

# GO!

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*The cover photograph has been changed for display on the website in line with the club's child protection policy*



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*Our cover photo has been changed for display on the website in line with the club's child protection policy. This picture was taken at the Track Relay event in January 2015.*

### Next Issue – June 2015

Please submit any articles or photographs to [gomagazine@macclesfield-harriers.co.uk](mailto:gomagazine@macclesfield-harriers.co.uk)  
by **Sunday 10 May 2015**

### Magazine Issue

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

Please use your membership form to opt in or out.

# Starting Lines...



Well, after a long, cold winter, spring is almost here, which means no more cross country and indoor sportshall events. Instead we can get out on the track, roads, and fells to enjoy the wonderful countryside we have on our doorstep and training becomes much more pleasurable in the daylight!

Why not check the listings in the magazine for local races throughout the season, and maybe try something new; perhaps a different distance, or type of event. How about a fell race or a track and field event. There is so much going on, you'll never be bored and variety in your training is very good for your fitness.

On 20th April Bob & Pauline Lynch are organising an off-road training session at Alderley Edge. These are fun events where all abilities can have a go, and based on the success of the last one, it's likely to be very popular. See page 37 for details.

Barry Blyth is heading up a new series for the magazine called 'Be Inspired' in which he tells us about some of the fantastic achievements by our club members past and present. This time he's looking at the Bob Graham Round, Paddy Buckley Round and Ramsay Round. Definitely inspirational stuff!

Also in this issue we are starting a new series of profiles of club members. Den Masset has been talking to some people who you may have heard of but don't know well. How did they get into athletics, what are their interests and how did they get involved with the Harriers? First to be featured are Bob and Pauline Lynch who give so much of their time to the club.

The club's AGM and awards presentation evening is being held on Friday 20th March at the Bollington Arts Centre. Please come along and meet other fellow club members and support your club. We look forward to seeing you there.

In the meantime, enjoy your athletics and run safely!

Alison

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Macclesfield Harriers and Athletic Club  
Notice of AGM & Annual Presentations

Friday, 20 March, 2015  
Bollington Arts Centre, at 7.00pm



Food (meat & veg options) will be provided by the Vale Inn, Bollington and will be paid for by the club. There will be a bar until 11pm, but you pay for your own drinks! Sorry!

Please note that the AGM portion of the evening will be short and 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 social. We hope you can all make it.

Though there will be no charge for food, it would be VERY helpful if you could indicate if you plan to come. Please email [neil.gunn@gmail.com](mailto:neil.gunn@gmail.com) to advise on numbers.

## Sainsbury's – Active Kids Vouchers

The club is collecting Sainsbury's vouchers during the period of the new scheme which launched on 28 January and runs until 5 May.

We hope to amass sufficient vouchers to obtain further equipment for the club...but 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.

Thanks in anticipation of your support.

Sainsbury's



Active Kids

## **A Summary of 2014 and a Look Forward to 2015**

I make a point of always reading my previous notes, before putting my fingers on the keys again. However, I feel that I could easily have cheated this year and just changed some of the dates!

2014 has been another excellent year for the club.

The membership continues to grow, now well over 600, the numbers out training have increased, and the turnout of club athletes across ALL disciplines is on the up. The club again managed its finances very professionally, and although a profit of £4K is not the aim, it does mean that we are in an even healthier position going forward. The intention is to maintain subs at the same low level, albeit there is an increase in the EA membership levy from £10 to £12 which is an additional payment for competing members. We can keep the track fees at £2.50 per session for at least another year, and continue to have monies available to buy things we need, and for coaches to further their education.

Your management team has functioned well, even without a chair person, but this and a number of other positions DO need to be filled if we are to continue to grow. There will be a concerted effort to get more of you to volunteer, to spread the ever increasing load. I must again point out that we are all unpaid willing volunteers, trying to do a job to a high standard, so praise is always appreciated.

The only setback for the club in 2014 was the sad loss of Craig Harwood in a climbing accident. Please continue to give your support to Janet, Grace and Lydia. We are well on the way to producing a memorial plaque listing all the Harriers who have completed the Bob Graham round - just one of the many exploits that Craig was passionate about. Currently the number of successful attempts stands at 57 - a tremendous achievement by one club.

We now have some very proactive heads of the various disciplines and with your support we can perform to our full potential.

Equally the various races we put on are professionally organised, are well received by the running fraternity, and despite some slight setbacks, £10000 was raised for local charities from the 5 races.

Again, if you believe something can be improved, please offer to do it, or be part of the solution.

The influx of athletes and volunteers from the C25K initiatives, spearheaded by Neil, are most welcome, and a third course is planned for the spring - something that I didn't envisage at the outset.

So please continue to support your club, and as a competing athlete, set yourself stretching but achievable goals for 2015. We particularly need ALL the teenagers to compete to guarantee good team performances in all the leagues we contest.

Please come along to the AGM on Friday 20<sup>th</sup> March to celebrate the clubs' achievements and to be a constructive part of the AGM.

**Bob Lynch, Club President**  
**01625 829229**

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

## **held on 8th January 2015**

### **Chaired by: Keith Mulholland**

1. **Attendees:** Neil Gunn (NG), Clare Finnis (CF), Daisy Pickles (DP), Nina Moss (NM), Barry Blyth (BB), Bob Lynch (BL), Keith Mulholland (KM), Julian Brown (JB), Kevin Ranshaw (KR), Chris Bentley (CB)
2. **Apologies for absence:** Alison Gunn (AG), Scott Wilson (SW), Nicky Tasker (NT), James Noakes (JN), Graham Brown (GB)
3. **Agreement of Previous Meeting's Minutes** - already agreed.
4. **Correspondence (CF)** All forwarded. BL would like the e-mails received to be filtered more before forwarding on.
5. **Chair/ Vice Chair positions** Keith Mulholland was voted in as Vice Chair, the position of Chairman is still vacant. Committee meetings will continue to be chaired on a rotation basis. Actions to be taken: AG to put Keith's name in Go!, NG to update the website, CF will update the officers list in the Dropbox.
6. **AGM**  
**chair:** Bob will chair the meeting and give the President's address.  
**awards:** The calculated awards are already known, the special awards await nomination. Actions to be taken: BL will call for nominations on the flipchart in clubhouse. BL will recall the shields and trophies from past winners. Nominations will be forwarded to BL (explanations for nominations to be included) by Friday 20th February. JB will call for nominations on the website. NG has offered to assist in organising the engraving of trophies. There will be a meeting on Thursday 26th February of a small subgroup of the committee chaired by BL to agree the special awards.  
**food:** We will use the same caterers as before, cater for 120-150 people. We will ask people to say whether they intend to come (to help with catering numbers).  
**agenda:** The proposed agenda from CF was agreed.  
**call for volunteers (CF)** James will lead the call for volunteers and the committee members will circulate the room to try to encourage people to volunteer in any way that they can. Actions to be taken: BL will generate a list of the most pressing positions that need filling. JB will place some of the job descriptions on the website.
7. **Club Membership Update (JB)** We now have 630 members. All new members that join up to April 2015 will be paid up to April 2016 in respect of their fees. NG has offered to help JB by completing the EA (England Athletics) membership, leaving JB to complete the club membership details. This will hopefully reduce JB's workload and delays with EA issuing cards.
8. **Finance (NG)** The club finances are in good order and are being prepared for the accountants' audit.
9. **Track Fees (KR/NG)**  
The committee agreed that the donation from surplus track/ leisure centre fees for 2014 is to be paid to MADF (Macclesfield Athletic Development Fund). The committee agreed that the track fees remain at £2.50 with surplus to MADF at the end of 2015.
10. **Volunteers and club membership -review of system set up last year (BL)** There were a couple of teething issues last year with the volunteers letter being sent to a couple of people in error. We believe this error to be rectified now. Action to be taken: JB will send a letter to the volunteers in April to confirm that they remain non-competing.
11. **Names for Honorary Membership consideration (CF)** Names for consideration were discussed. Any Honorary Membership awards agreed will be announced at the AGM in March.

**12. Charity donations for 2015 (CB)**

The committee agreed the following proposal to be put forward at the AGM:

The net proceeds from all races organised by the club or under the club's supervision shall be donated to charity. The charity or charities supported should be local to Macclesfield and should have a significant impact in the Macclesfield area. Suggestions of appropriate charities are to be encouraged from club members. However, to reflect the fact that they have done the work to organise the race, within these guidelines it is for the race organising committee to decide which charity or charities should benefit.

Any other charitable donations made by the club, including to the Macclesfield Athletics Development Fund should be either to local charities or to organisations with similar aims to the club. Suggestions from club members are encouraged. Donations require the support of the club committee and of an AGM or EGM if more than insignificant.

We would ask organisers to notify the committee in advance as to which charity(s) money is to be sent to prior to events.

**13. Documentation for approval (BL/NG)**

**membership types:** This has been agreed by committee and is in the Dropbox.

**constitution:** The committee has agreed 'version 4', it will be put forward at the AGM for approval.

**club officers' descriptions:** Those written are now in the Dropbox. AG will be asked to provide one as Editor of Go! JN did want to submit one for cross country, this has not been received yet (CF to chase).

**14. Road running and policing (NG)** Mandy Calvert has attended a meeting on this ongoing issue, she continues to report to the Macc Half Committee on this matter.

**15. Track and Field (KR)** No report for "Track and Field" as it is the winter - KR's report for 2014 was in the December issue of Go! However, for Indoor Sportshall KR can confirm that the following age groups qualified for the League Final on 25 January:

- U11Gs (finished 3rd in the league table)

- U11Bs (finished 4th)

- U13Gs (finished 4th)

Thanks are due to all who committed to compete/support the 3 fixtures and congratulations to the finalists. We hope for a successful day later in the month.

Seven U11 athletes have been selected to attend the U11 Fun in Athletics Meeting at Sports City, a fantastic achievement.

**16. Cross Country (JN)** No report from JN. DP asked that the points criteria are published for cross country. Action: CF to ask JN to circulate this along with the points table to date. DP will create a special award for all those that complete the whole cross country season over both leagues.

**17. Road Running (KM)** KM has published a completed points table for the club road championship for 2014, this is in the clubhouse, on the website and will be in the Go! magazine. He has also issued a list of dates for the 2015 season which are to be published in the same way.

**18. Fell Running (BB)** BB has published a list of fell events for the 2015 season which will be posted in the clubhouse, on the website and in the Go! magazine.

**19. Website and position of club magazine on it (KR)** Action: JB will see if he can get the Go! magazine in a prominent position on the website so all can 'click' to it easily. The welcome leaflet is also out of date, JB does correct it before he sends it out. Action: NG will set up a small working group to update the welcome leaflet.

**20. Publicity (SW).** SW has had many articles published in the local paper, these have been excellent. They are, however, all his own work. The committee must encourage team managers to write reports and submit them to SW speedily after events. Thank you to Scott for all he is

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doing.

**21. Any Other Items**

NG will organise the purchase of a new flag to replace the missing one.

The committee has agreed that another C25K can be organised by NG.

A letter has been received for NW Athletics Council nominations, see CF if you would like to read it.

The track relays on 17th January are all organised, just cakes and helpers required.

We have 2-3 more people considering coaching courses next year, the committee has agreed to fund these courses if/when they take place.

Saturday 28th March there will be a coach development day for sprints and jumps at Macclesfield.

Saturday 25th April there will be a mini open club meeting for track and field at Macclesfield.

**22. Date of next meeting:** Thursday 16th April

**Chair:** Kevin Ranshaw

## **Indoor Sportshall – Fun In Athletics Event**

Following a successful Sportshall athletics campaign, seven of our U11s were selected to represent Cheshire at the Fun in Athletics Sportshall event at Sport City.

Well done to Meg Bradley, Ruby Spencer, Serena Carroll, Keira Barry, Jake Bradley, Joshua Higgs and Sam Danson.

The athletes took part in a number of relays and field events against other north west county teams.

The Cheshire girls team came third and the Cheshire boys were the north west Champions!

Special congratulations to Ruby and Jake who broke the club U11 girls and boys speed bounce records with scores of 57 and 59 respectively.

2 photographs have been removed for display on the website in line with the club's child protection policy.



## TRACK and FIELD: Looking forward to the new season...

Writing this in January with the prospect of snow before the month end, suggests that the outdoor T&F season is some way off...but preparations start the previous year with fixtures to be drawn; hosts to be agreed; venues to be booked; officials to be arranged; etc well in advance.

So the fixtures for 2015 look like this:

### Cheshire Track and Field League (All Age Groups)

10 May	Ashton-under-Lyne
5 July	Bury
2 August	Macclesfield
6 September	Salford

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

2 May	Blackburn
30 May	Blackburn
20 June	Macclesfield
18 July	Ashton-under-Lyne

### Northern League (U17 – Seniors)

3 May	Deeside
6 June	Crewe
12 July	Macclesfield
8 August	Stretford



Note: The club has not entered the Youth Development League (Upper Age Group – U17/U20) this season.

Remember some of you will have changed age groups, so you may now be competing in a new league.

Please ensure that you respond to requests from your Team Managers promptly – remember this is a chance to see all that training effort proven in the competition arena.

Additionally, the **Cheshire County Championships** are being held on the 23 and 24 May at Stretford (Trafford AC's home arena) for ages U13 upwards - please consider entering. Full details and entry forms will be available soon (if not already) in the clubhouse and at [www.cheshireaa.com](http://www.cheshireaa.com)

Finally, we are hosting a mini competition just for Harriers members at Macclesfield on Saturday 25 April – please try to attend as all early season practice is useful before the league competitions start.

A full fixture list, in chronological order, appears elsewhere in the magazine.

Meanwhile, another successful season beckons – please help contribute to that success by stepping forward to compete or help in some way...

**Kevin Ranshaw**

## **North West Indoor Sportshall League Final Widnes - 25<sup>th</sup> January 2015 (Under 11 Girls)**

Macclesfield Harriers Under 11 Girls showed amazing talent and achieved a fantastic **2<sup>nd</sup> place** at the Indoor Sportshall Final in Widnes on Sunday 25<sup>th</sup> January. During the day Meg Bradley, Ruby Spencer, Keira Barry, Serena Carroll, Lily Dutton, Molly Richardson, Morgan Birks, India Wilson, Eme Noakes and Katie Darmon showed great team spirit and all enjoyed themselves.

Throughout the season, they have all improved on their own individual performances, resulting in this overall fantastic achievement. Ruby Spencer also gained another club record of 60 in the Speed Bounce in just 20 seconds!!

Well done girls and keep up the good work, it has been a pleasure to be the Team Manager!

**Louise Dutton**  
**Under 11 Girls – Team Manager**

A photograph has been removed for display on the website in line with the club's child protection policy

## **Major Success for Morgan Frith**

- The Northern Athletics Under 13/15 Indoor Championships recently took place at the English Institute of Sport in Sheffield where Harriers' Morgan Frith had success in the 60m sprint and the long jump.
- Morgan won gold in the 60m with a PB of 8.04 seconds beating the silver medallist by almost half a second. His time was a new championship record and it gives Morgan a ranking of UK number 1!
- In the long jump, which is Morgan's favourite event he clinched the gold medal with his first two jumps of 5.04m each. This was also a PB, another championship record and also a UK number 1 ranking!
- Congratulations Morgan!

A photograph has been removed for display on the website in line with the club's child protection policy.

# Landing on our Feet

Judith Cooper

I am a huge admirer of the foot. It is the most amazing structure, dealing with all of the changing forces above it and the changing surfaces beneath it, not to mention the often weirdly shaped containers we envelop it in otherwise known as shoes ! For runners and athletes, it is absolutely vital that the foot is working well because we propel ourselves forward on it and if it is damaged or not working as it should then it can cause all sorts of problems that may manifest themselves locally or indeed higher up in the leg, knee, hip, back or even neck !

How we should land on our feet, particularly as runners, is a source of constant debate. Personally, I don't subscribe to generalisations of "wrong" or "right" because the anatomy and biomechanics of every one of us is different and therefore the "sweet spot" on the foot on which we land and from which we begin to propel ourselves forward again, does I believe, vary from individual to individual. Far too much money has been made by companies trying to convince us

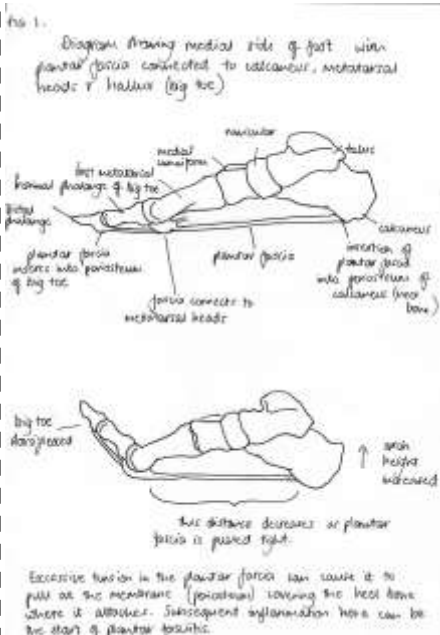
that their particular style of running shoe will make us land properly and as a consequence be faster, fitter, less prone to injury and so on. The marketing of running shoes is hugely cynical and plays on our worst fears, but don't let me get on that particular soap box!

The foot is complex and fully understanding how it works during the gait cycle takes a lot of studying. Don't be fooled by shops offering "gait analysis"; they are not offering proper gait analysis unless they have someone on site properly trained in the subject; and that's a lot of training. This doesn't mean they can't offer you good advice about running shoes based on watching you run, it just means you haven't had proper gait analysis. If you are suffering from repeated injury, particularly to the lower leg (calf / Achilles) despite sensible training and maintenance then it may well be worth getting someone knowledgeable to watch you run and have a look at your feet! Ross Whiteside, physiotherapist at Trinity House is particularly interested in this area.

My field of expertise is soft tissues and therefore the muscles, tendons, ligaments and connective tissues that hold the structure of the foot together and support it in its work. Many of these extend into the calf and indeed that is frequently where the first signs of foot dysfunction arise. In this article I am going to look very briefly at the plantar fascia and the so called windlass mechanism of the foot and how something as simple as an inflexible big toe can interfere with it.

There are many soft tissues in the plantar (underside) surface of the foot, all playing their part to support its arches and function. The plantar fascia (fig 1) is dense connective tissue that comes from the heel bone to the metatarsal heads and if you visualise the foot as a bow, the plantar fascia acts as the bowstring, pulling the ends together so that as the foot comes down and into contact with the ground, the arches don't collapse. If, standing, you lift any of your toes, but particularly your big toe, then you tighten the plantar fascia and activate the windlass mechanism. During movement, as the heel comes off the ground, the big toe, whilst still in contact

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with the ground, dorsiflexes (arches up a little) and the plantar fascia is tightened, activating the windlass mechanism which acts to support the structures of the foot and absorb and release elastic strain. When this mechanism fails, the foot is insufficiently supported during propulsion, biomechanics are faulty and the power of elastic recoil is lost. The forces generated during propulsion must then be absorbed elsewhere in the structure and those areas are immediately made vulnerable to overload and injury.

In my clinic recently I had a runner who was repeatedly tightening up in his medial calf and although I could release the tight tissue in his calf, it would simply tighten up again during every run and was starting to develop an overuse injury. I decided to look at the bigger picture and on examination we found that his ability to dorsiflex (lift) his big toe on that foot was very limited compared to the other foot. I treated it with deep tissue massage, some myofascial release and gave him some stretches and exercises to do which would hopefully free up the toe and allow it to

move more effectively. He came back ten days later with good news; his big toe was more mobile and the tightness in the medial calf had gone; he was running without pain.

Most of us tend to take our feet somewhat for granted but you only have to understand a little of their structure and function to be totally in awe of them. They are complex and brilliant, but if they aren't working as well as they might then other parts of the body will be affected...so don't ignore them!

**Judith Cooper ISRM, Trinity House Practice  
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[www.maccsportsmassage.co.uk](http://www.maccsportsmassage.co.uk)

#### References:

Body3 T. Myers 2003

Athletic Ability and the Anatomy of Motion 2nd Ed.

Wirhed Mosby

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

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

Interactive Functional Anatomy Hillman, S Primal Pictures

## Writers Wanted!

Have you ever fancied trying your hand at journalism? Perhaps you're a bit of a wordsmith?

Well, here at GO! Magazine HQ, we're happy to help you fulfil that dream! We're always on the lookout for new ideas for articles relating to our club and athletics generally, so if you've written something you think the club members might be interested in then why not submit it to me, and if it's suitable, I'll publish it in the magazine.

You can send your articles to [gomagazine@macclesfield-harriers.co.uk](mailto:gomagazine@macclesfield-harriers.co.uk), or if you'd like to have a chat about it first, give me a call on 07775 558958.

Looking forward to hearing from you....

Alison Gunn



## Club Records 2015

Once again, lots of good records claimed and across the full age range.

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

**Nicky Tasker**

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

Discipline	Gender	Distance/Event	Age Group	Name	Record	Date Set
Road	Male	5 Mile	V75	Harry Newton	45:05	Feb-15
T&F	Male	1500m	M35	Ashley Pritchard	5.27.86	Aug-14
T&F	Male	Long Jump	M35	Ashley Pritchard	5.45m	Aug-14
T&F	Male	High Jump	M35	Ashley Pritchard	1.67m	Aug-14
T&F	Male	Shot	M35	Ashley Pritchard	9.83m	Aug-14
T&F	Male	Discus	M35	Ashley Pritchard	36.18m	Aug-14
T&F	Male	Javelin	M35	Ashley Pritchard	41.15m	Aug-14
T&F	Male	Hammer	M35	Ashley Pritchard	21.85m	Aug-14
T&F	Male	100m	M35	Ashley Pritchard	12.61m	Sep-14
T&F	Male	200m	M35	Ashley Pritchard	26.3	Sep-14
T&F	Male	400m	M35	Ashley Pritchard	60.49	Sep-14
T&F	Male	Sprint Hurdles	M35	Ashley Pritchard	110m 17.12	Sep-14
T&F	Male	Pole Vault	M35	Ashley Pritchard	3.2m	Sep-14
T&F Indoor	Female	60m	U17	Ella Spencer	8.40	24/11/2014
T&F Indoor	Female	200m	U17	Ella Spencer	27.00	24/11/2014
T&F Indoor	Male	Shot	U13	Morgan Frith	7.09	24/11/2014
T&F Indoor	Male	600m	U13	Morgan Frith	1.53.8	24/11/2014
T&F Indoor	Male	60m	U13	Morgan Frith	8.5	24/11/2014
T&F Indoor	Male	60m	U13	Morgan Frith	8.36	03/01/2015
T&F Indoor	Male	60m	U13	Morgan Frith	8.04	01/02/2015
T&F Indoor	Male	Long Jump	U13	Morgan Frith	5.04	01/02/2015
Sportshall	Male	Speed Bounce	U11	Jake Bradley	59 (20 secs)	18/01/2015
Sportshall	Female	Speed Bounce	U11	Ruby Spencer	57 (20 secs)	18/01/2015
Sportshall	Female	Speed Bounce	U11	Ruby Spencer	60 (20 secs)	25/01/2015



## Three Common Runners' Foods Explained...

### Pre – run

#### **Bananas**

This is most runners' go to, easy, pre run food. They are packed with simple and complex carbohydrates so they give you



energy quickly but also help sustain you. As well as this, bananas contain –

#### **Potassium –**

Potassium regulates blood pressure and reduces the risk of stroke.

**Tyrosine** – Tyrosine is proven to aid concentration, alertness and motivation due to the banana's ability to increase the release of a dopamine like chemical (norepinephrine) within the brain.

**Vitamin B-6** – This vitamin helps your body release energy from other nutrients as well as lowering the risk of heart disease.

**Iron** – The human need for the correct amount of Iron is an underestimated one, especially for individuals that partake in lengthy, intense exercise. Iron is an essential part of hemoglobin, and hemoglobin is the protein that carries oxygen in the blood and plays an important role in the transport of oxygen in the muscle cell. Temporary Iron deficiency (not meaning anemia) leads to fatigue and reduced endurance. Prolonged Iron deficiency can lead to a drastic decrease in athletic performance and a reduced VO2 max. However, don't go dosing up on the Iron supplements to try and get a boost, especially if you don't need

them. Studies show increased levels of Iron beyond that of which are needed, is unhealthy, potentially dangerous and in some cases even fatal.

It is common that many runners, 60% according to runners world, experience GI issues during running. Bananas have the ability to help, and will certainly not make you any worse. Bananas are a 'binding' food, which means they help form the stool and help it to pass more slowly through the intestines.

### Mid – Run

#### **Energy Gels**

Whichever you use, this will be a very different story from the Banana. The Energy gel solely concerns itself with simple carbohydrates.

When you're running, your body uses two main fuel stores, fats and carbohydrates. An average adult has an abundance of fat (Men around 15% and women around 27%) however, using fats as an energy source during a race is pretty ineffectual as it is broken down in to useable energy very slowly. Which leaves the other energy source, carbohydrates.

The human body can maintain exercise for around 90 minutes at a half marathon pace when using carbohydrates (if the body is loaded correctly). Energy gels are designed to replace these carbohydrates used up during exercise. Seems pretty simple, take energy gels, replace what's lost, happy days! Well not quite...

Carbohydrates are stored in both your

muscles and blood. Your performance on race day relies on using the glycogen stored in the muscle. The issue with using the gels is that first the gel must be digested, then absorbed by the muscles, which is quite a lengthy process.

Whilst gels won't give your muscles 'the kick', it will 'wake your brain up' because our brain runs on the glucose that is stored in the blood. The glucose you take on board



in the form of a gel will enter the blood stream much faster than waiting to be absorbed by the muscles. So, although your legs might still feel 'the bonk', mentally you may still have the strength to carry on.

However, timing can be critical when taking gels. Absorption rates vary with each runner, it may take 3 minutes it may take up to 20. That's if you digest it at all. When running your body directs blood away from the unessential organs to power the muscles, and in some cases shutting the stomach down all together. Because of this, it's not uncommon for the body to reject gels or sports drinks during a race.

If you have a race coming up where you think you may need gels (anything upwards of a half marathon), it is always best to train with the same brand and flavor that you are going to use on race day. It is important to see how your body reacts, or if you even like them. Do not leave it until race day to see.

## **Post – Run**

It is difficult to pin point one ideal food for a post recovery meal or snack. Protein and Carbohydrates are both equally vital at this point. As aforementioned, carbohydrates are the body's main fuel source, which will have been depleted whilst running and need replacing.

Protein is essential for the repair and growth of muscle tissue, consuming high protein meals or snacks will reduce muscle soreness and fatigue the following day. According to Team Sky's Dave Brailsford, 26g of protein is the magic number for recovery.

It is impossible to recommend just one meal or food type for recovery as this is the most important and the options are so vast. Whatever you eat, it should be good quality protein and complex carbohydrates (as much as you'll want to grab those simple carbs).

Fish, Greek yoghurt, hummus, chicken breast, salmon are just the



start of a list of great sources of protein. Fruit, vegetables and certain types of nuts, such as almonds have great anti-oxidizing qualities. Almonds also aid in lowering cholesterol.

And, although not a food, always remember to hydrate, without liquid your body cannot process any of the food you are putting in, and it is the most important tool to aiding recovery.

**Scott Wilson**

## CALENDAR OF EVENTS 2015

CALENDAR OF EVENTS 2015			
MARCH			
Sun 1st	Indoor T&F: Manchester Open Meeting 5 Manchester, Sportcity (Etihad Campus) (M11 3FF)		U15 – Senior
Sat 7th	Cross Country: Inter-Counties Championships Birmingham, Cofton Park		
Sun 8th	Indoor Sportshall: North West Sportshall Regional Final Manchester, Sportcity (Etihad Campus) (M11 3FF)		U13/U15 Pre-Selection
Fri 20th	Club AGM and Awards Evening Bollington Arts Centre	19.00	All !
Sun 22nd	Indoor T&F: Manchester Open Meeting 6 Manchester, Sportcity (Etihad Campus) (M11 3FF)		U15 – Senior
APRIL			
Mon 20th	Off Road Training session - Alderley Edge	6.45	All
Sat 25th	T&F: Mini-Competition Macclesfield	13.00	All
MAY			
Sat 2nd	T&F: Youth Development League – Lower Age Round 1 Blackburn, Witton Park (BB2 2TP)	11.30	U13 – U15
Sun 3rd	T&F: Northern Men's/Ladies League: Round 1 Connah's Quay, Deeside College (CH5 4BR)	11.00	U17 – Senior
Sun 10th	T&F: Cheshire League Round 1 Ashton-under-Lyne, Richmond Park Stadium (OL7 9HG)	11.30	All
Sat 23rd and Sun 24th	T&F: Cheshire County Championships Stretford, Longford Park, Ryebank Road (M21 9TA)		U13 upwards
Sat 30th	T&F: Youth Development League – Lower Age Round 2 Blackburn, Witton Park (BB2 2TP)	11.30	U13 – U15
JUNE			
Sat 6th	T&F: Northern Men's/Ladies League: Round 2 Crewe, Cumberland Arena (CW1 2BD)	11.00	U17 – Senior
Sat 13th	T&F: Cheshire Schools Championships Warrington, Victoria Park (WA4 1DG)		Juniors/ Inters/ Seniors
Sat 20th	T&F: Inter County Schools - Mason Trophy Birmingham, Alexander Stadium (B42 2LR)		
Sat 20th	T&F: Youth Development League – Lower Age Round 3 Macclesfield	11.30	U13 – U15
Wed 24th	T&F: Cheshire Schools Championships Warrington, Victoria Park (WA4 1DG)		Minors



## CALENDAR OF EVENTS 2015

JULY			
Sun 5th	T&F: Cheshire League Round 2 Bury, Market Street (BL9 0AJ)	11.30	All
Fri 10th and Sat 11th	T&F: English Schools Championships Gateshead Stadium		
Sun 12th	T&F: Northern Men's/Ladies League: Round 3 Macclesfield	11.00	U17 – Senior
Sat 18th	T&F: Youth Development League – Lower Age Round 4 Ashton-under-Lyne, Richmond Park Stadium (OL7 9HG)	11.30	U13 – U15
AUGUST			
Sun 2nd	T&F: Cheshire League Round 3 Macclesfield	11.30	All
Sat 8th	T&F: Northern Men's/Ladies League: Round 4 Stretford, Longford Park, Ryebank Road (M21 9TA)	11.00	U17 – Senior
SEPTEMBER			
Sun 6th	T&F: Cheshire League Round 4 Salford, Cleavley Track, Blantyre Street (M30 8HY)	11.30	All
Sun 27th	Macclesfield Half Marathon, 5K and Fun Run	10.00 + 10.15	
NOVEMBER			
Sat 7th	Road Race: Langley 7	14.00	
USEFUL WEBSITES			
Macclesfield Harriers and AC	<a href="http://www.macclesfield-harriers.co.uk">www.macclesfield-harriers.co.uk</a>		
Cheshire County Athletic Association	<a href="http://www.cheshireaa.com">www.cheshireaa.com</a>		
Youth Development League	<a href="http://www.ukydl.org.uk/index.html">www.ukydl.org.uk/index.html</a>		
Northern League	<a href="http://www.northernathletics.org.uk/track-field-league">www.northernathletics.org.uk/track-field-league</a>		
Cheshire T&F League	<a href="http://www.cheshireaa.com/results/TFL/cheshire_tf_league.aspx">www.cheshireaa.com/results/TFL/cheshire_tf_league.aspx</a>		
Indoor Sportshall League	<a href="http://www.sportshall.org">www.sportshall.org</a>		
North Staffs Cross Country League	<a href="http://www.nscc.co.uk">www.nscc.co.uk</a>		
Greater Manchester Cross Country Lge	<a href="http://www.bbresults.com">www.bbresults.com</a>		



## FELL RUNNING

### Happenings on the Fells

On New Year's Eve 12 Harriers turned out in the Bowstones race. In the record field of 369 runners, 2 Harriers came in the top 10 with Simon Harding 6<sup>th</sup> and Jacob Roberts 9<sup>th</sup>. Olivia Walwyn was 2<sup>nd</sup> lady.

Six Harriers competed in the Lamb's Longer Leg 18<sup>th</sup> Jan with Olivia Walwyn coming 2<sup>nd</sup> lady and Mat Lewis 2nd V45.

Kirsty Hewitson and Digby Harris came second overall and first mixed pair in the Long Score at the Dark Mountains Mountain Marathon on 25th January in the Howgills. Digby describes this as an amazing event – “we were out for 10 hours from 9pm to 7am”.

Kinder Trial held 31<sup>st</sup> Jan. With a lot of snow on the ground this must have been quite tough especially for the early starters in this approx 12ml orienteering event. Simon Harding was 2<sup>nd</sup> overall.

**Club Championships.** These are all shown under the Fell Link on the website. Keep an eye on the Forum. Beware some races are pre entry and fill up quickly.

Early Warning! The World Masters Championships are to be held in Betws-y-Coed on 12<sup>th</sup> Sept. Open to all vets with separate races for every 5 year category from V40 upwards for men and V35 for ladies. Last held in the UK 10 years ago in Keswick. A great event.

**Barry Blyth**

### Wednesday Night Fell Runs - 2015

- Mar 25 Boars Head Poynton SK12 1TE (Sunset 18.30hrs; Stoke on Trent)
- Apr 1 Derbyshire Bridge after at the Stanley Arms (Sunset 19.43hrs)
- Apr 8 Trentabank/Heronry car park SK11 ONE after at St Dunstan's, Langley
- Apr 15 Herod Farm race GR 028934 \*\*
- Apr 22 The Roaches, roadside parking GR 004621. After at Ye Old Rock Inn ST13 8TY
- Apr 29 Rose and Crown Allgreave SK11 OBJ (Sunset 20.33hrs)
- May 6 Rainow 5 race 7.30 start after at the Robin Hood SK10 5XE \*\*
- May 13 Shining Tor race 7.15 GR 017756 after at the Swan Kettleshulme (or if closed Robin Hood Rainow) \*\*
- May 20 Ship Inn Wincle SK11 0QE. Roadside parking.
- May 27 Maytime "Scampero". Orienteering event organised by Brian Jackson (see website).  
Provisional date
- Jun 3 Boars Head Higher Poynton SK12 1TE \*\*
- Jun 10 Pym Chair car park GR 995768. After at the Swan Kettleshulme
- Jun 17 Polly Lander orienteering organised by Phil Cheek (see website)
- Jun 24 The Roaches, roadside parking GR 004621. After at Ye Old Rock Inn ST13 8TY
- Jul 1 Hope Wakes race Hope sports field GR SK 165836. <http://www.hopefellrace.co.uk> After at Cheshire Cheese Castleton S33 8WJ \*\*
- Jul 8 Wormstones from O Sole Mio restaurant, Charlestown Rd. Glossop. After at the Beehive GR 037933 \*\*
- Jul 15 Forest 5 See Website for race details. After at the St Dunstons Langley \*\*
- Jul 22 Mam Tor National Trust car park. After at the Wanted Inn Sparrowpit.

\*\*Wed Night fell race series (usually 7.30 start). Meet at 7pm for a "run" for those unable or not wanting to race. These dates are also on the Macclesfield Harriers website calendar,

[www.macclesfield-harriers.co.uk/index.php/fell-running-mainmenu-26/calendar](http://www.macclesfield-harriers.co.uk/index.php/fell-running-mainmenu-26/calendar)

## BE INSPIRED!

Macclesfield Harriers has particular renown for achievement in Ultra challenges. Many of these have featured in past articles in our own GO! magazine and elsewhere. Some of the things that individuals get up to can be mind numbing and at the same time a source of inspiration. To celebrate these achievements we plan to do a series of articles in GO! and have these permanently displayed on our website so as to act as an ongoing stimulus for others to contemplate “having a go”.

**Future GO! articles** will cover the achievement of records in Ultra events; medalling at National level and a wide range of ultras that Harriers have had a go at.

It seems most appropriate to kick the series off with the UK's classic big three mountain challenges; the best known of which is the Bob Graham. An inspirational read on this is “Feet in the Clouds” by Richard Asquith which includes mention of record achievements by Macclesfield Harriers.

### **The UK's BIG THREE MOUNTAIN CHALLENGES:**

#### **THE BOB GRAHAM ROUND 42 Peaks Ascent 27000ft Distance 66 miles**

Bob Graham achieved his round of 42 Lake District peaks in 1932. To this day, completion of the round inside 24 hours marks a rite of passage for fell and endurance runners. It remains a stern challenge, accomplished by around 50% of those who attempt it. For Macclesfield Harriers, with its impeccable long-distance pedigree, the “BG” holds a special allure.

To date 57 Harriers have met this challenge out of a total of 1900 completers.

#### *Who is going to be next?*

Harriers appear in the log for the “Lake District 24 hr record” (an extended Bob Graham). For ladies; Ann Stentiford from 1994 until 2012 with 62 peaks and men; Mark McDermott with 76 peaks from 1988 to 1997 when Mark Hartell added a further peak a record which still stands.

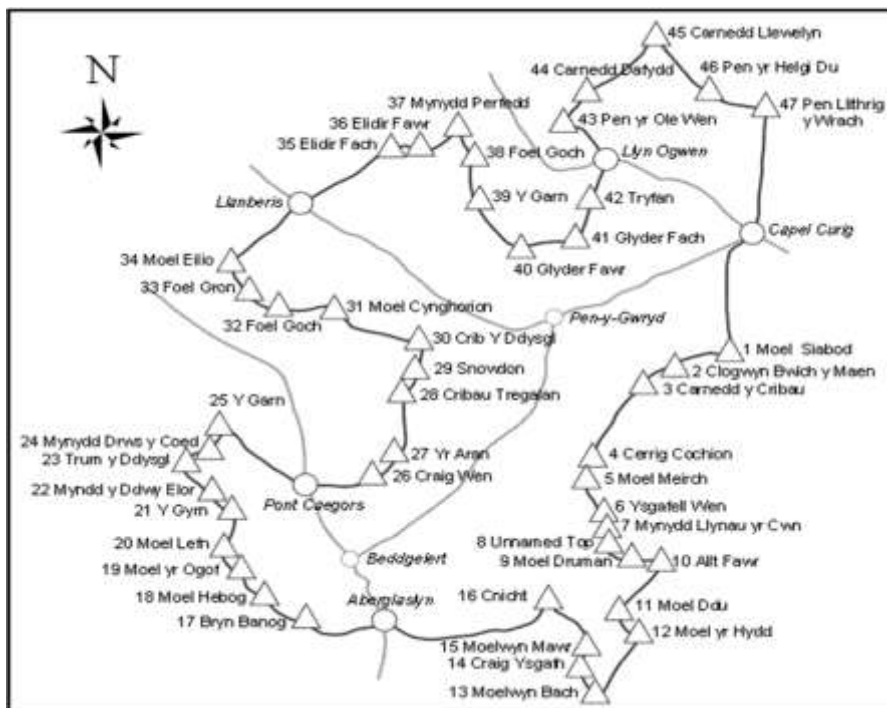


## BE INSPIRED!

### PADDY BUCKLEY ROUND

**47 Peaks      Ascent 28000ft      Distance 61 miles**

This is the Snowdonia equivalent of the BGR and generally acknowledged to be tougher by at least an hour. Most of the round is set in the well-known areas of Snowdon, the Carneddau, the Glyderau and the Moelwynion. Paddy Buckley devised the round.



Wendy Dodds was the first to complete it in 1982 in a time of 25 hours 38 minutes. The first sub-24 hour round was on 30 July 1985 by Martin Stone in 23-26. Although everyone will aim to complete the circuit in sub-24 hours no time limit is stipulated. The route may be started from any point and completed in either a clockwise or anti-clockwise direction.

To date 13 Macclesfield Harriers have been successful out of around 112 completers. Ann Stentiford held the ladies record from 1991 to 2006 in a time of 19-19 and Mark Hartell held the men's record from 1992 to 2009 in 18-10.

## BE INSPIRED!

**The RAMSAY ROUND also known as the Scottish Classic**

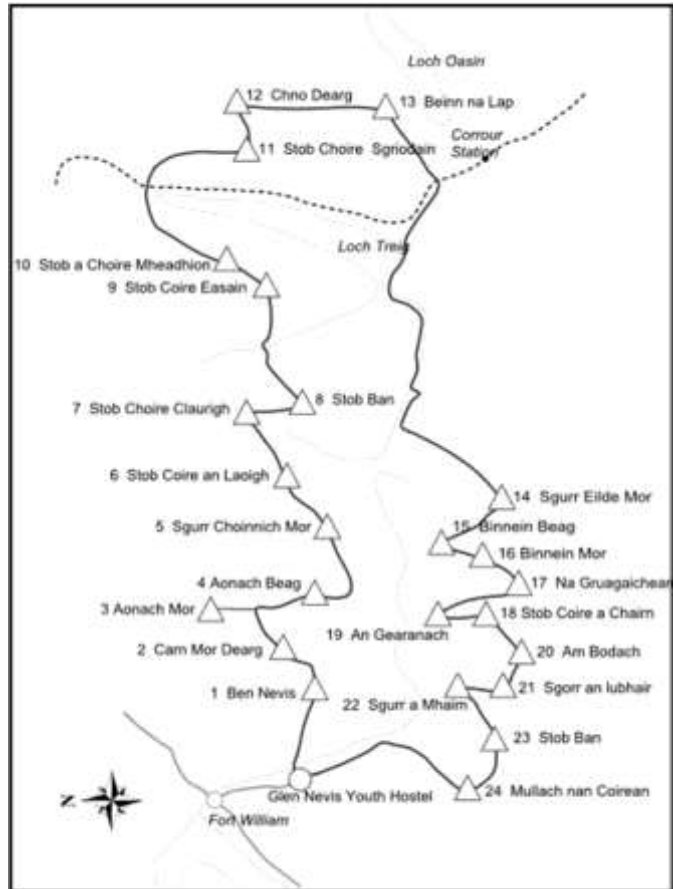
**24 Munros (mountains over 3000 ft) Ascent 28000 ft Distance 66 miles**

Starting from Glen Nevis Youth Hostel it takes in the Mamores, the Loch Treig munros, the Grey Corries, the Aonachs, Carn Mor Dearg and Ben Nevis. Ramsay first completed it in 1978. To date, there have been 79 successful contenders 9 of whom have been Macc Harriers. The fastest men's completion time of 18h 23m was recorded in 1989 by Adrian Belton of Macclesfield Harriers.

Macc Harrier Mike Hartley did **ALL 3 ROUNDS CONSECUTIVELY** some 187 mls 83000 ft 113 tops consecutively in 1990 in 3 days 14hrs and 20mins. The Round times were Ramsay 21 14; BG 23 48 and Paddy Buckley 33 30.

Six other Harriers have completed **ALL 3 ROUNDS**: Geoff Pettengell; Richard Calder; Mark Hartell; Digby Harris and all 3 in 1 season (March to Sept) Adrian Belton and John Chapman.

**Barry Blyth**



## ROAD RUNNING

### Results of Club Road Race Championship 2014

The results have now been calculated and the winners are:

Mark Walker	5652pts (1 <sup>st</sup> Male Senior)
Kristy Gill	5358pts (1 <sup>st</sup> Female Senior and 1 <sup>st</sup> Vet Female)
James Noakes	5480pts (1 <sup>st</sup> Vet Male, 2 <sup>nd</sup> Male Senior)

Other results are as follows:

Paula Nimmo	5157pts (2 <sup>nd</sup> Female, Best B Group Runner)
Scott Wilson	5152pts (3 <sup>rd</sup> Male)
Daisy Pickles	5095pts (3 <sup>rd</sup> Female)
Carl Hanaghan	4987pts (Best B group Runner)
Jason Justice	4901pts
Gary Willcock	4715pts
Richard Brown	4601pts
Ray O'Keefe	4540pts
Keith Mulholland	4523pts
Francis Pyatt	4377pts (Best C group Runner)
Chris Harbron	4305pts
Stewart Waudby	4133pts (Best D group Runner)
Dawn Devine	3853pts (Best D group Runner)
Dave Hancock	3711pts

Overall 14 men and 5 ladies completed the required 6 races to qualify (at least one race from each category, short, medium, long). In total 86 male and 45 female Harriers competed races in this year's club championship. This represents a large increase on last year's championship that had 42 men and 12 ladies taking part with 10 men and 1 lady completing the required races.

### Rules for Club Championships 2015

Separate Championships for men and women.

Points for each race calculated as follows:

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

Your time will be Chip time where available.

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

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

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

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

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

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

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

## Local Races March to May 2015

Race	Location	Date
Stafford 20 mile	Staffordshire University	Sunday 8 <sup>th</sup> March, 10.30 am
Trafford 10k	Partington	Sunday 8 <sup>th</sup> March, 9.30 am
Liverpool Half Marathon	Pier Head, Liverpool	Sunday 29 <sup>th</sup> March, 9.00 am
Salford 10k	Salford Sports Village	Friday 3 <sup>rd</sup> April, 10.00 am
Chester Spring 5	Upton	Wednesday 15 <sup>th</sup> April, 7.30am
Cheshire 10k	Arley Hall	Sunday 18 <sup>th</sup> April, 9.30 am
Greater Manchester Marathon	Old Trafford	Sunday 19 <sup>th</sup> April, 9.00 am
Derby 10k	iPRO Stadium, Derby	Sunday 19 <sup>th</sup> April, 8.50 am
Whitley 10k	Whitley Village Hall	Sunday 19 <sup>th</sup> April, 11.00 am
Mid Cheshire 5k	Kingsley Village	Thursday 30 <sup>th</sup> April, time tbc
Uttoxeter Half Marathon	Uttoxeter Racecourse	Sunday 3 <sup>rd</sup> May, 10.30 am
Great Manchester Run	Manchester City Centre	Sunday 10 <sup>th</sup> May 10.30 am
Chester Half Marathon	Chester Racecourse	Sunday 17 <sup>th</sup> May, 9.00 am
Eyam Half Marathon	Eyam Village	Sunday 17 <sup>th</sup> May, 10.30 am

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)

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

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



Some pictures from the Cheddleton Christmas Pudding race in November last year.

Left to right are Carl Hanaghan, James Noakes and Mark Walker. Note the alpacas photo-bombing the runners!

*Thanks to Bryan Dale for the photos.*

## ROAD RUNNING (cont'd)

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

Cheshire GP Race	Category	Race	Date
No	Short	Alsager 5 mile	Sun 1 <sup>st</sup> February
No	Medium	High Legh 10k	Sun 1 <sup>st</sup> March
Yes	Long	Wilmslow Half	Sun 22 <sup>nd</sup> March
Yes	Medium	Air Product 10k	Sun 5 <sup>th</sup> April
No	Short	Mobberley Round the Runway 5.3 mile	Thurs 23 <sup>rd</sup> April
No	Long	Buxton Half	Sunday 24 <sup>th</sup> May
No	Short	Dunham Massey 5k	Thursday 4 <sup>th</sup> and 18 <sup>th</sup> June
Yes	Medium	Sport in the Port 10k	Sunday 21 <sup>st</sup> June
No	Short	Wizard 5	Thursday 9 <sup>th</sup> July
No	Long	Great Warford 10 mile	Sunday 26 <sup>th</sup> July
Yes	Short	Pie and Peas 5 mile	Wed 5 <sup>th</sup> August (tbc)
No	Long	Leek Half	Sunday 16 <sup>th</sup> August (tbc)
No	Medium	Bollington 10k	Sunday 30 <sup>th</sup> August
No	Medium	Gawsworth 10k	Sunday 13 <sup>th</sup> September
Yes	Medium	Sutton 6, 10k	Sunday 20 <sup>th</sup> September
Yes	Long	Congleton Half	Sunday 7 <sup>th</sup> September
Yes	Medium	Langley 7	Saturday 7 <sup>th</sup> November
No	Medium	Newcastle Dales Dash 10k	Sunday 6 <sup>th</sup> December

### Cheddleton 10k 2014 – Saturday 29<sup>th</sup> November

A host of excellent performances marked this year's Cheddleton 10k, with Mark Walker the first Harrier home in 4th place with a time of 35:40. Mark was followed by James Noakes who was 8th overall and first MV45 (36:35). Carl Hanaghan was the third Harrier to finish in 39:29 (21st M), improving his time from last year by almost 1.5 minutes. Carl was chased most of the way by Billy Hicks (23rd M) making his debut in 39:45.



## ROAD RUNNING (cont'd)

Macc ladies were represented by Mandy Calvert (47:59), Lindsey Russell (60:24) and Kate Foster (72:31).

Overall 23 Harriers competed. Congratulations to everyone on a set of excellent performances!

### Stockport 10 2014 Race Report – Sunday 7<sup>th</sup> December

Somehow the rain showers managed to just about avoid the Stockport 10 race, though we were treated to a downpour before the start of the race! Fifteen Harriers braved the conditions to be treated to a commentary by Tom Potson (aka Tony Audenshaw from Emmerdale) and receive the famous goody bag at the end (including loose meal worms, or was that just me?).

Mark Walker ran a superb race to finish 20th overall (6th M35), with Kristy Gill leading the ladies home in 66:42 (9th position, 3rd F35 and a prizewinner). James Perry made his long distance debut in 65:16 and Garry Willcock was 3rd M50 in 65:29. The other Harriers results were as follows:

Steven Millar	68:53
Marc Bradford	71:53
Ray O'Keefe	72:09
Paula Nimmo	72:24
Keith Mulholland	73:29
Garry Jones	78:59
Matthew Wilson	79:46
Stewart Waudby	82:15
Dave Hancock	90:45
Maria David	92:10
Fiona Wilson	92:20

Congratulations to everyone on a great set of performances!

### Alsager 5 - Sunday 1 February 2015

A cold, windy sunny morning greeted runners at Alsager this morning but fortunately there was no snow in sight apart from a few flurries of sleet before the race began. The race saw a fantastic turnout of Harriers with 37 in total completing the race, aided to a large extent by at least 13 runners from D and E groups and for some of them it was their first race.

Rob Hasler put in a PB performance to finish as the 1<sup>st</sup> Male Harrier in 28:39, followed by Scott Wilson (29:04) and Billy Hicks (30:24).

Olivia Walwyn finished as 1<sup>st</sup> Lady Harrier (7<sup>th</sup> L, 30:09) making her debut for Macclesfield on the road with a superb performance. Congratulations also to Louisa Whittingham who

## ROAD RUNNING (cont'd)

finished as 2<sup>nd</sup> Lady Harrier and 2<sup>nd</sup> U17 (32:57, PB). Daisy Pickles returned to road running after recovering from injury and finished as 3<sup>rd</sup> Lady Harrier (36:03).

Harry Newton finished first male V75 with a superb time of 44.50.

Complete results can be found at:

[www.runbritainrankings.com/results/results.aspx?meetingid=125856&pagenum=2](http://www.runbritainrankings.com/results/results.aspx?meetingid=125856&pagenum=2)

Congratulations to everyone who took part in the race. It was particularly good to see so many D and E group members representing the club.



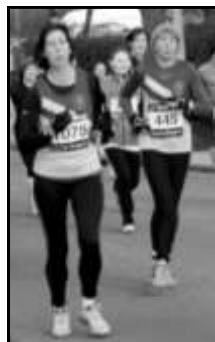
Carole Ferguson



Billy Hicks



Hazel Power



Lindsey Russell & Julie Smith



Harry Newton



Rob Hasler



Sean Connelly



Melanie Power

*Thanks to Bryan Dale for the photos.*

## **‘Runner’s World’ – Shoe Testing program**

In summer 2014 we spotted a small advert in the Runner’s World magazine asking for clubs who may be interested in taking part in their shoe testing program to make contact.

We duly submitted the details of the club and waited. In October 2014 the Commissioning Editor, Kerry McCarthy, contacted us to ask for 50 volunteers for a road shoe test.

We used the website and club forums to ask for names and within a week had 70 people saying ‘me please’. We drew names from the hat one evening at the track and submitted the details of the 50 successful testers to them. In December 2014 the shoes arrived and the testers had 4 weeks to run over 35 miles and a minimum of 6 runs. Feedback forms were filled in and sent back by mid-January 2015. The good news is that we had a 100% record with our feedback, (thanks to all the testers) and Kerry has indicated that our feedback has been very helpful – there should be information in one of the next editions of the magazine. The testers keep the shoes they tested.



We must have done a good job as Kerry has just asked the club to offer 40 volunteers for a trail shoe testing program in March – once again there were plenty of people who wanted to take part. On this occasion we gave priority to those who missed out the first time and got the 40 names easily.

It is possible that we will be asked to take part in future testing so watch the website and forums!

**Neil and Alison Gunn**

## **Fell Taster Day – Saturday 21st March 2015**

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

£5.00 per person which includes coffee on arrival and tea and cakes at end of morning.

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

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

### **Outline of the Session**

10.00 - Arrival and coffee - Introduction to morning

10.15 - 11.00 Review of shoes, clothing and basic kit, what to carry, basic survival (awareness of risks of hypothermia and heat exhaustion)

11.00 – 12.30 pm Approximate 5 mile run

12.30 – 1.00 pm Review of morning, information on other available resources:-, websites, map reading, associations, questions, tea and cakes

Places must be booked & paid for in advance to:

Kath Turner: mob: 07706884394

Hazel Winder: mob: 07811739258



## New Year Relay Event January 2015

Continuing in the New Year spirit, Saturday 17<sup>th</sup> January saw runners across all groups of the club (age 15 and over) heading to the track for a fun and friendly mixed relay event (with a hint of competition!) to see which team would be crowned champions and complete the most laps of the track in an hour! Runners from all disciplines and groups of the club turned out on a frosty but sunny morning.



Neil Gunn helped divide runners into mixed ability teams with a spread from groups A to E. 9 teams in total made their way to the start line with the rules simple - each member must take it in turn to complete a lap (400m) of the track before handing the baton onto the next member. Additionally, teams had the opportunity to complete up to 5 'double laps' with the overall aim to complete as many laps as possible in an hour.

The results were close but the winning team were team 4 who completed 38 laps of the track (15,200m) in an hour! They were closely followed by team 3 and team 6 who both completed 37 laps. Well done to all teams and competitors!



A huge thank you to all helpers, volunteers and those who brought cake. Over £50 was raised on the day which will be donated to the Macclesfield Athletics Development Fund.



The winning team

**Daisy Pickles and Nina Moss**

## **Macclesfield Indoor Athletics and Multi-Sport Centre - Feb 2015**

The main focus in recent months has been liaison with the Everybody Sport and Recreation Trust concerning development of indoor athletics and multi-sports facilities next to the track. A summary of the case for such facilities has been provided to the Everybody Trust and following initial review at the Dec 2014 meeting will now be considered further at the Feb 2015 meeting.

### **Key advantages of an indoor athletics centre**

- Enables athletes to train all year round in a safe and controlled environment.
- Facilities for sprints, hurdles, jumps and throws
- Flooring suitable for 6mm spikes and a range of multi-sports activities
- Ability to provide facilities for a variety of sports aimed at increasing participation in sport across all ages and abilities.

### **Some of the key advantages of providing a facility on this site are:**

- Next to the existing clubhouse therefore no need to provide, toilets, meeting rooms, first aid, refreshment facilities in the sports hall.
- Near the existing Leisure Centre therefore no need to provide shower and changing facilities or gym facilities.
- Ample car parking on site
- Shared management with the Leisure Centre minimises running costs

As the nearest comparable indoor facilities at Sport City, Manchester or Northwood Stadium Stoke are about 20 miles (45 min travelling time) Macclesfield is ideally situated to serve the 1 million population within 30 min of the site.

### **Identification of best practice**

To help identify the key requirements and best practice for an indoor athletics centre at Macclesfield we have reviewed examples of comparable facilities in other areas, eg, Witton Park, Blackburn and Ayrshire Athletics Arena. This will help ensure that the facilities will be most appropriate for and meet the needs of Macclesfield.

### **Fund-raising**

The MADF fund has now reached a total of £72K. The main intended uses of this fund are to contribute to the cost of building the facility and to generate maximum matched funding, ie, the larger the fund the more matched funding we can generate and the bigger the contribution we can make toward the cost. The size of the fund also demonstrates to the Everybody Trust the extent of user commitment to this facility. The main fund-raising activities are events such as the Summer Ball at the Tytherington Club (organised by Anna Carey), proceeds from the annual StarTrack course and the excess proceeds from Track User fees (after payment of Leisure Centre Hire charges).

We are absolutely committed to developing athletics in Macclesfield and are confident that the availability of an indoor facility next to the track will bring great benefit to Macclesfield Harriers and result in increased year round participation by all ages, abilities and athletics disciplines. Members of Macclesfield Harriers & AC will, of course, be regularly updated on progress. We would be very happy to share more details of the proposed facility with anyone who would like to find out more, either at the next committee meeting or a special meeting open to all. Meanwhile if you feel that you would like to contribute to or help with these efforts in some way please let us know.

**Barbara Murray, Bob Lynch, Kevin Ranshaw, John Kershaw, Carl Hanaghan, Raph Murray**

## Calving season

Despite the recent cold temperatures, Spring is just around the corner and that means the start of a new running season. Whilst many have managed to keep running over the winter months, now is the time a lot of runners will start to increase their mileage in preparation for upcoming events such as the Wilmslow Half and for the lucky few, the London Marathon. Others may just feel like they can start to run more as daylight hours increase.

It is common that runners judge how far or fast they can run dependent on their breathing and it is therefore important to you look after your muscles as your cardiovascular fitness may improve quicker than your muscle strength. An area of the body that tends to cause problems for runners as they increase their distance is the calves. This article will give you an easy guide on preventing calf injuries which can seriously dent your running ambitions this Springtime.

### Calf Anatomy



The calf muscles are a group of muscles at the back of the leg that run between the knee and the foot. The main two muscles that provide the distinctive calf shape are the gastrocnemius muscle and the soleus muscle. These muscles produce the plantarflexion or toe pointing movement through the foot and ankle and provide a lot of power to propel you forward. They can also act as shock absorbers when your front foot hits the ground.

### Maintaining Calf Length

Stretching is often performed before and after exercise to help reduce the effects of cramp. However, to improve and maintain flexibility in the calves and reduce the risk of injury, we recommend that stretching should be performed twice daily. These easy to perform stretches are simple and won't take up too much time.

1. Stand on a step with both heels over the edge. Hold on to a support. Let the weight of your body stretch your heels towards the floor. Hold for 20 seconds and repeat twice.



Fig. 1



Fig. 2

2. Stand with your left leg behind your right leg. Push your heel down while bending the knee to stretch the Achilles tendon. Hold for 20 seconds then swap legs. Repeat twice.

### Improving Calf Strength

Strong calf muscles are less likely to be strained or torn as they are better equipped for coping with the forces applied to them when running. A

stronger set of calf muscles will also generate more power to propel you forward, therefore increasing your speed and slashing those much-needed seconds off your PBs! These 2 exercises should be performed on a daily basis:

1. Stand holding on to the back of a chair. Push up on your toes, lifting your heels as high off the ground as you can. Repeat 12 times and do 2 sets.
2. Stand holding the back of a chair. Push up on your toes. Without losing your height take your left leg off the ground and slowly lower yourself down using your right leg. Repeat 12 times on each leg and do 2 sets.



Fig. 1



Fig.2

Good luck to all those taking part in running events over the next few months. We would also recommend regular sports massage especially during the running season to help reduce tension in the calf muscles and improve blood flow. If you are experiencing ongoing pain that is preventing you from achieving your running goals, we would recommend seeing a physio sooner rather than later for specialist advice.

**Ross Whiteside**  
**John Honey Physiotherapy**  
**Tel: 01625 500777**

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

Following the success of the first 2 courses held last year, the Committee has given the go-ahead for a 3rd course to start in the spring.



The course will get underway on Thursday 2nd April at 7.00pm at the track and will run each week for 9 weeks at the same time.

25 new runners will meet at the track for the structured course which will help them to achieve their aim of running 5k. The club hopes that they will enjoy running and carry on after the course has finished.

The previous 2 courses have produced some members who are now running and competing regularly at 5k, 10k and even half marathon distances and also helping by volunteering at club events.

If you are training at the track on Thursday evenings please give them your support and encouragement.

**Alison Gunn**

## Cross Country Report

The 2014/2015 cross country season has continued to be very successful for the club. There are only the National Cross Country Championships at Parliament Hill, London (21 Feb) and the final Manchester Cross Country League (MACCL) match at Wythenshawe Park (14 Feb) left to round off the season.

The season so far has definitely been a muddy one! It has been good to see some new faces, particularly for those representing the club the first time, and the feedback from those taking part seems to have been positive! We have seen a number of excellent individual and team performances, but also disappointment when insufficient Macclesfield Harriers turn up to make up a team to score in the league matches or championships. The results/and commitment of those that have raced demonstrate the quality the club has to offer. It doesn't really matter if you turn up for a race and finish last, that will still contribute potential points for the team. Something to think about for next season – why not give it a go?

The U13 girls' team have turned out in force, with excellent individual performances and team consistency. They finished first overall in the North Staffs league (Sian Heslop, Shona Williams, Alex Horne, Stephanie Moss, Lauren Robinson, Josie Elliot and Eve Cobey) with Sian winning the overall U13G league. The senior women's team (Daisy Pickles, Liz Smith, Abby Glover, Jo Miles, Nancy Bunyan, Saranya Hasler, Anne Farmer and Sarah Harris) also finished strongly, placing 2<sup>nd</sup> team in the second division and consequently have been promoted to the first division for the next season! Both teams have also shown great form in the MACCL so far. The U11 boys team, although not scoring sufficient matches in the North Staffs league overall, have also put in some superb performances. James Doorbar received a silver medal and the team a bronze medal in the Cheshire Championships (James Doorbar – 2<sup>nd</sup>, Thomas Roberts – 5<sup>th</sup>, Eddie Mills – 17<sup>th</sup>). The team have also achieved some excellent results so far in MACCL, and I'm sure will have a great overall team placing!

The attendance and team finish positions for all the league matches completed so far are summarised below (NT=No team due to insufficient runners to score):

### North Staffs:

\*2<sup>nd</sup> division

Match	U11B	U11G	U13B	U13G	U15B	U15G	U17B	U17G	SM*	SW*
Winsford	6(1 <sup>st</sup> )	2(NT)	1(NT)	6(1 <sup>st</sup> )	2(NT)	2(NT)	0	1(NT)	3(NT)	7(3 <sup>rd</sup> )
Stafford Common	2(NT)	4(3 <sup>rd</sup> )	4(3 <sup>rd</sup> )	6(1 <sup>st</sup> )	1(NT)	2(NT)	1(NT)	1(NT)	4(5 <sup>th</sup> )	7(2 <sup>nd</sup> )
Park Hall	6(3 <sup>rd</sup> )	4(3 <sup>rd</sup> )	1(NT)	5(1 <sup>st</sup> )	2(NT)	1(NT)	2(NT)	2(NT)	9(1 <sup>st</sup> )	8(3 <sup>rd</sup> )
Leek High School	5(6 <sup>th</sup> )	4(1 <sup>st</sup> )	1(NT)	7(1 <sup>st</sup> )	2(NT)	2(NT)	1(NT)	2(NT)	6(4 <sup>th</sup> )	9(2 <sup>nd</sup> )
<b>Overall</b>	NT	NT	NT	<b>1st</b>	NT	NT	NT	NT	NT	<b>2nd</b>

Congratulations to the following athletes with an individual placing in the North Staffs League (NSCCL):

U11 Boys: James Doorbar (7<sup>th</sup>), Thomas Roberts (8<sup>th</sup>), Roan Elliot (20<sup>th</sup>).

U13 Boys: Finley Proffitt (6<sup>th</sup>)

U15 Boys: Harry Simpson (10<sup>th</sup>), Robert Finnis (15<sup>th</sup>)

U17 Men: Allen Bunyan (7<sup>th</sup>)

U11 Girls: Eme Noakes (10<sup>th</sup>), Ruby Spencer (11<sup>th</sup>), Amy Whelan (31<sup>st</sup>)

U13 Girls: Sian Heslop (1<sup>st</sup>), Stephanie Moss (3<sup>rd</sup>), Shona Williams (9<sup>th</sup>), Alex Horne (14<sup>th</sup>), Josie Elliot (15<sup>th</sup>), Eve Cobey (17<sup>th</sup>)

U15 Girls: Emily Lowery (2<sup>nd</sup>)

U17 Women: Louisa Whittingham (6<sup>th</sup>)

Senior Men: Rob Hasler (26<sup>th</sup>)

Senior Women: Daisy Pickles (18<sup>th</sup>), Liz Smith (26<sup>th</sup>, 3<sup>rd</sup> V45), Jo Miles (30<sup>th</sup>, 2<sup>nd</sup> V50), Saranya Hasler (61<sup>st</sup>)



## Cross Country Report (cont'd)

### MACCL:

Match	U11B	U11G	U13B	U13G	U15B	U15G	U17B	U17G	SM	SW
Woodbank Park	N/A	N/A	3(2 <sup>nd</sup> )	5(4 <sup>th</sup> )	1(NT)	2(NT)	0(NT)	1(NT)	11(18 <sup>th</sup> )	6(10 <sup>th</sup> )
Sherdley Park	4(1 <sup>st</sup> )	1(NT)	3(3 <sup>rd</sup> )	3(4 <sup>th</sup> )	0(NT)	1(NT)	1(NT)	1(NT)	10(16 <sup>th</sup> )	7(12 <sup>th</sup> )
Boggart Hole	3(3 <sup>rd</sup> )	2(NT)	2(NT)	4(3 <sup>rd</sup> )	0(NT)	1(NT)	0(NT)	1(NT)	9(12 <sup>th</sup> )	8(3 <sup>rd</sup> )
Heaton Park	2(2 <sup>nd</sup> )	2(NT)	2(NT)	4(3 <sup>rd</sup> )	1(NT)	0(NT)	0(NT)	1(NT)	10(17 <sup>th</sup> )	11(3 <sup>rd</sup> )

N/A – not applicable.

The Cheshire Championships took place for the first time at Bolesworth near Chester on 3 January. It was a stunning venue and a good course with plenty of mud and a unique water feature for the final lap of the senior men's race – a mini fountain to run through! The brilliant U13 girls team picked up gold medals with Sian also picking up an individual bronze. As mentioned previously the U11 boys also picked up a team bronze. The senior men's team finished 5<sup>th</sup>, their best placing in the Cheshire championships for a number of years! The senior women's team finished 8<sup>th</sup> too. Top 10 individual performances were seen for Eme Noakes (9<sup>th</sup> U11G), James Doorbar (2<sup>nd</sup> bronze U11B), Thomas Roberts (5<sup>th</sup> U11B), Sian Heslop (3<sup>rd</sup> U13G), Stephanie Moss (4<sup>th</sup> U13G), Lauren Robinson (5<sup>th</sup> U13G), Shona Williams (6<sup>th</sup> U13G), Peter Goodfellow (9<sup>th</sup> U13B), Finley Proffitt (10<sup>th</sup> U13B), Emily Lowery (7<sup>th</sup> U15G), Louisa Whittingham (8<sup>th</sup> U17G) and Callum Ahern (10<sup>th</sup> U17B).

There are too many individual performances across all age groups to specifically mention, so apologies if you haven't been mentioned! If you have competed, you have helped contribute to a fantastic performance by Macclesfield Harriers in two very competitive but different leagues. Hopefully your running throughout the rest of the year will benefit from taking part in cross country.

Thanks to the senior men and women who have turned out in great number for the season so far (21 men and 21 women). Some for the first time. Liz Smith has done incredibly well in her first season for the club, finishing 3<sup>rd</sup> V45 in the North Staffs league. Jo Miles also performed very strongly in the NSCCL, finishing as 2<sup>nd</sup> V50. Mark Walker put in an excellent performance in the Cheshire Championships, finishing 14<sup>th</sup> overall. Rising star for the senior men's team has to go to Rob Hasler who has made a tremendous improvement over the course of the season, finishing 19<sup>th</sup> in the Cheshire Championships – definitely one to watch out for next season!

Finally, some club members have also been selected to compete for Cheshire in the inter-counties championships (7<sup>th</sup> March, Cofton Park, Birmingham) – Good luck! Not all will be running, but the following placed high enough in the Cheshire Championships to be entered for the event:  
U13B - Peter Goodfellow and Finley Proffitt. U17M – Callum Ahern. U13G – Sian Heslop, Stephanie Moss, Lauren Robinson, Shona Williams. U15G – Emily Lowery. U17G – Louisa Whittingham. SW – Olivia Walwyn.

2 photographs have been removed for display on the website  
in line with the club's child protection policy

## Cross Country – My First Experience!

**I**t was Saturday 10<sup>th</sup> January 2015, and I had decided before Christmas that I would like to have a go at cross country, never having experienced it before!

I set about devising my own little training routes in the Bollin Valley and asked amongst the 'E' and 'D' groups if anyone else was interested in giving it a try, and would like to join me for a bit of mud training. I got a few positive responses, so off we went.

Luckily, Bob & Pauline had organised a cross country technique training session between Christmas and new year, which was very useful, and then the week before the cross country event myself and Julie Smith, another first-timer, did the Lyme Park Parkrun which we thought would be a really good way of replicating the conditions for cross country. It was a good course, with some hills and some mud, but a bit shorter than the cross country course, but still, we felt quite well-prepared.

Back to the 10<sup>th</sup> January. It was with some trepidation that we turned up as arranged at the Leisure Centre overflow car park to meet for car-sharing to go to our first Cross Country event.

Julie and I travelled with Nina Moss, who along with Daisy Pickles has taken on the role of organising the ladies cross country teams for the Harriers. The event was being held at Heaton Park and was the third race in the series of the Manchester and District Cross Country League.

It was a dry afternoon with a biting cold and strong wind and when we arrived at Heaton Park we found the Harriers 'encampment' at the top of a very exposed hill close to the start/finish. Julie and I were shivering so much with cold or nerves, not sure which, but probably both, that we couldn't keep still. After a short warm up it was time to remove all our outer layers! This was quite traumatic, as then we could really feel the effect of the wind-chill.

Within a couple of minutes the race had started and we were off! Three laps of the course to be completed, making a total of 5 miles. There was a

mixture of terrain, some hills; up and down, some wet boggy sections and plenty of mud. There were all abilities of runner taking part, and a huge range of ages. I particularly admired some of the 'older' ladies who'd obviously been running cross country most of their lives, and who looked a lot tougher



and harder than me, dressed in their singlets and shorts!

Out on the course we had great support from other Harriers who were competing in the men's race later and also from Bob & Pauline Lynch who were officiating.

The finish was at the top of a climb which is never what you need at the end of a race, and it meant that every last drop of energy I had was used up by the finish line. I seem to remember Pauline telling us at the training afternoon, that this was the ideal way to finish!

Cross country is a great team event and the Harriers ladies were very welcoming and supportive. We had coffee and cake afterwards, so it reminded me of our Saturday morning group runs in that respect. When the results were published Julie and I were pleased to see that we'd contributed to the Ladies Vet C Team points, and we didn't come last, not even close!

I'd recommend having a go at cross country. It's great for your fitness and you meet some really lovely people and you get to eat cake! What's not to like?

**Alison Gunn**

## CROSS DISCIPLINE CHALLENGE 2015

**New** Year is a time for making resolutions and for deciding to do something new. And in many ways, the spring marks the start of the new running season. Yes, some club members have been out competing through the winter months, but other than cross country meets, fixtures are generally few and far between.

This will all change in the next few weeks. The warmer weather (hopefully) and lighter nights will bring with them a wide variety of on and off road events, whether that is club training nights or competition. It's that time again to try something new or to decide what your focus will be on for the summer season.

The club is unusual in the breadth of its activities. Someone will prove me wrong, but I struggle to think of another club locally that competes actively in all of road, fell, track and



field, and cross country. Whether you are relatively new to running or a seasoned old hand, there is never any harm in taking advantage of the breadth of the club's activities and venturing off your usual terrain. The club calendars for the various disciplines for 2015 have now been published, so please do start getting dates in your diaries.

At the moment at least six athletes have completed the challenge for 2014 and this number may rise by the time the cross country season is over and yours truly has finished going through last year's club

championship tables (more of you have competed, so there's more to do – which of course is a good thing). This is an improvement on past years,

particularly as another half dozen or so members are likely to have competed in three of the four disciplines. Names will be revealed at the awards evening in March.



In the same spirit as the recent relay event at the track, the cross discipline challenge exists to promote cross-over between the different sections of the club. For those of you who are new to the club, and as a reminder to everyone else, it involves competing twice in each of the four disciplines in which the club participates and in addition helping the club in some other way over the course of the year. This might mean coming to two local road and two local fell races, running two cross country races over the winter, doing two events at a track and field meet, and marshalling the Macc Half. The only restriction is that the events you compete in have to be in the existing club championships.

**Chris Bentley**



## Membership Secretary's Rumblings

Hi all, spring is on its way which means the rain is slightly warmer and more plentiful, but then you wanted to test that new kit you got for Christmas anyway. As we all know, it's never as bad once you get out the door.

I'd like to welcome the following new members to the club and wish them all good luck in their athletics.

Alison	Glover	Super Veteran Lady
Olivia	Walwyn	Senior Lady
Sarah	Bujac	Veteran Lady
Lynda	Cook	Super Veteran Lady
Susannah	Musgrave	U15 Girl
Kate	Ritchie	Senior Lady
Mark	Pilling	Veteran Man
Ethan	Nevett	U15 Boy
Gregory	Bradshaw	Senior Man
Catherine	Mather	Super Veteran Lady
Tim	Marsh	Veteran Man
Samantha	Kyriacou	U15 Girl
Daniel	Robinson	U11 Boy
Katy	Dudley	Junior Lady
Kate	Jenner	Senior Lady
Henry	Mitchell	U11 Boy
Robert	Gittins	Super Veteran Man
Jane	Dow	Veteran Lady
Sam	Rankin	U13 Boy
Guénaëlle	Savre-Piou	Senior Lady
Alison	Barlow	Senior Lady
Judith	Amey	Super Veteran Lady
Louise	Roberts	Super Veteran Lady

Annette	Davies	Veteran Lady
Jill	Perkins	Super Veteran Lady
Glynis	McLeod	Veteran Lady
Helen	Cox	Super Veteran Lady
Sue	Lord	Super Veteran Lady
Sue	Gilliver	Super Veteran Lady
Shona	Day	Super Veteran Lady
Emma	Tennant	Super Veteran Lady
Yvonne	Hewitt	Super Veteran Lady
Helen	Dewhurst	Super Veteran Lady
Richard	Baguley	Senior Man
Joy	Blyth	Super Veteran Lady
Jane	Pal	Super Veteran Lady
Roslyn	King-Smith	Super Veteran Lady
Damian	Lacey	Veteran Lady
Andy	Devine	Super Veteran Man
Philippa	Reed	Senior Lady
Sheona	Goodhall	Veteran Lady
Venessa	Hilton-Watts	Super Veteran Lady
Lisa	Kirkland	Super Veteran Lady
Carol	Lax	Super Veteran Lady
Rhiannon	Mallard	Super Veteran Lady

Just back from the last of the Manchester League XC – (hard work if you've been on hols and not run for a couple of weeks) – where there were some excellent performances by all who were there, notably the U13 Girls, U11 Boys and Ladies teams. As I said last time it's noticeable how well we do as a club when we get a good turnout. I'd particularly like to thank – on behalf of all those who ran – the course marshals (especially Bob!) and other officials who are there early morning in the cold and rain to mark the course and sort out admin, and don't leave until the last runner has finished in the last race, then they've got the results to sort out, queries and so on. It's much appreciated.

## Membership Secretary's Rumblings (cont'd)

Hopefully we'll see plenty of Harriers out at the upcoming road and fell races, spring is a great time to get a few races done to test yourself and prepare for tougher challenges in the summer.

There was an excellent turnout at the Alsager 5 recently : It'd be really good to see some of the C, D, E group runners out at some of the other local road, trail and fell races, don't worry about how you think you'll get on, just have a go and enjoy it! There are several lists of forthcoming events in this mag and online, and email, post on the website forum or on Facebook if you want any more info, or want to share a lift etc., someone will know the answer or be able to help.

Those training for spring marathons seem to be getting the miles in, build steadily, stay injury free, and have a rest week when you think you need it, and enjoy the day (well, the last 6 miles might be hard work, but less so if you've trained well!)

Hope to see you all out and about,

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)

### ***Off Road Training Session - Mon 20<sup>th</sup> April at the Edge***

You are invited to join a club training session consisting of repetitions, loops and hill climbs.

**Where** – meet in the main National Trust car park at Alderley Edge from 6.30pm for a 6.45pm start.



After a group warm up we will divide into groups to try out various circuits.

No age or ability limits - just the desire to have a go is all that is required.

If the ground is likely to be wet underfoot, you are advised to wear shoes that will give you grip, such as Walsh or other types of trail shoes.

So come along, spread the word, share lifts and bring cake for afterwards.

For more information or better still offers of help -

**Contact Pauline or Bob Lynch 829229** [pauline\\_lynch@hotmail.com](mailto:pauline_lynch@hotmail.com)

## Club Constitution 2015

The Club's Committee has recently been reviewing the club constitution and has made some changes which will be proposed at the next AGM (Friday, 20 March, 2015).

A copy of the proposed new constitution is shown below. If any member has any comments on it, then please contact the club secretary, Clare Finnis, at [secretary@macclesfield-harriers.co.uk](mailto:secretary@macclesfield-harriers.co.uk) before the AGM.

### Macclesfield Harriers and Athletic Club Rules and Constitution 2015 (DRAFT)

1. **TITLE** – the club shall be called Macclesfield Harriers & Athletic Club and shall be affiliated to the National Governing Body.
2. **CLUB COLOURS** – the colours of the club shall be a maroon vest with a silver diagonal.
3. **OBJECTIVE** – to promote and participate in all branches of athletics and to provide suitable training, accommodation, coaching and competition for all members.
4. **HEADQUARTERS** – Macclesfield Athletics Track, Macclesfield Leisure Centre, Priory Lane, Macclesfield, Cheshire. SK10 4AF
5. **MEMBERSHIP** – Open to all over 9 years of age, either as a competing or non- competing member. Application for membership shall be on the official form, complete with all relevant details, signed by the applicant/ guardian, and with the appropriate fee.  
All competing members shall be amateurs as defined by the UKA rules for Competition
6. **MANAGEMENT** – the club shall be managed by the elected officials and officers (the management committee). This comprises the 4 officials (chair, vice chair, treasurer, and secretary) plus other officers, ALL of whom shall be elected at the Annual General Meeting. This management Committee shall be empowered to elect further officers from time to time, as circumstances dictate.
7. **MANAGEMENT MEETINGS** – main management Committee Meetings shall be held at least every 3 months in any given year. It may be necessary for sub-committees to meet more often, the frequency of these meetings being decided by the sub-committees.
8. **ANNUAL GENERAL MEETINGS** – these shall be held each calendar year at a time and place fixed by the Committee for the following purposes:
  - a) To receive from the Treasurer the report, balance sheet and statement of accounts for the preceding financial year.
  - b) To receive the Chairman's and the Secretary's reports for the preceding year.
  - c) To elect the Chairman, Vice Chairman, Secretary, Treasurer, and Committee, as stated in rule 6, for the coming year.
  - d) To appoint a qualified accountant to review the accounts for the year.
  - e) To deal with any specific issues notified by the Committee or raised by the members as detailed below.
  - f) Notice of the AGM shall be posted on the club's website and shall be published in the club's magazine at least 28 days before the meeting is due to be held.  
If any member wishes to move a resolution or to submit nominations of officials at the AGM, the member shall give notice thereof in writing or electronically to the Secretary not less than 21 days before the meeting. The Secretary will then issue the detailed agenda for the AGM prior to the meeting.
9. **EXTRAORDINARY GENERAL MEETINGS** – these shall be called by the Secretary provided that the reasons shall be stated in writing or electronically by at least 20 members over the age of 14

who shall each sign the motion and forward it to the Secretary at least 28 days before the meeting is to be held.

The Chairman is entitled to call an Extraordinary General Meeting in consultation with the Secretary in certain circumstances.

10. **QUORUM** – for Committee Meetings – this shall consist of a min. of 5 members, 2 of whom shall be club officials; plus at least 3 other officers. For the AGM it shall consist of at least 20 members, present and eligible to vote.
11. **VOTING** – this shall be by show of hands (or by ballot in the event of more than one nomination for officials) at the AGM. In the event of a tie the Chairman shall have the casting vote. Only paid up, first claim members, aged 14 years or over shall be eligible to vote.
12. **FINANCE** – The financial year runs from 1<sup>st</sup> January to 31<sup>st</sup> December:  
An annual subscription will be levied on all members.
  - a) The amount of the subscription shall be set by the Committee each year and agreed at the AGM. In cases of severe financial hardship representation may be made to the Membership Secretary. Confidentiality shall be respected at all times.  
For competing members an additional levy to the appropriate national body may be required.
  - b) All monies belonging to the club shall be paid into an appropriate bank account : the account being entitled Macclesfield Harriers and Athletic Club.
  - c) All purchases made on behalf of the club shall be made only after agreement in the normal Committee procedure by at least a quorum as defined in rule 10; with the exception of standard stock items.
  - d) The Treasurer, and two other authorised signatories are allowed to sign cheques on behalf of the club up to a limit of £450 (amount to be reviewed annually at the AGM). For amounts above £450, all cheques must be signed by at least 2 of the authorised signatories.
  - e) The Treasurer's accounts shall be reviewed by a qualified accountant appointed at the AGM. The qualified accountant shall not be a member of the Management Committee.
  - f) Other accounts as deemed necessary by the Committee may be set up in order to accommodate the needs of any sections of the club.
  - g) In the event of impending dissolution of the club, an Extraordinary General Meeting shall be held in order to determine the distribution of the club's assets to organisations with similar aims.
13. **TERMINATION OF MEMBERSHIP** – the Management Committee, after due consideration, shall terminate the membership of any member for:
  - a) Any conduct likely to bring the club into disrepute.
  - b) Failure to adhere to any rules of the club.
  - c) Six months in arrears of subscriptions.  
Notice of termination in writing or electronically must be sent to such member at their last known address.  
In the case of non-payment of subscriptions as defined here the national authority shall be notified of that individual's name and address which may prevent the member from joining another club.
14. **RESIGNATION** – a member intending to resign and join another club as a first claim member shall give notice in writing or electronically to the Membership Secretary and the membership shall terminate from the date of receipt of the notice. In addition the appropriate notice of first claim club change will need to be completed.

*(Continued on page 40)*

## **Macclesfield Harriers and Athletic Club**

### **Rules and Constitution 2015 (DRAFT cont'd)**

It may be necessary for the Secretary to write to the ex-member's new club in order to assure that club that all membership fees were paid up at the time of resignation. There will be no refund of subscriptions.

15. **AFFILIATION** – the Management Committee shall decide to which bodies, leagues, or associations the club shall be affiliated.
16. **ALTERATIONS TO THE CLUB RULES AND CONSTITUTION** – these rules can only be altered by serving a written notice upon the Secretary setting out the rules to be altered, deleted or added, giving the names of the proposer and the seconder who shall sign the notice. These rules can only be altered at the AGM or at the EGM convened under rules 8 and 9 and they require a simple majority vote from members present.

**Bob Lynch**

**November 2014. (version 4)**

## **Don't Half Love Running?**

Entries for the 14<sup>th</sup> Macclesfield Half Marathon and 5k have opened and the events will take place on Sunday 27<sup>th</sup> September.

One of the great things about the day is that there is an event for everyone! Over 17s can enjoy the Half Marathon, over 13s have an opportunity to compete in the 5km road race and of course there is the Fun Run for under13s.

The races will again start at Macclesfield Athletics track. Registration and bag storage will be held at the Leisure Centre sports hall.



The organising committee have once again chosen East Cheshire Hospice as the main beneficiary and would love to see the donations this year reach over £10,000.

This event is made possible by the support of many Macclesfield Harriers and their willing family members who volunteer, and without whom, the event would not be the great success it is. For anyone not taking part in a race please put the date in your diary. If you want to find out more about the event please visit [www.macc-half.co.uk](http://www.macc-half.co.uk)

Carl Hanaghan



## Tim Marsh - 100 Parkruns!

I have a bit of an unusual running history, in that I never really liked running very much and despite being relatively fit and active, playing a lot of sports when I was younger, notably cricket and then getting into outdoor and adventurous activities such as; walking, climbing, mountain biking, surfing etc.

I hadn't run or competed in any events until I agreed to take on an Iron Distance Triathlon in 2011. So in January 2011 I got into training; swimming 3 mornings a week, riding a (borrowed) road bike and running 2 or 3 times a week. I built up all 3 disciplines and took part in a couple of shorter distance triathlons before completing the Outlaw in July 2011 in 12:55, running/walking/struggling through a 5:21 marathon!! I carried on running after this but struggled to make time to train/work at swimming & biking as well so I just ran! I did the Macc Half in 2011, the Greater Manchester Marathon in 2012 (PB 3:46:53) and then I've done the Macc Half every year since then (PB in 2013 1:43:40) as well as Manchester Marathon again in 2014. I've also been back to the Outlaw, in Nottingham at the National Watersports Centre, as part of a relay team, running the marathon in 2013 and doing the swim & the run in 2014.

My parkrun 'history' starts in April 2012 and I honestly can't remember how I first heard about it or why I started out at Bramhall. My very first run was 22:46 and (not running every week) it took me till November to break that PB when I ran 22:39 on my 40th Birthday!!



I also introduced my wife Bridget, daughter Amy (10) & son Thomas (8) to parkrun and we have all run together a few times.

I eventually got my Bramhall PB down to just outside 22 minutes and in the meantime Congleton had started and I'd broken 22 minutes there, PB of 21:55. Then this year, having started running with Harriers 'C' group before Christmas and 'B' group in January I managed to get my Bramhall PB down to 21:32 and just recently I ran my best ever 5K at Congleton, 21:06.

In total I've done 80 runs at Bramhall, 10 at Congleton, 4 at Woodbank, 2 at Pontefract (close to my parents') and then 1 each at Cheadle, Wythenshawe, Lyme Park and Lanhydrock. The latter 2 probably being the 2 toughest courses I've run, maybe that's a National Trust themed thing, both are large estates, hence 1 lap courses with off-road trails, hills and a mix of terrain!

I really enjoy Bramhall because despite being one of the 'bigger' parkruns in terms of numbers it retains the sense of 'community' that parkrun is all about. There is always good support for everyone, the core event team are great and the marshals are always friendly & encouraging.

Having now joined the club my aims for this year are about running more events and (probably) not running another marathon this year, but my biggest target is to one day try to break 3:30 for the marathon and maybe even take on an Ultra. I don't think I'll ever manage another Iron Distance Triathlon, but you never know!!

**Tim Marsh**

## KEEPING THE CLUB RUNNING ...

### Volunteer spotlight



**Over** the next few issues we are planning to feature some of the dedicated Harriers who give up hours of their time to play a part in making sure that Macclesfield Harriers runs smoothly. The club is run entirely by volunteers, some of whom you may know as coaches, but others who work entirely 'behind the scenes' doing a vast array of both major and minor tasks. These unsung heroes deserve a pat on the back. But just how much do you really know about them?

Our first feature is on two members who were very reluctant to be in the limelight but, due to the staggering amount of work that they have done for the club over the years, they didn't have much of a say in the matter.

**Bob and Pauline Lynch** have been involved with Macc Harriers for over 30 years, and have been instrumental in making it the popular and diverse club that it is today.

Initially from Cambridge, Bob was a 'reasonable' 400 & 800m runner at school but between the ages of 22-27 played a lot of football. Pauline, from Buckinghamshire, played hockey at school and later for Wycombe Ladies. After meeting at a paper making company where they both worked, they married in the 60's and moved to Cheshire. Several moves later- Scotland, Bucks where Pauline joined a local jogging club, and Devon where they ran a pub for several years, they ended up back in Cheshire with their two children, in 1983 in the middle of the road running boom. The whole family joined Macc Harriers in 1984, when, (pre track) training was based at various school playing fields in the area.

Pauline ran the London Marathon in 1983 and did so for the next 4 years. (Not to be outdone Bob tried for a place, but was rejected year after year). Other marathons and half marathons, 10miles, 10k's and some track races followed for both of them before Pauline endured major

back surgery in 1987.

During the 80s both Pauline and Bob were actively involved in helping run Harriers but when the two senior coaches died within months of each other they were forced to take up coaching in 1989. Between 1990 and 1993 they both took a number of coaching qualifications.



For the next 8 to 9 years Bob and Pauline alone ran the Track and Field coaching with just the occasional session with coaches from other clubs. During this time they took athletic teams to Open Meetings.

Bob, became Club secretary in 1984 and was in this post for 5 years. Still running but plagued with achilles problems, Bob helped the club to organise races - the Astbury 10, Fairhouse 5, Teggs Nose fell race, the Macc Half and Full Marathons and the Langley 7, which in those days were all run as a series. Today he continues to serve on the Macc Half Committee in an enabling role.

Having lost his job in 1989 Bob took on the running of the Cheshire Cross Country League

## KEEPING THE CLUB RUNNING ...

### Volunteer spotlight (cont'd)



for 5 years. When it was disbanded and the Manchester League was formed Bob became Chairman and is still involved with this league today.

Between 1993 and 1995 Pauline served on the committee of the Cheshire County Athletics Association, Bob soon followed. He became Chairman for a 3 year period and still continues to represent the club on the CCAA committee. In 1995 Bob started the annual summer Startrack course and has taken responsibility for organising and running it every year since. This has been the first introduction to athletics for many of our 'younger' members for the last 20 years. Although he has said it before, Bob is adamant that this will be his last year, so if anyone out there is willing to take on this mantle please get in touch.

Bob became a working member and a trustee of the Macclesfield Track appeal helping to specify the layout and equipment with the track finally opening in 1999. Bob is still a trustee of the charity, (now renamed MADF-Macclesfield Athletics Development Fund) which is fundraising for an indoor multisport facility to be built next to the clubhouse, which will be a major asset, particularly during the winter months.

Between 1993 and 1999 Pauline studied for an Open University degree in Biology, Brain and Behaviour whilst continuing to work for Astra Zeneca in electronic data capture. Bob took planned early retirement from Evode, manufacturers of Evostick in 1999, whilst Pauline only finally retired in 2009.

Not one to rest on his laurels Bob has been a Track and Field tutor for the last 10 years and was instrumental in setting up the joint T and F County Championships with Cheshire and Greater Manchester.

Throughout his 30 years as a committee member at Macc Harriers Bob has held numerous positions. He was Chairman for a couple of years, together with Track and Field Manager, Cross Country Manager and Schools Liason Officer. He has passed these posts on to other members but still holds Welfare Officer and Development manager posts. He is still involved with Schools Cross Country and can be found marking out the course for the schools events. Pauline has also been club Welfare Officer and in both 2011 and 2012 Pauline ran the London Marathon again, just to prove she could 'still do it'.

Somewhere amongst all this they found the time to go to the Olympic Games in Barcelona, Sydney and London as well as last years' Commonwealth Games in Glasgow. They also make frequent visits to see their grandchildren in Harrogate.

Never one to sit still, in the summer months Pauline can often be seen at a track somewhere in the NW setting new age records in both track and field.

Pauline and Bob still coach on Tuesday and Thursdays at the track, and lead D Group runs twice weekly. They also run a weekly off road session for juniors. They both officiate during the track and field season, frequently make sandwiches for officials, pop to the wholesalers for catering supplies as well as advise, support, praise and encourage the club and its members. In short, wherever there is a gathering of Harriers you will frequently find either Bob, Pauline or both of them, where they may be coaching, managing, supporting, officiating or competing, and doing their very best to ensure that Macclesfield Harriers does its best.

**Den Masset**

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**Pilates Instructor** – Mark Leah

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**Sport Psychologist** – Roger Kirby

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## WEEKLY TRAINING TIMES

Group Name	Group Contacts	Meeting Time/Place	Distance & Pace
<b>A Group</b>	James Noakes (01782 443042) jimgetdownshep@aol.com	Monday and Thursday evening 6.30-8.00pm at the overflow car-park behind the Leisure Centre	7-9 miles at sub 7½ min/mile
<b>B Group</b>	Sarah Harris - sahstaff@aquinas.ac.uk Julian Brown - julian.brown@astrazeneca.com	Monday nights 6.30-8.00pm Oct-Mar meet Leisure Centre car park. Monday nights Apr-Sept 6.30-8.00pm meet Tegg's Nose top car park. Thursday evening 6.30-8.00pm meet at overflow car park behind Leisure Centre.	7-9 miles at 7-8 min/mile
<b>C Group</b>	Rich Pankhurst (0772 2687799) richard.pankhurst@airbus.com Steve Barker (07770 993124) stephencharlesbarker@yahoo.co.uk Phil Gaskell (07873 763944) pjgask@aol.co.uk	Monday and Thursday evening 6.30-8.00pm at the overflow car-park behind the Leisure Centre	5-7 miles at 7½-9 min/mile
<b>D Group</b>	Bob & Pauline Lynch (01625 829229) pauline_lynch@hotmail.com  Neil Gunn (07786 855027) neil.gunn@gmail.com	Wednesday and Friday evening 6.30-8.00pm at the overflow car-park behind the Leisure Centre. Saturday morning 9.00-10.30am contact Neil for meeting place	4-6 miles at 8-10½ min/mile
<b>E Group (Beginner Group)</b>	Wendy Boardman (07879 477627) or Jenny Airey (07969 741139)	Saturday 9.00-10.30am Usually Riverside Park, Bollin Valley (check with Wendy)	3-4 miles at >10 min/mile – depends upon group ability

### **FELL RUNNING**

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

### **TRACK & FIELD**

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

Tuesday & Thursday 6.00 – 7.00pm

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

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

Tuesday & Thursday 6.30 – 8.00pm

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

### **CROSS COUNTRY**

Cross country and off road sessions for teenagers

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

# Macclesfield Harriers And Athletic Club

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

## CLUB OFFICIALS

Club President	Bob Lynch	01625 829229
Chairman	Vacant	
Vice Chairman	Keith Mulholland	kmulholland64@gmail.com
Secretary	Clare Finnis	01625 850085
Treasurer	Neil Gunn	01625 611802

## OTHER OFFICERS

Ladies' Road & Cross Country mgr	Nina Moss	07773 608 670
Ladies Track & Field Team mgr	Daisy Pickles	daisypickles@hotmail.co.uk
Track and field manager	Kevin Ranshaw	kevinranshaw@virginmedia.com
Borough Council Liaison	Bob Lynch	01625 829229
Schools Liaison Officer	Bob Lynch	01625 829229
Magazine Editor	Alison Gunn	01625 611802
Membership Secretary	Julian Brown	01538 306837
Website Co-ordinator	John & Nancy Bunyan	01625 424564
Club Colours (Kit)	Trevor Longman	01625 871744 or 07944 897842
Junior Athletes Waiting List mgr	Judy Brown	01625 421560
Club Development Manager	Bob Lynch	01625 829229
Coaches Representative	Becky Alvarez	07960 626377
Men's Track & Field Captain	Ashley Pritchard	01625 617734
Fell Running Representative	Barry Blyth	01625 424129
Road Running Manager	Keith Mulholland	kmulholland64@gmail.com
Men's Cross Country Manager	James Noakes	01782 443042
Junior Cross Country Manager	Vacant	
Club Statistician	Nicky Tasker	nickytasker38@gmail.com
Welfare Officers	Bob & Pauline Lynch	01625 829229
Race Signs Manager	Dave Jackson	07786 673746
Legal Advisor	John Hirst	
Auditor	Vacant	
Publicity Officer	Scott Wilson	07562 744147
Catering Representative	Vacant	
Webmaster	Vacant	



# MACCLESFIELD HALF MARATHON

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