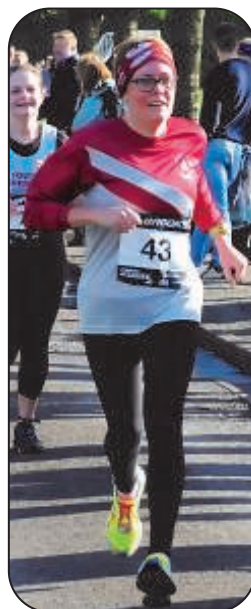
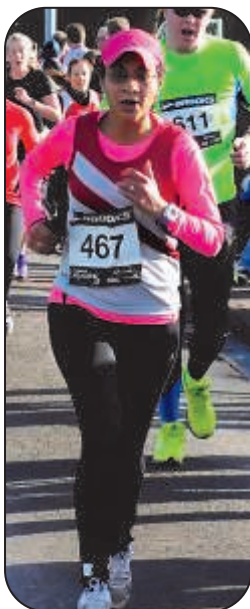


# GO!

NUMBER 130

MARCH 2016



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*Our front cover shows 3 Harriers at the finish of the Alsager 5 race. Left to right, they are:-  
Dipika Morgan, Marc Bradford & Mel Power. Thanks to Bryan Dale for the photos.*

### Next Issue – June 2016

Please submit any articles or photographs to [gomagazine@macclesfield-harriers.co.uk](mailto:gomagazine@macclesfield-harriers.co.uk)  
by **Sunday 8 May 2016**

### 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...



Welcome to the spring issue of the GO! Magazine.

Hopefully when you read this we will already be seeing an improvement in the weather. The mornings and evenings will be lighter, we can shed some of those layers and keep our feet dry and enjoy running in the gorgeous countryside around us.

If you fancy trying something a bit different, you'll see in this issue there are a lot of events being organised by the club over the next few months for members to get involved in.

**There's a Sport Relief Mile event** at the track on Sunday 20th March. You can find details on page 38.

The mixed ability track relay will be held at the track on Saturday 16th April, followed in the afternoon by a mini track and field competition. Details are on pages 5 and 25.

Both of these events welcome athletes of all abilities, so why not go along and give them a try?

The Fell Section are organising a taster event for juniors wanting to give fell running a try. See page 30 for details.

On 11th April Ben Smith returns to run his second marathon in Macc as part of his 401 Challenge.

**There's so much going on in the club at the moment, you need never be bored!**

As you can see GO! is now in full colour. I hope you like the new look. Your comments are welcome; positive or negative! **Please note that if you're submitting any photos to the magazine it's best to save them at the highest quality to ensure a good result when printed.**

Happy running, jumping and throwing!

Alison

**Alison Gunn - Editor**  
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**Email: [gomagazine@macclesfield-harriers.co.uk](mailto:gomagazine@macclesfield-harriers.co.uk)**

**MINUTES OF CLUB COMMITTEE MEETING**  
**Thursday 7th January 2016**  
**Chaired by Neil Gunn**

**Attendees:** Nicola Tasker (NT), Kevin Ranshaw (KR), Barry Blyth (BB), Bob Lynch (BL), Daisy Pickles (DP), James Noakes (JN), Alison Gunn (AG), Neil Gunn (NG), Keith Mulholland (KM), Barbara Murray (BM), Tracey Porritt (TP).

**Apologies:** Brian Macfadyen, Julian Brown, Scott Wilson

**Due to the very long agenda and detailed discussions, the full minutes will not be printed here. Instead, the agenda items are listed here and the full minutes can be seen on the club website, [www.macclesfield-harriers.co.uk](http://www.macclesfield-harriers.co.uk)**

1.     **Agreement of previous Meeting's Minutes** – already approved
2.     **Correspondence (TP)** – all forwarded
3.     **Club Membership Update (JB & NG)**
4.     **Finance**
5.     **Club AGM**
6.     **The Awards**
7.     **Club Development Plan - 2016 - 2021**
8.     **C25k Course**
9.     **Track Relay Event**
10.    **Sport Relief 1/3/6 Mile**
11.    **Navigation Event**
12.    **401 Challenge**
13.    **Track & Field Sportshall**
14.    **Cross Country**
15.    **Road Running**
16.    **Fell Running**
17.    **Statistics**
18.    **Publicity**
19.    **Any Other Business**

# Mixed Ability Relay Event

When:	Saturday 16th April 2016, 10.00 -13.00
Where:	Track behind the Leisure Centre
What:	Mixed ability 60 minute team relay followed by coffee & cakes and the chance to socialise with fellow runners (and win prizes!)
Cost:	£2.50 (track fee)
Registration:	10.00am – please be prompt (warm up starts 10.30am) Tea and coffee will be available
Minimum Age:	15 and over

***There will be a cake sale and raffle to raise money for The Rossendale Trust organised by Louise Brown who is running the London Marathon on the Trust's behalf. If you cannot attend but want to donate please visit <http://http://tinyurl.com/LouiseBrown>***

Following the success of last year's Mixed Ability Relay, the club is organising another event in April 2016.

The idea is to encourage runners of all abilities to come along and enjoy running with fellow club members from some of the other groups. The event is designed so that everybody can take part and hopefully realise that it is possible to progress through the club's running group structure and also to compete for the club.

Why not come along and give it a try - it's a fun morning!

Contact either Alison or Daisy to book your place!  
[alison.gunn61@gmail.com](mailto:alison.gunn61@gmail.com) or [daisypickles@hotmail.co.uk](mailto:daisypickles@hotmail.co.uk)

The top three team prizes will be awarded following the relay.

## Alison Gunn & Daisy Pickles



Warming up in the snow at last year's event!

# MASSAGE WITH HOT STONES; FRIVOLOUS OR FRUITFUL?

by Judith Cooper, Sport and Remedial Massage Therapist

I can't lie, I was once pretty sceptical about so called Hot Stone Massage. My perception of it was that you lay down and had hot stones placed along your spine, job done. I didn't doubt it felt good, but as more of a clinical therapist, I wondered what good it actually did beyond the feel good factor. Shows you how wrong you can be. My attitude changed dramatically when I received a treatment from a skilled therapist. She did place a few stones and leave them in areas of high tension like my upper shoulders and lower back (which felt great), but then she took more warm stones and used them as tools to work with. The combination of the heat, the weight and the pressure just melted my tired and achy muscles and enabled her to work deeply within a relatively short space of time. It also reduced some of the discomfort you can feel with a deep tissue massage as the heat had such a profoundly relaxing effect. I was immediately excited about how I could combine these properties within my practice; in my sports work, my remedial work and my therapeutic work. My job is to improve the health and function of the soft tissues of the body so that my client's musculoskeletal health is optimised and I am constantly trying to add to my skill set in order to achieve this; to that end I am currently training to add hot stone work as an option within my clinic. Stones will never replace my hands; they are my 'seekers' and tell me so much about the condition of the tissues they are feeling and where I need to work, but I do think the use of the heat and weight of the stones will bring other benefits and I very much look forward to using them.

Hot stone work can be particularly beneficial for:

- Muscular pain
- Poor circulation
- Rheumatic and arthritic conditions
- Fibromyalgia
- Back pain
- Stress
- Insomnia
- Depression



It can be as vigorous or as relaxing as is needed and as with all of my treatments, it will be client-led.

Please get in touch if you have any questions about any aspect of massage therapy in relation to your sporting discipline or anything else.

**Judith Cooper ISRM CNHC**

Trinity House Practice, Macclesfield

01625 500777

07932794420

[www.maccsportsmassage.co.uk](http://www.maccsportsmassage.co.uk)

# BEN SMITH'S



# MARATHON 133 & 224!

On 1<sup>st</sup> September 2015 Ben Smith (33yrs old from Bristol) set off to run 401 'consecutive' (one per day) marathons. Ben is running to raise awareness about bullying and is raising money (£250,000) for two charities, Stonewall and Kidscape - these two charities work tirelessly to support award winning initiatives which really get to the heart of bullying in our UK schools and society in all its forms.

Ben is running his 401 marathons supported by running clubs in 309 different locations across the whole of the UK (from Lands End to John O'Goats). He is travelling between each marathon in his campervan (called Florence, named after his grandmother). You can find out much more about the challenge at [www.401challenge.co.uk](http://www.401challenge.co.uk)

Macc Harriers 'hosted' Ben for marathon 133 on Monday 11th January 2016 and over 20 club runners took part. There was also a short input about the challenge and about bullying to 40 local primary school children who also ran the first mile with him. The event was a great success and featured in the Macc Express and was supported by David Rutley MP. Club runners and the children made donations to his charity and the club also made a £100 donation.

Ben will be back with us for marathon 224 on Monday 11<sup>th</sup> April and he is keen to run with as many people as possible and welcomes runners to join him for parts of the run (or the whole marathon if you want!). It is not fast and will be run at the pace of the slowest

runner (~10-11 min/mile). So, we need runners ...lots of runners, who are prepared to join in and run (you can run whatever distance you want). We also need help with some of the logistics for the run ... things like cake, lunch, help with washing, donation for fuel etc.

For the marathon on Monday 11th April Ben will be running a route that starts at the track (with 100 children) and goes via Tytherington School, the Middlewood Way, canal, Lyme Park and back. We need runners to be with him for the full 26.2 miles so it would be good to split our support equally along the course (starting at 9.30am at the track – be there for 9.00am). More information about the route



and timings are on the club website & Facebook. There will be a 'pop-up café' located along the route for refreshments (yes, lots of cake).

If you want to be involved in what will become a world record then please contact Neil Gunn ([neil.gunn@gmail.com](mailto:neil.gunn@gmail.com) or 07786 855027) to discuss how you can help.

**Neil Gunn**  
**D Group Leader & Club Treasurer**

## CLUB PRESIDENT'S OVERVIEW

Yet again another successful year for the club; competitively, financially, and socially: with a record number of you now registered as competing members.

The club membership is at its highest (634) with an equal split between males and females. However we need more competing athletes in the 17-25 age groups. Your very active section heads and team managers sometimes vie to get as many of you as possible to focus on key races, championships and leagues.

It is partly because we can offer so much variety that it is sometimes still difficult to compete to our full potential in team events. So please continue to respond positively when asked to compete for your club. Please also set yourself stretching, enjoyable and achievable targets.

Volunteers remain the key in any successful athletic club. We are very fortunate to have so many, spanning ALL sections. All are unpaid and work tirelessly on your behalf to make the club thrive, socially, competitively and to be respected in the local athletics networks. Just as we need people to compete, we continue to look for more volunteers across the breadth of our activities. With regard to coaching, congratulations go to Anna Carey and Simon Frith who have now completed their full coaching qualification. In 2016 we hope to get more people through the first stage of coaching qualifications and to enhance our running group leaders.

We offer many different training opportunities every day of the week, so

please get out there and be proud to be a Macclesfield Harrier.

Commitment, dedication and variety are the key to success. However the most difficult barrier remains - getting changed, putting on your shoes, and going out the front door!

The club remains financially strong, there is no need to increase subs or track training fees. However, the individual competition levy to EA is due to increase to £13/yr. You are urged to pay your renewal fee in the first two months of the year April/ May to ensure that your competition number remains active. This is becoming increasingly important when entering competitions.

We expect to face an increase in the charges for hire of the track; and it is worth remembering that although we act as custodians of the T&F facility - it is owned by the council and managed by the leisure centre trust. The cost of overall maintenance of the facility requires a heavy financial subsidy on both the council and the trust. As a club we try to physically help with the maintenance. While the MADF charity continues to build its case for an indoor multisport facility to be built that would significantly boost the overall usage.

Again we put on some very professionally organised races throughout the year - despite having to cover substantial increased costs imposed because of road closures for our biggest races - the half marathon/5K. Nonetheless the total profit from ALL races of over £10K was passed



## CLUB PRESIDENT'S OVERVIEW (cont'd)

onto a wider range of local charities.

Be inspired by the articles that are written and professionally edited in your quarterly magazine. Be prepared for it to be produced in colour, and please write something yourself.

Thanks for helping the club to thrive and use 2016 to action your plans and what you

can do for the club, rather than what you expect it to do for you. I/we look forward to hearing from you and please attend the AGM and presentation evening on Friday March the 18<sup>th</sup>.

**Bob Lynch (President)**

## Macclesfield Athletics Coaching Clinics 2016

Supported by Macclesfield Athletics Development Fund (registered charity no. 1041755) and Macclesfield Harriers and Athletics Club.

### What is it?

Technical coaching by experienced coaches for athletes and novices

Open to age 11 and above (including seniors)

Places are limited - registration in advance is required

The charge is only £3.00 per session towards track hire, payable on the day

Please reserve your place by returning the form which is available in the club house, at the leisure centre and on the Macclesfield Harriers website.

### Where is it?

Macclesfield Athletics Track

### When is it?

Saturday 9th April 10.00 - 12.00. Hurdles, Javelin, Long Jump and Shot Putt

Monday 18th April 18.30 - 20.00. Hurdles, High Jump, Hammer and Sprints

Saturday 30th April 10.00 - 12.00. Hurdles, Pole Vault, Long Jump and Discus

### Further information and offers of help to:

Barbara Murray, tel 01625 573729; [barbaraannemurray@hotmail.com](mailto:barbaraannemurray@hotmail.com)



# Sainsbury's – Active Kids Vouchers

The club is collecting Sainsbury's vouchers during the period of the new scheme which launched on 27th January and runs until 3rd 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.

**Kevin Ranshaw**



## Your half marathon needs YOU!

### Can you help? Are you connected?

The 2016 Macclesfield Half Marathon and 5k are as ever prestigious events for the Harriers and important for the local charities we support.

This year to help further boost numbers we will be incorporating the 'Active Macc' challenge. Through this challenge we aim to encourage a range of local sports and exercise clubs to enter teams, enjoy the day and help create a positive focus for sports and exercise in Macclesfield.

How can you help? A friendly, personal request is far more powerful than an impersonal e-mail. If you have good links into any sport or exercise club in the Macclesfield area could you help contact them and pass on our request? Succinct information will be supplied and contacts coordinated by John Stephens.

If you have any suitable links please contact John on [rjstephens@ntlworld.com](mailto:rjstephens@ntlworld.com).

Wouldn't it be great to see hundreds of entrants from local clubs?

**John Stephens**

## **TOP 10 REASONS WHY IT WOULD BE GOOD TO HAVE AN INDOOR ATHLETICS AND MULTI-SPORT CENTRE AT THE ATHLETICS TRACK**

1. It would increase the number of people taking part in athletics and other sports all year round.
2. It would improve performance levels in athletics, particularly in technical events such as jumps and throws, sprints and hurdles.
3. It would increase the capacity of sports facilities at Macclesfield Leisure Centre, particularly at peak times and enable the full potential of the site as Macclesfield's Sports Village to be realised.
4. It would significantly improve the suitability of the venue for a wide range of disability sports.
5. It would provide indoor facilities in Macclesfield for sports such as netball, tennis and bowls that currently have no or insufficient facilities.
6. It would extend the scope of the athletics track, ie, more athletes training and competing to a higher level, particularly in the winter months but also all year round.
7. In conjunction with improved drainage of the infield and perimeter trail it would enable the full sports event potential of the venue to be realised, and, dependent on the design of the facility, include an opportunity to provide improved spectator facilities.
8. It would provide additional employment and skills development opportunities, particularly for young people, in management of the facility and provision of sports coaching and training for all age and ability groups.
9. It would provide a possible venue for community services.
10. It would make a significant contribution to Cheshire East Council's aim of providing people in the Macclesfield area with the facilities to improve their health and live well for longer.

**Raph Murray**

# Super Supination

Following on from my last article explaining 'over-pronation', this article addresses how to gain more control of foot movement whilst running. To briefly summarise my last article, the pronation or inward roll movement of the foot is something that should naturally occur as part of the shock absorbing mechanism when the front foot comes into contact with the floor whilst running. The muscles of the hip, knee and ankle should therefore be able to control this movement to reduce the impact force through the foot as it starts to roll inwards. As the front leg becomes the back leg these same muscles work to extend the hip and knee and roll the foot out of the pronated position towards the supinated position. This stabilises the foot and ankle in order for a good efficient push off to propel yourself forward.

This set of simple to perform exercises is useful for all runners and will help improve control of the legs and feet whilst running and avoids consciously having to think about what your feet are doing as you run:

## **Glut strengthening:**

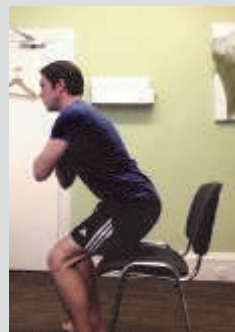
The Gluts are the main driver for the legs whilst running or walking and are very important for stabilising the pelvis and controlling the hip. If your gluts are weak, it's very difficult to properly

control the leg below the hip. Their main action is to extend the hip backwards, move the leg out to the side (abduction) and also rotate the leg outwards.

## **1. Squats**

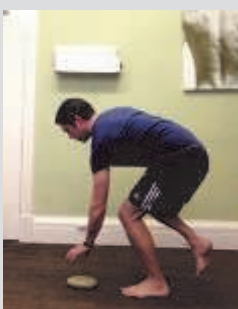
Stand in front of a low chair with your feet just wider than shoulder width apart and your toes pointing outwards.

Slowly lower yourself down bending your knees and hips as though you were sitting down in to the chair. Stop yourself just short of the chair and stand back up again. Repeat 12 times.



## **2. 1-leg squats**

Place a tennis ball on the floor about a foot in front of you. Stand on one leg.



Squat down on the one leg and pick the ball up. As you stand back up straight, returning to the starting position, squeeze your

# Super Supination

buttocks, lift your chest up and push your pelvis forwards. Try and make sure your leg does most of the work rather than bending through your lower back. Repeat 6 times on each leg.

## **Ankle and foot strengthening:**

The soleus muscle is part of the complex of calf muscles and acts to help stabilise the ankle so the other calf muscles generate your push off force to propel you forwards. Another muscle called the tibialis posterior muscle runs from the inside part of your shin area behind the inner ankle bone and into the arch of the foot. This muscle is the main arch support of the foot and is therefore crucial to decreasing the amount you pronate, whilst also supinating the foot in order to push off.

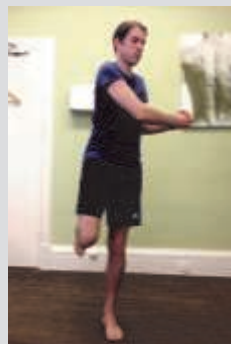
## **3. Eccentric heel dips**

Standing with your feet shoulder width apart. Push up on to your tip-toes as high as you can. Without losing any height, take one of your feet off the floor so you are stood only on one leg. Slowly lower yourself back down to the floor using only that leg. Repeat 12 times on each leg.



## **4. Proprioceptive arch control**

Stand barefooted on one leg. Clasp your hands together in front of you. Rotate your arms and hands to the side allowing your upper body to move with you then rotate to the other side. As you perform this movement, you should feel your foot 'pronating' and 'supinating'. Repeat 12 times on each leg. Repeat the circuit 3 times and try to perform it each day.



If you do experience persistent lower limb problems with running then we recommend you have a full assessment with one of our qualified physiotherapists at John Honey Physiotherapy.

**Ross Whiteside**  
**Director of Clinical Services**  
**John Honey Physiotherapy**  
**Trinity House Practice Ltd**  
**01625 500777**  
**[www.trinityhousepractice.com](http://www.trinityhousepractice.com)**

## ROAD RUNNING

### RULES FOR CLUB CHAMPIONSHIPS 2016

Separate Championships for men and women.

Points for each race calculated as follows:

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

Your time will be a 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.

A major change for this year is that the Cheshire Grand Prix Races and North West Road Relays will gain 10 bonus points for each race.

The Park runs points will be calculated from the fastest time for each Harrier over the year with the final race to count on the Saturday after the Stockport 10- probably on 17<sup>th</sup> December.

Handicap prizes for male and female Harriers will be based on the highest places in the Cheshire Grand Prix competition-these should reflect the most improved runner and in theory anyone can win.

In addition prizes will be given for the highest number of points in the competition- probably the most races completed.

In the event of a tie, the following rules will determine the winner.

- Number of races completed (Wilmslow/Congleton Park Runs to count as one race, Lyme Park Park Run also one race)
- Average points scored per race

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

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

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

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

## ROAD RUNNING

### LOCAL RACES MARCH TO MAY 2016

Race	Location	Date
Knighton 20 mile	Knighton, Staffordshire	Sunday 13 <sup>th</sup> March, 10.30 am
Vitality Liverpool Half Marathon	Pier Head, Liverpool	Sunday 13 <sup>th</sup> March, 9.00 am
Salford 10k	Salford Sports Village	Friday 25 <sup>th</sup> March, 10.00 am
Air Products 10k	Crewe	Sunday 27 <sup>th</sup> March, 10.15 am
Asics Greater Manchester Marathon	Old Trafford, Manchester	Sunday 10 <sup>th</sup> April, 9.00 am
Chester Spring 5	Upton-by-Chester	Wednesday 13 <sup>th</sup> April, 7.00 pm
Port Sunlight 5k/10k	Port Sunlight	Sunday 17 <sup>th</sup> April, 10.00 am (5k), 11.00 am (10k)
Derby 10k	iPRO Stadium, Derby	Sunday 17 <sup>th</sup> April, 8.50 am
Uttoxeter Half Marathon	Uttoxeter Racecourse	Sunday 1 <sup>st</sup> May, 10.30 am
Chester Half Marathon	Chester Racecourse	Sunday 15 <sup>th</sup> May, 9.00 am
Great Manchester Run	Manchester City Centre	Sunday 22 <sup>nd</sup> May, 10.00 am
Buxton Half Marathon	Buxton Pavilion Gardens	Sunday 29 <sup>th</sup> May TBC

### SCORING RULES FOR CHESHIRE GRAND PRIX

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

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

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

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

## ROAD RUNNING

### Preston 10 mile – Sunday 15<sup>th</sup> November 2015

Wet and blustery conditions greeted the runners at the Preston 10 mile race. The course was a two flat laps around Hutton Grammar School, with a long stretch along the A59 dual carriageway. Billy Hicks led the men home in a time of 66:48, with Daisy Pickles finishing as first lady Harrier (77:50)-the day after racing Cross Country at Park Hall!

Harrier's results are listed below:

James Perry (66:51), Carl Hanaghan (67:59), Ray O'Keefe (69:04), Mark Bradford (71:28), Keith Mulholland (72:22), Sean Connolly (72:37), Fred Wardle (75:52), Chris Pimblott (80:03), Dave Larkin (82:37), Catharine Crossley (84:08), Alison Gunn (89:30), Heather Pimblott (95:18), Harry Newton (96:15-3rdMV75!), Dawn Devine (1:40:57), Helen Rose (1:41:15), Nicky Tasker (1:42:44), Lindsey Evans (1:45:29) and Jenny Airey (1:45:29)



Full results can be found at: <http://www.ukresults.net/2015/preston10.html>

Race Photos are at: <http://www.sportsunday.co.uk/portfolio399769p1.html>

Well done to everyone racing under difficult weather conditions!

---

### Newcastle Dales Dash 10k – Sunday 6<sup>th</sup> December 2015

This year's Dales Dash was a bit more of a slog given that conditions were rather wet and soggy underfoot. The course, whilst labelled 'multi-terrain' resembled a cross-country race with a few cycle paths added for some respite!

Fortunately this did not affect most of the runners with two superb performances from Mark Walker finishing in 4<sup>th</sup> place (39:07) followed by Scott Wilson in 5<sup>th</sup> place (40:07). The next two Harriers to finish were Julian Brown (43:41, 21<sup>st</sup>) who just held off James Perry (43:44, 22<sup>nd</sup>).

Heather Pimblott (64:56) and Dawn Devine (70:30) represented the ladies with excellent running in challenging conditions.

Keith Mulholland (51:19), Richard Ainley (52:45) and Chris Pimblott (59:26) also completed the race.

Full results and photos can be found at <http://www.racephotos.org.uk>

Well done to everyone!



## ROAD RUNNING

### Helsby Four Villages Half Marathon – Sunday 17<sup>th</sup> January 2016

28 Hardy Harriers completed the 4 villages half this year, a not inconsiderable challenge on a chilly day, but thankfully ice and snow-free course.

Some excellent runs, and great to see quite a few new faces out for the traditional first half of the year.

The biggest cheers at the prize giving were for Pauline - first FV70 - and a fellow from Prestatyn, first Vet 85, (think about it).

Macclesfield Ladies (Guenaelle, Kristy and Rachael) won the Ladies' Team prize - great effort! and Guenaelle (5th Lady), James, Kristy, and Pauline won individual prizes.

But well done everyone for completing the race! and also many thanks to all the marshals, organisers, and everyone else who helped with the race, and also to the several Harriers cheering us on by the side of the road, very much appreciated.

Full results here... <http://helsbyrunningclub.org.uk/halfmarathon/results/index.htm>

---

### Alsager 5 – Sunday 7<sup>th</sup> February 2016

A fantastic turnout of Harriers (40) travelled to Alsager for the annual 5 mile road race which took place under cool sunny conditions. Chris Bentley led the men home in 30:22 with Daisy Pickles finishing as 1<sup>st</sup> lady Harrier in 35:30.

Gary Willcock and James Perry battled it out for 2<sup>nd</sup> and 3<sup>rd</sup> places with Gary (31:44) just finishing ahead of James (31:46).

In a similar manner Barbara Murray (39:21) finished just ahead of Catharine Crossley (39:33).



All the results that are a bit too numerous to list can be found at:  
<http://www.chipresults.co.uk/>

Thanks to everyone for taking part. It was great to see so many Harriers there.

## ROAD RUNNING

### Cheshire Grand Prix and Club Championship Road Race Series 2016

Wilmslow/Congleton Park Run	Saturdays 9.00 am	PB for year to score (short)
Lyme Park Park Run	Saturdays 9.00 am	PB for year to score (short)
Trafford 10k	Sunday 13 <sup>th</sup> March	9.30 am
Wilmslow Half	Sunday 3 <sup>rd</sup> April	10.30am (long)
Whitley 10k*	Sunday 24 <sup>th</sup> April	11.00 am (medium)
Mid-Cheshire 5k*	Thursday 28th April	7.15 pm (short)
Mad Hatter 5 mile	Wednesday 11 <sup>th</sup> May	7.30 pm (short)
Blaze Hill Glory	Thursday 26 <sup>th</sup> May	TBC (short)
Hollins Green 5k*	Saturday 11 <sup>th</sup> June	TBC (short)
Colshaw Hall 10k*	Sunday 26 <sup>th</sup> June	10.00 am (medium)
Wizard 5	Thursday 7 <sup>th</sup> July	TBC (short)
Buxton Carnival 4 mile	Saturday 9 <sup>th</sup> July	TBC (short)
Meerbrook 15k	Saturday 30 <sup>th</sup> July	TBC (long)
Birchwood 10k*	Sunday 21 <sup>st</sup> August	TBC (medium)
Bollington 10k	Sunday 28 <sup>th</sup> August	TBC (medium)
Gawsworth 10k	Sunday 11 <sup>th</sup> September	TBC (medium)
NW Road Relays <sup>1</sup>	Saturday 17 <sup>th</sup> September	TBC (short)
Congleton ½ Marathon	Sunday 2 <sup>nd</sup> October	TBC(long)
Manchester ½ Marathon	Sunday 16 <sup>th</sup> October	9.00 am(long)
Langley 7	Saturday 5 <sup>th</sup> November	2.00 pm (medium)
Stockport 10	Sunday 11 <sup>th</sup> December	TBC (long)

\* Cheshire Grand Prix Race (Inter-Club Competition)

<sup>1</sup> Inter-club competition

## ROAD RUNNING

Runners	FVHM (L)	Alsgaer 5 (S)
Gueanelle Savre-Piou	110	
Kristy Gill	109	
Rachel Lawrance	108	
Jo Miles	107	
Lynda Cook	106	91
Helen Gowin	105	96
Nicola Cantrell	104	
Anna Maddox	103	
Susannah Middleton	102	
Kim Eastham	101	93
Carol Upton	100	91
Siobhan White	99	
Dawn Devine	98	85
Pauline Lynch	97	89
Rachel Gilliland	96	
Nicky Tasker	95	83
Daisy Pickles		100
Barbara Murray		99
Catharine Crossley		98
Katy Barnes		97
Ann Harris		95
Joanna Thompson		94
Alison Gunn		92
Dipika Morgan		90
Melanie Power		88
Jane Dow		87
Suzanne Baker		86
Lindsey Russell		84
Helen Rose		83
Lindsey Evans		82
Lisa Bancroft		82
Sue Schilling		81
Joanne Griffin		80
Catherine Mather		79

Runners	FVHM (L)	Alsgaer 5 (S)
Mark Walker	110	
James Noakes	109	
Julian Brown	108	
Carl Hanaghan	107	
James Perry	106	98
Ray O'Keefe	105	95
Richard Brown	104	
Mark Bradford	103	97
Jonnie Plumb	102	
Dave Larkin	101	90
Geoff Hull	100	89
Harry Newton	99	86
Chris Bentley		100
Gary Willcock		99
Neil Hey		96
Neil Gunn		94
Keith Mulholland		93
Stewart Waudby		92
Mark Wheelton		91
Ian Moore		88
Andrew Devine		87

### CLUB CHAMPS 2016

The tables show the womens and mens club champs points after the first 2 races of the season.

Lots more women than men competing!

## CALENDAR OF EVENTS 2016

<b>MARCH</b>			
Sat 5th	Indoor Sportshall: North West Sportshall Regional Final Manchester, Sportcity (Etihad Campus) (M11 3FF)	12.30	U13/U15 Pre-Selection
Sun 6th	Indoor T&F: Manchester Open Meeting 5 Manchester, Sportcity (Etihad Campus) (M11 3FF)		U15 – Senior
Sat 12th	Cross Country: Inter-Counties Championships Venue TBC		
Fri 18th	Club AGM and Awards Evening Bollington Arts Centre	19.00	All !
Sun 20th	Indoor T&F: Manchester Open Meeting 6 Manchester, Sportcity (Etihad Campus) (M11 3FF)		U15 – Senior
Sun 20th	Special Event: Sainsbury's Sport Relief 1/3/6 miles Macclesfield		
<b>APRIL</b>			
Sun 10th	T&F: Cheshire League Round 1 Warrington, Victoria Park (WA4 1DG)	11.30	All
Sat 23rd	T&F: Youth Development League – Lower Age Round 1 Leigh Sports Village (WN7 4GX)	11.30	U13 – U15
<b>MAY</b>			
Sat 7th	T&F: Northern Men's/Ladies League: Round 1 Connah's Quay, Deeside College (CH5 4BR)	11.00	U17 – Senior
Sat 14th and Sun 15th	T&F: Cheshire County Championships Macclesfield		U13 upwards
Sat 21st	T&F: Youth Development League – Lower Age Round 2 Ashton-under-Lyne, Richmond Park Stadium (OL7 9HG)	11.30	U13 – U15
<b>JUNE</b>			
Sat 4th	T&F: Cheshire League Round 2 Wrexham, Queensway International Stadium (LL13 8UH)	11.30	All
Sun 5th	T&F: Northern Men's/Ladies League: Round 2 Warrington, Victoria Park (WA4 1DG)	11.00	U17 – Senior
Sun 19th	T&F: Youth Development League – Lower Age Round 3 Macclesfield	11.30	U13 – U15
<b>JULY</b>			
Sun 3rd	T&F: Northern Men's/Ladies League: Round 3 Macclesfield	11.00	U17 – Senior
Sun 10th	T&F: Cheshire League Round 3 Warrington, Victoria Park (WA4 1DG)	11.30	All
Sat 16th	T&F: Youth Development League – Lower Age Round 4 Warrington, Victoria Park (WA4 1DG)	11.30	U13 – U15

### USEFUL WEBSITES

Macclesfield Harriers and AC	<a href="http://www.macclesfield-harriers.co.uk">www.macclesfield-harriers.co.uk</a>
Cheshire County Athletic Association	<a href="http://www.cheshireaa.com">www.cheshireaa.com</a>
Power of 10 (Performance ranking site)	<a href="http://www.thepowerof10.info">www.thepowerof10.info</a>
Cheshire T&F League (U11 – Senior)	<a href="http://www.cheshireaa.com/results/TFL/cheshire_tf_league.aspx">www.cheshireaa.com/results/TFL/cheshire_tf_league.aspx</a>
Youth Development League (U13/U15)	<a href="http://www.ukydl.org.uk/index.html">www.ukydl.org.uk/index.html</a>
Northern League (U17 – Senior)	<a href="http://www.northernathletics.org.uk/track-field-league">www.northernathletics.org.uk/track-field-league</a>
Indoor Sportshall League (U11 – U15)	<a href="http://www.sportshall.org">www.sportshall.org</a>
North Staffs X Country League (All ages)	<a href="http://www.nsccl.org.uk">www.nsccl.org.uk</a>
Greater Manchester X Country League (All ages)	<a href="http://www.bbresults.com">www.bbresults.com</a>

## CALENDAR OF EVENTS 2016/2017 (cont'd)

<b>AUGUST</b>			
Sat 6th	T&F: Northern Men's/Ladies League: Round 4 Wirral, Bebington Oval (CH63 7LF)	11.00	U17 – Senior
<b>SEPTEMBER</b>			
Sun 4th	T&F: Cheshire League Round 4 Macclesfield	11.30	All
Sun 11th	T&F: Junior Multi-Events Macclesfield	10.30	All Pre-entry
Sun 25th	Macclesfield Half Marathon, 5K and Fun Run	10.00 + 10.15	
<b>NOVEMBER</b>			
Sat 5th	Road Race: Langley 7	14.00	
<b>JANUARY</b>			
Sat 7th	Cross Country: Cheshire Championships Venue TBC		
Sat 28th	Cross Country: Northern Championships Venue TBC		
<b>FEBRUARY</b>			
Sat 26th	Cross Country: English Championships Venue TBC		
<b>MARCH</b>			
Sat 11th	Cross Country: Inter-Counties Championships Venue TBC		

## COUCH TO 5K COURSE - A FOURTH COURSE

Following the success of the first three courses, the committee has given the go-ahead for a fourth course to start on the 7<sup>th</sup> April running for 9 weeks, starting at 7pm for one hour each week.

We have decided this year that the graduates will run the 5K around the track on the evening of the 2<sup>nd</sup> June, join E Group for a Middlewood and Canal route on the 4<sup>th</sup> June and to celebrate their success as a group at Congleton Park Run on the 11<sup>th</sup> June.

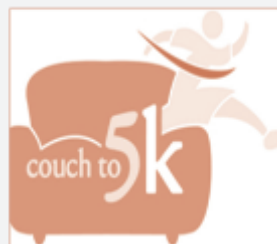
25 new runners have been invited to take on the challenge, and will meet at the track for a structured course, which will help them achieve their running aim of 5K. The club hopes, as with previous cohorts, that the runners will join E Group to start, with the

potential to progress to D Group and to represent the club at events.

The course has proven a great success over the past couple of years, with many graduates running 5K, 10K and even half marathon distance, and also, supporting the club by volunteering at club events.

If you are training at the track on Thursday evenings, please give them your support and encouragement.

**Jenny Airey**



## CROSS DISCIPLINE CHALLENGE 2016

If you haven't already done so, then take a look at the updated Cross Discipline Challenge. The basic requirements to complete the challenge are below with further information on the Harriers Website. There's an updated challenge for Seniors and new this year is a challenge for Juniors. Something for everyone!

With so many Harriers at recent road races and the Fell and outdoor Track & Field seasons just getting started there is loads of time to get involved.

For Seniors the key to this is really to come along and compete at the track, everyone is welcome and it is good fun to see how fast your road / fell legs can take you round the oval. There are also plenty of throwing and jumping opportunities and there is always a great atmosphere.

For Juniors I'm looking forwards to seeing how many of you can rise to this challenge in addition to the fantastic performances you always produce on the track and at the cross country.

Let me know if you have any questions.

**Dave Larkin**



Discipline	Number required	Seniors	Juniors
Track & Field	2	<ul style="list-style-type: none"> <li>● Track and Field Meetings from:</li> <li>● Cheshire League</li> <li>● Northern League</li> <li>● Cheshire Championships</li> <li>● Harriers Track &amp; Field mini competition (Participation at two separate meetings required)</li> </ul>	Track and Field Meetings from: <ul style="list-style-type: none"> <li>● Cheshire League</li> <li>● Northern League</li> <li>● Youth Development League</li> <li>● Cheshire championships (Participation at two separate meetings required)</li> </ul>
Road	2	<ul style="list-style-type: none"> <li>● Club Road Racing Championship races.</li> <li>● NW road relays</li> </ul>	<ul style="list-style-type: none"> <li>● Club Road Racing Championship races (subject to UKA age group max distances: u13 5K, u15 6K, u16 10K, u17 15K, u18 25K)</li> <li>● Park Run or Junior Park Run</li> </ul>
Cross Country	2	Cross Country from NSCCL, MACCL, Cheshire, Northern, National championships.	Cross Country from NSCCL, MACCL, Cheshire, Northern, National championships.
Fell	2	<ul style="list-style-type: none"> <li>● Club Fell Championship</li> <li>● Wednesday night series</li> <li>● Fell Relays</li> </ul>	<ul style="list-style-type: none"> <li>● Staffs Moorlands Summer Series</li> <li>● Club Fell Championship races (subject to FRA age group limits: u12 3k, u14 5k, u16 7k, u18 10k)</li> <li>● Any local Junior race e.g. Shutlingsloe, Bosley fete, Rainow fete, Winkle trout, Langley fete, Hollinsclough fete</li> </ul>
Club Volunteer	1	Volunteer to help the club in some way. E.g. marshalling, cake baking, group leading, coaching, magazine delivery, anything else for the club	Volunteer to help the club in some way. E.g. marshalling, cake baking, magazine delivery, write a race report, help at the track or in the shop, anything else for the club

## CLUB MINI COMPETITION – U11 TO SENIORS

**Saturday 16th April 2016**

**1.00pm - 5.00pm**

**12.15pm Onwards    Registration and warm up**

**1pm - 2pm            Throws**

**2pm - 3pm            Sprints**

**3pm - 4pm            Jumps**

**4pm - 5pm            Hurdles / Endurance**

Open to all members of MH&AC

UKA age group rules apply/all age groups as of 31 August 2016  
(min age 9)

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

There will be a raffle to help pay for the track hire

Offers of help to run the event would be appreciated

For more information contact **Kevin Ranshaw 01625 616483/**  
**Bob Lynch 01625 829229**

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LOOK OUT FOR THE NEXT EDITION OF GO!  
IN JUNE WHEN WE WILL HAVE AN ARTICLE  
ABOUT BRYAN DALE, THE RACE  
PHOTOGRAPHER, WHO MANY OF YOU WILL  
KNOW FROM ATTENDING LOCAL RACES.

HIS STORY IS A REALLY INTERESTING ONE,  
AND I'M SURE YOU'LL ENJOY READING  
ABOUT HIM.

[www.racephotos.org.uk](http://www.racephotos.org.uk)



## Membership Renewal 2016/17

It is almost time to renew your club membership...the aim is to have all renewals **completed** by 30<sup>th</sup> April 2016.



- ◆ The club membership year will remain 1<sup>st</sup> April – 31<sup>st</sup> March (in line with England Athletics).
- ◆ There is a renewal form in your GO! Magazine – club membership is **DUE** for payment on **1<sup>st</sup> APRIL 2016**.
- ◆ You can renew early and your membership is valid until 31st March 2017.
- ◆ There will be a one month 'grace period' until 30<sup>th</sup> April 2016. From 1<sup>st</sup> May 2016 any member who has not renewed will be removed from the club membership database and 'resigned' from the club from an England Athletics point of view.
- ◆ There will be no June GO! Magazine provided for members who have not renewed their membership.
- ◆ Your Team Managers and Running Group Leaders will encourage prompt renewal.
- ◆ Any member wishing to renew after 1<sup>st</sup> May 2016 will effectively be joining as a 'new member'.

The membership fee for 2016/17 will remain at £16 for non-competing members and increase to £29 for a competing member (this fee includes the £13 England Athletics affiliation fee which the club will pay on your behalf). Membership fees can be paid by cheque or BACS (bank details on the renewal form).

These fees have been agreed by the Club Committee but are subject to final confirmation at the AGM on March 18<sup>th</sup> 2016.

**Julian Brown (Membership Secretary)**

**Neil Gunn (Treasurer)**

## MEMBERSHIP SECRETARY'S SHUFFLINGS

Hi all, spring is on its way which means the rain is slightly warmer and more plentiful, but then you wanted to test that new kit you got for Christmas anyway. As we all know, it's never as bad once you get out the door, although those who ran at Boggart Hole Clough, or the Northern XC the other day may disagree.

It's time for membership renewals again I'm afraid. There's a form on the website, and some at the clubhouse: if you could get them to me ASAP (an emailed copy is fine) together with payment (cheque, bank transfer or standing order: details on the form) that'd help us immensely, and ensure we can pay our fees to England Athletics on time, and keep the club ticking over.

Just a couple of XC races left, but there have been some great running (wading, slithering, sliding....), from lots of folk, notably the junior girls: well done all of you. As last year, I'd



particularly like to thank – on behalf of all those who ran – all the course marshals and other officials, it's much appreciated.

We have the Cheshire Grand Prix races, all the club champs (road and fell) and many other local events to look forward to: there was an excellent turnout (40!) at the Alsager 5 recently : It'd be really good to see some of the C, D, E group runners out at some of the other local road, trail and fell races, don't worry about how you think you'll get on, just have a go and enjoy it !

I'd like to welcome the following new members to the club and wish them all good luck in their athletics. We have 632 members: 319 Female, 313 Male. Just thought you'd like to know.

Freya	Evans	U11 Girl
Rachel	Smith	U15 Girl
John	Carr	Senior Man
Oliver	Brown	U13 Boy
Andrew	Blinston	Senior Man
Lily	Nye	Junior Lady
Simon	Smith	Senior Man
Amelia	Buckley	U17 Lady
Kirsty-Jane	Birch	Senior Lady
Alex	Flynn	Senior Man
Alex	Gibbon	U11 Boy
Will	Nettle	U13 Boy
Jessica	Ireland	U11 Girl
Dylan	McGrath	U11 Boy
Donnacha	O'Kearney-McMullan	U15 Boy

Ben	Hall	U11 Boy
Lexi	Clarke	U13 Girl
Geoff	Sanders	Senior Man
Sarah	Clayton	Senior Lady
William	Roberts	U11 Boy
Leo	Sumner	U13 Boy
Susan	Wood	Senior Lady
Bill	Ritchie	Senior Man
Richard	Applewhite	Senior Man
Hilary	Neale	Senior Lady
Louise	Whitburn	Senior Lady
Matthew	Donathy	U11 Boy
Bradley	Snape	U11 Boy
Rebecca	Donohue	Junior Lady
Shelley	Lee	Senior Lady

Hope to see as many as possible at the AGM and annual awards evening soon.... it's always a good night out, and those of you who have won something, (or even think they might have), come along and get your prizes and a few minutes of fame, you've earned it!

Those training for spring marathons seem to be getting the miles in, build steadily, stay injury free, and have a rest week when you think you need it, and enjoy the day (well, the last 6 miles might be hard work, but less so if you've trained well!)

Hope to see you all out and about,

**All the best. Cheers Julian, Fox's Reach, Lake Road, Rudyard, Staffs ST13 8RN  
Tel: 01538 306837,**

## FELL RUNNING

### BOB GRAHAM ROUND ATTEMPT - 15th & 16th July 2016

Dan Croft, Guénaëlle Savre-Piou, Carl Hanaghan and Tom Whittington intend to have a go at the Bob Graham Round this summer.

Four people attempting to complete the challenge on the same day will require a lot of support over the weekend. So at this point we'd kindly request that anyone able and willing to help put the 15th and 16th July in your diaries.



Dan Croft

For those not familiar with the round, there is a substantial amount of information on the club website. The round is not a race: the challenge is to complete a continuous circuit of 42 Lakeland summits within 24 hours, starting and finishing at the Moot Hall Keswick. Support is provided by navigators and pacers on the route, which is divided into 5 legs: road support (food, drink, and 'encouragement') is provided by road support at the end of each leg.



Carl Hanaghan

Clearly, we'll need sufficient folk to help out our contenders on their attempt. The pace is not fast: walking uphill and a gentle jog on the flat and downhill, but is fairly relentless. A 'schedule' will be produced to ensure that our contenders are travelling at about the right speed... but approximate details are as follows :-

		Start	Finish	Distance	Climb
Leg 1	Keswick to Threlkeld	Fri 18:00	Fri 21:45	20 km	1500 m
Leg 2	Threlkeld to Dunmail	Fri 21:45	Sat 02:30	24 km	800 m
Leg 3	Dunmail to Wasdale	Sat 02:30	Sat 09:15	26 km	2000 m
Leg 4	Wasdale to Honister	Sat 09:15	Sat 14:30	19 km	1900 m
Leg 5	Honister to Keswick	Sat 14:30	Sat 17:30	17 km	800 m
Total	(approximate!)		23.5 hours	106 km	8000 m

On Saturday night, we usually retire to a local hostelry, where our contenders traditionally eat, drink, regale us with their tales of derring-do, and then dance until the small hours.

So if you're still reading, then this could be where you come in. We'll need lots of navigators, supporters and pacers, (who normally complete one leg each, but can do more if they feel like it!), and as long as you're competent and confident on the Lakeland fells, and capable of travelling at the required speed, I'm sure our contenders will be pleased to have you along, as and where you're able to help out!

If you're not sure whether you're up for it, have a chat with one of the contenders, or one of the fell runners, many of whom have completed the round, or supported on many other attempts. Whilst we can't promise perfect weather (but you never know!) it's always a fun weekend away, and the logistics seem to sort themselves out a few weeks beforehand.

There's a thread on the club forum to post your interest, or just get in touch with anyone in the fell section.

**Julian Brown**



Tom Whittington



Guénaëlle Savre-Piou

## FELL RUNNING

All runs start at 7pm. On race nights there will be a run from the same venue unless an alternative is specified. Race start times vary (see below)

Runners are advised to check the Macc Harriers Website/Fell Forum for any last minute changes.

Date	Run Venue	Social Venue	Sunset	Notes
Mar 02	Trentabank car park. SK11 ONE	St Dunstan, Langley	17:49	
Mar 09	Poachers, Bollington	The Poachers, Bollington	18:02	
Mar 16	Robin Hood, Rainow. SK10 5XE	The Robin Hood, Rainow. SK10 5XE	18:15	
Mar 23	Trentabank car park. SK11 ONE	St Dunstan, Langley	18:28	
Mar 30	Derbyshire Bridge	The Stanley Arms	19:41	Daylight saving time
Apr 06	The Roaches, roadside parking GR 004621.	Ye Old Rock Inn. ST13 8TY	19:54	
Apr 13	Cragg Inn, Wildboardclough	The Cragg Inn, Wildboardclough	20:06	
Apr 20	Herod Farm Fell Race. GR 028934 (4.8k/335m) (alt run: Quarry Car Park, Hayfield)	The George Hotel, Hayfield	20:19	
Apr 27	Harrington Arms, Gawsorth. SK11 9RJ	The Harrington Arms, Gawsorth. SK11 9RJ	20:32	
May 04	Rainow 5 race (BS, 8k/229m), Rainow Institute, SK10 5XE	The Robin Hood, Rainow. SK10 5XE	20:44	Race starts at 7:30 pm
May 11	Vale, Bollington	The Vale Inn, Bollington	20:56	
May 18	Shining Tor race (AS, 10k/311m, £6 PE/£7 EOD, Goyt Valley series). Errwood Sailing Club, SK17 6GJ, GR 017756	The Swan, Kettlethulme	21:08	Race starts at 7:15 pm. 10 min walk to start
May 25	Maytime "Scampero". Orienteering event organised by Brian Jackson.	TBA (see website)	21:18	See Website for details
Jun 01	Rose and Crown, Allgreave SK11 0BJ	The Rose and Crown	21:27	

## WEDNESDAY NIGHT SUMMER FELL RACE SERIES 2016

Apr 20	Herod Farm 3 MLS
May 4	Rainow 5
May 18	Shining Tor (Goyt Valley series) 7.15 pm 10k
Jun 8	Boars Head
Jun 28	Calton Crawl 8.8k (NB Tuesday!)
Jun 29	Hope Wakes 9.5k
Jul 6	Wormstones 6.4k
Jul 20	Forest 5
Aug 3	Cracken Edge (Hayfield series)
Aug 10	Eccles Pike 5.4k



# FELL RUNNING

## HAPPENINGS ON THE FELLS

### Recent Races:

On New Year's Eve 18 Harriers (12 men, 6 ladies) turned out in **the Bowstones** race (6.8m/1066ft). In a large field of 343 Macc took the men's team prize with Jacob Roberts, Alstair Thornton and Pete Neild coming 8<sup>th</sup>, 9<sup>th</sup> and 17<sup>th</sup> respectively. Stephen Millar came 38<sup>th</sup>, Julian Brown 41<sup>st</sup> and Neil Clarke 50<sup>th</sup>. Jo Miles was 1st of our ladies.

Well done to John Mooney 1<sup>st</sup> MV55 and 23<sup>rd</sup> out of 73 finishers in **the Lambs Longer Leg** (3.1m/950ft). Just 2 other harriers, Graham Brown and Mark Wheelton turned out in this tough little race. A good test for Mark's ankle!

The **Kinder Trial** a low key orienteering event of (ca 11m/2000ft) attracted 5 harriers with Rachael Lawrance coming 3<sup>rd</sup> lady and Clare Griffin 1<sup>st</sup> LV40.

### Fell taster for youngsters:

A number of youngsters (17 in all) have shown an interest in trying out Fell running. We are planning a taster session as follows: Meet at **9.45am in Rainow** on Round Meadow road (opposite the church) on **April 2nd**. There is a car park on the LHS. Have a brief chat and then jog across to North end of Kerridge Hill up to White Nancy on the steep "path" by the wall and along to the Col. Once there can try some uphill and downhill running on different slopes then back off the ridge to where we started. I'd expect to be out for up to 1 ½ hrs depending on how the kids are finding it. Another brief chat to get some feedback. Hopefully most can make this date. If not

then there are a number of races they can have a go at bearing in mind there are some age constraints thus:

Under 14yrs Race Limit is 5k; under 16yrs 7k and under 18yrs 10k

### Local races to consider:

Lyme Park 5k park run every Saturday 9am <http://www.parkrun.org.uk/lymepark/>  
The Staff Moorlands Summer series of 10 races on Thursday evenings starting end of May. The senior races are suitable for over 16yrs of age and they run separate for younger runners. Have a look at <http://www.staffsmoorlands-ac.co.uk/our-races/summer-series>

Have a look at our Club races some of which will be suitable re distance. Also a lot of the local Fetes hold Fell races including Chrome Hill 6.4k on Sat June 25th and several races that w/e.

**The Bob Graham round comprising 42 peaks** 66mls and 2700 ft of ascent is a 24hr challenge. To date 58 harriers have completed this since 1980 the most recent being Rob Gittins in 2015. Three contenders; Carl Hanaghan, Dan Croft and Guenaelle Piou are planning to have a go this year on the w/e of July 15<sup>th</sup>/16<sup>th</sup>. They plan to set off together but the probability is that they split up later on so more support (carrying/navigation) than normal. Carl has started a post on the forum. If you are able to help out that w/e let him know.

**Barry Blyth**

## FELL RUNNING

### 2016 CLUB FELL CHAMPIONSHIP RACES

Mar 6	Cloud Nine	M	On line PE
Mar 13	Edale Skyline	L	Sportident PE
Apr 17	Mow Cop	M	EOD
Apr 24	Kinder Downfall	M	PE (HS)
May 4	Rainow 5	S	EOD
May 14	Bollington 3 Peaks 9k	S	EOD
May 21	Mount Famine 8k	S	EOD
Jun 4	Wincle Trout 9k	S	On line PE
Jun 8	Boars Head	M	EOD
Jun 12	Passing Cloud	M	EOD
Jun 18	Bosley Fete 7.5k	S	EOD
Jun 25	Whaley Waltz 9.3k	M	EOD/PE GVS
Jun 26	Kinder Trog	L	EOD (HS)
Jun 26	Langley Fete 4.5k	S	EOD
Jul 10	Bollington Nostalgia	M	PE/EOD
Jul 20	Forest 5	S	EOD
Aug 13	Teggs Nose	M	EOD/PE
Sep 18	Stannage Struggle 9.9k	S	EOD
Oct 16	Windgather	L	EOD GVS
Nov 13	Roaches	L	EOD
Dec?	Club Handicap	L	

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 including at least 1 long.

Award for "Club Enthusiast".

Most club races completed; if tied then least pts.

I'm happy to add additional races where 5 or more harriers finish and FRA listed. Just let me know

**Barry Blyth**



*2015 Fell Handicap group at top of Shutlingsloe*

## FELL RUNNING

### FELL TASTER FOR YOUNGSTERS:

A number of youngsters (17 in all) have shown an interest in trying out Fell running. We are planning a taster session as follows:

Meet at **9.45am in Rainow** on Round Meadow road (opposite the church) **on April 2nd**. There is a car park on the LHS. Have a brief chat and then jog across to North end of Kerridge Hill up to White Nancy on the steep "path" by the wall and along to the Col. Once there can try some uphill and downhill running on different slopes then back off the ridge to where we started. I'd expect to be out for up to 1 ½ hrs depending on how the kids are finding it. Another brief chat to get some feedback.



Hopefully most can make this date. If not then there are a number of races they can have a go at bearing in mind there are some age constraints thus:

Under 14yrs Race Limit is 5k; under 16yrs 7k and under 18yrs 10k

### Local races to consider:

Lyme Park 5k park run every Saturday 9am <http://www.parkrun.org.uk/lymepark/>  
The Staff Moorlands Summer series of 10 races on Thursday evenings starting end of May.  
The senior races are suitable for over 16yrs of age and they run separate for younger runners. Have a look at <http://www.staffsmoorlands-ac.co.uk/our-races/summer-series>

## BRITISH FRA FELL RELAYS 2016 – SCOTLAND

Save the date

The British FRA Fell Relays this year are being held near Loch Lomond, Scotland on **Saturday 15th October 2016**.

As a club we have booked a nearby bunkhouse and chalet accommodation for Friday 14th and Sat 15th October and hope to have 3 or 4 club teams of 6 runners being able to race this year.

Rachael Lawrance is organising the Ladies teams and Matt Lewis is organising the mens teams, and we hope to make this a good club weekend event for non-racers.

We will ask for commitment/availability and arrange team members nearer the time - but for now please put in your diaries and let Rachael, Matt or Barry know if you are interested.

Rachael Lawrance

## FELL RUNNING

### ONE DAY NAVIGATION COURSE - SATURDAY 9TH APRIL COURSE FULL

Phil Cheek (Fell Section) is organising a one day navigation course. **The course is now FULL** (12 people) but Phil is taking names in case there is enough demand for a second course. Contact Phil via the club website.

The course is aimed at beginners using a format he has used in previous years.

The aim is to take runners who have little or no knowledge of map & compass to the point where they can begin to navigate themselves around the local terrain.



You'll need to be equipped for a run on the fells & with good warm dry kit in case we end up standing around or moving slowly in bad weather.

Bring a compass (take advice if you need to about what to buy), maps will be provided. Bring a packed lunch (tea/coffee & cakes will be provided).

The morning session will be "classroom" followed by exercises in the local fields. After lunch you will set out in small groups on a mini mountain marathon course shadowed & advised by an experienced fell runner.

Date: Saturday 9th April

Location: Common Barn Farm (Smith Lane, Rainow SK10 5XJ)

Registration 9.45-10.00

Aim to finish by 16.00

Cost: **£7.50** (bring on the day) to cover room hire, maps, tea/coffee and cake (please bring own packed lunch)

The course is limited to a maximum of 12 participants (pre-booked on a first-come -first-served basis) - if it is over-subscribed there may be a second course later in the year

**Phil Cheek**

## BE INSPIRED!

### NATIONAL ACHIEVEMENTS AND ULTRAS

For some the achievement of completing their first 5k might be satisfaction enough. For others their motivation is to challenge themselves by either taking on longer and longer distances (to which mere mortals might seem mind numbing!) or going for championship success.

In the latest of our BE INSPIRED features Barry Blyth, club fell captain, introduces us to what's it takes to be successful, as well as some of those who have achieved! (**Graham Brown**).

I remember it being suggested to me by a couple of pals that I should have a go at the Bullock Smithy (56mls/8100ft) in the Peak District. Being in my 50<sup>th</sup> year I thought they were bonkers, but I was persuaded and had a go. I was tired after 20 miles but I didn't get any more fatigued. I just ate and drank regularly, brisk walked/jogged the ups and ran the rest. I eventually finished in 4<sup>th</sup> in 9hrs 20min! I learnt a lot in the process.

It helps to have the right physiology, but there's much more to it than that. Building up, sometimes over years, a bank of experience in endurance running; learning how to manage your body and for some challenges having a good support team is key. It's the norm when tackling off road challenges to have support runners, sometimes from other clubs, to help out carrying (kit, food, water) or navigating for the contender; very altruistic.

I've collated a list of major endurance achievements, and championship successes, by present and past Club members. Most of the individuals achieved or got close to their potential! This is not a complete list as am still researching.

### NATIONAL RECORDS

1988 Mark McDermott the Lakeland 24 hr record 76 peaks 23hr 26m held until 1997.

1989 Adrian Belton the Ramsey round Scotland's Classic Mountain Marathon, a distance of 56 miles and 28500 feet of climb in 18hrs 23min. Held until 2015.

1989 Anne Stentiford Bob Graham standard round of 42 peaks record held till 2012

1989 Mike Hartley Pennine Way record 2 days 17h 20m (ca 268 miles and 40000 ft) no sleep and only 2 stops (1 for Fish & chips). <http://trailblazer-guides.com/book/pennine-way/about-the-pennine-way>  
Mike joined the Harriers shortly after his Pennine way epic. His record still stands.

1994 Ann Stentiford the Lakeland 24 hr Ladies record 62 peaks 23hr 17m. Held until 2011.

1997 Mark Hartell the Lakeland 24 hr record 77 peaks 23hr 47m; still stands  
<http://www.bobgrahamclub.org.uk/index.php?page=records>

2013 Julie Gardner South West coastal path record <http://www.southwestcoastpath.com/newsapp/article/73/> Completed the 630 miles in 14 days 14hr and 44min.

### MEDALLING AT NATIONAL LEVEL

1988 Barbara Murray member of the 3<sup>rd</sup> placed Scottish team in the Keswick World cup mountain champs.

1997 FRA British Relays 2<sup>nd</sup> ladies team of. Cecelia Greasley, Sue Rowson, Rachael Pleath, Margaret Huyton, Sally Ann Hales and Barbara Murray



## BE INSPIRED!

2003 John Amies 1<sup>st</sup> V60 in British and English Fell Champs  
2005 Cecelia Greasley 1<sup>st</sup> W45 World Mountain Masters Champs  
2007 John Amies 1<sup>st</sup> V65 in English  
2007 Barry Blyth 3<sup>rd</sup> V60 in British & English Fell Champs  
2012 & 2013 Barry Blyth 1<sup>st</sup> V65 in English Fell Champs

## OTHER ULTRAS AND CHALLENGES

1990 Mike Hartley completed the 3 UK Classic Rounds totalling 183 miles and 83000 ft consecutively in 3 days 14hrs and 20 mins including transit times. We are not aware of anyone else attempting this monster challenge. Mike also represented GB in 2 world and 2 European 100k events between in 1992 and 1995.

1997 Mark McDermott and Mark Hartell came 1<sup>st</sup> equal in the Hardrock 100 miler held in the San Juan Mountains of SW Colorado. The total elevation gain is approximately 33,000ft with an average elevation at near tree line of 11,186', the Hardrock 100 peaks out at over 14,000ft.

Between 1994 and 2008 Mark Hartell had a record number of wins (11 in all) on the Fellsman 60 mls 11000 ft

2009 Digby Harris Creation of the "Knodyart round" 39 miles 17000ft in 15hrs 34min  
<http://www.gofar.org.uk/Knodyart7.html>

2014 Simon Harding 1st in the Lakeland classic series [http://lakelandclassicrophy.org.uk/?page\\_id=508](http://lakelandclassicrophy.org.uk/?page_id=508)

## ALPINE OUTINGS

Ultra Trail du Mont Blanc [http://www.ultratrailmb.com/page/104/The\\_5\\_races.html](http://www.ultratrailmb.com/page/104/The_5_races.html) consists of 5 "race" options including La Petite Trotte a Leon (LPT) 306k/28000m; the Ultra Trail du Mont Blanc (UTMB) 168k/9600m

2014 Julie Gardner LPT

2014 Mandy Calvert UTMB

Ultra Tour de 4 Massifs in Grenoble 165k/10000m <http://ut4m.fr/en/courses/lultra-160-solo/>

2014 Kirsty Hewitson and Bonnie Van Wilgenburg

### Something to think about!

**The legendary Dragon's Back Race** follows the mountainous spine of Wales from Conwy Castle to Carreg Castle. A 5 day journey about 300k long with 16000metres of ascent across wild, trackless, remote and mountainous terrain. Not a Trail race! This is being held for the 3<sup>rd</sup> time in 2017. I'm aware that several Harriers had a go in the 1992 race. More recently Mandy Calvert and Kirsty Hewitson completed the 2<sup>nd</sup> event in 2012.

## TRACK AND FIELD

You will have to wait for the summer GO! Magazine to see what club athletes have achieved. Prepare to be surprised!

**Barry Blyth**

## CROSS COUNTRY 2015/16 SEASON SO FAR –

### It's almost over for another year!

At the time of writing this report, there is only one Manchester Area League match and the English National Championships to go (and will have been completed by the time you read this). The season has continued to go really well for the club, with some excellent individual and team performances. There has definitely been plenty of mud to contend with!

Date	Event	Location
Saturday 13/02/16	MACCL	Wythenshawe Park
Saturday 27/02/16	English National Championships	Donnington Park Circuit, Leicestershire

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Apologies for the shortness of this report, but hopefully a full season report will appear in the next GO! magazine. I would like to personally thank all those who have contributed to the season; athletes, marshals, team managers, coaches and parents. The main focus of this article is some of the more recent outstanding performances over the last few months.

At the Cheshire championships, Stephanie Moss finished 1<sup>st</sup>, closely followed by Lauren Robinson (4<sup>th</sup>) and Emily Lowery (6<sup>th</sup>) for the team to finish first in the U15G. An amazing achievement! Finley Proffitt also put in a superb performance to finish 2<sup>nd</sup> in U13B. For the U13G, Sian Heslop finished 3<sup>rd</sup>, followed by Ruby Spencer (8<sup>th</sup>) and Libby Greeney (13<sup>th</sup>) to win silver medals for the team. The U13B team and senior women's teams finished 4<sup>th</sup>, just missing out on team medals, with the senior men's team finishing 5<sup>th</sup>. Good luck to all those selected to represent Cheshire in the inter-counties championships on 12<sup>th</sup> March in Birmingham.

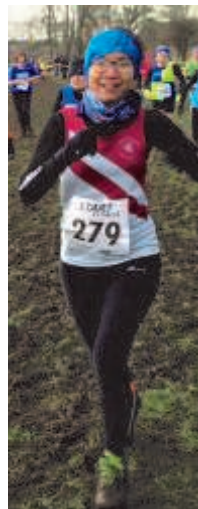
The Northern Athletics Championships took place at Witton Country Park, Blackburn at the end of January. This was probably one of the toughest courses, with ascents and descents more akin to fell running, under particularly challenging conditions – horizontal hail and gale force winds, whilst wading through undulating mudflats! The competition is fierce, with some of the best UK cross country runners taking part. Sian Heslop finished 9<sup>th</sup> for the

Photo removed as per the club's child protection policy

Photo removed  
as per the club's  
child protection  
policy

U13G, Louisa Whittingham 18<sup>th</sup> for U17G, Finley Proffitt 28<sup>th</sup> for U13B, Stephanie Moss 28<sup>th</sup> for U15G. Although nowhere near as successful, I would like to personally give the prize for the biggest team to the senior men who fielded a team of ten for this event – well done guys!

The North Staffs league (NSCCL) finished in December and the Manchester Area League (MACCL) will finish this February. Where we have put out full teams, we have managed to achieve great results for the club. The Macclesfield Harriers Cross Country championship results will be announced at the AGM awards evening. Although for some age categories, the winners are already clear, for others the final two races



could be the deciding ones. The results will be included in the next GO! magazine.

**James Noakes**

**Macclesfield Harriers Cross Country Manager**

*The pictures show some of the athletes who have taken part in cross country this season.*

## Club Records 2015

The girls have done well over the winter months!

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

Nicky

Email : [nickytasker38@gmail.com](mailto:nickytasker38@gmail.com)

Discipline	Gender	Distance/ Event	Age Group	Name	Record	Date Set
Road	Female	10 K	V55	Barbara Murray	47.46	Oct-15
Road	Female	5 Mile	V55	Barbara Murray	38.11	Feb-15
Road	Female	10 Mile	V50	Alison Gunn	1.29.30	Nov-15
Sportshall	Female	Vertical Jump	U13	Poppy Dutton	63cm	Nov-15
T&F Indoor	Female	300m	U15	Sam Kyriacou	46.72	20/12/2015
T&F Indoor	Female	600m	U15	Sam Kyriacou	1.47.44	20/12/2015

## NORTH WEST INDOOR SPORTSHALL LEAGUE 2015/2016

### (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 3rd (out of 11) and qualified for the final. Congratulations to all the 10 girls who participated in some form during the season and especially to Keira Barry, Serena Carroll, Lily Dutton and Holly Nash who were selected to represent Cheshire in the Fun in Athletics Festival in January.

**U11 Boys:** For the boys 8 represented the club over the season – well done. An excellent 4th place finish was achieved and again the final beckoned. Congratulations to Toby O'Keefe who was selected to represent Cheshire in the Fun in Athletics Festival.

**U13 Girls:** Another 4th place finish and again qualification for the final. This was a great team performance with 10 girls stepping forward to compete.

**U13 Boys:** Disappointingly, no U13 boys competed for the club this season despite a good number attending training sessions. Hopefully, this situation will improve for next season.

**U15 Girls:** No competitors.

**U15 Boys:** Josh Carey was the sole participant this season doing well in his chosen events, but not unsurprisingly unable to reach the final without other athletes to bolster the club score.

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 24 January where a fun packed day in an excellent atmosphere was enjoyed by all who attended. Results as follows...

**U11 Girls:** Despite valiant efforts the girls finished 4th against very strong opposition with only a few points separating 2nd/3rd/4th places. 8 girls competed on the day.

**U11 Boys:** Again the other teams proved too strong and the league finish place couldn't be equalled. The 6 boys taking part in the event ended the day 5th.

**U13 Girls:** There were problems with the sports hall floor during the afternoon final which meant that the track activity was cancelled after the first few races. The field events continued and a fine performance resulted in an



overall 3rd place finish. 8 girls competed with the following gaining individual awards:

- Poppy Dutton (Gold for Vertical Jump, Silver for Standing Long Jump, Bronze for 2 Lap Race)
- Annabel Cross (Silver for Shot)
- Liliana Carey (Bronze for Shot)

Congratulations to all.

A separate report on the Fun in Athletics Festival appears elsewhere in the magazine.

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 2016/2017 season.

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

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## INDOOR SPORTSHALL: NORTH WEST REGION FUN IN ATHLETICS FESTIVAL - 2016

This event, for under 11 athletes, took place on Saturday 16 January at the Regional Athletics Centre, Sportcity Manchester...and what a fantastic result!

Keira Barry, Serena Carroll, Lily Dutton and Holly Nash were selected to participate in the Cheshire girls' team, but unfortunately Serena couldn't attend.

However, the others helped the team achieve a magnificent 1st place which exceeded the previous 3rd place finishes in 2015 and 2014.

Meanwhile, Toby O'Keefe was selected for the boy's team which also achieved a superb 1st place - equalling the result in both 2015 and 2014.

Photo removed as  
per the club's child  
protection policy

Congratulations to everyone who competed.

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

The pictures show the Macclesfield athletes along with their individual certificates and the shield awarded to the winning county.

Well done to all.

**Kevin Ranshaw**



# RUN OR WALK YOURSELF PROUD

**A Sainsbury's Sport Relief Mile is coming to you on Sunday 20th March**

**The Macclesfield Mile**  
Macclesfield Leisure Centre  
Macclesfield

A 5880 05155

**Enter now at [sportrelief.com](http://sportrelief.com)**

**Sainsbury's** **SPORT RELIEF GAMES**  
18-20 March

RBS BETTER fitbit Sure BT

**Macclesfield Harriers is hosting the Sport Relief Mile at the track on **Sunday 20th March 2016.** There will be a one mile, three mile and six mile option.**

**Please can club members encourage people to enter ([www.sportrelief.com](http://www.sportrelief.com)) and most importantly help with the following jobs.....**

- **Lap Counting**
- **Handouts (club promotion)**
- **Medals**
- **Entries on the day**
- **Setting up and managing the shop and kitchen**

**Please let Bob Lynch know if you can help (01625 829229) or [pauline\\_lynch@hotmail.com](mailto:pauline_lynch@hotmail.com)**

## THE FIRST IN AN OCCASIONAL SERIES OF ARTICLES ABOUT THE VARIOUS ROAD RUNNING GROUPS.

### SPOTLIGHT ON 'E' GROUP.

**E Group** meets every Saturday at 9am (whatever the weather) at various locations in the Macclesfield area, including Bollington, Sutton, Macclesfield Forest and Tytherington. The meeting places and routes can be found on the blog and on Facebook.

On average, 20 - 25 runners join us each week for a 4.5 - 5 mile run at a pace of 10 - 10.30 min mile. These runs consist of a variety of routes including off road, hills, speed work and occasionally Street-O. We love the mud and have come to consider the hills our friends! (Say it often enough and you start to believe it!).

We are a diverse group, ranging from Couch to 5k graduates to half marathoners. We encourage our members to try different events such as fell running, cross country and track. The Club mixed ability relay events are always great fun and a good way to meet Harriers from other groups. Nobody is ever left behind as we always loop back, giving those who want a longer run the opportunity to add to their distance whilst supporting the slower runners and keeping the group together.

A very important part of our Saturday run is the coffee, cake and chat afterwards. It's a lovely chance to get to know people better and talk about new kit, who has entered what race (is there any bling and can I wear a tutu?) and other such important issues.

We are always happy to support the Club by marshalling at local races,

baking cakes when needed and helping with C25K. Helping with the Macc Half in a variety of roles is always a highlight of the year.

We currently have 6 leaders in E Group: Jenny Airey, Wendy Boardman, David Jackson, Dawn Devine, Abi Leyland and Louise Brown.

There is a real sense of camaraderie within E Group, of which we are very proud.

Here are a few comments from some members.

*"Friendly banter and encouragement" - JD*

*"E Group is a fantastic group which encourages a positive approach regardless of your running ability" - GT*

*"I love how we all support each other with both running and our normal lives. E Group has widened my social life considerably" - LE*

*"Lots of laughter" - SC*

*"We are one big running family" - CM*

*"The most amazing thing about E Group is the happy smiling faces that greet you on a Saturday morning, no matter what the weather throws at them" - DD*



# **Macclesfield Harriers and Athletic Club**

## **AGM**

### **Annual Presentations & Club Social**

**Friday, 18th March, 2016**

**Bollington Arts Centre, 7.00pm**

*Please note this date in your diaries.*

**Food will be provided and refreshments are available**

**All members are invited and encouraged to attend**

### **PLEASE SUPPORT YOUR CLUB!**

The business part of the evening (the AGM) will begin promptly at 7.00pm and then we will present the awards to the winners. Please come along and support them, they've worked hard to earn their prizes!



Following the awards, food will be served and there will be time to chat with club members and friends.



## CLUB DEVELOPMENT PLAN - 2016-2021

The key aims of the updated Development Plan, which is available on the club website, are to help members to achieve their goals, to help the club to continue to deliver high quality events and to increase participation in all areas of the club. These aims will require continued development of high quality coaches, officials and volunteers and the availability of high quality facilities. It is great to see that members are already implementing the plan to make our great club even stronger and more inclusive - for example coming up in the next few months are T&F coaching clinics, navigation skills course, fell running taster sessions, junior inclusion in the cross discipline challenge and many more new initiatives.

As always, any help you are able to provide whether it is one hour per week or one hour per year will be helpful to the Club and you may even enjoy it. Have a look through the development plan and the magazine and see what interests you - maybe you could be our first ever Volunteer Coordinator, or perhaps you could

spare a few hours on a sunny summer afternoon to help at a junior T&F league (OK, it might sometimes rain, in which case you might wish to volunteer to help with the catering). Or perhaps you know of someone outside of the club who has some spare time and interest in volunteering.

Pending recruitment of our Volunteer Coordinator, please contact Barbara Murray or one of the committee if you would like to get involved.

The plan will of course be reviewed on a regular basis as actions are progressed, so feel free to provide further input as appropriate. Many thanks again to all the section representatives who provided such excellent input to the development of the plan, and to Carl Hanagan for pulling the document together.

**Barbara Murray**

*Volunteering  
need not be a high hurdle*  
**([barbaraannemurray@hotmail.com](mailto:barbaraannemurray@hotmail.com))**



# VOLUNTEERING

## MHAC VOLUNTEER COORDINATOR

Are you interested in people? Would you like to help out at Macc Harriers? Do you have a couple of hours a week to spare? Why not put yourself forward to be our first ever Volunteer Coordinator!

There is of course an opportunity to create your own role, but as a starter to show what could be involved, please see below.

### Volunteer Coordinator

- Be the internal and external club point of contact for volunteers
- Maintain a list of volunteer opportunities at the Club by interaction with all sections of the club requiring volunteers
- Match incoming volunteers to available opportunities
- Welcome new volunteers and be responsible for their induction to the club
- Represent volunteers on the club committee
- Work with other groups, eg colleges, local authorities, schools etc to advertise and recruit additional volunteers
- Utilise England Athletics and UK Athletics resources for encouraging volunteers
- Refer any volunteers for T&F coaching to the coaching coordinator

**Barbara Murray**

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## COACHES, ASSISTANT COACHES AND COACH HELPERS REQUIRED

Would you like to help other athletes or young people develop their athletics skills and abilities? If your answer is 'Yes', why not consider becoming a coach, an assistant coach or a coach helper.

Macclesfield Harriers already has a very good team of knowledgeable, experienced and committed coaches. However this is Olympic year and the inspirational exploits of Jessica Ennis Hill, Mo Farah and Greg Rutherford are sure to inspire the next generation of talented athletes. To ensure that we are able to meet this demand and provide the best possible support to our talented young athletes we need to expand our coaching

resources across all events, ages and performance levels.

If you feel that you might be interested but aren't sure what's involved you are welcome to come down to the athletics track on a Tuesday or Thursday evening to find out a bit more about what's involved. There are no age limits to helping out with coaching. So whether you're a young person wishing to develop your coaching skills or a bit more mature with a wealth of experience you'll be very welcome. The only qualification is a desire to help young athletes achieve their goals. If you would like to find out more please visit the Track or give Becky Alvarez (07960626377) or Bob Lynch (01625 829229) a call.

**Raph Murray**

# VOLUNTEERING

## VOLUNTEERING AS A COACH

A little over 4 years ago, I brought my then 9 year old son Morgan to his first training session with Macclesfield Harriers and wanting to be the supportive parent, would usually watch his training sessions from the trackside.

Following a request for volunteers from Kevin I decided to make the figurative leap over the barriers to help out with the under 11s. At this point the only thing I felt I could offer was a bit of enthusiasm, having not been involved in athletics since my own schooldays.

To begin with it was really just a case of following the lead of the other coaches and helping to keep things under control. With encouragement, things quickly progressed and with the support of the club, I have completed my Leaders qualification, then my Assistant Coaches license and recently after 8 months work, finally submitted my final coursework which will qualify me as a fully licensed UKA coach.

It's difficult to describe how much I have benefited from making the leap from parent to coach. It has given me a great sense of satisfaction. I really look forward to training sessions, particularly if I've had a dull day at work. It has increased my confidence hugely and the pleasure and pride I feel from watching those I've helped to coach, training, improving, growing and in most cases representing the club in their chosen discipline, has been immense.

I would not hesitate for a second to suggest that if you are even remotely interested in volunteering in any way for the club to do so. For me it has been a fantastic challenge and one I'm so glad to have taken on. I've also met and made friends with some amazing and inspiring people along the way. Personally, I think it has made me a better person, though perhaps you'll have to ask my wife and fellow volunteer Becky that question as she has to put up with all the work that goes on at home so that I can improve my coaching skills and prepare the upcoming training sessions.

**Simon Frith**

## 2016 HOME FIXTURES CALL FOR VOLUNTEERS

The club will be hosting the following T&F events during the 2016 season...

**Saturday/Sunday 14/15 May:** Cheshire T&F Championships

**Sunday 19 June:** Youth Development League - Round 3

**Sunday 3 July:** Northern League - Round 3

**Sunday 4 September:** Cheshire League - Round 4

There will be numerous tasks/jobs that will need to be undertaken to ensure the events run smoothly.

We will need help with scoring, results running, catering, announcing, and additionally for the Championships: athlete registration and event admission.

If you are willing to assist at any of the events listed, please let Kevin Ranshaw or Bob Lynch know as soon as possible.

Please note that organising quality events at the track is vital for the club and your help will therefore be much appreciated.

# HARTS

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**FREE** for Harriers Members

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**\*Chartered Physiotherapy Team**

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Ruthie Edgar, Sara Davenport, Kay Morgan, Siobhan White,  
Rebecca Salt

**Sports & Remedial Massage & Holistic** – Judith Cooper & Lesley Lister

**Osteopath** – Dr Andreas Alexander

**Counsellor & Reiki Practitioner** – Sandra Marston

**Reflexology** – Helen Wilkinson

**Hypnotherapy & Human Givens Therapist** – Janine Hurley

**Shiatsu** – Virginie Adamski

**Yoga** – Dee Blow

**The Alexander Technique**

**Pilates Instructor** – Mark Leah

**Sport Psychologist** – Roger Kirby

**Acupuncture** – Dr Greg Carter

Trinity House, 150-152 Cumberland Street, Macclesfield  
Cheshire, SK10 1BP

**Tel: 01625 500777 Fax: 01625 616161**

e-mail: [info@trinityhousepractice.com](mailto:info@trinityhousepractice.com)

[www.trinityhousepractice.com](http://www.trinityhousepractice.com)

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

## WEEKLY TRAINING TIMES

Group Name	Group Contacts	Meeting Time/Place	Distance & Pace
<b>A Group</b>	James Noakes (01782 443042) jimgetdownshep@aol.com	Monday and Thursday evening 6.30-8.00pm at the overflow car-park behind the Leisure Centre	7-9 miles at sub 7½ min/mile
<b>B Group</b>	Sarah Harris - sahstaff@aquinas.ac.uk Julian Brown - julian.brown@astrazeneca.com	Monday nights 6.30-8.00pm Oct-Mar meet Leisure Centre car park. Monday nights Apr-Sept 6.30-8.00pm meet Tegg's Nose top car park. Thursday evening 6.30-8.00pm meet at overflow car park behind Leisure Centre.	7-9 miles at 7-8 min/mile
<b>C Group</b>	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
<b>D Group</b>	Bob & Pauline Lynch (01625 829229) pauline_lynch@hotmail.com  Neil Gunn (07786 855027) neil.gunn@gmail.com	Wednesday and Friday evening 6.30-8.00pm at the overflow car-park behind the Leisure Centre.  Saturday morning 9.00 - 10.30am contact Neil for meeting place	4-6 miles at 8-10½ min/mile
<b>E Group</b>	Wendy Boardman (07879 477627) or Jenny Airey (07969 741139)	Saturday 9.00-10.30am Various locations - check with Wendy	4-5 miles supporting members to increase their pace and distance to prepare them for longer distance runs

### **FELL RUNNING**

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

### **TRACK & FIELD**

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

Tuesday & Thursday 6.00 – 7.00pm

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

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

Tuesday & Thursday 6.30 – 8.00pm

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

### **CROSS COUNTRY**

Cross country and off road sessions for teenagers

Meet at the LC overflow car park for off road sessions, 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](http://www.macclesfield-harriers.co.uk)

## CLUB OFFICIALS

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

## OTHER OFFICERS

Ladies Road & Cross Country mgr	Vacant but temporarily Daisy Pickles (as below)	
Ladies Track & Field Team mgr	Daisy Pickles	daisypickles@hotmail.co.uk
Track and field manager	Kevin Ranshaw	kevinranshaw@virginmedia.com
Borough Council Liaison	Bob Lynch	01625 829229
Schools Liaison Officer	Robert Hasler	rhasler@gmail.com
Magazine Editor	Alison Gunn	01625 611802
Membership Secretary	Julian Brown	01538 306837
Club Colours (Kit)	Trevor Longman	01625 871744 or 07944 897842
Junior Athletes Waiting List mgr	Judy Brown	01625 421560
Club Development Manager	Bob Lynch	01625 829229
Coaches Representative	Becky Alvarez	07960 626377
Men's Track & Field Captain	Ashley Pritchard	01625 617734
Fell Running Representative	Brian Macfadyen	brianmacfad@gmail.com
Road Running Manager	Keith Mulholland	kmulholland64@gmail.com
Men's Cross Country Manager	James Noakes	01782 443042
Junior Cross Country Manager	Vacant	
Club Statistician	Nicky Tasker	nickytasker38@gmail.com
Welfare Officers	Bob & Pauline Lynch	01625 829229
Race Signs Manager	Dave Jackson	07786 673746
Legal Advisor	John Hirst	
Auditor	Harts Ltd	
Publicity Officer	Scott Wilson	07562 744147
Webmaster	John Bunyan	Contact via website
Catering Representative	Vacant	

# DON'T HALF LOVE RUNNING...

**25th September 2016** Save the date

Macclesfield Harriers and Athletic Club  
Invites you to the Macclesfield Half  
Marathon and 5k races.



**Sunday 25th September 2016**

**At 10.00am**

**Macclesfield Athletics Track**

Our popular races are run around the leafy lanes  
surrounding Macclesfield and all profits from the  
races go to local charities.

**Go on...challenge yourself!**

[www.macc-half.co.uk](http://www.macc-half.co.uk)

