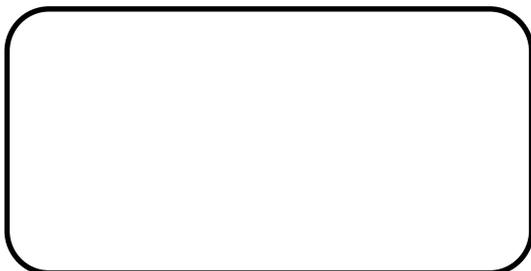


GO!

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MARCH 2014



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*Our cover photos were taken recently by Bryan Dale at the Alsager 5 race. Macclesfield Harriers left to right are; Jonnie Plumb, Anne Farmer and Richard Brown.
Thanks to Bryan for allowing us to use these photos.*

Next Issue – June 2014

Please submit any articles or photographs to alison.gunn61@gmail.com
by **Sunday 11 May 2014**

Magazine Issue

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

Please use your membership form to opt in or out.

Starting Lines...



Hello again.

As I write this, the wind is howling outside and the rain is lashing against the windows, and I'm thinking how lucky I am to have managed to get my run in before the rain today.

No doubt many of you are training for an event at the moment, and its on days like this that we just have to 'man up', get our gear on and do what needs to be done. It's tough sometimes, but us runners are not going to be thwarted by a bit of bad weather! Although, I have to admit, we've been having rather a lot of it this winter.

Soon though, the light evenings will be with us again, and we can look forward to training in warmer weather, not having to wear so many layers and not needing a rubber dinghy to cross some of the vast puddles that have been around for weeks now.

If you're looking for a challenge in the coming months, then take a look at the Fell and Road Running sections, where all the forthcoming races are listed. There are distances to suit all abilities. Or how about trying something new and entering some of the events that comprise the Cross Discipline Challenge.

Whatever you choose to do, I hope you're successful and you enjoy it!

Roll on summer!

Alison Gunn - Editor
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Macclesfield Harriers and Athletic Club

Notice of AGM & Annual Presentations

Friday 28 March 2014
Bollington Arts Centre, at 7.00pm

Food will be supplied by The Vale and will be paid for by the club. There will be a Bar 'til 11pm, but you pay for your own drinks! Sorry!

Please note that the AGM portion of the evening will be predominantly spent re-electing officers and updating you on any major issues. The major part of the evening will be devoted to the Prize Giving and I hope you can all make it. Though there will be no charge, it would be VERY helpful if you could indicate if you plan to come.

Please email: philip@jolokia.uk.com and advise on numbers and any veggie requirements.

Please note this date in your diaries.

All members are invited and encouraged to attend so please support your club.



Summary of 2013... and looking forward to another strong year for the club

What can I say, except, well done to everybody for making the club continue to thrive and expand.

We rely on everybody in the club making a contribution, whether volunteering, organising or competing.

With your help, we continue to grow. The club is run very professionally, and it is all down to the army of unpaid volunteers who contribute week in week out to make the club successful. So can I please encourage you to help in any way that you think fit to help spread the load. There are still **'jobs' that need covering** - a chair(man) and a catering rep. for instance!

Additionally we always need more coaches, officials, running group leaders, and team managers. **Please don't leave it to someone else!**

Financially we are in a very strong position. With club membership growing slightly and with a higher turnout of athletes at training sessions, particularly on the track, we are more than covering our costs; and therefore will not be

increasing our fees for 2014. For any newer members, may I just state again that you are part of a very diverse club, covering ALL disciplines from ultra-distance running through to T&F. The key is to try to treat each section equally, and to manage each **section's needs without being wasteful**. You also have the benefit of a first class facility that we work hard at maintaining with leisure management.

From April the LC facilities will be managed directly by the Everybody Sport & Recreation Trust. This may give us more opportunities to expand the facilities, but I would expect no significant changes in the first 12 months.

So if you are an athlete, may I encourage you to reach your full potential, and to compete for the club when you are asked.

The club's success depends on your input whether on the fells, XC, road or track.

Your officers will always welcome positive suggestions on how we can do things better, and may I encourage you to attend the AGM and presentation evening on Friday 28th March.

Bob Lynch (Club President)
01625 829229

Kinetic tape - science or fiction

Kinetic taping has been around for a number of years now. It first came to the public's attention during the Beijing Olympic Games but is now common place on athletes through most sports from running to tennis and even the Grand Prix. But is there any science behind it or is it just a fad?

The Big Four Effects:

1. Pain relief: by reducing pressure on pain receptors
2. Reduced swelling: by improving fluid dynamics
3. Posture control: by acting as an elastic reminder
4. Normalise muscle activity: neural effects

These 4 effects mean that athletes experience delayed fatigue, improved proprioception (balance) and coordination, and injury recovery is optimised by allowing athletes to remain active while injured.

But how does it do that; the manufacturers believe that the tape lifts the epidermis (superficial layer of skin) this is thought to reduce the pressure at the deeper fascial layers which affects circulation and lymphatic drainage (it is being used on lymphedema following breast surgery). The skin and fascia also have lots of nerve fibres, the tape stimulates these and this normalises muscle tone in much the same way as massage.

I myself was extremely sceptical but a recent success with a Macclesfield Harrier who presented with lateral thigh pain 10 days prior to an endurance event in the Alps (you know who you are). Not only did the tape stay put for 4 days, he didn't have any symptoms and he went on to win the event!!

So what's the difference between K Tape and traditional tape?

With traditional rigid tape, for instance, for

lateral ligament sprain of the ankle, the aim is to hold the ankle firmly and prevent inversion (inward motion) of the joint. It keeps its strength for just 20-30 minutes! After that the tape is providing more of a sensory role to the joint and muscles and improving proprioception (joint sense and balance). The disadvantages of rigid tape are that it can restrict movement, irritate the skin and needs to be applied just before a race or event for optimum function, and then if the race lasts more than 20 mins its loosing its effect.

Kinetic tape can last for 5-7 days! Although some of the cheaper versions start to peel off before that, you can shower with it on and swim with it too (there is a specific one from rock tape called H2O). There is no need to shave beforehand (although very hairy gorilla types may need clipping), as it is advantageous to have some sensory input from the hair follicles. It doesn't restrict range of motion, so doesn't affect performance and is hypoallergenic, so the risk of skin irritation is very low. This means you can train in your tape and perform with it and not worry about any skin reactions.

So far I have applied K tape for improvement in posture in patients with neck pain, for scapular control for shoulder impingement, for anterior knee pain and ITB irritation with great success. However, I am not exclusively taping; it is part of a treatment package which might include soft tissue work, ultrasound, acupuncture and an exercise regime. But I have been pleasantly surprised by its effectiveness both in my patients and personally; having had a spiral taping technique for ITB friction syndrome prior to the fell relays myself.

John Honey Physiotherapy offers physiotherapy with K taping if appropriate. But if you just want taping prior to an event we can do that too.

Gayle Evans
John Honey Physiotherapy

Couch to 5K (C25K) course in 2014



Plans for the inaugural 'Couch to 5k' course are now well underway, and the course is already fully booked. The course will start on Thursday 3rd April and will run for 9 weeks.

The course is intended for 'absolute beginner' adult runners and during the 9 weeks they will train towards a 5k event. The £30 course fee covers track fees and a year's

club membership. The formal sessions will be held on Thursday evening at the track (lanes 7 & 8) and will last about 45 minutes, between 7 and 8 pm. The participants will also need to run two sessions on their own each week (their homework!). Each Thursday session will be run by one of the club's qualified group leaders supported by other volunteers from all sections of the club who are keen to help the participants.

At the end of the 9 weeks the course participants will go to the local Congleton Parkrun 5K (on Saturday 31st May at 9.00am) and will run alongside "E Group" – this will be their new group if they wish to continue running with the club.

As the course is already full, we are putting names on a waiting list if there is more interest, as the club may decide to run another course in the future. If you would like to go on the waiting list send an email to neil.gunn@gmail.com.

Full details for participants and helpers are on the club's website: www.macclesfield-harriers.co.uk

Neil Gunn - E Group Leader
neil.gunn@gmail.com

TREASURER'S REPORT 2013

(Full version with actual figures will be available at the AGM)

Summary

The club's financial position remains strong, and the club has assets in bank accounts, equipment and clothing/catering stocks.

The accounts for the year show a cash surplus similar to the previous two years. The surplus is attributed as follows: -

Income

- Increased subscriptions – offset by higher EA levy
- Increased track income – higher fees and higher attendance

Expenditure

- Increased England Athletics (EA) runners levy
- Net surplus track fee donation to MADF (Macclesfield Athletic Development Fund) of £3.8k
- Increased coach hire costs for 2 away fixtures

Detail

In more detail, the principal features of the accounts for the year are as follows:

1. Total Club financial and equipment assets increased by 6%.
2. The club's membership has again increased on the previous year (518 members at the end of 2013) and this shows in increased levels of subscription income and levy payments to England Athletics – this may be as a result of improving club publicity (club website, Facebook, BLOGS, GO! Magazine). UK Athletics levy remains the same for 2014 (£10 for competing senior members).

The 2014/15 basic club membership fee is proposed to continue at £16 for all members to cover club operating costs plus a £10 England Athletics levy for members who compete for the club in EA events (non-competing members do not pay this). All EA levy funds will be directly passed to EA. A 'half year' club membership of £8 will again be available from 1st October 2014.

3. Track Hire cost remained constant this year and we also rented the indoor facility once/week during the winter. Track income from training was much higher than the previous year due to increased numbers and increased track fee of £2.50/session (the plan is to hold at this level for the next 2 years). The net surplus of £3,855 from track fees vs hire cost was donated to the MADF (Macclesfield Athletic Development Fund) as agreed at committee. We must wait and see what will happen to our track hire charges in the future as changes take place in the way East Cheshire delivers Leisure Services in 2014 – obviously we will work hard to hold costs down.

4. The club's income from hosting events is similar to last year

Net contributions from catering at events hosted by the club are similar to 2012 mainly due to the hosted events and Macc Half Marathon.

I would like to give my thanks to all the volunteer club members who work so hard in various ways when we host events (races, league fixtures etc).

(Continued on page 9)

5. Travel costs were higher in 2013 as the club paid for two coaches for away fixtures (Colwyn Bay and Carlisle).
6. Awards, Trophies and Prizes were similar to 2012 as spare shields/trophies were used for prizes.
7. The club currently organises four races (Macc Half Marathon, Langley 7, Forest 5 & Tegg's Nose) and as requested at last year's AGM summary accounts are attached. Net proceeds (after expenses) from these races were donated to East Cheshire Hospice (ECH) – a total of £12,828 (lower than last year as Macc Half had fewer entries).

The Half Marathon did not contribute to MADF this year (but did hold funds back to support athletics during 2014 to be requested as needed). The Boxing Day Handicap also donated £80 to ECH.

Thanks go to all the club members and volunteers who work so hard to manage these very successful races and to generate such large amounts of funds for local charity.

8. Expenditure on social events is the provision of food and room hire for the AGM/Senior presentation evening & annual Boxing Day Handicap – this was higher than in previous years and will be reviewed for 2014.
9. There is modest income to cover printing costs from advertising in the GO! magazine from Running Bear. Other advertisers in GO! contribute to the club in other ways (Mike Honey helps each month at the track and Harts help review the annual accounts free of charge). There is now an option to view GO! Magazine online via the website which may reduce future printing costs.
10. The club savings bond received interest in 2013. The bond was reinvested mid year and will mature in August 2014 when a decision can be taken concerning re-investment.
11. Club assets – the club purchased some new equipment in 2013 (including a high quality pole for pole vault). Sainsburys PLC donated £80 worth of equipment via their scheme to support sport.
12. The club received several donations this year.
 - Wilmslow Running Club made a donation for help we provided at the half marathon
 - Macc Half made a donation to support coach and leader training
 - A local solicitor made a donation to provide hi-viz bibs for winter running
 - Several donations received as thanks for the use of club road race signs

I am willing to act as club treasurer for 2014/15 if nominated and I am grateful for the support and advice given to me by Chris Bentley.

Neil H Gunn
Club Treasurer
24 January 2014

Note: A full version of the 2013 report (containing the actual figures) will be available at the AGM

The PTL or La Petite Trotte à Léon - by Digby Harris



The route

The PTL is a bit of an Alpine adventure - an extended circumnavigation of Mont Blanc - for teams of two or three people. The event always starts and finishes in Chamonix but the organisers vary the route each year and in 2013 it was going to be 300km with 24,000m of ascent.

Steve Watts and I agreed to enter back in January and then Steve managed to recruit our Bath based friend, Tim Laney, at the High Peak Marathon to complete team "Flipper's Gang". Steve (Flipper) and I have done this event before but I don't think Tim really knew what he was letting himself in for! Nevertheless, with his pedigree, we knew he would have no problem.

We arrived in Chamonix a couple of days in advance of the start at 10pm on 26th August to sort out gear, buy supplies and missing pieces of kit for our three drop bags, review the route, soak up the UTMB atmosphere and eat lots. Registration with

the other 88 teams went smoothly until it came to download the route onto our GPS. Representatives from Garmin were present the previous time to help with downloads but not this year and whilst the organiser did his best he finally gave up, commenting that Steve's three year old GPS was too old! Little did we know but this did not seem to be an issue as, like most fell running Brits, map and compass only navigation is the norm for us.

Day 1: Evening of Monday, 26th August

By 9.30pm Place du Triangle de l'Amitié in Chamonix was jam packed with organisers, head torched competitors and well-wishers alike – it was an electric atmosphere full of anticipation. A countdown saw us off for the first climb of 1,300m over the Col du Brévent. It must have been an impressive site from Chamonix to see 228 head torches zig-zagging their way up the hill. We deliberately took it steady but, even so, started pulling our way up through the field and continued to do so through to dawn.

Day 2: Tuesday, 27th August

Just after sunrise we arrived at the Col de Tré l'Epaule (34.3km; 2532m) above the ski resort of Flaine. This is where the PTL adds another layer of interest over more conventional trail races such as the UTMB. The route to the Refuge de Véran (37.5km; 1597m) involved descending down some steep, exposed hunter's paths requiring the aid of rope handrails to ensure safe passage. We were greeted with a stunning view over the massive limestone cliffs into the cloud filled valley occupied by the E25 Geneva/Chamonix road.

Having been on the move continuously for eight or so hours we stopped for our “first” breakfast at the Refuge, where a number of other teams at the front end had already arrived. A quick bowl of salty soup, cake and coffee and we were off, heading west, descending via steep paths (and with the aid of a ladder on one occasion) down to Magland (46km; 507m) to cross the E25 towards the Aravis mountain range.

After our “second” breakfast in Gravin we dug in for the climb up to Gueule au vent (55.7km; 2014m) via some very steep and exposed cliffs with wire handrail protection on tiny paths. The weather started to clag in as the day wore on, coats went on and by the time we arrived at the Refuge de la Pointe Percée (62.9km) for lunch it was getting rather chilly and grey.

We were greeted by hail and rain as we crossed the steep Col de Verts (64.1km; 2598m), which was not ideal for traversing the most technically challenging section of the whole route - a barely distinct path on steep slippery rock with a massive run out below. Steve was lucky to only get clipped on the ankle as some falling rocks whizzed by at speed from above. However, we were rewarded with a stunning setting and a rather hairy traverse over a steep, slippery, black shale ridge in which Tim and I at least had to resort to face up descending on hands and feet.

Interestingly we had had a shadow with us for this last section - a French guy who was not part of the event but wanted to tag along to see how fast the PTL teams were going (not very!). The weather set in and full waterproof cover came out for a bit of a trudge. We knew at this point that we were in second place following a Finnish pair, who, not very imaginatively, we dubbed the “Flying Finns”.

Not sure exactly what time we arrived at our first overnight stop, the Plan de L’aar (82.2km; 1732m), but it was about 24h and 7-8000m of ascent after leaving Chamonix and I was very grateful (broadly equivalent in distance and height to the Ramsay Round). On our previous PTL in 2010, Steve, Spyke and I successfully survived on 4h sleep in every 24h bar the first and last days so we decided to more or less stick



Steve Watts, Tim Laney & Digby Harris, aka ‘Flipper’s Gang’

with this strategy.

Day 3: Wednesday 28th August.

Soon enough we were being woken up for a quick breakfast. We learnt that two teams had gone through whilst we slept; so three teams ahead including the Flying Finns. Our aim was to survive the first few days and to remain in contention, but not to race, then see where we were placed and push on in the last 24 hours if our bodies held up.

The PTL isn’t officially a race but unofficially there’s no doubt about it for some teams! We descended to Praz-sur-Arly, just west of Mègeve, and stopped for second breakfast at a hut on the way to Col de Véry (96.5km; 1732m) via Mont Vores. To our surprise we met the Flying Finns (Juha Jumesko and

(Continued on page 12)

Janne Marin – the “North Js” team) who had decided to stop here for sleep assuming it would be quieter. They left whilst we were eating and then the next Finnish team arrived to also have breakfast (Team name “Mustavuoren Reippaat” translated by Google as “Black Mountain Brisk” or the “BMB team” from now on). They had stopped at Praz-sur-Arly.

We learnt that a French team was in the lead and they were obviously surviving on very little sleep. On the climb to Mont Vores we were treated to fabulous views of Mont Blanc and we could also see the Flying Finns just ahead but no sign of the



French Team. We overtook the Flying Finns sometime later as they stopped for refreshment at a col overlooking Lac de la Girotte. Shortly after we spotted the French team (Team “Run et sens”) on the ascent to Col de la Gitte (111.1 km; 2359m) and we were quickly gaining.

We noticed that we were generally as competitive as the other teams on the climbs and that our propensity to run steadily on the flats and descents gave us an advantage, possibly as we weren't hampered by poles or GPSs. We overtook Run et sens on the climb to Col du Roc du Vent (120.8km; 2331m) and were first to arrive at the next organised stop comprising a large tent at Chalet du Roc du

Vent (123.3km; 1820m) near the Cormet de Roseland.

It amused us when Tim was jokingly called a naughty boy by one of the PTL helpers for taking a very short short cut! The PTL support team were consistently great: really kind, friendly and supportive, they just couldn't do enough to help us.

More pasta and then we headed off to the killer climb up to the Brèche de Parozan (130.9km; 2683km). The ascent is absolutely brutal – steep and loose: two steps forward and one step back. By early evening we were descending from Col de la Nova (134.2km; 2798m) and it was here that we spotted a North Face helicopter filming competitors in the TDS (a PTL sister race from Courmayeur to Chamonix going clockwise around Mont Blanc). Just above Lac Esola we joined the TDS folk for a couple of kilometres before our ways parted. It was interesting to note that we were covering the ground more quickly than most of them.

On the descent to our next planned stop at Les Échines Dessous (144.6km; 1328m) we experienced the first clear sign that a lack of a GPS could be a disadvantage (we believe we were the only team navigating solely by map, compass and altimeter). The maps that we were given have the route marked as a red line on them, which is a GPS track, and are accompanied by route notes. Both the maps and the route notes are geared for navigation with a GPS and not a map and compass.

The red line on the map doesn't always precisely follow the route, the organised stops are not marked on the maps and the notes are frequently too vague to be helpful (with comments such as “difficult navigation – zoom in with your GPS”). This

is my only criticism of the event but I personally see it as a serious flaw in the organisation that the maps and notes do not always permit accurate route finding solely using map and compass. Not that I had grounds to whinge as it was Steve and Tim that were navigating, I just read out the notes! To cut a long story short, without the checkpoint or the new road down to it being marked and with the inadequacies of the map and route description, we received a phone call from the organisers advising we had overshot. We arrived eventually but we had lost some height and easily a good half hour.

Day 4: Thursday 29th August

Up again, after another four hours sleep, we were on the trail of the two Finnish teams and the French Team. It seems that the BMB and Run et sens teams were surviving on about an hours sleep in 24h. The Flying Finns, on the other hand, seemed to be getting about three hours sleep. By the Col de Breuil (159.2km; 2887m) we had overtaken the Finnish Teams and caught up Run et sens. We pretty much stayed together for the traverse past old WWII buildings to the Col Chavannes (164.5km; 2603m) where the camaraderie was such that we all stopped for a short break to admire the close up view of the Mont Blanc range and to take photos.

On the ascent to Col du Berio Blanc (170.25km; 2848m) we bumped into the PTL head organiser, Jean Claude Marmier, who fortuitously supplied Tim with a new complete set of maps to replace those which he had dropped accidentally a few kms back. It was at this point, on the descent to the Aosta valley, that we began to start increasing our lead.

As we lost height on the approach to

Morgex the heat ramped up and it was a relief to arrive, be reunited with our second



On top of the Alps

drop bags, get showered, change clothes and eat. The PTL staff were as kind and helpful as ever and the homemade Lasagne and apple cake delicious. Tim's dropped maps were miraculously returned by a work party that, I believe, had been checking the chain handrails that we had used earlier to descend a steep section. We departed within an hour or so of arriving accompanied by a couple of PTL staff, one of whom lead us through the highest vineyards in Europe to the start of the 1,900m climb to the Col du Bataillon d'Aoste (204.1km; 2883m).

In the past this Col has clearly been an important route with evidence of a great deal of building works to support the path. The descent from the col is steep and tricky as the path is now badly eroded and obviously a bit of an adventure in the dark as was verified later by the Flying Finns. I gave myself a bit of a start later on when I woke up just before careering off down a steep slope approaching the Col de Malatra (the highest point en route at 2928m). 20 minutes later we arrived at the Refuge Frassiti for more food and our final, short sleep (213.1km; 2540m).

(Continued on page 14)

Days 5/6: Friday 30th August/Saturday 31st August

I slept like a log but unfortunately the other two had not. I was concerned about Tim who had a nasty cough but he soon pulled round after a breakfast of bread and paracetamol. The three other teams had arrived after we had gone to bed and we left before they surfaced – the first night that we were departing in the lead. We had been going well so this looked promising –



less than 90km to go, or so we thought!

Our progress was good until a momentary lapse in concentration (and not the fault of the maps or route description this time; possibly we were just a bit tired!) meant we overshot the Col de Planards (226.7km; 2735m) and the valley we should have been using to descend to Bourg St Pierre. Instead we carried on to the next col (which we had crossed in 2010) and then into the next valley. By sheer coincidence the route description from the Col de Planards matched the terrain on the ground in the valley that we were in. The phone went but not until we were fully committed to our route.

The vmail message confirmed we had gone wrong and our spirits plummeted. However, within seconds we were sorting ourselves out. Fortunately our map showed the valley we were in and the terrain and a

path over to our next checkpoint at Bourg St Pierre. Spirits rose, it was a lovely day and we were again focussed. Our alternative route, whilst quite a bit longer, turned out to be much more pleasant than the one we should have been on, which we knew from 2010.

We were amazed to find that we still held the lead at Bourg St Pierre (237.2km; 1632m) although we lost a good hour plus getting back on track. The Flying Finns arrived about 15 minutes later and joined us for lunch and chat. We departed first for the 15km run down the valley to Champex. Several frustrating moments ensued when the inadequacies of the map and route notes hampered accurate route finding, causing us to retrace our steps and lose more valuable time.

At Champex (253.3km; 1477m) we joined the route being used by CCC runners (another PTL sister race from Courmayeur to Chamonix going anti-clockwise around Mont Blanc) and received applause from slightly bemused looking spectators who weren't sure what we were doing until we passed and our PTL race numbers became visible on our packs! Tim was interviewed by the compere in French as Steve and I headed for food and to change into new socks from our drop bags.

No sign of the Flying Finns as we left for the Croix de Brea - a rather gratuitous climb on the way to the Fenêtre d'Arpette. Not sure why but on the ascent a quad muscle in my left leg starting twinging (possibly something to do with nearly 40,000m of descent I'd done during the past three weeks??) so Tim kindly lent me his poles. The twinging got worse and developed into a full strain. The descent from the Fenêtre d'Arpette (262.9km; 2665m) was exceedingly painful but the poles allowed

me to maintain reasonable progress. Still, I was really fed up as I'd experienced the same problem in 2010 when the last few kms back to Chamonix were grim.

I was also concerned that it would jeopardise our position although I was in no doubt that I would finish even if it meant hopping back! This fired me up and on the last climb to the Col de Balme (272.5km; 2204m) I forced a good pace to do what I could not to let Steve and Tim down, knowing I'd be slow on the descent. After a while we saw head torches descending on the other side of the valley from the Fenêtre d'Arpette and judging by their pace and position we estimated the Flying Finns were a good hour behind – not much of a buffer with my gammy leg.

Tim's poles allowed me to continue to maintain a reasonable pace on the hop down to Tour from the Col de Balme. We then picked up the Petit Balcon Nord track and were able to shuffle towards Argentiere (Tim was also suffering but with sore shins), where the map and route notes and lack of a GPS once again became an

issue. Anyone familiar with this track will know that the signing is confusing in places and another good half hour was lost trying to find the right path to Chamonix.

At La Lavanche we lost even more time whilst comprehensively exploring the whole village trying to find the exit path (the route notes were unhelpfully directing us to use our GPS to guide us back to Chamonix!), eventually admitting defeat and resorting to shuffling down the main road instead. On the outskirts of Chamonix we re-joined the correct path and at about 5am, 103 hours after starting out (including 11 hours of sleep spread over three nights), we crossed the finish line – first team back.



At the Finish!

CAFOD FUN RUN - 27th DECEMBER 2013

At 11am on Friday 27th December 2013, 200 people set off round the course. They and their supporters enjoyed themselves.

More than £4000 has been raised for CAFOD's Syrian Crisis Appeal. Giftaid will mean tax back over £700, even more for the Syrians.

To all of you, with apologies to Kipling...

- If you were there at 7 in the rain to set things up,
- If you strolled, jogged or ran your chosen course,
- If you helped to marshal, direct, serve coffee, clear away,
- If you donated, sponsored, declared for Gift aid,
- If you watched with cheers and waves to support,
- If you posted posters, publicised in any way,
- If you did one or more of these and all the other things to be done.

Then ... AN ENORMOUS **THANK YOU** IS DUE TO YOU.

S Keith Taylor, 01625-429915 - for details of the 2014 run <http://tinyurl.com/BollFunRun>



CALENDAR OF EVENTS 2014

FEBRUARY			
Sun 2nd	Indoor T&F: Open Meeting 4 Manchester, Sportcity (Etihad Campus) (M11 3FF)	10.30	U15 – Senior
Sat 8th	Cross Country: Greater Manchester League Match 5 Manchester, Wythenshawe Park (M23 0AB)	12.00	Inc U11
Sat 22nd	Cross Country: English Championships Nottingham, Wollaton Park		
MARCH			
Sun 2nd	Indoor T&F: Open Meeting 5 Manchester, Sportcity (Etihad Campus) (M11 3FF)	10.30	U15 – Senior
Sat 8th	Cross Country: Inter Counties Birmingham, Cofton Park (B31 2BQ)		
Sat 15th	Indoor Sportshall: Sportshall Regional Final Wigan, Robin Park Sports Centre (WN5 0UH)		U13/U15 Pre-Selection
Sun 23rd	Indoor T&F: Open Meeting 6 Manchester, Sportcity (Etihad Campus) (M11 3FF)	10.30	U15 – Senior
Fri 28th	Club AGM and Awards Evening Bollington Arts Centre	7.00	All !
MAY			
Sat 3rd	T&F: Youth Development League – Lower Age Round 1 Ashton-under-Lyne, Richmond Park Stadium (OL7 9HG)	11.00	U13 – U15
Sun 4th	T&F: Northern Men's/Ladies League: Round 1 Cleckheaton, Liversedge, Princess Mary Stadium (WF15 6LW)	11.00	U17 – Senior
Sun 11th	T&F: Cheshire League Round 1 Trafford, Longford Park (M21 9TA)	11.30	All
Sat 17th & Sun 18th	T&F: Cheshire County Championships Macclesfield		U13 upwards
Sat 31st	T&F: Youth Development League – Lower Age Round 2 Warrington, Victoria Park (WA4 1DG)	11.00	U13 – U15
JUNE			
Sat 7th	T&F: Northern Men's/Ladies League: Round 2 Ashton-under-Lyne, Richmond Park Stadium (OL7 9HG)	11.00	U17 – Senior
Sat 14th	T&F: Cheshire Schools Championships Macclesfield		Juniors/Inters/ Seniors
Sun 15th	T&F: Cheshire League Round 2 Macclesfield	11.30	All
Sat 21st	T&F: Inter County Schools - Mason Trophy Birmingham, Alexander Stadium (B42 2LR)		
Sun 22nd	T&F: Youth Development League – Lower Age Round 3 Wigan, Robin Park Arena (WN5 0UH)	11.00	U13 – U15
Wed 25th	T&F: Cheshire Schools Championships Warrington, Victoria Park (WA4 1DG)		Minors
JULY			
Sun 6th	T&F: Cheshire League Round 3 Connah's Quay, Deeside Stadium, Deeside College (CH5 4BR)	11.30	All
Fri 11th & Sat 12th	T&F: English Schools Championships Birmingham, Alexander Stadium (B42 2LR)		

CALENDAR OF EVENTS 2014 (cont'd)

JULY			
Sun 13th	T&F: Northern Men's/Ladies League: Round 3 Halifax, Spring Hall Track (HX3 0AQ)	11.00	U17 – Senior
Sat 19th	T&F: Youth Development League – Lower Age Round 4 Wrexham, Queensway International Stadium (LL13 8UH)	11.00	U13 – U15
AUGUST			
Sat 9th	T&F: Northern Men's/Ladies League: Round 4 Warrington, Victoria Park (WA4 1DG)	11.00	U17 – Senior
SEPTEMBER			
Sun 7th	T&F: Cheshire League Round 4 Macclesfield	11.30	All
Sun 14th	T&F: Junior Multi-Events Macclesfield	10.30	All Pre-entry
Sat 27th	Cross Country: North Staffs XC League Round 1 Venue TBC (see www.nsccl.co.uk)	12.30	All
Sun 28th	Macclesfield Half Marathon, 5K and Fun Run	10.00 + 10.15	
OCTOBER			
Sat 25th	Cross Country: North Staffs XC League Round 2 Venue TBC (see www.nsccl.co.uk)	12.30	All
NOVEMBER			
Sat 1st	Road Race: Langley 7	14.00	
Sat 15th	Cross Country: North Staffs XC League Round 3 Venue TBC (see www.nsccl.co.uk)	12.30	All
DECEMBER			
Sat 13th	Cross Country: North Staffs XC League Round 4 Venue TBC (see www.nsccl.co.uk)	12.30	All

North West Indoor Sportshall League 2013/2014

(U11/U13/U15 athletes)

This season the league comprised 3 fixtures – 2 at Crewe and 1 at Widnes.
Following excellent competitions on all 3 occasions, the final positions were:

U11 Girls: Finished 5th (out of 11) and qualified for the final. Congratulations to all the 12 girls who participated in some form during the season and especially to Poppy Dutton and Tess Newbould who were selected to represent Cheshire in the Fun in Athletics Festival in January.

(continued on page 18)



U11s Team

U11 Boys: For the boys 17 represented the club over the season – well done. An excellent 4th place finish was achieved (just beaten by Crewe for 3rd place in the last match) and again the final beckoned. Congratulations to Morgan Frith and Jake Bradley who were selected to represent Cheshire in the Fun in Athletics Festival.

U13 Girls: Another 4th place finish and again qualification for the final. This was an excellent team performance given that only 5 girls stepped forward to compete.

U13 Boys: Despite few athletes competing, a creditable 5th place was achieved which again qualified for the final. 6 boys (unfortunately at different fixtures) turned out for the club, but enough points were amassed to retain the last qualifying place ahead of Liverpool.



U13s Team

U15s did not participate this time.

For only the second season back in the league to have all four teams qualify for the final is a great achievement.

Thanks to all the athletes who represented the club during the season and the team managers for co-ordinating the teams and their help on the day.

The League Final was held at Widnes on 26 January where a fun packed day in an excellent atmosphere was enjoyed by all who attended. Congratulations to those who competed. Results as follows:

U11 Girls: Improved on their final league position by finishing 4th with 11 girls competing on the day.

U11 Boys: Could not overhaul Crewe in a close competition and finished 4th. 9 boys took part in the event.

U13 Girls: Equalled their league finish position – 4th. All 5 girls who were eligible to compete turned out, but were up against stiff opposition which they were unable to overcome. However, Josie Elliot and Eve Cobey earned individual medals for their second places in the 2 Lap Race and Speed Bounce respectively.

U13 Boys: Did well to reach the final, but despite all 6 boys who had competed in earlier rounds being present, they were overwhelmed by the other teams and were unable to improve on 5th place. Josh Mock and Thomas Warnke earned medals for winning the 8 Lap Paarlauf race.

North West Indoor Sportshall League 2013/2014 (cont'd)

A separate report on the Fun in Athletics Festival appears on page 21.

The continued enthusiasm and support from athletes, coaches, team managers, parents and supporters to attend the fixtures is much appreciated. Hopefully, this will carry forward to the 2014/2015 season.

**Kevin Ranshaw – Sportshall Co-ordinator (01625 616483 or
kevinranshaw@virginmedia.com)**

TRACK and FIELD COMPETITIONS: 2014

TEAM MANAGERS

AGE GROUP	FEMALES	MALES
Under 11	Louise Dutton 01625 430368/07811 164704 accounts@obs.me.uk	Ann Danson 01260 224199 ann@dansons.co.uk
Under 13	Caroline Hall 01625 261351 carhall@hotmail.co.uk	Simon Frith 01625 428936 simon- frith@simonfrithupholstery.co.uk
Under 15	Wendy Snelson 01625 422819 wendy.snelson@virginmedia.com	Anna Carey 01260 226418 annacarey@btinternet.com
Under 17	Den Masset 01625 266400/07906 059099 denmasset@virginmedia.com	Pat Ahern 01477 535720 patahern@btinternet.com
Under 20	Janet Hatton 01625 424614 janet.hatton@hotmail.com	Vacant

TRACK and FIELD: Prospects for 2014

Writing this in January, with the rain lashing down and a nip in the air, suggests that the outdoor T&F season is some way off...

...but it's never too early to prepare and fixtures/hosts/venues have to be drawn/agreed/booked well in advance.

So the fixtures for 2014 look like this:

Cheshire Track and Field League (All Age Groups)

11 May	Trafford
15 June	Macclesfield
6 July	Deeside
7 September	Macclesfield

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

3 May	Ashton-under-Lyne
31 May	Warrington
22 June	Wigan
19 July	Wrexham

Northern League (U17 – Seniors)

4 May	Cleckheaton
7 June	Ashton-under-Lyne
13 July	Halifax
9 August	Warrington

Note: The dub has not entered the Youth Development League (Upper Age Group – U17/U20) this season.

Remember some of you will have changed age groups, so you may now be competing in a new league.

Please ensure that you respond to requests from your Team Managers promptly and let's see all that training effort proven in the competition arena.

Additionally, the **Cheshire County Championships** are being held on the 17 and 18 May at Macclesfield for ages U13 upwards - please consider entering. Full details and entry forms will be available soon (if not already) in the clubhouse and at www.cheshireaa.com

A full fixture list, in chronological order, appears on page 16 & 17.

Meanwhile, another successful season beckons – hopefully blessed with glorious weather..!

Kevin Ranshaw

Indoor Sportshall:

North West Regional Fun in Athletics Festival

This event, for under 11 athletes, took place on Sunday 19 January at the Regional Athletics Centre, Sportcity Manchester.

Poppy Dutton and Tess Newbould helped the Cheshire girl's team achieve 3rd place out of the 5 taking part. This was an improvement on the 4th place the team achieved in 2013.



Meanwhile, Morgan Frith and Jake Bradley were selected for the boy's team which achieved a superb 1st place again out of 5 teams eclipsing the previous year's position of 2nd.



Everyone had an enjoyable, fun day and it was pleasing to see that four Macclesfield athletes were selected to represent Cheshire in this event.

The pictures show the Macclesfield athletes along with the whole Cheshire Team and the shield won by the boys.

Well done to all.

Minutes for Macclesfield Harriers & AC Committee Meeting 30th January 2014, Chaired by James Noakes

Attendees: Kevin Ranshaw (KR), Neil Gunn (NG), Keith Mulholland (KM), James Noakes (JN), Nicola Tasker (NT), Clare Finnis (CF), Bob Lynch (BL), Barry Blyth (BB), Phil Cheek (PC), Chris Bentley (CB)
Apologies: Julian Brown (JB), Alison Gunn (AG), Carol Barnes (Carol B)

1. Agreement of Previous Meeting's Minutes: agreed

2. Correspondence (CF): all forwarded on to relevant recipients.

3. T&F Awards Scheme for 2014 (NT/KR): Kevin made proposals to amend the 2013 award scheme for the 2014 season. These proposals were accepted by the committee. The award scheme with accepted proposals will be published in due course and a copy will be placed in the clubhouse and on the website. Kevin will send the updated changes to Nicola. A brief discussion was had over the fees for athletes to enter the Cheshire Champs with a proposal from PC that we as a club subsidize the entry fee. It was decided that this would be discussed at a later meeting.

4. Club Membership Update (JB) re membership, numbers as below, as high as they've been for a long time. Anyone joining now should pay a full year's subs for membership until 31st March 2015. Everyone who joins now gets the welcome leaflet (as well as a membership card, and the current magazine) in the post.

Officials and club membership (BL)

Some officials and coaches are not currently members of the club. This raises concerns over the EA insurance as this only covers members of the club. It was agreed that all officials and coaches that compete for the club or train with the club should join the club and pay the membership fee. Those that are just volunteers and non competitors could become members of the club with no fee to pay.

- BL will send a list of officials and coaches to the committee for their consideration as to whether the club membership fees should be waived.
- A club membership form must be completed for all officials and coaches.
- All helpers, officials and coaches should be on a data base- this process needs reviewing
- Membership has to be subject to the relevant qualifications being attained for a particular discipline (relevant training courses must be attended).

5. Finance (NG)

2013 Accounts approval ready for AGM: these were approved by the committee and will be presented at the AGM by Chris Bentley.

A discussion was had over the recipients of charitable funds from races run by MHAC. BL proposed that the arrangements for charitable donation will stay the same for 2014. BL will raise this matter at the AGM to see what the club members wish to do in 2015. BL proposed that each year the club should review it's charity donations.

6. C25K (couch to 5k) NG

NG proposes to launch weekend of 1st February 2014 with flyers and on the website. It will run from April 3rd to 29th May and complete with a 5K in Congleton on 31st May. It will cost £30.

7. Possible weekend sessions in the winter for A, B, C & D groups to avoid night running (NG)

NG is concerned that the E group is too big and the members do not wish to transfer to evening sessions. KM will ask if there are any other leaders that would be willing to run another group at the weekends during daytime.

8. Track and Field/ Sportshall (KR) Kevin gave his report to the committee and will publish it in the forthcoming

	Female	Male	Total
U11	16	29	45
U13	42	33	75
U15	18	27	45
U17	18	20	38
Junior	9	14	23
Senior	23	42	65
Veteran	26	54	80
SuperVet	67	85	152
Totals	219	304	523
Junior (<23)	103	123	226
Senior (>23)	116	181	297
Totals	219	304	523
U20	104	123	227
20-29	14	18	32
30-39	23	31	54
40-49	43	52	95
50-59	24	50	74
60+	12	30	42

magazine.

9. Cross Country (JN) JB has taken over from Alan Weeks as race organiser of the Wincle Trout race, for which entries are arriving thick and fast even though the race isn't until 31st May. There were no specific XC issues raised. Award winners cannot be confirmed until at least the Manchester league match completed (8 Feb) but may be affected by the National XC champs (22 Feb) - mainly likely to be seniors. Some XC dates for next season have already been published and these are on the fixtures list in the clubhouse.

10. Road Running (KM)

Since the last meeting we have had 3 Club Championship races which have all been well attended:

Cheddleton 10k (25)

Stockport 10 (18)

Four Villages half (15)

The new Club Championship has been launched with more races (particularly local ones-18 in total) and a new scoring system based on winning time/your time x 1000.

The next races coming up are:

Alsager 5, Feb 2nd; Trafford 10k, March 9th; Wilmslow Half, March 23rd; Chester Spring 5, April 9th (Grand Prix).

11. Fell Running (BB) Barry Blyth's report has been removed from these minutes as it appears on the Fell Running pages (33-34).

Fell running for young people: There have been requests for some fell running sessions for young people. PC has offered to run a course, BB is happy to help. Neither are leaders so NG has offered to accompany a taster session once organised. If the outcome is positive from this session then a leader will have to be trained for the purpose and sessions will run through the summer months.

12. FRA safety rules (PC) The FRA have now published a comprehensively revised set of safety rules & guidance for race competitors & organisers. Our race organisers are aware of this and comply to all conditions set.

13. Email addresses for the website (NG) not discussed.

14. Boost Profile of club (NG)

business cards (JN) James will look into this

other ideas none

15. Publicity (Carol B) All reports should be forwarded to Carol for publication in the Macclesfield Express. Reports can also be placed on the website (contact NG), in the GO! magazine (contact AG) and on Facebook.

16. AGM 28th March

- **chair:** Bob Lynch
- **venue and food (NG).** The venue (Bollington Arts Centre) is booked for 5 ½ hours at a cost of £99. the committee has agreed to pay £500 to the Vale Inn for a combination of meat and vegetables chilli with rice, Tortillas etc.
- **award nominations/ collection of trophies** all nominations are to be collated by KR. The most improved athlete is to be reintroduced for 2014. Honorary Membership award is to be introduced, all nominations to KR. KR will organize a separate meeting to discuss award nominations.

17. Any Other Items

- KR is making a new notice for the clubhouse advertising the club membership fees.
- Indoor sports training is booked for next winter for sessions up to Christmas and not January as previously.
- St John's and NG have had a meeting and set all dates for the season ahead.
- 5 completed the cross discipline challenge.

Clare Finnis - Club Secretary

Tim's Big Fat Ethiopian Wedding

GO! launches its society pages with an exclusive from the wedding celebrations of England international and Harrier, Tim Pattison in Addis Ababa, Ethiopia.

And so Tim, stood on a chair, towering over a towering cake and the large crowd of whooping guests, duly waves his knife in the ceremonial preamble to the cutting of the cake.

The bride, Tim's wife, Selam, was wearing a white dress and was late arriving due to a small runover at the hairdressers but beyond that the day was far from what one thinks of as a wedding in our British context.

The following weekend's Great Ethiopian Run (GER) was similarly far from what one thinks of as a race in our British context. Over 10km, with 37 000 entrants, a starting pennant, water stations and medals for finishers, the GER could appear to be a mass participation road race like any other.

Until, that is, one learns that everyone is wearing the same t-shirt, has been subjected to more security searches than JFK Intl Airport, and that far more than 37 000 people join in with far less

actually completing the distance. The run then, like the wedding, is just another excuse for a party and everyone is invited.

Tim conveniently timed his wedding to come a week before the run, the biggest in Africa. A rare victory, we would learn, over his younger, feistier and far more beautiful wife.

Always needing the promise of a race alongside the provision of beer and dancing, the Cambridge Greyhounds (university alumni club) duly honoured their invitations and attended en masse.

Uncharacteristically sober (the altitude and heat were deemed challenge enough on this occasion) the Greyhounds danced their way through the DJ-led warm ups to the start line. After a long wait (a country

characteristic we had gotten quite used to by this point) we were underway, or rather, swept away on a wave of green and yellow.

A dangerous downhill for the first 6km cost some dearly. Notable victims from the wedding party included veteran Barry and son Chris, father and brother to Tim, who were spotted staggering back to the start area. This, bear in mind, was before their first drink of the day.

Meanwhile mother and daughter-in-law began together but mysteriously separated after the opening kilometres. *GO!* has learnt that this was due to the density of runners and nothing to do with complaints of earache from Harrier and Greyhound, Sally-Ann.

At the post-race press conference the wedding-goers reported much giggling from spectators as they passed. In the U.S. Caucasians are mocked for their inability to jump, in Ethiopia the same amusement is found in white people running. Small posses of local children circled us *forengis* shouting “come on” and “good”. If you didn’t respond to such encouragement you could be sure

to receive a physical hand on the back to push you on.

Such was the nature of the race and the number of stories to be shared that a member of our gang, Matt Clark, managing to finish as first non-African was rather lost in the post-race haze of dizzy dehydration.

Much else was lost in a later dizzy dehydration of a different kind.

Whilst Tim Pattison won't be getting married again any time soon the Great Ethiopian Run will be back next November and I thoroughly recommend it to all.

Declan Murray

Great to see that our spare T-Shirts from the 2013 Macc Half Marathon are having such fun with their new owners in Uganda!



Missed out on London 2014?

If you didn't get in, don't despair, there are lots of other marathons to have a go at, many of which are in places that are possibly more interesting than London, and many of which have shorter races alongside, if running 26 and a bit miles isn't your thing just yet.

I've run a few foreign ones over the years, and also took part in three a bit closer to home recently, and would heartily recommend all of them as an excellent, and relatively cheap way to spend a long weekend / short break, for runners and non-runners alike. The fact that I ran like a hairy goat shouldn't put you off, they're all good races. Also, they're all in the autumn, which means you can do your training in the summer rather than on dark winter nights !

Great Langdale, Lake District - full and half marathons - a tough course, with 2 laps for the full, one for the half – a fair bit hillier than Macc, but you've got a good excuse for a bit of walking up the hills, and some lovely views on the way round, plus a chance to enjoy a weekend in the Lakes at a time when it's not too busy.
www.greatlangdaleroadtraces.co.uk

Jersey – full marathon and 5-person relay race. Scenic course with a bit of everything including a finish on the sea front, on an island which might be small but there's plenty to see and do, including lots of walking and a visit to the Durrell Wildlife Park - and a fair bit warmer than Macc. Well supported and organised race, especially the relay which looked like good fun ! and you can fly there in an hour and less than £100 return. www.jersey-marathon.com

Snowdonia Marathon – the race is now very well established and organised, and it attracts a big field (it'll be full early in the year !) and a wide range of runners of all abilities: for most, the challenge is just to get round. Mark Walker and I had a good run out and made it back to the finish and the tea tent before the rain started in earnest. For many years there was a fine turnout of Harriers, and it makes a good excuse for a weekend away in a great part of the world.
www.snowdoniamarathon.co.uk

It'd be great to get a gang of Harriers to one or more of these races, so if you're interested let me know – and book up as soon as you can, as they get full, or more expensive nearer the date. Hope to see you there !

Julian Brown

Sainsbury's – Active Kids Vouchers

The club is collecting Sainsbury's vouchers during the period of the new scheme which launched on 29 January and runs until 20 May.

We hope to amass sufficient vouchers to obtain further equipment for the club...but many vouchers are needed. So however small the number you can donate to the club, it would be much appreciated.

Please bring the vouchers to the clubhouse, if possible.

Thanks in anticipation of your support.



CROSS DISCIPLINE CHALLENGE

Although at the time of writing, the cross country season is not yet quite over, it is likely that five Harriers will have completed the cross discipline challenge in 2013 with a further four likely to have appeared in three of the four disciplines in which the club competes. Their names will be revealed at the awards evening on Friday 28 March, at Bollington Arts Centre.

For those of you who are new to the club, and as a reminder to everyone else, the challenge involves competing twice in each of the four disciplines in which the club participates and in addition helping the club in some other way over the course of the year. This might mean coming to two local road and two local fell races, running two cross country races over the winter, doing two events at a track and field meet, and marshalling the Macc Half. The only restriction is that the events you compete in have to be in the existing club championships.

Like me, I expect many of you are tired of the same winter runs in the dark and it being wet

and muddy every time you manage to get off road. But with the days getting longer I'm sure you will also be thinking about what running you would like to do over the coming months. There are plenty of events to choose from again this year with both the road and the fell championships containing a large number of local events and a mixture of bigger and smaller races. There are also track and field meets at Macclesfield and in the Cheshire League – the Cheshire League meets are very friendly towards those who might not have been on an athletics track since they were at school!

There's a list of the club races for the year in the magazine and on the website. Please do try something new or something different just to ring the changes from time to time. The worst that will happen is that you will lose your entry fee; you might even enjoy it. Roll on warm, dry summer evenings...

Chris Bentley

Update - Macclesfield Indoor Athletics and Multi-Sport Centre - February 2014

The formation in April this year of the Everybody Sport and Recreation Trust represents a major change in Cheshire East Council provision of sport and leisure facilities in Macclesfield. This Trust will take over all Council run leisure services including Macclesfield Leisure Centre and Athletics Track. The responsibilities of the Trust include:

- improvement and development of sport and recreation services across Cheshire East with the objective of improving the health and wellbeing of residents, particularly the young and vulnerable
- provision of leisure and recreation facilities for all age and ability groups
- increasing the opportunity for participation in sport, play and recreation for everyone within Cheshire East.

This change represents a significant opportunity for the Macclesfield Athletics Development Fund (MADF) to make further progress towards securing its objective of providing an indoor athletics facility next to the athletics track. During the past few weeks we have met with council officers and political leaders to seek their guidance and support on developing this major addition to the sports and leisure facilities in the area. We have also met with the architects responsible for the design and development of a similar indoor facility at Witton Park in Blackburn. This has given us useful information on the sport and recreation benefits of an indoor athletics and multi-sport centre and on the financial viability of such a facility. We will be continuing this dialogue with the objective of reaching agreement with key stakeholders on the next steps required to submit a bid to possible funding partners such as Sport England to enable us to progress this project.

Members of Macclesfield Harriers & AC will, of course, be regularly updated on progress. Meanwhile if you feel that you would like to contribute to or help with these efforts in some way please let us know.

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

Senior club championship races calendar 2014

Date	Name	Type	Category	Distance	Pre entry required?
Sun-12-Jan	Boggart Hole - Manchester league	XC			
Sun-19-Jan	Four Villages Half Marathon	Road	L	Half marathon	Yes
Sat-25-Jan	Knowsley - Northern championship	XC			Yes
Sun-02-Feb	Alsager	Road	S	5 mile	
Sat-08-Feb	Wythenshawe Park - Manchester league	XC			
Sat-22-Feb	Nottingham - English championship	XC			Yes
Sun-02-Mar	Cloud Nine	Fell	M		Yes
Sun-09-Mar	Trafford	Road	M	10k	
Sun-23-Mar	Edale Skyline	Fell	L		Yes
Sun-23-Mar	Wilmslow	Road	L	Half marathon	Yes
Sun-06-Apr	Mow Cop	Fell	M		
Wed-09-Apr	Chester Spring 5	Road	S	5 mile	
Wed-16-Apr	Herod Farm	Fell	S	Summer series	
Sun-27-Apr	Kinder Downfall	Fell	M		Yes
Sun-04-May	Northern League - Liversedge (Yorks)	T&F			
Wed-07-May	Rainow 5 (also main championship)	Fell	S	Summer series	
Wed-07-May	Buxworth	Road	S	5 mile	
Sat-10-May	Bollington 3 Peaks	Fell	S		
Sun-11-May	Cheshire League - Trafford	T&F			
Wed-14-May	Shining Tor	Fell	S	Summer series	
Sat-17-May	Cheshire T&F champs - Macclesfield	T&F		Day 1	Yes
Sun-18-May	Cheshire T&F champs - Macclesfield	T&F		Day 2	Yes
Wed-21-May	Summer Scampero (orienteering)	Fell	S	Summer series	
Fri-23-May	Christleton	Road	S	5k	
Sat-31-May	Wincle Trout	Fell	S		Yes
Wed-04-Jun	Boars Head (also main championship)	Fell	M	Summer series	
Sat-07-Jun	Northern League - Ashton under Lyne	T&F			
Sun-15-Jun	Passing Cloud	Fell	M		
Sun-15-Jun	Cheshire League - Macclesfield	T&F			
Thu-19-Jun	Warrington	Road	M	10k	
Sun-22-Jun	Kinder Trog	Fell	L		
Wed-25-Jun	Polly Lander (orienteering)	Fell	S	Summer series	
Sat-28-Jun	Whaley Waltz	Fell	M		
Wed-02-Jul	Hope Wakes	Fell	S	Summer series	

(Continued on page 30)

Senior club championship races calendar 2014 (cont'd)

Date	Name	Type	Category	Distance	Pre entry required?
Sun-06-Jul	Cheshire League - Deeside	T&F			
Wed-09-Jul	Wormstones	Fell	S	Summer series	
Sat-12-Jul	Buxton Carnival	Road	S	4 mile	
Sun-13-Jul	Bollington Nostalgia	Fell	M		
Sun-13-Jul	Northern League - Halifax	T&F			
Wed-16-Jul	Forest 5 (also main championship)	Fell	S	Summer series	
Thu-17-Jul	Wizard	Road	S	5 mile	(tbc) - TRAIL
Sat-26-Jul	Meerbrook	Road	L	15k	
Sat-02-Aug	Tegg's Nose	Fell	M		
Wed-06-Aug	Cracken Edge	Fell	S	Summer series	
Sat-09-Aug	Northern League - Warrington	T&F			
Wed-13-Aug	Eccles Pike	Fell	S	Summer series	
Sun-17-Aug	Birchwood	Road	M	10k	Yes
Sun-24-Aug	Bollington	Road	M	10k	
Sun-07-Sep	Cheshire League - Macclesfield	T&F			
Sun-14-Sep	Gawsworth	Road	M	10k	
Sun-21-Sep	Stanage Struggle	Fell	S		
Sat-27-Sep	North Staffs XC (1/4)	XC			
Sun-12-Oct	Windgather	Fell	L		
Sun-12-Oct	Sandbach	Road	M	10k	
Sat-25-Oct	North Staffs XC (2/4)	XC			
Sat-01-Nov	Langley 7	Road	M	7 mile	
Sun-09-Nov	Roaches	Fell	L		
Sat-15-Nov	North Staffs XC (3/4)	XC			
Sat-29-Nov	Cheddleton	Road	M	10k	
Sun-07-Dec	Stockport	Road	L	10 mile	Yes
Sat-13-Dec	North Staffs XC (4/4)	XC			
December	Club fell handicap	Fell	L		
	Remaining 2014/15 cross country dates yet to be notified				

Membership Secretary's Hobblings

Hi all.... Hope you can still find somewhere dry enough to run, but if this goes on we might have to merge with Macc Swimming club....

I'd like to welcome the following new members to the club and wish them all good luck in their athletics . A record influx this time, and boosted by not only a steady influx of juniors, but also the Couch to 5k runners, who have joined for the course - have fun and enjoy yourselves - starting in April (more info elsewhere). We currently have 551 members - marvellous!

Joanne Pritchard	John Littlewood	Suzi Dona
Anna Arnold	Iain Rankin	Nicola Place
Joshua van der Ploeg	Toby O'Keefe	Karen Green
Ramicar Calero	Theo Dorkin	Gail Hayes
Sally Ancell	Roan Elliot	Stephen Littler
Stephanie Moss	James Sherratt	John Howie
Kate Staniland	James Upton	Karen Anderson
Andrew Rowson	Thomas Cooper	Joanne Griffin
Julie Gardner	Finlay Laird	Sue Schilling
Maria Lumsden	Kayleigh Leonard	Helen Rose
Samantha Brown	Alison Brind	Janette Byrne
Gerald Wiley	Ian Moore	Chris Pimblott
Charlotte Cash	Jana Slovahova	Heather Pimblott
Eric Bartholomew	Lily Dutton	Katie Pimblott
Cora Higgs	Sarah Cassie	Michelle Soltau
Amy Whelan	Rowan Ledbury	Paul Avery
Leah Gardner	Edward Lewis	Linda Wakefield
Ross Wilson	Abi Leyland	Deborah Doyle

Well done to all who've been racing the cross country this year, there have been some excellent team and individual performances, especially amongst the juniors! and it'll have kept you fit for road running / track and field for the summer (if we get one).

People are entering races earlier and earlier it seems. Several spring and summer races are getting full earlier, and the Winkle Trout race (not till 31st May !) had over 100 entries within two or three weeks, even though it's months off (so if you want to run send me your entry now!)

There's been a lot of discussion about safety recently, especially amongst the fell running community (amongst other things, the fell runners' association have revised their rules and guidelines). I'm sure you don't need me to tell you that, assuming you're a senior runner, the responsibility for your safety when out on a run (whether a quick training jog round the block, or an ultramarathon race) rests primarily with you. If you're taking part in a race, or part of a training group, the race organiser and his team, the group leader, or other runners will do what they can if something happens, but it only seems sensible to spend a little bit of time thinking about your run beforehand (distance, terrain, weather, that sort of thing) and planning beforehand to prevent any problems before they happen. Running is one of the safest sports (safer than being in bed, so they say, and certainly safer than downhill skiing or freestyle snowboarding I reckon) but that doesn't mean we shouldn't plan ahead and take a bit of care. 'Think on' as they say in Yorkshire.

Enough of all that. The Winter Olympics have just come on, and it's chucking it down and blowing a gale, so I might stop in for another cup of tea and see if we can win something !

All the best. Cheers Julian,

Fox's Reach Lake Road Rudyard Staffs ST13 8RN

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

FELL RUNNING

Wednesday Night Fell Runs

Have kept the "winter" runs all local and have included 6 Hill Rep sessions (5 in Macc Forest led by Phil Cheek; 1 road led by Julian Brown).

Mar 5 Trentabank/Heronry car park SJ916711 after at St Dunstan's, Langley*

Mar 12 The Poachers Bollington

Mar 19 Robin Hood Rainow

Mar 26 Sunset 18.33 Trentabank/Heronry car park SJ916711 after at St Dunstan's, Langley*

NB Apr 2 Sunset 19.47

* Hill rep in Macc Forest option led by Phil Cheek

Wednesday Night Summer Fell Race Series 2014

Apr 16 Herod Farm

May 7 Rainow 5

May 14 Shining Tor (Goyt Valley series)

May 21 Summer Scamper (Brian Jackson, orienteering event)

Jun 4 Boars Head

Jun 25 Polly Lander (Phil Cheek, orienteering event)

Jul 2 Hope Wakes

Jul 9 Wormstones

Jul 16 Forest 5

Aug 6 Cracken Edge (Hayfield series)

Aug 13 Eccles Pike

Best 6 races to count.

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

Volunteers needed to lead off road options. PLEASE CAR SHARE, and PARK PRETTILY especially at smaller venues

These dates are also on the Macclesfield Harriers website calendar,

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

1. Recent Race results

Trigger. In this challenging race from Marsden to Edale (32.6 k/1450 metres ascent) Simon Harding overcame a quality field to win by over 3 mins in 3hr 25. There were 191 finishers. There were 3 other Harriers; Steve Watts 1st V50 (11th overall) in 3hr 59; Dave Lawrence 45th in 4hr 29 and Digby Harris 67th in 4hr 56.

Kinder Trial. Simon had another good run but was pipped this time by Tom Brunt (Dark Peak). There were 17 Harriers out most of whom managed to complete this tricky (for some) and weather affected (hail, thunder and lightning) for those out for more than 3 hours. Rachael Lawrence was 2nd lady overall and Hazel Winder was 1st Lady V60.

(Continued on page 34)

FELL RUNNING (cont'd)

2. Club races are now finalised as follows:

2014 FELL CHAMPIONSHIP RACES

Mar 2	Cloud Nine	M	14.5K	On line PE
Mar 23	Edale Skyline	L	34K	Sporti' PE
Apr 6	Mow Cop	M	10.5K	EOD
Apr 27	Kinder Downfall	M	15.4K	PE (HS)
May 7	Rainow 5	S	8K	EOD
May 10	Bollington 3 Peaks	S	9K	EOD
May 31	Wincle Trout	S	9.5K	On line PE
Jun 4	Boars Head	M	13K	EOD
Jun 15	Passing Cloud	M	15.7K	EOD
Jun 22	Kinder Trog	L	25.7K	EOD (HS)
Jun 28	Whaley Waltz	M	9.3K	EOD/PE GVS
Jul 13	Bollington Nostalgia	M	11.4K	PE/EOD
Jul 16	Forest 5	S	8K	EOD
Aug 2	Teggs Nose	M	11.7K	EOD/PE
Sep 21	Stannage Struggle	S	9.9K	EOD
Oct 12	Windgather	L	21.7K	EOD GVS
Nov 9	Roaches	L	24.1K	EOD
Dec ?	Club Handicap	L		EOD

PE = pre entry; EOD = entry on the day

HS part of Hayfield race series; GVS part of Goyt Valley race series

Award for Club Fell champion for overall winner best of 6 to count including at least one long race.

Ken Hall trophy for winner after handicap factor applied. Best any 6 races.

Gerry Charnley Way Relay - A Lake District Club Weekend

Langdale, 13-15 June 2014

The Charnley Way is a 60km (3600m climb) clover leaf route linking three youth hostels (High Close in Langdale, Eskdale and Longthwaite in Borrowdale) over the high fells in between and via Charnley Crag on Esk Pike.

It was set up in 1984 in memory of Gerry Charnley after he died in an accident on Swirral Edge in December 1982. He was a keen fell and cross county runner and a member of Clayton-le-Moors Harriers. He played key roles in the development of orienteering and fell-running. Not only was he responsible for organising the first English orienteering event in 1963, he was one of the prime movers behind the setting up of the British Orienteering Federation and then the Fell Runners' Association. He devised the first two day mountain marathon to be held in Britain in 1968, the Karrimor (now the OMM) and was its organiser until his death.

After initial enthusiasm the route has become rarely run either individually or as a relay. Perhaps this is because the relay format involved 6 legs. All started or finishing at Charnley Crag, high up on the side of Esk Pike and not a good place to hang around at. It makes an excellent build up for anybody doing a Bob Graham or other long distance challenge.

South Ribble Orienteering Club was very much involved in setting up the Charnley Way. Gerry Charnley had been a member of both it and the mountain rescue team it grew out of. The club is celebrating its 50th Anniversary this year and promoting the revival of the Charnley Way as a part of its celebrations.

(Continued on page 34)

FELL RUNNING (cont'd)

The new format is to run it in teams of 6 (3 pairs all over 18) over 3 legs, starting and finishing at one of the youth hostels.

It is listed in the FRA Calendar as two “events” – Summer Challenge (during British Summertime) and Winter Challenge (during GMT). We will be doing the Summer Challenge. Teams choose when they want to have a go, can start from any of the hostels and go in either direction. The teams are responsible for their own organisation, verification and health and safety.

We should be able to get several Macc teams out. Perhaps we can stagger the team starts (say between 6am and 10.00am) so that we finish at a similar time and can go to the pub in the evening or have a barbecue on the campsite.

The make up of the teams depends on who signs up and what everyone wants to do, e.g. an elite men’s or women’s team, vet 50s, mixed etc. If we have too many for a team then extras can be added to make up threes on some legs.

Non-runners are very welcome to give help at the starting and finishing points and ferry runners round between the three valleys and monitor progress.

Langdale is the most accessible starting point and we can base ourselves there. It has a good range of accommodation – a youth hostel and campsites.

Details of the route are on the Macc website but note that it may be changed from the original 1980s route in the parts closest to Chamley Cairn..

There is more on the “gofar” website: www.gofar.eclipse.co.uk

It also contains a useful sketch map and links to Ben Abdelnoor’s article in the Fell Runner 2007, together with his schedule.

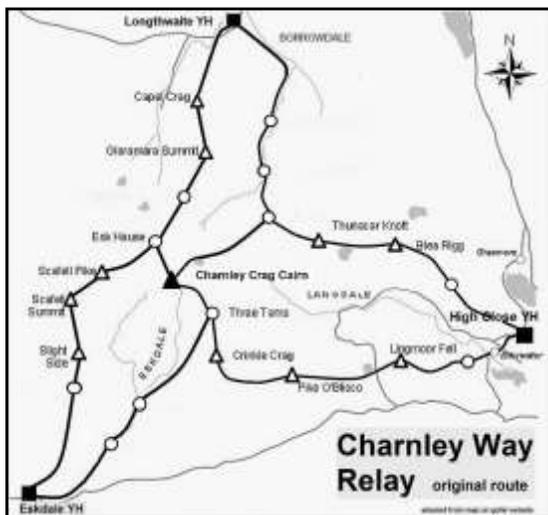
SROC is arranging for Harveys to reprint the map in the same series as the Bob Graham Round etc. It will show the checkpoints and is likely to be available in April (price around £12 (?)).

It should make for a good weekend

- **Everybody welcome! But you have to be over 18 to run.**
- **You don’t have to be very fast and each leg is around 13 miles so it’s not very far.**
- **You don’t have to be a fell runner but some experience of the fells is essential.**
- **If you can’t navigate we’ll try and find you a partner who can.**
- **The more the merrier. Don’t wait to be asked!**

At this stage just post your interest on the Fell Forum, or let me know on a Weds night or Sunday fell run.

Brian Jackson
01635 530049



ROAD RUNNING

2014 Cheshire Grand Prix and Club Championship Road Race Series

Scoring Rules for Cheshire Grand Prix

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

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

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

cheshireaa.com/results/RRGP/cheshire_road_race_grand_prix.aspx

Rules for Club Championships

Separate Championships for men and women.

Points for each race calculated as follows:

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

Your time will be Chip time where available.

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

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

www.race-results.co.uk

www.ukresults.net

northernrunningguide.com

www.runnersworld.co.uk/events

Cheddleton 10k, Saturday 30 November,2013 - Report

22 Harriers ventured south to the annual Cheddleton 10k for the penultimate race in the 2013 Club Championship. The weather was almost ideal and good views of the Staffordshire Moorlands could be seen from the highest point of the course.

Scott Wilson was the first Harrier home (36:29) passing James Noakes (36:32) in the final part of the race. Kristy Readman continued her excellent form winning the Ladies race and finishing in a time of 39:40. With this result, Kristy has won the Ladies Club Championship for this year. Congratulations!

(Continued on page 36)

Other notable performances were by Steven Millar (2nd V40 40:03) with PB's for Carl Hannaghan (40:53), Richard Brown (41:53) and Jonnie Plumb (42:49). Rachael Lawrance returned to road racing with a great performance finishing in 3rd place (43:40), followed by Daisy Pickles (43:53).

Full results can be found at: www.cheddletoncarnival.co.uk/

Congratulations to everyone on a great day's running

Keith Mulholland



Steven Millar

Cheshire Grand Prix & Club Championship Road Race Series

Cheshire Grand Prix race	Race Distance Category	RACE	DATE
Yes	Long	Four Villages Half Marathon	Sun 19 th January
No	Short	Alsager 5 mile	Sun 2 nd February 11.00 am
No	Medium	Trafford 10k	Sun 9 th March 9.30 am
No	Long	Wilmslow Half Marathon	Sun 23 rd March 10.30am
Yes	Short	Chester Spring 5 mile	Wed 9 th April 7.00 pm
No	Short	Buxworth 5 mile	Wed 7 th May (tbc)
Yes	Short	Christleton 5k	Fri 23 rd May 7.15 pm
Yes	Medium	Warrington Road Runners 10k	Thurs 26 th June
No	Short	Buxton Carnival 4 mile	Sat 12 th July
Yes	Short	Wizard 5	Thurs 10 th July
No	Long	Meerbrook 15k	Sat 2 nd August 10.00 am
Yes	Medium	Birchwood 10k	Sun 17 th August (tbc)
No	Medium	Bollington 10k	Sun 24 th August (time tbc)
No	Medium	Gawsworth 10k	Sun 14 th September (tbc)
No	Medium	Sandbach 10k	Sun 12 th October (tbc)
No	Medium	Langley 7	Sat 1 st November (tbc)
No	Medium	Cheddleton 10k	Sat 29 th November (tbc)
No	Long	Stockport 10 mile	Sun December 7 th (tbc)

ROAD RUNNING (cont'd)

Stockport 10, 8 December, 2013 - Report

18 Harriers made it to the start of the Stockport 10.

The race started with the ATC Drum band this year and the return of the Benny Hill theme tune to set us off round the track with an inspiring commentary from Tony Audenshaw of Emmerdale.

The new course had fewer steep hills and resembled more of a trail race in parts. With the recent rain it ranked as the muddiest 'road' race I have ever done!

Scott Wilson continued his recent superb form finishing in 60:12, followed by Paul Sharp (running as 'Louise' - just don't ask!) in 63:25 (PB). Kristy Readman led the Ladies home with a time of 64:48 (3rd L35).

Several Harriers recorded PB's, including Carl Hannaghan (66:52), Ray O'Keefe (68:52), Jonnie Plumb (69:39) and Daisy Pickles (71:11 8th L). Angela Leonard also finished as 4th L50 (81:03).

Full results can be found at:

www.chiptiming.co.uk/results/?sport=1&year=2013&event=28&race=70

Many congratulations to all on a great day's running!

This completes the Club Championship for 2013, with James Noakes winning the Men's title and Kristy Readman the Ladies' title.

Keith Mulholland

Four Villages Half Marathon, 19 January, 2014 - Report

Fifteen Harriers ventured over to Helsby for the 32nd Four Villages Half Marathon. This year the weather was ideal for running being sunny and cool after last year's cancellation due to ice and snow. Mark Walker was the first Harrier home in 1:16:04 (18th M) followed by Scott Wilson in 1:21:55. Kristy Readman was the first lady gaining a PB of 1:25:39.

Carl Hannaghan also continued with his excellent form with a PB of 1:26:45.

Other individual results were:

Richard Brown	1:31:39
Ewan Edmondson	1:33:10
Philip Barnes	1:34:37

(Continued on page 38)

Chris Harbron	1:34:47
Keith Mulholland	1:35:39
Ray O'Keefe	1:38:01
Doug Hughes	1:39:11
Mark Stanbridge	1:39:13
Daisy Pickles	1:41:51
Aaron Dane	1:59:51
Catherine Walton	2:30:24

Full results can be found at:

www.helsbyrunningclub.org.uk/halfmarathon/results/index.htm#

Congratulations to all on a great set of performances.

Keith Mulholland

Alsager 5 – Sunday 2 February, 2014 - Report

Almost perfect weather marked the 2014 Alsager 5 serving as a sharp contrast to previous years that have featured ice and snow. The race is always popular with top class athletes and this year was no exception with two international runners taking first place (Tom Farrell 24:06, Helen Clitheroe 26:51).

The race also saw a great turnout for Macc Harriers (22 in total) with some impressive results.

James Noakes was the first Harrier to finish in 27:43 (3rd M45) followed by Scott Wilson (29:18). Jason Justice came in third to gain his first club championship points (31:36) and Ray O'Keefe continued his excellent form finishing in 32:44.

Sarah Harris was the first lady to finish with a superb performance (30:36) followed by Anne Farmer (33:09) who was returning to road racing after a long absence through injury. Paula Nimmo (33:37) and Daisy Pickles (35:21) were the 3rd and 4th Ladies home respectively.

Full results can be found at:

www.alsager5.co.uk

Many congratulations to all on a superb set of results!

Keith Mulholland

ROAD RUNNING (cont'd)

LOCAL RACES MARCH 2014 TO MAY 2014

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

www.race-results.co.uk www.ukresults.net www.northernrunningguide.com
www.runnersworld.co.uk/events

Race	Location	Date
Stafford 20 mile	Staffordshire University	Sunday 9 th March 10.30am
High Legh 10k	Knutsford	Sunday 9 th March
Liverpool Half Marathon	Pier Head Liverpool	Sunday 23rd March 9.00am
Cheshire 10k	Northwich	Sunday 30 th March 10.00am
Greater Manchester Marathon	Stretford	Sunday 6 th April 9.00am
Whitley 10k	Whitley	Sunday 13 th April 11.00am
Air Products 10k	Crewe	Sunday 20th April 10.15am
Run the Bridge 5 mile	Runcorn	Sunday 20 th April 9.30am
Round the Runway 5.3 mile (multi terrain)	Mobberley	Thursday 24 th April 7.30pm
Buxworth 5 mile	Buxworth	Thursday 8 th May 7.30pm
Great Manchester Run	Manchester	Sunday 18 th May 10.00am
Eyam Half Marathon	Eyam	Sunday 18 th May 10.30am
Rock n Roll Liverpool Marathon/Half Marathon	Pier Head Liverpool	Sunday 25 th May 8:00 am (half) 9:00 am (full)
Buxton Half Marathon	Buxton	Sunday 25 th May 10.00am (tbc)

Sports Massage: good pain and bad pain!

By Judith Cooper ISRM

I was recently reminded that people can view sports massage with a degree of trepidation and fear. There is an all too common perception that it is inevitably going to hurt. Well firstly, sports massage is just massage; it's about touch and sensitivity. From the therapist's point of view it's about analyzing what you are feeling; what your fingers are telling you about the state of the tissues and unfortunately, as a rule of thumb (forgive me!), where there is some kind of dysfunction, there is very often increased sensitivity. The iliotibial band is a good example; its function is often impaired when there are adhesions to perhaps the hamstrings or the quads. These adhesions are very treatable and getting rid of them can significantly improve function, but it is undeniably a bit uncomfortable to experience. The

point is, a good therapist will always work with you and your pain threshold because frankly if they don't, your nervous system will kick in to protect you, everything will tighten up in a kind of protective contraction and it will be impossible to achieve anything. A good treatment is an act of co-operation between therapist and client always with the goal of making your body better. So don't be put off and don't suffer needlessly with aches and niggles; much better to nip them in the bud before they develop into bigger issues.

That's it from me this time; short and sweet. Please do get in touch if you have any questions about massage. You can phone me on 07932794420 or email me msrmt@hotmail.co.uk. My website is www.maccsportsmassage.co.uk and appointments are at John Honey Physiotherapy, Macclesfield 01625 500777.

With very best wishes for the spring season.
Judith

ROAD RUNNING - Club Champs to date

Men's and Women's points scored after 2 races

	4 Villages	Alsager 5
Category	L	S
Mark Walker	858	
Scott Wilson	803	823
Carl Hannaghan	758	
Richard Brown	718	725
Ewan Edmondson	706	
Philip Barnes	695	
Chris Harbron	694	698
Keith Mulholland	688	
Ray O'Keefe	671	736
Doug Hughes	663	
Mark Stanbridge	663	
Aaron Dane	549	
James Noakes		870
Jason Justice		723
Robert Whitby		705
Jonnie Plumb		698
Marc Bradford		693
Rob Hasler		676
Mark Wheelton		644
Steve Lomas		617
Neil Murphy		612
Stewart Waudby		592
Colin Ardron		591
David Hancock		576

	4 Villages	Alsager 5
Category	L	S
Kristy Readman	926	
Daisy Pickles	779	760
Catherine Walton	527	
Anne Farmer		810
Paula Nimmo		799
Nina Moss		746
Maria David		602
Sarah Quigley		517
Sarah Harris		877



Congleton parkrun - Saturday 15 February 2014

This morning, a hardy group of volunteers from Macclesfield Harriers' 'E' Group made the trip down to Congleton to help marshal the weekly **parkrun**.

Despite a horrendous weather forecast for the whole day, miraculously we stayed dry (if not warm) to marshal and encourage almost 100 equally hardy runners around the 5k course.

If you've never tried **parkrun**, then give the one at Congleton a go. It's held at Astbury Mere and comprises 3 scenic laps of the Mere. As it's pretty flat, it's a great course for improving your speed.

Alternatively, you could help marshal. All volunteers are warmly welcomed and given training on the day (it's not difficult).

Alison Gunn



Knysna 5000m Time Trial

Visiting South Africa on a cycle touring holiday, staying in a small town called Knysna and out for a pre-dinner stroll, my attention was initially grabbed by a sign saying "Marathon Club", and then by a neighbouring sign advertising a 5000metres time trial every Thursday. Feeling it would be rude to turn down such an opportunity, I turned up the next day early enough to learn about their local race, the Knysna Forest Marathon, an event attracting several thousand competitors starting before dawn in the forests above town.

At 6pm we were called to the start line, an assortment of all ages, races, sizes, running kits and shoes (or no shoes if you prefer), the whistle blew and we were off. The race headed around the lagoon, giving great views of millionaires' island over the water.



In a delightfully African chaotic manner it was hard to work out who was racing, who had started racing but stopped for a walk, who was just out for a walk and who was just out for a walk but decided to join in - not that it really mattered. I reached the halfway turn around point feeling surprisingly strong then realised why that was as I turned back into a roaring headwind.

Continuing back to the clubhouse I was outsprinted by a young lad, although I think he was just late for football training, but couldn't make up the gap to the bare footed runner in front of me, finally finishing in a respectable 13th place (the first British finisher). Then into the clubhouse to hear the same set of excuses used by runners the world over, and a chance to cool feet in their open air swimming pool (can Macclesfield Harriers apply for one of these please).

Anyway, If you should happen to find yourself in Knysna on a Thursday fancying a run, make your way to their clubhouse on the waterfront where I'm sure like me you will be made to feel most welcome.

Chris Harbron

Club Records in 2013

Well done to all the athletes competing in 2013; lots of new club records were broken and set. Remember we are now compiling master (veteran) 5-year age categories for T&F as well as road records so lots of records need claiming!

Big well done to those athletes who bettered their records during 2013 too – please keep improving and claiming! All club records are available on the club website.

Nicky Tasker has volunteered to be the new club statistician, so please now send any record claim information to her - nickytasker38@gmail.com See Nicky's note on Page 46.

Records set in 2013:

Road	Male	Half Marathon	V75	Harry Newton	2.11.04	Mar-13
Road	Male	5 K	V65	Barry Blyth	20.41	Apr-13
Road	Male	Marathon	V75	Harry Newton	4.59.14	Apr-13
Road	Male	10 K	V75	Harry Newton	1.07.30	Dec-13
T&F	Female	Steeplechase 2000m	U20	Danielle Wallis	7.18.42	May-13
T&F	Female	Triple Jump	Senior	Stephanie Kleynhans	10.34m	Jun-13
T&F	Female	800m	U15	Katie Lowery	2.16.45	Jul-13
T&F	Female	1500m	U15	Katie Lowery	4.33.73	Jul-13
T&F	Female	Steeplechase 1500m	U20	Danielle Wallis	5.04.41	Jul-13
T&F	Female	Long Jump	M50	Den Masset	2.90m	Sep-13
T&F	Female	Shot	M35	Anne Farmer	7.42m	Sep-13
T&F	Female	Shot	M50	Den Masset	5.21	Sep-13
T&F	Female	Discus	M55	Barbara Murray	13.65	Sep-13
T&F	Female	Javelin	M45	Janet Hatton	13.55m	Sep-13
T&F	Female	Javelin	M50	Den Masset	10.91m	Sep-13
T&F	Female	Hammer	M45	Janet Hatton	12.92m	Sep-13
T&F	Female	Hammer (3kg)	M50	Den Masset	18.10m	Sep-13
T&F	Female	Hammer (4kg)	M50	Den Masset	14.09m	Sep-13
T&F	Female	Mile	U15	Katie Lowery	5.12.4	Sep-13
T&F	Female	Mile	M55	Barbara Murray	6.47.1	Sep-13
T&F	Female	Mile	M65	Pauline Lynch	8.07.8	Sep-13
T&F	Female	150m	U11	Poppy Dutton	23.5	Sep-13
T&F	Male	200m	M60	Dave Hancock	34.8	May-13
T&F	Male	3000m	M60	Dave Hancock	13.24.6	May-13
T&F	Male	300m	U15	Callum Ahern	41.3	Jun-13
T&F	Male	Sprint Hurdles	Senior	Simon Sloan	110m 15.31	Aug-13
T&F	Male	400m Hurdles	M50	Tony Shenton	82.6	Aug-13
T&F	Male	Steeplechase 3000m	M50	Tony Shenton	13.55.9	Aug-13
T&F	Male	Long Jump	U11	Morgan Frith	4.32m	Aug-13
T&F	Male	150m	U11	Morgan Frith	21.9	Aug-13
T&F	Male	100m	M45	James Noakes	14.2	Sep-13
T&F	Male	200m	M50	Mark Wheelton	30.4	Sep-13
T&F	Male	300m	Senior	Scott Wilson	41.8	Sep-13

Club Records in 2013 (cont'd)

T&F	Male	300m	M45	James Noakes	44	Sep-13
T&F	Male	300m	M50	Mark Wheelton	46.7	Sep-13
T&F	Male	Long Jump	M45	James Noakes	3.73m	Sep-13
T&F	Male	Triple Jump	U11	Morgan Frith	9.31m	Sep-13
T&F	Male	Shot	M45	James Noakes	6.74m	Sep-13
T&F	Male	Javelin	M45	James Noakes	17.59m	Sep-13
T&F	Male	Hammer	M70	Bob Lynch	19.37	Sep-13
T&F	Male	Mile	U13	Peter Goodfellow	5.58.0	Sep-13
T&F	Male	Mile	Senior	Scott Wilson	5.09.7	Sep-13
T&F	Male	Mile	M50	Mark Wheelton	6.07.8	Sep-13
T&F	Male	4*300m	U15	Robert Finnis	3.12.9	Jun-13
T&F	Male	4*300m	U15	Robbie Peal	3.12.9	Jun-13
T&F	Male	4*300m	U15	Harry Simpson	3.12.9	Jun-13
T&F	Male	4*300m	U15	Rory Leventhorpe	3.12.9	Jun-13
T&F	Female	2*200,400,800m	Senior	Nina Moss	5.39.8	Aug-13
T&F	Female	2*200,400,800m	Senior	Fiona Wilson	5.39.8	Aug-13
T&F	Female	2*200,400,800m	Senior	Sarah Ledbury	5.39.8	Aug-13
T&F	Female	2*200,400,800m	Senior	Hanny Stockman	5.39.8	Aug-13
T&F	Male	3*600m	U11	Finley Proffitt	6.01.2	Aug-13
T&F	Male	3*600m	U11	William Davies	6.01.2	Aug-13
T&F	Male	3*600m	U11	Morgan Frith	6.01.2	Aug-13
T&F	Male	2*100,200,600m	U15	Sam MacArthur	2.25.5	Aug-13
T&F	Male	2*100,200,600m	U15	Maurice Bolton	2.25.5	Aug-13
T&F	Male	2*100,200,600m	U15	Bruce Fellows	2.25.5	Aug-13
T&F	Male	2*100,200,600m	U15	Callum Ahern	2.25.5	Aug-13
T&F	Male	2*200,400,800m	Senior	James Taylor	4.15.5	Aug-13
T&F	Male	2*200,400,800m	Senior	Tom Mort	4.15.5	Aug-13
T&F	Male	2*200,400,800m	Senior	Scott Wilson	4.15.5	Aug-13
T&F	Male	2*200,400,800m	Senior	Ryan Wallis	4.15.5	Aug-13
T&F Indoor	Male	60m	U11	Sam Danson	9.77	Nov-13
T&F Indoor	Male	600m	U11	Sam Danson	2.08.74	Nov-13
T&F Indoor	Male	Long Jump	U11	Sam Danson	3.39m	Nov-13
T&F Indoor	Male	Shot	U13	Morgan Frith	6.20m	10/11/2013
T&F Indoor	Male	600m	U13	Morgan Frith	2.00.87	10/11/2013
T&F Indoor	Female	60m	U15	Ella Spencer	8.49	14/12/2013
T&F Indoor	Male	150m	U13	Morgan Frith	21.54	14/12/2013

Track and Field Awards 2014

Hello! I have picked up the Club Statistician role from Rachael and will be maintaining the Track and Field results from now on. Some of you will already know me, I joined the club at the end of 2012 and usually run with D group.

The scoring system will be slightly different in 2014. All matches from the 3 leagues will count towards the Attendance score and all events entered at each match will count towards the Performance score. Full details of the 2014 scoring system can be found on the website.

To claim a record, please send me an email with the details and provide the evidence.

Nicky Tasker, Email : nickytasker38@gmail.com

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Osteopath – Dr Andreas Alexander

Counsellor & Reiki Practitioner – Sandra Marston

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

WEEKLY TRAINING TIMES

Group Name	Group Contacts	Meeting Time	Distance & Pace
A Group	James Noakes (01625 230233) jimgetdownshep@aol.com	Monday and Thursday evening 6.30-8.00pm at the overflow car-park behind the Leisure Centre	7-9 miles at sub 7½ min/mile
B Group	Fran Swallow (01625 827355) family_swallow@hotmail.com Steve Lomas (07718 899836) stevelomas39@gmail.com David Buxton (07789 798526) dcbuxton@btinternet.com	Monday nights 6.30-8.00pm Oct-Mar meet Wickes/McDonalds car park. Monday nights Apr-Sept 6.30-8.00pm meet Tegg's Nose top car park. Thursday evening 6.30-8.00pm meet at overflow car-park behind Leisure Centre.	7-9 miles at 7-8 min/mile
C Group	Rich Pankhurst (0772 2687799) richard.pankhurst@airbus.com Steve Barker (07770 993124) 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	Wednesday and Friday evening 6.30-8.00pm at the overflow car-park behind the Leisure Centre	4-6 miles at 8-10½ min/mile
E Group (Beginner Group)	Neil Gunn (07786 855027) neil.gunn@gmail.com	Saturday 9.00-10.30am at Riverside Park, Bollin Valley	3- 4 miles at >10 min/mile – depends upon group ability

FELL RUNNING

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

TRACK & FIELD

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

Tuesday & Thursday 6.00 – 7.00pm

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

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

Tuesday & Thursday 6.30 – 8.00pm

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

CROSS COUNTRY

Cross country and off road sessions for teenagers

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

Macclesfield Harriers And Athletic Club

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

CLUB OFFICIALS

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

OTHER OFFICERS

Ladies' manager	Alison Hartopp/	07817 365608 (Ann)
Road & cross country	Ann Farmer	
Track and field manager	Kevin Ranshaw	kevinranshaw@virginmedia.com
Borough Council Liaison	Bob Lynch	01625 829229
Schools Liaison Officer	Bob Lynch	01625 829229
Magazine Editor	Alison Gunn	01625 611802
Membership Secretary	Julian Brown	01538 306837
Website Co-ordinator	John & Nancy Bunyan	01625 424564
Club Colours (Kit)	Trevor Longman	01625 871744 or 07944 897842
Junior Athletes Waiting List mgr	Judy Brown	01625 421560
Club Development Manager	Bob Lynch	01625 829229
Coaches Representative	George Fisher	01782 513606
Men's Track & Field Captain	Ashley Pritchard	01625 617734
Fell Running Representative	Barry Blyth	01625 424129
Men's Road Racing Manager	Keith Mulholland	kmulholland64@gmail.com
Men's Cross Country Manager	James Noakes	01625 230233
Junior Cross Country Manager	Vacant	
Ladies Track & Field Captain	Vacant	
Club Statistician	Nicky Tasker	nickytasker38@gmail.com
Welfare Officers	Bob & Pauline Lynch	01625 829229
Race Signs Manager	Dave Jackson	07786 673746
Legal Advisor	John Hirst	
Auditor	Vacant	
Publicity Officer	Carol Barnes	carol.barnes@clarityangel.com
Catering Representative	Vacant	
Webmaster	Vacant	

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