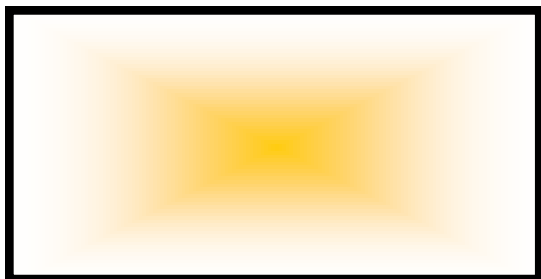


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SEPT 2012



Contents

Page 3	Starting Lines
Page 4	Forest 5 Charity Run - Report
Page 6	Olympic Report
Page 7	Road Running Group Structure
Page 9	Road Running Group Guidelines
Page 11	Cross Discipline Challenge
Page 12	Minutes of Committee Meeting
Page 14	Harriers Success in Summer Series - Report
Page 15	Club Records
Page 16	Macclesfield Half Marathon
Page 17	Tegg's Nose Fell Race - Report
Page 18	North of England & Cheshire Track & Field Leagues - Update
Page 21	UKA: Young Athletes League become...
Page 23	Track & Field Calendar
Page 24	Fell Runner's Wednesday Nights
Page 24	Fell Running Report
Page 25	Olympic Legacy Event
Page 26	Recipe - Olympic Athlete
Page 28	Road Running Reports & Results
Page 36	Membership Secretary's Potterings
Page 38	Update on Various Club Activities
Page 39	Club Track & Field Awards
Page 39	Club Development Day
Page 42	Weekly Training Times
Page 43	Club Contacts

Our cover photo shows Simon Sloane coaching the javelin at the Olympic Legacy Day.

Thanks to Graham Flack for allowing us to use this photograph.

Next Issue – December 2012

Please submit any articles or photographs to gomacclesfield@hotmail.com
by **Sunday 18th November.**

Magazine Issue

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

Starting Lines...



September has come around again a bit too quickly for my liking. The summer, such as it was, has been and gone.

However, we've been treated to the most fantastic Olympics and Paralympics. Our sportsmen and women performed brilliantly, winning medal after medal in all sorts of events. So who could fail to be inspired by the likes of Jess Ennis, Mo Farah and Greg Rutherford, not to mention our cyclists and rowers among many other sports people too numerous to mention.

And now it's all over, and we've got our voices back after all the screaming at the television, what shall we put our energies into?

Well, there's the annual Macclesfield Half Marathon on Sunday 30 September. This year, for the first time, we are organising a 5k race as well as the 13.1 miler (21k). So this could be your opportunity to try a competitive race at a short distance. Something you don't have to run too many miles to train for. Why not have a go? You can enter on the day at the track. Or if you're unable to run this year, how about volunteering to help.

If you enjoy running in the hills nearby, then perhaps the annual Langley 7 race is for you. It's always a popular event, organised by Macclesfield Harriers, and is known for its friendly atmosphere. It's a bit more of a challenge, but an enjoyable one, and there's the temptation of tea and homemade cakes afterwards!

So, go on, try running something different this autumn. You never know what you've been missing...

Alison Gunn - Editor
15 Beech Hall Drive, Macclesfield
Tel : 01625 61802
Email: gomacclesfield@hotmail.com

God Smiles on the Righteous

Report on Forest Five Charity Run, 18th July 2012

On the evenings before and after this year's Forest Five, the rain fell and it was dark by 8pm. But on the actual day, the sun shone and all was well with the world. A record turnout (92, one more than last year) enjoyed warm and sultry conditions and the usual plague of flies. One marshal reported that she was fly-free until the sweaty runners arrived bringing the swarms with them. Everyone finished the race this year; no-one was ill or was injured, so our safety systems were not tested. Our sweeper so enjoyed chatting to the group of friendly girls at the rear of the field that he has already volunteered to repeat the exercise next year. Damian Nichols was first man home but was closely pushed by Simon Harding. Steph Curtis was first woman, beating last year's winner Helen Evans in second place.

The donations came not only from the runners; marshals added to this year's collection. £462 was put into the entries pot. I sent off £16 to UK Athletics as their unattached runners levy. This is the price we pay for getting a race licenced and insured. But I was able to take down £446 to East Cheshire Hospice for which they were duly grateful. If anyone has a particular local charity that is just as deserving, I am more than willing to consider spreading our support.

The Interclub Challenge was this year extended to Goyt Valley Striders and they duly provided a good turnout. Congleton, even though it is their shield originally, do not seem too keen on this event and struggles to get much interest from its members. The counter attraction of the Staffs Moorlands Summer Series reduces interest from the south. We had entrants this year from Stockport, Vale Royal and Bellevue so there are opportunities to extend our challenge in this direction.

I have had interesting feedback on the scoring system for the Interclub Challenge. If we are to present the shield on the night (desirable) I need a very simple system of calculating a winner immediately. So this year it was the positions of the first 10 runners from each club. However it was pointed out that the efforts of the girls are not represented. This is absolutely true; not one female was a counter (except for Congleton who only brought 5 runners). I had reduced the counters from the original 15 to help Congleton. So what do I do to correct this? Do I go back to 15 counters (this starts to include some women) and forget Congleton or maybe take 10 male and 3 female counters from each club and have a dedicated finish line official with a brain the size of a planet?

An interesting development is afoot within the club and its associates. A group of

local fell races is now being staged on an annual basis, each with its own 'organiser' who feels an ownership that engenders an undying enthusiasm. These organisers are being helped by an equally dedicated set of volunteers who gladly split their time between running and marshalling. Whilst the club does not take direct responsibility for these races, it supports its members' efforts by providing signage, numbers, drinks equipment and first aid cover. This grass-roots workforce should be appreciated, supported and fostered. It is all rather exciting.

My thanks go out to all the marshals, helpers, officials and runners who made this event happen. Next year's race will probably take place on Wednesday 17th July 2013. I hope to see you all there.

Peter Nolan

Finish Position	Name	Time
2	Simon Harding	34.12
3	James Noakes	36.41
7	Mark Messenger	38.48
9	Digby Harris	39.10
12	John Mooney	39.59
13	Andrew McEvoy	40.03
16	Julian Brown	40.20
17	Steve Swallow	40.28
25	Mike Nelson	42.05
26	Tim Walton	42.20
32	Helen Evans	43.23
36	Carl Taylor	44.52
37	Jamie Plumb	44.55
44	Marc Bradford	46.10

Finish Position	Name	Time
45	Philip Barnes	46.33
48	Dave Walker	47.42
51	Stephen Picken	48.29
52	Martin Rands	48.29
54	Peter Vince	48.42
56	David James	48.59
58	Colin Ardron	49.12
59	Melanie Head	49.12
60	Jo Miles	49.16
68	Barrie Sanderson	50.29
72	Angus Tennant	51.27
80	Richard Pankhurst	54.26
83	Nancy Bunyan	55.12

Finish positions and times of all Macclesfield Harriers runners who took part.

8th August 2012 – Olympic Stadium



Our morning at the Olympics started with appetisers of decathlon, pole vault and women's hammer qualifiers before a main course of the men's 5000m heats and dessert of the women's 800m heats.

From the start there was plenty of action. Events were taking place all over the field and it was hard to know which way to look. A new British record in the hammer got the crowd going and the pole vault was a brilliant spectacle, but the atmosphere went up a notch when a certain hero of Super Saturday entered the stadium just below us, smiling and waving to the crowd. He even got massive cheers just for warming up! Everyone was thrilled that we were going to see him run, although a little apprehensive as to whether he'd had enough chance to recover from the 10,000m.



When the gun went the crowd roared as the runners set off and a wave of noise then followed the runners as they ran round the track in a fairly tight group. There was a fair amount of jostling and we just hoped Mo could keep out of trouble and do enough to qualify. But there was no reason to worry as he held his position brilliantly and although he did look a little tired towards the end we had a brief glimpse of his kick as he finished third, comfortable qualifying for the final. And we all know what happened there!

After all that excitement, and the second 5000m heat we were also privileged to watch a bit of history as the first female runner from Saudi competed in the 800m heats. She finished last but to see her compete was just as inspiring.

Now if I can just find out what those guys eat for breakfast – maybe I can run just a bit faster!...

Dave Larkin

Road Running Group Structure

The Road Running Group Leaders met in July to discuss how the Road Running Groups are set up and to develop some guidelines for consistent group operation. The outcome of the meeting is now published on the website and is shown below:-

Macclesfield Harriers & A.C. has a series of groups to support and develop runners of all abilities. Each group operates to the same set of guidelines but to different pace and distance standards. The groups are structured to allow a progression to a higher group as ability improves. Group members are encouraged to develop and progress through the group structure, to compete for the club and to help at club events.

The leaders will meet again in October to discuss movement between groups, competing and the possibility of a quarterly road runners event.

Contact Details

Group Name	Group Contacts	Meeting Time	Distance & Pace
A Group	TBA – temporarily contact B group	Monday and Thursday evening 6.30-8.00pm at the overflow car-park behind the Leisure Centre	7-9 miles at sub 7½ min/mile
B Group	Fran Swallow (01625 827355) family_swallow@hotmail.com Jon Falkner (07973 629639) jon@mediafour.co.uk	Monday and Thursday evening 6.30-8.00pm. Meet at the overflow car-park behind the Leisure Centre. The Monday meeting is at Tegg's Nose Car Park from April-September	7-9 miles at 7-8 min/mile
C Group	Rich Pankhurst (0772 2687799) richard.pankhurst@airbus.com Dave Jackson (07786 673746) jacksondave@live.co.uk	Monday and Thursday evening 6.30-8.00pm at the overflow car-park behind the Leisure Centre	5-7 miles at 7½-9 min/mile
D Group	Bob & Pauline Lynch (01625 829229) p_lynch@hotmail.com	Wednesday and Friday evening 6.30-8.00pm at the overflow car-park behind the Leisure Centre	4-6 miles at 8-10½ min/mile
Beginner Group	Neil Gunn (07786 855027) neil.gunn@gmail.com	Saturday 9.30-11.00am at Riverside Park, Bollin Valley	2- 4 miles at >10 min/mile– depends upon group ability

This table appears again at the back of the magazine on page 42.

Group Structure – more details

Beginner Group - this is the group for real beginners who initially may/may not be Macclesfield Harriers & A.C. club members and is set up as a 'Run England' group which is free to join. Neil Gunn currently runs this group (as a qualified Run England Group Leader) on a Saturday morning at 9.30am. The aim of the group is to take beginners from 'nothing' (walking) to being able to run ~4 miles at ~10 min/mile pace and to encourage them to move into the 'D' group at Macclesfield Harriers.

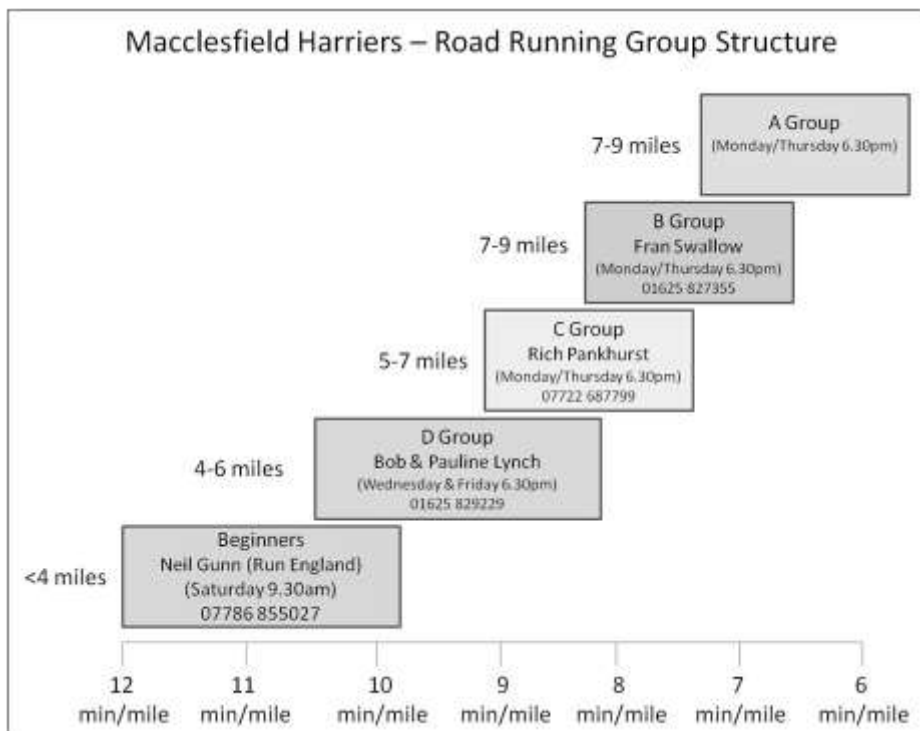
D Group - this is the group that Bob and Pauline Lynch (qualified leaders) run each Wednesday and Friday evening at 6.30pm from the overflow car park behind the Leisure Centre. The group aim is to take people from the Beginner group and develop them ready for the next level. This group will run 4-6 miles at paces from 8-10½ min/mile with 'loop-back' to keep the group together. Group members will be encouraged to take part and represent the club in races

C Group - this is the group that Richard Pankhurst & Dave Jackson (qualified leaders) runs each Monday and Thursday evening at 6.30pm from the overflow car park behind the Leisure Centre. The group aim is to take people from the D group and develop them ready for the next level. This group is also a good starting point for people with previous running experience or are looking to run with a group. This group will run 5-7 miles at paces from 7m30s-9min/mile with 'loop-back' to keep the group together. Group members will be encouraged to take part and represent the club in races

B Group - this is the group that Fran Swallow or Jon Faulkner (qualified leaders) runs each Monday and Thursday evening at 6.30pm. This group meets at the overflow car park behind the Leisure Centre. (The Monday meeting is from Tegg's Nose car park in the summer (April – September) – there will be some 'off road' running involved and suitable footwear is required). The group aim is to take people from the C Group and develop them as far as possible. This group will run 7-9 miles at paces from 7- 8 min/mile with 'loop-back' and reps. Group members will be encouraged to take part and represent the club in races

A Group - this group runs each Monday and Thursday evening at 6.30pm and is self-managing until a group leader is identified. The group aim is to take people from the B Group and develop them as far as possible. This group will run 7-9 miles at paces from 6 - 7 min/mile. Group members will be encouraged to take part and represent the club in races

The diagram below shows the way the groups are connected :-



Road Running Group Guidelines



The following guidelines are adopted by each road running group to ensure safety, enjoyment, inclusion, personal development & competition.

1. The nominated Group Leader is responsible for the safe operation of the group
2. Group runners are responsible for their own safety and also for the safety of fellow runners
3. If the group leader is not present or unable to continue then the group must select a new leader within the 'senior' members present and continue to follow the group guidelines
4. The leader must ensure before the start of the run that each member is fit

...(cont'd on page 10)

Road Running Group Guidelines (cont'd)



to take part (it is the responsibility of each member to declare illness or injury)

5. The group will carry out a 'dynamic warm-up' prior to starting to run
6. The leader will note the number of runners at the start and finish of the run
7. The leader will agree a route for the run with the members
8. The leader will carry a means of communication (normally a mobile phone) for emergencies
9. The pace of the group will be dictated by the needs of the slowest runner
10. The group must stay within contact of all members with no more than 100 metres separating the front and rear runners unless a 'split' has been agreed with the leader. Faster runners should 'loop back' or wait when they are 100 metres ahead
11. The group must approach all roads and road junctions with caution and only cross when safe to do so
12. Group members will wear reflective clothing when running in the dark and protective clothing in cold/wet weather
13. Group members will not wear earphones (for iPod/MP3 players)
14. On 'cross-country' routes the group will follow the country code using permitted footpaths and rights of way ensuring all gates are closed and livestock is not compromised
15. Country roads with no footpaths will only be used in daylight hours and runners must be in single file facing oncoming traffic
16. Runners unable to continue due to injury or illness will be escorted back to the starting point by another group member or wait for a member of the group to return with transport
17. Minor injuries or accidents arising during the run must be reported to the group leader
18. The group leader will seek medical assistance in the event of a serious injury or accident by calling 999
19. The group leader will encourage group members to move up a group when appropriate
20. The group leader will encourage participation in events (especially club championship events)

Cross Discipline Challenge

The excitement of the Olympics is now fading, and with it the memory Greg Rutherford, Jessica Ennis and Mo Farah within an hour reminding the country at large in their achievements that Track & Field is much much more than a 9 point something second dash. In the same way that Track & Field is all the richer for the variety of disciplines in which British athletes excelled, the club is all the richer for the breadth of running disciplines which it caters for.

It was in this spirit that the cross discipline challenge was conceived about 12 months ago, and although it has started small, it has provided a prompt for some to enter track, road or fell events either for the first time or for the first time in a number of years. I for one have enjoyed the challenge of doing something different.

The track and field season, like the summer, might be at an end but road and fell running continues, and the autumn heralds the start of the cross country season, the fourth element of the challenge.

Whether your natural habitat is the road, fells or cross country, it's not time to hang up your running shoes until the warmer weather returns, instead it's time to pick your events for the winter months and enjoy being part of the club.

The focus of the challenge is on participation, but the 2012 challenge has been based around the events included in the club's existing championships. It doesn't matter whether you are running competitively, for general or for the first time, as all the events cater for a very broad range of abilities (if you don't believe me, look up last year's results on the internet...) The table shows the various club races open to senior athletes over the coming months.

Chris Bentley

Date	Name	Type	Categor y	Distance	Pre entry required ?
Sun-02-Sep	Cheshire League - Colwyn Bay	T&F	T&F		
Sat-15-Sep	Lantern Pike	Fell	S		
Sat-29-Sep	Winsford (North Staffs)	XC	XC		
Sun-07-Oct	Conington	Road	L	1/2 mara	Yes
Sat-20-Oct	Heaton Park (Manchester League)	XC	XC		
Sat-27-Oct	Park Hall, Stoke (North Staffs)	XC	XC		
Sat-10-Nov	Sherdley Park (Manchester League)	XC	XC		
Sat-17-Nov	Tour of Pendle	Fell	L		
Sat-17-Nov	Stafford Common (North Staffs)	XC	XC		
Sat-24-Nov	Cheddleton	Road	M	10k	
Sun-25-Nov	Famous Grouse	Fell	S		
	Wythenshawe Park (Manchester League)	XC	XC		
Sat-01-Dec	Leek (North Staffs)	XC	XC		
Sun-09-Dec	Stockport	Road	L	10 mile	Yes - By 1 Nov
Sat-05-Jan	Cheshire Cross Country Champs	XC	XC	Venue TBC	Yes
Sun-13-Jan	Boggart Hole (Manchester League)	XC	XC		
Sat-26-Jan	Northern championship - Knowsley	XC	XC		Yes
Sun-10-Feb	Woodbank Park (Manchester League)	XC	XC		
Sat-23-Feb	English championship - Sunderland	XC	XC	Venue TBC	Yes

Macclesfield Harriers Committee Meeting 30/08/2012

Attendees: Bob Lynch, Kevin Ranshaw, Neil Gunn and John Mooney.
Apologies for absence from Phil Cheek, Phil Barnes and George Fisher.

Item 1: Finance

Neil Gunn said that income from member fees is slower than last year and the main reason is that there are a large number of members whose membership subscriptions are overdue. This issue will be the main focus of the next committee meeting because it has become very serious. Club members have not received their England Athletics (EA) membership cards and it was agreed that, in future, we must aim to submit membership subscriptions to EA more promptly. There should be quarterly submissions of membership fees to EA. The plan is to send the large annual payment at the end of May with interim payments each quarter which would be end Aug, end Nov and end Feb. It is vital that we find a way to improve the way that we record our membership database so that we may keep a tighter control of membership.

Bob Lynch (BL) said that he is going to ask Julian Brown (Membership Secretary) to extract the names of the non payers from the membership database.

Item 2: Indoor Sports Hall

Bob Lynch stated that following a review of indoor facilities at other sites and writing to the main contact at CE, the trustees of the Macclesfield Athletics Development Fund (MADF) have decided to spend £5,000 for an architect's study on the cost and feasibility of an indoor training facility near the track. We are confident that East Cheshire Council will agree to front a bid to the National Lottery to fund this facility. Now that the Olympics have finished their surplus funds are no longer going to be claimed for that purpose and there is a strong feeling upon the veteran fund raisers of the MADF that we should bid for a large chunk of money for a facility which will be run by the council in the same way that they obtained £500,000 plus to build the track and landscape the site in and around the track.

Item 3: Proposals for Youth Development Leagues 2013. Impact on other leagues

Kevin Ranshaw (KR) said that the club is in the Young Athletes League but that league is going to go out of existence this year. In addition, the National Junior League for u/20s is being wound up. In their place a National Development League is going to replace both of these leagues. The club would be expected to compete in a U13/U15 league and a U17/U20 league. Kevin feels that we, as a club, should enter teams at both of these levels in our own name. There is a caveat over the U17/U20 team because not enough athletes support the club at this age level. In addition, we must

recognize that, by entering 2 teams there will be a big impact on the existing commitments of club officials. It is vital that we train up more officials in order to share the workload.

BL commented that this commitment will impact upon other legacy commitments. For example the U20s will be expected to compete in the Northernns. BL has discussed the issue of the lack of athletes at the U17/U20 level with other clubs. Warrington will struggle to field an U17/U20 team. Crewe and Nantwich do not have enough U17/U20s. Halton and Frodsham have enough U17s but not enough U20s. Salford Mets can only field an U13/U15 team. This whole problem is caused by this age group going off to Uni en masse.

BL said that we should hang on until the last possible moment before entering U13/U15 and U17/U20 teams but, in principle, we should try to stand on our own 2 feet. He also underlined the fact that we just do not have enough coaches to meet our commitments.

George Fisher sent a submission to the meeting which reiterated KR's points and stressed that if there is to be a meaningful legacy from the Olympics then we must encourage teenagers in the U17/U20 age group to join the club in order that we may implement the club development plan. He stressed that we should only look outside the club to make up the numbers as a last resort.

Item 4. Forthcoming events

Coming up are the fell relays, the Senior Road Relays, the Macclesfield Half Marathon and the Langley 7. BL said that another marshal is needed for the Road Relays. BL also commented that entries are down for the Half Marathon so far. He also said that flyers for the Langley 7 should be handed out at the Half Marathon.

Item 5. Presentation of track and field awards

BL said following a commitment to hold the T&F awards at the end of each season, due to other commitments, the date for this presentation must be Saturday 22nd September. We need to book the track for the afternoon and hold a mini competition in order to add a bit of interest to the proceedings.

J B Mooney 02/09/2012 (Note: Next meeting Thursday 4th October)



Some more images from the highly successful Legacy Event. Thanks to Graham Flack for allowing us to use them.

Harriers Success in Summer Series

Once again the Staffordshire Moorland Summer Series of 10 off road races proved successful for both Male and Female Macclesfield Harriers.

Five athletes completed seven races to place in the overall rankings and to earn themselves a souvenir t-shirt! The races covered various terrain from fast and flat, hilly and runnable, mountainous (from a cross country runner) and un-runnable, to unbearably hot and very cold and wet. This covers the months of June until August at Tittesworth water, Biddulph Grange, Buxton, Wetton, Rudyard, Roaches, Cheddleton, Shutlingsloe, Oakamore Hilly and Leek Cricket Club. For most of us we had to run at the races that we could to make our seven races and therefore little choice existed to select our favoured location.

In the Men's field Andy Lamont and Mat Bigley regularly finished with the leaders in each race performing well across all terrains. In the end Andy finished an impressive 2nd man overall just edging out Mat who finished 3rd overall. John Mooney who sometimes raced on a Wednesday night before these Thursday night races showed his strength and fitness to finish first male vet 50.

In the ladies event, both myself (Anne) and Andrea (Frost) managed to persuade each other to race the following week to keep us both going for seven races. This was especially difficult after our first cold, wet, windy and hilly race at Buxton in early June. We enjoyed our weekly evening outings and both managed to perform well. I managed to finish first senior lady and Andrea finished first veteran lady 45.

A few other Macclesfield Harriers raced during this series although were unable to complete seven races for the final scoring. These are friendly and enjoyable races which usually start around May half term each year. Look out for them on the Staffordshire Moorlands AC website for next year.

Anne Farmer

Club Records

Please note that the link to the Macclesfield Harriers Club Road and T&F Records can now be found easily on the Macclesfield Harriers Website under "About the Club" >> Club Records.

Also, from now on I am going to be keeping records for 5-year vet age categories for the T&F records, so please do keep me posted if you are competing in T&F events as there are quite a few records that need to be recorded (and let me know of any historical ones).

Thanks Rachael

Rachael Lawrance 01625 423940 rachael.lawrance@gmail.com

New Club Records - 2012

T&F				
Female U20	400m	Seren Bundy-Davies	55.8	July 12
Female U20	1500m	Danielle Wallis	4.42.4	May 12
Female U20	3000m	Danielle Wallis	10.34.4	May 12
Female U20	1500m Steeplechase	Danielle Wallis	5.10.8	June 12
Female U20	Pole Vault	Jennie Hughes	3.30m	May 12
Female V60	800m	Pauline Lynch	3.45.3	July 12
Male V45	3000m	James Noakes	9.35.1	July 12
Male V65	3000m	Barry Blyth	11.17.5	July 12
Road				
Male V45	Half Marathon	James Noakes	1.13.40	Mar 12
Male V45	Marathon	James Noakes	2.41.22	Apr 12
Male V55	20 Mile	Martin Platt	2.16.14	Mar 12
Male V60	10K	Barry Blyth	39.19	Apr 12
Male V60	10 Mile	Barry Blyth	1.05.39	July 12
Male V60	20 Mile	Dave Tucker	2.44.10	Mar 12
Male V60	Marathon	Dave Tucker	3.44.11	Apr 12
Male V65	5 Mile	Barry Blyth	32.46	Feb 12
Male V65	10K	Barry Blyth	39.19	Apr 12
Male V65	10 Mile	Barry Blyth	1.05.39	July 12
Female V60	Half Marathon	Cynthia Chapman	2.06.00	Jan 12
Female V65	Marathon	Pauline Lynch	4.29.46	Apr 12

Macclesfield Half Marathon - Sunday 30 September 2012

With only a couple of weeks to go, the plans and preparations are well underway for this year's 11th Macclesfield Half Marathon and 5K on September 30th. As many of you know, the race is not just a first class road running challenge, it is also a fundraiser that to date has donated over £80,000 to local charities.

In addition to the profits that the race donates, many runners individually raise sponsorship for our nominated charity which this year, like others before, is the East Cheshire Hospice. In the past, individual sponsorship has raised £11,124.12 for the Hospice and to recognise this tremendous effort, this year we would like to reward our highest individual sponsorship fundraisers with the gift of a T-shirt signed by the comedian John Bishop.



For Sport Relief John Bishop completed a gruelling extreme triathlon from Paris to London and in the process, raised an incredible, record breaking £3,412,261! We are not expecting anyone to go quite this far (!) but we would sincerely like to encourage our entrants of both the Macclesfield Half and the 5K to run for the Hospice, and compete for the honour of being our biggest individual fundraiser.

We have three signed T-shirts and one each will be given to the highest male, female and under 17 fundraiser.

So good luck everyone!

Jo Papadimitriou

Tegg's Nose Fell Race – Saturday 11 August 2012

Whether it was the weather; the fact it didn't clash with Borrowdale for once, or Olympic euphoria, we were taken by surprise by a record entry this year, with 145 runners turning up to complete this testing course around the beautiful Tegg's Nose.



Tim Walton

The ground was pretty well baked, suggesting a few fast times, but Simon Bailey's record remains intact. The lead changed a few times between Jack Ross, Simon Harding and Calder Valley's Jason

Williams, but Jack took the win by 40 seconds with Staffs Moorlands taking the team prize.



Andrew McEvoy

Despite the heat (and it was HOT), there were only 2 retirements.

A healthy cheque for East Cheshire Hospice completed the latest successful running of

the race, now in it's 30th year. Thanks to all those who marshalled and helped out; to the landowners for their ongoing support and all those who took part; hope you're inspired to come again next year.

Simon Cartledge



Digby Harris




Pete Nield

Tegg's Nose Fell Race - Macclesfield Harriers finishing positions and times

Finish Position	Name	Category	Time
2	SIMON HARDING	M	55:47:00
9	JAMES NOAKES	MV40	59:59:00
18	DIGBY HARRIS	MV40	63:16:00
22	STEFAN PHILLIPS	M	63:55:00
26	JOHN MOONEY	MV50	65:14:00
33	PETER NIELD	M	67:12:00
36	STEVEN MILLAR	M	68:50:00
37	ALAN WARDLE	MV50	69:06:00
42	ANDREW MCEVOY	M	71:03:00
53	MARTIN MALLET	MV40	71:54:00
62	TIM WALTON	MV40	73:38:00
73	BRIAN MacFADYEN	MV50	76:32:00
87	DAVID JAMES	MV40	78:30:00
112	COLIN ARDRON	MV60	83:33:00

North of England Track & Field League 2012 League Positions to Date

Subject to scrutiny

		TOTAL LEAGUE POINTS	TOTAL MATCH POINTS	MATCH 1		MATCH 2		MATCH 3		MATCH 4		
				League Pts	Match Pts	League Pts	Match Pts	League Pts	Match Pts	League Pts	Match Pts	
	Div 1 Team Cheshire East Athletics	28	1706	7	398	7	502	7	417	7	389	Promoted
	4W 2 Oldham & Royton Harriers & AC	19	1113	6	293	4	259	5	288	4	273	Promoted
	3 Isle of Man 'B'	17	887	1	5	5	292	6	313	5	277	
	6 Stockport Harriers & AC	14	903	4	229	6	312	3	247	1	115	
	7 Chorley AC	13	912	3	201	3	236	1	185	6	290	
	5 Bradford Airedale AC	11	838.5	5	240	1	169	2	214.5	3	215	
	4 Salford Metropolitan AC	10	827	2	200	2	198	4	247	2	182	

Macclesfield Harriers are competing as part of 'Team Cheshire East Athletics' in the above league and have been promoted.

McCain Young Athletes League 2012

Subject to Scrutiny		After Match 3 17/06/2012							
		TOTAL LEAGUE POINTS	TOTAL MATCH POINTS	MATCH 1		MATCH 2		MATCH 3	
				League Pts	Match Pts	League Pts	Match Pts	League Pts	Match Pts
1	Warrington AC	18	2118	6	665	6	734	6	719
2	Macclesfield Harriers and AC	15	1897	5	550	5	676	5	671
3	Liverpool Pembroke Sefton	12	1559.5	4	469	4	575.5	4	515
4	Salford Mets AC	8	1367	3	420	2	439.5	3	507.5
5	Halton and Frodsham AC	7	1279.5	2	406	3	444.5	2	429
6	Menai Track and Field	3	1059	1	369	1	338.5	1	351.5

CHESHIRE TRACK AND FIELD LEAGUE 2012

WOMEN

		TOTAL	Match 1	Match 2	Match 3	Match 4
1	East Cheshire Harriers & Tameside AC	561	202	163	196	
2	Crewe and Nantwich AC	550	175	169	206	
3	Macclesfield Harriers	496	156	191	149	
4	Colwyn Bay AC	493	169	157	167	
5	Trafford AC	467	136	159	172	
6	West Cheshire	451	99	185	167	
7	Deeside AAC	429	161	163	105	
8	Dash AC	419	135	123	161	
9	Salford Mets	397	137	128	132	
10	St. Helens Sutton AC	373	136	95	142	
11	Stockport Harriers	359	147	130	82	
12	Bury AC	356	95	190	71	
13	Manchester Harriers	342	136	95	111	
14	Halton & Frodsham AC	206	73	63	70	
15	Menai Track & Field	182	64	65	53	
16	Vale Royal AC	169	69	50	50	
17	Altrincham & District AC	106	33	27	46	
18	Handforth & Wilmslow AC	37	0	15	22	

CHESHIRE TRACK AND FIELD LEAGUE 2012

MEN

		TOTAL	Match 1	Match 2	Match 3	Match 4
1	Crewe and Nantwich AC	786	267	259	260	
2	East Cheshire Harriers & Tameside AC	666	242	220	204	
3	Macclesfield Harriers	598	178	209	211	
4	Dash AC	585	217	191	177	
5	Colwyn Bay AC	539	158	187	194	
6	West Cheshire	487	146	184	157	
7	Trafford AC	486	155	130	201	
8	Salford Mets	421	172	107	142	
9	Bury AC	372	131	176	65	
10	St. Helens Sutton AC	317	152	94	71	
11	Deeside AAC	310	131	97	82	
12	Manchester Harriers	302	116	76	110	
13	Menai Track & Field	287	96	115	76	
14	Halton & Frodsham AC	284	93	94	97	
15	Stockport Harriers	266	86	78	102	
16	Vale Royal AC	252	71	91	90	
17	Altrincham & District AC	201	59	55	87	
18	Handforth & Wilmslow AC	159	29	46	84	

UNDER 11s

		TOTAL	Match 1	Match 2	Match 3	Match 4
1	Crewe and Nantwich AC	335	113	108	114	
2	West Cheshire	319	103	99	117	
3	East Cheshire Harriers & Tameside AC	289	102	89	98	
4	Salford Mets	273	101	89	83	
5	Dash AC	253	98	63	92	
6	Bury AC	232	64	99	69	
7	Manchester Harriers	213	96	56	61	
8	Colwyn Bay AC	206	62	77	67	
9	Trafford AC	205	61	71	73	
10	Macclesfield Harriers	201	41	86	74	
11	Halton & Frodsham AC	188	68	43	77	
12	Vale Royal AC	171	68	34	69	
13	Stockport Harriers	153	50	57	46	
14	Handforth & Wilmslow AC	143	43	40	60	
15	Menai Track & Field	133	18	65	50	
16	Altrincham & District AC	114	28	40	46	
17	St. Helens Sutton AC	76	44	10	22	
18	Deeside AAC	64	40	12	12	

CHESHIRE TRACK AND FIELD LEAGUE 2012 - OVERALL

			<u>Men</u>	<u>Women</u>	<u>TOTAL</u>
1	Crewe and Nantwich AC		786	550	1336
2	East Cheshire Harriers & Tameside AC		666	561	1227
3	Macclesfield Harriers		598	496	1094
4	Colwyn Bay AC		539	493	1032
5	Dash AC		585	419	1004
6	Trafford AC		486	467	953
7	West Cheshire		487	451	938
8	Salford Mets		421	397	818
9	Deeside AAC		310	429	739
10	Bury AC		372	356	728
11	St. Helens Sutton AC		317	373	690
12	Manchester Harriers		302	342	644
13	Stockport Harriers		266	359	625
14	Halton & Frodsham AC		284	206	490
15	Menai Track & Field		287	182	469
16	Vale Royal AC		252	169	421
17	Altrincham & District AC		201	106	307
18	Handforth & Wilmslow AC		159	37	196

THE UKA: YOUNG ATHLETES LEAGUE BECOMES...

Proposals have now been confirmed for the new league which is to replace the UKA: YAL for 2013.

The **Youth Development League** is the result of considerable consultation across the country and, whilst maybe not a perfect solution, is the proposed way forward for 2013. Clearly, experience may result in further changes/enhancements in due course.

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

U13/U15 (Known as the Lower Age Group)

The day would run similar to the YAL we currently know, but as only 2 age groups are competing the day would be shorter – currently envisaged to run from around 12.30pm until 5.00pm – with the ability to hold extra events for U13, currently proposed as Javelin on a rotational basis.

There would be the "A" and "B" string athletes as now and no non-scorers.

It is proposed that there would be 4 fixtures per year, with the as yet unconfirmed dates for 2013 shown overleaf...

- Saturday 04/5
- Saturday 01/6
- Saturday 22/6
- Saturday 13/7

There would be a National Final (as in the YAL) scheduled for the first Saturday in September.

U17/U20 (Known as the Upper or Higher Age Group)

This is scheduled as a potentially long day (11.00am start on the track and 17.35pm finish), but events could be combined to possibly shorten the day depending on the numbers of athletes present (although it's not clear how feasible this will prove to be).

Here the league includes features not seen in YAL, e.g. non-scoring events.

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

Accordingly, clubs could enter strong U17s in the U20 part of the competition if desired. U20 athletes could not be included in the U17 part of the competition.

Non-scoring 100m races would be included (to allow relay runners an extra run) and further non-scoring events may be added in future (mainly depending on the impact on fixture timing).

Again 4 fixtures per year are proposed with the unconfirmed dates for 2013 being:

- Sunday 28/4
- Sunday 02/6
- Sunday 30/6
- Sunday 28/7

The National Final would follow the Lower Age Group on the Sunday.

The club intends entering each League for next season, but will be reliant on you – the athletes – to step forward to compete, especially in view of the numbers currently in the club in respect of the Upper Age Group. There will also be greater pressure on officiating duties, so any extra help would be welcomed.

As soon as more information becomes available details will be circulated to Team Managers/shown on the noticeboard in the clubhouse at the track. A further article will also appear in the next issue of the magazine.

Meanwhile, if you require any further details please contact **Kevin Ranshaw (01625 616483 or kevinranshaw@tiscali.co.uk).**

TRACK & FIELD CALENDAR OF EVENTS—2012/13

SEPTEMBER			
Sun 2nd	T&F: Cheshire League: Round 4 Colwyn Bay, Eirias Park (LL29 8HG)		All
Sun 9th	T&F: Junior Multi-Events Macclesfield	10.30	All Pre-entry
Sat 15th	North West Road Relays Northwich, Marbury Park (CW9 6AT)		
Sat 29th	Cross Country: North Staffs XC League Round 1 Winsford, Knights Grange (see www.nsccl.co.uk)	12.30	All
Sun 30th	Macclesfield Half Marathon, 5K and Fun Run	10.00 + 10.15	
OCTOBER			
Sun 7th	Indoor Sportshall: North West League Round 1 Widnes, Kingsway Leisure Centre (WA8 7QH)	12.00	U11/U13/ U15
Sat 20th	Cross Country: Greater Manchester League Match 1 Manchester, Heaton Park (M25 2SW)	12.00	Not U11
Sat 27th	Cross Country: North Staffs XC League Round 2 Stoke, Park Hall Country Park (see www.nsccl.co.uk)	12.30	All
NOVEMBER			
Sat 10th	Cross Country: Greater Manchester League Match 2 St Helens, Sherdley Park (WA9 5DE)	12.00	Inc U11
Sun 11th	Indoor Sportshall: North West League Round 2 Macclesfield not in this round - shown for completeness		Not Macclesfield
Sat 17th	Cross Country: North Staffs XC League Round 3 Stafford, Stafford Common (see www.nsccl.co.uk)	12.30	All
Sat 17th	Indoor T&F: Northern Open Meeting 1 Sheffield, English Institute of Sport	11.00	U15 - Senior
DECEMBER			
Sat 1st	Cross Country: Greater Manchester League Match 3 Manchester, Wythenshawe Park (M23 0AB)	12.00	Inc U11
Sat 8th	Cross Country: North Staffs XC League Round 4 Leek, Westwood High School (see www.nsccl.co.uk)	12.30	All
Sat 8th	Indoor T&F: Northern Open Meeting 2 Sheffield, English Institute of Sport	11.00	U15 – Senior
Sun 9th	Indoor Sportshall: North West League Round 3 Widnes, Kingsway Leisure Centre (WA8 7QH)	12.00	U11/U13/ U15

TRACK & FIELD CALENDAR OF EVENTS—2012/13 (CONT'D)

JANUARY 2013			
Sat 5th	Cross Country: Cheshire Championships Venue TBC		
Sun 13th	Cross Country: Greater Manchester League Match 4 Blackley, Boggart Hole Clough (M9 7DH)	12.00	Inc U11
Sat 26th	Cross Country: Northern Championships Venue TBC		
Sun 27th	Indoor Sportshall: North West League Round 4 Crewe – Exact venue TBC	12.00	U11/U13/ U15
FEBRUARY 2013			
Sun 10th	Cross Country: Greater Manchester League Match 5 Stockport, Woodbank Park (SK1 4JR)	12.00	Inc U11
Sat 23rd	Cross Country: English Championships - Sunderland		
MARCH 2013			
Sun 3rd	Indoor Sportshall: North West League Final Widnes, Kingsway Leisure Centre (WA8 7QH)	12.00	Qualification needed

Fell Runner's Wednesday Nights - schedule

All runs start at 7pm prompt. Check the calendar on the website for more information.

Sep 26 St Dunstons, Langley
 Oct 3 Duke of York, Burbage
 Oct 10 Crag, Wildboardlough
 Oct 17 Boars Head, Higher Poynton
 Oct 24 Wizard / adjacent to NT car park, Alderley Edge
 Oct 31 Teggs Top Car Park / Park Tavern Macclesfield
 Nov 7 Digby's Orienteering, venue TBC
 Nov 14 Heronry, Trentabank / St Dunstan
 Nov 21 Beehive, Combs
 Nov 28 Hanging Gate, Higher Sutton

Fell Running Report

The Wednesday Night Fell Champs have come to a glorious finish last Wednesday with the running of the annual Polly Lander Orienteering event. This was once again won by Simon Harding who also took the overall title with 6 perfect scores! Well done Simon!

Last week also saw the culmination of Barry Blyth's attempt to be the English V65 Champion. Weasdale was the venue and in a very tight competition, Barry needed to be 1st V65 home to win outright or face a long trip to the North East for the final race of the series and fight it out with his fellow competitors Dave Tait and Keiran Carr.

In great conditions, Barry stormed home in 75:50 with Dave Tait (Dark Peak), coming in at 77:58 and Keiran Carr (Clayton) in at 79:29. So, Barry is now officially the fastest V65 in the country. Well deserved and we look forward to you getting the ale in at the FRA dinner in November.

Philip Barnes

Olympic Legacy Event – Saturday 25 August 2012

What a great day of sport we had at Macclesfield Athletics Track! Our sincere thanks go to all of you for the hard work you put into making the event so successful. The event was supported by the Macclesfield Athletics Development Fund, Macclesfield Harriers, England Athletics and Aviva Startrack.



We had close to 100 young athletes participating in the coached athletics sessions during the day, most of them trying out events for the first time - who knows we may have inspired the next Jessica Ennis or Usain Bolt to take up athletics. Certainly the turnout exceeded our expectations and after the general warm up sessions, the athletes were soon enjoying learning their new skills - the coaches and assistants did an excellent job (thank you!) coping with the high numbers and ensuring everyone enjoyed themselves. We had around 50 people taking part in the mini-orienteeing, organised expertly by Phil Cheek, Neil Gunn and Phil Barnes and 12 teams in the 10K relay - so all in all an excellent turnout and plenty stayed to enjoy the BBQ (thanks to the Carter family and friends).



We had about 40 volunteers during the day, from all sections of the club, and each and every one of you played a key part in the success of the day.



Many of the parents commented on how great it was that their children had an opportunity to take part in events they had been watching so recently at the Olympics.



Thanks also to Canalside Radio for providing us with some great music throughout the afternoon.

To view more photos of the event go to :
<http://www.flickr.com/photos/neilgunn/sets/72157631248364356/>

Barbara Murray

Recipe - Olympic Athlete

Ingredients: needed in varying proportion according to discipline. In no particular order...

Positive mental attitude and self belief: needed in abundance, particularly for those days when things don't go to plan; you pull your hamstring three days before your big event, it's pouring with rain outside and you have to train, you have to get up when it's still pitch dark (and raining) in winter in order to fit in your training etc etc etc.

Large dash of obsession, dedication and single mindedness: again, to keep you going when things are tough, but also to get you through the guilt of trying to fit training in around family and work commitments. (May need to mix with a spoonful of selfishness.) Promises of compensation at a later date may be required in order to keep the peace. Next ingredient very useful.

Supportive family and friends: can make all the difference.

Good school sport: kindle the passion early on.

High quality training: such as that available at Macc Harriers! Get help from someone who knows what they're talking about.



Competitive streak: Absolutely fundamental; the thicker the better. Think Ben Ainslie!

Regular sports massage: Don't let those niggles become injuries.

Good physiotherapist: For when they do!

First class diet: Will differ according to discipline requirements but is absolutely essential.

Natural ability: A great help, but no good without other ingredients.

Plenty of rest: to allow recovery and repair. Growth hormone is released during stage 4 sleep (we have 5 stages) so healthy sleep patterns are vital for repair work and muscle development.

Plenty of fast twitch muscle fibres: for you sprinters, hurdlers, high jumpers, long jumpers and generally explosive types!

Plenty of slow twitch muscle fibres: for the distance runners amongst you. There is increasing evidence that training may have more of an impact on muscle fibre types than was previously thought, so don't despair if you are built like a rugby player but want to run marathons...you may never win gold, but there's no reason you can't take part.



Good cardiac efficiency: Apparently Bradley Wiggins has stupendous cardiac efficiency. You can't change the heart you're born with (well, not for the sake of sport!) but you can improve its efficiency with correct training.

Good equipment: correct footwear being one of the most important factors where athletics is concerned.

Sponsorship/ lottery funding/ independent income !: Sadly there is no question that funding makes a huge difference. Increased government funding in the years leading up to 2012 certainly paid dividends for the British teams. Let's hope it continues.

Have I missed anything? I'm sure you can add to the list.

Like me I'm sure many of you watched more television in the Olympic fortnight than you have done for the past few years. I was so moved and inspired by the courage, skill, determination and humility of the athletes taking part. What courage it takes to put yourself forward to compete, knowing that the dreams constructed during years and months of training can be shattered in moments. For me it was a showcase not only for the brilliance of the human body, but also the human spirit. Let's hope it does indeed inspire a generation.

Judith Cooper

**Judith Cooper is the Sports Massage Therapist at John Honey Physiotherapy, 150-152 Cumberland Street, Macclesfield. 01625 500777
Contact her directly on 07932794420 or coopej@hotmail.co.uk**

Road Running

Cheshire Grand Prix and Club Championship Road Race Series

<u>Cheshire Grand Prix race or not</u>	<u>Race Distance Category</u>	<u>RACE</u>	<u>DATE</u>
GP	long	Macclesfield Half Marathon	Sunday, 30th September, NOT A CLUB CHAMPS RACE
	long	Congleton Half Marathon	Sunday 7th October, 09.30am NO ENTRY ON THE DAY
	medium	Cheddleton 10K	Saturday 24th November, 2.00pm
	long	Stockport 10 mile	Sunday 9th December, 10.00am NO ENTRY ON THE DAY

Scoring rules for the Cheshire Grand Prix

Best 5 races to count for the team event and best 4 races to count for the individual event.
Scoring system : Points are awarded on the finishing position within the GP on the following basis;

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

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

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

Rules for the Club Championships

Separate championships for men and women.

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

All finishers receive a point.

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

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

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

Sandbach 10K Trail Race	Sandbach	Sunday, 14th October, 11.00am
Accrington 10K Road Race	Accrington	Sunday, 21st October, 10.00am
Langley 7 Road Race	nr. Macclesfield	Saturday, 3rd November, 2.00pm
Cheshire Half Marathon Road Race	Tatton Park	Sunday, 4th November, time TBA

Ladies Club Champs points after 8 races

Name		Alsager 5	Cheadle 5	Wilmslow Half	Chester Spring 5	Whitley 10K	Hollins Green 5K	Great Warford 10	Birchwood 10K
		Feb 5	Mar 4	Mar 25	Apr 4	Apr 15	Jun 2	July 29	Aug 19
		S	S	L	S	M	S	L	M
No. of Runners		1	1	15	1	2	6	1	1
Barbara Murray	F50+	20			20	20	17		
Carol Bird	F50+			17			16		20
Julia Dickie	F45+			16			18		
Fiona Wilson	F50+			11				20	
Melanie Head	F40+			12			15		
Kristy Readman	F35+						20		
Andrea Frost	F45+			20					
Den Masset	F					19			
Sarah Grady	F35+			19					
Eleanor Bird	F						19		
Angela Swinden	F40+			18					
Sophie Kirk	F			15					
Sally/Ann Hales	F50+			14					
Iona Cummings	F			13					
Helen Macleod	F40+			10					
Emma Beveridge	F40+			9					
Lynne Graves	F40+			8					
Savitri McAsey	F55+			7					
Jane Stephens	F45+			6					

Mens Club Champs points after 8 races

		Alsager 5	Cheadle 5	Wilmslow Half	Chester Spring 5	Whitley 10K	Hollins Green 5K	Great Warford 10	Birchwood 10K
		Feb 5	Mar 4	Mar 25	Apr 4	Apr 15	Jun 2	July 29	Aug 19
Name		S	S	L	S	M	S	L	M
No. of Runners		9	6	25	5	10	8	15	9
Chris Bentley	M	19	18			20		19	18
David Hancock	M60+		15		16	13	13	10	13
James Noakes	M45+	20	20	19					20
Steve Lomas	M40+		16		17	15	16		14
Mark Walker	M			18	20			20	19
Keith Mulholland						18	18	14	16
Gary Willcock	M50+					19		17	17
Andrew McEvoy	M	16	17		19				
Chris Harbron	M40+			15		17			15
David Larkin	M	12		1		12	14		
John Mooney	M50+	18						18	
Barry Blyth	M65	17						16	
Duncan Dickie	M45+			14			19		
Alan Webster	M	15				16			
Jonnie Plumb	M						17	12	
Richard Pankhurst	M40+			3			15	8	
David Tucker	M60+	14		9					
Lachie Murray	M						20		
Tim Pattison	M			20					
Mat Bigley	M		19						
Mark Wheelton	M50+				18				
Richard Brown	M40+			17					
Neil Gunn	M50+			16					
Dave Woodhead	M							15	
Andrew Wardle						14			

Mens Club Champs points after 8 races (cont'd)

		Alsager 5	Cheadle 5	Wilmslow Half	Chester Spring 5	Whitley 10K	Hollins Green 5K	Great Warford 10	Birchwood 10K
		Feb 5	Mar 4	Mar 25	Apr 4	Apr 15	Jun 2	July 29	Aug 19
Andrew Wardle						14			
Doug Hughes	M	13							
Oliver Johnstone	M40+							13	
Philip Barnes	M50+			13					
Jon Shaw	M50+								12
Alan Wardle	M50+			12					
Matthew Grove	M40+			11					
Aaron Dane	M40+							11	
Andrew Mothershaw	M			10					
Angus Tennant	M45+							9	
James Bones	M			8					
Kevin McQue	M45+			7					
Dave Jackson	M70+							7	
Mike Greenwood	M50+							6	
Neil Murphy	M50+			6					
James Mothershaw	M			5					
Daniel Harle	M			4					
Michael Bird	M45+			2					
Paul Clowes	M			1					
Robert Graves	M40+			1					
Harry Newton	M70+			1					
Tony Burton	M60+			1					
Ron Walker	M50+			1					
Simon Barton	M40+			1					
Mark Mothershaw	M45+			1					

Men's Cheshire Grand Prix Final Standings after Birchwood 10K

	<u>Club</u>	<u>Points</u>	
1	South Cheshire H	2688	CHAMPIONS
2	Wilmslow RC	2586	RUNNERS UP
3	Vale Royal	2419	
4	Macclesfield H	2294	
5	Spectrum Striders	2262	
6	Warrington RR	1642	
7	West Cheshire AC	1346	
8	Chester Tri	1283	
9	Helsby RC	1273	
10	Warrington AC	1066	
11	Styal RC	668	
12	Ellesmere Port RC	629	
13	Sandbach Striders	526	
14	Congleton H	401	
15	Cheshire HHH	374	
16	Boalloy RC	323	
17	Tattenhall Runners	303	
18	Lymm Runners	246	

Women's Cheshire Grand Prix Final Standings after Birchwood 10K

	<u>Club</u>	<u>Points</u>	
1	Wilmslow RC	907	CHAMPIONS
2	Vale Royal	842	RUNNERS UP
3	South Cheshire H	689	
4	Spectrum Striders	645	
5	Chester Tri	476	
6	Macclesfield H	464	
7	Helsby RC	356	
8	Lymm Runners	203	
9	West Cheshire AC	174	
10	Tattenhall Runners	156	
11	Warrington RR	151	
12	Ellesmere Port RC	106	
13	Cheshire HHH	92	
=	Styal Runners	92	
15	Sandbach Striders	84	
15	Boalloy RC	71	
16	Warrington AC	68	
17	Congleton H	25	

Men's Individual Cheshire Grand Prix Standings after Birchwood

4th	Mark Walker
20th	Chris Bentley
29th	Gary Willcock
31st	Keith Mulholland
37th	James Noakes
65th	Chris Harbron

Women's Individual Cheshire Grand Prix Standings after Birchwood

18th	Carol Bird
25th	Barbara Murray
38th	Julia Dickie

Birchwood 10k – Race Report – Sunday 19 August 2012

The Birchwood 10K was run on Sunday under humid conditions. It was unfortunate that the rain that fell immediately after most of the competitors had finished the race, then cooled the sticky air, too late to refresh the runners. All runners' times were slowed down because of the heat, the wind that was generated by runners' motion was hair-dryer like in terms of effect into the runners' faces.

Nearly one thousand men and ladies finished the race, the event being a mix of mass-participation feel but also containing some very fast athletes from the north-west and North Wales region. In fact, there was a 2-man team contest and 2-lady team match incorporated into the race – the North-west versus North Wales.

Tarus Elly of Salford Harriers was the winner of the race in 30:58 and the overall ladies' winner was Susan Partridge of Leeds City in 34:11.

For the Harriers, it was perhaps James Noakes who coped best with the sultry conditions and he returned another sub-34 minute 10K time, finishing 18th in the race and very high amongst the Cheshire runners here and gaining for himself and the Harriers a great amount of Cheshire Grand Prix points.

Next was Mark Walker who really felt the hot weather today but still managed to record a 35 minute time, a little off his pb but still better than 10Ks he was recording 18 months ago.

Chris Bentley was also affected by the humidity but was just a bit further back in a 37 minute performance which will also enhance his GP table standing.

Gary Willcock put in another sub-40 minute time, being helped by a very fast burst over the first 3 kilometres and holding that form for the rest of the race.

Keith Mulholland set his fastest 10K time for several years at Birchwood this morning, a 41 minute performance which was 2 minutes faster than 10K distances he has run recently. His recent spell of track training has helped him.

Chris Harbron resisted the tough conditions to finish just behind Keith and this, allowing for the heat, was very much in line with his expectations today.

Carol Bird has had a fantastic summer of races and she has picked up a lot of L50 prizes. She performed very well here too despite suffering in this type of weather environment. Her two daughters, who are both very promising runners, both finished within the first 6 positions in the junior race which preceded the 10K.

Dave Hancock has had an injury free year and he turned in another performance around the 50 minute mark, beating many younger competitors in the race. His wife, who is not a Harrier at the moment, also ran her first ever race today after starting running for the first time just a few months ago. Jon Shaw was just a bit further back in 54 minutes.

Harriers' results as follows (gun times);

James Noakes 33:51 (18th place and 2nd M45)

Mark Walker 35:17 (30th place)

Chris Bentley 37:40

Gary Willcock 39:43

Keith Mulholland 41:53

Chris Harbron 41:57

Steve Lomas 48:17

Carol Bird 49:12

Dave Hancock 52:03

Jon Shaw 54:35

Steve Lomas

Ellesmere 10k – Sunday 26 August 2012 – Race Report

The Ellesmere 10K, in north-west Shropshire, was staged on Sunday and for Macclesfield Harriers, it must have been one of the furthest ever distances to travel for the Club's Road Championship.

The host club for the race was Oswestry Olympians and all the runners were impressed by their organisation of the event, from car parking, race reception, course markings and instructions, race traffic management and there was also a very good goody bag.

The course was mainly flat but with some undulations at times. After starting on the school playing fields, it went via quiet lanes and some heavily policed, main roads. After 6 kilometres, the course ran by the mere and the runners were cheered on by dozens of people who had not come to watch the race but were enjoying a stay by the lake. Then, near the finish, the route covered about 1.5km of the Llangollen Canal before finishing on the local school's playing field. Progress along the canal section was also slowed because of some twisty turns whilst negotiating some bridges. The weather conditions were dry but the temperature was warm for running though not as oppressive as last week's Birchwood 10K. 430 runners completed the full distance.

The overall race winner was Cannock & Stafford's and GB & NI international, Tom Humphries who completed the race in a stunning time of 29:13 - this on a course not completely flat and with awkward twists and turns on the canal section and approximately 700m of soft grass sections. Not surprisingly, this was a new course record.

The ladies' race was also a very high level contest with City of Stoke AC, former GB & NI international and multiple Wilmslow Half Marathon winner, Michelle Ross-Cope, finishing first in 35:17. This also set a new ladies' course record.

First for the Harriers was Mark Walker who ran a sharp 35 minute time, being happier, this week, running in the cooler air and he finished in an excellent 7th place. Next was Chris Bentley and he was also quite a bit faster than at Birchwood. He thought that he started a bit too quick but hung on and nipped below the 37 minute mark, ending the race in 16th position. Hannah Bentley set a new pb here, starting off steady but then gaining confidence and she really pushed on in the second half of the race coming through the field into the position of 15th lady. Carol Bird found the conditions this week were much more to her liking and she was rewarded with being 5th L50 in this high standard ladies' race.

Dave Hancock also ran significantly quicker than at Birchwood, he will have been very pleased when viewing the results after his watched stopped part way through the race. He just failed to break the official 50 minute barrier on gun time but dipped under the mark on his chip time. He finished amongst the top ten M60s' in this race and it was his fastest 10K for three years.

Harriers results are here (gun times);

Mark Walker, 35:14 (7th place)

Chris Bentley, 36:49 (16th place)

Steve Lomas, 44:55

Hannah Bentley, 46:40 (15th lady)

Carol Bird, 48:37 (23rd lady)

David Hancock, 50:29 (10th M60)

One other recent result;

Ron Hill Sale Sizzler 5K (4th and last race of the series), Thursday, 16th August

Mark Wheelton, 22:00 exactly (11th M50 in high quality race)



Carol Bird & Hannah Bentley battling it out!

Steve Lomas

Membership Secretary's Potterings

Hi again.... Well, not much of a summer for weather – but what a summer for sport ! with the Olympics just over, and the recent Paralympics, we've had the Tour de France, Wimbledon, cricket, European football.... Macc Legacy Day, and the Half coming up!

I'd like to welcome the following **new members** to the club, needless to say a goodly influx in the last few weeks and wish them all good luck in their athletics.

Ray O'Keefe	Tom Whittington
William Richardson	Jacob Pester
James Wilson	Charlie Wilson
Olivia Few	Max Hughes
Libby Tennant	Benjamin Reynolds
Poppy Dutton	Caitlin Polley
Katie Davies	Stephen Smith
Callum Prendergast	Lucy Griffiths
Louise Condliffe	Morgan Frith
Katie Charles	William Davies
Robert Peal	Lara Crawford
Alice Revill	Katy Smeathers
Clare Griffin	Rachel Stewart
Stefan Phillips	Elesha Arnfield
Sebastian Losa	Tyler Arnfield
Florence Thompson	Karen Scott
Rory Wilson	Angus Tennant
Samuel MacArthur	Aaron Dane
Rory MacArthur	Joseph Kitchin
Jacqueline MacArthur	Jack Kitchin
Ian MacArthur	Benjamin Dawson
Elliot O'Neill	Maurice Bolton
Stephen Abraham	Jack Minns
Cheryl Llewellyn	Izzy Minns
Laurence Angier	Sophie Head
Arthur Daley	Mark Cole
Eleanor Smith	Richard Smith
James Foxton	Leo Kemmitt
Jodie Foxton	Lily Kemmitt
Jacob Thompson	
Cameron Dow	

Membership Secretary's Potterings (cont'd)

We currently have 502 members.

Hope the somewhat mixed weather hasn't put you off competing for the club, though at a number of road and fell races this summer the Macc vests haven't been as much in evidence as in previous years. Please race when you can, what's the worst that can happen...

I hope you made it to the legacy event the other week, both club members and all our visitors had a fine afternoon out, and there is an excellent writeup and a link to some photos of you all on the website.

The club's next event is the half marathon, for which we need lots of helpers – so if you've volunteered to help out thanks a lot ! and if not there's still time to enter – and at least if you're local, you'll know what you're letting yourself in for.

And **another reminder for the Langley 7** which this year will be on **Sat November 3rd**, with the usual flat and fast course (apart from the hilly bit that is). It's a good challenging race, and like all the other events we put on is well supported, and well thought of by runners from other clubs. We will need a few dozen folk to marshal, and also some cakemakers, we sell these (the cakes, not the marshals, no-one would buy them...) at the finish and all proceeds go to East Cheshire Hospice. **Please volunteer if you can, contact Alison on horsfieldak1@hotmail.com or 01625 575935 if you can help**, but if you want to run that's fine as well, all details and the entry form are on the website.

On a bit more then.....

All the best.

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

Tel 01538 306837

E-mail julian.brown@astrazeneca.com or julianbrown10@hotmail.co.uk



Some more images from the Legacy Event. Thanks to Graham Flack for the use of these images.

Updates on Various Club Activities - Chairman's Report

Startrack - the course again proved very popular, with 60 young athletes from both the club and outside taking part in the weeks' activities. 10 events were taught over 3 days, followed by assessments, a water fight and finally presentations. Surprisingly the only water that was encountered during the week was during the water fight! My thanks once again to the coaches, young ambassadors and to the leisure centre administration for helping put on a very professional course. The club also benefitted to the tune of £1300; something that not many other events achieve.

Legacy day - buoyed by the success of the 100 day to go event, Barbara Murray coordinated an excellent come and try it event to encourage people to be coached in a range of disciplines. The event was sponsored by the Macclesfield Athletics Development Fund and attracted a large number of youngsters (90), mainly from outside the club. In addition there were two orienteering sessions and 12 teams of seniors and juniors contesting the 25 lap relay. Full details are recorded elsewhere in the magazine.

T&F league updates - As part of a composite u/20s - senior's team with Crewe and Nantwich - we swept the board in all 4 rounds to win our division and gain promotion for 2013 - another example of good team spirit!

In the YAL we were second, but UKA now intend to change the structure of the u/13 to u/20s leagues for 2013. This will mean 4 more fixtures for us to provide athletes and officials. In addition the changes will impact on other leagues. Again details can be found elsewhere in the magazine.

As I write this we have one more round of the family friendly 'Cheshire' league to contest. We are improving round by round, but again are not competing at our full strength. We should be capable of winning this league outright as we did a few years ago.

Indoor sports hall league - we have decided to compete in this popular league again during the autumn and early winter. To this end we have booked the leisure centre for indoor training sessions for the u/11s, for a 12 week period each Tuesday, starting the 25th Sept. This replaces normal training for u/11s. Please make sure you are aware of the changes through your coaches and also make a clear commitment to compete through your age group team managers.

Road running changes - Following an initiative led by the road running group leaders, the road running groups have been rationalised to make it clearer to which groups people should train; and to provide a clear pathway for those of you capable of improving. For some of us, though, we continue to slide ever so slowly down!

My sincere thanks to Steve Lomas for his unstinting contribution as road running manager for the last 4+ years. He has now decided it is time to step back, and for somebody else to try to coordinate the clubs approach to competing effectively on the road. At this moment in time Keith Mulholland has indicated that he will take up the challenge.

Volunteers - With the upsurge in interest in athletics, following the excellent home Olympics, we continue to need more people to help out, particularly with the younger age groups on training nights, and more people to take people to meetings, to be team managers, and to help officiate at meetings. So please think what you can contribute to the club, to allow us to develop.

The club remains strong financially, but remember we do rely very heavily on volunteer support and the facilities will need considerable amounts of money spent on them over the coming years. For this we rely very much on the continuing good relationship with the leisure centre management.

Thanks.

Bob Lynch 01625 829229

Club T&F awards and Mini Competition

Saturday 22nd Sept 12.30pm - 6.00pm

- | | |
|----------------------|--|
| 12.00 Onwards | Registration and warm up |
| 12.30 - 2pm | Throws |
| 2 - 3pm | Sprints |
| 3 - 4pm | Jumps |
| 4 - 5pm | Hurdles / Endurance |
| 5 - 6pm | Club T&F awards for the 2012 season |



Open to all members of MH&AC

UKA age group rules apply/ all age groups as of 31 August 2012 (min. age 9)

3 attempts for throws/jumps (High jump max. of 7 attempts)

For more information contact Kevin Ranshaw 01625 616483 or

Bob Lynch 01625 829229

Advanced Notice on behalf of the Cheshire Athletics Network

Development Day at Macclesfield Track Sunday 21st October, 2012

10am - 12.00	Coaching : Run - Jump - Throw
1pm - 3pm	Aqua-jogging followed by Core Stability

For more information contact : vicky.huyton@sportcheshire.org

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

WEEKLY TRAINING TIMES

Group Name	Group Contacts	Meeting Time	Distance & Pace
A Group	TBA – temporarily contact B group	Monday and Thursday evening 6.30-8.00pm at the overflow car-park behind the Leisure Centre	7-9 miles at sub 7½ min/mile
B Group	Fran Swallow (01625 827355) family_swallow@hotmail.com Jon Falkner (07973 629639) jon@mediafour.co.uk	Monday and Thursday evening 6.30-8.00pm. Meet at the overflow car-park behind the Leisure Centre. The Monday meeting is at Tegg's Nose Car Park from April-September	7-9 miles at 7-8 min/mile
C Group	Rich Pankhurst (0772 2687799) richard.pankhurst@airbus.com Dave Jackson (07786 673746) jacksondave@live.co.uk	Monday and Thursday evening 6.30-8.00pm at the overflow car-park behind the Leisure Centre	5-7 miles at 7½-9 min/mile
D Group	Bob & Pauline Lynch (01625 829229) p_lynch@hotmail.com	Wednesday and Friday evening 6.30-8.00pm at the overflow car-park behind the Leisure Centre	4-6 miles at 8-10½ min/mile
Beginner's Group	Neil Gunn (07786 855027) neil.gunn@gmail.com	Saturday 9.30-11.00am at Riverside Park, Bollin Valley	2- 4 miles at >10 min/mile – depends upon group ability

FELL RUNNING

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

TRACK & FIELD

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

Tuesday & Thursday 6.00 – 7.00pm

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

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

Tuesday & Thursday 6.30 – 8.00pm

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

CROSS COUNTRY

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

Macclesfield Harriers And Athletic Club

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

CLUB OFFICIALS

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

OTHER OFFICERS

Ladies' manager	Alison Hartopp/	07817 365608 (Ann)
Road & cross country	Ann Farmer	
Track and field manager	Kevin Ranshaw	kevinranshaw@tiscali.co.uk
Borough Council Liaison	Bob Lynch	01625 829229
Schools Liaison Officer	Bob Lynch	01625 829229
Magazine Editor	Alison Gunn	01625 611802
Membership Secretary	Julian Brown	01538 306837
Website Co-ordinator	John & Nancy Bunyan	01625 424564
Club Colours	Trevor Longman	01625 871744 or 07944 897842
Junior Athletes Waiting List mgr	Judy Brown	01625 421560
Club Development Manager	Bob Lynch	01625 829229
Coaches Representative	George Fisher	01782 513606
Men's Track & Field Captain	Ashley Pritchard	01625 617734
Fell Running Representative	Philip Barnes	07779 126450 philip@jolokia.uk.com
Men's Road Racing Manager	Steve Lomas	01298 813477
Men's Cross Country Manager	James Noakes	01625 230233
Junior Cross Country Manager	Vacant	
Ladies Track & Field Captain	Vacant	
Club Statistician	Rachael Lawrance	01625 423940 rachael.lawrance@gmail.com
Welfare Officers	Bob & Pauline Lynch	01625 829229
Legal Advisor	John Hirst	
Auditor	Vacant	
Press Officer	Vacant	
Catering Representative	Vacant	
Webmaster	Vacant	

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