southcheshireharriers.org.uk/clubraces/hellraiser/results/results\\_main.php](http://www.southcheshireharriers.org.uk/clubraces/hellraiser/results/results_main.php)

**Steve Lomas**

## CAFOD FUN RUN, Bollington

Friday 27 December 2013 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/index\\_files/Bollfunrun.html](http://www.stalbanmacc.org.uk/index_files/Bollfunrun.html)

## Men's Club Champs points after 10 races

	Cheadle 5	Air Products	Newcastle	Chester	Lymm	Burtonwood	Pie & Peas	Great Warford	Sutton	Congleton
	Mar-03	Mar-31	Apr-14	May-12	Jun-22	Jul-20	Aug-07	Aug-11	Sep-15	Oct
Name	S	M	M	L	S	S	S	L	M	L
No. ofrunners	9	10	10	9	13	14	14	8	7	14
Scott Wilson	19	20	19		18	18	20			18
Chris Bentley	20		18		17		19	20	19	19
James Noakes			20	19	19	20			20	20
Carl Hannagham	14	15	14	18	13	13	16	19	18	16
Keith Mulholland	15		16	16	12	15	13		16	13
Ray O'Keefe	17	18			14	16			17	15
Richard Brown			17	15		12	15	18		14
Dave Hancock	12	12	11	12		7	7	13	14	8
Dave Larkin	13	11		14	8	8	8		15	9
Jonnie Plumb	16	16	15			11	11	17		
Rob Hasler	18				16	17				17
Steve Lomas			13		11	10	12	15		
Mark Walker				20	20	19				
James Shering					15	14	17			
Doug Hughes		13						14		11
Philip Shering					9	9	9			
Mark Stanbridge							10	16		
Angus Tennant			12	13						
Tim Stock		19								
Ewan Edmondson							18			
Chris Harbron				17						
Andrew Gray		17								
Neil Gunn							15			
Martin Platt		14								
Gary Willcock										12
Mark Wheelton					10					
Andrew Ratcliffe										10
Rob Graves										9

## Women's Club Champs points after 10 races

	Cheadle 5	Air Products 10k	Newcastle 10k	Chester Half	Lymm 5k	Burtonwood 5M	Pie & Peas 5	Great Warford 10	Sutton 10K	Congleton Half
	Mar-03	Mar-31	Apr-14	May-12	Jun-22	Jul-20	Aug-07	Aug-11	Sep-15	Oct
Name	S	M	M	L	S	S	S	L	M	L
No of runners	3	4	1	3	1	1	3	3	1	4
Kristy Readman				20	20	20	20	20		20
Nina Moss	19	19	20					19		18
Nicola Tasker	18	17					18		20	
Andrea Frost		20		19						
Fiona Wilson				18				18		
Daisy Pickles	20									19
Paula Nimmo							19			
Sarah Ledbury		18								
Nel Moore										17

## The Inside Crack - Bob Lynch

An article to keep you up to date about the club and associated activities.

The EA has decided not to increase its affiliation fees again, so for a competing athlete the fee will remain at £10 for 2014. With the club remaining financially healthy, it should therefore be possible to maintain our subs at the same level for the coming year.

Again this year we successfully organised a number of races, and ALL the net proceeds were donated to our local charity - East Cheshire Hospice amounting to approximately £12500.

However, you need to be aware that not ALL races in the county and beyond are organised in the same way. Some are purely commercial races, where all the profits are pocketed by the organiser. So please pay a little bit more attention to what it says on the entry form. The county association is unable to prevent them taking place, but will do all it can to restrict any publicity.

At the present time the charity, of which I am a trustee, the Macclesfield Athletics Development Fund (MADF) may seek additional funding from events we organise, but until the plans have been professionally drawn up, we are not in a position to engage with the relevant EC councillors.

Also as you know the council is putting various amenities out to trust management; this obviously includes the Leisure centres, so the charity will need to redouble its efforts in 2014, if it

is to make progress and achieve its objective of providing an indoor multisport facility alongside the track.

Also on a different tack, Rachael Lawrance, the club's statistician, is wanting to relinquish her role. This is an important job behind the scenes, and while thanking Rachael for her contribution for the last 3 years, we now need someone to step forward. It requires someone to input the results from T&F and to work out the award winners for the season. Separately the overall club records for road and T&F need to be kept up to date. The section reps from road, XC and fell are capable of working out the winners for the season, but we do still need a statistician.

Having changed when we make awards, it is intended for the future to continue with the T&F presentations in September, alongside a small internal track meeting, and to have all the other awards as part of the AGM.

For the 2014 track season, we have decided to continue contesting the following leagues: YDL lower age group, Northern mens and ladies league, and the Cheshire league, but not the YDL upper age group. This is because we have insufficient available u/17 & u/20 athletes and with all the other fixtures, it is too onerous on the officials. For the northern league we will be contesting this in our own right rather than as a composite team with Crewe and Nantwich as we have for the last two years. This should allow our u/17 and u/20 athletes to compete alongside our own seniors. There are

also plans to revamp the family friendly Cheshire league to make it more inclusive of younger age groups, perhaps at the expense of some other age groups.

At the same time, we need more officials to help us meet our commitment when we go to fixtures. So, please let me or Kevin Ranshaw know if you can help out. Additionally some of our younger coaches are due to attend the next level of coaching courses in the next few months to enhance their skills, but this is a continuing process so if you can help with coaching in any way, please get in touch.

Currently, I am pleased to report, that our road running groups all have



sufficient group leaders, following a number attending courses earlier this year. This together with the Run England group now formally becoming club members and forming E group, means we can cover all needs from beginner to elite. It is also pleasing to report the increased numbers of seniors track training.

My thanks to everybody who contributes to the running of the club, without you volunteering, the club would rapidly decline. So if you can

contribute in any way we need your support.

On a separate matter we need to review (but not over react) to additional requirements placed on us when organising off road and fell races. This follows an enquiry following a fatality in a fell race, not organised by us. We just need to check our procedures for marshalling, course design, dependant on weather conditions, and our emergency procedures.

Remember track training finishes on Thurs 19<sup>th</sup> December and recommences on Tues 7<sup>th</sup> January

We will be offering an unofficial XC training session on Thurs 2 January @ 2pm up at the track, for everybody who wants to sharpen themselves up for the county XC champs scheduled for Sat 4<sup>th</sup> January; that is providing you have pre-entered!.

The Boxing day handicap should go ahead as planned, but without the organising skills of Mike Nelson. So meet as normal outside Langley Methodist church 10am, and be prepared to self handicap yourself. We will need timekeepers and recorders please.

Finally if you are a T&F athlete - do not miss out on the opportunities to test your progress by contesting the various indoor competitions at Sheffield and Sportcity, and then to enter the Northern indoor championships scheduled for Jan and early Feb at the EIS in Sheffield. All events are in the latest calendar of events.

Thanks for your continuing support in running the club.

Bob Lynch 01625 829229

## Plans for a Couch to 5K (C25K) course in 2014



At the October committee meeting a proposal to run a C25K (Couch to 5K) course was approved. The course will start in spring 2014 (after the clocks change) and will run for 9 weeks.

The course is intended for 'absolute beginner' adult runners and during the 9 weeks they will train towards a 5k event. There will be a course fee (to be decided) that covers track fees and a year's club membership. The formal session will be on Thursday evening at the track (lanes 7 & 8) and will last about 45 minutes. The participants will also need to run two sessions on their own each week (their homework!). Each Thursday session will be run by a qualified group leader supported by other club volunteers who are keen to help the participants.

At the end of the 9 weeks the course participants will go to the local Congleton Parkrun 5K (on a Saturday at 9.00am) and will run alongside "E Group" – this will be their new group if they wish to continue running with the club.

At this early stage I am keen to see what interest there is in the idea and also to ask for names of anybody who is interested in helping. Please send me an email at [neil.gunn@gmail.com](mailto:neil.gunn@gmail.com) – a wider publicity campaign will start early in 2014.

Neil Gunn - E Group Leader

### CROSS DISCIPLINE CHALLENGE

Here's a final reminder for the cross discipline challenge for 2013. If you're still looking to complete this year's challenge, then you have until the end of the cross country season to fit in your cross country appearances - please see the piece elsewhere in the magazine. Depending on when you receive the magazine, there may also be an opportunity to get a final road or fell race in...

If not, then there is always 2014. How about a new year's resolution to complete the challenge or at least to try something different? You never know, you might enjoy it.

**Chris Bentley**

## Sainsbury's – Active Kids Vouchers



Thanks to your efforts in collecting for/donating to the club, the following items have now been received to bolster the equipment at the athletes' disposal:

5 x Open Reel 50m Measuring Tapes

24 x 76cm Hoops

2 x Foam Javelin (for indoor/sports hall use)

The club is grateful to all those who helped achieve reaching the total of 3529 which enabled these items to be obtained.

Please look out for any future requests for vouchers if this scheme is repeated in 2014.

## MEMBERSHIP

**The Club would like to welcome the following new members**

Emma Mason	Adam Mason	Nina Kennerley
Terry Neild	Carole Ferguson	Chloë Harrison
Melanie Power	Beverley Ellis	Joshua Higgs
Hazel Power	Philip Hawkswell	Kathryn Johnson
Mia Dawson	Gemma Moorhouse	Siân Heslop
Millie Leonard	Louise Brown	Andrew Bradley
Nathan Wild	Stephanie Daniels	Geoffrey Hull
Margaret Gold	Tony Griffiths	Mildred Ross
Joshua Mock	Richard Mattinson	Terence Neild
Sam Leech	Elaine Mattinson	Amber Wright
Daisy Brookes	Ashleigh Bowes	Jenny Heys
Charlotte Lynch	Eddie Mills	Julie Rawcliffe
Madeleine Bristow	Ian Woodcock	Su Taylor
James Doorbar	Jim Kelly	Suzanne Trueman
Lily Whitehurst	Louisa Whittingham	Kathryn Moore
Jo Ledger	Philippa Whittingham	Geoff Sanders
Fred Wardle	Patrick Penny	Kate Foster
Maxwell Goodwin	Maria David	Duncan Ross
Thomas Barker	Carol Upton	Jennifer Glynn
Richard Brown	Melanie Whittaker	Chloë Mattinson
Stewart Waudby	Heather Auty	Alex Horne
Thomas Roberts	Wendy Swindells	Freddie Powell
Jason Justice	Fraser Mackintosh	

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**[www.trinityhousepractice.com](http://www.trinityhousepractice.com)**

*\*Please ask our receptionist for a diagnostic appointment - and tell them you are a Harriers Member*

## WEEKLY TRAINING TIMES

Group Name	Group Contacts	Meeting Time	Distance & Pace
<b>A Group</b>	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>B Group</b>	Fran Swallow (01625 827355) family_swallow@hotmail.com  Steve Lomas (07718 899836) sjlomas@tiscali.co.uk  David Buxton (07789 798526) dcbuxton@btinternet.com	Monday nights 6.30-8.00pm Oct-Mar meet Wickes/McDonalds car park. Monday nights Apr-Sept 6.30-8.00pm meet Tegg's Nose top car park. Thursday evening 6.30-8.00pm meet at overflow car-park behind Leisure Centre.	7-9 miles at 7-8 min/mile
<b>C Group</b>	Rich Pankhurst (0772 2687799) richard.pankhurst@airbus.com Steve Barker (07770 993124) stephencharlesbarker@yahoo.co.uk Phil Gaskell (07873 763944) pjgask@aol.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
<b>D Group</b>	Bob & Pauline Lynch (01625 829229) pauline_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
<b>E Group (Beginner Group)</b>	Neil Gunn (07786 855027) neil.gunn@gmail.com	Saturday 9.00-10.30am at Riverside Park, Bollin Valley	3- 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](http://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**

Cross country and off road sessions for teenagers

Meet at the LC overflow car park for off road sessions, Monday 6.30pm - contact Pauline Lynch 01625 829229. *Note we belong to two different XC 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](http://www.macclesfield-harriers.co.uk)

## CLUB OFFICIALS

Chairman	Vacant	
Vice Chairman	Phil Cheek	01625 425539
Secretary	Clare Finnis	01625 850085
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	<a href="mailto:kevinranshaw@virginmedia.com">kevinranshaw@virginmedia.com</a>
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 (Kit)	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	Barry Blyth	01625 424129
Men's Road Racing Manager	Keith Mulholland	<a href="mailto:kmulholland64@gmail.com">kmulholland64@gmail.com</a>
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 <a href="mailto:rachael.lawrance@gmail.com">rachael.lawrance@gmail.com</a>
Welfare Officers	Bob & Pauline Lynch	01625 829229
Race Signs Manager	Dave Jackson	07786 673746
Legal Advisor	John Hirst	
Auditor	Vacant	
Publicity Officer	Carol Barnes	<a href="mailto:carol.barnes@clarityangel.com">carol.barnes@clarityangel.com</a>
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