

GO!

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Our cover photo shows some of the Macc Harriers who ran in the Tegg's Nose Fell Race on 8th August. They are, left to right : Chris Pimblott, Mandy Calvert, Rachael Lawrance, John Mooney & Chris Bentley.

Next Issue – December 2015

Please submit any articles or photographs to gomagazine@macclesfield-harriers.co.uk
by **Sunday 8 November 2015**

Magazine Issue

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

Please use your membership form to opt in or out.

Starting Lines...



Summer is almost over and so is the track and field season. Just before the magazine went to print the club was promoted to the next division in the Northern Mens/Ladies League. Well done to all those who competed for the club.

We're now starting to plan our winter training and thinking of the cross country season. Cross country is one of the disciplines in which Macclesfield Harriers is quite strong. We take part in 2 leagues and historically we've managed to field good teams in the juniors and seniors races. Anyone is welcome to have a go. It's very much a team event and all abilities are encouraged plus there's always a great team atmosphere at races. James Noakes, the Cross Country Team manager, has written an article about the forthcoming season which you can read on pages 41/42.

September is a very busy time for the organisers of the Macclesfield Half Marathon and 5k races. This year they will be held on Sunday 27th September, starting on the athletics track as always. A small band of dedicated Harriers have been working for months (since just after last year's race), to bring together all the elements needed for another successful race. We always get good feedback from the runners, and it's great to know that all the hard work has been worthwhile. As usual the net profits from the races will be donated to a local charity. Last year we were able to give £7,000 to East Cheshire Hospice and they will be the main beneficiary this year too.

If you're not running or volunteering this year, why not come up to the track to support and cheer on the runners as they finish.

Whatever your running plans, whether it's cross country, road or fell this autumn, run safely and enjoy yourself.

Alison



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President's Report – with emphasis on Track

Summer - Elsewhere in the magazine, you can read in detail about the T&F season so far, plus the more detailed flyer about the meeting on the 19th September. Here I would like to explain about our use of the facility in more general terms.

So as we come towards the end of the competitive part of the outdoor season, It seems appropriate to remind you to have a go at the internal competition we are holding on Saturday 19th September. Even if you have not competed for some time, why not try a throw, a run or a jump. It is open to ALL club members of ALL ages and the competition is phased so that we cover throws, then sprints, then jumps, and finally hurdles and endurance. We will try to accommodate everybody's wishes within reason - just let us know. At the end of the afternoon, we will be presenting athletes with awards, based on their performances throughout the whole season.

So please come along and join in. Help with officiating, selling raffle tickets to cover the hire cost, serving in the kitchen, or offering to be in charge of the BBQ will all be welcomed.

If you need to boost your confidence beforehand, why not come to training in the next few weeks.

As always, we offer sprints and middle distance every Tuesday and Thursday; high jump and throws on a Tuesday, and hurdles and long and triple jump on Thursday.

Autumn and Winter - Training during the winter months will obviously continue, and we tend to concentrate on the technical aspects of each discipline, in addition to strength, core stability and mobility exercises.

There is the opportunity to compete in the indoor open meetings at Sportcity and Sheffield EIS; together with the northern champs early in the new year. All these will appear in the calendar of events, available in the clubhouse.

For the younger age groups there is the indoor sportshall competition, which is particularly suitable for the u/11s and u/13s. This will get underway in October. Again we will be offering indoor training for the u/11s between October and December.

Endurance runners need to adjust their training regimes to longer reps in readiness for the XC season. Again, we will be competing in two XC leagues - the N Staffs and the Manchester area – again focussing on the latter. The Cheshire XC championships are scheduled for Saturday 9th January at Reaseheath.

So all you need to do now is set your targets for the winter season and train accordingly.

Looking forward to 2016 - The proposed changes to the age groups and subsequent competition structure may not take place. In any case we will have to wait and see and then make decisions on how we wish to compete in 2016.

What is clear, however, is that we need more people to volunteer to help team manage and to officiate. The more we can spread the load the easier it will be. There will be a course for new officials during the winter covering track, field, timekeeping or starting. Please can I ask that two or three of you attend one or other of the disciplines. We do not expect you to help all the time. Currently there are only 8 of us qualified officials to cover a minimum of 12 matches, in addition to a range of other functions that we take on.

This brings me to one very specific point. The club thrives, because of the legion of unpaid volunteers across a range of disciplines, who put on races, T&F matches, team manage, coach, officiate, lead running groups, and administer the various sections of the club.

THANK YOU, ONE and ALL.

If you are outside this merry band of helpers, please decide what else you can contribute to the club's ongoing success.

Bob Lynch

01625 829229

Cross Discipline Challenge (CDC)

The CDC is all about branching out and experiencing everything that the club is involved in. For full details of the challenge see the website or your previous editions of GO! magazine.

Briefly, the gauntlet that is laid down for the year, is to compete in **2 Road, 2 Fell, 2 Track and Field** and **2 Cross Country events**. And the 5th discipline is to help the club out in any small (or large) way as **a volunteer**.

After all the events of the summer I know that several members are on track to complete the challenge, which is great. But even if you are not quite on course then I'd encourage you to get out and try something new and get yourself ready to take on the challenge next year.

There are plenty more Road and Fell events to tackle but now is also the time of year when thoughts turn towards Cross Country. With the first North Staffs event on the 26th September being a great introduction to the mud, team spirit and atmosphere. Why not come along and give it a go.

Good Luck!

Dave Larkin

PS - In planning for next year is a parallel challenge for juniors – watch this space.

Minutes of Macclesfield Harriers & AC Committee Meeting Thursday 25th June 2015 - Chaired by Keith Mulholland

Attendees: Nicola Tasker (NT), Kevin Ranshaw (KR), Brian Macfadyen (BM), Clare Finnis (CF), Bob Lynch (BL), Daisy Pickles (DP), James Noakes (JN), Tracey Porritt (TP).

Apologies: Neil Gunn, Alison Gunn, Julian Brown, Barry Blyth

1. Agreement of Previous Meeting's Minutes – already agreed

2. Correspondence (TP) – all forwarded

3. Club Membership Update (JB & NG)

Non-payers discussed – The EA List currently has 48 names as of 15th June 2015

NG proposes a meeting on his return from holiday with Bob, Kevin and Julian to look at the process for 2016/17. NG proposes that the non-payers be 'resigned' from the club as far as EA is concerned. KR agreed that there are too many non-payers and suggested the 'membership renewal' date be set earlier to enable the administration process more time. BL suggested that new competing members should be fast tracked.

4. Finance (NG)

Finance update has been sent at the beginning of June – no issues. NG is looking into the possibility of getting a payment card as cheques are getting to be an issue. KR suggested that we would require a card that allows one signatory only. RBS may be able to supply this.

5. C25K (NG)

NG has sent an update on course 3 (very successful). The general opinion from all members is that it is great for the club but the numbers running in E and D Groups are unwieldy and need to be managed in a better way. BL reported that NG already had about 38 names waiting for the next C25K course but as yet no one had come forward to lead the course. KR suggested that maybe more leaders may be required to facilitate the problem. KM suggested that as there are no conclusions await NG's return from holiday to discuss further.

6. Macclesfield Half Marathon

Still on track. NG has reported that it is likely a traffic management company will be used to support the day (costs as yet unclear). BM stated that we have £6,500 committed in sponsorship including two main sponsors for the half marathon and a sole sponsor for the 5K. Publicity and advertising are works-in-progress.

7. Track and Field and Sports hall (KR)

Cheshire T&F League – 1 Fixture so far. Second in our match; currently 4th in the league for Men/Ladies/Overall and U11's. 3 fixtures to come; next one 5th July.

Youth Development League – 3 fixtures so far. Better second round than first resulted in 4th place in the league. May get third. U15Bs attendance poor; other age groups good. Final round on 18th July 2015.

Northern Men's/Ladies League – 2 fixtures so far. Excellent turn-out of athletes for second match resulted in a win for the club and movement up the league to first place. Two further matches to come; one at home in August.

Indoor sports hall – no report as this is a winter competition.

8. Cross Country (JN /DP)

North Staffs League confirmed and venues sorted. Manchester League not updated. BL had suggested changes to the rules for the North Staffs league but these had not been implemented at their AGM. JN thought to change junior races to make a bigger group for North Staffs. It may be a good idea to have a single calendar with up to date details and accessed electronically.

9. Road Running (KM/DP)

Road races are well attended, mainly due to several members of E and D Group taking part

regularly.

Mobberley – 44; Dunham Massey Race 1 – 22; Dunham Massey Race 2 – 23; Buxton Half – 9 – Challenging course reflects low turnout; Sport in the Port – 27

Sarah Harris (B group leader) has arranged for the next 4 Thursday night runs to be at Staffs Moorlands races and the Wizard 5. All running groups are welcome for these events.

KM said that the increase in numbers through the groups have lifted the profile of the club. DP has stressed that despite advertising for a female road running manager so far there were no takers. BL suggested more focus on selected races by KM was contributing to better attendance. KM highlighted recent excellent performances in the Club Championship and Cheshire Grand Prix by Louisa Whittingham (a junior U17 runner) earning many points for the club in the latter competition.

10. Fell Running (BM/BB)

Barry's Report - This is attached for the committee members to read and a copy will be published in Go!

Brian's Report - Good attendance and healthy rivalry at club races. BL asked about the money raised at Winkle Trout, was it given to the organisers for future races. Craig Harwood's memorial plaque was discussed. BL said the plaque was finished and mounted on granite. BL envisaged that it would probably be unveiled at Macclesfield Half Marathon. Not yet decided where it should be hung. The cost of the plaque was £336.

11. Statistics (NT)

NT asked the committee if both gun and chip times could be used in reports. BL agreed that both could be used and to inform AG for Go Magazine. KR said this was okay for track and field.

12. Publicity (SW)

SW very busy at the moment with exams. KM very impressed with the work he has been doing for the club.

13. Any Other Items

KM Julian Brown has suggested he would like to acquire 'Buffs' – instead of beer as the 'free gifts' for runners at this year's Langley 7 as they are relatively cheap the more you buy, and already has a design in mind if acceptable to the committee. BL agreed to this but did say he would like them in Harrier's colours. DP and KR disagreed and thought any colours would be acceptable. KR asked if buying 'Buffs' would cost more, BL said charity money could be reduced to facilitate this.

BL discussed talk by Steve Peters: Mental attitude and performance on 16 July 2015 – 40 places available first come first served. Likely to take place at 20:00 hrs after training. Should be very interesting. BL would also like the younger Harriers be encouraged to attend.

BM asked if the club would be prepared to fund car stickers to promote the club. The club roundel would be favourite with the website address added. BL said that they cost 'next to nothing' to produce. KR felt we need to get a quote and discuss artwork. They could be sent out in Go magazine.

First Aid: 15 group leaders have attended an emergency response course and as a result 15 small first aid kits have been purchased. An accident/incident form has been produced for minor events and these should be forwarded to BL/Welfare Officer for review and comment as necessary. KM suggested that it be included on future agenda's – so can say 'nothing to report'.

Summer Ball: Takes place on 25th July 2015 and costs £35.00 per person.

14. Date of next meeting: Thursday 10th September 2015

Chair: James Noakes

STARTRACK COURSE – 27 to 31 July 2015

The recently held Startrack course – the 20th course run by members of the club – proved to be another successful event organised by the Harriers.

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 to mark their 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 (despite the dismal weather conditions in the early part of the week) 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.

The net profits from the course will be added to the Macclesfield Athletics Development Fund (as was last year's).

Kevin Ranshaw



Participants on this year's course

Club Records 2015

Lots more records have been achieved – well done everyone!

The committee have agreed that an additional category of record based on chip times should be introduced. Existing records achieved with gun times will continue to be separate and can only be beaten by subsequent gun times.

Please continue to let me know if you have a record to claim, please send me an email with the details and provide the evidence.

Nicky Email : nickytasker38@gmail.com

Discipline	Gender	Distance/ Event	Age Group	Name	Record	Date Set
T&F Indoor	Male	High Jump	U15	Oscar Johnson	1.65m	01/02/2015
Road	Male	Marathon	V75	Harry Newton	4.43.21	Apr-15
Road	Male	5 K	V75	Harry Newton	28.13	May-15
T&F	Female	Discus (1kg)	M70	Pauline Lynch	9.63m	Apr-15
T&F	Female	Hammer (3kg)	M70	Pauline Lynch	11.12m	Apr-15
T&F	Female	Hammer (4kg)	M70	Pauline Lynch	7.35m	May-15
T&F	Male	100m	M40	Jonnie Plumb	13.1	May-15
T&F	Male	200m	M40	Jonnie Plumb	26.6	Apr-15
T&F	Male	400m	M40	Jonnie Plumb	62.0	Apr-15
T&F	Male	800m	M40	Jonnie Plumb	2.33.5	May-15
T&F	Male	100m	M45	Ray O'Keefe	13.8	May-15
T&F	Female	4*300m	U15	Sam Kyriacou	3.11.2	May-15
T&F	Female	4*300m	U15	Steffie Moss	3.11.2	May-15
T&F	Female	4*300m	U15	Eve Cobey	3.11.2	May-15
T&F	Female	4*300m	U15	Emily Lowery	3.11.2	May-15
T&F	Female	1200m	U13	Sian Heslop	3.59.8	May-15
T&F	Male	Sprint Hurdles	M50	Tony Shenton	100m 19.6	May-15
T&F	Male	Sprint Hurdles	M50	Tony Shenton	110m 22.1	May-15
T&F	Male	Long Jump	U13	Morgan Frith	5.15m	Jun-15
T&F	Female	Quadrathlon	U15	Josie Elliott	245pts	Jun-15
T&F	Male	Long Jump	U13	Morgan Frith	5.30m	Jul-15
T&F	Male	Sprint Hurdles	U13	Jacob Thompson	75m 13.0	Jul-15
T&F	Male	High Jump	U13	Jacob Thompson	1.55m	Aug-15

BE INSPIRED!

As stated in this year's spring magazine we plan to do a series of articles that will hopefully encourage others to "have a go".

IS YOUR NEXT RUN A 247 MILER?

No neither is mine but you will read about **HAZEL WINDER'S** article on doing just that following on below.

Hazel has always been active playing squash, tennis and table tennis along with cycling, mountain walking and swimming. She was a member of the Buxton Mountain Rescue Team for many years and an Area Ranger with Peak National Park for over 20 years.

Hazel started running at the age of 55 having never run before. She was inspired on a holiday in the Cairngorms by a lady who did avalanche predictions and as a climber summited Broad Peak in the Karakorum Himalayas for which fell running in the Yorkshire Dales played a part in her training. That sounded like fun to Hazel so she started short runs from home in Tideswell. "I used to creep out of the house hoping no one in the village saw me".

About 6 months later after moving to Buxton a friend introduced her to Macc Harriers. She went on a Wednesday night run from Wincle led by Craig Harwood and was hooked.

Hazel tends to runs 3 or 4 times a week and mixes this up with sporadic visits to the gym, lots of gardening and looking after her grandchildren and their dog, "they keep me fit". She much prefers longer events and has completed the Joss Naylor Challenge (48mls/17000ft in the Lake District); the Bullock Smithy (56mls/8100ft in the Peak District) 3 times – where she was first lady in 2013 and the Long Mynd Hike (50mls/8000ft) along with many others. Favourite running areas are the Goyt Valley, Long Mynd and the Lake District.

Hazel has made a lot of friends amongst the Harriers and loves the banter and all the different characters, but also enjoys running on her own. She plans to continue to tackle longer events and hopes it will be many years before she hangs up her fell shoes.

Barry Blyth

Pennine Journey - A challenging circular walk from Settle to Hadrian's Wall first walked by Wainwright in 1938. 247 miles long with approximately 34,000' ascent, parts of it very remote.

I came across this walk last year when I sent away for a LDWA book and tucked inside was a leaflet advertising it. Hmmm I thought, I like the sound of that, and the more I researched it the keener I became. I sent away for the guide book, looked at their web site and over the winter months worked out how long I wanted to take, where I wanted to stay and booked B & Bs (roughing it didn't even visit my consciousness!) As I wanted to run as much as I could I planned it over 11 days and

decided on the luxury of using a company to courier my bag to each B & B. This worked out really well and to be perfectly honest if I hadn't, with the weight of what I needed to carry I would have had to walk it over several more days.

I drove up to Kirkby Malham on Saturday 9th May and after parking my car was taken into Settle. The "official" start of the walk is Settle Railway station, but as I've never been a fan of Wainwright and it was pouring with rain I asked to be dropped off outside The Naked Man café! After a couple of coffees and breakfast at about 10.30 am I decided I had better make a move as I had 20 miles and over 4,000' of ascent that day, but as I left the rain had stopped and I started off in dry but very windy weather.

My first night was to be spent in the very pretty little village of Buckden in Littondale. The route first headed towards Horton in Ribblesdale passing through two pretty villages on the way with views of Penygent. The impressive chasm of Hull Pot was passed and up and over the moors and down into Littondale. A further climb took me out of Littondale down into Wharfedale where I followed a lovely riverside path.

My second day took me again through dales and villages and then up the boggy moors to Tan Hill Inn which has recently been sold for £1.1 million and at times reminded me of Faulty Towers! Very enjoyable visit though.

Leaving Tan Hill Inn I ran down Sleightholme Moor. I tell a lie - I tried to, but it is so boggy in places that even following the white marker posts you end up paddling and trying to jump from one non-existent dry place to the next! Further on I had a look round the ruins of Bowes Castle and was very disappointed there were no tea shops in sight before further moors, reservoirs, villages and river banks to Middleton in Teesdale.

From Middleton I ran along the banks of the River Tees passing Low and High Force waterfalls, really magnificent as they were in spate due to the amount of rain that had recently fallen. The weather then really caught me with squally showers, and a very strong head wind which really slowed progress. After leaving the river navigation became a bit of an issue and I spent a bit of time working out where the paths went as there were so many and I was working off a 1:50,000 map. I eventually came to my B & B at Westgate in Weardale and it turned out to be the best B & B I have ever stayed in.

I was well on my way by then to Hadrian's Wall and the next day I headed for Acomb just north of Hexham. On the way I passed through Blanchland, a fascinating village of 150 people with its Abbey ruins, that dates back to the 13th century. From Blanchland I went up and over "the largest dry heathland in the country" and when I left the moor and went into a small forest area I saw a red squirrel. Oh joy!

From Acomb I went across to Hadrian's Wall which I went along for approx. 21 miles. This was an absolutely fascinating day with all the remains of the wall, ditch, vallum milecastles and turrets, and

of course Housteads. For those of you who don't know the Wall, in places it is built on the Win Sill, which are outcrops of rocks with about 200' drops to the north. The climbs up and down are extremely steep, in fact there was little of the wall line that I went along that was particularly "flat". It was a very tiring day!

I stayed the night at Greenhead and then started back south heading to Garrigill, below Cross Fell. For some reason navigation went from bad to worse and at one point I actually went round in a circle, albeit a small one!!! It was a frustrating but enjoyable day, and I stopped off in Alston for coffee and cakes before getting to Garrigill. There were several days where there was no-where to get anything to eat and drink so any days there



was were a bonus! The B & B was great and the lady who ran it even offered to do my washing. Unfortunately I was really ill that night, but at least the room was comfortable and I had clean clothes the next day!!!

Next morning after a very light breakfast I started up Cross Fell. There was the option of taking a detour to the top, but it was extremely cold and windy, with pockets of snow high up. Luckily the weather held as the route takes you pretty high round the side and it is extremely exposed. The rest of the route was across fields and rough pasture and eventually I came to Appleby in Westmorland.

Leaving Appleby I went up the main street which has a cross each end linking the church with the castle and a row of 12 almshouses. I seemed to pretty well follow the River Eden to Kirkby Stephen and then across fields and across old trackways to

the Moorcock Inn at Garsdale Head which appeared to be in the middle of nowhere.

It rained all night and I woke up to heavy rain. Full waterproofs were called for as I was going up and over large expanses of exposed moorland. These turned out to be mainly sphagnum moorland and it was a very wet and windy start to the day, but exhilarating to see all the waterfalls as water poured off the moors. Once off the moors after a slight accident where I slipped and fell making a small hole in my waterproof coat, I headed downhill towards a white waymark which turned out to be the white rump of a deer! I then fell in a very fast flowing ford and could feel water coming up the inside of my waterproofs to my elbows. Unfortunately I had no other dry gloves as I had already changed them. There was another stream to cross, but this had become a raging torrent, far wider, deeper and faster than before. I tried two fords but eventually had to admit defeat and knocked on a farm door to ask whether there was any possibility of crossing anywhere. He told me I would have to go back down his track (which was very long) to the road and at the Cross Keys there was a bridge. After that all the becks were fordable or had bridges. To my disappointment the Cross Keys was closed. I really wanted to look inside as it dates from the fifteenth century and is still a temperance inn. I got to Sedburgh and by then the sun had come out so I was able to dry out a bit in a café, buy some tape for my coat and got a new waterproof bag for my map. It was then pretty well following the Dales Way along the river to Dent which was a very pretty path.

The last day dawned - pouring with rain! The route took you over Whenside and Ingleborough with bad weather options. It was so wet full waterproofs again. I was determined to do Whenside which is never a navigation problem, but the higher I got the worse the weather got, driving rain, massive winds and extremely low cloud. Fortunately I decided against it having been up there at least 3 times before, and ascended to the Settle Carlisle railway and then down the valley. Without warning my knee began to hurt and within minutes had become extremely painful, especially going downhill. I hobbled down the Beezley Waterfalls which were absolutely magnificent as they were in spate, but unfortunately just couldn't enjoy them as I was in so much pain. I began to wonder whether I could get a taxi from Ingleton which was 14

miles from the finish as I really didn't think I would be able to continue! I got to Ingleton and into a café (who had no ice) and after about half an hour still absolutely soaked decided to get going. The next 3 or so miles was along a minor road (Ingleborough was



totally out of the question, and anyway the weather up there looked quite awful - Ingleborough was black!!!!) and I tried fast walking. I had been using my running poles from Hadrians Wall onwards and any downhill had to lean very heavily on them.

To cut a long story short, I persevered kneeling in a stream for some time which eased it a bit (ladder stiles were interesting as I could barely bend my knee by then) and the weather improved. As I came in sight of Settle the heavens opened to give me one last soaking and then I was walking along the extremely busy, noisy road to the Lazy Man café from where I'd started.

I won't tell you about the B & B I stayed in except to say it was the worst I've ever stayed in and sadly was rather an anti-climax, but I did it, clocking up 254 miles rather than 247 and not a blister in sight! I had the most fantastic 11 days. I stopped "and stared" so many times as the scenery was absolutely stunning, and the sounds of birds especially in the woodlands and moorlands was wonderful. We struggle to see lapwings in the Peak District, but up there they were everywhere. Curlew, golden plover, oyster catchers, sky lark, willow warblers, chaff, dippers to name but a few. Bluebell woods, primroses, red campion, cuckoo flower and so many more. Not forgetting deer and a red squirrel! In and out of so many dales, Ribblesdale, Litton Dale, Wharfedale, Swaledale, Wensleydale, I'm sure there's more. Beautiful well kept hidden villages, barns especially along river sides, old dilapidated ruins of farms which made you wonder so many times, "why build there?", "why so high up?" Stunning scenery, moorland, rough pastures, farmland, river banks, forest, woodlands, old railways, waterfalls, rivers, becks. Sphagnum bog, rare in the Peak District.

Being on my own at times I found the navigation exhausting but enjoyable. Most days I hardly saw anyone all day, unless on the rare occasions I went into a town. I think it was on Hadrians Wall I saw the most people in one day.

Hazel Winder

FELL RUNNING

Wednesday Night Fell Runs - 2015

Sep 2	Rose and Crown Allgreave SK110BJ NB Sunset 19.57
Sep 9	Pym Chair car park GR 995768. After at the Swan Kettleshulme. SS 19.40
Sep 16	The Roaches, roadside parking GR 004621. After at Ye Old Rock Inn ST13 8TY SS 19.23
Sep 23	Derbyshire Bridge Car Park, Goyt Valley. After at the Stanley Arms Wildboardclough SS 19.06
Sep 30	Trentabank Car Park Macc Forest SJ916711. After at the St Dunstons. Sunset. 18.49hrs
Oct 7 th	The Poachers Bollington SK10 5RE Oct 14 Crag Inn Wildboardclough SK11 0BD
Oct 21 st	Boars Head Poynton SK12 1TE

NB. Clocks change Oct 25th

Oct 28 th	Trentabank /Heronry Car Park SK11 ONE after at the St Dunstons Langley
Nov 4 th	Robin Hood Rainow SK10 5XE
Nov 11 th	Stanley Arms Wildboardclough SK11 0AR
Nov 18 th	The Vale Inn Bollington SK10 5JT
Nov 25 th	Hanging Gate Higher Sutton SK11 0NG
Dec 2 RD	Ship Inn Wince SK11 0QE roadside parking
Dec 9 TH	Trentabank/Heronry car park SK110NE after at St Dunstons, Langley
Dec 16 TH	Street Orienteering from the Vale Inn Bollington SK10 5JT courtesy of Andy Skelhorn
Dec 23 rd	Boars Head Poynton SK12 1TE
Dec 30 th	Robin Hood, Rainow SK10 5XE
Jan 6 TH	Church House PH, Sutton SK11 0DS
Jan 13 th	Teggs Nose Bottom Car Park after at St Dunstan's, Langley
Jan 20 st	Boars Head PH, Poynton SK12 1TE
Jan 27 th	The Poachers Bollington SK10 5RE

****Wed Night fell race series (usually 7.30 start). Meet at 7pm for a "run" for those unable or not wanting to race.**

These dates are also on the Macclesfield Harriers website calendar:

www.macclesfield-harriers.co.uk/index.php/fell-running-mainmenu-26/calendar

Club "Discussion Forums"

If you're interested in keeping up to date with what's going on in the club, then it's a good idea to have a look at the Discussion Forums on the Club's website (www.macclesfield-harriers.co.uk). You will find the link to the 'Forum' on the right hand side of the 'top menu' - there are forum sections for Road, XC, T&F, Fell and 'General Club Info'. The fell section is currently the most active.

Anybody can 'view' the discussions and comments but if you want to add a comment or reply to anything you will need to set up a forum account (this is free and is done on the forum page itself).

FELL RUNNING

CLUB FELL COMPETITIONS:

Summer series (best 6 of 9 races to count)

Congratulations to **Allen Bunyan** (only 16!) who managed to do his 6th counter in the last race Eccles Pike. He took the trophy ahead of **Rob Gittins, John Mooney, Neil Hey** and **Barry Blyth** (the only one to do all 9 races).

Rachael Lawrance has won the ladies trophy.

79 Harriers turned out over the series of 9 races with turnouts ranging from 7 to 40/41 (Rainow 5, Forest 5) and averaging 23. Just 8 runners managed 6 or more races.

Main Club Champs (best 6 inc' at least 1 Long from 21 races to count).

With 17 races completed last year's winner **Jacob Roberts** leads but he needs to do a long. This is a problem as at 17 he is too young to do a long but as last year we will allow Jacob to do the handicap race provided he is paired up. This will probably be irrelevant as **Simon Harding** is waiting in the wings with a maximum score from his 4 races and he's likely to do a couple of the remaining longs.



Brian McFadyen at the
Eccles Pike Race



Olivia Walwyn at the
Eccles Pike Race

Olivia Walwyn leads the ladies and is currently 6th overall but still needs to do a long.

Re the Handicap ranking (for the Ken Hall trophy) the lead contender is **Andy Skelhorn**. He has completed 6 qualifying races including a mandatory long. It's interesting to see how individuals are doing against their par score of 1000 per race. Andy is at 1017 very closely followed by **Colin Ardron** at 1016 and **Carl Hanagahan** on 1015.

Tom Whittington is doing best against handicap averaging 1022 but he's only done 2 races and would need to do 4 of the remaining 5.

It's tough at the top but despite this Simon Harding has a par score of 1010/race as he's won all 4!

To date 104 individuals have competed with good turnouts except for the "Long" races.

FELL RUNNING

OTHER HAPPENINGS

Rob Gittins successfully completed the Bob Graham Round (27000 ft/ 66mils) and **Jim Kelly** did likewise with his Joss Naylor Challenge (17000 ft/ 48mils) despite strong wind, rain and mist during the night leg. You will read all about Jim's attempt in the Dec GO!

Staff Moorlands Summer Series (best 7 of 10 to count). A few Harriers turned out for these Thursday evening. In the seniors **Jacob Roberts** (17yrs) went well coming 4th overall having some close head to heads with **Alistair Thornton** who came 2nd twice and 3rd once but only managed to complete 5 races.

Well done **Ruby Spencer** who came 1st in the Juniors F11 category.

Kirsty Hewitson and **Julie Gardner** are having a good year particularly in the longer Lakeland races. Julie has a good chance of medalling in the English FV 55 and British FV50 categories. Kirsty was 2nd lady in the Teenager with Altitude (15.4mils/7605ft) (**Mandy Calvert coming** 1st FV50) 2nd in the Great Lakes race and also 2nd lady at Ennerdale which gives Kirsty a chance of top 3 in the Lakeland Classic series. Last year **Simon Harding** was 1st man in this series and despite being handicapped this year by

nappy changes (baby daughter, not him) looks as though he will still come in the top 3.



Julie Gardner at the
Eccles Pike Race



Billy Hicks at the Eccles
Pike Race

Kirsty and Mandy had an exciting outing in the **Transylvania 100k** where they were 1st ladies team.

In June this year a relay team transported the ashes of **Craig Harwood** on the Paddy Buckley Round in 23hrs 11 thus fulfilling his ambition to complete all 3 UK rounds in under 24hrs. Nearly all the supporters were either past or current Macc Harriers and included Mark Hartell, Mark McDermott, Digby Harris, Steve Watts, Ross Litherland, Geof Pettengell, Martin Rands and Mandy Calvert. Janet and Grace provided road support. What a marvellous tribute to Craig.

Barry Blyth

Thanks to Goyt Valley Striders for the photos.

Forest Five - Wednesday 15th July 2015 - Race Report

This year we got almost perfect conditions, for competitors and helpers alike. A dry, sunny evening with a slight breeze and a late chill in the air. Last year's wasps were taking a year off and the underfoot conditions were such that no slips or trips were reported. One starter retired with asthma, which I could sympathise with as a recent bout of flu had left me feeling breathless just standing around at the finish. I had extra marshals on the course to guard against the jokers who moved the signs last year, so everyone found their way round without incident.

A large field (109 signed on) set off at the



Leading the field at the start, Jacob Roberts (193)

customary blast of the old Rudyard Station whistle.

And 34.22 minutes later Simon Harding descended back into civilisation: a very fast time. He was closely followed by Jacob Roberts who ran almost 2 minutes faster than last year. Be warned!! Gareth Briggs, Dark Peak, was first vet O40 and the first vet O60 Tom McGaff, (Wilmslow) got home before the first O50, Julian Brown (Macclesfield). Sharon Johnstone, Wilmslow RC, was first lady home after a close race with Steph Curtis of Pennine. Guenaelle Piou (Macclesfield) was first non-vet lady home.

The Interclub Challenge was taken by Wilmslow RC. One can debate all year whether this was the correct result but I love to see the shield being fiercely contested and it is nigh on impossible to calculate on the line the accurate team scores especially as some runners were not wearing club vests.

The large field of runners donated over £600 for the Rossendale Trust. Several runners were extremely generous with their contributions and the Trust is absolutely delighted with our fund-raising efforts. They have decided to put this money towards a 21" iMac computer to be used by the tenants in the Media sessions run by Oakwood, their

day service. It will greatly enhance their design opportunities. These machines are easier to use, especially for those who have poor eyesight. They also bought two 7" Ipads with our

previous donation. These are used in a variety of ways by the tenants. They use them to follow recipes, and take and store their photos. The touch screen facility enables those with poor manual dexterity to access various applications. They really are useful in so many ways.



Peter (right) presenting the donation to the Rossendale Trust

I could not countenance putting on this event without the support of a wonderful team of marshals and race officials who year-on-year volunteered their time to help make this event such a success. The Peak Park Rangers were behind us as ever and the landowners of the Forest did not stand in our way. I felt the need for full medical cover at the finish line so this year I paid for two first aiders from St John Ambulance. There seems to be increasing demands for instant results but that is not how I operate, I am afraid. So, if you can put up with my old fashioned ways, and let me produce the results in my own time, then I will be there next year, Wed 20th July 2016, and would love to see you all again.

Peter Nolan

Tegg's Nose - Saturday 8th August 2015 - Race Report

At the request of the Sheepdog Trials Association, the race start was moved to 13.00 and there was a good deal of angst over whether the message had got out sufficiently, but in the event, no one seems to have had a wasted journey. The weather was warm to say the least but VERY pleasant and the dry weather suggested we may be on for some fast times. Course record holder (of many courses, in fact) Simon Bailey, had said he would not be there, but a strong field assembled at the start... a **start delayed a little by a sheepdog's** trouble in asserting itself over its charges! Tony Morris of ITV News was there to support fundraising efforts on behalf of the Bosley disaster fund and kindly got everyone on their way.

Almost as amazing as the dogs was the sight of Tom Adams of Ilkley coming in **over two minutes inside Simon's record**, in a time of 51.56. He took the finish crew a little by surprise! He had had a fantastic run, leading from start to finish, on a very beautiful but tough course and was two and a half minutes ahead of the second placed runner Pete Matthews of Blackburn. Even more impressive was that neither had ever run the course before. Jack Ross of Staffs Moorlands, a former winner, was third in 57.23. First lady was Katie Walshaw of Holmfirth in 1.01.37.

Unsurprisingly, Macclesfield was the best represented club and also many Spectrum Striders were in attendance, but Wilmslow won the team prize. Despite initial concerns over the changes to the event for this year (due to the fact the Sheepdog Trial was a bigger, national event) all seemed to go well. Jon Powell of Altrincham needed treatment to an elbow injury,

but still finished in a good time of 1.18.01.

Any Race Organiser will tell you there is hassle aplenty and angst over the outcomes of their races... this one is no different. However, when all have got



Nicola Cantrell looking delighted to reach the finish!

back in one piece with beaming smiles and the agreeable aches that we are all familiar with, doing it all again next year doesn't seem such a bad idea. This year's charity for Tegg's will be MIND, the mental health charity.

Thanks very much to all the marshals (you know who you are); the landowners; Wincle Brewery and Mail Boxes Etc for the stationary and of course to the runners for supporting the event.

Simon Cartledge

TRACK and FIELD:

Results to date - almost a season summary

Cheshire Track and Field League (All Age Groups)

Ashton-under-Lyne hosted the first round back in May, with Macclesfield taking second place across the board – i.e. U11s; Men; Women and Overall.

However, we were short of athletes in some age groups which needed to be rectified if we were to challenge the stronger teams in this league in the later rounds.

The second round was at Bury, where fine conditions initially turned into a surprising downpour just before the relays which caused the meeting to be abandoned owing to fears of lightning.

Nonetheless, an improved turn-out produced 10 graded performances (there were 6 in the first round) and the club managed to win the competition for the Seniors and finish 2nd in respect of the U11s .

The final results were:

- Under 11s: 96 – 2nd
- Mens score: 212 – 1st
- Ladies score: 204 – 1st
- Overall score: 476 – 1st (includes Officials points)

We hosted the third round last month and the fact that it was in the school holidays showed by the overall attendance at the fixture which was scant in some age categories.

Nonetheless a first class atmosphere, fine weather and some excellent individual performances from the Macclesfield athletes resulted in a great day – the overall outcome being 3rd place and the Under 11s also achieving 3rd place behind strong Crewe and West Cheshire teams.

The overall result was:

- Under 11s: 79
- Mens score: 138
- Ladies score: 200
- Overall score: 398 (includes Officials points)

11 graded performances were attained.

Salford's Cleavley Track is the venue for the final round.



U11 Girls

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

The fixtures for this league have now been completed.

The second round was again at Blackburn where Macclesfield produced a fine performance in all age groups except U15Bs where only 2 athletes competed. A close finish saw the club end the day 3rd, only 2 points behind Blackburn. Team IOM Youth were again the victors.

This left us 4th in the table and nicely poised to mount a challenge to win the next match at home.

There were some notable individual performances, with 5 grade 1s being achieved – 2 by Morgan Frith

TRACK and FIELD:

Results to date - almost a season summary (cont'd)

(100m in 12.9 seconds and a Long Jump mark of 5.05m) – and 11 graded measures overall.

We hosted the third round in June. A gloomy, drizzly day did not provide the best conditions for either good performances or officiating. Nonetheless, a fine team effort produced another 3rd place finish.



U11 Boys

15 graded marks were achieved with another 2 grade 1 performances by Morgan Frith (100m in 12.9 seconds and a Long Jump of 4.88m).

At that point we remained 4th in the league, but our league points equalled those of the third placed team – East Cheshire Harriers. Accordingly, a solid performance in the last round just might enable us to overtake them and finish 3rd - the promotion places already looking to be secured by Team IOM Youth and Blackburn Harriers.

The final fixture was at Ashton-under-Lyne in July. Another good turn-out by the U13s, but

a shortage of U15s saw Macclesfield take 4th place in the fixture.

East Cheshire Harriers being at home, managed to field a strong team and take 2nd place in the match leaving us 4th in the table – the position we have finished in all 3 seasons of this league so far.

Again there were some fine individual performances, despite the windy conditions – 13 graded marks were attained with Morgan Frith producing another Grade 1 Long Jump; 5.30m further improving his club record – well done Morgan.

Those finishing above us, especially Team IOM Youth (the division winners – taking 1st place in all 4 rounds), have proved to be strong opposition over the season, but our poor representation in the U15B age group has not helped us. However, a 4th place, mid-table, finish is a good end to the season.

Northern League (U17 – Seniors)

The second round for this league was held at Crewe where a better turn-out of athletes than the first round and a lack of athletes from some of the opposition saw us win the fixture which moved us to the top of the league table.

Again the team was bolstered by the U17s with some fine individual performances noted and 3 graded marks being achieved.

The third round was at home and provided us with the opportunity to cement the top-of-the-table spot.

On a reasonably warm but cloudy day, the highest number of athletes of the season for this league was in evidence. Some great individual performances (8 graded marks) and an excellent overall team effort saw Macclesfield the victors for the second fixture in succession – some 110 points ahead of the second placed team.

So top spot in the league was maintained and with 2 teams to be promoted it was set fair for the final

(Continued on page 20)

TRACK and FIELD:

Results to date - almost a season summary (cont'd)

match where a 4th place finish or better would guarantee a rise to the 3rd division for 2016.

Altrincham hosted the last round at Trafford AC's home arena on the second Saturday of August.

Very warm/dry conditions heralded the finale to the season for this league. However, Macclesfield could only muster a small number of competitors whilst Deeside in particular managed to field a greater number of athletes.

The match proved to be very close, with Deeside way ahead from the start, but Crewe, Salford and Macclesfield fighting for second place. Fantastic efforts from those attending the fixture and the willingness to partake in events not usually felt to be their strengths meant that Macclesfield came second just 4 points ahead of Crewe and 6 ahead of Salford.

With Deeside the victors and Macclesfield just taking 2nd place, the league finished with those two teams on equal league points – 21. To decide the league champion, match points had to be taken into account and Deeside's final push at this fixture resulted in them having 22 more points than ourselves. Accordingly, Deeside were acknowledged as the league champions.



U11 Girls & Boys

Macclesfield's second place finish still resulted in promotion – a fantastic result for the season, but one which will provide stiff opposition next year and, if we are to stay in the higher division, require more competing athletes to participate in all four rounds of the league. Nonetheless, congratulations are due to all those athletes who represented the club in this league this year and

contributed to the success.

So with two leagues completed – a mid-table finish and promotion – we are left with the last Cheshire T&F League fixture where a final push is needed in an attempt to improve on the current league positions, which with good representation across the age groups is entirely possible.

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

Cheshire Track & Field League (All Age Groups) - 6 September - Salford, Cleavley Track

As the summer season draws to a close can I thank 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

TRACK and FIELD:

Results to date - almost a season summary (cont'd)

represented at the various venues.

The number of younger athletes willing to participate this season has unfortunately diminished when compared to the last 2 summers – a situation which will hopefully be rectified next year. We strive for each athlete to do their best (which is all we can ask of them) and prove their training effort in the competition arena.

Confidence to step forward to compete should be gained in the training sessions and I would urge all those yet to represent the club in competition to consider doing so in the coming months.

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.

Meanwhile:

Athletes: Please continue training over the winter months to maintain fitness.

Parents: Please consider helping your club by assisting at coaching sessions and/or helping 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, announcing at home events, track fee collection on training nights, etc.

Finally, can I draw your attention to the final T&F event of the season which is the Club Competition and Track and Field Awards which is being held at the track on Saturday 19 September. Registration is from 12.15pm and it would be great to see as many of you as possible not only to compete, but to celebrate the award winners at the end of the afternoon.

Kevin Ranshaw – Track and Field Manager

BE SEEN!

Don't forget! As autumn approaches and the evenings become darker it's very important to make sure you can be seen when you're out running around the streets.

A high vis jacket or bib is essential and also clothing with reflective strips. Just because you can see vehicles, doesn't mean they can see you.

BE SAFE AT NIGHT!

Club T&F Awards and Mini Competition

Macclesfield Athletics Track

Saturday 19th September 2015

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 - 2015 season

Open to all members of MH&AC

UKA age group rules apply/all age groups as of 31 August 2015 (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

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:

5 x Exercise Mats

5 x Stability Discs

2 x Junior Hammers (350g)

1 x Foam Javelin (for indoor/sports hall use)

1 x Cooling/Display Tray (for the kitchen)

The club is grateful to all those who helped achieve reaching the total of 5053 which enabled these items to be obtained.

Please look out for any future requests for vouchers if this scheme is repeated in 2016.



Active Kids

Happy Hurdlers

Macclesfield Harriers have some very happy hurdlers this year, with a number of PBs and at least one club record broken. Given most of the club hurdles records are held by athletes who were English schools representatives and/or went on to international honours, it is no mean feat to break a club hurdles record. In addition, there are many budding young hurdlers trying hurdling out for the first time, who hopefully will compete for the club and gain valuable points in next year's track and field events.

Amy Clark (U17), one of our established hurdlers, continues to impress and having participated in many of the indoor events, did well this season to gain Cheshire schools



Hurdles training

honours outdoors with her 13.19 for the 80m hurdles. At the other end of the age groups, hurdles newcomer Jacob Thompson is improving race by race and with his grade 1 mark of 13.0 for 75m Hurdles in the Youth Development League (YDL), he broke a long standing club record for the U13 age group - well done Jacob! Also in the U13 boys, Finlay Proffitt and Thomas Roberts produced good

PBs during the season. In the U13 girls, Sian Heslop impressed with 14.0 for 70m Hurdles, with good support from Liliana Carey and Natasha Hanks in this age group.

Under 15 girls Alex Horne and Lauren Robinson also performed well in the YDL in the 75m hurdles. Of the older age groups, regular sprint hurdler Robert Finnis (U17) tried out the longer races this year with success in the 400m hurdles in 66.9s and also in the steeplechase. Harry Simpson also ventured out on some 1500m steeplechase races ending with a PB of 4mins 58 secs, and with a little more experience could be challenging for the club record in this event. Simon Sloane, who has been hurdling since he was in the U13 age group and now competes regularly in the senior mens 110m event, even made an appearance on the BBC Get Inspired website - throwing the javelin!



Lucy Robinson - an U13 hurdler

Hurdles training is at the track every Thursday evening. If you want to have a try with an aim to competing in 2016 for the club, speak with your coach first and then come and join us - all are welcome, we are a friendly bunch.

Barbara Murray (hurdles coach)

ROAD RUNNING

Rules for Club Championships 2015 (list of races below)

Separate Championships for men and women.

Points for each race calculated as follows:

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

Your time will be Chip time where available.

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

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

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

www.race-results.co.uk

www.ukresults.net

northernrunningguide.com

www.runnersworld.co.uk/events

Cheshire Grand Prix and Club Championship Road Race Series

Cheshire Grand Prix Race	Race Distance Category	Race	Date
No	Medium	Gawsworth 10k	Sunday 13 th September 10.30 am
Yes	Medium	Sutton 6, 10k	Sunday 20 th September 11.00 am
Yes	Long	Congleton Half	Sunday 4th October 9.30 am
Yes	Medium	Langley 7	Saturday 7 th November 2.00 pm
No	Long	Preston 10 mile	Sunday 15 th November 10.00 am
No	Medium	Newcastle Dales Dash 10k	Sunday 6 th December 11.00 am

Scoring Rules for Cheshire Grand Prix

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

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

www.cheshireaa.com/results/RRGP/cheshire_road_race_grand_prix.aspx

Local Races September to November 2015

RACE	LOCATION	DATE
City of Salford 10k	The Lowry, Salford	Sunday 6th September 10.15am
South Cheshire 20	Shavington Sports Centre, Crewe	Sunday 6th September 9.30am
Sandbach 10k	Elworth Cricket Club, Sandbach	Sunday 6th September 11.00am
Stockport Hatter's Half Marathon	Sockport County FC	Sunday 6th September 9.30am
Ashbourne Half Marathon	Recreation Ground, Ashbourne	Sunday 13 th September 10.30am
Wirral Half Marathon and 10k	Birkenhead Park	Sunday 13 th September 9.30am
English Half Marathon	Victoria Park, Warrington	Sunday 20 th September 9.00am
Stoke on Trent 10k	Hanley Park	Sunday 20 th September 9.00am
Chester Marathon and	Race Course, Chester	Sunday 4th October 9.00am
Derby City Half Marathon	University of Derby	Sunday 11th October 9.00 am
Farndon 10k	Farndon Sports and Social Club, Chester	Sunday 18th October 9.30am
Holmfirth 15 mile	Holmfirth Community Sports Centre	Sunday 25th October 9.35am
Flying Fox 10 mile	All Saints First School, Standon	Sunday 1 st November 10.30am
Clowne Half Marathon	Clowne Community Centre	Sunday 22 nd November 10.00am

ROAD RUNNING (cont'd)

Dunham Massey 5k (Race 1) – 22ND May 2015

Last Friday saw a great turnout for the first Dunham Massey 5k race of the year. Louisa Whittingham continued her excellent form as the first Harrier to finish in 20:13, closely pursued by Ray O'Keefe (20:19).

Second and third male Harriers were Keith Mulholland (21:01) and Fred Wardle (21:14), with Catharine Crossley (24:57) and Siobhan White (26:05), second and third Ladies respectively.

The full Harriers results are listed below:

Matthew Wilson (22:36), Stewart Waudby (22:51), Chris Pimblott (23:29), Steve Lomas (23:34), Geoff Hull (24:34), Ian Moore (25:38), Nicola Cantrell (26:33), Melanie Power (26:36), Dave Hancock (26:58), Heather Pimblott (27:11), Lindsey Russel (27:45), Christine Ritchie (28:06), Carol Upton (28:09), Linda Wakefield (29:18), Pauline Lynch (30:19) and John Howie (30:26).

Full Results can be found at:

www.ukresults.net/2015/dunham1.html

Buxton Half Marathon – 24th May 2015

The Lomas Distribution Buxton Half was staged under the foggiest conditions I have ever known for a race, which meant that some of the stunning scenery was obscured. Nine Harriers competed with some excellent performances. James Noakes finished in 7th place as the first Harrier (1:21:29). Scott Wilson was second (1:28:16) and Jon Hill 3rd (1:34:00). The Ladies were represented by Jo Miles (1:49:19) and Nina Moss (1:51:49).

Other Harriers taking part were:

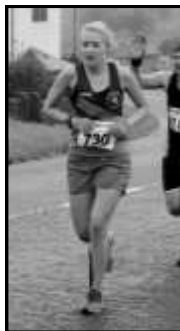
Gary Willcock (1:34:12), Mark Stanbridge (1:43:50), Keith Mulholland (1:43:52), Matthew Wilson (1:51:09). www.buxtonac.org.uk/cgi-bin/halfmarathon.py



Gary Willcock



Jon Hill



Nina Moss



Scott Wilson

ROAD RUNNING (cont'd)

Dunham Massey 5k (Race 2) – 11th June 2015

A great turnout from Macc Harriers on a beautiful sunny evening ensured a busy race with 257 runners competing. Mark Walker and Andy Lamont competed for first Harrier home with Mark finishing in 5th place (16:52) and Andy in 6th (17:04). James Perry finished as 3rd Harrier (19:42)-an excellent performance on returning from injury.

Louisa Whittingham continued her excellent racing form as the first lady Harrier finishing in 19:46, followed by Barbara Murray (24:22) and Alison Gunn (26:24).

Full Harriers results are listed below:

Ray O'Keefe (20:31), Keith Mulholland (20:35), Jonnie Plumb (20:59), Stewart Waudby (23:05), Matthew Cooper (23:52), Rob Graves (23:58), Steve Lomas (24:05), Julie Smith (26:56), Dave Hancock (27:20), Kate Jenner(27:24), Nicola Cantrell (27:29), Saranya Hasler (27:33), Carol Upton (27:40), Lindsey Russell (28:58), Dawn Devine (29:18), Pauline Lynch (31:06) and Deborah Doyle (37:28).

Race Results can be found at:

www.altrincham-athletics.co.uk/Notices.aspx

Congratulations to all on a great evening's racing!

Sport in the Port 10k – 21st June 2015

Yesterday's race was a new one for Macc Harriers and was very popular with 982 runners on a flat, fast out and back course with closed roads. Notable results were Kristy Gill (1st L40, 40:27), Louisa Whittingham (1st L17, 41:33, PB!), Scott Wilson (26th M, 36:26) and Heather Pimblott (4th L55, 54:16).

Other Harriers results were:

James Perry (40:27), Keith Mulholland (41:33, 7th M50), Ray O'Keefe (42:11), Jonnie Plumb (43:22), Daisy Pickles (44:42), Stewart Waudby (45:39), Matthew Wilson (46:24), Marc Bradford (47:03), Chris Pimblott (48:35), Melanie Power (52:53), Kate Jenner (54:17), Julie Smith (54:40), Dawn Devine (57:55), Helen Rose (59:51), Linda Wakefield (60:19), John Howie (61:14), Lindsey Evans (62:31) and Charlotte Bird (62:30).

Full Results can be found at: www.tdl.ltd.uk

Congratulations to everyone on a great set of performances!

ROAD RUNNING (cont'd)

Wizard 5 - 9th July 2015

42 Harriers travelled the short distance to Alderley Edge for the annual Wizard 5 race that took the runners over to Hare Hill and back on a mixture of road and trails. Scott Wilson (9th M, 28:50) and Kristy Gill (1st F40, 3rd Lady, 32:12) were the first Harriers to finish with Andrew Turner (29:21, 2nd M50) and Pete Nield (29:34, 13th M) following closely. The race also saw an outstanding performance from one of the Club's junior members -Toby Pickup who finished in 31:46 in his first senior race. Rachael Lawrance (34:31) and Daisy Pickles (36:03) finished as second and third Lady Harriers.

Other Harriers results were:

James Perry (31:46), Neil Hey (32:29), Ray O'Keefe (33:23), Sean Connelly (34:49), Marc Bradford (35:07), Keith Mulholland (35:14), James Mothershaw (36:37), Mark Stanbridge (36:49), Matt Wilson (37:42), Terry Neild (38:36), Dave Larkin (38:56), Chris Pimblott (39:00), Richard Pankhurst (39:30), Rob Graves (39:51), Emma Mason (40:13), Matthew Cooper (41:13), Janette Byrne (42:27), Alison Gunn (43:35), Rob Bailey (44:36), Katy Barnes (44:37), Nicola Cantrell (44:55), Fiona Leon (44:58), Kim Croskery (45:17), Molly Taylor (45:19), Julie Smith (45:40), Heather Pimblott (46:14), Ian Moore (47:24), Suzanne Baker (48:05), Anna Maddox (48:29), Carol Upton (48:30), John Howie (49:55), Helen Rose (49:55), Kathryn Johnson (50:52), Louise Brown (50:52) and Georgina Timson (53:39).

Well done to everyone!

Full results can be found at: www.ajw.blogs.com/wrc_intro/wizard-5-2015.html

Thanks to Bryan Dale for the Buxton Half and Wizard 5 photos.



Anna Maddox



James Perry



Janette Byrne



Marc Bradford

3 years on...

Saturday 6th October 2012, marked my first ever run with the Macclesfield Harriers E group, following a pretty scary conversation with a certain Mr Neil Gunn the night before. For those of you who don't know me, my running journey began with a couple of short out of breath "trots out" with our fellow Harrier, Nina Kennerley, after 38 years of successfully **not** running at any opportunity.

In fact, I had tried running previously, I liked to be fairly fit and healthy (with the exception at the time, of smoking and a bit of a wine habit), but I really couldn't get on with it. In fact, since school whether it be cross country or track events, a treadmill or trying pounding the streets with friends, I pretty much abhorred it. However in February 2011, I suffered a



Melanie (left) & Alison on a recent trail race

life threatening brain haemorrhage that resulted in me having brain surgery, several small strokes and a stint in Salford Royal hospital, which would change my life forever.

As part of my recovery, 12 months in, once I had stopped sleeping all the time, it was recommended that I take up some form of exercise. However

due to the problems with my memory, concentration and divided attention that my brain injury left me, going to the gym, classes and swimming were no longer an option, as my brain no longer "filters" multiple stimuli. That means people noise, music, the general noise of the machines in the gym. It was very very overwhelming.

In came Nina with a running plan..... This was something that she had been doing for around 12 months and was really feeling the benefit from, as she was outdoors in the countryside and active. Plus, she was being supported by a group of like-minded, friendly supportive people with similar abilities.

After our first couple of runs, I felt ok and then when I asked her when we could go out next, she mentioned (to my horror) a Saturday *group* run. After much protestation on my part, especially around my "head

issues" Nina contacted Neil and I agreed to call him to air my fears.

After a long enthusiastic conversation with Neil (on his part) about what the group do and how inclusive it is, the words "it's an hour of your life, what have you got to lose" resonated and the rest, as they say is history.

Like all of us beginner runners, I found it tough at first, not just the running, but dealing with lots of people at once, the sounds and stimuli of the outside, but week on week I kept returning and day by day my love for running grew.

During this time I've learned to manage some of my issues, knowing my boundaries and making adjustments where I can. Competing in races means finding ones that have either plenty of space, or limited numbers of entrants, which to my delight I have found possible.

In April 2014, I did my first organised race, as a fully-fledged Macclesfield Harrier, which was "Round the Runway" in Mobberley. It was a real challenge at the start dealing with all the noise and hubbub of the race, but I got round it with the support of fellow Harriers and a lot of adrenaline.

In July 2014, I undertook the Leader in Running Fitness Course to become a qualified leader and to help with the burgeoning groups on a Saturday morning. Now I regularly lead D group on a Saturday morning with Alison Gunn, something which I never thought in a million years I would be doing or indeed would be possible.

Continuing my small race theme, I've since completed the Langley 7 and Round the Runway again. Alison and I have also just run 15k in the Dark and White trail series, which was perfect for me, all off road and limited entrants and Ali is an amazing "running buddy", mentor and now friend.

Alison and Neil are so inspiring and supportive, plus the whole of the Harriers, from the Couch 2 5k beginners through to all of the E, D and beyond, really give people an opportunity not only to try something they might not normally do, but go on to do things they never dreamed of!

3 years on, I can honestly say I would not have imagined where I am, or where I have come from, so whatever your motivation or story, all I can say is just pop on your running shoes just once, what's the worst that can happen.....?

Melanie Whittaker

CLUB CHAMPS, LADIES (points after 10 races - only last 5 shown)

Due to the large numbers of ladies competing, the figures have had to be displayed this way

	Dunham 5k (1)	Buxton 1/2	Dunham 5k (2)	Sport 10k	Wizard 5
Runners	S	L	S	M	S
Janette Byrne					
Lynne Graves					
Lynda Cook					
Fiona Wilson					
Kate Jenner			96	94	
Nicola Cantrell	97				94
Samantha Catarelli					
Heather Pimblott	95			95	89
Savitri McAsey					
Melanie Whittaker					
Emma Mason					97
Pauline Lynch	90		90		
Heather Auty					
Julie Rawcliffe					
Margaret Gold					
Louise Brown					82
Janice Geldard					
Lisa Bancroft					
Judith Ritchie					
Christine Ritchie	93				
Jo Miles		100			
Saranya Hasler		94			
Deborah Doyle			89		
Charlotte Bird				88	
Rachel Lawrance					99
Katy Barnes					95
Fiona Leon					93
Kim Croskery					92
Molly Taylor					91
Dipika Morgan					88
Suzanne Baker					87
Anna Maddox					86
Georgina Timson					81

	Dunham 5k (1)	Buxton 1/2	Dunham 5k (2)	Sport 10k	Wizard 5
Runners	S	L	S	M	S
Kristy Gill				100	100
Louisa Whittingham	100		100	99	
Daisy Pickles				98	98
Kate Ritchie					
Nina Moss		99			
Barbara Murray			99		
Hazel Power					
Alison Gunn			98		96
Melanie Power	96			96	
Catherine Crossley	99			97	
Julie Smith			97	93	90
Lindsey Russell	94		92		
Dawn Devine			91	92	
Carol Upton	92		93		85
Carole Ferguson					
Linda Wakefield	91			90	
Kate Fenton					
Lindsey Evans				89	
Nicky Tasker					
Siobhan White	98				
Jane Dow					
Suzie Moore					
Helen Rose				91	84
Joanne Griffin					
Kathryn Moore					
Abigail Leyland					
Kate Foster					
Sue Schilling					
Paula Nimmo					

CLUB CHAMPS, MENS (points after 10 races - only last 5 shown)

Due to the large numbers of men competing, the figures have had to be displayed this way

	Dunham 5k (1)	Buxton 1/2	Dunham 5k (2)	Sport 10k	Wizard 5
Runners	S	L	S	M	S
James Noakes		100			
Julian Brown					
Jonathan Hill		98			
Joe De Sousa					
Andrew Rowson					
Mark Stanbridge		96			89
Robert Whitby					
Richard Pankhurst					84
Dave Tucker					
Angus Tennant					
Tony Burton					
Geoff Hull	93				
Matthew Cooper			93		82
Chris Pimblott	95			92	85
Matt Grove					
Rob Graves			92		83
Phil Gaskell					
Ian Moore	92				80
Steve Lomas	94		91		
Andy Lamont			99		
Andrew Turner					99
Pete Nield					98
Toby Pickup					96
James Mothershaw					90
Terry Neild					87
Rob Bailey					81

	Dunham 5k (1)	Buxton 1/2	Dunham 5k (2)	Sport 10k	Wizard 5
Runners	S	L	S	M	S
Robert Hasler					
Scott Wilson		99		100	100
Billy Hicks					
Gary Willcock		97			
James Perry			98	99	97
Neil Hey					95
Marc Bradford					92
Sean Connelly					93
Jonnie Plumb			95	96	
Keith Mulholland	99	95	96	98	91
Tim Marsh					
Mark Wheelton					
Neil Gunn					
Stewart Waudby	96		94	95	
Dave Larkin				93	86
Matthew Wilson	97	94		94	88
Dave Hancock	91		90		
Harry Newton					
John Howie	90			91	79
Ray O'Keefe	100		97	97	94
Fred Wardle	98				
Paul Morton					
Joseph Connor					
Mark Walker			100		

CALENDAR OF EVENTS 2015

SEPTEMBER			
Sun 6th	T&F: Cheshire League Round 4 Salford, Cleavley Track, Blantyre Street (M30 8HY)	11.30	All
Sun 13th	T&F: Junior Multi-Events Macclesfield	10.30	All Pre-entry
Sat 19th	T&F: Club Event and T&F Awards Presentation Macclesfield	Noon	All
Sat 26th	Cross Country: North Staffs XC League Round 1 Winsford, Knight's Grange (see website)	12.30	All
Sun 27th	Macclesfield Half Marathon, 5K and Fun Run	10.00 + 10.15	
OCTOBER			
Sat 10th	Cross Country: Greater Manchester League Match 1, Stockport, Woodbank Park (SK1 4JR)	12.15	Not U11
Sun 11th	Indoor Sportshall: North West League Round 1 Crewe, South Cheshire College (CW2 8AB)	12.30	U11/U13/U15
Sat 17th	Cross Country: Relays Sheffield, Norton College, Graves Park (S8 8BR)		
Sat 24th	Cross Country: North Staffs XC League Round 2 Stafford Common (see website)	12.30	All
NOVEMBER			
Sat 7th	Road Race: Langley 7	14.00	
Sat 7th	Cross Country: Greater Manchester League Match 2, St Helens, Sherdley Park (WA9 5DE)	Noon	Inc U11
Sat 7th	Indoor T&F: Northern Open Meeting 1 Sheffield, English Institute of Sport (S9 5DA)	10.45	U15 – Senior
Sat 14th	Cross Country: North Staffs XC League Round 3 Stafford Common (see website)	12.30	All
Sun 15th	Indoor Sportshall: North West League Round 2 Crewe, South Cheshire College (CW2 8AB)	12.30	U11/U13/U15
DECEMBER			
Sat 5th	Cross Country: Greater Manchester League Match 3, Blackley, Boggart Hole Clough (M9 7DH)	Noon	Inc U11
Sat 5th	Indoor T&F: Northern Open Meeting 2 Sheffield, English Institute of Sport (S9 5DA)	10.45	U15 – Senior
Sun 6th	Indoor Sportshall: North West League Round 3 Widnes, Kingsway Leisure Centre (WA8 7QH)	12.30	U11/U13/U15
Sun 6th	Indoor T&F: Manchester Open Meeting 1 Manchester, Sportcity (Etihad Campus) (M11 3FF)		U15 – Senior
Sat 12th	Cross Country: North Staffs XC League Round 4 Uttoxeter Racecourse (see website)	12.30	All
Sun 20th	Indoor T&F: Manchester Open Meeting 2		U15 – Senior

CALENDAR OF EVENTS 2015/2016

JANUARY			
Sat 9th	Cross Country: Cheshire Championships Nantwich, Reaseheath College (CW5 6DF)	TBA	
Sun 10th	Indoor T&F: Manchester Open Meeting 3		U15 – Senior
Sat 16th	Cross Country: Greater Manchester League Match	Noon	Inc U11
Sat 23rd	Cross Country: Northern Championships		
Sun 24th	Indoor Sportshall: North West League Final Widnes, Kingsway Leisure Centre (WA8 7QH)	TBA	Qualification Needed
Sun 31st	Indoor T&F: Manchester Open Meeting 4 Manchester, Sportcity (Etihad Campus) (M11 3FF)		U15 – Senior
FEBRUARY			
Sat 13th	Cross Country: Greater Manchester League Match 5, Manchester, Wythenshawe Park (M23 0AB)	Noon	Inc U11
Sat 27th	Cross Country: English Championships Venue TBC		
MARCH			
Sun 6th	Indoor T&F: Manchester Open Meeting 5 Manchester, Sportcity (Etihad Campus) (M11 3FF)		U15 – Senior
Sat 12th	Cross Country: Inter-Counties Championships Venue TBC		
Sun 20th	Indoor T&F: Manchester Open Meeting 6 Manchester, Sportcity (Etihad Campus) (M11 3FF)		U15 – Senior

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.aspx
Indoor Sportshall League	www.sportshall.org
North Staffs Cross Country League	www.nsccl.co.uk
Greater Manchester Cross Country Lge	www.bbresults.com

Macclesfield Indoor Athletics and Multi-Sport Centre Update - August 2015

The evening of Saturday 25th July saw the second annual Summer Ball in aid of the Macclesfield Athletics Development Fund (registered charity no. 1041755). The event was once again very well organised by Anna Carey and while numbers were down on last year, over £900 was raised for the development fund. Many thanks to all who came along on the evening, donated items for the favours auction and raffle, and particular thanks to Anna and her merry team for all their hard work and a great evening. Everyone enjoyed the meal, company and the lively music.

Hopefully all were happy with their items from the auction, including the person who outbid me for the U15 boys car washing!

The annual Startrack summer athletics course for 9-15 year olds (now in its 20th year) was again

organised very successfully by Bob and Kevin. Our thanks go to Bob and Kevin, and all the volunteer helpers who made the week such a great event for the young athletes - both introducing newcomers to athletics as well as assisting the more experienced youngsters to further develop their techniques and skills.

The MADF committee has been continuing to make progress with its objective of developing athletics by providing an indoor athletics training and multi-sport centre next to the track. In July another worthwhile meeting with the Macclesfield Leisure Centre new management took place to discuss the proposed facility. Liaison with the Everybody Sport and Recreation Trust continues and we hope to have face to face discussions with the Trustees and Management of Everybody Sport and Recreation in early September. In addition we continue to interact with other sports groups to look for suitable partners for the facility. On behalf of MADF, Carl and Barbara recently submitted an application to the Gascoigne Halman 25K community challenge.

As always, if you have time and would like to help with these efforts in any way or would like further details of the plans please contact any of us.

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



Attendees at the Summer Ball in July

Foam Rolling : Some Observations and Tips

By Judith Cooper ISRM CNHC

Whilst I think foam rollers can be of great benefit, I am somewhat startled by some of the advertising and marketing jargon used by manufacturers and retailers and also some of the slightly misleading youtube videos showing you how to do 'self myofascial release'. With that in mind I have compiled a quick list of points to bear in mind so that you get the most from your rolling.

- If it is so painful that your muscles are contracting against it then STOP. This is your body telling you that you are about to do damage. Back off or you will cause soft tissue damage and inflammation. The last thing you want to do is cause yourself an injury. Can I just take this opportunity to say that no massage therapist should ever continue to work beyond the point when your muscles are contracting against them either. If they are too insensitive to notice this then tell them to STOP. It is unacceptable and one of my professional pet hates! Neither foam rolling nor massage should cause significant bruising.
- Work slowly. One of the greatest benefits of rolling is that you squeeze fluid out of the cells and as the pressure releases, fresh fluid replaces it. Congestion in our tissues is something we want to avoid and careful, slow rolling can really help reduce it. Also, it is only possible to effect any kind of myofascial stretch by working slowly and steadily.
- Try not to squash tissue against bone. Think instead of a sort of shearing effect as what you are aiming to do is free up sliding surfaces. This shearing effect is best achieved by you moving your body over the roller.
- You will not be able to lengthen your ITB (iliotibial band). It is a hugely dense band of non-contractile connective tissue and although rolling can improve its hydration and help release around the edges where it butts up against muscle tissue, you will not stretch it. By all means work on the muscle groups around it; quads, hamstrings, glutes, but don't torture yourself trying to stretch the thing itself. You can help it by keeping all of the surrounding tissues soft and elastic and making sure your biomechanics are good.
- Experiment ! Don't just stick to the old favourites like calves, hamstrings etc...go exploring. The roller can be great for 'waking up' areas of the body which may well be somewhat congested and in need of attention. It may well bring to your awareness places that you didn't realise were sensitive or sore. The base of your



skull can be a great place to work...carefully... and you can use the roller to lie on and stretch out your chest muscles. If you lie with your spine along the roller and then open your arms out to either side you will feel a great stretch in the pectoral muscles.



- Don't overdo it. Every day on the same part of the body is too much. Similarly don't get stuck in if you've had a long training session or a competition. You don't want to squash or stretch inflamed muscle fibres.
- My final point is this; I will always be better than a foam roller! Oh but she would say that, I hear you cry. The fact is that the sensitivity in my fingers which can seek out and find dysfunction in the soft tissues will never be replaced by an inanimate object. It is a useful tool, but not one that will pinpoint and treat problems or potential problems. Don't rely on it too heavily.

I hope you are all enjoying this summer season and I look forward to seeing many of you over the coming months and at some of the upcoming Harriers events.

Judith

Judith has a clinic at John Honey Physiotherapy, Macclesfield.

For appointments phone 01625 500777 or contact Judith direct on 07932794420 / coopej@hotmail.co.uk

CAKES PLEASE!

Once again MH&AC will be hosting the annual Half Marathon and 5k on Sunday 27th 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 Abi Leyland by email at abi.leyland@hotmail.co.uk (marked **CAKE DONATION**) so that they know what to expect!



Any contributions need to be at the track either Saturday lunchtime (26th) between 12 noon and 1.30pm or early on Sunday morning (around 8.30am), 27th September.

Many thanks!

The Catering Team



MACCLESFIELD HALF MARATHON

Sunday 27th September 2015
macc-half.co.uk



incorporating

MACC5K

and JUNIOR FUN RUN

raising funds for



East Cheshire Hospice
Making every day count



macchalf



@maccharriers



Julie's London Marathon Journey

When I started out two years ago on my running journey with my first Parkrun (a very slow one I may add), I never imagined that I would be putting pen to paper to write about my experience of running the London Marathon. I relish a challenge, but surely as a runner with such little experience, running that distance would be out of my reach? Those were my initial thoughts when the opportunity to run in the 2015 VMLM via a sponsored place through YHA Breaks For Kids came up. Opportunities like this don't come along every day but a multitude of thoughts were spinning around in my head: how would I fit in the training, how would I raise the sponsor money, how would I ever be able to run that far?

After much deliberation and encouragement from fellow Harriers, friends and work colleagues, I signed on the dotted line. I'm not sure if I was more nervous about the long training road ahead or the prospect of having to reach my fundraising target. Within minutes of opening my Just Giving page, I had received my first £50 of donations; at that stage I realised there were people who believed in me and there was no turning back!

The next quandary was the training plan: beginner or intermediate? Not having run a marathon before I considered myself a beginner however this involved starting off with a walk/run pace. Having already run a half marathon and several 10ks, intermediate looked like the correct starting point but involved 4/5 days of training – how on earth would I fit that in? Again after advice from my fellow D group Harriers I decided to follow the Intermediate plan but run a 3/4 day a week schedule. So the journey began....

The first couple of weeks of the training plan passed with a breeze. Even the prospect of dark mornings and evenings didn't deter me from my running schedule and I felt excited at the prospect of the journey ahead. My fellow D group runner Nicola had also secured a charity place and we were keen to train together – I hoped this would keep me motivated throughout the long weeks ahead. Each weekend we took on the new challenge of a few more miles. The Middlewood Way was our favoured route: straight there and back, flat and easy to track the miles. We were pleased with the miles we were covering and ticking off the training schedule. The Wilmslow Half is a popular training race for London. Having run 14 miles in training, I was hoping I would find it fairly easy going, but the combination of a warm day and my ever persistent cough, meant it was another hard

slog. At the end, all I could think was 'how will I ever run that distance twice over?'

With my head back in gear, the next few long runs went well. We worked our way up to 18 miles, celebrating at the end of each milestone with an exhausted looking selfie! The day of our final long training run was wet; not just wet, but cold, wet, miserable, driving rain for 20 miles. Our fantastic D group runners joined us on various parts of the route with jelly babies and other energy replenishing snacks. At the end of the 20 miles, all I wanted to do was curl up in bed and sleep; despite reaching the target distance, it felt the lowest point of my training. After being nagged by fellow runners I took a trip to the doctors and a course of antibiotics later, I felt refreshed and like a new person. Maybe I could do this after all!! Donations were flooding in, I was nearly at my target! It was time to start tapering. Tapering is a strange thing. It feels unnatural to be so close to a big race and to be running less. I wasn't convinced I was doing it correctly however, all the advice from the Harriers who were veteran Marathon runners was that we were doing the right thing.

The weekend of the Marathon finally arrived and waved off by lots of excited pupils from school, I made my way to London on the train. The Excel Centre was buzzing; after collecting numbers and chips, it was an opportunity to look round the many stands and soak up the atmosphere. One of the best speeches was about pacing; the speaker talked about ensuring you didn't head off too quickly and to keep to an even pace. The pace runners from Runners World were to be stationed at various starting points of the race and

they guaranteed that if you ran with them you would reach your target finishing time. They also provided pacing bands so I collected a few times, some optimistic, others hopefully realistic! It was great to chat to other fellow runners, some who were running their umpteenth marathon and



Julie before the start

some, like me, their first. It seems everyone gets nervous, even the most experienced.

Saturday night I met my fellow charity runners at the YHA Thameside. The organisers had thought of everything to make the experience memorable for us. We had a team photo and settled down to a carb loaded Pasta Party. I was asked to say a few words to the group about how the monies raised by events such as these had benefited the children at our school; I could feel myself getting very emotional. My friend Jen (Mow Cop runners) and I were room sharing and decided to try and get an early night – both too excited to sleep, I think we managed a couple of hours before the 6am alarm sounded. It was D-Day!! Our phones didn't stop binging with good luck messages – it really touched us both how much support we had. After a pre-race breakfast (nothing new on race day) we headed off in the morning drizzle to the DLR to Greenwich Park. It felt far too early to be out and about but the park was filling up fast with poncho clad runners in various luminous shades of running kit or fancy dress. Queues for the loos were building, selfie taking was in full force and there was a real buzz. The emotion got to me when a text came through from my son saying how proud he was of me; the tears were flowing. I met up with Nicola and we loaded our red running bags on the lorries. Time for a final wee stop and then we sprinted to the starting pen for the gun at 10:10 and then we shuffled for about 25 minutes to reach the start line. Finally we were off.

The next 4:47 minutes seemed to fly past. We were following the 4:40 pacing band timer and it gave us something to focus on in the first few miles. The crowds lined the streets from the start, shouting and cheering our names, and before we knew it we were running around the iconic landmark of the Cutty Sark. After every mile marker we took on fuel in the form of jelly babies and made sure we were well watered at every watering stop. Again before we knew it we were crossing Tower Bridge – you couldn't hear yourself speak for the cheering. Were we really almost half way?!?! When we reached the YHA we high fived the supporters, stopped for a quick pit stop, and were soon back on our way. Nicola's family were cheering us on with her charity – it was so lovely to see familiar faces in the crowds. Everyone talks about hitting the wall but we seemed to be climbing over it. At mile 18 I had the smallest of down moments as I hadn't seen any of my family. As we climbed up out of one of the underpasses, I heard my sister in law screaming my name; it was such a boost to see them in the crowd it is hard to explain. I felt my legs take on a new lease of life and we were all set for the last 8 miles. By now there were many runners starting to walk but we were determined to run the full 26.2

miles so we dug deep, relying on the crowds to push us on. At last we reached 24 miles, almost there! We headed up along the Embankment feeling like celebrities on the red carpet. The atmosphere was electric! As we passed in front of Big Ben, I heard someone shout 'Julie Smith' and it was Heather from E group, there supporting her friend Karen. As we turned onto Birdcage Walk, the realisation hit home that we were actually going to do it – we were going to run the London Marathon. The 100 metre markers were disappearing fast as we turned the corner by Buckingham Palace and there it was the finish line. As it was the 35th anniversary of the London Marathon, they wanted runners to cross the finish line holding hands. We had trained together, run the distance together so it was a very special moment to run over the line holding Nicola's hand. We hugged each other and then filed through to collect our



Julie & Nicola at the finish!

medal. All I could think was 'I can't wait to do that again!' We were reunited with our bags and phones which were again full of messages of congratulations. It was lovely that our fellow Harriers back home had been tracking our progress throughout the race.

It had been a long and hard journey building up to the weekend but the euphoria you feel crossing the finish line makes every blister, ache, pain and tear worthwhile. The support and advice from the Harriers was outstanding and I truly don't think the experience would have been the same without it. If anyone has any doubts I say GO FOR IT – it really was one of the best days of my life so far!

Julie Smith

Membership Secretary's Ramblings

Welcome to the club to all the new members below. Wishing you all 'good luck' in your athletics.

Caroline	Roebuck	Super Veteran Lady
Toby	Pickup	U17 Man
Harry	Muir	U11 Boy
Hannah	Tonks	U11 Girl
Mark	Wrigley	Super Veteran Man
Lara	Maurice	U11 Girl
Sophie	Fletcher	U11 Girl
Michelle	Fletcher	Veteran Lady
Katy	Barnes	Senior Lady
Ann	Harris	Super Veteran Lady
Alfred	Tyldesley	U15 Boy
Ben	Pester	U17 Man
Daniel	Taylor	Senior Man
Molly	Taylor	Super Veteran Lady
Allesandro	Pirolini	Senior Man
Tom	Grimes	Senior Lady
Helen	Gowin	Senior Lady
Christine	Shaw	Super Veteran Lady
Clare	Chasty	Super Veteran Lady
Lucas	Clapham	U15 Boy
Kim	Eastham	Super Veteran Lady
Luc	Davenport	Senior Man
Holly	Malins	U15 Girl
Pete	Dykstra	Super Veteran Man
Louise	Gittins	Veteran Lady

Olaf	Frank	Veteran Man
John	Potts	Super Veteran Lady
Hayden	Blunn	U11 Boy
Matthew	Williams	U15 Boy
Daniel	Williams	U17 Man
Oliver	Revill	U11 Boy
Morgan	Davies	U11 Boy
Aimee	Venables	U11 Girl
Matthew	Browne	U15 Boy
Joe	Browne	U13 Boy
Eloise	Weinholt	U17 Lady
Ian	Hay	U11 Boy
Oliver	Andrews	Junior Man
Joanna	Thompson	Veteran Lady
Susan	Whiteley	Super Veteran Lady
Jake	Purdie	U11 Boy
Shaun	Wilde	Super Veteran Man
Gabriel	Pinto	U15 Boy
K Lima P	Duckworth	Senior Lady
Joanne	Foster	Super Veteran Lady
Declan	Hall	Senior Lady
Rebecca	Dilworth	U11 Girl
Oliver	Bradley	U11 Boy
Ellie	Ormerod	U17 Lady

Another summer has been and (almost) gone, and whilst a bit mixed weather wise there have been some good days for running.

I particularly enjoy the Monday nights from Tegg's Nose, and many thanks to Jon Falkner who's organised not one but two routes for us each week, as we've had speedy and steadier groups out each week. We'll carry on till its too dark in the evenings, so a few more weeks yet.

There have been plenty of folk out of all abilities at several club champ races on both the road and fells, many thanks to Keith and Barry for keeping track on how everyone's doing, and hopefully you'll keep it up over autumn and winter.

If you fancy a longer fell race, the Windgather race is back this year at the beginning of

Membership Secretary's Ramblings (cont'd)

October, 13.5 miles in and above the Goyt valley starting from Burbage near Buxton, at the bottom of the Cat and Fiddle road. Open to all and entry on the day only, more detail on our website.

The Langley 7 mile race, at the beginning of November, is over half full so enter online via Bookitzone or post now! We'll need a few marshals on the day, especially as we're planning a small route change to avoid the traffic. Both races' proceeds go to charity as with all our club races.

What with those and the half marathon, it's going to be a busy couple of months.

Cheers Julian

Fox's Reach, Lake Rd, Rudyard, Staffs, ST13 8RN

Tel : 01538 306837, Email: julian.brown@astrazeneca.com or julianbrown10@hotmail.co.uk

Cross country 2015/16 season details – Mud, sweat and cheers!

Where has the summer gone? It doesn't seem long ago since I washed off my cross country spikes and hung them out to dry! Last season we had some excellent successes, particularly from the junior and senior women's teams where as well as some great performances, there were some great turnouts. Hopefully the forthcoming season will be equally or more successful. Cross country really is a team event for the club and will also benefit all the running you do - on the track, road or fell. We welcome people to give it a go – whether you are new to running and the club, or routinely compete at other disciplines. For the league matches the club covers the costs and so no charge to compete, and no commitment to do more if it really doesn't suit you. If you need more details about what is involved, what kit you might need or how to enter, feel free to contact me. Generally no specialised kit needed apart from the shoes (although I have seen competitors in bare feet and road shoes!) - trail/fell shoes with good grip in mud (seem to be preferred and more versatile) or alternatively cross country spikes. Other than that, warm clothes for before and after the race and ideally a waterproof bag to keep your kit dry should the heavens open.



We are again competing in both the North Staffs and Manchester Area leagues. Unfortunately there are some date clashes with some existing road running fixtures

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that Macclesfield Harriers are competing in. Consequently we will be looking for extras to make up teams for all the North Staffs League to ensure we score as a club, in as many age categories, for the whole season. The following dates have been received for next season:

Date	Event	Location
Sat 26/09/15	North Staffordshire Cross Country League (NSCCL)	Knights Grange Sports Complex, Grange Lane, Winsford
Sat 10/10/15	Manchester Area Cross Country League (MACCL)	Woodbank Park
Sat 24/10/15	NSCCL	Stafford Common
Sat 07/11/15	MACCL	Sherdley Park
Sat 14/11/15	NSCCL	Park Hall Country Park
Sat 05/12/15	MACCL	Boggart Hole Clough
Sat 12/12/15	NSCCL	Uttoxeter racecourse
Sat 09/01/16	Cheshire County Championships	Reaseheath
Sat 16/01/16	MACCL	Heaton Park
Sat 30/01/16	Northern Athletics Championships	Witton Park, Blackburn, BB2 2TP
Sat 13/02/16	MACCL	Wythenshawe Park
Sat 27/02/16	English National Championships	Donnington Park Circuit, Leicestershire.

MACCL: There is a change to the race schedule. The U13 girls & boys will run together at 12:15; the U15 girls & boys will run together at 12:30; the U17 boys & girls will run together at 12:50. The U11 girls & boys don't compete in match 1 but will run together from match 2 at 12 noon..

Finally, the club cross country championships will be running again this year – scoring from the best four placings in the league matches, plus best two placings from the championship races (only one for the U11s). The first placing for the club receives 20 points, 2nd 19, etc. and the scores totaled over the season, culminating in the presentation of awards at the club AGM. Those athletes not eligible for the Cheshire champs can compete in their own county champs and scores will be taken into consideration in the club championships (details to be confirmed).

James Noakes

Macclesfield Harriers Cross Country Manager

KEEPING THE CLUB RUNNING ...

Volunteer spotlight



As promised we have another feature on one of the many volunteers who do so much for the club.

This issue we focus on dedicated club stalwart **Kevin Ranshaw**.

Many of you will recognise Kevin as the face behind the table collecting subs on track nights.



Like many others parents Kevin (and his wife, Carol) initially got involved with Macc Harriers when their children joined. Helen, their daughter was not a member for long but Alex joined as an U9 in 2001, and stayed until he went off to university.

From April 2003 Kevin became Membership Secretary, a post he held for 3 years. At this time the job also involved collecting the track fees. Initially this was done from his car parked at the track entrance before it evolved to the slick operation we have today. Now based in the clubhouse, Kevin keeps up to date registers for all the age groups, and has now been collecting the fees for 12 years!

Carol became the Team Manager for the U11's and helped out with the coaching, whilst Kevin preferred officiating and in 2004 qualified as a Timekeeper as well as a Field Judge. Carol became a Field Judge in 2005.

Kevin has been the Track and Field Manager for the last few years, a role which involves keeping the Team Managers informed of the upcoming meetings, compiling master declarations, organising officials and sorting queries. When meetings used to be held further away Kevin was responsible for organising the coaches.

Kevin also seeks out all the necessary information in order to compile the calendars for the Track and Field, Cross Country and Indoor events. As well as having been the announcer at home fixtures, Kevin has been involved with the organisation of both of the annual Awards events for several years.

Since 2003 Kevin has been Treasurer of the Track Appeal / Macclesfield Athletics Development Fund and together with Bob Lynch he undertakes track maintenance.

All together not bad for someone who 'hated athletics at school, and was usually last in cross country'

If you feel that you could spare a little time to help the club in any way, please get in touch with any committee member. The club is run entirely by volunteers and any help would be most welcome.

Den Masset

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Shiatsu – Virginie Adamski

Yoga – Dee Blow

The Alexander Technique

Pilates Instructor – Mark Leah

Sport Psychologist – Roger Kirby

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

WEEKLY TRAINING TIMES

Group Name	Group Contacts	Meeting Time/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	Monday nights 6.30-8.00pm Oct-Mar meet Leisure Centre car park. Monday nights Apr-Sept 6.30-8.00pm meet Tegg's Nose top car park. Thursday evening 6.30-8.00pm meet at overflow car park behind Leisure Centre.	7-9 miles at 7-8 min/mile
C Group	Rich Pankhurst (0772 2687799) richard.pankhurst@airbus.com Steve Barker (07770 993124) stephencharlesbarker@yahoo.co.uk Phil Gaskell (07873 763944) pjgask@aol.co.uk	Monday and Thursday evening 6.30-8.00pm at the overflow car-park behind the Leisure Centre	5-7 miles at 7½-9 min/mile
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

Club President	Bob Lynch	01625 829229
Chairman	Vacant	
Vice Chairman	Keith Mulholland	kmulholland64@gmail.com
Secretary	Tracey Porritt	secretary@macclesfield-harriers.co.uk
Treasurer	Neil Gunn	01625 611802

OTHER OFFICERS

Ladies' Road & Cross Country mgr	Vacant but temporarily Daisy Pickles (as below)	
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	Robert Hasler	rhasler@gmail.com
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	Brian Macfadyen	brianmacfad@gmail.com
Road Running Manager	Keith Mulholland	kmulholland64@gmail.com
Men's Cross Country Manager	James Noakes	01782 443042
Junior Cross Country Manager	Vacant	
Club Statistician	Nicky Tasker	nickytasker38@gmail.com
Welfare Officers	Bob & Pauline Lynch	01625 829229
Race Signs Manager	Dave Jackson	07786 673746
Legal Advisor	John Hirst	
Auditor	Harts Ltd	
Publicity Officer	Scott Wilson	07562 744147
Catering Representative	Vacant	
Webmaster	John Bunyan	Contact via website

A black and white silhouette illustration of five runners in various stages of a running stride, moving from left to right across a hill. To the left of the runners is a tall, dark evergreen tree. The background is a light, hazy sky.

Macclesfield Harriers & Athletic Club
Presents the

LANGLEY 7

Saturday NOVEMBER 7th 2015 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