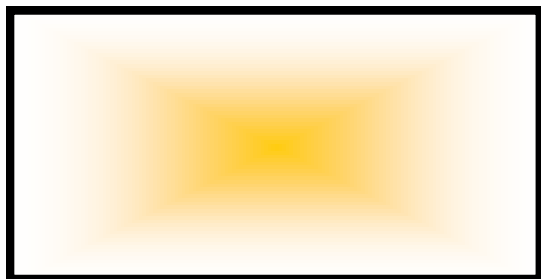


# *GO!*

NUMBER 118

MARCH 2013



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*Our cover photograph shows Andrea Frost at the Cheddleton 10k race last November. Thanks to Bryan Dale for supplying the image and also the images on page 27 of the Alsager 5. Other images can be found at [www.racephotos.org.uk](http://www.racephotos.org.uk)*

### Next Issue – June 2013

Please submit any articles or photographs to [alison.gunn61@gmail.com](mailto:alison.gunn61@gmail.com)  
by **Sunday 12 May 2013**

### Magazine Issue

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

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



### ***Spring is in the air...***

...well, we certainly hope so after the winter we've had. It will be lovely to think of running again without having to wear multiple layers, hats, gloves etc, and also not have to worry about the conditions underfoot.



Spring is also a good time to kick start your racing programme and represent the club at one of the many local races. There are plenty to choose from with distances from 5k to marathon and everything in between. See pages 24, 25 and 30 for details of these.

If track and field is your thing then have a look at pages 12 -21 to see what's going on down at the track. Don't forget all the training sessions the club puts on each week at the track. There is something for every level of athlete including juniors. See page 38 for details of times and group leaders.

February 14th was the launch date for our big event of the year; the Macclesfield Half Marathon. On pages 32-34 there's information on the race and also the 5k race which was introduced for the first time in 2012 and which proved very popular. We're aiming to exceed the fantastic amount of £15,000 raised at last year's race for East Cheshire Hospice. Have a look and see how you could get involved - we need lots of volunteers.

**Alison Gunn - Editor**  
**15 Beech Hall Drive, Macclesfield**  
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**Macclesfield Harriers and Athletic Club**

**Notice of AGM & Annual  
Presentations**

**Friday 22 March 2013  
Bollington Arts Centre, at 7.00pm**

**Food will be supplied by The Vale and will be paid for by the club. There will be a Bar 'til 11pm, but you pay for your own drinks! Sorry!**

**Please note that the AGM portion of the evening will be predominantly spent re-electing officers and updating you on any major issues. The major part of the evening will be devoted to the Prize Giving and I hope you can all make it. Though there will be no charge, it would be VERY helpful if you could indicate if you plan to come.**

**Please email: [philip@jolokia.uk.com](mailto:philip@jolokia.uk.com) and advise on numbers and any veggie requirements.**

Please note this date in your diaries.  
All members are invited and encouraged to attend so please support your club.



## Summary for 2012 and prospects for 2013

**2012** was another solid year for the club. We remain financially strong, and well placed for gaining ground in 2013 if we compete at our full potential. We are a diverse club covering an extremely wide range of disciplines and interests.

There remains an on-going need to get more people involved in running such a diverse club. We have three new coaches and four people have taken the road running group leaders course.

We now have a better defined structure for the various road running groups, and have started to put on mini events to encourage inter group participation. Additionally the cross discipline challenge was launched to get people to try out different events.

My thanks to ALL volunteers who work tirelessly to ensure the club continues to thrive and to put on professionally managed events. During the Olympic year, we put on two events to mark the boost given to sport by the staging of the Olympics. The trick is not to let that heightened interest slip away.

For the youngsters, we were able to have sufficient coaches and helpers to allow us to put on indoor training for a number of months, and we have successfully re-entered the Indoor Sportshall league after a number of years absence.

Once again we successfully organised a number of races ranging from the Macclesfield Half Marathon, which included a 5K race (race organiser Mandy Calvert); the Langley 7 ( Julian Brown); Tegg's Nose Fell race (Simon Cartledge); Fell Handicap (Phil Cheek); Boxing Day Handicap (Mike Nelson); as well as supporting the Forest Five organised by Pete Nolan. In 2012, proceeds from all 6 events were donated to the worthy East Cheshire Hospice charity and amounted to nearly £18000 in total.

We presented the T&F awards immediately after the summer season, and I propose we continue to do so, in the future.

**2013** promises to be a good year for the club with us competing in T&F in a higher league in the northern senior men's and ladies competition; while in the younger age groups we are going it alone in the newly created Youth Development Leagues (YDL). There will be some tough competition in the lower age group u/13 and u/15; with even tougher competition expected in the u/17 and u/20 age groups. We will also continue to compete in the family friendly Cheshire T&F league.

We have already committed to putting on the same road and fell races as previous years.

We again intend to run the popular week long Startrack course for the 18<sup>th</sup> consecutive year (w/c 29<sup>th</sup> July), and to separately stage another open style event to mark one year after the Olympics in early August.

Following the unworkable demands of EA to introduce a complex series of levies for different categories, the outcome for 2013 is that for **competing** athletes over 11 years of age, a levy of £10 will be payable to EA. This coupled with the basic costs of running the club, as outlined by Neil Gunn in the last magazine, means that there will now be TWO different annual club membership fees - £16 or £26.

Additionally to cover the cost of hiring the T&F facility; the charge for track training will be raised to £2.50p per session, which we hope to hold for a further three years.

Please can we encourage you to compete for the club when asked (it is now a condition of membership) and whenever possible volunteer to make improvements into the way the club is run. Ultimately the club depends on you the members to be successful.

Please come along to the AGM and awards presentations scheduled for Friday 22 March.

**Bob Lynch (retiring chairman) 01625 829229.**

# TREASURER'S REPORT 2012

## Summary

The club's financial position remains strong, and the club has assets in excess of £50,400 (bank accounts, equipment and kit/catering stocks).

The accounts for the year show a cash surplus of just over £3,000 which is similar to the previous two years. The surplus is attributed as follows:-

### Income

- Star-Track course contribution from Cheshire East Council (~£1.7k)
- Increased subscriptions (£7.7k 2012 vs £7.1k 2011)
- Catering income from various additional events (£1.9k 2012 vs £1.3k 2011)

### Expenditure

- Increased coaching and entry fees (£2.7k 2012 vs £1.6k 2011)
- Increased Track Hire fees (£9.9k vs £9.0k – we expect an increase in 2013)
- Increased hosting costs
- No donation to MADF (Macclesfield Athletic Development Fund) this year

## Detail

In more detail, the principal features of the accounts for the year are as follows:

1. Total Club assets increased by £3.16k to a total of £50,497, including £44,563 cash in the bank (~£9k in a current account and £35k in a one year savings bond).
2. The club received £1,764 in October from Cheshire East Council relating to the Startrack course held in July 2012. The council makes this donation in view of the fact that the club organises this course with admin/publicity done by the Leisure Centre, and it is shown within grants and donations income. The club gives a 'donation' to junior volunteer helpers at Startrack (adults help for free). I would like to pass my personal thanks to the club members who work so hard to make this event such a success each year.
3. The club's membership has again increased slightly on the previous year and this shows in increased levels of subscription income and levy payments to England Athletics (EA) – this may be as a result of the push to retain juniors and 'Olympic effect' and also the two events organised by the club (100 Day Event and Legacy Event).  
England Athletics are changing the way that the 'levy;' is applied to clubs and a new membership fee structure has been proposed and approved by the committee for the 2013/14 season. The new membership fee will be £16 for all members to cover club operating costs plus a £10 England Athletics levy for members who compete for the club in EA events (non-competing members do not pay this). All EA levy funds will be directly passed to EA.
4. Track Hire cost increased by 5% and we also rented the indoor facility once/week during the winter. Track income from training remained similar to the previous year. This year no

donation has been made to MADF (Macclesfield Athletics Development Fund) as the surplus was too low. It is proposed to increase track fees to £2.50/session from 1<sup>st</sup> April 2013 and to hold this for 3 years to ensure that track fees cover track hire costs.

5. The club's income from hosting events is higher than last year – this is possibly due to 'non scorers' attending the Cheshire T&F and paying fees. This may not happen in 2013 but we are hosting 2 fixtures for YDL in 2013 which will affect the 2013 outcome.

Contributions from catering at events hosted by the club are higher than in 2011 mainly due to the addition of the two successful Olympic events. Again, I give my thanks to the club members who work so hard behind the scenes to provide catering.

6. Travel costs were lower in 2012 as the club only paid for one coach for an away fixture. In 2013 there are fixtures in Colwyn Bay and Carlisle and so coaches may be needed (possibly with a contribution from those using the coach) – the committee will discuss this. The club's policy remains to pay only team and league entry fees.

7. Awards and prizes were similar to 2011 as spare shields/trophies were used for prizes. This cost is likely to rise in 2013 as new shields/trophies are purchased.

8. The club currently organises three races (Macc Half Marathon, Langley 7 & Tegg's Nose) and as requested at last year's AGM summary accounts are attached. Net proceeds (after expenses) from these races were donated to East Cheshire Hospice (ECH) – a total of £17,208.

The Half Marathon did not contribute to MADF this year (but did hold £1000 back for some form of event to support the club). The Forest 5 and the Boxing Day Handicap also donated £446 & £160 respectively to ECH.

Thanks go to all the club members and volunteers who work so hard to manage these very successful races and to generate such large amounts of funds for local charity.

9. Expenditure on social events is the provision of food for the seniors presentation evening & annual Boxing Day Handicap – this was higher than in previous years and will be reviewed for 2013.

10. There is modest income from advertising in the GO! Club magazine from Running Bear. Other advertisers in GO! contribute to the club in other ways (Mike Honey helps each month at the track and Harts help review the annual accounts free of charge).

11. Club assets – the club purchased £750 worth of new equipment in 2012 including a much needed laptop & printer. Depreciation of all club equipment was £736 this year. Club assets (equipment etc) is currently valued at £4.8k

I am willing to act as club treasurer for 2013 and I am grateful for the support and advice given to me by Chris Bentley.

**Neil H Gunn**  
**31 January 2013**

## Membership Secretary's Mutterings

Hi again.... They tell me spring is on its way, the last of the Manchester XC has been and gone, and it's looking a bit brighter in the evenings, but that's partly because everywhere's covered in snow again.

I'd like to welcome the following **new members** to the club, another goodly influx in the last few weeks! - It's good to see lots of new faces out training and racing - and wish them all good luck in their athletics :-

Carl Hanaghan	Jennifer Lewis	Richard Ainley
Maighan McLean	Alastair King	Michael Calamanan
Neve Chambers	Lucas Tomlinson	Izzy Hancock
Rory Robertson	Thomas Crowson	Gregg Bones
Dan Bushaway	James Woods	Julia Bewers
Nina Moss	Tom Woods	Dawn Devine
Tom Braisted	Jack Gurney-Smith	Molly Whittall
Dan Croft	Alex Welsh	Alexander Warren

We currently have 518 members, which is the most we've had for ages and ages, although we lost one temporarily yesterday... read on.

It is, I'm afraid, subs time again. Have a read of the attached form, and please get in touch if you have any queries. This year we've tried to make it as simple as possible, with only 2 different fees (unfortunately this means doing away with family membership), and in addition we have the option of paying by bank transfer or direct debit, which should make it easier. All the reasons for the changes are detailed elsewhere, and on the website. If you could **please pay punctually** that'll make it much easier for me, and save your club money.

Chairman Mao (multiple mountain marathon winner from the fifties and sixties, and not to be confused with Chairman Bob) often used to say at the end of fell races 'if tha goes running on t'hills, then sooner or later, lad, tha'll, cock up t'navigation big time'.

Any road up, turns out he were right.

I'd managed to survive the Anglezarke Amble (24 miles around the West Pennine moors in snow) on Saturday without going wrong, and yesterday (Sunday) was merrily (!) making my way round the Long Mynd Valleys fell race (11 mile / 4500'



of climb, in sleet, snow, mud, fog, and other 'orrible stuff).

I was doing OK, in fact had got to the 7<sup>th</sup> and last summit / checkpoint, well up the field and without mishap. Only a mile / 10 minutes from the finish, I was reasonably pleased to have got a half decent training weekend in, looking forward to a cup of tea, when things went sadly awry.

At the start there was a map of a possible route on the wall, well, I compared it with my map, they were essentially the same, except for the route from the last checkpoint to the finish, which was different (but equally acceptable – you choose your own route). At this point I therefore had 2 possible options, two thoughts in my mind, which was one more than my simple brain could cope with (otherwise I'd be a manager, politician, or something else rich and important, and could send underlings to run my fell races for me).



Either option would have been fine, but a combination of the 2 was never going to work.

So, somewhat inevitably, 20 minutes later, I found myself at the bottom of the hill (good !), but 3 miles from the finish and in the wrong village, in the wrong valley, and sadly outside the excellent pub we usually visit post-race, but with no money (not quite so good).

The next 40 minutes or so traipsing back up the hill and round to the finish gave me plenty of time to contemplate the fell-running wisdom of Chairman Mao, (not to mention the ribbing I was due for from my club colleagues who had seen off the last of the tea and food) and why it's a good idea to get your map and compass out now and then.

All good training though I suppose, though those weren't my exact thoughts at the time.

On a bit more then (as long as it's vaguely in the right direction)...

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)

## **Club Cross Discipline Challenge 2013**

Last year the club organised a cross discipline challenge for the first time. Although at the time of writing the cross country season is not quite over, it is likely that four club members will have completed the challenge (two appearances on each of road, fell, cross country and track and field, plus helping the club in some other way), while a further five club members are likely to have appeared in three of the four disciplines in which the club competes. The names of these club members will be announced and a small prize presented to all those who have completed the challenge at the presentation evening on 22<sup>nd</sup> March.

The challenge will run again this year – to complete it all you need to do is complete two road races, two fell races, two cross country races and two track and field events during the year. The available events are any of those in the 2013 road, fell, and track and field club championships and the 2013-14 cross country championship. As the emphasis is not on competition, 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 at least once during the year in some other way, for example by marshalling or assisting with catering. Many of you do this already, but any extra help is always appreciated.

Participation in the challenge last year made it clear that many people appreciate the opportunity to do something different in their running, with a large number of club members competing at least once in more than once discipline. If you are one of this group (and statistically you probably are!), please give it a go – you may even enjoy it. I remember here one of the men's team (aged over 60) saying before the Heaton Park cross country in October that he'd not done cross country since he had been at school. Needless to say he has been to pretty much every cross country since!

To encourage this spirit, a calendar of club races for 2013 is both on the website and printed in the magazine. In all disciplines you can choose between local low-key local events which welcome new-comers, 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.

**Chris Bentley**

# Nutrition and the Long Distance Runner

by Peter Nolan

Most of my long distance walks and runs have been clouded with concerns about nutrition, swollen feet and cramps. On both my Bob Graham rounds and more recently on my Joss Naylor, I was bugged by adverse reactions to food, excessive water intake, hitting the wall (bonking) and debilitating cramps. Afterwards I registered significant weight gain (probably retained water) and swollen hands and feet. Even after a more sedate 4-day walking holiday, I sometimes return half a stone heavier and unable to get my shoes on. As I come to the latter stages of my long distance career, I begin to accept these as inevitable, as is yearly weight gain and other health issues. Part of the ageing process!

Imagine my amazement when my son David introduced me to a new approach to nutrition, one that is challenging conventional thought and which is regarded by some nutritionists as heretic and dangerous. If you are interested, there are several very accessible books based on peer-reviewed scientific research (referenced below). Obviously I have not been the only person to think that conventional nutrition has not worked for him!

Suffice it to say that I have been impressed enough with what I have read to give it a go. And remember, I still profess to be a scientist, albeit an ageing one. Out go high mileage, carbohydrate



loading, low calorie, low fat, low salt regimes to be replaced by low carb/high fat (including saturates) and a healthy pinch of salt and minerals. After 6 months I can report that I have gone through the initial weight loss period (about a stone which is quite normal) and this has now stabilised. This has helped with the running but it has not brought back my speed. The big improvements have been on the long distance events where I am doing times that I have not achieved for years, feeling great throughout and doing it on a minimum of food

and drink. This has led to much reduced water retention and foot swelling.

I can also report other improvements. Skin allergies have cleared up, my fungalised toe nails are on the mend and the cysts on my head have disappeared. I wonder if my hay fever will relent in the summer. I wish I could have my time over again to try this low carb/high fat approach on a Bob Graham round. I am sure that I could have avoided some of the bonking, cramps and water retention problems.

Now nutrition is a personal thing, and what is best for one person might be wrong for another. I suspect that I was developing a resistance to insulin (carbohydrate intolerance) which put me on the conveyor belt towards fatness and metabolic syndrome and might have eventually led to type 2 diabetes and Alzheimer's. So restricting carbohydrates has worked for me, so far. If I have died of a massive heart attack before you read this article then you will know that I got it wrong.

Now I must get back to my morning fry-ups, my salad lunches covered in olive oil and my battered fish suppers. I shall need lots of calories and saturated fats to prepare for a new season of long distance walking. Most of all, I am enjoying the freedom from having to watch what I eat and grinding out the mileage just to keep the weight off. I am once again running just for fun and of course for off-setting the effects of the real ale.

## References

Gary Taubes, *'Why We Get Fat'*

Volek and Phinney, *'The Art & Science of Low Carbohydrate Performance'*

# MACCLESFIELD HARRIERS & ATHLETIC CLUB

## NOTICE

At the Committee meeting held in December it was agreed that Track Fees would increase from **1st April 2013**.

The current sum of £2.00 per session has been held since 01/06/2008, but annual increases in the track hire charges means that the fee is now only just covering the hire charge.

If the same level of income was generated in 2013 as was seen in 2012 this year's hire charge would not be covered.

Accordingly, the charges are being increased, but hopefully will not need to change again for at least 3 years.

Therefore, please note:

**TRACK FEES: from 1st April 2013**  
(covering hire of facilities, coaching and floodlighting when needed)

Per Session	2.50
Quarterly Pass – First family member	30.00
Quarterly Pass – Further family member	25.00

## **North West Indoor Sportshall League 2012/2013**

**(U11/U13/U15 athletes)**

Following excellent competitions on 9/12 at Widnes (15 girls and 7 boys competing) and 27/1 at Crewe (13 girls and 14 boys), it is unfortunate that at the time of writing this, the outcome for each age group in the league was not confirmed. However, the position is as follows:

**U11 Girls:** Finished either 5th or 6th (out of 11) depending on the performance of Warrington at the Deeside fixture on 27/1. Fifth will mean that they qualified for the League Final to be held on 3 March at Widnes; sixth will mean that they just missed out.

Congratulations to all the 19 girls who participated in some form during the season and, if successful, best wishes to those selected for the final. If appropriate, a further report on the U11 Girls' final exploits will appear next time.

**U11 Boys:** For the boys 18 represented the club over the season – well done. After achieving 3rd in the match on 27/1 the team finished 6th (out of 11) in league. This means they were less than 20 points short of qualifying for the final – a creditable performance. The aim is to achieve at least one place higher next season and get to the final.

**U13 Girls:** It seems likely that the girls will finish 9th (out of 10) owing to poor attendance by athletes.

Well done to the 5 girls who did turn out for at least one of the rounds, but the points tally was insufficient to qualify for the final. The club needs to be well represented in all rounds to stand a chance of achieving a place in the final. There was, however, a silver lining in that 3 girls, Lydia Hatton, Niamh Lewis and Emily Smith were selected to represent Cheshire at the Regional Final held at Robin Park Sports Centre, Wigan on 16 February. Congratulations – a report on the event will be included in the next issue.

**U13 Boys:** Again there were not enough athletes stepping forward to compete. The 2 boys who did support the team performed well, but the points tally was not sufficient to qualify for the final with the team likely to finish 6th (out of 10). More athletes are needed to give the club a realistic chance of reaching the final.

**(cont'd overleaf)**

## North West Indoor Sportshall League 2012/2013 (cont'd)

**U15s** did not participate this time.

Overall a successful first season back in the league after an absence of 4 years.

Thanks to all the athletes who represented the club during the season. Hopefully, you will "spread the word" that it is an enjoyable experience, the outcome of which, with more athletes, we aim to build on next winter in an attempt to achieve higher league finishes for all age groups and qualification for the finals.

The enthusiasm and support from athletes, coaches, team managers and parents to attend the fixtures has helped the re-establishment of the club in this league – many thanks.

A separate report on the North West Fun in Athletics Festival follows on from this report.

**"STOP PRESS:** Just prior to the publication deadline it has been confirmed that the U11 Girls have qualified for the League Final - best of luck for the event on 3 March."

**Kevin Ranshaw – Sportshall Co-ordinator (01625 616483 or  
kevinranshaw@virginmedia.com)**

## Indoor Sportshall: North West Regional Fun in Athletics Festival

This event, for under 11 athletes, took place on Sunday 20 January at the Regional Athletics Centre, Sportcity Manchester.

Eve Cobey, Poppy Dutton and Josie Elliot helped the Cheshire girl's team achieve 4<sup>th</sup> place out of the 8 taking part. This was an improvement on the 5<sup>th</sup> place the team achieved in 2012.

Meanwhile, Morgan Frith and James Wilson were selected for the boy's team which equalled the previous year's position of 2<sup>nd</sup> out of 7 teams.

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

Well done to all.

**Kevin Ranshaw**



# **UKA: STARTRACK Athletics Course 2013**

**Run by Macclesfield Harriers and AC  
At Macclesfield Athletics Track**

**29 July to 2 August 2013  
Monday to Friday 10am – 3pm each day  
Age 9 – 15**

**This will be the 18<sup>th</sup> running of this popular  
course covering  
Running, Jumping and Throwing**

**Places limited to 60 athletes  
In the first instance please register your  
interest with**

**Kevin Ranshaw 01625 616483 or  
[kevinranshaw@virginmedia.com](mailto:kevinranshaw@virginmedia.com)**

**Application Forms will be available through  
Macclesfield Leisure Centre in early May**



# **Sainsbury's – Active Kids Vouchers Tesco – New Scheme**

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

**In both cases the hope is to obtain further equipment for the club.**

**Many vouchers are needed. So however small the number you can donate to the club, it would be much appreciated.**

**Please bring the vouchers to the clubhouse, if possible.**

**The Sainsbury's scheme started 30 January.**

**The Tesco scheme is anticipated to start during March.**

**Thanks in anticipation of your support.**

**Sainsbury's**



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## **Leadership in Running Fitness**

**There will be another Leadership in Running Fitness course at  
Macclesfield Athletics Track, Priory Lane, Macclesfield**

**On Saturday 13 April 2013**

**Course code : NC0446 Cost : £110 (the club will pay this)**

**For more details contact Bob Lynch on  
[pauline\\_lynch@hotmail.com](mailto:pauline_lynch@hotmail.com)**



## TRACK and FIELD COMPETITIONS: 2013

### TEAM MANAGERS

AGE GROUP	FEMALES	MALES
<b>Under 11</b>	Anna Carey 01260 226418 annacarey@btinternet.com	Simon Frith 01625 428936 simonfrith@simonfrithupholstery.co.uk
<b>Under 13</b>	Caroline Hall 01625 261351 carhall@hotmail.co.uk	Claire Croker 01260 224324 simonandclare.croker@hotmail.com
<b>Under 15</b>	Hanny Stockman 01625 668541 hannystockman@btinternet.com Wendy Snelson 01625 422819 crc365@msn.com	Pat Ahern 01477 535720 patahern@btinternet.com
<b>Under 17</b>	Den Masset denmasset@virginmedia.com	Paul Stockman 01625 668541/07901 577168 paulstockman@hotmail.com
<b>Under 20</b>	Janet Hatton 01625 424614 janet.hatton@hotmail.com	Paul Stockman 01625 668541/07901 577168 paulstockman@hotmail.com

## TRACK & FIELD CALENDAR OF EVENTS—2013

<b>MARCH</b>			
Sun 3rd	Indoor Sportshall : North West League Final Widnes, Kingsway Leisure Centre (WA8 7QH)	TBA	Qualification needed
Sun 17th	Indoor T&F: Open Meeting 6 Manchester, Sportcity (M11 3FF)	10.30	U15 – Senior
Fri 22nd	Club AGM and Awards Evening Bollington Arts Centre (SK10 5JR)	7.00	All !
<b>APRIL</b>			
Sun 7th	Indoor Sportshall : Sportshall UK Final Birmingham, LG Arena (at NEC)		U13/U15 Pre-Qualify
Sun 21st	T&F: Cheshire League Round 1 Ashton-under-Lyne, Richmond Park Stadium (OL6 7TX)	11.00	All
Sun 28th	T&F: Youth Development League – Upper Age Round 1 Salford, Blantyre Street, Cleaveley Track (TBC)	10.15	U17 – U20
<b>MAY</b>			
Sat 4th	T&F: Youth Development League – Lower Age Round 1 Carlisle, Sheepmount Stadium (TBC)	11.45	U13 – U15
Sun 5th	T&F: Northern Men's/Ladies League : Round 1 Ashton-under-Lyne, Richmond Park Stadium (OL6 7TX)	11.00	U17 – Senior
Sat 11th & Sun 12th	T&F: Cheshire County Championships Trafford, Longford Park (M21 9TA)		U13 upwards
Sun 19th	T&F: Cheshire League Round 2 Macclesfield	11.00	All
<b>JUNE</b>			
Sat 1st	T&F: Youth Development League – Lower Age Round 2 Ashton-under-Lyne, Richmond Park Stadium (TBC)	11.45	U13 – U15
Sun 2nd	T&F: Youth Development League – Upper Age Round 2 Stockport, Woodbank Park (TBC)	10.15	U17 – U20
Sat 8th	T&F: Cheshire Schools Championships Venue TBC		Juniors/Inters/ Seniors
Sun 9th	T&F: Northern Men's/Ladies League : Round 2 Wirral, Bebington Oval (CH63 7LH)	11.00	U17 – Senior
Sat 15th	T&F: Inter County Schools - Mason Trophy Date and Venue TBC		
Sat 22nd	T&F: Youth Development League – Lower Age Round 3 Macclesfield	11.45	U13 – U15
Sun 30th	T&F: Youth Development League – Upper Age Round 3 Macclesfield	10.15	U17 – U20
<b>JULY</b>			
Fri 5th and Sat 6th	T&F: English Schools Championships Birmingham, Alexander Stadium (B42 2LR)		
Sun 7th	T&F: Northern Men's/Ladies League : Round 3 Wrexham, Queensway International Stadium (LL13 8UH)	11.00	U17 – Senior
Sat 13th	T&F: Youth Development League – Lower Age Round 4 Connah's Quay, Deeside Stadium, Deeside College (TBC)	11.45	U13 – U15
Sun 14th	T&F: Cheshire League Round 3 Colwyn Bay, Eirias Park (LL29 8HG)	11.00	All

## TRACK & FIELD CALENDAR OF EVENTS—2013 (cont'd)

<b>JULY cont'd</b>			
Sun 28th	T&F: Youth Development League – Upper Age Round 4 Bury, Market Street (TBC)	10.15	U17 – U20
<b>AUGUST</b>			
Sat 3rd	T&F: Northern Men's/Ladies League: Round 4 Macclesfield	11.00	U17 – Senior
<b>SEPTEMBER</b>			
Sun 8th	T&F: Cheshire League Round 4 Salford, Blantyre Street, Cleaveley Track (M30 8HY)	11.00	All

### TRAVEL TO AWAY FIXTURES

You will see elsewhere in the magazine that the club has a couple of away fixtures this season which are perhaps further than might be expected:

28 April at Carlisle (Youth Development League)

14 July at Colwyn Bay (Cheshire Track and Field League)

In an attempt to encourage primarily athletes, but also parents, officials and supporters attending these matches, the club is arranging for coach transport to these venues.

However, the cost means that a small charge of £5 per traveller will be levied to partially offset the burden on the club.



Hopefully, this will not detract from using this facility.

Regrettably, the coach provided last season (coincidentally, also to Colwyn Bay) was not very well supported. Accordingly, your support this year would be much appreciated both to justify the arrangement and also to ensure the club is well represented at both fixtures.

**Kevin Ranshaw**

## THE YOUNG ATHLETES LEAGUE BECOMES...

Following my article in the September 2012 magazine, I can now provide further details regarding the new **Youth Development League** (these were not fully available for the December magazine – hence the details are being provided now).

The new league is formed of 2 sections (which operate independently) as follows:

**U13/U15: The Lower Age Group** (245 clubs nationwide – some composite teams)

We have been placed in the Northern West 2 Division (based on the performances of the U13/U15 athletes in the 2012 Young Athletes League matches).

Our opponents are Border Harriers & AC; Deeside AAC; East Cheshire Harriers and Tameside AC; Horwich RMI Harriers; Lancaster and Morecambe AC; Stockport Harriers & AC and Warrington AC.

The 4 fixtures for 2013 are:

- Saturday 04/5 at Carlisle
- Saturday 01/6 at Ashton-under-Lyne
- Saturday 22/6 at Macclesfield
- Saturday 13/7 at Deeside



The timetable for the day is anticipated to start at 11.00am in the field and 12.30pm on the track and expected to finish around 5.00pm. The exact list of events will be published in the clubhouse and circulated to coaches/team managers.

There are "A" and "B" string athletes for each event, but no non-scorers.

**U17/U20: The Upper Age Group** (224 clubs nationwide – some composite teams)

For this league, we have been placed in the Northern West 3 Division (based on the performances of the U17 athletes in the 2012 Young Athletes League matches and the U20 athletes in other competitions – namely the National Junior League which Macclesfield didn't participate in).

Perhaps not unsurprisingly we are therefore in the lowest division in this league.

Our opponents are DASH AC; Halton and Frodsham AC; Horwich RMI Harriers; M60

Nomads (a composite team from Altrincham & District, Salford Mets, Oldham & Royton and Rochdale Harriers);  
St Helens Sutton AC and Stockport Harriers & AC.

The 4 fixtures for 2013 are:

- Sunday 28/4 at Stockport
- Sunday 02/6 at Salford
- Sunday 30/6 at Macclesfield
- Sunday 28/7 at To Be Confirmed



The potentially lengthy day is anticipated to commence at 10.15am for the field (to allow for the men's Hammer competition to complete before the track events start) and 11.00am for the track. It should end around 6.00pm. The exact list of events will be published in the clubhouse and circulated to coaches/team managers.

Three athletes per event are allowed; 1 must be U17 and compete in that competition (using appropriate implements, etc); the other 2 (the "A" and "B" string) can be U17 or U20 but compete using U20 weights/ implements / hurdle heights / steeplechase distance.

It is possible that clubs may enter strong U17s in the U20 part of the competition. However, U20 athletes cannot be included in the U17 part of the competition.

Non-scoring 100m races will be held to aid relay runners who are not in the scoring races.

For 2013 the club has entered both age groups, but remains reliant on you – the athletes – to step forward to compete, especially in view of the numbers currently in the club in respect of the Upper Age Group.

Additionally, as previously outlined, there will also be greater pressure on officiating duties, so any extra help would be welcomed, especially for the home fixtures where more tasks need to be undertaken.

It is expected that programmes for the league will be produced in a similar way to the previous Young Athletes League and as soon as these become available they will be distributed to interested parties.

Meanwhile, if you require any further details please visit [www.ukydl.org.uk](http://www.ukydl.org.uk) or contact Kevin Ranshaw (01625 616483 or [kevinranshaw@virginmedia.com](mailto:kevinranshaw@virginmedia.com)).

***Having first fled Macclesfield for the dreamy spires of Cambridge, before enjoying a brief spell in the shadows of Edinburgh, GO!'s Declan Murray now finds himself in the continental city of Nantes. Here are his latest musings on running away...***

I have a job starting in June 2013. Thanks, I know right? A History graduate getting a job – I thought that was like as likely as Andy Namesake winning a grand slam...oh wait. I wallow. The point being I find myself with 9 months to fill. After considering a lengthy anti-government protest by way of lingering on job-seeker's allowance and so distorting various think tank figures for the next two and bit financial quarters I have decided to move to France. I could've gone to Font Romeu to deprive my lungs of oxygen or to Montpellier to subject my muscles to sunshine. Instead I am going to the non-descript northern city of Nantes.

I have spent the past 8 weeks tucked up in Rainow working towards a Teaching English as a Foreign Language (TEFL) qualification, that, obstructing my Dad's otherwise peaceful retirement plans, and keeping the weight off a cortisone-injected right heel. A few days in person in a classroom in Birmingham (yes, I survived) confirmed I was not a computer programme studying for a certificate online and so I had a piece of paper to confirm my competence to take command of thirty broody French teenagers.

Searching for jobs was slightly easier than the job market on this side of *La Manche* and I soon had various offers of an hour of employment here or 30 minutes there, none of which are much good for someone having spent four years at university. Don't get me wrong I did study in stints of longer than 15 minutes I just refer to having had a better time with friends than with finances – I needed more monies. Alas I ultimately found something substantial and so on 11th November I flew to France, by train.



Wait what's all this got to do with the Harriers? Where's the running? The athletics? Well I have been running. Running through the hoops to secure a background check of me and my family for the *authorities de Français*. And as for the athletics, it takes some strength to hold one's attention through 150hrs of transitive verbs, the past perfect continuous tense and the zero conditional. I jest. I joined the gym at the Leisure Centre and have followed a suitably leisurely programme waiting for that tendon that joins your calf to your foot, you know the one, to heal itself, magically. Magically, it hasn't happened yet. Yet. I'm hoping the French air or French airs will do the trick. The gossip from my local club d'athlétisme and the routes de la courir will have to wait til next time.

Au revoir, almost.

**Declan Murray**

## FELL RUNNING

### Wednesday Night Fell Runs

- Mar 6 Church House Sutton
- Mar 13 Stanley Arms Wildboardclough
- Mar 20 Hanging Gate Higher Sutton
- Mar 27 Lamb Inn on Chinley to Hayfield road A624
- Apr 03 Buckingham Hotel 1/2 Burlington Road, Buxton
- Apr 10 The Roaches, Roadside parking—near to main footpath access gate (Grid Ref 004621) after Lazy Trout Meerbrook
- Apr 17\* Herod Farm, 3ml/1100ft, from Turnlee Road Glossop. Or Quarry car park for a run. After at the Royal, Hayfield
- Apr 24 Vale Bollington
- May 01 Quiet Woman, Earl Sterndale
- May 08\* Rainow Fell Race, 7.30pm. 5m/750'. After at the Robin Hood
- May 15\* Shining Tor. 5.9m 1600ft—after at the Swan, Kettleshulme
- May 22\* Vanessa Chappell. Moorside Hotel. 5.6m 1300ft. After at the Robin Hood, Rainow
- May 29\* Kettleshulme. 6m 1100ft, from KETTLESHULME—after at the Swan, Kettleshulme
- Jun 05\* Boars Head, Higher Poynton. 8m 1300ft
- Jun 12 Royal, Hayfield
- Jun 19 Pym Chair Car Park (Grid Ref 995768) after at Swan, Kettleshulme
- Jun 26 Polly Lander Orienteering Trophy—Venue to be announced\* Score event (see website). Open to all. Entry by donation to Leukaemia Research.
- Jul 03 The Poachers PH Bollington
- Jul 10 Barber Booth—lay-by (small) by road, GR107847 and after at The Wanted Inn PH
- Jul 17\* Macclesfield Forest 5 mile(ish) race—Marshals will be wanted! After at the St Dunstan, Langley
- 24 Jul\* Goyt's Moss Fell Race 7m/1400'. Derbyshire Bridge car park, Goyt Valley. After Stanley Arms, Wildboardclough
- Jul 31 Beehive PH. Coombs, Near Chapel-en-le-Frith, SK23 9UT
- Aug 07\* Cracken Edge Fell Race. &m/1400', from Hayfield Mountain Rescue Centre. After George, Hayfield.
- Aug14\* Eccles Pike, Buxworth. 3m/800ft Navigation, Buxworth

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

**All runs meet 6:45 for a start 7pm prompt, and last typically 75 – 90 minutes**  
**PLEASE CAR SHARE, and PARK PRETTILY especially at smaller venues**

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

## ROAD RUNNING

### Club Road Race Championship 2012

The winners of the 2012 championship were Chris Bentley and Carol Bird. Many congratulations to both of them.

### 2013 Cheshire Grand Prix and Club Championship Road Race Series

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

Cheshire Grand Prix race	Race Distance Category	RACE	DATE
Yes	Long	Four Villages Half Marathon	Sunday 20 <sup>th</sup> January CANCELLED
No	Short	Cheadle 5 mile	Sunday 3 <sup>rd</sup> March 10.00am
Yes	Medium	Air Products 10k	Sunday 31 <sup>st</sup> March 10.15am
No	Medium	Newcastle 10k*	Sunday 14 <sup>th</sup> April 10.00am
No	Long	Chester Half Marathon	Sunday 12 <sup>th</sup> May 9.00am
Yes	Short	Lymm 5k	Saturday 22 <sup>nd</sup> June 4.30pm
Yes	Short	Burtonwood 5 mile	Saturday 20 <sup>th</sup> July (tbc)
Yes	Short	Pie and Peas 5 mile	Wednesday 31 <sup>st</sup> July (tbc)
Yes	Long	Great Warford 10 mile	Sunday 11 <sup>th</sup> August (tbc)
Yes	Medium	Sutton 10k	Sunday 15 <sup>th</sup> September (tbc)
Yes	Long	Congleton Half Marathon	Sunday 6 <sup>th</sup> October (tbc)
No	Medium	Cheddleton 10k	Saturday 30 <sup>th</sup> November (tbc)
No	Long	Stockport 10 mile	Sunday 8 <sup>th</sup> December (tbc)

\*formerly Newcastle 7 mile (shortened for 2013 due to safety reasons)

#### Scoring Rules for Cheshire Grand Prix

Best 5 races to count for the team event and best 4 races for the individual event. Scoring system: Points are awarded on the finishing position within the GP on the following basis  
Men: 100-99-98....3-2-1 with 6 to score for a team

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

[http://cheshireaa.com/results/RRGP/cheshire\\_road\\_race\\_grand\\_prix.aspx](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 etc

All finishers receive a point.

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

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

### Local Races March to May 2013

Race	Location	Date
Stafford 20 mile	Staffordshire University	Sunday 10 <sup>th</sup> March 10.30am
Trafford 10k	Partington	Sunday 10 <sup>th</sup> March 10.30am
Salford 10k	Salford	Friday 29 <sup>th</sup> March 10.00am
Run the Bridge 5 mile	Runcorn	Sunday 31 <sup>st</sup> March 9.30am
Chester Spring 5 mile	Upton by Chester	Wednesday 3 <sup>rd</sup> April 7.00pm
Blackpool Marathon and Half	Blackpool	Sunday 7 <sup>th</sup> April 9.30am
Lymm.com 10k	Lymm	Sunday 14 <sup>th</sup> April 10.00am
Round the Runway 5.3 mile (multi terrain)	Mobberley	Thursday 18 <sup>th</sup> April 7.30pm
Bolton 10k	Bolton	Sunday 21 <sup>st</sup> April 10.00am
Buxworth 5 mile	Buxworth	Wednesday 1 <sup>st</sup> May 7.30pm
Christleton 5k	Christleton, Chester	Friday 17 <sup>th</sup> May 7.15pm
Eyam Half Marathon	Eyam	Sunday 19 <sup>th</sup> May 10.30am
Goyt Valley 10k (multi terrain)	Errwood Reservoir	Thursday 23 <sup>rd</sup> May 7.30pm
BUPA Great Manchester 10k	Manchester	Sunday 26 <sup>th</sup> May 10.00am
Buxton Half Marathon	Buxton	Sunday 26 <sup>th</sup> May 10.00am

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)

**Keith Mulholland**

## ROAD RUNNING (Cont'd)

### Virgin London Marathon 2013

Following the pre-Christmas track relay race, a draw was made for the 3 Club places for the Virgin London Marathon.

The lucky winners were:

Emma Beveridge  
Andrew McEvoy  
Mark Mothershaw

Commiserations to Neil Gunn, Ian Sparks and Lynne Graves

### Cheddleton 10k 2012

The penultimate race in the 2012 Club Championship was run on Saturday 24<sup>th</sup> November at Cheddleton. There was a fantastic turnout from Macclesfield with 33 members completing the race. Perhaps the cakes in the school afterwards helped along with the Beer Festival at the nearby Leek Rugby Club and of course the Christmas pudding as a prize!

The men's race was won by Ryan Holroyd of Staffs Moorlands in a time of 31:28 and the women's race by Sarah Johnson of Trentham RC (36:20).

Notable (top three) performances by Macc included:

Mark Walker 35:50 (8<sup>th</sup>)  
Chris Bentley 36:44 (11<sup>th</sup>)  
Julian Brown 37:56 (14<sup>th</sup> and 1<sup>st</sup> M45)  
Kristy Readman 41:25 (1<sup>st</sup> L35)  
Andrea Frost 43:19 (1<sup>st</sup> L45)  
Daisy Pickles 43:26



Dave Jackson

Full results can be found at: <http://www.thepowerof10.info/results/results.aspx?meetingid=72805>

## Alsager 5 2013 Road Race Report

Sunday 3<sup>rd</sup> February was the date for this year's Alsager 5. The race attracts runners from all over the UK as the course is flat and fast. At least this year there was no snow on the ground!

The men's race was won in a very fast time of 23:57 by Matthew Hynes (North Yorks Moors) closely followed by Ben Fish (23:58). The women's race was also very close with Gemma Steel from Charnwood AC winning in 26:34. Juliet Doyle (also from Charnwood) was second in 26:35.



Mark Wheelton



Trevor Longman



Jonnie Plumb



Andy Wardle



Sarah Ledbury



David Larkin



Den Masset



Doug Hughes

Eleven Harriers took part. (Pictures of some of them above).

The results (chip times) are summarised below and overleaf

John Mooney	31:11
Mark Bradford	33:29

### **Alsager 5 Results (cont'd)**

Jonnie Plumb	34:34
Mark Wheelton	35:27
Chris Harbron	35:27
Trevor Longman	35:57
Sarah Ledbury	36:46
Den Masset	37:04
Doug Hughes	37:05
David Larkin	39:26
Andrew Wardle	42:35

Full results can be found at: [www.chipresults.co.uk](http://www.chipresults.co.uk)

### **Stockport 10 Mile Road Race**

Sunday 9<sup>th</sup> December saw the last race in the 2012 Club Championship, the Stockport 10 mile road race.

The race saw improved conditions compared to last year in that the rain lasted only a few minutes as opposed to the whole race. Stockport Harriers organised a superb race with comical commentary from Tony Audenshaw (from Emmerdale) and an interesting choice of music at the start of the race (the Benny Hill theme).

The men's race was won by Mohammed Abu-Rezeq of Altrincham AC in a time of 49:55 and the women's race by Sue Partridge of Leeds AC (57:43).

Fifteen Harriers completed the race with some superb individual performances. Andy Lamont finished in 8<sup>th</sup> Place (55:43), followed Julian Brown (62:58) and Kristy Readman (67:14 3<sup>rd</sup> L35). Andrea Frost was 2<sup>nd</sup> L45 (70:03) and Jo Miles first L50 (79:18). The ladies also won second team prize.

Other results were:

Tim Stock	69:15
Martin Platt	69:50
Chris Harbron	70:49
Steve Lomas	71:14
Keith Mulholland	71:17
Matt Grove	73:37
Kevin McQue	73:53
Dave Hancock	82:35

Fiona Wilson	83:01
Dave Jackson	96:40

Unfortunately due to injury Daniel and Iona Harle didn't finish, we hope you're OK soon though !

Full results are here: <http://www.race-results.co.uk/results/2012/stockport10.pdf>

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

Following the cancellation of the Four Villages Half Marathon, the next two races are the Cheadle (Staffs) 5 mile road race on Sunday 3<sup>rd</sup> March and the Air Products 10k (Crewe) on Sunday 31<sup>st</sup> March (Easter Sunday).

Entry Details for Cheadle can be found at:  
[http://www.cheadlerunningclub.com/index.php?option=com\\_content&view=article&id=22](http://www.cheadlerunningclub.com/index.php?option=com_content&view=article&id=22)

Also for the Air Products 10k at:  
[http://www.southcheshireharriers.org.uk/clubraces/10k/10k\\_main.php](http://www.southcheshireharriers.org.uk/clubraces/10k/10k_main.php)

Looking further ahead to April and May, we have the Newcastle (under Lyme) 10k on Sunday 14<sup>th</sup> April and the Chester Half Marathon on Sunday 12<sup>th</sup> May. Newcastle 10k is a new race this year following on from the long established Newcastle 7.

Entry Details can be found at:  
<http://www.newcastlestaffsac.org.uk/pages/races/tenk.htm>

The Chester Half Marathon has been very popular in previous years it would be a good idea to enter soon. There is an entry limit of 5000 runners.

Entry details can be found at:  
<http://www.activeleisureevents.co.uk/half-marathon.aspx>

<b>Senior club championship races calendar 2013</b>				
<b>Date</b>	<b>Name</b>	<b>Type</b>	<b>Category</b>	<b>Distance</b>
Sun-03-Mar	Cheadle 5	Road	S	5 mile
Sun-31-Mar	Air Products 10k (Crewe)	Road	M	10k
Sun-14-Apr	Kinder Downfall	Fell	M	
Sun-14-Apr	Newcastle 10k	Road	M	10k
Wed-17-Apr	Herod Farm	Fell	Weds	
Sun-21-Apr	Cheshire League - Ashton under Lyne	T&F	T&F	
Sun-05-May	Northern M&L - Ashton under Lyne	T&F	T&F	
Wed-08-May	Rainow 5	Fell	Weds	
Sun-12-May	Chester half marathon	Road	L	Half marathon
Wed-15-May	Shining Tor	Fell	Weds	
Sun-19-May	Cheshire League - Macclesfield	T&F	T&F	
Wed-22-May	Vanessa Chappell (Moorside Hotel?)	Fell	Weds	
Sat-25-May	Cheshire T&F Championship - Trafford	T&F	T&F	
Wed-29-May	Kettleshulme	Fell	Weds	
June	Polly Lander Orienteering Trophy	Fell	Weds	
Wed-05-Jun	Boar's Head	Fell	Weds	
Sun-09-Jun	Northern M&L - Bebington Oval	T&F	T&F	
Sat-22-Jun	Lymm	Road	S	5k
Sun-23-Jun	Kinder Trog	Fell	M	
Sat-29-Jun	Whaley Waltz	Fell	S	
Wed-17-July	Forest 5	Fell	Weds	
Sun-07-Jul	Northern M&L - Wrexham	T&F	T&F	
Sun-14-Jul	Cheshire League - Colwyn Bay	T&F	T&F	
Sat-20-Jul	Burtonwood	Road	S	5 mile
Wed-31-Jul	Pie and Peas	Road	S	5 mile
Sat-03-Aug	Northern M&L - Macclesfield	T&F	T&F	
Wed-07-Aug	Cracken Edge	Fell	Weds	
Sun-11-Aug	Great Warford	Road	L	10 mile
Wed-14-Aug	Eccles Pike	Fell	Weds	
Sat-17-Aug	Sedbergh Hills	Fell	L	
Sun-08-Sep	Cheshire League - Salford	T&F	T&F	
Sun-15-Sep	Sutton 6	Road	M	10k
Sun-22-Sep	Stanage Struggle	Fell	S	
Sun-06-Oct	Congleton Half	Road	L	Half marathon
Sun-13-Oct	Windgather	Fell	L	
Sat-30-Nov	Cheddleton	Road	M	10k
December	Fell handicap	Fell	L	
Sun-08-Dec	Stockport	Road	L	10 mile
2013/14 Cross country dates yet to be published				

## **Macclesfield Indoor Athletics and Multi-Sport Centre**

For athletes and coaches training at the track over the past few weeks the opening of an indoor athletics training centre alongside the track can't come soon enough. Long distance runners can dress appropriately and treat the harsh conditions as a character forming feat of endurance. For other events being cold, soaked to the skin and having to cope with a piercing wind is not conducive to either fitness training or skill development. Enabling the development of an indoor athletics facility therefore continues to be the primary objective of the Macclesfield Athletics Development Fund. This year our plans are focused on making further progress toward achieving this objective. The main activities planned for this year include:

- Liaison with Cheshire East Council officers
- Continued athletics development, eg Startrack, Olympic Legacy days.
- Development of a concept plan and model of a possible facility
- Submitting comments on the Cheshire East Local Plan concerning plans for enhanced indoor athletics and sports facilities at the Athletics Track/Leisure Centre site.
- Review of options for continued fund-raising

The strategy remains liaison with partners such as Cheshire East Council, Sport England and other sports seeking enhanced indoor facilities in Macclesfield. The fund has now reached its initial target of £50,000 and this both enhances our credibility as a serious partner in discussions and also enables us to make a significant contribution to funding of the project.

If you would like to see improved indoor athletics training facilities in Macclesfield we need your support. Whether you have particular experience or expertise in development of sports facilities or would simply like to help us achieve our goal please contact one of the trustees or committee members: Barbara Murray (tel 01625 572729), Bob Lynch (01625 829229), John Kershaw, Kevin Ranshaw (treasurer) or Raphael Murray (secretary). Macclesfield Athletics Development Fund (MADF) is a Registered Charity: Number: 1041755.

**Raph Murray**



## **Make a date with the Macc Half**

Entries opened for this year's Macc Half Marathon and 5K on February 14<sup>th</sup> so if you 'love to run' you can enter online now.

The 12<sup>th</sup> annual Macc Half will take place on **Sunday 29<sup>th</sup> September** at 10.00am and for the first time in the race's history will include chip timing.

In addition, and following on from the success of last year's first ever 5K, once again younger and shorter distance athletes are invited to beat their PBs and run again at 10.15am.

And, as always, there will be a junior Fun Run too, so even the youngest of our running community can take part in the big day!

As well as chip timing, other improvements to this year's race will include the use of the Leisure Centre sports hall for registration and bag storage, and a wider choice of refreshments and catering.

Once again the chosen charity for the race is the East Cheshire Hospice and with the help of a sustained high entry and the continued support of our sponsors, we hope to beat last year's record donation of £15,000.

The event continues to support Macclesfield Harriers and could not be run without all the help from club members. It is a great event to be part of, so please check out the website [www.macc-half.co.uk](http://www.macc-half.co.uk) or contact Mandy Calvert or Neil Gunn for further information. Entrants and willing helpers alike!

**Jo Papadimitriou**



# Helpers needed for the Macclesfield Half Marathon

**Sunday 29<sup>th</sup> September 2013**

Once again Macclesfield Harriers & A.C. will be hosting the annual Half Marathon. The race goes from strength to strength and for the second year running there will also be a 5k race. We hope to beat last year's amazing donation to East Cheshire Hospice of £15,000.



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.

There are various roles that need filling :-

- Registration
- Baggage
- Catering
- Course Marshals
- Water Stations
- Lead/Sweep car and cycles
- Start
- Finish
- Rubbish Collection

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

**Thank You!**



LOVE TO RUN?  
THEN ENTER



ENTRIES OPEN  
14TH FEBRUARY



SUNDAY 29TH SEPTEMBER 2013

[macc-half.co.uk](http://macc-half.co.uk) | [macc-5k.co.uk](http://macc-5k.co.uk)

# The Lime Tree

Restaurant & Wine Bar



## BOLLINGTON

**Open Tuesday - Saturday 11am until 10pm  
Sunday 11am until 4pm**

**Serving food and drinks all day**

**Muddy runners, walkers and cyclists welcome  
(no dogs I'm afraid - but there is a garden where they can  
be tied up and bicycles can be left)**

After celebrating 25 years of service in Didsbury, the Lime Tree has opened a sister restaurant at Bollington Green. The Lime Tree has enjoyed 25 years of consistently good listings in the Good Food Guide and Hardens Guide whilst the Sunday Times Food List recently voted the Didsbury restaurant as the best in Manchester and 4<sup>th</sup> in the North West. Much of the produce is sourced locally with the majority of the lamb and pork coming from our own farm on the edge of Macclesfield forest

During the day we offer a brunch menu from 11am and a daytime menu from 12noon covering everything from nibbles and sandwiches through to a full 3 course lunch.

In the evening we have both a 'small plates' menu in the bar and a full a la carte menu in the restaurant as well as an early evening 3 course menu at £16 between 5pm and 7pm

**To book, call 01625 578182**

*The Lime Tree is a family run business established in 1986*

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

### **FELL RUNNING**

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

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

## CLUB OFFICIALS

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

## OTHER OFFICERS

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