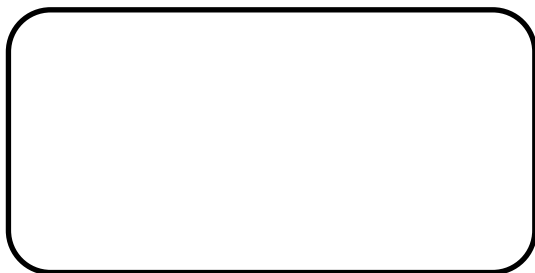


GO!

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Our cover photos were taken by Bryan Dale at the Cloud 9 Hill Race on Sunday 2 March. Macclesfield Harriers left to right are; Angela Leonard, Helen Evans and Molly Whittall. Thanks to Bryan for allowing us to use these photos.

Next Issue – September 2014

Please submit any articles or photographs to alison.gunn61@gmail.com
by **Sunday 10 August 2014**

Magazine Issue

Please note: To save production/distribution costs we only send one magazine to each household. Please pass this magazine around in your household if you have more than one club member in the family so that they are all aware of what's going on within the club. Receipt of a paper copy of the magazine is now optional as it is now available to view on the Harriers' website.

Please use your membership form to opt in or out.

Starting Lines...



Finally, spring is here, the light evenings are back and we can get out and about and enjoy our running in more pleasant conditions.

As usual at this time of year there are a huge number of events and races across all disciplines in which to take part. In this issue you can find details of many of them under the various section headings.

Three of the annual races organised by Macclesfield Harriers are coming up soon. First, is the Forest Five run which this year takes place on Wednesday, 16th July. For more details of how to enter the race or volunteer to marshal, see page 39.

Next, is the Tegg's Nose Fell Race. It's a challenging 7.3 mile route taking the runners up and over Tegg's Nose. This year it takes place on Saturday, 2nd August.

Finally, the icing on the cake is of course the Macclesfield Half Marathon, 5k and Fun Run. This year it will be held on Sunday, 28th September.



So put these dates in your diaries, and if you can't run them, how about getting involved with marshalling. I can let you into a secret... it's a lot easier than running and it's so much fun!

Alison

Alison Gunn - Editor
15 Beech Hall Drive, Macclesfield
Tel : 01625 611802
Email: alison.gunn61@gmail.com

MINUTES of MACCLESFIELD HARRIERS AGM - March 28th 2014

Venue: BOLLINGTON ARTS CENTRE

Chaired by: Bob Lynch

1 APOLOGIES FOR ABSENCE: Neil Gunn and Alison Gunn

ATTENDEES: on separate sheet, in Secretary's file.

2 **PRESIDENTS ADDRESS - Bob Lynch**

Bob Lynch presented his address. This has already been published in full in the March copy of Go! magazine and is also on the website.

3 **TREASURERS REPORT - Chris Bentley** (presented report on behalf of Neil Gunn)

The club's financial position remains strong, and the club has assets in excess of £53,800 (bank accounts, equipment and clothing/catering stocks).

The accounts for the year have been professionally reviewed and show a cash surplus of just over £3,300 which is similar to the previous two years. Membership and Track fees will remain unchanged.

A full report with more detail is available from the Treasurer if required.

Neil H Gunn, Club Treasurer

24 January 2014

4 **ELECTION OF OFFICERS (EN BLOC)**

All officers currently listed were re-elected. Nicki Tasker has already taken on the role of club statistician. While Nina Moss and Paula Nimmo have agreed to manage the ladies road and XC running. The position of Coaches' representative needs to be covered. Vacancies still exist for Chair, catering, and webmaster.

Mrs Finnis said she would step down as Secretary at the next AGM.

5 **GOING FORWARD**

Donations to charities Currently the profit from races organised by the club go to local charities, with East Cheshire Hospice being the main beneficiary. The funds raised for charity in 2014 will be allocated as already arranged. However, Bob asked all present for their views on where donations in 2015 should be allocated. Phil Cheek rightly pointed out that the race organisers must have an input into any decision on allocation of funds. Two ideas were raised: The Mountain Rescue Team and Macclesfield Athletics Development Fund (MADF). Any further ideas should be given to a Committee member.

Membership fees for unpaid volunteers. Bob raised the issue of whether unpaid volunteers should have their club fees waived. He specifically said this idea was just for Club Coaches and not for any other Officials. Ideally, ALL volunteers should be club members, to protect both athletes and volunteers. The matter was discussed at some length, including whether it should apply to others whose only involvement with the club is in a volunteer capacity. Phil Barnes proposed that the AGM attendees allow the Committee to make a sensible decision on the matter, this was seconded by Phil Cheek.

6 **ANY OTHER NOTIFIED BUSINESS**

Barbara Murray as chair of the MADF charity, gave a report on the progress to provide a Macclesfield indoor athletics & multisport facility. MHAC supports this venture.

AWARDS PRESENTED ON THE EVENING OF 28th MARCH 2014
NOTE: AN AWARD IS ONLY GIVEN TO THE 1ST PLACE ATHLETE – OTHER PLACES SHOWN FOR INFORMATION

Award	Places	Recipient
Cross Country (2013/2014)		
U11 Girls (Was the Macclesfield Express Challenge Shield – now a trophy)	1 st 2 nd 3 rd	Sian Heslop Meg Bradley Ruby Spencer
U11 Boys (Was the Cross Country Shield – now a trophy)	1 st 2 nd 3 rd	Finley Proffitt William Davies Morgan Frith
U13 Girls (Was the Young and Co Shield – now a trophy)	1 st 2 nd 3 rd	Emily Lowery Shona Williams Eve Cobey
U13 Boys (The G T Ward Trophy)	1 st 2 nd 3 rd	Peter Goodfellow Harry Cookson Jacob Winfield
U15 Girls (Was the Arthur Evans Shield – now a trophy)	1 st 2 nd 3 rd	Katie Lowery Louisa Whittingham Katie Davies
U15 Boys (The Arthur Evans Trophy)	1 st 2 nd 3 rd	Callum Ahern Ben Walton Allen Bunyan
U17 Ladies (Perpetual Shield)	1 st Only 1 athlete eligible	Lucy Snelson
U17 Men (The Macclesfield Harriers Youth Championship Trophy – now a perpetual shield)	1 st Only 1 athlete eligible	Dan Gilfillan
U20 Ladies (Perpetual Shield)	1 st	No athletes qualified for award
U20 Men (Perpetual Shield)	1 st	No athletes qualified for award
Senior Ladies (The John McClellan Shield)	1 st 2 nd 3 rd	Paula Nimmo Hanny Stockman Daisy Pickles
Senior Men (The 22 nd (Cheshire) Regiment Cup)	1 st 2 nd 3 rd	James Noakes Chris Bentley John Mooney
Veteran Ladies (Perpetual Trophy)	1 st 2 nd 3 rd	Hanny Stockman Sarah Harris Kristy Readman
Veteran Men (Perpetual Trophy)	1 st 2 nd 3 rd	James Noakes John Mooney Mark Wheelton

AWARDS PRESENTED ON THE EVENING OF 28th MARCH 2014

Award	Places	Recipient
Road Running (2013)		
Ladies Open (Perpetual Shield)	1st Only 1 eligible athlete	Kristy Readman
Ladies Veteran (Perpetual Shield)	1st Only 1 eligible athlete	Kristy Readman
Mens Open (Runner on Plinth)	1st 2nd 3rd	James Noakes Scott Wilson Chris Bentley
Mens Veteran (Perpetual Trophy)	1st 2nd 3rd	James Noakes Ray O'Keefe Richard Brown

Award	Places	Recipient
Indoor Sportshall (2013/2014)		
U11 Girls	1st 2nd 3rd	Poppy Dutton Liliana Carey Elise Barjat
U11 Boys	1st 2nd 3rd	Morgan Frith Jake Bradley Harrison Denham-Smith
U13 Girls	1st 2nd 3rd	Josie Elliot Eve Cobey Lydia Hatton
U13 Boys	1st 2nd 3rd	Josh Carey Josh Mock Harry Cookson

Award	Places	Recipient
Fell Running (2013)		
Ladies Fell Championship (Small Rock Award)	Winner	Mandy Calvert
Mens Fell Championship (Large Rock Award) (The Ken Hall Fell Runner Trophy)	Winner	Barry Blyth
Open Fell Championship (Hexagonal Glass Shield)	Winner	Stephen Watts
Summer Evening Fell Race Series Ladies (No Perpetual Trophy – small Shield to keep)	Winner	Andrea Frost
Summer Evening Fell Race Series Men (No Perpetual Trophy – small Shield to keep)	Winner	Simon Harding

AWARDS PRESENTED ON THE EVENING OF 28th MARCH 2014 (cont'd)

Award	Nominees	Recipient
Special Awards		
Best Newcomer (Voucher)	Ewan Edmondson Sian Heslop Oscar Johnson Finley Proffitt Ella Spencer Mark Stanbridge	Sian Heslop
Most Improved Athlete (Voucher) (Award re-introduced in 2014)	Carl Hanaghan Paula Nimmo Kristy Readman Nicky Tasker Scott Wilson	Paula Nimmo Scott Wilson
Most Promising Athlete (Voucher)	Emily Lowery Katie Lowery Scott Wilson	Katie Lowery
Commendations: Female (Voucher)	Sarah Harris Nicky Tasker Louisa Whittingham Shona Williams	Shona Williams
Commendations: Male (Voucher)	Robert Finnis Carl Hanaghan Dave Larkin	Carl Hanaghan
Best Cross Country Performance (The Arthur Evans Memorial Plate and Voucher)	Matthew Bigley Sarah Harris Emily Lowery Katie Lowery Finley Proffitt	Katie Lowery Finley Proffitt
Female Endurance (The Brian Kemp Memorial Trophy – Running Shoe and Voucher)	Kristy Readman Nicky Tasker Hazel Winder	Hazel Winder
Male Endurance (The Brian Kemp Memorial Trophy – Running Shoe and Voucher)	Barry Blyth Simon Harding/Steve Watts James Noakes Mark Walker Scott Wilson	Mark Walker
Notable Individual Performance (Voucher)	Digby Harris Katie Lowery James Noakes Finley Proffitt	Digby Harris James Noakes

AWARDS PRESENTED ON THE EVENING OF 28th MARCH 2014 (cont'd)

Award	Nominees	Recipient
Special Awards (cont'd)		
Contribution to the Club (The Betty Sudell Memorial Trophy) (No Voucher)	Julian Brown Mandy Calvert Neil Gunn David Hancock Robert Hasler Rachael Lawrance Steve Lomas Kevin Ranshaw Martin Wallis	Julian Brown
Team of the Year Award (Engraved Star Award) (No Voucher)	U11B Cross Country U13G Cross Country U13G Indoor Sportshall U15B Cross Country SW Cross Country Ladies FRA Relay	U11B Cross Country Team (Scott Camp, William Davies, James Doorbar, Morgan Frith, Finley Proffitt, Thomas Roberts, Leo Thomas)
Athlete of the Year (Awarded by Pauline and Bob Lynch – Perpetual Plate and Voucher)		Katie Lowery

Here are some of this year's winners receiving their awards from Bob Lynch.



Paula Nimmo & Scott Wilson



Carl Hanaghan



James Noakes

Image removed in accordance with Harriers' child protection policy.

Image removed in accordance with Harriers' child protection policy.

The (not so secret) Sunday Fell/Fun Run

If you want to train hard, and enter a few races, then the well-advertised weekly programme of road, track, fell and other events should keep you fully occupied.

But tucked away in the darker corners of Harriers psyche there is another calendar for all those runners who like to ease back on the training and take in a little more of the scenery. This is not an official Macclesfield Harriers training run, but an irregular Sunday social run, known in some circles as 'The hanging around and sitting on rocks group'.

We don't advertise very well, as runs (and car sharing) often evolve in the pub after the Wednesday fell run (or even later than that), but usually by Saturday afternoon something has been posted as 'Sunday Run' on the fell runners section of the Macc. Harriers' forum.

There are usually about ten of us (plus assorted dogs). There is always someone who claims to know the area like the back of their hand, and to lead an entertaining 'scenic' route in the local hills, often searching out new paths, gullies, streams or crags. If there is a fell race in the area, we might stop briefly to cheer the runners on, we might find an old aircraft wreck, stop for sweets or throw rocks. Someone may even be tempted to plunge into a nice cool pool. Nobody gets left behind, and there is lots of opportunity to look at the views while others catch up.

After about 2 to 2 ½ hours it's back to the cars, which will have been parked conveniently close to a favored café for a spot of tea and cake.

For the real aficionado of getting out and not training, there is also the Pensioners' Potter every Thursday, as well as various other slow run days, and even weekends away, such as Long Distance Walkers Association events, half-hearted fell race reccies, and even weekends away.

So check on the forum, you never know where you might end up.

Andy Skelhorn



Chinley Churn

CROSS DISCIPLINE CHALLENGE 2014

The warmer weather and the long summer evenings are here and the ground has finally dried out enough that a run off road no longer has to involve significant amounts of mud and a nagging suspicion that you should have worn a pair of shoes with a little more grip.

What better time then to get out and run. The next few months are probably the busiest of the year in terms of organised events, and there's a huge variety of runs to do, either for the pure pleasure of running, or because you're feeling competitive and want to race either someone else or the clock. A list of upcoming events in which the club is participating is in the magazine and on the website. The majority are local, and are generally the events which club members have enjoyed in previous years. Most can also be entered on the day without any particular equipment requirements - just remember to put the date in your diary beforehand!

Last year five club members (Scott Wilson, Mark Wheelton, James Noakes, David Hancock, Chris Bentley) completed the cross discipline challenge and a further four members came close with appearances in three of track and field, cross country, road and fell. This was up slightly on 2012, but it would be great to see the total increase and for at least one of the ladies to complete the challenge too.

Please do think about what you fancy doing over the next few months. Many of the events are friendly to newcomers, including the Cheshire League track and field and most of the Wednesday night fell races. The worst that is likely to happen is that you will lose an entry fee, but much more likely you'll have an enjoyable afternoon or evening.

Happy running!

Chris Bentley

Date	Name	Type	Category	Distance	Pre entry required?
Wed-21-May	Summer Scampero (orienteering)	Fell	S	Summer series	
Fri-23-May	Christleton	Road	S	5k	Yes
Sat-31-May	Winkle Trout	Fell	S		Yes
Wed-04-Jun	Boars Head (also main championship)	Fell	M	Summer series	
Sat-07-Jun	Northern League - Ashton under Lyne	T&F			
Sun-15-Jun	Passing Cloud	Fell	M		
Sun-15-Jun	Cheshire League - Macclesfield	T&F			
Thu-19-Jun	Warrington	Road	M	10k	
Sun-22-Jun	Kinder Trog	Fell	L		
Wed-25-Jun	Polly Lander (orienteering)	Fell	S	Summer series	
Sat-28-Jun	Whaley Waltz	Fell	M		

Date	Name	Type	Category	Distance	Pre entry required?
Wed-02-Jul	Hope Wakes	Fell	S	Summer series	
Sun-06-Jul	Cheshire League - Deeside	T&F			
Wed-09-Jul	Wormstones	Fell	S	Summer series	
Sat-12-Jul	Buxton Carnival	Road	S	4 mile	
Sun-13-Jul	Bollington Nostalgia	Fell	M		
Sun-13-Jul	Northern League - Halifax	T&F			
Wed-16-Jul	Forest 5 (also main championship)	Fell	S	Summer series	
Thu-17-Jul	Wizard	Road	S	5 mile	
Sat-26-Jul	Meerbrook	Road	L	15k	
Sat-02-Aug	Tegg's Nose	Fell	M		
Wed-06-Aug	Cracken Edge	Fell	S	Summer series	
Sat-09-Aug	Northern League - Warrington	T&F			
Wed-13-Aug	Eccles Pike	Fell	S	Summer series	
Sun-17-Aug	Birchwood	Road	M	10k	Yes
Sun-24-Aug	Bollington	Road	M	10k	

TEGG'S NOSE FELL RACE

In conjunction with Macclesfield Sheepdog Trials
BM 11.7km/7.3m
525m/1722ft

SATURDAY 2nd AUGUST, 2014 at 2.30pm

Trials Field, Bullocks Lane, Sutton
Macclesfield, SK11 0HE
Grid Ref 923716

£3 Race Entry (plus £3 entry to sheepdog field)

macclesfield-harriers.co.uk
No dogs or training on race route.

PLANTAR FASCIITIS by Neil Frame, Specialist Podiatrist (Biomechanics)

As a relatively new addition to the ranks at the Trinity House Practice, I thought I would take the opportunity to introduce myself to Macclesfield Harriers by writing about a common condition seen in clinic – **plantar fasciitis**.

The cause of plantar fasciitis is ‘multifactorial’, meaning that it is caused by a number of individual factors (Martin et al 2001). Consequently there is no single treatment modality proven to effectively treat this condition consistently in isolation.

A multi-factorial approach is very much in keeping with my approach to treating pathomechanics. I have had the fortune of working with many different disciplines in my career and after observing diverse treatment techniques, I now have the benefit of being able to approach this type of musculoskeletal issue, holistically.

So, plantar fasciitis is caused by a variety of factors and there is no single cure. My approach is based on using a series of proven treatments; each potential treatment element having a logical rationale behind it, based on ‘clinical reasoning’ and backed by evidence. A number of the following options are used by myself and by my colleagues at the Trinity House Practice.

Stretching Exercises –

Tightness of the Achilles tendon has long been implicated as a causative. The main effect of having a tight Achilles tendon is reduced ankle motion, which invariably results in abnormal loading on the foot and inhibition of the ‘windlass effect’. It is proven that a tight Achilles tendon will result in increased tensile stress on the plantar fascia (Robert et al 2000) therefore a logical approach is to reduce this excess stress through careful, regular stretching of the plantar fascia and posterior leg muscles (Davis et al 1994), together with the maintenance of core stability.

Strengthening Exercises –

Strengthening exercises are often overlooked in the conventional treatment of plantar fasciitis.

This may be due to notion that strengthening exercises may place further strain on the plantar fascia and worsen the condition. This notion, to a degree may hold some truth and it is therefore not recommended to perform strengthening exercises in the acute phase. However, by having weak plantar flexors, the calf for example, will cause an abnormal gait because weakened muscles have diminished loading absorption and production capabilities. Increased compensatory stress may be placed on other structures, which can lead to force overload, tissue micro-failure and possibly symptoms.

Functional Foot Orthoses (Moulded Inlays) and Insoles –

The most common cause cited for plantar fasciitis is biomechanical stress of the plantar fascia, particularly at it’s attachment to the calcaneal tuberosity (heel bone).

It is no surprise therefore that functional foot orthoses are amongst the most commonly reported treatment methods for plantar fasciitis. Wedging the feet from beneath using these devices alters ground reaction forces, reduces pathomechanical stress and equalises the forces up through the tendon structure. This creates a healthier functional environment for the tissues to heal.

Nowadays there is a new approach to improving foot function - Barefoot Science insoles. These activate the arch of the foot semi permanently, using proprioception, instead of wedges, as in traditional inlays. They progressively stimulate the arch over a relatively short period of time and treat conditions related to over pronation, including plantar fasciitis.

Massage Roller –

Massage involves the manipulation of superficial and deeper layers of muscle and connective tissue, to enhance function, aid in the healing process, and promote relaxation. When there is chronic soft tissue tension injury there are usually adhesions (bands of painful, rigid tissue). These can cause pain, limited movement and result in inflammation. Deep tissue massage works by physically breaking down these adhesions to relieve pain and promote healthy movement.

Footwear Modification –

There is an all too common link between poor, unsupportive footwear and plantar fasciitis. There appears to be a focus on fashion purposes in today's market instead of what is actually beneficial for a person's feet. Shoes should have adequate foot support and appropriate heel height. Worn or ill-fitting shoes can aggravate plantar fasciitis due to foot and footwear functional incompatibilities.

Strapping –

Short term taping is one method that has been utilised to biomechanically control tensile forces generated through the plantar fascia (Saxelby 1997). The concept of strapping/taping of the foot to treat plantar fasciitis is by reducing excessive foot pronation, which has been linked with increased tensile stress on the plantar fascia (McPoil & Cornwall 1999).



Immobilisation –

Is less frequently used as a conventional treatment for plantar fasciitis in comparison to stretching exercises, insoles etc, possibly because it is less practical to completely immobilise the foot.

Mobilisation –

Mobilisation or adjustment of surrounding structures is used in recalcitrant (long term) cases that have failed to respond to conventional treatments.

Ultrasound –

Therapeutic ultrasound speeds up of the healing process from the increase in blood flow in the treated area. Secondly, decreases in pain from the reduction of swelling and oedema. Thirdly, is

the gentle massage of muscles tendons and/or because no strain is added and any scar tissue is softened.

Acupuncture –

A number of mechanisms have been proposed to explain the pain-relieving effect of acupuncture, including central opioid pain inhibition, diffuse noxious inhibitory control (DNIC) system and anti-inflammation.

Night Splint –

The night splint offers a way of preventing overnight tightness of the Achilles tendon and plantar fascia.

Weight Control –

Maintenance of a steady, healthy weight and morphology (body shape).

Extra-corporeal Shockwave Therapy –

Shock wave is a sonic pulse that results in a transient pressure disturbance that propagates rapidly in three-dimensional space.

Corticosteroid Injections –

This is a common short-term treatment for plantar fasciitis. They are usually an injection in the attachment of the plantar fascia to the heel bone. The aim of this steroid injection is to reduce inflammation of the fascia and reduce pain shortly after the injection. Currently there is some evidence to suggest that corticosteroid injections are good for short term relief but there is no evidence to support the use of steroid injections as a long term treatment option. Success is more likely when the foot is encouraged to function more effectively in conjunction with orthosis therapy.

Surgery –

In terms of treatment pathways, surgery has long been considered a last resort treatment for plantar fasciitis (Thomas et al 2010). This is largely due to the high success rate (80-90%) of conservative (non-surgical) treatment (Wen et al 1994).

Neil Frame

(Continued on page 14)

(Continued from page 13)

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If you suffer with plantar fasciitis why not contact the Trinity House Practice for an appointment or leave me a short message on the web site – www.walkincentre.com

SUMMER STARTRACK COURSE

Athletics

Run by Macclesfield Harriers & AC
At Macclesfield Track

11th – 15th August 2014
Monday to Friday 10-3pm each day
Ages 9-15

This is the 19th running of this popular course covering running, throwing and jumping and is limited to 60 athletes.

Cost £60 per person for the week.

Application forms available at Leisure Centre reception.

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

Helpers needed for the Macclesfield Half Marathon

Sunday 28th September 2014

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 £10,000 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 'E' Group)
- Course Marshals
- Water Stations (the Scouts help here)
- Lead/Sweep car and cycles
- Start & Finish
- Goody Bags and water
- Rubbish Collection
- Baggage Drop (Managed by local Explorer group)



2 of last year's 'Mad Marshals'

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!

CALENDAR OF EVENTS 2014/2015

JUNE			
Sat 7th	T&F: Northern Men's/Ladies League: Round 2 Ashton-under-Lyne, Richmond Park Stadium (OL7 9HG)	11.00	U17 – Senior
Sat 14th	T&F: Cheshire Schools Championships Macclesfield		Juniors/Inters/ Seniors
Sun 15th	T&F: Cheshire League Round 2 Macclesfield	11.30	All
Sat 21st	T&F: Inter County Schools - Mason Trophy Birmingham, Alexander Stadium (B42 2LR)		
Sun 22nd	T&F: Youth Development League – Lower Age Round 3 Wigan, Robin Park Arena (WN5 0UH)	11.00	U13 – U15
Wed 25th	T&F: Cheshire Schools Championships Warrington, Victoria Park (WA4 1DG)		Minors
JULY			
Sun 6th	T&F: Cheshire League Round 3 Connah's Quay, Deeside Stadium, Deeside College (CH5 4BR)	11.30	All
Fri 11th & Sat 12th	T&F: English Schools Championships Birmingham, Alexander Stadium (B42 2LR)		
Sun 13th	T&F: Northern Men's/Ladies League: Round 3	11.00	U17 – Senior
Sat 19th	T&F: Youth Development League – Lower Age Round 4	11.00	U13 – U15
AUGUST			
Sat 9th	T&F: Northern Men's/Ladies League: Round 4 Warrington, Victoria Park (WA4 1DG)	11.00	U17 – Senior
Mon 11th to Fri 15th	Starttrack Macclesfield	10.00	U11 – U15 Pre-Booking
SEPTEMBER			
Sun 7th	T&F: Cheshire League Round 4 Macclesfield	11.30	All
Sun 14th	T&F: Junior Multi-Events Macclesfield	10.30	All Pre-entry
Sat 20th	T&F: Club Event and T&F Awards Presentation Macclesfield	Noon	All
Sat 27th	Cross Country: North Staffs XC League Round 1 Venue TBC (see www.nsccl.co.uk)	12.30	All
Sun 28th	Macclesfield Half Marathon, 5K and Fun Run	10.00 + 10.15	
OCTOBER			
Sat 11th	Cross Country: Greater Manchester League Match 1 Stockport, Woodbank Park (SK1 4JR)	12.15	Not U11
Sat 18th	Cross Country: Relays Sheffield		
Sat 25th	Cross Country: North Staffs XC League Round 2 Venue TBC (see www.nsccl.co.uk)	12.30	All

CALENDAR OF EVENTS 2014/2015 (cont'd)			
NOVEMBER			
Sat 1st	Road Race: Langley 7	14.00	
Sat 8th	Cross Country: Greater Manchester League Match 2 St Helens, Sherdley Park (WA9 5DE)	12.15	Inc U11
Sat 15th	Cross Country: North Staffs XC League Round 3 Venue TBC (see www.nsccl.co.uk)	12.30	All
DECEMBER			
Sat 6th	Cross Country: Greater Manchester League Match 3 Blackley, Boggart Hole Clough (M9 7DH)	12.15	Inc U11
Sat 13th	Cross Country: North Staffs XC League Round 4 Venue TBC (see www.nsccl.co.uk)	12.30	All
JANUARY			
Sat 3rd	Cross Country: Cheshire Championships Venue TBC		
Sat 10th	Cross Country: Greater Manchester League Match 4 Manchester, Heaton Park (M25 2SW)	12.15	Inc U11
Sat 24th	Cross Country: Northern Championships Venue TBC		
FEBRUARY			
Sun 1st	Cross Country: English Championships Date and Venue TBC		
Sat 7th	Cross Country: Greater Manchester League Match 5 Manchester, Wythenshawe Park (M23 0AB)	12.15	Inc U11

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 15 March at Sportcity, Manchester.

Eve Cobey and Josie Elliot helped the Cheshire girls' team achieve 3rd place. However, they could not emulate the 2013 team which had achieved 2nd.

Nonetheless, everyone had an enjoyable, fun day and it was pleasing to see that 2 female Macclesfield athletes out of the 5 who had competed in the league in this age group were chosen to represent the county.

Hopefully, more under 13s will step forward to compete in the 2014/2015 season thus improving the chances of a greater number being selected for next year's event. Meanwhile, congratulations to both Eve and Josie.

Kevin Ranshaw

Image removed in accordance with Harriers' child protection policy.

Club T&F Awards and Mini Competition

**Macclesfield Athletics Track
Saturday 20th September 2014
1.00pm - 6.00pm**

12.15 Onwards	Registration and warm up
1pm - 2pm	Throws
2pm - 3pm	Sprints
3pm - 4pm	Jumps
4pm - 5pm	Hurdles / Endurance
5pm - 6pm	Club T&F Awards for the 2014 season

Open to all members of MH&AC

UKA age group rules apply/all age groups as of 31 August 2014 (min age 9)
3 attempts for throws/jumps (High Jump - maximum of 7 attempts)

**For more information contact Kevin Ranshaw 01625 616483 or
Bob Lynch 01625 829229**

TRACK and FIELD: The Season so far...

The track and field season has only just got going, but because of the deadline for this magazine I can only give an update on progress so far:

Cheshire Track and Field League (All Age Groups)

The first round match at Stretford resulted in a win for the Under 11s with a points total of 117 - well done to all who competed – it was good to see so many of this age group stepping forward to compete...and an overall win for Macclesfield across the other age groups, although scrutiny of the results shows that it was a tight match between Stockport, East Cheshire Harriers and ourselves.

The overall result was:

- Mens score: 180 – 2nd
- Ladies score: 198 – 2nd
- Overall score: 438 – 1st (includes Officials points)

Full results and a league table should be available at:

(Continued on page 19)

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

An excellent 13 graded performances were achieved.

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

A relatively short trip to Ashton-under-Lyne produced a fantastic day out in glorious weather.

There was an excellent number of competitors from the U13 age group, but unfortunately there were few U15s that made the trip. Accordingly, against the other 7 teams, the Harriers managed 4th place. This in effect is the league position. 17 graded performances were achieved, which provides a great base upon which to build over the rest of the season.

Results are here: www.ukydl.org.uk/Northern%20West%202.pdf

The same 8 teams contest the next round at Warrington on the last day of May.

Please encourage your fellow athletes to step forward to compete, especially in the U15 age group – your club needs you.

Northern League (U17 – Seniors)

A much further journey here, to Cleckheaton, for the first round and strong competition resulted in a 6th place finish out of 6 teams. Full results are here:

www.northernathletics.org.uk/download/3wc-match-1-2014

For the last 2 seasons we have competed as a composite club (along with Crewe and Nantwich AC), but this season we are “flying solo” again, so we needed a good turnout to stand up to the opposition.

Regrettably, few seniors stepped forward, so it was left to the U17s/U20s to bolster the team and whilst there were some good individual performances, the team overall couldn’t match the others in most disciplines – hence the final position.

Hopefully, more athletes will compete in the subsequent rounds.

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:

Youth Development League (Lower Age Group – U13/U15)	31 May	Warrington, Victoria Park
Northern League (U17 – Seniors)	7 June	Ashton-under-Lyne, Richmond Park
Cheshire Track and Field League (All Age Groups)	15 June	Macclesfield (so no excuses..!)

A full fixture list appears on pages 16 and 17.

Kevin Ranshaw

FELL RUNNING

Wednesday Night Summer Fell Race Series 2014

Jun 4 Boars Head
Jun 25 Polly Lander (Phil Cheek, orienteering event)
Jul 2 Hope Wakes
Jul 9 Wormstones
Jul 16 Forest 5
Aug 6 Cracken Edge (Hayfield series)
Aug 13 Eccles Pike

Best 6 races to count.

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

Volunteers needed to lead off road options. PLEASE CAR SHARE, and PARK PRETTILY especially at smaller venues

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

This is a busy time of year for Fell exploits so by the time you read this a few races will have taken place along with trips to the Lakes (12 of us for a week) ; and other challenges. Keep an eye on the website forum.

1. Club Main Fell Champs

So far 37 runners have participated in the 4 races to date. Of these 4 have completed three races and 8 two.

Allowing for handicap **Rachael Lawrence** leads with 3078 pts ahead of Barry Blyth 2984; Mark Wheelton 2927 and Colin Ardron 2918 all having done 3 races. The handicap par score is 1000 pts per race.

Of those completing 2 races three are beating their par; Mark Messenger 2151; Matt Lewis 2141 and Trevor Longman 2033. It's early days but I suspect Mark and Matt will be battling it out for the Ken Hall Trophy.

2. Recent Race Reports

MOW COP Sun Apr 6th

17 Harriers turned out for this local race.

Andy Lamont was 2nd (pipped by 6 secs!) in a field of 109. Other notable performances were Chris Bentley 11th; Mark Messenger 14th (1st MV45) with Rachael Lawrence and Mandy Calvert 3rd and 5th ladies.

HEROD FARM Wed Apr 16th

Simon Harding won in a cracking time of 23 min 56 secs ahead of Dark Peak's Rob Little in a field of 120 with 11 Harriers in all. Mark Messenger was 11th (2ND MV 40) then closely bunched Matt Lewis; Allen Bunyan and John Mooney in 31st, 32nd and 35th. Similarly bunched

(Continued on page 21)

FELL RUNNING (cont'd)

were Rob Hasler 50th; 52nd and Trevor Longman 54th. Barry and Trev were 2nd and 3rd MV60's. A bit further back were Barrie Sanderson 86th; Richard Ainley 102nd and Dave Shoesmith 106th.

This race is only 3mIs but has two steep climbs and pace judgement is critical. Both Rob and Richard went off a shade too fast and struggled in the 2nd half. All good learning.

KINDER DOWNFALL Sun Apr 27th

Another good turnout with 13 Harriers starting in a field of nearly 300. Peter Neild was 1st back in 18th place in 1hr 19 47 followed by Mark Messenger 25th 1hr 20 44; Matt Lewis 49th 1hr 25 49; Rachael Lawrence 88th 1hr 32 55; Barry Blyth 1st V60 94th 1hr 33 30; Trevor Longman 105th 1hr 34 26; Mark Stanbridge (in his first Fell race) 114th 1hr 35 07; Colin Ardron 202nd 1hr 50 41; Dave Walker 223rd 1hr 55 41; Angela Leonard 227th 1hr 56 19; Brian Jackson 228th 1hr 56 47 and Mark Wheelton 248th 2hr 02 54

Two other races that weekend were:

The **YORKSHIRE 3 PEAKS** (23.4 mIs/5000ft) in which Simon Harding came 11th in a high quality international field of ca 800 runners. Julie Gardner was 2nd lady V50 in a very respectable time.

The **FELLSMAN** a high level traverse covering just over 60ms and 11000ft in the Yorkshire Dales was completed by 6 harriers who ate and drank (you need plenty of calories) their way round. 383 started the event; Julian Brown was 1st harrier back in 61st place and 16hrs 01 followed by the "Bluebell girls" Kirsty Hewitson, Mandy Calvert, Bonnie Van Wilgenburg in joint 103rd 17hrs 30; Alison Brind 149th 19hrs 26 and "I'm not the speediest but can go on forever" Nancy Bunyan 248th 24hrs 40.

Simon continues to improve all round (long or short). The previous w/e Apr 20th he was 2nd in the "Teenager with Attitude" race (15.4mIs/7600ft). Steve Watts was 2nd MV50 in the same race.

RAINOW 5 Wed May 7

In a record turnout of harriers (I noted down 37!) there were some notable performances in a field of ca 180 we had 5 in the top 10.

1ST Andy Lamont 33.54 (and he went slightly wrong!)

4th Jacob Roberts 35.13 (Only 17; watch this space!)

5th Matt Bigley 35.17 (hopefully we will see more of Matt on the Fells this year)

7th Mark Messenger 36.15 (he's getting back to his best; 1st V 40)

9th Pete Neild 36.46 (another solid run)

13th Dan Croft 38.13 (1st race after breaking his leg!)

2nd Lady Rachael Lawrence (breezed passed me again on the run in) wed

1st Lady V40 Clare Griffin

1ST Lady V50 Mandy Calvert

(Continued on page 22)

FELL RUNNING (cont'd)

COMING UP

Boars Head Poynton Wed June 4th

The Polly Lander orienteering* organised by Phil Cheek Wed June 25th (see website)

Hope Wakes race Wed Jul 2nd

Wormstones Wed Jul 9th

Forest 5 club race Wed Jul 16th

*NB We can cater for novices at these. Just let the organiser know and you will get paired up.

Lastly good luck to Steve Watts (now V50) who is having a crack at the English championships this year.

Barry Blyth

2014 Wednesday Night Fell Runs

Jun 4 ** Boars Head Higher Poynton

Jun 11 Pym Chair car park GR 995768. After at the Swan Kettleshulme

Jun 18 The Roaches, roadside parking GR 004621. After at the Lazy Trout Meerbrook

Jun 25 Poly Lander Orienteering Trophy organised by Phil Cheek (see website)

Jul 2 ** Hope Wakes Hope sports field GR SK 165836. <http://www.hopefellrace.co.uk> After at Cheshire Cheese Castleton

Jul 9 ** Wormstones from O Sole Mio restaurant, Charlestown Rd. Glossop. After at the Beehive GR 037933

Jul 16 ** Forest 5. After at the St Dunstan's Langley

Jul 23 Wild Boar Allgreave SK11 0QL

Jul 30 Mam Tor National Trust car park. After at the Wanted Inn Sparrowpit.

Aug 6 **Cracken Edge race 8mls/1400ft (Hayfield series), from mountain rescue centre Hayfield. After at the George Hayfield

Aug 13 **Eccles Pike, Buxworth 3mls/800ft. After at the Navigation Buxworth.

Aug 20th Crag Inn Wildboarclough SK11 0BD

Aug 27th Ship Inn Winkle SK11 0QE. Roadside parking.

Sep 3rd Beehive PH Combs near Chapel en le Frith SK23 9UT NB Sunset 19.54hrs

Sep 10th Hanging Gate Higher Sutton SK11 0NG. NB Sunset 19.37hrs

Sep 17th Pym Chair car park GR 995768. After at the Swan Kettleshulme. SS 19.20hrs

Sep 24th Derbyshire Bridge Car Park, Goyt Valley. After at the Stanley Arms Wildboarclough

Oct 1st Trentabank Car Park Macc Forest SJ916711. After at the St Dunstons. Sunset. 18.46hrs

** Wed Night fell race series (usually 7.30 start). Meet at 7pm for a "run" for those unable or not wanting to race.

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

Bollington Festival 3 Peaks Fell Race

Another great Bollington Festival 3 Peaks fell race was held on Saturday 10th May. Now its 6th year, there was a record number of 232 entries, and all completed the hilly 9km course. The route took in Kerridge Hill, White Nancy and the Nab to the tricky finish through steep woodland to the Rec. The rain held off for the race itself, but conditions were slippery, and there were plenty of spills and scrapes and bruises.



The Start

A parked vehicle added to early queues near the start, so there were no new course records this year, but first back over the line, by almost a minute was Damian Nicholls of Wilmslow AC in 39 minutes and 5 seconds. Twice previous winner Michael Salt of Cambridge came in second, with a photo finish for 3rd place between 17 year old Alistair Thornton and Clive Fitzpatrick of Trafford.

Steph Ward of Macclesfield took the ladies title in 46.57, but Sally Newman of Calder Valley was only 4 seconds behind; an impressive performance by two women in the veteran 40 and veteran 50 categories.

This year the fastest 'locals' were Mark Roberts for the White Nancy Boys and Clare Griffin. Macclesfield took the team prize again with the first 3 runners back, and it was good to see a number of V70 competitors (but only one woman over 60).

Runners from far and wide said that they really enjoyed the race, as well as the beer, chilli and banter afterwards at the Adlington Road Brewery. This is a race which attracts plenty of people who are new to fell running. Almost half of the runners were not attached to clubs, and exactly half were over 40.

Thanks to all of the Harriers, and others who ran, marshalled and supported the race, and to the Bollington Brewing Company for their excellent facilities and sponsorship. £540 was also raised for this year's Bollington festival.



**The winner -
Damian Nicholls**

Andy Skelhorn

Photos taken by Tim Boddington

ROAD RUNNING

2014 Cheshire Grand Prix and Club Championship Road Race Series

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:

cheshireaa.com/results/RRGP/cheshire_road_race_grand_prix.aspx

Rules for Club Championships

Separate Championships for men and women.

Points for each race calculated as follows:

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

Your time will be Chip time where available.

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

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

www.race-results.co.uk

www.ukresults.net

northernrunningguide.com

www.runnersworld.co.uk/events

Keith Mulholland



Senior club championship races calendar 2014

Date	Name	Type	Category	Distance	Pre entry required?
Wed-04-Jun	Boars Head (also main championship)	Fell	M	Summer series	
Sat-07-Jun	Northern League - Ashton under Lyne	T&F			
Sun-15-Jun	Passing Cloud	Fell	M		
Sun-15-Jun	Cheshire League - Macclesfield	T&F			
Thu-19-Jun	Warrington	Road	M	10k	
Sun-22-Jun	Kinder Trog	Fell	L		
Wed-25-Jun	Polly Lander (orienteering)	Fell	S	Summer series	
Sat-28-Jun	Whaley Waltz	Fell	M		
Wed-02-Jul	Hope Wakes	Fell	S	Summer series	
Sun-06-Jul	Cheshire League - Deeside	T&F			
Wed-09-Jul	Wormstones	Fell	S	Summer series	
Sat-12-Jul	Buxton Carnival	Road	S	4 mile	
Sun-13-Jul	Bollington Nostalgia	Fell	M		
Sun-13-Jul	Northern League - Halifax	T&F			
Wed-16-Jul	Forest 5 (also main championship)	Fell	S	Summer series	
Thu-17-Jul	Wizard	Road	S	5 mile	(tbc) - TRAIL
Sat-26-Jul	Meerbrook	Road	L	15k	
Sat-02-Aug	Tegg's Nose	Fell	M		
Wed-06-Aug	Cracken Edge	Fell	S	Summer series	
Sat-09-Aug	Northern League - Warrington	T&F			
Wed-13-Aug	Eccles Pike	Fell	S	Summer series	
Sun-17-Aug	Birchwood	Road	M	10k	Yes
Sun-24-Aug	Bollington	Road	M	10k	
Sun-07-Sep	Cheshire League - Macclesfield	T&F			
Sun-14-Sep	Gawsworth	Road	M	10k	
Sun-21-Sep	Stanage Struggle	Fell	S		
Sat-27-Sep	North Staffs XC (1/4)	XC			
Sun-12-Oct	Windgather	Fell	L		
Sun-12-Oct	Sandbach	Road	M	10k	
Sat-25-Oct	North Staffs XC (2/4)	XC			
Sat-01-Nov	Langley 7	Road	M	7 mile	
Sun-09-Nov	Roaches	Fell	L		
Sat-15-Nov	North Staffs XC (3/4)	XC			

Senior club championship races calendar 2014 (cont'd)

Date	Name	Type	Category	Distance	Pre entry required?
Sat-29-Nov	Cheddleton	Road	M	10k	
Sun-07-Dec	Stockport	Road	L	10 mile	Yes
Sat-13-Dec	North Staffs XC (4/4)	XC			
December	Club fell handicap	Fell	L		
	Remaining 2014/15 cross country dates yet to be notified				

Cheshire Grand Prix & Club Championship Road Race Series

Cheshire Grand Prix race	Race Distance Category	RACE	DATE
Yes	Medium	Warrington Road Runners 10k	Thurs 26 th June
No	Short	Buxton Carnival 4 mile	Sat 12 th July
Yes	Short	Wizard 5	Thurs 10 th July
No	Long	Meerbrook 15k	Sat 2 nd August 10.00 am
Yes	Medium	Birchwood 10k	Sun 17 th August (tbc)
No	Medium	Bollington 10k	Sun 24 th August (time tbc)
No	Medium	Gawsworth 10k	Sun 14 th September (tbc)
No	Medium	Sandbach 10k	Sun 12 th October (tbc)
No	Medium	Langley 7	Sat 1 st November (tbc)
No	Medium	Cheddleton 10k	Sat 29 th November (tbc)
No	Long	Stockport 10 mile	Sun December 7 th (tbc)

Chester Spring 5 2014 - Wednesday 16 April, 2014

A superb set of results from Macclesfield Harriers at the Chester Spring 5 mile road race marked the second Cheshire Grand Prix race of the year.

Paula Nimmo continued her recent excellent form finishing in 3rd position (32:14 PB) just in front of Kristy Readman (4th Lady and 1st L35 32:24). Rachel Lawrance was the 3rd Lady Harrier to finish in 34:09, just behind Catherine Voyce (33:59, a former Harrier now running for Shropshire Shufflers).

Chris Bentley led men home in 28:34 (20th M) followed by Carl Hanaghan and Richard Brown who both gained PB's (31:36 and 32:11 respectively). More PB's were also gained by:

James Shering	33:05
Tracey Wardle	37:10
Dave Larkin	37:48

(Continued on page 27)

ROAD RUNNING (cont'd)

Stewart Waudby 38:39

Other results were also very encouraging and are listed below:

Daisy Pickles 34:50

Keith Mulholland 35:05

Mark Wheelton 37:23

Steve Lomas 37:27

Barbara Murray 40:38

Andrew Wardle 42:29

Dave Hancock 42:53

Congratulations to all on great performances which will no doubt improve the Men's and Ladies' team positions in the Cheshire Grand Prix.

Keith Mulholland

LOCAL RACES JUNE 2014 TO AUGUST 2014

Further details on those below and other races can be found at:

www.race-results.co.uk www.ukresults.net www.northernrunningguide.com

www.runnersworld.co.uk/events

Race	Location	Date
Dunham Massey 5k (1)	Dunham Massey	Thursday 5 th June 7.15pm
Potter's Arf Marathon	Stoke on Trent	Sunday 8 th June 10.30am
Mersey Tunnel 10k	Liverpool	Sunday 8 th June 9.30am
Dunham Massey 5k (2)	Dunham Massey	Thursday 19 th June 7.15pm
Lymm 5k	Lymm	Saturday 21 st June 4.30pm
Stone St Michael's 10k	Stone	Sunday 22 nd June 10.00am
Alternative Manchester 10k	Philips Park, Manchester	Sunday 29 th June 11.00am
Sale 5k Sizzlers	Wythenshawe Park	3 rd , 17 th , 31 st July, 14 th August 7.30pm
Offerton 10k	Woodbank Park, Stockport	Wednesday 9 th July 7.30pm
We Love Manchester 10k	Sportcity, Manchester	Sunday 13 th July 9.30am
Cheadle 4 mile	Cheadle, Staffordshire	Sunday 13 th July 10.30am
Sefton Park 5 mile	Sefton Park Liverpool	Wednesday 16 th July 7.30pm
Burtonwood 5 mile	Burtonwood	Saturday 19 th July 4.00pm
Penny Lane Strider's 10k	Aigburth, Liverpool	Sunday 20 th July, 10.30am
Great Warford 10 mile	David Lewis Centre, Great Warford	Sunday 27 th July 10.00am
Stockport 10k	Woodbank Park, Stockport	Sunday 3 rd August 11.00am
Leek Half Marathon	Leek	Sunday 17 th August 10.30am

ROAD RUNNING (cont'd)

Marathon Results - Manchester, Brighton and Paris - 6 April, 2014

Several Harriers took part in marathons on Sunday 6th April. The most popular one was the closest to home, the Greater Manchester Marathon, starting and finishing at Old Trafford.

The first Harrier home was Richard Brown in a time of 3:26:54 (PB and first marathon), followed by Doug Hughes (3:46:55) and Stephen Barker (3:48:31). Daisy Pickles was the first Lady to finish in 3:56:32 followed by Jo Ledger (4:34:20). Harry Newton continued his marathon efforts with a highly commendable performance (4:54:01-7th M70).

Other results were:

Dave Larkin	3:57:29 (PB)
James Williams	4:04:14
Ray O'Keefe	4:11:29
Peter Vince	4:12:59
Michael Calamanan	4:28:30

Further afield Owen Hilton completed the Brighton Marathon in a brilliant time of 3:11:26 (PB?) and Mark Stanbridge ventured to Paris to finish the race in 3:52:54 (PB).

Congratulations to everyone on a great set of results and do have a rest for a while!

Keith Mulholland

London Marathon - Sunday 13 April, 2014

There were some brave but very rewarding performances by Macclesfield Harriers' athletes at the 2014 London Marathon.

Judging by the TV pictures, there seemed to be more spectators than ever, lining the whole route. They enjoyed excellent weather conditions which helped those watching as well as the competitors in the race.

Mark Walker, who was in the elite field, led the Harriers home. He is now an experienced marathon runner and with the confidence he had gained from his training and preparation for the race, he set off immediately at a fast pace. He hung on to bag a finishing time of 2:44:27, his second fastest ever marathon and he was the 338th finisher.

Everyone at the Club will be sorry that James Noakes and Garry Jones had to make late decisions to pull out of the marathon with injuries. They both hope to be racing again soon.

Steven Millar made his London Marathon debut and he will be pleased with a 3 hour, 18 minute performance, not far behind his personal best which was set at Manchester last year.

Neil Gunn, is currently in great form and he made the most of it, compiling a personal best for the marathon, many years after his previous efforts. Here he was 100th, out of 899 in the men's 55-59 field, and he drove on up the Mall to cross the line in 3:24:18.

Liz Smith ran an even paced and disciplined race to finish with a superb time of 3:38:50 which was the 130th fastest time amongst 1,518 ladies in the F45-49 category. Not bad at all for a debut at the marathon.

Lynne Graves, running for her chosen animal charity, dressed as a cat for this year's marathon. She purred along and missed beating the 4 hour, 40 minute mark by a whisker. It was not quite her fastest

London Marathon - Sunday 13 April, 2014 (cont'd)

ever 26.2 miles but it must have been hot work in her costume!

She was closely followed by Ian Sparks, who knows his way around the block in the London Marathon. This year, he returned 3:42:12 and he's definitely not getting any slower, another pb performance from one of our Harriers.

Another marathon first-timer was Robert Graves, who will feel very encouraged by his time of 4:53:43.

Last but by no means least, by any stretch, was Pauline Lynch. Pauline, who has shone with her performances all winter in the cross-country leagues and has now overcome a long-standing achilles injury, came away with a 5:09:50 result which meant she became the 32nd fastest lady in the M65-69 group.

There was one other star performance from the day's events and this came from one of coach Pauline's protégées in the junior ranks, Katie Lowery. She was invited to take part in the under-15's Girls' British Road Championship race which took place prior to the main marathon. She covered the 3 mile course in an extremely slick 17 minutes, 20 seconds and finished in 7th place in the elite, national field. Katie is one of many very promising athletes who train hard each week on the track in Macclesfield, watched over by Pauline and several other dedicated coaches.

Steve Lomas

Trafford 10k - Sunday 9 March, 2014

Beautiful, sunny and almost warm (at least for March) weather saw 16 Harriers venture to Partington for the fast, flat Trafford 10k. The race was won by two international athletes Nick McCormick (28:56) and Helen Clitheroe (32:48)

For the men, Andrew McEvoy was the first Harrier home in a time of 38:18 (PB?), followed by Gary Willcock (39:09, 9th M50), Richard Brown (39:39, PB) and Ray O'Keefe (42:25).

For the Ladies, Kristy Readman continued her excellent form finishing in 39:21, followed by Paula Nimmo (41:27), Rachel Lawrence (42:40 9th F35) and Nina Moss (43:53).

Notable performances included Philip Barnes (43:08, 8th M55), Colin Ardron (47:27, 4th M65) and Dave Hancock (52:56, 5th M65).

Other Harriers results were:

Keith Mulholland	42:48
Francis Pyatt	43:38
Neil Murphy	48:08
Steve Lomas	48:48
Stewart Waudby	49:53

Congratulations to everyone on a great set of results!

Keith Mulholland

ROAD RUNNING (cont'd)

Wilmslow Half Marathon - Sunday 23rd March, 2014

Today's Wilmslow Half marathon saw a bumper turnout of Harriers with 47 starting the race. The first male Harrier home was James Noakes (1:18:10), followed by Andrew Bardley (1:24:51) and Gary Willcock (1:26:32, 10th M50).

Daisy Pickles led the ladies home with a PB time of 1:37:12, followed by Liz Smith (1:40:03, 10th F45) and Nina Moss (1:41:42).

Many thanks to Bob and Pauline Lynch for organising a team of marshals from the Harriers around the 7 mile mark. It was great to see to see some familiar faces and receive encouragement.

In addition, particular congratulations to all those from Neil and Alison Gunn's E group who took part in the race. A superb achievement for you all!

Keith Mulholland



Andrew McEvoy



Scott Wilson



Gary Willcock



James Noakes

A few Harriers in action at the recent Cloud 9 Hill Race, Sunday 2 March 2014



Andy Lamont



Peter Nield



Colin Ardron



Ray O'Keefe

Couch to 5k Course

At the time of writing this article, the first Couch to 5k course participants will have completed the course and achieved their goal of running 5k.



We started with a group of 20 participants, and after 9 weeks we have a fantastic success rate of 17 people who can now call themselves 'Runners'.

Over the last 9 weeks they have turned up at the track on Thursday evenings for the formal sessions and have been dedicated enough to complete 2 more sessions of 'homework' in between. They have 'buddied up' with others for moral support, and there has been excellent support from club members from all sections of the club both at the track and for the 'homework' sessions.

At the end of 9 weeks the 'graduates' ran a 5k at Congleton parkrun, supported by members of Harriers' 'E' Group, which they are now invited to join.

As the first course filled up so quickly, we started a waiting list for the next one, and the club is pleased to announce that the second course will begin on **Thursday 21 August**. The course will be run by Cheryl Evans and she is seeking support from anyone who is able to help. Each session begins at 7.00pm on Thursday nights at the track and lasts approximately one hour.

If you are able to help out on Thursday nights, please contact Cheryl at cherylmevans@hotmail.com



Some of the group after one of their training sessions, supported by members of 'E' Group.

My Running Journey by Melanie Whittaker

My running journey began in September 2012. It has been an unexpected and quite wonderful revelation, but was preceded by a life-threatening illness.

Since graduating with a degree in Sociology, my career to date mainly involved field sales roles. I suppose people would describe me as being outgoing, gregarious and having the 'gift of the gab', as my Mam would say.

In 2003 I started my job as a corporate account manager for a telecommunications company, responsible for looking after large customers with complex Internet and hosting solutions, all over the country. The job, although interesting and varied, carries a lot of responsibility and pressure, and before my illness I could generally be found in a 'whirling dervish' type state. My spare time usually involved socializing, going to the gym and a few glasses of wine!

On 23 February 2011 my fiancé was due to turn 40 and, as my birthday is also in February, I had planned to take him for a long weekend to Amsterdam to celebrate. The new year had been a particularly busy time at work due to a quite serious service issue, which had impacted a lot of our corporate customers, so myself and my colleagues had been doing a lot of running around, running meetings and de-briefs. Two days before we were due to fly, I was in the office preparing for an important meeting, and trying to bring my other work to as sensible a point to leave before our break as I could.

During the day I was aware of feeling a 'tension headache', which I put down to the amount of plate spinning I was doing at the

time. At around 5pm I excused myself, explaining that I didn't feel tip-top, and planning to finish off at home. A friend had also asked if I could collect her from work as her car was in the garage. We joked about my headache and when we got to her house I had some painkillers. We then went back to the garage to collect her car.

By the time I was home it was just after 7pm and I told my fiancé that I needed a half hour 'Nana nap' before finishing my presentation and doing some packing. At this point I was feeling lethargic and my head was pretty fuzzy.

After about 10 minutes I experienced what I can only describe as what it might be like to be struck on the head with a cricket bat! Luckily, I screamed (which alerted my fiancé) and then I started sweating and vomiting. My fiancé came upstairs and said my face was contorted and had 'dropped' (he didn't tell me this until a long time later). He rang an ambulance straight away. Thankfully, and to my eternal gratitude, the ambulance crew took me promptly to Macclesfield Hospital where they quickly identified I had a bleed on the brain.

I had suffered a sub arachnoid brain haemorrhage, which is a type of stroke caused by bleeding in and around the brain. I was then transferred to Salford Royal Hospital, where I underwent eight hours of brain surgery to clip the aneurysm that had burst. Due to the size and location of the bleed the surgical team had to perform a craniotomy and clipping, where a hole is made in the skull and a clip is placed on the base of the aneurysm to stop the blood flow from entering, instead of a coil (which can

be inserted via the arteries up into the brain and is the preferred way of dealing with this kind of haemorrhage, as it is less invasive).

My memories of hospital are still really quite bizarre and confused in places. However, I remember being transferred to a 'normal' ward out of the Neuro Intensive Care unit, and being able to go to the toilet for the first time instead of having a catheter, where I promptly fainted in the cubicle. My friend was visiting me a few days later and as we were speaking I noticed my words were getting all mixed up and what I thought I was saying was not what I could hear coming out of my mouth. My friend now tells me that I sounded like the Swedish Chef from *The Muppet Show*.

It turned out I had suffered a number of mini strokes or vasospasms, so it was back up to ICU for me, for a spinal fluid drain and a shot of drugs directly into my brain to minimize damage. In total I was in hospital for nearly two months.

When I first got out of hospital, everything seemed amplified and quite overwhelming. In addition I was absolutely shattered. For the first 12 months of recovery, I really struggled with the 'normal' things in life. Of course initially I was tired and slept a lot of the time. Eventually I came to identify some of the fatigue as being 'brain tired': you can really feel your brain working and how hard it has to do so, and frankly it is exhausting! It quickly became apparent that my short-term memory was not what it was and also I really struggled with things like having the TV on if my husband was talking to me at the same time, or being in a supermarket, where all I seemed to hear was the bleeping of tills, hustle and bustle of people and a cacophony of things 'coming at me' all at once.

Going to the gym was pretty impossible too,

as it is a place where large numbers of people are all doing different activities, music is playing and people are talking. Eventually, I was told that my memory, concentration and divided attention had been affected by the haemorrhage, a common feature of brain injury.

Although I am extremely blessed and lucky – I'm alive after all – and apart from the dent in my head, you cannot see any visible signs of the damage that had been done to my brain. However, I still have a number of issues that massively affect 'real life' now, and along with various other areas of support, it was advised I take exercise to help me cope.

I was 37 when the haemorrhage occurred, and I am now 40, and I can say with conviction that I disliked running with a passion. The memory of cross country runs at school and sprinting on sports day filled me with horror. It wasn't for the want of trying: I have previously had gym memberships and attempted to conquer my fear of the treadmill to no avail. My specialist neuropsychologist was keen to get me participating in group situations, and more importantly getting my heart going and I was struggling to find something, apart from walking, that I could do.

However, a friend recommended we go for a run one day and we ran for about 1.6K (1 mile) along one of the local trails by the river. As it turned out I quite enjoyed it: there was no noise, no pressure, just lovely countryside and peace.

The next week my friend suggested the beginner's group she ran with. This filled me with terror and I asked if they knew about my issues. The group leader called me up that day and we had a really good chat

(Continued on page 34)

about what the group did, and my challenges. His simple question 'What have you got to lose, except an hour of your time?', hit a chord. So I went that Saturday and have never looked back.

Joining the group allowed me to be outside, interacting with others, but at the same time managing my issues and achieving amazing 'head space'. We are incredibly lucky in Macclesfield to be able to run completely off road (as I am unable to deal with cars or traffic without becoming overwhelmed or 'brain tired'). Being in the gorgeous countryside, breathing and running, is truly liberating, calming and peace inducing. From my starting point in September 2012, when I could barely run 1K (2/3 mile), I now regularly run 3 times a week between 6 and 10K (3.7–6 miles). My average running speed is around 14.5–16 minute kilometres (9–10 minute miles). It's incredible, and I miss it like mad if I can't get out. Running is great in sun, rain wind and mud. Indeed, even hills have become my idea of fun!

Living day-to-day is still a huge challenge for me and I began a return to work, very part time and slowly, last year. I run before work and sometimes afterwards as well – if I am feeling overwhelmed or despondent or I just need to clear out the day. My younger sisters have started calling me Forrest Gump, which I actually take as a huge compliment!

In time, and if I can find a suitable one, I would love to run some timed events to raise money for the brain and spine injury charity that helped me initially. This is a longer-term goal, as I tried a Park Run and found it really difficult with the number of people involved, but I will keep on running and keep on trying.

I would like to give credit to my group leader Neil and his wife Alison and their ultra supportive Macclesfield Harriers E group, to my amazing husband whose quick response and continued love and support I could not be without and I also hope that my story might help someone put on their running shoes and never look back.



Mel Whittaker

Since Mel wrote this article she has successfully taken part in the Mobberley Round the Runway Race! Well done Mel!

Track & Field - Cheshire County Championships - 17th & 18th May

The Cheshire County Championships were held recently at Macclesfield Athletics Track on a lovely weekend. The sun shone the whole weekend and a huge crowd of spectators were treated to a fantastic event.

Over 500 athletes, 50 disabled athletes and 65 officials took part over the 2 days, with most athletes competing in more than one event.

The print deadline for GO! means we are unable to publish the results in this issue, but they will appear on the Harriers' website when they're available.

Membership Secretary's Non Runnings

Hi all.... and hope you're enjoying this marvellous spring weather, dodging the showers and getting out and about!!

Firstly... if you haven't paid your subs, (it should say on your address label) please do so now, otherwise this is the last mag you'll get. There's a form on the website or up at the clubhouse. Any queries, please let me know.

I'd like to welcome the following new members to the club and wish them all good luck in their athletics. ANOTHER record influx this time! We currently have about 620 members – an all time record we think!

Clare Finnis	Louis Townend	Freya Trevena	Robert Bailey
Deborah Doyle	Finlay Hoban	Joshua Hewitt	Lisa Eyres
Linda Wakefield	Jelenia Jiminez	Charlotte Potts	Isabella Brierley
Paul Avery	Katherine Lord	Rosanna Wood	Isabel Moores
Michelle Soltau	Matthew Liptrott	Jack Allen	Emma Fielding
Alison Galt	Serena Carroll	Ben Holland-Fricke	Rory Walton-Smith
Suzanne Baker	Sean Connelly	Simon Frith	Hannah Bennett
Matthew Cooper	Olivia Delany	Rebecca Alvarez	Silvia McCarthy
Jacob Roberts	Sammy Marchetti	Neil Hey	Katie Reid
Julie Linton	William Gregory	Caleb Winfield	Jonathan Hill
Romone Brown	Georgina Barker	Ann Danson	Nico Caplin
Molly Richardson	Sam Jordan	Lila Somers	Jennifer Keppie
Charlotte Hutchings	George Rousseau	Adam Bennison	Alexander Moss
Ryan Hall	Eme Noakes	Ruby Rousseau	Iain Bell
Megan Hall	Ashley Lamidey	Oliver Brodie	Paul Reading
Saffron Harrison	Niall Penny	Fiona Leonard	Olivia Muir
Anna Whitworth	Archie Grindey	Aislinn Barlow	
Ted Hudson	Christopher Boyle	Michael Calamanan	
Jonah Cockshaw	Morgan Birks	Catharine Crossley	

Some excellent turnouts at various local races, particularly remember the Round the Runway race with about 35 from the club, and the Rainow 5 fell race with over 40 I think, and both races with a range of runners from all the training groups. Everyone seemed to enjoy themselves.

So if you're thinking of going to a race, then go for it – and ask around, or post on the website forum, someone else will probably be going too!

I've not been getting out as much as I could, partly because of a bit of injury, partly I've been trying my best to keep our membership list up to date, but mostly due to the almost continuous enquiries asking for places for the Winkle trout race. Sadly the race (one of seven or eight organised by club members) has been full for ages, and whilst I don't like turning folk away we've only got so many trout. So best advice is to enter early if you think a race might fill up!

For those who don't know, the 'B' Group run from Tegg's nose at 6:30 on Monday nights throughout the summer, and it'd be great to see a few more up there, we usually manage a steady potter for 90 minutes or so over the fields, we regroup and no one is left behind, and the pace is that of the slowest there on the night, (me then). Feel free to join as and when.

Hope to see plenty of you out training – and racing – on the road, trail and fell over the next couple of months!

All the best.

Cheers Julian, Fox's Reach Lake Road Rudyard Staffs ST13 8RN

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

Macclesfield Half Marathon, 5k and Fun Run

Sunday, 28th September 2014

Do you love to run? Do you enjoy a challenge? Are you motivated to raise funds for a deserving local cause? If so, why not enter the Macclesfield Half Marathon this year?

The race, which will be started by local MP David Rutley who will also present the prizes, takes place on Sunday September 28th and the East Cheshire Hospice in Macclesfield will once again be the main recipient of funds raised by the event. Unlike some similar events **all profits** from the Macclesfield Half Marathon go to charity.

Last year over 700 runners took part in the three races – the half marathon, the 5K and junior fun run.



Entry prices have been held at 2013 prices - the half marathon fees are £22 unattached/£20 attached with an additional £4 for entering

on the day (entrants must be over 17). Fees for the 5k race are £9 unattached/£7 attached with an additional £2 for entering on the day (entrants must be over 13), and the junior fun run is open to anyone under 13 and entry is on the day only and costs £3 (under 5s must be accompanied by an adult). Runners can enter by visiting www.macc-half.co.uk.

Last year's event raised £12,500 for the

Hospice; £10,000 from the race and an additional £2,500 from the runners. In addition the race donated £2,500 for other good causes bringing the total charitable donation over the 12 year history of the race to almost £110,000 with around £60,000 going to East Cheshire Hospice.

The Half Marathon starts and finishes on the athletics track behind Macclesfield Leisure Centre and follows a scenic, undulating route through the beautiful Cheshire countryside.

"The beauty of this race is that it attracts a lot of local people as well as club runners from across the North West," explained Kate Ravenscroft, one of the organisers.

"The event is an affiliated club race and we are delighted to be able to offer chip timing for the second year. We're very proud of the fact that all excess funds raised go to charity."

"More than 140 volunteers are involved in staging the run and it's widely accepted by running clubs that this is one of the best organised races in the country. The event is kindly sponsored by local businesses each year, without them we could not deliver a successful event – we are always looking for additional sponsors so please contact us if you are interested in helping in any way"

If you are interested in becoming a sponsor please contact Kate Ravenscroft on 07979 914913.

To enter please visit the race website www.macc-half.co.uk



MACCLESFIELD HALF MARATHON

Incorporating

MACC5K

and JUNIOR FUN RUN

SUNDAY 28TH SEPTEMBER 2014
macc-half.co.uk



raising funds for

East Cheshire Hospice
Making every day count

sponsored
by



Simon Carves



Club Records 2014

Some excellent performances already this year and below are the new records achieved so far since January. Well done everyone.

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

Nicky Tasker

Email : nickytasker38@gmail.com

Discipline	M/F	Distance/Event	Age Grp	Name	Record	Date Set
T&F	F	300m	U13	Eve Cobey	49.4	Apr-14
T&F	F	400m	M50	Den Masset	95.4	May-14
T&F	F	Hammer (4kg)	M50	Den Masset	14.25	May-14
T&F Indoor	F	60m	U15	Ella Spencer	8.28	02/03/2014
T&F Indoor	F	60m	U17	Amy Clark	8.92	18/01/2014
T&F Indoor	F	60m	U17	Amy Clark	8.90	02/03/2014
T&F Indoor	F	60m	U17	Amy Clark	8.84	23/03/2014
T&F Indoor	F	200m	U15	Ella Spencer	27.14	02/02/2014
T&F Indoor	F	200m	U20	Clara Boothby	27.4	02/03/2014
T&F Indoor	F	Long Jump	U20	Clara Boothby	5.09	02/03/2014
Sportshall	M	Standing Triple Jump	U11	Morgan Frith	6.46m	19/01/2014
Sportshall	F	Speed Bounce	U13	Eve Cobey	83 (30secs)	15/03/2014

Minutes of Macclesfield Harriers & AC Committee Meeting 1st May 2014

Apologies for absence: Chris Bentley, Nicky Tasker

Attendees: Clare Finnis (CF), Bob Lynch (BL), Kevin Ranshaw (KR), Keith Mulholland (KM), Neil Gunn (NG), Phil Cheek (PC), Barry Blyth (BB), Paula Nimmo (PN), Nina Moss (NM), Cheryl Evans (CE), James Noakes (JN)

- 1. Agreement of Previous Meeting's Minutes** - already agreed
- 2. Correspondence (CF)** - all forwarded
- 3. C25K (couch to 5k) NG/ CE** This group has started now and is in its 5th week. It started with 20 participants. There are currently 18 still in the course (one injured, one dropped out) and we hope that all 18 will 'graduate' on May 29th. All are enthusiastic and doing their homework. At the end of the course they will join E group. Neil will ask them to complete a survey at the end of the course. Cheryl (one of the leaders) is happy to run another course starting on 21st August. The committee has approved this course. The intake will be 25 and on Thursday evenings again.
- 4. Club Membership Update (JB)** - no report. Keith will ask Julian for an up to date list of those who have not paid their fees for this coming year.

5. **Volunteers and club membership fees** - James asked the committee to decide whether the minutes from the meeting on 30th January '14 had been ratified in respect of the no fee for non - competing volunteers. The committee all said they agreed the minutes. (Bob said the decision had not been considered carefully enough). The committee then went through the list of volunteers deciding who to offer no fee membership to. The list was given to the secretary. Barry agreed to construct a letter to be sent to the volunteers. The committee will assess this policy in January '15. It was agreed that the policy would be published in GO! magazine and on the website. The committee is offering a no - fee membership to non competing volunteers, competing volunteers will have to pay the membership fee as they receive something from the club. The President is not in agreement with this policy.
6. **Finance (NG)**
 - **Report** -The club finances are in a strong position .
 - **Donation of race money to charity** - Race organisers can choose a registered charity to make donations to. However, the committee would like to be informed about the choice of charity if the event is organised by MHAC. The committee is open to suggestions regarding possible charities to support in 2015.
7. **Track and Field (KR)**
Season is starting on 3rd May, Kevin will try to write up the reports in time for publication in GO! magazine. The leagues we are entered for are: Cheshire, YDL lower and Northerns.
8. **Cross Country (JN)**
No report
9. **Road Running (KM)** Recent road races in the Club Championship and Cheshire Grand Prix have been well attended with 16 Harriers at the Trafford 10k, 47 at Wilmslow Half and 17 at Chester Spring 5. It was particularly pleasing to see the Ladies team at Chester Spring 5 come first in the team competition. In addition, Dave Larkin won the Handicap Prize.
Club races in May/June include Buxworth 5 (May 8th), Christleton 5k (May 23rd) and Warrington Road Runners 10k (June 26th), the last two also being in the Cheshire Grand Prix.
10. **Fell Running (BB)**
 - **Report:** Barry gave his report which will be published in full in the GO! magazine.
 - **Fell running for young people.** All events for young fell runners will be advertised on the website.
11. **Boost Profile of club (NG)**
 - **business cards** James will get some printed
 - **other ideas**- none
12. **Publicity (CB)**- articles have been published in the Macclesfield Times. KM will see where these reports are sourced from. Facebook and the website are running well. Track and Field is not advertised this way, but the Team Managers contact their teams by e-mail and at the training sessions.
13. **Date of next meeting:** 3rd July 2014
Chaired by: Kevin Ranshaw
14. **Any Other Items**
 - **Entry fees for CCAA**, were discussed. BL will raise concerns over the price of the fees for individuals as they have to pay for each event entered.
 - The club statistician will need to update all current records as soon as possible, and then continue to update as new records are achieved. The awards will need to be updated after each event. Thank you to Nicky for taking on this role.
 - Paula and Nina will contact JB for an updated senior women's contact list to ensure all are aware of events in which they can compete at.
 - George Fisher continues to be unable to assist the club. Becky Alvarez has now taken on the role of Coaches Representative- thank you. We thank George for all his hard work and wish him well.
 - Summer Ball, Tytherington Club, Sat 12th July, 7.30 -1am, tickets £35 each. Contact Anna Carey, annacarey@btinternet.com. Proceeds to indoor facility - Harriers Development Fund.



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 16th 2014

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 the Rossendale Trust*
- *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 .

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 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.

Ladies crop tops will also soon be available. Call Trevor for details of sizes and price.

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

Sainsbury's – Active Kids Vouchers

The club is still collecting Sainsbury's vouchers which were issued by the retailer until 20 May.

A number of vouchers have been handed in, but more would be welcome.

We hope to place the order for equipment by the **end of June...**

...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.

Thanks in anticipation of your support.



Active Kids

End of 2013/14 Cross country season report

Although the season finished a while back now, I just wanted to highlight how successful it was for the club as a whole, where as well as some superb performances, there were some great turnouts (particularly U11 boys and U13 girls). Cross country really is a team event for the club and reflects the hard work and training put in by club members throughout the year. The individual (all league and notable championship positions) and team results are summarised in the tables below.

James Noakes

Team	NSCCL	MACCL	Cheshire Cross Country	Northern Championships (NACCC)	National Championships
U11 boys	Scott Camp (13)	Sian Heslop (7)	Finley Proffitt(1) William Davies(5) Thomas Roberts(11) Scott Camp(12) James Doorbar(14) Morgan Frith(18)	-	-
U11 girls	Meg Bradley (7) Ruby Spencer(10)	Finley Proffitt (1) William Davies(7) James Doorbar(15) Thomas Roberts(18) Morgan Frith(18) Scott Camp(20) Eddie Mills(23)	Sian Heslop (2)	-	-
U13 boys	-	Peter Goodfellow(14) Harry Cookson(18)	Peter Goodfellow (14)	-	-
U13 girls	Emily Lowery(1) Amelia Newbould(7) Lucy Griffiths (9)	Emily Lowery (7) Shona Williams(15) Eve Cobey(24) Lauren Robinson(36)	Emily Lowery (5) Shona Williams (7) Lucy Griffiths (11) Eve Cobey (14) Stephanie Moss (16) Lauren Robinson (17) Chantelle Carroll (22) Alexandra Horne (27)	Emily Lowery (48) Stephanie Moss (122)	-
U15 boys	Callum Aherne(2) Allen Bunyan (4) Jack Kitchen (8)	-	Callum Aherne (5) Ben Walton (14) Allen Bunyan (15) Harry Simpson (16) Robert Finnis (18)	-	-
U15 girls	Katie Lowery (1)	Katie Lowery (1) Louisa Whittingham (16)	Katie Lowery(1) Louisa Whittingham (15) Katie Davies(17) Abigail Cook(21)	Katie Lowery (6)	K Lowery(14) L Whittingham (265) K Davies(334) A Cook(335)
U17 men	Dan Gilfillan (3)	-	-	-	-
U17 women	-	-	-	Lucy Snelson (38)	-
U20 women	-	-	Danielle Wallis(3)	-	-
Senior Men	Mat Bigley (11) Mark Wheelton(71)	James Noakes(42) Steve Millar(77) John Mooney(79)	Tim Pattison (28) James Noakes(34) John Mooney(71)	Scott Wilson (174) James Noakes (199) Chris Bentley (266)	C Bentley(689) J Justice(883) C Hanaghan (987)

Team	NSCCL	MACCL	CCC	(NACCC)	National
Senior Women	-	Sarah Harris (4) Angela Markey(11) Paula Nimmo(19) Daisy Pickles(27)	Paula Nimmo(18) Daisy Pickles(24) Hanny Stockman(32) Sally Ann Hales(41)	-	P Nimmo(253)
Vet Men	Mark Wheelton (6,V50)	James Noakes (4,V45) Steve Millar (15,V40) John Mooney(12,V50) Gary Wilcock(13V,50) Alan Webster(21,V50) Dave Hancock(4,V65)		Joe Desoussa (401) John Mooney (485) Alan Webster (502) Mark Wheelton (562) Dave Shoesmith (582)	
Vet Women		Sarah Harris (2, V35) Hanny Stockman (5,V45)		Hanny Stockman(152)	

Team	NSCCL	MACCL	Cheshire Cross Country	Northern Championships (NACCC)	National Championships
U11 boys	1 st	2 nd	1 st & 4 th	-	-
U11 girls	3 rd	-	-	-	-
U13 boys	-	-	-	-	-
U13 girls	2 nd	5 th	2 nd	-	-
U15 boys	1 st	-	4 th	-	-
U15 girls	2 nd	-	3 rd	-	32 nd
U17 men	-	-	-	-	-
U17 women	-	-	-	-	-
Senior Men	6 th (Div 2)	10 th (Div 1)	12 th	32 nd	91 st
Senior Women	-	4 th (Div 1)	5 th & 14 th	-	-
Vet Men	-	4 th (Div 2)	11 th	-	-
Vet Women	-	7 th (Div 1)	7 th	-	-

Even though autumn is a long way off, the next season (XC) dates are as follows :

Date	Event	Location
Saturday 27/09/14	NSCCL	Winsford
Saturday 25/10/14	NSCCL	Stafford Common
Saturday 15/11/14	NSCCL	Park Hall
Saturday 13/12/14	NSCCL	Leek High school
Saturday 18/10/14 (TBC)	MACCL	Heaton Park
Sunday 09/11/14 (TBC)	MACCL	Woodbank Park
Saturday 06/12/14 (TBC)	MACCL	Sherdley Park
Sunday 11/01/15 (TBC)	MACCL	Boggart Hole Clough
Saturday 07/02/15 (TBC)	MACCL	Wythenshawe Park
03/01/15 (TBC)	CCC	TBC
24/01/15 (TBC)	NA championships	TBC
Saturday 21/02/15	English championships	Parliament Hill, London

ROAD RUNNING - Club Champs to date
Mens' points scored after 6 races

	4 Villages	Alsager 5	Trafford 10k	Wilmslow Half	Chester 5	Buxworth 5
Category	L	S	M	L	S	S
Mark Walker	858					932
Scott Wilson	803	823		744		
Carl Hannaghan	758				830	
Richard Brown	718	725	730	722	815	
Ewan Edmondson	706					
Philip Barnes	695		671	696		
Chris Harbron	694	698		699		
Keith Mulholland	688		676	687	747	704
Ray O'Keefe	671	736	682	707		750
Doug Hughes	663					
Mark Stanbridge	663					719
Aaron Dane	549					
James Noakes		870		845		
Jason Justice		723				
Robert Whitby		705				
Jonnie Plumb		698		724		
Marc Bradford		693		667		
Rob Hasler		676				
Mark Wheelton		644			701	
Steve Lomas		617	593		700	
Neil Murphy		612	601			
Stewart Waudby		592	580		678	
Colin Ardron		591	610			
David Hancock		576	547		611	
Andrew McEvoy			755	751		
Gary Willcock			739	763		
Francis Pyatt			673			742
Andrew Bradley				781		
Paul Sharp				752		
Alan Wardle				717		
Garry Jones				710		
Andrew Rowson				703		
Andrew Gray				696		
Joe De Sousa				682		
David Tucker				630		
Kevin McQue				619		
Terry Neild				617		684

ROAD RUNNING - Club Champs to date
Mens' points scored after 6 races (cont'd)

	4 Villages	Alsager 5	Trafford 10k	Wilmslow Half	Chester 5	Buxworth 5
Andrew Ratcliffe				602		
David Larkin				604	694	
James Bones				592		
Ian Woodrock				574		
Peter Vince				581		
Tony Burton				566		
Jordan Ross				533		
Harry Newton				498		
Chris Bentley					918	
James Shering					791	
Andrew Wardle					617	

ROAD RUNNING - Club Champs to date
Womens' points scored after 6 races

	4 Villages	Alsager 5	Trafford 10k	Wilmslow Half	Chester 5	Buxworth 5
Kristy Readman	926		834		932	
Daisy Pickles	779	760		777	867	
Catherine Walton	527					
Anne Farmer		810				
Paula Nimmo		799	791		936	
Nina Moss		746	747	742		839
Maria David		602		636		
Sarah Quigley		517				
Sarah Harris		877				
Rachel Lawrance			769		886	
Liz Smith				754		
Nel Moore				708		
Fiona Wilson				682		
Gemma Moorhouse				661		
Lynne Graves				643		
Emma Mason				636		
Nina Kennerley				575		
Lindsey Russell				575		
Dawn Devine				550		
Catherine Walton				545		
Savitri McAsey				536		
Wendy Boardman				534		
Louise Brown				531		
Tracey Wardle				812		
Barbara Murray				743		

Macclesfield Harriers - Athletics Development Update - AGM March 2014

I For those of you who don't know me, I have been a member of Macc Harriers for nearly 30 years – initially as a competitor (track, road, fell, cross-country), then as a parent and for the past 15 years or so as a hurdles coach and T&F official. I would like to thank the Harriers committee for the opportunity to speak to you tonight wearing my other hat as one of the trustees of the Macclesfield Athletics Development Charity, previously known as the Track Appeal which was started up to progress the development of the athletics track.

As you know since it opened in June 1999 the athletics track and clubhouse have made a major contribution to the successful development of athletics in Macclesfield. The track and clubhouse are of course in regular use by Macclesfield Harriers for training and coaching and for athletics league and county championship events. It is a popular venue for schools cross-country and athletics championships and its proximity to the Leisure Centre has made it an ideal venue for National Schools biathlon and triathlon events. It has also provided a home for events such as the Macclesfield Half-marathon and summer week long Star Track athletics course. Undoubtedly it has increased performance standards helping to encourage a number of athletes to achieve International honours (for Great Britain, as well as for Scotland and England). Most importantly however it has increased participation allowing many people, young and not so young, develop their athletics potential and improve their fitness. As a runner I'm quite happy to train and run in all sorts of conditions however as a hurdles coach I know that it is not practical and can be unsafe for hurdlers to train in cold, wet, windy conditions. Similarly the lack of an indoor facility limits possible participation and performance of other technical athletics events particularly for

the younger members of our club. Over the past few years we have been working to move forward plans for an indoor athletics and multi-sport facility next to the athletics track. The two key benefits of this facility are that it will increase participation in athletics and other sports and enhance athletics performance. It will increase participation by providing additional facilities for athletics and other sports and it will enhance performance by providing much better facilities for coaching of technical events.

We know this will not be easy. However we also know, from the experience of other combined track and indoor facilities, that it is feasible, viable and beneficial to both the athletics and wider sports community. Over the past few weeks we have held discussions with key stakeholders such as Cheshire East Council and our local MP David Rutley to explain our case and build awareness and support. We have also met with architects for similar facilities to develop more detailed plans for the design of a financially viable facility that would enhance the athletics and sport facilities for the area. These discussions have given us confidence that developing a Sport England bid for an indoor athletics and multi-sport facility at Macclesfield is both desirable and achievable. The athletics development fund we have built over the years, currently more than £54000, is a key part of this. We now intend to continue to engage with key stakeholders to develop the business case and put us in position to support a successful bid for an indoor athletics and multi-sport facility. If you would like to add your support or find out more about our plans please let us know.

Barbara Murray (Tel: 01625 573729)
Macclesfield Athletics Development Fund
(Registered Charity: Number: 1041755)




Summer Ball




Saturday 12th July 2014 - 7.30pm till 1.00am

- Tytherington Club -

Tickets £35 each 

3 course meal and entertainment

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

WEEKLY TRAINING TIMES

Group Name	Group Contacts	Meeting Time	Distance & Pace
A Group	James Noakes (01782 443042) jimgetdownshep@aol.com	Monday and Thursday evening 6.30-8.00pm at the overflow car-park behind the Leisure Centre	7-9 miles at sub 7½ min/mile
B Group	Sarah Harris - sahstaff@aquinas.ac.uk Julian Brown - julian.brown@astrazeneca.com Steve Lomas (07718 899836) stevelomas39@gmail.com David Buxton (07789 798526) dcbuxton@btinternet.com	Monday nights 6.30-8.00pm Oct-Mar meet Wickes/ McDonalds car park. Monday nights Apr-Sept 6.30-8.00pm meet Tegg's Nose top car park. Thursday evening 6.30-8.00pm meet at overflow car-park behind Leisure Centre.	7-9 miles at 7-8 min/mile
C Group	Rich Pankhurst (0772 2687799) richard.pankhurst@airbus.com Steve Barker (07770 993124) stephencharlesbarker@yahoo.co.uk Phil Gaskell (07873 763944) pjgask@aol.co.uk	Monday and Thursday evening 6.30-8.00pm at the overflow car-park behind the Leisure Centre	5-7 miles at 7½-9 min/mile
D Group	Bob & Pauline Lynch (01625 829229) pauline_lynch@hotmail.com	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
E Group (Beginner Group)	Neil Gunn (07786 855027) neil.gunn@gmail.com	Saturday 9.00-10.30am at Riverside Park, Bollin Valley	3- 4 miles at >10 min/mile – depends upon group ability

FELL RUNNING

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

TRACK & FIELD

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

Tuesday & Thursday 6.00 – 7.00pm

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

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

Tuesday & Thursday 6.30 – 8.00pm

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

CROSS COUNTRY

Cross country and off road sessions for teenagers

Meet at the LC overflow car park for off road sessions, Monday 6.30pm - contact Pauline Lynch 01625 829229. *Note we belong to two different XC leagues.*

Macclesfield Harriers And Athletic Club

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

CLUB OFFICIALS

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

OTHER OFFICERS

Ladies' manager - road & cross country	Nina Moss/ Paula Nimmo	07773 608 670 07783 035 305
Track and field manager	Kevin Ranshaw	kevinranshaw@virginmedia.com
Borough Council Liaison	Bob Lynch	01625 829229
Schools Liaison Officer	Bob Lynch	01625 829229
Magazine Editor	Alison Gunn	01625 611802
Membership Secretary	Julian Brown	01538 306837
Website Co-ordinator	John & Nancy Bunyan	01625 424564
Club Colours (Kit)	Trevor Longman	01625 871744 or 07944 897842
Junior Athletes Waiting List mgr	Judy Brown	01625 421560
Club Development Manager	Bob Lynch	01625 829229
Coaches Representative	Becky Alvarez	07960 626377
Men's Track & Field Captain	Ashley Pritchard	01625 617734
Fell Running Representative	Barry Blyth	01625 424129
Men's Road Racing Manager	Keith Mulholland	kmulholland64@gmail.com
Men's Cross Country Manager	James Noakes	01782 443042
Junior Cross Country Manager	Vacant	
Ladies Track & Field Captain	Vacant	
Club Statistician	Nicky Tasker	nickytasker38@gmail.com
Welfare Officers	Bob & Pauline Lynch	01625 829229
Race Signs Manager	Dave Jackson	07786 673746
Legal Advisor	John Hirst	
Auditor	Vacant	
Publicity Officer	Carol Barnes	carol.barnes@clarityangel.com
Catering Representative	Vacant	
Webmaster	Vacant	



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