

GO!

NUMBER 114

MARCH 2012



Contents

Page 3	Starting Lines
Page 4	Membership Secretary's Ramblings
Page 5	Olympic Countdown Open Evening
Page 6	Club Cross Discipline Challenge
Page 7	Senior Club Championship Races Calendar 2012
Page 8	Macclesfield Athletics Track Appeal Update
Page 9	Junior Presentation Evening
Page 10	Club Colours & Clothing Accessories
Page 11	Club Colours & Rules for Competition
Page 12	Club Roles & Development
Page 14	East Cheshire Hospice
Page 16	Fell Races 2012
Page 17	Fell Runners' Wednesday Nights
Page 19	Macclesfield Half Marathon - Volunteers Needed
Page 20	The Importance of Rest
Page 21	Notice of Annual General Meeting
Page 22	Aviva Startrack Athletics Course 2012
Page 23	Junior Calendar of Events 2012
Page 24	Club Website
Page 25	Track & Field Awards - Proposal for Scoring 2012
Page 26	Junior Track & Field Competitions 2012 - Team Managers
Page 27	Cheshire Grand Prix & Club Champs Road Race Series
Page 28	Road Running
Page 34	Minutes of Committee Meeting - 12 January 2012
Page 35	Seniors Presentation & Social Evening
Page 38	Weekly Training Times
Page 39	Club Contacts

Our cover photo shows James Noakes at the Alsager 5 race, which this year was run in very cold and snowy conditions. Thanks to Bryan Dale for the picture.

Next Issue – June 2012

Please submit any articles or photographs to gomacclesfield@hotmail.com
by **Sunday 13 May 2012**

Magazine Issue

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

Starting Lines...



We're well into 2012 now, and what a year it will be for athletics.

The London Olympics begins on 27th July, and is followed by the Paralympics on 29th August. Maybe some of you have been lucky enough to get tickets for an event, and I'm sure it will be a really fabulous occasion; one you'll probably talk about for the rest of your life.



Also, the Olympic Torch relay will be passing close by. On Thursday 31st May, the torch will be in Macclesfield, so make a note in your diary; you don't want to miss it! No doubt timings, and the exact route will be publicised nearer the day.

The club is busy organising an event to mark 100 days to go before the start of the Games, and this takes place on Wednesday 18th April. The event is designed to encourage everyone to come along and find out more about the club, and what you could get involved in. See Bob's article on page 5 for more information.

The club is trying out a new idea this year; it's the Cross Discipline Challenge, which has been designed to give all of us the chance to try a different discipline. Chris Bentley has explained the concept on page 6, and you can find the list of races which make up the challenge on page 7. Why not have a go at something you've not tried before - you never know, you might enjoy it!

So whatever you're doing this year, run well and have fun doing it.

Alison Gunn - Editor
15 Beech Hall Drive, Macclesfield
Tel : 01625 611802
Email: gomacclesfield@hotmail.com

Membership Secretary's Ramblings

Spring seems to be on its way at last – the snow has retreated a bit (for the moment anyway)... and the snowdrops are out. Time to get the race calendars out – in the mag, on the club's website, and numerous other places on the internet – and start planning your spring and summer races, and get those entries in before they get full up !!

It's time to renew your club subs again, and we've kept the same rates as the last few years, which are amongst the lowest of the local clubs and represent excellent value for money. If you could get the renewals back to me in the next couple of weeks that'd be great, thanks in advance.

One thing you could have a go at – whatever your preferred branch of athletics – is the inter-discipline challenge, details of which are in here and on the website. It'd be good to see as many as possible having a go, you never know you might like tackling something new !!!

Congratulations to all who had a successful XC season this year, as always we had some excellent individual performances, especially in the juniors, but once again the club's team performance was below that which we are capable of, which is a shame.

We plan to revamp the website when we get a chance, but we could do with your input to improve things, and suggest other ways of publicising the club – so please, send in your suggestions, and we'll do what we can.

Finally I'd like to congratulate Bob Lynch on reaching 70, and I'm sure you'll be glad to hear that he's got no plans to slow down just yet, so you'd better keep training hard !!!

All the best
Cheers Julian

Julian Brown, Membership Secretary

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

Tel 01538 306837

Email: julianbrown10@hotmail.co.uk



Olympic Countdown

Open Evening

Wednesday 18th April 2012
6.00 - 8.00pm, at Running Track

100 days to go



Please can I remind you about the '**100 days to Go**' event that is being organised by the club.

Everybody is invited to attend. As well as the various athletic events, it will be a chance to get to know more about your club, the people who help run it, and to have fun.

At the same time the presentation of the 2011 awards for winners in all the age categories up to 17, will take place during the evening.

Details of the various events were sent out in a flyer with the last magazine but can also be found on the club website www.macclesfield-harriers.co.uk and on the noticeboards.

So please come along and take part.

For the event to be a success, as always we need more volunteers; so if you can help with putting on the events, announcing, organising some music, serving in the kitchen, then we would love to hear from you. We also need at least two easy to erect gazebos, just in case the weather is not kind to us.

So if you can help to make the evening a success, then either contact Barbara Murray 573729, or myself, Bob Lynch on 829229.

Please remember that the event replaces the normal training session on the Tuesday.

Bob Lynch

01625 829229 or pauline_lynch@hotmail.com

Club Cross Discipline Challenge

Your club is unusual in the breadth of disciplines in which it competes. But how many of us stick to what we know, and run only on the road / fell / track? Of course, we're members of the club because we enjoy doing what we do, and there's nothing wrong with that. But how many of us are content to always run the same route? How many of us who run mainly on the road enjoy an off-road route in the hills in the summer, or appreciate a track session or a flatter road route once in a while?

I suspect the answer is that most of us enjoy some variety in our running and would appreciate sometimes having a go at something different. However, for many of you, there is a barrier to trying the road / fell / track / cross country (delete as applicable), either because you don't know people or because you feel you need to be of a particular standard before you enter a race. The answer is that it shouldn't be that difficult in a club such as Macclesfield. But it is.

To encourage us all to try something new, and to encourage those who have not done so before to try entering a race, the club is for the first time in 2012 holding a cross discipline challenge.



To complete the challenge, and receive your complimentary T-shirt, all you need to do is turn out (and run, or perhaps even jump or throw) at two road races, two fell races, two cross country races and two track and field meets during the year. The available events are any of those in the 2012 road, fell and track and field club championships and the 2012-13 cross country championship. The emphasis though is not on competition (the various club championships provide for this), but on participation - the challenge will not be scored and there will be no cross discipline champion. The only other thing you will need to do to complete the challenge is to support the club once during the year at an event we organise, for example by marshalling or assisting with catering. Many of you probably do this already, but any extra help is always appreciated.

A calendar of club races is (on the website / in the magazine on next page). In all disciplines you can choose between low-key local events which welcome newcomers, or if you prefer them, big championship races. There should be something for everyone and if you find you don't like what you try, then all you will have lost is the entry fee. I will be aiming to complete the challenge and look forward to meeting more of you during the course of the year.

Chris Bentley

Senior club championship races calendar 2012

<u>Date</u>	<u>Name</u>	<u>Type</u>	<u>Category</u>	<u>Distance</u>	<u>Pre entry required?</u>
Sun-05-Feb	Alsager 5	Road	S	5 mile	Yes
Sat-25-Feb	Noonestones	Fell	M		
Sun-04-Mar	Cheadle 5	Road	S	5 mile	
Sat-17-Mar	Lads leap	Fell	S		Yes
Sun-25-Mar	Wilmslow half	Road	L	1/2 mar	Yes
Sun-01-Apr	Mow Cop	Fell	M		
Wed-04-Apr	Chester Spring 5	Road	S	5 mile	
Sat-14-Apr	Coledale Horseshoe	Fell	M		Yes
Sun-15-Apr	Whitely	Road	M	10k	
Sun-22-Apr	Kinder Downfall	Fell	M		
Sun-22-Apr	Cheshire League - Woodbank Pk	T&F	T&F		
Sat-05-May	Northern league - Salford	T&F	T&F		
Sat-12-May	Bollington 3 Peaks	Fell	S		
Sat-12-May	Cheshire champs, Warrington	T&F	T&F		
Sun-13-May	Cheshire champs, Warrington	T&F	T&F		
Sat-26-May	Northern league - Woodbank Pk	T&F	T&F		
Sat-02-Jun	Hollins Green	Road	S	5k	
Sat-09-Jun	Cheshire League - Bury	T&F	T&F		
Sat-16-Jun	Great Lakes	Fell	L		Yes
Sat-30-Jun	Whaley Waltz	Fell	S		
Sun-01-Jul	Northern league - Macclesfield	T&F	T&F		
Sun-08-Jul	Cheshire League - Macclesfield	T&F	T&F		
Sun-15-Jul	Holme Moss	Fell	L		
Sun-29-Jul	Great Warford	Road	L	10 mile	
Sat-04-Aug	Borrowdale	Fell	L		Yes
Sun-05-Aug	Northern League - TBC	T&F	T&F		
Sat-18-Aug	Weasdale Horseshoe	Fell	M		Yes
Sun-19-Aug	Sedbergh Hills	Fell	L		
Sun-19-Aug	Birchwood	Road	M	10k	Yes
Sun-26-Aug	Ellesmere	Road	M	10k	
Sun-02-Sep	Cheshire League - Colwyn Bay	T&F	T&F		
Sat-15-Sep	Lantern Pike	Fell	S		
Sun-07-Oct	Congleton	Road	L	1/2 mar	DATE TBC
Sat-17-Nov	Tour of Pendle	Fell	L		
Sat-24-Nov	Cheddleton	Road	M	10k	DATE TBC
Sun-25-Nov	Famous Grouse	Fell	S		
Sun-09-Dec	Stockport	Road	L	10 mile	DATE TBC

Cross country 2012-13 dates yet to be published

Faster, Higher, Further...

Macclesfield Athletics Track Appeal Update February 2012

Later this year many of us will be enthralled by the spectacle of the world's finest athletes gathering in London to determine who can run the fastest, who can jump the highest and who can throw the furthest. The deciding competition may only last a few seconds, less than 10 seconds in the case of the 100 metres, but it is likely that each winning performance will be based on more than 10,000 hours training and practice.

It is clear that the facilities and opportunity to train, develop and practice the skills needed are key factors in successful performance. The aim of the Macclesfield Athletics Track Appeal is to support athletics development by improving facilities and providing athletics development opportunities for all athletes. We believe that improvement of facilities can best be achieved by provision of an indoor athletics training centre next to the existing athletics track.

The track itself has of course already proved to be a key factor in the successful development of athletics in Macclesfield. Every week it is used for regular training sessions for all age groups. It provides a venue for county and school athletics championships, athletics league competition and athletics development events such as Startrack. It is also used as the venue for cross-country and road races such as the Macclesfield half-marathon. One of the early users of the track, Libby Clegg, has already gone on to become a very successful para Olympic athlete. However when the temperature drops, the rain falls and the wind rises, learning and practicing the skills required to excel in the more technical and explosive events is very difficult if not impossible. Clearly the availability of an indoor facility would allow year round training for hurdlers, jumpers, throwers and sprinters. It would also provide an improved, warm-up and conditioning environment for all athletes. An additional advantage of the indoor training facility is that it would provide an opportunity to build a covered spectator seating area for the track.

Although this indoor training facility would be primarily for athletics it would be suitable for shared use with other sports and form part of an overall strategy for athletics and sports development in Macclesfield. Already, thanks to the fund-raising efforts of events such as the Macclesfield half-marathon, the Track Appeal has achieved its initial target of raising more than £50,000 towards the cost of such a facility. Although this represents just a fraction of the overall cost it is an important indicator to funding bodies such as Sport England, the National Lottery and East Cheshire Council of the commitment of the athletics community in Macclesfield to support athletics development and enhance athletics facilities in

Faster, Higher, Further... (cont'd)

Macclesfield.

While the current financial climate may not appear to be the ideal time to renew our efforts to build this facility our belief is that if we carry on with our efforts to demonstrate the value of an indoor athletics facility in Macclesfield, if we reinforce our engagement with other key partners such as East Cheshire Council, Sport England and the National Lottery and if we continue to facilitate and encourage wider participation and development of athletics in Macclesfield through events such as coaching clinics and Startrack courses, we will be in an ideal position to take advantage of more favourable circumstances when these arise.

We may not all aspire to be Olympic champions but we can all aspire to be 'fit for life' and we can all make our contribution to help others realise their potential. Please continue to help and support the Macclesfield Athletics Track Appeal and if you would like to get involved please let us know.

Contact: Barbara Murray, Chair, Macclesfield Athletics Track Appeal

Macclesfield Athletics Track Appeal is a registered charity (number 1041755)

Note: In view of the revised focus of the Track Appeal from securing the provision of an athletics track to development of athletics through enhanced facilities and through events such as coaching clinics and other initiatives aimed at increasing participation and athletics skills, we propose, subject to approval of the Charities Commission to change the name to: Macclesfield Athletics Development Fund.

Macclesfield Harriers & Athletics Club

Junior Presentation Evening

Wednesday 18th April, 2012

The Clubhouse, Athletics Track

Check the website for details of time

www.macclesfield-harriers.co.uk

Club Colours & Clothing Accessories

There are now a number of club clothing accessories available and examples of each can be seen on display in the track pavilion. All garments are in maroon with the club logo in silver/grey on the chest. Additional wording can also be added for a small charge. We have short sleeve quick dry T shirts - £10. Sweatshirts - £12. Traditional hoodies with a drawstring neck - £16 and full zip hoodies also £16. For additional wording eg, 'Macclesfield track & field' it will be an extra £2, making sweatshirts £14 and hoodies £18. It should be made clear that the above items of clothing are not to be worn as 'Club Colours' when representing the club at events. The 'Club Colours' garments are vests and crop tops listed below in maroon with a silver diagonal band.

Any of the above items, plus club vests (£13) and crop tops (£16) can be ordered through Trevor Longman by phone 01625 871744 or mobile 07944 897842, or by email t.longman@ntlworld.com. Payment by cheque or cash in advance is preferred, but Trevor will gladly deliver to the track or home address.

Club vests/crop tops can also be purchased from Bob/Pauline on track nights. Also juniors can order any of the clothing through George Fisher, also on track nights.

Trevor Longman

Club competition kit (to be used in all races /competitions)

Running Vests	Club colours	(all sizes)	13.00
Ladies crop tops	Club colours	(some sizes)	16.00

Club accessories (Maroon with club logo)

T-Shirts	S/Sleeve	(xs, s, m, l, xl)	10.00
Sweatshirt	Traditional style	(xs, s, m, l, xl & junior sizes)	12.00
Hoodie	Traditional style	(xs, s, m, l, xl & junior sizes)	16.00
Hoodie	Full zip	(xs, s, m, l, xl)	16.00

Sweatshirts and hoodies can have printing or letters on the back for an extra £2.00 per garment. All kit can be ordered through Trevor Longman (07944897842). Club vests/crop tops can also be ordered from Bob/Pauline Lynch on track nights. Juniors can also order kit through George Fisher on track nights.

Please Read

Club colours and rules for competition

As the road running season is now well underway, this article is just a reminder that if you enter a race as a member of Macclesfield Harriers, you must wear the club colours.

Our club colours are a **Top consisting of Maroon with a diagonal silver grey band** which is registered with UKA - our governing body.

Currently we offer vests and crop tops manufactured in lightweight micro porous material from the clubhouse available on training nights.

I think it better if I now quote from the UKA rulebook on rules for competition when club colours must be worn.

“ General Rule 17 (2) In team or relay races, all competitors must wear registered vests of the same design and colour of the team they are representing, unless the race referee has given permission for a change to be made.”

Rule 17 does go on to say...”this rule does not preclude the possibility of clothing being different in style between participants of the same team e.g. vests of different length, cut of sleeve or collar. Any team clothing should though still broadly correspond in colour and design notwithstanding these differences.”

Road running Rule 208 (2) “A runner failing to comply with the various rules relating to clothing in team races will be liable to disqualification from the team race and the team result shall be scored as if the runner had not taken part in the team race.”

When taking part in a competition, race or league match, it will state if the event is being run under UKA rules. If it does then you should wear club colours.

It may be that when you enter a road race as an individual which is advertising team award prizes, you may not be aware that there will be enough members for a team. My advice therefore is to always wear your club colours and be proud of it.

Fun runs are not races and so the rules about club colours do not apply; and there are occasions in races where you can run for your second claim club if your first claim club is not affiliated for that particular event, discipline or league - but I will not go into the detail here.

We are currently piloting a range of kit accessories, such as sweatshirts and hoodies, but please remember they should not be worn in races as club colours.

Remember club colours must comply with the rules, in our case of being Maroon with a diagonal silver grey band.

I hope this helps.

Bob Lynch

Club Roles and Development

In the last issue, I wrote about the plans for the club, its financial stability, the need for increased participation by athletes, and for more younger volunteers.

This time I want to concentrate on the unfilled vacancies, and what you can do for the club, not just what the club can do for you. We need more dynamic people in their 20s to 50s to help spread the load, because as well as unfilled positions some of us already hold more than one role. So with the AGM fast approaching (Thurs 22 March, 8.15pm in the clubhouse) please make an effort to attend, and give some consideration to volunteering for a position.

I list below the roles for the vacant officials and officers, and look forward to your enthusiastic response to help the club move forward.

Club Chair The main function of the chairperson is to ensure that the agreed club activities are carried out through a team of officers, and that the requirements of each section of the club are properly considered for them to function effectively, while achieving the overall objectives of the club.

On a day to day basis, field enquiries, ensure that they are dealt with by the appropriate person and to seek views of interested parties.

Obviously chair meetings on a regular basis, with a pre-agreed agenda. Ensure that decisions are taken as required, while adopting a neutral stance.

The position calls for someone who has a broad knowledge of the club, who is dynamic, fair, but tactful, with the ability to get things done and to command respect.

To represent the club when necessary, to help organise club presentations and championships, and to make them enjoyable.

Cross Country officer Ensure that the club is represented at the AGMs of leagues in which it wishes to participate, and that the appropriate affiliation and post series fees are paid by the treasurer.

To prepare and help publish a fixture list of league and championship events, and to make known the entry arrangements. To make it clear the events that count towards the club championships in conjunction with the club statistician, and to inform team managers etc. details relating to races, including directions, course

maps and timetables. To publish results on the club noticeboard and to pass on results to the press officer and web master.

Press/Publicity officer To arrange, receive and then forward articles and photographs for publication in the local press, on the website, and county newsletters; reflecting the performance of athletes and teams representing the club in competitions.

To help promote forthcoming events in which the club is engaged.

Catering The main role is to organise refreshments and staffing by volunteers for events hosted by the club. Obtain and maintain stock for sale, and to pass on the net proceeds to the treasurer.

Track and field officer To agree with the main officers and various league coordinators, what events the club will be contesting (leagues, championships and open meetings). To publish this list together with entry requirements and to make bookings for matches that the club will be hosting with the Leisure centre.

In conjunction with others, ensure that officials are available both for home and away fixtures and that first aid, and refreshments are booked and available.

Work through the various league coordinators and team managers for the club to ensure that timetables, travel and directions, together with results are well known and published.

To act as the main link with the facilities manager at the leisure centre to ensure the facility is available for matches, that the facilities are in good repair, what preventative maintenance is necessary, and in general to act as custodian of the facility on behalf of the club.

To be the liaison officer with county officials when county meetings are held at the Macclesfield facility.

I hope this helps rather than puts you off volunteering. Roles can be shared/ subdivided if necessary. For more information please contact me directly, on these roles or anything else you think you could do to help the club function effectively.

Bob Lynch (acting chairperson, president, etc.) 01625 829229 or pauline_lynch@hotmail.com

East Cheshire Hospice – How Macclesfield Harriers has helped



Macclesfield doesn't do things by halves when it comes to the love of its local Hospice.

The Macclesfield Half Marathon really stands out from the crowd in more ways than one.

Not only does it attract up to 1000 runners from far and wide thanks to its reputation as one of the most challenging half-marathon courses in the UK, it is also organised and run, (quite literally), by a group of local people, many of whom are 70 years of age and over. And if that wasn't enough – it is also well known for raising a significant amount of money for East Cheshire Hospice – a sum approaching £22,000 since 2004. Funds are raised through a combination of registration fees and encouraging the runners themselves to raise sponsorship by adopting East Cheshire Hospice as their charity of choice.

One lady who didn't need any such encouragement is, Tytherington mum of two, Jo Papadimitriou. Jo agreed to help the Macclesfield Half Marathon's organising committee when a friend at Macclesfield Harriers, Brian Macfadyen, encouraged her to join after her husband Dimitri tragically died at the age of 46 following a painful three-year battle with Ethmoid Sinus Cancer. Dimitri spent six weeks at East Cheshire Hospice.

In Jo's own words,

"For us, walking into the Hospice was like walking into the light from a very, very dark place. Instantly we were welcomed with open arms. I almost collapsed with the relief of the safety net they provided. It made me feel like I could finally stop holding my breath and exhale.



Art therapy room

The care at the Hospice is absolutely, without doubt, the best we received. We had experienced 11 different hospitals in three years and the Hospice was the only place that Dimitri didn't want to escape from. They made him feel human again. All the staff treated him with complete respect and gave him back his dignity.

There is no happy way to die but if there was, you would find it there. Because of the kindness we received, my children and I had the courage to accept our fate and move forwards.

I am trying my best to put into words how valuable the Hospice is in our community, but I can't because there are not enough words in the English language to express the true extent of its importance. I would do anything, and I mean anything, to protect it because some things are just simply irreplaceable."

Jo had previously worked on the other side of the fence, giving out sponsorship funds to local events for a major pensions company, and then, whilst living overseas for 15 years had been a volunteer fundraiser for charities in Nigeria, Kenya and Indonesia so it seemed a natural choice that she was given the job of focusing on sponsorship.

Said Jo,

“Our aim is to raise enough sponsorship to cover the costs of staging both the half marathon and the 5k races – a sum of £11,500. If this can be achieved then everything over and above this can be donated to charity. We are absolutely delighted that PZ Cussons has come on board as our main sponsor for 2012. We’re working hard to secure more so that we cover all our costs.”

Sponsorship comes in many guises, from cash donations and the supply of essential items such as bottled water to discounts off goods such as t-shirts that we supply to the runners. There are so many ways both large and small businesses and individuals can get involved.

Now in its 11th year, this year’s Macclesfield Half Marathon takes place on Sunday 30th September. This year for the first time there will also be a 5k race using the first part of the course and finishing on the track as well as a fun run on the athletics track enclosure so lots of ways for women and younger (13+) people to participate, have fun, get fit and support a very worthy local cause.

East Cheshire Hospice relies on generous donations from the local community, both individuals and businesses, to provide around 77% of its income. Each day the Hospice has to fundraise £6,000 in order to offer its care free at the point of delivery as it receives less than 23% from government.

Said Fiona Beasley, Fundraising & Major Relationships Manager at East Cheshire Hospice,

“We are constantly striving to ensure our level of patient care and facilities really meet the needs of our patients, their families and carers and without wonderful people like Jo and the organisers of the Macclesfield Half Marathon we just couldn’t do it. Equipment for our new gym has cost nearly £12,000; patient care costs about £300 per patient per day (Day Care or Inpatient); a specialist bath and hoist costs around £22,000 and our Art Therapy Service which is over-subscribed and only available on certain days costs nearly £20,000 per annum.”



Bluebell Therapy Room

Those who have never experienced a Hospice and perhaps see it as a desperately sad place should think again. A real sense of joy radiates through the place - patients go out to lunch if they wish, have an aperitif before dinner and perhaps a whisky afterwards. Numerous treatments including aromatherapy, reflexology and massage can be enjoyed too and, of course, their families and friends can visit at any time. All of this is provided by a diverse dedicated community of staff and 600 volunteers attending to physical, spiritual and emotional needs and are part of the free range of care and support available to both patients and carers.

Anyone interested in sponsorship or running should visit www.macc-half.co.uk.

Anyone interested in more information on fundraising for East Cheshire Hospice can contact Fiona on **01625 433477**.

For more information on East Cheshire Hospice and the service it delivers please visit www.eastcheshirehospice.org.uk.

Fell Races 2012

So! Here are the races for 2012: There are 5 races to have a go at in each of the S, M and L categories. Most of the English Champs races are included, so **BOOK EARLY!**

Last year we were all finished by the end of October. This year we have races into late November I KNOW the weekend of 18/19 August looks busy BUT, with the new scoring system there are no easy points to be had just because there are fewer harriers turning out. If you want maximum points, you are just going to have to win the race outright!

Short Races;

Lads Leap(E)	17th March
Bollington 3 Peaks	12th May
Whaley Waltz	30th June
Lantern Pike	15th September
Famouse Grouse	25th November (though not officially announced yet)

Medium Races;

High Cup Nick	25th Feb
Mow Cop	1st April
Coledale Horseshoe(E)	14th April
Kinder Downfall	22nd April
Weasdale Horseshoe(E)	18th August

Long Races;

Great Lakes(E)	16th June
Holme Moss	15th July
Borrowdale(E)	4th August
Sedbergh Hills	19th August
Tour of Pendle	17th November

NOTE: ALL English Champs races (E) are pre-entry. There are some cracking races here that deserve our support and there are some proper challenges too. A bit of travelling but lots of local stuff and I think this year is going to be cracker!

The scoring system this year is based on proven methods in other competitions:

If you win the race you get 1000 pts. All other points are based upon a ratio of

your time against the winner's time.

To qualify for the fell champs you must complete a minimum of six races and at least one in each category (short, medium, long).

There will also be an award for the 'Club Enthusiast' awarded to the runner completing the most races but accumulating the least points.

If you need further details please contact Philip Barnes on:

0779 126459

Philip@jolokia.uk.com

And don't forget the Wednesday night jaunts. Check the website for details (or see list below) and don't worry if you haven't been off-road running before, we will make sure you get a warm welcome!

Fell Runners Wednesday Nights

Wednesday, 11 April

The Roaches, Roadside Parking - near to main footpath access gate (Grid Ref 004621) after Lazy Trout PH.

Wednesday, 18 April - '100 Days To Go' event at the track

Wednesday 25 April

Mam Nick Car Park, GR 123831, off Castleton / Rushup Edge Road.
After at the Royal Hayfield

Wednesday, 2 May 2012 - Lamb Inn PH. On the Chinley to Hayfield Rd. GR049844

Wednesday, 9 May 2012

Rainow 5 Fell Race 5. 5m 750ft. After at the Robin Hood

Wednesday, 16 May 2012

Goyts Moss Fell race . Derbyshire Bridge. 7m 1400ft. After at the Stanley Arms, Wildboardclough

Wednesday, 23 May 2012

Vanessa Chappell Fell Race. Moorside Hotel. 5.6m 1300ft. After at the Swan, Kettleshulme

Wednesday, 6 Jun 2012

Boars Head Fell Race, Higher Poynton. 8m 1300ft

Wednesday, 13 Jun 2012

Kettleshulme Fell Race . 6m 1100ft., from Moorside Hotel – after at the Swan

Wednesday, 20 Jun 2012

Polly Lander Orienteering Trophy – Venue To Be Announced

Wednesday, 27 Jun 2012 - Beehive, Combs, Near Chapel-en-le-Frith,

Wednesday, 4 July 2012

Barber Booth – lay-by (small) by road, GR107847 PLEASE CAR SHARE

Wednesday 11 July 2012 - Poachers Inn, Bollington

Wednesday 18 July 2012 Shining Tor Fell Race. 5.9m 1600ft. – after at the Swan, Kettleshulme

Wednesday 25 July 2012

Forest 5 Race . Macc Forest. After at the St Dunstons, Langley

Wednesday 1 August

Cracken Edge Fell Race. Hayfield. 7m 1450ft – after at the Royal, Hayfield

Wednesday 8 August

Ship Inn, Wincle

Wednesday 15 August

Eccles Pike Fell Race. Buxworth. 3m 800ft – after at the Navigation, Buxworth

Wednesday 22 August

Vale Inn, Bollington

Wednesday 29 August

Trespass Car park (Bowden Bridge) Hayfield GR 049869

After at Royal Hayfield

Volunteers needed!

Macclesfield Half Marathon and 5k Sunday 30th September

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

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

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



Traditionally, as Macc Harriers ‘host’ the event this is the opportunity for club members to volunteer their time (either their own or that of friends and family). Last year we needed almost 90 volunteers to fulfil all the necessary roles and this year we predict that we will need about 100 volunteers.



So – I know it is very early, but please can you mark the date in your diary (30th September 2012) and contact me to volunteer your time – I will be starting to allocate roles fairly soon as it takes a long while to get all roles filled – first come first served! We will need course marshals, car park and track marshals, catering assistants, welcomers, goody bag packers, litter pickers and general helpers to set up and clear away.

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

Neil Gunn, Marshal Co-ordinator (Macc Half and Macc 5k)

The Importance of Rest

By Judith Cooper ISRM

Spring is hopefully just around the corner and as the ice retreats from our pavements, roads and fields, many of you will be increasing your training ready for the season ahead. The short days and overindulgence of winter can leave us feeling frustrated and less fit than we would like and it is tempting to push hard in an effort to regain the fitness we feel we have lost. Add to that the approach of increasing numbers of competitions and the danger of overtraining and taking inadequate rest is very real.

It is only when we rest that our bodies adapt to the stress we have been putting them under. It is only when we rest that the micro trauma we inflict on our muscles can repair and the muscle can grow stronger. When we rest our cardiovascular system recovers and becomes more efficient in response to increased exercise. The very necessary glycogen stores in our muscles cells are replenished properly only when we rest. The blood capillaries in our muscles recover and strengthen when we rest.

In order for positive adaptation to occur in our bodies they do indeed need to experience positive overload, but if the overloading is excessive it becomes negative overload and that is the path to injury.

As with so many things in life, the key to success is *balance*. Sufficient training to challenge the body systems and encourage them to adapt, but not so much that they have no time to recover and actually start to break down.



Listen to your body. It's a phrase I use a lot and I don't mean it in any "new age" sense. Your body will tell you an awful lot if you learn how to tune into it. It's normal to feel tired and a little sore after exercise. It is not normal to feel constantly tired and sore. The odd niggle here and there is normal especially as you start to increase your training. Constant and repeated pain in a particular muscle is not normal and should not be ignored. It's not always good to compare yourself with your peers either, as our bodies are all unique and respond very differently to the demands we put on them. Ask for advice, yes, but remember that your body is unique to you and only by getting to understand it will you be able to work out the best possible training schedule for it.

So I encourage you all to seek balance. Enjoy at least one rest day a week

(this does not mean 6 miles instead of 15. It means doing nothing!) Listen to your amazing body, feed it well, nurture it and it will work miracles for you. My last words of advice are to treat that amazing body to a bit of TLC in the form of a massage now and again. Massage boosts all of those wonderful repair systems and often identifies areas of concern before they turn into anything serious.

Here's to Spring and a successful, injury free season ahead.

Judith

Judith Cooper is the Sports Massage Therapist at John Honey Physiotherapy, 150-152 Cumberland Street, Macclesfield. 01625 500777
Contact her directly on 07932 794420 or coopej@hotmail.co.uk



MACCLESFIELD HARRIERS & ATHLETICS CLUB

ANNUAL GENERAL MEETING

Thursday 22nd March, 2012

8.00pm

Clubhouse, Athletics Track

**All members are invited and encouraged to attend.
Please support your club.**

AVIVA STARTRACK

Athletics Course 2012

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



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

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

In the first instance please register your interest with
Bob Lynch 01625 829229

Application forms will be available through the
Macclesfield Leisure centre in early May



JUNIOR CALENDAR OF EVENTS 2012

FEBRUARY			
Sat 11th	Cross Country: Greater Manchester League Match 5	12.00	Inc U11
Sun 19th	T&F: Indoor Open Meeting 4 Manchester, Sportcity (M11 3FF)	10.30	U15 - Senior
Sat 25th	Cross Country: English National Championships		Not U11 Pre-entry
MARCH			
Sun 4th	T&F: Indoor Open Meeting 5 Manchester, Sportcity (M11 3FF)	10.30	U15 - Senior
Thu 22nd	Annual General Meeting: Clubhouse	8.15	All !
APRIL			
Wed 18th	Olympics Countdown: 100 Days To Go	18.00	All
Sun 22nd	T&F: Cheshire League: Round 1 Stockport, Woodbank Park (SK1 4JR)		All
MAY			
Sat 5th	T&F: Northern Mens/Ladies League: Round 1 Salford, Blantyre Street (M30 8HY)		U17 – Senior
Sun 6th	uka: Young Athletes League – Boys and Girls Round 1 Salford, Blantyre Street (M30 8HY)	11.30	U13 – U17
Sat 12th and Sun 13th	T&F: Cheshire County Championships Warrington, Victoria Park (WA4 1DG)		All
Sun 20th	uka: Young Athletes League – Boys and Girls Round 2 Macclesfield	11.30	U13 – U17
Sat 26th	T&F: Northern Mens/Ladies League: Round 2		U17 – Senior
JUNE			
Sat 9th	T&F: Cheshire League: Round 2		All
Sat 16th	T&F: Cheshire Schools Championships Macclesfield		Juniors/ Inters/ Seniors
Sun 17th	uka: Young Athletes League – Boys and Girls Round 3 Salford, Blantyre Street (M30 8HY)	11.30	U13 – U17
Sat 23rd	T&F: Schools Mason Trophy		
Mon 25th	T&F: Cheshire Schools Championships		Minors

JUNIOR CALENDAR OF EVENTS 2012 (cont'd)

JULY			
Sun 1st	T&F: Northern Mens/Ladies League: Round 3 Macclesfield		U17 – Senior
Fri 6th and Sat 7th	T&F: English Schools Championships		
Sun 8th	T&F: Cheshire League: Round 3		All
Sat 21st	T&F: Cheshire Track Relay Championships		
AUGUST			
Sun 5th	T&F: Northern Mens/Ladies League: Round 4 Venue TBC		U17 – Senior
SEPTEMBER			
Sun 2nd	T&F: Cheshire League: Round 4		All
Sun 30th	Macclesfield Half Marathon, 5K and Fun Run	10.00 + 10.15	

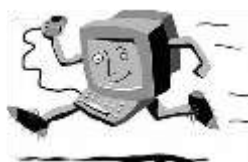
Club Website - www.macclesfield-harriers.co.uk

We need your help to revamp the website. The website has been going for a few years now, and it's felt that it's perhaps looking a bit dated, and that sometimes it's not always easy to navigate your way around it.

With this in mind, and as it's Olympic year this year and the club will be doing more to promote itself, we need your input and ideas as to how the website could be improved.

So let us know what you like about the current site, what are its faults and problems and how you think it could be improved.

You can send your feedback to Julian at
julianbrown10@hotmail.co.uk



Macclesfield Harriers 2012 T&F Awards: Proposal for 2012 Scoring

The 2012 T&F season is soon to start and I wish all the athletes all the best in their endeavours this year, both competing for the club and attaining personal goals.

For 2012 I am proposing a slightly simpler award scoring system. Also, as I have had no feedback that the ongoing scoring tables put on the Macclesfield Harriers website was useful to athletes, the awards results will not be published on the website on an ongoing basis; the awards will simply be calculated at the end of the season when all the results from the meetings are available.

The events which will count in the awards are the Young Athletes League (U13-U17), Northern League (U17-SEN), Cheshire T&F League (All), Cheshire Championships (U13-SEN) and Club Championships (All).

The awards for the T&F 2012 season will be scored in a similar manner as the past 2 years – the awards reward both attendance (representing the club) at key meetings and individual performance.

The awards score will be made up from attendance and performance. For attendance you score 3 points for each meeting attended, up to a maximum of 8 meetings. For performance, at each meeting, the athlete's best position attained in any event (all athletes, not just Macclesfield) will be used to get a score from 6 points for 1st place to 1 point for 6th place. Attendance and performance scores will be added together to get an overall score for each athlete in each age-group.



I hope this all makes sense as a proposal – please get in touch with me if you have any comments (Rachael.lawrance@tesco.net) – otherwise happy competing during 2012!

TRACK and FIELD COMPETITIONS: 2012

TEAM MANAGERS

AGE GROUP	FEMALES	MALES
Under 11	Anna Carey 01260 226418 annacarey@btinternet.com	Claire Croker 01260 224324 simonandclare.croker@hotmail.com
Under 13	Wendy Snelson 01625 422819 wendy.snelson@astrazeneca.com	Nancy Bunyan 01625 424564 <u>nancy@thebunyan.plus.com</u> Clare Finnis 01625 850085 c.finnis@btinternet.com
Under 15	Hanny Stockman 01625 668541 hannystockman@btinternet.com Pascal Doggett 01260 223553 timdoggett@aol.com	Pat Ahern 01477 535720 patahern@btinternet.com
Under 17	Janet Hatton 01625 424614 janet.hatton@hotmail.com Janet Alston 01260 226340 janet.spiers- alston@astrazeneca.com	Paul Stockman 01625 668541/07901 577168 paulstockman@hotmail.com Matt Shaughnessy 01625 430445 matt.shaughnessy@btinternet.com

Cheshire Grand Prix and Club Championship Road Race Series

<u>Cheshire Grand Prix race or not</u>	<u>Race Distance Category</u>	<u>RACE</u>	<u>DATE</u>
	short	Alsager 5 mile	Sunday, 6th February, 11.00am
	short	Cheadle 5 mile	Sunday, 4th March, 10.00am
GP	long	Wilmslow Half Marathon	Sunday, 25th March, 10.30am RACE FULL
GP	short	Chester Spring 5 mile	Wednesday, 4th April, 7.00pm
GP	medium	Whitley 10K	Sunday, 15th April, 11.00am
GP	short	Hollins Green 5K	Saturday, 2nd June, 4.30pm
GP	long	Great Warford 10 mile	Sunday, 29th July, 10.00am
GP	medium	Birchwood 10K	Sunday, 19th August, 10.30am
	medium	Ellesmere 10K, near Oswestry	Sunday, 26th August, 11.00am
GP	long	Macclesfield Half Marathon	Sunday, 30th September, NOT A CLUB CHAMPS RACE
	long	Congleton Half Marathon	Sunday in early to mid October
	medium	Cheddleton 10K	Saturday in late November
	long	Stockport 10 mile	Sunday in early to mid December

Scoring rules for the Cheshire Grand Prix

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

Scoring system : Points are awarded on the finishing position within the GP on the following basis;

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

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

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

Rules for the Club Championships

Separate championships for men and women.

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

All finishers receive a point.

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

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

ROAD RUNNING

Alsager 5 – Race Report – Sunday 5 February 2012

The Alsager 5 was the first Club Championship road race of the year and it included some very good performances by the Harriers who took part in what is virtually a national 5 mile road race championship event.



Barbara Murray

The snow that had affected a large part of the country the previous evening was present at Alsager. Against the odds, the race was somehow staged with roads being partly cleared of snow and then salted. However, conditions were still difficult for road racing. For those familiar with the course, there was still slushy snow remaining across the width of the road between miles 1 and 2 and on the road that passes the church at around mile 3. Runners were hesitant as to what footwear should be chosen for the race. Some opted for fell shoes, some for cross trainers and some chose normal road shoes. For those running well, it was difficult to pass slower runners in their path because there were sometimes only narrow channels clear of snow to run in.

The results suggested that the leading runners were around 1 minute slower than would be expected.

It was a shame for some of the Club's regular racers, such as James Noakes, Chris Bentley and John Mooney that their times were slower as a result because they are all in very good form. James, however, claimed the first M45 prize and was the third placed vet overall, a superb achievement in a prestigious race.

Noakes, Bentley, Mooney and Barry Blyth formed the team that gained the Harriers an excellent ninth place in the team places and Noakes, Mooney, Blyth and Alan Webster made up the team that saw the Harriers claim third prize - against some notable clubs - in the veterans team event.

Barry also claimed another category prize for the Club, winning the M65 prize and he was also the 2nd fastest over the age of 60, beating some very good runners of that age, including Dave Tucker who finished as the fifth fastest M60. Barry was, in fact, in record breaking form again, breaking Colin Ardron's time for the M65 5 mile mark.

Youngster Andy McEvoy also ran an encouraging time in his first road race for the Club and Doug Hughes and David Larkin were also pleased that they decided to race and they enjoyed their performances.

Barbara Murray was rewarded with the 3rd L50 prize. The ladies' race, overall, was of an exceptionally high standard.

The race, being of national significance for road running, also incorporated a national inter-area team competition, for which the North region was victorious in both the mens' and ladies' categories.

A summary of the main results and Harriers' results are as follows;

Overall first place;

Luke Cragg of Mansfield Harriers and England international, 24:41

Overall ladies' first place;

Elle Baker of Stockport Harriers and Great Britain international, 27:14

Harriers results;

James Noakes,	28:01 (48th place and 1st M45)
Chris Bentley,	30:19 (86th place)
John Mooney,	31:36 (5th M50)
Barry Blyth,	32:46 (1st M65)
Andy McEvoy,	33:28
Alan Webster,	35:53
Dave Tucker,	36:36 (5th M60)
Barbara Murray,	37:18 (3rd L50)
Doug Hughes,	39:25
David Larkin,	41:23



Barry Blyth



Chris Bentley

Steve Lomas

Four Villages Half Marathon – Helsby, 22 January 2012

Several Harriers took part in the Four Villages Half Marathon. The event is based at Helsby in West Cheshire and the course begins in the village before travelling along mainly quiet roads and taking in the villages of Dunham on the Hill, Mouldsworth and Manley before heading back to Helsby for the finish. It is mainly flat but has a few undulations. Over 1600 runners completed the distance.

However, this year's race occurred during a period of very strong winds in the north-west. Runners reported that the wind was extremely troublesome, sometimes making the headway very difficult and tiring the racers further in the process. It was also mentioned that the start of the race was very congested, making for slow progress in the first few hundred yards.

However, the entrants from the Club performed very well. A number of members were racing as part of preparations for April's London Marathon and there were many times recorded today that came close to personal bests.

In addition, Cynthia Chapman set a new Club record - for the second month running - in the F65 class.

The overall race winner was Martin Williams of Tipton Harriers in 1:08:32 and Gemma Connolly of St.Helens Sutton AC was the overall first lady home in a time of 1:21:05.

Harriers' results are as follows (gun times);

Mark Walker,	1:19:35 (39th place)
Mark Messenger,	1:25:59
Martin Platt,	1:29:35 (4th M55)
Chris Harbron,	1:33:22
Matthew Grove,	1:33:31
Andrea Frost,	1:35:22 (6th F40)
Phil Barnes,	1:36:15
Alan Webster,	1:38:54
Sarah Woolley,	1:50:29
Fiona Wilson,	1:53:12
Zoë Howard,	1:54:36
Harry Newton,	1:59:43 (6th M70)
David Jackson,	2:04:48 (7th M70)
Cynthia Chapman,	2:06:00 (4th F65 and new F65 Club record)

Steve Lomas

Llandudno 10k, Sunday 12th February, 2012 - Report

Harriers' Martin Platt and Tim Stock competed in Sunday's Nick Beer Llandudno 10K Road Race. The course ascends up and over the Great Orme. Nearly 700 runners completed the event.

Both used the race as training for spring marathons they have entered. Martin finished in an overall 58th place and 2nd M55, out of 43 in that category, recording a time of 40 minutes and 24 seconds. Tim was just a few yards behind in 41:07, being the 7th M50 out of 51 in the category.

Rob Samuel of Eryri Harriers was the overall winner in a time of 30:35 and the first lady home was Alison Lavender of Oswestry Olympians in 37:41.

Steve Lomas

MACCLESFIELD HARRIERS' ATHLETES FEATURING IN THE CHESHIRE ROAD RACE RANKINGS FOR 2011 (FINAL RANKINGS FOR 2011)

Harriers' Andrew Lamont was ranked as the first Cheshire based Club Athlete for the Half Marathon distance in 2011.

<u>MEN</u>					
5 MILE	5th	Andrew Lamont	26:56	Runcorn	24-Apr
	10th	James Noakes	27:24	Runcorn Bridge	24-Apr
10K	8th	Andrew Lamont	33:20	Crewe Air Products	10-Apr
	10th	Tim Pattison	33:35	Cheddleton	26-Nov
10 MILE	4th	Andrew Lamont	55:42	Flying Fox, Stone	22-May
	7th	James Noakes	56:52	Great Warford	14-Aug
HALF MARATHON	1st	Andrew Lamont	1:12:27	Wilmslow	27-Mar
	10th	James Noakes	1:14:40	Helsby 4 Villages	23-Jan
<u>LADIES</u>					
5 K		Angela Jordan *	18:59	Dunham Massey	17-Jun
5 MILE	=2nd	Sarah Harris	31:36	Alsager	06-Feb
	=2nd	Kath Lamplough	31:36	Wolverhampton	30-Jan
10K	4th	Anne Farmer	38:01	Crewe Air Products	10-Apr
	8th	Sarah Harris	39:25	Crewe Air Products	10-Apr
		Seonaid Thompson*	38:23	York	31-Jul
		Angela Jordan*	39:11	Leeds	20-Nov
HALF MARATHON	7th	Kristy Readman	1:26:49	Helsby 4 Vilages	23-Jan
		Angela Jordan*	1:26:35	Wilmslow	27-Mar

* Listed but not ranked because a Cheshire Club is not her first claim

MACCLESFIELD HARRIERS' ATHLETES FEATURING IN THE UK NATIONAL ROAD RACE RANKINGS FOR 2011 (FINAL RANKINGS OF 2011)

NAME	RANKING	TIME	VENUE	NAME	RANKING	TIME	VENUE
ANY AGE 5K				ANY AGE 5K			
ANDREW LAMONT	=518th	16:07	Dunham Massey	ANGELA JORDAN	=411th	16:59	Dunham Massey
JAMES NOAKES	=1065th	16:42	Lymm				
				ANY AGE 5 MILE			
ANY AGE 5 MILE				SARAH HARRIS	=200th	31:36	Alsager
ANDREW LAMONT	=312th	26:56	Runcorn	KATH LAMPLOUGH	=200th	31:36	Wolverhampton
JAMES NOAKES	=446th	27:24	Runcorn				
				ANY AGE 10K			
ANY AGE 10K				ANNE FARMER	=310th	36:01	Crewe
ANDREW LAMONT	=670th	33:20	Crewe	SEONAI THOMPSON	=357th	36:19	York
TIM PATTISON	=782nd	33:35	Cheddleton	ANGELA JORDAN	=532nd	39:11	Leeds
JAMES NOAKES	=649th	33:46	Manchester	SARAH HARRIS	=584th	39:25	Crewe
TOM WILD	=1290th	34:30	Manchester	KRISTY READMAN	=1073rd	41:06	Crewe
MARK WALKER	=2173rd	35:44	Crewe	ANDREA FROST	=1558th	42:20	Crewe
				ANGELA SWINDON	=1821st	42:53	High Legh
ANY AGE 10 MILE							
ANDREW LAMONT	=225th	55:42	Stone	ANY AGE HALF MARATHON			
JAMES NOAKES	=348th	56:52	Great Warford	ANGELA JORDAN	344th	06:20	Wilmslow
				KRISTY READMAN	=363rd	06:43	Helsby
ANY AGE HALF MARATHON				ANDREA FROST	=664th	01:42	Wilmslow
ANDREW LAMONT	=300th	72:26	Wilmslow	ANGELA SWINDON	996th	02:00	Wilmslow
JAMES NOAKES	560th	74:40	Wilmslow				
TIM PATTISON	=1669th	79:21	Macclesfield	ANY AGE 20 MILE			
MARK WALKER	=1714th	79:30	Wilmslow	ANGELA SWINDON	110th	2:28:02	Stoke
U23 MEN 10K				ANY AGE MARATHON			
TIM PATTISON	109th	33:35	Cheddleton	ANGELA SWINDON	548th	3:21:45	London
				JO MILES	=1591st	3:39:20	Sliema, Malta
U23 MEN HALF MARATHON							
TIM PATTISON	84th	79:21	Macclesfield	V35 LADIES 5 MILE			
				SARAH HARRIS	48th	31:36	Alsager
V40 MEN 5K							
JAMES NOAKES	=94th	16:42	Lymm	V35 LADIES 10K			
				SARAH HARRIS	102nd	39:25	Crewe
V40 MEN 5 MILE				KRISTY READMAN	=202nd	41:06	Crewe
JAMES NOAKES	40th	27:24	Runcorn				
				V35 LADIES HALF MARATHON			
V40 MEN 10K				KRISTY READMAN	79th	06:43	Helsby
JAMES NOAKES	=67th	33:46	Manchester				
				V40 LADIES 10K			
V40 MEN 10 MILE				ANDREA FROST	=225th	42:20	Crewe
JAMES NOAKES	=43rd	56:52	Great Warford	ANGELA SWINDON	273rd	42:53	High Legh
V40 MEN HALF MARATHON				V40 LADIES HALF MARATHON			
JAMES NOAKES	49th	74:40	Wilmslow	ANDREA FROST	=142nd	01:42	Wilmslow
				ANGELA SWINDON	148th	02:00	Wilmslow
V55 MEN HALF MARATHON							
MARTIN PLATT	69th	06:41	Wilmslow	V40 LADIES MARATHON			
				ANGELA SWINDON	89th	2:28:02	Stoke
V55 MEN 20 MILE							
MARTIN PLATT	13th	2:19:56	Crewe	V45 LADIES MARATHON			
				JO MILES	200th	3:39:20	Sliema, Malta
V55 MEN MARATHON							
MARTIN PLATT	44th	03:09:06	Edinburgh				
V65 MEN 10 MILE	11th	60:01:00	Stockport				
BARRY BLYTH							

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

Stafford 20 Mile Road Race	Stafford	Sunday, 11th March, 10.30am
Trafford 10K Road Race	Partington	Sunday, 11th March, 9.30am
Salford 10K Road Race	Salford	Friday (Good Friday), 6th April, 10.00am
Air Products 10K Road Race	Crewe	Sunday, 8th April, 10.15am
Run the Bridge 5 Mile Road Race	Runcorn	Sunday, 8th April, 9.30am
Derwent Dambuster 10 Mile Multi-terrain	Fairholmes, Derwent Valley, Derbyshire	Saturday, 21st April, 10.30am
Bolton 10K Road Race	Bolton	Sunday, 22nd April, 10.00am
Salford 5K Road Race	Heaton Park, Manchester	Thursday, 26th April, 7.00pm
Goyt Valley 10K Multi-terrain	Errwood Resr, Goyt Valley	Thursday, 26th April, 7.15pm
North Wales 10 Mile Road Race	Wrexham	Saturday, 28th April, 2.00pm
South Cheshire 20 Road Race	Shavington, Crewe	Sunday, 29th April, 9.30am
Greater Manchester Marathon Road Race	Stretford	Sunday, 29th April, 9.00am
Buxworth 5 Road Race	Buxworth, near Chapel/Whaley	Wednesday, 2nd May, 7.30pm
Mobberley Round the Runway Race Multi-terrain	Mobberley	Thursday, 10th May, 7.30pm
Market Drayton 10K Road Race - no entries on day	Market Drayton	Sunday, 13th May, 11.00am
Christleton 5K Road Race	Near Chester	Friday, 18th May, 7.15pm
Eyam Half Marathon Road Race	Eyam, Derbyshire	Sunday, 20th May, 10.30am

These and other races can be found at;

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

<http://northernrunningguide.com/>

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

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

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

Minutes of Macclesfield Harriers Committee Meeting 12th January 2012

Attendees: George Fisher, Rachael Pleeth, Neil Gunn, Phil Barnes, Bob Lynch, Kevin Ranshaw and John Mooney.

Item 1. Financial Matters

Neil Gunn mentioned that he has made some minor modifications to the 2011 accounts. Most importantly he has made it clear that Harts will review the accounts not audit them.

The Club made £2,500 overall after paying £1,900 to the Track Appeal.

Kevin Ranshaw (KR) said that track fee income has increased because so many Under 11s are attending. The meeting agreed that we should hold track fees at £2 for a year but we will need to increase them in 2013 because they have been the same since 2008 and the track hire costs have increased. Bob Lynch (BL) said that Cheshire East Council will be increasing the track hire costs by three and a half per cent in April 2012. They will also be increasing the hourly rate for meetings by eight per cent in April 2012. KR said that at the 100 Day Event we need to encourage parents to help out on training nights.

Item 2. Coach Hire

BL said that the club has traditionally hired coaches for the Young Athletes League. However, this doesn't encourage people to compete and there are usually only 30 people on a 52 seater coach. This year two of the meetings are at Salford and one is at home so we will not be hiring a coach. We will hire a coach for the last meeting at Colwyn Bay.

Item 3. New equipment

BL said that he had had requests for 2 kilo shots, a bench and skipping ropes costing £200 in total. The meeting agreed that these should be bought.

Item 4. New training schedule for juniors

BL gave details of this to the meeting.

Item 5. Hundred Day Event

This is on 18-4-12 from 6 p.m. to 8 p.m. KR said that we will need a lot of volunteers to support the large range of activities on this night.

Item 6. Junior Membership Form

George Fisher (GF) has drafted a junior membership form, based on an England Athletics template, which attempts to get parents involved. The use of this form will be put to the AGM.

Item 7. Unfilled positions

BL will write a paragraph for each unfilled position for the AGM. GF suggested that the Chairman should be elected for one year only and each section should supply one in rotation. At the same time each section should elect a Vice Chairman in order to share the work load. Phil Barnes pointed out that the Chairman should not get loaded up with work but should delegate work.

Item 8. Clubmark

BL said that the only outstanding matter is long term athletic development. Somebody has to go on a course. The Clubmark renewal application will be submitted within 3 months.

Item 9. Track Maintenance

BL has submitted a full list of maintenance required to the Leisure Centre. BL said that the idea of managing the facility has been given full consideration but this item is not on the agenda at the moment.

Item 10. Informal Seniors' Social

Rachael Pleeth (RP) said she had contacted 3 venues. Hollin Hall wanted £500 to £800. The Hunting Lodge wanted £18 to £20 a head. The Plough at Eaton wanted £16 a head. Phil Barnes suggested that Savio House, Bollington is a superb venue and they can do catering. RP will check out Savio House. The seniors' presentation can be done on this evening. The date will be the 27th of April or the 28th April. The juniors' social also has to be arranged.

Item 11. 2012 Fixtures

BL mentioned that we now have the list of fixtures. BL asked John Mooney to arrange St. John's Ambulance cover for the home fixtures, the 100 Day Event and the Macc. Half.

J.B. Mooney 18th January 2012

SENIORS PRESENTATION & SOCIAL EVENING

The seniors presentation and social evening will be held
some time in June.

Date and venue to be confirmed - see website for details.

If anyone has any suggestions or preferences for a venue,
please contact Rachel Pleeth on 01625 502939

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



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

TRINITY HOUSE PRACTICE

(Incorporating John Honey Physiotherapy)

DEDICATED TO ALL YOUR SPORTING NEEDS

***Chartered Physiotherapy Team**

Mike Honey, Gayle Evans, Ruth Wood, Katie Syrett, Joanne Illott, Ruthie Cross, Sara Davenport, Kaye Sanderson, Emma Wilkinson & Siobhan White

Sports Podiatry

Osteopath – Dr Andreas Alexander

Sports & Remedial Massage – Judith Cooper

Counsellor, Hypnotherapy & Reiki Practitioner – Sandra Marston

Homeopathy – Jane Wayles

Reflexology – Helen Wilkinson

Human Givens Therapist – Janine Hurley

Shiatsu – Sharon Tait

The Alexander Technique

Pilates Instructor – Mark Leah

**Consultant arrangements for Sports Scientist (Sport Psychologist),
Sports Nutrition & Private Doctor by request**

Trinity House, 150-152 Cumberland Street, Macclesfield, Cheshire

Tel: 01625 500777 Fax: 01625 616161

e-mail: info@trinityhousepractice.com

www.trinityhousepractice.com

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

WEEKLY TRAINING TIMES

ROAD RUNNING

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

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

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

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

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

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

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

FELL RUNNING

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

TRACK & FIELD

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

Tuesday & Thursday 6.00 – 7.00pm

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

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

Tuesday & Thursday 6.30 – 8.00pm

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

CROSS COUNTRY

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

Macclesfield Harriers And Athletic Club

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

CLUB OFFICIALS

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

OTHER OFFICERS

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

SPRING SAVERS FROM RUNNING BEAR



NEW HOPE HEADTORCH

1,000 lumens
Turns night into day
Weight 235g, 2 power levels
Burn time up to 8 hrs
depending on power level
RRP £200 Harriers price £180

NEW ASICS TRAIL CLOTHING

25% discount opening offer for
Macclesfield Harriers.
Tops, tights & shorts with really useful
features such as extra pockets

NEW

BROOKS ST 5 ROAD RACING SHOE

Tried and tested by
Running Bear—we like the
stability offered in a
lightweight shoe
£75

TRACK SPIKES

ASICS Hyper Rocket middle
distance £50 now
only £35
ASICS Hyper LD spike £50 now
only £35

SOCK OFFER

Asics Crew Socks
Left and right footed
with shock absorption
panels - normally £10/
pair - **special offer 3
pairs £15**

NEW

Limited Edition Running Bear
Polartec zip neck top with windproof
outer shell. Warm and windproof
Only £25

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

Now open Mondays, and Sunday 12 - 4pm

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

01625 582130

Info@runningbear.co.uk www.runningbear.co.uk