

GO!

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Our cover photo shows Daisy Pickles, James Noakes, Scott Wilson, Clara Boothby & Nina Moss at the recent Northern League Track & Field event at Warrington.

Next Issue – December 2014

Please submit any articles or photographs to gomagazine@macclesfield-harriers.co.uk by **Sunday 9 November 2014**

Magazine Issue

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

Please use your membership form to opt in or out.

Starting Lines...



It's hard to believe yet another year has passed since the last Macclesfield Half Marathon and 5k. But here we are again about to stage the event for the 13th time.

As usual a team of volunteers have been hard at work making sure that on the day everything goes according to plan and all the runners have a great experience.

The race gets consistently good comments and praise for its organisation, the friendliness of the club and the support from the marshals, but it couldn't happen without a massive amount of help on the day. Club members and their families and friends are encouraged to volunteer in the various marshalling roles. It may only take a couple of hours out of your day...not much to ask is it?

All the net profits from the event are donated to charity. Last year we were able to give £10,000 to East Cheshire Hospice and £1,000 to local athletics development.

In this issue we've got some inspirational stories from Mandy Calvert on her Joss Naylor Challenge and Nancy Bunyan on taking part in ultra races. There's also a report by Barbara Murray on 2 ex Macclesfield Harriers athletes who competed in the recent Commonwealth Games.

Please note the change of email address for GO! Magazine below.

Alison

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Macclesfield Half Marathon & 5k update

With only a few weeks to go before race day we're approaching busy and exciting times for the organisers of the Macclesfield Half Marathon and 5k.

The race takes place on Sunday 28th September and we're seeing a pleasing number of people registering to take part. Some of the entrants are old friends of the event but many are new to this kind of event, including one recent entrant who told us this was her 'first ever race'.

The Macclesfield Half Marathon is organised entirely by volunteers most of whom are runners themselves. That's why we are able to encourage and support our entrants and answer their questions. Our dedicated Facebook page has enabled us to answer lots of questions, everything from 'are earphones allowed?' to 'is there a time limit for the race?' and 'how do I cope with the hilly course?'



If you visit the Facebook page www.facebook.com/MaccHalf you will find all the answers to these questions and more, as well as training tips for hot weather and gorgeous photos taken on the race route.

The special thing about the Macclesfield Half Marathon is that all the profits go to charity - every single penny! We are delighted to be supporting East Cheshire Hospice once again and we know that it's hugely important to our participants that, as well as taking on a big personal challenge in many cases, they are raising invaluable funds for this wonderful local cause.

There's still time to enter – go to our website www.macc-half.co.uk to register, it's quick and simple to do. Alternatively if you're not a runner but you'd like to get involved in the event we are looking for volunteers to help on the day – your help is critical to the success of the event. Finally, if there are any companies out there interested in sponsorship of the event we still have opportunities we'd be happy to discuss. Please contact Kate Ravenscroft on 07979 914913 for more information.

Kate Ravenscroft

STARTRACK - 11 to 15 August 2014

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

59 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.

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 and performances

achieved by others that the club may well have some new members in the near future.

Kevin Ranshaw



Helpers still needed for the Macclesfield Half Marathon

Sunday 28th September 2014

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 £10,000 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—we still have 10 jobs to fill!

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

Thank You!



**2 of last year's
'Mad Marshals'**

Mandy Calvert JNLC (Joss Naylor Lakeland Challenge)

14th June 2014

Following in the footsteps of a legend with my friends from Macclesfield

Despite the prospect of a 5:30am start we were still sitting in the pub on Friday evening when we saw another group starting their “Joss Naylor” challenge at 10:00pm. Not many hours later, in the calm sunshine of the early morning I was also standing on Pooley Bridge admiring the sublime views across Ullswater, with Martin. Mike and Steve came screeching around the corner at 5:28 and after finding a spot to park, we departed at 5:38am.

Running up through the campsite, I was concerned that if this was the pace, I may soon drop behind. However, as we climbed up to Arthurs Pike we were just about on schedule and the views were stunning over Ullswater with the skylarks wheeling overhead. We made good progress across to Loadpot and Kidsty Pike came quickly into view. We were more or less on schedule and even made up time on the grassy descent from Thornthwaite Beacon.

As we came onto the final traverse around to Pike Howe we could see Phil in the distance and he led us down the grass so we quickly made it to Kirkstone, seven important minutes up on schedule.

I enjoyed a quick cup of tea and a bun before setting off up Red Screens. I was feeling good on the climbs, but the boys were quicker than me on the descents. I caught them up at Scandale and we cut across up to Dove Crag, where a bit of clag threatened to descend. Steve found a water bottle and almost lost a compass, but after a slight moment of panic it was found!

Fairfield had acquired its own cloud system that made route finding off a bit tricky, but we were soon back down into the sunshine. Seat Sandal came quickly and Steve found a great line off, to the waiting crew at Dunmail.



Mandy with the legendary Joss Naylor

Rice pudding and Melon for my third breakfast of the day! Digby took over navigational duties and Ross and Catherine were pacing. Up the now very defined trod to Steel Fell and away to High Raise where we began to meet loads of walkers on a walking wounded challenge. The weather was now clear warm and sunny, perfect really. We lost a bit of time to Rossett, but made it up on Bowfell where the clag had again descended. I couldn't believe how quickly we made it to Esk Pike. On the way down to Esk Hause we met Hazel and the Daves who were doing the Charnley Relay leg. We stopped for team hugs and then off to Great End, where we of course all again got fooled by the false summits! Straight down the gulley and Styhead tarn.

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More rice pudding and we were joined by Steve and Martin. Melanie took the spare kit back down. I felt strong climbing Gable although it was now drizzly and claggy. A Bob Graham contender and supporter loomed out of the mist on Kirk Fell and we took a path down near the stream. At Black Sail Annette greeted us with strawberries and water. Pillar loomed large but the weather was beginning to clear again. A select band of us went out and back to Steeple and then down the lovely grassy descent before Haycock, where Phil greeted me with a welcome orange. We descended off Haycock by another of Phil's grassy lines to Pots of Ashness and then the final big climb up to Seatallan where we overtook the party who we had seen set out at 10:00pm on Friday. Two V70 ladies, including Carol an ex GB orienteering champion!

It was a glorious evening as we descended finally to Greendale Bridge to be greeted by Joss Naylor himself, a real privilege.



Mandy & her support team with Joss Naylor

Lots of photos and then the final objective, to get to the pub before 8:20, when they stopped serving food!

Final time 13hours and 14 minutes. Thank you to all my supporters for making it such a brilliant day out in the hills and also to Chris and Debs Cripps who let us use their house whilst they were away on honeymoon!

Mandy Calvert

CAKES PLEASE!

Once again MH&AC will be hosting the annual Half Marathon and 5k on Sunday 28th September. This means over 1000 runners plus their supporters need feeding!

This year members of 'E' Group 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 much appreciated. Please contact Heather Cooper by email at coopsie61@hotmail.com (marked **CAKE DONATION**) so that they know what to expect!

Any contributions need to be at the track either Saturday lunchtime (27th) or early on Sunday morning (around 8.30am), 28th September.

Many thanks!
The Catering Team



Forest Five - Wednesday 16th July 2014 - Race Report

The forecast was for the start of a heatwave but it was raining during the lead up to this year's event. This held down the temperatures but the high humidity, lack of breeze and the vast preponderance of flies prevented it being perfect conditions. But it could have been worse. The rain held off during the race and the promised clear skies eventually arrived.

90 entrants paid their donations which were going this year to the Rossendale Trust. Runners arrived early for once and there was an unusual calmness at the start line with no last minute arrivals thrusting entrance money into my hand. We got the race off some two minutes late and settled down to await the winner and his entourage. Little did we know what was happening up in the forest? I got an inkling when the first runner came over the line complaining about confusion with the signs and runners going off route. How could this be? We had spent half the day carefully signing the course and Phil had run round immediately before the start just to check that everything was still in place. He did see a group of young mountain bikers near Nessit Hill. It seems that the left sign taking the runners down the walkers trail had been moved to point down the bikers' descent route. This would leave any runners taking the 'short cut' on the wrong side of a wooden fence and would lead them right and down into the lower part of the forest. Somehow all those taking this option found their way to the next marshal, Sophie, who was amazed to find runners coming at her from all directions. Times seem unaffected. GPS measurements suggested that the deviation was very slightly longer, but only by a few hundred metres. And no one got lost! So the search and rescue procedure remains untested. I was very glad that we had Hazel out on the course as a mobile marshal. Her extra-time services were almost required.

Afterwards we heard what had been happening at Forest Chapel. We had noticed the hole in the road when marking the course but barriers were in place and all was quiet when the course was checked prior to the start. But by the time David, our noble marshal; arrived the road workers were back. At 7.30pm!! Further digging was taking place, a lorry was backing to and fro across the course and all hell was let loose. However David kept calm and helped the runners round all the obstructions.

The boardwalks that caused the problems last year, when someone tripped and cut their knees open, this year provided different concerns. The passage of fast moving feet disturbed a wasps (or hornets) nest and several runners were stung, one person four times. The marshals battled on against fly infestations and came back with heads covered and smelling of midge repellent.

Jacob Roberts of Macclesfield Harriers was first home having kept his head over the signage confusion. He was closely followed by the first male vet, Gareth Briggs of Staffs Moorlands. Kristy Gill, Macclesfield Harriers, won the women's trophy just ahead of Emma Marks of DS Running Club. Andrea Frost of Macclesfield was first female vet.

We collected over £500 for the charity and would regard the event as a resounding success. But it could so easily have gone wrong. This is the first time in the long history of the race that a sign has been moved prior to the start. How can this be prevented in future? Well maybe we should just not put out so many signs next year. This would lessen the dependency on the markers and induce a higher level of route awareness amongst

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runners. It would certainly mean that if runners go off-route, it would be their fault and not ours.

Another issue that needs discussing is the significant percentage of donations that have to go off to English Athletics to pay the 'unattached' levy. However the support (TRA cover half the levy for us) and insurance provided by the TRA Race Permit is a great comfort to the organisers. The TRA were offering grants this year and if they do so next year, I may apply to see if we can get these levies, and other expenses that the club absorbs, financially covered. I do not want to lose this enthusiasm from the unattached runners. It adds to the unique ambience of this event.

The last point I want feedback on is the Interclub Challenge. With Wilmslow not contesting this year, and Congleton one runner short, Macclesfield Harriers and Goyt Valley Striders were left to battle it out between them. I would like to spread the challenge further afield and have already asked a Stockport Harrier to pass on a formal invitation for next year to his committee. We get good

support from Staffs Moorlands and could include them as well. The rule (position of the first 7 of any gender and age + the next 3 women) seems fair to the less represented clubs as well as to the women of the better represented ones. Macclesfield Harriers hold the shield for another year; come and get it if you can.

I would like to thank the marshals and race officials who all volunteered their time to help make this event a success and ensure that a worthwhile donation is passed on to a local charity. The Peak Park Rangers were behind us as ever and the landowners of the Forest did not stand in our way. There is an amazing loyalty from local runners who support this race year on year. This is what keeps me going and able to say 'see you next year on 15th July 2015.'

Peter Nolan

Race results are here :

www.macclesfield-harriers.co.uk/images/forest5result2014.xls

Summer Ball - Many Thanks

Saturday 12th July saw the very first Harriers Summer Ball excellently organised by Anna Carey in aid of the Macclesfield Athletics Development Fund - many thanks indeed Anna!

The evening started off with a welcome from Anna and some fun courtesy of her friend Jo. A lovely three course meal was followed by some lovely singing by Helen before the band got the dancing underway. Throughout the evening the attendees bid against each other in the paper favours auction for items as diverse as 4 nights in a cabin in Snowdonia, car washing by the U15 boys team, to one hour of 1:1 coaching with Bob.

The total sum raised from the auction and raffle was an amazing £2600, for donation to the Athletics Development Charity towards the indoor athletics and multi-sport facility. Thank you to everyone who attended, donated and bid for favours and raffle prizes and made for such an enjoyable evening, and again, special thanks to Anna from all of us.



Barbara Murray

Minutes of Macclesfield Harriers &AC Committee Meeting 3rd July 2014

Venue: Athletics Club House, Chair: Kevin Ranshaw

1. **Apologies:** Neil Gunn (NG), Phil Cheek (PC), Bob Lynch (BL), Nina Moss (NM), Barry Blyth (BB), James Noakes (JN)

Attendees: Kevin Ranshaw (KR), Keith Mulholland (KM), Clare Finnis (CF), Nicky Tasker (NT), Chris Bentley (Chris B),

2. **Agreement of Previous Meeting's Minutes** - already agreed

3. **Correspondence (CF)** The vintage photo from Terry was discussed. CF agreed to ask A Gunn if the article and photo could go in the Go! magazine.

4. **Club Membership Update (JB)**

We currently have 572 members - and folk are still joining at the rate of several a week. The committee agrees to chase any members that appear not to have paid this years subscription before the unpaid members are deleted from the membership list. KR will contact JB regarding names that should not have been on the list provided.

Statistics (NT)

To clarify the situation where a Senior athlete becomes a Master (in age terms) during a track and field season, it was agreed that the age of the athlete should be taken as at the date of the first qualifying track and field fixture of the season.

Therefore as an example, if the first qualifying fixture is on 1st May and a person is a Senior athlete on that date then they qualify as a Senior for that year's track and field awards regardless of whether they become a Master during the season.

5. **Volunteers and club membership fees**-we will review in January 15, only note to make is that all feedback received by the committee has been positive.
6. **Honorary Membership** - this will be discussed at a later meeting when more of the committee are present.
7. **Finance (NG)** The club is doing well from good membership, track income and catering. The savings bond will mature soon and NG will start the process of looking for somewhere to invest for the next twelve months. The committee agreed to the sum of £3000 being added to the bond.

Leadership in Running Fitness update: Several people will take the course on 5th July so there will be expenses to reimburse.

Gazebo: The committee agreed to the purchase of the 'T' version at £199. KR agreed to contact BB who has offered to make the purchase. The Gazebo has to be kept at the clubhouse.

9. **C25K, E and D group:**

Couch to 5k update: First course has gone well with 15 out of 20 running the 5k and about 10 people now running with E group. NG did a survey which gave very positive feedback about the course, the club and the leaders. The next course is full (24 people)

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and will start on Aug 21st (leader is Cheryl Evans with support from other leaders).
E and D group update: A new Saturday D group has been formed (starting 9th August, led by Neil Gunn) to try to get some E group runners to 'move up'. The existing Wed and Fri D group runs led by Bob and Pauline will continue.

10. Track and Field (KR)

KR gave his report which will be printed in full in the Go! magazine.

11. Cross Country (JN)

No report given

12. Road Running (KM)

Participation in races has generally been encouraging. Numbers were a bit down for the Buxworth 5 (7 Harriers), however this race was the night after the Rainow fell race in which many road runners took part. The Christleton 5k saw a great turnout considering it was on a Friday night in Chester with 13 Harriers taking part. The last recent race was the Warrington 10k with 16 Harriers competing, again a great turnout on a Thursday night. Leaders of club groups are to be encouraged to promote road running races.

13. Fell Running (BB)

1. Club Fell Champs

It's a busy time of year for Fell racing and since the last report to the committee (May 1st) there have been 7 races with some astonishing turnouts. 38 at Rainow; 33 at Bollington 3 peaks and 30 at the Boars Head.

So far 87 runner have participated in the club champs. Of these 17 have completed 4 or more races. Matt Lewis currently leads followed by Barry Blyth both having completed 6 races including a "long". Mark Messenger is 3rd with a race in hand but needs to do a long to go 1st. Rachael Lawrance is 1st lady and 4th overall. Matt and Barry are also 1st and 2nd allowing for handicap. With 7 races still to go all could change.

2. Summer Series

Some wed races (eg Goyts moss; Shining Tor) are not being organised this year for various reasons so I've reduced the summer series to the best 5 from 8. These include the Rainow 5; the Boars Head and the Forest 5 discussed above. Awaiting the formal results from last night's Hope Wakes race. Next race up is the Wormstones on July 9th. Mark Messenger currently leads followed by Rob Hasler and Barry Blyth all having done 4 races.

14. Boost Profile of club

- **business cards (JN)** CF to ask JN whether any progress has been made on this.
- **other ideas** none

15. Publicity (Carol B) no report given

16. Any Other Items: A brief discussion was had about the list of Officers and whether all the vacant posts are actually needed. It was also discussed that a notice of vacancies could be issued with the promotion of the AGM.

17. Date of next meeting: Thursday 4th September 8.15pm in clubhouse

18. Chair: Neil Gunn

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 15 June and a fantastic turn-out by Macclesfield athletes – a grand total of 133..!

A first class atmosphere, fine weather and some excellent performances resulted in a great day with the overall outcome being 1st place and the Under 11s also achieving the top spot with a score of 118 (just 2 points short of the maximum available).

The overall result was:

- Mens score: 258 – 1st
- Ladies score: 253 – 1st
- Overall score: 561 – 1st (includes Officials points)

21 graded performances were attained (see summary in the clubhouse).

Deeside's Connah's Quay was the venue for the third round where the proceedings were delayed for 20 minutes owing to a torrential downpour/thunderstorm. The excellent attendance at the first 2 rounds continued with a good number travelling to the North Wales site albeit predominantly in the younger age groups.



U11 Girls Team

This time West Cheshire AC and Menai provided the major opposition for the U11s, but another stoic performance saw the young athletes come away with 1st place. For the main match, some superb individual performances (11 graded) helped contribute to the overall outcome as shown below:

- Under 11s: 117 – 1st
- Mens score: 205 – 1st
- Ladies score: 211 – 1st
- Overall score: 476 – 1st (includes Officials points)

This left the U11s in 1st place in the table some 24 points ahead of the second placed team, the men 2nd, the ladies 2nd and Macclesfield 2nd overall, but some way behind the leaders - Crewe.

We look forward to the final fixture in this league on 7 September - again at Macclesfield - when we need all available athletes to step forward and help towards our aim to finish the season on a high.

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

The fixtures for this league have now been completed.

The second round was at Warrington where the 8 teams finished in the same order as in the first round - we were 4th.

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With a weakened team owing to the Half Term holiday and again a shortage of U15s able/willing to compete, the overall result was reasonable.

There were some notable individual performances, with 13 graded measures being achieved. For the third round we travelled to Wigan. A glorious day unfortunately marred by a lack of U15s, particularly female, able/willing to take part. Accordingly, the depleted team could only manage 5th place in the fixture which was again dominated by Stockport Harriers.

Nonetheless, 19 graded performances were registered, showing the continued improvement of athletes and the benefits of regular training.

Despite the result we retained 4th place in the table.

The final fixture was again away at Wrexham in July. A torrential downpour preceded the event and at one stage looked as if it would delay the start, but luckily the skies brightened and the event proceeded on time.

Another good turn-out by the U13s and the best U15s attendance of the season saw Macclesfield take 3rd place in the fixture which cemented a 4th place finish in the table.

Again there were some fine individual performances with 21 graded marks being attained.

Ella Spencer's 200m being a particularly notable performance with a time of 26.4 seconds (Grade 1) being achieved.

So, with all four fixtures being away from home the final position is perhaps the best we could hope for. Those finishing above us, especially Stockport Harriers (the division winners), have proved to be strong opposition over the season.

Next year we will need to retain the enthusiasm for competition across both age groups and, in respect of the U15s, ensure that as many as possible step forward regularly to represent the club. We can do better and hopefully in 2015 we will return in the same division with renewed force.

Northern League (U17 – Seniors)

The second round for this league was held at Ashton-under-Lyne where a better turn-out of athletes than the first round saw us achieve a very creditable 4th place, which moved us up the league table to 5th.

The third round was at Halifax on another glorious day. A good number of athletes and some great individual performances were not enough to repeat the second round result with a 5th place finish being achieved this time.

This left us 5th in the table.

St Helens Sutton AC hosted the final round at Warrington on the second Saturday of August (delayed from the first weekend owing to the Commonwealth Games in Glasgow). A small number of athletes and warm/dry conditions provided the finale to the season for this league, but with only pride to play for as a better-than-5th-place finish in the table was not possible. Nonetheless, those who represented the club did so with enthusiasm and again produced some excellent individual efforts.

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TRACK and FIELD: Results to date...almost a Season Summary (cont'd)

With East Cheshire Harriers – the league leaders – sending a strong team they were confirmed the division winners after another win and a fine performance on the day by St Helens Sutton gained them second place in the table and promotion.

For the last 2 seasons we had competed as a composite team along with Crewe and Nantwich – known as Team Cheshire East Athletics – but this year we returned to competing solely on our own. Whilst providing competition for several age groups, we have been against strong opposition at each fixture which we have not been able to overcome. Hence, the final 5th place finish in the league unfortunately means relegation to the lowest division next season.

So with two leagues completed – a mid-table finish and relegation – we are left with the most promising result in the Cheshire T&F League where a final push is needed to attain what could be the best outcome for a number of years.

Please compete if you are available for this final fixture details for which are listed below:

Cheshire Track and Field League (All Age Groups)	7 September	Macclesfield (so no excuses..!)
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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 colours represented at the various venues – the home fixture in June (and hopefully repeated in September) being particularly memorable.

It was also pleasing to see so many younger athletes willing to participate. We strive for each athlete to do their best (which is all we can ask of them) and this season it has been a joy to see so many who have attended training and progressed to the competition arena – long may it continue.

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 elsewhere in the magazine 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

4th JOINT ANNUAL TRACK and FIELD CHAMPIONSHIPS 17th/18th MAY 2014

The Championships, which incorporated Parallel Success events for wheelchair and disabled athletes, were held this year at the Macclesfield athletics track, organised by the Cheshire County and Greater Manchester Athletic Associations.

A fantastic weekend of athletics was enjoyed by many athletes from the two counties with some excellent individual performances in glorious weather.

42 athletes from the club competed across various disciplines – an excellent turnout – with 43 medals being claimed (14 Gold, 16 Silver, 13 Bronze) and in doing so attaining 38 graded performances.

Congratulations are due to all.

Specific details were:

Age Group	Athletes	Gold	Silver	Bronze
U13	20	6	7	6
U15	6	1	0	3
U17	9	1	6	3
U20	2	3	0	0
Senior	5	3	3	1

A couple of performances deserve special mention; under 15 Ella Spencer's 200m in a time of 26.07 seconds was a Grade 1 performance which gained a gold medal and, subject to ratification, a new club record. Meanwhile, under 13 Sian Heslop completed the 800m in 2:35.04 (Grade 3) and the next day 1200m in a time of 4:08.97 (Grade 4) to take gold in both events.

The full results are here www.cheshireaa.com

Several Macclesfield club members helped officiate at the event (and prepare the arena for it beforehand) and thanks are due to numerous helpers who kept the refreshments flowing during the 2 days.

Hopefully, all those who took part will consider representing the club in league competition in the future and entering next year's Championships which will be held in Greater Manchester.

Kevin Ranshaw

CALENDAR OF EVENTS 2014/2015

SEPTEMBER			
Sun 7th	T&F: Cheshire League Round 4 Maccdes field	11.30	All
Sun 14th	T&F: Junior Multi-Events Maccdes field	10.30	All Pre-entry
Sat 20th	T&F: Club Event and T&F Awards Presentation Maccdes field	12 Noon	All
Sat 27th	Cross Country: North Staffs XC League Round 1 Winsford, Knights Grange (see website)	12.30	All
Sun 28th	Maccdes field Half Marathon, 5K and Fun Run	10.00 + 10.15	
OCTOBER			
Sat 11th	Cross Country: Greater Manchester League Match 1 Stockport, Woodbank Park (SK1 4JR)	12 Noon	Not U11
Sun 12th	Indoor Sportshall: North West League Round 1 Crewe, South Cheshire College (CW2 8AB)	11.45	U11/U13/U15
Sat 18th	Cross Country: Relays Sheffield		
Sat 25th	Cross Country: North Staffs XC League Round 2 Stafford Common (see website)	12.30	All
NOVEMBER			
Sat 1st	Road Race: Langley 7	14.00	
Sat 8th	Cross Country: Greater Manchester League Match 2 St Helens, Sherdley Park (WA9 5DE)	12 Noon	Inc U11
Sat 8th	Indoor T&F: Northern Open Meeting 1 Sheffield, English Institute of Sport (S9 5DA)	11.00	U15 – Senior
Sat 15th	Cross Country: North Staffs XC League Round 3 Stoke, Park Hall Country Park (see website)	12.30	All
Sun 16th	Indoor Sportshall: North West League Round 2 Crewe, South Cheshire College (CW2 8AB)	11.45	U11/U13/U15
DECEMBER			
Sat 6th	Cross Country: Greater Manchester League Match 3 Bla ckley, Boggart Hole Cough (M9 7DH)	12 Noon	Inc U11
Sat 6th	Indoor T&F: Northern Open Meeting 2 Sheffield, English Institute of Sport (S9 5DA)	10.45	U15 – Senior
Sun 7th	Indoor Sportshall: North West League Round 3 Widnes, Kingsway Leisure Centre (WA8 7QH)	11.45	U11/U13/U15
Sat 13th	Cross Country: North Staffs XC League Round 4 Leek, Westwood High School (see website)	12.30	All
JANUARY			
Sat 3rd	Cross Country: Cheshire Championships Ve nue TBC		
Sat 10th	Cross Country: Greater Manchester League Match 4 Manchester, Heaton Park (M25 2SW)	12 Noon	Inc U11
Sat 24th	Cross Country: Northern Championships Pontefract		
Sun 25th	Indoor Sportshall: North West League Final Widnes, Kingsway Leisure Centre (WA8 7QH)	TBA	Qualification Needed

CALENDAR OF EVENTS 2014/2015 (cont'd)

FEBRUARY			
Sat 7th	Cross Country: Greater Manchester League Match 5 Manchester, Wythenshawe Park (M23 OAB)	12 Noon	Inc U11
Sat 21st	Cross Country: English Championships London, Parliament Hill		
MARCH			
Fri 20th	Club AGM and Awards Evening Bollington Arts Centre	7.00	All !

USEFUL WEBSITES

Macclesfield Harriers and AC	www.macclesfield-harriers.co.uk
Cheshire County Athletic Association	www.cheshireaa.com
Youth Development League	www.ukydl.org.uk/index.html
Northern League	www.northernathletics.org.uk/track-field-league
Cheshire T&F League	www.cheshireaa.com/results/TFL/cheshire_tf_league_2014.aspx
Indoor Sportshall League	www.sportshall.org
North Staffs Cross Country League	www.nscd.co.uk
Greater Manchester Cross Country League	www.bbresults.com

Club T&F Awards and Mini Competition

Macclesfield Athletics Track
Saturday 20th September 2014
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 2014 season

Open to all members of MH&AC

UKA age group rules apply/all age groups as of 31 August 2014 (min age 9)
3 attempts for throws/jumps (High Jump - maximum of 7 attempts)

For more information contact Kevin Ranshaw 01625 616483 or
Bob Lynch 01625 829229

FELL RUNNING

Wednesday Night Fell Runs - 2014 / 2015

Sep 3rd Beehive PH Combs near Chapel en le Frith SK23 9UT NB Sunset 19.54hrs
Sep 10th Hanging Gate Higher Sutton SK11 ONG. NB Sunset 19.37hrs
Sep 17th Pym Chair car park GR 995768. After at the Swan Kettleshulme. SS 19.20hrs
Sep 24th Derbyshire Bridge Car Park, Goyt Valley. After at the Stanley Arms Wildboardclough
Oct 1st Trentabank Car Park Macc Forest SJ916711. After at the St Dunstans. Sunset. 18.46hrs
Oct 8th The Poachers Bollington SK10 5RE
Oct 15th Crag Inn Wildboar Clough SK11 0BD
Oct 22nd Boars Head Poynton SK12 1TE **NB. Clocks change Oct 26th**
Oct 29th Trentabank /Heronry Car Park SK11 ONE after at the St Dunstans Langley
Nov 5th Robin Hood Rainow SK10 5XE
Nov 12th Stanley Arms Wildboardclough SK11 0AR
Nov 19th The Vale Inn Bollington SK10 5JT
Nov 26th Boars Head Poynton SK12 1TE
Dec 3rd Robin Hood, Rainow SK10 5XE
Dec 10th Trentabank/Heronry car park SK11ONE after at St Dunstans, Langley
Dec 17th Street Orienteering from the Vale Inn Bollington SK10 5JT courtesy of Andy Skelhorn
Jan 7th Church House PH, Sutton SK11 0DS
Jan 15 Teggs Nose Bottom Car Park after at St Dunstan's, Langley
Jan 21st Boars Head PH, Poynton SK12 1TE
Jan 28th The Poachers Bollington SK10 5RE
Feb 4th Derbyshire Bridge after at the Stanley Arms
Feb 11th Trentabank/Heronry car park SK11ONE after at St Dunstan's, Langley
Feb 18th The Vale PH Bollington SK10 5JT
Feb 25th Hanging Gate higher Sutton SK11 ONG
Mar 4th Trentabank/Heronry car park SK11 ONE after at St Dunstan's, Langley*
Mar 11th The Poachers Bollington SK10 5JT
Mar 18th Robin Hood Rainow SK10 5XE
Mar 25th Boars Head Poynton SK12 1TE

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

PLEASE CAR SHARE, and PARK PRETTILY especially at smaller venues

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

FELL REPORT AUG 5th 2014

1. CLUB FELL CHAMPS

Summer is a busy time of year for Fell racing and since the last GO! report to the committee (May 1st) 14 of the 18 races have been completed with some astonishing turnouts. 38 at Rainow; 33 at Bollington 3

peaks, 30 at the Boars Head and 32 at the Forest 5. Too many to fully report on but notable ones are:

At the Boars Head Macclesfield almost swept the board having 5 in the top ten with our Simon Harding pipping Wilmslow's Damian Nichols and Andy Lamont getting

FELL RUNNING (cont'd)

3rd, Pete Neild was 6th, Chris Bentley 7th and Mark Messenger 9th and also 1st MV40. Not surprisingly Macc were 1st Men's team and our ladies were 1st as well. Kristy Gill was 2nd lady; Mandy Calvert 1st LV50 and Barry Blyth 1st MV60.

Bollington 3 Peaks Matt Bigley was 5th, Jacob Roberts 7th, Mark Messenger 11th (1st MV40). John Mooney was 1st MV50 and Colin Ardron 1st MV60. Rachael Lawrance was 1st lady closely followed by Clare Griffin 2nd lady (1st LV40) and Andrea Frost 3rd. Macclesfield again took both team prizes.

Wincle Trout Mark Walker was 1st harrier in 8th place. Sarah Harris was 2nd lady with Clare Griffin 3rd lady and 1st LV40. This race (organised by Julian Brown) filled up early on so a number of harriers were too late to enter.

Quite a few harriers were doing other events so there were reduced turnouts in the **Passing Cloud** (Pete Neild was 1st harrier in 15th); **the Kinder Trog** (Steve Watts 1st MV50); **Whaley Waltz** (Jacob Roberts 3rd); **Bollington Nostalgia** (Jacob Roberts 3rd Alistair Thornton 5th) and **Teggs Nose** (lots of Harriers marshalling).

Forest 5 There were 32 harriers out of 90 runners. Jacob Roberts won outright with James Noakes 4th, Pete Neild 6th, Chris Bentley 8th and Andrew McEvoy 9th. Kristy Gill and Angela Markley were 1st and 2nd ladies respectively.

So far 98! Runners have participated in the club champs. Of these 16 have completed 5 or more races. Matt Lewis currently leads followed by Barry Blyth and Mark Stanbridge all having completed 6 races including a "long". Mark Messenger needs to do a long to go 1st. Rachael Lawrance is 1st lady and 5th overall. Matt and Barry are also 1st and 2nd allowing for handicap however with 4 races including 3 long remaining all

could change!

2. SUMMER SERIES

Some wed races (Goyt's moss; Shining Tor; Vanessa Chapel) are not being organised this year for various reasons so I've reduced the summer series to the best 5 from 8.

These include the Boars Head and the Forest 5 discussed above.

With just Eccles Pike remaining the series men's winner is already decided; again won by Simon Harding. The ladies' is very competitive with Rachael Lawrance just leading from Andrea Frost both needing to do the last race.

3. OTHER GOINGS ON!

An outstanding year for Simon Harding. 1st in the Duddon (29k/1830m) followed up a week later with 9th place in the English championship Ennerdale race (37k/2290m). He must have been a bit leg weary after Duddon and winning the Boars Head mid week. Simon went on to the win the toughest Fell race in the calendar Wasdale (34k/2750m) and came 2nd at Borrowdale (27k/2000m). These results mean he has won the Lakeland Classic series outright a fantastic achievement.

ULTRA MARATHONS & CHALLENGES

We have some amazing athletes when it comes to long distance challenges continuing in the footsteps of such as Mark Hartell. Mark still holds the Lake District 24hr record of 77 peaks set in 1977 improving on the 76 set by fellow harrier Mark McDermott.

Mandy Calvert and Steve Watts both completed the Naylor Round (48 mls and 17000ft) in the Lake District. This challenge is for over 50's with increasing time limits for each male/female 5 yr age band. Mandy and Steve were both a comfortable 45 mins within their time limits finishing in 15hrs 15min and 11hrs 14min respectively. Steve

FELL RUNNING (cont'd)

ran round with his dog Monty and Digby Harris for company.

The Eiger Trail 51k/3100m climb and 101k/6700m climb

Martin Rands, Julie Fletcher, Angela Leonard completed the 51k (3100m climb) despite Martin and Angela suffering tummy upsets. Tom Wittington switched from the 101k to the 51k as he was “bonking” owing to dehydration and not taking enough food on board early on.

In the 100k **Julie Gardner** was 1st in the LV50 category, followed by Mandy Calvert 4th and Alison Brind 13th.

Mandy will be competing in **the Ultra Tour de Mont Blanc UTMB** in late Aug. A mere 168k with 9600m of climb (and descent). In Oct she will be in an LV 50 rowing(!!!) eight in the Boston USA prestigious “Head of Charles” event.

Not to be outdone at the same time Julie G will be doing **La Petite Trotte 306k/28000m!** Last year Julie completed the entire 630 miles of the South West Coast path setting a new **record time** of just over 14 days, in the process raising in excess of £4000 to go to towards refurbishing the path. Mind numbing!

Lakeland 100 ml/6300m was successfully completed by Nancy Bunyan and Bonnie in July. Hazel Winder was unfortunately affected by tummy problems and pulled

out. Hazel completed a successful Naylor round last year.

Julian Brown has not cycled across France or from London to Edinburgh and back this year. Must have got his bus pass.

A rare mention for **Dave Tucker** who came 1st in the Polly Lander orienteering event organised by Phil Cheek.

Brian Jackson organised a weekend in the Lakes where 2 teams of 6 had a go at the Charnley Way relay. Brian also organised a Wed night club orienteering event “the Scampero” which was won by ex Harrier and orienteer Warren Mason.

Simon Cartledge managed to get 2/3rd of the way on his Bob Graham attempt before his back and knee caused him to call it a day.

OUR JUNIORS are having a very successful year **Jacob Roberts** came 1st in the Langley Fete and 2nd in the Bosley fete fell races. Jacob along with **Alistair Thornton and Tom Gittins** have been featuring well in the Staff Moorlands summer series. Alistair and Jacob were placed 4th and 5th in the Shutlingsloe race just a couple of minutes behind multi English Fell champion Simon Bailey.

There are probably other odd ball “goings on” that I’ve not been advised of!

Barry Blyth

My Ultra Long Journey By Nancy Bunyan

An ultramarathon is an event involving running (and/or walking) over a distance greater than the traditional marathon distance of 26.2 miles. In the last 10 years I have participated and completed a number of these events.

I started with the Dorset Duddle back in 2005. I was 40 and looking for something different. My

husband John had done the event a number of times and offered to stay with me and since we were staying with my in-laws, the boys could be left for the day. It was mostly very lovely but I ended up with 4 black toenails and nearly couldn’t walk down the stairs the next day. Nearly everyone says “never again” after their first ultra, and so did I, but then nearly everyone can’t stop at just one, nor did I!

A week after the Duddle John and I followed the

Macclesfield Harriers on the UTMB website. The ability to watch the progress made by our friends along the mountainous route was spellbinding. I knew these people must be 1) amazingly fit and 2) insane in order to undertake and complete such a feat. I knew I was neither of these (well certainly not amazingly fit!) but somehow a little worm of an idea, a desire, began to burrow into my mind....



I was back on the Doddle the following year and did the Bullock Smithy too – it is local and so easy to recce. Over the next years I incorporated the Haworth Hobble and the Fellsman in Yorkshire into

my running calendar. I travelled to Chamonix for the CCC (2009), two weather-shortened UTMB's (2010, 2012) and the TDS (2013 - DNF). Two Long Distance Walking Association (LDWA) 100s – one in Shropshire (2011), one in the Welsh Valleys (2014). The Lakeland 50 in 2012 and the Lakeland 100 this year. I've also done a number of other LDWA events which are between 20 and 30 or so miles; I don't really think of these as ultramarathons, more like picnics with a bit of running/jogging/walking between courses.

In almost each of these events there comes a time when I start to doubt myself. I might think that I've not done enough training, or that I'm not well, or perhaps that I am just not crazy enough to continue. These episodes seem to pass if I have some jelly babies or other tasty treats, drink some coffee or coke, or just open my senses to the world around me and realise how lucky I am. If something is bothering me that I can do something about – perhaps retying my shoe or adjusting my clothes – I try to do that as soon as possible.

At night the challenges are different. I slow down (even more) and my eyes sometimes get tired from staring at the torchlit path in front of me. On long events when I've been out for a second night, my brain slows down considerably and starts to work differently. The function which recognises

objects goes into overdrive, resulting in some odd hallucinations. For instance on the LDWA Valleys 100, I saw a small crocodile in a canal, a party balloon elephant stuck in a bush, and people who turned into trees or shadows as I got closer. I have heard that it helps to have a little sleep at a checkpoint but the closest I've got to that was nearly falling asleep on a portalo!

The people who organise and look after the runners at these events are amazing. Most are volunteers and many go well beyond the call of duty to give the participants the best chance of completing the event. Checkpoint staff in fancy dress show off their culinary skills and may also help sort out your horrible feet (though not at the same time!). Remembering that they are giving up their time and putting so much energy into an event for me to enjoy is highly motivating – it would be rude to give up when they've done so much.

Apart from my first Doddle I haven't had too many issues with recovering after an ultramarathon. During a long event I usually get a bit of chafing somewhere, and depending on conditions my feet can get a bit sore, but these are short-term irritants. Sometimes my feet and ankles swell up afterwards; compression socks and a bit of arnica cream seem quite useful when this happens. Abdominal discomfort during a race is not nice but I've been lucky not to have serious problems; it has slowed me down but hasn't stopped me yet.

There's a book called *Chi Running* which has been great in helping me enjoy my running. I treat myself to a sports massage about every 6 weeks, or every 4 weeks if I'm doing a bit more than usual. My weekly yoga class seems to help too. And I believe shorter (relatively) faster runs are good to balance out the long distance stuff.

Considering how relatively little time and mileage (usually under 1000 miles a year) I spend training, I've been able to achieve much more than I could have imagined 10 years ago. I'm very lucky to live in such a nice part of the world, to have so many events to tempt me, to get so much inspiration, support and advice from much more talented Harriers, and to have an understanding family who allow me to spend many hours not going very fast at all.

ROAD RUNNING

2014 Cheshire Grand Prix and Club Championship Road Race Series

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:

cheshireaa.com/results/RRGP/cheshire_road_race_grand_prix.aspx

Rules for Club Championships

Separate Championships for men and women.

Points for each race calculated as follows:

Winning Time (M or F)/Your Time x 1000

Your time will be Chip time where available.

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

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

www.race-results.co.uk

www.ukresults.net

northernrunningguide.com

www.runnersworld.co.uk/events

Keith Mulholland

Cheshire Grand Prix & Club Championship Road Race Series

Cheshire Grand Prix race	Race Distance Category	RACE	DATE
No	Medium	Gawsworth 10k	Sun 14 th September (tbc)
No	Medium	Sandbach 10k	Sun 12 th October (tbc)
No	Medium	Langley 7	Sat 1 st November (tbc)
No	Medium	Cheddleton 10k	Sat 29 th November (tbc)
No	Long	Stockport 10 mile	Sun December 7 th (tbc)

Senior club championship races calendar 2014

Sun-07-Sep	Cheshire League - Macclesfield	T&F			
Sun-14-Sep	Gawsworth	Road	M	10k	
Sun-21-Sep	Stanage Struggle	Fell	S		
Sat-27-Sep	North Staffs XC (1/4)	XC			
Sun-12-Oct	Windgather	Fell	L		
Sun-12-Oct	Sandbach	Road	M	10k	
Sat-25-Oct	North Staffs XC (2/4)	XC			
Sat-01-Nov	Langley 7	Road	M	7 mile	
Sun-09-Nov	Roaches	Fell	L		
Sat-15-Nov	North Staffs XC (3/4)	XC			
Sat-29-Nov	Cheddleton	Road	M	10k	
Sun-07-Dec	Stockport	Road	L	10 mile	Yes
Sat-13-Dec	North Staffs XC (4/4)	XC			
December	Club fell handicap	Fell	L		
	Remaining 2014/15 cross country dates yet to be notified				

Local Races September to November 2014

Race	Location	Date
City of Salford 10k	The Lowry, Salford	Sunday 7th September 10.15am
South Cheshire 20	Shavington Sports Centre, Crewe	Sunday 7th September 9.30am
Ashbourne Half Marathon	Recreation Ground, Ashbourne	Sunday 14th September 10.30am
English Half Marathon	Victoria Park, Warrington	Sunday 21st September 9.00am
Chester Marathon	Race Course, Chester	Sunday 5th October 9.30am
Congleton Half/Quarter Marathon	Congleton High School	Sunday 5th October 9.30 am
Wirral Half Marathon/10k	Birkenhead Park	Sunday 12th October 9.30am
Arley Hall Half Marathon	Arley Hall, Northwich	Sunday 19th October 9.00am
Snowdonia Marathon	Llanberis	Saturday 25th October 10.30am

ROAD RUNNING (cont'd)

Chester Spring 5 2014 – Wednesday 9 April, 2014

A superb set of results from Macclesfield Harriers at the Chester Spring 5 mile road race marked the second Cheshire Grand Prix race of the year.

Paula Nimmo continued her recent excellent form finishing in 3rd position (32:14 PB) just in front of Kristy Readman (4th Lady and 1st L35 32:24). Rachel Lawrance was the 3rd Lady Harrier to finish in 34:09, just behind Catherine Voyce (33:59, a former Harrier now running for Shropshire Shufflers).

Chris Bentley led men home in 28:34 (20th M) followed by Carl Hanaghan and Richard Brown who both gained PB's (31:36 and 32:11 respectively). More PB's were also gained by:

James Shering	33:05
Tracey Wardle	37:10
Dave Larkin	37:48
Stewart Waudby	38:39

Other results were also very encouraging and are listed below:

Daisy Pickles	34:50
Keith Mulholland	35:05
Mark Wheelton	37:23
Steve Lomas	37:27
Barbara Murray	40:38
Andrew Wardle	42:29
Dave Hancock	42:53

Congratulations to all on great performances which will no doubt improve the Men's and Ladies' team positions in the Cheshire Grand Prix.

Keith Mulholland

Buxworth 5 mile 2014 – Thursday 8 May, 2014

Last Thursday night 7 Harriers ventured out amidst heavy rain showers over to the Navigation Inn in Buxworth for the latest Club Championship race. Fortunately the weather was actually dry for the run!

The race route goes up to the top of Eccles Pike (1136ft) and features the steepest hills I have ever seen on a road race!

(Continued on page 25)

ROAD RUNNING (cont'd)

Mark Walker continued his recent form with a third placed finish (30:04) and was 1st M35. Mark was followed by Ray O'Keefe (37:24), Francis Pyatt (37:51) and Mark Stanbridge (39:03).

Nina Moss was the first lady Harrier to finish in 39:49, just ahead of myself (39:51) and Terry Neild (41:01).

Congratulations to everyone for turning out in such bad conditions.

Keith Mulholland

Christleton 5k 2014 – Friday 23 May, 2014

Friday 23rd May saw over three hundred runners travel to the picturesque village of Christleton for a fast flat 5k race. 13 Harriers made the start line and gained some notable personal performances. The weather conditions were very helpful being cool with only a few showers.

Mark Walker and Andy Lamont were the first two Harriers to finish in 16:16 and 16:21 respectively. Chiris Bentley and Scott Wilson followed in 16:45 and 17:13.

Nina Moss led the ladies home in 21:03 (18th F and PB!). Daisy Pickles was the second lady Harrier to finish despite struggling with a knee injury (22:08, 21st F) and was followed by Barbara Murray (22:45, 3rd F55).

The rest of the Harriers results were:

Carl Hanaghan	18:36 (PB!)
Ray O'Keefe	19:29
Keith Mulholland	20:14 (PB!)
Neil Murphy	22:32
Steve Lomas	22:46
Stewart Waudby	23:19

Full results can be found at:

Congratulations to everyone on a great set of results!

Keith Mulholland

ROAD RUNNING (cont'd)

Wizard '5' 2014 Results – Thursday 10 July and Cheshire Grand Prix Update



Neil Hey

There was a bumper turnout by Macc Harriers (32!) for this local race around Alderley Edge with some great individual performances over a challenging course encompassing trails, fields, stiles and tarmac. Most of the course was very familiar to any B group members from Thursday night runs!

Kristy Gill was the first lady Harrier back finishing in second place overall (32:53) with James Noakes the first male Harrier (1st M45 and 10th male overall). James was followed by Chris Bentley ((30:34) and Andrew McEvoy (30:52).

For the ladies Daisy Pickles was the second Harrier (35:46) and Rachael Lawrance third

(36:44).

Complete results (and photos!) can be found at:

www.race-results.co.uk/results/2014/



Daisy Pickles



Rachael Lawrance

The results have helped the Harriers in the overall Cheshire Grand Prix standings. Both the men's and women's teams are in 3rd Place. In the individual championships, Kristy Gill is 3rd with Daisy Pickles 6th with Mark Walker 16th and Carl Hanaghan 17th. I will try to post the spreadsheet on the forum but the file size may be too large! If you want any more details then please get in touch.

Many thanks to all for a great turnout. It was good to see everyone there.

Keith Mulholland



Angus Tennant

ROAD RUNNING (cont'd)

Warrington Road Runners 10k – Thursday 26 June, 2014

Sixteen Harriers ventured to Woolston Park last Thursday for the 4th race on the Cheshire Grand Prix. Mark Walker was the first male Harrier home with a time of 35:03 (8th M) with Kristy Gill leading the Ladies in 39:58 (3rd F35). Four Harriers also gained PB's and the individual times are listed below:

Gary Willcock	38:52
Carl Hanaghan	39:01(PB)
Jonnie Plumb	40:51 (PB)
Richard Brown	41:36
Paula Nimmo	42:12
Daisy Pickles	43:44
Francis Pyatt	44:27
Neil Murphy	47:00
David Larkin	47:32 (PB)
Steve Lomas	47:43
Stewart Waudby	48:34 (PB)
Maria David	50:45
Dawn Devine	59:09

Full results can be found at:

www.warringtonroadrunners.co.uk/tenK.html

Congratulations to everyone for a great set of results!

Keith Mulholland

FELL CLUB CHAMPS

Dan, Andrea, Dave, Barry & John after the Eccles Pike race on Wednesday 13 August. Looks like they scooped a few prizes! Well done all!



In the Fell Champs Simon Harding was 1st man followed by Dan Croft and Matt Lewis.

The ladies was hotly contested with Rachael Lawrance just ahead of Andrea Frost. Angela Markley was 3rd but only managed 4 races. A fifth would probably have seen her come 1st.

Barry Blyth

“Proud to be a Couch E” - A C25K Story

It was with some trepidation on a cold and drizzly April evening, that I laced up an old pair of trainers, donned an outfit that vaguely resembled running gear, and headed for my first evening on my new Couch to 5K running course.



Despite the last minute jitters, having never been near an athletics track since childhood, let alone ever imagining I would be thinking of joining a running club, (these were surely for people who could actually run!), I took a deep breath (one of many to come) and headed for the club house.

Brightly coloured jackets, an array of running shoes, broad smiles and encouraging welcomes and introductions from the group leaders, helpers and my new group members, was a very positive first impression and from that point onwards a very special weekly running experience began....

Having being introduced to a comprehensive running pack (ok, this was starting to feel a bit more believable), a series of dynamic warm ups (something to get used to!) a brisk walk around the track (not so bad), at the blow of a whistle “we were off”!

At the end of my first evening, despite some moans and groans from my unfit body and some wobbly legs, but with great encouragement from my group leaders a sense of exhilaration pervaded me in a way which exercise had never done before – I was hooked!

Week by week, we were supported coached and encouraged into believing that “if you do the homework” you really will reach your 5K goal. Half a lap becomes a full lap, full laps became 2 full laps and so on, and on each run you’re challenging yourself about whether or not you can do it. I will never forget the high of running non stop for 20 minutes for the first time in my life, something I thought I could never do.

As a group we bonded and shared the highs and inevitable lows of our running journey, kit chat about shoes, leggings, watches and running routes became the norm and one of the greatest learning curves for me personally has been the positive power and joy of running with a group of people.

There is something for me very freeing and elemental about the act of purely running, it’s not about being caught up in whether you’re the fastest or the slowest, the only person you’re really competing with is yourself, but there is something quite exciting about finding that next time you run, maybe, just maybe you will go that little bit further and before you know it, you’ve reached that wonderful 5K goal.

I’m not here to say that you should run, but really that you can run – ok I may not be the next Paula Radcliffe, (well you can dream), but I’ve moved onto E group now and however far or fast that may be, I hope to become the best running version of me.

Helen Rose

Couch to 5K (C25K) – now a 2nd Course!

After the success of the first C25K course the club committee approved a second course. We opened up applications and less than a week later the course was full (and we still have almost 30 people on the waiting list in case any places become available). The format of the second course will be the same as the first one and once again we have helpers from all sections of the club coming along to encourage the new runners. The second course starts on August 21st and runs for 9 weeks (every Thursday) – so, if you see new faces on lanes 7 & 8 of the track please give a shout of encouragement!



Graduates & helpers from Course 1

Neil Gunn (Course leader)

Sainsbury's – Active Kids Vouchers

Thanks to your efforts in collecting for/donating to the club, the following items have now been received to bolster the equipment at the club:

- 1 x Wire Storage Basket**
- 2 x Open Reel 50m Measuring Tapes**
- 1 x Pack of 2 Double Dutch Skipping Ropes**
- 8 x Folding Hurdle (for indoor/sports hall use)**
- 2 x Set of 4 Tetra Bean Bags (for indoor/sports hall use)**

The club is grateful to all those who helped achieve reaching the total of 3645 which enabled these items to be obtained.

Please look out for any future requests for vouchers if this scheme is repeated in 2015.

The Sainsbury's logo, featuring the brand name in a serif font with a curved line underneath.



Active Kids

Performance Pilates for Runners

Joseph Pilates created the Pilates system (originally called Contrology) during the early part of the twentieth century as a way to increase overall fitness for anyone. Initially adopted by professional dancers in the United States, today Pilates is growing in popularity both in athletes (professional and amateur) as well as in non-sporting individuals.

Pilates is a mind and body workout, which when practised regularly improves core strength and stability, overall body strength and flexibility and postural alignment. It also promotes relaxation and has a role in stress management.

Pilates has a number of benefits for both the amateur and elite runner. It helps in improving training efficiency, running performance and injury prevention.

A runner naturally endures constant impact/forces through the whole body when running. The force of each step travels up from the legs to the rest of the body. The core strength and stability acquired through Pilates assists in making the body better able to deal with the impact. It also improves body alignment and balance, and helps the runner distribute the forces of running throughout the body more effectively, playing a significant role in improving running performance. As a result Pilates enables the runner to move more efficiently and because of less strain on the body it helps in decreasing fatigue. It also assists in recovery and in preventing injury.

Furthermore, Pilates specifically aimed at runners i.e. Performance Pilates, maintains lower limb strength and flexibility (specifically gluteal, quadriceps, hamstrings and calf strength) and maintains joint mobility (specifically hip, knee and ankle joint mobility). Weakness and inflexibility in these muscles and joints can cause problems for a runner, slowing them down at best, or leading to a serious injury at worst.



Finally, Pilates helps to focus on breathing. This makes it easier to breathe smoothly using all available lung capacity, again having an impact on overall performance as well as injury prevention.

To sum up, Pilates can potentially help improve running performance, reduce the likelihood of injury and help keep an athlete running for longer. An essential marginal gain for the modern day runner!

Sara Davenport,
Chartered Physiotherapist and APPI Pilates Instructor,
John Honey Physiotherapy,
Trinity House Practice

Membership Secretary's Stumblings

Hi again, and hope your summer running's gone well! We've had some excellent weather and some excellent sport to match (just don't mention football...) with the Commonwealth Games just finished, and the European Athletics champs underway, with more medals for the Brits! For any juniors and new members reading this, don't forget that all those medal winners – in fact everyone taking part – weren't always international stars, they all started their athletics at the bottom.

I'd like to welcome the following new members to the club and wish them all good luck in their athletics. A special welcome – and good luck – to the twenty or so new members who are taking part in the second of the club's 'Couch to 5k' courses, over the next 9 weeks; they will be training down the track most Thursday nights. We currently have about 564 members.

Divya Krishna Kumar	Edward Leyland	Benjamin Hunt	Jody Stock
Anna Carey	Ben Lloyd	Ali Mitchell	Dave Fosbrook
Nadia Hulme	Scarlett Brough	Nicola Stewart	Carolyn Fosbrook
Harvey Brown	Katie Darmon	Carole Devine	Garry Jones
Lara Tabachnik	William Ceuppens	Clare Marchbank	Mairi McCoskey
Isobelle Silcock	Keira Barry	Janice Geldard	Alistair Thornton
Louise Dutton	Grace Comford	Janet Osiyogu	Holly Burke
Max Ashby	Iona Wolstenholme	Lindsey Evans	Martin Platt
Caroline Hall	Michael Lovett	Lindsay Whitelaw	Dacey Walowsky
Stephen Ingram	Olivia Wain	Janice Withers	Ella Dooley
Miranda Davis	Ralph Lloyd-Jones	Heather Chapman	Matthew Barton
Sam Dodd	Paul Berry	Pauline Glancy	Jacob Cowling
Imogen Haigh	Jessica Seth	Pauline Austin	Anna Warham
Paddy Watts	Casey Sadler	Tracey Baxter	Joseph Connor
Megan Storey	Lexi Clarke	Louise Walker	Lucy O'Donovan
Matthew Stokoe	Serena Panton	Fiona Reynolds	Lucas Parker
Francesca Bartoli	Emily Yates	Kathy Leonard	Shanise Wilson
Julie Smith	Holly Nash	Kate Fenton	Tyler Steels
Jack Behrens	Lewis Mamer	Alison Lomas	Daniel Hey
Anniken Styth	Caleb Rogers	Emma Morgan	Charlotte Bird
William Roxborough	Iona Coltman	Zoe Reay	Ania Kurek
Ben Pester	Emily Bailey	Judith Ritchie	Kim Croskery
Daniel Rogers	Benjamin Gladwin	Lisa Hurst	

Last night (13 Aug) was the Eccles Pike fell race, which, as with most of this summer's races, was extremely well supported by the Harriers, about 20 running! I think, well run all, plus a few at the top of the hill to cheer us on, and sufficient prizes won to contemplate opening an office.

Whilst the midweek evening races are beginning to draw to a close for this season there have been some excellent turnouts and some fine results to match, worthy of mention are Jacob Roberts (4th overall), Alistair Thomson (5th) and Tom Gittins (17th) for their consistent runs in the Staffs Moorlands Summer Series, and Racheal Lawrence, Andrea Frost and Angela Markley (amongst several others) for some excellent runs at most of the local fell races, they even claimed to have enjoyed themselves!

I'm hoping we can keep the attendance up for the fell relays, and then into the autumn and winter at the cross country and other local road and fell races; so if you're interested ask a round or post on the forum and let's see if we can have several car loads to each event! We've even got a new gazebo available for changing and refreshments!

We've got the Macc Half coming up, then, not too long afterwards – Saturday 1st November, start 2pm – it's the Langley 7 again, for which we'll need a few marshals, assistance with the tea and cakes, but most importantly some runners. So if you want to run that's fine, entry details are on the website, and it's all for a good cause (Rossendale Trust in Langley), but if for whatever reason you're not running, we'd really appreciate any help you can give, thanks.

See you out and about!

All the best. Cheers Julian, Fox's Reach Lake Road Rudyard Staffs ST13 8RN

Tel 01538 306837, E-mail julian.brown@astrazeneca.com or julianbrown10@hotmail.co.uk

Commonwealth Games Experience For Libby and Seonaid

Two former Macclesfield Harriers represented Scotland in the recent Commonwealth Games in Glasgow. Libby Clegg represented Team Scotland in the T11/12 100m on the athletics track at Hampden Park and Seonaid Thompson (nee Murray) was a member of the triathlon mixed relay team event held at Strathclyde Park.



Libby had an outstanding Games securing the first athletics gold medal for Scotland at a Commonwealth Games in 20 years in a season's best time of 12.20secs. From Bollington, Libby joined Macclesfield Harriers as a 10 year old participating initially in 800m and cross country, before finding her niche in the sprint events. Libby moved to Scotland with her family and quickly progressed to become an acclaimed international athlete representing Great Britain in the Paralympics in Beijing 2008 and London 2012, winning silver in the 100m at both games. Libby is a great ambassador for the sport and the Hampden roar was particularly loud following her success, with many Macclesfield Harriers present to join in the celebrations.

Seonaid, a former Scottish and Cheshire



champion at 800m on the track, who still holds a number of Macc Harrier records, took up triathlon after some persuasion from husband Jamie and in

her first year won the prestigious British Triathlon Super Series (2012). More recently Seonaid has moved up a level performing to a high standard in the European Triathlon Union series of events in Slovakia, Turkey and Portugal to impress the Scottish selectors. The mixed team relay involved a team of four athletes, two women and two men. Each athlete completed a super-sprint distance triathlon (250m swim, 6km bike, 1600m run) before tagging their next team mate.

The race was fast and exciting from the start, with fantastic support from the huge crowds for all the teams, and with many of the best triathletes in the world taking part, including the Olympic medallist (and now Commonwealth individual medallists) Brownlee brothers.

As expected the pre-race favourites, the England team, won the gold medal, with the Scottish quartet (Natalie Milne, Grant Sheldon, Seonaid Thompson and David MacNamee) competing strongly to finish in 7th position.



**Barbara
Murray**

Seonaid in action on the cycling leg

Identifying Old Club Members (1910)

The picture below shows members of M.A.C. prior to WW1 - possibly around 1910.

My Grandfather, Charles Bradley, is standing, arms folded, on the end of the back row on the right of the photo, next to the man with the towel over his shoulder. Unfortunately, I have no knowledge as to the identity of any of the other men in the picture, or where and when it was taken.

My Grandfather won the M.A.C. Novice race in 1908 - 09; he would have been 18 years old. I have his medal of which he was very proud - he always wore it as a watch fob. The race, possibly over 6 miles, finished in Mill Lane, near to where the Sun Inn used to be. His brother, Herbert Bradley, finished third.



Charles Bradley served as an air mechanic in the Royal Flying Corps. In WW1, & during his time in the service, he continued to compete in distance races, winning many prizes. Sadly, Herbert was killed in action in France in July 1918.

I hope the photo is of interest to your members. Perhaps some Macclesfield residents may recognise relatives amongst the group.

Terry Booth

CROSS DISCIPLINE CHALLENGE 2014

I hope everyone has been enjoying their summer running. The fine warm weather we've had for much of the last couple of months has definitely made it a pleasure to get outside and run.

My own highlights have included the Cracken Edge fell race on a warm, sunny evening in early August and the Buxton Carnival 4 in July. The Carnival 4 in particular is a great event; the hills mean it's not the fastest or easiest course, but it seems as though the whole of Buxton is out to cheer you around the two lap course.

I'm sure you will all have your own highlights of the summer, whether it's a particular track performance, exhilarating descent, new personal best on the road, or perhaps something else.

I have seen plenty of people out at club events over the past three months and plenty trying something new. Hopefully we'll see more people completing the challenge this year. No ladies completed the challenge in 2012 or 2013, so I really hope this is not the case for 2014.

And as we move into the autumn, thoughts change to winter training programmes. There may be a last opportunity, perhaps inspired by the Commonwealth Games, to turn out on the

track for the home fixture on 7 September, but for most it will be time to think about the cross country season, longer fell and road races, or possibly even an autumn marathon.

For me, the autumn and winter months are a time to gain some real strength and endurance training through cross country racing (believe me there's no better way of getting the training in). Others might hibernate in the gym or sportshall, or perhaps have a passion for the dark, cold and wet.

Whatever your own running plans for the next few months, your running is likely to be very different from what you've enjoyed in recent weeks and months. You will be trying something different, perhaps even something new. The club continues to be active, with a wide variety of events throughout the autumn and winter months. I hope to see many of you out, and hopefully reporting in the New Year an increase in the numbers completing the challenge.

Finally, if anyone would like to organise the cross discipline challenge next year, I'm open to offers!

Chris Bentley

Club Records 2014

Lots of records have been achieved since the last edition of GO! and some empty records filled. Well done! (See the table opposite).

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

Email : nickytasker38@gmail.com

Nicky Tasker

Continued on page 35

Discipline	Gender	Distance/Event	Age Group	Name	Record	Date Set
T&F	Female	200m	U15	Ella Spencer	26.07	May-14
T&F	Female	400m	M50	Den Masset	86.9	Jun-14
T&F	Female	800m	M55	Barbara Murray	2.57.0	Jun-14
T&F	Female	3000m	U17	Katie Lowery	10.11.33	Jun-14
T&F	Female	3000m	M55	Barbara Murray	13.13.5	May-14
T&F	Female	Shot (3kg)	U15	Abigail Cook	5.68m	May-14
T&F	Female	Shot (3kg)	U17	Amy Clark	9.74m	May-14
T&F	Female	Shot (3kg)	U17	Amy Clark	9.03m	May-14
T&F	Female	Javelin (500g)	U15	Lydia Hatton	16.95m	Jun-14
T&F	Female	Javelin (500g)	U17	Amy Clark	9.98m	Jun-14
T&F	Female	Javelin (500g)	U15	Emily Lowery	10.13m	May-14
T&F	Female	150m	U11	Ruby Spencer	23.5	May-14
T&F	Male	200m	M35	Jonnie Plumb	27.1	Jun-14
T&F	Male	1500m	M35	Dave Larkin	6.06.6	Jun-14
T&F	Male	High Jump	M45	Rod Grant-Smith	1.50m	May-14
T&F	Male	Javelin	M45	Rod Grant-Smith	30.91m	May-14
T&F	Male	Hammer	M40	Simon Frith	8.91m	Jun-14
T&F	Male	Turbo Javelin	U11	Rory Walton-Smith	21.88	Jun-14
T&F	Female	Long Jump	U20	Clara Boothby	5.65m	Jul-14
T&F	Female	Shot (3kg)	U15	Lydia Hatton	5.96m	Jul-14
T&F	Female	Javelin (500g)	U17	Amy Clark	14.97m	Jul-14
T&F	Female	Long Jump	M40	Ann Danson	4.91m	Jul-14
T&F	Female	100m	M40	Ann Danson	13.7	Jul-14
T&F	Male	200m	M50	Tony Shenton	30.1	Jul-14
T&F	Male	400m	M50	Tony Shenton	67.6	Jul-14
T&F	Male	400m Hurdles	M50	Tony Shenton	80.5	Jul-14
T&F	Male	110m Hurdles	M40	Paul Berry	21.6	Jul-14
T&F	Male	Hammer	M40	Paul Berry	33.24m	Jul-14
T&F	Male	Discus	M40	Paul Berry	29.35m	Jul-14
T&F	Male	Javelin	M40	Paul Berry	42.77m	Jul-14
T&F	Male	Shot	M40	Paul Berry	9.99m	Jul-14
T&F	Male	High Jump	M40	Paul Berry	1.65m	Jul-14
T&F	Female	Shot (3kg)	U15	Abigail Cook	6.12m	Jul-14
T&F	Male	3*800m	U13	Leo Thomas	7.48.5	Jul-14
T&F	Male	3*800m	U13	Peter Goodfellow	7.48.5	Jul-14
T&F	Male	3*800m	U13	Finley Proffitt	7.48.5	Jul-14
T&F	Male	200m	M50	Tony Shenton	29.6	Aug-14
T&F	Male	400m	M50	Tony Shenton	66.3	Aug-14
T&F	Male	400m Hurdles	M50	Tony Shenton	78.3	Aug-14

Are you getting the most from your breathing?

Judith Cooper ISRM

Whilst most of us take this bodily function completely for granted, very few of us breathe efficiently and while this may be less of a problem for the non-athlete (although it does have implications for our general health), for those of us working on our fitness and performance, it may make a significant difference.

Our respiratory system is a fabulous piece of kit and the key muscle is the diaphragm (see diagram).

The diaphragm performs two vital functions; it is the main muscle of respiration and it forms the "lid" of the cylinder which we call our core. The base is formed by the pelvic floor muscles and the walls by the transversus abdominis. The multifidi muscles of the spine are also vital to our core. If the diaphragm is not used properly, as with any other muscle, it becomes weak and inefficient and this has implications for our breathing and our core stability, both of which are vital to the athlete.

So how do you know whether you are using your diaphragm properly? Those of you who do pilates will probably be more aware of your diaphragm than others, but to keep things simple, let's just say that unless you exercise your diaphragm properly when you breathe then the chances are it will be somewhat weak and compromised.

All too many of us are upper chest breathers and have postural habits which encourage this. Anyone who spends any amount of time at a desk and computer is likely to have a degree of restriction and tension in the upper body which can very easily impact negatively on the function of the diaphragm and therefore on the quality of our breathing. A very simple test is to sit, place one hand on your upper abdomen and the other on your upper chest. Take a few breaths and note (getting someone to observe can be useful) how the hands move on inhalation. If the upper hand moves first and in an upward direction and if it moves significantly more than the hand on your abdomen then the chances are you have an upper chest pattern of breathing.

If your breathing pattern tends to be upper chest, it could well mean that you are not using your diaphragm efficiently. Upper chest breathing, which tends to go hand in hand with fast breathing, has other implications too. Upper chest breathing generally means that we are getting rid of too much CO₂ (carbon dioxide) from the body. This changes the pH value of the blood making it more alkaline and the body's reaction to this is to return itself to a stable state (homeostasis) by excreting calcium and bicarbonate. This in turn affects muscle and nerve function, increasing activity in the sympathetic nervous system which is our fight/flight mechanism. It causes our smooth muscles to constrict, reducing blood flow and potentially causing colon spasm and it also causes something called the Bohr effect which means that the haemoglobin carrying O₂ (oxygen) to the body tissues is less able to release it.

So all that frantic breathing and actually you are in danger of getting less oxygen to where you really need it! Not only that but your muscles will ache more, your pain threshold will drop, you may feel more anxious and suffer from a bit of "brain fog". There are other long term implications from breathing pattern disorders but it is not my intention to terrify you all, merely to raise your awareness of something that is in your power to change!

So yes, the good news is that there are things that can be done to improve how you breathe, not just during exercise but all the time. In fact if you start to learn how to improve your breathing generally, it will automatically improve your training and performance.

My job as a massage therapist is to help return people's soft tissues to a healthy state and promote and maintain balance and good posture so that there is minimal wear and tear on joints and structures of the body. This is as true for the breathing muscles as any other group of muscles. In order to breathe efficiently, we need good biomechanics and in order to have good biomechanics, we need to have balanced, elastic, healthy soft tissues. When it comes to breathing, I have only scratched the surface with this article.

(Continued on page 37)

Your diaphragm has links with your hip flexors, your abdominal muscles and therefore by connection, your pelvis and lower limbs. It tones your organs and helps stabilise your spine so it makes good sense to look after it.

If you suffer from tension in your shoulders, neck or back or you recognise symptoms I have referred to in this article then get in touch or come and see me; together we may well be able to improve your breathing. There is a questionnaire called the Nijmegen Questionnaire which you can find online and it gives a reliable indication as to whether you may be suffering from suboptimal breathing. It goes without saying that I can only help with musculoskeletal issues and that serious breathing problems should always be referred to your GP.

I look forward to hearing from you.

Judith Cooper ISRM. Trinity House Practice
 Macclesfield 01625 500777
msrmt@hotmail.co.uk
www.maccsportsmassage.co.uk

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Muscles of Respiration

In upper chest breathing the sternocleidomastoid, scalenes and pectoral muscles are overactive, rectus abdominis (six pack) can become short and tight inhibiting healthy function of the diaphragm and transversus abdominis (weakening core). At the posterior of the body, extensor muscles at the back of the neck become tight and uncomfortable and the upper back muscles like upper trapezius become overactive and painful. Poor posture may encourage upper chest breathing and upper chest breathing may encourage poor posture!

Trinity House Practice is celebrating 40 years in practice this year and Judith will be donating 10% of two week's work to East Cheshire Hospice in September.

Windle Trout Run – 31 May 2014



Brian McFadyen



Mark Walker



Trevor Longman



Barry Blyth

The runners at the Hanging Stone...

A huge thanks to everyone who helped this year's race go off well.

Many of the good people of Windle, too numerous to mention, helped out in all sorts of ways, to ensure the race - and the fete - went off well.

And a special thanks to Alan Weeks who did ten times as much as I did !

We only had one injury, and that was Bryan Dale who was a bit the worse for wear by the time he made it back but still managed to take some excellent photos of you all, look at www.racephotos.org.uk

We hoped you enjoyed yourselves - and your trout - and you will be back next year !!!

Julian Brown



Den Masset



Helen Evans



Jen Lewis



Sarah Harris

...and at the river crossing

Thanks to Bryan Dale for the photos

ROAD RUNNING - Club Champs to date
Womens' points scored after 11 races (previous 6 races shown in last issue)

	Christleton 5k	Warrington 10k	Wizard 5	Buxton 4	Meerbrook 15k
Category	S	M	S	S	L
Kristy Readman		869	924		
Daisy Pickles	726	795	849	886	
Catherine Walton					
Anne Farmer					
Paula Nimmo		835		915	857
Nina Moss	763				
Maria David		685	726		
Sarah Quigley					
Sarah Harris					
Rachel Lawrance			827		
Liz Smith					
Nel Moore					
Fiona Wilson					
Gemma Moorhouse			679		
Lynne Graves			691		
Emma Mason			676		
Nina Kennerley					
Lindsey Russell					
Dawn Devine		587	613	649	
Savitri McAsey					
Wendy Boardman					
Louise Brown					
Tracey Wardle					
Barbara Murray	706				
Sophie Flanagan			751		
Den Massett			738		
Emma Beveridge			728		

ROAD RUNNING - Club Champs to date
Mens' points scored after 11 races (previous 6 races shown in last issue)

	Christleton 5k	Warrington 10k	Wizard 5	Buxton 4	Meerbrook 15k
Category	S	M	S	S	L
Mark Walker	908	910			858
Scott Wilson	862			842	
Carl Hannaghan	784	818	864		
Richard Brown		767	791		
Ewan Edmondson					
Philip Barnes					
Chris Harbron				699	
Keith Mulholland	721		740	732	668
Ray O'Keefe	749		803		
Doug Hughes					
Mark Stanbridge			775		
Aaron Dane					
James Noakes		891	932	897	
Jason Justice			814		
Robert Whitby					
Jonnie Plumb		781			
Marc Bradford					
Rob Hasler					
Mark Wheelton					
Steve Lomas	641	669			
Neil Murphy	647	679			
Stewart Waudby	625	657			
Colin Ardron					
David Hancock					
Andrew McEvoy			871		
Gary Willcock		821	818		
Francis Pyatt		718	763		651
Andrew Bradley					
Paul Sharp					
Alan Wardle				727	
Garry Jones					
Andrew Rowson					
Andrew Gray					
Joe De Sousa					
David Tucker					
Kevin McQue					
Terry Neild			724		
Andrew Radcliffe					
David Larkin		671	685		

ROAD RUNNING - Club Champs to date

Mens' points scored after 11 races (previous 6 races shown in last issue)

	Christleton 5k	Warrington 10k	Wizard 5	Buxton 4	Meerbrook 15k
Category	S	M	S	S	L
James Bones					
Ian Woodrock					
Peter Vince					
Tony Burton					
Jordan Ross			585		
Harry Newton					
Chris Bentley	871		880	856	
James Sheering					
Andrew Wardle					
Andy Lamont	892				
Peter Nield			868		
Jonathan Reeh			828		
Jonathan Hill			814		
Neil Hey			805	754	
Richard Pankhurst			702		
Angus Tennant			685		
Tim Stock					715
Martin Platt					659

Saturday 'D' Group

On Saturday 9th August the first 'Saturday D Group' run took place on the Middlewood Way. This new Saturday 'D' group run (in addition to the Wednesday and Friday runs from the Leisure Centre led by Bob and Pauline Lynch), has been set up to encourage 'E' Group runners to progress in terms of pace and distance.



The Saturday 'D' group runs start promptly at 9.00am from a variety of locations – a new 'BLOG' has been created so that runners know where to meet and what to expect – www.macc-harriers-d-group.blogspot.co.uk

Each group run is 4-6 miles at a pace of 9-10 mins/mile.

The Saturday 'D' group leader is Neil Gunn supported by other qualified group leaders each week.

'E' group goes from strength to strength (especially with new group members from the C25K courses) – this group is now led by Wendy Boardman and Jenny Airey. You can find out more about 'E' group on their BLOG at www.macclesfield-run-england.blogspot.co.uk

For more information contact Neil on neil.gunn@gmail.com

TEGGS NOSE FELL RACE – 2nd AUGUST 2014

Setting out the route and then checking it the next morning, I am always surprised by how steep and tough this race really is...we live among some rugged terrain, not usually associated with leafy, rolling Cheshire...and it is absolutely beautiful.

True to form, torrential rain during the morning cleared just in time for the race to be run under sun and blue skies. The ground was hard after weeks of sunshine, but slippery with the morning's rainfall, so could well have been interesting. Entries were down on the last couple of years (maybe due to the weather forecast or the clash with Borrowdale) at 97, but they all came back in one piece and we had no strays. Simon Bailey led pretty much from the start and looked relaxed (almost casual!) as he cruised into the finish, a minute or so outside his own record.

Damian Nichols was second followed by Julian Goodwin of Boalloy. Last year's winner, Jack Ross, was fourth. First lady was Liz Batt of Dark Peak. And after a slight miscalculation (ahem....!), Pennine won the Men's Team prize with the best placed 3 and also happened to be the best represented club with 8 runners.

The atmosphere was good and the final two ladies came in with sweepers Dave and Hazel with broad smiles, though they wouldn't commit to returning next year!

Thanks to all for your ongoing support. Without volunteers, the race simply would not happen... hope you all had a good day.

Simon Cartledge

Full results are available here:

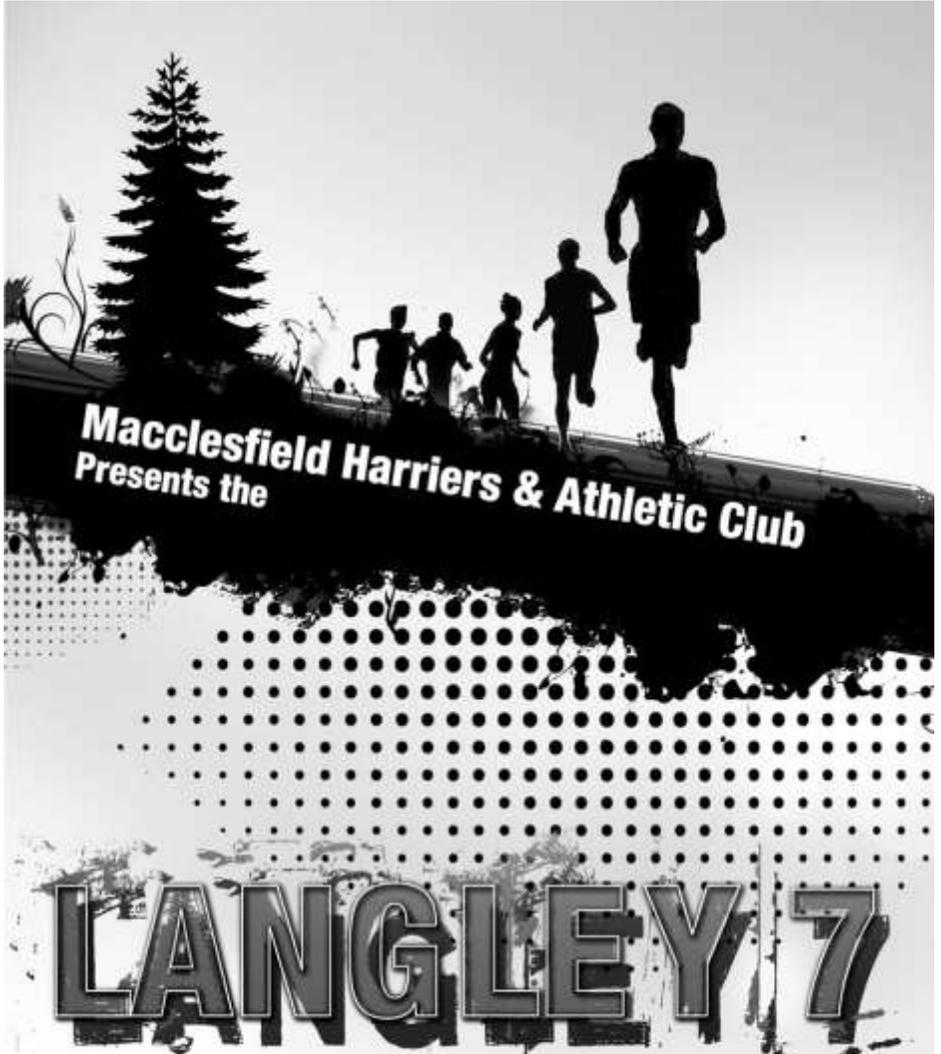
www.macclesfield-harriers.co.uk/images/UploadedFiles/teggsnosefellraceresults2014.xls



The Winner -
Simon Bailey



Last Year's Winner -
Jack Ross

A black and white graphic featuring silhouettes of five runners of varying heights running up a hill. To the left of the runners is a large evergreen tree. The background is a light sky with a grid of small black dots. The text 'Macclesfield Harriers & Athletic Club' is written in a bold, sans-serif font, with 'Presents the' in a smaller font below it. The title 'LANGLEY 7' is at the bottom in large, bold, outlined letters.

Macclesfield Harriers & Athletic Club
Presents the

LANGLEY 7

Saturday NOVEMBER 1st 2014 AT 2.00pm

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

More information: www.macclesfield-harriers.co.uk
On-line registration: www.ukresults.net

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Ruthie Cross, Sara Davenport, Kaye Sanderson, Siobhan White, Emma
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Sports & Remedial Massage – Judith Cooper & Mandy Edwards

Sports Podiatry – Neil Frame

Osteopath – Dr Andreas Alexander

Counsellor & Reiki Practitioner – Sandra Marston

Reflexology – Helen Wilkinson

Hypnotherapy & Human Givens Therapist – Janine Hurley

Shiatsu – Virginie Adamski

Yoga – Dee Blow

The Alexander Technique

Pilates Instructor – Mark Leah

Sport Psychologist – Roger Kirby

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e-mail: info@trinityhousepractice.com

www.trinityhousepractice.com

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

WEEKLY TRAINING TIMES

Group Name	Group Contacts	Meeting Time/Place	Distance & Pace
A Group	James Noakes (01782 443042) jimgetdownshep@aol.com	Monday and Thursday evening 6.30-8.00pm at the overflow car-park behind the Leisure Centre	7-9 miles at sub 7½ min/mile
B Group	Sarah Harris - sahstaff@aquinas.ac.uk Julian Brown - julian.brown@astrazeneca.com Steve Lomas (07718 899836) stevelomas39@gmail.com David Buxton (07789 798526) dcbuxton@btinternet.com	Monday nights 6.30-8.00pm Oct-Mar meet Wickes/ McDonalds car park. Monday nights Apr-Sept 6.30-8.00pm meet Tegg's Nose top car park. Thursday evening 6.30-8.00pm meet at overflow car-park behind Leisure Centre.	7-9 miles at 7-8 min/mile
C Group	Rich Pankhurst (0772 2687799) richard.pankhurst@airbus.com Steve Barker (07770 993124) stephendaresbarke@yahoo.co.uk Phil Gaskell (07873 763944) pjgask@aol.co.uk	Monday and Thursday evening 6.30-8.00pm at the overflow car-park behind the Leisure Centre	5-7 miles at 7½-9 min/mile
D Group	Bob & Pauline Lynch (01625 829229) pauline_lynch@hotmail.com Neil Gunn (07786 855027) neil.gunn@gmail.com	Wednesday and Friday evening 6.30-8.00pm at the overflow car-park behind the Leisure Centre. Saturday morning 9.00-10.30am contact Neil for meeting place	4-6 miles at 8-10½ min/mile
E Group (Beginner Group)	Wendy Boardman (07879 477627) or Jenny Airey (07969 741139)	Saturday 9.00-10.30am Usually Riverside Park, Bollin Valley (check with Wendy)	3- 4 miles at >10 min/mile – depends upon group ability

FELL RUNNING

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

TRACK & FIELD

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

Tuesday & Thursday 6.00 – 7.00pm

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

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

Tuesday & Thursday 6.30 – 8.00pm

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

CROSS COUNTRY

Cross country and off road sessions for teenagers

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

Macclesfield Harriers And Athletic Club

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

CLUB OFFICIALS

Chairman	Vacant	
Vice Chairman	Phil Cheek	01625 425539
Secretary	Clare Finnis	01625 850085
Treasurer	Neil Gunn	01625 611802

OTHER OFFICERS

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



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