

GO!

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Our cover photo shows two of the Macc Harriers pacers, James Perry & Jonnie Plumb, at this year's Macc Half Marathon. Thanks to Bryan Dale for the photo.

Next Issue – March 2016

Please submit any articles or photographs to gomagazine@macclesfield-harriers.co.uk
by **Sunday 7 February 2016**

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...

Merry Christmas

We are nearing the end of another successful year for the club so I'd like to say a few words about what we've achieved.

We have organised some great races; the Macclesfield Half Marathon and 5k, the Langley 7 and helped to support the Forest Five and the Tegg's Nose Fell Race. We also ran another Couch to 5k course and introduced 25 new runners to the club. Track and field events were held throughout the summer, enabling athletes to compete against other clubs, and the Startrack athletics course was as popular as ever. The cross country season has got off to a fantastic start with more runners competing for the club. Road racing has seen huge numbers of Harriers taking part this year and there is a renewed interest in fell running partly due to the organisation of fell taster courses. In addition there are the weekly training sessions at the track for all ages and abilities plus the organised groups meeting most nights of the week to train. As a club we offer an awful lot to our members!

None of these races, events and training sessions would be possible without a huge number of volunteers who make them happen. Please, if you can, try to spare a little bit of time to help out occasionally. It doesn't have to be on a regular basis, just now and then is great if we all do a little bit! I'm sure you'll find that volunteering is fun, as Sue Schilling did this year. You can read about her experiences on page 4.

The festive season is approaching and as usual we will be organising the Boxing Day Handicap run. It's a great way to burn off those Christmas Day calories, and to make room for the Boxing Day calories! See page 27 for details.

Wishing you all a very happy festive season and a great new year with success in your running and athletics in 2016.

Alison



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Volunteering for Macc Harriers

When I joined Harriers in April 2014 I'd just come out of a long hours job and found that I hadn't really landed in Macc since we relocated here in 2010. Doing the C25k course and running with E-group has changed all that. I know you will all recognise the benefits of running groups, challenge, increased fitness, track training, physio access, races, and much more. For me, the most gratifying benefit has been joining the Harriers community. Coffee and cake post run, long car trips to races, support with training runs, hints and tips on shoes and gadgets, and so on. Plus the added extra of seeing more of the local countryside and finding new dog walks, all are providing the roots for long term friendships and lots of laughter.



I get loads of benefits from my membership, so when possible I try to give something back by volunteering.

I have done a variety of activities from Half Marathon goody bag packing to race day funnel management at the Langley Seven. However, perhaps the activity that has given me the biggest insight into the entire club is scoring at Track and Field events.

If you haven't been to a track event then go. It is crazy! Clubs arrive and pitch gazebos and tents on the grass, mums and dads line the fence, cool boxes (or perhaps more often flasks with hot drinks) are opened for picnics and there is a real buzz as athletes line up for each event. You could say an athletics carnival comes to the leisure centre. Then as quickly as possible after each event the results are entered into a formal system (for submission to the governing bodies) and then pinned to a board by the clubhouse. Immediately you are crowded by curious parents and athletes as each new slip is pinned up, keen to see the results or swagger with the success of a new PB or unexpected place.

But this wouldn't be possible without the voluntary work. There are team managers coordinating the competitors and the formal paperwork, there are track starters, judges and timekeepers, races are called over a loudspeaker and field judges juggle athletes who are accidentally double booked into track events when they should be throwing a javelin. Oh, and of course catering, there are always cakes and more cakes.

Overall, I estimate about 50 volunteers facilitate about 65 events in a 5 hour period for around 200 competitors. It requires a colossal time investment and organisational skills. It is a frenetic day, but up there from the viewing room at the club house you gain a wonderful insight into the passion, energy and commitment at grass roots club athletics.

I highly recommend taking part in Harriers as a volunteer. I have found sport, a community, stress relief, fun and a sense of contribution. In truth, I can't wait to watch one of the athletes I have seen at our track at the Olympics – too far-fetched? I don't think so.

Sue Schilling

Club Colours or Club Kit

If you have joined the club as a competing member (ie. you've paid the £12 England Athletics levy on top of your membership fee), you should always wear club colours when you enter and race as a Macc Harrier. If you fail to do this your finish position will not count towards any team points.

We now have a wide range of club colours available.

Club vest £15

Short sleeve T shirt in club colours £18

Long sleeve T shirt in club colours £20

Ladies crop top in club colours 20

Bandana/buff in club colours £5

Training T shirt in maroon with club logo £10

Traditional hoodie in maroon with club logo. £16

(any amount of printing is £2 extra)

Full zip hoodie (adult sizes only) in maroon with club logo £18



We sell these at the track/clubhouse on Tuesday and Thursday evenings between 6.00pm- 7.30pm.

Trevor Longman looks after the club colours and is usually at the track at least once a week, either on a Tuesday or Thursday. If you are unable to attend at these times, you can contact Trevor on 07944 897842 or by email t.longman@ntlworld.com.

BE SEEN!

Don't forget! Now that winter is here and the evenings are dark it's very important to make sure you can be seen when you're out running around the streets.

A high vis jacket or bib is essential and also clothing with reflective strips. Just because you can see vehicles, doesn't mean they can see you.

Why not invest in a head torch or body torch. They will enable you to run safely and avoid trips and falls.

BE SAFE AT NIGHT!

2015 Macclesfield Half Marathon and 5K Race Report

The 14th Macclesfield Half Marathon and 4th 5K races took place on a beautiful, sunny day on Sunday 27th September. There was a total of 655 finishers in the Half Marathon and a record 156 finishers in the 5K race as well as 57 children in the Fun Run. Once again the Macclesfield Athletics Track was buzzing with excitement from before the starting gun was fired for the Half Marathon at 10:00am, until the last runners made it back across the finish line and collected their well-earned rewards. Whilst this is a tough course, the runners had a great day and this year were helped by pace runners in addition to the enthusiastic support from all the marshals and supporters along the course. Special thanks to all the volunteers who give their time to make the race such a grand day out.

The winner of the Half Marathon was James Scott-Buccleuch from Stockport who had a comfortable lead finishing in 1:14:32. Ed Fazakerley was the second and the fastest MV45 in a time of 1:17:08. Stephen Pope, also MV45, finished third.

The women's race was closely fought with Victoria Perry who is FV55 winning in a time of 1:31:49 over Helen Murray of Knutsford Tri Club who finished in 1:31:51. Third place went to Barbara Carrick who was first FV40.



Mile 4 on the course with Macc Harriers pacers running at 1 hour 30 mins pace

The 5K race attracted a record 156 finishers, many who were doing their first competitive race. Katie Lowery FU17 from Warrington RC was the first lady home in 18:17, equalling her own record that she set in 2014. Louisa Whittingham FU17 was second and Danielle Wallis third. The overall winner was Stewart Gregory MV50 from Holme Pierrepont RC in a time of 16:38. He was followed by Robbie Peal MU17 in 17:22 and Andrew Whittingham MV45 from Wilmslow in third place.

A record 57 youngsters completed the Fun Run and their medals were worn with pride.

All the profits from the race are donated to charities and the race committee have donated £6,000 to the East Cheshire Hospice. The committee would like to thank main sponsors Simon Carves Engineering and Roberts Crossley Solicitors for their generous support of the Half Marathon, and JJ Cookson for their sponsorship of the 5K. Other sponsors included Spire Regency and Paul Smith Dental Practice and we also would like to thank local businesses who support the race; All About Food, Tesco, PZ Cussons, John Honey Physiotherapy and Running Bear.

Mandy Calvert

Macclesfield Half Marathon, 5k & Fun Run - 2015 Accounts

	All events	Estimate Half Marathon	Estimate 5K	Estimate Fun Run
Income				
Entries	£20,726.73	£18,373.73	£2,232.00	£121.00
Sponsorship	£6,500.00	£5,750.00	£750.00	
Bank Interest	£2.21	£2.21		
Donation for T Shirt	£15.00	£15.00		
Total	£27,243.94	£24,140.94	£2,982.00	£121.00
Expenses				
Advertising	£1,078.25	£1,048.25	£30.00	
Clerical & race Admin	£13,271.13	£12,816.13	£425.00	£30.00
Donations (exc itemised below)	£672.80	£649.80	£23.00	
Goody Bags exc t-shirts/medals	£226.70	£226.70		
T-shirts (1/2M)	£4,590.00	£4,590.00		
Medals & cups (5k)	£312.14		£312.14	
Prizes	£1,179.76	£1,089.76	£90.00	£0.00
Total	£21,330.78	£20,420.64	£880.14	£30.00
Net Profit	£5,913.16	£3,720.30	£2,101.86	£91.00
Donations				
East Cheshire Hospice	£6,000.00			
Total	£6,000.00			
Bank Balance 1 Jan 2014	£3,581.09			
Carried forward to 2015	£3,494.25			

MAJOR COST ITEMS	PROVIDER	£
Traffic Management Company	SEP	£ 7,171.20
Results service & race nos	Sports Systems Ltd	£ 3,006.00
Leisure Centre track/hall hire & barriers	Everybody Sport & Rec' Ltd	£ 932.20
1000 Brochures	Impression Productions Ttd	£ 550.00
Stamps 912 2nd class	Post Office Counters	£ 461.36
Posters	Cranmore Instant Print	£ 372.27
5 Tardis; 1 Urinal	Chelford mobile services	£ 360.00
Ambulance/first aid cover	St John	£ 327.60
Running Fitness AD 1MTH	Kelsey Publishing	£ 300.00
10000 A6 Lfts (£195) 2500 entry forms	Cranmore Instant Print	£ 207.98

Macc Half 1000 – the 2016 Challenge

The Macc Half Marathon consistently gets brilliant feedback from our runners, sponsors, charities and race umpires....but we need your help to attract more runners.

We have the infrastructure to support a race of 1000 - 1200 runners, but only 650 have finished in the past two years. Essential costs (see full race budget breakdown) are rising, e.g. traffic management costs were over £7,000 in 2015, versus £0 in 2013 when the police supported the race for free! The race is only just breaking even; all our sponsorship in 2015 was directly donated to charities. We donated £6,000 to the East Cheshire Hospice but they need £7,500 every day to continue their work.

So the committee has had a brainstorm, over a glass or two of wine, to address the challenges to get:

- **1000 finishers**
- **More sponsorship**
- **Cut our costs**

We have identified ways to cut our costs through on-line entries and cutting wastage of t-shirts. We have identified some targeted ways to get more finishers through some new challenge competitions. **Now we need a little bit of help from you:**

i) The Business Challenge Cup – Can you get a team of 6 runners from your workmates to come and run either the Half Marathon or the 5K? If you work for an organisation that is tiny, then maybe a team of 4 is more realistic. We will publish the names of all competing teams, so your company will get a mention and there are loads of photo opportunities and remember you will be raising money for charity too!

ii) The Schools Challenge Cup - Do you have kids at school, are you a member of staff, a school governor or attend school? Why not enter a team of 4-6 runners from your school? Great for fitness and a bit of competition between schools or between teams within your school?

iii) Charity Challenge Cup – This year Rossendale Trust entered a team in the 5K. If we can get a series of charities then we can have a little competition there too.

iv) More Club Runners – Are you first or second claim for another club? Please could you nominate the 2016 Macc Half to be part of your club championship. Some clubs such as Stainland Lions have supported us over the past years. In 2015 we only had 19% finishers who were club members whereas Congleton had 73%.

If you can help contact Mandy Calvert; Text MaccHalf1000 or call 07714450977;
email macchalfmarathon@gmail.com

New Organising Team Members –We need a few more volunteers to help us rise to the 1000 runner challenge. Volunteering is a lot of fun, and the roles will only take a small amount of your time. Don't worry if you haven't done the role before, all jobs have a full job description and lots of experienced committee members to help you, if you need it. Here are a few roles we need help with:

Schools Challenge Cup Coordinator – To approach schools and encourage them to enter

Business Challenge Cup Coordinator – To approach businesses and help club members enter teams from their businesses

Charity Challenge Cup Coordinator – To approach charities and encourage them to enter teams

Signage Helper – Dave Jackson will teach you everything he knows

Social Media Coordinator – Love Facebook, Twitter, Instagram? Help us keep our feed alive

Fun Run Coordinator – Help the youngsters get a love of running. See those smiles when they get their medals.

Macc Half 1000 – the 2016 Challenge (cont'd)

Macc Half Fast Facts

- All race profits are donated to charity – we are one of very few races that do this. Every entrant makes a difference. We have raised over £150k for local charities
- We have a race limit of 1200 in the Half and 200 in the 5K
- With apologies to Carlsberg Lager, the Macc Half is probably one of the best organised races in the country. See the feedback on Facebook
- The race costs over £21,000 to run of which traffic management and essential health and safety account for about £11,000.
- A great prize list over 28 men's prizes and 21 women's plus over 30 spot prizes
- We donated £6,000 to East Cheshire Hospice and £670 to other charities in 2015.
- We have over 150 volunteers who range from the Race committee through to marshals and goody-bag fillers and range in age from 10 to 80.
- The course starts on an athletics track, follows a challenging and undulating one lap course through some beautiful rural countryside, not an industrial estate in sight!

Interested in volunteering? Contact Mandy Calvert; Text "Macchalf1000" or call 07714 450977; email macchalfmarathon@gmail.com ; leave a message on Facebook www.facebook.com/MaccHalf/

Mandy Calvert
Race Director



Some pictures of the preparations the day before the race and on the day, which are all vital in making the Macclesfield Half Marathon a successful event.



BE INSPIRED!

THE JOSS NAYLOR CHALLENGE

The JNC was invented and inaugurated by Joss as an "easier" alternative to the Bob Graham Round making it accessible to older runners.

It is around 48 miles & 17,000 feet of climb and the target time varies from a very fast 12 hours for v50 men (14 for v50 ladies) through 15 hours for v55s, 18 for v60s and finally 24 for over 65s.

Starting from Pooley Bridge it is mainly grassy over the High Street range to a change-over point at the Kirkstone Inn, before heading over Red Screes, Dove Crag Fairfield and Seat Sandal to the final road crossing at Dunmail. Leg 3 is where it starts to get rougher, mainly grassy but often boggy as far as Rossett Pike the rocks begin in earnest over Bowfell, Esk Pike, Great End and down to Sty Head for the final change-over high above Wasdale and the long hard last leg. The rough terrain continues over the big climbs and descents of Great Gable, Kirk Fell & Pillar before the last few grassy hills and the descent to finish on the bridge next to Joss's house at Greendale. If he is around Joss always makes the effort to welcome incoming runners either at the finish or over the last couple of tops.

We now have 11 members who have completed the JNC. I, then Pete Coppack did it as v55s followed by Pete Nolan as a v60. I then repeated the trip with Hazel Winder and Dave Tucker all as v60s. Geoff Pettengell (v55), Mandy Calvert (v50), Brian Jackson (v65) and Steve Watts (v50 in a very quick 11.15) were next and as I write this we are just back home after helping Jim Kelly's successful v65 crossing.

It's a good hard day out, particularly if the weather plays ball.....when it doesn't it becomes an even tougher challenge into the prevailing south-westerly wind most of the way. As with all these challenges the support from fellow Harriers is always excellent and invariably well organised. Macc Harriers are already well represented in the list of completers (more than any other club?) and we'll soon be looking for next year's victims, sorry that should read volunteers.

PHIL CHEEK

Joss Naylor Lakeland Challenge July 31st – August 1st 2015 - Jim Kelly

Originally planned as a joint attempt with Colin Ardron but with Colin unfortunately sidelined with an ankle problem all the attention, and pressure, was now on me, or at least that was how it seemed at 6pm on the Friday night in Pooley Bridge. Led out by Phil Cheek, five of us set off on a clear but blowy evening for the long gradual pull up to the High Street range. Beyond the first summit the views soon opened up, the mountains set in profile against the setting sun and darkening clouds. I had always known that this would be the best of the four sections, and so it proved, although I needed to resist the temptation to use up too much energy on the long grassy runnable slopes. The forecast was for a worsening weather picture with rain and winds on the way but it was not until the descent to Kirkstone

Pass that any rain disturbed our contentment. Despite strict marshalling by Phil we were almost half an hour up on schedule.

A quick changeover, and the donning of full waterproof cover was the prelude to the ascent of Red Screes. Guided by Julie Gardner and Johnny, a Jack Russell with more miles in his legs than any veteran runner, and supported by Hazel Winder, we made good progress up this first summit. The water pouring down the stepped path, however, was a clear indicator of what lay ahead and from this point on we were up against it. For the remainder of the section we were lashed by driving rain, strong gusts of wind seeking out weaknesses in our cover, enveloped by the pitch darkness,

made worse by swirling mists. Our route to Hart Crag and Fairfield proved a regular struggle to stay on course, and it was difficult to stay warm. Hazel was reminded of some of the worst mountain rescue incidents she'd encountered though thankfully she didn't tell me this until the following day. Despite everything, Julie kept us going in the right direction but descending Seat Sandal brought the new problem of mud. The studs on my tried and trusted fell shoes became embedded with mud and I slipped numerous times. Our relief getting down to Dunmail Raise was shared by those waiting; we were behind schedule but more than ready for breakfast.



With two wildly contrasting legs behind me, and conscious of the long and rocky sections to come, I could reasonably have felt a little down-hearted at this stage, but even so I was fairly confident that we would not lose any further time. A brief glimpse of the fabled blue moon near the top of Steel Fell was a boost to tired spirits and one of the delights of the whole round was the magnificent sunrise brightening the dull, tiring trudge up to High Raise. The gradual dawning of the new day and an easing of the rain helped as we maintained our course. It was a matter of staying focused and continuing to eat and drink. John Kavanagh's stories of adventures in the wacky world of kayaking were also a helpful distraction from occasional moments of self-doubt. Pinpoint navigation from Julie and Dave Tucker got us safely to Styhead Tarn with some minutes clawed back, and wasting little time we looked Great Gable in the face and started off on this long final leg. Still climbing fairly well, I was more concerned about the rocky descents to come. Carefully guided down Gable and Kirk Fell by Chris Cripps, we made slow but steady progress, helped by the more settled weather serving to dry the rocks. The oft-repeated advice to 'just put one foot in front of another' was followed faithfully as each hill was slowly ticked off. By the time we reached Haycock, it was clear that short of major incident I would be successful in getting round. Perhaps



that caused me to lose some focus as from that point on, I really felt tired and had to fight the desire to just lie down in the sunshine but, by now joined by a fair crowd of supporters, I would have been lucky to get away with it! Seatallan was a cruel climb, a seemingly endless ascent that saw me at my weakest. Never has a top been more joyfully greeted.

Happy scenes on the last top, Middle Fell as the cameras clicked incessantly but standing still seemed to invite sleep so it was better to keep moving. The steep descent into Greendale through the high ferns seemed to go on forever but we kept up a steady jog until finally, after 22 hours 55 minutes of Lakeland traverse, I was on the bridge where I was greeted by Joss Naylor and all my supporters, warm in their congratulations and happy at my success. Despite my tiredness, it seemed almost a disappointment that it

was all over, a challenge that had taken up so much of my time and energy over many weeks had finally
(Continued on page 12)

been achieved.

During my preparations, I had noted that this weekend would be exactly 27 years since my successful Bob Graham Round, probably an unusual anniversary for celebrations. The occasion is traditionally commemorated in marriage with gifts of sculpture, rather apt perhaps as I thought about the huge rocks I'd encountered during the second half of the Joss Naylor Round.

I later learned that my successful attempt had earned me the title of the oldest Macclesfield Harrier to have completed the Round. I was less than enthusiastic about this accolade as nobody welcomes reminders of their passing years, but a suggestion that I could be the first from any club to have got round during the time of a blue moon felt rather more agreeable. A record that should be safe for at least the next three years?

I could not have completed the Joss Naylor Challenge without the support of all those Macclesfield Harriers, past and present who gave so freely of their time and experience. The club is renowned for its fine record of achievement when it comes to long distance fell-running, and being able to call on that expertise was a key factor in my success. I am very grateful to you all.

Jim Kelly

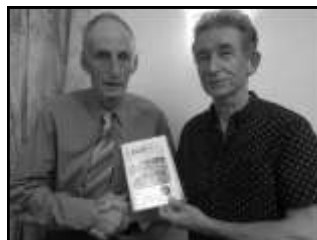
Joss Naylor Challenge

Macclesfield Harriers reaffirmed their commitment to the Cumbrian Fells when the committee voted to offer Joss Naylor MBE honorary life membership of the club.

Many club members have completed the Joss Naylor challenge and although the award will not be formally announced until the AGM in March, Joss was pleased to receive his first copy of the club magazine GO! at this year's Naylor Dinner.



Accepting the award from club Fell Representative, Brian Macfadyen, (above) Joss said "Macclesfield are a good club, they always turn out in strength to support their challengers".



Recent successful "Joss Naylor" challengers Mandy Calvert and Jim Kelly (left) receive their commemorative tankards from Joss.

CLUB FELL CHAMPS

With just the club handicap race to go the ladies is already settled with Olivia Walwyn 1st followed by Rachael Lawrance. The men's is up for grabs. Any of Jacob Roberts, Simon Harding, Mark Messenger or Dan Croft could win this year if they are able to do the handicap otherwise it's between Matt Lewis and Rob Gittins. John Mooney and Neil Clarke are also in with an outside chance if they have a good run in the last race.

Congratulations look in order to Andy Skelhorn who has improved on his times from last year by 1.7% and is expected to win the handicap competition for the Ken Hall trophy.

"Club enthusiast" is yours truly having completed 15 of the 20 club races. Next best, all with 10 races are Matt, John and Neil.

Barry Blyth

FELL RUNNING

Wednesday Night Fell Runs - 2015/2016

Dec 2 nd	Ship Inn Wincle SK11 0QE roadside parking
Dec 9 th	Trentabank/Heronry car park SK11 ONE after at St Dunstons, Langley
Dec 16 th	Street Orienteering from the Vale Inn Bollington SK10 SJT courtesy of Andy Skelhorn
Dec 23 rd	Boars Head, Poynton SK12 1TE
Dec 30 th	Robin Hood, Rainow SK10 5XE
Jan 6 th	Church House PH, Sutton SK11 ODS
Jan 13 th	Teggs Nose Bottom Car Park after at St Dunstan's, Langley
Jan 20 st	Boars Head PH, Poynton SK12 1TE
Jan 27 th	The Poachers, Bollington SK10 5RE
Feb 3 rd	Derbyshire Bridge after at the Stanley Arms
Feb 10 th	Trentabank car park SJ916711 after at St Dunstan's, Langley*
Feb 17 th	The Vale PH, Bollington
Feb 24 th	Hanging Gate, Higher Sutton
Mar 2 nd	Trentabank/Heronry car park SJ916711 after at St Dunstan's, Langley
Mar 9 th	The Poachers Bollington
Mar 16 th	Robin Hood Rainow
Mar 23 rd	Trentabank car park SJ916711 after at St Dunstan's, Langley. Sunset 18.31hrs
Mar 30 th	Derbyshire Bridge after at the Stanley Arms. Sunset 19.44hrs.

****Wed Night fell race series (usually 7.30 start). Meet at 7pm for a "run" for those unable or not wanting to race. Keep an eye on the forum; car sharing, hill rep options etc.**

These dates are also on the Macclesfield Harriers website calendar:

www.macclesfield-harriers.co.uk/index.php/fell-running-mainmenu-26/calendar

Club Fell Handicap Race Sunday 13th December 2015

The club Fell Handicap will be held on Sunday 13 December from the St Dunstons Inn, Langley.

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

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

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

This is also a counter in the club Fell Champs.

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

Phil Cheek



FELL RUNNING

FRA Fell Relays 2015

The annual FRA Fell Relays were held on Saturday 17th October 2015 in Barnley, near Burnley this year, with the racing on Pendle Hill. The relays followed the usual format of 4 legs run in succession.

Leg 1 was a solo leg of approx 7K with 450m of ascent; leg 2 was a pairs leg of 15k with 630m of climb; leg 3 was a pairs navigation and the solo final leg was 8K with 400m of ascent. This year the number of teams allowed to enter was restricted to 150 teams, so Macclesfield harriers



entered one mens' and one ladies' open teams. We all gathered early and piled the mens team into Matt's Bongo (the quiet car apparently) whilst 5 of the ladies piled into my car (the noisy car!). The weather was perfect – a lovely warm autumn day.

When we arrived the men had already assembled the club tent and we spread out a large circle of chairs to enjoy the base. We also tucked into pre-race delicious cakes (Julie made lovely cakes from Bryan's apples (grown from pips!)).

We then started to think about racing....the start was in a different place so was a bit confusing, but Andrea and Jacob made it in time and at 10am the relays started. I was on leg 2 with Guenelle – we went for a good warm up and then realised that we were maybe cutting it fine as the first paired leg runners had started

whilst we were still running back....but we made it to the waiting pen in time.

It was a clear day so no navigational problems – we could see runners in front. We mainly had a “mini-ladies” race with the female pairs around us and overtook a few pairs as we started. The terrain was quite runnable this year – a few steep descents of course, but lots of the leg 2 was on paths. Leg 2 ended on the summit of Pendle hill and then a charge back to the change-over field. Being cheered on by fellow Harriers back at the change of over was great. The navigational leg was (apparently) not too navigationally taxing (in the words of our expert navigator at least!) but good and interesting running.

The final leg is always a fast one and Ange set off in a fast pack of ladies for the ladies final leg. All the Macc Harriers team and supporters were out to cheer Ange back in at the end of the relays so great team support.

The ladies team of Andrea Frost/Guenaelle Savre-Piou/Rachael Lawrance/Clare Griffin/Julie Gardner/Angela Markley finished 15/31 open ladies teams (good result in a competitive event!) and mens team of Jacob Roberts/Chris Bentley/Mark Messenger/Alistair Thornton/Billy Hicks/Matt Lewin finished in 54th overall.

Thanks to Matt for organising, driving and being last minute runner and Barry too for support and photos and for a really great club atmosphere (Quote “a cracking day out!”)! The ladies team were very enthused and have even set up more fell rep sessions and discussing trying to get Macc harriers ladies teams out to the British/English champs races in 2016 – so keep an eye posted (individual entries, but if we enter as Macc if there are enough we get team points).

Rachael Lawrance

FELL RUNNING

World Mountain Running Championship 2015

In September 2015, Betws-y-Coed, North Wales was the venue for the 31st world mountain running championships – 10 years since it was last held in the UK.

The event was (confusingly) split over two weekends – with the world master championships held one weekend and the world (non-master) champs the following weekend.

For the masters championships there were 5-year age category races with entries open to all. For the open championship 4 international athletes per country took part in junior and senior mens and ladies races (including team GB). At the end of the day there was also an “open” race on the same course (3 laps for the men and two for the ladies). So I decided it would be good to experience the atmosphere and see the international runners, so I entered the open race and had a day trip with John Mooney (also running) and Graham Broom (spectating).

It was a beautiful early autumn day – a little bit of a shame to be running in the woods by Betsy-Coed rather than on top of the fells to really show off the Welsh countryside! The course was 2/3 laps essentially on forest track and footpath – a glimpse of a great view at the summit and then plunge back through the woods to finish in the playing field in Betws-y-Coed (suitable traffic chaos as runners raced across the road!).

It was not a fell race, but hillier than your average “trail” race and a bit more rocky than a road race – bit



of a middle ground! We arrived in time to see the start of the mens’ race and walked up to watch some of the men and ladies racing in the woods. There were I think 30(ish) countries with 4 runners so quite an international grouping in the large marquee. Unfortunately there were not many UK spectators at all – the large finish funnel had some folks cheering – but the atmosphere was a bit quiet. The race was filmed by Dreamteam TV (channel 4) and shown on welsh channel 4 that evening. The website info seemed to be particularly confusing...and writing this now I can’t quickly find results...I know the Ugandan athletes won the Gold in the mens’ and ladies’ races and GB ladies got silver and bronze. The open race seemed to have about 150 runners in – so felt quite small – I was very pleased with 4th place in the ladies open race – especially as I raced very hard!

So, an interesting day out – a little bit of a shame not more UK interest – but I will look out for a return in 10 years or so and have a go at the masters I think!

Rachael Lawrance

As Rachael commented above that the World Masters took place a week earlier using much the same routes. Just 3 Harriers had a go; Mark Wheelton in the V55, myself in the V65 and Trev Longman in an “open” race coming 2nd over 60. Mark was happy to turn out having just got over an ankle injury. I was somewhat disappointed to come 9th having come 9th at Keswick 10 years earlier as a V55. I may have a go in 2 years time as a V70 (somewhere abroad) as each passing year makes a difference. I remember asking John Amis (a Harrier for some years who was British/English V60 champion how he was getting on in the champs the following year. He said “there’s a new kid on the block”; made me laugh at the time.

Barry Blyth

Sweeping the Half

After two years of marshaling and leading the catering team, both myself and Heather Cooper were after a different role in the Macclesfield Half Marathon for 2015. When Neil asked us if we would like to drive the sweep car, we excitedly accepted, firstly, to wind him up for 4 months about how we would 'bling up' the car with a disco ball and a sub-woofer and secondly, to support the event in a different way. We collected the car on the Saturday and drove to the clubhouse to add the 'bling' – a revolving orange light - much to Neil's relief and approval.

The morning of the race was a busy one, we had several checks to make; ensuring the car was parked in an easy location to collect once the 5K sweep was complete, equipment check and to ensure we had enough entertainment onboard. Once we collected the car, the fun really started, driving at 5mph is no easy task, having to allow for passing traffic, ensuring you keep the back runner in sight and without doubt one of Heather's favourite jobs – dismissing the marshals and collecting the bibs.



One aspect of the role we didn't anticipate was cheer leading between marshals. At around 4.5 miles we found ourselves encouraging a young lady who was approaching the hill out of Prestbury – a few words of encouragement and a few jelly babies and she rediscovered her stride. Another surprise was around mile 9, one young man resurfaced from the medical tent and joined the back of the race, words cannot describe how inspirational he was, he had fallen several times during the race but each time, got back to his feet, refocused and continued. The last individual we met was another young man at 11.5 miles who had injured his knee, as you can expect this far into the race, he wanted to finish. Our guidelines were to encourage people into the car if they were injured, and maybe we were a little soft but we slowed the car to 2mph and drove behind the final runner and marshal who had offered to walk the final half a mile with him after he decided running was too painful.

Upon pulling up to the track, we decamped from the car and cheered the injured man to the finish. What was touching was the reception he received; running the final 100m with his little boy and meeting his family at the end.

I've been informed that quite a few people have volunteered for the position next year and I can understand why. Driving through Cheshire at 5mph doesn't sound very exciting to the average person, but to a runner, sweeping such a well-organised and beautiful course was a fantastic way to spend a Sunday.

Jenny Airey
E Group Leader

The 401 Challenge

So, you think that a marathon is a hard distance to tackle?

How about trying to run 401 of them ... on consecutive days.

This is the challenge that Ben Smith (33yrs old from Bristol) started on 1st September 2015. Ben is running to raise awareness about bullying and is raising money for two charities, Stonewall and Kidscape - these two charities work tirelessly to support award winning initiatives which really get to the heart of bullying in our UK schools and society in all its forms.



Ben Smith

Ben is running his 401 marathons in 309 different locations across the whole of the UK (from Lands End to John O'Goats). He is travelling between each marathon in his campervan (called Florence named after his grandmother). You can find out much more about the challenge at www.401challenge.co.uk

Macc Harriers are 'hosting' two of Ben's marathons (Monday 11th January 2016 and Monday 11th April 2016) and we need your help to support him!

Ben is keen to run with as many people as possible and welcomes runners to join him for parts of each run (or the whole marathon if you want!). It is not fast and will be run at the pace of the slowest runner (~10-11 min/mile). So, we need runners ...lots of runners, who are prepared to join in and run (you can run whatever distance you want). We also need help with some of the logistics for the run ... things like cake, lunch, help with washing, donation for fuel etc.

For his first marathon with Macc Harriers (Monday 11th January) Ben will be running the Macc Half route ...twice. We need runners to be with him for the full 26.2 miles so it would be good to split our support equally between the first lap (starting about 10.00am at the track) and the second lap (about 1.00pm). More information about the route and timings will be on the club website & Facebook page nearer the time.

If you want to be involved in what will become a world record then please contact Neil Gunn (neil.gunn@gmail.com or 07786 855027) to discuss how you can help.

I'd like to set us all the challenge of being the best support he gets during the challenge...I think that Macc Harriers can do this!

Neil Gunn

D Group Leader & Club Treasurer

Macclesfield Athletics Development Fund

The road to achieving our aim of building an indoor athletics and multi-sport facility next to the track was always going to be long and winding with a few ups and downs and a few rocky steps and boulders to overcome. However if you've ever done a fell race or even some cross-country and road races you know that all these obstacles can be overcome and that so long as you keep putting one foot in front of the other you'll get there in the end. And so it is with the indoor facility.

Following recent meetings with members of the management team and trustees of the Everybody Sport and Leisure (ESLT) we now feel that we have made further significant progress.

In summary ESLT will now finalise their Playing Field Strategy including a possible indoor and multi-sport facility at Macclesfield Athletics Track. This will require input from England Athletics and provision for part funding of this facility from Cheshire East.



Central to this Strategy is a Business Case for the Indoor Sports Facility showing that the ongoing costs of such a facility will be more than offset by income from users. Much of this work will be done by ESLT however MADF (and Macclesfield Harriers) will have a key role in updating the Macclesfield Athletics Development Plan showing how athletics will be developed in Macclesfield eg, Startrack/ Couch to 5K, 'Run, Jump, Throw', type courses and classes, coach

recruitment - to widen participation and improve performance.

Carl Hanaghan has made a good start on this update and this is something that we will continue to work on. We have already had encouraging support from David Rutley MP, Cheshire East Councillors and we will be continuing to build support of key stakeholders.

In all these discussions the ability of MADF to contribute towards construction costs has been recognised as a valued and important indicator of commitment from the Macclesfield athletics community and again this is something that we will continue to work on. In summary therefore we continue to be committed to build an indoor athletics and multi-sport facility at Macclesfield and continue to make further progress towards the home straight.

Raph Murray

Track & Field Awards Presented on 19th September

A few of the winners



**Sian Heslop winner of the U13
Girls Perpetual Shield**

**A full list of all the
award winners appears
on page 20 overleaf**



**Louisa Whittingham winner of
the U17 Ladies Perpetual Shield**



**Finley Proffitt winner of the U13
Boys Perpetual Shield and Morgan
Frith winner of the Pigott &
Whitfield Cup for Best Track & Field
Performance**



**Callum Ahem winner of the U17
Mens Perpetual Shield**



**Nathan Finnis winner of the U20
Mens Perpetual Shield**

**TRACK & FIELD AWARDS PRESENTATION AT THE MINI COMPETITION HELD
19th SEPTEMBER 2015**

Award	Places	Recipient
Track and Field (2015)		
U11 Girls (Perpetual Shield)	1 st 2 nd 3 rd	Serena Carroll Keira Barry Lily Dutton
U11 Boys (Perpetual Shield)	1 st 2 nd 3 rd	Toby O'Keefe Roan Elliot Hayden Blunn
U13 Girls (Perpetual Shield)	1 st 2 nd 3 rd	Sian Heslop Liliana Carey Poppy Dutton
U13 Boys (Perpetual Shield)	1 st 2 nd 3 rd	Finley Proffitt Morgan Frith Jacob Thompson
U15 Girls (Perpetual Shield)	1 st 2 nd 3 rd	Stephanie Moss Emily Lowery Josie Elliot
U15 Boys (Perpetual Shield)	1 st 2 nd 3 rd	Josh Carey Oscar Johnson Matthew Browne
U17 Ladies (Perpetual Shield)	1 st 2 nd 3 rd	Louisa Whittingham Ella Spencer Sarah Stockman
U17 Men (Perpetual Shield)	1 st 2 nd 3 rd	Callum Ahem Maurice Bolton Harry Simpson
U20 Ladies (Perpetual Shield)	1 st 2 nd 3 rd	Hannah Gravett Martha Richardson Naomi Kershaw
U20 Men (Perpetual Shield)	1 st 2 nd 3 rd	Nathan Finnis Oliver Andrews Alex Cridland
Senior Ladies (The Richard Sudell Memorial Trophy)	1 st 2 nd 3 rd	Daisy Pickles Paula Nimmo Clara Boothby
Senior Men (Perpetual Shield)	1 st 2 nd 3 rd	Simon Sloan Scott Wilson Calum Murray
Masters Ladies (Perpetual Shield)	1 st 2 nd 3 rd	Hanny Stockman Pauline Lynch Barbara Murray
Masters Men (Perpetual Shield)	1 st 2 nd Joint 3 rd Joint 3 rd	Ashley Pritchard Tony Shenton Andrew Lamont Ray O'Keefe

Best Track and Field Performance (The Pigott and Whitfield Cup)	Morgan Frith, Stephanie Moss, Calum Murray, Ashley Pritchard, Finley Proffitt	Morgan Frith
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TRACK and FIELD: ...and now the end is here

Cheshire Track and Field League (All Age Groups)

The fourth and final round saw a good turn-out by Macclesfield athletes at Salford to complete the season.

Fine weather and some excellent performances saw the club take the Men's and Ladies competition... but a very tight finish for the U11s meant they had to settle for second spot by 1 point - Salford being the victors with home advantage clearly paying dividends.



**U11 Girls—Cheshire T&F
Round 4, Salford**

The final result was:

- Mens score: 218 – 1st
- Ladies score: 225 – 1st
- Overall score: 503 – 1st (includes Officials points)
- Under 11s score: 100 – 2nd

A final league table should be available at:

www.cheshireaa.com/Results/TFL/cheshire_tf_league_2015.aspx

The outcome meant that the Men finished 4th (2nd in 2014), but the Ladies maintained their performances by equalling the 2nd place achieved last season - which helped the club overall to also equal last year's 2nd place finish. Meanwhile, the U11s couldn't quite find the success of 2014 and with both Crewe and West Cheshire "pulling out all the stops", Macclesfield was left in 3rd place this time.

Nonetheless, all participants over the season are to be congratulated on their performances and contribution to this result.

So in summary... the club's results were as follows:

League	2015 Position	2014 Position
Cheshire Track and Field League – Ladies	2nd	2nd
Cheshire Track and Field League – Men	4th	2nd
Cheshire Track and Field League – Overall	2nd	2nd
Cheshire Track and Field League – Under 11s	3rd	1st
Youth Development League – Lower	4th (out of 8)	4th (out of 8)
Youth Development League – Upper	League Not Entered	League Not Entered
Northern League	2nd (out of 6)	5th (out of 6)

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

As reported in the last magazine, the Northern League result means promotion, but that now means that we need all you senior athletes to turn out in 2016 to maintain our position. The other teams are likely to be eager to perform – not least the 2 demoted from Division 2 – so please consider competing in this league next season.

The three home fixtures were very well supported and hopefully this will be repeated in 2016. However, there is still a reluctance to travel by some athletes and this continues to be the club's downfall. If the club is to maintain a reasonable presence in these leagues and perform to the level a

(Continued on page 22)

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 winter months and continue training during this period to maintain fitness. Please consult the fixture list which is updated regularly.



U11s—Cheshire T&F Round 4, Salford

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, help score, provide some specialist knowledge that could assist 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

CALENDAR OF EVENTS 2015/2016

DECEMBER			
Sat 5th	Cross Country: Greater Manchester League Match 3 Blackley, Boggart Hole Clough (M9 7DH)	Noon	Inc U11
Sat 5th	Indoor T&F: Northern Open Meeting 2 Sheffield, English Institute of Sport (S9 5DA)	10.45	U15 – Senior
Sun 6th	Indoor Sportshall: North West League Round 3 Widnes, Kingsway Leisure Centre (WA8 7QH)	12.30	U11/U13/U15
Sun 6th	Indoor T&F: Manchester Open Meeting 1 Manchester, Sportcity (Etihad Campus) (M11 3FF)		U15 – Senior
Sat 12th	Cross Country: North Staffs XC League Round 4 Utttoxeter Racecourse (see website)	12.00	All
Sun 20th	Indoor T&F: Manchester Open Meeting 2 Manchester, Sportcity (Etihad Campus) (M11 3FF)		U15 – Senior
JANUARY			
Sat 9th	Cross Country: Cheshire Championships Nantwich, Reaseheath College (CW5 6DF)		
Sun 10th	Indoor T&F: Manchester Open Meeting 3 Manchester, Sportcity (Etihad Campus) (M11 3FF)		U15 – Senior
Sat 16th	Cross Country: Greater Manchester League Match 4 Manchester, Heaton Park (M25 2SW)	Noon	Inc U11
Sat 16th	Indoor Sportshall: North West Fun in Athletics Manchester, Sportcity (Etihad Campus) (M11 3FF)	12.30	U11 Pre-Selection
Sun 24th	Indoor Sportshall: North West League Final Widnes, Kingsway Leisure Centre (WA8 7QH)	TBA	Qualification Needed
Sat 30th	Cross Country: Northern Championships Blackburn, Witton Park (BB2 2TP)		
Sun 31st	Indoor T&F: Manchester Open Meeting 4 Manchester, Sportcity (Etihad Campus) (M11 3FF)		U15 – Senior

CALENDAR OF EVENTS 2015/2016

FEBRUARY			
Sat 13th	Cross Country: Greater Manchester League Match 5 Manchester, Wythenshawe Park (M23 0AB)	Noon	Inc U11
Sat 27th	Cross Country: English Championships Donnington		
MARCH			
Sat 5th	Indoor Sportshall: North West Sportshall Regional Final Manchester, Sportcity (Etihad Campus) (M11 3FF)	12.30	U13/U15 Pre-Selection
Sun 6th	Indoor T&F: Manchester Open Meeting 5 Manchester, Sportcity (Etihad Campus) (M11 3FF)		U15 – Senior
Sat 12th	Cross Country: Inter-Counties Championships Venue TBC		
Fri 18th	Club AGM and Awards Evening Bollington Arts Centre	19.00	All !
Sun 20th	Indoor T&F: Manchester Open Meeting 6 Manchester, Sportcity (Etihad Campus) (M11 3FF)		U15 – Senior
APRIL			
Sat 23rd	T&F: Youth Development League – Lower Age Round 1 Venue TBC	11.30	U13 – U15
MAY			
Sat 7th	T&F: Northern Men's/Ladies League: Round 1 Venue TBC	11.00	U17 – Senior
Sat 14th and Sun 15th	T&F: Cheshire County Championships Macclesfield		U13 upwards
Sat 21st	T&F: Youth Development League – Lower Age Round 2 Venue TBC	11.30	U13 – U15
JUNE			
Sun 5th	T&F: Northern Men's/Ladies League: Round 2 Venue TBC	11.00	U17 – Senior
Sun 19th	T&F: Youth Development League – Lower Age Round 3 Venue TBC	11.30	U13 – U15
JULY			
Sun 3rd	T&F: Northern Men's/Ladies League: Round 3 Macclesfield	11.00	U17 – Senior
Sat 16th	T&F: Youth Development League – Lower Age Round 4 Venue TBC	11.30	U13 – U15
AUGUST			
Sat 6th	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.cheshireaa.com
Power of 10 (Performance ranking site)	www.thepowerof10.info
Cheshire T&F League (U11 – Senior)	www.cheshireaa.com/results/TFL/cheshire_tf_league.aspx
Youth Development League (U13/U15)	www.ukydl.org.uk/index.html
Northern League (U17 – Senior)	www.northernathletics.org.uk/track-field-league
Indoor Sportshall League (U11 – U15)	www.sportshall.org
North Staffs X Country League (All ages)	www.nsccl.org.uk
Greater Manchester X Country League (All ages)	www.bbresults.com

Minutes of Macclesfield Harriers & AC Committee Meeting

Thursday 8th October 2015

Chaired by James Noakes

Attendees: Nicola Tasker (NT), Kevin Ranshaw (KR), Brian Macfadyen (BM), Bob Lynch (BL), Daisy Pickles (DP), Alison Gunn (AG), Neil Gunn (NG), Keith Mulholland (KM), Tracey Porritt (TP).

Apologies: Barry Blyth, Julian Brown, Scott Wilson

1. Agreement of previous Meeting's Minutes – already agreed

2. Correspondence (TP) – all forwarded

3. Club Membership Update (JB & NG)

Membership renewal was discussed as it has taken up a lot of volunteer time this year. NG has outlined the outcome after discussions with BL, KR and JB. NG said renewals would be sent out one month before membership payment is due on 1st April, and clearer details given. AG suggested renewal forms could be sent out with the March Go magazine. KR asked about half price fees from October as in previous years members have paid full membership from this date and actually got longer than 12 months membership. NG agreed to approve half price membership from October and hopes to approve at AGM the £16.00 a year fee to remain unchanged.

Subsequent to the meeting, information from EA proposing the EA levy fee is increased to £13, plus adding the ability to pay memberships online have been received. Both these points will need to be incorporated in any wording for next year's renewals.

4. Finance (NG)

NG has forwarded a summary of the club accounts for the end of September 2015. NG happy with the Club Card – much easier to use to make payments and saves time. The club Bond has been re-invested but no interest to speak of on this Bond.

5. Bank details on Club Form

The committee discussed the recent fraudulent attack on our account, which has happened across a number of Athletics Clubs. NG assured members that the bank had it under control and had the attempt been successful the bank would have paid the money back. The general opinion is that as we have a lot of members that pay by BACS, it was agreed our bank details should stay on the forms.

6. C25K (NG)

NG is going to lead a new C25K course in spring next year, with 5 sub-leaders to help and assist with the new members, for questions and homework support. This would ease the burden for NG. It was also decided that all new members should have competing member status and pay the appropriate fee for this. KR took the view that it should be sold as competing because the previous three courses had produced some very capable runners.

7. Macclesfield Half Marathon

NG reported that the half marathon had 650 runners who completed the 12 mile course, while the 5k – 170 and the Fun Run 69. Without sponsorship the event would have only broken even. The high cost of paying for a traffic management company, therefore has drastically reduced the amount going to charity. Cost saving ideas will need to be discussed for the future. BL suggested changing the date. KR said it might be a good idea to change the route and if possible make it easier. The feedback from the day was very good and only one injury sustained which was dealt with efficiently.

8. Track and Field and Sports hall (KR)

KR will include a report in the next issue of GO Magazine. Meanwhile, he reported a good season; In the Cheshire T & F League the club finished 2nd overall (U13-Seniors) with the U11s coming 3rd – Crewe and Nantwich won both categories. In the YDL the U13/U15s finished mid-table and in the Northern League the U17-Seniors gained promotion having come 2nd in the League.

The mini-event on 19 September was enjoyed by all who attended but it was felt that more people should be encouraged to attend.

Track maintenance was discussed and BL pointed out that a number of items needed repair and replacement. A schedule has been sent to the Leisure Centre in July and is on file. This has been

submitted for approval by the Leisure Centre management. KR mentioned that we pay the Leisure Centre to use track facilities, and it may be that the Leisure Centre should put up the track hire fees for us and other users to increase their income and the funds available to look after the facility. However, BL pointed out that our charges are already higher than anyone else's. AG asked 'who else uses the track'. KR said "mainly schools and the County Association including the County Championships next year. KR did stress that if the facility was not up to standard it would lose its certification and then no Championship or League fixtures could be held.

Indoor Sports hall League is due to start on 11 October with a fixture at Crewe. There are further matches in November and December. Indoor training commenced on 6 October and continues on Tuesdays only until Christmas.

9. Cross Country (JN/DP)

JN reported that North Staffs Cross Country League had just started but that the numbers for U15 boys was disappointing, but looking ahead at other races, once interest had been ascertained it may be worthwhile looking at the possibility of hiring a coach to ferry runners to and from races. BL suggested we could perhaps share a coach with Stockport as there are not too many juniors. KR thought this would be costly as not all members would be prepared to pay the cost or wait around after the race for the coach back.

JN expressed to the committee that it was difficult keeping the database up to date. NG suggested migrating the membership system, grouping Track & Field, Fell etc., perhaps to offer as a pilot to EA. As a result of this conversation NG investigated and reported after the meeting that EA have been running a pilot of a membership system with a number of clubs and although not yet official it is likely that their system will be up and running ready for 2016/17 membership. As soon as more details are available NG will let us know.

10. Road Running (KM/DP)

KM reported that races close to home have been well attended recently with the following numbers.

Wizard 5 – 45

Pie and Peas 5 - 13

Bollington 10k – 29

Gawsworth 10k – 52

Sutton 6 10k – 12

Congleton Half – 9

In addition the NW road relays (15th September) the U15 Girls team was 1st in Cheshire and 3rd overall. The ladies 'A' team also came 3rd in Cheshire with the 'B' team 7th and the Men's team was 5th in Cheshire. The low number of runners at Congleton reflects that the race sold out weeks in advance whereas in previous years entries on the day were allowed.

The club will get 3 places for the London Marathon. These will be drawn at the Langley 7, based on those paid up club members who have already been officially rejected.

Boxing Day Handicap Race was discussed and NG said he was happy to organise and perhaps offer a donation to The St Dunstan Inn for opening for us on the day.

11. Fell Running (BB) – nothing to report (since Sept GO)

12. Statistics (NT)

First claim status was discussed. NT wanted to clarify First and Second Claim status. BL said only paid up competing 'First Claim' members could claim club records and be eligible for awards. 'Second Claim' paid up competing members can only compete for the club and claim records/awards in disciplines NOT offered by their first claim club. Since this discussion NG has created a list of club members who are 'second claim; to MHAC. This has been added to the DROPBOX (under membership folder).

13. Publicity (SW)

Nothing to update from SW. DP mentioned the difficulties SW was having in contacting 'Macclesfield Express' – no feedback from them on race reports etc.

14. Any other business

AGM – date is set for 18th March 2016 and to be held at Bollington Arts Centre.

Honorary Club membership – has been accepted by Joss Naylor. BM would be seeing him in the near future. NG suggested a picture of him in Go magazine accepting honorary membership. AG felt it would be good to get a report from the Fell running side to go with the picture.

Alderley Edge Park Run – Unfortunately it was felt by the members that we would not be able to get involved to support and organise Park Runs for Alderley as we do not have enough volunteers to actively get involved. We can however, promote the idea and circulate on the website for volunteers. BL did say that we had been asked several years ago to organise a Park Run for Macclesfield. Again the answer is while it is a good idea, we are already overcommitted and there are plenty of other local Park Runs to choose from.

AOB MADF. There has been a presentation to the Everybody Trust Board, and the outcome is a commitment to work up the business case for the indoor multisport facility.

Langley 7 – Charity choice this year is Rossendale Trust.

DP will be organising Xmas drinks for the club. This is open to everyone to pop in and out as they choose.

Date and Time of next meeting: Thursday 7th January 2016

Chair: Neil Gunn

Membership Renewal 2016/17



There will be some changes to the club membership renewal process for the 2016/17 season. These changes are needed to reduce the workload on the Club Membership Secretary and Club Treasurer (who are both volunteers).

The aim is to have all renewals completed by 30th April 2016.

- ◆ The club membership year will remain 1st April – 31st March (in line with England Athletics)
- ◆ The renewal process will begin on 1st March 2016 when reminders and renewal forms will be sent out with the March GO! Magazine and also by email – this will state that club membership is DUE for payment on 1st APRIL 2016
- ◆ There will be a one month 'grace period' until 30th April 2016. From 1st May 2016 any member who has not renewed will be removed from the club membership database and 'resigned' from the club from an England Athletics point of view
- ◆ There will be no June GO! Magazine provided for members who have not renewed
- ◆ Team managers and Running Group Leaders will encourage prompt renewal
- ◆ Any member wishing to renew after 1st May 2016 will effectively be joining as a 'new member'

The membership fee for 2016/17 will be £16 for non-competing members and £29 for a competing member (this fee includes the £13 England Athletics affiliation fee which the club will pay on your behalf). Membership fees can be paid by cheque or BACS (bank details on the renewal form).

These have been agreed by the Club Committee but are subject to final confirmation at the AGM on March 18th 2016.

Julian Brown (Membership Secretary)

Neil Gunn (Treasurer)

2015 Club Boxing Day Handicap Run

The annual club Boxing Day Handicap run is on again in 2015 — this is a great way to work off some of the Christmas Day excess and make space for the Boxing Day treats!

Providing that conditions underfoot are not too icy the course will be the usual hilly 4 mile route (with a minor change using the forest footpath on the other side of the reservoir to avoid the long road section like Langley 7 did) 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) or a 'low level' road route.



Registration: St Dunstan Inn, Langley from 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' (don't get excited) will be awarded at the St Dunstan 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 run – it's not supposed to be easy!

To give you some hints the average time for the course last year was 26 to 35 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 Neil Gunn (neil.gunn@gmail.com or 07786 855027) who will be able to give you all the information you need—we will need a bit of help with registration and finish timing and maybe a couple of people out on the course.

Neil Gunn

ROAD RUNNING

Rules for Club Championships 2015/2016

Separate Championships for men and women.

Points for each race calculated as follows:

1st Harrier 100 points, 2nd Harrier 99 points, 3rd Harrier 98 points to 100th Harrier 1 point!

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 (Newcastle Dales Dash, 6th 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

Cheshire Grand Prix and Club Championship Road Race Series 2015

Cheshire Grand Prix Race	Race Distance Category	Race	Date
No	Medium	Newcastle Dales Dash 10k	Sunday 6 th December 11.00 am

Scoring Rules for Cheshire Grand Prix

Best 5 races to count for the team event and best 4 races for the individual event. Scoring system: Points are awarded on the finishing position within the GP on the following basis

Men: 100-99-98....3-2-1 with 6 to score for a team

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

www.cheshireaa.com/results/RRGP/cheshire_road_race_grand_prix.aspx

2016 Club Road Race Championship

At the time of writing the Cheshire Grand Prix Road Races have not been decided for 2016 apart from the Four Villages Half Marathon (Sunday 17th January). Other races that **will** be included in the Club Championship for the early part of 2016 are:

Alsager 5	Sunday 7th February
High Legh 10k	Sunday 28th February
Wilmslow Half Marathon	Sunday 3rd April

Local Races January to March 2016

Race	Location	Date
Ribble Valley 10k	Clitheroe	Sunday 27 th December 10.00 am
Hit the Trail 5	Reddish Vale, Stockport	Sunday 3 rd January 11.00 am
Liversedge Half Marathon	Liversedge, W. Yorks	Sunday 14 th February 11.00am
Great North West Half Marathon	Blackpool	Sunday 21 st February 11.00 am
Oulton Park 10k and Half Marathon	Oulton Park	Sunday 28 th February 10.00am 10k, 12.30pm ½ Marathon
Cheadle 5	Cheadle, Staffs	Sunday 6 th March 10.00 am
Trafford 10k	Partington	Sunday 13 th March 9.30am

Pie and Peas - 5th August 2015, Race Report

This year's Pie and Peas race attracted a record number of runners (329), with some outstanding performances by Mark Walker (6th, 1st M35) and Kristy Gill (7th, 1st L40). Other results are listed below:

Keith Mulholland 34:18 (7th M50), Matthew Wilson 37:04, Chris Pimblott 38:53 (5th M55), Steve Lomas 40:21, Catharine Crossley 42:04, Jenny Bush 42:18, Katy Barnes 43:52, Nicola Cantrell 43:53, Melanie Power 44:52 (8th F45), Julie Smith (9th F45), and Dawn Devine (48:29).

Full results can be found at:

vrac.niftyentries.com/Results/PieAndPeas

The race leaves the men's team in 4th place and the Ladies team in 3rd place in the Cheshire Grand Prix. There are 3 races left in the Grand Prix this year and the next

(Continued on page 30)

ROAD RUNNING (cont'd)

one is the Sutton Six 10k on 20th September, followed by the Congleton Half (October 6th) and our own Langley 7 (November 7th).

Congratulations to all and many thanks to Vale Royal AC for a great race.

Keith Mulholland

Bollington 10k - 30th August 2015, Race Report

The second Bollington 10k saw a bumper turnout by Macc Harriers with 31 taking part. Mark Walker finished in 3rd place with a time of 35:11 followed by Billy Hicks (18th, 39:43) and Gary Willcock (20th, 39:54). Barbara Murray was the fastest lady (2nd L50, 50:20) followed by Katy Barnes (51:20) and Catharine Crossley (51:52). In addition Harry Newton won the M70 prize with a time of 57:09!

Other results were:

Ray O'Keefe (42:01), Tim Stock (42:05), Marc Bradford (42:11), Keith Mulholland (42:15), Sean Connelly (43:04), Joe De Sousa (43:02), Neil Gunn (43:10), Chris Pimblott (46:59), Stewart Waudby (49:31), Barbara Murray (50:20), Angus Tennant (50:18), Katy Barnes (51:31), Catharine Crossley (51:52), Helen Gowin (53:22), Kim Eastham (53:59), Nicola Cantrell (54:08), Matthew De Sousa (54:39), Melanie Power (54:48), Suzanne Baker (55:24), Heather Pimblott (55:22), Carol Upton (56:23), Lindsey Russell (56:57), Philip Hawkswell (56:48), Louise Gittins (57:47), Iona Coltman (59:24), Dawn Devine (61:05), Lisa Bancroft (66:05), Kathryn Moore (74:03),

Full results can be found at:

www.ukresults.net/2015/bollington10k.html



A few of the Harriers who ran at Bollington

Keith Mulholland

Gawsworth 10k and 5k - 13th September 2015, Results

One of the best turnouts ever for Macc Harriers with 53 Harriers taking part in the 10k! Also Mark Walker finished 1st M (36:14), Rachael Lawrance 1st F (44:12) and Andrea Frost 1st F45

ROAD RUNNING (cont'd)



Julie Smith & Lynda Cook

In the 5k, our junior runners dominated the race with Lucas Parker in first place (21:38), and Louisa Whittingham finishing as 1st Lady (23:00).

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

Congratulations to all on a great set of performances!

Keith Mulholland

Sutton '6' 10k – 20th September 2015 Race Report

Twelve Harriers ventured to the village of Guilden Sutton for the 5th race in the Cheshire Grand Prix. Despite the presence of horses on the M56, everyone made it to the start line!

James Noakes finished in 3rd place (35:08, 1st M45) with Scott Wilson 14th (36:35) and Keith Mulholland (40:39, 4th M50). Colin Ardron also won the M70 prize (49:04)!

Carol Upton was the first Lady Harrier to finish (55:44) followed by Dawn Devine (59:16).

Other results are listed below:

Neil Hey (41:04), Ray O'Keefe (42:18), David Larkin (46:48), Stewart Waudby (47:10), Steve Lomas (50:02), Andy Devine (59:01)

Full results can be found at: www.wcac.niftyentries.com/Results/Sutton-Six-10K?

Congratulations to all for a great set of performances!

Keith Mulholland

Congleton Half and Chester Marathon – Sunday 4th October, 2015 Race Report

This year's Congleton Half had a new course requiring negotiation of the "Sting in the Tail" on two occasions. Nine Harriers took on the challenge with some impressive performances.

Kristy Gill was the fastest finisher in 1:29:42, followed by Ray O'Keefe (1:32:41) and Neil Hey (1:35:01). The other Harriers results are listed below:

ROAD RUNNING (cont'd)

Mark Stanbridge (1:47:30), Dave Larkin (1:49:26), Lynda Cook (1:49:51), Lynne Graves (1:56:14), Christine Ritchie (2:05:29) and Carol Upton (2:09:16).



Ray O'Keefe



Lynne Graves



Dave Larkin



Christine Ritchie

Two Harriers also completed the Chester Marathon, James Perry (3:21:11, PBI) and Gary Willcock (3:25:00, 26th M50!).

Congratulations to all on a great day's running!

Keith Mulholland

NW Road Relays – 12th September, 2015

Four teams from Macclesfield Harriers ventured to Edge Hill University for the annual North West Road Relays. The U15 girl's team of Emily Lowery, Stephanie Moss and Lauren Robinson were the fastest Cheshire team and 3rd overall!

The Ladies 'A' team of Sarah Harris, Anne Farmer and Alison Hartopp came 3rd in the Cheshire competition with the 'B' team of Barbara Murray, Katy Barnes and Jess Hartopp finishing 7th.

The Men's team of James Noakes, Keith Mulholland, Calum Murray and James Perry came 5th in the Cheshire competition.

Well done to all and particularly to the U15 Girls.

Full results are at: www.race-results.co.uk/results/2015/nwrel15.pdf

Keith Mulholland

ROAD RUNNING (cont'd)

Cheshire Grand Prix 2015 Results

Following the Langley 7, the final results for teams and individuals have been calculated. Both the men's and ladies' teams came 3rd.

Men's Teams

South Cheshire Harriers	2794 pts
Wilmslow RC	2625 pts
Macclesfield Harriers	2227 pts
Vale Royal AC	1983 pts

Ladies' Teams

Wilmslow RC	1114 pts
South Cheshire	1039 pts
Macclesfield Harriers	983 pts
Vale Royal AC	624 pts

Stuart Doyle (Vale Royal AC) won the men's championship. Scott Wilson was the highest placed Harrier in 8th place. Katie Latham (South Cheshire) won the ladies championship with Kristy Gill only 3 points behind in 3rd place.

Keith Mulholland

Langley 7 – Saturday 7th November, 2015

Once again, thanks everyone for coming.....

Runners, over 270 of you ran on a not very promising day, with an international field!! (well, several speedy folk from Wales and two from France). Hope you all had a good run, and that the small course diversion worked OK. Enjoy your beer, you've earned it!

Marshals, over 40 of them, timekeepers, results runners and recorders etc. most of whom got, er, wet. St John's, fortunately not required too much this year.

Bryan Dale and Don Bullough for the photos once again on www.racephotos.org.uk/ (they also got very wet!) Tea Dept, Cake Dept, and everyone who donated cakes, they nearly all went this year! John Honey Physio for their help pre and post race.

All the good folk of Langley and Sutton for putting up with us again. And everyone else I've forgotten.

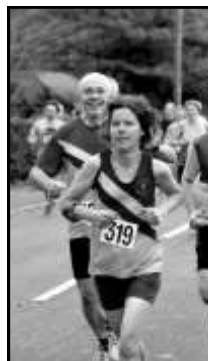
We have raised a tidy sum for Rossendale www.rossendale.org.uk - just over £3,000 this year.

Results below: as always, if you have any feedback or suggestions for improvements, please let us know.

Cheers, Julian and the Langley 7 team!

macclesfield-harriers.co.uk/images/langley72015results.xls
macclesfield-harriers.co.uk/images/langley7sat-7-nov-2015.pdf

Julian Brown



Neil Gunn & Jo Miles

Langley 7 – Saturday 7th November, 2015 - Harriers' Results

Pos.	Name	Category	Time
16	Chris Bentley	M	44:40
32	James Perry	M	47:52
36	Kristy Gill	LV40	48:21
38	Guénaëlle Savre-Piou	L	48:34
40	Neil Hey	MV45	48:38
43	Angela Markley	LV35	48:50
59	Rachael Lawrance	LV35	50:10
68	Sean Connelly	MV45	51:03
80	Fred Wardle	MV60	52:16
81	Keith Mulholland	MV50	52:28
85	Neil Gunn	MV55	52:46
112	Joanna Miles	LV50	55:11
133	Chris Pimblott	MV60	57:07
138	Andrew Ratcliffe	MV45	57:16
140	Robert Graves	MV40	57:38
145	David Larkin	MV40	58:02
150	Terry Neild	M	58:13
154	Emma Mason	L	58:27
156	Catharine Crossley	L	58:35
159	Richard Pankhurst	MV45	59:11
162	Stewart Waudby	MV40	59:38

Pos.	Name	Category	Time
171	Nigel Wright	MV40	1:00:53
172	Angus Tennant	MV45	1:00:58
176	Lynda Cook	LV45	1:01:04
186	Lynne Graves	LV45	1:02:14
187	Geoffrey Hull	MV65	1:02:22
195	Kelly Buckley	LV35	1:03:17
207	Julie Smith	LV45	1:04:26
215	Melanie Whittaker	LV40	1:05:05
221	Hazel Power	LV45	1:05:34
229	Fiona Wilson	LV50	1:06:16
231	Kim Eastham	LV50	1:06:24
232	Christine Ritchie	LV55	1:06:26
236	Ann Harris	LV65	1:07:10
241	Heather Pimblott	LV55	1:07:58
242	Joanna Thompson	LV35	1:08:13
243	Dipika Morgan	LV35	1:08:41
249	Rachel Gilliland	LV45	1:10:46
251	Lindsey Russell	LV45	1:11:28
253	Harry Newton	MV75	1:12:35
255	Dawn Devine	LV50	1:13:12



Angus Tennant & Kelly Buckley



**Chris Pimblott on
his 60th birthday!**



**Andrew Ratcliffe & Robert
Graves**

Thanks to Bryan Dale for the photos

Club Records 2015

Lots of really good club records achieved over the summer months. Well done everyone!
Please continue to let me know if you have a record to claim, please send me an email with the details and provide the evidence.

Nicky Email : nickytasker38@gmail.com

Discipline	Gender	Distance/Event	Age Group	Name	Record	Date Set
T&F	Male	400m Hurdles	M45	Tony Shenton	74.6	May-10
T&F	Male	Mile	U15	Harry Simpson	5.11.17	Jul-14
T&F	Male	Mile	U17	Harry Simpson	4.57.36	Jul-15
T&F	Male	400m Hurdles	M50	Tony Shenton	73.1	Jul-15
T&F	Male	400m	M50	Tony Shenton	65.7	Aug-15
T&F	Male	Sprint Hurdles	M50	Tony Shenton	110m 22.0	Aug-15
T&F	Male	Triple Jump	U13	Morgan Frith	10.27m	Sep-15
T&F	Male	Shot (3.25kg)	U13	Cameron Dow	9.06m	Sep-15
T&F	Male	Mile	U13	Finley Proffitt	5.24.6	Sep-15
T&F	Male	Steeplechase 1500m	U17	Harry Simpson	4.44.8	Sep-15
T&F	Male	Sprint Hurdles	M50	Tony Shenton	100m 18.9	Sep-15
T&F	Male	100m	M50	Ray O'Keefe	13.5	Sep-15
T&F	Male	200m	M50	Ray O'Keefe	28.3	Sep-15
T&F	Male	400m	M50	Ray O'Keefe	64.7	Sep-15
T&F	Male	800m	M55	Neil Gunn	2.49.6	Sep-15
T&F	Male	1500m	M50	Ray O'Keefe	5.25.8	Sep-15
T&F	Male	3000m	M50	Ray O'Keefe	11.20.1	Sep-15
T&F	Male	3000m	M55	Neil Gunn	12.2.2	Sep-15
T&F	Female	100m	M35	Carol Upton	19.8	Sep-15
T&F	Female	100m	M50	Dawn Devine	18.1	Sep-15
T&F	Female	200m	M35	Carol Upton	41.8	Sep-15
T&F	Female	200m	M50	Dawn Devine	39.4	Sep-15
Sportshall	Female	Vertical Jump	U13	Poppy Dutton	58cm	Oct-15
Road	Male	5 K	V70	Colin Ardron	23.13	Feb-15
Road	Male	5 Mile (chip)	V75	Harry Newton	44:50	Feb-15
Road	Male	10 K (chip)	V75	Harry Newton	57.11	Mar-15
Road	Male	5 K	V65	Barry Blyth	20.35	Sep-14
Road	Male	10 K (chip)	V70	Colin Ardron	51.43	Sep-15
Road	Male	10 K (gun)	V70	Colin Ardron	49.04	Sep-15
Road	Male	10 K (chip)	V70	Colin Ardron	48.52	Sep-15
Road	Male	Half Marathon (chip)	V75	Harry Newton	2.03.33	Oct-14
Road	Female	10 K (gun)	V60	Carole Ferguson	64.15	Mar-15
Road	Female	10 K (chip)	V60	Carole Ferguson	63.31	Mar-15
Road	Female	10 K (gun)	V65	Ann Harris	56.20	Aug-15
Road	Female	10 K (chip)	V65	Ann Harris	56.16	Aug-15
Road	Female	5 K	V70	Pauline Lynch	28-20	Sep-15

CLUB CHAMPS, LADIES (points after 15 races - only last 5 shown)

Due to the large numbers of ladies competing, anyone who didn't take part in these last 5 races is not shown in the list. The full list is available on the club website
[www.macclesfield-harriers.co.uk/road/road champs table](http://www.macclesfield-harriers.co.uk/road/road%20champs%20table)

	Runners	Pie & Peas	Bolly 10k	Gaws-worth 10k	Sutton 6	Congle-ton 1/2
		S	M	M	M	L
	Katy Barnes	97	99			
	Fiona Leon			85		
	Dipika Morgan			84		
	Suzanne Baker		94	86		
	Jenny Bush	98				
	Kim Eastham		97			
	Louise Gittins		90	88		
	Iona Colman		89			
	Andrea Frost			99		
	Liz Burns			96		
	Alannah Birtwhistle			94		
	Kelly Buckley			92		
	Melanie Head			91		
	Joanne Foster			82		
	Susanah Middleton			81		
	Karen Green			79		
	Phillipa Reed			77		
	Nina Kennerley			76		
	Catherine Mather			73		

	Runners	Pie & Peas	Bolly 10k	Gaws-worth 10k	Sutton 6	Congle-ton 1/2
		S	M	M	M	L
	Kristy Gill	100				100
	Barbara Murray		100			
	Melanie Power	95	95			
	Catherine Crossley	99	97	97		
	Julie Smith	94		93		
	Lindsey Russell		91	80		
	Dawn Devine	93	88	78	99	
	Carol Upton		92	87	100	96
	Lindsey Evans			74		
	Helen Rose			75		
	Janette Byrne			83		
	Lynne Graves			95		98
	Lynda Cook			93		99
	Nicola Cantrell	96	96			
	Heather Pimblott		93	90		
	Emma Mason			98		
	Louise Brown			74		
	Lisa Bancroft		87			
	Christine Ritchie			89		97
	Rachel Lawrance			100		

CLUB CHAMPS, MENS (points after 15 races - only last 5 shown)

Due to the large numbers of men competing, the figures have had to be displayed this way

	Pie & Peas	Bolly 10k	Gawsworth 10k	Sutton 6	Congleton 1/2
Runners	S	M	M	M	L
Dave Tucker					
Angus Tennant		89	82		
Tony Burton			80		
Geoff Hull					
Matthew Cooper					
Chris Pimblott	97	91	90		
Matt Grove					
Rob Graves			86		
Phil Gaskell					
Ian Moore					
Steve Lomas	96			92	
Andy Lamont					
Andrew Turner					
Pete Nield			98		
Toby Pickup					
James Mothershaw					
Terry Nield			85		
Rob Bailey					
Tim Stock		96			
Matthew De Sousa		88			
Philip Hawkswell		87	79		
John Mooney			97		
Greg Bradshaw			92		
Andrew Ratcliffe			89		
Colin Ardron			84	93	
Mark Pilling			83		
Damian Lacey			78		
Andy Devine				92	

	Pie & Peas	Bolly 10k	Gawsworth 10k	Sutton 6	Congleton
Runners	S	M	M	M	L
Robert Hasler					
Scott Wilson				99	
Billy Hicks		99	99		
Gary Wilcock		98			
James Perry					
Neil Hey			96	97	99
Marc Bradford					
Sean Connelly					
Jonnie Plumb					
Keith Mulholland	99	94		98	
Tim Marsh					
Mark Wheelton					
Neil Gunn		92	93		
Stewart Waudby		90	87	94	
Dave Larkin				95	97
Matthew Wilson	98				
Dave Hancock					
Harry Newton		86			
John Howie					
Ray O'Keefe		97	95	96	100
Fred Wardle			91		
Paul Morton			81		
Joseph Connor					
Mark Walker	100	100	100		
James Noakes				100	
Julian Brown					
Jonathan Hill			94		
Joe De Sousa		93			
Andrew Rowson					
Mark Stanbridge					98
Robert Whitby					
Richard Pankhurst			88		

Over-pronation

This is the first article of a two part series looking at over-pronation. With Christmas just around the corner and a new pair of trainers high up on your present list, I'm sure many of you will have wondered whether you need the extra supportive trainers or not. This article aims to explain more about the term 'over-pronation' and in the next edition of GO, I will explain more about the rehab to address it.

What is pronation?



Neutral foot position

Pronation, put simply, is the inward rotation of a joint. Applied to the foot and ankle, it is the inward roll of the foot towards the floor. In more detail, pronation occurs as the heel of your front leg makes contact with the floor, causing the heel to turn outwards. This 'unlocks' the foot allowing the small bones of the foot to splay out and absorb some of the force of the impact. As your weight transfers forwards through the foot, the ankle and foot pronate and the arch on the inside of the foot visibly decreases.



Pronated foot position

People are therefore told they 'over-pronate' when there is a visible loss of the arch of the foot. However, pronation is not a bad thing; it is a normal movement that occurs as part of the shock absorbing mechanism when the front foot makes contact with the floor. To therefore block the movement with a splint i.e. high arch support trainers or a shoe insert may be doing you more harm than good because instead of the force being absorbed in the foot, it will transfer higher up the leg and increase the risk of injury.

If there is a lack of control of the pronation movement, it occurs too quickly and the foot effectively collapses under the runner's bodyweight leaving the foot 'floppy' and in a less stable position. For this group a high arch support trainer or an arch support shoe insert may be beneficial to add stability. For others the answer is to build up the stability of the foot by increasing the strength of the small muscles of the foot and ankle that oppose the pronation movement.

Supination is the opposite movement to pronation i.e. the outward roll of a joint. When running, supination of the foot and ankle should occur as the front foot becomes the back foot. It is the movement that restores the inside arch of the foot by switching the heel from an outward pointing position to pointing inwards. This causes the small bones of the foot to come together to restore stability. Supination is essential to effectively generating the force to propel yourself forwards when running. The inability to supinate means the foot remains in an unstable position, increasing the risk of injury. For this group of runners high arch trainers or orthotics will not provide a lot of benefit. Therefore, some runners who have previously considered themselves to be 'over-pronators' are actually 'under-supinators'.

The most common reason for a lack of supination in the foot and ankle is a lack of strength in the gluteal muscles (glutes) behind the hip. As the front leg becomes the back leg, the glutes should rotate the leg outwards, setting off a chain reaction down the leg that allows the heel bone to turn inwards and the foot to supinate. If this doesn't happen then the foot stays in its unstable pronated position increasing the risk of injury. To correct this, rehab should focus on building strength through the glutes as well as the smaller stabiliser muscles of the foot. My article next month will guide you through the exercises to help improve control of the pronation / supination movements.



Supinated
position of the
foot

Over pronation and under-supination is complicated. When it comes to buying running shoes, the best advice is to try several pairs on and choose the **pair that feel the most comfortable**.

Ross Whiteside

Director of Clinical Services, John Honey Physiotherapy

Trinity House Practice Ltd

01625 500777 www.trinityhousepractice.com

CAFOD FUN RUN AT BOLLINGTON

Monday 28th December, 2015

Registration from 9.30am, 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

FOR CAFOD'S WORK IN THE MIDDLE EAST



On the day registration and refreshments at
St Gregory's Parish Hall, SK10 5JR

Advance registration and details
Chris Pimblott 01625-266552 or

www.tinyurl.com/BollyFunRun

UK Registered Charity Number 285776



Membership Secretary's Potterings

Hi all, I'm not sure why it's currently warmer and sunnier in November than it was for much of the summer, but the fields and fells are back to 'winter-boggy', so either get the off-road and fell shoes out or stick to the roads!

We have another record number of new members, good luck all!

Kelly	Buckley	Senior Lady
Elizabeth	Bailey	Senior Lady
Sara	Geary	Senior Lady
Gemma	Edwards	Senior Lady
Joseph	Kaye	U17 Man
Freya	White	U15 Girl
Alannah	Birtwistle	Senior Lady
Francis	Eaton	U15 Boy
George	Sutton	U11 Boy
Oliver	Thomason	U11 Boy
Owen	Heslop	U11 Boy
Rachel	Gilliland	Senior Lady
Cameron	Dow	U13 Boy
Sue	Mackintosh	Senior Lady
Mia	Donathy	U13 Girl
Niamh	Fowler	U11 Girl
Harry	Behrens	U11 Boy
Thea	Garfield	U11 Girl
Ruby	Prior	U11 Girl
Mia	Jennings	U13 Girl
Phoebe	Whittaker	U11 Girl
Ella	McQuillan	U15 Girl
Libbie	Grindey	U11 Girl

Louis	Turner-Dunn	U11 Boy
Oliver	Marland	U11 Boy
Milli	Nixon-Chatterton	U11 Girl
Nathan	Alam	U13 Boy
Gillian	Lindsey	Senior Lady
Harry	Holt	U11 Boy
Rebecca	Few	U11 Girl
Robbie	Peal	U17 Man
Rebecca	Main	U13 Girl
Charlie	Orphanides	U11 Boy
Ian	Geraghty	Senior Man
Tara	Simpson	U11 Girl
Harry	Butler	U11 Boy
Harrison	Ainsworth	U15 Boy
Matthew	Fellbaum	Junior Man
Harry	Reens	U11 Boy
Fiona	Christie	U17 Lady
Joshua	McIntosh	U11 Boy
Spence	Sivewright	Senior Man
Joshua	Ireland	U13 Boy
Helen	Towne	Senior Lady
Anna	Luckman	U15 Girl

The resurrected Windgather fell race returned back in October, and went off well, and despite another race in the same area on the same day, (and my fears of having more race finishers than starters), no-one ended up in the wrong place! We had about 150 entries, and raised over £1200 for Buxton Rotary to pass on to local good causes, so many thanks.

I am hoping to run the Snowdonia Marathon again next year. It's a great race, not easy, but very scenic, extremely well organised, they have a wide range of abilities of runner, and you'll certainly feel a sense of achievement when you cross the finish line. It'd be great to have some company! (the club used to be well represented, but far fewer in recent years.) Have a look on their website: it's not until October, but entries open at midnight on New Year's Eve, and they will sell out (2500 runners!) in 24 hours or so.

Good luck to all those who have a spring marathon planned, at London, Manchester or elsewhere.... the training starts now(ish – well, maybe after Christmas dinner).

Have a great Christmas and New Year, don't forget the Boxing Day handicap, and see you out and about in 2016!!

All the best. Cheers Julian, Fox's Reach Lake Road Rudyard Staffs ST13 8RN

Tel 01538 306837, E-mail julian.brown@astrazeneca.com or julianbrown10@hotmail.co.uk

Macclesfield Harriers and Athletic Club

Notice of AGM & Annual Presentations

Friday, 18th March, 2016
Bollington Arts Centre
time to be confirmed

Food and refreshments will be available

Please note this date in your diaries.



All members are invited and encouraged to attend



Please support your club!

Cross Country 2015/16 season so far – and they're off!

With four matches completed so far, at the time of writing this report, Macclesfield Harriers are already off to a really strong start in both the Manchester Area Cross Country League (MACCL) and the North Staffs Cross Country League (NSCCL). It has been fantastic seeing so many new faces, young and not so young, turning up to compete for the first time for Macclesfield Harriers. It is really great when we manage to get a full team out (and even better when there are two!) which means we don't miss out on league points. I know that most people who "give it a go" really do enjoy the team spirit and camaraderie. There are plenty more opportunities throughout this season to join us:

Date	Event	Location
Saturday 05/12/15	MACCL	Boggart Hole Clough
Saturday 12/12/15	NSCCL	Uttoxeter racecourse
Saturday 09/01/16	Cheshire County Championships	Reaseheath
Saturday 16/01/16	MACCL	Heaton Park
Saturday 30/01/16	Northern Athletics Championships	Witton Park, Blackburn, BB2 2TP
Saturday 13/02/16	MACCL	Wythenshawe Park
Saturday 27/02/16	English National Championships	Donnington Park Circuit, Leicestershire

The U11s have made a really great start to the season, although the numbers taking part have diminished after the first match at Winsford! The U11G team finished 3rd at Winsford, 5th at Stafford Common and 5th at Sherdley Park, with the Boys team finishing 7th, 6th and 5th respectively. In the girls team, Rebecca Dilworth made a great debut for the club finishing 11th at Winsford, closely followed by Serena Panton (17th) and Niamh Fowler (19th). Others who have performed well included Ruth Teagle, Serena Carroll, Constance Goode, Grace Cornford and Charlotte Moran. Lily Davies has also put in a

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great effort at Stafford Common and Sherdley Park. The following comment from the U11G team manager (after the first two matches in NSCCL) sums it up nicely:



"A great turnout for both races so far (although I think the conditions at Stafford might have put a few off for the rest of the season!). They have all run really well and enjoyed themselves – none of this team has raced XC for Harriers before this season, and most are still only 9 and will still be U11 next year. Thanks to the parents who give up their time to get their kids to these races."

For the U11 boys, Jake Purdie led the boys' team home (25th), followed by Hayden Blunn (28th) and Harry Reens (30th) with the remainder (Oliver Bradley, Aadi Whitcock and Callum Wain) not far behind.

The U13s have also made an excellent start to the season, and scoring two teams at the Sherdley match for the U13 boys. Sian Heslop continues to dominate the North Staffs league for the girls with 1st place at both matches so far, and a very close 2nd place (to a former Macc Harrier) at both MACCL matches. The remainder of the team, Ruby Spencer and Eme Noakes, have also finished well up the field helping achieve a 4th and 3rd place team position in the NSCCL. Libby Greeney and Philippa Bearn have also been welcome additions for the MACCL. The following was received from the team manager:

"North Staffs - girls are battling hard to keep that 3rd place team position. Ruby pushes herself so hard and gives 101% that we often see her breakfast again! I can always count on Little Eme, she commits to both leagues and always grabs as many positions as she can right at the end."

Manchester league - was a brilliant battle at the end of Woodbank Park between Libby and Pippa, even though they are team mates neither girl wanted to give up that one spot. But Libby just clinched it at the end."

As for Sian, find it hard to write anything with being her Mum. But I just adore watching her compete, and so very proud of her and all my girls".

For the U13 boys, Finley Profitt has lead the team home with an excellent 2nd place finish at Winsford, and 2nd at Woodbank park and 4th at Sherdley. Strong performances have also been seen from James Doorbar, Thomas Roberts, Daniel Gaskell, Joe Browne and Alex Moss, to help the team finish 3rd place at Winsford and 4th at Woodbank. They also scored for two full teams at Sherdley (4th and 8th)!



Despite the U15 boys not yet scoring a team result in the season so far, Lucas Parker has clocked up a 4th (Winsford), and two 7th place finishes (Stafford and Sherdley). Matthew Browne has also turned out three times and put in some good performances too. The U15 girls have made an excellent start to the season and demonstrate both commitment and quality in the field. Stephanie Moss has finished a very impressive 3rd and 4th in the NSCCL and 6th at Sherdley. Also performing well in the team are

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Lauren Robinson, Emily Lowery, Shona Williams, Josie Elliot and Sam Kyriacou. The team has scored a 1st and 2nd place so far in NSCCL and a 4th and 6th in MACCL. This is definitely a team to watch for the rest of the season too!

This season we have seen some very strong performances in the U17 girls. Louisa Whittingham finishing within the top five at all matches so far and a very impressive 2nd at Winsford. Sarah Stockman and Hannah Gaskell have also been racing well, and at Stafford Common the team came in 2nd overall. The U17 boys (Allen Bunyan, Harry Simpson and Robert Finnis) have been doing well too and hopefully with the return of Robbie Peal (6th at Sherdley) will be able to secure a great team performance during the rest of the season.

20 senior men and 21 senior women have so far competed in at least one cross country match this season, including several for the first time. The senior men's team put in their best performance of many a recent season with a 2nd place position in the 2nd division at Stafford Common - well done guys! We also managed to score two full teams at Sherdley Park, on a day when the Langley 7 was drawing many from the club too! Mark Walker has generally been leading the team home, with a very strong start to the season, but I am predicting that it won't be long before Rob Hasler and Scott Wilson are hot on his heels, having both shown considerable improvement since the start of the season and with a further five league matches still to go! Great to see so many seniors now giving it a go for the first time and also the return of Dave Shoesmith, who always enthusiastically represents the club in XC! The senior women have also been turning out en masse for most of the league matches to date. Anne



Farmer finished an impressive 22nd at Woodbank Park, closely followed by Sarah Harris (25th). Paula Nimmo has also been well up in the field in MACCL, with a 35th and 46th place finish so far – definitely one to watch over the course of the season. In the NSCCL at Winsford, Daisy Pickles lead the team home with a 33rd place, closely followed by Alison Hartopp in 35th. Julie Gardner was first harrier home at Stafford common with a 47th place finish. As with the men, there are many taking part for the first time and more importantly coming back for more! There are still plenty of matches left if you want to join in too.



Finally, a call for the XC Cheshire Championships at Reaseheath College on 9 Jan 2016. Please let your team manager know that you would like to take part. Small cost to take part (group entries will be coordinated by the club), but all competing members welcome to compete. If you are not a Cheshire qualifying athlete but would like to take part in your own county champs, please let me know so points can be included in the club XC championships.

We are also taking part in the Northern and National Championships in 2016 which we would also encourage you to consider taking part in (and an opportunity to run alongside elite athletes and future stars!)

James Noakes
Cross Country Manager

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

WEEKLY TRAINING TIMES

Group Name	Group Contacts	Meeting Time/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	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	Wendy Boardman (07879 477627) or Jenny Airey (07969 741139)	Saturday 9.00-10.30am Various locations - check with Wendy	4-5 miles supporting members to increase their pace and distance to prepare them for longer distance runs

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	Keith Mulholland	kmulholland64@gmail.com
Secretary	Tracey Porritt	secretary@macclesfield-harriers.co.uk
Treasurer	Neil Gunn	01625 611802

OTHER OFFICERS

Ladies' Road & Cross Country mgr	Vacant but temporarily Daisy Pickles (as below)	
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	Robert Hasler	rhasler@gmail.com
Magazine Editor	Alison Gunn	01625 611802
Membership Secretary	Julian Brown	01538 306837
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	Brian Macfadyen	brianmacfad@gmail.com
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	Harts Ltd	
Publicity Officer	Scott Wilson	07562 744147
Webmaster	John Bunyan	Contact via website
Catering Representative	Vacant	



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