

GO!

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Our cover photo shows the winning team at the High Peak Marathon this year, which comprised of left to right, Matt Giles, Stephen Watts, Stephen Pyke and Simon Harding. Stephen Watts and Simon are Macclesfield Harriers.

Next Issue – September 2013

Please submit any articles or photographs to alison.gunn61@gmail.com
by **Sunday 11 August 2013**

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...



Macclesfield Harriers members have been setting some impressive records over the last few months, not the least of which is that of one of our older members, Harry Newton. Incredibly, Harry only started running at the age of 58. He's now 75! You can read about his marathon experiences on page 26.

Another type of event entirely is the High Peak Marathon. It is run in teams of 4, and this year the winners (who called themselves 'Flipper's Gang') comprised a team which included two Harriers; Simon Harding and Stephen Watts. Not only did they win, but they also broke the existing record by 16 minutes. The race report is on page 23.

Some of Macclesfield Harriers seem to specialise in long distance and extreme events, the latest one of these being the South West Coast Path walk/run. Very recently, 2 Harriers, Julie Gardner and Mark Townsend completed a record breaking run on the South West Coast Path, finishing it in 15 days. The previous record was 17 days. The route is 630 miles long with over 100,000 feet of ascent! I'm sure you'll agree that was an amazing effort.

Of course, you can be a Macclesfield Harrier without having to take on such extreme challenges. A few weeks ago Bob and Pauline Lynch organised a great evening of training at Alderley Edge. Members from all of the different sections of the club were invited and encouraged to participate in what turned out to be a challenging but very enjoyable series of team and individual exercises. Using the trails up and down the Edge, the groups performed some loops and hill reps which gave us all a great workout.

The club is keen to encourage members to participate in all disciplines and so anyone with any ideas (and time to help) for future events in which all club sections can participate should drop a note to any committee member whose contact details are on the inside back cover of this magazine.

I hope you all have a great summer of running and athletics.

Alison Gunn - Editor
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Macclesfield Harriers & AC

Invite you to take part in the

FOREST FIVE CHARITY RUN



ON THE PICTURESQUE TRACKS OF MACCLESFIELD FOREST

7.30pm Wednesday July 17th 2013

Entries £6 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.

- *Proceeds 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.

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.

Changing and toilet facilities are extremely limited..

Club Clothing

This is just a notice, for members old and new, advising them of the various club clothing we have available. As most of you know, we should all be wearing the club colours when taking part in any competitive events .

As well as having singlets/vests available in club colours, we now have short sleeved and long sleeved T shirts, especially useful for the colder, wintry days.

In addition we have a number of items available in burgundy, with the club logo in silver/grey on the chest. We have T shirts, in the lightweight, easy wash material, ideal for training. We also have sweatshirts, traditional style hoodies and full zip hoodies, which are perfect for keeping warm before and after running or can even be worn for training.

All items are available in adult and junior sizes, except the full zip hoodies, which unfortunately, we can only obtain in adult sizes, small, medium and large.

The price of the vests has been kept as low as possible for a number of years now, despite the supplier having increased their costs. Unfortunately we have now had to increase them slightly, but we feel they are still at a very reasonable price.

The full price list is as follows

Vest/Singlet (club colours)	- £15
Short sleeved T shirt (club colours)	- £18
Long sleeved T shirt (club colours)	- £20
Training T shirt	- £10
Sweatshirt	- £12
Traditional hoodie	- £16
Full zip hoodie	- £18 (small increase)

Any printing can be added to the sweatshirts and hoodies for a modest £2 extra.

All items can be seen at the clubhouse and most of them can be made available to 'try before you buy' if required.

To order by phone call Trevor Longman (07944 897842) or email t.longman@ntlworld.com.

Alternatively, call at the clubhouse on track nights (Tues & Thurs 6.00pm – 8.00pm)

Trevor Longman

MACCLESFIELD HARRIERS AND ATHLETIC CLUB

AWARDS PRESENTED ON THE EVENING OF 22nd MARCH 2013

NOTE: AN AWARD IS ONLY GIVEN TO THE 1ST PLACE ATHLETE – OTHER PLACES SHOWN FOR INFORMATION

Award	Places	Recipient
Cross Country (2012/2013)		
U11 Girls (Was the Macclesfield Express Challenge Shield – now a trophy)	1st 2 nd 3 rd	Eve Cobey Lucy Griffiths Lara Crawford
U11 Boys (Was the Cross Country Shield – now a trophy)	1st 2 nd 3 rd	Peter Goodfellow Morgan Frith Jack Croker
U13 Girls (Was the Young and Co Shield – now a trophy)	1st 2 nd 3 rd	Abigail Cook Emily Lowery Hannah Gaskell
U13 Boys (The G T Ward Trophy)	Joint 1st Joint 1st 3 rd	Robert Finnis Robbie Peal Jacob Winfield
U15 Girls (Was the Arthur Evans Shield – now a trophy)	1st 2 nd Only 2 eligible	Katie Lowery Lucy Snelson
U15 Boys (The Arthur Evans Trophy)	1st 2 nd 3 rd	Callum Ahern Jack Kitchen Edward Thompson
U17 Ladies (Perpetual Shield)	1st 2 nd 3 rd	No athletes qualified for award
U17 Men (The Macclesfield Harriers Youth Championship Trophy – now a perpetual shield)	1st 2 nd 3 rd	No athletes qualified for award
U20 Ladies (Perpetual Shield)	1st	Danielle Wallis No other athletes competed
U20 Men (Perpetual Shield)	1st	No athletes qualified for award
Senior Ladies (The John McClellan Shield)	1st 2 nd 3 rd	Hanny Stockman Barbara Murray Kristy Readman
Senior Men (The 22 nd (Cheshire) Regiment Cup)	1st 2 nd 3 rd	James Noakes Chris Bentley John Mooney
Veteran Ladies (Perpetual Trophy)	1st 2 nd 3 rd	Hanny Stockman Barbara Murray Kristy Readman
Veteran Men (Perpetual Trophy)	1st 2 nd 3 rd	James Noakes John Mooney Alan Webster

Award	Places	Recipient
Road Running (2012)		
Ladies Open (Perpetual Shield)	1 st 2 nd 3 rd	Carol Bird Barbara Murray Kristy Readman
Ladies Veteran (Perpetual Shield)	1 st 2 nd 3 rd	Carol Bird Barbara Murray Kristy Readman
Mens Open (Runner on Plinth)	1 st 2 nd 3 rd	Chris Bentley Mark Walker Steve Lomas
Mens Veteran (Perpetual Trophy)	1 st Joint 2 nd Joint 2 nd	Steve Lomas Dave Hancock James Noakes

Award	Places	Recipient
Indoor Sportshall (2012/2013)		
U11 Girls	1 st 2 nd 3 rd	Eve Cobey Poppy Dutton Josie Elliot
U11 Boys	1 st 2 nd 3 rd	Morgan Frith James Wilson Jack Croker
U13 Girls	Joint 1 st Joint 1 st 3 rd	Lydia Hatton Niamh Lewis Emily Smith
U13 Boys	1 st 2 nd Only 2 boys competed	Josh Carey Callum Prendergast

Award	Places	Recipient
Fell Running (2012)		
Ladies Fell Championship (Small Rock Award)	Winner	No athlete qualified for award
Mens Fell Championship (Large Rock Award) (The Ken Hall Fell Runner Trophy)	Winner	Barry Blyth
Open Fell Championship (Hexagonal Glass Shield)	Winner	Richard Houghton

AWARDS PRESENTED ON THE EVENING OF 22nd MARCH 2013 (cont'd)

Summer Evening Fell Race Series Ladies (No Perpetual Trophy – small Shield to keep)	Winner	Jo Miles
Summer Evening Fell Race Series Men (No Perpetual Trophy – small Shield to keep)	Winner	Simon Harding
Award	Nominees	Recipient
Special Awards		
Best Newcomer (Voucher)	Morgan Frith Rob Hasler Daisy Pickles	Morgan Frith Rob Hasler Daisy Pickles
Most Promising Athlete (Voucher)	Katie Lowery James Wilson	Katie Lowery
Commendations: Female (Voucher)	No nominees	Not Awarded
Commendations: Male (Voucher)	Barry Blyth Dave Hancock	Dave Hancock
Best Cross Country Performance (The Arthur Evans Memorial Plate and Voucher)	Peter Goodfellow Katie Lowery Amelia Newbould James Noakes Robbie Peal Kristy Readman	Katie Lowery
Female Endurance (The Brian Kemp Memorial Trophy – Running Shoe and Voucher)	Mandy Calvert – Dragon's Back Kirsty Hewitson – Dragon's Back Pauline Lynch – London Marathon	Mandy Calvert Kirsty Hewitson
Male Endurance (The Brian Kemp Memorial Trophy – Running Shoe and Voucher)	Julian Brown – Everything he does/attempts..! Brian Jackson – Joss Naylor Challenge	Brian Jackson
Notable Individual Performance (Voucher)	Barry Blyth – English Fell Champion at V65 Pauline Lynch – Marathon exploits	Barry Blyth

AWARDS PRESENTED ON THE EVENING OF 22nd MARCH 2013 (cont'd)

Contribution to the Club (The Betty Sudell Memorial Trophy) (No Voucher)	Neil Gunn – Treasurer Steve Lomas – ex Road Running Manager Bob/Pauline Lynch – Everything..!Kevin	Steve Lomas
Team of the Year Award (Glass Etched Cubes) (No Voucher)	U11G Indoor Sportshall U13G Cross Country Mandy Calvert/Kirsty Hewitson	U13G Cross Country Team (Rachel Carter, Abigail Cook, Hannah Gaskell, Emily Lowery, Katie Davies)
Athlete of the Year (Awarded by Pauline and Bob Lynch – Perpetual Plate and Voucher)	Barry Blyth Seren Bundy-Davis Katie Lowery	Barry Blyth

Below are a few of this year's winners receiving their awards from Bob Lynch and Phil Cheek.
Apologies for the quality of the photos, they were taken with a mobile phone.



Robert Finnis



Eve Cobey



Barry Blyth



Danielle Wallis



Chris Bentley



Mandy Calvert

Leadership in Running Fitness Course

The day comprised of a variety of theory and more practical based activities to hone our leadership skills, led by Bashir Hussain (coach) and Craig Blain (North Run England coordinator). We started by looking at some of the benefits to running, which comprised of a longlist of physical and mental reasons. This was then followed by considering the obstacles that limit people from running and how, as a group leader, you can provide a safe and supportive environment to help overcome these barriers. All participants ran a warm up and cool down session to the group, which saw some very unusual methods of getting warm: including the gangnam style sideways walk and Mr Strong squats.



The rain brought us back inside to learn about the 3 energy systems of the body. This linked in to the generation of training plans, so the body is working in the aerobic and anaerobic systems. The rain remained for our abridged training sessions, where we put what we had learned into practise. Being the hardened runners we were though we didn't let the weather be an obstacle! We finished the day by considering how to try and prevent injuries and the RICE method to initially treat a soft tissue injury.

An excellent day was had by all and we all relished the opportunity to use the knowledge and experience of Craig and Bashir and I'm already putting plans into action to prepare a safe and enjoyable route for the group.

Gemma Moorhouse

Bollington 3 Peaks Fell Race – Saturday 18 May 2013

Another great Bollington 3 Peaks race this year; now in its 5th year, with a record number of 187 entries, of whom 184 completed the course in damp and misty conditions - with a new tricky finish through steep woodland. Despite more marshals, and better signage than ever, several runners still managed to get lost in the mist, which I am now coming to accept as par for this course.



As usual, this is a race which attracts plenty of people who are new to fell running, with almost half of the entries being unattached.

No new course records this year, but a Macclesfield Harrier won for the first time, with Simon Harding in a tight sprint finish with twice previous winner, Michael Salt of Cambridge in 38 minutes 51 seconds. Judith Jepson took the ladies title in 45.21, and Macclesfield took the team prize with Simon Harding, Mark Walker and Dan Croft, all in the top 7. It was good to see four V70 competitors (although sadly no ladies over 60 entered), and runners from as far away as Essex and Canada all said that they really enjoyed it - and we raised several hundred pounds for next year's Bollington festival.

Thanks to all of the Harriers, and others who ran, marshalled and supported the race, and to the Bollington Brewing Co / Vale Inn for their excellent facilities and sponsorship.

Andrew Skelhorn

A View from Venice – deux: Arriving

The latest musings from GO!'s self-indulgent foreign correspondent...

The night before I moved here I got mugged. Not a great booster for the confidence. The confidence, that I'm sure many of you will agree, is central to running in an unknown locale.

So the next morning when I arose from the *auberge de jeunesse* and headed for the river – admit it we always run for water (where there are no hills or woodland) - I did so tentatively. Worrying then when I saw before me some gravel ground, some dishevelled fencing and a sign. Now, run-down industrial areas I can do*. And I doubted there would be any lusty French teens around to rob me of the €1,20 for my morning copy of *L'Equipe* so it wasn't that that got me either. No twas the sign.

Red rarely means love and roses when it is on a sign. But usually *arret* and desist. But equally signs are always of greater clarity when they have words on and not inexplicable images. This one looked like a man-eating piranha. Though saying that, it's not much use when you can't understand the words either! Obviously, being the son-of-Raph, I went with the inbuilt indistinct (the one friends and mother have tried to disinstall) and went beyond the fence, over the gravel, and past the sign.

After crossing an urban cattle grid (i.e. a railway line) I made it. If this was the Beano 'Ed.' would install a - PHEW! – here. But it's not. So I will. PHEW! There. I made it in time for baguettes for breakfast. Yes the stereotypes stand. They all walk their fashionable selves around with bread under their arms, drink coffee from bowls, and smoke more often than someone with a sub-50 resting heart rate breathes.

For the record I am trying to learn French not become French. I just hope I can comprehend the warning signs before I start wearing those thick-rim glasses and making that Arsene Wenger 'urr' sound. Bienvenue à France.

*I used to pass Cow Lane Mill at the bottom of Kerridge on a regular basis.

Declan Murray



Minutes from MH&AC Committee Meeting held on 26th March 2013

Attendees: Kevin Ranshaw (KR), Philip Barnes (PB), Neil Gunn (NG), James Noakes (JN), Keith Mulholland (KM), Robert Lynch (RL)

Apologies: Chris Bentley (CB), Julian Brown (JB), Phil Cheek (PC), Clare Finnis (CF)

Note: As the position of club chairman is currently vacant the committee members will each take it in turn to chair. Neil Gunn acted as chair and secretary for this meeting.

Item 1 – Update from Macclesfield Athletic Development Fund (Barbara & Raph Murray)

Raph and Barbara Murray gave a brief update on the progress towards an indoor multi-function training facility. This would provide a facility for several T&F disciplines as well as being used for indoor tennis, archery & bowls. The committee gave their support at this early stage but final decisions will be based on a more detailed business plan. This will be raised at future committee meetings. More details and outline plans can be seen in the clubhouse or from Barbara & Raph.

Item 2 – Review of AGM & Presentation Evening (All)

The committee felt that the combined AGM & Presentation evening went well with higher than usual attendance. It is hoped that more volunteers will come forward to help with club positions (Clare Finnis has volunteered to act as Club Secretary).

Thanks were passed on to the Bollington Arts Centre and the Vale Inn for hosting the event.

The committee also noted its thanks to Kevin and Carol Ranshaw for their hard work at the event.

A question was raised at AGM about payment of the EA levy for life members – the committee has decided that the current life membership fee does include the payment of the EA levy but this will be reviewed annually by the committee.

The committee agreed that the T&F awards for 2013 will be held at the end of the season (date to be confirmed) and the date for the next AGM and Presentation will be Friday 21st March 2014. Honorary Club Membership was briefly discussed and will be on the agenda for the next committee meeting.

Item 3 – Club Membership (JB)

We currently have 522 members but this number will fall as some members will not renew. We have 100 members already renewed for 2013/14 and we need members to renew asap so that we can submit our EA levy fees. The committee asked that all group leaders remind fellow athletes to renew as soon as possible.

Item 4 – Finance update (NG)

The club remains in a good financial position. The club is keen to support club members wishing to train as coaches or leaders.

Item 5 – Track and Field (KR)

T&F season will start soon and there is a lot of activity detailed in the clubhouse and in the latest GO! Magazine. The club will host 4 events this year (19/5, 22/6, 30/6, 3/8). It is hoped that a few additional coaches will be trained. The committee are keen to see high levels of members

competing.

Item 6 – Cross Country (JN)

The fixture dates are not yet confirmed but will be put on the website and in the clubhouse as soon as they are agreed. The committee hope to see good levels of participation.

Item 7 – Road Running (KM)

The season has started with good attendance and performance from Harriers so far – we are all asked to encourage participation in as many events as possible to represent the club. The next event for all road runners (A, B, C, D group plus Run England Beginners) will be held on Monday 29th April at Alderley Edge. Bob and Pauline Lynch are running this session and more information is available on the club website.

(KM & JN left the meeting at this point)

Item 8 – Fell Running

The season has started with excellent entries from the club (we have a significant number of entries for the Kinder Downfall event).

The Forest 5 race organised by Pete Nolan will now be one of the road/fell events organised by the club (alongside Langley 7, Tegg's Nose, Macc Half) where net profits after expenses are donated.

Item 9 – Club Officers

Clare Finnis has offered to act as Club Secretary (from next meeting).

Carol Barnes has offered to act as publicity officer – this will hopefully increase the visibility of the club to the local area.

The committee thanks both for offering their help.

Item 10 – Funds from Macclesfield Half Marathon

£1,000 of net profits from Macc Half Marathon was held back to support activity to promote athletics in the local area. One donation to support the local Run England group has been made. The committee agreed to submit a request for a donation to support training of 4 LirF attendees (running group leaders) and 3 T&F coaches. KR and KM will co-ordinate the request.

Item 11 – St John Ambulance

Medical cover will be required for the 4 hosted events at the track plus the 4 road/fell races organised by the club. This is normally done by St John Ambulance but there is a possibility of using a local team of qualified people. PB will pass details to NG who will co-ordinate medical cover.

Dates for the next two meetings were agreed:-

Thu 23 May 2013 (KR will chair)

Tue 23 July 2013 (PB will chair)

Meetings will now be held in the café at the Leisure Centre starting at 20.15 (after training). Any members are welcome to attend. Please submit agenda items to the club secretary.

Neil Gunn

Club Treasurer

Membership Secretary's Mutterings

Hi all.... Summer's here (better late than never), and with it the chance to put the warm tops and head torches away for a bit and get out and about a bit more.

I'd like to welcome the following **new members** to the club, a ginormous number joining this time! - and wish them all good luck in their athletics :-

Nicky Tasker	Andrew Ratcliffe	Heather Cooper
Thomas Nolan	Oliver Goodwin	Lewis Hourihan
Eve Smith	Andy Ardron	Holly Burke
Harry Cookson	Lynda Snell	India Wilson
Richard Brown	Lindsey Russell	Sam Danson
Matthew Turpin	Sam Smith	Samuel Pendrill
Scott Camp	Billy Griffiths	Harry Simpson
Jake Bradley	Aaron Willis	Ella Wood
Hannah Booth	Ben Willis	Ronald Brocklehurst
Ella Maxton	Lola Fischer	Jake Hawcroft
Carly Wain	Tom Archer	Alex McCall
Nathalie Jones	Charlotte Welsh	Catherine Walton
George Wood	Sarah Quigley	Daniel Gaskell
William Culmer	Georgia Pullen	Elliot Jones
Gypsey Connolly	Olivia Delany	Edward Ford
Harry Prendergast	Nick Foxton	Harris Jones
Olivia Folkes	George Barker	James Evans
Joshua French	Wendy Boardman	Oscar Johnson
Lily Dalkin-Strube	Harrison Denham-Smith	
Max Nightingale	Mia Jennings	
Jack Henshall	David Woodhead	

We currently have 494 members.

If you haven't paid your subs yet then they're overdue, please could you pay up in the next 2 weeks, thanks. This year we've tried to make it as simple as possible, with only 2 different fees, and in addition we have the option of paying by bank transfer or direct debit, which should make it easier. The membership form (which has the club's bank details) is on the website.

Well done to all those who completed the London (you all beat Mo Farah !) or Manchester Marathons, hope the races went well for you and all the winter training was worthwhile ! Also congratulations to Stephen Watts and Simon Harding for being part of the winning team in the High Peak Marathon (42 miles round Bleaklow

etc. in the dark), in Stephen's case his eighth time (we think) on the winning team.

The club seems to be more active than ever, with 5 road running groups, giving something for all abilities, lots of faces down the track most nights (notwithstanding the rather mixed weather !) and 25 or 30 folk on some of the midweek races, great to see. 70 or 80 club members turned out for the training session organised by Pauline and Bob Lynch (thanks!), and I think everyone had a good workout; we should do more of these. With loads of midweek races coming up (check the website or ask around) there should be something for everyone to have a go at.

We always have room for more athletes, so - if you have friends or family interested in athletics let them know. Also, we could always do with a few more coaches or run leaders, so if you're at all interested have a word with one of our hard-working committee, or ask down the track, there are regular courses run by England Athletics which the club is able to pay for.

Up and down the next hill, then it'll be almost time for tea, and maybe the odd cake....

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

Sainsbury's – Active Kids Vouchers

The club is collecting Sainsbury's vouchers and may participate in the revamped Tesco scheme for which details have not yet been announced.

In both cases the hope is to obtain further equipment for the club. Many vouchers are needed. So however small the number you can

donate to the club, it would be much appreciated.

Please bring the vouchers to the clubhouse, if possible. The club has until 19th July to submit the vouchers and place an order for equipment.



Thanks in anticipation of your support.

SUMMER STARTRACK COURSE

Athletics

Run by Macclesfield Harriers & AC

At Macclesfield Track

29TH July – 2 August 2013

Monday to Friday 10-3pm each day

Ages 9-15

This is the 18th running of this popular course covering running, throwing and jumping and is limited to 60 athletes.

Cost £55 per person for the week, includes free goody bag.

Application forms available at Leisure Centre reception.

(Offers of help from experienced club athletes and coaches welcome
contact Bob Lynch on 01625 829229)

TRACK and FIELD: The Season so far...

Owing to the deadline for this magazine, the season has only just got going. However, here is an update on progress so far:

Cheshire Track and Field League (All Age Groups)

First round match at a cold and eventually rainy Ashton-under-Lyne resulted in a win for the Under 11s and indeed first place in the league table after the initial round – well done to all who competed. The overall result for the rest of the age groups was:

- Mens score: 133 - 3rd
- Ladies score: 126 - 4th
- Overall score: 309 - 3rd (includes Officials points)

A league table should be available at www.cheshireaa.com/results/TFL/cheshire_tf_league_2013.aspx

Congratulations are also due to Morgan Frith (U11) who achieved a new club record for the Long Jump – a mark of 4.18m beating the previous record by 4 cm and Hanny Stockman who established the first female V45 club record for 3000m – 12:48.0.

Youth Development League (Lower Age Group – U13/U15)

The first round here saw the Macclesfield Harriers Tour Bus travel to Carlisle...

A fantastic day out, but unfortunately lacking in athletes in the U15 age group.

Those that did make it (either on the bus or independently) provided good competition against the other 7 teams and managed 6th place. This in effect is the league position. Eight graded performances were achieved, which provides a great base upon which to build over the rest of the season.

The same 8 teams contest the next round at Ashton-under-Lyne in early June. If you are in the U15 age group, please consider competing for the club at this and/or subsequent rounds – your club needs you.

Youth Development League (Upper Age Group – U17/U20)

Stockport this time for the first round of this new league - a long day, not helped by miserable weather in the later stages of the afternoon. Only 9 athletes attended which not surprisingly meant it was an uphill struggle from the start to challenge the stronger teams. Nonetheless, some good individual performances from those who did compete resulted in Macclesfield finishing 4th out of 8 teams.

Clearly, other teams in this division were finding it hard to muster many athletes, so those that did turn out for the club should be pleased with the overall result. However, if we are to attempt to challenge the teams above us, we must have more athletes from both age groups competing. Please consider stepping forward at the next round at Salford in early June.

Northern League (U17 – Seniors)

Another fixture at Ashton-under-Lyne... and another windy day which brought strong competition not only against the elements, but in the form of the opposition, resulting in a 4th place finish out of 6 teams. Full results are here www.noaa-athletics.org.uk/Pages/Article.aspx?id=266

Here the club competes as a composite team along with Crewe and Nantwich – known as Team Cheshire East Athletics and following last year's 4 wins out of 4 matches, moving up a division certainly proved a test. However, all is not lost as we were not far behind 3rd and there were several events where we did not field an athlete. So for the next round on 9 June at Wirral we need more Seniors (and U20s/U17s, if available) to compete and, utilising athletes from both clubs, look to partake in as many disciplines as possible to maximise points.

So not too bad a start to the season... but if the club is to perform at the level it should, we need more of you – the athletes – to compete. Please ensure that you respond to requests from your Team Managers promptly and let's see all that training effort proven in the competition arena.

The next rounds for each league are:

Cheshire Track and Field League (All Age Groups)	19 May	Macclesfield
Youth Development League (Lower Age Group – U13/U15)	1 June	Ashton-under-Lyne
Youth Development League (Upper Age Group – U17/U20)	2 June	Salford, Blantyre Street
Northern League (U17 – Seniors)	9 June	Wirral, Bebington Oval

A full fixture list appears on page 18.

TRACK & FIELD CALENDAR OF EVENTS - 2013/14

JUNE			
Sat 1st	T&F: Youth Development League – Lower Age Round 2 Ashton-under-Lyne, Richmond Park Stadium (OL6 7TX)	11.00	U13 – U15
Sun 2nd	T&F: Youth Development League – Upper Age Round 2 Salford, Blantyre Street, Deavley Track (M30 8HY)	11.15	U17 – U20
Sat 8th	T&F: Cheshire Schools Championships Macclesfield		Juniors/Inters/ Seniors
Sun 9th	T&F: Northern Men's/Ladies League: Round 2 Wirral, Bebington Oval (CH63 7LH)	11.00	U17 – Senior
Sat 15th	T&F: Inter County Schools - Mason Trophy Birmingham, Alexander Stadium (B42 2LR)		
Wed 19th	T&F: Cheshire Schools Championships Warrington, Victoria Park (WA4 1DU)		Minors
Sat 22nd	T&F: Youth Development League – Lower Age Round 3 Macclesfield	11.00	U13 – U15
Wed 26th	T&F: Primary Schools Sports Macclesfield	18.00	Entry via School
Sun 30th	T&F: Youth Development League – Upper Age Round 3 Macclesfield	11.15	U17 – U20
JULY			
Fri 5th and Sat 6th	T&F: English Schools Championships Birmingham, Alexander Stadium (B42 2LR)		
Sun 7th	T&F: Northern Men's/Ladies League: Round 3 Wrexham, Queensway International Stadium (LL13 8UH)	11.00	U17 – Senior
Sat 13th	T&F: Youth Development League – Lower Age Round 4 Connah's Quay, Deeside Stadium, Deeside College (CH5 4BR)	11.00	U13 – U15
Sun 14th	T&F: Cheshire League Round 3 Colwyn Bay, Eirias Park (LL29 8HG)	11.00	All
Sun 28th	T&F: Youth Development League – Upper Age Round 4 Clayton-le-Moors, Wilson Playing Fields (BB5 5SD)	11.15	U17 – U20
Mon 29th to Fri 2nd	UKA: Startrack Macclesfield	10.00 Daily	Up to U15 Pre-entry
AUGUST			
Sat 3rd	T&F: Northern Men's/Ladies League: Round 4 Macclesfield	11.00	U17 – Senior
SEPTEMBER			
Sun 8th	T&F: Cheshire League Round 4 Salford, Blantyre Street, Deavley Track (M30 8HY)	11.00	All
Sun 15th	T&F: Junior Multi-Events Macclesfield	10.30	All Pre-entry
Sun 29th	Macclesfield Half Marathon, 5K and Fun Run	10.00 + 10.15	
OCTOBER			
Sat 19th	Cross Country: Greater Manchester League Match 1 Manchester, Heaton Park (M25 2SW)	12.15	Not U11

Fixtures continued on next page

NOVEMBER			
Sat 2nd	Langley 7	14.00	
Sun 10th	Cross Country: Greater Manchester League Match 2 Stockport, Woodbank Park (SK1 4JR)	12.00	Inc U11
DECEMBER			
Sat 7th	Cross Country: Greater Manchester League Match 3 St Helens, Sherdley Park (WA9 5DE)	12.00	Inc U11
JANUARY 2014			
Sat 4th	Cross Country: Cheshire Championships Venue TBC		
Sun 12th	Cross Country: Greater Manchester League Match 4 Blackley, Boggart Hole Cough (M9 7DH)	12.00	Inc U11
FEBRUARY 2014			
Sat 8th	Cross Country: Greater Manchester League Match 5 Manchester, Wythenshawe Park (M23 0AB)	12.00	Inc U11



U11Girls and U11Boys Teams from the Cheshire T&F League Round 1 at Ashton-under-Lyne.

Indoor Sportshall

Sportshall Regional Finals - Under 13 Team Challenge

This event, as the title suggests, is for under 13 athletes and took place on Saturday 16 February at the Robin Park Sports Centre, Wigan.

Lydia Hatton, Niamh Lewis and Emily Smith helped the Cheshire girl's team achieve 2nd place out of the 6 taking part. However, they could not emulate the 2012 team which had achieved 1st place.

Nonetheless, everyone had an enjoyable, fun day and it was pleasing to see that having only re-entered the Indoor Sportshall League for 2012/2013, after an absence of four winter seasons, three Macclesfield athletes were selected to represent Cheshire in this event.

Hopefully, the club can improve on this for the 2013/2014 season.

Congratulations to all.

Macclesfield Harriers A.G.M 22 March 2013

Time 7.00 p.m.

Venue Bollington Arts Centre

Attendees: R Lynch, P Lynch, JB Mooney, N Gunn, K Ranshaw, C Ranshaw, P Cheek, D Buxton, A Gunn, M Wheelton, B Blyth, P Barnes, J Brown, J Miles, C Ardron, A Ardron, K Mulholland, J Noakes, D Jackson, T Longman, C Bentley, C Finnis, D Wallis, M Rands, A Skelhorn, A Ranshaw, A Frost, M Calvert, D Hancock (apologies if any names have been missed from this list).

Item 1. Apologies for absence

Apologies were received from Barbara Murray and from Steve Lomas (both snowed in).

Item 2. Chairman's Report

Bob Lynch (BL) gave his personal thanks to the people who make the Club tick. He commented that the Club is financially strong with well-structured training and coaching. He informed Members that they belonged to a diverse and thriving Club. He said that we have the basis of a strong club.

BL feels that there are two things that the club needs to do:

- To be great, we must improve the profile of the Club in the community. We must market ourselves better and we must sell the benefits of Club membership and the Club's benefit to the community in the press.
- We need to compete collectively, in strength, across all disciplines. By competing in events, Club members give themselves the opportunity to reach their maximum potential. We make personal choices, as individuals, about how we develop ourselves in order to reach our full potential. BL feels that athletes should show commitment to the Club and take pride in competing for the Club

BL urged Club Members to offer their skills and knowledge to help to strengthen the Club in any way that they could.

Item 3. Treasurer's Report

Neil Gunn (NG) reported that the club is in good financial health with assets in excess of £50,400 in bank accounts, equipment, kit and catering stock.

NG handed out summaries of the accounts for Tegg's Nose and for the Macclesfield Half Marathon.

NG said that the Club Accounts have now been reviewed by Harts and he is prepared to supply a full set of these Accounts upon request.

NG stated that it costs £25,000 per annum to run the club and that, at the end of the year ending 31st December 2012, the club was £3,000 better off than it was at the start of the year.

NG commented that Club membership had increased slightly. Track hire costs increased by 5% and we also hired half of the sports hall once a week during the winter. There was no surplus of track fees after paying for the track hire and for the sports hall hire. This year track fees will be increased from £2.00 to £2.50 per session in order to ensure that track fees cover track hire costs and sports hall hire costs which have increased again. This increase will be held for 3 years.

Kevin Ranshaw commented that there had been a healthy increase in event income in 2012 due to some sterling work by volunteers assisting at these events.

Barry Blyth asked what donations had been received by the Club in 2012? BL replied that £1,764 had been received, in October 2012, from Cheshire East Council for the Startrack Course held in July 2012.

Mark Wheelton said that a note of thanks, to Neil Gunn and to Chris Bentley, should be minuted for keeping the Club books in such an efficient way.

Item 4. Election of Officers

BL and John Mooney stood down as Chairman and Secretary respectively. BL said that the Club needs a new, young charismatic Chairman.

Clare Finnis volunteered to be secretary.

All of the other Club Officials were elected en bloc on a show of hands.

Item 5. Club Membership Fees for 2013

Club Membership Fees have been increased to £16 for Competing Under 11s and to £26 for competing athletes in all other age groups. Club Membership Fee for Non-Competing Seniors/Volunteers/Social Members has been increased to £16. The additional fee, payable to England Athletics, for all competing members aged 11 or over is £10 per member per year. Senior members (only) may choose not to pay this part of the fee. If they do this then they will be a non-competing/social member of the Club. If they compete in any events organised by England Athletics and England Athletics affiliated clubs, they must do so as “unattached” runners and pay the “unattached” levy.

Item 6. Update on the Macclesfield Indoor Athletics and Multisport Arena

BL said that the Club has obtained scoping plans and that Barbara Murray will publish these plans.

J B Mooney
18th May 2013

FELL RUNNING

Wednesday Night Fell Runs

Jun 05* Boars Head, Higher Poynton. 8m 1300ft
 Jun 12 Royal, Hayfield
 Jun 19 Pym Chair Car Park (Grid Ref 995768) after at Swan, Kettleshulme
 Jun 26 Polly Lander Orienteering Trophy— Venue to be announced* Score event (see website). Open to all. Entry by donation to Leukaemia Research.
 Jul 03 The Poachers PH Bollington
 Jul 10 Barber Booth—lay-by (small) by road, GR107847 and after at The Wanted Inn PH
 Jul 17* Macclesfield Forest 5 mile(ish) race—Marshals will be wanted! After at the St Dunstan, Langley
 24 Jul* Goyt's Moss Fell Race 7m/1400'. Derbyshire Bridge car park, Goyt Valley. After Stanley Arms, Wildboardclough
 Jul 31 Beehive PH. Coombs, Near Chapel -en-le-Frith, SK23 9UT
 Aug 07* Cracken Edge Fell Race. &m/1400', from Hayfield Mountain Rescue Centre. After George, Hayfield.
 Aug14* Eccles Pike, Buxworth. 3m/800ft Navigation, Buxworth
 Aug 21 Grouse Inn Birch Vale SK023 868
 Aug 28 Trespass Car park (Bowden Bridge) Hayfield GR 049869
 Sept 4 Barber Booth – lay-by (small) by road, GR107847 and After at The Wanted Inn PH
 Sept 11 Beehive PH, Combs, Near Chapel -en-le-Frith SK23 9UT
 Sept 18 Pym Chair Car park SJ995 767and after at the Swan Kettleshulme
 Sept 25 Robin Hood PH Rainow
 Oct 02 Vale Inn Bollington
 Oct 09 Alderley Edge Lay By and After at the Wizard PH
 Oct 16 Crag Inn Wildboardclough SJ982 685
 Oct 23 Boars Head PH Poynton
 Oct 30 Trentabank / Heronry Car Park SJ916711 and after at St Dunstans Langley
 Nov 06 Teggs Nose Visitor Centre SJ950732 and after at the Park Tavern Macclesfield
 Nov 13 An orienteering event organised by Digby Harries. Details to be confirmed.
 Nov 20 Stanley Arms PH Wildboardclough
 Nov 27 Poachers PH Bollington

***Wed Night Fell Race Series - Race start 7.30pm or turn up for a run to start at 7pm.**

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

PLEASE CAR SHARE, and PARK PRETTILY especially at smaller venues

These dates are also on the Macclesfield Harriers website calendar,
www.macclesfield-harriers.co.uk/index.php/fell-running-mainmenu-26/calendar

High Peak Marathon 1st-2nd March 2013 – Race Report

This year's HPM will live long in the memory for the perfect conditions enjoyed by all and record breaking times set by the winners in every category. The combination of frozen ground, a calm, moonlit night and the added bonus of compacted snow filling the deepest groughs, was most appreciated by entrants more used to slogging through peat and water of varying consistency.

For the last 8 years the quickest 'bog-sloggers' have been teams led by two Steve's- Watts and Pyke. This year their persistence was rewarded with conditions that let them show us what they could really do- a sub 8 hour time. This not only beat their previous best time on the current race route by over 30 minutes but the also the 'old course' record by 15 minutes. This time was set by a team led by Martin Stone way back in 1988!

Compared to the men the quickest ladies on the night were relatively new to the nocturnal delights of the Derwent Watershed. But the Carnethy team have plenty of experience at going quickly over the fells. Almost too quickly as they missed the turn where the course diverts from the true watershed at Back Tor and they lost quite some time. Nevertheless they set a new ladies record by over an hour.

So even in clear conditions navigation is always helped by local knowledge, as proven by two the Dark Peak teams competing for the mixed team trophy. 'Tigger's Brown Vests Last Stand' (unfortunately without Tigger himself –Ian Winterburn) just pipped 'Three Blind Mice and Farmer's Wife' (aka Nicky Spinks) by under a minute, but Nicky and the mice did claim the Veteran's Handicap trophy.

The conditions allowed everyone to post quicker times than usual and 41 of the 44 teams finished. The weather come the morning was so good that for the first we held prize giving outside! There are many photos and personal reports on-line including a fantastic time lapse of the sunrise from Snake top checkpoint which are well worth an internet search for.

Richard Bradbury

1st	7:51:58	Flipper's Gang Stephen Watts, Stephen Pyke, Simon Harding, Matt Giles
2nd	8:13:47	Mountain Hardware Alex Pilkington, Kim Collison, Keiran Hodgson, Sam Ware
3rd	9:03:30	(1st Mixed team) Tigger's Brown Vests Last Stand Jules Barrett, Ian Loombe, Judith Jepsome, Heather Marshall
4th	9:04:23	(1st Veterans) 3 Blind Mice and a Farmer's Wife Nicky Spinks, Ian Charlesworth, Simon Rippon, Keith Holmes.
8th	9:41	(1st Ladies) Carnethy Ladies Angela Mudge, Jasmin Paris, Helen Bonsor, Jill Mykura

ROAD RUNNING

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:

2013 Cheshire Grand Prix and Club Championship Road Race Series

n.b. Four Villages Half has been replaced by Great Warford 10 mile (August)

Cheshire Grand Prix race	Race Distance Category	RACE	DATE
Yes	Short	Lymm 5k	Saturday 22 nd June 4.30pm
Yes	Short	Burtonwood 5 mile	Saturday 20 th July 4.00pm
Yes	Short	Pie and Peas 5 mile	Wednesday 7 th August 7.30pm
Yes	Long	Great Warford 10 mile	Sunday 11 th August 10.00am
Yes	Medium	Sutton 10k	Sunday 15 th September 11.00am
Yes	Long	Congleton Half Marathon	Sunday 6 th October 9.30am
No	Medium	Cheddleton 10k	Saturday 23 rd November (tbc)
No	Long	Stockport 10 mile	Sunday 8 th December (tbc)

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

Rules for the Club Championships

Separate championships for men and women.

20 points for first place, 19 for second etc

All finishers receive a point.

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

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

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

www.race-results.co.uk

www.ukresults.net

northernrunningguide.com

www.runnersworld.co.uk/events

Keith Mulholland

Local Races June to August 2013

Race	Location	Date
Hollins Green 5K	Hollins Green, Warrington	Saturday 1 st June 4.30 pm
Sale 5 mile	Wythenshawe Park	Saturday 1 st June 10.30am
Bowdon 5k	Bowdon	Thursday 6 th June 7.15pm
Potter's Arf Marathon	Stoke-on Trent	Sunday 9 th June 10.30am
Dunham Massey 5k	Dunham Massey Park	Thursday 13 th June 7.15pm
Platt Fields 10k	Platt Fields Park	Saturday 15 th June 11.00am
Warrington RR 10k	Woolston Park	Thursday 20 th June 7.30pm
Sale 5k Sizzler	Wythenshawe Park	Thursday 4 th , 18th July, August 1 st , 15 th 7.30pm
Debdale Park 7k	Gorton, Manchester	Sunday 7 th July 10.30am
Offerton 10k	Woodbank Park	Thursday 10 th July 7.30pm
Cheadle 4 mile	Cheadle, Staffs	Sunday 14 th July 10.30am
We Love Manchester 10k	Etihad Stadium	Sunday 14 th July 10.30am
Cheshire Half Marathon	Arley Hall	Sunday 21 st July Time tbc
Meerbrook 15k	Meerbrook, Staffs	Saturday 27 th July 10.00am
Stockport Legacy 10k	Woodbank Park	Sunday 4 th August 11.00am
Salford 5k	Heaton Park	Thursday 8 th August 6.45pm
Birchwood 10k	Birchwood Shopping Mall	Sunday 18 th August 10.30am
Leek Half Marathon	Leek	Sunday 18 th August 10.30am
Gawsworth 5/10k	Gawsworth	Sunday 15 th September 10.30am

Men's Team Victorious at Buxworth 5 mile 2013!

Wednesday 1 May saw the Men's Team prize at the Buxworth 5 mile road race won by Andy Lamont, Simon Harding and Scott Wilson.



Andrew Turner



Ian Mills



Scott Wilson

Ian Mills, Andrew Turner and Ray O'Keefe also produced superb times on a testing hilly

course. Individual times were:

Andy Lamont	28:50 (2nd)
Simon Harding	29:36 (3rd)
Scott Wilson	30:25 (6th)
Ian Mills	30:50 (7th)
Andrew Turner	32:55 (2ndV50)
Ray O'Keefe	36:52 (66th)

Congratulations to everyone on a great set of results! Full results can be found at:
www.govtvalleystriders.org.uk/pages/buxsworthresults/buxsworth2013.html

Cheadle 5 Mile 2013 - Sunday 3 March

Amidst cool but sunny conditions a series of excellent times were achieved by club members including Chris Bentley (28:24, 6th Place), Scott Wilson (29:58, 13th Place) and Rob Hasler (30:38, 16th Place). Daisy Pickles finished as the fourth lady in 34:34.

Other individual times for Harriers are listed below:

Ray O'Keefe	33:00
Jonnie Plumb	34:02
Keith Mulholland	34:20
Nina Moss	36:05
Carl Hanaghan	36:34
David Larkin	39:17
Dave Hancock	39:23
Nicky Tasker	48:17

Congratulations to everyone on a great set of results.

Full results can be found at:

www.runbritainrankings.com/results/results.aspx?meetingid=75822

Wilmslow Half Marathon 2013 - Sunday 24 March

34 Harriers braved what must have been the coldest ever conditions for the Wilmslow Half Marathon. This was in total contrast to 2012 which had temperatures close to 20°C! The race saw some superb individual performances with the men's winner, Joe McDonald from Cardiff AC, finishing in 1:04:54. The women's race was won by Julie Briscoe (Wakefield AC) in 1:15:15.

Mark Walker ran a superb race to finish in 21st place (1:13:56), followed by James Noakes (1:18:28) and Scott Wilson (1:21:45, PB).

Daisy Pickles led the ladies in with a time of 1:39:29 (PB) followed by Carol Bird (1:43:21) and Fiona Wilson (1:50:15).

Full results can be found at: www.tdl.ltd.uk

Congratulations to everyone who took part when it must have been tempting to stay warm

at home!

Many thanks also to the team of marshals from Macc Harriers who were based around the halfway point, standing around in the cold today would not have been pleasant. Hopefully conditions next year will be better!

Air Products 10k 2013 - Sunday 31 March

Yesterday saw another great turnout from the Harriers with fourteen members taking part in this fast flat Easter Sunday 10k (the first race in the 2013 Cheshire Grand Prix). At least the weather was sunny and a little bit warmer than at Wilmslow the week before!

The men's race was won by Ryan Holroyd from Staffs Moorlands in a time of 31:44 and the women's race by Mandy Vernon (Trentham RC) in 36:40.

Scott Wilson was the first male Harrier to finish in a time of 36:22 (17th, PB), followed by Tim Stock (40:07, 3rd M50) and Ray O'Keefe (40:09, 9th M45).

Andrea Frost was the first lady Harrier to finish as 1st L45 (43:00), followed by Nina Moss (14th, 43:52) and Sarah Ledbury (4th L40, 44:11).

Further Harriers results are listed below:

Andrew Gray	41:42
Jonnie Plumb	42:41
Carl Hannaghan	42:45
Martin Platt	45:00 (8 th M55)
Doug Hughes	45:10 (9 th M55)
David Hancock	49:40 (9 th M60)
David Larkin	50:13
Nicky Tasker	60:00

Full results can be found at:

www.thepowerof10.info/results/results.aspx?meetingid=758

Virgin London Marathon 2013 - Sunday 21 April

Seven Harriers completed the London Marathon today with some superb individual performances. For once the weather was ideal for running, with a cool but sunny start, warming up later in the day.

Mark Walker was the first male Harrier to finish in a time of 2:39:19, with Sarah Grady the first lady in 3:35:11. Cynthia Chapman also finished as 20th L65 in a time of 4:40:49.

Other individual times were:

Andrew McEvoy 3:41:36

Emma Beveridge	4:38:41
Harry Newton	4:59:14 (57 th M70)
Mark Mothershaw	5:03:01

Congratulations to everyone on completing the race, especially having trained through the cold winter months (that seemed to go on forever this year!).

Greater Manchester Marathon 2013 - Sunday 28 April

Over 5700 runners took part in last Sunday's Greater Manchester Marathon. The men's race was won by Dave Norman in 2:20:19 and the women's race by Issy Menzies of Edinburgh AC in 2:38:51. Five Harriers achieved superb performances listed below.

Steven Millar	3:09:55
Garry Jones	3:21:53
Gary Wilcock	3:25:00
Oliver Johnstone	3:28:53
Lynne Graves.	4:13:29 (PB)

Congratulations to them all!

Full results can be found at :

www.racetecresults.com/results.aspx?CId=38&RId=421

Newcastle 10k – Sunday 14 April

Ten Harriers ventured back to Staffordshire yesterday for the first Newcastle 10k and the 3rd race in the 2013 Club Championship. The race was run under windy but sunny conditions. Fortunately the rain didn't start until after we had finished!

The men's race was won by Carl Moulton (Boalloy RC) in 34:31 and the women's race by Marie Atkins (Cheadle RC) in 40:35.

James Noakes and Scott Wilson both had excellent races finishing in 3rd (36:04) and 5th places (36:21) respectively. Chris Bentley also finished quickly in 38:28.

Nina Moss was the sole lady Harrier in the race finishing in 47:52 and now leads the Ladies Club Championship with 58 points.

Other individual times for Harriers are listed below:

Richard Brown	44:27
Keith Mulholland	44:34
Jonnie Plumb	44:41
Carl Hanaghan	46:28
Steve Lomas	47:52
Angus Tennant	50:52
David Hancock	51:33

Congratulations to everyone on a great set of results. Post Event Photo, apologies to David Hancock, Nina Moss and Angus Tennant who we managed to miss at the finish!



Club Championship Update

The next two races in the Club Championship are the Lymm 5k (Saturday 22nd June) and Burtonwood 5 mile (Saturday 20th July). Please note that both races **do not** have online entry but if you pre-enter you do get a cake and tea at the Lymm race. In addition all finishers get a burger or hot dog at Burtonwood! Entry forms can be found at:

www.spectrumstriders.org.uk/our-races/lymm-5k/race-info-a-entries

www.spectrumstriders.org.uk/our-races/burtonwood-5-mile-race/race-info-a-entries

	MEN	Cheadle 5 Mar -03	Air Products 10k Mar -31	Newcastle 10k Apr -14
	NAME	L	S	M
3	Chris Bentley	20		18
1	Scott Wilson	19	20	19
11	Rob Hasler	18		
5	Ray O'Keefe	17	18	
6	Jonnie Plumb	16	16	
7	Keith Mulholland	15		16
2	Carl Hannaghan	14	15	15
8	Dave Larkin	13	12	
4	Dave Hancock	12	12	12
10	Tim Stock		19	
15	Angus Tennant			13
13	Martin Platt		14	
15	Doug Hughes		13	
9	James Noakes			20
12	Richard Brown			17
13	Steve Lomas			14

	LADIES	Cheadle 5 Mar -03	Air Products 10k Mar -31	Newcastle 10k Apr -14
	NAME	S	M	M
3	Daisy Pickles	20		
1	Nina Moss	19	19	20
2	Nicola Tasker	18	17	
3	Andrea Frost		20	
5	Sarah Ledbury		18	

ROAD RUNNING (Cont'd)

Virgin London Marathon 2013

My Marathon Experience started in 1995 when I was 58 years old. I had absolutely no running experience whatsoever. I was at the time, a grocer and sub-postmaster at Costcutter, Bollinbrook, Macclesfield. I attended a conference where I met a man from Mars chocolate confectionary company. He had been involved with the Mars sponsorship of the London Marathon in the early days of the race and had also taken part himself on two occasions. He asked if any of us were interested in having a go at it and raising money for our grocers charity. He said he could get me an entry if I was interested.

I had six months to train from scratch. I sent my entry in and started to get some running in. It was difficult from the start, with a lot of running and walking and shin splints etc. By January I was up to 9 miles and going quite well. Then the trouble started with severe pains in one of my knees. My training came to a halt and my time was taken up visiting physiotherapists and doctors etc. April came round and I was really nowhere near ready to run a marathon, but with the help of a cortisone injection from the doctor I decided to give it my best shot.

The day of the Marathon arrived and I started to run. All went well for the first nine miles, then into the unknown and the pain set in. I carried on running and walking with the pain getting worse with every mile. I managed to finish the race in 5 hours and 18 minutes. Then the pain really started as my legs quickly started to stiffen up. I could hardly walk back to my hotel, where I had a shower and got on the bus back to Macclesfield. After about six weeks I got my legs back to something like normal.

That first marathon was a massive learning curve. The following year I ran the New York Marathon with some of my grocery colleagues. I had managed to get some good training in during the summer and was in pretty good shape and completed the race in 4 hours and 12 minutes. A much more enjoyable experience than my first London race. I ran the London Marathon again in 1997 with a similar time to my New York race.

I did not run another marathon until 2003 when I had decided I would run a marathon when I was 65. This time I joined the Macclesfield Harriers and did some serious training with Dave Jackson and the C group. It paid off and I managed a time of 4 hours and 5 minutes. 5 minutes over the good for age time.

The following year I did not get an entry in the London Marathon, so I went to Lake Vyrnwy in Wales where I managed a time of 3 hours 59 minutes and 30 seconds. I was now "Good for age" which I have managed to maintain ever since.



After completing the 2008 London Marathon in a personal best time of 3 hours 52 minutes and 30 seconds, I was diagnosed with Lymphoma. This meant that I could not train and instead had to have six months chemotherapy at the Christie Hospital. This meant that I could not train for the 2009 London Marathon, but the good news that year was that my Lymphoma had gone into remission and I have been all clear up to now.

I resumed training in the summer of 2009 and have taken part in 4 London Marathons since then. My times have crept up a bit with with my years. The 2012 race brought an injury under my left foot, which disrupted my training very much. After having special insoles made for my shoes I managed to get some training in for the 2013 marathon. I decided to take this years race very steadily, particularly in the early stages. It paid off and after having some special encouragement from this years terrific crowds I managed to find a little extra energy for the last few miles and finished in 4 hours 59 minutes and 14 seconds and still "Good for age" at 75 years young.

Harry Newton (aged 75)

Senior club championship races calendar 2013				
Wed-26-Jun	Polly Lander Orienteering Trophy	Fell	Weds	
Wed-05-Jun	Boar's Head	Fell	Weds	
Sun-09-Jun	Northern M&L - Bebington Oval	T&F	T&F	
Sat-22-Jun	Lymm	Road	S	5k
Sun-23-Jun	Kinder Trog	Fell	M	
Sat-29-Jun	Whaley Waltz	Fell	S	
Wed-17-July	Forest 5	Fell	Weds	
Sun-07-Jul	Northern M&L - Wrexham	T&F	T&F	
Sun-14-Jul	Cheshire League - Colwyn Bay	T&F	T&F	
Sat-20-Jul	Burtonwood	Road	S	5 mile
Wed-31-Jul	Pie and Peas	Road	S	5 mile
Sat-03-Aug	Northern M&L - Macclesfield	T&F	T&F	
Wed-07-Aug	Cracken Edge	Fell	Weds	
Sun-11-Aug	Great Warford	Road	L	10 mile
Wed-14-Aug	Eccles Pike	Fell	Weds	
Sat-17-Aug	Sedbergh Hills	Fell	L	
Sun-08-Sep	Cheshire League - Salford	T&F	T&F	
Sun-15-Sep	Sutton 6	Road	M	10k
Sun-22-Sep	Stanage Struggle	Fell	S	
Sun-06-Oct	Congleton Half	Road	L	Half marathon
Sun-13-Oct	Windgather	Fell	L	
Sat-30-Nov	Cheddleton	Road	M	10k
December	Fell handicap	Fell	L	
Sun-08-Dec	Stockport	Road	L	10 mile
2013/14 Cross country dates yet to be published				

Head Up, Walk Tall

Following a group survey, the Macclesfield Run England Group had expressed the idea of a coaching session to develop running skills and technique, and so group leader Neil set about organising a special coaching event for the group lead by Bashir Hussain. Macclesfield Harriers & Athletic Club supported the event with funds from the proceeds of the Macclesfield Half Marathon.



The session began with a question and answer session. Topics such as pace, running styles and techniques, nutrition, reducing and dealing with injuries and methods to reduce walk breaks were covered. Bashir provided a wealth of ideas and suggestions, some of which we were able to put straight into practice such as 'walking tall', correct arm movement and keeping our heads up; everyday running basics but useful to be reminded of. Fortunately (or unfortunately for Neil) the absence of hills meant we weren't able to implement the new techniques we were given for hill running! Following the indoor coaching, we headed outside to brave the elements. Bashir took the group through a series of smart warm up skills, followed by a range of tasks which reflected the discussions of the indoor coaching which included; skipping, hopping and bunny jumps.



A main focus of the session was looking at pace, something we have all struggled with at some point and something we were all keen to work on. The activity took place over 300m with an option to run at a pace of 8, 9, 10 or 10+ minute miles, timing the first 100m and then 300m overall. As expected, based on the first 100m, we were running far too quickly and by the time we reached the finishing line, we were gasping for breath.

Second, third and fourth time round, we started to develop an understanding of pace and what pace we had to be running at to achieve a certain time. To conclude the pace activity, we ran 400m around the track at our individual aimed pace. The pace work was very beneficial and a skill I'm sure we will all look to foster and develop when running with the group, individually and during the variety of races and events we have planned this year. The session concluded with a session on effective stretching and drying out from the rain!

The two hour session provided the Run England group with some excellent ideas to take away and try. We are now a large group with differing abilities and reasons for running; however the level Bashir pitched the session at meant that everyone could engage and take something away, whether it was learning to slouch less, reduce walking breaks or increase speed. We are a beginners running group, but thanks to the efforts of Neil, Alison and Bashir, a beginners running group with new skills and techniques to help us develop.



Jenny Heys

Cross discipline challenge – May 2013

It has been good to see many of you out running over the past few weeks enjoying the warmer and drier weather. Personally I've not yet made it on to the track this summer but have strayed from the roads to enjoy the Rainow 5 fell race.

For those of you who have not run on the fells before, the summer months provide a good introduction as there are a number of short races locally. No experience is required, it's not normally cold, you won't be required to use a map and compass and everyone has to go up the same hills. And there's usually plenty of either cake or beer, or both, at the finish (I'm yet to find a runner who thinks this is a bad thing).

The summer is also more obviously the track and field season. It's definitely not just for posing sprinters, and even if you haven't run on a track since you were at school, you will be fine at any of the Cheshire League fixtures. The club would also love you to join the team for the Northern League, which is of a higher standard.

And of course there are also road races – though many of them this year aren't until later in the summer. Details of these races, and the fell and track and field events open to senior athletes over the coming months are in the table below.

Together these are the cross discipline challenge, which for those of you who don't know requires completion of 2 events in each discipline over a 12 month period. The challenge is focussed very much on participation, so it doesn't matter whether you are running competitively, for general fitness, or for the first time as all the events cater for a very broad range of abilities (if you don't believe me, look up last year's results on the internet....)

Date	Name	Type	Category	Distance	Pre entry required?
Wed-05-Jun	Boar's Head	Fell	Weds		
Sun-09-Jun	Northern M&L - Bebington Oval	T&F	T&F		
Sat-22-Jun	Lymm	Road	S	5k	
Sun-23-Jun	Kinder Trog	Fell	M		Yes
Sat-29-Jun	Whaley Waltz	Fell	S		
Sun-07-Jul	Northern M&L – Wrexham	T&F	T&F		
Sun-14-Jul	Cheshire League - Colwyn Bay	T&F	T&F		
Wed-17-Jul	Forest 5	Fell	Weds		Date TBC
Sat-20-Jul	Burtonwood	Road	S	5 mile	
Sat-03-Aug	Northern M&L – Macclesfield	T&F	T&F		
Wed-07-Aug	Pie and Peas	Road	S	5 mile	Date TBC
Wed-07-Aug	Cracken Edge	Fell	Weds		
Sun-11-Aug	Great Warford	Road	L	10 mile	
Wed-14-Aug	Eccles Pike	Fell	Weds		
Sat-17-Aug	Sedburgh Hills	Fell	L		
Sun-08-Sep	Cheshire League - Salford	T&F	T&F		
Sun-15-Sep	Sutton 6	Road	M	10k	
Sun-22-Sep	Stanage Struggle	Fell	S		

Moulding our bodies by Judith Cooper ISRM

It was whilst I was reading “The Endless Web” (Schultz and Feitis, North Atlantic Books), that it really dawned on me just how much our bodies are moulded by our life experiences and activities. One of the illustrations shows a small child reaching up and holding its mother’s hand. The likelihood is that a mother generally always offers her dominant hand to a child and that therefore the child reaches up repeatedly with the same hand. Over time, the muscles and fascia on that side of the body respond to this repetition and adapt to it, with the possibility that the shoulder on that side of the child’s body becomes slightly raised relative to the other one. Scary thought huh? Just as repeated thought patterns establish strong neural pathways in the brain, repeated movement patterns or patterns of holding the body tend to establish postural habits and tendencies which, unless they are changed can have huge implications over a lifetime.

I constantly see evidence of this in my work. The most obvious example is the office worker who spends 8 hours a day 5 or 6 days a week sat at a desk in an almost identical position with their arms out in front of them and their head poking forwards towards a computer screen. Add to this the possibility of a minor twist somewhere down the spine..perhaps towards a screen that isn’t directly in front of them and you have a recipe for trouble. Ring any bells anyone? Our bodies will adapt with marvellous plasticity to support what we do with them, but when that adaptation takes us too far from neutral, especially our joints, then we start to run into difficulty.

This translates into our sporting activities too. Of course repetition is absolutely vital to the mastery of a discipline and the gaining of sufficient strength and stamina. However, balance must always be borne in mind. Our joints are reliant on the muscles and soft tissues surrounding them; they do not move themselves and when the muscles on one side of a joint become dominant (very common with the shoulder joint for example) then that joint becomes compromised. Unless it can freely return to its neutral position then it will begin to wear unevenly and this can lead to painful and potentially complicated problems.

With this in mind it is worth spending a little bit of time analysing what you do with your body each day. Sometimes a good look in the mirror will give away some of your holding patterns and postural habits. Is your body giving you clues by aching repeatedly in certain places? Maybe that niggling back pain that you put down to getting older is actually related to a long standing postural issue? Youngsters are not immune to this either; I am treating more and more teenagers who, because they are spending protracted periods of time using laptops, ipods, ipads etc. are suffering with neck pain, back pain and headaches which are frequently to do with bad postural habits. If you have children then keep an eye on them and don’t ignore repeated complaints of discomfort. Yes, they do get growing pains, but often they have developed bad postural habits which need to be corrected early so that they don’t become entrenched.

Myself, the physiotherapists and many of the other practitioners at Trinity House can identify and treat areas of tension / weakness and imbalance in your body so do come and see us if you think we could help.

Judith is the remedial and sports massage therapist at John Honey Physiotherapy, Trinity House Practice, 150-152 Cumberland Street, Macclesfield 01625 50077.

Her website is www.maccsportsmassage.co.uk or you can email her at msrmt@hotmail.co.uk

Macclesfield Indoor Athletics and Multi-Sport Centre - May 2013

The response of Cheshire East Council officers to the initial sketch plans produced by Craig Harwood was very favourable and help confirm the viability of the site next to the track as a suitable location for an indoor athletics and multi-sport centre for Macclesfield. Indeed their comments focused on the need to expand the facility to include additional changing facilities for team games on the infield and covered seating for spectators. This feedback will now be incorporated in the plans for further discussion with Cheshire East Council. Contacts have also been explored with other possible partner sports such as tennis that do not have adequate indoor facilities in the Macclesfield area.

A snowstorm that blocked the roads from Rainow on the evening of the MH&AC Presentation Evening on 22nd March prevented Barbara from providing an update on our plans to the wider Club Membership however Barbara was able to give a brief update on progress at a MH& AC Committee meeting on 26th March. The committee gave their full support for the efforts of the MADF team at this stage of planning and looked forward to receiving further updates including more detailed business plans in the future.

Appeal to all artists and designers

Logo - The Macclesfield Athletics Development Fund is a bit of mouthful. The vision of an indoor athletics and sport centre is still a paper plan. To help the MADF team develop a more recognisable identity for this vision we feel that we would benefit from a logo or artwork that encapsulates the aims of the Fund and the planned Athletics and Multi-sport centre. This then is an appeal to all for possible designs on a suitable logo that we could use in our communications and discussion with stakeholders. If you have any ideas or suggestions for a logo please contact one of the members of the MADF team.

Sketch plans - Copies of the sketch plans are displayed in the clubhouse. As always we are open to ideas or suggestions on how these can be improved to better illustrate our plans.

The Macclesfield Athletics Development Fund is a **Registered Charity (number: 1041755)**. The current trustees are Barbara Murray (tel 01625 572729), Bob Lynch (01625 829229) and John Kershaw. Kevin Ranshaw is the treasurer and Raphael Murray is the secretary. The team also welcomes and benefits from the architectural advice and key support of Craig Harwood. The team is always looking to widen and strengthen its ability to deliver its objectives. If you would like to get involved please let us know - we'd be delighted to hear from you.

Raph Murray

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Calling all Masters!.. Club Records

As mentioned in GO! In November 2012, we have decided as a club to record club records for all veteran 5-year age categories in track and field events. So anyone who has competed in T&F events over the age of 35 may well have claim to some records. The UK Athletics classify older athletes as "Masters", rather than Veterans, so I am going to use that term too. Just to help, the age rules are that if you are under 20 on 31st December of the competing year, then you are classed as Under 20. If you are 20 or over on 31st December of the competition year, then you become a Senior. You then classify as a Master (M35) from the date of your 35th birthday. And subsequent age groups are also dated from your actual age on the day of competition.

We have LOTS of "gaps" in the club records, particular for the M35 category. Now I am sure these are not real "gaps" so please do come forward and let me know of any records so we can try and complete the records.

I have also updated the records in an Excel sheet that makes it a lot easier for me to edit and find records...but there could be some transcription errors so please let me know if you spot any mistakes. The Club Records are displayed on the noticeboard in the clubhouse and are also available on the club website www.macclesfield-harriers.co.uk

Please come forward with your record claims!

Rachael Lawrance

Rachael.lawrance@gmail.com

Mining on Alderley Edge

At first glance you could be forgiven for thinking this was an old photo of a mining group from yesteryear. But looking more closely you will see women and modern garb. The Derbyshire Caving Club kindly offered to take a group of Macclesfield Harriers on a social walk down West Mine at Alderley Edge. During the 3-hour sojourn in the man-made depths, we found ourselves climbing, crawling, traversing and near abseiling to scale all the challenges the mine had to offer. There are some in the fell running section of the Harriers who might see that as a usual kind of exercise...but 150 feet down?

But what did we find in the mines? Did we come across Merlin or the sleeping Brisingamen knights? Well, no actually but we did find cave pools made green by ferrous sulphate and early 1900's graffiti burnt onto the rock faces with tallow smoke. If you want to know more about caving, take a look at www.derbysc.org.uk for some stunning photography and how to join the club.

A welcome from Dominic Gottelier was waiting for us back at The Wizard Pub on the Macclesfield Road, despite us looking dishevelled. A reputation has grown around the place but don't be fooled! Under new management, they welcome dog walkers for a beer as equally as a well-heeled group for a celebration dinner.

If you would like to test your mettle on the athletics track, in a road race or on the beautiful hills that surround us, check out forthcoming races and events in this magazine and at www.macclesfield-harriers.co.uk



Helpers still needed for the Macclesfield Half Marathon

Sunday 29th September 2013

Once again Macclesfield Harriers & A.C. will be hosting the annual Half Marathon, 5K & Fun Run. The race goes from strength to strength each year and the club gets great feedback about the marshals!

We hope to beat last year's amazing donation to East Cheshire Hospice of £15,000 as well as supporting local athletics.



To have such a successful race we need an army of willing volunteers on the day of the race as well as a lot of help beforehand. Last year we had over 130 people who gave up some of their time to make the event successful. As the club is hosting the event club members are encouraged to support the event if possible.

There are various roles that need filling :-

- Registration
- Parking
- Catering (this year it is being organised by Run England)
- Course Marshals
- Water Stations (the Scouts help here)
- Lead/Sweep car and cycles
- Start & Finish
- Goody Bags and water
- Rubbish Collection

If you or any friends and family can help then please contact Neil Gunn (Volunteer Co-ordinator) at neil.gunn@gmail.com or 07786 855027

Thank You!

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WEEKLY TRAINING TIMES

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

FELL RUNNING

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

TRACK & FIELD

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

Tuesday & Thursday 6.00 – 7.00pm

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

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

Tuesday & Thursday 6.30 – 8.00pm

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

CROSS COUNTRY

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

Macclesfield Harriers And Athletic Club

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

CLUB OFFICIALS

Chairman	Vacant	
Vice Chairman	Phil Cheek	01625 425539
Secretary	Clare Finnis	01625 850085
Treasurer	Neil Gunn	01625 611802

OTHER OFFICERS

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