

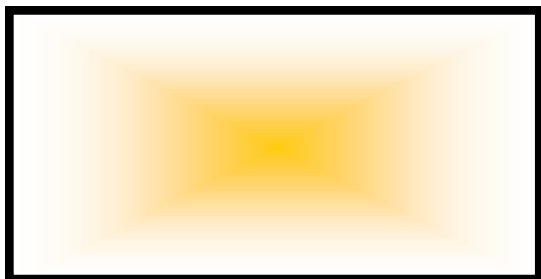
GO!

NUMBER 115

JUNE 2012



On Your Marks...the start of the team 100 lap relay at the 100 Days to Go Event in April



Contents

Page 3	Starting Lines
Page 4	Minutes of AGM
Page 9	Macclesfield Half Marathon
Page 10	Updates on Various Club Activities
Page 11	Fell Running Report
Page 12	100 Days to Go Event Report
Page 13	Forest Five Charity Run
Page 14	Olympic Quiz
Page 15	Club Colours & Training Kit
Page 16	Bouncing Back from Acute Injury
Page 17	Langley Fete Fell Race
Page 18	Macclesfield Harriers First Recorded Event
Page 19	T&F Awards 2012 - Scoring Update
Page 20	Club Cross-Discipline Challenge
Page 21	Road Running
Page 27	Olympic Quiz Answers
Page 28	Mens Club Champs Points
Page 29	Ladies Club Champs Points
Page 30	Aviva Startrack Athletics Course 2012
Page 31	Junior Calendar of Events 2012
Page 32	Olympic Legacy Day
Page 33	Minutes of Committee Meeting - 3 May 2012
Page 35	A Postcard from Athens
Page 36	Teggs Nose Fell Race
Page 37	Membership Secretary's Trundlings
Page 39	Club Award Winners 2011/2012
Page 42	Did You Know - Olympic Facts
Page 43	The Heaven & Hell Half Marathon - Report
Page 47	Club Contacts

*Our cover photo shows the start of the team 100 lap relay at the 100 Days to Go Event.
Thanks to Bryan Dale for this and the other 100 Day Event photos.*

Next Issue – September 2012

Please submit any articles or photographs to gomacclesfield@hotmail.com
by Sunday 26 August 2012.

The September issue will be published slightly later in September to allow us to report on the Legacy Event taking place on 25 August (see page 32 for more information).

Magazine Issue

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

Starting Lines...



The 2012 London Olympic Games and Paralympic Games are not far off now, with the Olympics beginning on 27th July followed by the Paralympics on 29th August.

As part of the Olympic celebrations the club organised a very successful event in April, the 100 Days to Go Event, which drew in a lot of people to participate in a 100 lap relay, as well as sprint events, throwing, and a mini fell race around the perimeter of the track. Despite a very wet evening, the event was a great success, and hopefully will have attracted some new members to join the club, as well as giving everyone who attended a taste of what the club is about. There's a report on the event on page 11 and our cover photograph shows athletes at the start of the 100 lap relay.

Following on from the Olympics, the next Olympic themed event will be the Legacy Day Event on Saturday 25th August. You can read all about it in Barbara Murray's article on page 29. Hopefully you will be able to come along, join in, or offer your support and help to make it a great day for all the family.

Our athletes have had some successful results recently, including great runs by James Noakes and Pauline Lynch at the London Marathon. Pauline improved her time by 17 minutes and became the fastest ever by a Cheshire Club athlete at F65 level. Steve Lomas's road running reports begin on page 20.

And finally, if you've just come back from a training run, and you're putting your feet up with a nice cuppa, why not have a go at our quiz and test your knowledge of all things Olympic on page 14.



Have a great Olympic summer of athletics.

Alison Gunn - Editor
15 Beech Hall Drive, Macclesfield
Tel : 01625 611802
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Macclesfield Harriers and Athletic Club

Annual General Meeting 22nd March 2012

Present: Phil Cheek, Bob Lynch, Pauline Lynch, Julian Brown, Phil Barnes, Barry Blyth, John Mooney, Barbara Murray, Mark Wheelton, Neil Gunn, Dave Buxton, Steve Lomas, Alison Gunn, Kevin Ranshaw, Rachael Lawrence, Carol Ranshaw.

Apologies for absence: Chris Bentley, Anne Farmer and Hanny Stockman.

Minutes of previous AGM held on Thursday 10th March 201

These minutes were accepted.

Matters arising from 2011 AGM

These matters are covered in the Chairman's report.

Chairman's report

In my opinion, it has been another mixed year for the Harriers. The club remains strong across all five disciplines. Each section now has put their aspirations into one overarching development plan which should be used to guide the officers of the club for the next five years. Each discipline should have its own priorities allowing it to proceed at the pace that it desires, without constant reference to the main committee. Although this might be a recipe for segregation, it is important to remember that a number of officers of the club have several interests, so this together with the initiative to have a cross discipline challenge, and the separate and various race organisations tends to ensure good cross fertilisation of ideas and opinions.

The club remains strong financially, and again has more than covered its costs by 10%. In the immediate future therefore, there is no need to raise subscriptions for either membership or track and field training. This will be the third or fourth year that we have not increased subs. England Athletics is being pressurised by Sport England to raise more monies post the 2012 games to become more self sufficient compared to other sports. This is likely to mean an increase by EA in membership levies for individual club members, and race entry levies for unattached runners. Equally, our costs to hire the track both for training and competition are going up again, so it is likely that next year we will not have a surplus of track income over expenditure.

Of course we are hoping that the Olympics will bring a flood of new recruits, eager to become part of the club.

Last year, we were successful in persuading the council to refurbish the track, just in the nick of time before the wear became too bad. However, with the track being 13 years old, there are several other expensive items of equipment that will need replacing just to maintain it at its current level and to ensure that it passes its annual MOT.

We have also looked into the various options for continuing to rent the facility or taking on some sort of leasing or management of the facility, in order to try to get better budgeting and continuity with the council, the facility owners. However, as before when the track was first established, it remains untenable from a cost point of view. We must therefore continue to rely on having a good ongoing dialogue with leisure management and the council to ensure the facilities are properly maintained.

May I urge you to come on board and help with the running of the club because we cannot continue with so many posts being vacant. Without more volunteers you are wrongly putting too much pressure on the willing few. You may have expertise in a particular area that we can utilise on an ad hoc basis; also by sharing a job it lightens the load.

Finally, may I also urge you to compete for the club whenever you can. Over the past two to three years we have not competed to our full strength consistently – whether it is over fell, road, cross country or track. I realise that athletics tends to be an individual sport, unlike team games, but we pre-plan the events we should be competing in regardless of discipline, so a bit more commitment and team support would transform our performance as a club.

With your help, I am confident that the club and facilities can grow and compete at a higher level. I look forward with optimism to the future of the club.

Bob Lynch (Acting Chairman and Club President) 22nd March 2012

Questions and answers about the Chairman's report

Bob Lynch commented that there is a push to raise the England Athletics fee to £15 - £20. Bob has resisted this and has suggested that there are other ways in which EA can raise money. He also said that most of our members do not realise that currently £5 of their membership fee goes to England Athletics.

Neil Gunn asked that it should be noted that a lot of hard work went into getting the track refurbished.

Bob Lynch also mentioned that lane one of the track is 8cm too long. Remedial

work will be done on the kerbing next week in order to correct this and a few other snags.

Bob Lynch told the meeting that he has asked the council to carry out £5,000 worth of maintenance work this year.

Treasurer's report

Neil Gunn presented his treasurer's report and passed around a copy of the accounts which have been reviewed by Harts Chartered Accountants free of charge. The total club assets have increased to £47,000. The club is in a strong position. The accounts for the year show a surplus of over £2,300. There was a good income from Star Track. Track income has picked up on last year.

Kevin Ranshaw commented that many of the Under 11s stayed with the club and this has helped a lot with the track income.

Neil Gunn proposed that we should think about raising the track fee or the subscription amount for this coming year. He also said that we should think about whether we should divert surplus income towards providing for increased calls from England Athletics rather than putting it into the Club Development Fund.

Kevin Ranshaw said that track fees should be increased next year because there have been increases in the track hire costs year on year. Track fees have remained at £2 for four years.

Dave Buxton made a technical point about the Income and Expenditure Account. This should make mention of Accruals.

Mark Wheelton thanked all concerned with pulling the accounts together. He also stated that, in future, anything not relevant to Macclesfield Harriers should be taken out of the accounts and shown separately. He was referring to events like the Langley 7, the Macclesfield Half Marathon, Tegg's Nose and the Forest 5 which have their separate committees and accounts.

Election of officers

James Noakes was elected as Cross Country Manager. Kevin Ranshaw was elected as Track and Field Manager. Other officers remain the same so the list reads as follows:

President	Bob Lynch	01625 829229
Chairman	Bob Lynch	01625 829229
Vice Chairman	Phil Cheek	01625 425539

Track and Field Manager	Kevin Ranshaw	kevinranshaw@tiscali.co.uk
Club Development Manager	Bob Lynch	01625 829229
Borough Council Liason	Bob Lynch	01625 829229
Schools Liason Officer	Bob Lynch	01625 829229
Welfare Officers	Bob and Pauline Lynch	01625 829229
Treasurer	Neil Gunn	neil.gunn@gmail.com
Membership Secretary	Julian Brown	01538306058
Secretary	John Mooney	07900823789
Magazine Editor	Alison Gunn	gomacclesfield@hotmail.com
Website Co-ordinator	John and Nancy Bunyan	01625 424564
Statistician	Rachel Lawrence	rachel.lawrence@tesco.net
Men's' Road Racing Manager	Steve Lomas	01298 813477
Ladies' Managers Road and	Anne Farmer and	07817 365608 (AF)
Cross Country	Alison Hartopp	
Fell Running Representative	Phil Barnes	philip@jolokia.uk.com
Men's' Cross Country Manager	James Noakes	
Junior Cross Country Manager	Vacant	
Coaches Representative	George Fisher	01782 513606
Men's' Track and Field Captain	Ashley Pritchard	01625 617734
Ladies' Track and Field Captain	Pauline Lynch	Pauline_Lynch@hotmail.com
Club Colours	Trevor Longman	01625871744 or 07944897842
Legal Advisor	John Hirst	
Auditor	Vacant	
Press Officer	Vacant	
Catering Representative	Vacant	
Webmaster	Vacant	

Bob Lynch pointed out that he will not continue to be Acting Chairman indefinitely and we must find a replacement for him. He commented that some people are put off because they do not think that they have enough experience for the role but they can call upon support from other club officials and we must find someone regardless of experience.

Any other business

George Fisher's junior membership form

The meeting agreed that the wording of Section G, Sub section 2 (about photographs) should be reworded to include a tick box.

The meeting agreed that the wording of Section G, Sub section 4 (about helping out) should be reworded to include a specific number of events rather than leave a blank.

The meeting agreed that this form should be issued to new members. It should be issued to existing members next year.

George Fisher's proposed membership fees

Dave Buxton said that we should increase the fees full stop. There should be a flat rate fee. It should be paid before the end of March. Notice of the fee would need to be given 3 months earlier.

Phil Barnes said that we are trying to solve a problem which we don't have because we are not in financial difficulties.

Bob Lynch said that we cannot police a two level annual renewal fee.

Phil Cheek agreed that we can't make a two level annual renewal fee work.

The meeting agreed that we should accept the new member fees but they should be applied from 2013. We should also include in the welcome pack, a club vest (2 per family) etc. from 2013. The meeting agreed that we should not make any change to the annual renewal fee.

Mark Wheelton said that the Committee should note the recommendation of the new member fees for 2013.

As there were insufficient members present at the AGM to formally adopt all the actions, they will be published by the Secretary on the website and in the next edition of Go Magazine. If no objections are raised, they will be formally adopted at the end of June. In the meantime, the officials of the club will work on any actions at forthcoming committee meetings pending

J.B. Mooney 5th April 2012

60 Volunteers still needed!

Macclesfield Half Marathon (and 5k) – Sunday 30th September

Total Volunteers needed: 130

Volunteers already signed up: 70 (thanks!)

Volunteers still required: 60 (could you be one of them?)

This year the annual Macclesfield Half Marathon and a 5k (new for 2012) – both are ‘measured’ courses, will be run on Sunday 30th September (Half Marathon starts at 10.00 and the 5k at 10.15).

Last year the Half Marathon was closely monitored by regional officials and got a glowing report – it is considered to be a ‘well organised’ event – this is down to the very hard work done by everyone from the club involved.



The addition of the 5k race means that more volunteers and more course marshals will be required.

Traditionally, as Macclesfield Harriers & A.C. ‘host’ the event this is the opportunity for club members to contribute to the club by volunteering their time (either their own or that of friends and family) as without all the roles being filled we cannot run the race safely.

Last year we needed about 90 volunteers and this year we predict that we will need about 130 volunteers due to the addition of the 5K race (the roles range from helping at the start, finish, car parking, course marshalling, catering, water stations etc). So far I have 70 people who have offered to help and so I still need 60 more names – so if you have not already offered to help then please can you mark the date in your diary (30th September 2012) and contact me to volunteer your time – I am allocating roles as names come in – first come first served!



Please call me on 01625 611802 or 07786 855027 or e-mail me at neil.gunn@gmail.com – hopefully with enough volunteers and lots of enthusiasm we can put on another great race that is well attended and that raises a lot of money for the club’s chosen charities.

Neil Gunn

Marshal Co-ordinator (Macc Half and Macc 5k)

01625 611802 or 07786 855027

FOREST FIVE CHARITY RUN



ON THE PICTURESQUE TRACKS OF MACCLESFIELD FOREST

7.30pm Wednesday July 18th 2012

Entries £5 on the night

Parking and registration from 6.00pm

*At Macclesfield Forest Visitors Centre,
Trentabank, Nr Langley (SJ 961712)*

Under no circumstances must cars be parked anywhere near the Leathers Smithy Pub. Race parking is 600 metres beyond.

- *Entry fees are donated to East Cheshire Hospice*
- *Sorry, no prizes, we want as much as possible to go to our charity*
- *The route is ~5.5 miles mostly on good quality forest tracks but there are some stepped boardwalks to negotiate. At one point there is a route choice; either stay on the dry firm track or to take a slightly shorter line across slippery grass (this might govern your selection of shoes)*

Arrive in good time; the start is 10 minutes walk from registration. After the race, runners and officials tend to gather in the St Dunstan Inn in Langley.

Volunteers wanted for marshalling this event

**If you don't want to run, why not volunteer. Contact Pete Nolan on
01625 423414 or 07980 543276**

With the kind permission of United Utilities plc and with the support of the Peak National Park Rangers & Macclesfield Harriers & AC.

Changing and toilet facilities are extremely limited.

100 Days to Go Event – Wed 18th April 2012

Macclesfield Harriers and A.C. have been one of 190 clubs across the UK who have been hosting a “100 Days to Go” event. Ours saw newcomers welcomed to the sport, local clubs coming together, and international athletes paying a visit to celebrate the landmark in the countdown to the Olympic and Paralympic Games.



Andy Sutcliffe presenting goody bags to some young athletes

At Macclesfield seven teams made up of athletes from a number of local clubs, and covering a wide range of ages took part in a 100 lap relay (almost 25 miles) on the track and youngsters were invited to come along to ‘Try Athletics’ with events including 50m and 100m sprints and a mini trail/fell race being held. The track also saw different world records marked out – such as markers in the sandpit for the long jump, and high jump, and also for javelin, discus, shot-put and pole-vault bars (raised right up to where the men’s and women’s marks stand).



Presentation by Sandra Wright

As well as the youngsters (and older newcomers) getting a taste for the sport there were also displays of information about different aspects of the club.

International pole vaulter

Andy Sutcliffe was on hand to give the youngsters encouragement and dish out goody bags, and Sandra Wright was also on hand letting youngsters (and the young at heart) take a look at the Olympic Bronze medal she won in the 1992 Olympic Games. Sandra

also presented the junior awards to the winners of the 2011 season.

England Athletics attended the event and were very impressed with the evening.

Barbara Murray (Event Co-ordinator) and the rest of the team would like to thank all the numerous helpers who made the evening a success.



Youngsters in the mini fell race



A closely run relay

Updates on Various Club Activities

As I sit and write this article, the heavy showers continue to remind me how fickle our weather can be; roll on the summer.

We have held **the AGM**, and as we had insufficient attendees to be quorate, if you have any comments on actions proposed, please can we have them by mid June. Kevin Ranshaw has agreed to take on the role of T&F coordinator, and James Noakes has agreed to be the XC coordinator. I am prepared to continue as chair, but only for this current year. We are using small working groups to help divide up some of the actions, such as awards, website update, and Olympic year events.

The 100 day to Go event was a tremendous success, thanks to you the athletes, the working group headed by Barbara Murray and to ALL the volunteers on the night. It was great to have ALL sections of the club working together to promote the club.

Buoyed by this success, Barbara has agreed to take the lead again for us to put on an **Olympic Legacy day on Sat 25th August**. Please try to attend: we intend to have a come and try it section for a range of events, together with another relay - this time only 25 laps, some track competitions, an Orienteering event, a BBQ and Music. Again if you can help in anyway, or want to make suggestions, just get in touch with Barbara.

We split the **club awards** this year, with the younger age groups being covered at the 100 day event, with the u/20s and seniors having a separate session. Shortly after the end of the T&F season this year, it is intended to have a special evening of awards, rather than wait to early 2013. If you have any comments or suggestions, then let us know.

You are probably not aware, but after the track was refurbished last year, the subsequent survey found that the inside lane was too narrow and also it was too long. This has now been corrected, but it would appear that it has been too long ever since it was put down! The HJ bed is being replaced, and more training hurdles have been purchased. All these items are being funded by the Leisure centre. The track facility will now require more repairs and replacements year on year, so we need your continued cooperation in looking after equipment.

Don't forget to take advantage of the summer **Startrack** course scheduled for the 23- 27th July. It is designed to improve new and developing young athletes master a range of disciplines. Again I would welcome our older teenagers to come and help with the coaching and to act as role models for the youngsters.

Sadly I have to report the death of the clubs oldest member - Joe Snelson, a stalwart for the club over many years, who passed away earlier this year. Joe was part of the old school, who realised the benefits of hard physical training, which he picked up as a result of his time in the army and during the Second World War. He was part of the harriers when it was reformed after the war, and he continued to compete in road races until his late sixties

during the boom years of road running during the 1980s. When he got too old to run marathons, he took to walking them!

We are now well into the T&F season, having made promising starts in all three leagues to which we belong. Our performances have been good, but again we have not been at full strength. This was also true at the recent club county championships - some excellent individual results, but too few of you are willing to commit to competing!

A sub group is now working on your behalf to put on the half marathon race, which this year will also feature a 5K race.

John Bunyan with input from others has put a lot of effort into revamping the club website.

While separately the Macclesfield athletics development fund is working up the case for a multisport indoor facility.

Is there any way you can help with any of these projects??

Bob Lynch 01625 829229.

pauline_lynch@hotmail.com

Fell Running Report

Six races into the Fell Champs and only 4 points separates Barry Blyth and John Mooney! The next race is the awesome Great Lakes Race on June 16th.

The Fell Champs have produced some fine performances already, including a second place at Mow Cop for Simon Harding, and a good showing at Kinder Downfall meant that Macc came with 4th (Andy Lamont), 6th (Richard Houghton), and 7th (Ian Mills). Barry Blyth took 1st V65 (and V60!), AND we took the team prize!

The Old County Tops (59 kilometres and 3050 metres of climbing) took place this weekend with some very impressive results for Macc Harriers and some of its friends.

Digby Harris and Judith Jepson were 5th and 1st mixed pair in a fantastic time of 7:54, just 5 mins off the course record! Ian Hughes with Steve Pyke were 6th in 8:02 and 1st V90, Steve Swallow and Kirsty Hewitson were 19th and 4th mixed pair in 8:50 and Mandy and Hazel were 3rd V90 Ladies in about 10:40.

Come and join us on a Wednesday night for a good run and beer and chat afterwards. Details on the web calendar.

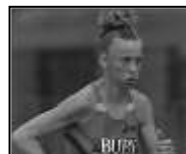
Philip Barnes

Olympic Quiz - why not test your knowledge of the Olympics in our quiz

(Answers on page 27)



1. Which 5 cities beginning with the letter 'M' have hosted the Summer Olympic Games since 1896?
2. What is the longest athletic race in the Olympic Games?
3. What was the nationality of the man who was leading the marathon in the 2004 Olympics before he got knocked over by someone who ran out of the crowd?
4. Pheidippides ran over 26 miles in 490BC to deliver the news of a lost battle. Where did he run to?
5. In which years did Daley Thompson win Olympic Gold in the Decathlon?
6. What are the 10 events in the decathlon?
7. How old was Mary Peters when she won the Gold in the Pentathlon in 1972?
8. In what year did women first compete in athletics at the Olympics?
9. In what year were the first British women's athletics gold medals won? Who won them?
10. In 1924 Eric Liddell won the 400m Gold medal – which British athlete won the Bronze?
11. Which Olympic year witnessed the collision between Mary Decker and Zola Budd?
12. At which Olympic Games did Cheshire's Olympic couple, Ann Packer and Robbie Brightwell win their gold and silver medals respectively?
13. Which is the only country to host a Summer Olympic Games in consecutive decades of the 20th century?
14. Name this Scottish middle distance and long distance track athlete who won the silver medal for the 10,000 metres at the 1988 Olympic Games.
15. Which city played host to the first Paralympics?
16. Name the four cities beginning with the letter 'A' that have hosted the Summer Olympics?
17. At which event did Steve Ovett win a gold medal in 1980?
18. Sebastian Coe won gold medals at the 1980 Moscow Olympics and 1984 Los Angeles Olympics. What was the event?
19. Name the cities that hosted the Summer Olympics in 2000; 2004; 2008.
20. Which of the following was introduced into the Olympic Games before the other two? The Olympic Flame, The Podium For Medal Winners, or Electrical Timing Equipment?



Thanks to Savitri McAsey, Jane Stephens and Rachel Spearing for setting the quiz.

Club Colours & Training Kit

We now have a larger than ever collection of club kit. We have recently acquired some short sleeved and long sleeved 'T' shirts, which are in club colours and will therefore be suitable to wear when competing for the club in races. They are made from a technical material and are very comfortable to wear.

Available at the moment are short sleeved in 34" and 38", which will hopefully fit some men and ladies and some long sleeved in 38", which are quite generous and will probably only be suitable for men, but with the onset of summer (hopefully!), if we receive some orders for the long sleeved they will be available for the colder days. We should be able to order in Youths sizes if required.

The full price list is as follows;

Short sleeve 'T' shirt in club colours - £18

Long sleeve 'T' shirt in club colours - £20.

Club vests - £13

Club crop tops - £16.

In addition we have a selection of training wear. These are in burgundy with the club logo in grey. We can arrange for any print or design to be put on the front or back for an extra charge of £2.

All of these items are available in Youths sizes except the full zip hoodies.

Technical T shirts -£10

Sweatshirts - £12

Standard hoodies - £16

Full zip hoodies -£16

Why not pop along to the clubhouse on a Tuesday or Thursday evening to view all of these garments.

Trevor Longman

BOUNCING BACK

From acute injury



John Honey Physiotherapy
Trinity House Practice

In the lead up to the Olympics, those that make it to the start line aren't just talented and committed, they have also managed to keep injury free, or treated their injuries correctly.

Getting injured is an athletes worst nightmare, but treating it correctly from the start can make the difference between being out for weeks rather than months.

I assume every runner knows the acronym R.I.C.E. but do you know P.R.I.C.E.? The P stands for protect. If you pull a muscle or sprain your ankle whilst out running, sit down and wait for a lift, rather than walking back home. It could make all the difference.

Phase 1 : The inflammatory stage

Physiologically the injured tissue is filled immediately with erythrocytes and inflammatory cells, torn blood vessels bleed into the area. Keeping the area still can minimise this, making recovery quicker.

Ice as soon as you can, this causes vasoconstriction, so reducing bleeding (but only for 15 mins, after that blood vessels dilate). Ice also helps to reduce pain. Compression helps further and elevating it uses gravity to assist in drainage. In a nutshell; ice 15 mins every hour, compress with a bandage or tubigrip and elevate as close to vertical as you can, at the very least the limb should be higher than your heart.

Phase 2: The proliferation stage

Around day 3 fibroblast cells start to lay down scar collagen with excessive cross links. At this stage if gentle stress is applied to the healing tissue the amount of cross links are reduced and the tensile strength of the tissue is increased. As a rule, stretch the tissue to the point it hurts (eyebrows up type of pain, not tear inducing pain!) There is no point stretching before day 3 as there is nothing to stretch!

You can still exercise in this phase, pool running in neck deep water limits weight bearing on a sprained ankle to 10-20% of body weight. Cycling and gym work keeps the rest of you in tip top condition. Do the core stability exercises you've always promised you'll start. As a rule, if it doesn't make the pain or swelling worse go for it.

Phase 3: The remodelling stage

This usually starts around the 3rd week and can go on as long as 12 months in really severe injuries. Now is the time to really strengthen the torn muscle, loading it promotes blood vessels to regrow, regeneration of muscle fibres and more parallel orientation of myofibers.

In tendons it stimulates collagen synthesis, which strengthens the tendon. For a torn calf you may want to start with heel raise, progressing to single leg and then onto the edge of a step. For hamstring injuries, lie face down and bend and straighten your knee with a small weight. Progress by gradually increasing weight, repetitions and doing some at speed.

This is also the stage to push proprioceptive exercises (posh term for balance). An example would be standing on one leg whilst throwing and catching a ball (disengaging the brain ensures that proprioception is automatic).

Finally, try some functional activities; brisk walking, lunges, high knees, hopping on the spot. If there is no pain or swelling you can start back to running. Do a test run first; walk briskly for 5 minutes, run for 1 min, walk for 1 min, 5 times, finish with a 5 min walk. Wait until the following day to see if there is a reaction. If not, gradually increase the running intervals.

How do the professionals get back so quickly?

Usually with the help of a team of doctors, physiotherapists and sports scientists. Physiotherapy can help at every stage; at the beginning electrotherapy reduces swelling, bruising and pain (ultrasound and pulsed short wave diathermy). Massage, mobilisations and electrotherapy in the 2nd and 3rd stages as well as a tailored exercise programme to help you through each phase. Most injuries will repair themselves with time, physiotherapy can speed up the process, ensure optimal healing conditions and prevent re injury.

Gayle Evans

Senior physiotherapist at John Honey Physiotherapy
Macclesfield 01625 615762

Langley Fete Fell Run 2012

Please come and support a local race at a local fete!

Date: Sunday 24th June 2012 - Starts at 2.30 p.m. Entry on the day.

The route is short and sharp up and down Tegg's Nose Country Park, 2.85 miles (650 feet) from Langley playing field (GR SJ942717). Entry £3, registration from 1 pm. Over 16s. Parking on nearby roads as there is no parking on the field.

This is part of the fantastic Langley Village Fete - Olympics theme this year! - with lots of family fun, pet show, BEER and CAKE tents, BBQ, tug of war, live music, many stalls etc. Proceeds to upkeep of the Village Hall.

We also require marshals and time keepers please! - but not too many, we'd prefer it if you run the race.

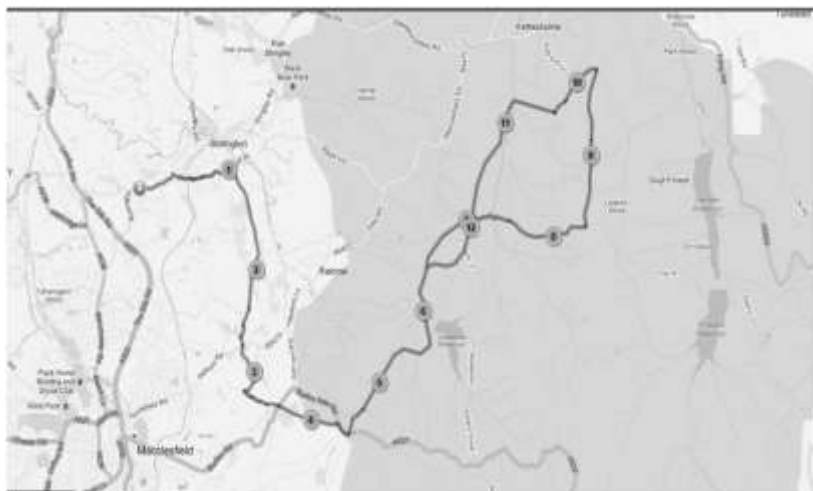
If you can help please contact Sophie Kirk - sophieikirk@yahoo.co.uk

The Chase - Macclesfield Harriers First Recorded Event?

Macclesfield Courier and Stockport Express (or Cheshire General Advertiser)
Saturday Dec 14th 1816.

The National Debt was out of control. The first of the Corn Laws, imposing a tariff on foreign grain and resulting in higher grain prices in England, had just been introduced. Famine and chronic unemployment were increasing, there were riots in the metropolis, the twitterati of the day, ie, hand bill publishers, were calling for armed insurrection and the decapitation of Castlereagh, Shakespeare's Henry IV was playing at the theatre, it was just a year after Napoleon Bonaparte had been defeated at the Battle of Waterloo, a new three hour coach service was announced between the Pack Horse Inn and Manchester. There was a vacancy for a master at the Free Grammar School (salary of £150 per annum) and a record of one of Macclesfield Harriers Chases was published in the Macclesfield Courier. It was December 1816.

The Chase – The Macclesfield Harriers threw off on Wednesday morning at Bollington Cross. We have been furnished by a Correspondent with the following particulars of an extraordinary Chase, afforded by a 'Small Mountain Hare', which to those of our reader who are acquainted with the geography of the country may afford some amusement. She was found on the Mount Estate in Bollington; and upon being started, made instantly for the hills, taking Kerridge hill, near the Northern Nancy, and proceeding on the west side of the hill towards Swanscow, where she backed, and went directly over the hill into Rainow; she there crossed the Chapel-en-le-frith Turnpike Road, taking a ring to the right (eastward of the



One House) as far as Walker Barn. Mounting the hill to the left, she crossed Hordern Moor, and continued in a direct line for several miles, through Macclesfield Forest, toward the Taxall Moors; at length, being hard pressed by the Hounds, she doubled back, endeavouring to make her way through the Oak Wood: the Hounds however, began to gain upon her, and she was killed in good style, after a chase of more than two hours without a check. The Hare was remarkably small, weighing only five pounds and a half.

It's difficult to retrace the route exactly. In particular it's not clear which Oaks Wood the Hare was endeavouring to reach. For the purpose of recreating this chase I've taken this to be the Oaks wood in Rainow which is conveniently near the cafe at Common Barn Farm. The distance appears to be about 13 miles which should represent a reasonable 2 hour challenge for present day Macclesfield Harriers (without of course the hare!)

Raph Murray, Macclesfield Harriers, Feb 2012

Note: White Nancy is usually reported to have been built in 1817 by John Gaskell to commemorate Waterloo. If this is correct the Courier's reference to Northern Nancy in Dec 1816 suggests a structure that predates White Nancy.

Macclesfield Harriers 2012 T&F Awards: 2012 Scoring – Update

After some feedback about the T&F scoring for 2012, this is a slight update to to define the number of counting events for the age groups, there are only 3 YAL meetings this year.

The events which will count in the awards are the Young Athletes League (U13-U17), Northern League (U17-SEN), Cheshire T&F League (All), Cheshire Championships (U13-SEN) and Club Championships (All). The awards score will be made up from attendance and performance. For attendance you score 3 points for each meeting attended. For the U11 up to a maximum of 3 events to count; for U13 up to a maximum of 6 ; for U15 up to a maximum of 7 and U17 & SEN up to a maximum of 8 meetings. For performance, at each meeting, the athlete's best position attained in any event (all athletes, not just Macclesfield) will be used to get a score from 6 points for 1st place to 1 point for 6th place. Attendance and performance scores will be added together to get an overall score for each athlete in each age-group.

Rachael Lawrance

(PS I am changing my email address to: rachael.lawrance@gmail.com)

Club Cross-Discipline Challenge

Does the thought of warmer weather or the upcoming Olympics make you fancy a new challenge over the next few months? If so, then below are details of upcoming club events open to senior athletes. All these events form part of the new cross discipline challenge (where the focus is on participation), and if you are running more competitively, they are also all part of the club's road, fell or track and field championships.

Date	Name	Type	Category	Distance	Pre entry required ?
Sat-02-Jun	Hollins Green	Road	S	5k	
Sat-09-Jun	Cheshire League - Bury	T&F	T&F		
Sat-16-Jun	Great Lakes	Fell	L		Yes
Sat-30-Jun	Whaley Waltz	Fell	S		
Sun-01-Jul	Northern league - Macclesfield	T&F	T&F		
Sun-08-Jul	Cheshire League - Macclesfield	T&F	T&F		
Sun-15-Jul	Holme Moss	Fell	L		
Sun-29-Jul	Great Warford	Road	L	10 mile	
Sat-04-Aug	Borrowdale	Fell	L		Yes
Sun-05-Aug	Northern League - TBC	T&F	T&F		
Sat-18-Aug	Weasdale Horseshoe	Fell	M		Yes
Sun-19-Aug	Sedbergh Hills	Fell	L		
Sun-19-Aug	Birchwood	Road	M	10k	Yes
Sun-26-Aug	Ellesmere	Road	M	10k	
Sun-02-Sep	Cheshire League - Colwyn Bay	T&F	T&F		
Sat-15-Sep	Lantern Pike	Fell	S		

Chris Bentley



Road Running



London Marathon – Sunday 22 April 2012

This year's London Marathon included some memorable performances by Macclesfield Harriers athletes, some of which were Club record breaking runs.

Over 37,000 runners completed the marathon with as much as £50m being raised for various charities.

As many members might have seen, the overall race was won by Wilson Kipsang of Kenya who ran a very quick first half of the race and at one time threatened to break the world record. He eventually finished in 2:04:44.

Three time winner Martin Lel, also of Kenya, was second and Ethiopia's Tsegaye Kebede was third.

Andi Jones, a previous winner of the Macclesfield Half Marathon, finished 24th - and 4th Briton - in 2:18:29.

In the overall ladies' race, it was a Kenyan 1-2-3, with last year's winner, Mary Keitany retaining her title in 2:18:37 with Edna Kiplagat finishing runner-up and Priscah Jeptoo third.

Freya Murray was the overall 13th lady and second British lady, in 2:28:10. She is the niece of Harriers members', Raph and Barbara Murray (and cousin to Seonaid, Declan, Calum and Lachie Murray) and she is hoping to gain selection for the British team in the Olympic marathon.

The leading Harrier today in the marathon was James Noakes and he posted another very tough to beat Club M45 record with a time of 2:41:22. This was also good enough for an overall finishing place of 209th and an M45 category 9th place (out of over 3600 in the M45 category). This was nearly 4 minutes faster than the previous best time by a Harrier in that category which was set 24 years ago by Ron Graves.

Those watching the event on BBC TV may well have seen James and his family being interviewed afterwards by Colin Jackson. He gave a great interview with a good mention for Macclesfield Harriers and for his race charity, Cancer Research. Not too far behind and also putting in an elite standard performance, was Mark Walker who in recording a time of 2:46:38 set a new personal marathon best,

running the distance over 10 minutes quicker than he has done before. It was interesting for many at the Club in that James and Mark employed very contrasting training regimes for the marathon but it seems both strategies were very successful.

Martin Platt had also trained long and hard for the marathon and he had enjoyed a mainly injury free series of training runs. He was just outside his own Club M55 record here, finishing in 3:11:30. Matt Grove also benefited from weekend training runs with Martin (and also Tim Stock) and he set his best marathon time here, recording 3:37:32.

The next record breaker, a serial record breaker at that, was Dave Tucker who beat his own marathon Club M60 best here, by over three minutes in a new time of 3:41:11. He was the 72nd M60 in the race out of the hundreds of runners in that category.

Everyone in the Club will also be pleased that Pauline Lynch smashed her own Club F65 marathon record by a very large margin of over 17 minutes. Pauline's time today was 4:29:46 which will be a test for anyone to better in future years. Please also note that Pauline's time was the fastest ever by a Cheshire Club athlete at F65 level.

Judging by the times shown, it looks like all the other Harriers represented the Club very well here and it is hoped they are all pleased with their efforts.

The following list shows the times for all the Harriers who ran.

Noakes, James P	02:41:22
Walker, Mark	02:46:38
Brown, Richard S	02:58:17
Platt, Martin	03:11:30
Grove, Matthew	03:37:32
Tucker, David K	03:44:11
Sparks, Ian	03:49:25
Macleod, Helen	03:49:56
Howard, Zoe R	04:12:44
Woolley, Sarah Haigh	04:20:23
Day, Joanne Marie	04:24:07
Newton, Harry J	04:29:00
Lynch, Pauline	04:29:46
Mothershaw, Mark	04:43:56

Greater Manchester Marathon – Sunday 29 April 2012

The Greater Manchester Marathon was staged, in what was for road running's standards, atrocious conditions with strong winds and driving rain.

The race started and finished in Trafford and headed out towards the south-west area of the city including the Dunham Massey and Partington areas.

The race was won by Dave Norman of Sale Harriers in 2:24:50 ahead of Andi Jones (2:26:23), who only raced at the London Marathon a week previously where he was the fourth British finisher.

Rebecca Johnson of Bellahouston Road Runners was the first lady in a time of 3:05:26.

Over 4600 runners completed the course and the Harriers' times were as follows;

Mark Messenger 3:15:41 (first ever marathon)

Gary Willcock 3:19:30 (11th M50, new pb in his 8th marathon)

Duncan Dickie 3:27:55 (1st marathon as a Harrier)

Sarah Grady 3:30:16 (31st lady, off very little training)

Iona Cummings 3:53:25 (new pb)

Julia Dickie 4:00:31 (1st marathon for the Harriers and new pb)

Susannah Middleton 4:18:23 (new pb)

Lynne Graves 4:25:05 (new pb)

Fiona Wilson 4:38:45 (1st ever marathon)

Alan Flood 4:51:01

Greg Conway 5:00:19

Steve Lomas

Cheshire Grand Prix and Club Championship Road Race Series

<u>Cheshire Grand Prix race or not</u>	<u>Race Distance Category</u>	<u>RACE</u>	<u>DATE</u>
GP	short	Hollins Green 5K	Saturday, 2nd June, 4.30pm
GP	long	Great Warford 10 mile	Sunday, 29th July, 10.00am
GP	medium	Birchwood 10K	Sunday, 19th August, 10.30am
	medium	Ellesmere 10K, near Oswestry	Sunday, 26th August, 11.00am
GP	long	Macclesfield Half Marathon	Sunday, 30th September, NOT A CLUB CHAMPS RACE
	long	Congleton Half Marathon	Sunday 7th October, 09.30am
	medium	Cheddleton 10K	Saturday in late November
	long	Stockport 10 mile	Sunday in early to mid December

Scoring rules for the Cheshire Grand Prix

Best 5 races to count for the team event and best 4 races to count 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 :

http://cheshireaa.com/results/RRGP/cheshire_road_race_grand_prix.aspx

Rules for the Club Championships

Separate championships for men and women.

20 points for first place, 19 for second and so on.

All finishers receive a point.

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

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

Market Drayton 10k – Sunday 13 May 2012

On the same day as the Chester Half Marathon was the Market Drayton 10K and Dave Jackson was the Harriers' representative. He took the 3rd M70 prize with a time of 55:38.

Steve Lomas

Other forthcoming local road and trail races not associated with any of the Club's championship series'

Offerton 10K road race (park paths)	Stockport	Wednesday, 4th July, 7.30pm
Debdale Park 7K (park paths)	near Stockport	Sunday, 8th July, 11.00am
Cheadle 4 Road Race	Cheadle, Staffordshire	Sunday, 8th July, 10.30am
Lymm Olympic Festival 5K Trail Race	Lymm	Sunday, 8th July, 11.30am
Haigh Hall 4 Mile Road Race	Wigan	Wednesday, 11th July, 7.30pm
Wizard 5 Mile Multi-terrain Race	Alderley Edge	Thursday, 12th July, 7.30pm
Burtonwood 5 Mile Road Race	near Warrington	Saturday, 21st July, 4.00pm
Moonraker 10K Road Race	Bowlee, near Middleton	Sunday, 22nd July, 11.00am
Warrington 5k Trail Race	Warrington	Sunday, 22nd July, 10.00am
Meerbrook 15K Road Race	Meerbrook, Staffordshire	Saturday, 4th August, 10.00am
Stockport 10K Legacy Multi-terrain	Stockport	Sunday, 5th August, 10.00am
Leek Half Marathon	Leek	Sunday, 19th August, time TBA
Tameside 10K Road Race	Ashton-under-Lyne	Sunday, 2nd September, 10.00am
City of Salford 10K and 5k Road Races'	Salford	Sunday, 9th September, times' TBA
Woodford 10K Multi-terrain	Woodford	Sunday, 9th September, 11.00am
Gawsworth 10K Multi-terrain	Gawsworth	Sunday, 9th September, 10.30am

These and other races can be found at;

<http://www.ukresults.net/2010cal.html>

<http://northernrunningguide.com/>

<http://www.race-results.co.uk/results/2012/index.php>

<http://www.runnersworld.co.uk/defaultevents.asp?sp=&v=2>

The websites highlight many road and trail races that might appeal in areas slightly further afield, for example in the Lake District, Yorkshire and North Wales.

Also please note, the
Staffordshire Moorlands
Summer Series runs for 10
weeks, every Thursday, starting
31st May
Details can be found on the
Staffordshire Moorlands
website: [http://](http://www.sta-fs-moorlands-ac.co.uk)

www.sta-fs-moorlands-ac.co.uk

Harriers Soar to Victory at Mobberley - Round the Runway Race, Thursday 10 May 2012

The Harriers mens' team experienced no delays at the Mobberley Round the Runway race on Thursday night and claimed the team prize against some very strong local clubs. In addition, there were some very encouraging runs from all of the several Harriers who took part.

Nearly 250 runners finished the race and the event was expertly organised by Wilmslow RC. The Wilmslow ground staff were friendly and very supportive throughout the evening. Over £1,000 was raised for the Alzheimer's Society.

The conditions on this multi-terrain course (which measured at approximately 5.38 miles) were, unexpectedly, quite muddy, even allowing for recent rain and this caused some turbulence for the runners with slightly slower times occurring as a result.

The three team members who claimed the prize, comprised of James Noakes, Andy Lamont and Mark Walker. James and Mark still felt a lack of thrust after their recent London Marathon runs and Andy was now at a lower altitude after having just won – at the last weekend – a fell race in Yorkshire but they were all still strong enough to be able to finish in the top ten.

The Harriers ladies' team of Carol Bird, Melanie Head and Lynne Graves also finished high up the table in 5th place.

John Mooney, having raced at Rainow the previous evening, still had enough fuel to finish as 2nd M50 in just over 33 minutes and David Woodhead, who was making his debut for Macclesfield as a second claim runner, touched in with a 34 minute time.

Matt Grove overcame his own London Marathon tiredness to finish in one of his best times on this course - despite the conditions - and another debutant for the Harriers, Jonnie Plumb, circled just behind in 37 minutes.

Oliver Johnstone, was next and beat several of his Knutsford Tri colleagues in this race. Carol again recorded another 3rd F50 prize after her recent success at the Goyt Valley 10K.

Then it was very pleasing to see some 'C' group members compete here. Peter Vince, Melanie (3rd F40) and Lynne all enjoyed the race, despite Lynne, who only recently completed the Greater Manchester Marathon, saying she encountered strong head winds in the last mile.

Junior, James Mothershaw showed more potential with his time here and Mark Mothershaw and David Larkin both came in on their expected finish line arrival times.

Overall race winner: Gavin Tomlinson of Trafford AC, 28:32

Overall first lady: Diane McVey, 33:10

Harriers:

James Noakes, 29:40 (4th place and overall 2nd vet)

Andy Lamont, 29:47 (5th place)

Mark Walker, 30:40 (10th place)

John Mooney, 33:37 (35th place and 2nd M50)

David Woodhead, 34:31 (49th place)

Matt Grove, 37:05

Jonnie Plumb, 37:20

Oliver Johnstone, 38:52

Steve Lomas, 40:27

Carol Bird, 41:06 (3rd F50)

Peter Vince, 41:31

Melanie Head, 43:11 (3rd F40)

Mark Mothershaw, 44:14

David Larkin, 44:47

Lynne Graves, 45:52

Olympic Quiz - Answers



1. *Melbourne, Mexico City, Munich, Montreal and Moscow, 2. Men's 50 km walk (31.5 miles)*
3. *Brazilian, 4. Athens, 5. 1980 (Moscow) & 1984 (Los Angeles)*
6. *100m, long jump, shot put, high jump, 400m, 110m hurdles, discus, pole vault, javelin, 1500m.*
7. *33 years old and in her 17th year of pentathlon competition, 8. 1928 in Amsterdam*
9. *Ann Packer 800m 1964 Tokyo, and Mary Rand Long Jump 1964 Tokyo*
10. *Guy Butler (Guy Butler won 4 Olympic Golds – a British athletics record he shares with Sebastian Coe)*
11. *1984*
12. *Tokyo 1964. Ann won gold in 800metres and Robbie took silver as part of the 4x400 relay team. Ann is married to Robbie and they live in Congleton.*
13. *The USA in the 1980s and 1990s*
14. *Liz McColgan (nee Lynch)*
15. *Rome in 1960*
16. *Athens; Amsterdam; Antwerp; Atlanta,*
17. *800 metres at the Moscow Olympics*
18. *1500 metres*
19. *Sydney; Athens; Beijing*
20. *Electrical timing equipment*

Mens Club Champs points after 5 races

		Alsager 5	Cheadle 5	Wilmslow Half	Chester Spring 5	Whitley 10K
		Feb 5	Mar 4	Mar 25	Apr 4	Apr 15
		S	S	L	S	M
No of Runners		9	6	27	5	9
James Noakes	M45+	20	20	19		
Chris Bentley	M	19	18			20
Andrew McEvoy	M	16	17		19	
Steve Lomas	M40+		16		17	15
David Hancock	M60+		15		16	13
Mark Walker	M			18	20	
Chris Harbron	M40+			15		17
Alan Webster	M	15				16
David Larkin	M	12		1		12
David Tucker	M60+	14		9		
Tim Pattison	M			20		
Mat Bigley	M		19			
Gary Willcock	M50+					19
Keith Mulholland						18
Mark Wheelton	M50+				18	
John Mooney	M50+	18				
Richard Brown	M40+			17		
Barry Blyth	M65	17				
Neil Gunn	M50+			16		
Andrew Wardle						14
Duncan Dickie	M45+			14		
Philip Barnes	M50+			13		
Doug Hughes	M	13				
Alan Wardle	M50+			12		
Matthew Grove	M40+			11		
Andrew Mothershaw	M			10		
James Bones	M			8		
Kevin McQue	M45+			7		
Neil Murphy	M50+			6		
James Mothershaw	M			5		
Daniel Harle	M			4		
Richard Pankhurst	M40+			3		
Michael Bird	M45+			2		
Ron Walker	M50+			1		
Paul Clowes	M			1		
Mark Mothershaw	M45+			1		
Tony Burton	M60+			1		
Harry Newton	M70+			1		
Simon Barton	M40+			1		
Robert Graves	M40+			1		

Ladies Club Champs points after 5 races

		Alsager 5	Cheadle 5	Wilmslow Half	Chester Spring 5	Whitley 10K
		Feb 5	Mar 4	Mar 25	Apr 4	Apr 15
		S	S	L	S	M
No of runners		1	1	15	1	2
Barbara Murray	F50+	20			20	20
Andrea Frost	F45+			20		
Den Masset	F					19
Sarah Grady	F35+			19		
Angela Swinden	F40+			18		
Carol Bird	F50+			17		
Julia Dickie	F45+			16		
Sophie Kirk	F			15		
SallyAnn Hales	F50+			14		
Iona Cummings	F			13		
Melanie Head	F40+			12		
Fiona Wilson	F50+			11		
Helen Macleod	F40+			10		
Emma Beveridge	F40+			9		
Lynne Graves	F40+			8		
Savitri McAsey	F55+			7		
Jane Stephens	F45+			6		

Harriers Shine at Chester Half Marathon – Sunday 13 May 2012

On a day of football drama on Sunday, there were some premier performances from Macclesfield Harrier's athletes at the Chester Half Marathon and at the Market Drayton 10K. On a blustery day, Tim Pattison finished in an overall 3rd place and just outside the 70 minute mark with a time of 1:10:16. This was another outstanding result for Tim in a big race.

David Woodhead warmed up for the forthcoming Edinburgh Marathon with a time here of 1:33:15.

Just behind was Andrea Frost with one of her fastest ever half marathon times, 1:33:35 and she was the 2nd F45 and 11th lady overall.

Tim's mum Sally Ann Hales ran a time of 1:44:19 finishing as the 5th F50 (not every member may be aware that Sally is in 11th place in the all-time rankings for UK ladies' at the marathon - 2:28:38 at London in 1985).

Steve Lomas

AVIVA STARTRACK

Athletics Course 2012

Run by Macclesfield Harriers & AC
At Macclesfield Track
23rd - 27th July 2012
Monday to Friday 10-3pm each day
Ages 9-15



This is the 17th running of this popular course covering Running, Throwing and Jumping.

In this Olympic year places will be in great demand and limited to 60 Athletes.

Cost is £55 per person for the week.

Application forms are now available at Macclesfield Leisure Centre reception.



JUNIOR CALENDAR OF EVENTS 2012

JUNE			
Sat 9th	T&F: Cheshire League: Round 2		All
Sat 16th	T&F: Cheshire Schools Championships		Juniors/Inters/ Seniors
Sun 17th	uka: Young Athletes League – Boys and Girls Round 3 Salford, Blantyre Street (M30 8HY)	11.30	U13 – U17
Sat 23rd	T&F: Schools Mason Trophy		
Mon 25th	T&F: Cheshire Schools Championships Warrington, Victoria Park (WA4 1DG)		Minors
JULY			
Sun 1st	T&F: Northern Mens/Ladies League: Round 3 Macclesfield		U17 – Senior
Fri 6th and Sat 7th	T&F: English Schools Championships Gateshead		
Sun 8th	T&F: Cheshire League: Round 3 Macclesfield		All
Sat 21st	T&F: Cheshire Track Relay Championships Crewe, Cumberland Arena (CW1 2BD)		
AUGUST			
Sun 5th	T&F: Northern Mens/Ladies League: Round 4 Venue TBC		U17 – Senior
SEPTEMBER			
Sun 2nd	T&F: Cheshire League: Round 4 Colwyn Bay, Eirias Park (LL29 8HG)		All
Sun 30th	Macclesfield Half Marathon, 5K and Fun Run	10.00 + 10.15	

Olympic Facts - Olympic Stadium

- The Olympic Stadium will have a capacity of 80,000 during the Games.
- It is the lightest Olympic Stadium ever built.
- The fourteen lighting towers are needed because this is the first Olympic Games with HD TV freeze-frame coverage that will be essential to capture the action.
- Part of the supporting structure of the roof is formed from 2,500 tonnes of steel tubing that was actually recycled from old gas pipelines.

Macclesfield Harriers Olympic Legacy Day - 25th August 2012

On the 12th August it will all be over. The last Olympic medal will have been won, the lights from the spectacle of the closing ceremony will have dimmed. However, for all those who have been inspired by the performances of the world's best athletes it may just be the beginning. Following on, the Paralympics run from 29th August to 9th September.



On Saturday 25th August Macclesfield Harriers will be hosting an Olympic Legacy Day at the athletics track. This will allow new members and current members an opportunity to try out a range of Olympic events. The day is planned to start at 1.00 pm with coaching sessions in a number of Olympic events (eg long jump, high jump, hurdles etc). This will be followed at around 4.00 pm by a 25 lap relay and a mini-orienteeing event. We will then finish the day with a celebratory barbeque starting at around 4.30pm.

This Olympic Legacy Day will of course build on the success of the Club's '100 days to go' event in April this year. The key to the success of this event was of course all those who took part and all the volunteers who helped with organising the event on the night. Once again I would like to thank all those who helped on the night and hope that you will also be able to help on the 25th August legacy day. The more people who are able to take part or to help the more fun it will be for everyone. So if you would like to join in one of the coaching sessions, take part in the relay, help with organising the event on the day, help with the coaching sessions, organising the BBQ or advertising the event etc, please let me know (Barbara Murray, tel : 01625 573729).

Many thanks in advance for your help. We hope you will join in the fun and that the weather will be a bit kinder than in April - please make a note in your diary! Further details will be announced as more detailed plans for the day take shape.

Barbara Murray

01625 573729

Macclesfield Harriers Committee Meeting 3rd May 2012

Attendees: Phil Cheek, Bob Lynch, Kevin Ranshaw, Neil Gunn and John Mooney.

Item 1. Finances

Neil Gunn said that the net cost of the highly successful “100 days to go” event was only £117.

Item 2. Feedback from 100 Day Event and Junior Presentations

Kevin Ranshaw said that the event went well despite the foul weather. The Club obtained good publicity from the event. It has featured on the England Athletics web site. England Athletics are happy with the way that the event went. The Club has got some names of potential members. The two GB athletes who attended and were kind enough to pose for pictures were very popular.

Phil Cheek said that the junior presentation went well. The kids were superb. This part got people from all different disciplines working together.

Bob Lynch commented that next year the track and field awards could be made on a coaching night. We will also be able to book an appearance from an athletic celebrity if we can give Sarah Friday notice.

Item 3. Senior Presentation

The committee agreed that small token shields should be obtained for Simon Harding and for Angela Leonard for 2011.

Phil Cheek will investigate what is going on with the fell awards. Chaos reigns regarding who is getting what.

Item 4. Preparations for Olympic Legacy Day 25th August 2012

This is a bank holiday weekend and this occasion will be funded by the Macclesfield Athletics Development Fund. The programme will start with registration for events and a mass warm up. Prospective club members and existing club members will be invited to come and try track and field events. There will be a 25 lap relay for teams of 5 comprised of 3 men and 2 women. There may be an orienteering event and people will be invited to turn up and try it. There could be a mini competition for track events. There will be refreshments and information stands. There will also be a barbeque.

Item 5. AGM Actions

The Committee agreed that the minutes of the AGM should be published in the

next "GO" magazine and then we should proceed with the actions required. George Fisher, Kevin Ranshaw and Bob Lynch will finalise the junior membership form.

Item 6. Athletics Network

Bob Lynch said that 35 people have already signed up for the off road and endurance running training day on Sunday 25th May 2012. He also mentioned that we now have no qualified fell coaches and we do need some. We agreed to mention this to Phil Barnes the fell rep.

Item 7. Any other business

- a) Delay magazine production.** The Committee agreed that we should delay the production of the next "Go" magazine by 3 weeks in order to publicise the Olympic Legacy Day in it. This was requested by Alison Gunn.
- b) Reverse track training.** John Mooney asked about the possibility of alternating the direction in which we run round the track in order to avoid the injuries that occur when athletes always run anti-clockwise. Bob Lynch said that this is an issue and that he would ask Pauline Lynch and George Fisher about this.
- c) Drugs in sport.** Phil Cheek asked whether or not we could do anything to express our feelings about the possible selection of Dwain Chambers for GB in the Olympic Games. Bob Lynch said that he could write to UKA and that he could write an article for "Go" magazine but there is nothing that we can do collectively as a club. We cannot write to UKA purporting to express the view of Macclesfield Harriers.
- d) Indoor training.** Kevin Ranshaw said that during January, February and March we ran training indoors in the sports hall with a view to joining the indoor sports hall league from October. It is very cheap to join. The Under 11s and Under 13s have 4 competitions in the winter. There is also a sports hall league that begins on the first of July. The Committee agreed that we need to get people to commit to coordinate this training and if they do then we should join the league.
- e) Next committee meeting.** The next committee meeting will be on **Thursday June 21st at 8.00 p.m.**

J. B. Mooney 10th May 2012

GO!'s one time, self-appointed Cambridge correspondent (see *A Letter from the Bridge* in previous issues, 2008-2011) now finds himself studying for a Master's degree at the University of Edinburgh. Here's his take on all things athletic in his new home and new column:



A Postcard from Athens - The Standard Run

"Haaaaaaaaaaaarieeeeees, Haaaaaaaaarieeeeees,..." rings out the cry across the public park as we head out on the club run once again. Except this time it is noticeably colder and the cry is noticeably louder. With less of the professionalism that defined the Cambridge University Hare and Hounds their Scottish counterparts sure make up for it in numbers and enthusiasm.

Back when I first arrived in Cambridge I remember being a fresh-faced eighteen year old with a functioning liver and a working Achilles relishing the chance to run with a group rather than chase my training partner (my old man) round Mulberry's Cricket Field or be chased by my little brother up Kerridge. Yet here, three years on, in Scotland's capital, they take group running to a whole new level - off the kerb and into the bus lane!

An unfortunate prioritising of studying over running (read: socialising) was not only new for me but means that all club sessions are held in the evenings. Whilst the noticeable lack of daylight up here forces much of the winter's running onto the traffic-lit roads - somewhat of an incongruity for a specialist cross-country club, especially one with such stunning surroundings (Google: Arthur's Seat or Pentland Hills).

However a similar training schedule to my alma mater, (minus only the circuits, and who would mourn that?!) plus a similar crowd: an injured Club Captain with a strong strain of the mysterious *Captain's curse* (on crutches!), an orienteer with no concept of steady pace running, a small, monkey-like Freshman dreaming of a career in long distance Parcour, and the ever-constant group of giggling girls in matching trainers (and laces) soon made me feel at home in the homeland.

And as the tempo increases (in line with the desire to use a toilet) over the closing mile - the impressive shadow of Edinburgh Castle soon makes me forget my regret that the light is dark, the temperature cold, the ground hard, and my Achilles sore.

No, as I reflect on my awkward shuffle back to the department (to use the toilet), I realise there is enough *deja entendu* here to sooth my soles but not enough *déjà vu* to make me bored. I may be wearing a different shade of green (Forest as opposed to Duck Egg) these days but beneath that I am still a student and beneath that we are all runners: wherever we are and whoever we are with.

Declan Murray

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2012
// **2:30PM**

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(plus £3 entry to sheepdog field)

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No dogs or training on race route.

Membership Secretary's Trundlings

Hi there, well.... summer's here at last, as I look out over a rather frosty garden, with a fair bit of wind and rain about.... perhaps it'll warm up soon, though possibly not round here. Still warmer than the High Peak Marathon was at 3am on Bleaklow though, but only just.

I'd like to welcome the following **new members** to the club, and with them all good luck in their athletics :-

George Moss

Liliana Carey

Mark Horsley-Frost

Edward Kelly

Alexander Tynas

Bruce Follows

Frank Costello

Wilfie Groves

Martha Noakes

Bonnie van Wilgenburg

Barrie Sanderson

Matthew Barton

Jessica Hartopp

Suzannah Musgrave

Jack McVitie

Alex Dickie

Eliza Dickie

Robyn Tyldesley

Paul Street

Tess Newbould

Georgia Hall

Lily Goddard

Frankie Fraser

Samuel Housley

Andrew Smith

Isabella Muncaster

We currently have 508 members.

If you've not paid your subs yet then please get a round to it in the next two weeks otherwise I'll have to set Bob and Pauline on you. Thanks a lot in advance. Speaking of which, huge congratulations to Pauline on her London Marathon, a Cheshire record for her age group no less, and gives us all hope. Not forgetting all those who ran London – or another – marathon recently, well done and I hope you met your target, whatever it was.

I hope you made it to the 100 days to go event the other week, if not you missed a fine 'do' with sunshine and blue skies all evening. The 100 lap relay went off well, inevitably the club juniors (mostly ladies as I recall) saw off the opposition, although the fell runners claim that they would have won had they not got lost several times navigating the technical and challenging course. We got a fair bit of

publicity for the event in the local press and from England Athletics, and in fact a few new members as well !

I went to the venue of the majority of the Games events the other week, it was the start location of the Long Distance Walkers annual 100 mile event this year (the finish being in Windsor to celebrate the Queen's Diamond Jubilee) and very spick and span it was too (although our event was somewhat spoilt by starting outside a scrapyard): lots of time, effort and money have clearly been spent (on the Olympics, not the scrapyard) so let's hope it's a great success.

We've just had the Bollington Festival Fell race, organised by our Mr Andy Skelhorn, and a great success it was too, coming up are the Forest 5 race, the Bosley Fete race (new this year!) the Langley Fete race and the Tegg's Nose Harrier versus Sheep race, all worthy of your participation and a good day / evening out for all the family. More details elsewhere either in this mag or on the website.

And a bit of advance warning for the Langley 7 which this year we hope will be on Sat November 3rd, with the usual flat and fast course (apart from the hilly bit that is), we'll be after a marshal or two - and maybe even the odd cake - nearer the time. Rumour has it one club member was so impressed by the race she actually bought a house next to the start line so she could run the course every day, there's dedication for you.

On a bit more then...

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

Olympic Facts - Velodrome

- The Velodrome is one of the most sustainable venues in the Olympic Park. The lightweight roof weighs roughly half that of any other covered Velodrome, helping create a highly-efficient building.
- The Velodrome 'Cable – net' roof is made from 17 km of steel cables. That's over 10 miles of steel cable, twice the height of Mount Everest.
- The designers and builders of the London 2012 Velodrome are aiming for it to be the fastest indoor cycling track in the world.



Macclesfield Harriers & A.C. Club Award

Winners 2011 – 2012 season



Track & Field - All Age Groups

Annual Trophies awarded for 1st place only & Perpetual Trophy for 1st up to & including U17 categories. Awarded on performance and attendance throughout 2011.

Under 11 Girls :

1st : Rachel Carter
2nd : Lydia Hatton
3rd : Lucy O'Donovan

Under 11 Boys :

1st : Joshua Carey
2nd : Kieran Doggett
3rd : Bradley Fotherby

Under 13 Girls :

1st : Niamh Lewis
2nd : Abigail Cook
3rd : Katie Lowery

Under 13 Boys :

1st : Callum Ahern
2nd : Matthew Mercer
3rd : Harry Buglass

Under 15 Girls :

1st : Charli Alston
2nd : Eleanor Bird
3rd : Chloe Doggett

Under 15 Boys :

1st : Sam Stockman
2nd : James Stott
3rd : Aaron Shaughnessy

Under 17 Ladies :

1st : Danielle Wallis.
2nd : Seren Bundy-Davies
3rd : Martha Gilman

Under 17 Mens :

1st : Ryan Wallis.
2nd : Nathan Finnis
3rd : Jacob Anderson

Under 20 Ladies

Lucy Bunce

Under 20 Men

Calum Murray

Senior Ladies - The Richard Sudell Memorial Trophy

1st : Sandra Sloan
2nd : Stephanie Kleynhans
3rd : Pauline Lynch

Senior Men

1st : Ashley Pritchard
2nd : Simon Sloan
3rd : (Calum Murray —U20)
4th : Andy Mead

Road Running - Seniors

Perpetual Trophies for 1st places only.

Ladies Open :

1st : Kristy Readman
2nd : Andrea Frost
3rd : Iona Cummings

Veteran Ladies :

1st : Kristy Readman
2nd : Andrea Frost
3rd : Sarah Harris

Mens Open :

1st : James Noakes
2nd : Mark Walker
3rd : Chris Bentley

Veteran Mens :

1st : James Noakes
2nd : Steve Lomas
3rd : Chris Harbron

Cross Country – All Age Groups

Annual Trophies awarded for 1st place up to & including U17 categories. Perpetual Trophies awarded to 1st place in all categories.

Under 11 Girls : A Trophy

1st : Rachel Carter
2nd : Lucy O'Donovan
2nd : Amelia Newbould
2nd : Eve Cobey

Under 11 Boys : A Trophy

1st : Peter Goodfellow
2nd : Jack Croker
3rd : Joshua Carey

Under 13 Girls : A Trophy

1st : Katie Lowery
2nd : Abigail Cook
3rd : Sarah Stockman

Under 13 Boys : The GT Ward Trophy

1st : Callum Ahern
2nd : Ben Walton
3rd : Allen Bunyan

Under 15 Girls : A Trophy

No athletes in this category completed sufficient races to qualify for an award.

Under 15 Boys : Arthur Evans Trophy

1st : Aaron Shaughnessy
2nd : Harry Palmer
3rd : Edward Thompson

Under 17 Ladies : Perpetual Shield

1st : Danielle Wallis.

No other athletes competed.

Under 17 Mens : A Shield

1st : James Taylor
2nd : Ryan Wallis
3rd : Jacob Anderson

Under 20 Ladies : Perpetual Shield

No athletes in this category completed sufficient races to qualify for an award.

Under 20 Mens : Perpetual Shield

No athletes in this category completed sufficient races to qualify for an award.

Senior Ladies : John McClellan Shield - overall winner

1st : Hanny Stockman
2nd : Sally Ann Hales
3rd : Barbara Murray

Senior Mens : Perpetual 22nd Cheshire Regiment Cup

1st : James Noakes
2nd : Chris Bentley
3rd : John Mooney

Veteran Ladies : Perpetual Trophy

1st : Hanny Stockman
2nd : Sally Ann Hales
3rd : Barbara Murray

Veteran Mens : Perpetual Trophy

1st : James Noakes
2nd : John Mooney
3rd : Alan Webster

Fell Running - Seniors

Perpetual Trophies for 1st places only.

Only one prize per athlete per champs or series.

Ladies Fell Champs : no lady has completed sufficient races.

**Mens Fell (Age Handicap corrected) :
Perpetual Trophy (The Ken Hall – Large
Rock)
Winner : Barry Blyth**

**Open Fell Champs : Hexagonal Glass Shield
Winner : John Mooney**

Summer Evening Fell Race Series
Nominal Prizes only for 1st places, no trophies.

Mens - Winner : Simon Harding

Ladies - Winner : Angela Leonard

Special Awards

**Annually made, acknowledging outstanding
club members' achievements with an
emphasis on rewarding those athletes who
have contributed fully to the club scene
throughout the past year.**

Best Newcomer(s) Voucher
Nominees : Seren Bundy-Davies, Rick
Houghton, Annabelle Ingram, Kate Lowery
Winner : Seren Bundy-Davies

Most Promising Athlete(s) Voucher
Nominees : Callum Ahern, Seren Bundy-
Davies, Hannah Gaskell, Naomi Kershaw, Kate
Lowery, Lucy Snelson
Winner : Seren Bundy-Davies (Jnr)

Most Improved Athlete(s) Voucher
Nominees : Iona Cummings, Mark Walker,
Hazel Winder, Tim Pattison
Winner : Mark Walker

Commendation(s) Voucher :
Nominees : Digby Harris, Kirsty Hewitson,
Pauline Lynch, Jon Tatham, Edward
Thompson, Danielle Wallis
Winner : Edward Thompson (Jnr)

**Brian Kemp Memorial Trophies for
Endurance** - Awarded for the performances of
the year at Half Marathon distance & beyond
on any surface.

**Perpetual Trophies (Running Shoe) &
Voucher.**

Ladies Nominees : Mandy Calvert -Pyrennean
100, Kirsty Hewitson- Lakeland 100, Pauline
Lynch- Club V65 Marathon Record, Hazel
Winder - Joss Naylor Challenge
Winner : Hazel Winder

Mens Nominees : Simon Harding - Winning
Ennerdale, Digby Harris - Rigby Record Solo,
Jon Tatham - BG, Steve Watts - Winter BG
Winner : Simon Harding

**Best Track & Field Performance. The Pigott &
Whitfield Cup & Voucher :**
Nominees : Seren Bundy-Davies, Stephanie
Kleynhans, Danielle Wallis
Winner : Stephanie Kleynhans

**Best Cross Country Performance : The Arthur
Evans Memorial Plate & Voucher :**
Won N Staffs XC League, 2nd in Manchester
XC League, 4th in County Club Champs
Winner : Callum Ahern (Jnr)

**Contribution to the Club by any Member. The
Betty Sudell Memorial Trophy :**
Large Perpetual Cup.. Club Chairman's
decision following open nominations.

A shortlist of the strongest contenders :
Craig Harwood - Chair & Fell Rep
Steve Lomas – Road running Rep.
Kevin Ranshaw - Official & YAL Co-ordinator
Winner : Craig Harwood

**Team(s) of the Year Award : Annual Awards.
Glass Etched Runner Cubes.**
**Winner : Phil Cheek, Dave Tucker, Hazel
Winder - Joss Naylor Challenge**

Athlete(s) of the Year : Awarded by Pauline &
Bob Lynch.
Perpetual Plate & Voucher.
Nominees : All from all other categories &
disciplines above.
Winner : Simon Harding

Did you know? - Olympic Facts



"**Baron Pierre De Coubertin**" of France is known as the father of the modern Olympics. The very first modern Olympics were held in Athens, Greece 1896.

"**James Connolly**" of USA was the first person to win a medal in the first modern Olympics held in Athens in 1896. The winners were given a silver medal and olive leaf.

"**Dimitrios Loundras**" was the youngest Olympian ever to participate in the modern Olympics. He was a Greek gymnast, who competed in the 1896 Athens Olympics. He was 10 years and 218 days old. He remains the youngest medallist and competitor in any of the Olympics to date.

"**Oscar Swahn**" of Sweden is the oldest Olympian to have participated in any of the Olympic events so far. He was a shooter who participated at the 1920 Antwerp Games at the age of 72 years.

"**Charlotte Cooper**" was the first woman to win a gold medal in the Olympics. She won it in the sport of tennis, during the 2nd Olympics held in Paris in the year 1900. It was the first Olympics in which women participated.

"**Hilda Lorna Johnstone**" of Great Britain is the oldest woman to have ever participated in the Olympics to date. She was 70 years old when she took part in the 1972 games. She was an Equestrian.

Romanian "**Nadia Comaneci**" was the first gymnast to score a perfect 10 seven times in a row. She achieved this feat in the 1976 Montreal Games.

"**Abebe Bikila**" of Ethiopia won the marathon in the 1960 Rome Olympics by running a record time of 2hrs 15mins and 16.2 secs. He ran this marathon bare footed. He also became the first African to win an Olympic gold medal.

Swimmer "**Michael Phelps**" of USA won 8 Gold medals in the 2008 Beijing Olympics. It is the highest number of gold medals ever won by a single person in a single Olympics. The previous record was held by his fellow countryman Mark Spitz who had won 7 gold medals in a single Olympic games in the same sport of swimming.

In 1908, the marathon standard had been set at exactly 26 miles. During the Olympic marathon in London, it was decided that the royal family needed a better view of the finish line so organizers added an extra 385 yards to the race so the finish line would be in front of the royal box. From then on the distance of the Marathon has remained at "**26 miles and 385 yards**"

The Heaven & Hell Half Marathon - Sunday 8th April

The name gives it away! The Heaven & Hell Half marathon certainly lived up to its name. What better way to end a weeks holiday in Scotland than with a half marathon before driving home in time to attend a wedding in Prestbury! Macclesfield Harrier Jack and Caroline Leach....Umm - seemed a good idea when we were booking our Easter break.

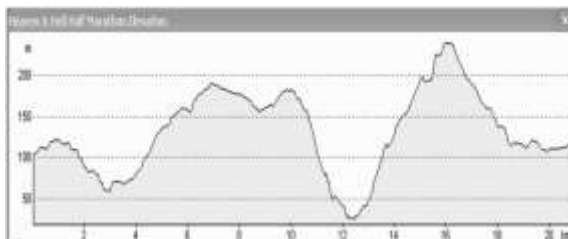
The race, as the name suggests was a mixture of heaven and hell. Nevertheless, the event was thoroughly enjoyable with a great atmosphere and friendly Scottish hospitality. Marshals were dressed with either halos or devil horns depending on where in the race they were positioned. The signs around the course brought a smile to our faces – may be you can guess which sign relates to which mile marker!!

The sun shone all morning and the views were spectacular, just under 200 hard core club runners took part in the event which started at Scone Aerodrome. At the finish it was back into 'The Hanger' for the widest selection of sandwiches and cakes I have ever seen!

1 hour 15 minutes was the winning time for 1st male and 1 hour 36 for the 1st female. We were a little further behind them finishing at 1.50 and 1.37 respectively. Sharon won 2nd lady prize which was a lovely engraved glass (oh and a bottle of wine which Oliver 'claimed')!!

Well worth the entry if anyone is ever up in that neck of the woods next year.

**Oliver & Sharon
Johnstone**



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WEEKLY TRAINING TIMES

ROAD RUNNING

A Group (Athletes) run for 6-8 miles at 8 min/mile pace + reps.

B Group (Bounders) run for 6-8 miles at 8-9 min/mile pace.

Group Leader – Jon Falkner – Tel : 01625 578114. Meet at Macclesfield Leisure Centre overflow car park – Mondays & Thursdays 6.30pm – 8.00pm for on and off-road training runs. Note in the summer on Monday nights only, B Group usually meet at Tegg's Nose (top) car park rather than the Leisure Centre.

C Group (Coasters) run for 5-6 miles at 9 min/mile pace with stops.

Group Leader – Dave Jackson – Tel: 07786 673746. Meet at Macclesfield Leisure Centre overflow car park – Mondays & Thursdays 6.30pm – 8.00pm for on and off-road training runs.

Beginners – a starter group for real joggers which jogs as slowly as the group wishes (3-6 miles). **Group Leaders – Bob and Pauline Lynch – Tel 01625 829229.** Meet at Macclesfield Leisure Centre overflow car park – Wednesdays & Fridays 6.30pm – 8.00pm.

All the above meet on Saturdays and Sundays by arrangement according to races.

FELL RUNNING

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

TRACK & FIELD

U11 & U13 meet at Macclesfield Athletics Track Pavilion (behind Leisure Centre).
Tuesday & Thursday 6.00 – 7.00pm

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

U15s, U17s, U20s and Seniors (Tues only for Seniors) for track training meet at Macclesfield Athletics Track Pavilion (behind Leisure Centre)
Tuesday & Thursday 6.30 – 8.00pm

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

CROSS COUNTRY

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

Macclesfield Harriers And Athletic Club

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

CLUB OFFICIALS

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

OTHER OFFICERS

Ladies' manager	Alison Hartopp/	07817 365608 (Ann)
Road & cross country	Ann Farmer	
Track and field manager	Kevin Ranshaw	kevinranshaw@tiscali.co.uk
Borough Council Liaison	Bob Lynch	01625 829229
Schools Liaison Officer	Bob Lynch	01625 829229
Magazine Editor	Alison Gunn	01625 611802
Membership Secretary	Julian Brown	01538 306837
Website Co-ordinator	John & Nancy Bunyan	01625 424564
Club Colours	Trevor Longman	01625 871744 or 07944 897842
Junior Athletes Waiting List mgr	Judy Brown	01625 421560
Club Development Manager	Bob Lynch	01625 829229
Coaches Representative	George Fisher	01782 513606
Men's Track & Field Captain	Ashley Pritchard	01625 617734
Fell Running Representative	Philip Barnes	07779 126450 philip@jolokia.uk.com
Men's Road Racing Manager	Steve Lomas	01298 813477
Men's Cross Country Manager	James Noakes	01625 230233
Junior Cross Country Manager	Vacant	
Ladies Track & Field Captain	Vacant	
Club Statistician	Rachael Lawrance	rachael.lawrance@gmail.com
Welfare Officers	Bob & Pauline Lynch	01625 829229
Legal Advisor	John Hirst	
Auditor	Vacant	
Press Officer	Vacant	
Catering Representative	Vacant	
Webmaster	Vacant	



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