

# GO!

NUMBER 127

JUNE 2015



## Contents

Page 4	Minutes of AGM held on 20th March 2015
Page 5	Awards presented on the evening of 20th March 2015
Page 8	Club Honorary Members
Page 8	Couch to 5k Course
Page 9	Summer Ball
Page 10	'Be Inspired' - Never Too Old!
Page 11	Happenings on the Fells
Page 13	Wednesday Night Fell Runs
Page 14	Club Fell Champs & Summer Series
Page 15	Forest Five Charity Run
Page 16	Calendar of Events
Page 18	How does GO! Magazine arrive through your letterbox?
Page 19	Club T&F Awards & Mini Competition
Page 19	Sports Massage with Judith Cooper
Page 20	Track & Field...the season so far
Page 22	Cheshire Grand Prix and Club Champs Road Race Series
Page 23	Local Races June to August
Page 23	Road Race Reports
Page 26	Club Records 2015
Page 27	Tegg's Nose Fell Race
Page 28	Club Champs - Ladies
Page 29	Club Champs - Men
Page 30	A Kick in the Shins - Siobhan White
Page 32	Fell Taster Day
Page 33	Cross Discipline Challenge
Page 34	Macclesfield Half Marathon & 5k
Page 35	Helpers needed for Half Marathon
Page 36	Membership Secretary's Bog Trottings
Page 37	Summer Startrack Course
Page 38	My Fantastic Marathon Journey by James Noakes
Page 41	Minutes of Committee Meeting - 16th April 2015
Page 46	Weekly Training Times
Page 47	Club Officials

*Our cover photo shows Rachael Lawrance in the Kinder Downfall race.  
Thanks to Mossie Net Photography for allowing us to use this photo.*

### Next Issue – September 2015

Please submit any articles or photographs to [gomagazine@macclesfield-harriers.co.uk](mailto:gomagazine@macclesfield-harriers.co.uk)  
by **Sunday 9 August 2015**

### Magazine Issue

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

Please use your membership form to opt in or out.

# ***Starting Lines...***



Welcome to the summer issue of the GO! Magazine.

At this time of year there's a lot going on within the club across all of the disciplines, which means there's a huge variety of events to take part in.

The club is responsible for organising several major local races each year including the Forest Five Fell Race, and the Tegg's Nose Fell Race, both of which have a long history and are enormously popular in the north west, so a good turnout is ensured.

If you've ever fancied having a go at fell running but were not sure how to go about it, then have a look at the article on page 32 advertising the Fell Taster session. Following the success of the first Fell Taster day back in March, Kath Turner and Hazel Winder decided to repeat the format and throw it open to non club members as well this time. As a participant on the first taster day, I can assure you of a great morning, full of really useful information, followed by a fantastic local run and finished off with wonderful tea and cakes! Fell running is all about the cakes, apparently!

Probably the races with the highest profile that we as a club organise, are the Macclesfield Half Marathon and 5k. Both races will take place on Sunday 27th September and could not happen without the help and dedication of volunteers. Please, if you're able to help in any way, it would be much appreciated. Details of how to get involved are on page 35.

Once again the Startrack Summer Athletics Course will take place at the Macclesfield Track for athletes aged 9-15. It always proves very popular and places are limited, so reserve yours as soon as possible to avoid disappointment. See page 20 for more details.

Hope you all have a great summer of running and don't forget the sun-screen!

**Alison**

**Alison Gunn - Editor**  
**15 Beech Hall Drive, Macclesfield**  
**Tel : 01625 611802**  
**Email: [gomagazine@macclesfield-harriers.co.uk](mailto:gomagazine@macclesfield-harriers.co.uk)**

**MINUTES of MACCLESFIELD HARRIERS AGM - 20th March 2015**  
**Venue: BOLLINGTON ARTS CENTRE**  
**Chaired by: Bob Lynch**

**1 APOLOGIES FOR ABSENCE** : none received

**2 PRESIDENT'S ADDRESS** - Bob Lynch

Bob gave his address as previously published in the GO! magazine.

**3 TREASURER'S REPORT** - Neil Gunn

Neil gave a presentation on the finances of the club, this is published in GO! magazine. Neil is happy to go through the accounts with anyone who requests it. Neil confirmed subs and track fees for the forthcoming season. Track fees being set at £2.50, and subs at £16 club fees plus £12 England Athletic Affiliation fee.

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

The Officers were elected en-bloc, with Bob announcing that Keith Mulholland is our new Vice-Chair and that we have a rotating Chair in our Committee meetings. A list of current Officers is published in GO! magazine.

**5 ACCEPTANCE OF UPDATED CONSTITUTION** (as published in December magazine). The updated constitution was agreed by those present at the AGM. This has been published in the GO! magazine.

**6 ANY OTHER NOTIFIED BUSINESS**

Barbara Murray gave an update on the Macclesfield Indoor Athletics & Multisport Facility, she has published an article in GO! magazine.

Bob directed all present to a presentation on the progress on a memorial plaque re: Bob Graham rounds. People were invited to give their opinions as to size and finish of the plaque and roll of honour.

James Noakes led a call for volunteers. A number of people put their names forward to assist in the running of the club- thank you.

## Awards presented on the evening of 20<sup>th</sup> March 2015

**NOTE: AN AWARD IS ONLY GIVEN TO THE 1st PLACE ATHLETE - OTHER PLACES SHOWN FOR INFORMATION**

Award	Place	Name
<b>ROAD RUNNING 2014</b>		
Ladies Open (shield)	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>	<b>Kristy Gill</b> Paula Nimmo Daisy Pickles
Ladies Veteran (shield)	1 <sup>st</sup> 2 <sup>nd</sup>	<b>Kristy Gill</b> Dawn Devine
Mens Open (Runner on plinth)	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>	<b>Mark Walker</b> James Noakes Scott Wilson
Mens Veteran (trophy)	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>	<b>James Noakes</b> Jason Justice Richard Brown

**Best B group runners** Carl Hanaghan and Paula Nimmo

**Best C group runner** Francis Pyatt (no lady competed in 6 races)

**Best D group runners** Stewart Waudby and Dawn Devine

Award	Place	Name
<b>INDOOR SPORTSHALL 2014/5</b>		
U/11 Girls	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>	<b>Meg Bradley</b> Ruby Spencer Morgan Birks
U/11 Boys	1 <sup>st</sup> 2nd 3rd	<b>Joshua Higgs</b> Sam Danson Harrison Denham- Smith
U/13 Girls	1st 2nd 3rd	<b>Josie Elliot</b> Eve Cobey Alex Horne
U/15 Boy	1st only	<b>Josh Carey</b>

u/13 boys – no athletes qualified for an award

## Awards presented on the evening of 20<sup>th</sup> March 2015 (Cont'd)

<b>FELL RUNNING 2014</b>		<b>Name</b>
Ladies championship( sml Rock)	winner	<b>Rachael Lawrance</b>
Mens championship (lge Rock)	winner	<b>Matt Lewis</b>
Open championship (hexagonal Glass shield)	winner	<b>Jacob Roberts</b>
Summer evening series - Ladies	Winner - small shield	<b>Rachael Lawrance</b>
Summer evening series - Men	Winner - small shield	<b>Simon Harding</b>

<b>SPECIAL AWARDS 2014</b>	<b>Name</b>
Best Newcomer	Lucas Parker u/13
Most Improved Joint Winners	Rob Hasler and Carl Hanaghan
Most Promising Joint Winners	Sian Heslop and Morgan Frith both u/13
Female Commendation Joint Winners	Eme Noakes u/11 and Daisy Pickles
Male Commendation Joint Winners	Thomas Roberts u/11 and Stewart Waudby
Best XC Performance @ County Champs	James Doorbar u/11
Female Endurance	Julie Gardner
Male Endurance	Simon Harding
Notable Individual Performance	Louisa Whittingham
Contribution to the Club	Alison and Neil Gunn
Team of the year	U/13 Girls Cheshire XC Champions
Athlete of the Year Joint Winners	Sian Heslop u/13 and Harry Newton



The award winners pictured are left to right : Louisa Whittingham for Notable Individual Performance; the Girls U13 XC team for becoming Cheshire XC Champions; and Rob Hasler and Carl Hanaghan for Most Improved Athletes (joint winners).

*Thanks to James Russell for the photographs.*

**Awards presented on the evening of 20<sup>th</sup> March 2015**  
(Cont'd)

<b>Award</b>	<b>Place</b>	<b>Name</b>
<b>CROSS COUNTRY (2014/15)</b>		
u/11 girls ( trophy)	1 <sup>st</sup> 2 <sup>nd</sup>	<b>Erne Noakes</b> ( Ruby Spencer)
u/11 Boys (trophy)	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>	<b>James Doorbar</b> Thomas Roberts Eddie Mills
u/13 girls (trophy)	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>	<b>Sian Heslop</b> Stephanie Moss Shona Williams
u/13 boys ( GT Ward trophy)	1 <sup>st</sup> 2 <sup>nd</sup>	<b>Lucas Parker</b> Finlay Proffitt
u/15 girls (trophy)	1 <sup>st</sup> Only one athlete eligible	<b>Emily Lowery</b>
u/15 boys (Arthur Evans trophy)	1 <sup>st</sup>	No athletes qualified (NAQ)
U/17 ladies (shield)	1 <sup>st</sup> only	<b>Louisa Whittingham</b>
U/17 men (shield)	1 <sup>st</sup>	NAQ
U/20 ladies (shield)	1 <sup>st</sup>	NAQ
U/20 men (shield)	1 <sup>st</sup>	NAQ
Senior Ladies ( J McClellan shield)	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>	<b>Daisy Pickles</b> Hanny Stockman Barbara Murray
Veteran ladies (trophy)	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>	<b>Hanny Stockman</b> Barbara Murray (Jo Miles)
Senior Men (22 <sup>nd</sup> Chesh.Reg cup)	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>	<b>Rob Hasler</b> Scott Wilson James Noakes
Veteran Men (Trophy)	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>	<b>James Noakes</b> Mark Wheelton ( Julian Brown)

## CLUB HONORARY MEMBERS

Some years ago the club committee introduced the concept of Honorary Member to recognise particularly long or substantial service to the club, its growth, promotion and, where appropriate, the work undertaken to establish the Macclesfield Athletics Track and associated facilities.

Members endowed with this honour are:

Victor Stephen Crawford  
Sue Galt  
Colin Goodwin  
John Kershaw  
Bob Lynch  
Norman Whyatt

Enid Evans  
Ron Galt  
John Hirst  
Pauline Lynch  
Sue Rowson

At the AGM and Awards evening held on 20 March 2015 the committee bestowed the honour on a further four members as follows:

George Fisher  
Raph Murray

Barbara Murray  
Mark Pass

Congratulations to all these stalwart members of the club whose efforts have been duly recognised by this award.

### Macclesfield Harriers' Committee

## ***Couch to 5k Course - A Third Course***

At the time of publication we are pleased to report that the third C25K course has gone extremely well and the participants achieved their 5k targets at the track on Thursday 28th May. They celebrated by running 5k at the Congleton Parkrun 2 days later. The photo shows the group at one of their homework sessions being helped by some very supportive Harriers.

Well done everyone,  
a great achievement.

Alison Gunn





**Macclesfield Harriers & Athletic Club**

# **Summer Ball**

**Saturday 25<sup>th</sup> July**  
**At the Tytherington Club**  
**7.30pm - late**



**Tickets £35**

including 3 course meal, entertainment, auction

**In aid of Macclesfield Athletics Development Fund**

Registered Charity No. 1041755

For tickets email

**[annacarey@btinternet.com](mailto:annacarey@btinternet.com)**

## BE INSPIRED!

As stated in this year's spring magazine we plan to do a series of articles that will hopefully encourage others to "have a go". The theme this time is:

### Never Too Old

#### ***Barry Blyth - English Fell Running champ at 65***

Coming from the South Barry admits that he didn't know what a fell was until "middle" age! Never a serious runner in his younger days, even though he won a Bedfordshire schools mile and represented them at national schools cross country level, rather it was rugby that was Barry's main sport aged 10 to 30 representing school; Uni and Macc at 1<sup>st</sup> team levels). He also refereed for 8 yrs.

Barry joined Macc Harriers in his late 40's. But it wasn't until he turned 50 that he started to compete mainly off road (cross country and fell) and regularly coming 1<sup>st</sup> in his age category. In 1998 he had a go at the London Marathon managing 2.56 (a top 10 finish in his age category).

But it was the informality, adventure and sociability of fell running that appealed more than "road". Pals encouraged



Barry to have a go at some of the challenges that the sport throws up, such as the Bullock Smithy (56 miles); Mountain Marathons and the Bob Graham Round. Previously he'd thought of these as "nutty" challenges as there's so much unpredictability. But as he found on the first of these 'eating and drinking regularly' ensured he completed the last 36 miles.

When asked about the championship races Barry said it was "Craig Harwood who encouraged him to 'have a go'". The first of these was back in 2005 when he came 9<sup>th</sup> in the V55 - 60 category at the World Masters Mountain running champs in Keswick. When he turned 60 Barry had a go at the English and British race series coming 3<sup>rd</sup> in both. Dave Tait of Dark Peak won both. It would be 5 / 6 years later that Barry turned the tables. Barry recalls 'it was a very competitive peer group; in one race of ca 50 mins the 1<sup>st</sup> 6 all finished within 2 mins. I had great respect for all these guys who had been fell running for years'.

So how was all this possible?

There's no straightforward answer says Barry "the right physiology and mental stubbornness helps" and "coming late to running gave me some longevity". Barry runs 3 or 4 times a week, so has never done great mileage, but typically exercises 6-7 times a week (including gym; badminton; ballroom dancing). But he also says 'chance played a part' as did 'the encouragement of others'. "I did what I was capable of and am happy with that and the plaudits from my mates". "In the same way having supported "couch to 5k" runners and seen the buzz they get from doing their 1<sup>st</sup> 5k there's no difference; goal achieved. Similarly you have to admire the guy at the back of a race busting a gut to beat the guy ahead. If he fails at least he's made someone happy and there's always next time!"

All being well Barry will have another go at becoming champion again when he hits 70!

### Graham Brown

*After publication in GO! Barry's story along with that of Harry Newton's story (June 2013 Mag) will appear on the main website link "Be Inspired" under the sub heading "Never too Old."*

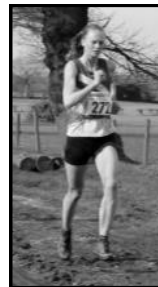
## FELL RUNNING

### Happenings on the Fells

Just getting to the busy season for fell running after a quiet start to the year.

#### Recent races

**1/3 Cloud 9** A good turnout of Harriers with 14 in another large field of 258. Andy Lamont is now a V40 and will be difficult to beat in this category. He was 2<sup>nd</sup> overall in this race as well as 1<sup>st</sup> V40. Good performances from Olivia Walwyn and Helen Evans 1<sup>st</sup> and 3<sup>rd</sup> ladies respectively. Other category winners were Barry Byth 1<sup>st</sup> V60 and Colin Ardron 1<sup>st</sup> V70. *(Andy Lamont and Olivia Walwyn are pictured, right).*



**9/3 Flower Scar** (9k/450m). An English champs counter so a big ladies field of 151. Olivia Walwyn was well placed as 5<sup>th</sup> lady with Andrea Frost and Rachael Lawrance in 55<sup>th</sup> and 56<sup>th</sup> separated by just 13 secs.

**29/3 Edale Skyline** An epic race this year with a combination of wind/rain and sleet giving a wind chill of -12C in the 2<sup>nd</sup> half of this 21ml race. Of the 500 that entered many chose not to start given the forecast and of the 294 that did start 52 were either timed out or decided to withdraw. Colin Ardron wisely withdrew at Mam Nick (ca half way) whilst Barry Blyth elected to pull after 19 miles out at Grindslow Knoll feeling the effects of Hypothermia and made his way back to Edale. One guy was airlifted from Grindslow for that reason. However  
(Continued on page 12)

*(Continued from page 11)*

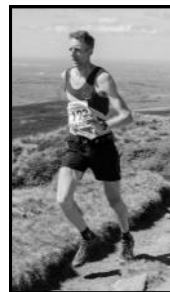
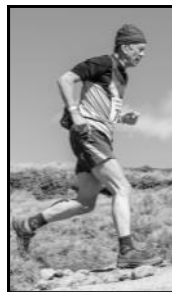
3 Harriers successfully completed the race with Stephan Phillips a very creditable 44<sup>th</sup> place in 3hrs 39 followed by Rob Gittins 104<sup>th</sup> in 4hrs 09 and Matt Lewis 113<sup>th</sup> in 4hrs 13. Along with a lot of others both Stephan and in particular Matt were close to being hypothermic.

**12/4 Mow Cop** This proved to be a very successful day with another good turnout of 19 harriers in a field of 98. Three in the 1<sup>st</sup> 4 with Simon Harding taking 1<sup>st</sup> place; Andy Lamont 2<sup>nd</sup> (1<sup>st</sup> Vet) and young Jacob Roberts 4<sup>th</sup>. Olivia Walwyn was 9<sup>th</sup> overall and 1<sup>st</sup> lady. Mandy Calvert was 1<sup>st</sup> LV50 and Barry Blyth 1<sup>st</sup> V60. Harriers took both Men's and Ladies team prizes with Olivia well backed up by Rachael Lawrance and Andrea Frost.

**26/4 Kinder Downfall** 14 Harriers in this popular race (266 finished) with our vets picking up a number of prizes including category winners for V65; Barry Blyth and V70; Colin Ardron. In a field of 266 Mark Messenger

Left to right are Graham Brown, Colin Ardron and Mark Messenger at the Kinder Downfall Race.

*Thanks to Mossie Net Photography for allowing us to use the photos.*



was 1st Harrier back in 25th place (3rd V45) and John

Mooney was 2nd V55; Rachael Lawrance was 1st lady Harrier back pipping me (again).

**6/5 Rainow 5.** A record turnout of 40 Harriers in a field of 172. Excellent performances from Andy Lamont 2<sup>nd</sup> (1<sup>st</sup> V40) and youngsters Jacob Roberts 3<sup>rd</sup> and Alistair Thornton 4<sup>th</sup> well backed up by Pete Neild and Andy Turner (1<sup>st</sup> V50). Daisy Pickles had her best fell race to date coming 2<sup>nd</sup> Lady. Barry Blyth was 1<sup>st</sup> V60. There were at least another dozen Harriers involved in the marshalling and organisation (Rachael Lawrance and Rob Hasler).

**9/5 Stretton Six Summits (10.1k/ 990m)** Whilst a lot of harriers were doing Andy Skelhorn's 3 peaks race another 7 were doing this tough English champs race. Congrats to Julie Gardner who was 1<sup>st</sup> in her LV55 category.

## **Barry Blyth**

**Bollington Festival 3 Peaks Fell Race 2015** Another great Bollington Festival 3 Peaks fell race was held on Saturday 9<sup>th</sup> May. Now in its 7<sup>th</sup> year, there were 182 entries, and all completed the hilly 9km course. The route started on the viaduct above the Bollington Brewery, took in Kerridge Hill, White Nancy and the Nab to finish through steep woodland to the Rec. The rain held off for the race itself, but it was slippery underfoot, and there were plenty of spills and scrapes and bruises, with one runner reporting 'an epic face plant on the descent from Kerridge Hill'.



2013 winner, Simon Harding, was first back over the line, with a time of 37 minutes and 40 seconds, not far off the 2010 course record. Seventeen year old, Jacob Roberts came in second, over 2 minutes later with Pete Nield In third place, making a clean sweep of the top 3 places for Macclesfield Harriers. Good to see Margaret Huyton up and running again picking up the lady V60 prize.

Other successful vets were Barry Blyth (V60) and Jo Miles (LV50).

Michelle Matthews of Congleton Harriers took the ladies title in 53.49, but Lisa Bloor of Pennine was only 3 seconds behind, with Claire Holdcroft of Buxton taking third place for the women.



This year the fastest 'locals' were Paul Rowley for Pennine (4<sup>th</sup> place overall and a new record for a Bollington 'local' at 42:17) and Kristen Hollands. It was good to see a number of runners over 60 and one over 70 complete the course.

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, as well as the more experienced. Many of the runners were not attached to clubs, and almost 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. £550 was also raised for the next Bollington Festival.

**Andy Skelhorn**

## Wednesday Night Fell Runs - 2015

- Jun 3 Boars Head Higher Poynton SK12 1TE \*\*
- Jun 10 Pym Chair car park GR 995768. After at the Swan Kettleshulme
- Jun 17 Polly Lander orienteering organised by Phil Cheek (see website)
- Jun 24 The Roaches, roadside parking GR 004621. After at Ye Old Rock Inn ST13 8TY
- Jul 1 Hope Wakes race Hope sports field GR SK 165836. <http://www.hopefellrace.co.uk> After at Cheshire Cheese, Castleton S33 8WJ. \*\* Alternative run for non racers; Hanging Gate; SK11 ONG
- Jul 8 Wormstones from O Sole Mio restaurant, Charlestown Rd. Glossop. After at the Beehive GR 037933. \*\* Alternative run for non racers; St Dunstan; SK11 OBU
- Jul 15 Forest 5 See Website for race details. After at the St Dunstons Langley \*\*
- Jul 22 Mam Tor National Trust car park. After at the Wanted Inn Sparrowpit.
- Jul 29 Crag Inn Wildboarclough SK11 OBD
- Aug 5 Cracken Edge race 8mls/1400ft from mountain rescue centre Hayfield. After at the George Hayfield \*\*
- Aug 12 Eccles Pike, Buxworth 3mls/800ft. After at the Navigation Buxworth.\*\*
- Aug 19 Ship Inn Wincle SK11 OQE. Roadside parking.

*(Continued on page 14)*

## Wednesday Night Fell Runs - 2015 (cont'd)

Aug 26	Hanging Gate Higher Sutton SK11 ONG
Sep 2	Rose and Crown Allgreave SK110BJ NB Sunset 19.57
Sep 9	Pym Chair car park GR 995768. After at the Swan Kettleshulme. SS 19.40
Sep 16	The Roaches, roadside parking GR 004621. After at Ye Old Rock Inn ST13 8TY SS 19.23
Sep 23	Derbyshire Bridge Car Park, Goyt Valley. After at the Stanley Arms Wildboarclough SS 19.06
Sep 30	Trentabank Car Park Macc Forest SJ916711. After at the St Dunstons. Sunset. 18.49hrs

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

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

## 2015 CLUB FELL CHAMPS

With 19 races to have a go at and only 6 to count including at least 1 long (20K plus) there's ample scope to qualify. Points are based on a ratio of your race time vs the winner's time and multiplied by 1000. Eg if you win a race you get 1000 pts if you take twice the time of the winner you get 500.

To date 59 runners have turned out to do at least 1 race. Matt Lewis currently leads with 3803 pts followed by Barry Blyth with 3748 both having completed 5 races. Neil Clarke, Rob Gittins and Marc Sinclair are closely grouped on 3150, 3106 and 3028 having completed 4 races. Only Matt and Rob have done a long (Edale Skyline). With 7 races between now and the end of June the any of those 3 could take the lead along with favourites Simon Harding (2000 from 2!) and Andy Lamont (2951 from 3) provided they do the next long race "Kinder Trog" on Jun 28<sup>th</sup>.

Andrea Frost is leading lady with 2163 from 3 races; followed by Olivia Walwyn (1785 from 2) and Rachael Lawrance (1512 from 2).

## 2015 SUMMER SERIES

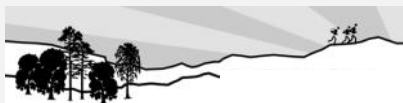
Best 6 races from 9 to count. 47 harriers have turned out in total with 15 doing Herod Farm and a record 40 doing the Rainow 5. Just 8 have done both of these and currently Allen Bunyan leads with 1688pts followed by Carl Hanaghan 1665 and Rob Gittins 1595. Daisy Pickles leads the ladies with 782 from 1 race.

**Barry Blyth**

# 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 15<sup>th</sup> 2015**

*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 local charity*
- *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.*

## CALENDAR OF EVENTS 2015

<b>JUNE</b>			
Sat 6th	T&F: Northern Men's/Ladies League: Round 2 Crewe, Cumberland Arena (CW1 2BD)	11.00	U17 – Senior
Sat 13th	T&F: Cheshire Schools Championships Warrington, Victoria Park (WA4 1DG)		Juniors/ Inters/ Seniors
Sat 20th	T&F: Inter County Schools - Mason Trophy Birmingham, Alexander Stadium (B42 2LR)		
Sat 20th	T&F: Youth Development League – Lower Age Round 3 Macclesfield	11.30	U13 – U15
Wed 24th	T&F: Cheshire Schools Championships Warrington, Victoria Park (WA4 1DG)		Minors
<b>JULY</b>			
Sun 5th	T&F: Cheshire League Round 2 Bury, Market Street (BL9 0AJ)	11.30	All
Fri 10th and Sat 11th	T&F: English Schools Championships Gateshead Stadium		
Sun 12th	T&F: Northern Men's/Ladies League: Round 3 Macclesfield	11.00	U17 – Senior
Sat 18th	T&F: Youth Development League – Lower Age Round 4 Ashton-under-Lyne, Richmond Park Stadium (OL7 9HG)	11.30	U13 – U15
<b>AUGUST</b>			
Sun 2nd	T&F: Cheshire League Round 3 Macclesfield	11.30	All
Sat 8th	T&F: Northern Men's/Ladies League: Round 4 Stretford, Longford Park, Ryebank Road (M21 9TA)	11.00	U17 – Senior
<b>SEPTEMBER</b>			
Sun 6th	T&F: Cheshire League Round 4 Salford, Cleavley Track, Blantyre Street (M30 8HY)	11.30	All
Sun 13th	T&F: Junior Multi-Events Macclesfield	10.30	All Pre-entry
Sun 27th	Macclesfield Half Marathon, 5K and Fun Run	10.00 + 10.15	
<b>OCTOBER</b>			
Sat 10th	Cross Country: Greater Manchester League Match 1 Venue TBC	12 Noon	Not U11
Sun 11th	Indoor Sportshall: North West League Round 1 Venue TBC	12.30	U11/U13/U15



## CALENDAR OF EVENTS 2015/2016

<b>NOVEMBER</b>			
Sat 7th	Road Race: Langley 7	14.00	
Sat 7th	Cross Country: Greater Manchester League Match 2 Venue TBC	12 Noon	Inc U11
Sun 15th	Indoor Sportshall: North West League Round 2 Venue TBC	12.30	U11/U13/U15
<b>DECEMBER</b>			
Sat 5th	Cross Country: Greater Manchester League Match 3 Venue TBC	12 Noon	Inc U11
Sun 6th	Indoor Sportshall: North West League Round 3 Venue TBC	12.30	U11/U13/U15
<b>JANUARY</b>			
Sat 9th	Cross Country: Cheshire Championships Venue TBC		
Sat 16th	Cross Country: Greater Manchester League Match 4 Venue TBC	12 Noon	Inc U11
Sun 24th	Indoor Sportshall: North West League Final Venue TBC	TBA	Qualification Needed
Sat 30th	Cross Country: Northern Championships Venue TBC		
<b>FEBRUARY</b>			
Sat 13th	Cross Country: Greater Manchester League Match 5 Venue TBC	12 Noon	Inc U11
Sat 27th	Cross Country: English Championships Venue TBC		
<b>MARCH</b>			
Sat 12th	Cross Country: Inter-Counties Championships Venue TBC		
<b>USEFUL WEBSITES</b>			
Macclesfield Harriers and AC	<a href="http://www.macclesfield-harriers.co.uk">www.macclesfield-harriers.co.uk</a>		
Cheshire County Athletic Association	<a href="http://www.cheshireaa.com">www.cheshireaa.com</a>		
Youth Development League	<a href="http://www.ukydl.org.uk/index.html">www.ukydl.org.uk/index.html</a>		
Northern League	<a href="http://www.northernathletics.org.uk/track-field-league">www.northernathletics.org.uk/track-field-league</a>		
Cheshire T&F League	<a href="http://www.cheshireaa.com/results/TFL/cheshire_tf_league.aspx">www.cheshireaa.com/results/TFL/cheshire_tf_league.aspx</a>		
Indoor Sportshall League	<a href="http://www.sportshall.org">www.sportshall.org</a>		
North Staffs Cross Country League	<a href="http://www.nsccf.co.uk">www.nsccf.co.uk</a>		
Greater Manchester Cross Country Lge	<a href="http://www.bbresults.com">www.bbresults.com</a>		

## How does the GO! Magazine arrive through your letterbox?

As a club member you will know that every three months an A5 club magazine arrives through your letterbox. Have you ever stopped to think about how that happens?

Well, there are a lot of club members; editor, contributors, and delivery volunteers involved in producing and delivering GO! - all giving their time so that every club member gets a copy!

GO! is issued in March, June, September and December each year. The whole process starts about 4 weeks before the magazine arrives at your house.

- A notice goes out from GO! HQ to call for articles to be sent in by 'copy deadline'. Articles are sent in by a variety of club members - the more the merrier - if you have something that could go into the magazine just send it through to [gomagazine@macclesfield-harriers.co.uk](mailto:gomagazine@macclesfield-harriers.co.uk)
- As the deadline approaches, the Editor, (Alison Gunn based at GO! HQ) starts to pull everything together and creates the draft magazine using MS Publisher software. As the magazine is usually around 50 pages this is a lot of work (the Editor's 'lucky' provides a lot of tea and coffee at this point)!
- The first draft version is then passed to the printer who is based in Macclesfield and who produces the first 'proof'.
- The 'proof' is 'proof read' by the Editor at GO! HQ who then meets with the printer to go through any corrections.
- Once the final proof is approved the printing presses roll ... we produce about 550 copies!
- The Membership Secretary (at Membership HQ) produces an address label for each magazine (this is why you need to tell him if you move house). The address labels are sorted into 14 'delivery rounds' based on postcode.
- GO! HQ is converted to a 'Labelling Factory' and 'Distribution Centre' when the magazines are ready and a label is applied to each magazine.
- To keep costs down we only post magazines that are out of the Macclesfield area (about 100). The remaining magazines are hand delivered by a team of volunteers (14 of them). We save a lot of money (around £800/yr) for the club by doing this and it helps to keep membership fees down. Each delivery round has 20-30 magazines and takes about 2hrs to deliver.



Alison at work on GO!

So, next time the GO! Magazine comes through your door you will know that it didn't happen by magic, but rather because of the efforts of a team of hardworking volunteers!

If anybody wishes to get involved with the design, production or distribution of the magazine please contact Alison at [gomagazine@macclesfield-harriers.co.uk](mailto:gomagazine@macclesfield-harriers.co.uk)

**Neil Gunn**

## **Club T&F Awards and Mini Competition**

### **Macclesfield Athletics Track**

**Saturday 19th September 2015**

**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 - 2015 season

Open to all members of MH&AC

UKA age group rules apply/all age groups as of 31 August 2015 (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**

## **Monthly Draw for FREE Sports Massage with Judith at John Honey Physiotherapy**

For the next year I'm offering a free half hour appointment each month to a lucky, paid up, 14 and over member of Macclesfield Harriers (guardian permission and chaperone required for under 16s). The name will be drawn at random each month and if your name is picked and you would like a treatment, all you need to do is phone Trinity House Practice on 01625 500777, let the reception staff know that you are the Harrier claiming the monthly treatment and arrange a time with them. You will have to use the appointment within one calendar month of your name being drawn and if you don't wish to use it then it may be passed to another member. Neil Gunn is arranging the draw which will commence in June.

I hope in this way, those of you who haven't experienced sports massage before will have a chance to try it and it's a great way for me to support the brilliant work done by the club.

I look forward to seeing you.

**Judith Cooper**

**[www.maccsportsmassage.co.uk](http://www.maccsportsmassage.co.uk)**



## 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)**

The first round match was held at Ashton-under-Lyne. However, owing to scoring problems on the day and then publication deadlines, the results were not available to be included here. Accordingly, a summary will be included in the next issue, but meanwhile the full results and a league table should be available at:

[www.cheshireaa.com/results/TFL/cheshire\\_tf\\_league\\_2015.aspx](http://www.cheshireaa.com/results/TFL/cheshire_tf_league_2015.aspx)

Those athletes attending did well, but the club was let down in some age groups by the small number of members willing to commit to competition. This situation must improve if we are to perform in this league to the level that we should. Please consider competing at the next round in July.

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

An outing to Witton Park, Blackburn on what must have been the coldest May day for some years provided the backdrop to this year's first round. It was also a chance to see the new indoor training facilities which have recently been completed at that site.

A reasonable turnout was hampered by injuries both before and during the event and a poor representation from the U15Bs had a significant impact on the overall team score.

Accordingly, against the other 6 teams, the Harriers managed 5th place. This in effect is the league position.

4 graded performances were achieved, which in the blustery conditions was creditable.

Results are here: [www.ukydl.org.uk/Northern%20West%202.pdf](http://www.ukydl.org.uk/Northern%20West%202.pdf)

The same 7 teams contest the next round again at Blackburn (but with different hosts) on 30 May.

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

### **Northern League (U17 – Seniors)**

A day out in Deeside for the first round and a shortage of athletes for several of the teams resulted in a 3rd place finish out of 6 teams. Full results are here:

[www.northernathletics.org.uk/download/2015-4w-match-1/](http://www.northernathletics.org.uk/download/2015-4w-match-1/)

## TRACK and FIELD: The Season so far...

Deeside - being at home - provided the greatest opposition, but following relegation last season we still found the competition strong, not helped by the small number of Macclesfield athletes willing to travel.

Very few seniors stepped forward, so it was left mainly to the U17s to bolster the team and whilst there were some good individual performances, overall we couldn't quite match the leading teams – hence the final position.

Hopefully, more athletes will compete in the subsequent rounds.

So the main story across all the leagues is the disappointing number of athletes willing to step forward to compete...

A club our size should command better representation and be able to perform well at these league levels, if not higher, but to do so 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)	30 May	Blackburn, Witton Park
Northern League (U17 – Seniors)	6 June	Crewe, Cumberland Arena
Cheshire Track and Field League (All Age Groups)	5 July	Bury, Market Street

A full fixture list appears elsewhere in the magazine.

**Kevin Ranshaw**  
**Track and Field Manager**



U11 Girls at Ashton-u-Lyne

## ROAD RUNNING

### Rules for Club Championships 2015 (list of races below)

Separate Championships for men and women.

Points for each race calculated as follows:

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

Your time will be Chip time where available.

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

Results will be announced after the last race in the series (Newcastle Dales Dash, 6th December).

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

[www.race-results.co.uk](http://www.race-results.co.uk)

[www.ukresults.net](http://www.ukresults.net)

[northernrunningguide.com](http://northernrunningguide.com)

[www.runnersworld.co.uk/events](http://www.runnersworld.co.uk/events)

### Cheshire Grand Prix and Club Championship Road Race Series

Cheshire Grand Prix Race	Race Distance Category	Race	Date
No	Short	Dunham Massey 5k (Race 2)	Thursday 11 <sup>th</sup> June 7.30 pm
Yes	Medium	Sport in the Port 10k	Sunday 21 <sup>st</sup> June 10.00 am
No	Short	Wizard 5	Thursday 9 <sup>th</sup> July 7.30 pm
Yes	Short	Pie and Peas 5 mile	Wed 5 <sup>th</sup> August 7.30 pm
No	Long	Leek Half	Sunday 16 <sup>th</sup> August 10.30 am
No	Medium	Bollington 10k	Sunday 30 <sup>th</sup> August 10.00 am
No	Medium	Gawsworth 10k	Sunday 13 <sup>th</sup> September 10.30 am
Yes	Medium	Sutton 6, 10k	Sunday 20 <sup>th</sup> September 11.00 am
Yes	Long	Congleton Half	Sunday 7 <sup>th</sup> September 9.30 am
Yes	Medium	Langley 7	Saturday 7 <sup>th</sup> November 2.00 pm
No	Long	Preston 10 mile	Sunday 15 <sup>th</sup> November 10.00 am
No	Medium	Newcastle Dales Dash 10k	Sunday 6 <sup>th</sup> December (tbc)

## Local Races June to August 2015

Race	Location	Date
Mersey Tunnel 10k	Liverpool	Sunday 7 <sup>th</sup> June, 9.30 am
Hollin's Green 5k	Hollins Green, Nr Warrington	Saturday 13 <sup>th</sup> June 4.30 pm
Potter's Arf Marathon	Stoke-on-Trent	Sunday 14 <sup>th</sup> June, 10.30 am
Stone St Michael's 10k	Stone	Sunday 21 <sup>st</sup> June, 10.00am
Sale 5k Sizzlers	Wythenshawe Park	Thursday 25 <sup>th</sup> June, 9 <sup>th</sup> July, 23 <sup>rd</sup> July, 9 <sup>th</sup> August , 7.30 pm
Warrington Road Runners 10k	Woolston Park, Warrington	Thursday 25 <sup>th</sup> June, 7.30 pm
Penny Lane Striders 10k	Aigburth, Liverpool	Sunday 28 <sup>th</sup> June, 10.30 am
Platt Fields 10k	Platt Fields Park, Manchester	Sunday 28 <sup>th</sup> June, 10.30 am
Offerton 10k	Woodbank Park, Stockport	Wednesday 1 <sup>st</sup> July, 7.30pm
Cheadle 4 mile	Cheadle, Staffs	Sunday 12 <sup>th</sup> July, 10.30 am
We Love Manchester 10k	Etihad Stadium	Sunday 12 <sup>th</sup> July, 9.30 am
Happy Valley Foodbank 5k	Ladybrook Pub, Bramhall	Thursday 16 <sup>th</sup> July, 13 <sup>th</sup> August, 10 <sup>th</sup> September, 7.15 pm
Sefton Park 5 mile	Sefton Park, Liverpool	Wednesday 22 <sup>nd</sup> July, 7.30pm
Birchwood 10k	Birchwood Shopping Centre, Warrington	Sunday 23 <sup>rd</sup> August, 10.30am

### High Legh 10k, Cheadle 5 and Anglesey Half Results - 1st March

Sunday 1<sup>st</sup> March was a busy day for with Harriers taking part in 3 road races. First of all, the second race in the Club Championship (High Legh 10k) saw 27 Harriers competing. First to finish was Ray O'Keefe in an excellent time of 41:45, followed by Neil Gunn (42:29 3<sup>rd</sup> MV55) and Fred Wardle (43:50, 1stMV60!). Harry Newton also won the MV70 prize (57:11)

The Ladies were led home by Catharine Crossley (52:29) with Alison Gunn (52:56) and Hazel Power (54:30) finishing 2<sup>nd</sup> and 3<sup>rd</sup>.

The rest of the Harriers results are listed below:

Keith Mulholland 44:14, Dave Larkin 47:38, Joseph Connor 52:30, Lindsey Russell 55:50,

## ROAD RUNNING (cont'd)

Carol Upton 55:53, Siobhan White 56:11, Jane Dow 58:47, Suzie Moore 62:12, Linda Wakefield 62:20, Helen Rose 62:31, John Howie 62:33, Joanne Griffin 63:07, Carole Ferguson 63:31, Lindsey Evans 64:20, Nicky Tasker 64:30, Kate Fenton 64:30, Kathryn Moore 69:11, Abigail Leyland 69:22, Kate Foster 70:13 and Sue Schilling 75:37.

Another well known race in the calendar is the Cheadle 5. This year Scott Wilson and Daisy Pickles took part, with both Scott (28:56) and Daisy (35:12) finishing in 6<sup>th</sup> place!

Further afield was the Anglesey Half Marathon with the following people taking part:

Matthew Wilson (1:54:25), Jenny Airey (2:13:25), Wendy Boardman (2:13:23), Heather Auty (2:32:40), Julie Rawcliffe (2:30:26) and Louise Brown (2:32:22).

Congratulations to everyone on a great weekend's running!

**Keith Mulholland**

### Wilmslow Half and Garstang 7 - 22nd March

Whilst 41 Harriers made the annual trip to Wilmslow, Andy Lamont travelled to the Garstang 7 and won the race in a time of 39:06! The Wilmslow race had almost ideal weather and saw some superb individual performances. Paula Nimmo led the ladies home with a PB of 1:31:49 (and also had a brief appearance on BBC North West News!). Mark Walker was the first male Harrier to finish in 1:15:01-the day after a 16 mile run!

James Noakes continued his London Marathon preparations finishing as 3<sup>rd</sup> MV45 just behind Mark in 1:15:34 with Scott Wilson gaining a PB of 1:18:52. Nina Moss was the second lady Harrier (1:45:21) followed by Janette Byrne (1:47:10). Janette's performance is particularly impressive as she only started running as part of the first Couch to 5K course last April and finished as 15<sup>th</sup> F50!

Harriers results are listed below:

Gary Willcock 1:29:14 (15<sup>th</sup> M50), Jonathan Hill 1:29:53, James Perry 1:32:33, Neil Gunn 1:32:40 (10<sup>th</sup> M55), Sean Connelly 1:32:55, Joe De Sousa 1:33:38, Marc Bradford, 1:34:36, Andrew Rowson 1:34:48, Keith Mulholland 1:36:57, Mark Stanbridge 1:39:26, Robert Whitby 1:38:24, Dave Larkin 1:44:34, Stewart Waudby 1:45:09, Richard Pankhurst 1:47:10, Paul Morton 1:46:55, Dave Tucker 1:49:15, Matthew Wilson 1:49:29, Catharine Crossley 1:50:49, Lynne Graves 1:51:53, Angus Tennant 1:52:08, Lynda Cook 1:51:54, Fiona Wilson 1:55:49, Tony Burton 1:56:11, Geoff Hull 1:57:58, Matthew Cooper 1:58:53, Kate Jenner 2:02:18, Melanie Power 2:01:40, Julie Smith 2:02:32, Dave Hancock 2:01:59, Nicola Cantrell 2:03:09, Lindsey Russell 2:04:20, Samantha Ctatrelli 2:05:07, Carol Upton 2:06:02, Dawn Devine 2:14:18 and Nicky Tasker 2:30:10



Full results can be found at:

<http://www.tdl.ltd.uk/>

Congratulations to all on a great weekend's running!

**Keith Mulholland**

### **Air Products 10k Race Report 2015 - 5th April**

The Air Products 10k gave rise to a flurry of PBs for many of the Harriers taking part, however the outstanding performance was from one of our junior runners who was taking part in her first competitive 10k. Louisa Whittingham finished as first lady Harrier in 42:03 and 18<sup>th</sup> Lady overall. This performance gained 52 points (out of a maximum of 60) for Macc Ladies in the Cheshire Grand Prix.

Scott Wilson also ran an excellent race just missing a new PB finishing in 12<sup>th</sup> place (35:03). Other results were as follows:

Rob Hasler (38:59), James Perry (39:54, PB), Marc Bradford (41:14), Ray O'Keefe (41:20), Daisy Pickles (44:44), Stewart Waudby (46:29), Dave Larkin (46:56 PB), Chris Pimblott (47:09), Nina Moss (47:15), Catharine Crossley (49:10 PB), Melanie Power (52:23 PB), Carol Upton (53:58 PB), Heather Pimblott (56:18), Dawn Devine (59:19), Savitri McAsey (59:20), John Howie (60:42), Helen Rose (60:44), Nicky Tasker (63:15).

The results leave the Macc Ladies and Mens Teams 3<sup>rd</sup> in the Cheshire Grand Prix behind Wilmslow and South Cheshire. In the individual championship, Scott Wilson is in 5<sup>th</sup> place and Catharine Crossley 12<sup>th</sup>.

Congratulations to everyone on a great set of results!

**Keith Mulholland**



***Thanks to Bryan Dale for the use of the photos.***

Left to right: John Howie & Helen Rose, Rob Hasler & Louisa Whittingham, and Chris Pimblott, Stewart Waudby and Dave Larkin

## Virgin London Marathon Results - Sunday 26th April

Congratulations to everyone who took part in the London Marathon! Seven Harriers completed the race with times as listed below:

James Noakes	2:41:38 (22 <sup>nd</sup> MV45)
Steven Millar	3:02:55
Paula Nimmo	3:40:05
Matthew Cooper	4:08:14
Harry Newton	4:43:21
Nicola Cantrell	4:47:26
Julie Ann Smith	4:47:26

Particular congratulations to Harry Newton who managed a fantastic time (54<sup>th</sup> MV70+).

Full results can be found at: <http://results-2015.virginmoneylondonmarathon.com/2015/>

**Keith Mulholland**

## Mobberley Round the Runway Race - 23rd April

A humongous turnout of harriers for this year's race, run in great conditions.

Great to see so many folk out, not forgetting many thanks to Bob for marshalling and car parking ('go on up there, they'll fit another one in...') and Steve for support.

Olivia showed us all a clean pair of heels once again comfortably winning the Ladies race, but there were some excellent runs by others as well, not least by Pauline Lynch showing plenty of folk the way!

**Julian Brown**

## Club Records 2015

Here are the records achieved since the last edition of GO!

Please continue to let me know if you have a record to claim, please send me an email with the details and provide the evidence.

**Nicky**

Email : [nickytasker38@gmail.com](mailto:nickytasker38@gmail.com)

Discipline	Gender	Distance/ Event	Age Group	Name	Record	Date Set
Road	Male	10 K	V75	Harry Newton	57.30	Mar-15
T&F	Male	400m	M55	Mark Wheelton	73.3	Apr-15
T&F	Male	Long Jump	U13	Morgan Frith	5.12	Apr-15
T&F Indoor	Male	60m	U13	Morgan Frith	8.00	22/03/2015
T&F Indoor	Male	Shot	U13	Morgan Frith	7.57	22/03/2015

## Sainsbury's – Active Kids Vouchers

If you are collecting vouchers on behalf of the Club then please can you ensure that you hand them in by **Friday 12 June** to enable us to obtain some more equipment for the Club.

We really appreciate all your help in collecting the vouchers, and we will let you know in due course what we've been able to purchase with them.

Please bring the vouchers to the clubhouse, if possible.

Sainsbury's



Active Kids

## TEGG'S NOSE FELL RACE

In conjunction with Macclesfield Sheepdog Trials

BM 11.7km/7.3m

525m/1722ft

**SATURDAY, 8th AUGUST, 2015 at 1.00pm**

Trials Field, Bullocks Lane, Sutton

Macclesfield, SK11 0HE

Grid Ref 923716

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

*All proceeds to MIND mental health charity*

**No dogs or training on race route**

**Volunteers welcome - please contact Simon Cartledge,  
cartledge5@btinternet.com**

**[www.macclesfield-harriers.co.uk](http://www.macclesfield-harriers.co.uk)**

## CLUB CHAMPS, LADIES (points after 5 races)

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

	Runners	Alsager 5	High Legh 10k	Wilmslo w 1/2	Air Prod 10k	Mob- berley
		S	M	L	M	S
	Abigail Leyland		83			
	Kate Foster		82			80
	Sue Schilling		81			
	Paula Nimmo			100		
	Janette Byrne			98		
	Lynne Graves			96		
	Lynda Cook			95		
	Fiona Wilson			94		
	Kate Jenner			93		
	Nicola Cantrell			90		
	Samantha Catarelli			87		
	Heather Pimblott				94	
	Savitri McAsey				92	
	Melanie Whittaker					96
	Emma Mason					95
	Pauline Lynch					90
	Heather Auty					87
	Julie Rawcliffe					86
	Margaret Gold					85
	Louise Brown					84
	Janice Geldard					83
	Lisa Bancroft					82
	Judith Ritchie					79

	Runners	Alsager 5	High Legh 10k	Wilmslow 1/2	Air Prod 10k	Mobber- ley
		S	M	L	M	S
	Louisa Whittingham	100			100	
	Daisy Pickles	99			99	100
	Kate Ritchie	98				
	Nina Moss	97		99	98	99
	Barbara Murray	96				
	Hazel Power	95	98			
	Alison Gunn	94	99			97
	Melanie Power	93		92	96	
	Catherine Crossley	92	100	97	97	98
	Julie Smith	91		91		
	Lindsey Russell	90	97	89		92
	Dawn Devine	89		85	93	91
	Carol Upton	88	96	86	95	93
	Carole Ferguson	87	89			
	Linda Wakefield	86	92			
	Kate Fenton	85	85			81
	Lindsey Evans	84	89			89
	Nicky Tasker	83	86	84	90	88
	Siobhan White		95			94
	Jane Dow		94			
	Suzie Moore		93			
	Helen Rose		91		91	
	Joanne Griffin		90			
	Kathryn Moore		84			

## CLUB CHAMPS, MENS (points after 5 races)

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

	Runners	Alsager 5	High Legh 10k	Wilmslow 1/2	Air Prod 10k	Mobberley
	Runners	S	M	L	M	S
	Paul Morton		95	82		86
	Joseph Connor		94			
	Mark Walker			100		
	James Noakes			99		
	Julian Brown			97		99
	Jonathan Hill			95		96
	Joe De Sousa			91		
	Andrew Rowson			89		
	Mark Stanbridge			87		
	Robert Whitby			86		
	Richard Pankhurst			83		
	Dave Tucker			81		
	Angus Tennant			79		
	Tony Burton			78		
	Geoff Hull			77		83
	Matthew Cooper			76		
	Chris Pimblott				93	
	Matt Grove					91
	Rob Graves					84
	Phil Gaskell					82
	Ian Moore					81

	Runners	Alsager 5	High Legh 10k	Wilmslow 1/2	Air Prod 10k	Mobberley
	Runners	S	M	L	M	S
	Robert Hasler	100			99	
	Scott Wilson	99		98	100	
	Billy Hicks	98				100
	Gary Willcock	97		96		
	James Perry	96		94	98	98
	Neil Hey	95				97
	Marc Bradford	94		90	96	
	Sean Connelly	93		92		
	Jonnie Plumb	92				94
	Keith Mulholland	91	97	88		93
	Tim Marsh	90				90
	Mark Wheelton	89				85
	Neil Gunn	88	99	93		
	Stewart Waudby	87		84	95	88
	Dave Larkin	86	96	85	94	87
	Matthew Wilson	84		80		89
	Dave Hancock	83		75		80
	Harry Newton	82	93			
	John Howie	81	92		92	79
	Ray O'Keefe		100		96	95
	Fred Wardle		98			92

## A Kick in the Shins

As a physiotherapist and also a runner who has been plagued by shin splints over a number of years, I have developed a particular interest in treating this difficult condition. I hope some of the advice might be useful to our readers.

Shin splints is an umbrella term covering multiple disorders resulting in pain in either the medial or lateral compartments of the shin, but the most common presentation is medial tibial stress syndrome (MTSS). This usually presents as pain over the medial side of the shin bone (tibia) during exercise and on local palpation.



What causes MTSS?

There is no, one definitive answer to this question. Theories range from inflammation of the periosteum to avulsion injuries from attachments of tendon onto the bone and overuse tendonitis of tibialis posterior and the foot flexors. Studies have shown that women are more at risk than men (? Effect of oestrogen on bone formation). Runners with less than 5 years running experience, increased body mass index, overpronation of the foot, poor stability around the pelvis have a greater risk of developing MTSS.

### Prevention

As with all running injuries, prevention is definitely better than cure.

If you are fairly new to running try to increase your distances gradually. Studies suggest no more than 10% a week and run shorter distances if you are working on speed or hills.

Warm up well before running and do some simple stretches after your run.

Don't run every day in the early stages or when returning after injury. Have at least one days rest in between runs and for experienced runners, allow at least one rest day a week.

Make sure you replace your trainers on a regular basis. Most manufacturers seem to quote around 300 - 500 miles.

Doing some strength work to help with lower limb biomechanics on your rest days may also help (see exercise section below).

### Management.

MTSS can be a particularly stubborn condition and can often be fairly resistant to any intervention except rest from the aggravating activities.

However, in my experience the following can often be helpful.

#### 1. Reduce the intensity of training

In mild cases of MTSS, it may be enough to reduce distance, speed or terrain to allow for symptoms to settle. Reducing stride length and increasing cadence may also help. In more persistent cases complete rest may be advised as continued loading may result in stress fracture. In this case it is best to get professional advice from a physiotherapist or your GP.

## 2. Ice

Apply an ice pack over a damp cloth over the area of pain for 10 minutes after training, or use an ice cube wrapped in a paper towel and massage over the painful area for a few minutes

## 3. Physiotherapy

Physiotherapists will use a combination of treatments to reduce pain including massage, acupuncture, electrotherapy, taping, exercise prescription and advice on running style and possible need for orthotics.

## 4. Massage

Local sports massage and use of a foam roller to massage along the calf and medial aspect of the shin can often reduce pain.

## 5. Compression sleeves

Although somewhat controversial, there is some research which suggests that wearing compression sleeves can enhance recovery and reduce DOMS after exercise. In my own experience, I have found wearing compression sleeves has significantly reduced my incidence of shin pain.

## 6. Trainers / Orthotics

In runners with excessive amounts of pronation, changing to trainers with more torsional stability or prescription of orthotics by a podiatrist may help to resolve symptoms.

### Exercises

With all exercises work at a level that is comfortable for you, don't push into pain and if in doubt consult your physiotherapist.



Scrunch up a piece of kitchen roll. Hold for 5 seconds and repeat 10 times.



Stand in a runners position, with supporting knee slightly bent (a)  
Lean forward to touch ground with opposite arm (b). Return to upright position. Repeat 10 times.

Lying on your side.

(a) Clam – Keeping your feet together and hips facing forward, lift the top knee as far as comfortable.

(b) Reverse clam – Keep knees together and lift top foot. Use theraband to increase resistance.





'Jane Fonda'  
Lift straight leg as far as comfortable and lower.  
Repeat 10 times



Single leg bridge  
Roll tail bone off the floor and transfer weight  
onto one leg and raise the opposite leg off the  
floor. Hold 5 seconds and lower. Repeat 10  
times each leg.

### Siobhan White

D group runner and senior physiotherapist

John Honey Physiotherapy

01625 500777

*(This article has been edited for the magazine, if you want to see the entire article including references you can find it at [www.siobhanwhitephysio.wordpress.com](http://www.siobhanwhitephysio.wordpress.com))*

## Fell Taster Day – Saturday 27th June 2015

**Venue – Common Barn Farm, Rainow, 10.00 am – 1.00 pm**

**£5.00** per person for Harriers or,

**£21.00** for Non-Members which includes the taster session + 12 months non-competing membership of Macclesfield Harriers. Both fees include coffee on arrival and tea and cakes at end of morning.

*All candidates must be fit and capable of running 5 miles on undulating road surfaces, & have some experience of off-road terrain.*

*They must wear trail or fell shoes (road shoes are not acceptable) and bring waterproof clothing.*

### **Taster Session covers:**

Kit, navigation, safety, types of runs & races, resources, short run on a variety of terrains, refreshments.

### **Membership entitles you to:**

Join group training runs – most evenings in the week, & Saturday & Sunday mornings. Specialised training sessions including track (normal fees apply), hill running, navigation, Orienteering, & much, much more usually at no extra charge!

When you feel you want to compete as a club member simply upgrade your membership & enjoy discounted race fees.

Book now to secure your place as numbers are limited:

Kath Turner: mob: 07706 884394

Hazel Winder: mob: 07811 739258





## CROSS DISCIPLINE CHALLENGE 2015

Now in its 4<sup>th</sup> year, the Cross Discipline Challenge is a fantastic way that the club challenges us all to compete across the wide range of disciplines that the club is active in. We had 9 successful participants last year and this year we are hoping for even more!

To complete the challenge you must in one year (Jan to Dec) participate in the following:



- **2 Road Races** from the Road Racing Championship
- **2 Fell Races** from the Fell Championship or Wednesday night series
- **2 Track and Field Meetings** from the Cheshire League, Northern League or Cheshire championships (slight tweak this year to encourage even more track participation, you'll need to compete at two separate meetings).
- **2 Cross Country Races** from the North Staffs or Manchester League or the championship races (this element runs till the end of the cross country season in March).
- **The 5<sup>th</sup> Discipline** is to do something for the club as a volunteer – e.g. marshal at a harrier's race, bake a cake or in fact anything at all to help the club.

I love this challenge; it's a great way to put variety into your running and whilst it is by no means easy, it is achievable by everyone and recognises the hard work and commitment that you put in over the course of the year. Besides from the glory and the admiration of your club mates you will also win a small prize from the club! Here are some other reasons to have a go:

- Meet people from parts of the club you may not otherwise come across.
- Try something new on the Track or Field – 100m or javelin anyone?
- Explore the beautiful hills that we are so lucky to have on our doorstep.
- Feel the training benefits of mud and guts cross country.
- Put something back in and experience the lovely warm fuzzy feeling of helping the club.

I have recently taken over from Chris Bentley as co-ordinator, thanks Chris for setting up and running the challenge for the past three years. If you have any questions please ask or email me: [davidlarkin20@hotmail.com](mailto:davidlarkin20@hotmail.com)



The full lists of events to choose from are included elsewhere in this magazine and on the club website. You may well find you have already completed some of the required races but don't worry if you haven't, you have plenty of time to get involved. At this time of year I'd especially recommend getting along to the Track and Field meetings to search out your inner Usain Bolt!

Good Luck!

Dave

# MACCLESFIELD HALF MARATHON

#DontHalfLoveRunning

**Sunday 27th September, 2015**

The organisers are very busy preparing for this year's big event, the Macclesfield Half Marathon and 5k on the 27<sup>th</sup> September, so put the date in your diary!

The Half Marathon is open to over-17s, the 5k to over-13s and the Fun Run for under-13s. For those who haven't run a half marathon before, why not challenge yourself? The 5k is great for those who prefer shorter races, as well as a fantastic opportunity for younger club members to participate in a road race. If you are under 13, come along on the day and enjoy the Fun Run.

Enter the Half Marathon and 5k at [www.macc-half.co.uk](http://www.macc-half.co.uk), or on the day at Macclesfield Leisure Centre sports hall. All Fun Runners enter on the day. The event relies upon the continued support and dedication from our members and their families. If you are not planning to participate in the race and you are available on this date please volunteer.

To volunteer contact Neil Gunn, at [macchalfvolunteers@gmail.com](mailto:macchalfvolunteers@gmail.com) who will find you a fitting role. For further info, please visit our web page, [www.macc-half.co.uk](http://www.macc-half.co.uk).

**Carl Hanaghan**



The start of the 2014 race

# Helpers needed for the Macclesfield Half Marathon

**Sunday 27<sup>th</sup> September, 2015**

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 £7,000 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 and help out 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)

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

**Thank You!**

## Membership Secretary's Bog Trottings

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

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 590 members... But currently about 150 of 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.

Kata	Koloszvary	Veteran Lady
Suzie	Moore	Senior Lady
Louise	Brown	Senior Lady
Jack	Walton	U13 Boy
Tim	Egerton	Senior Man
Warren	Hamlin	Senior Man
Nerina	Banks	U11 Girl
Jake	Kilpatrick	U13 Boy
Erin	Jennings	Senior Lady
Aadi	Whitlock	U11 Boy
Lisa	Bancroft	Veteran Lady
Toby	Wilson	U11 Boy
Erris	Morrison	U11 Girl
Joseph	Barjat	U11 Boy
Rachel	Ballantyne	U15 Girl
Matthew	Johnston	U13 Boy
Andy	Oliver	Senior Man
Thomas	Owen	U13 Boy
Milly	Hall	U11 Girl
Abigail	Yates	U11 Girl
Fiona	Bogues	Super Veteran Lady

Dom	Moore	U11 Boy
Saranya	Hasler	Senior Lady
Joanne	Harrison	Super Veteran Lady
Alex	Tynas	U13 Boy
Charlotte	Moran	U11 Girl
Jake	Leech	U11 Boy
Callum	Wain	U11 Boy
Ruth	Teagle	U11 Girl
Neve	Massey	U11 Girl
Thomas	Danson	U11 Boy
Lily	Davies	U11 Girl
Dipika	Morgan	Veteran Lady
Vanessa	Stokoe	Super Veteran Lady
Anna	Maddox	Veteran Lady
Constance	Gooda	U11 Girl
Thomas	Egerton	U13 Boy
William	McCarthy	U11 Boy
Anna	Mellings	U13 Girl
Lisa	Kelly	Super Veteran Lady
Thomas	Barker	U15 Boy
Harrison	McGovern	U13 Boy

Some excellent turnouts at various local races, particularly the Round the Runway race and the Rainow 5 fell race with about 40 from the club, and both races with a range of runners from all the training groups. We're collecting more than a few prizes as well: some club members have improved a lot over the last few months – us oldies are having to train hard just to stand still (if you know what I mean). So if you're thinking of going to a race then go for it – ask around, or post on the website forum, someone else will probably be going too!

It'd be good to see a gang of runners out at the Staffs Moorlands Summer series again this

## **Membership Secretary's Bog Trottings (cont'd)**

year – a series of ten races on successive Thursday nights. There are keenly contested races for all junior age groups too. See the Staffs Moorlands AC website for details. But if you can't get to them, there are plenty of local road, trail and fell races going on, you can almost race every day.

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 in the sun (usually), 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 over the next few 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](mailto:julian.brown@astrazeneca.com) or [julianbrown10@hotmail.co.uk](mailto:julianbrown10@hotmail.co.uk)

# **SUMMER STARTRACK COURSE Athletics**

Run by Macclesfield Harriers & AC  
**At Macclesfield Track**

**Monday 27th July to Friday 31st July**  
**10-3pm each day**  
**Ages 9-15**

This is the 20th running of this popular course covering running, throwing and jumping and is limited to 60 athletes.

Cost £65 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)

## My 'Fantastic' Marathon Journey - by James Noakes

Back in 2010, after three years of competitive running, I decided that I wanted a new challenge! Something to take me out of my 10K to half-marathon comfort zone. I decided that the London Marathon 2012 was something I wanted to aim for. I was aware of how difficult it was to get a ballot place and, although I was considering going for a "good for age" place, this would have meant having to do a marathon to potentially get a place for London. This seemed like a lot of effort for a distance that I didn't know whether I would be suited to, having only ever raced up to a half marathon distance in the past. I discovered that it was possible to qualify for a English Athletics Marathon championship place on the basis of a sub 1 hour 15 minute half marathon time. This somehow was much more appealing! In January 2011 at the Four Villages Half I achieved my goal with a time of 74:39! Now my entry to London was guaranteed.

I was feeling slightly daunted by the prospect of the training, having never felt the need to follow a training plan. I had also never completed any run over a distance of 13.1 miles. The general wisdom appeared to be to gradually build up your weekly long run to a distance of 20 miles or so. Apart from when I ran half marathons, I would routinely limit myself to 10 miles maximum for my Sunday run. 20 miles seemed a long distance to commit to in training. Where would I run and how much time would this take?

The months passed by and I read an article in Runners World which was titled "Less is More" for marathon training. This grabbed my attention and I avidly read on. The article detailed the Hansons training plan. This plan was originally developed by two brothers in the USA to help athletes achieve Olympic qualifying times. Although this clearly wasn't my aim, it said that this plan was suitable for all levels including first timers. It sold itself on the basis that it minimised the risk of injury, was focused around pace training and would accommodate my weekly Tuesday track training sessions and my Sunday longish run. The controversial part, which definitely appealed to my maverick side, was it only maxed out at 16 miles. Could this really be sufficient to get me over 26.2

miles? As well as focussing on target marathon pace, this training plan was designed to get you running on tired legs, but keep them fresh enough to run six or seven days a week. The plan was about the final sixteen miles with just the first ten as the warm-up. The article contained a brief outline of the plan and, not wanting to be too constrained and reluctant to fork out for yet another running book, I decided to fill out the gaps myself.



The basic principle of the Hansons training plan was running six days a week. Thursdays were for a target marathon pace run starting at six miles, repeating over three weeks before increasing by a mile, eventually building up to 10 miles. Tuesdays were interval training – first ten weeks focussed on speed and the second ten weeks focussed on endurance. Weekends included two runs, alternating between two equal distance runs and a shorter Saturday run combined with a longer Sunday run (to peak at only 16 miles). The Sunday run was at 45 seconds to 1 minute slower than marathon pace. Mondays and Fridays were recovery runs. Although Wednesday could be taken as a rest day, I included short easy runs to add some extra miles. For me, the training worked well, felt good and most importantly I avoided both injury and illness. I based all my training

## My 'Fantastic' Marathon Journey - by James Noakes (cont'd)

around a pace of 6mins 17 second/mile – to bring me in at just sub 2:45 (championship qualifying time) if all went well and sub 3 hours if I started to tire.

With just over a month to go, and feeling unusually relaxed at the start of the race, knowing that this wasn't meant to be a race but just a training run, I managed to knock even more time of my PB at Wilmslow Half 2012, finishing in a time of 73:39. I was frequently asked when my taper would begin. In the Hansons plan, the taper is only really in the final week, scaling back on the miles and intensity, although it also included a final run of three miles on the day before the race.

Myself and my support crew (my wife, son and daughter) headed down to London by train on the Friday afternoon. I was as ready as I could be. In fact I was buzzing!

It was very early Sunday morning and after not very much sleep, and my ritual three Weetabix and a bagel, we headed into the city. There were several runners and charity support staff on the train, helping to bring home the reality of what I was about to undertake. The adrenaline was starting to pump although I was trying to remain as calm as possible. My dad was keen to join the support crew and, shortly after arriving at Kings Cross, they bid me farewell and set off to their first viewing point of the race – just past Tower Bridge and I set off to London Bridge for the final part of my journey to Blackheath.

There was a carnival atmosphere at Blackheath – it was a beautiful crisp morning, with a chill in the air. Perfect! One of the benefits of a championship place is a "special" enclosure and priority start. Although not that special (just a separate fenced off holding area), I bumped in to some familiar and friendly Wilmslow Runners – Rob Downs and Mike Halman. They were regulars at this event but managed to calm my nerves to some extent. I camped out on the grass nearest to the start in an attempt to conserve energy. It was great to see the Elite Women's and wheelchair athletes warming up for their start ahead of ours. I cut it fine with getting my excess running gear on the lorry, and as a consequence was somewhat to

the rear of the championship field start, but managed to remain calm. Finally we were off – it felt good and relaxed and I stuck with my pace. The crowds were amazing from the off. A mile or so in the familiar voice of Bob Lynch came from the crowd "relax those shoulders" – good advice! For me, as well as concentrating of a nice steady pace and frequent fuelling and drinking, this was a sightseeing trip and every distraction was welcome!

My feet hurt from before half way but everything else felt fine. I managed to see my wife, kids and my dad at the arranged spot. This spurred me on and my pace sped up a little but I stayed relaxed. Sixteen miles came and went. This was further than I had ever run before in one go. Apart from the feet, there was nothing to concern me. Younger and faster athletes were already falling by the wayside.

I carried on. Mile 20, surely the wall was yet to come? I felt like a car with the temperature gauge slowly creeping up, not pushing the pace too hard for fear of overheating. The miles passed by. I was sticking to my plan although my pace had quickened slightly. It still felt good. As I entered Birdcage walk, I saw my support crew for the final time, knowing that it would soon be over. The roaring crowds spurred me on. Although only a fraction of a mile to go, I was convinced that something would still go wrong – my legs would cramp and I would hit the wall. I carried on, past Buckingham palace. The finish gantry was in sight. 2:41:22. I couldn't have wished for a better time for my first attempt! I walked on to collect my medal, my legs felt heavy and tired but it didn't matter anymore. I met up with my family at the pre-arranged spot and sat on the grass in the sunshine to rest my weary legs – but they went into a cramping frenzy with my father, a retired vet, pummelling them like I was some kind of race horse. I then spotted a familiar face approaching us – none other than legendary hurdler Colin Jackson. He came over to talk to me – wow! He then asked whether I wanted to be interviewed on the BBC – why the hell not?! This had to be the icing on the cake, but assumed that they must film so much footage that I would surely be edited out. With me repeatedly uttering "fantastic", which the

## My 'Fantastic' Marathon Journey - by James Noakes (cont'd)

family ribbed me about later, and a name check to Macclesfield Harriers to boot, I made it to the small screen after all. I also managed to raise over a thousand pounds for Cancer Research in the process!



James being interviewed by Colin Jackson for the BBC

2014 was to be my second attempt at the London marathon but I withdrew from the race on the Friday beforehand due to a persistent calf injury. Disappointed, but knowing it was the right decision, I deferred my place until 2015. My training cycle restarted informally before the end of 2014, but I embarked on the same plan based around a six minute mile pace at the start of 2015. Everything went as it should and managed to avoid the injury that had plagued me in 2014. The 26 April 2015 arrived and although the weather didn't promise to be as good as the first time, it was cool and drizzly on Blackheath. In the week preceding the race I hadn't been feeling 100% but I was now feeling fine. The championship testosterone tent at the start was crammed full. I had managed to leave my baggage on the lorry sooner than before, in an attempt to get a better starting position and hopefully see the legendary Paula Radcliffe.

I again bumped into Rob Downs and knew I would be in good company as we hoped to match pace. Unfortunately I didn't listen to all the common

wisdom about pace and, after a steady first mile, upped my pace with a number of sub 6 minute miles, but it felt good and I relaxed, trying to take in as much of the atmosphere as I could. My support crew (minus my dad this time) were at their spot just past Tower Bridge, and I managed a high five and felt invincible, but was conscious of the fact that I didn't want to speed up and, if anything, needed to slow it down a little.

The race continued to go well up to about 24 miles. I had been struggling to swallow the Lucozade Carbo gels and take on board much water, even though I made an effort at most of the points along the route. Just past 24 miles my body felt sapped of energy and I felt myself falling forward as if my head wanted to go faster but my legs were in protest. I consciously ran as upright as I could and ploughed on, zoning out the crowds and focussing on the road ahead. As I entered Birdcage Walk and the 26 mile point, I was battling with my body to keep going. I took one last look at my watch and recall 2 hours 37 minutes and briefly thought this could be a PB! With only 0.2 mile to go, my body was fading fast.

As I staggered up the Mall, another runner grabbed my arm and ran with me for a short while before leaving me for his final sprint to the finish. The crowds were roaring, but I just fixed my eyes on the finish gantry clock and urged my body to continue. Time was racing, but I definitely felt like I wasn't. With just a meter to go to the first red timing mat, my body gave up and I fell to my knees. So near, but it felt so far to go! The only solution was to crawl myself across the mat. Not very dignified but I finished in 2:41:38! Although very much relieved to have finished, there was an initial feeling of disappointment that it wasn't a PB, but overall I was very happy with the time – three years older and only 16 seconds slower than my first perfect race, and another championship qualifying time to allow me to do it all over again! Happy with my time, just not how I ran the race. Next time I'll listen to the sage advice about sticking to your pace and not going too fast in the first half. Next time will be fantastic!

**James Noakes**



# **Minutes of Macclesfield Harriers & AC Committee Meeting**

## **held on 16th April 2015**

### **Chaired by: Kevin Ranshaw**

**Attendees:** Nicola Tasker (NT), Kevin Ranshaw (KR), Neil Gunn (NG), Alison Gunn (AG), Brian Macfadyen (BM), Clare Finnis (CF), Bob Lynch (BL), Julian Brown (JB), Keith Mulholland (KM), Daisy Pickles (DP), Barry Blyth (BB)

**Apologies:** Chris Bentley who has stepped down from the committee, we thank him for all his hard work.

1. **Agreement of Previous Meeting's Minutes** - already agreed

2. **Correspondence (CF)**- all forwarded

3. **Review of AGM/Awards evening** -(NG)

The committee discussed the AGM and agreed that it was an excellent evening, good atmosphere, great location and food, good turnout. The costs of the evening have been provided to the committee who agree that whilst the membership of the club is so high the amount spend on the AGM is worthwhile. If membership falls then maybe the committee will need to reconsider how much is spent on the evening.

The next AGM is booked for the 18th March 2016, venue and catering will be as before, with plastic plates and cutlery to reduce costs. A table will be manned in the foyer for the register. There will be clearer advertising about the provision of free food for all.

4. **Officers list (CF)**

a) an updated list of officers from the AGM is saved in the dropbox. James Noakes has been asked to consider what his position title should be, it can be changed accordingly.

**b) volunteers from AGM**

We had a few volunteers from the AGM come forward. AG has contacted those wishing to assist in the distribution of Go! KR will speak with two who have offered to collect track fees. DP will contact Rob Hasler and James Perry and ask them to liaise with BL about the specifics of becoming schools liaison officers.

**c) going forward - trying to get more volunteers**

CF requested that officers ask at their respective training sessions if there are further volunteers available to assist the club. The lack of officials for track and field was discussed, we are not the only club with this problem. NG suggested a targeted e-mail to parents, KR is considering this.

**d) secretary's post**

CF has given notification that she would like to step down from the post of Secretary due to large workload at present. Tracey Porritt has kindly stepped forward to take on the role. The official hand over will be before the next committee meeting in June. CF will inform the committee of the exact transfer date when known.

5. **Club Membership Update (JB)**

We have 677 members on the current list, of whom 340 have renewed for 2015/6.

JB anticipates this number will drop significantly soon, as many folk (particularly juniors) won't renew.

About 50 % of renewal payments have been online, a big increase from previous years.

JB has used the data base for last year to see who is registered as a free volunteer. NG will forward a copy of this list to the committee for checking, we may need to add/ delete some names.

**6. Finance (NG)**

NG gave his report, the club is in a good financial position. If you would like to see copies of accounts please contact him direct. The committee agreed that any surplus track fees from this forthcoming season will be given to MADF. (Macclesfield Athletics Development Fund

**7. C25K (NG)**

The current course is going very well, lots of enthusiasm and plenty of volunteers. The course will finish on 28th May with park run on 30th May in Congleton. The committee agreed that certificates are to be awarded at the end of the course.

**8. Track and Field and Sportshall (KR)**

Sportshall has finished until next season. Track and Field season starts with a mini competition at Macclesfield for club athletes only on Sat 25th April. There will be no charge, funds will be raised by raffle. NG will advertise on website, DP will place on Facebook. The event will not count for the cross discipline challenge.

**9. Cross Country (JN/DP)**

All the dates for Manchester and North Staffs league are set. There are clashes with Stockport and Langley races. BL has proposed to North Staff league that 2nd claim club

**10. Road Running (KM/ DP)**

Road races this year have been particularly well attended, mainly due to several members of D and E group taking part regularly. Numbers taking part were as follows:

Alsager 5, 38                      High Legh 10k, 27  
Wilmslow Half, 42              Air Products 10k, 20

It has been particularly pleasing to see one of our junior runners (Louisa Whittingham) take part in two of the races as she finished as first Lady Harrier in both races.

DP asked the committee to consider whether 2nd claim athletes running in another club's vest in a race should be allowed to claim points for our own club competition. The answer is no, they have to run in our vest to claim points for our internal competition. It is in our clubs interest that a member should wear our vest and run as a Macclesfield club member. DP will chat with athletes concerned.

**11. Fell Running (BM/ BB)**

**Barry's report**

This has been circulated to the committee and will be published in full in Go!

**Brian's report:**

The Fell Taster day was well attended and well received. Three attendees have since joined the club with another pledged to follow soon. A repeat session is being planned the last weekend in June (to be confirmed) with the intention of opening it up to non-members for £21. The cost to non-members will include 12 months non-competing membership of Macclesfield Harriers.

Concern has been expressed that some of our 'good' runners have migrated to other clubs (notably Pennine) who field stronger teams races. A discussion was had by the committee to try to promote fell running amongst young people.

Kath Turner would like to complete a Fell/ Leadership in running course, the club will support

	Female	Male	Total
U11	24	24	48
U13	48	65	113
U15	20	19	39
U17	13	15	28
Junior	15	14	29
Senior	45	46	91
Veteran	49	58	107
SuperVet	125	97	222
<b>Totals</b>	<b>339</b>	<b>338</b>	<b>677</b>
Junior (<23)	120	137	257
Senior (>23)	219	201	420
<b>Totals</b>	<b>339</b>	<b>338</b>	<b>677</b>
U20	120	137	257
20-29	19	21	41
30-39	43	26	69
40-49	75	60	135
50-59	56	60	116
60+	16	34	50
<b>Average age</b>			<b>31.1</b>

her in this and pay for the course.

The granting of the Forest 5 licence from the TRA (Trail Runners Association) allows the club to reclaim costs for any essential equipment. The organiser would like to stress that he has no requirement for additional equipment and will not be making a claim. The charity nominated to benefit from the Forrest 5 is The Rossendale Trust (based in Sutton).

Proceeds from the Teggs Nose race will go to MIND this year.

**12. Publicity (SW)**

The committee would like to thank Scott for his excellent articles published so far. Once again can team managers please forward recent reports to Scott for inclusion in local papers.

**13. Statistics (NT)**

NT asked the committee if gun times or chip times be used for awards. The committee agreed that it should be gun times.

**14. Grant for photo finish NG/BL**

The grant application for a communal set of photo finish equipment for use by clubs who have pledged to make a minor investment is close to being submitted. The onus is on BL therefore to send a letter supporting the application. The project is being coordinated by Alan Wort of Warrington AC. BL will also raise the questions of storage and insurance.

**15. Setting up social media**

(ie. Facebook) 'private' groups for each of the Road Running Groups A-C'  
DP said this is not required as groups A-C use Strava and Facebook.

**16. Club buffs**

DP will hand out the buffs to the 9 people who completed the X-D challenge. The buffs are now on sale for £5 and available from Trevor Longman. NG will advertise on the website.

**17. Club medals**

We have 180 medals left over to use, DP asks that people just ask when they want to use them and the committee will decide on whether to allow it. The committee agreed to use some of these at the Track and Field awards. BL suggests that medals are purchased with care and thought, that maybe we have no engraving as this is costly and we just change the ribbons. KM suggested using a label printer and will bring in one he made earlier to show us.

**18. Any Other Items**

At the AGM the following were awarded Honorary membership for services to the club:

George Fisher, Raph Murray, Barbara Murray, Mark Pass

A list of all honorary members will be collated by KR and forwarded to AG for publication in Go!

Chris Bentley has stepped down from managing the cross discipline challenge, DP has kindly offered to take on this role. DP will advertise this on Facebook, NG on the website.

We need a road running manager for the ladies team

BL, NG, and John Bunyan have agreed we will continue to use the club domain as it is, no need to change it.

The T&F facility has had its license extended by default by UKA till the end of 2016; while it puts in place guidelines for the future. While on the face of it this is good news, the onus for maintaining the facility to the required level rests with the landowners and their management structure. Beforehand the facility was made to have outside inspections very similar to MOTs. Therefore as guardians of the facility, we the club, have even more responsibility to ensure that the necessary maintenance and equipment renewal takes place.

Following the finalisation of the artwork for the Craig Harwood memorial trophy, BL now awaits a quote from Olympus trophies for the work. It is proposed that it is mounted on slate, with the images and words etched onto glass and mounted over the slate.

**19. Date of next meeting : Thursday 25th June**

**20. Chair: James Noakes**

# HARTS

Growing with you and your business

- Tax Consultancy
- Audit & Assurance
- Forensic Accounting
- Payroll Bureau
- Business Start-ups
- Bookkeeping
- Corporate Finance
- Exit Planning
- Insurance & Risk Management
- Wealth Management

For a free, no obligation consultation please contact

David Taylor or Melissa Bowers on 01625 669669

For more information visit [harts-ltd.com](http://harts-ltd.com)



## Harts Limited

Westminster House, 10 Westminster Road, Macclesfield, Cheshire SK10 1BX  
(Opposite King's School)

Chartered Accountants ■ Forensic Accounting Specialists ■ Tax Consultants

## **PHYSIOTHERAPY DIAGNOSTIC SESSION\***

**FREE for Harriers Members At**

# **TRINITY HOUSE PRACTICE**

**(Incorporating John Honey Physiotherapy)**

***DEDICATED TO ALL YOUR SPORTING NEEDS***

**\*Chartered Physiotherapy Team**

Ross Whiteside, Mike Honey, Rachael Whiteside, Gayle Evans, Katie Syrett,  
Ruthie Edgar, Sara Davenport, Kaye McGowan, Siobhan White,  
Rebecca Salt

---

**Sports & Remedial Massage** – Judith Cooper & Olivia Brewster

---

**Osteopath** – Dr Andreas Alexander

---

**Counsellor & Reiki Practitioner** – Sandra Marston

---

**Reflexology** – Helen Wilkinson

---

**Hypnotherapy & Human Givens Therapist** – Janine Hurley

---

**Shiatsu** – Virginie Adamski

---

**Yoga** – Dee Blow

---

**The Alexander Technique**

---

**Pilates Instructor** – Mark Leah

---

**Sport Psychologist** – Roger Kirby

---

**Trinity House " 150-152 Cumberland Street " Macclesfield  
Cheshire " SK10 1BP**

**Tel: 01625 500777 Fax: 01625 616161**

**e-mail: [info@trinityhousepractice.com](mailto:info@trinityhousepractice.com)**

**[www.trinityhousepractice.com](http://www.trinityhousepractice.com)**

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

## WEEKLY TRAINING TIMES

Group Name	Group Contacts	Meeting Time/Place	Distance & Pace
<b>A Group</b>	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>B Group</b>	Sarah Harris - sahstaff@aquinas.ac.uk Julian Brown - julian.brown@astrazeneca.com	Monday nights 6.30-8.00pm Oct-Mar meet Leisure Centre car park. Monday nights Apr-Sept 6.30-8.00pm meet Tegg's Nose top car park. Thursday evening 6.30-8.00pm meet at overflow car park behind Leisure Centre.	7-9 miles at 7-8 min/mile
<b>C Group</b>	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
<b>D Group</b>	Bob & Pauline Lynch (01625 829229) pauline_lynch@hotmail.com  Neil Gunn (07786 855027) neil.gunn@gmail.com	Wednesday and Friday evening 6.30-8.00pm at the overflow car-park behind the Leisure Centre. Saturday morning 9.00-10.30am contact Neil for meeting place	4-6 miles at 8-10½ min/mile
<b>E Group (Beginner Group)</b>	Wendy Boardman (07879 477627) or Jenny Airey (07969 741139)	Saturday 9.00-10.30am Usually Riverside Park, Bollin Valley (check with Wendy)	3- 4 miles at >10 min/mile – depends upon group ability

### **FELL RUNNING**

Meet on Wednesday nights at various venues. See schedule in magazine and on calendar on the website: [www.macclesfield-harriers.co.uk](http://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](http://www.macclesfield-harriers.co.uk)

## CLUB OFFICIALS

Club President	Bob Lynch	01625 829229
Chairman	Vacant	
Vice Chairman	Keith Mulholland	kmulholland64@gmail.com
Secretary	Tracey Porritt	secretary@macclesfield-harriers.co.uk
Treasurer	Neil Gunn	01625 611802

## OTHER OFFICERS

Ladies' Road & Cross Country mgr	Vacant but temporarily Daisy Pickles (as below)	
Ladies Track & Field Team mgr	Daisy Pickles	daisypickles@hotmail.co.uk
Track and field manager	Kevin Ranshaw	kevinranshaw@virginmedia.com
Borough Council Liaison	Bob Lynch	01625 829229
Schools Liaison Officer	Robert Hasler	rhasler@gmail.com
Magazine Editor	Alison Gunn	01625 611802
Membership Secretary	Julian Brown	01538 306837
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	Brian Macfadyen	brianmacfad@gmail.com
Road Running Manager	Keith Mulholland	kmulholland64@gmail.com
Men's Cross Country Manager	James Noakes	01782 443042
Junior Cross Country Manager	Vacant	
Club Statistician	Nicky Tasker	nickytasker38@gmail.com
Welfare Officers	Bob & Pauline Lynch	01625 829229
Race Signs Manager	Dave Jackson	07786 673746
Legal Advisor	John Hirst	
Auditor	Harts Ltd	
Publicity Officer	Scott Wilson	07562 744147
Catering Representative	Vacant	
Webmaster	John Bunyan	Contact via website



For all your Running & Sportswear

**15% discount** for Macclesfield Harriers members, only off footwear and clothing\* (\*excludes sale items and own branded items).



**JOIN US ON FACEBOOK and TWITTER TO GET LATEST NEWS, OFFERS AND EVENTS**

**Now open Monday 9.30 - 5.00**

**Tuesday, Wednesday, Friday & Saturday 9.30 - 5.30**

**Thursday 9.30 - 6.00**

**Currently closed on Sunday**

**Running Bear, 5 London Road, Alderley Edge, Cheshire SK9 7JT**

**01625 582130**