

GO!

NUMBER
125

DEC 2014



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Our cover photographs show Kristy Gill, Terry Nield and Paula Nimmo in the Macclesfield Half Marathon. Many thanks to Bryan Dale for the photographs. You can view more of Bryan's race photos at www.racephotos.org.uk

Next Issue – March 2015

Please submit any articles or photographs to gomagazine@macclesfield-harriers.co.uk
by **Sunday 8 February 2015**

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. Receipt of a paper copy of the magazine is now optional as it is now available to view on the Harriers' website.

Please use your membership form to opt in or out.

Starting Lines...



Sadly, in September, the club lost a member and former chairman, Craig Harwood, in a climbing accident. He was an inspirational figure to many in the activities he took part in. Mark Hartell, who was a good friend of Craig's, pays tribute to him on pages 4 and 5.

As we near the end of the year, it's a good time to reflect on some of the highlights of 2014 within the club.

Once again, the club successfully organised the half marathon and the 5k race in September and we were able to donate £7,000 to East Cheshire Hospice. Mandy Calvert's (Race Director) report is on page 7.

The juniors have been performing well in both track and field through the summer months and more recently at cross country. In track and field, the U11 team finished first in the Cheshire Track & Field League. Well done to all who helped the team to achieve such a great result.

Since the cross country season started the club has had mixed results, but there have been some notable performances from the U13 girls and the Senior Women, who have been turning out in force so far. James Noakes' report is on pages 42 and 43.

This year the club has organised and run 2 successful Couch to 5k courses, resulting in approximately 40 new members joining the club, some of whom are already competing in local races!

There have also been numerous individual and team achievements in fell and ultra events, both areas that this club seems to excel at!

Let's hope that with your enthusiasm and help 2015 will be an even more successful year for the club.

Wishing you all a very happy festive season and a great new year.

Keep on running!

Alison



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Craig Harwood: July 30th 1961 to Sept 4th 2014

A tribute by Mark Hartell

On September 4th 2014 we lost an accomplished runner, climber and adventurer. Someone who had nurtured and inspired many and who was a classic example of giving back to the sports you love. Whilst climbing a route called Caravanserai at Compass Point in Cornwall, Craig Harwood suffered a fatal leader fall. He was 53.

Craig was introduced to the outdoors through Scouting. He gained Queens Scout status and then quickly went on to establish credentials in all sorts of pursuits including rock climbing, mountaineering, fell running and mountain biking. He will perhaps not be remembered by any single accomplishment but by the sheer diversity of what he achieved. By the early 1990s he had been part of the winning team for Tough Guy four years in a row, had climbed in the Alps, Himalaya and Yosemite and had won the Polaris Mountain Biking event several times.

During the 90s he steadily ticked off some major climbs including big wall classics such as the Comici route on Cima Grande in the Tre Cime di Laveredo (1996) and the North Face of Rocchetta Alta di Bosconero (1998). As a runner he had a very distinctive toe-running style. This produced huge calf muscles that would beset him with problems in recent years but this and his self described "carthorse" physique did not prevent him from achieving a lot – he completed the first of two Bob Graham rounds in 1992. In 1993 he was part of the group of seven who set the still current record for relay running over the Munros in a non-stop effort. He went on to successfully complete the Ramsay Round in Scotland with



the narrowest of margins (2 minutes!) and won the score class in the KIMM/OMM.

Personally, my greatest memories of him are Easter trips we would take in Scotland – invariably with winter conditions on the summits we travelled as light as possible on 2-3 days forays including a memorable Tranter's Round (photo opposite). He was never the fastest runner on easy terrain but when the going got tough, Craig got going.

He had summited all of the Munros and most of the Corbetts, worked his way through Classic Rock and Hard Rock and was happily ticking away a new list of Classic British Bike Rides having recently rediscovered a love of road biking with Janet, his partner of the past seven years

But what of the man? Craig was a "Tigger" personality; bouncy, larger than life and infectiously enthusiastic. You knew if you had ever met Craig! Staunchly against elitism and cliques, he is remembered by many people as the man who nurtured, encouraged and supported their forays into the hills. He was a patient tutor and remarkably sensitive to people's self-doubt.

Many others have physical reminders of his talents as Craig was a gifted architect and designed conversions, houses and extensions for many of his friends. An ardent fan of Charles Renee Macintosh he was one of those rare people who, even after more than a quarter century visibly derived pleasure each day for his work and the effect it had on the

(Continued on page 5)

lives of his clients

... and for runners and climbers alike, Craig will be measured by what he gave back – he was race organiser for the Charnwood Hills, Fell Representative and overall club Chairman of Macclesfield Harriers for 4 years. In the climbing world his contributions were perhaps greatest: he has been responsible for countless upgrades to huts around the country and chaired both BMC and Climbers Club committees. In these roles, as in life, he was fearless about tackling what needed to be changed. He developed an extremely strong “head” from climbing and carried that sure-headed confidence into all that he did.

To many diverse groups and individuals, Craig was a source of inspiration, cajoling and enthusiasm. In his 53 years he managed to achieve several lifetimes worth of adventure. Whilst his passing has come way to soon, his memory lives on in all those who were lucky enough to spend time with him and his legacy is huge.

One challenge tried by Craig but not completed was the Paddy Buckley round in Wales. This mattered to him because he wanted the “Big Three” of BG, Ramsay and Buckley rounds. During 2015 many of his running friends will help him complete the round posthumously.

Additional observations taken from the speech given by Mark Hartell at Craig’s funeral

Craig was Outspired – by that I mean that he was inspired by being outside and in the mountains - although there was this huge diversity to what he did there were some rare qualities he brought to everything in which he got involved.

....Firstly enthusiasm. He took a large dose and then he backed it up with meticulous planning, preparation and attention to detail. Every route climbed was recorded in the guide with date, partner and notes. Every long mountain run was prepared with route maps and bearings. Walls



were covered in schedules and marked up maps.Next was focus – once he started something he would always see it through. He first ticked off all the Munros so then he turned his attention to the Corbetts. He worked his way through Classic Rock then Hard Rock and, more recently, in a newly discovered passion with Janet, he was working his way through Great British Bike Rides.

....Craig was a fantastic mentor and motivator. Many have commented on how much he supported their journey of discovery into the outdoors and how he was consistently friendly, welcoming and encouraging. He hated cliques and valued everyone equally. People noticed that months or years after a meeting he would remember their names and what they were training for or ambitious about.

....He gave freely of everything he had when those around him needed it – a roof over their head, time, encouragement, financial assistance, a building design and sometimes, a reality check.

....and finally he was fearless. If he thought something should be changed he got stuck in there and started to change it. Here in Macclesfield he shook up the Fell section of the running club and became Chairman for 4 years. In the Climbing arena he served on many committees and was responsible for a huge number of upgrades to climbing huts around the country.

It is a tragedy that he has been taken from us so soon and particularly as he was planning the next stages of his life with “the lovely” Janet. His influence, however will live on for a long, long time yet. I, and all those people he has nurtured, supported and inspired carry a little of Craig around with us day to day.

Mark Hartell

CROSS DISCIPLINE CHALLENGE 2014/2015

It may be that it's dark and wet outside and going for a run doesn't seem nearly as appealing as it did a few months ago.

However, get the training in over the next few weeks and months and you will really feel the benefit of it come the spring. Yes, it's the cross country season.

Yesterday, (15th Nov) saw a North Staffs cross country fixture and it was good to see about 20 senior athletes out (sorry to any juniors reading, you had already finished before I arrived). Those running included some who were doing cross country for the first time, and some whose first club race it was – all enjoyed it. If you haven't done cross country in the past, or haven't since school, it's not all about mud, and there is much more of a team atmosphere than at most races. At the worst, you will have got a tough (but daylight) training run in.



However, the cross discipline challenge is not just about cross country. To complete

the challenge for a calendar year, you need to have represented the club twice on each of road, fell, track and field, and cross country, plus have volunteered for or assisted the club in some other capacity. Although the qualifying events are those in the existing club championships, the challenge is not competitive and there is no overall champion.

I'm aware of more people this year than in the past who will complete the challenge, including for the first time some of the ladies, which is great to see. For those who are still completing this year's challenge there are events such as the Stockport 10 and the Fell Handicap still to come, as well as the remainder of this winter's cross country season. For those of you who fancy something new next year, or are thinking about New Year resolutions (yes, that time already), you could do worse than look at the events in the various 2015 club championships. Details will become available over the next few weeks.

Happy running!

Chris Bentley

TRACK PASSES – A REMINDER

For those who train at the track please consider the purchase of a track pass for the cost of **£30**.

This entitles the holder to use the track on Tuesday/Thursday training nights for a whole quarter and avoids the need to find/remember to bring £2.50 for each session.

For those athletes attending more than once a week, it also provides a substantial saving. Passes are issued for the periods Jan-Mar, Apr-Jun, Jul-Sep and Oct-Dec.

If you would like one, please advise/pay the person collecting the track fees on a training night.

2014 Macclesfield Half Marathon and 5K Race Report



On the start line

The 2014 race took place on a beautiful, sunny and warm late summer's day on Sunday 28th September. There was a total of 685 finishers in the Half Marathon and 119 finishers in the 5K race. There was a real buzz and party atmosphere at the Macclesfield Athletics Track as hundreds of spectators gathered to watch the race and enjoy the sunshine. The positive feedback and smooth organisation is down to the hard work and dedication of over 130 volunteers from Macclesfield Harriers.

The winner of the Half Marathon was David Webb from Telford who cruised home in 1:10:23, over 6 minutes ahead of second placed runner Rob Downs from Wilmslow in 1:16:46 who broke the MV50 record that had stood since 2009. Rob now holds both the MV45 and MV50 records. 3rd man was James Noakes from Macclesfield in 1:18:00

Diane McVey won the ladies Race in a time of 1:23:14 and finished 10th overall. 2nd and 3rd places were Hayley Ashley of Sale Harriers in 1:28:04 and Amy Green of Keighley and Craven AC in 1:28:50

There were three new records set in 2014; Rob Downs MV50, Grant Walker MV75 in 2:11:49 and Alexis Dinsmoor FV65 in 2:06:55.

The 5K race attracted 119 runners, many of whom were taking part in their first ever race after completing couch to 5K courses. The race was won by Ben Light from Buxton in a time of 17:39. Katie Lowery moving up an age category to FU17 broke her own record set last year and finished 2nd overall in a time of 18:17. The ladies race was a family affair with sisters Ellen and Juliet Downs finishing 2nd and 3rd and Emily Lowery younger sister to Katie winning the FU15 category.

In the fun run there were 39 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 hope to donate £7,000 to the East Cheshire Hospice. The committee would like to thank main sponsor Simon Carves Engineering for their continued generous support of the Half Marathon and the support from Spire Regency and Paul Smith Dental.

Mandy Calvert Race Director



The cheque being presented to East Cheshire Hospice

Macclesfield Half Marathon, 5k & Fun Run - 2014 Accounts

	All events	Estimate Half Marathon	Estimate 5K	Estimate Fun Run
Income				
Entries	£20,068.22	£18,668.22	£1,280.00	£120.00
Sponsorship	£3,250.00	£3,250.00	£0.00	
Bank Interest	£1.68	£1.68		
Total	£23,319.90	£21,919.90	£1,280.00	£120.00
Expenses				
Advertising	£622.98	£600.98	£22.00	
Clerical & race Admin	£8,763.90	£8,533.90	£200.00	£30.00
Donations (exc itemised below)	£587.60	£587.60		
Goody Bags exc t-shirts/medals	£273.14	£273.14		
T-shirts (1/2M)	£4,029.00	£4,029.00		
Medals & cups(5k)	£291.63		£291.63	
Prizes	£1,148.69	£1,088.69	£60.00	£0.00
Total	£15,716.94	£15,113.31	£573.63	£30.00
Net Profit	£7,602.96	£6,806.59	£706.37	£90.00
Donations				
Athletics Development	£0.00			
East Cheshire Hospice	£7,000.00			
Total	£7,000.00			
Bank Balance 1 Jan 2014	£2,338.19			
Carried forward to 2015	£2,941.15			

MAJOR COST ITEMS	PROVIDER	£
Results service & race nos	Sports Systems Ltd	3062.04
Policing 1sgt; 9 PCSO's inc vat		2494.8
Leisure Centre track/hall hire & barriers	Everybody Sport & Rec' Ltd	932.2
Stamps 912 2nd class		483.36
1000 Brochures	Impression Productions Ttd	445
5 Tardis; 1 Urinal	Chelford mobile services	360
Ambulance/first aid cover	St John	315
10000 A6 Lfts (£195) 2500 entry forms	Cranmore Instant Print	274.12

2014 Macclesfield Half Marathon , 5K and Fun Run – Accounts Summary

We were able to donate £7000 to the East Cheshire Hospice along with smaller donations, amounting to £587, to scout groups and local charities for running the water stations and baggage handling for us.

Our sponsorship was £3250 down from £6750 for 2014. This was almost compensated by a £3000 increase in entry monies to just over £20000. Excluding sponsorship the half marathon made a surplus of £4353 whilst the 5K and Fun Run made surpluses of £706 and £90 respectively.

Costs this year were significantly higher due to a change in policy for policing. Last year there was no charge, this year the charge was £2500! The results service was £400 higher largely down to an increase in entries.

Barry Blyth

Some of the runners in this year's Half Marathon on a very warm day!



Roger Brereton



Julie Smith



Geoffrey Hull



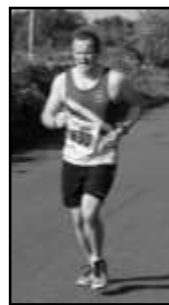
Lindsey Russell



Jordan Ross



James Noakes with Rob Downs of
Wilmslow in pursuit!



Jonnie Plumb

Minutes for Macclesfield Harriers &AC Committee Meeting held on 6th November 2014

Chaired by: James Noakes

Attendees: Nina Moss (NM), Barry Blyth (BB), Bob Lynch (BL), Kevin Ranshaw (KR), James Noakes (JN), Chris Bentley (CB), Alison Gunn (AG), Neil Gunn (NG), Keith Mulholland (KM), Clare Finnis (CF), Scott Wilson (SW) Daisy Pickles (DP)

Apologies: Nicky Tasker

1. **Agreement of Previous Meeting's Minutes** - already agreed.
2. **Team manager reports from this meeting:** In order that we had time to discuss the many issues that had arisen in the club it was decided that the team managers would circulate and discuss their reports via e-mail. These reports will be collated and published in Go! magazine by AG.
3. **Correspondence (CF)** All forwarded. A decision was made to enter the Decathlon 'running club of the year' competition to help promote the club. Content for entry will be collated and submitted by KM.
4. **Craig Harwood Memorial Plaque (BB)**
Craig Harwood (previous Chairman) sadly passed away in September, the committee would like to place a memorial plaque in his memory in the clubhouse. BB will arrange for a metal plate to be engraved with the agreed design and inscription.
5. **Roll of Honour (BB)**
A section will be created on the club website where reports of outstanding/worthy achievement of club members can be placed. The objective of this is to inspire others. BB will approach club members for such reports and write one of his own. Many reports have already been published in Go! magazine, AG will source these. An article will go in Go! magazine asking for further reports (AG).
6. **Definitions of officer's positions (BL, CF, NG)**
The club has found it hard to fill some vacancies recently. It was decided in September that definitions of Chair and Vice Chair would be useful. The definitions for Chair, Vice Chair and Club Secretary have been written and agreed. They will be placed on file by CF. NG will write the definition of the treasurer. BL said it was not necessary for all team managers to write definitions for their positions, however, if they wanted to they could. Both BB and JN said they wanted to write definitions for Fell Rep and Cross Country Manager respectively. These will be filed with the others by CF once written.

NG will look into creating a 'drop box' for the committee's documents. This will enable the documents to be shared with ease.
7. **Chair/ Vice Chair positions**
BL said he had approached and asked some club members to consider the position of

Chairman, they all declined. KM said he was willing to consider the position of Vice Chair. He was asked to consider this further, the concern being that he was already road manager and that the work load may be too big. The team managers that attend the committee meetings will continue to rotate the position of Chair.

8. Constitution

This will be reviewed by BL. If any updating needs to be made this will be discussed by the committee via e-mail, the final draft will be brought to the AGM in March for agreement.

9. Honorary Membership (NG)

- **criteria** The definitions written were changed slightly. NG will forward the updated definitions to the committee. These will be circulated by CF before the next committee meeting.
- **names to consider** this will be discussed in the January meeting, CF will place it on the agenda.

10. Road Running Policing in Cheshire (NG) This will be discussed next meeting after Mandy Calvert has attended a meeting on the matter of policing running events in Cheshire. Mandy will be asked to report back to the committee after her meeting.

11. Any Other Items:

- **Club mailing lists** NM and DP are trying to create an up to date mailing list for the women's teams. This raised concerns about the current difficulties that Julian Brown faces every day with our current membership data system. NG will approach Julian to see whether he would be interested and willing to use another data base system. KM suggested that what he e-mails out he also duplicates on the website to try to ensure all are able to receive the information. A suggestion was also made that the new members age categories are also published in Go! magazine, helping team managers to keep track of any new members to the club. NM and DP are doing an excellent job in their new positions.
- **January track relays** The track is booked, the event will be advertised in the Go! magazine. Volunteers will be needed to help on the day.
- **Publicity Officer notification of change** The committee would like to thank Carol Barnes for all she has done in this position. Scott Wilson has now taken over the position. He has already placed one article in the Macclesfield Express. The paper is willing to publish recent articles. Please forward these articles to Scott for publication.
- We will need to discuss the club awards next meeting, CF will place on agenda.
- AG will advertise the AGM in the Go! magazine
- **Date of next meeting:** 8th January 2015, 8.15pm in clubhouse.
Chair: Keith Mulholland

Clare Finnis - Club Secretary

Macclesfield Harriers and Athletic Club
Notice of AGM & Annual Presentations

Friday, 20 March, 2015
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.

Club Fell Handicap Race -
Sunday 14 December 2014

The club Fell Handicap will be held on Sunday 14 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



Club Records 2014

It's been a busy summer with lots of records achieved. Well done everyone! There are still lots of empty records to fill, so have a look at the list on the website and see if you fancy any of them.

If you have a record to claim, please send me an email with the details and provide the evidence.

Nicky Tasker Email : nickytasker38@gmail.com

Discipline	Gender	Distance/ Event	Age Group	Name	Record	Date Set
Road	Male	10 K	V75	Harry Newton	59.39	Sep-14
Road	Male	10 Mile	V75	Harry Newton	01:38:47	Jul-14
Road	Male	Half Marathon	V75	Harry Newton	2.04.05	Oct-14
Road	Male	Marathon	V75	Harry Newton	4.57.38	Apr-14
Sportshall	Male	Speed Bounce	U11	Jake Bradley	58(20 secs)	12/10/2014
T&F	Female	100m	M45	Lynne Graves	19.0	Sep-14
T&F	Female	150m	U11	Keira Barry	23.4	Sep-14
T&F	Female	300m	U13	Eve Cobey	48.0	Sep-14
T&F	Female	3000m	U17	Katie Lowery	10.00.13	Jul-14
T&F	Female	3000m	M55	Barbara Murray	13.10.6	Sep-14
T&F	Female	Discus	M55	Barbara Murray	14.01m	Sep-14
T&F	Female	Javelin (600g)	M50	Den Masset	11.75m	Sep-14
T&F	Female	Mile	U17	Katie Lowery	5.05.3	Sep-14
T&F	Male	100m	M55	Mark Wheelton	15.0	Sep-14
T&F	Male	200m	M55	Mark Wheelton	30.8	Sep-14
T&F	Male	300m	M55	Mark Wheelton	48.6	Sep-14
T&F	Male	400m	M35	Jonnie Plumb	1.05.9	Sep-14
T&F	Male	3000m	M55	Mark Wheelton	12.37.1	Sep-14
T&F	Male	High Jump	U17	Alex Cridland	1.90m	Sep-14
T&F	Male	High Jump	M35	Jonnie Plumb	1.35m	Sep-14
T&F	Male	Long Jump	M35	Jonnie Plumb	4.54m	Sep-14
T&F	Male	Long Jump	M55	Mark Wheelton	4.01m	Sep-14
T&F	Male	Mile	U13	Finley Proffitt	5.29.1	Sep-14
T&F	Male	Mile	U15	Harry Simpson	5.19.2	Sep-14
T&F	Male	Mile	U20	Nathan Finnis	5.25.2	Sep-14
T&F	Male	Mile	M35	Dave Larkin	6.43.7	Sep-14
T&F	Male	Mile	M55	Mark Wheelton	6.23.0	Sep-14
T&F	Male	Triple Jump	U20	Romone Brown	13.06m	Jul-14
T&F	Male	Triple Jump	M45	Tony Shenton	8.09m	May-12
T&F Indoor	Male	600m	U13	Leo Thomas	1.59.16	08/11/2014
T&F Indoor	Male	Long Jump	U13	Morgan Frith	5.03	08/11/2014
T&F Indoor	Male	High Jump	U17	Alex Cridland	1.90	15/12/2013

JOHN HONEY PHYSIOTHERAPY **in association with MACCLESFIELD HARRIERS**

At John Honey Physiotherapy, we're proud of our ongoing partnership with the Macclesfield Harriers & Athletics Club. We've been providing physiotherapy support to your running club for many years and we're pleased to say that offering more services our relationship is still as strong as ever.

We offer specific physiotherapy services as support for members of Macclesfield Harriers which include:

- Specialist running clinics on the first Tuesday of every month at the Macclesfield Harriers clubhouse.
- Free 15 minute diagnostic assessments for members experiencing running injuries.
- Sports massage and physiotherapy support to the Macclesfield Half Marathon and the Langley 7 races.

Our highly experienced team of Physios have worked with top level athletes at Manchester City FC, Macclesfield Town FC, Leicester Tigers RUFC and at a national level with the England Amateur Boxing Association. We are also specialists in assessing and treating numerous running injuries.

Due to the high impact nature of the sport, pain whilst running is common. Most runners are then faced with a decision of whether to carry on, take a break from running or seek help. Often if rest or a break from running has helped ease your symptoms, the decision to commence running again can also be a tough one.

Questions we are regularly asked are:

- When is it safe to run again?
- Will my symptoms come back if I start running again?
- Should it be painful?
- Will I make things worse by continuing to run especially if I'm experiencing pain?

If you have found yourself asking these questions, then we'd recommend an assessment with one of

our specialist sports Physios. We will discuss with you the nature of your symptoms, when they occur and how severe they are. We can then assess how your joints move and any areas of dysfunction or weakness that may be causing or contributing to the problem. We can also look at your running style and whether the way you run could be contributing to your symptoms.

In terms of advice and treatment, sometimes some simple adjustments can be made to your running style or a few simple stretching and strengthening exercises can make a lot of difference to improving your symptoms and running performance. If the problem appears to be more serious then a course of physiotherapy may be required. During a course of physiotherapy treatment, we can perform specialist treatment techniques including sports massage, tissue release, mobilisation of stiff joints, acupuncture, electrotherapy techniques such as ultrasound and advice on self-help such as useful stretches and muscle strengthening exercises.

We work closely with the group leaders and coaches of the Macclesfield Harriers so if you require a specific plan to continue running or you are returning to running after injury, we can advise the best way for you to do this.

Our clinic at Trinity House Practice based on Cumberland Street, in Macclesfield also offers other support to members of Macclesfield Harriers including Sports Massage, Pilates classes including specialist Performance Pilates for runners, Podiatry and Sports Psychology sessions.

So, if pain is preventing you from achieving your goals or is affecting your running performance, an assessment with one of our specialist Physios will help diagnose the problem so that we can then support you back to your required level of fitness. Please contact us on 01625 500777 or please come down to the clubhouse on the first Tuesday of the month to talk to one of our Physios.

Ross Whiteside

2014 Boxing Day Handicap Race

A request for volunteers!

The annual Boxing Day Handicap Race needs you! This popular Harriers event is set to take place again this year but we need your help to do so! If anyone can come and help out or knows any family members who might be able to volunteer then please get in touch!

The event

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.

Registration: St Dunstan Inn, Langley at 10:00am

Start: 10:30am for runners estimated to finish after 30mins, 10:40am for those estimating to finish sub 30 mins.

Entry is **FREE** to club members **aged 16** and over. We will be having a collection for East Cheshire Hospice on the day and we do expect non-members to make a donation.

Prizes will be awarded at the St Dustan Inn afterwards and this year we are asking you to bring your leftovers from Christmas Day to help us put on our own food for everyone coming along. So please bring some nibbles!

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 Daisy Pickles (daisypickles@hotmail.co.uk or 07742 775102) or Neil Gunn (neil.gunn@gmail.com or 07786 855027) who will be able to give you all the information you need.

CALENDAR OF EVENTS 2014/2015

DECEMBER			
Sat 6th	Cross Country: Greater Manchester League Match 3 Blackley, Boggart Hole Clough (M9 7DH)	12 Noon	Inc U11
Sat 6th	Indoor T&F: Northern Open Meeting 2 Sheffield, English Institute of Sport (S9 5DA)	10.45	U15 – Senior
Sun 7th	Indoor Sportshall: North West League Round 3 Widnes, Kingsway Leisure Centre (WA8 7QH)	12.30	U11/U13/U15
Sat 13th	Cross Country: North Staffs XC League Round 4 Leek, Westwood High School (see website)	12.30	All
Sun 21st	Indoor T&F: Manchester Open Meeting 2 Manchester, Sportcity (Etihad Campus) (M11 3FF)		U15 – Senior
JANUARY			
Sat 3rd	Cross Country: Cheshire Championships Bolesworth Estate		
Sun 4th	Indoor T&F: Manchester Open Meeting 3 Manchester, Sportcity (Etihad Campus) (M11 3FF)		U15 – Senior
Sat 10th	Cross Country: Greater Manchester League Match 4 Manchester, Heaton Park (M25 2SW)	12 Noon	Inc U11
Sun 18th	Indoor Sportshall: North West Fun in Athletics Manchester, Sportcity (Etihad Campus) (M11 3FF)		U11 Pre-Selection
Sat 24th	Cross Country: Northern Championships Pontefract		
Sun 25th	Indoor Sportshall: North West League Final Widnes, Kingsway Leisure Centre (WA8 7QH)	TBA	Qualification Needed
FEBRUARY			
Sun 1st	Indoor T&F: Manchester Open Meeting 4 Manchester, Sportcity (Etihad Campus) (M11 3FF)		U15 – Senior
Sat 14th	Cross Country: Greater Manchester League Match 5 Manchester, Wythenshawe Park (M23 0AB)	12 Noon	Inc U11
Sat 21st	Cross Country: English Championships London, Parliament Hill		
MARCH			
Sun 1st	Indoor T&F: Manchester Open Meeting 5 Manchester, Sportcity (Etihad Campus) (M11 3FF)		U15 – Senior
Sat 7th	Cross Country: Inter-Counties Championships Birmingham, Cofton Park		
Sun 8th	Indoor Sportshall: North West Sportshall Regional Final Manchester, Sportcity (Etihad Campus) (M11 3FF)		U13/U15 Pre-Selection
Fri 20th	Club AGM and Awards Evening Bollington Arts Centre	19.00	All !
Sun 22nd	Indoor T&F: Manchester Open Meeting 6 Manchester, Sportcity (Etihad Campus) (M11 3FF)		U15 – Senior
MAY			
Sat 2nd	T&F: Youth Development League – Lower Age Round 1 Venue TBC	11.00	U13 – U15
Sun 3rd	T&F: Northern Men's/Ladies League: Round 1 Venue TBC	11.00	U17 – Senior
Sat 30th	T&F: Youth Development League – Lower Age Round 2 Venue TBC	11.00	U13 – U15

CALENDAR OF EVENTS 2014/2015 (cont'd)

JUNE			
Sat 6th	T&F: Northern Men's/Ladies League: Round 2 Venue TBC	11.00	U17 – Senior
Sat 13th	T&F: Cheshire Schools Championships Venue TBC		Juniors/Inters/ Seniors
Sat 20th	T&F: Inter County Schools - Mason Trophy Birmingham, Alexander Stadium (B42 2LR)		
Sun 21st	T&F: Youth Development League – Lower Age Round 3 Venue TBC	11.00	U13 – U15
JULY			
Fri 10th & Sat 11th	T&F: English Schools Championships Gateshead Stadium		
Sun 12th	T&F: Northern Men's/Ladies League: Round 3 Macclesfield	11.00	U17 – Senior
Sat 18th	T&F: Youth Development League – Lower Age Round 4 Venue TBC	11.00	U13 – U15
AUGUST			
Sat 8th	T&F: Northern Men's/Ladies League: Round 4 Venue TBC	11.00	U17 – Senior

USEFUL WEBSITES

Macclesfield Harriers and AC	www.macclesfield-harriers.co.uk
Cheshire County Athletic Association	www.cheshireaaa.com
Youth Development League	www.ukydl.org.uk/index.html
Northern League	www.northernathletics.org.uk/track-field-league
Cheshire T&F League	www.cheshireaaa.com/results/TFL/cheshire_tf_league_2014.aspx
Indoor Sportshall League	www.sportshall.org
North Staffs Cross Country League	www.nscd.co.uk
Greater Manchester Cross Country League	www.bbresults.com

CHRISTMAS TRAINING ARRANGEMENTS

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

- Tuesday 16 December:** Final U11 indoor training for 2014 – other age groups at track
- Thursday 18 December:** Final training night for all age groups
There will then be a break for the festive celebrations.
- Tuesday 30 December:** No training – but special off-road session at **2pm** at the main Leisure Centre car park for those competing in the Cross Country Championships on Saturday 3 January (coaching assistance appreciated)
- Thursday 1 January:** No training
- Tuesday 6 January:** Training resumes for all age groups at the track (6.00pm onwards)

Have a great Christmas and I hope that for the 2015 season all:
athletes return refreshed, eager to compete for the club in some way
parents/guardians/supporters consider how they might help the club



Kevin Ranshaw – Track and Field Manager (01625 616483 or kevinranshaw@virginmedia.com)

FELL RUNNING

Wednesday Night Fell Runs - 2014 / 2015

Dec 3 RD	Robin Hood, Rainow SK10 5XE
Dec 10 TH	Trentabank/Heronry car park SK110NE after at St Dunstans, Langley
Dec 17 TH	Street Orienteering from the Vale Inn Bollington SK10 5JT courtesy of Andy Skelhorn
Jan 7 TH	Church House PH, Sutton SK11 ODS
Jan 14 th	Teggs Nose Bottom Car Park after at St Dunstan's, Langley
Jan 21st	Boars Head PH, Poynton SK12 1TE
Jan 28 th	The Poachers Bollington SK10 5RE
Feb 4 th	Robin Hood Rainow SK10 5XE
Feb 11th	Trentabank/Heronry car park SK110NE after at St Dunstan's, Langley
Feb 18 TH	The Vale PH Bollington SK10 5JT
Feb 25 TH	Robin Hood, Rainow SK10 5XE
Mar 4 TH	Trentabank/Heronry car park SK11 ONE after at St Dunstan's, Langley
Mar 11 TH	The Poachers Bollington SK10 5JT
Mar 18 TH	Robin Hood Rainow SK10 5XE
Mar 25 th	Boars Head Poynton SK12 1TE (Sunset 18.30hrs; Stoke on Trent)
Apr 1 st	Derbyshire Bridge after at the Stanley Arms (Sunset 19.43hrs)
Apr 8 th	Trentabank/Heronry car park SK11 ONE after at St Dunstan's, Langley
Apr 15 th	Herod Farm race GR 028934
Apr 22 nd	The Roaches, roadside parking GR 004621. After at Ye Old Rock Inn ST13 8TY
Apr 29 th	Rose and Crown Allgreave SK11 0BJ (Sunset 20.33hrs)
May 6 th	Rainow 5 race 7.30 start after at the Robin Hood SK10 5XE
May 13 th	Shining Tor race 7.15 GR 017756 after at the Swan Kettleshulme (or if closed Robin Hood Rainow)
May 20 th	Maytime "Scampero". Orienteering event organised by Brian Jackson (see website) Provisional date
May 27 th	Ship Inn Wincle SK11 0QE. Roadside parking.

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

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

FELL REPORT Nov 11th 2014

1. Club Fell and Handicap Championship race series

Is this a record? 101 runners have participated in the 2014 club champs. 8 runners have completed 5 or more races (6 to count including at least 1 long).

Roaches race Nov 9th. 13 Harriers turned out for this penultimate race. Macc men were placed 2nd team behind Dark Peak. Well done to Rachael Lawrance who was 3rd lady and Marc Sinclair who chose this as his first fell

race (nobody told him!). There were 167 finishers with Macc results as follows:
Simon Harding 5th 2hrs 20 03; Steve Watts 6th 2 20 06; Digby Harris 14th 2 29 26; Julian Brown 23rd 2 37 14; Mike Nelson 31st 2 40 28; Matt Lewis 2 41 15; Barry Blyth 47th 2 47 21; Mark Messenger 59th 2 50 52; Rachael Lawrance 69th 2 54 22; Marc Sinclair 78th 2 57 15; Mark Stanbridge 88th 3 00 15; Clare Griffin 96th 3 03 50; Graham Brown 105th 3 09 00; Trevor Longman 136th 3 21 17; Chris Cripps 39th 3 25 50(pipping his missus by 1 second!).

So with just one more race (the Club Fell

FELL RUNNING (cont'd)

Handicap) remaining for those that have completed 6 qualifying races the status is as follows:

CLUB CHAMPS 1st Mark Messenger 5298 pts; followed by Matt Lewis 5006; Barry Blyth 4802; Rachael Lawrance 4646; Mark Stanbridge 4602 and Trevor Longman 4454. Neil Clarke, John Mooney and Julian Brown can all move up to 3rd place if they do the last race.

HANDICAP CHAMPS (for the Ken Hall Trophy) 1st Matt Lewis on 6587 closely followed by Mark Messenger on 6549; Rachael Lawrance 6489; Barry Blyth 6377; Mark Stanbridge 6261 and Trevor Longman 6160.

2. Summer Series

Simon Harding was first man with 4902 pts (from a maximum of 5000) followed by Dan Croft on 4464 and Matt Lewis on 4118. The ladies was much more closely contested with Rachael Lawrance 1st with 3821 followed by Andrea Frost on 3626 both having completed 5 qualifying races. Angela Markely was 3rd on 3176 with just 4 races under her belt.

Over the series 69 runners turned out but just 11 runners completed 5 or more these being (excluding above mentioned):

Neil Clarke 5; Julian Brown 5; John Mooney 6; Barry Blyth all 8; Phil Barnes 6 and Mark Wheelton 5.

3. Other Goings On!

ULTRA MARATHONS & CHALLENGES

Alpine Outings! In late August Kirsty Hewitson and Bonnie Van Wilgenburg completed the **Ultra Tour de 4 Massifs** in Grenoble (165k and 10000m) in just over 8 hrs coming 29th and 31st out of the 244 finishers and were 1st and 2nd in their class with just one lady in front of them.

Mandy Calvert completed the **Ultra Tour de Mont Blanc UTMB** in late Aug. A mere 168k with 9600m of climb (and descent). Mandy was 1st in her class and 485th out of 1582 finishers.

Not to be outdone at the same time Julie G completed **La Petite Trotte 306k/28000m!**

More locally 3 harriers, Jo Miles, Phil Barnes

and Mark Stanbridge, completed the **Gritstone Grind** i.e. the 35mls of the Gritstone Trail from Kidsgrove to Disley. Jo was 1st in her category. And Julian Brown was 11th out of 228 in 8hrs 10m in the **"Round Rotherham"** 50miler.

FRA RELAYS

Julian wrote an article on the website:

"Congratulations to the 24 runners who raced at the Fell Relays today, in warm and generally dry but VERY windy conditions on the Middleton Fells, Cumbria. The four legs were not easy, especially in the wind, but not surprisingly so, as they're intended as a test of the best fell runners in the country.

However all of our runners - some with more experience on the fells than others - put in excellent performances."

So we had 4 teams of 6; Senior men 31st; Vet men 91st; Ladies A 117th (15th in category) and a Ladies B 181st of 213 teams.

Very creditable performances giving we were missing a number of runners through injury/unavailability so a "baptism of fire" for some of our novice fell runners. Everyone finished with a smile; job done.

We have never managed to enter 4 teams or 2 ladies teams!

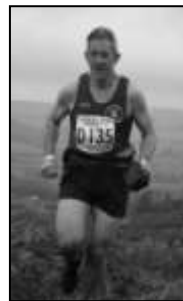
Club Fell Handicap Race - This is planned for Sunday Dec 14th

Races coming up - Have a look at www.fellrunner.org.uk/races.php?m=december&y=2014

And www.t42.org.uk/hayfield/

This includes the Lambs Longer Leg, 18th Jan and the popular Kinder Trial (an orienteering event) on 31st both pre-entry. The post race grub is worth the entry on the latter.

Barry Blyth



Mike Nelson at the Fell Relays
Photo from
Woodenstaps.org.uk

FRA Fell Relays 2014...Ladies Team

For the first time in history two full female teams of Macclesfield Harriers competed in the FRA fell relays, with the first team coming a respectable 15th out of the ladies teams, which I was pretty proud of given the competitive teams around! I was even more pleased to have helped get 12 ladies out running, some newer to fell races than others, and I think everyone had a great day out....although I fear a couple may never speak to me again (sorry Nina...leg 2 is probably the toughest!).

During the run up to the relays, Barry volunteered to share some of his British champs training routes around Kerridge, and we had 3 well attended fell rep sessions and also a group of us had a reccie trip...so we were as well prepared as possible. Of course on the day the racing seems tougher (well unless you were the super navigator pair of Clare and Kirsty!) But thanks to Brian and Barry's tent hospitality and Hazel's cake and general socialising with the other Harriers I think it still counted as a fun day for all!

Getting two ladies teams out prompted me to try and have a quick look back in history about how Macc ladies have done at the fell relays over the years...especially as I found out that in 1997 the ladies team was 2nd. I am afraid I am missing some years due to electronic results not being easy to find online...so if anyone can fill in earlier gaps from their knowledge it would be great to update this list, otherwise here are the ladies results for the last almost 20 years!

Macclesfield Harriers Ladies FRA Relays

2014 fra relays, Mickledon Fells, Kirby Lonsdale

15/41 ladies - Andrea Frost, Rachael Lawrance and Angela Markely, Clare Griffin and Kirsty Hewiston, Kristy Gill

36/41 ladies - Daisy Pickles, Hazel Winder & Nina Moss, Julie Gardner and Sarah Ledbury, Nancy Bunyan

2013 fra relays, Llanberis

25th ladies/36 ladies teams - Sarah Ledbury, Andrea Frost and Kirsty Hewiston, Claire and Mandy, Hazel Winder

2012 29 ladies teams, Church Stretton, Shropshire - No Macc Harriers ladies team

2011 Kettlewell

27/47 ladies teams - Sarah Harris, Rachael and Kirsty, Sally Ann and Mandy, Tessa Montague

2010, Scotland

24 ladies teams, no Macc ladies

2009, Ennerdale

24 ladies teams, no Macc ladies

? Open team inc. ladies? Leg 1 Rachael Lawrance

2008, Clywd

14/19 - Cynthia Chapman, Rachael Lawrance and Janet Hatton, Mandy Calvert and Fran Swallow, Catherine Litherland

2007, Forest of Bowland

14/26 - Janet Hatton and Rachael Lawrance, Anne Farmer, Mandy Calvert and Alison Hartopp, Sarah Harris

2006, Hebden bridge

11th - Julie Fletcher, Alison Hartopp and Janet Hatton, Mandy Calvert and Jo Miles, Cynthia Chapman

2005, Clackmashire

No Macc ladies 14 ladies teams

2004 Hayfield

13/17 - Rachel Pleeth, Mandy and Nikki le Good, Margaret Huyton and Sally Ann Patterson, Catherine Crowther

2003, Church Stretton
 No macc ladies, 14 ladies teams
2002 ?
2001
 No macc ladies
2000 ?
1999 ?
1998
 4th/16 (no names on the results)
1997 Pendle 2nd/14 Team Cecilia Greasley, Sue Rowson and Rachel
 Pleeth, Margaret Huyton and Sally Ann Hales, Barbara Murray
1996 ?
1995 Llanberis 6th/10 same folks as 1997 but with Heather Leigh
 rather than Sue Rowson).



Angela Markely & Rachael Lawrance
*Thanks to Woodentops.org.uk for the use
 of the photo*

Rachael Lawrance

Macclesfield Indoor Athletics and Multi-Sport Centre - Nov 2014

After the success of the Summer Ball, organised by Anna
 Carey, in aid of the Macclesfield Athletics Development Fund,
 the committee has been continuing to make progress with its
 objective of developing athletics by providing an indoor
 athletics training and multi-sport centre next to the track.



Our main focus has been developing liaison with the
 Everybody Sport and Recreation Trust who have now taken
 over responsibility for managing, developing and improving
 sport and recreation across Cheshire East. As part of this we have been reviewing
 examples of comparable facilities in other areas, eg, Witton Park, Blackburn and
 Ayrshire Athletics Arena. This has helped identify the key requirements for an indoor
 athletics centre at Macclesfield that complements the existing Clubhouse and Leisure
 Centre. We have also investigated possible options for the provision of a facility at the
 track that meets the needs of Macclesfield. We now intend to use this information in
 discussions with the Trustees and Management of Everybody Sport and Recreation to
 help agree how best to achieve our objective.

Members of Macclesfield Harriers & AC will, of course, be regularly updated on
 progress. Meanwhile if you feel that you would like to contribute to or help with these
 efforts in some way please let us know.

**Barbara Murray, Bob Lynch, Kevin Ranshaw, John Kershaw, Carl Hanaghan, Raph
 Murray**

ROAD RUNNING

2014 Cheshire Grand Prix and Club Championship Road Race Series

2014 has been a successful year in the Cheshire Grand Prix. The Ladies team finished 2nd on 1032 points just behind Wilmslow RC on 1117 points, with some great individual performances by Kristy Gill (3rd) overall, Paula Nimmo (5th overall) and Daisy Pickles (7th overall).

The men's team finished 3rd behind Wilmslow RC and South Cheshire Harriers. In the individual championships James Noakes came 5th, Mark Walker 19th and Carl Hanaghan 20th. The results show a good improvement on 2013 when both the men's and ladies' teams came 4th.

In addition, Carl Hanaghan has won the Cheshire Road Race Grand Prix Handicap Championship for the most improved runner in 2014! Carl gained 602 points and was followed by Robert Wilson (594 points) and Clare Hawkes of Wilmslow RC (585.5 points). Well done to Carl for all his superb runs over the series.

Full details are at: www.cheshireaa.com/results/RRGP/cheshire_road_race_grand_prix.aspx

Races for next year's club championship have not yet been decided as the Cheshire Grand Prix races have not been announced, however the following races will be included

Alsager 5, Sunday 1st February 2015, 11am

High Legh 10K, Sunday 1st March 2015, time tbc

Wilmslow Half Marathon, Sunday 22nd March, 10.30am

Rules for Club Championships

Separate Championships for men and women.

Points for each race calculated as follows:

Winning Time (M or F)/Your Time x 1000

Your time will be Chip time where available.

Best 6 races to count with no more than 3 events from each category and at least 1 short, 1 medium and 1 long.

Results will be announced after the last race in the series (Stockport 10, 7th December).

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

www.race-results.co.uk

www.ukresults.net

northernrunningguide.com

www.runnersworld.co.uk/events

Keith Mulholland

Senior club championship races calendar 2014

Date	RACE	Type	Dist Cat	Distance	Chesh GP?
Sun-07-Dec	Stockport	Road	L	10 mile	Yes
Sat-13-Dec	North Staffs XC (4/4)	XC			
Sun-14-Dec	Club fell handicap	Fell	L		

Local Races January to March 2015

Race	Location	Date
Chester Round the Walls Race	Chester	Friday 26th December, 10.30 am
Ribble Valley 10k	Clitheroe	Sunday 28th December, 10.30 am
Hit the Trail 5	Reddish Vale, Stockport	Sunday 4th January, 11.00 am
Essar 4 Villages Half Marathon	Helsby	Sunday 18th January, 11.00 am
Alsager 5	Alsager	Sunday 1st February, 11.00 am
Great North West Half Marathon	Hilton Hotel, Blackpool	Sunday 22nd February, 11.00 am
Oulton Park 10k and Half Marathon	Oulton Park	Sunday 8th March, 10.00am (10k), 12.30 am (Half)
Cheadle Spring 5	Cheadle, Staffs	Sunday 1st March, 10.00 am
High Legh 10k	High Legh	Sunday 1st March, 10.30 am
Trafford 10k	Partington	Sunday 1st March, tbc

Buxton Carnival 4 mile Road Race – Saturday 12 July 2014 - Results

Hot and sunny conditions greeted 187 runners for this year's Buxton Carnival Race. The carnival atmosphere did not disappoint with cheering crowds along Spring Gardens and a live band on the course.

The race saw a host of great performances with James Noakes finishing in 6th Place (1st M45, 22:37) and Paula Nimmo in 3rd place (27:55). In addition Louisa Whittingham finished as 4th Lady (28:25)-a fantastic performance from a Junior - and Daisy Pickles was 5th Lady (28:50).

Other Harriers results were:

(Continued on page 24)

ROAD RUNNING (cont'd)

Chris Bentley	22:37 (12th M)
Scott Wilson	24:05 (14th M)
Neil Hay	26:53
Keith Mulholland	27:43
Alan Wardle	27:54
Chris Harbron	29:02
Dawn Devine	39:21

Full results can be found at: www.buxtonac.org.uk/cgi-bin/results.py

Congratulations to everyone and thanks to Buxton AC for a great event.

Sale Sizzler - Thursday 31 July, 2014

Thursday 31 July also saw the 3rd Sale Sizzler 5k, with Gary Willcock and Ray O'Keefe taking part. Gary ran a PB (18:24 5th M50) and Ray also ran an excellent race (19:41 9th M45).

Congratulations to both Ray and Gary on such excellent performances.

Meerbrook Results - Saturday 2 August, 2014

Yesterday (2nd Aug) saw an intrepid bunch of Harriers ditch a Saturday morning lie in and enjoy a rather wet Meerbrook 15k. The race featured an ascent and descent of Gun Hill with some nice views of Tittesworth Reservoir which were partly obscured by rain!

Mark Walker continued his excellent race form with a 6th place finish (57:49), with Tim Stock following in 69:23 (3rd M50). Paula Nimmo was the only Lady Harrier to compete and finished in 71:19 (7th L). Keith Mulholland (74:15 7th M50), Martin Platt (75:13 5th M55) and Francis Pyatt (76:13) were the other Harriers to compete.

The race T shirt said "I kept calm and climbed on, Meerbrook 15 Survivor" which probably says a lot about the event! A brilliant race if you like hills!

Congratulations to all the Meerbrook 15k survivors!

Birchwood 10k - Sunday 10 August, 2014

The penultimate race in this year's Cheshire Grand Prix saw some superb performances to put both the men's and women's teams into 3rd Place in the championship-all whilst I was on the beach in Menorca! The men's team lie behind Wilmslow RC (1st) and South Cheshire Harriers (2nd) with the women's team behind Wilmslow RC (1st) and Spectrum Striders (2nd).

In the individual championship Kristy Gill is in 3rd place with Daisy Pickles 6th and Paula Nimmo 10th. James Noakes, Mark Walker and Carl Hannaghan are clustered tougher in 16th, 17th and 18th place.

ROAD RUNNING (cont'd)

Individual results are listed below:

James Noakes	35:40 (2nd MV45)
Scott Wilson	37:28
Gary Willcock	39:05 (8th MV50)
Carl Hanaghan	41:43
Jonathan Hill	40:50 (12th MV50)
Jonnie Plumb	42:54
Paula Nimmo	43:53 (9th FS)
Daisy Pickles	45:40 (11th FS)
Doug Hughes	47:38
Fiona Wilson	51:28 (12th FV50)
Dave Hancock	54:58 (9th MV65)
Catherine Crossley	56:10

Full results can be found at: www.spectrumstriders.org.uk/our-races/birchwood-10k/results/2014-results

Bollington 10k – Sunday 24 August 2014 - Results

The first Bollington 10k took place on 24 August with the Harriers well represented with 19 taking part. The race was not one for a PB with a gradual climb up to Pott Shrigley followed by a descent to the Middlewood Way.

There were several notable results with Anne Farmer 3rd (41:09), Chris Bentley 6th (36:17), Andrew McEvoy 11th (38:21), Jason Justice (40:34, 5th V40), Neil Hey (1st V45, PB) and Dave Hancock (53:23, 2nd V65).

A full list of Harriers is below:

Marc Bradford	43:29
Keith Mulholland	44:06
George Barker	44:16
James Sherratt	45:18
Stewart Waudby	47:47
Neil Murphy	48:21
Dave Larkin	48:27
Philip Hawkswell	55:42
Carol Upton	55:42
Melanie Power	56:43
Lindsay Russell	57:06
Dawn Devine	60:30
Jenny Airey	62:42



A few of the Harriers who took part in the Bollington 10k

Full results can be found at: www.race-results.co.uk/results/2014/

ROAD RUNNING (cont'd)

Gawsworth 10k and 5k - Sunday 14 September, 2014

Macclesfield Harriers were well represented in Gawsworth with 38 taking part in the 10k and six in the 5k. Many congratulations especially to Louisa Whittingham (1st place and 1st L17 24:35) and Lauren Robinson (2nd place and 1st L13 25:31) who put in outstanding performances in the 5k.



Some of the 38 Harriers who ran at Gawsworth

In the 10k James Noakes took second place in 36:36 (1st M45), Jason Justice followed in 41:34 (3rd M40) with John Mooney the third Harrier home (42:18, 1st M55). The ladies were led home by Helen Evans (43:52, 5th L) with Andrea Frost and Daisy Pickles following in 45:53 (1st L45) and 46:05 (10th L) respectively.

Congratulations to everyone who took part. It was great to see such a good turnout.

Full results can be found at: www.race-results.co.uk/results/2014/

Congleton Half, Chester and Kielder Marathon Results - Sunday 5 October, 2014

Sunday 5 October saw a host of excellent performances by Harriers in the above events.

First of all Mark Walker finished 5th in the off road **Kielder Marathon** (2:51:03)!

In the **Chester Marathon** three Harriers took part, Carl Hanaghan had a superb race gaining a 'good for age' time for London 2016 (3:02:00). Gary Willcock and Tony Griffiths followed in 3:18:15 and 3:55:57 respectively.

Great weather conditions ensured that the **Congleton Half Marathon** had over 500 runners taking part with another 68 in the Quarter Marathon. Julian Brown took a break from fell running to take part and was the first Harrier to finish in 1:27:22, and was followed by Jason Justice (1:28:28) and Garry Jones (1:35:26)

Helen Evans was the first lady Harrier to finish in 1:33:48 with Liz Smith second (1:39:31) and Jo Miles 3rd (1:42:51).

Other results are shown below:

James Upton	1:36:01
Keith Mulholland	1:37:06

(Continued on page 27)

ROAD RUNNING (cont'd)

Ray O'Keefe	1:37:16
Philip Shering	1:46:39
Steven McCall	1:48:09
Richard Pankhurst	1:48:58
Emma Beveridge	1:51:27
Angus Tennant	1:53:28
Lynne Graves	1:56:16
Harry Newton	2:03:33 (3rd M70+!)

CAFOD FUN RUN AT BOLLINGTON

Saturday 27th December, 2014

Warm up at 10.45am - Start at 11.00am

Middlewood Way & Canal Towpath, Bollington

Choose your distance - Full course 4.5 miles, Medium 3 miles, Short 1 mile

Runners, Joggers, Walkers - All Welcome

CAFOD
Just one world



FOR MIDDLE EAST EMERGENCIES

On the day registration and refreshments at
St Gregory's Parish Hall, SK10 5JR
Advance registration and details
Keith Taylor 01625 429915 or

www.tinyurl.com/BollyFunRun

UK Registered Charity Number 285776



ROAD RUNNING - Club Champs to date (MEN)

Only men who have scored points in the last 6 races are shown

	Birchwood 10k	Bollington 10k	Gawsworth 10k	Sandbach 10k	Congleton Half	Langley 7
Category	M	M	M	M	L	M
Mark Walker				1000		959
Scott Wilson	839					943
Carl Hannaghan	755					865
Richard Brown			776			
Philip Barnes						771
Chris Harbron						758
Keith Mulholland		786			723	769
Ray O'Keefe			780		722	
Doug Hughes	660					
Mark Stanbridge			742			757
James Noakes	881		949			937
Jason Justice		854	836		793	841
Jonnie Plumb	734					
Marc Bradford		794				
Rob Hasler						830
Neil Murphy		717				
Stewart Waudby		725	699	737		681
David Hancock	572	649	632			636
Andrew McEvoy		904				
Gary Willcock	804					
Francis Pyatt			769			734
Alan Wardle			784			
Garry Jones				765	735	
Terry Neild			701			721
Andrew Ratcliffe						700
David Larkin		715	701			
Harry Newton			584		568	
Chris Bentley		955				920
Jonathan Hill	770					
Neil Hey		850		799		834
Richard Pankhurst			693		644	722
Angus Tennant			643		619	672
Tim Stock				814		
George Barker		783				
James Sherratt		765				
Philip Holdsworth		622				
John Mooney			821			827
Sean Connelly			766			781
Matthew Grove			719			
David James			706			

ROAD RUNNING - Club Champs to date (MEN)
Only men who have scored points in the last 6 races are shown

	Birchwood 10k	Bollington 10k	Gawsworth 10k	Sandbach 10k	Congleton Half	Langley 7
Category	M	M	M	M	L	M
Philip Shering			693		658	
Roger Brereton			678			
Robert Graves			650			
Philip Hawkswell			597			
Julian Brown					803	
James Upton					731	
Steven McCall					649	
Fred Wardle						750
Neil Goodman						726
Graham Brown						714
Richard Clegg						713
Daniel Graves						703
Chris Pimblott						648
Geoff Hull						627

The womens points are shown on page 30

**Macc Harriers in Final of
Running Club of the Year!**

DECATHLON

PLEASE VOTE FOR YOUR CLUB!

Macc Harriers have reached the final of Decathlon's 'Running Club of the Year' competition. Neil Gunn and myself (along with some help from other committee members) wrote a nomination document highlighting the club's achievements in all sections as well as the charity fundraising from the Macc Half, Langley 7 and other club races.



What we need now is your help in voting for us! Votes from family, friends, distant relatives and anyone else will all count! Voting closes at midnight on Thursday 11 December.

Voting is online on Decathlon's website and can be found at:

www.decathlon.co.uk/blog/competition/running-club-year-shortlist/

Keith Mulholland

ROAD RUNNING - Club Champs to date (WOMEN)
Only women who have scored points in the last 6 races are shown

	Birchwood 10k	Bollington 10k	Gawsworth 10k	Sandbach 10k	Congleton Half	Langley 7
Category	M	M	M	M	I	M
Daisy Pickles	781		919			
Anne Farmer		851				
Paula Nimmo	810					
Nina Moss			844			833
Liz Smith					823	
Fiona Wilson	695		795			733
Gemma Moorhouse			821	831		777
Lynne Graves			781		704	722
Emma Mason			745			714
Lindsey Russell		613				682
Dawn Devine		579	682	689		670
Wendy Boardman			676			
Louise Brown			616			
Emma Beveridge					735	760
Catharine Crossley	631					674
Carol Upton		628	726	711		
Melanie Power		617				
Helen Evans			965		873	
Andrea Frost			926			890
Kim Croskery			754	752		
Suzanne Baker			704			
Jess Seth			679			
Jenny Airey		558	676			
Suzannah Middleton			641			
Julie Rawcliffe			591			
Heather Auty			591			
Jo Miles					796	
Alison Gunn						738
Melanie Whittaker						726
Kate Foster						582

MH&AC – Road Running New Year Relay



When - Saturday 17th January 2015
(10.00-13.00)

Where - Track behind the Leisure Centre

What - Mixed ability 60 minute team relay followed by coffee & cakes and the chance to socialise with fellow runners (and win prizes!)

Cost £2.50 (track fee)

Registration 10.00am – please be prompt (warm up starts 10.30am)
Please bring a cake or biscuits (tea and coffee provided)

Minimum Age: 15 and over

Note: A free raffle draw is included in the entry fee and prizes are awarded to the top 3 teams

Contact either Daisy or Nina (daisypickles@hotmail.co.uk or nmoss236@hotmail.com) to book your place!

Background 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. 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 'New Year Relay' is the first of these events in 2015 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 either Daisy or Nina (daisypickles@hotmail.co.uk or nmoss236@hotmail.com) know if you are coming along so we have an idea of numbers.

Registration is prompt at 10.00am on Saturday 17th January in the clubhouse (remember your £2.50 track fee and cake/biscuits).

The top three team prizes will be awarded following the relay along with a free raffle draw!



Daisy Pickles & Nina Moss

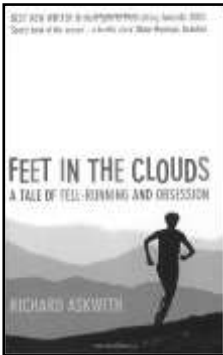
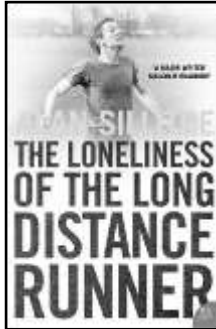
**When you're not training, put your feet up and read a good book...
Whether they are meant to interest, inspire or help, these are my top 5
books that every runner should read.**

Number 5 - The loneliness of the long distance runner – Alan Sillitoe (1967)

This iconic short story collection by Alan Sillitoe is the oldest, and probably the most famous book in my top 5. I have to admit, I only bought and read this purely on iconic merit (I didn't even know it was an anthology!) This isn't an uplifting book, if that is what you're after, just a stark realisation as to what life was like in the first half of the 20th century, particularly with regards to 'class conflict'. It is an easy read, the writer does well to take the reader on a journey, you can really feel that Alan Sillitoe has indeed seen and experienced the situations he writes about. If you don't do well with long reads, this collection of short stories will keep your attention.

Number 4 - Feet in the Clouds – Richard Askwith (2005)

For all you fell runners out there, this should be your number one. Many fell runners anticipate exhaustion, tiredness, weakness, the temptation to stop – you will get none of these symptoms from reading this book. This is a page turning, inspiring account of fell-running that will have you out on Shutlingsloe, Teggs or the Peaks in no time. Askwith speaks passionately throughout the book which resonates through to the reader. He writes of the hero that is Bob Graham, a man that every fell runner knows. A man that in 1932 ran 42



Lakeland peaks in less than 24 hours, barefoot, so as to not wear out his shoes.

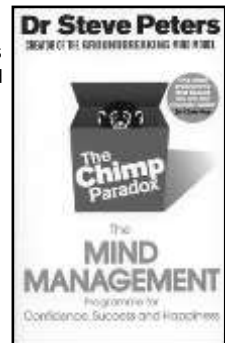
This book is filled with inspiration from descriptions of landscapes and views. But you almost get the sense that Askwith is resentful at times throughout the book, for example he seems saddened that records are being broken by some shop assistant from Stockport rather than the romantic idea of a solitary shepherd from the peaks.

The book also has its moments that make you wonder whether the art of fell running is dying, as Askwith states that "the typical fell-runner is, on average, getting older" but all in all, this book is definitely worth the read, as well as inspiring, it does very well to educate in the history and heroes of fell-running.

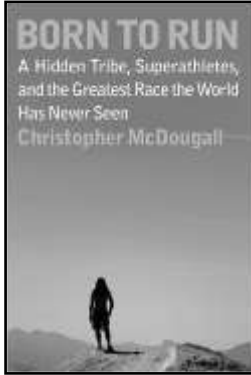
Number 3 – The Chimp Paradox – Dr. Steve Peters (2011)

Okay, I do realise that some of you will be reading this thinking 'this isn't a running book', and you would be right, but what do you have your greatest battle with when you're running? Your mind. This book concentrates on controlling your mind. Admitted by the athletes themselves, Sir Chris Hoy, Sir Bradley Wiggins, Victoria Pendleton, Craig Bellamy, Steven Gerrard and Ronnie O'Sullivan have all spoken publicly about how 'the chimp model' has helped them improve their performance.

You do need to approach this book with an open mind however, if you don't want to help yourself – it can't help you. This book could easily be described as an instruction manual for your conscious brain. The brain, which Dr Peters breaks down into three parts – the human brain, the chimp brain and the computer brain. The Chimp is that pesky part of your brain that



wants to “hijack” the rest of your brain, it’s the lazy part of the brain that tells you that you’re too tired to train or it’s wet outside, stay inside where it’s dry. It’s about controlling your chimp and banishing those lazy thoughts, fine tuning your human brain and motivating yourself. Definitely worth a read if you are guilty of being a fair weather runner or struggle to motivate yourself.



Number 2 – Born to Run – Christopher McDougall (2009)
Christopher McDougall is a runner that found himself getting repeatedly injured. McDougall then embarks on a quest to find out as to how, the reclusive runners

of the Tarahumara tribe manage to frequently run ultra distances, at incredible speeds, and stay injury free.

Deep in the Mexican Copper Canyons McDougall begins to learn the tribe’s secrets. He reveals the reasons behind why there has been an explosion of running-related injuries since the introduction of “over complicated” running footwear, predominately since the early 70’s.

Along-side sharing his research about the Tarahumara tribe he also promotes the endurance running hypothesis. McDougall sheds light into why humans left the forests and moved to open areas and plains in order to literally run down exhausted prey.

Other than finding this book incredibly interesting from a story point of view, hopefully you will find this book educating. This would have taken the number 1 spot for me if it wasn’t written so amateurishly. What I mean by this is that McDougall uses a lot of slang, for example “chomp” and “chug” rather than eat and drink. Also he writes in capitals a lot for emphasis, “What the HELL?!” and “How the HECK is this possible?!” to cite a couple. This gives the impression it is a teenagers diary rather than a book. All of that considered, I would still advise

giving this a read.

Number 1 – Running with the Kenyans – Adharanand Finn (2010)

Some of you may be surprised at this as my number one; I picked this purely on inspirational merit. From all of the sporting books I have read, this one made me want to lace my trainers up and go out more than any other.

As a youngster Finn confesses that he was a very good runner, winning local junior races no

problem, then, as he says “life got in the way”. He pursued a career in journalism, married and had children. In his mid-thirties he almost has a mid-life crisis and rather than get a crazy hair cut, or a sports car, he decides to move his family



(including 3 children) to Iten, Kenya for 6 months.

When he arrives and starts to describe the town and runners, you quickly realise that he is amongst running royalty including: Godfrey Kiprotich, Christopher Cheboiboch, Edna Kiplagat, Wilson Kipsang, Emmanuel Mutai, Priscah Jeptoo, Mary Keitany just to name a few. He begins to train with them for the 6 months duration he is there and soon realises he is out of his depth with the elite of Kenya...

Finn repeats throughout the book that there must be a “secret” to the Kenyans running, which that they protest there is not. It soon becomes clear that there isn’t a secret and it is down to a combination of hard work, diet, altitude, desire and the right genes.

This book is a very easy and comfortable read. If you don’t want to pack your trainers, grab a flight out to Kenya to do some training after this then I’d be very surprised.

Scott Wilson

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 home to complete the season.

A great atmosphere, fine weather and some excellent performances resulted in a superb (if long...!) day with a fine outcome for the club. In the fixture Macclesfield finished in 2nd place and the Under 11s completed an amazing season by achieving joint 1st place.

The final result was:

- Mens score: 191 – 2nd
- Ladies score: 210 – 2nd
- Overall score: 461 – 2nd (includes Officials points)
- Under 11s score: 107 – Joint 1st

A final league table should be available at:

www.cheshireaa.com/results/TFL/cheshire_tf_league_2014.aspx

18 graded performances were achieved.

The superb outcome meant that the Men and Overall positions were 2nd as in 2013, but the Women improved from 4th in 2013 to 2nd. The outstanding summer enjoyed by the U11s and the fine performance against their nearest rivals – Crewe and Nantwich – meant that this age group became league champions for the first time since 2005.

All participants over the season are to be congratulated on their contribution to this result – a great end to the season.

So in summary...

League	2014 Position	2013 Position
Cheshire Track and Field League – Ladies	2nd	4th
Cheshire Track and Field League – Men	2nd	2nd
Cheshire Track and Field League – Overall	2nd	2nd
Cheshire Track and Field League – Under 11s	1st	3rd
Youth Development League – Lower	4th (out of 8)	4th (out of 8)
Youth Development League – Upper	League Not Entered	3rd (out of 8)
Northern League	5th (out of 6)	3rd (out of 6)

The club's results were as follows:

Overall, an excellent season in part, with slight disappoint elsewhere.

As reported in the last magazine, the Northern League result means relegation, but on a brighter note the competition in 2015 is likely to be more even with every chance of attaining promotion – as long as we can get a good number of senior athletes to compete.

The two home fixtures were very well attended and hopefully this will be repeated in 2015. However, there is still a reticence to travel by some athletes and perhaps next season will be where the club sees greater representation at away fixtures.

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 away from "home turf".

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

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

A successful first round at Crewe on 12 October resulted in the U11Gs achieving joint 1st, the U11Bs 1st, the U13Gs and U13Bs both achieving 3rd place and Josh Carey as the sole U15B finishing 2nd in their respective age groups.



The second round, again at Crewe on 16 November, was another success for some age groups with both the U11Gs and U11Bs taking 2nd, the U13Gs 3rd and Josh finishing 3rd in the U15Bs. Unfortunately, the club could not muster an U13Bs team.

Congratulations are due to all who participated in these two fixtures.

At the time of writing there is no table available as the results for the other match taking place on 16 November had not been published.

Accordingly, all age groups need to field strong teams at the final round on 7 December (at Kingsway Leisure Centre, Widnes) where finals places will be decided. The final is scheduled for 25 January 2015 at Widnes and hopefully as many teams as possible are able to qualify.

This image has been removed in accordance with the club's child protection policy.

Please continue to support the re-establishment of the club in this league (now our 3rd season back) which gives good winter competition for those athletes not participating in cross country.

Kevin Ranshaw – Sportshall Co-ordinator (01625 616483 or kevinranshaw@virginmedia.com)

**TRACK & FIELD AWARDS PRESENTATION AT THE MINI
COMPETITION HELD 20th SEPTEMBER 2014**

Award	Places	Recipient
Track and Field (2014)		
U11 Girls (Perpetual Shield)	1 st 2 nd 3 rd	Meg Bradley India Wilson Ruby Spencer
U11 Boys (Perpetual Shield)	1 st 2 nd 3 rd	Rory Walton-Smith Harrison Denham-Smith Sam Danson
U13 Girls (Perpetual Shield)	1 st 2 nd 3 rd	Eve Cobey Shona Williams Josie Elliot
U13 Boys (Perpetual Shield)	1 st 2 nd 3 rd	Morgan Frith Peter Goodfellow Ben Kersh
U15 Girls (Perpetual Shield)	1 st 2 nd 3 rd	Emily Lowery Lydia Hatton Hannah Gaskell
U15 Boys (Perpetual Shield)	1 st 2 nd 3 rd	Maurice Bolton Harry Simpson Oscar Johnson
U17 Ladies (Perpetual Shield)	1 st 2 nd 3 rd	Katie Lowery Charlotte Cash Louisa Whittingham
U17 Men (Perpetual Shield)	1 st 2 nd 3 rd	Callum Ahern Jack Kitchin Fraser Mackintosh
U20 Ladies (Perpetual Shield)	1 st 2 nd 3 rd	Clara Boothby Grace Hatton Jess Hartopp
U20 Men (Perpetual Shield)	1 st 2 nd 3 rd	Nathan Finnis Romone Brown Tom Mort
Senior Ladies (The Richard Sudell Memorial Trophy)	1 st 2 nd 3 rd	Daisy Pickles Paula Nimmo Nina Moss
Senior Men (Perpetual Shield)	1 st 2 nd 3 rd	Ashley Pritchard Simon Sloan Scott Wilson
Masters Ladies (Perpetual Shield)	1 st 2 nd 3 rd	Barbara Murray Den Masset Anna Carey
Masters Men (Perpetual Shield)	1 st 2 nd 3 rd	Rod Grant-Smith James Noakes Tony Shenton

TRACK & FIELD AWARDS PRESENTATION AT THE MINI COMPETITION HELD 20th SEPTEMBER 2014 (cont'd)

Best Track and Field Performance (The Pigott and Whitfield Cup)	Clara Boothby, Katie Lowery, Barbara Murray, Ashley Pritchard, Tony Shenton, Ella Spencer	Ashley Pritchard
Special Award Salver	To commemorate 30 years' service to the club	Mark Pass

Membership Secretary's Stumblings

Hi All,

Well, we're back to dark nights, and not too much hanging around pre- or post-run, a bit too chilly for that – but warm enough once you get warmed up and going.

I'd like to welcome the new members (shown on page 38) to the club and wish them all good luck in their athletics.

So what does winter mean – cold, rain, mud, and.... cross-country ! - which is now in full swing, and it's noticeable how well we do as a club when we get a good turnout. There have been some great performances, both team and individual, and quite a few new faces out both among the juniors and seniors, and everyone seems to enjoy it (well, afterwards anyway) - so come on, it's open to all, you can enter on the day if you're not entered already, it's all free, and (best of all...) you can smile (*) at Bob at the end of each lap when he tells you to run harder! (* other facial expressions are available).

We had 4 (2 mens, 2 ladies) teams out for the fell runners' relays, (on a VERY windy day) and all did well, competing against the best in the country (including the odd Olympian or two!), and with 24 runners from the club, (plus supporters !) out, it made for a great day away. Many thanks to Rachael and Barry for organising - and Brian for providing the 5-star accommodation.

And - last but not least - we handed over a cheque for £2345 today (19th Nov) to the Rossendale Trust, the net proceeds from the Langley 7 race. This will make a BIG difference to them, so thanks to EVERYONE once again for your help and support.

Have a great Christmas and New Year, don't forget the Boxing Day handicap, and see you out and about in 2015!!

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

**NEW MEMBERS WITH THEIR AGE CATEGORIES AS OF
1 JANUARY 2015**

Kim	Croskery	Veteran Lady
Andrew	McEvoy	Senior Man
Matthew	Wilson	Senior Man
Abby	Glover	Senior Lady
Kerry	Jepson	Senior Lady
Lorraine	Hilton	Senior Lady
Kate	Roddis	Senior Lady
Wendy	Snelson	Senior Lady
Pat	Ahern	Senior Lady
Georgina	Timson	Super Veteran Lady
Roger	Brereton	Veteran Man
Nicola	Cantrell	Veteran Lady
Maighan	McLean	U13 Girl
Liam	Millard	U11 Boy
Paul	Morton	Super Veteran Man
James	Evans	U13 Boy
Philippa	Bearn	U13 Girl
Archie	Wilson	U11 Boy
Mollie	Pettit	U15 Girl
Lucy	Robinson	U13 Girl
Rippon	England	Super Veteran Lady
Richard	Storey	Veteran Man
Aaron	Storey	U17 Man
Samantha	Catarelli	Senior Lady
Graham	Brown	Super Veteran Man
Marc	Sinclair	Senior Man
James	Perry	Senior Man
Sienna	Carnell	U13 Girl
Annette	Morris	Super Veteran Lady
Libby	Greeney	U13 Girl
Abigail	Jones	Junior Lady
Siobhan	White	Veteran Lady
John	Kavanagh	Super Veteran Man
Andrew	Sinclair	Super Veteran Man
Billy	Hicks	Senior Man
Christine	Ritchie	Super Veteran Lady

Couch to 5k Course - Second Course Completed



The Club is pleased to announce the successful completion of the second C25k course in October.

26 people started back in August and 18 of them graduated in October at the track, after 9 weeks of hard work, and then went on to run a 5k Parkrun at Congleton 2 days later.

The course required the participants to attend a formal structured walk/run session at the track once a week and then repeat the session twice more during the week as their 'homework'.

Some participants 'buddied up' with others whilst some did their own thing.

Towards the end of the course the helpers from all sections of the club, who had been involved throughout, supported them with their homework. The participants found that the Middlewood Way was a very useful training area, where their distance could be measured easily.

After 9 weeks it was great to see the looks of amazement and pride at the end of their 5k run around the track. Many of them thought it was an impossible task, but with dedication and hard work, they can now call themselves 'Runners'.

Well done to all who took part, and thanks again to all those club members who gave up their time to help them achieve their goal.



Janice & Tracey - 2 very proud but wet runners at the end of their first 5k run!

Alison Gunn

Club Constitution 2015

The Club's Committee has recently been reviewing the club constitution and has made some changes which will be proposed at the next AGM (Friday, 20 March, 2015).

A copy of the proposed new constitution is shown below. If any member has any comments on it, then please contact the club secretary, Clare Finnis, at secretary@macclesfield-harriers.co.uk before the AGM.

Macclesfield Harriers and Athletic Club **Rules and Constitution 2015 (DRAFT)**

1. **TITLE** – the club shall be called Macclesfield Harriers & Athletic Club and shall be affiliated to the National Governing Body.
2. **CLUB COLOURS** – the colours of the club shall be a maroon vest with a silver diagonal.
3. **OBJECTIVE** – to promote and participate in all branches of athletics and to provide suitable training, accommodation, coaching and competition for all members.
4. **HEADQUARTERS** – Macclesfield Athletics Track, Macclesfield Leisure Centre, Priory Lane, Macclesfield, Cheshire. SK10 4AF
5. **MEMBERSHIP** – Open to all over 9 years of age, either as a competing or non - competing member. Application for membership shall be on the official form, complete with all relevant details, signed by the applicant/ guardian, and with the appropriate fee.
All competing members shall be amateurs as defined by the UKA rules for Competition
6. **MANAGEMENT** – the club shall be managed by the elected officials and officers (the management committee). This comprises the 4 officials (chair, vice chair, treasurer, and secretary) plus other officers, ALL of whom shall be elected at the Annual General Meeting. This management Committee shall be empowered to elect further officers from time to time, as circumstances dictate.
7. **MANAGEMENT MEETINGS** – main management Committee Meetings shall be held at least every 3 months in any given year. It may be necessary for sub-committees to meet more often, the frequency of these meetings being decided by the sub-committees.
8. **ANNUAL GENERAL MEETINGS** – these shall be held each calendar year at a time and place fixed by the Committee for the following purposes:
 - a) To receive from the Treasurer the report, balance sheet and statement of accounts for the preceding financial year.
 - b) To receive the Chairman's and the Secretary's reports for the preceding year.
 - c) To elect the Chairman, Vice Chairman, Secretary, Treasurer, and Committee, as stated in rule 6, for the coming year.
 - d) To appoint a qualified accountant to review the accounts for the year.
 - e) To deal with any specific issues notified by the Committee or raised by the members as detailed below.
 - f) Notice of the AGM shall be posted on the club's website and shall be published in the club's magazine at least 28 days before the meeting is due to be held.
If any member wishes to move a resolution or to submit nominations of officials at the AGM, the member shall give notice thereof in writing or electronically to the Secretary not less than 21 days before the meeting. The Secretary will then issue the detailed agenda for the AGM prior to the meeting.
9. **EXTRAORDINARY GENERAL MEETINGS** – these shall be called by the Secretary provided that the reasons shall be stated in writing or electronically by at least 20 members over the age of 14

who shall each sign the motion and forward it to the Secretary at least 28 days before the meeting is to be held.

The Chairman is entitled to call an Extraordinary General Meeting in consultation with the Secretary in certain circumstances.

10. **QUORUM** – for Committee Meetings – this shall consist of a min. of 5 members, 2 of whom shall be club officials; plus at least 3 other officers. For the AGM it shall consist of at least 20 members, present and eligible to vote.
11. **VOTING** – this shall be by show of hands (or by ballot in the event of more than one nomination for officials) at the AGM. In the event of a tie the Chair man shall have the casting vote. Only paid up, first claim members, aged 14 years or over shall be eligible to vote.
12. **FINANCE** – The financial year runs from 1st January to 31st December:
An annual subscription will be levied on all members.
 - a) The amount of the subscription shall be set by the Committee each year and agreed at the AGM. In cases of severe financial hardship representation may be made to the Membership Secretary. Confidentiality shall be respected at all times.
For competing members an additional levy to the appropriate national body may be required.
 - b) All monies belonging to the club shall be paid into an appropriate bank account : the account being entitled Macclesfield Harriers and Athletic Club.
 - c) All purchases made on behalf of the club shall be made only after agreement in the normal Committee procedure by at least a quorum as defined in rule 10; with the exception of standard stock items.
 - d) The Treasurer, and two other authorised signatories are allowed to sign cheques on behalf of the club up to a limit of £450 (amount to be reviewed annually at the AGM). For amounts above £450, all cheques must be signed by at least 2 of the authorised signatories.
 - e) The Treasurer’s accounts shall be reviewed by a qualified accountant appointed at the AGM. The qualified accountant shall not be a member of the Management Committee.
 - f) Other accounts as deemed necessary by the Committee may be set up in order to accommodate the needs of any sections of the club.
 - g) In the event of impending dissolution of the club, an Extraordinary General Meeting shall be held in order to determine the distribution of the club’s assets to organisations with similar aims.
13. **TERMINATION OF MEMBERSHIP** – the Management Committee, after due consideration, shall terminate the membership of any member for:
 - a) Any conduct likely to bring the club into disrepute.
 - b) Failure to adhere to any rules of the club.
 - c) Six months in arrears of subscriptions.
Notice of termination in writing or electronically must be sent to such member at their last known address.
In the case of non-payment of subscriptions as defined here the national authority shall be notified of that individual’s name and address which may prevent the member from joining another club.
14. **RESIGNATION** – a member intending to resign and join another club as a first claim member shall give notice in writing or electronically to the Membership Secretary and the membership shall terminate from the date of receipt of the notice. In addition the appropriate notice of first claim club change will need to be completed.

(Continued on page 42)

Macclesfield Harriers and Athletic Club Rules and Constitution 2015 (DRAFT cont'd)

It may be necessary for the Secretary to write to the ex-member's new club in order to assure that club that all membership fees were paid up at the time of resignation. There will be no refund of subscriptions.

15. **AFFILIATION** – the Management Committee shall decide to which bodies, leagues, or associations the club shall be affiliated.
16. **ALTERATIONS TO THE CLUB RULES AND CONSTITUTION** – these rules can only be altered by serving a written notice upon the Secretary setting out the rules to be altered, deleted or added, giving the names of the proposer and the seconder who shall sign the notice. These rules can only be altered at the AGM or at the EGM convened under rules 8 and 9 and they require a simple majority vote from members present.

Bob Lynch
November 2014. (version 4)

Cross Country Report - 8 Nov 14

It's been an excellent start to the cross country season for the club with four league matches completed so far (as of 8 Nov). The U13 girls team are turning out in force and running particularly well across both leagues (Sian Heslop, Shona Williams, Alex Horne, Stephanie Moss, Lauren Robinson, Josie Elliot and Eve Cobey), with the team winning both North Staffs league matches at Winsford and Stafford Common. The senior women's team (Anne Farmer, Sarah Harris, Daisy Pickles, Liz Smith, Abby Glover, Jo Miles, Nancy Bunyan and Saranya Hasler) are also strong this year with a 2nd and 3rd place position in the second division. For the North Staffs League, only the U13G and Senior Women are still able to score a team performance in the league and look like they both will return a great result – good luck for the final two matches (Park Hall and Leek)!

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Two Manchester Area Cross Country League (MACCL) matches have been completed at Woodbank Park and Sherdley Park, St Helens. Where we have had a team out, generally we have performed very strongly as a club. There have, however, been some disappointing turnouts for some teams. The U13 girls and senior women's teams can be seen to have both a consistent attendance, which is required to ensure a team result, together with a strong performance. Other teams, when in sufficient numbers, have also demonstrated Macclesfield Harriers ability to do really well, reflecting the quality of coaching and training throughout the year. The attendance and team finish positions for the first four matches are summarised below (NT=No team due to insufficient runners to score):

North Staffs

Match	U11 Boys	U11 Girls	U13 Boys	U13 Girls	U15 Boys	U15 Girls	U17 Boys	U17 Girls	SM	SW
Winsford	6(1 st)	2 (NT)	1 (NT)	6(1 st)	2 (NT)	2 (NT)	0	1 (NT)	3(NT)	7(3 rd)
Stafford Common	2 (NT)	4(3 rd)	4(3 rd)	6(1 st)	1 (NT)	2 (NT)	1 (NT)	1 (NT)	4(5 th)	7(2 nd)

MACCL										
Match	U11 Boys	U11 Girls	U13 Boys	U13 Girls	U15 Boys	U15 Girls	U17 Boys	U17 Girls	SM	SW
Woodbank Park	N/A	N/A	3 (2 nd)	5(4 th)	1 (NT)	2 (NT)	0	1 (NT)	11(18 th)	6(10 th)
Sherdley Park	4(1 st)	1 (NT)	3(3 rd)	3(4 th)	0 (NT)	1 (NT)	1 (NT)	1 (NT)	10(16 th)	7(12 th)

The U11 boys' team (Thomas Roberts, James Doorbar and Eddie Mills) have had a great start for their first MACCL match of the season with an excellent first place finish. The team also finished 1st in the first North Staffs Match at Winsford, with these boys all finishing in the top ten, closely followed by Roan Elliott (12th), Harvey Brown (13th) and Daniel Gaskill (17th). The U11 girls' team also did very well at Stafford Common, with Meg Bradley finishing 3rd and Ruby Spencer 8th. The U13 boys' team also started well with and 2nd and 3rd place finish so far in MACCL (Lucas Parker 2nd and 3rd, Finley Proffitt 8th and 9th and Peter Goodfellow 19th and 15th). Lucas Parker finished 3rd at Stafford Common and with Finley Proffitt also putting in two top 10 finishes in the North Staffs matches (6th and 9th) and Peter Goodfellow 13th and William Davies 33rd.

There are too many individual performances to specifically mention, but I must give credit to individuals who are representing the club, some for the 1st time, despite not having the back up of a team. These include Eme Noakes (14th and only U11G at Sherdley Park), Emily Lowery, Hannah Gaskell and Isabel Hancock (U15G), Harry Simpson and Robert Finnis (U15B), Louisa Whittingham (U17G) and Allen Bunyan (U17B).

Thanks also to the senior men who have so far turned out in great number for MACCL (shame about the North Staff league 1st match but 9 strong at Parkhall!). Mat Bigley demonstrated a great performance at Woodbank Park, finishing 35th in a very strong field. Scott Wilson also showed some return to form after recent injury, placing as first Harrier home at Parkhall (25th) and Sherdley Park (60th). Mark Walker finished a very strong 17th at Stafford Common too. Barry Blyth, perhaps not sufficiently challenged by the cross country terrain at Woodbank Park thinking he still had another lap to complete and holding some back, was 2nd V65! Looking forward to seeing more new faces, as well as the old stalwarts, as the season progresses!

Cross country is open to all members of the club, regardless of ability. It is great winter training for all disciplines within the club. There is no cost to compete in league matches, and only a small cost to compete in the championship races which, as well as being excellent for spectators, could see you racing alongside international athletes too! Why not give it a try?

Remaining league and championship dates (all on Saturday) below:

North Staffs:

15 November (Park Hall) and
13 December (Westwood High, Leek).

MACCL:

6th December Match 3 2014 (Boggart Hole Clough, Manchester)
10th January 2015 Match 4 (Heaton Park, Manchester)
14th February 2015 Match 5 (**note change of date**) (Wythenshawe Park, Manchester.)

Championships:

Cheshire Championships: 3 January 2015, Bolesworth Estate, Chester
Northern Cross Country championships: 24 January 2015, Pontefract
English National Cross Country championships: 21 February 2015, Parliament Hill, London.

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Stephen Watts' Joss Naylor Lakeland Challenge - 28th June 2014

As everyone who knows me will know there was very little planning involved with this attempt at the Joss Naylor Challenge. A weekend doing a big run with Digby Harris had been planned for some weeks but as a consequence of work I couldn't take Friday off so the possibility of going to Scotland was abandoned. Various alternatives were discussed and then Digby mentioned the idea of doing the Joss Naylor together. The plan was hatched and confirmed on Thursday and I emailed Ian Charters to inform him that I would be setting off at about 6am on Saturday 28th June. The challenge, intended for fell runners, is to follow a route over 30 tops from Pooley Bridge near Ullswater to Greendale Bridge in Wasdale, completing over 5000 metres of ascent. The time limit to complete the route increases with age, but at the age of 50 the route must be completed in under 12 hours.

With an 11hour 40 minutes schedule downloaded from the web site, Digby Harris, Monty and I arrived at 6.20am on Saturday morning on Pooley Bridge for the start. Digby and Monty, our Border Collie, were the only pacers signed up and therefore both had to run all the way to the finish. This meant we had to carry our own kit, but as Monty had chosen to take no kit Digby gave him the pen and paper to record the split times so that he would at least be of some use. Road support was to be provided by Melanie, my wife. On the stroke of 6.30am (only 30 minutes late!) we were off.

Apart from me falling over backwards on the remains of a dry stone wall while throwing Monty over a wire fence and Digby tripping and falling heavily on the rocky path to Thornthwaite Beacon, the first leg passed uneventfully. The route follows the old Roman road of High Street before cutting across to the first of the two road crossings at Kirkstone Pass where we met Melanie. The early morning weather was warm with the tops occasionally

being engulfed in cloud, but we found the way without incident arriving 4 minutes up on our schedule and 12 of the 30 tops complete.

After a 4 minute stop for wraps, cake and tea, we set off up Red Screes for the leg 2 over Hart Crag, Fairfield and Seat Sandal. All was quiet and uneventful until our descent from Fairfield and we meet the first of the masses doing the 10 and 20 Peaks race in the Lakes that weekend. We found the first dibber station on Seat Sandal and then met various groups descending the same route. One or two looked distinctly the worse for the experience.

We arrived at Dunmail still 4 minutes up on schedule to be met by Melanie and Mike Langrish, who was the official Naylor Challenge 'meet and greet'. He seemed quite content to look after Monty next to the busy dual carriage way; that is all until he thought he had found a tick on Monty's ear and tried to extract it with his finger nails. Monty showed his displeasure at that procedure; hopefully Mike's finger is now feeling better!



Joss Naylor (centre) with Digby Harris (left) & Stephen Watts

The climb to Steel Fell was hard work; harder than it should have been. I was not feeling great but not sure why. Worrying about a slightly bitten finger helped to divert my mind temporarily. High Raise was a real effort, I could feel my wheels turning square, but we



Taking a well earned food break

still made the top on the schedule split times. Rossett Pike was next and I slowed on the final climb. I was feeling distinctly dodgy now and doubting whether I would/could recover; 3 minutes down on schedule on one top was not good! Digby kept telling me to have something to eat but instinctively I knew that was not the answer this time. Fortunately on the climb to Bowfell I started to feel a little better and then a bit more optimistic. We lost another 2 minutes on this climb but I knew then that I was on the mend and we kept on schedule over Esk Pike and Great End arriving at Sty Head still 1 minute up on schedule.

The plan here was to meet Melanie for a supply of food and water, but she wasn't there. We waited a few minutes then decided that we had to carry on although neither of us had any food. Boldly, Digby asked the first passing fell runner if he had any food we could have and he duly tipped his ruck sac upside down and out fell about six or eight bars which he let us take and a Kendal mint cake which the three of us shared on the climb up Great Gable as we chatted. We were all moving well now and gained 7 minutes on the schedule and another 10 minutes onto Kirkfell. The weather was perfect and we soon started to meet the 10 and

20 Peakers again as they came towards us from Pillar. As we started to climb to Scoat Fell we found ourselves on our own again; not a soul in sight. We were relaxed and even lost 3 minutes on the schedule to Haycock but made it up again on the climb to Seatallan.

Descending Seatallan we found Melanie wondering around with bottles of water and fresh fruit as ordered for Sty Head and with a box of Blueberries on board another 5 minutes was gained over Middlefell and the descent to Greendale Bridge, arriving in 11 hours 14 minute and 57 seconds according to Digby's watch. A few minutes after arriving Joss was out of his house to greet us and to discuss Border Collies and sheep in general. Monty sat down at this, deciding that that was probably the end of the run for today.

A splendid day out; good company, perfect weather and a proper challenge. What more can you ask for on a Saturday outing? Despite all the rock Monty's paws were unscathed. What Monty wants to know is whether or not he qualifies as completing the JNC at 7years and 4months of age (in dog years)? Mind you he almost missed out on Steeple, letting me go half way before deciding to join me!

Stephen Watts

Langley 7 – Saturday 1 November, 2014

We had a nice warm day, a bit breezy on the tops but decent views to compensate once you got there!

Huge thanks to everyone who helped today's race go so well. All the many and various marshals, finish team, the results team, all the cake makers for their very generous donations, the tea and cake department, St John's bicycle team, Bryan Dale photos, John Honey Physio, Bollington Brewery, all the folk who donated stuff for the slightly eclectic goody bags for free, all the good folk of Langley Methodist Church for letting us borrow their hall for free, everyone I've forgotten, and last but not least the 288 runners for helping us raise well over £2000 for the Rossendale Trust.

If you have any comments on the race, suggestions for improvement, whatever - good or bad, we'd love to hear from you - we're on facebook here www.facebook.com/#!/Maccharriers or you can email me at ulian-brown10@hotmail.co.uk .

Bryan's Photos are at www.racephotos.org.uk

And results are here www.macclesfield-harriers.co.uk/images/langley%207%20results%202014.xls

Once again many thanks, see you next year!

Julian Brown



The leaders at the start

Harriers' Results - Langley 7

Pos.	Name	Category	Time
4	Mark Walker	M	41:21
7	Scott Wilson	M	42:03
9	James Noakes	MV45	42:20
13	Chris Bentley	M	43:08
29	Carl Hanaghan	M	45:50
31	Dan Croft	MV45	46:01
45	Jason Justice	MV40	47:11
51	Neil Hey	MV45	47:35
52	Robert Hasler	M	47:47
56	John Mooney	MV55	47:57
87	Sean Connelly	MV45	50:49
95	Philip Barnes	MV55	51:27
97	Keith Mulholland	MV50	51:34
104	Andrea Frost	LV45	52:01
107	Chris Harbron	MV40	52:18
108	Mark Stanbridge	MV45	52:22
115	Fred Wardle	MV55	52:55
131	Francis Pyatt	M	54:02
138	Neil Goodman	MV55	54:39
143	Richard Pankhurst	MV45	54:55
146	Terry Neild	M	55:03
153	Nina Moss	L	55:34

Pos.	Name	Category	Time
154	Graham Brown	MV45	55:35
155	Richard Clegg	M	55:39
165	Daniel Graves	M	56:24
171	Andrew Ratcliffe	MV45	56:39
194	Stewart Waudby	MV40	58:16
203	Angus Tennant	MV45	59:00
208	Gemma Moorhouse	L	59:34
218	Emma Beveridge	LV45	1:00:09
225	Christopher Pimblott	MV55	1:01:11
234	David Hancock	MV65	1:02:24
237	Alison Gunn	LV50	1:02:43
240	Fiona Wilson	LV50	1:03:09
244	Geoffrey Hull	MV65	1:03:14
248	Melanie Whittaker	LV40	1:03:46
251	Lynne Graves	LV45	1:04:16
254	Emma Mason	L	1:04:47
268	Lindsey Russell	LV45	1:07:51
269	Catharine Crossley	L	1:08:40
274	Dawn Devine	LV45	1:09:02
288	Kate Foster	LV60	1:20:58



Carl Hanaghan & Dan Cairns



Lindsey Russell & Dawn Devine



Gemma Moorhouse & Emma Mason



Scott Wilson & Chris Bentley

Thanks to Bryan Dale for the photos

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WEEKLY TRAINING TIMES

Group Name	Group Contacts	Meeting Time/Place	Distance & Pace
A Group	James Noakes (01782 443042) 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	Sarah Harris - sahstaff@aquinas.ac.uk Julian Brown - julian.brown@astrazeneca.com David Buxton (07789 798526) dcbuxton@btinternet.com	Monday nights 6.30-8.00pm Oct-Mar meet Leisure Centre 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
C Group	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
D Group	Bob & Pauline Lynch (01625 829229) pauline_lynch@hotmail.com Neil Gunn (07786 855027) neil.gunn@gmail.com	Wednesday and Friday evening 6.30-8.00pm at the overflow car-park behind the Leisure Centre. Saturday morning 9.00-10.30am contact Neil for meeting place	4-6 miles at 8-10½ min/mile
E Group (Beginner Group)	Wendy Boardman (07879 477627) or Jenny Airey (07969 741139)	Saturday 9.00-10.30am Usually Riverside Park, Bollin Valley (check with Wendy)	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

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

CLUB OFFICIALS

Club President	Bob Lynch	01625 829229
Chairman	Vacant	
Vice Chairman	Vacant	
Secretary	Clare Finnis	01625 850085
Treasurer	Neil Gunn	01625 611802

OTHER OFFICERS

Ladies' Road & Cross Country mgr	Nina Moss	07773 608 670
Ladies Track & Field Team mgr	Daisy Pickles	daisypickles@hotmail.co.uk
Track and field manager	Kevin Ranshaw	kevinranshaw@virginmedia.com
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	Becky Alvarez	07960 626377
Men's Track & Field Captain	Ashley Pritchard	01625 617734
Fell Running Representative	Barry Blyth	01625 424129
Road Running Manager	Keith Mulholland	kmulholland64@gmail.com
Men's Cross Country Manager	James Noakes	01782 443042
Junior Cross Country Manager	Vacant	
Club Statistician	Nicky Tasker	nickytasker38@gmail.com
Welfare Officers	Bob & Pauline Lynch	01625 829229
Race Signs Manager	Dave Jackson	07786 673746
Legal Advisor	John Hirst	
Auditor	Vacant	
Publicity Officer	Scott Wilson	07562 744147
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