

GO!

NUMBER 134

MARCH 2017



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**Our cover photo shows some of the Harriers who ran in the
Alsager 5 race on 5th February.**

*Thanks to Mossie Net Photography for the photo at the Marsden to Edale Race and to
Bryan Dale for his photos from Alsager 5 and the Cross Country at Stafford Common.*

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Next issue - June 2017

Please submit any articles or photographs to gomagazine@macclesfield-harriers.co.uk
by Sunday 7th May 2017

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.

Starting Lines



Welcome to the March 2017 issue of GO!

It's a new year and a new season of road running, track and field events and fell races is upon us. There's so much to choose from if you want to have a go and try new things. We are a diverse club covering all the running and athletics disciplines, so if you want to try something new you can be sure there's a group within the club already doing it and who will be happy to help you. Details of the various road running groups and their training times and contacts are at the back of this magazine. There's also a comprehensive list of club officers who are available to answer your queries.

The club's Cross Discipline Challenge organised by Dave Larkin is a great way of dipping your toe in the water (not literally), so you could try cross country, track and field or fell running throughout the year. There's more information from Dave on page 6. Why not have a go?

The cross country season is now over and the Macc Harriers' teams have done really well, especially the juniors. Congratulations to all those who took part over the season. No doubt some of them will be receiving awards at the AGM and awards evening on 31st March. It would be great to see a good turnout to support all those who've worked so hard to achieve their goals. It's a nice social evening too with food provided by the Vale Inn. Proceedings start at 7.00pm in Bollington Arts Centre.

Hopefully spring is just around the corner and I'm sure, like me, you're looking forward to better weather for getting out and training. Good luck if you've got a big race this year, especially all of those attempting a marathon. Keep on running!



Alison

Alison Gunn - Editor

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Email : gomagazine@macclesfield-harriers.co.uk

Macclesfield Harriers & Athletic Club

AGM

Annual Presentations & Club Social

Friday, 31st March, 2017

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.



Some background on developments at the club



As you may have read from the various reports of others, the club continues to grow, diversify, and thrive.

As a result may I commend you to support our active section heads and help

them by competing in the designated races, leagues, and championships. It is always gratifying to see large numbers of harriers at the various events.

As always there is a never-ending need for people to volunteer and help in all the various parts of the club. Whenever you can, please offer your help.

My personal thanks to everybody who contributes to the running of the club and by organising events and races.

Recently we have been successful in getting a number of helpers at the track taking their first steps into coaching. This is an ongoing task with well over 200 young athletes registered with the club, plus others on the waiting list. Without coaches, team managers, road running group leaders, and officials it becomes difficult to provide safe quality sessions and support at meetings.

Equally, as custodians of the T&F facility, we need the council and the Everybody Sport and Recreation Trust (ESAR) to maintain and improve the facility. As the main users, it is up to us to help maintain the facility and to get essential maintenance and upkeep carried out. Following recent discussions with the leisure centre management we now expect a 25% increase in hire charges for both training and competition in order for them to meet their obligations for

maintenance. While we can meet this cost through our current healthy income from track fees - this may not always be the case. At the moment, any excess from track fees is placed into the guardianship of the separate MADF charity. It is hoped that by the end of 2017 the charity will meet its self-imposed target of £100K. The intention being that this sum can then be put towards a successful multi-sport indoor facility alongside the current clubhouse.

Following on from previous meetings where MADF presented the case for an indoor athletics facility, representatives of MADF recently met with the chief executive of ESAR who explained their proposals for maintenance and upgrade of the Macclesfield site, including provision of an indoor athletics and multisports facility. Provisional plans are being formulated for the Macclesfield LC to receive an injection of monies for essential maintenance and upgrades, including an indoor facility. This improvement package is scheduled to be in the budget proposal by Sept 2017, with the intention of it being in the council/ESAR budget for 2018/19. While this is still some way ahead, this follows on from significant expenditure at both Crewe and Congleton.

So, some positive news to build on.

In the meantime, we can continue to support other local charities through the races we organise, and to continue to run the club professionally with our army of unpaid willing volunteers.

Please come to the AGM and presentations evening on 31st March and have your say.

Bob Lynch
Club President

CROSS DISCIPLINE Challenge 2017

Congratulations to those listed below who have completed the Cross Discipline Challenge. If you think you have also completed the challenge then let me know as soon as possible (last reminder!).

- ✓ Sam Kyriacou
- ✓ Mark Wheelton
- ✓ Julie Gardner
- ✓ Mel Power
- ✓ Den Masset
- ✓ Thomas Roberts
- ✓ Dave Larkin
- ✓ Ray O'Keefe
- ✓ Alannah Birtwistle
- ✓ Ruby Spencer



Here's what some of them said about their experiences:

Julie: Phew, what an enjoyable experience, it certainly opened my eyes into other running disciplines and the experiences that they bring. Along the way I met many Macclesfield Harriers and I can now appreciate the training and the organisation of these events.

I didn't have any expectations and my aim was to complete the challenge. However, to my astonishment not only did I enjoy all the races, but my results were way beyond what I expected. Might have a pop again next year.

Den: I am really chuffed to have done the xdc.

Dave: I love this challenge. It has given me a great year of varied racing and a chance to meet people from all the different parts of the club.

Details of the challenge are available on the Harriers web page; looking forward to see how many of you can complete it over the next year.

Dave Larkin



Publicity Plan in *Macclesfield Express*

I have volunteered as the club's publicity officer, for external communication to the media. The aims are:

- raising awareness of the club's role in the sporting life of Macclesfield and surrounding area and in the wider community
- motivating members by celebrating their success with a wider audience
- attracting new members
- attracting entrants to club races.

The main approach will be regular (at least monthly) press releases to the Macclesfield Express, covering all disciplines/ages/abilities. Submitted articles will avoid detailed results listings that will be of very little interest outside the club. Instead, they will focus on stories about club members and their experiences with the Harriers, with great photos to draw readers in.



The first article on 1 February put a spotlight on graduates of the recent Couch to 5K course, four of whom ran in the 21 January Congleton ParkRun and made fantastic improvements on their 'graduation' 5K times. The ParkRun article also introduced readers to other aspects of the club, including the Road Race Championship and the cross country and track and field sections. Future stories will look at cross country, track and field and fell running in greater detail.

I will liaise with managers of the road, fell, track and field and cross country sections to get details and photos for the targeted events. If you do **not** wish your photo to ever be used for publicity purposes please let me know.

You can contact me at publicity@macclesfield-harriers.co.uk

For the Macclesfield Express, we have to give names if there are six people or less pictured. The paper also requires that we have parental permission for photographs of any under-18-year-olds shown. To minimise last-minute correspondence, it would help enormously if any juniors who compete for the club asked their parents to contact me now, to confirm if they give, or do not give permission for photos of their son/daughter to be used for publicity purposes.

Anyone is welcome to send me their best photos from events – but these must show athletes in club colours. We need to avoid plain 'here is a runner/group of runners' photos: to draw readers in we need joy/fun/pain/medals/mud/sweat/friendliness/welcoming/inspiring (youth/or 70+!)/really good action shots/fancy dress. When sending photos, please provide names of all people shown and supply info/caption (event/date, age, motivation, how long been with club etc). Please check that each person is happy for the photo to be used for publicity (I will check parental permission for under-18-year-olds), and say if you want to be credited as the photographer.

Gillian Lindsey

CALENDAR OF EVENTS - 2017

MARCH			
Sun 5th	Indoor T&F: Manchester Open Meeting 5 Manchester, Sportcity (Etihad Campus) (M11 3FF)		U15 – Senior
Sat 11th	Cross Country: Inter-Counties Championships Loughborough, Prestwold Hall (LE12 5SQ)		
Sun 12th	Indoor Sportshall: North West Fun in Athletics Manchester, Sportcity (Etihad Campus) (M11 3FF)	12.30	U11 Pre-Selection
Sat 18th	Indoor Sportshall: North West Sportshall Regional Final Manchester, Sportcity (Etihad Campus) (M11 3FF)	12.30	U13/U15 Pre-Selection
Sun 19th	Indoor T&F: Manchester Open Meeting 6 Manchester, Sportcity (Etihad Campus) (M11 3FF)		U15 – Senior
Fri 31st	Club AGM and Awards Evening Bollington Arts Centre	19.00	All !
APRIL			
Sat 1st (TBC)	T&F: Coaching Clinic 1 - Macclesfield	TBC	U13 – Senior
Sun 2nd	Fell: Taster Session 1 - Venue TBC	TBC	U13 – Senior
Sat 22nd	T&F: Youth Development League – Lower Age Round 1 Bury, Market Street (BL9 9FX)	11.30	U13 – U15
Sat 29th (TBC)	T&F: Coaching Clinic 2 Macclesfield	TBC	U13 – Senior
Sun 30th	Fell: Taster Session 2 - Venue TBC	TBC	U13 – Senior
MAY			
Sat 6th	T&F: Northern Men's/Ladies League: Round 1 Stretford, Longford Park, Ryebank Road (M21 9TA)	11.00	U17 – Senior
Sun 7th	T&F: Cheshire League Round 1 - Macclesfield	11.30	All
Sat 13th and Sun14th	T&F: Cheshire County Championships Warrington, Victoria Park (WA4 1DG)		U13 upwards
Sat 20th	T&F: Youth Development League – Lower Age Round 2 Blackburn, Witton Park (BB2 2TP)	11.30	U13 – U15
Sun 28th	Fell: Taster Session 3 Venue TBC	TBC	U13 – Senior
JUNE			
Sun 4th	T&F: Northern Men's/Ladies League: Round 2 Preston, UCLan Sports Arena (PR2 1SG)	11.00	U17 – Senior
Sat 10th	T&F: Cheshire Schools Championships Venue TBC		Juniors/Inters/ Seniors
Sun 18th	T&F: Youth Development League – Lower Age Round 3 Bolton, Leverhulme Park (BL2 6EB)	11.30	U13 – U15

CALENDAR OF EVENTS - 2017

JULY			
Sat 1st (TBC)	T&F: Coaching Clinic 3 Macclesfield	TBC	U13 – Senior
Sun 2nd	T&F: Cheshire League Round 2 Crewe, Cumberland Street (CW1 2BD)(TBC)	11.30	All
Sun 9th	T&F: Northern Men's/Ladies League: Round 3 Oldham, Radclyffe Sports Centre (OL9 0LS)	11.00	U17 – Senior
Sat 15th	T&F: Youth Development League – Lower Age Round 4 Ashton-under-Lyne, Richmond Street (OL7 9HG)	11.30	U13 – U15
Wed 19 th	Forest 5 Charity Run – Registration from 6.00pm At Macclesfield Forest Visitors Centre, Trentabank	7.30pm	16 and over
Sun 30th	T&F: Cheshire League Round 3 Bury, Market Street (BL9 9FX)(TBC)	11.30	All
AUGUST			
Sat 5th	T&F: Northern Men's/Ladies League: Round 4 Crewe, Cumberland Arena (CW1 2BD)	11.00	U17 – Senior
SEPTEMBER			
Sun 3rd	T&F: Cheshire League Round 4 Ellesmere Port, Stanney Lane (CH65 9LB)(TBC)	11.30	All
Sun 24 th	Macclesfield Half Marathon, 5k & Fun Run	10.00	All

USEFUL WEBSITES

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



Two Titles - *Twenty Years Apart!*

In my last report I mentioned the fantastic achievement of the U15 Girls' team winning the 2016 National Road Relays. I thought that this was a first for the club, however it was pointed out to me that the Veteran Ladies team of Sue Rowson, Barbara Murray and Cecilia Greasley won the National Road Relays title in 1996. It is great to know that the club has won a National title in the past and that two out of the three members of the team (Barbara and Sue) are still very much involved with the club. Other readers may also recognise Cecilia who works at Running Bear.

Photos of both teams are below:

Keith Mulholland



Barbara Murray, Cecilia Greasley and Sue Rowson in 1996

Lauren Robinson, Steffi Moss and Sian Heslop in 2016



Sshh, don't tell anybody but....

"I always leak a bit when I run"

"oh I definitely don't go on the trampoline"

"I'm spending a fortune on pads"

How many times have you heard or even said these phrases? This is the kind of stuff we talk about in hushed tones with friends, perhaps after a few wines. We follow this up with excuses of having had babies or weight gain or hormonal changes.

1 in 3 women will experience some bladder issues at some point in their lives. This will vary in severity from person to person but it just shows that it is not something to be ashamed of. However it is also something we shouldn't "just put up with."

Unfortunately, for you lovely people, running is one of the hardest things to do for your pelvic floor. As you strike the floor, that force passes through the pelvic floor, through the lower limbs and to the ground. This impact has the effect of stretching the pelvic floor and its connective tissues. If your pelvic floor is already deconditioned, this stretch and tension will slowly further weaken the area.

So what to do? Take to the sofa and resign yourself to a life of no running or fresh air? Crown green bowls here I come? Fear not, there are some things you can do to make things easier on this very important area:

- Run on mixed surfaces, softer surfaces have less impact and therefore less stretch.
- Reduce your stride length, having your hip more over your foot on foot strike will reduce the impact.
- Reduce speed, especially down hill.
- Check your footwear has reasonable cushioning.
- Improve your core stability.

Finally, and most importantly, learn how to engage and exercise your pelvic floor properly. This problem will not go away, don't wait until it becomes an issue that stops you running or running to the GP. You only get one pelvic floor, it needs TLC to keep it in good nick. I'm guessing you clean your teeth about twice a day? The reality is, if your teeth rotted you could replace these with pretty jazzy dentures or eye watering expensive implants. Unfortunately, no clever clogs has invented a denture for the pelvic floor yet, so in the meantime the ball is in your court. As fit and healthy women you know the importance of strong muscles. The pelvic floor is no different, just a bit more tucked away....



There is a ton of information online about how to strengthen your pelvic floor, it is becoming more spoken and written about (yeah, at last she cries!). There is also a ton of evidence to show that if you see a specialist women's health physiotherapist this is by far the best way to make sure you have the technique nailed and know how best to use it. The official NICE guidelines are that any person with pelvic floor dysfunction should see a specialist physiotherapist as a first line of defence.

So don't delay, do it today. Look it up, pull it up and don't just put up with it!

Katie Syrett is at John Honey Physiotherapy, she runs a women's health service, loves to run and not pee.

Macclesfield Athletics Coaching Clinics 2017

Would you like an opportunity to improve your athletics skills? If so, you are invited to attend a Macclesfield Athletics Coaching Clinic

- Skills coaching for athletes and novices
- Open to age 11 and above (including seniors)
- Places are limited - registration in advance is required
- £3.00 per session, payable with application
- At Macclesfield Athletics Track
- All abilities welcome - club and non-club members

Macclesfield Athletics Development Fund
Registered Charity No. 1041755

Saturday 1st April	10.00 - 12.00	Hurdles, High Jump, Long Jump, Shot Putt
Saturday 29th April	10.00 - 12.00	Pole Vault, Discus, Hurdles, Javelin
Saturday 1st July	10.00 - 12.00	Sprints, Pole Vault, Triple Jump, Long Jump, Hammer

Please reserve your place by returning the form below.



Further information by email to: MADFathletics@outlook.com or telephone 01625573729.

Please return completed form at least two weeks before the event, either via email to:

MADFathletics@outlook.com, or post to: MADF, c/o Alba House, Round Meadow, Rainow, SK105UB

Name:				
Age:		Date of Birth:		
Address:				
Telephone:				
Email address:				
Level of experience (please circle):				
Novice; Some experience; Experienced				
Athletics Club (if applicable):				
Please circle date(s) and <u>one event</u> per date you wish to attend				
Saturday 1st April	Hurdles	High Jump	Long Jump	Shot Putt
Saturday 29th April	Hurdles	Javelin	Discus	Pole Vault
Saturday 1st July	Sprints	Pole Vault	Long / Triple Jump	Hammer

CHAIRMAN'S REPORT - MARCH 2017

First of all I must start by thanking Neil Gunn and Kevin Ranshaw for the years of service that they have both put in on the committee in their respective roles as Treasurer and Track and Field Manager. This means that we require two further committee members in the near future. An additional role as EA subscriptions manager is also available in order to reduce the demands of the Treasurer's role. All the roles have been advertised on the website and Facebook and anyone interested should contact me.

A more pressing need is for one or two people to collect the track fees each Tuesday and Thursday from the end of March. Again if you can help, please contact me.

Recent achievements in Cross Country particularly from our younger members are particularly pleasing to report. In the North Staffs Cross Country league the U11 Boys' team came second, the U13 Boys' third and the U15 Boys' first. The girls were not to be outdone with the U11s first, U13s second and the U15s first. Congratulations also to Lucas Parker and Barry Blyth who both won individual titles.

Looking forward, the Macc Half and 5k is taking place on 24th September. The races last year raised £7000 with further funds also being raised by individual runners for the three chosen charities (Rossendale Trust, East Cheshire Hospice and Space4Autism). The events are a great advert for the Club and help us reach out to the local community. Again we need volunteers both before the event and on the day.

I would also like to thank everyone who has put so much effort into coaching, volunteering and competing over the winter months. As the spring and summer approaches, I wish all club members a successful and enjoyable season on the roads, fells and Track and Field.

Keith Mulholland
Club Chairman



CROSS COUNTRY

By the time you are reading this the cross country season will be over. It has been a great year for participants with 97 runners competing across all age group so far. Both senior teams have fielded squads with over 10 runners in multiple races.

North Staffs League

We have completed the North Staffs Cross Country league. I had hoped that many runners would participate in this league as I knew we had the potential to do well and you didn't disappoint. For those of you who couldn't attend the presentation it was all about team Macclesfield Harriers! Below are the many awards presented to our runners:

Team Performances

U11 Boys Team - 2nd Place, U13 Boys Team - 3rd Place, U15 Boys Team - 1st Place
U11 Girls Team -1st Place, U13 Girls Team -2nd Place, U15 Girls Team - 1st Place
Senior Men Team -3rd Place (Division 2)

Individual Performances

U11 Boys -3rd Place - Hayden Blunn, U13 Boys- 3rd Place -James Doorbar
U15 Boys - 1st Place, Lucas Parker, 2nd Place -Finley Proffitt
U11 Girls, 2nd Place -Rebecca Dilworth, U13 Girls- 2nd Place -Ruby Spencer, U15 Girls - 2nd Place, -Lauren Robinson
M55 Men -2nd Place-John Mooney
M65 Men- 1st Place -Barry Blyth



Manchester League Cross Country

Without tempting fate I will leave the Manchester League predictions until the final event but judging by this league's performances. I'm confident we will be presented more medals.

Cheshire Championships

A very tough championship course with steep climbs, sharp descents coupled with thick knee deep mud. This didn't deter our runners though with many hoping to secure a place on the Cheshire County Team.

Mark Walker had an excellent race finishing 9th in the Senior Men's race.



Allen Bunyan had his performance of the season finishing 2nd place in the U20 race. U20 Sarah Stockman had a fantastic run winning her race with Louisa Whittingham finishing in 2nd place close behind.

The U15 boys finished in 3rd place with runners Finley Proffitt(4th), Harry Bachofner(8th), Joe Browne(11th) and David Butlin(16th).

The U15 girls raced hard and secured Silver with Sian Heslop (1st) leading them home closely followed by Steph Moss(5th), Lauren Robinson (7th), Shona Williams (11th) and Samantha Kyriacou (16th).

The U13s had James Doorbar (2nd) and Thomas Roberts (4th) in the top

CROSS COUNTRY

ten with excellent runs from James Knockton (22nd), Oliver Bradley (24th) and Jake Roberts (29th) helping the boys finishing 2nd overall.



Ruby Spencer was the second girl home in the U13s race, with Libby Greeney also finishing in the top 10. Under 11 Hayden Blunn sprinted to the finish line to win his race 2 seconds clear and helped secure Team Gold with the support of Aadi Whitlock (4th), Dylan McGrath (8th), Jake Purdie (12th), Will Roberts (22nd), Ethan Warburton (27th) and Calum Jackson (35th).

Finally, the Under 11 girls also managed to secure Silver with outstanding runs by Rebecca Dilworth (3rd), Charlotte Moran (10th), Freya Evans (21st), Lily Davies (27th), Lucy Dykins (28th) and Amelia Wilson (31st).

Northern Athletics Championships - Knowsley Safari Park

We had many runners across multiple teams at Knowsley on yet again another very tough and muddy course (no loose lions though!) Many of the runners mentioned above ran exceptionally well at this event with plenty of juniors finishing in the top ten of their events in very large fields. We have some serious talent in our team!

Without listing all our results for this event – I would like to mention Sian Heslop's 2nd place finish in the Under 15s girls race! Well done Sian and to all those runners who represented Macclesfield Harriers at this event. For full results of the event you can visit <http://www.northernathletics.org.uk/>

Finally, I would also like to thank all the runners this season for helping and ensuring that your team scores. Cross Country is a team sport and no individual performance would be good enough for the team if there wasn't a dedicated group of runners behind them. So thank you to all those runners who took part and to the parents and team managers who make it possible for the juniors and seniors to race.

Rob Hasler



Thanks to Bryan Dale for these images taken at the Stafford Common Cross Country on 17th December



10 Reasons to be cheerful...

You make the Macclesfield Half Marathon brilliant!

1. The Macclesfield Half Marathon, 5K and Fun Run is one of the biggest annual community events in Macclesfield and is run by us; Macclesfield Harriers. In 2016 we had over 900 runners and several hundred spectators gathered for the races.
2. The Macc Half is truly a Race for Good! Not only do we actively encourage runners to raise money for their chosen charities, but all the race profits go to our chosen charities too. Over the years this has come to £130,000
3. Some of the great things that we have helped people do from the 2016 race:
 - The Rossendale Trust has been able to provide 5 more work placement experiences for their residents
 - Space4Autism is hiring out the trampoline centre in Manchester for a whole group of kids who would otherwise not have been able to take part
 - Kept the East Cheshire Hospice running for half a day
4. The Just Drop In Centre entered 2 teams in the 5K and 2 teams in the Half Marathon. Not only did they raise over £2,000 but some of the youngsters were running in their first race and it was life-changing
5. Challenging Schools - The new trophies were hotly contested in the 2016 Macc Half and 5K Schools Challenge races. Fallibroome won the Half Marathon Trophy, but Wilmslow and Alderley Edge School for Girls were hot on their heels. The 5K Trophy was run by Bollington Pre-School, who were a team of new runners and not only raised funds for new equipment but were shocked to be trophy winners too!
6. MaccActive Teams get Macclesfield moving– In 2017 we have a new team event for teams from local businesses, charities, sports and community groups. This a great way to get your work colleagues together. So much more fun than counting steps! You can enter a team and win prizes. Ron Hill sponsored the event in 2016.
7. The Macc Half and 5K have the BEST marshals! – Every year we get fantastic feedback from the runners and it is the encouragement from the marshals that is biggest draw. Your hands may be sore from clapping and your throat hoarse from shouting “Come-On!” but it makes a real difference.
8. The race has always made a profit. The three races now cost about £17,000 to organise. In 2016 75% of the income came from entries and the rest from sponsorship and T-Shirt sales. See the December Go! for details. We need about 700 entries to break even without sponsorship.
9. The Macclesfield Half Marathon Committee is brilliant! Each year new people bring new ideas and give up their time voluntarily. We meet every 6 weeks or so from January to September, drink tea, get things done and make a difference to Macclesfield.
10. Taking part is fun! Here's how you can be a part of this great event:
 - Get your work colleagues or friends to enter a team in the MaccActive or Schools Challenge
 - Volunteer to help on the day or as part of the committee
 - Get active on Social Media and spread the word
 - Save the Date 24th September 2017
 - Find out more:

Contact: Mandy Calvert, Race Director macchalfmarathon@gmail.com

IF YOU DO JUST ONE THING, THEN GET A RUNNER TO ENTER THE MACC HALF!

10 Reasons to be cheerful...

You make the Macclesfield Half Marathon brilliant! (cont'd)

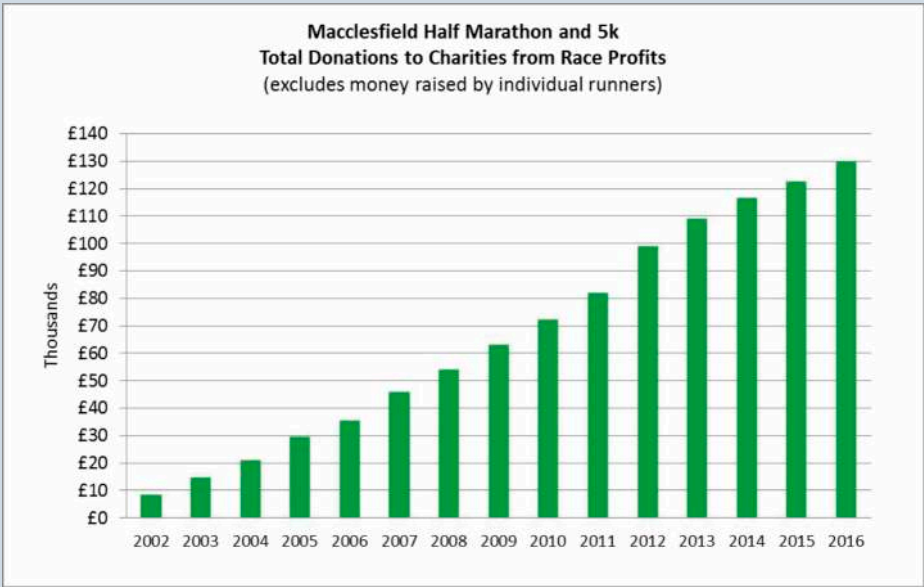
www.facebook.com/MaccHalf

www.macc-half.co.uk

Enter here:

<https://macclesfieldhalfmarathon.niftyentries.com/Macclesfield-Half-Marathon2017>

<https://macclesfieldhalfmarathon.niftyentries.com/Macclesfield-5K-2017>



Training your Fascia

Judith Cooper ISRM CNHC

Soft Tissue Therapist at Trinity House Practice (John Honey Physiotherapy)

I'm pretty sure that by now most of you will be aware of fascia; myofascia, myofascial release, foam rolling etc. If not, have a google and get familiar with this vital piece of your anatomy because it is not just your muscles that matter and understanding and working correctly with your fascia can bring huge training benefits.

The latest definition of fascia is “all collagenous soft connective tissues”. Fascia is present throughout our body; it surrounds every muscle fibre and every muscle. It forms our tendons, our ligaments and it is the medium in which everything is suspended. Tom Myers of Anatomy Trains fame says; *“Fascia is the biological fabric that holds us together, the connective tissue network. You are about 70 trillion cells – neurons, muscle cells, epithelia – all humming in relative harmony; fascia is the 3-D spider web of fibrous, gluey, and wet proteins that binds them all together in their proper placement.”*

So it follows that injury and restriction in the fascia can have far reaching consequences and that we owe it to ourselves to have at least a basic understanding of how our training should reflect the needs of this vital tissue.

Let's have a look at the four properties of fascia:

1. Viscosity
 2. Elasticity
 3. Plasticity
 4. Remodelling
1. Fascia is viscous and can change from fluid to almost solid depending upon the demand put on it. The best way of illustrating this is to think of what happens to joint fluid when it is shocked. When we catch a ball, the fluid in the joints of our hand becomes very briefly solid. As the ball hits the hand, wham, the joint fluid becomes solid...rather like adding water to custard powder and pressing it suddenly, the liquid turns immediately and briefly

solid, so the same thing happens in our joints upon impact; if it didn't, we would do serious damage to the surrounding bones and tissues. The fascia throughout the body has this property to varying degrees and it adapts according to the



demand put on it, so in areas that need to absorb impact, the viscosity of the fascia will adapt to meet that demand. This doesn't mean we all need to go out and start high impact training...heaven forbid...but it is something to be aware of and if we start to increase the impact element of training then we must allow time for adaptation to occur and I'm talking months, not days or even weeks. Unlike muscle, fascia is a slow adapter.

2. The elasticity of fascia is particularly relevant for things like tendons and the good news is that recent research strongly suggests that we can train and improve the elasticity of our fascia by utilising “bounce”, even as we age. The type of exercise needs to be athletic and the fascia needs to be stretched and returned to its resting length within one second; so think of skipping, forefoot running etc. It takes time and as with so much training it needs to be built up slowly. You will not improve the elasticity of your fascia in a week, two

Training your Fascia (cont'd)

Judith Cooper ISRM CNHC

Soft Tissue Therapist at Trinity House Practice (John Honey Physiotherapy)

weeks or even a month, but over several months you will start to improve it. I must urge caution. Our tendons dry out with age and are more easily injured so the older you are, the more slowly you must approach any kind of re-training like this. I'm not saying don't do it...but do it with extreme patience!

3. Plasticity. We utilise the plasticity of fascia in order to stretch it and make a lasting difference to its length, so whereas when training elasticity, we want the fascia to return to its original length, when we are working with plasticity, we are talking about making lasting change. Yoga, pilates, foam rolling, myofascial bodywork and heavy training sessions will work on the plasticity of the fascia and it is vital to know this; **fascia is weakened after sustained stretching**. For about 48-72 hours, so going for a powerful run or training session after a yoga or pilates class is a very bad idea. The cleaning up and remodelling process which will ultimately make the fascia stronger after sustained stretching takes up to 72 hours so any exercise during this time should be light and low demand. I am by no means suggesting that we shouldn't work on the plasticity of the fascia, in fact it is vital that we do in order to retain our flexibility, but knowledge is power and you need to know that sustained stretching of the fascia demands recovery time afterwards. In fact there is a whole other article on the subject of recovery and remodelling and how we risk repeated injury if we ignore it.
4. Remodelling. The great thing about fascia is that it does what we ask it to do. It models itself according to demand (Davis's law). This is a double edged sword. If we

spend hours every day hunched over a computer then our fascia will respond by moulding itself to support us in this posture, making it increasingly difficult to straighten up. This puts undue stress on other tissues and joints and makes discomfort and injury much more likely. It takes between 6 and 24 months to remodel the fascia of the whole body so it makes much more sense to try and avoid the need for any major remodelling by being aware of posture and any bad postural habits you may have. Fascia responds to repeated patterns of movement and organises itself to support that movement and organised fascia is much more efficient than disorganised fascia which is what we get if we spend too much time slumped in front of the telly!

I hope this article provides food for thought and perhaps leads you to further reading and research. Injured and dysfunctional fascia benefits hugely from hands on therapy and I work a lot with the fascia in my treatments. Don't forget there is a wealth of knowledge, experience and skill at John Honey. I am always happy to respond to queries; you can message me at coopej@hotmail.co.uk Ross is at the track regularly and Siobhan who runs with E Group can offer advice through their Facebook group. We also now have your own Mel Power working with us offering sports massage alongside me.

Here's looking forward to a successful and injury free 2017.

Judith

www.maccsportsmassage.co.uk

phone 01625 500777 for appointments

Sainsbury's – Active Kids Vouchers

The club is collecting Sainsbury's vouchers during the period of the new scheme which runs until 2nd May 2017.

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.

Rachel Heslop

Sainsbury's



Active Kids

Macclesfield Indoor Athletics and Multi-Sport Facility - *Nearing Reality - Feb 2017*

Going for a run in the wind and the rain is part of running. With the right gear it can even be fun. The key requirement is to generate more heat from running than you're losing to the elements. This is fine if you're simply going for a run. However if you're at the athletics track and attempting to refine your throwing, jumping, hurdling, sprinting technique, or even just complete an interval training session it's not much fun. This is where the benefits of an indoor athletics facility really become apparent. And now the prospect of such a facility becoming available to users of Macclesfield's Athletics Track is steadily coming closer to reality.

In recent years both Crewe and Congleton have seen significant investment in Sports and Recreation facilities. Now it's Macclesfield's turn. Everybody Sport are in the process of preparing a budget proposal to be submitted in Sep 2017 for the 2018/2019 financial year. The proposal mainly comprises maintenance and upgrade of existing facilities however it's also planned to include an indoor athletics and multi-sport facility at the track. And, if approved, we could see work starting as early as late 2018. Such a facility will benefit athletics track users, however it will also provide a much needed boost to other sports that would benefit from indoor facilities. Macclesfield Athletics Development Fund (MADF) will of course be supporting Everybody Sport in the preparation of this budget proposal including a contribution of more than £100,000 towards the cost of the facility. This means that all contributors to the Development Fund should see a tangible benefit of their charitable contributions within the next few years.

Any assistance from members to help the progression of this project would be welcome - please contact Barbara Murray (email: barbaraannemurray@hotmail.com, Tel: 01625 573729).

Raph Murray

MADF (Registered Charity number: 1041755) Feb 2017

Couch to 5k - A Sixth Course

Following the success of the previous five courses, the committee has given the go-ahead for a sixth course to start on the 6th April running for 9 weeks. The course has now been lead by three different leaders (Neil, Jenny and Wendy) with each bringing something 'new' to the course. Building on Neil's foundations, the fourth course saw the introduction of a private Facebook group for the participants to use which was popular amongst the group for organising their homework, having an open forum to discuss their progress and to motivate each other on a daily basis. The fifth saw the introduction of small handheld lap counters which were very much appreciated by both the leaders and the participants.



Course leader
Jenny Airey

We have decided this year that the graduates will run the 5K around the track on the evening of the 1st June, join E Group for a Middlewood and Canal route on the 3rd and to celebrate their success as a group at Congleton Park Run on the 10th 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



Graduates from a previous course

Mental Health Ambassadors

Macclesfield Harriers and Athletics Club are very pleased and proud to have Mental Health Ambassadors appointed by England Athletics at our Club.

Your MHAs are Melanie Whittaker and Kim Eastham.

These Ambassadors are committed to improving mental well being through running, our Ambassadors can be contacted through the club via mha@macclesfield-harriers.co.uk

Despite a huge amount of work being done to raise awareness of mental health conditions there is still a great deal of stigma surrounding mental illness. Speaking about mental health should not be seen as being scary, taboo or something to avoid, as the reality is mental health conditions are part and parcel of everyday life. All of us, at some point in our lives, will be touched either directly or indirectly by mental illness so it's important to speak openly about these conditions and help address the stigma.

MH&AC recognise that running has so many health benefits both mentally and physically including:

- Reduced anxiety and happier moods through the release of endorphins
- Reduced feelings of stress as your body is better able to control cortisol level
- Clearer thinking by breaking up racing thoughts
- Greater sense of calm with space to think things over
- Increased self-esteem and sense of achievement
- Reduced risk of depression as evidenced by research studies

The objectives of Mental Health Ambassadors are to:

Support – Proactively support the mental wellbeing of club members and provide information about local services and organisations that can offer further dedicated support.

Promote & Advocate – Share information about England Athletics #runandtalk and other related campaigns

Talk – Be available for conversations about mental health with other club members

The MH&AC Mental Health Ambassadors are there to provide positive, open and non-judgemental support.

The first #runandtalk event was held on 3rd February to recognise and support Time to Talk Day and saw a lovely turnout of runners get together for a run along the Middlewood Way in the sunshine! It was great to see club members that were unable to make the run but came along at the start or the finish, to show their support for the event. A big 'Thank You', to everyone who came along and especially to Bob, who kindly said a few words to set us on our merry way.

Feedback from the session and associated posts suggested that :-



Mental Health Ambassadors (cont'd)

- The session was enjoyable and new friends were made
- More sessions would be a great idea but held on different days/times to accommodate a wider range of people
- Supporting information on the EA initiative, links to relevant websites, key contact details and general sign-posting material would be helpful
- It was good to talk! General training sessions are very supportive, however it can be very helpful to talk things through with new people and develop a wider support network

The feedback will be used to develop further events, which will be advertised via the club website. As a club MH & AC are very much committed to supporting the recovery of runners.

Should you have any ideas, thoughts or comments, please contact Mel and Kim on

mha@macclesfield-harriers.co.uk



London Marathon 2017

On April 23rd 2017 Macclesfield Harriers' one and only Mr Harry Newton will be running his 14th London Marathon and his 17th Marathon at the incredible age of 79. Harry makes this even more amazing as he made a complete recovery from lymphoma in 2010. He has gone on to raise hundreds of pounds every year for different charitable causes. He is our very own living legend.



Harry & Stuart Newton

This year he will be running all 26.2 miles with his son Stuart in aid of Alzheimer's Research UK. Alzheimer's is a condition which can affect any one of us or our loved ones. Stuart's Father in Law was diagnosed with this devastating disease two years ago and both families have rallied round to fundraise money towards researching a cure or stopping the progression of this horrible condition.

If you feel inspired to support Harry and Stuart on their epic endeavour please visit their just giving pages on www.justgiving.com. I know this will spur them on through those tough miles!

Thank you

Emma Beveridge

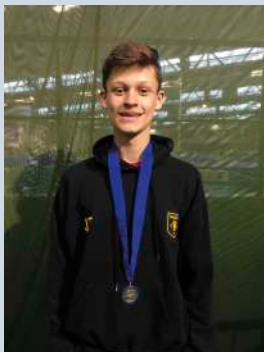
TRACK & FIELD

As the winter XC season draws to a close for our junior athletes, we start to turn our attention to the upcoming Track and Field season and what better way to start than a trip across the Peak District to the EIS in Sheffield for the first major indoor competition of the season. Northern Athletics U13 / U15 Indoor Championships are the perfect opportunity to put in to practice all the winter training that continues on the track on those cold and dark evenings. Five young Harriers made the trip over to South Yorkshire to take on the best Track and Field juniors from all over the North.



First to compete was Morgan Frith who returned to attempt to win another Championship Gold to add to the one that he won 2 years ago in the U13 age group in the Long Jump. Sitting in 3rd place after Round 3, the group was whittled down to the top 8 jumpers for a further 3 jumps. Round 4 saw him move in to second place with a jump of 5.78, just

11cm short of the leading jumper. A no jump in round 5 increased the pressure slightly but Morgan held his nerve and produced the winning distance with the penultimate jump of the entire competition taking the lead by just 1cm claiming Championship gold and a new PB in the process with a distance of 5.90m.



As the Long Jump reached its finale, Jacob Thompson took up his place alongside the other U15 High Jumpers. Jacob has been working tirelessly over the winter months despite having had very little opportunity to actually practice his High Jump

technique over the winter. Still, confident in his ability, he opted to sit out the opening rounds and enter the competition at a starting height of 1.50m. Four boys remained at this point and Jacob looked at ease as he cleared comfortably 1.55m then 1.60m and 1.65m at the first attempt in each round. The two boys still in the competition cleared 1.65 at the 3rd time of asking but could progress no further as neither cleared 1.70m. Once again Jacob cleared at the first attempt to claim Gold, then opted to raise the bar to 1.75m for a new PB. Full of confidence he sailed over and decided to attempt a Championship record of 1.81m. Having already jumped 6 times this proved, by the smallest of margins, not to be as fatigue started to set in, but a great start to his season.

Jake Bradley, Hayden Blunn and Rebecca Dilworth were all making their first appearance at a major indoor event, all 3 of them in the first season in their respective age groups.

Jake was first to compete, in the U15s 200m, running a very solid race posting a new indoor PB time of 27.33 seconds which was just outside the qualifying times to progress further. He followed this by another great performance in the 60m against very strong opposition to finish with a time of 8.50 seconds.

In his first indoor competition U13 Hayden Blunn, coming off the back of a very successful XC season ran well enough in the qualifying heats of the 200m and even better in the 800m to progress to the semi-finals but in doing so picked up a muscle strain which hampered his efforts in the Long Jump and he couldn't match the U13s Club record that he claimed last summer.

Rebecca Dilworth, also competing in her first indoor competition following an equally successful XC season showed great maturity as she ran in both the 200m and 800m finishing off with a fine performance in the Long Jump. I hope they both enjoyed the experience and will continue to push for improvement.

Simon Frith

INDOOR SPORTSHALL

North West Indoor Sportshall League 2016/2017 - (U11/U13/U15 athletes)

This season the league again 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 10) and qualified for the final. Congratulations to all 14 girls who participated in some form during the season.

U11 Boys: For the boys 8 represented the club over the season – well done. An excellent 2nd place finish was achieved – qualifying for the final.

U13 Girls: Unfortunately, only 3 girls stepped forward to compete and with the other clubs fielding more athletes it was not possible to amass sufficient points to get to the final – they finished in 8th place (out of 10).

U13 Boys: Just 2 U13 boys competed for the club this season despite a good number attending training sessions. Hopefully, this situation will improve for next season. They were placed 9th out of 11.

U15 Girls: 7 athletes took part in this age group and produced some fine performances against some strong teams; qualifying for the final in 3rd place (out of 10).

U15 Boys: Only 2 boys competed and then only for the first round. Accordingly, the total points gained resulted in a 7th place finish.

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 22 January where a fun packed day was enjoyed by all who attended. Results as follows...

U11 Girls: Despite valiant efforts the girls finished 5th against very strong opposition. 9 girls competed on the day.

U11 Boys: Again the other teams proved too strong and the league finish place couldn't be equalled. The 7 boys taking part in the event ended the day 3rd.

U15 Girls: The 6 girls produced some fine individual performances and achieved a 3rd place finish overall to equal the league position. Congratulations to all.

This is my last report as Sportshall Co-ordinator, but with the continued enthusiasm and support from athletes, coaches, team managers, parents and supporters to attend the fixtures, I'm sure that the 2017/2018 season will be equally successful, if not better.

Many thanks to all those who have participated or helped at the events over the last 5 seasons since the club re-entered the league.

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



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.

I'd like to welcome the following new members to the club and wish them all good luck in their athletics. We have 728 members: 385 Female, 343 Male, which is almost 100 more than the same time last year! Just thought you'd like to know.

Emily	Biddle-McLean	U11 Girl
Milton	Smith	U13 Boy
Matilda	Birks	U11 Girl
Ben	Waller	U11 Boy
John	Lawton	Senior Man
Andrea	Moir	Senior Lady
Olivia	Unwin	U15 Girl
Helen	Abbott	Senior Lady
Jill	Abbott	Senior Lady
Catherine	Wilson	Senior Lady
Victoria	Eardley	Senior Lady
Harry	Bachofner	U15 Boy
Anashka	Calero	U15 Girl
Matthew	Smith	U11 Boy
Liz	Donlon	Senior Lady

Dennis	Kentrop	Senior Man
Ian	Waddell	Senior Man
Andy	Buckroyd	Senior Man
Benjamin	Haigh	U15 Boy
Amberlei	Flood	U11 Girl
Nick	Stainforth	Senior Man
Katrina	Barnes	Senior Lady
Gary	Rogerson	Senior Man
Jade	Ashton	U13 Girl
Lily	Moore	U11 Girl
Alfie	Moore	U11 Boy
Emilia	Moseley	U13 Girl
Skye	Knowles	U11 Girl
Sofie	Kinsey	Senior Lady
Sonia	Ginty	Senior Lady

Highlight of the last few weeks for me was the presentation after the last North Staffs XC at Stafford, where our U11/13/15 girls' and boys' **teams all finished in medal winning positions in the NSCCL**, and with many individual medals as well. Runners from other clubs looked on enviously as various speedy Harriers took away armfuls of bling. **Well done everyone who ran for the club:** it's just a bit of a shame that only about 10% of the club's members have run in any XC race this year, especially as they are local, free, and open to all ages and abilities. As every 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.

It's time for **membership renewals again** I'm afraid. There's both 'online' and 'paper' forms on the website, and some at the clubhouse: if you could get them to me **ASAP** (I much prefer the online form, but 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.

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 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!

Hope to see as many as possible at the AGM and annual awards evening soon.... it's always a good

Membership Secretary's *Shufflings* (cont'd)

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!

Hope to see you all out and about,

All the best.

Julian, Fox's Reach, Lake Road, Rudyard, Staffs, ST13 8RN.

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

A few photos from the last match in the Manchester League Cross Country held at Woodbank Park on Saturday 11th February.

Sian Heslop finished first in the Manchester League U15 Girls, winning all of her 5 races. Lauren Robinson finished 3rd also in the U15 Girls. Well done to all of our athletes!



Marathon Training Made Easy -

by Adrian Vole aged 13 and 3/4 (plus a big bit)

This is a work of fiction: marathon training is not easy, in fact the only thing harder is running the race if you haven't trained, that's really hard.

But! the following may help: or put you off ever considering anything so daft ever again....

- Set yourself a target time – or several targets! you don't have to tell anyone if you don't want, but just have something in the back of your mind when you're training, resting, planning, or even recovering from injury, to focus on.
- If you're going to run 26.2 miles, it'd be a good idea to get as reasonably close to that in your training. All the training is good but the long runs are by far the most important, they're what will get you round the distance, the short fast ones, intervals and the like might help with getting you there slightly more quickly.
- Include easy weeks now and then, perhaps every fourth week or so? If you don't choose to give your body a rest occasionally, then sooner or later it will make you have a rest by getting injured.
- Have a training plan: you gotta have a plan! Try to make it realistic in line with your time available to train. And include long runs, faster runs, intervals, hills, races, trail runs, bike rides: whatever! the choice is yours, but try to keep it interesting: variety should help.
- Don't stress too much if you can't train as much as you want, for whatever reason.
- Experiment with kit, especially shoes, take advice from others, but see what works for you, especially on the longer runs. What's fine after 5 miles might be very painful over 25.
- Try to do a few races even if you don't race much, just to get a feel for the race environment, what you'll need to plan, running with others and so on.
- Practice what you'll need to do on race day. Yes, running might come into it, but so will drinking, eating (possibly), medication (possibly) and anything else that you've found to be a problem on a longer run. It's far better to think of these things before race day than to have a problem you can't sort out half way round. In particular, hydration is much more important over longer distances: work out what, and how much, works for you.
- It's been said many many times, but start slowly! The mass of folk charging off at the start will for the most part be suffering by halfway, whereas if you judge it right you'll be overtaking from halfway, which is much more satisfying than being caught!



And finally (the most important one, in fact the only one that really matters)

Enjoy!!

- The training, out there covering miles in strange places at funny hours of the day and night,
- possibly being a bit tired and irritable now and then, but with a feeling of satisfaction of a long run completed
- the camaraderie of various club mates, training partners, other random runners you meet out and about, the person you run with or cross the line with at a race,
- the achievement of planning and preparing for a tough challenge as best you can and
- The race itself, all the many emotions you go through whilst running it, and the feeling of crossing the line with the challenge completed!
- And finally
- The post-race cup of tea and possibly even cake. That's what it's all about really.

Julian Brown

ROAD RUNNING

2016 Club Road Race Championship *Final Results*

2016 was a good year for road running with a significant increase in participation. There were 155 Macc Harriers (87 women and 68 men) who took part in at least one Club Championship race. The numbers of Harriers at races went from 6 runners at the Bramall Runners Foodbank 5K to an amazing 67 at the Langley 7, averaging out to 25 Harriers per race! 5 competitions for men, women and juniors were run in the 2016 Club Road Race Championship, these were 1) Cheshire AA Road Running Grand Prix Handicap 2) Overall Points Total 3) Overall Winner from the best 6 races and 4) Veteran Overall Winner from the best 6 races 5) Junior Overall winner from the best 6 races. The top three qualifying runners in each competition are listed below:

Cheshire AA Road Running Grand Prix Handicap Points

Men 1. James Noakes, 2. Andrew Devine, 3. Dave Larkin

Women 1. Dawn Devine, 2. Melanie Power, 3. Carol Upton

Overall Points Total Club Road Racing Championship Races

Men 1. James Perry, 2. Ray O'Keefe, 3. Andrew Devine

Women 1. Dawn Devine, 2. Helen Gowin, 3. Carol Upton

Overall Winner Club Road Racing Championship (best 6 races)

Men 1. James Perry, 2. James Noakes, 3. Ray O'Keefe

Women 1. Helen Gowin, 2. Daisy Pickles, 3. Dawn Devine

Veterans Winner Club Road Racing Championship (best 6 races)

Men 1. James Noakes, 2. Ray O'Keefe, 3. Neil Hey

Women 1. Helen Gowin, 2. Dawn Devine, 3. Carol Upton

Junior Winner Road Racing Championship (best 6 races)

Male (only one qualified runner)

Rob Finniss

Female (only one qualified runner)

Louisa Whittingham

Congratulations to all runners on some great performances in 2016!!



ROAD RUNNING

Club Road Running Championship Races 2017

(Incorporating the Cheshire Grand Prix and NW Road Relays)

The proposed races for the 2017 Club Road Race Championships have been chosen in the most part to support local races that are organised by other clubs, to support local Parkruns and to support races that are committed to giving profits to charity. In addition, the Club Championship races include the 6 races that are part of the interclub Cheshire Grand Prix series (races listed in red) as well as the interclub NW road relays.

Four Villages Half Marathon	Sunday 15 th January	10:30 am (Long)	https://helsbyrunningclub.niftyentries.com/Four-Villages-Half-Marathon
Congleton Parkrun 5K	Saturday 21 st January	9:00am (short)	http://www.parkrun.org.uk/register/
Alsager 5	Sunday 5 th February	11:00 am (short)	https://www.race-results.co.uk/onlineentries/user/login.php?raceid=2607
The Potteries 10 Miler	Sunday 19 th February	10:00am (long)	http://www.rungbr.com/events/potteries-10-miler/enter-online/
Knype Pool 5M	Sunday 26 th February	11:00am (short)	https://bookitzone.com/Biddulph_RC/H2FFX
High Legh 10K	Sunday 5 th March	11:00 am (medium)	https://hlca-lymmrunners.niftyentries.com/High-Legh-Robert-Moffat-Memorial-10K-2017 SOLD OUT!
Wilmslow Half Marathon	Sunday 19 th March	10:30am (long)	https://www.race-results.co.uk/onlineentries/user/login.php?raceid=2550
Poynton Village 10K	Sunday 26 th March	9:30am (medium)	http://crazylegsevents.fikket.com/event/poynton-village-10km-4
Chester Spring 5*	Wednesday 12 th April	7:00pm (short)	https://wcac.niftyentries.com/Essar-Chester-Spring-5
Mid-Cheshire 5K*	Friday 28 th April	7:15 pm (short)	https://cutefruitevents.niftyentries.com/Mid-Cheshire-5K-Spring-2017
Round the Runway 5M	Tuesday 2 nd May	7:30 pm (short)	http://wilmslowrunningclub.co.uk/ SOLD OUT!
Lyme Park Parkrun 5K	Saturday 13 th May	9:00am (short)	http://www.parkrun.org.uk/register/
Bowdon 5K	Thursday 8 th June	7:15pm (short)	http://www.spectrumstriders.org.uk/our-races/north-cheshire-5k-grand-prix/series-info-a-entries
Dunham Massey 5K	Thursday 15 th June	7:15pm (short)	http://www.spectrumstriders.org.uk/our-races/north-cheshire-5k-grand-prix/series-info-a-entries
Cheadle Hulme Parkrun 5K	Saturday 24 th June	9:00am (short)	http://www.parkrun.org.uk/register/
Run the Alderley Bypass 10K*	Sunday 2 nd July	10:00 am (medium)	http://www.runnorthwest.co.uk/
Wizard 5M	Thursday 13 th July	7:30 pm (short)	https://www.race-results.co.uk/onlineentries/user/login.php?raceid=2693
FoodBank 5K	Wednesday ? July	7:15pm (short)	http://www.crazylegsevents.co.uk/php/index.php
Meerbrook 15K	Saturday 29 th July	10:00am (long)	http://www.meerbrook15k.org/
Pie & Peas 5M*	Wednesday 2 nd Aug	7:00pm (short)	https://www.niftyentries.com/
Leek Half Marathon	Sunday 13 th August	10:00am (long)	http://www.leekhalf.co.uk/
Bollington 10K	Sunday 27 th August	10:00am (medium)	http://www.bollingtonrun.co.uk/
Sutton 6 10K*	Sunday 17 th September	10:00am (medium)	http://www.westcheshireac.co.uk/races/road/
NW Road Relays ¹	Saturday ? September	1:15pm women 2:30pm men (short)	https://www.race-results.co.uk/results/2017/
Gawsworth 10K	Sunday 2 September	10:30am (medium)	https://www.race-results.co.uk/results/2017/
Congleton Half Marathon*	Sunday 1 st October	9:30am (long)	https://bookitzone.com/paul_birdsal/5V2FFX
Farndon 10K*	Sunday 15 th October	10:00am (medium)	http://www.cutefruitevents.com/
Bramhall Parkrun 5K	Saturday 21 st October	9:00am (short)	http://www.parkrun.org.uk/register/
Langley 7M	Saturday 4 th November	2:00pm (medium)	https://bookitzone.com/
Wilmslow Parkrun 5K	Saturday 18 th November	9:00am (short)	http://www.parkrun.org.uk/register/
Run the Wilmslow 10K	Sunday 26 th November	9:30am (medium)	http://www.runnorthwest.co.uk/
Stockport 10M	Sunday 3 rd December	10:00am (long)	http://stk10.co.uk/

2017 Club Road Running Championship Prizes and Rules

The following competitions will be run in 2017:

- 1) **Mens and Ladies "Open" Championship Prizes (Perpetual Trophy)**
- 2) **Mens and Ladies "Veteran" Championship Prizes (Perpetual Trophy)**
- 3) **Mens and Ladies "U20" Championship Prizes (Perpetual Trophy)**

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Points for each race calculated as follows:

1st Harrier 100 points, 2nd Harrier 99 points, 3rd Harrier 98 points to 100th Harrier 1 point!
Your time will be Chip Time where available. (If chip time the same then better gun time and/or race position will determine order)

Best 6 races to count with no more than 3 events from each category and at least 1 short, 1 medium and 1 long race. (U20 no long race required)

The Cheshire Grand Prix Races and North West Road Relays will gain an extra 10 bonus points for each race.

In the event of a tie, the winner will be determined by a) Number of races completed, b) Average points scored per race.

4) Mens and Ladies “Open” Overall Points Prizes (voucher)

Points from all races completed from the Club Road Running Championship list of races

5) Mens and Ladies “Open” Handicap Prizes (voucher)

Based on performances in the six Cheshire Grand Prix Races.

Handicap scores to be calculated from the Run Britain vSSS score for each race.

To compete, runners must be registered with Run Britain (runbritainrankings.com)

The Handicap prize should reflect the most improved runner over the six races and in theory anyone can win.

6) Mens and Ladies Best Group Runner Prizes (medal)

Best runners from the organized running groups as nominated by the group leaders.

Must have run at least 6 Road Running Championship Races.

Any questions please contact the Road Running Manager, Ray O'Keefe (rayokeefe6@gmail.com)

Stockport 10 mile - Sunday 4th December, 2016 - Race Report

On Sunday runners were greeted by dry, clear and cool conditions for the Hoka One Stockport 10 mile race. The race starts on the track at Woodbank Park, then it goes through the park before heading out to the roads with a small section of the route on a bridleway then back on the roads, back through the park and then a sprint finish on the track. This challenging race saw 22 Harriers take on the hills in and around Stockport.

For the male Harriers Ben Greenwood led the way placing a very respectable 21st in a strong field and just dipping below the 1hr mark (59:57). Second male Harrier was Ewan Edmondson placing 34th with an excellent time of 1:02:36. Rounding off the top three male Harriers was Billy Hicks in a time of 1:05:22.

For the female Harriers Kristy Gill was first over the line placing an excellent 7th female overall and 1st F40. Lindsay Purdie was the second female Harrier in a time of 1:15:11. Third female Harrier to finish was Catharine Crossley in a time of 1:26:26.

There were some other excellent times by Macc Harriers which can be found below:

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James Perry	1:06:30
Francis Pyatt	1:07:07
Gary Willcock	1:08:44
Richard Brown	1:12:00
Keith Mulholland	1:13:07
David Larkin	1:18:29
Stewart Waudby	1:19:24
Kim Eastham	1:27:50
Christine Ritchie	1:28:26
Helen Gowin	1:30:04
Andy Devine	1:31:22
Fiona Wilson	1:33:27
Carol Upton	1:36:26
Rachel Gilliland	1:36:26
Heather Galloway	1:37:19
Dawn Devine	1:38:34



Thanks to Bryan Dale for all the photos in the Road Running section. They were taken at the Alsager 5 race on Sunday 5th February.

Overall results can be found at the following link:

http://www.crazylegsevents.co.uk/results/2016/20161204_Stockport10.pdf

Great running everyone!

Four Villages Half Marathon - Sunday 15th January, 2017 *Race Report*

After a snowy week, a change to milder, but wet, conditions greeted runners at the first Road Running Championship race of the year, the Four Villages Half Marathon. A healthy number of 26 Harriers braved the wet conditions to take on this course which starts out flat, goes up Simmond's Hill but then has a fast downhill finish. There were some excellent performances by Harriers with a number of PB's.

The men were led by Ewan Edmondson with a PB of 1:21:48 and a respectable 45th place overall in a strong field. Ewan was followed by James Perry (1:26:52) who also bagged a PB. The third male Harrier over the line was Julian Brown (1:28:02) who dipped under the 90min with the strategy of running through and not around the many puddles!

The lady Harriers were led by Kristy Gill with an outstanding time of 1:27:55 which was 8th lady overall and first F40! Andrea Frost (1:38:49) was second lady Harrier placing 44th lady overall.

Third lady Harrier over the line was new Harrier Lindsay Purdie with a time of 1:39:36.

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Special mention to Harry Newton (2:06:07) and Pauline Lynch (2:36:29) who both came second in their age categories of M75 and F70, respectively.

Results for the other Harriers with some more PB's are below. Full results can be found at the following link: <http://results.sportthive.com/events/6224154364987981824/races/401072>

Andy Dykins	01:32:28 (PB)
Ian Geraghty	01:32:53
Dan Croft	01:34:31
Ray O'Keefe	01:43:03
Sally Hopkin	1:44:35 (PB)
Mark Stanbridge	01:46:35
Catharine Crossley	01:46:58 (PB)
Joanna Miles	01:48:25
Lynda Cook	01:48:30 (PB)
Kathryn Hutchinson	01:49:23 (PB)
Mark Godden	01:52:00
Katy Barnes	01:58:30
Andrea Moir	01:58:47 (PB)
Andrew Devine	02:01:58
Dipika Morgan	02:07:15 (PB)
Dawn Devine	02:07:24
Rachel Gilliland	02:09:08 (PB)
Helen Rose	02:21:16 (PB)
Heather Galloway	02:30:31 (PB)



Congleton Parkrun Saturday 21st January 2017 *Report*

The ethos of Parkrun is to provide a free, timed 5K run for all ages and abilities every Saturday morning. We are lucky in Macclesfield as there are a number of Parkruns in our local area that offer a wide variety of challenges to runners.

This week as part of the club Road Race Championship Macc Harriers visited the Congleton Parkrun which takes place around the scenic Astbury Mere. Three flat laps on well maintained paths around the Mere means that Congleton is one of the faster Parkrun courses. There were 25 Macc Harriers who made the 9am start on a dry but cool Saturday morning with some excellent performances from all who took part.

Male Harriers were led by junior Peter Goodfellow (18:41) placing 7th overall with a new PB for Congleton. Peter was followed by James Perry (18:42) who placed 9th overall and was just 8 seconds off his PB at Congleton. Andy Dykins (19:22) was the third male Harrier over the line with

ROAD RUNNING

a new PB time for Congleton. Special mention to Barry Blyth (21:44) who had the third best age grade (81.3%) of the 255 runners on the day.

The lady Harriers were led by Louisa Whittingham (19:07) who place 1st female and was just four seconds off her PB at Congleton. Louisa was followed by Alannah Birtwistle (21:26) and placed 4th female overall. Third female Harrier was Helen Gowin (25:30) placing second in her age category. The rest of the Macc Harriers results can be seen below and the full results at the following link: <http://www.parkrun.org.uk/congleton/results/weeklyresults/?runSeqNumber=217>

One other important aspect of Parkrun is that it can only take place with the help of volunteers. Anyone is welcome and encouraged to help out with any of the local Parkruns. On this day Harriers not only ran in the Parkrun but Harriers Clare Finnis and Fred Wardle gave their time to help with marshalling the Parkrun.

Chris Goodfellow	19:27 PB
Neil Hey	19:57
Richard Brown	20:03 PB
Aadi Whitlock	20:16 PB
Keith Mulholland	21:01 PB
Ray O'Keefe	21:22
Martin Rands	22:38
Michael Smith	24:47 PB
Carol Upton	26:11 PB
Pat Ahern	27:28 PB
Dawn Devine	27:46 PB
Savitri Mcasey	29:25
Oliver Brown	31:26
Kathryn Johnson	31:57
Shelley Lee	33:55 PB
Karen Smith	34:06 PB
Carole Ferguson	34:21
Lucy Lawn	35:19 PB



*Thanks to Bryan Dale for more photos from
Alsager 5.*

ROAD RUNNING

Alsager 5 Sunday 5th February 2017 Race Report

Another dry, cool and calm day was in store for runners who took the short trip south for the flat and fast Alsager 5, perfect conditions for some quick times by Macc Harriers. A total of 38 Harriers completed the race, with the ever present support of Bob Lynch and Steve Lomas spurring many of the runners on to Pbs.

For the men Paul Sharp (30:04) led the way with a PB for this distance. Paul was followed by James Perry (30:51) who also gained a PB, taking almost a minute off his previous PB for this distance. Close behind was Rob Whitby (30:59) rounding off the top three male Harriers. Special mention goes to Barry Blyth (36:22) who was 1st V70.

Leading the women Harriers was Kristy Gill (32:28), just 13 seconds off her PB at this distance and placing 2nd V40. Second female Harrier was Lindsay Purdie (35:53) setting a PB for the distance. Third female Harrier was Emma Mason (36:41) who arrived at the start line without her number but was still able to record a PB off her gun time.

The results for the remaining Harriers are below and full results can be found at the following link: <http://www.chipresults.co.uk/>

Great running everyone!

Chris	Goodfellow	00:31:26 PB
Marc	Bradford	00:32:21 PB
Neil	Hey	00:32:48 PB
Ray	O'Keefe	00:33:23
Richard	Brown	00:33:27 PB
Keith	Mulholland	00:33:37 PB
Neil	Gunn	00:36:14
Lisa	Cox	00:37:26 PB
Mark	Wheelton	00:37:50
Catharine	Crossley	00:38:10 PB
David	Larkin	00:38:26
Lynda	Cook	00:39:25 PB
Kim	Eastham	00:40:41 PB
David	Hayton	00:41:11
Melanie	Power	00:41:28 PB
Susannah	Middleton	00:41:33 PB

Christine	Ritchie	00:41:37 PB
Alison	Gunn	00:41:43
Joanna	Thompson	00:41:47
Julie	Smith	00:42:45 PB
Geoffrey	Hull	00:43:30
Carol	Upton	00:43:59
Harry	Newton	00:44:18
Vanessa	Stokoe	00:45:05 PB
Suzanne	Baker	00:45:12 PB
Anna	Maddox	00:45:49 PB
Lindsey	Russell	00:46:02 PB
Pauline	Lynch	00:47:11
Dipika	Morgan	00:48:23
Ann	Harris	00:48:24 2 nd V65
Rachel	Gilliland	00:52:07 PB



ROAD RUNNING

Other Local Races *March - June 2017*

Race	Date	Entry
Cheadle 5mile	March 5	bookitzone.com
Trafford 10K	March 5	www.racenumbers.co.uk
Salford 10K	April 14	bookitzone.com
Whitley 10K	April 23	runbritain.com
Buxworth 5mile	May 4	niftyentries.com
Mad Hatters Trail Race	May 10	bookitzone.com
Christleton 5K	May 19	niftyentries.com
Dunham Massey 5K	May 25	bookitzone.com
Buxton Half Marathon	May 28	bookitzone.com
Great Manchester 10K & Half Marathon	May 28	greatrun.org
Birchwood Brook 5K	June 2	bookitzone.com
Hollins Green 5K	June 17	bookitzone.com
Colshaw 10K	June 25	niftyentries.com

CLUB RECORDS - 2017

It's the Harry and Barry show this time. Well done to you both. Watch out V70s, there's a new kid on the block!

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

Nicky

Email : nickytasker38@gmail.com

Discipline	Gender	Distance/Event	Age Group	Name	Record	Date Set
Road	Male	5 K	U17	Harry Simpson	17.32	Sep-16
Road	Male	10 K (gun)	V70	Barry Blyth	45.21	Nov-16
Road	Male	10 K (gun)	V70	Barry Blyth	43.15	Dec-16
Road	Male	10 K (chip)	V70	Barry Blyth	43.07	Dec-16

MEMBERSHIP RENEWAL - 2017/2018

Our aim is to have all membership renewals completed by 30th April 2017.

- “ The club membership year will remain 1st April – 31st March (in line with England Athletics)
- ##” The renewal process will formally begin on 1st March 2017 when reminders will be sent out by email – this will state that club membership is DUE for payment on 1st APRIL 2017
- “ Membership can also be renewed any time from 1st January 2017 and will still be valid until 31st March 2018
- “ There will be a one month 'grace period' until 30th April 2017. From 1st May 2017 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
- ##” Team managers and Running Group Leaders will encourage prompt renewal
- “ Any member wishing to renew after 1st May 2017 will effectively be joining as a 'new member'
- ##” A new 'online' form is available for new membership, membership renewal or changes to personal details. This form (and a PDF version for printing) can be found on the club website www.macclesfield-harriers.co.uk under 'Contact' on the top menu



The membership fee for 2017/18 will be £16 for non-competing members and £30 for a competing member (this fee includes the £14 England Athletics affiliation fee which the club will pay on your behalf). Membership fees can be paid by cheque or preferably by BACS (bank details are on the renewal form).

These fees have been agreed by the Club Committee but are subject to final confirmation at the AGM on March 31st 2017.

Julian Brown (Membership Secretary)

Neil Gunn (Treasurer)

FELL RUNNING

HAPPENINGS ON THE FELLS

Fell Section roles and responsibilities

Brian is standing down as Fell rep. In his place Graham Brown and Julie Gardner will take on the roles of Fell captain and Ladies Fell captain respectively.

Graham will be the main point of contact including external queries via the website. He will also attend the committee meetings or arrange a substitute if unavailable.

Graham and Julie will be supported by:

- Barry Blyth with regard to the Club Fell Champs and Summer race series (selecting races etc).
- Brian McFadyen will select and publicise the Wednesday night venues.
- Rachael Lawrance and Matt Lewis with regard to the British Fell relays.

Other active helpers include:

- Julian Brown and Neil Gunn for website updates and publications
- Brian Jackson, Phil Cheek and Andy Skelhorn for organising 3 Wednesday night orienteering sessions during the year
- Dave Tucker for organising Sunday morning runs
- A number of local Fell races are organised by club members: Rachel and David Lawrance / Rob Hasler (Rainow 5), Andy (Bollington 3 Peaks), Sophie Kirk (Langley Fete), Rob Gittins (Windle Trout); Emma Beveridge & Shaun Wilde (Forest 5), Simon Cartledge (Teggs Nose) and Julian (Windgather).
- Phil Club Handicap
- Neil and Phil organise navigational courses for novices.

We are fortunate to have such contributions to how the Fell section functions. Thanks to all the above for doing their bit.

Fell section Facebook group

The club fell section now has a Facebook Group (search for Macclesfield Harriers Fell Section). This group is 'closed' (for club members only). The group has been set up to promote fell running events and for discussion about 'all things fell running'.

RACE RESULTS

2016 Fell Handicap results

On a dull but warmish day in December 57 Harriers took part in the annual Club Handicap, the last race in the Club Championship. Congratulations to Andy Ardron, who followed in his father Colin's footsteps and claimed first place. Simon Harding was fastest overall in a time of under 1hr 57.



FELL RUNNING

HAPPENINGS ON THE FELS (cont'd)

Claire Griffin was first lady.

The Handicap results didn't impact on the final Club championship places: Pete Neild was first man; Angela Markley was first lady and Graham Brown won the Handicap competition. In all 118 Harriers completed at least one race, with over 20 managing the 6 qualifying races.

Bowstones fell face - 31 December

In the last race of 2016 on NYE - 24 Harriers turned out for this local race in Lyme Park. Pete Neild was first Harrier home in 47:33, followed by Mark Messenger in 47:46. Mark was also first Vet 50 M. Other Harriers prize winners were Barry Blyth first V70 M (a good omen for the 2017 English Champs!) and Julie Gardner third V55 F. A notable mention were the Harriers ladies who all ran dressed as nuns. There were 389 finishers.

2017 – Harriers have had a busy and successful start to the year

Marsden to Edale - 15 January. See report at end of this section. Harriers results below.

Graham Brown - 63rd / 5:42:12

David Lawrance - 66th / 5:48:23

Richard Applewhite - 105th / 6:35:57

Rachael Lawrance - 149th / 8:12:28

Mark Messenger - Retired

Lambs Longer Leg - 15 January

On the same day as Marsden to Edale four Harriers vets braved the Peak District rain, mist and mud and took part in this Hayfield Series race. Barry Blyth was first V70 M in 38.42, Julie Gardner was first V55 F in 40.30, Trevor Longman was second V65 M and Colin Ardron second V70 M.

Kinder Trial race - 21 January

On a wintery Peak District Saturday Simon Harding won the Kinder Trial orienteering event in a time of 1:42:25 (his first success in this event). Steve Swallow was 39th. Hazel Winder, Trevor Longman and Kath Turner also took part.

Cannock Chase Trig Points Race - 22 January

Julian Brown and Jo Miles were the only Harriers out finishing 19th and 77th respectively. Julian was 3rd MV50. Jo was one place better picking up 2nd FV50. Well done both!

Marsden to Edale Race – Sunday 15 January 2017

Marsden to Edale (also known as Trigger) is a linear fell race in the depths of winter that takes in Black Hill, Bleaklow, and Kinder. As well as more than 25 miles of rough terrain and 1600 m of climb, participants must be prepared for bad weather and difficult navigation. Here is how it felt to be road support for the Macclesfield Harriers at this year's race.

In a depressing letdown from initial forecasts of blue sky and crisp snow, more recent forecasts predicted all-day rain. It was raining as we left Macclesfield before dawn, and it kept on raining. Our transport, a Bongo campervan, almost didn't get to Marsden at all. We had to stop on the rainy, dark, hard shoulder of the M60 to pour all the water from our water bottles into the overheating engine. Everyone was commendably resigned (at least outwardly) to losing all their water, missing the race, and spending the day being rescued back to Macclesfield. But the added water did the trick, and the trusty Bongo managed to limp up the motorway, take on more water at a garage, and get us to Marsden with a few minutes to spare for registering and refilling water bottles.

FELL RUNNING

HAPPENINGS ON THE FELS (cont'd)

The start was typical wintry Mardsen at dawn (though to be fair I've only ever been there at dawn in January). Philip Barnes lost his gloves in the press of people, but managed to borrow a pair of thick woolly SuperSoak™ gloves guaranteed to carry his own weight in water. Despite the rain, the 200 or so runners set off in high spirits.

Next stop for me: the road crossing at Crowden, about 10 miles into the race. The Harriers order at rainy Crowden was:

- Mark Messenger/David Lawrance (chatting)
- Graham Brown ('How far ahead are they?' [5 minutes])
- Rachael Lawrance ('Graham is just ahead isn't he?' [Yes, 2 minutes])
- Richard Applewhite ('It's not as bad as I thought')
- Philip Barnes ('Arms feel heavy').



Rachael Lawrance & Margaret Beever
crossing Crowden Brook

The next road crossing at Snake Pass was a seriously different climate from balmy Crowden. Just-above-freezing mist and drizzle, chill-to-the-bone gusts of wind, piles of melting snow, slush puddles, and visibility less than 100 m. Only 5 miles of fell running from Crowden to Snake Pass, but the most difficult section for navigation and the worst possible conditions. Runners emerged from the mists in dribs and drabs. In Crowden the mood had been optimism; at Snake Pass it was grit, determination, and *cold*. Two races were checkpointing at Snake Pass: Trigger (Marsden-to-Edale) going South and 'The Spine' going North. It was Day 1 of The Spine, a 5-day race of the entire Pennine Way including carrying your own bivvy kit, and presumably also bivvying in it. The Spine competitors had a satellite tracker on their shoulder and a hot drink at the checkpoint. The Triggers had a pat on the back and a Haribo. At first a few Triggers mistakenly thought the hot drinks were for them, and the Spine marshalls were concerned for their stock of hot water, but after the main rush the marshalls became more relaxed, and several bedraggled hypothermic Triggers benefited from a bit of respite in the Spine shelter.

The Harriers order at Snake Pass, 15 miles into the race, was:

- Mark Messenger/David Lawrance/Graham Brown (arrived together; stopped to add layers, but too late for Mark who returned 2 minutes after setting off to resign the race and sit in the Bongo)
- Richard Applewhite (Didn't say much and possibly thinking, 'Much, much worse than I thought'. However, he wasn't hypothermic and he carried on)
- Philip Barnes ('I fell into a slush puddle up to here <indicates upper chest>, I'm freezing, and I'm out'. He resigned the race and went off to sit in the Bongo)
-
- <anxiously awaiting Rachael>
-
- Rachael Lawrance emerged from the mist, with Margaret Beever (Perfectly happy, smiling, not at all hypothermic, 'Went a bit wrong, but we're good to go'). So off they went.

I drove down to Edale with Mark and Philip and a couple of others who had dropped out and

FELL RUNNING

HAPPENINGS ON THE FELS (cont'd)

needed a lift (Zoe from Pennine and Tim from Dark Peak). After Snake Pass, conditions in Edale were positively pleasant. We could see the cloud base halfway up the hillside, obscuring the plateau, but down in Edale it was cool and clear. Did I feel guilty as I tucked into delicious cake with hot tea in the cosy snugness of Edale Village Hall, while the runners were battling icy mists on Kinder? No. It is important for road support to be thoroughly thawed after a freezing vigil at a road crossing.

The order of Harriers at the finish was:

- Graham Brown (1st Harrier) – 63rd / 5:42:12
- David Lawrance – 66th / 5:48:23
- Richard Applewhite – 105th / 6:35:57
-
- No sign of Rachael

Edale is lovely in the dusk, but eerily quiet after the crowds have gone . . . Still no sign of Rachael. . . The Curfew tolls the knell of parting day, The lowing herd wind slowly o'er the lea, The ploughman homeward plods his weary way. . .

At last, amid the gathering gloom: Rachael Lawrance emerged, with Margaret Beever (Perfectly Happy, Smiling, Not at all hypothermic, 'Went a bit wrong, but we're good'). And we drove home in thick mist.

There are some great photos of the first part of the race here:

<https://www.flickr.com/photos/mossienetphotography/sets/72157679186395355>

The results are here: <http://www.marsdentoedale.co.uk/Results.htm>

2017 CLUB FELL CHAMPIONSHIP RACES

Mar 5	Cloud Nine	M	On line PE
Mar 26	Edale Skyline	L	Sportident PE
Apr 22	Anniversary Waltz	AM	PE
Apr 23	Mow Cop	M	EOD
Apr 23	Kinder Downfall	M	PE (HS)
May 3	Rainow 5	S	EOD
May 6	Bollington 3 Peaks 9k	S	EOD
May 20	Mount Famine 8k	S	EOD
Jun 3	Wincle Trout 9k	S	On line PE
Jun 7	Boars Head	M	EOD
Jun 11	Passing Cloud	M	EOD
Jun 17	Bosley Fete 7.5k	S	EOD
Jun 24	Whaley Waltz 9.3k	M	EOD/PE GVS
Jun 25	Kinder Trog	L	EOD (HS)
Jun 25	Langley Fete 4.5k	S	EOD
Jul 9	Bollington Nostalgia	M	PE/EOD
Jul ?	Forest 5	S	EOD
Aug 5	Teggs Nose	M	EOD
Sep 17	Stannage Struggle 9.9k	S	EOD
Oct 15	Windgather	L	EOD GVS
Nov 12	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).

FELL RUNNING

HAPPENINGS ON THE FELS (cont'd)

WEDNESDAY NIGHT SUMMER FELL RACE SERIES 2017

Apr 19	Herod Farm 3 MLS
May 3	Rainow 5
May 17	Shining Tor (Goyt Valley series) 7.15 pm 10k
Jun 7	Boars Head
Jun 28	Hope Wakes 9.5k
Jul ?	Forest 5
Aug 2	Cracken Edge (Hayfield series)
Aug 9	Eccles Pike 5.4k

Best 5 races to count

More information on most races can be found on the FRA website
<http://fellrunner.org.uk/races.php>

OBSTACLE COURSE RACING

Obstacle Course Racing (OCR) is one of the fastest growing sports in the world today and the UK can boast to having Jon Albon, the OCR World Champion (2014, 2015 and 2016) and the 2016 Skyline Extreme series winner.

Macc Harrier Shaun Wilde, is a member of Team UK and the BMF (British Military Fitness) Race Team. He competed at the 2015 and 2016 OCR World Championships, and as a 52 year old he ranked 20th overall in the 2016 UK OCR league and 3rd in the over 40's Masters division.

Shaun is keen to promote OCR in the North-West and to integrate local fell race training with the strength demands of OCR, and in doing so would like to highlight to members some local initiatives:



First up is the local Born Survivor race on the 13th May at Capesthorpe Hall. This is the brainchild of an ex-Royal Marine Commando and Falkland's veteran. Taking part in this event will test your personal fitness, courage, determination, team work and camaraderie. The booking details can be found at www.born-survivor.com and use code **HARRIERS** to obtain a discounted entry to the race.

Next up is 5S Fitness, a local strength and conditioning gym which specialises in OCR training on their 5S fitness rig. Shaun will be helping to run a series of OCR technical workshops at 5S Fitness on the following dates: 18th February, 25th March and 15th April (11am to 1pm). You can also obtain a discounted entry to Born Survivor as part Team 5S.



As a member of the BMF Race Team, Shaun also utilises BMF circuit training held at The Carrs Park in Wilmslow which is also available at many parks across the UK. For more details go to

FELL RUNNING

HAPPENINGS ON THE FELLS (cont'd)



www.britmilfit.com and they also have their own OCR Major Series with the next one being held in Leeds on the 18th March. This is an excellent entry level race! You can either join the BMF Manchester team or individually at www.britmilfit.com/major-series/

Finally, we have the running side of OCR and this is very nicely complimented by all the training sessions offered by Macc Harriers. Shaun utilises the track sessions to develop speed; and fell racing for the demanding nature of the OCR trails. He will be leading a series of weekend fell training sessions for any Harriers interested in OCR, fell and trail racing. Details can be found online and the planned dates are the 2nd April, 30th April, and the 28th May.

Wednesday Night Fell Runs

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 01	Trentabank car park. SK11 ONE	St Dunstan, Langley	17:47	Hill reps option
Mar 08	Ship Inn, Wincle. SK11 OQE. Roadside parking.	The Ship Inn, Wincle. SK11 OQE	18:00	
Mar 15	Stanley Arms Wildboardclough SK11 OAR	The Stanley Arms	18:13	
Mar 22	Rose and Crown, Allgreave SK11 OBJ	The Rose and Crown	18:26	
Mar 29	The Roaches, roadside parking GR 004621.	The Lazy Trout, Meerbrook ST13 8SN	19:39	Clocks change
Apr 05	Trentabank car park. SK11 ONE	St Dunstan, Langley	19:52	Hill reps option
Apr 12	Poachers, Bollington	The Poachers, Bollington	20:05	
Apr 19	Herod Farm Fell Race. GR 028934 (4.8k/335m) (alt run: Quarry Car Park, Hayfield)	The George Hotel, Hayfield	20:17	
Apr 26	Stanley Arms Wildboardclough SK11 OAR	The Stanley Arms	20:30	
May 03	Rainow 5 race (BS, 8k/229m, E5 EOD), Rainow Institute, SK10 5XE	The Robin Hood, Rainow. SK10 5XE	20:43	Race starts at 7:30 pm
May 10	Cragg Inn, Wildboardclough	The Cragg Inn, Wildboardclough	20:55	
May 17	Shining Tor race (AS, 10k/311m, E6 PE/E7 EOD, Goyt Valley series). Errwood Sailing Club, SK17 6GJ, GR 017756	The Swan, Kettleshulme	21:06	Race starts at 7:15 pm. 10 min walk to start
May 24	Maytime "Scampero". Orienteering event organised by Brian Jackson.	TBA (see website)	21:17	See Website for details
May 31	Hanging Gate, Higher Sutton. SK11 ONG	The Hanging Gate Inn	21:26	
Jun 07	Boars Head Hill Race (BM, 13k/400m, E4 EOD), Boars Head Hotel, Higher Poynton. SK12 1TE	The Boars Head Hotel	21:34	Race start at 7:30 pm

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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

www.trinityhousepractice.com

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

WEEKLY TRAINING TIMES

Group Name	Group Contacts	Meeting Time/Place	Distance & Pace
A Group	Sarah Harris (07967 388651) sahstaff@aquinas.ac.uk	Thursday evening 6.30 - 8.00pm at the overflow car-park behind the Leisure Centre	7-9 miles at sub 7½ min/mile
B Group	Sarah Harris (07967 388651) sahstaff@aquinas.ac.uk Emma Mason emmamason86@gmail.com	Monday nights 6.30-8.00pm Oct-Mar meet Leisure Centre car park. Monday nights Apr-Sept 6.30-8.00pm meet Tegg's Nose top car park. Thursday evening 6.30 -8.00pm meet at overflow car park behind Leisure Centre	7-9 miles at 7-8 min/ mile
C Group	Rich Pankhurst (07722 687799) richpank@hotmail.co.uk Steve Barker (07770 993124) stephencharlesbarker@yahoo.co.uk Phil Gaskell (07873 763944) pigask@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 Stewart Waudby harriers-dgroup@waudby.me.uk Neil Gunn (07786 855027) neil.gunn@gmail.com	Wednesday and Friday evening 6.30-8.00pm at the overflow car-park behind the Leisure Centre. Saturday morning 9.00 - 10.30am contact Neil for meeting place	4-6 miles at 8-10½ min/mile
E Group	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

TRACK & FIELD

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

Tuesday & Thursday 6.00 – 7.00pm

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

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

Tuesday & Thursday 6.30 – 8.00pm

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

CROSS COUNTRY

Cross country and off road sessions for teenagers

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

Macclesfield Harriers And Athletic Club

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

CLUB OFFICIALS

Club President	Bob Lynch	01625 829229
Chairman	Keith Mulholland	kmulholland64@gmail.com
Vice Chairman	Vacant	
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	Vacant but temporarily Bob Lynch as above	
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	Graham Brown	broon_69@yahoo.co.uk
Road Running Manager	Ray O'Keefe	rayokeefe6@gmail.com
Men's Cross Country Manager	Robert Hasler	rhasler@gmail.com
Junior Cross Country Manager	Robert Hasler	rhasler@gmail.com
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	Gillian Lindsey	publicity@macclesfield-harriers.co.uk
Webmaster	John Bunyan	Contact via website
Catering Representative	Vacant	

WANT TO BECOME A RUNNER?

Macclesfield Harriers & AC is running a sixth C25K course, starting on April 6th.

The course is designed to support individuals to confidently run 5km, starting from absolute beginner, or someone who is returning to running. The 9 guided sessions are structured to include a warm up and the main run/walk and cool down. The session is then repeated as homework twice within the week.

We still have a few places available on the course, so please encourage any friends and family who may want to take up running. Not only will they achieve a 5km run and join the Harriers, but also they will experience the physical, social, psychological and physiological benefits of running.



C25K Course 6

Dates: 6th April – 1st June 2017

Time: 6:45 – 8pm (warm up begins at 7pm)

Location: Athletics Track, Macclesfield Leisure Centre, Priory Lane, SK10 4AF.

Park Run: 10th June

For more information please email:

c25kcourse6@googlemail.com