Welcome to Macclesfield Harriers & Athletic Club

Founded 1897 & re-formed 1945

www.macclesfield-harriers.co.uk

The website is kept up to date with news items, reports and articles published by members
About Us…

Macclesfield Harriers and Athletic Club welcomes and caters for athletes, aged 9 years and over, of all levels of ability, from complete beginners to national standard athletes and runners.

We have excellent facilities at the Macclesfield Athletics Track for use on club training nights and a large group of experienced coaches are available, covering the full range of athletics disciplines.

- Track and field
- Fell running
- Road running
- Cross country
- Indoor sportshall athletics

History

Although the club can trace its roots back to 1897 and perhaps earlier, it was more recently reformed in 1945 immediately after the Second World War.

In the next 20 years the club flourished mainly in road and XC running, although T&F matches were also held. After a dip in support, the club re-emerged in the 80s when again the club boasted extremely strong runners for both marathon and half marathon distances. During this time some very impressive T&F records were also set even though the club had no track and trained at local schools. Being close to the Peak District hills, the club has always had a strong fell running section, which continues today.

In the 90s after a lot of fund raising, and working with the local council, a successful lottery funded bid was achieved to allow a permanent 8 lane T&F facility, complete with purpose built clubhouse, sited behind the leisure centre.

This came into use in 1999, and since then the club has fully developed a multi disciplined T&F approach, competing successfully in three different leagues. This was achieved without detriment to other disciplines i.e.; road, XC and fell running. We continue to raise funds for MADF in support of an indoor training facility alongside the current track, nearing our target of £100k.

The club has a comprehensive website, a public Facebook page, Facebook groups and a Twitter feed.

Club Officials

Hon President: Bob Lynch 01625 829229
Chairman: Keith Mulholland chair@macclesfield-harriers.co.uk
Secretary: Christine Ritchie secretary@macclesfield-harriers.co.uk
Membership Sec: Julian Brown 01538 306837
Treasurer: Mark Godden treasurer@macclesfield-harriers.co.uk
Welfare Officers: Bob & Pauline Lynch 01625 829229
Road Running Manager: Ray O’Keefe rayokeefe6@gmail.com
Track & Field Manager: Vacant
Fell Running Manager: Graham Brown broon_69@yahoo.co.uk
Cross Country Manager: Rob Hasler rhasler@gmail.com

Contact any of the above officials for more information about the club and its activities, leave a message via the club website or email us at: secretary@macclesfield-harriers.co.uk

www.macclesfield-harriers.co.uk
Volunteering

Macclesfield Harriers is a voluntary organisation. Our large group of coaches, officials and helpers are unpaid and give a considerable amount of time to help all athletes to develop their athletics potential.

It would be much appreciated if you could offer to help in any way you can; for example, with administration, fund raising, catering, assisting with coaching or team managing.

If you would like to help, then please contact Bob Lynch on 01625 829229.

Club Events...

The Club organises and supports several high quality road and fell races, including the Macclesfield Half Marathon and 5k, which starts and finishes on the athletics track; the Langley 7, Forest 5 and Tegg’s Nose. Net proceeds from these events are donated to charity.

The Club hosts T&F events and the very popular Startrack summer course, which is a week of athletics coaching for junior athletes, at the track.

Membership

We are a friendly but competitive club, and currently our membership stands at 600+. We welcome members of all abilities from age 9 onwards. The membership year runs from April to March with fees ranging from £16-£31 excluding annual track training charges. See membership form for details.

Benefits

§ Expert coaching in all disciplines
§ Discounted race entry fees
§ Opportunities for competition
§ Participation in local leagues
§ Website, Facebook page and Twitter feed
§ Insurance cover for training & competition

www.macclesfield-harriers.co.uk
**WEEKLY TRAINING TIMES**

<table>
<thead>
<tr>
<th>Group Name</th>
<th>Group Contacts</th>
<th>Meeting Time</th>
<th>Distance &amp; Pace</th>
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</thead>
<tbody>
<tr>
<td><strong>A Group</strong></td>
<td>Sarah Harris (07967 388651) <a href="mailto:sahstaff@aquinas.ac.uk">sahstaff@aquinas.ac.uk</a></td>
<td>Thursday evening 6.30 - 8.00pm at the overflow car - park behind the Leisure Centre</td>
<td>7-9 miles Pace: sub 7½ min/mile</td>
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<tr>
<td><strong>B Group</strong></td>
<td>Sarah Harris (07967 388651) <a href="mailto:sahstaff@aquinas.ac.uk">sahstaff@aquinas.ac.uk</a> (Thurs) Andrew Ratcliffe (07711 795951) <a href="mailto:ratcliffe49@gmail.com">ratcliffe49@gmail.com</a> (Mon) Emma Mason - <a href="mailto:emmamason86@gmail.com">emmamason86@gmail.com</a></td>
<td>Monday nights Oct-Mar 6.30-8.00pm meet Leisure Centre overflow car-park. Monday nights Apr-Sept 6.30-8.00pm meet Tegg’s Nose top car park. Thursday nights 6.30-8.00pm meet at overflow car-park behind Leisure Centre</td>
<td>7-9 miles Pace: 7-8 min/mile</td>
</tr>
<tr>
<td><strong>C Group</strong></td>
<td>Steve Barker <a href="mailto:stephencharlesbarker@yahoo.co.uk">stephencharlesbarker@yahoo.co.uk</a> Phil Gaskell (07873 763944) <a href="mailto:piggask@aol.co.uk">piggask@aol.co.uk</a> David Larkin <a href="mailto:davidlarkin20@hotmail.com">davidlarkin20@hotmail.com</a></td>
<td>Monday and Thursday evening 6.30 -8.00pm at the overflow car - park behind the Leisure Centre</td>
<td>5-7 miles Pace: 8-9 min/mile</td>
</tr>
<tr>
<td><strong>D Group</strong></td>
<td>Steward Waudby <a href="mailto:harriers-dgroup@waudby.me.uk">harriers-dgroup@waudby.me.uk</a> Lynda Cook (same email as above) 07743 717384 Kim Eastham (same email as above) 07887 924347 Neil Gunn (07786 855027) <a href="mailto:neil.gunn@gmail.com">neil.gunn@gmail.com</a></td>
<td>Wednesday and Friday evening 6.30 - 8.00pm at the overflow car - park behind the Leisure Centre Saturday morning 9.00-10.30am, Trail Running Group, mainly off-road, contact Neil for meeting place</td>
<td>4-6 miles Pace: 9–10½ min/mile</td>
</tr>
<tr>
<td><strong>E Group</strong></td>
<td>Jenny Airey (07969 741139) <a href="mailto:jenfa23@gmail.com">jenfa23@gmail.com</a> Wendy Boardman (07879 477627) <a href="mailto:wendyboardman77@gmail.com">wendyboardman77@gmail.com</a> Abi Leyland <a href="mailto:egroupleader@hotmail.com">egroupleader@hotmail.com</a></td>
<td>Saturday 9.00am (various locations) Monday 6.30pm (various locations) From 18th April 2018, Wed 6.30pm (overflow car park behind Leisure Centre)</td>
<td>Mon &amp; Sat: 4-6 miles mainly off-road - developing group Wed: 3-3½ miles (local paths and roads)</td>
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**FELL RUNNING**
Meet on Wednesday nights at various venues (see schedule on Facebook and the calendar on the fell section of the club website: www.macclesfield-harriers.co.uk)

**TRACK & FIELD**
U11s & U13s meet at Macclesfield Athletics Track Pavilion (behind Leisure Centre).
Tuesday & Thursday 6.00 - 7.00pm
Contact - email : juniorwaitinglist@macclesfield-harriers.co.uk

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

**JUNIOR ENDURANCE TRAINING**
Junior endurance training and off road sessions for teenagers.
Meet at the LC overflow car park for off road sessions, Monday 6.30pm
Contact Bob or PaulineLynch - 01625 829229.  Note we belong to two different XC leagues.