

# *GO!*

NUMBER 120

SEPT 2013



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*Our cover photo shows Katie Lowery (runner 11), who finished 2nd in a personal best time in the 1500m at the English Schools Track and Field Championships*

### Next Issue – December 2013

Please submit any articles or photographs to [alison.gunn61@gmail.com](mailto:alison.gunn61@gmail.com)  
by **Sunday 10 November 2013**

### Magazine Issue

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

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



Once again, it's my pleasure to report on the successes of some of the Club's members.

As you can see from our cover photo, Katie Lowery had a great run at the English Schools Track and Field Championships in Birmingham, coming 2nd in the 1500m. Danielle Wallis also achieved a silver medal at the same championships in the 1500m steeplechase. Both girls achieved personal best times. Well done to both of them.

At the other end of the age spectrum, Barry Blyth has retained his V65 English Fell Running title. Our congratulations to him.

As you can see, our Club is a diverse one with strength and talent at all age levels and in all disciplines. As well as providing high quality athletics training for juniors through to our more senior members, we also aim to serve our local community and give something back. Through our organisation of races like the Forest Five, Tegg's Nose, Langley 7 and of course our biggest event, the Macclesfield Half Marathon and 5k, we raise thousands of pounds each year for our chosen charity, East Cheshire Hospice, as well as financially supporting local athletics.

It is as a result of the hard work of Club members that we are able to host these events, but we always need more support and volunteers - what could you do to help?

For those of you running the Half Marathon, we wish you the best of luck.

Finally, the Club would like to know if its members prefer to read this magazine in paper form or online. Our website and Facebook page are also available to keep everyone informed about what is going on in the Club and we would appreciate your feedback.

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## Macclesfield Harriers on Facebook!



Did you know that Macc Harriers now has a FACEBOOK page - 'LIKE' 'Macclesfield Harriers and Athletic Club' to see the latest news from your club and to post any pictures from club events.

The club also has a website with lots of information about the club and news about what is happening. There is an online discussion forum set up for Track & Field, Road, XC & Fell.

Visit **[www.macclesfield-harriers.co.uk](http://www.macclesfield-harriers.co.uk)** to find out more.

## FEEDBACK - GO! MAGAZINE

### Calling all Macclesfield Harriers!

The Club Committee is keen to know if you, our members, prefer to read **about the Club's news in this quarterly magazine which is delivered to you** as part of your membership, or whether being able to access it online would be better.

Please let me know so that the Club can make a decision about printing in the future. Just a very short email to this address will be fine :

[alison.gunn61@gmail.com](mailto:alison.gunn61@gmail.com)

Thanks

Alison Gunn, Editor



# URGENT- Helpers needed for Macclesfield Half Marathon

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

Once again Macclesfield Harriers & A.C. will be hosting the annual Half Marathon, 5K & Fun Run. The race goes from strength to strength each year and the club gets great feedback about the marshals!



We hope to beat last year's amazing donation to East Cheshire Hospice of £15,000 as well as supporting local athletics.

To have such a successful race we need an army of willing volunteers on the day of the race as well as a lot of help beforehand. Last year we had over 130 people who gave up some of their time to make the event successful. As the club is hosting the event club members are encouraged to support the event if possible.

**For some reason we are struggling to fill all the positions this year**

There are various roles where we need help :-

- Registration
- Parking
- Catering (this year it is being organised by Run England)
- Course Marshals
- Water Stations (the Scouts help here)
- Lead/Sweep car and cycles
- Start & Finish
- Goody Bags and water
- Rubbish Collection

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

**Thank You!**

# **Minutes of Macclesfield Harriers & AC**

## **Committee Meeting held on 1st August 2013**

**Time: 20.15**

**Venue: Athletics Club House**

**Attendees:** Kevin Ranshaw (KR), Philip Barnes (PB), Neil Gunn (NG), Clare Finnis (CF), Bob Lynch (BL), Phil Cheek (PC)

**Apologies:** Carol Barnes (CB), Keith Mulholland (KM), Rachel Lawrance (RL) James Noakes (JN), Julian Brown (JB)

**1. Agreement of Previous Meeting's Minutes (All)**

The minutes for the last meeting were agreed.

**2. Correspondence (CF)**

No postal correspondence, e-mail correspondence has been forwarded to the appropriate club member(s).

**3. ClubMembership Update (JB)**

There was no report from JB, however, NG noted that there had been an increase in the membership fees deposited in the bank account. The chasing of payments had clearly had a beneficial effect as had the availability of on line payment with 12% now paying online.

**4. Finance (NG)**

**Finance update:** The club finances continue to do well. The next payment due to England Athletics is due in September 13 and will be paid promptly.

**Savings bond maturity decision:** This will mature on the 28th August 13 and will be re-invested accordingly.

**5. Track and Field (KR)**

The season is almost complete. We are competing in four leagues: U13s and U15s are in the YDL Lower League and all four meetings are complete with Macclesfield hosting one event. U17s and U20s are in the YDL Upper League and completed all four meetings. The U17s and U20s are also competing along with the seniors in the Northern League as a composite team 'Team Cheshire East Athletics'. Their final competition is at Macclesfield on 3rd August. The Cheshire League is for all age groups and has its final meeting on 8th September at Salford. An article will be sent to Alison to go in the GO! magazine, a copy forwarded to CB so she can include some information in the Macclesfield Express.

The turnout for competitions in the lower age groups is reasonable. It is, however, poor in the upper age groups. Reasons why include: pressures of exams, other sports, jobs. There are also too many fixtures as the upper age group are in too many leagues, meaning athletes are picking and choosing which meetings to attend. The local meetings have better representation. After completion of this season further discussions will take place about next season's possible league commitments.

Macclesfield will host the Cheshire Relay Championships on 31st August 13. BL and KR are arranging a fixture for all our Track and Field athletes followed by the Track

and Field awards on 21st September 13.

**6. Cross Country (JN)**

We are affiliated to both the Manchester and North Staffordshire Leagues. There is a concern over a possible clash of dates with the North Staff League and Cheddleton.

**7. Road Running (KM)**

We have seen steady numbers of runners at the Club Championship/Cheshire Grand Prix races, usually between 12 and 15. This could be better, particularly as we have often had only one lady turning up! Nina Moss has started to encourage more ladies to take part so hopefully things will improve.

As a contrast, Wilmslow RC often have 40+ members at races. They only have 130 adult members but if you don't race 6 times per year then you can't continue as a member! I think that this approach would not go down well at Macclesfield and we would lose a lot of members.

Although many like to train athletes have different agendas. Some want to improve themselves others just run for social reasons and to keep fit. One possible solution might be to have a ladies team manager, it was also noted we should advertise more.

**8. Fell Running and representative options (PB)**

PB is disillusioned with so few wanting to compete and has stepped down from his position as Team Representative. He is willing to continue with some roles: Team Manager for FRA, Maintaining email contact and be the GO! contact. For Next season someone/ people will need to offer to run the Wednesday nights. Also someone will need to choose the championships for next year.

With respect to above. Barry Blyth will be approached by PB to be formally asked if he will select the championships for next season. Phil Cheek will have his name put on the welcome letter from the club for new athletes. It is hoped people will offer to take it in turns to organise the Wednesday nights training.

**Update:**

Wednesday night runs are well represented and Macclesfield are winning races in both female and male sections. Andrea Frost is notably winning outright or at least her age category. The turnout for club championships is lower, two thirds down on numbers. Many only wish to compete in events close to home.

The following teams are hoped to be put forward for the FRA:

Ladies team (for the first time in years)

Senior team

V40s team (picking best 6)

V50s team

**9. Indoor Sportshall (KR)**

KR went to the annual meeting. The league has lost it's sponsor. All participating teams will pay a higher affiliation fee £80 instead of £40. This should cover required costs as they have reserves of money for this season. Athletes each pay £2

*(Continued on page 8)*

to compete. This season there are expected to be 3 fixtures and teams will be expected to compete in all 3 fixtures. All fixtures will be before Christmas, provisional dates have been set.

From 1st October Macclesfield will start indoor training for U11s on Tuesday nights. This helps maintain interest over the winter with up to 47 attending.

**10. Runners World article on females fearful of joining clubs**

Observation that people join clubs for different reasons, clubs need to realise that some just want to go for social reasons. This will be discussed again in the next meeting. All need to consider how we can welcome women into the club. Questions to ask: do you want a ladies representative? what do they want from a club? Also consider a marketing push.

**11. Publicity (CB)**

CB has revitalized the Facebook page. It has been agreed that young athletes should be encouraged to use it. We would like to post photos of competing athletes on Facebook, in the clubhouse and in GO! CB has modified all articles received as necessary and forwarded them to the Express.

**12. Bollington First Responders and St Johns (PN/NG)**

Bollington First responders are not the right first aid group to support our fixtures for a number of reasons: they have to prioritise 999 calls, they have to be 'off duty' to attend, they have to rely on 'good Samaritans' insurance. We will continue to use St Johns. NG will negotiate fees for next season.

**13. Sponsorship and high visibility vests (NG)**

This is still in hand, it may/ may not go ahead.

**14. Committee meetings (CF)**

**location:** Clubhouse

**designated key holder:** CF and the Chair person will assist in locking up.

**date of next meeting** 10th October 13, 8.15pm

**15. Any Other Items**

KR, RL and BL will decide who will receive the Track and Field awards in September.

The mis- engraved trophies have been corrected and are in the loft awaiting collection

BL proposed from 1st October new athletes will pay half year subs plus £10.

Seconded by PB

Coaching (BL). George Fisher is, unfortunately, no longer able to coach.

We have four Club Leaders who have recently trained and these are now going to train for the next level- Coaching Assistant. Two more people want to complete the above courses. It was agreed that the funds were there to pay for the above courses.

Alison is to pose the following question in the September issue of GO!  
'would you like hard or electronic copies of the magazine?'

**Clare Finnis - Secretary**





**Macclesfield Harriers & Athletic Club**  
Presents the

# LANGLEY 7

**Saturday NOVEMBER 2nd 2013 at 2.00pm**

The Course: Approx. 7 miles, very scenic and challenging on quiet country lanes.

More information: [www.macclesfield-harriers.co.uk](http://www.macclesfield-harriers.co.uk)  
On-line registration: [www.ukresults.net](http://www.ukresults.net)

## TRACK & FIELD CALENDAR OF EVENTS 2013/14

<b>SEPTEMBER</b>			
Sun 8th	T&F: Cheshire League Round 4 Salford, Blantyre Street, Cleavley Track (M30 8HY)	11.00	All
Sun 15th	T&F: Junior Multi-Events Macclesfield	10.30	U11 – U17 Pre-entry
Sat 21st	T&F: Club Event and T&F Awards Presentation Macclesfield	Noon	All
Sat 28th	Cross Country: North Staffs XC League Round 1 Winsford, Knights Grange (see <a href="http://www.nscd.co.uk">www.nscd.co.uk</a> )	12.30	All
Sun 29th	Macclesfield Half Marathon, 5K and Fun Run	10.00 + 10.15	
<b>OCTOBER</b>			
Sat 19th	Cross Country: Greater Manchester League Match 1 Manchester, Heaton Park (M25 2SW)	12.15	Not U11
Sun 20th	Indoor Sportshall: North West League Round 1 Date and Venue TBC	11.45	U11/U13/U15
Sat 26th	Cross Country: North Staffs XC League Round 2 Stafford Common (see <a href="http://www.nsccl.co.uk">www.nsccl.co.uk</a> )	12.30	All
<b>NOVEMBER</b>			
Sat 2nd	Langley 7	14.00	
Sat 2nd	Cross Country: National Relays Mansfield		
Sun 10th	Cross Country: Greater Manchester League Match 2 Stockport, Woodbank Park (SK1 4JR)	12.00	Inc U11
Sat 16th	Cross Country: North Staffs XC League Round 3 Stoke, Park Hall Country Park (see <a href="http://www.nsccl.co.uk">www.nsccl.co.uk</a> )	12.30	All
Sun 17th	Indoor Sportshall: North West League Round 2 Date and Venue TBC	11.45	U11/U13/U15
Sat 30th	Cross Country: North Staffs XC League Round 4 Leek, Westwood High School (see <a href="http://www.nsccl.co.uk">www.nsccl.co.uk</a> )	12.30	All
<b>DECEMBER</b>			
Sat 7th	Cross Country: Greater Manchester League Match 3 St Helens, Sherdley Park (WA9 5DE)	12.00	Inc U11
Sun 8th	Indoor Sportshall: North West League Round 3 Date and Venue TBC	11.45	U11/U13/U15
<b>JANUARY</b>			
Sat 4th	Cross Country: Cheshire Championships Venue TBC		
Sun 12th	Cross Country: Greater Manchester League Match 4 Blackley, Boggart Hole Clough (M9 7DH)	12.00	Inc U11
Sat 25th	Cross Country: Northern Championships Knowsley		
Sun 26th	Indoor Sportshall: North West League Final Date and Venue TBC		Qualification needed
<b>FEBRUARY</b>			
Sat 8th	Cross Country: Greater Manchester League Match 5 Manchester, Wythenshawe Park (M23 0AB)	12.00	Inc U11
Sat 22nd	Cross Country: English Championships Nottingham, Wollaton Park		

## TRACK and FIELD: Results to date...almost a Season Summary

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

The second round saw our first hosting of the season on 19 May and a fantastic turn -out by Macclesfield athletes.

A first class atmosphere, fine weather and some excellent performances resulted in a great day with the overall outcome being 2nd place and the Under 11s achieving 3rd place - against strong opposition from Crewe and Nantwich.

The overall result was:

- Mens score: 133 – 2nd
- Ladies score: 126 – 2nd
- Overall score: 431 – 2nd (includes Officials points)

Congratulations are due to the following new club record holders:

Mark Wheelton – Masters 50	200 metres	30.9 seconds
Mark Wheelton – Masters 50	3000 metres	12:15.8 (beats his own previous record)
Dave Hancock – Masters 60	200 metres	34.8 seconds
Dave Hancock – Masters 60	3000 metres	13:24.6

For the third round the Macclesfield Harriers Tour Bus made its second (and last) appearance of the season for the trip to Colwyn Bay. Buoyed by the fine results in round 2, a strong team travelled both via bus and independently to a scorching North Wales venue.

This time it was West Cheshire AC providing the major opposition for the U11s which proved to be too much for Macclesfield to overcome. However, the results were as shown below with an excellent overall outcome:



U11 Boys team - Cheshire Track & Field

- Under 11s: 86 – Joint 2nd
- Mens score: 204 – 1st
- Ladies score: 110 – 4th
- Overall score: 374 – 1st (includes Officials points)

A league table should be available at [http://www.cheshireaa.com/results/TFL/cheshire\\_tf\\_league\\_2013.aspx](http://www.cheshireaa.com/results/TFL/cheshire_tf_league_2013.aspx)

Congratulations to U11 Morgan Frith who beat his own Long Jump club record (achieved in round 1 – see report in the previous magazine) to extend the measure by a further 2cm reaching a new mark of 4.20m (this was subsequently improved on further by Morgan at a Trafford AC Open Meeting to 4.30m).

Additionally, 10 graded performances were achieved.

*(Continued on page 12)*

We look forward to the final fixture in this league on 8 September when we need as many athletes as possible to compete in order to secure final league positions which are an improvement on 2012.

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

The fixtures for this league have now been completed.

The second round provided an entertaining day at Ashton-under-Lyne with good representation in both age groups. 4th place was achieved, bettering the 6th place of the first round, despite the windy conditions.

**15 graded performances were achieved – a summary of graded achievements to date is shown on the Harriers' website : [www.macclesfield-harriers.co.uk](http://www.macclesfield-harriers.co.uk) then go to the Track and Field section, and see Track & Field Articles.**

Our second hosted match gave us home advantage in the third round which unfortunately was not capitalised on as the club finished in 5th place. A good number of athletes, except in the U15 girls age group, provided competition against the other division members (and a strong wind) with 13 graded performances and 2 new club records being achieved. However, we missed out on 4th place by 5 points.

Congratulations to the record holders; Callum Ahern for his new 300 metre time of 41.3 seconds and the Under 15 Boys 4 x 300m relay team – Robert Finnis, Robbie Peal, Harry Simpson and Rory Leventhorpe – for the new mark of 3:12.9 in this recently introduced event.

The final fixture was at Connah's Quay, Deeside. No club arranged transport here, so it was very encouraging to see so many athletes who had travelled independently. There were some fine individual performances with 14 graded marks being achieved, but we were overwhelmed by the stronger teams in the division finishing in 5th place.



U11 Girls team - Cheshire Track & Field

This means that Macclesfield finished 4th in the league and remains in this division for next season.

### **Youth Development League (Upper Age Group – U17/U20)**

Feedback following the first round matches meant that the league introduced changes to the timetable for the remaining rounds to reduce the length of the day.

So the second round at Salford proved to be a much better experience than the first round, although there were still various gaps in the track events owing to the numbers of athletes present. For Macclesfield, a similar number to the first round attended resulting in a 4th place finish again (out of 8 teams).

Round three was at home on the last day of June - another excellent home fixture, well supported by athletes/parents/officials/helpers. Some fine individual performances provided the impetus to achieve 1st place and our best result in this league. A couple of

graded marks were achieved.

The final round was held in late July at Clayton-Le-Moors (home of Hyndburn AC). This was the furthest travelling fixture and the distance proved to be a deciding factor in the number of athletes attending. The 7 that did compete (thanks for turning out) achieved respectable individual performances, but could not amass sufficient points to equal the earlier rounds. Accordingly, with a 6th place finish, our final league position was 3rd.

A creditable performance, especially after the low turn-out of athletes over the season.

It is likely that a review of the YDL (both age groups) will be undertaken by the League Management Committee after this first season of the new arrangements. Accordingly, there may well be changes for 2014, especially to the timetable, which was changed for the upper age group after the first round, but remained the same for all fixtures in the lower age group. Further news will follow as soon as it is received.

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

The second round for this league was held at the Bebington Oval on the Wirral and a glorious day for athletics brought strong competition from both the hosts and Liverpool Harriers. Nonetheless, a concerted effort by those present resulted in a fine 4th place finish (by 2 points) out of 6 teams. Full results are here <http://www.noaaa-athletics.org.uk/Pages/Article.aspx?id=266>

Congratulations to the following who achieved club records:

Stephanie Kleynhans – Senior	Triple Jump	10.34 metres
Den Masset – Masters 50	Hammer	12.95 metres (beats her own previous record)
Pauline Lynch – Masters 65	400 metres	1:44.0
Pauline Lynch – Masters 65	800 metres	3:42.8 (beats her own previous record)

The third round was at Wrexham on another glorious day. With an excellent turn-out of athletes and fantastic performances a 2nd place finish was achieved. It was also memorable as the fixture finished just in time for those interested to watch the final couple of games of Andy Murray's triumphant Wimbledon Singles Final win on the TV in the foyer of the Leisure Centre...before driving home..!

Macclesfield hosted the final round on the first Saturday of August. An excellent number of athletes and warm/dry conditions provided a fine end to the season for this league. With Liverpool Harriers – the league leaders – depleted owing to commitments elsewhere, another 2nd place resulted in a final placing in the division of 3rd. Wirral and Liverpool claimed the promotion places ending 1st and 2nd respectively.

Congratulations to the following who achieved club records:

*(Continued on page 14)*

Tony Shenton – Masters 50	3000 metres Steeplechase	13:55.9
Tony Shenton – Masters 50	400 metres Hurdles	82.6 seconds
Simon Sloan – Senior	110 metres Hurdles	15.3 seconds (improves own record)
Alison Hartopp – Masters 45	400 metres	69.8 seconds
Alison Hartopp – Masters 45	800 metres	2:36.1 (improves own record)

The club, competing as a composite team along with Crewe and Nantwich – known as Team Cheshire East Athletics – moved up a division this year and the competition has continued to be a test all season, so the final outcome is a credit to all those who took part.

So with three leagues completed and being reasonably placed in the other one, the 2013 season overall is not looking too bad.

<b>Cheshire Track and Field League (All Age Groups)</b>	<b>8 September</b>	<b>Salford, Blantyre Street</b>
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A final push is needed in the Cheshire T&F League - please compete if you are available for this final fixture details for which are listed below:

Meanwhile, thanks to all the athletes/team managers/parents/officials/supporters and anyone else who has contributed to the club's participation in these leagues over the summer. It was pleasing to see so many excellent performances and the Macclesfield Harriers and Team Cheshire East Athletics colours represented at the fixtures.

Attention now turns towards Cross Country (all ages), Indoor Sportshall (under 11 to under 15) and Indoor Open (U15 upwards) competition - a full fixture list appears on page 10 and will be updated as the winter season progresses.

**Athletes:** Please consider competing in some form of competition over the autumn/winter months and continue training during this period to maintain fitness.

**Parents:** Please consider helping your club by assisting at coaching sessions and/or stepping forward to officiate at meetings. The experienced coaches/officials are always willing to pass on their knowledge and the club needs a continued stream of helpers. If coaching/officiating isn't for you, please think about helping in other ways – shop sales/catering, scoring at home fixtures, track fee collection on training nights, etc.

**Kevin Ranshaw**



## **STARTRACK - 29 July to 2 August 2013**

The recently held Startrack course proved to be another successful event organised by the club.

60 young athletes attended the week's course undertaking all the main disciplines in Track and Field. The first 3 days saw them coached in a different run/jump/throw each day.

On Thursday and Friday all the children were measured and each was given a summary of their individual performances and a badge for their best achievement, along with a t-shirt and goodie bag.

Thanks are due to the several Macclesfield Harriers coaches who ran/assisted with the course and the various junior club members who acted as role models/demonstrators during the week.

All the children enjoyed the event (helped by the reasonable weather) and gained valuable experience in, or were able to try for the first time, various elements of athletics.

Whilst several of the attendees are already club members, it is clear from the enthusiasm shown by others that the club may well have some new members in the near future.

**Kevin Ranshaw**



Participants at the Startrack event - July 2013

## English Schools Track & Field

Many congratulations to Macclesfield Harriers Katie Lowery and Danielle Wallis for their excellent performances at the prestigious English Schools Track and Field Championships earlier this month. Katie took the silver medal in the 1500m Junior Girls race setting new personal best times by some margin in both the heat and the final of the event which was held in Birmingham on 5th and 6th of July. Katie's time in the final of 4mins 33.73 secs moved her to 3rd on the UK rankings list in her age group, which is a fantastic achievement. You can see her in action on the front cover of this magazine.

In Danielle's final year, she secured her highest placing ever in these championships with a silver medal in the Senior Girls 1500m steeplechase event, also in a personal best time of 5mins 04.41 secs. These are the best female Macclesfield Harriers performances ever at these championships and we look forward to continued success from both girls.

**Barbara Murray**

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



**Macclesfield Athletics Track**  
**Saturday 21st September 2013**  
**1.00pm - 6.00pm**

12.15 Onwards - Registration and warm up

1pm-2pm - Throws

2pm-3pm - Sprints

3pm-4pm - Jumps

4pm-5pm - Hurdles/Endurance

5pm-6pm - Club T&F Awards for the 2013 season

Open to all members of MH&AC

UKA age group rules apply/all age groups as of 31 August 2013 (min age 9)

3 attempts for throws/jumps (High Jump - maximum of 7 attempts)

For more information contact Kevin Ranshaw 01625 616483/

Bob Lynch 01625 829229



## **Irritable Band Syndrome (ITBS)**

ITBS is the scourge of many a runner and is responsible for causing knee pain, lateral thigh pain and even buttock pain while running. The solution to the problem is not always straight forward. Treatment methods and advice on how to manage ITBS varies depending on who you speak to, and the reason for this is there are many reasons why ITBS occurs.

### ***Your ITB***

The ilio-tibial band (ITB) is a band of tendinous soft tissues called fascia that runs down the outside of the thigh. You can feel yours by straightening your knee and tightening your thigh muscles. Your ITB is then the dip that is felt on the outside of your thigh between the quads (the muscles at the front of the thigh). The ITB is an extension of a small muscle that sits just above the hip called the Tensor Fascia Lata (TFL). The gluteal muscles that sit behind the hip also attach into the ITB. The ITB then continues down the outside of the thigh to insert below the knee into the lateral aspect of the tibia (the shin bone).



### ***Function***

The crucial function of the ITB during running is to help stabilize the knee while the surrounding muscles move the hip and knee to generate the power and momentum to make you run.

### ***ITBS Symptoms***

The main symptom for ITBS is lateral knee pain, which is caused by the repetitive rubbing of the ITB over the lateral femoral condyle (the outside part of the femur or thigh bone nearest the knee) as the knee bends and straightens during running. Runners who suffer with ITBS will also complain of a 'clicking' sensation on the outside of the knee as the ITB snaps across the femoral condyle.

Other symptoms can include lateral thigh pain along the length of the ITB and pain up into the buttock region as the glute muscles tighten up. Some fibres of the ITB extend to attach into the lateral side of the knee cap (patella) and can affect the way the knee cap slides on the femur causing anterior knee pain

### ***Causes of ITBS***

Often there's more than one cause and each of the following should be assessed:

- Tightness in the ilio-tibial band
- Tightness around the hip and thigh muscles, which will increase tension on the ITB.

*(Continued on page 18)*

- Weakness in the hip abductors
- Weakness or poor control of knee muscles
- Over-dominance of anterior hip muscles and the TFL over the posterior hip muscles (glutes)
- Excessively flat feet or overly high arches
- A leg length discrepancy
- Incorrect poor footwear - such as high heels (more so if you're a ballroom dancer. We wouldn't recommend running in high heels but each to their own)
- Running on a cambered road

### ***Treatment of ITBS***

This is not easy and the solution is not straight forward because of the different factors involved. The ITB has a tensile strength similar to that of steel so trying to stretch it out is a thankless task. There is advice out there that teaches all manner of different 'ITB stretches' but it is unlikely these will give you much relief.

Stretching is most effective when the stretch is applied to 'red muscle' rather than white tendinous tissue. The red muscles that feed into the ITB are the TFL and the gluteal muscles and stretching techniques should focus on these. Release of these muscles can also be achieved by Sports Massage and / or Acupuncture.

If symptoms persist, we would recommend a full assessment with a Chartered Physiotherapist. Treatment should include strengthening of the glute muscles and proprioceptive exercises so the runner has full control of the hip and knee joint whilst running. There are also some useful taping techniques that can be applied to support the knee whilst running that your physio should be able to demonstrate to you.

Foot posture i.e. flattened or overly high arches and leg length discrepancies should be corrected with specially fitted orthotics. We recommend a full biomechanical assessment with a Podiatrist.

Checking your running route to avoid cambered surfaces. Often runners training for long distance events will spend hours pounding the roads as part of their training. If you're running on a cambered surface, it recreates the same problem as a leg length discrepancy as one foot has to land on a slightly lower part of the road than the other foot.

A period of rest may sometimes be needed but rest alone can be deceptive as the symptoms may be latent during rest and as soon as you come to run again they reappear.

Remember free advice on any issues you have is available on the first Tuesday evening of every month from John Honey Physiotherapy.

**Rachael Whiteside**

## Membership Secretary's Trundlings

Hi all.... Just back from a bit of cycling, enjoying (mostly) the great summer we've been having – and now trying to get the running legs going again.

I'd like to welcome the following **new members** to the club – in particular the junior membership of the club seems to remain strong - and wish them all good luck in their athletics :-

Dara Fowler	Hywel Satherley	Freddie Crump
Chantelle Carroll	Liz Smith	Barney Crump
Miya Grady	Luke Bayirli	Ben Kersh
Elise Barjat	Robert Whitby	Meg Bradley
Cecilia Onwochei-Garcia	Connie Jordan	Frances Goodfellow
Matthew Christopherson	Alex Langston	Anya Brandon
Douglas Swallow	Tom Cotterill	Ella Spencer
Ellis Underhill	Matthew Page	Ewan Edmondson
Benjamin Swindells	William Rowson	Jack Ainley
Cheryl Evans	Mark Stanbridge	Paul Sharp
Owen Baxter	Charlie Jones	James Stott
Hollie Wadsworth	Finlay Bemowski	Adam Richardson
Ruby Spencer	Oliver Calero	George Tyldesley
Alistair Ford	Declan Hall	Brandon Corr

We currently have 523 members.

Many congratulations to those who have met with success in competitions so far this summer, particularly Katie Lowery and Danielle Wallis for their excellent performances at the prestigious English Schools Track and Field Championships, Andrea Frost and Dan Croft for winning their age groups at the Staffs Moorlands summer series, and Barry Blyth for retaining his English fellrunning champion title. We clearly have talent at all points of the age spectrum.

In addition it's good to see plenty of people – and a lot of new faces – competing at the various road, trail and fell races over the summer – but a few more wouldn't go amiss, especially as we get round to the cross country season in a few weeks.

The Macc Half is getting closer, see elsewhere for details - hopefully you'll be able to join in some way, either running or helping out with the marshalling duties, hope to see you there!

And **another reminder for the Langley 7** which this year will be at 2pm on **Sat November 2<sup>nd</sup>**, 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. If you want to run the race please do so, but in addition, we will need a few 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.

*Continued on page 20*

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

**Please volunteer if you can, contact Alison on [horsfieldak1@hotmail.com](mailto:horsfieldak1@hotmail.com) or 01625 575935 if you can help.** but if you want to run that's fine, all details and the entry form are on the website.

Keep the training up, the autumn's also a good time for a longer race, there are plenty of half marathons and marathons coming up so a chance to put all that training and racing over the summer to good use !

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)

## Cross Country (XC) Fixtures 2013/2014 Season

As the summer starts drawing to a close, it is time to start thinking and preparing for the forthcoming Cross Country season. The following is the list of the fixture details that is so far available for the 2013/14 season (championship details generally still to be confirmed). Web addresses have been included below, for the various organisations/leagues that we compete in as a club, together with details of distances, start times and age categories.

We had some great results for the 2012/13 season, both individuals and team performances. I was particularly pleased with the turnout from the senior men, with a number of new faces including David Hancock who had not run Cross country for over 50 years! It would be great to see as many members of the club competing in the forthcoming season. As a paid up competing member of Macclesfield Harriers there is no cost to you for running in the league matches. Also for the seniors we frequently arrange car sharing from the Macclesfield area.

As cross country is very much a team event, we welcome all to have a go, regardless of ability. It is hard work, and frequently muddy, but also lots of fun too! There is nothing more disappointing than when a team fails to score points for a match because there weren't sufficient competing in a match.

Feel free to contact me if you need any more info.

**James Noakes ([jimgetdownshep@aol.com](mailto:jimgetdownshep@aol.com))**

### 2013

Sat 28 Sep	North Staffordshire League, Winsford
Sat 5 Oct	Northern Athletics X-C Relay Championships, TBC
Sat 19 Oct	Heaton Park, North Manchester, MAX-CL*
Sat 26 Oct	North Staffs League, Stafford Common, Stafford
Sun 10 Nov	Woodbank Park, Stockport, MAX-CL
Sat 16 Nov	North Staffs League, Park Hall Country Park, Weston Coyney, Stoke-on-Trent
Sat 30 Nov	North Staffs League, Westwood High School, Leek
Sat 7 Dec	Sherdley Park, St Helens, MAX-CL

## 2014

?? Jan	<b>CHESHIRE XC CHAMPIONSHIPS</b> , venue and date to be confirmed.
Sun 12 Jan	Boggart Hole Clough, North Manchester, MAX-CL
?? Jan	Northern Athletics X-C Championships, TBC (details not yet available)
Sat 8 Feb	Wythenshawe Park, south Manchester, MAX-CL
Sat 22 Feb	English X-C Championships, Wollaton Park, Nottingham
?? Mar	CAU X-C Championships (Date and details to be confirmed)

**\*N.B. U11 Boys & U11 Girls Will Not Run In MACCL Match One (Heaton Park).**

### Manchester Area XC details (MAX-CL):

[http://www.bbresults.co.uk/wp/?page\\_id=12](http://www.bbresults.co.uk/wp/?page_id=12)

#### Times and Approximate Race Distances

U11 GIRLS	12 noon	2,200 metres
U11 BOYS* & U13 GIRLS	12:15 pm	2,400 metres
U13 BOYS & U15 GIRLS	12.30 pm	3,000 metres
U15 BOYS & U17 LADIES	12:50 pm	4,500 metres
U17 YOUTHS	1:20 pm	6,000 metres
SENIOR, U20 & VET LADIES	1:40 pm	8,000 metres
SENIOR, U20 & VET MEN	2:30 pm	9,600 metres

*AGES (as at midnight 31 Aug/1 Sept 1, Vets – age as on 19/10/13)*

*U11(aged 9 or 10), U13 (aged 11 or 12), U15 (aged 13 or 14), U17 (aged 15 or 16),*

*U20 (aged 17, 18 or 19), Seniors – at least 20 as at midnight 31 Aug/1 Sept 13*

### North Staffs League Details:

<http://www.nsccl.co.uk/>

#### Times and Approximate Race Distances

##### Male

Under 11	12.45pm	2000m
Under 13	1.00pm	3500m
Under 15	1.15pm	4500m
Under 17	1.30pm	5000m
Junior	2.05pm	0000m
Senior	2.05pm	10000m
Vets	2.05pm	10000m

##### Female

Under 11	12.30pm	2000m
Under 13	12.45pm	2000m
Under 15	1.00pm	3500m
Under 17	1.15pm	4500m
Junior	1.30pm	5000m
Senior	1.30pm	5000m
Vets	1.30pm	5000m

### Cheshire County Athletic Association

<http://www.cheshireaa.com/>

### Northern Athletics XC championships

<http://www.noeea-athletics.org.uk/>

### The English Cross Country Association

<http://www.englishcrosscountry.co.uk/>

# Tegg's Nose Fell Race - Saturday 3 August 2013

After 2012's shock at a record 145 starters, I really didn't expect a repeat, but 147 started the race this year, encouraged, as ever, by the effusive Sir Nick and included his successor, local MP David Rutley. The weather was great for spectators, if a little warm for running in.

Jack Ross led from the start, winning in 55.49. Tom Bush paced his race well, picking up places in the last couple of miles to finish second. First local and

fifth overall was Scott Wilson, in a very impressive 58.37 with Noel Curtis a few seconds behind.



John Mooney

Regular, Malcolm Fowler, in his first year as a v50 came 8th overall and still finished under an hour.



Scott Wilson

A healthy cheque has gone to East Cheshire Hospice as a result and thanks are due to many Macc Harriers and FRA members for marshalling as well as Tony Hulme of Running Bear for supporting the race....everyone seemed to have enjoyed it.

Hope to see you all next year.

**Simon Cartledge**

## Harriers' Results

5	SCOTT	WILSON	M	MACCLESFIELD HARRIERS & AC
16	JOHN	MOONEY	MV50	MACCLESFIELD HARRIERS & AC
40	JONATHON	BRADSHAW	MV40	MACCLESFIELD HARRIERS & AC
61	IAN	SPARKS	MV50	MACCLESFIELD HARRIERS & AC
83	TREVOR	LONGMAN	MV60	MACCLESFIELD HARRIERS & AC
127	SALLY-ANN	HALES	LV50	MACCLESFIELD HARRIERS & AC

## **Fell Running - Organisation**

1. Phil will continue to manage the FRA relay teams.

2. He didn't want to continue with the Wednesday night organisation. I'm happy to do that and continue with doing the spreadsheet updates for the club champs including Wednesday summer series.

I'm concerned that we don't cater for all abilities so to ensure everyone works "hard" In the winter months I'd like to include hill reps sessions say once every 3 or 4 weeks based alternately in Macc Forest and Bollington. Those organised in the past by the Phils worked well. Also the street orienteering organised by Andy is well attended, "enjoyed" and caters for all fitness levels. I've asked Andy if he's be able to organise (might need support) 3 for the 1st quarter 2014.

I'll also take on the race selection and format for the main club champs. We've struggled to get participation for the more remote races so I'd propose to choose primarily races that are well populated by Harriers. I'd continue to allocate points as now ie. based on percentage of the winners time. There's a winners trophy and a handicap "Ken Hall" trophy which in recent years has been based on an age handicap which has excessively favoured yours truly. I'll change this to an assigned handicap based on previous performance (last year's races) which should make it more competitive.

Wednesday summer series as now, except I'm thinking that maybe all the races should count to encourage participation.

I'll seek views/consensus before firming up (Benedict Style?)

3. Lastly I'm happy to be "Fell Contact" (tel : 01625 424129 or email: [barry.blyth1@ntlworld.com](mailto:barry.blyth1@ntlworld.com) ) primarily for the outside world as we all use the forum.

**Barry Blyth**

## FELL RUNNING

### Wednesday Night Fell Runs

Sept 4 Barber Booth – lay-by (small) by road, GR107847 and After at The Wanted Inn PH

Sept 11 Beehive PH, Combs, Near Chapel-en-le-Frith SK23 9UT

Sept 18 Pym Chair Car park SJ995 767 and after at the Swan Kettleshulme

Sept 25 Robin Hood PH Rainow

Oct 02 Vale Inn Bollington

Oct 09 Alderley Edge Lay By and After at the Wizard PH

Oct 16 Crag Inn Wildboardclough SJ982 685

Oct 23 Boars Head PH Poynton

Oct 30 Trentabank / Heronry Car Park SJ916711 and after at St Dunstons Langley

Nov 06 Teggs Nose Visitor Centre SJ950732 and after at the Park Tavern Macclesfield

Nov 13 An orienteering event organised by Digby Harris. Details to be confirmed.

Nov 20 Stanley Arms PH Wildboardclough

Nov 27 Poachers PH Bollington

Dec 4 Robin Hood, Rainow

Dec 11 Trentabank/Heronry car park SJ916711, after at St Dunstan's, Langley\*

Dec 18 The Vale PH, Bollington\*\*

Jan 8 Church House PH, Sutton

Jan 15 Trentabank/Heronry car park SJ916711 after at St Dunstan's, Langley\*

Jan 22 Boars Head PH, Poynton

Jan 29 Waters Green Tavern, Macclesfield. Hill reps on Blakelow Rd circuit.

\* Hill rep option led by Phil Cheek

\*\* Street orienteering courtesy of Andy Skelhorn

All runs meet 6:45 for a start 7pm prompt, and last typically 75 – 90 minutes

Volunteers needed to lead off road options. Barry is happy to lead a road option from the Robin Hood.

PLEASE CAR SHARE, and PARK PRETTILY especially at smaller venues

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)

### ***Barry is English Champ again!***

As a result of his performances in the first five races in this year's English Fell Running championships, Barry Blyth is once again the English V65 fell running champion, with a race to spare.

Many congratulations Barry!





## Cross discipline challenge

It's that time of year again, the nights drawing in and autumn in the air and running thoughts inevitably turn to wondering about what to do over the dark, cold winter months. We're not there yet, and even if we were, then the club still has plenty to offer, both in the way of training runs and competitive events.

In the same way that the summer brought plenty of opportunities to take part in shorter fell, trail, road and track and field events, the autumn and winter is the cross country season. And although competition on the road and fells slows down, it certainly does not come to a close. It has been good to see large turnouts at some of the shorter evening fell races and, at least on the men's side, on the road, including several new faces.

I might not have seen too many of you out over recent weeks. The birth of our son Ambrose at the beginning of July has meant I've been just a little busier and shorter of sleep than usual! But I'm determined that he won't put me into retirement and that I'll be out regularly again soon. So I'm hoping to see you at some of the events listed below, including the cross country. It might not be the most pleasant of running when it's ankle deep mud and horizontal sleet, but no one has yet invented such an effective training session (reps or no reps).

The table below shows the club championship races between September and December. In addition September also sees the track and season finale and the half marathon, and November the Langley 7 and Roaches races.

As a reminder, to complete the cross discipline challenge you need to compete twice on each of road, fell, cross country and track and field over a 12 month period. There is no championship and all of those who complete it will be acknowledged at next spring's presentation evening.

**Chris Bentley**

Date	Name	Type	Category	Distance
Sun-08-Sep	Cheshire League - Salford	T&F	T&F	
Sun-15-Sep	Sutton 6	Road	M	10k
Sun-22-Sep	Stanage Struggle	Fell	S	
Sat-28-Sep	Winsford - N Staffs	XC		
Sun-06-Oct	Congleton Half	Road	L	Half marathon
Sun-13-Oct	Windgather	Fell	L	
Sat-19-Oct	Heaton Park - Manchester league	XC		
Sat-26-Oct	Stafford Common - N Staffs	XC		
Sun-10-Nov	Stockport - Manchester league	XC		
Sat-16-Nov	Park Hall - N Staffs	XC		
Sat-30-Nov (TBC)	Cheddleton	Road	M	10k
Sat-30-Nov	Leek - N Staffs	XC		
Sat-07-Dec	St Helens - Manchester league	XC		
Sun-08-Dec	Stockport	Road	L	10 mile
December	Fell handicap	Fell	L	

## ROAD RUNNING

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

Cheshire Grand Prix race	Race Distance Category	RACE	DATE
Yes	Medium	Sutton 10k	Sunday 15 <sup>th</sup> September 11.00am
Yes	Long	Congleton Half Marathon	Sunday 6 <sup>th</sup> October 9.30am
No	Medium	Cheddleton 10k	Saturday 23 <sup>rd</sup> November (tbc)
No	Long	Stockport 10 mile	Sunday 8 <sup>th</sup> December (tbc)

#### Scoring Rules for Cheshire Grand Prix

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

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

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

#### Rules for the Club Championships

Separate championships for men and women.

20 points for first place, 19 for second etc

All finishers receive a point.

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

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

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

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

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

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

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

**Keith Mulholland**

## Local Races September to November 2013

Race	Location	Date
City of Salford 10k/5k	Salford Quays	Sunday 8 <sup>th</sup> September 10.15/10.30am
South Cheshire 20	Shavington Sports Centre	Sunday 15 <sup>th</sup> September 9.30am
Gawsworth 10k/5k	Gawsworth	Sunday 15 <sup>th</sup> September 10.30am
Ashbourne Half	Recreation Ground Ashbourne	Sunday 15 <sup>th</sup> September 10.30am
Chester Marathon	Chester Racecourse	Sunday 6 <sup>th</sup> October 9.00am
Wirral Half/10k	Birkenhead Park	Sunday 13 <sup>th</sup> October 9.30am
Snowdonia Marathon	Llanberis	Saturday 26 <sup>th</sup> October 10.30am
Langley 7	Langley Methodist Church	Saturday 2 <sup>nd</sup> November 2.00pm
Cheshire Half Marathon	Capesthorpe Hall	Sunday 3 <sup>rd</sup> November time tbc

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)

### Chester Half Marathon - Sunday 12 May 2013

4821 runners completed the Chester Half Marathon including 13 members of Macclesfield Harriers.

The race was run under cool cloudy and dry conditions with the Men's winner Mohammad Aburezeq achieving a time of 1:08:07. The Women's winner was Amanda Crook from Southport Waterloo AC (1:14:31).

Mark Walker was the first Harrier home in 9<sup>th</sup> place (1:14:35) followed by James Noakes (1:17:11) who won the 1<sup>st</sup> M45 prize! Kristy Readman led the Ladies with a time of 1:29:26 (4<sup>th</sup> F35) with Andrea Frost following in 1:36:12 (3<sup>rd</sup> F45). Other notable results were Fiona Wilson (14<sup>th</sup> F50, 1:50:12) and Dave Hancock (19<sup>th</sup> M60, 1:53:20). Carl Hannaghan also ran an excellent race for his first half marathon (1:33:36 PB).

Other Harriers results were:

Chris Harbron	1:34:00
Keith Mulholland	1:35:39
Richard Brown	1:41:05
David Larkin	1:50:12
Angus Tennant	1:50:54
Susannah Middleton	2:02:26

Full results can be found at: [www.tdl.ltd.uk/index.php](http://www.tdl.ltd.uk/index.php)

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## Great Manchester Run and Buxton Half Marathon – Sunday 26 May 2013

19 Harriers made the short journey to Manchester to take part in this year's Great Manchester Run along with 40000 other people! The first male Harrier home was James Noakes in 34:53 with Paula Nimmo leading the ladies home in 43:53. Other Harriers results were:

Rob Hasler	38:40
Ray O'Keefe	40:59
Jonnie Plumb	44:56
Kevin Cornwall	46:51
Peter Vince	47:41
Liz Burns	49:11
Pip Mossdrop	50:22
Fiona Wilson	50:59
Andy Wardle	51:09
Richard Pankhurst	51:42
Rob Graves	52:44
Melanie Head	53:14
Tony Burton	53:20
David Hancock	54:06
Melanie Woods	61:20
Rose McCormack	63:14
Heidi O'Brien	78:52



Gary Willcock at finish of Buxton Half

The other race on the same day was the Buxton Half Marathon which is a very testing hilly course. Gary Willcock finished in 1:40:31 closely followed by Garry Jones in 1:40:59. Congratulations to everyone on a great weekend's road racing!

## Lymm 5k – Saturday 22 June 2013

Harriers had a great set of PBs at the Lymm 5k. However the star performance was by James Shering who won the U15 category finishing in 19:31 on his first road race!

Mark Walker also continued his excellent form finishing in 6<sup>th</sup> position (16:24), followed by James Noakes (16:57, 16<sup>th</sup>) and Scott Wilson (17:15, 20<sup>th</sup>). Other Harriers results were:

Chris Bentley	17:27 (PB)
Rob Hasler	19:07 (PB)
Kristy Readman	19:53 (PB)
Ray O'Keefe	20:05
Carl Hannaghan	21:02 (PB)
Keith Mulholland	21:03
Steve Lomas	21:36

Mark Wheelton	22:17
Phil Shering	23:50
Dave Larkin	24:34

Full results can be found at: [www.runbritainrankings.com/results/results.aspx?meetingid=83108](http://www.runbritainrankings.com/results/results.aspx?meetingid=83108)

Congratulations to everyone on a great set of results!

## **Burtonwood 5 mile Road Race – Saturday 20 July 2013**

The 3<sup>rd</sup> race in the Cheshire Road Race Grand Prix, the Burtonwood 5 mile, was run under hot conditions. 15 Harriers ventured out for an enjoyable race followed by a barbecue.

James Noakes and Mark Walker continued their excellent form finishing in 5<sup>th</sup> and 6<sup>th</sup> places respectively (27:55 and 28:15), closely followed by Scott Wilson in 19<sup>th</sup> place (28:56).

Kristy Readman was the only Lady Harrier competing on this occasion and recorded an excellent time of 32:35 (4<sup>th</sup> Lady overall and 3<sup>rd</sup> L35).

Again we were fortunate to have one of our Juniors, James Shering competing. James ran an excellent race finishing in 33:52.

Other results are listed below:

Rob Hasler	30:40
Ray O'Keefe	33:21
Keith Mulholland	33:39
Carl Hannaghan	33:58
Richard Brown	33:58
Jonnie Plumb	35:21
Steve Lomas	35:46
Phil Shering	39:17
Dave Larkin	41:10
Dave Hancock	43:20

Full results can be found at:

[www.spectrumstriders.org.uk/our-races/burtonwood-5-mile-race](http://www.spectrumstriders.org.uk/our-races/burtonwood-5-mile-race)

## **Pie & Peas 5 Mile Race – Wednesday 7 August 2013**

The fourth Cheshire Grand Prix road race of the year was staged at the village of Moulton, near Northwich. It was the Pie and Peas 5 mile race which drops down into the valley of the River Weaver before returning to the finish at the school playing field in the village, by which stage all runners had earned their supper. The route contains one fairly significant hill which

*(Continued on page 30)*

may slow runners' times by around 3% compared with a flat or undulating 5 mile course. The weather conditions were very good for running and 297 runners completed the course.

It was a very good turn-out of Harriers, especially considering it is peak holiday time, and the Club scored a reasonable amount of Grand Prix points. There were some stand-out performances from the Club.

Scott Wilson struck a superb 5<sup>th</sup> place in a quality field and was the first Harrier home. Kristy Readman continued her excellent form and was the first lady Harrier to finish and the 8<sup>th</sup> lady overall. Paula Nimmo made her Cheshire Grand Prix debut but this resulted in an 11<sup>th</sup> place - in a strong ladies' field - and she is an emerging talent. As is 15 years old, James Shering who beat his only recently established 5 mile pb. Ewan Edmondson ran his first event as a Harrier and also recorded a swift time. There were several other personal bests established by the Harriers on the night.

Photographs from the night can be found on Bryan Dale's website: [www.racephotos.org.uk/](http://www.racephotos.org.uk/)

The Harriers results are as follows;

Scott Wilson	28:31 (5 <sup>th</sup> place)
Chris Bentley	30:37 (29 <sup>th</sup> place)
Ewan Edmondson	31:46 (41 <sup>st</sup> place)
Kristy Readman	32:42 (8 <sup>th</sup> lady and 1 <sup>st</sup> L35)
James Shering	33:15 (6 <sup>th</sup> M20)
Paula Nimmo	33:24 (11 <sup>th</sup> lady)
Carl Hanaghan	33:30 (new pb)
Richard Brown	33:46 (new pb)
Neil Gunn	33:58 (4 <sup>th</sup> M55)
Keith Mulholland	34:37
Steve Lomas	35:09
Jonnie Plumb	35:32
Mark Stanbridge	35:52 (GP debut and new pb)
Philip Shering	40:22
David Larkin	40:56
David Hancock	42:55
Nicky Tasker	52:14



Nicky Tasker



Kristy Readman

**Steve Lomas (deputising for Keith)**

## Great Warford 10 mile road race - Sunday 11 August 2013

The Great Warford 10 Mile Road Race was staged on Sunday morning. It was the latest instalment of the Cheshire Grand Prix Series and it also incorporated the Cheshire 10 Mile Road Race Championship and Cheshire also fielded a representative side against

neighbouring counties.

Several Club members took part in the race. Chris Bentley was the leading Harrier with Kristy Readman the leading lady Harrier. They both finished high up in the results which included some of the region's best road athletes. Other Harriers today showed how much they have improved over the last few months and for some Harriers, they will gain valuable experience from running this relatively long distance race.

The conditions were quite cool considering the time of year leading to good conditions for running. Wilmslow Running Club organised the event and they would expect to raise several thousand pounds for the David Lewis Centre which lent its facilities for the day to help stage the race.

The full results are here; [www.race-results.co.uk/results/2013/warford.htm](http://www.race-results.co.uk/results/2013/warford.htm)  
Harriers results as follows;

Chris Bentley, 1:02:02 (46<sup>th</sup> place)  
Kristy Readman, 1:06:24 (7<sup>th</sup> lady and 3<sup>rd</sup> L35)  
Carl Hanaghan, 1:09:01  
Richard Brown, 1:09:39  
Jonnie Plumb, 1:12:06  
Mark Stanbridge, 1:13:06  
Steve Lomas, 1:15:27  
Doug Hughes, 1:16:13  
Nina Moss, 1:18:28  
Fiona Wilson, 1:22:54  
David Hancock, 1:25:50



Harriers who took part, minus Fiona and Doug.

Senior club championship races calendar 2013				
Sun-08-Sep	Cheshire League - Salford	T&F	T&F	
Sun-15-Sep	Sutton 6	Road	M	10k
Sun-22-Sep	Stanage Struggle	Fell	S	
Sun-06-Oct	Congleton Half	Road	L	Half marathon
Sun-13-Oct	Windgather	Fell	L	
Sat-30-Nov	Cheddleton	Road	M	10k
December	Fell handicap	Fell	L	
Sun-08-Dec	Stockport	Road	L	10 mile

## Men's Club Champs points after 8 races

	Cheadle 5	Air Products 10k	Newcastle 10k	Chester Half	Lymm 5k	Burton- wood 5M	Pie & Peas 5M	Great Warford
	Mar-03	Mar-31	Apr-14	May-12	Jun	Jun	Aug	Aug
NAME	S	M	M	L	S	S	S	L
No. of runners	9	10	10	9	13	14	14	
Carl Hannaghan	14	15	14	18	13	13	16	19
Scott Wilson	19	20	19		18	18	20	
Chris Bentley	20		18		17		19	20
Keith Mulholland	15		16	16	12	15	13	
Jonnie Plumb	16	16	15			11	11	17
James Noakes			20	19	19	20		
Richard Brown			17	15		12	15	18
Dave Hancock	12	12	11	12		7	7	12
Ray O'Keefe	17	18			14	16		
Dave Larkin	13	11		14	8	8	8	
Steve Lomas			13		11	10	12	14
Mark Walker				20	20	19		
Rob Hasler	18				16	17		
James Shering					15	14	17	
Philip Shering					9	9	9	
Doug Hughes		13						13
Angus Tennant			12	13				
Mark Stanbridge							10	15
Tim Stock		19						
Ewan Edmondson							18	
Chris Harbron				17				
Andrew Gray		17						
Neil Gunn							15	
Martin Platt		14						
Mark Wheelton					10			

## Women's Club Champs points after 8 races

	Cheadle 5	Air Products 10k	Newcastle 10k	Chester Half	Lymm 5k	Burton- wood 5M	Pie & Peas 5	Great Warford 10
	Mar-03	Mar-31	Apr-14	May-12	Jun-22	Jul-20	Aug	Aug
NAME	S	M	M	L	S	S	S	L
No. of runners	3	4	1	3	1	1	3	3
Kristy Readman				20	20	20	20	20
Nina Moss	19	19	20					19
Nicola Tasker	18	17					18	
Andrea Frost		20		19				
Fiona Wilson				18				18
Daisy Pickles	20							
Paula Nimmo							19	
Sarah Ledbury		18						



# THE FINAL COUNTDOWN

With only 4 weeks to go the finest details of staging the Macc Half and 5K are now being vigorously scrutinised; everything from the precise location of each and every road sign, to **the colours of medal ribbons is being considered, discussed and decided upon. It's a mammoth task! It's no wonder that The British Association of Road Races recently** described the Macc Half as one of the best organised races in the country.

But without the runners and their supporters, all this effort will be for nothing because in the end, this is an event about people challenging themselves and others admiring their achievements.

## WILL YOU BE PROUDLY ENTERING THE MACC HALF OR 5K THIS YEAR?

We hope so! The race will be everything it has been in the past and more – this year we have chip timing, the Leisure Centre sports hall for registration, bag storage and shelter and Canalside Radio on hand to keep spirits high.



You could make it a family occasion and enter your children in the 5K or Fun Run too! You could run for your favourite charity with many others who use the race to fundraise for a special cause. Or you could just do it for yourself, and beat your personal best.

**Whatever your reason don't miss out on being part of this premier local athletics event; it's the only place to be on Sunday 29<sup>th</sup> September at 10.00am.**

Enter now online at [www.macc-half.co.uk](http://www.macc-half.co.uk) or come along to the Treacle Market on August 25<sup>th</sup> and pick up an entry form or two from our stand.

Jo Papadimitriou

## PUBLICITY

Carol Barnes is the Club's publicity officer and she is always looking for items of news about the club and its events. If you have anything you would like to publicise more widely in the local press, then get in touch with Carol with your story and perhaps a photograph and she will do the rest. You can email her on [carol.barnes@clarityangel.com](mailto:carol.barnes@clarityangel.com)

## Yes We Can...

The recent announcement of the start of construction of an indoor athletics centre and spectator seating stand at Blackburn Harriers athletics' track shows that plans for a similar facility at Macclesfield can succeed. The Blackburn facility is similar to the proposed Macclesfield athletics centre in several key respects, ie, in particular it will have:

- An indoor 60m sprint Mondo track (+ 20 m run-off)
- Indoor facilities for throws and jumps
- Changing, shower and toilet facilities
- First aid/physio room
- Covered spectator seating (250 seats)
- Shared use with other sports



In addition the proposed Macclesfield facility will include improved drainage of the infield to allow use of the infield for football. A key aspect of both the Blackburn and Macclesfield facility is that the income from users of the track, the indoor facility and the football pitch will finance the costs of running and maintaining the facility.

As with the Blackburn facility for East Lancs, the construction of an indoor athletics and multi-sport facility at Macclesfield would provide a major boost not only for athletics but for sports and community facilities for the whole of the northern part of Cheshire East and Macclesfield.

The Blackburn success was the result of a 20 year campaign. We believe that with your help we can achieve success much more quickly. If you feel you can help in any way please get in touch with a member of the committee (Barbara Murray (tel 01625 572729), Bob Lynch (01625 829229), John Kershaw, Kevin Ranshaw or Raph Murray).

**Raph Murray, Macclesfield Athletics Development Fund, Aug 2013**

## Macclesfield Half Marathon ... a call for cakes!

Once again MH&AC will be hosting the annual Half Marathon and 5k. This means over 1000 runners plus their supporters need feeding!

This year the Macclesfield Run England Beginner group (closely aligned to MH&AC) will manage the catering for the event with all net proceeds from the catering going into club funds. The catering team will also be providing a small buffet after the race for all the volunteer helpers (Marshals etc)

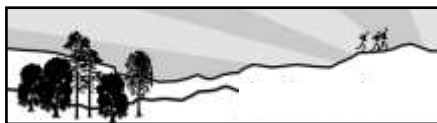
If you could help them by baking a cake (or biscuits etc) to sell on the day that would be very helpful—please can you contact Louise Brown by email at [louise@thebrownfamily.org](mailto:louise@thebrownfamily.org) (marked **CAKE DONATION**) so that they know what to expect!



Any contributions need to be at the track either Saturday lunchtime (28th) or early on Sunday morning (around 8.30am), 29th September.

**Many thanks!**

## Running in a Tropical Climate



### Report on Forest Five Charity Run, 17<sup>th</sup> July 2013

In all the years that we have run this event, hyperthermia has never been an issue. In past years we have usually crouched under umbrellas and rain-proofs, so it was a completely new experience to have to worry about soaring temperatures and getting drinking water sent around the course. My next thought was, 'surely people won't turn out on such a stifling evening'. But amazingly a record turnout faced the tropical conditions. 114 managed to sign in before we closed registration and I had donations thrust upon me from late entries still coming in as we made our way to the start line. In the final reckoning, over £700 was collected for East Cheshire Hospice, a wonderful outcome to all the effort that went into planning and putting on this event.

Not everything went smoothly for everyone. One girl paid her entry fee and then lost her car keys so could not start. (I hope you agree that we should grant her a free entry next year). Another girl tripped and fell on the boardwalks, for so long recognised as the major trip hazard on the route. And a guy limped back with a muscle strain and a resigned expression on his face. But no one died of dehydration, so that was a relief. The flies and midges were an annoyance for the team of marshals that nobly spent an hour or more in the forest. This year we, as a club/team, took on the emergency response responsibilities ourselves and it was a great joy to see everyone rise to the task in hand. Many thanks are due to many people.

Simon Harding got the win that he has so long tried for and Kerry Marchant was first woman home. The Interclub Challenge was retained by Macclesfield Harriers from Wilmslow AC and a revitalised Congleton contingent. Goyt Valley Striders completed the line-up. We changed the scoring criteria this year. Last year the girls felt that their contributions had gone unrepresented so we had the first 7 runners to count this year (male or female) then the next three women, i.e. 10 runners to count from each club but now with a key input from the ladies.

Year by year it gets more onerous to organise races but, when I see the support we receive and the generosity of the charity donations, I am encouraged to give it another year (or two). So shall we reconvene on Wednesday 16<sup>th</sup> July 2014?

**Peter Nolan**

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**Sports & Remedial Massage – Judith Cooper**

**Counsellor, Hypnotherapy & Reiki Practitioner – Sandra Marston**

**Homeopathy – Jane Wayles**

**Reflexology – Helen Wilkinson**

**Human Givens Therapist – Janine Hurley**

**Shiatsu – Sharon Tait**

**The Alexander Technique**

**Pilates Instructor – Mark Leah**

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

### **FELL RUNNING**

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

### **TRACK & FIELD**

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

Tuesday & Thursday 6.00 – 7.00pm

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

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

Tuesday & Thursday 6.30 – 8.00pm

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

### **CROSS COUNTRY**

Cross country and off road sessions for teenagers

Meet at the LC overflow car park for off road sessions - 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

Chairman	Vacant	
Vice Chairman	Phil Cheek	01625 425539
Secretary	Clare Finnis	01625 850085
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	<a href="mailto:kevinranshaw@virginmedia.com">kevinranshaw@virginmedia.com</a>
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	Barry Blyth	01625 424129
Men's Road Racing Manager	Keith Mulholland	<a href="mailto:kmulholland64@gmail.com">kmulholland64@gmail.com</a>
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 <a href="mailto:rachael.lawrance@gmail.com">rachael.lawrance@gmail.com</a>
Welfare Officers	Bob & Pauline Lynch	01625 829229
Race Signs Manager	Dave Jackson	07786 673746
Legal Advisor	John Hirst	
Auditor	Vacant	
Publicity Officer	Carol Barnes	<a href="mailto:carol.barnes@clarityangel.com">carol.barnes@clarityangel.com</a>
Catering Representative	Vacant	
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