

# GO!

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DECEMBER 2016



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Our cover photo shows some of the ladies cross country team at a recent  
North Staffs League race

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## Next issue - March 2017

Please submit any articles or photographs to [gomagazine@macclesfield-harriers.co.uk](mailto:gomagazine@macclesfield-harriers.co.uk)  
**by Sunday 5 March 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



Since the last issue of GO! our members have been busier than ever, competing on the track, on the roads, at cross country, and on the fells, whilst others have just enjoyed their running! We've had recent successes on the track, at the NW road relays and the juniors are currently doing very well at cross country. Some individual performances have been mentioned in the various race reports in this issue.



The Harriers is a diverse club and we cater for all ages from 9 years and upwards and for all abilities, from complete beginners to more experienced elite athletes. Our aim is inclusiveness so that everyone can have a go at our great sport.

The most recent Couch to 5k course has just finished with 25 more participants completing the course. They have achieved a great deal, reached their own personal goals and made new friends as well as having fun! They will be made very welcome in 'E' and 'D' groups.

One thing which we could do better though, is volunteering. The club is run entirely by volunteers, no one is paid for what they do for Harriers and there are some volunteers who do much more than anyone knows. All the volunteers would have an easier time if their workload was shared. Can you do something to help? Even if it's something once a month, or at the track during training, or helping in the kitchen at track and field events. These are the sort of things which people don't realise have to be done by someone. Please consider volunteering to help in any way you can. It will be much appreciated and you'll get a feeling of satisfaction knowing you are part of a great team.



Hope everyone has a great Christmas and New Year. Happy festive running and look forward to seeing you in 2017.

**Alison**

Alison Gunn - Editor

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# CROSS COUNTRY



The cross country season is now well underway – with two out of three of the North Staffs League completed and one out of the five Manchester League races. We have also had junior teams representing Macclesfield at National Cross Country relay events at Sheffield and Mansfield. To date we have had over eighty five runners wearing the Harriers' colours and supporting their teams at various cross country events. This has allowed most of our teams to score and rank in each league event.

## Juniors



The juniors have been putting Macclesfield on the map early this season with solid performances at each event. We have had many new runners in the U11s boys and they have been racing hard to secure themselves a 4<sup>th</sup> and 2<sup>nd</sup> position in their first two races. Fabian Thompson won his first race of the season at Park Hall. There is a lot of potential for this squad comprising of *Aadi Whitlock, Callum Wain, Dylan McGrath, Fabian Thompson, Harry Reens, Hayden Blunn, Isaac Stockdale, Philip Goodfellow, Sam Bradley & Will Roberts.*

The U11 girls have successfully won both of their league races! Rebecca Dilworth has led the girls home on two occasions, winning her first event of the season and finishing second in the next. The complete team of runners who have competed so far include *Amelia Wilson, Amelie Harris, Charlotte Moran, Dot Bodimeade, Freya Evans, Lily Davies, Lucy Dykins, Rebecca Dilworth, Ruby Stockdale and Tara Simpson.*



The U13 boys have fielded strong squads in each of their three races – with two 4<sup>th</sup> position finishes in the North Staffs and a 5<sup>th</sup> in the Manchester League. Their squad so far includes *James Doorbar, Thomas Roberts, Oliver Bradley, Sebastian Cook, Oliver Thomason, Alexander Moss & Jake Roberts* – expect more cracking performances from these boys as they progress through the season.



The U13 girls (*Ruby Spencer, Libby Greeney, Eme Noakes, Serena Carroll, Amy Smith and Ellie Stockdale*) have also shown the rest of the North what Macclesfield is

# CROSS COUNTRY

capable of with a 3<sup>rd</sup> and 2<sup>nd</sup> position finish in the North Staffs League and a 5<sup>th</sup> position finish at Wythenshawe.

In the U15s the teams are slightly less represented but by no means are they less intimidating for their competitors!



The boys have stamped their authority this year by winning both the North Staffs races and finishing 2<sup>nd</sup> in the Manchester League. Lucas Parker has led the boy's home each time, winning all his races with Finley Proffitt hot on his heels finishing in the top 5 in all events. Joe Browne & Peter Goodfellow have ensured their team top the tables by both finishing in the top 15 in all three events.



Winning all three of their races are the U15 girls (*Josie Elliot, Lauren Robinson, Sam Kyriacou, Shona Williams, Sian Heslop & Stephanie Moss*). Sian Heslop has won all her races this season with Stephanie Moss finishing third in all of hers, Lauren Robinson has had a great start to her season finishing 4<sup>th</sup> twice and 2<sup>nd</sup> in her last race. These performances have made them the team to beat this year. I am looking forward to see how these girls progress as we move into the championship races.



U17 boys – Matthew Browne and Robert Finnis have been racing very well this season with both runners competing in all three events so far. Sadly they do not have enough runners to qualify for a team in either event, but their excellent performances in the league sets them up excellently for joining a larger senior squad in the future.



## Seniors

Twenty lady harriers have raced this season across the three events (*Alannah Birtwistle, Carol Upton, Daisy Pickles, Den Masset, Emma Beveridge, Emma Mason, Hanny Stockman, Julie Gardner, Kathleen O'Donnell, Katy Barnes, Louisa Whittingham, Lynne Graves, Mel Power, Nicky Tasker, Paula Nimmo, Rachel Gilliland, Rachel Heslop, Sarah Harris, Saranya Hasler & Sian Gulliver*)

Louisa Whittingham has made her senior debut and has ranked highly





## CROSS COUNTRY

in all her three races, leading the Harriers home each time. The rest of the ladies have been battling hard to help their team rank highly in their division. The team have finished 4<sup>th</sup> and 5<sup>th</sup> in the North Staffs league and 14<sup>th</sup> at Wythenshawe.

Twenty two men have raced for the Harriers so far (*Allen Bunyan, Barrie Thomason, Barry Blyth, Carl Hanaghan, Chris Bentley, Chris Goodfellow, David Larkin, Gary Willcock, Ian Geraghty, James Noakes, John Mooney, Keith Mulholland, Mark Messenger, Mark Walker, Mark Wheelton, Nathan Finnis, Richard Brown, Robert Bailey, Robert Hasler, Scott Wilson, Terry Neild, Tim Marsh*)

They have finished third in their first two races in the North Staffs league and 15<sup>th</sup> in the Manchester League. James Noakes has led the men home on two occasions with Mark Walker leading the Harriers home in the last event. Scott Wilson and Carl Hanaghan have both had a flying start this season with great performances from the rest of the team.



All teams include many new runners, runners new to XC or runners who haven't raced cross country for many seasons. These events have been excellent for bringing a team atmosphere to the club with lots of support among the different teams. As always, I'd like to say a big thank you to all the team managers, volunteers and parents who have supported our teams so far.

**Rob Hasler**

### A few photos from the NW Road Relays in October



## CALENDAR OF EVENTS - 2016/2017

DECEMBER			
Sat 3rd	Cross Country: Greater Manchester League Match 3 Manchester, Heaton Park (M25 2SW)	12.00	Inc U11
Sat 3rd	Indoor T&F: Northern Open Meeting 2 Sheffield, English Institute of Sport (S9 5DA)	10.15	U15 – Senior
Sun 4th	Indoor Sportshall: North West League Round 3 Widnes, Kingsway Leisure Centre (WA8 7QH)	12.30	U11/U13/U15
Sat 17th	Cross Country: North Staffs XC League Round 4 Stafford Common (see website)	12.00	All
Sun 18th	Indoor T&F: Manchester Open Meeting 2 Manchester, Sportcity (Etihad Campus) (M11 3FF)		U15 – Senior
JANUARY			
Sat 7th	Cross Country: Cheshire Championships Venue TBC		
Sun 8th	Indoor T&F: Manchester Open Meeting 3 Manchester, Sportcity (Etihad Campus) (M11 3FF)		U15 – Senior
Sat 14th	Cross Country: Greater Manchester League Match 4 Wythenshawe, University Fields/Kenworthy Woods (M33 2JU)	12.00	Inc U11
Sun 22nd	Indoor Sportshall: North West League Final Widnes, Kingsway Leisure Centre (WA8 7QH)	TBA	Qualification Needed
Sat 28th	Cross Country: Northern Championships, Knowsley		
Sun 29th	Indoor T&F: Manchester Open Meeting 4 Manchester, Sportcity (Etihad Campus) (M11 3FF)		U15 – Senior
FEBRUARY			
Sat 11th	Cross Country: Greater Manchester League Match 5 Stockport, Woodbank Park (SK1 4JR)	12.00	Inc U11
Sat 25th	Cross Country: English Championships Nottingham, Wollaton Park (NG8 2AE)		
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 !

# CALENDAR OF EVENTS - 2017

<b>APRIL</b>			
Sat 22nd	T&F: Youth Development League – Lower Age Round 1 Venue TBC	11.30	U13 – U15
<b>MAY</b>			
Sat 6th	T&F: Northern Men's/Ladies League: Round 1 Stretford, Longford Park, Ryebank Road (M21 9TA)(TBC)	11.00	U17 – Senior
Sat 13th and Sun14th	T&F: Cheshire County Championships Venue TBC		U13 upwards
Sat 20th	T&F: Youth Development League – Lower Age Round 2 Venue TBC	11.30	U13 – U15
<b>JUNE</b>			
Sun 4th	T&F: Northern Men's/Ladies League: Round 2 Preston, UCLan Sports Arena (PR2 1SG)(TBC)	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 Venue TBC	11.30	U13 – U15
<b>JULY</b>			
Sun 9th	T&F: Northern Men's/Ladies League: Round 3 Oldham, Radclyffe Sports Centre (OL9 0LS)(TBC)	11.00	U17 – Senior
Sat 15th	T&F: Youth Development League – Lower Age Round 4 Venue TBC	11.30	U13 – U15
<b>AUGUST</b>			
Sat 5th	T&F: Northern Men's/Ladies League: Round 4 Connah's Quay, Deeside College (CH5 4BR)(TBC)	11.00	U17 – Senior

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





# Hydration; it's not just about drinking more water...

*By Judith Cooper, Soft Tissue Therapist at John Honey Physiotherapy*

Whenever we subject our soft tissues to load, we squeeze water out of them. When they relax, that fluid returns to nourish the tissues; rather



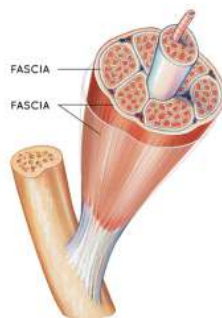
like a sponge which gives up water when squeezed but soaks it up again when released. Our muscles, tendons, ligaments and the fascia which

surrounds them are fluid rich, some more so than others, and this allows them to move freely; to glide over one another and over other structures in our bodies. The fluid that bathes our tissues carries important substances to and from the tissues, enabling the cells therein to function properly and when that fluid becomes stagnant or in short supply there are negative consequences.

By now we are all well aware that it is important to drink a certain amount of water in the day; generally, about 1.2 litres on average but more according to our activity levels and the amount we lose through sweat.

Drinking plenty of fluid is important, but equally important is making sure that the fluid in our body can get to where it needs to go and this is where movement is so important. In places where we have had injury, surgery, bruising etc. there is often a thickening and drying out of the soft tissues, particularly the fascia which surrounds and encompasses our muscles and organs. Unfortunately, the ageing process also contributes to this drying out which means we must be doubly attentive once we are past a certain age (about 35 but we are all different...). Often there is an over production of collagen and a laying down of cross fibres in order to support an area of trauma and unless we continually challenge this stiffening, the thickening and toughening continues, it becomes more difficult for fluid to penetrate the layers and the area becomes a little stagnant and loses its fluidity and "glide". We will experience this as stiffness which, if unchallenged, will get gradually worse. The lack of movement in the fluid in these areas means that toxins build up and irritate the nerve endings and we feel that as discomfort and pain.

The good news is that by learning to really move our bodies through their full range of movement and by having regular bodywork and using things like foam rollers, we can "unstick" the fibrous stiff areas, rehydrate them and help to return them to a more healthy state. Because we all have daily routines, jobs which put us in the same position every day, ingrained movement patterns etc. it is very easy to avoid moving our bodies in different ways, but that is exactly what we need to do; we need to challenge those stuck and dehydrated areas, carefully at first and with guidance if needed, but regularly and determinedly move our bodies fully, Use it or lose it...as they say! Dance is one of the best ways of achieving this and one of the most fun, but there are many other ways such as yoga and pilates. It goes without saying that if you are at all worried about particularly painful areas of your body it is always worth getting checked out by your doctor before you embark on any new kind of exercise, but this is fundamentally about gently working on increasing your range of movement and should not be problematic.



Finally, I would encourage you to watch the following video by one of my personal heroes Tom Myers. He puts it much more eloquently than I can.

<https://www.youtube.com/watch?v=wl1ZVarr1R8>

Do get in touch if you have any comments or questions. [coopej@hotmail.co.uk](mailto:coopej@hotmail.co.uk) or via my facebook page Macclesfield Sport Remedial and Therapeutic Massage.

**Judith**

# TRACK & FIELD

## END OF SEASON *REPORT*

### Cheshire Track and Field League (All Age Groups)

The fourth and final round was at home, so not unsurprisingly many athletes took the opportunity to compete to complete the fixtures for this league.

Fine weather and some excellent performances saw the club take the Men's and Ladies competition...and a superb team effort by the U11s meant that they clinched the top spot in the match and the league!

The final result was:

- Mens score: 272 – 1st
- Ladies score: 277 – 1st
- Overall score: 609 – 1st (includes Officials points)
- Under 11s score: 151 – 1st

A final league table should be available at:

[http://cheshireaa.com/results/TFL/cheshire\\_tf\\_league\\_2016.aspx](http://cheshireaa.com/results/TFL/cheshire_tf_league_2016.aspx)

The outcome meant that the Men finished 4th (same as 2015) and the Ladies maintained their performances by equalling the 2nd place achieved last season. Unfortunately, the combined score resulted in an overall finish position of 3rd. Meanwhile, the U11s had a fantastic season – winning all 4 matches and finishing champions.

All participants over the season are to be congratulated on their performances and contribution to these results.

**So in summary...** the club's results were as follows:

League	2016 Position	2015 Position
Cheshire Track and Field League – Ladies	2nd	2nd
Cheshire Track and Field League – Men	4th	4th
Cheshire Track and Field League – Overall	3rd	2nd
Cheshire Track and Field League – Under 11s	1st	3rd
Youth Development League – Lower	5th (out of 7)	4th (out of 7)
Youth Development League – Upper	League Not Entered	League Not Entered
Northern League	5th (out of 6)	2nd (out of 6)

The bright spot this year was the U11s who managed a first place finish in the Cheshire League for the second time in three seasons – well done to them.

However, the worst finish since the YDL was formed 4 years ago and relegation in the Northern League meant disappointment elsewhere.

I indicated that last year's promotion in the Northern League would prove to be a challenge

# TRACK & FIELD

## END OF SEASON *REPORT (cont'd)*

and indeed it has been with both strong opposition and the lack of athletes willing to step forward (thus meaning some disciplines were not contested) causing the club's downfall.

The three home fixtures were very well supported – thanks to all those who competed at those fixtures and/or helped to ensure that they ran smoothly. There is still a reluctance to travel by some athletes and this continues to stifle the club's ability to progress. If we are to maintain a reasonable presence in these leagues and perform to the level a club our size should, then more athletes need to consider competing away from "home turf".

Can I again thank all the athletes/team managers/parents/officials/supporters and anyone else who has contributed to the club's participation in these leagues over the summer, and implore athletes to compete in some form of competition over the winter months and continue training during this period to maintain fitness. Please consult the fixture list which is updated regularly.

Finally, please consider helping your club. There are many ways you could contribute to the operation and success of the Harriers. Could you:

- assist at coaching sessions – maybe qualify as a coach
- step forward to officiate at meetings – maybe qualify as an official
- possibly be a team manager
- consider helping with the catering provision at home events
- undertake the scoring or at least assist
- collect track fees on training nights
- maintain the fixture list
- provide some specialist knowledge that could help the club
- distribute some copies of the quarterly magazine ..?

All offers of assistance are gratefully received – please let us know how you can help.

**Kevin Ranshaw**

**Photo from the first  
Indoor Sportshall  
competition of the season**



# TRACK & FIELD AWARDS PRESENTATION AT MINI COMPETITION

HELD ON 24th SEPTEMBER, 2016

Award	Places	Recipient
<b>Track and Field (2016)</b>		
U11 Girls (Perpetual Shield)	1 <sup>st</sup> Joint 2 <sup>nd</sup> Joint 2 <sup>nd</sup>	<b>Rebecca Dilworth</b> Freya Evans Lara Maurice
U11 Boys (Perpetual Shield)	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>	<b>Hayden Blunn</b> William Roberts Fabian Thompson
U13 Girls (Perpetual Shield)	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>	<b>Ruby Spencer</b> Serena Panton Keira Barry
U13 Boys (Perpetual Shield)	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>	<b>Louis Townend</b> Thomas Roberts Jake Bradley
U15 Girls (Perpetual Shield)	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>	<b>Josie Elliot</b> Stephanie Moss Sian Heslop
U15 Boys (Perpetual Shield)	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>	<b>Morgan Frith</b> Finley Proffitt Jacob Thompson
U17 Ladies (Perpetual Shield)	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>	<b>Suzannah Musgrave</b> Emily Lowery Holly Malins
U17 Men (Perpetual Shield)	Joint 1 <sup>st</sup> Joint 1 <sup>st</sup> 3 <sup>rd</sup>	<b>Josh Carey</b> <b>Harry Simpson</b> Matthew Browne
U20 Ladies (Perpetual Shield)	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>	<b>Louisa Whittingham</b> Sarah Stockman Hannah Gravett
U20 Men (Perpetual Shield)	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>	No athletes qualified for an award
Senior Ladies (The Richard Sudell Memorial Trophy)	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>	<b>Paula Nimmo</b> Daisy Pickles Clara Boothby
Senior Men (Perpetual Shield)	1 <sup>st</sup> 2 <sup>nd</sup> Joint 3 <sup>rd</sup> Joint 3 <sup>rd</sup>	<b>Simon Sloan</b> Nathan Finnis Calum Murray Scott Wilson
Masters Ladies (Perpetual Shield)	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>	<b>Hanny Stockman</b> Den Masset Anna Carey
Masters Men (Perpetual Shield)	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>	<b>Ashley Pritchard</b> Rod Grant-Smith Chris Edgar
Best Track and Field Performance (The Pigott and Whitfield Cup)	Morgan Frith, Sian Heslop, Stephanie Moss, Harry Simpson, Simon Sloan, Ella Spencer, Sarah Stockman	<b>Stephanie Moss</b> <b>Harry Simpson</b>

# TRACK & FIELD AWARDS PRESENTATION AT MINI COMPETITION

HELD ON 24th SEPTEMBER, 2016

*Some of the winners pictured  
at the presentation  
after the Mini Track & Field Competition*



Steffi Moss & Harry Simpson  
Best Track & Field Performance  
Joint Winners



Rebecca Dilworth, U11 Girls



Josh Carey & Harry Simpson  
Joint 1st, Under 17 Men



Simon Sloan, Senior Men



Hayden Blunn, U11 Boys



Louis Townend, U13 Boys



Paula Nimmo, Senior Ladies

# CHRISTMAS TRAINING ARRANGEMENTS 2016

Please note the following in respect of training at the track over the Christmas holiday period:

- Tuesday 13 December:** Final U11 indoor training for 2016  
**Thursday 15 December:** Final Thursday training night for all age groups  
**Tuesday 20 December:** Final Tuesday training night for all age groups (all at track)

*There will then be a break for the Festive celebrations.*

- Tuesday 27 December:** No training  
**Thursday 29 December:** Training session on the trail at 2pm (tbc)  
**Tuesday 3 January:** Training resumes for all age groups at the track (6.00pm onwards)

Have a great Christmas and I hope that for the 2017 season all:

- **athletes** return refreshed, eager to compete for the club in some way
- **parents/guardians/supporters** consider how they might help the club

Kevin Ranshaw – Track and Field Manager on 01625 616483 or [kevinranshaw@virginmedia.com](mailto:kevinranshaw@virginmedia.com)



## Any budding photographers out there?

Now that GO! is printed in colour we have the ability to publish better photos than in the past.

I'm always looking for photographs of Macc Harriers athletes at local races; cross country, road, fell, and track & field.

If you're attending a race as a runner or supporter please consider taking a few photos. They don't have to be action shots, but they do have to be saved at the highest resolution possible.

Please save them as high resolution jpeg images and send to:  
[gomagazine@macclesfield-harriers.co.uk](mailto:gomagazine@macclesfield-harriers.co.uk)

Thanks, Alison





## C25K COURSE - *September to November 2016*

I've been on a trip down Memory Lane this week. Following my first Congleton Park Run on Saturday 5<sup>th</sup> November, I shall travel to Leeds to join friends for our 30 year student reunion. Online, we have shared photographs of student years and graduation, however I have the honour of being the most recent graduate and I could not be more proud: Thursday 27<sup>th</sup> October, saw myself, my husband Mike, and the other amazing C25K graduates receive our certificates and medals from Bob Lynch.

At the beginning of September, I did not run. I was not a runner. How did I receive an award for running 5K in only 9 weeks? Mike and I tried the C25K app a few years ago but fizzled out by week 4. Life gets in the way, busy people etc. etc. We all know the excuses. So what was different this time around? The C25K group have been unanimous in their feedback. Despite us all starting at different levels we were made to feel valued and welcome. Some members had run previously and were looking for a jump start back into competitive running. Some, like me, had dabbled some years ago and some had never run but we all had the desire to improve our health and well-being and hopefully make friends along the way.

The discipline of attending the sessions each and every Thursday evening was crucial. Not only did this give us a focus, but we ran together, forged new friendships and were fully supported by the leaders and helpers. Their enthusiasm and motivation is infectious. No one ran on their own or ever felt inferior to faster runners. The leaders not only provided structure (I loved my tear off strips for each lap, Wendy and Louise!) and moral support, but would run alongside us, teaching us how to breathe, improve posture and form - you don't get that on an app! If that wasn't enough in itself, we are then invited to join the brilliant E group and we get to do it all again on Saturday mornings, this time as friends.

This really is a life changing/enhancing/transforming process and we the C25Kers would like to thank the Harriers, leadership team and all the helpers for their time and for introducing us to the community of runners. We now understand what the expression "I need to go for a run" truly means.

**Karen Smith**  
**C25k Graduate**



## CHAIRMAN'S REPORT - *December 2016*

The last quarter of the year has been remarkable for Macclesfield Harriers in terms of some fantastic athletic performances. In August, Harry Simpson won the 1500m steeplechase (4:36.4 Club Record and PB) and came second in the 400m (52.55) at the Northern T&F championships. The U11 team followed this by winning the Cheshire T&F League.

In September Daisy Pickles represented Team GB in the World Triathlon Championships in Cozumel, Mexico and finished 25<sup>th</sup> out of 59 athletes enduring difficult conditions during the race, which led to the near collapse of Jonny Brownlee near to the finishing line on the following day. September also saw the start of the road relay season, with the U11 boys and the U15 girls winning the Cheshire competition at the North West Road Relays and also coming second overall.

Sunday 25<sup>th</sup> September saw the 15<sup>th</sup> Macclesfield Half Marathon and 5k with 562 finishers in the half marathon and 221 in the 5k. The races raised £7000 for charity and the increased participation in the 5k (156 finishers in 2015) was notable. The Macc Half committee worked tirelessly to promote the race over the summer and although the numbers in the half marathon have declined the committee should be congratulated on pulling together an event that reaches out into the local community. Also on the same day the U15 girls took matters a stage further by coming second in the Northern Road Relays!

The U15 girls were no doubt boosted by their performance in the Northern Road Relays and travelled to Birmingham for the National Road Relays on 8<sup>th</sup> October. The team of Sian Heslop, Lauren Robinson and Steffi Moss won with a combined time of 42:50, 4 seconds

ahead of their nearest rivals from Blackheath and Bromley. This is the first time ever for a Macclesfield team to win a National Championship!

The Macc Half results also confirmed that Louisa Whittingham had won the Ladies Cheshire Road Race Grand Prix. The first ever winner from Macc Harriers and probably the youngest ever winner as well! A remarkable achievement!

Last weekend was the Great South Run, which has attracted a number of Harriers over the years. This year's Junior Race saw a win for Sian Heslop. Another first for the club!



The cross-country season has already started and the club is having similar success in this discipline. The annual Langley 7 race was a sell-out as usual and another large sum has been raised for the Rossendale Trust.

As this copy of 'GO' should reach you in December, it remains for me to wish everyone a very Happy Christmas and New Year.

**Keith Mulholland**

# CLUB BOXING DAY HANDICAP RUN 2016

The annual club Boxing Day Handicap run is on again in 2016 — this is a great way to work off some of the Christmas Day excess and make space for the Boxing Day treats!

Providing that conditions underfoot are not too icy the course will be the usual hilly 4 mile route (with a minor change using the forest footpath on the other side of the reservoir to avoid the long road section like Langley 7 did), starting close to the St Dunstan Inn in Langley. In the event of icy conditions we will opt for a short off-road route through Macclesfield Forest (so bring some off road shoes just in case) or a 'low level' road route.



**Registration: St Dunstan Inn, Langley from 10:00am**

**Start: 10:30am for runners estimated to finish after 30mins, 10:40am for those estimating to finish sub 30 mins.**

Entry is **FREE** to club members **aged 16** and over. We will be having a collection for **Rossendale Trust** on the day and we do expect non-members to make a donation.

'Prizes' (don't get excited) will be awarded at the St Dunstan Inn afterwards and this year we are asking you to bring your leftovers from Christmas Day to help us put on our own food for everyone coming along. So please bring some nibbles!

We will be using the self-handicapping format as last year:

***You estimate your run time for the course.***

***There is a staggered start from 10:30.***

***The 'winner' is the person who finishes closest to their estimated time.***

**You are NOT allowed to take any watch/timing device on the run – it's not supposed to be easy!**

To give you some hints, the average time for the course last year was 26 to 35 minutes. We will also record the finish positions to cater for those who want to 'race' the course.

**If you can help organise the race, then please get in touch with Neil Gunn ([neil.gunn@gmail.com](mailto:neil.gunn@gmail.com) or 07786 855027) who will be able to give you all the information you need—we will need a bit of help with registration and finish timing and maybe a couple of people out on the course.**

**Neil Gunn**

# Macclesfield Harriers and Athletic Club

## Notice of AGM & Annual Presentations

**Friday, 31st March, 2016 at 7.00pm  
Bollington Arts Centre**

**Food and refreshments will be available**

*Please note this date in your diaries.*

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

**Please support your club!**

### MEMBERSHIP RENEWAL - 2017/2018

Our aim is to have all membership renewals completed by 30<sup>th</sup> April 2017.

- .. The club membership year will remain 1<sup>st</sup> April – 31<sup>st</sup> March (in line with England Athletics)
- .. The renewal process will formally begin on 1<sup>st</sup> March 2017 when reminders and renewal forms will be sent out with the March GO! Magazine and also by email – this will state that club membership is DUE for payment on 1<sup>st</sup> APRIL 2017
- .. Membership can also be renewed any time from 1<sup>st</sup> January 2017 and will still be valid until 31<sup>st</sup> March 2018.
- .. There will be a one month 'grace period' until 30<sup>th</sup> April 2017. From 1<sup>st</sup> 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 1<sup>st</sup> 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](http://www.macclesfield-harriers.co.uk) under the 'Contact' section.



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 BACS (bank details on the renewal form).

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

**Julian Brown (Membership Secretary)**  
**Neil Gunn (Treasurer)**

## Membership Secretary's *Bimblings*

Hi again, and winter seems to be back again, (it doesn't seem 5 minutes since we were sat in the sun after the Gawsorth 10k) - dark cold nights, a bit of rain and snow, time to get the reflective tops, head torches and maybe those off road shoes out from under the bed. But it's not all bad, because it's cross-country time again, and everyone likes a splash about in the mud!!

I'd like to welcome the following new members to the club and wish them all good luck in their athletics.

Lucy	Hammond	U11 Girl
Leila	Windsor	U11 Girl
Siân	Gulliver	Senior Lady
Matthew	Robins	U11 Boy
Angela	Osborne	Senior Lady
Nigel	Sym	Senior Man
Jack	Rankin	U11 Boy
Billy	McCarthy	U13 Boy
Charlie	McCarthy	U15 Boy
Scott	Steedman	U17 Man
Sebastian	Cook	U13 Boy
James	Knockton	U13 Boy
Annabelle	Graham	U13 Girl
Tabby	Webb	U11 Girl
Chris	Goodfellow	Senior Man
Abbie	Humphreys	U11 Girl
Barrie	Thomason	Senior Man
Lisa	Cox	Senior Lady
Joss	Naylor	Senior Man
Kevin	McCloskey	Senior Man
Mairi	McCloskey	Senior Lady
Feona	Magee	Senior Lady

Anna	Hammond	Senior Lady
Catherine	Banks	Senior Lady
Natasha	Aburezeq	Senior Lady
Kelly	Spencer	Senior Lady
Caroline	Waller	Senior Lady
Claire	Toolan	Senior Lady
Monica	Eden	Senior Lady
Alastair	Knockton	Senior Man
Jess	Dudley	U15 Girl
Tom	Hargreaves	U11 Boy
Isaac	Stockdale	U11 Boy
Ruby	Stockdale	U11 Girl
Ellie	Stockdale	U13 Girl
Andy	Dykins	Senior Man
Lindsay	Purdie	Senior Lady
Nigel	Lane	Senior Man
Theresa	Hayton	Senior Lady
David	Hayton	Senior Man
Neil	Pettie	Senior Man
Matthew	Burt	Junior Man
Marcus	Cook	U11 Boy

We currently have about 695 members (367 female, 325 male: 256 junior, 440 senior: age range 9 to 83) which is once again the most we've ever had!, and well in excess of my target number (about 3) to make my job easier! We always have room for a few more though, so if you have any family or friends who might like to give us a try, no matter what their age or ability, encourage them to get involved, or just bring them along.

Congratulations to the new members who completed the latest of the club's 'Couch to 5k' courses, and to all those who helped out: wasn't so bad, was it? and hopefully that will give you inspiration to carry on over winter and aim for a few races in the new year!

## Membership Secretary's *Bimblings* (cont'd)

I'd also like to add my thanks to all who helped out at the club's races over the last few months, there will be reports elsewhere. All our events are I think, well thought of by the runners, and well supported by club members, not to mention the sums we raise for good causes.

At the first few XC races this year we've had some excellent attendances, and some great results, especially amongst our amazing juniors, well done and keep it up ! Races are open to all club members, no age or ability limits, there's no charge to the athlete, and there's usually a car or two going so you can share a lift as well. The courses are likely to get muddier, but mud is good for you – so get those studs and spikes sharpened.

Finally, if you've been to a race or event, as a runner, official, parent, whatever – please, if you can, write a short report (with a few photos if possible) and send it to me or a committee member, we'll see to it that it goes on the website and in the magazine, because we know club members run all over the country, and we don't want anyone's efforts to go un-noticed.

See you out and about!!

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

Tel 01538 306837

E-mail [julian.brown@astrazeneca.com](mailto:julian.brown@astrazeneca.com) or [julianbrown10@hotmail.co.uk](mailto:julianbrown10@hotmail.co.uk)

### **CAFOD FUN RUN at Bollington Tuesday 27th December, 2016**

**Registration from 9.30am, Warm up at 10.45am, Start at 11.00am**

Middlewood Way & Canal Towpath, Bollington

Choose your distance - Full course 4.5 miles, Medium 3 miles, Short 1 mile

**Runners, Joggers, Walkers - All Welcome**

### **FOR CAFOD'S WORK IN THE MIDDLE EAST**

On the day registration and refreshments at St Gregory's Parish Hall, SK10 5JR

Advance registration and details from Chris Pimblott on 01625 266552 or  
[www.tinyurl.com/BollyFunRun](http://www.tinyurl.com/BollyFunRun)



UK Registered Charity Number 285776

**CAFOD**  
Just one world



# ROAD RUNNING

## Foodbank 5K Race Report

It might have been people were on holiday, it might have been the drizzly rain or it might even have been the thought of crossing a river two times but only 6 Harriers made the short trip to Bramhall for the Happy Valley Foodbank 5Kish multi-terrain race.

The male Harriers were led by James Perry (21:43) who celebrated his birthday by placing a very strong 7<sup>th</sup> overall. The second male Harrier was Neil Hey (23:11) who placed 16<sup>th</sup> and was 1<sup>st</sup> V50. The third male Harrier was Neil Murphy (28:54) who was closely followed by Mark Godden (29:09).

For the lady Harriers Helen Gowin (29:55) was first over the line and 22<sup>nd</sup> female overall. Shelly Lee was the second lady Harrier in a time of 39:49. Full results can be found here:

[www.crazylegsevents.co.uk/results/2016/20160810\\_Foodbank2.pdf](http://www.crazylegsevents.co.uk/results/2016/20160810_Foodbank2.pdf)

Well done to everyone for completing this challenging but fun race.

## Birchwood 10K Race Report

The 6<sup>th</sup> race in the Cheshire Road Race Grand Prix was run on Sunday near Warrington and was attended by 11 Macc Harriers. This race also incorporated an informal inter-county match that pitted Cheshire runners with those from North Wales.

For the male Macc Harriers James Noakes (36:06) was first Harrier over the line in 14<sup>th</sup> place overall. James also represented Cheshire in the inter-county match helping the Cheshire team to victory! Chris Bentley (41:54) was the second male Harrier followed by Richard Brown (45:28) as third male Harrier. Keith Mulholland (45:52) was not far behind Richard and Andy Devine (56:24) rounded off the male Harriers completing the race.

For the female Harriers Melanie Power (52:35) was first female Harrier to cross the finish line. Close behind Melanie was Fiona Wilson (52:54) as the second female Harrier and Helen Gowin (53:43) was third female Harrier to finish. The next female Harriers were Dawn Devine (57:48), Rachel Gilliland (59:34) and Shelley Lee (01:14:35). Great running by all! Full results can be found at the link below:

[www.chiptiming.co.uk/events/birchwood-10k-2016/](http://www.chiptiming.co.uk/events/birchwood-10k-2016/)

## Great turnout and success at the 2016 Bollington 10K

Today 30 Macc Harriers made the short trip to Bollington to take on the hills between Bollington and Pott Shrigley followed by a quick dash back along the Middlewood Way to complete this challenging 10K.

Conditions were ideal, if a little humid, for some great performances from Harriers throughout the whole field of runners of which the highlight was Harriers taking 2<sup>nd</sup> and 3<sup>rd</sup> place overall.

The male Harriers performed fabulously being led by Ben Greenwood (38:22) who placed second overall followed closely by Billy Hicks (38:34) who placed third. James Perry (39:47) was third male Harrier over the line in a very respectable 13<sup>th</sup> overall.

The female Harriers were led by Emma Mason (47:45) placing 11<sup>th</sup> female overall. Emma was followed by Alma Gould (50:57) placing 20<sup>th</sup> female and Ann Harris (52:57) with Ann also being the 1<sup>st</sup> F60 runner.

Special mention goes to Colin Ardron (51:29) who on his return to the roads was the 1<sup>st</sup> M70. Great running everyone! Full results can be found here:

[www.ukresults.net/2016/boll10k.html](http://www.ukresults.net/2016/boll10k.html)

## NW Road Relays 2016

It was a very busy weekend for Macc Harrier road runners with the NW Road Relays being held on Saturday Sept 10<sup>th</sup> at Delamere Forest and the local Gawsworth 10K being run on Sunday Sept 11<sup>th</sup>. Both events had great turnouts with some excellent performances by many of the teams and runners.

The NW Road Relays at Delamere Forest were not exactly run on the road but on the trails around Blakemere Moss in the Forest. The U11's ran a 1.6K loop, the other age



# ROAD RUNNING

groups ran a 3.2K loop and the senior women and men ran two 3.2K loops each. Macc Harriers fielded a total of 11 teams which included U11 Boys (3 teams), U13 Boys (1 team), U15 girls (1 team), U15 boys (1 team), senior women (3 teams) and senior men (2 teams). It was the younger runners who showed the older runners a thing or two by putting in some great team performances.

The U11 boys teams (Aadi Whitlock, Bradley Snape, Hayden Blunn), (Philip Goodfellow, Dylan McGrath, Will Roberts) and (Jake Purdie, Ethan Warburton, Harry Reens) placed 2<sup>nd</sup> (1<sup>st</sup> of all Cheshire teams) 5<sup>th</sup> and 10<sup>th</sup> respectively out of 14 teams. The U13 boys team (James Doorbar, Daniel Gaskell, Thomas Roberts) placed 10<sup>th</sup> out of 25 teams and 3<sup>rd</sup> of all Cheshire teams.

The U15 girls team (Si Heslop, Lauren Robinson, Stephanie Moss) placed 2<sup>nd</sup> out of 23 teams and 1<sup>st</sup> of all Cheshire teams.

The U15 boys team (Finley Profit, Peter Goodfellow, Lucas Parker) placed 6<sup>th</sup> out of 22 teams and 3<sup>rd</sup> of all Cheshire teams.

The senior women's teams (Louisa Whittingham, Hanny Stockman, Catharine Crossley), (Kim Eastham, Den Masset, Dawn Devine) and (Julie Smith, Carol Upton, Anna Maddox) placed 43<sup>rd</sup>, 61<sup>st</sup> and 62<sup>nd</sup> respectively out of 66 teams.

The Senior men's teams (James Perry, Fran Pyatt, Ben Greenwood, James Noakes) and (Marc Bradford, Neil Hey, Keith Mulholland, Ray O'Keefe) place 36<sup>th</sup> and 58<sup>th</sup> respectively out of 76 teams and 7<sup>th</sup> and 15<sup>th</sup> of all Cheshire teams. Full results can be found here: [www.race-results.co.uk/results/2016/nwccr16r.php](http://www.race-results.co.uk/results/2016/nwccr16r.php)



## Gawsworth 10K Race Report

Sunday turned out to be a glorious day for running on the roads, paths and fields around Gawsworth in this challenging 10K. The nice weather brought out an impressive 41 Harriers, many whom had competed the previous day at the NW Road Relays, with a number of prizes being won by Harriers. First male Harrier across the line was James Noakes (37:46) to place an excellent 4<sup>th</sup> overall. Second male Harrier was Ben Greenwood (39:22) in a very respectable 8<sup>th</sup> overall. Both James and Ben were still on top form after the NW Road Relays the day before. Third male Harrier over the line was Rob Hasler (41:15) making a return to the roads after not racing since April.

For the female Harriers Louisa Whittingham (43:50) had an excellent race placing 1<sup>st</sup> Harrier and 1<sup>st</sup> female overall even after racing the previous day at the NW Road Relays. Second Harrier was Anne

Farmer (44:51) who was also 2<sup>nd</sup> overall and 1<sup>st</sup> L40. Anne was followed by Alannah Birtwistle (46:42) as third lady Harrier and 4<sup>th</sup> lady overall.

Some other excellent performances to report were 1<sup>st</sup> V50 by Julian Brown (41:25), 1<sup>st</sup> V55 by John Mooney (43:07), 1<sup>st</sup> L50 by Helen Gowin (55:09), 1<sup>st</sup> L65 by Ann Harris (55:20) and 1<sup>st</sup> V75 by Harry Newton (60:39).

Finally, special mention to Neil Hey, Carol Upton and Dawn Devine who also ran both the NW Road Relays and the Gawsworth 10K. The results for the other Harriers and overall results can be found below:

[www.race-results.co.uk/results/2016/gaws1016.pdf](http://www.race-results.co.uk/results/2016/gaws1016.pdf) Pictures from both races

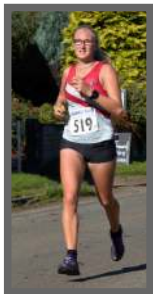
can be found on Bryan Dale's website: [www.racephotos.org.uk/](http://www.racephotos.org.uk/). Overall a great weekend of running by all!



# ROAD RUNNING

## Congleton Half Marathon Race Report

A glorious day greeted runners for two longer road races on Sunday October 2<sup>nd</sup>, the popular Congleton Half Marathon and the Chester Marathon. The Congleton Half was raced along the quiet Cheshire lanes north of Congleton with a sharp “dip” at the beginning and the end dubbed “The Sting in the Tail” whereas the Chester Marathon was raced on the historic city streets of Chester and the surrounding roads. In both races Macc Harriers took on these longer distances turning in some excellent results.



At the Congleton Half 15 Harriers completed the race with some outstanding results in some of the age categories. For the men Billy Hicks (1:24:51) led the Harriers placing 17<sup>th</sup> overall.

Billy was followed by Shaun Wilde (1:27:31)

and Julian Brown (1:27:48) who had battled it out for the M50 prize placing 1<sup>st</sup> and 2<sup>nd</sup> M50 overall.



For the ladies Alannah Birtwistle (1:40:24) was first lady Harrier over the line placing 21<sup>st</sup> lady overall. Joanna Miles (1:46:49) was second lady Harrier followed by Helen Gowin (1:56:56) as third lady Harrier over the line.

Other age category special mentions go to Harry Newton (2:08:12) who was 1<sup>st</sup> M75, Christine Ritchie (2:00:56) who was 2<sup>nd</sup> F60 and Mark Godden (1:46:19) who was 3<sup>rd</sup> M60.

The rest of the Harriers results and the overall results are below: [www.ukresults.net/2016/conghalf.html](http://www.ukresults.net/2016/conghalf.html)

## Chester Marathon Race Report

At the Chester Marathon 4 Harriers completed this challenging distance set around the beautiful city of Chester. James Perry (3:14:23) had an excellent performance knocking 7 minutes off his best marathon time and proving that perseverance and hard training for this distance can pay off. Richard Clegg (3:58:04) was the next Harrier to finish and was able to dip under the 4hr mark. Stuart Waudby (4:10:05) and Catharine Crossley (4:16:55) rounded off the Harriers who finished the marathon and ran a distance that many others would never try or complete.

Full results can be found here: [ale.niftyentries.com/Results/MBNA-Chester-Marathon-2016](http://ale.niftyentries.com/Results/MBNA-Chester-Marathon-2016)

Congratulations to all on a great weekend of running!

## Manchester Half Marathon 2016 Race Report

For the first running of the Manchester Half Marathon, 8500 runners took to the flat streets around Old Trafford for what promised to be a fast 13.1 miles. While the weather was not ideal, with heavy rain coinciding with the start of the race, 7 Macc Harriers battled with the conditions and the course for some fine performances.

Billy Hicks led the male Harriers with a PB of 1:23:15 despite the conditions. Ray O'Keefe was the second male Harrier (1:33:07) followed by Philip Nieman (1:38:16) the third male Harrier over the line. Matthew Wilson (1:59:36) was the next male Harrier followed by Andy Devine, who ran a PB of 2:01:45, beating his PB of just a few weeks ago at the Congleton Half.

Helen Gowin led the female Harriers with a PB of 1:55:10. Dawn Devine was the second female Harrier and also ran a PB with a time of 2:07:09. Full results can be found at the following link:

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[www.stuweb.co.uk/race/19r](http://www.stuweb.co.uk/race/19r) Great running everyone!

## Cheshire County Road Race Grand Prix 2016 Final Results

The 2016 Cheshire County Road Race Grand Prix consisted of 7 races; the Four Villages Half Marathon, Whitely 10K, Mid Cheshire 5K, Hollins Green 5K, Colshaw Hall 10K, Birchwood 10K and the Macclesfield Half Marathon.

The Grand Prix has an overall individual men's and women's competition, an overall men's and women's team competition, and an individual men's and women's handicap competition for each race. Macc Harrier male and female runners performed very well in all three of these competitions.

In the overall Grand Prix men's and women's competition Macc Harrier Louisa Whittingham was Champion woman coming in first overall. For the men Macc Harrier James Noakes was third man overall in the Grand Prix. In the overall team competition The Macc Harrier women placed second overall behind Wilmslow and the Macc Harrier Men came fourth behind South Cheshire, Wilmslow and Vale Royal. Finally throughout the Grand Prix a number of Macc Harriers won handicap prizes, these were Andy Devine, Rachel Gilliland and Clare Finnis.



Congratulations to all the winners and all who contributed to the team competitions. Full results will be available at [cheshireaa.com](http://cheshireaa.com) in the near future.

## Club Road Running Championships

Participation in the club Road Running Championship races to date has continued to be strong. There have been 58 different men and 75 different women competing on the roads. The tables showing the men's and women's points to date can be found under the "Road Running" tab on the Harriers' website. Some highlights from the points table up to the Manchester Half Marathon for the men are Mark Walkers' perfect performance as top Harrier in all eight of the races he has entered. James Perry and Ray O'Keefe are tops in participation each running in 14 races. James Noakes has the lead in the Veterans Men category. For the women there are no clear front runners yet but Louisa Whittingham, Daisy Pickles and Kristy Gill are performing very well on the roads. Dawn Devine is tops in participation running in 16 races with Carol Upton, 14 races, and Helen Gowin, 15 races, close behind.

Looking ahead to next year there are two races that will be in our Club Championships in 2017 that are open for entries but always sell out, so now is the time to register to avoid missing out on these very popular races. The first is the High Legh Robert Moffat Memorial 10K on Sunday March 5<sup>th</sup> and the second is the Wilmslow Half Marathon on Sunday March 17<sup>th</sup>. Entry links are below:

[hlca-lymmrunners.niftyentries.com/Robert-Moffat-Memorial-10K](http://hlca-lymmrunners.niftyentries.com/Robert-Moffat-Memorial-10K)

[www.race-results.co.uk/onlineentries/user/login.php?raceid=2550](http://www.race-results.co.uk/onlineentries/user/login.php?raceid=2550)

At the time of writing the other races in the Club Road Running Championships are still being decided. They will mostly be local races put on by other running clubs, the Cheshire Grand Prix races when announced and races that donate profits to charity. Any suggestions for races are always welcome, just contact the Road Running manager Ray O'Keefe ([rayokeefe6@gmail.com](mailto:rayokeefe6@gmail.com)).

## ROAD RUNNING

### Langley 7 - Saturday 5th November, 2016

A cool but dry day this year! not too bad for running, a bit nippy on the tops perhaps... but the tea was hot!

Thanks once again to EVERYONE who made the race happen... it's great to see so many folk out and about, so in no particular order...

All the Runners, All the Marshals on the course and at the finish, the tea and cake team, and everyone who brought cake, Dunwood First Responders for their support, but fortunately not too busy, Bryan Dale - very busy! no doubt photos will be up on [www.racephotos.org.uk](http://www.racephotos.org.uk) just as soon as he's thawed out, Dangerous Dave Jackson for both getting out on the course at first light to mark it and collect all the markers in, Siobhan and Mel from Trinity House Practice for the pre and post-race massage, Daisy Pickles and Jon Falkner who between them generously sorted out what you got in your goody bag and the spot prizes (and Running Bear for the bags and prizes), Laura Trott for riding our lead bike, Wincle Brewery for the beer, Langley Methodist Church and the folk of Langley for the use of their hall, United Utilities for the use of their lake, Jo Miles, Dave Buxton, Colin Ardron, Bob Lynch and Jon Falkner for all the help in race organisation, the staff and tenants at Rossendale Trust who supported the race, and all of the other people who I've forgotten.

I'll let you know the exact figure later, but

between us all, we've raised **about £3000.00 for Rossendale**, which hopefully will make a big difference to them: More info about them is here...

[www.rossendaletrust.org/](http://www.rossendaletrust.org/)

Wilmslow's Peter Speake ran well once again to win by just over 30 seconds from Altrincham's Michael Berks, with Julian Goodwin of BoAlloy in third just ahead of Scott Wilson, the first of **SIXTY-SEVEN** Macc Harriers home (which must be something of a record perhaps??)



Wilmslow's Diane McVey had a storming run to finish eighth overall, well clear of Kerry Marchant of Moorlands, Lora Blann from Altrincham and Angela Markley, the first lady Harrier home.

Macclesfield managed to hold onto both the ladies' and mens' team prizes once again.

270 runners finished this year, well done everyone for completing a tough race, interestingly only 62 of whom were not veterans, where have all the youngsters gone?

Hope to see you all again next year!!

**Julian Brown**

[julianbrown10@hotmail.co.uk](mailto:julianbrown10@hotmail.co.uk)



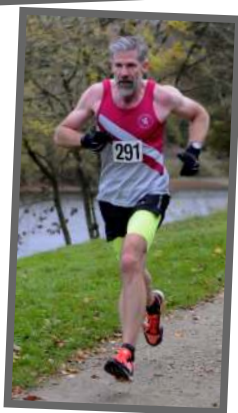
*Just some of the 67 Harriers who ran the Langley 7.*

## ROAD RUNNING



A few more smiling  
runners at the  
Langley 7.

*Thanks to Bryan Dale for  
the photos.*



### Local Races January to March 2017

Race	Location	Date	Entry
Ribble Valley 10K	Clitheroe 10:00am	Dec 27	<a href="http://ribblevalley10k.com">ribblevalley10k.com</a>
Adlington Winter Warmer	Adlington 10:00am	Dec 27	<a href="http://crazylegsevents.co.uk">crazylegsevents.co.uk</a>
Hit the trail	Reddish Vale, Stockport, 11:00am	Jan 8	<a href="http://bookitzone.com">bookitzone.com</a>
Kidsgrove 10K	Kidsgrove 11:00am	Jan 22	<a href="http://bookitzone.com">bookitzone.com</a>
Stockport Trail Half	Marple 9:30am	Feb 26	<a href="http://crazylegsevents.co.uk">crazylegsevents.co.uk</a>
Cheadle 5mile	Cheadle, Staffordshire 10:00am	March 5	<a href="http://bookitzone.com">bookitzone.com</a>
Trafford 10K	Partington	March 5	<a href="http://www.racenumber.co.uk">www.racenumber.co.uk</a>



# MACC HALF MARATHON



## 2016 MACCLESFIELD HALF MARATHON & 5K *Race Report*

The 15<sup>th</sup> Macclesfield Half Marathon and 5<sup>th</sup> 5K races took place in sunshine and showers on Sunday 25<sup>th</sup> September. There were a total of 562 finishers in the Half Marathon and a record 220 finishers in the 5K race as well as over 90 children in the Fun Run.

Despite a few heavy showers there were lots of happy faces on the runners and volunteers alike, as the competitors tackled the hilly half marathon course, the fast and flat 5K or the muddy fun-run. Medals were worn with pride and smiles abounded!

The runners tackling the Half Marathon were helped by pacers who guided the runners to the finish line bang on their target times. There were some new challenge events this year and these attracted teams from Local



Sports Clubs, Schools and Businesses. Special prizes were awarded to teams in each event donated by Macclesfield Harriers and Ronhill.

The winner of the Half Marathon was Steffan Sayer from Menai Track and Field in a time of 1:15:2, with a minute lead over second placed runner Rob Downs from Wilmslow who was the fastest MV50.

The women's race was won by Hayley Ashby in a time of 1:26:35, with a comfortable lead over second placed Katie Latham from South Cheshire Harriers in 1:31:29.



Alexis Dinsmor of Stockport broke the record in the FV65 category, beating the time she set in 2014.

The youngsters dominated the 5K race with Harry Simpson MU17 taking overall victory in the men's race in a time of 17:32 and Lauren McNeil FU17 winning the women's race in 19:08.

In the Half Marathon Fallibroome School won the Schools Challenge, Manchester Korfball the ActiveMacc Challenge and Federal Mogul were winners of the Ronhill Corporate Challenge.

In the 5K Challenge events the winning teams were: Bollington Pre-School, Just Drop-in and Bioscript.

A record 91 youngsters completed the Fun Run enjoying the course which was made a bit muddy by overnight rain and wearing their medals with big smiles.

Special thanks to all the volunteers who give their time to make the race such a grand day out in Macclesfield.

# MACC HALF MARATHON



## 2016 MACCLESFIELD HALF MARATHON & 5K *Race Report*

All the profits from the race are donated to local charities; The Rossendale Trust, East Cheshire Hospice and Space4Autism and this year we are able to give a total of £7,000 in addition to personal sponsorship from runners.

The committee would like to thank main sponsors Jordan Fishwick for their generous support of the Half Marathon, and JJ Cookson for their sponsorship of the 5K. Other sponsors included Federal Mogul, Paul Smith Dental Practice and Active Cheshire. David Rutley MP braved the rain to start the Half Marathon and present prizes. We would also like to thank local businesses who donated prizes and goodies for the runners in 2016; Ronhill, All About Food, Tesco, Running Bear, Forever Living, Domino's Pizza,

Sainsbury, Swizzels Matlow, Everybody Trust and Bollington Print Shop. John Honey Physiotherapy soothed some sore muscles and Bryan Dale captured the smiles!

**Mandy Calvert**  
Race Director



## Macclesfield Half Marathon, 5k & Fun Run - 2016 Accounts

	All events	Estimate Macc Half (note 1)	Estimate 5K
<b>Income</b>			
Entries	£18,355.80	£15,754.72	£2,601.08
Sponsorship	£4,500.00	£3,500.00	£1,000.00
T Shirt Sales (note 2)	£1,580.00	£1,580.00	
Bank Interest	£1.68	£1.68	
<b>Total</b>	<b>£24,437.48</b>	<b>£20,836.40</b>	<b>£3,601.08</b>
<b>Expenses</b>			
Advertising	£624.00	£624.00	
Clerical & race Admin	£11,253.43	£10,383.43	£870.00
Donations	£1,104.00	£1,084.00	£20.00
Prizes, Medals & cups	£3,357.89	£2,792.70	£565.19
T Shirts	£1,152.00	£1,152.00	
<b>Total</b>	<b>£17,491.32</b>	<b>£16,036.13</b>	<b>£1,455.19</b>
<b>Net Profit</b>	<b>£6,946.16</b>	<b>£4,800.27</b>	<b>£2,145.89</b>

MAJOR COST ITEMS	PROVIDER	£
Traffic Management Company	SEP	6404.40
Results service & race nos	Sports Systems Ltd	2415.00
1000 medals/ribbons	Running IMP	1856.70
Leisure Centre track/hall hire & barriers	Everybody Sport & Rec' Ltd	941.70
Prize vouchers	Running Bear	765.00
Posters	Cranmore Instant Print	372.27
5 Tardis; 1 Urinal	Chelford mobile services	420.00
Ambulance/first aid cover	St John	394.56
20 PVC Banners	Spiral	384.00
5k & Macc 1/2 cups and engraving	Olympus Trophies	153.00
Skip Hire		145.00

### Notes

1 Includes Fun run and catering monies taken on the day

2 includes sales on and post race day



**What do you call Santa's little helpers?**  
**Subordinate clauses!**



## CLUB RECORDS - 2016

Once again, some very impressive new Club Records. A number of people have beaten their previous records and two old records have finally been beaten : U17B Pentathlon from 2005 and U13G 75m from 2007. Well done everyone!

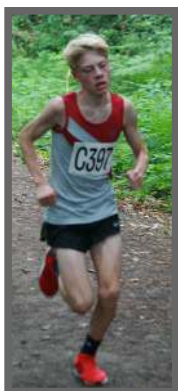
Please continue to let me know if you have a record to claim, please send me an email with the details and provide the evidence.

**Nicky**

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

Discipline	Gender	Distance/Event	Age Group	Name	Record	Date Set
Road	Female	5K	V65	Ann Harris	24-56	Jun-16
Road	Female	10 K (gun)	V65	Ann Harris	52.13	Aug-16
Road	Female	10 K (chip)	V65	Ann Harris	52.07	Aug-16
Road	Male	5 Mile (gun)	V75	Harry Newton	44-37	Jul-16
Road	Male	5 Mile (chip)	V75	Harry Newton	44-08	Jul-16
T&F	Female	75m	U13	Keira Barry	10.1	Jun-16
T&F	Female	400m	U11	Rebecca Dilworth	73.7	Sep-16
T&F	Female	600m	U11	Rebecca Dilworth	1.54.0	Sep-16
T&F	Male	Pole Vault	M50	Rod Grant-Smith	3.30m	Aug-16
T&F	Male	Long Jump	M45	Simon Frith	4.64m	Sep-16
T&F	Male	Pentathlon	U17	Harry Simpson	2629 pts	Sep-16
T&F	Male	600m	U11	Fabian Thompson	1.45.9	Sep-16
T&F	Male	800m	U11	Fabian Thompson	2.29.3	Sep-16
T&F	Male	1500m	M50	Neil Hey	5.22.3	Sep-16

### A few more photos from the NW Road Relays in October



# MACCLESFIELD INDOOR ATHLETICS & MULTI-SPORT FACILITY

## *Edging ever closer*

After significant investment in new and upgraded Sport and Recreation facilities in Crewe and Congleton it appears that Cheshire East Council and Everybody Sport and Recreation are now turning their attention to Macclesfield.

As part of this, Cheshire East have commissioned the management consultancy Knight, Kavanagh & Page (KKP) to carry out an assessment of the need for all indoor and outdoor sports facilities across Cheshire East including Macclesfield. This assessment included contacting local sports clubs such as Macclesfield Harriers to determine their need for indoor facilities and provided Barbara Murray, on behalf of Macclesfield Harriers, with an opportunity to highlight the lack of indoor athletics facilities in Macclesfield and the advantages such a facility would have on the development of athletics in Macclesfield.

At the same time Macclesfield Athletics Development Fund (MADF Registered Charity number: 1041755) has continued its liaison with Cheshire East Councillors and Everybody Sport and Recreation concerning development of indoor athletics and multi-sport facilities in Macclesfield. In these discussions Council members and Everybody Sport and Recreation have recognised:

- That the Macclesfield Leisure Centre site and the athletics track are a key asset for sport and recreation in Cheshire East.
- The added value that a suitable indoor facility would bring to the site and to enhancement of sport and recreation facilities in the Macclesfield area.

They have also been impressed with MADF's preparatory work on the design, specification and costs of a suitable facility and the extent of the funds raised towards the cost of such a facility. The feedback we have received from these meetings and from the interview with KPP gives us renewed confidence that, within the next few months, the need for an indoor athletics and multi-sport facility will be included in the Business Plan for the development of Sport and Recreation facilities at Macclesfield Leisure Centre. This reinforces our view of the need to continue to:

- Refine the requirements for a suitable facility
- Contribute to the Macclesfield Sport and Recreation Business Plan
- Continue to implement and refine the Macclesfield Harriers Development Plan and
- Maintain our fund-raising efforts.

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

**Raph Murray**  
**MADF**



## CROSS DISCIPLINE *Challenge 2016*

It has been great to see so many club members competing in so many different events this year.

The Road, Fell and T&F elements of the 2016 Challenge are now complete but the rest of cross country season up to March is included in the 2016 challenge so you still have time to complete that part of the challenge.

I've already heard from several successful completers, both junior and senior. Congratulations if that is you; you'll receive your awards at the AGM in March. It is really important that if you think you have completed, you email me with the details of the events you have taken part in so that I can make sure you also get the recognition you deserve. If you don't email me then I am afraid that I can't check everyone and you could miss out.

Finally, if you are looking for a target for 2017 then I would recommend you add the cross discipline challenge to your New Year's Resolutions. It is a great way to give your year in athletics an overall focus and to build variety into your race calendar. The details are available on the club website; please let me know if you have any questions.

**Dave Larkin**  
**Davidlarkin20@hotmail.com**



**What athlete is warmest in winter?**  
**A long jumper!**





# FELL RUNNING

## HAPPENINGS ON THE *FELLS*

### **BULLOCK SMITHY A 56 MILE "HIKE" IN THE PEAK DISTRICT.**

Julian Brown won this! Not the best of conditions Julian finished in 10hrs 27min no one else got under 11hrs. This is the 2<sup>nd</sup> time Julian has won this event.

### **MONTA ROSA ITALIAN TRAIL RACE**

Congrats to Mandy Calvert for completing the 3-stage Ultra Tour of Monte Rosa, a 3 day jaunt of 116 km and 8200 m climb and descent, (so even more 'scenery' than the Gritstone Trail!) in a shade over 24 hours. Mandy seems to manage one of these epic races annually.

### **LONGSHAW SHEEP DOG TRIALS 6MS/1000FT**

Just 2 Harriers John Mooney and Barry Blyth finished 53<sup>rd</sup> and 58<sup>th</sup> out of 176. Barry was 1<sup>st</sup> V60.

### **ECCLES PIKE 10<sup>TH</sup> AUG; LAST IN THE CLUB SUMMER SERIES**

A short sharp blast (5.4k/305m) up and down the hill, one of the oldest races in the Calendar, and on a bit of a wet and miserable evening. However this didn't dampen our runners' spirits, as both our ladies and men took the team prizes, the teams being made up of:- Ladies; Alannah Birtwistle, Rachael Lawrance, Julie Gardner (1<sup>st</sup> LV55) and Men; Tom Wild (3<sup>rd</sup> overall), Allen Bunyan (4<sup>th</sup>), Dan Croft (7<sup>th</sup> and 1<sup>st</sup> MV50), Chris Bentley (13<sup>th</sup>).

**Pete Neild and Angela Markley were winners of the Summer Series**

**GRITSTONE GRIND 35 MILES 4<sup>TH</sup> SEP.** Peak District trail race.

From a field of 96 Carl Hanaghan finished 4<sup>th</sup> overall followed by Rob Gittins in 7<sup>th</sup> and

1st V50. Alannah Birtwistle was 20<sup>th</sup> overall and 3<sup>rd</sup> lady. Kath Turner was 4<sup>th</sup> harrier and 1<sup>st</sup> LV 60. Rachael Gilliland, Nicola Cantrell, Kim Eastham and Lynda Cook all went round together finishing in just over 10hrs.

### **STANNAGE STRUGGLE 18<sup>TH</sup> SEP**

11 of us turned out in a large field of 305. Highlights were Hazel Winder coming 1<sup>st</sup> LV 60 and the return of Neil Clark after a recent op.

### **LAKES IN A DAY OCT 7<sup>TH</sup>**

Tom Whittington, Kirsty Jane Birch, Sophie Kirk and Steph Wood completed this. A 50 mile Ultra Run from Caldbeck to Cartmel, via Helvellyn ridge with 4000m ascent. According to Steph an amazing day with spectacular landscape and beautiful weather! Although only a weekend apart, the weather could not have been more different to what Sophie and Steph were to encounter in Loch Lomond at the Fell Champs! Kirsty had successfully completed the **Hardmoors 60** ultra just 2 weeks earlier.

### **CLUB CHAMPS**

With just the Roaches and club Handicap to come Pete Neild and Richard Applewhite are tied on 4583 pts but Pete has a race in hand. Chris Bentley, Dan Croft, John Mooney, David Lawrance, and Mark Messenger can all surpass this score if they do either of the last 2 races (both long). Alannah Birtwistle currently lies 3<sup>rd</sup> overall and is 1<sup>st</sup> lady. Angela Markley with a race in hand can outscore her. Graham Brown's extra mileage and racing this year has resulted in an almost 10% improvement and he will deservedly win the Ken Hall trophy.

## FELL RUNNING

### HAPPENINGS ON THE *FELLS* *cont'd*

#### FRA FELL RELAYS 2016, LUSS, SCOTLAND

I'd like to thank Matt Lewis and in particular Rachael Lawrance for their efforts in helping making it all happen and for Rachael and Den Massett for the article that follows:

To get 3 teams of 6 (along with some supporters) to compete in the British Fell relays at 10 am on a Saturday morning



North of Glasgow is some achievement. More so given the Manchester League cross country and Windgather Fell race organised by our own Julian Brown (with Harrier support) were the same w/e. We may not have been medal contenders but when it came to enthusiasm, commitment and camaraderie we were well up there. Despite strong winds, showers and mist making some of the navigation extremely difficult a good time was had by all, as shown by some of the happy smiling faces of some of the finishers.

Led by twinkle toed Barry, our aching legs were given another good workout with all the dancing at the evening ceilidh, which was quite possibly even more exhausting than the relay itself. An early morning swim in Loch Lomond, by two intrepid team members, was followed by an 8 mile

circuit taking in Ben Lomond, (3000 ft), on the Sunday morning.

We had booked a great bunkhouse on the shores of Loch Lomond early in 2016 so then made sure we filled it! For the second time ever we fielded 2 ladies teams at the British Fell Relays, with one team being a LV50 team so that was a great achievement! For half (I think 6!) It was their first British Fell Relays event so it was great to have their enthusiasm combined with the experience of other runners.

The team was made up of 6 runners, with 2 solo legs and 2 paired legs. The third leg was a "navigation" leg so we didn't know where it would take us before time. Due to the really poor weather all the runners (all teams!) were taking much longer than the organizers expected on their legs so at least everyone got a good amount of time out running, however long their leg was!

The navigational leg was really challenging in such poor visibility...Alannah and I (Rachael) persevered to get all checkpoints despite getting lost and having 3 attempts to find one...although this did mean we were out for 3 and half hours...and ended up finishing to a big cheer...although this was



## FELL RUNNING

### HAPPENINGS ON THE *FELLS cont'd*

due to us being the last pair off the hill so it meant prize giving could happen! We were very relieved to finish and great team/club support made for a great weekend!

Thank you to everyone for really making lots of effort with travelling, racing, supporting, cooking etc. Everyone seems keen to enter more team events in the future! And a quote from one of the team: "Apprehensive, excited, nervous, petrified, challenged, relieved, tired, proud - in that order, sums up my weekend!!"

#### **Team Members:**

Ladies Team: Emma Beveridge, Sophie Kirk & Stephanie Wood, Alannah & Rachael Lawrance, Angela Markley  
Lv50: Kim Eastham, Hazel Winder & Den Masset, Kath Turner & Margaret Huyton, Julie Gardner

Supporter: Gill Lindsay

Men's Team: Neil Clark, Barry Blyth & Graham Brown, Andy Skelhorn & Mark Stanbridge, John Mooney.

#### **Barry Blyth**

### **Club Fell Handicap Race - *Sunday 11th December 2016***

The club Fell Handicap will be held on Sunday 11th December from the St Dunstons Inn, Langley.

Start times will be from 9am for those planning a gentle morning out until 11am for the whippets. Handicaps, start times etc. later. Bribes and excuses to Mr Phil Cheek to give yourself a chance. Open to all, £6 per head (including supporters) to fund soup and sandwich post run.

Full kit, ie. waterproof top and bottoms, hat, gloves, map, compass, whistle and emergency food to be carried or worn.

Tea and coffee available pre-start (pay as you go).

This is also a counter in the club Fell Champs.

Route unchanged from last year – Langley – Macc Forest – Shutlingsloe – Wildboardclough – Cumberland Clough – Cat and Fiddle – Sweetie Tree – Shining Tor – Lamaload – Setter Dog – Tegg's Nose – Langley. Please ask if you've not done the route before or are unsure, as it's about 14 miles and 4000ft of climbing.

Keep an eye on the forum for info about recce runs.

#### **Phil Cheek**



# FELL RUNNING

## HAPPENINGS ON THE *FELLS* *cont'd*

### 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
Dec 07	Trentabank car park. SK11 ONE	St Dunstan, Langley	15:50	Hill reps option
Dec 14	Harrington Arms, Gawsworth. SK11 9RJ	The Harrington Arms, Gawsworth. SK11 9RJ	15:49	
Dec 21	Street Orienteering from the Vale Inn Bollington SK10 5JT courtesy of Andy Skelhorn	The Vale Inn, Bollington	15:52	
Dec 28	Robin Hood, Rainow. SK10 5XE	The Robin Hood, Rainow. SK10 5XE	15:57	
Jan 04	Trentabank car park. SK11 ONE	St Dunstan, Langley	16:04	Hill reps option
Jan 11	Ship Inn, Wincle. SK11 0QE. Roadside parking.	The Ship Inn, Wincle. SK11 0QE	16:14	
Jan 18	Hanging Gate, Higher Sutton. SK11 0NG	The Hanging Gate Inn	16:26	
Jan 25	The Vale Inn, Bollington, SK10 5JT	The Vale Inn, Bollington	16:39	
Feb 01	Trentabank car park. SK11 ONE	St Dunstan, Langley	16:52	Hill reps option
Feb 08	Rose and Crown, Allgreave SK11 0BJ	The Rose and Crown	17:06	
Feb 15	Robin Hood, Rainow. SK10 5XE	The Robin Hood, Rainow. SK10 5XE	17:20	
Feb 22	Poachers, Bollington	The Poachers, Bollington	17:34	
Mar 01	Trentabank car park. SK11 ONE	St Dunstan, Langley	17:47	Hill reps option

**The most amazing sky at track training recently!**

*Thanks to Barbara Murray for the photo*



# SHOCKWAVE THERAPY - *Banish heel pain for good*

Heel pain and pain in the Achilles Tendon can be the curse of many a runner's life. We see many patients at the practice who suffer with persistent symptoms that affect their ability to run. Sometimes the pain is so severe; only a period of rest will allow it to settle. Others may be able to continue running despite their symptoms, however, how far and how fast they run is limited.

Continuing to run when suffering pain around the foot and ankle can also create asymmetry, e.g. a shorter stride length through the affected leg, causing problems elsewhere in the body.



Shockwave Therapy offers new hope in banishing Achilles and heel pain symptoms for good. It is now recognised as the most effective non-invasive treatment for tendon and fascial disorders and is proven to have an 80% success rate for treating Achilles and heel pain. We are pleased to announce Shockwave therapy is now delivered as a treatment to our patients at John Honey Physiotherapy.

## **What is Shockwave Therapy?**

Shockwave is acoustic energy (sound waves) applied to the surface of the skin through a probe. Delivered under pressure, these energy waves spread outwards being absorbed into the soft tissues. This process is believed to increase blood flow and helps to “kick start” the healing process. Specifically, the energy promotes regeneration and a repair process in the tendons and other soft tissues.

## **The Treatment**

Shockwave Therapy is most effective for treating symptoms that are classed as sub-

acute or chronic i.e. lasting for more than 2-3 months. However, it can be used successfully on patients, who, over a period of months or years, have been suffering with intermittent flare-ups of their pain that only last for a matter of weeks.

The treatment usually takes approximately 15 minutes and is performed once a week for 4 weeks. As Shockwave 'kick starts' the healing process, it can take up to 12 weeks after

commencing the treatment before the full benefit is felt. Recent evidence has shown the most positive outcomes from Shockwave Therapy are achieved when it has been delivered in conjunction with an exercise programme that includes regular stretching and specific tendon strengthening exercises.

If Achilles or heel pain is a new injury i.e. something you've only started experiencing in the past 6 weeks, the symptoms can still be treated with other physiotherapy techniques, regular stretching, rest, ice massage and a review of your running footwear.

## **Continuing Running**

Whilst receiving shockwave treatment, patients are still able to continue running at a lower level. We advise a period of relative rest for 24-hours following treatment and avoiding running longer distances and sprinting for the initial 12 weeks.

## **Treating Other Conditions**

As well as Shockwave Therapy being used

## SHOCKWAVE THERAPY - *Banish heel pain for good (cont'd)*

as a treatment for Achilles and heel pain, it is also effective for treating the following conditions:

- Patella Tendinopathy (knee)
- Hip bursitis
- Tennis & Golfers elbow
- Calcific Tendinitis (shoulder)
- Rotator Cuff Tendinopathies (shoulder)

Our Physiotherapists have received training based on recent evaluation of the treatment carried out at The Royal Orthopaedic Hospital in Birmingham.

Treatment such as this is not widely available due to the cost of the machines and specialised training to ensure our physios are fully competent in its operation.

If you would like to book in for an assessment for Shockwave Therapy, call John Honey Physiotherapy on 01625 500777. Alternatively, you can discuss treatment with me at the athletics track on the first Tuesday of each month.

**Ross Whiteside**

## My World Triathlon Championship Experience *by Daisy Pickles*

For those of you who don't know me, I joined the Macclesfield Harriers back in 2012. Since joining I've pretty much competed in every discipline there is and numerous events from 100m on the track to the Manchester Marathon. Fast forward to September 2016 and there I am, on the start line for the Cozumel ITU Age group World Triathlon Championships.

To give you a bit of background, following a collection of pesky running injuries in 2014, I added some cross training to my routine and gave my first pool triathlon a go. Having caught the 'tri bug', I got a wetsuit and gave my first open water tri a go at Salford 2015. I placed 4<sup>th</sup> overall and it was after this race that I discovered the team GB age group teams. Anyone can have a go at qualifying for the age group team by competing in 1 of 3 races and there are rules set out on eligibility to qualify based on your finishing position and time within your category.

I had no expectation I'd be able to qualify, however I bookmarked a couple of nearby qualifiers anyway and thought I'd give it a go. Much to my amazement, my race at Llandudno in June went to plan and it was there I booked myself a seat on the plane to Mexico to compete in the World Champs.



So back to race day. An unfortunate start to the morning with a bike mechanical - a dreaded puncture and the wrong tools to fix it. Luckily I'm helped by a fellow team GB member and my bike is ready for racking with a second to spare. Stress levels now well and truly at an all-time high, the race starts at 6:45am with different age groups going off in 5 minute waves. I'm off at 7:55 so there's just enough time to get my race head back on!



## My World Triathlon Championship Experience *by Daisy Pickles*



Conditions were like nothing I've ever experienced – cue one of the most talked about triathlon races of all time with Alistair Brownlee helping his brother to the line. That race was just 3 days after on the same course so you can imagine what it was like, 33C and 90% humidity, just unbearable! I had a week to acclimatise and yet somehow it felt hotter than any other day.

All athletes gather in the holding pen before the start so I had a chance to suss out the other F25-29 competitors - a fierce looking group of athletes who all immediately 'looked faster than me!' Following this, it's off to line up along the pontoon, the horn sounds and we're off! The swim is definitely my weakest discipline of the 3 so I tried my best to keep up with the pack for the 750m course. The water was warm and not in the least bit refreshing (imagine swimming in a warm bath!). I eventually exit the water with a couple of competitors and the transition area is about 400m away.

The next leg is the cycle and it is a draft legal course so riding with a group provides the best benefit. I was initially on my own but managed to catch up to a group of riders to draft with and we soon started to pass others. The course was flat and definitely fast, clocking a 22.7mph average for the 20km route.

Once off the bike, it was on to the final leg – the run! Usually 'Only 5km' but in the heat it felt so much longer. I got to the first aid station, took on as much water as physically possible and immediately felt sick. Oh no – I'm only a km down, this is surely a disaster? The only way to describe the run was imagine just 'surviving'. Trying to race, urging myself to run faster but the heat was exhausting and dehydration had set in. There were aid stations every kilometre so I'd grab two packets of ice water, one for hydration and one to cool down!



Eventually the blue carpet was in sight and what felt like the longest 5km of my life had come to an end. I crossed the line, overwhelmed with happiness to finish and no clue how I'd got on other than I wasn't last!

The heat had affected a few athletes so there was a medical tent and a few welcome ice baths to cool down!

The final results came in and I finished 25<sup>th</sup> out of 63. By far the toughest race of my life, so I was (and still am!) over the moon to have placed so far up the field. Definitely an experience I'll never forget.

**Daisy Pickles**



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Rebecca Salt

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& Mel Power

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**Osteopath** – Dr Andreas Alexander

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**Counsellor & Reiki Practitioner** – Sandra Marston

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**Reflexology** – Helen Wilkinson

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

---

**Shiatsu** – Virginie Adamski

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**Yoga** – Dee Blow

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**The Alexander Technique**

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**Pilates Instructor** – Mark Leah

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**Sport Psychologist** – Roger Kirby

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**Acupuncture** – Dr Greg Carter

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

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

## WEEKLY TRAINING TIMES

Group Name	Group Contacts	Meeting Time/Place	Distance & Pace
<b>A Group</b>	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>B Group</b>	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
<b>C Group</b>	Rich Pankhurst (07722 687799) richpank@hotmail.co.uk Steve Barker (07770 993124) stephencharlesbarker@yahoo.co.uk Phil Gaskell (07873 763944) pjgask@aol.co.uk	Monday and Thursday evening 6.30-8.00pm at the overflow car-park behind the Leisure Centre	5-7 miles at 7½-9 min/ mile
<b>D Group</b>	Bob & Pauline Lynch (01625 829229) pauline_lynch@hotmail.com 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
<b>E Group</b>	Wendy Boardman (07879 477627) or Jenny Airey (07969 741139)	Saturday 9.00-10.30am Various locations - (check with Wendy)	4-5 miles supporting members to increase their pace and distance to prepare them for longer distance runs

### FELL RUNNING

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

### TRACK & FIELD

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

Tuesday & Thursday 6.00 – 7.00pm

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

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

Tuesday & Thursday 6.30 – 8.00pm

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

### CROSS COUNTRY

Cross country and off road sessions for teenagers

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

# Macclesfield Harriers And Athletic Club

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

## CLUB OFFICIALS

Club President	Bob Lynch	01625 829229
Chairman	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	Brian Macfadyen	brianmacfad@gmail.com
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	Vacant	
Webmaster	John Bunyan	Contact via website
Catering Representative	Vacant	

# RUNNING BEAR



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