

# GO!

NUMBER 137

DECEMBER 2017



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Our cover photo shows ...

From left to right; Harry Bachofner, Jake Purdie and Hannah Peachey at recent cross country races

*Many thanks to Bryan Dale ([www.racephotos.org.uk](http://www.racephotos.org.uk)) for the cover photos  
Printed by Bollington Print Shop, The Old Stables, Queen Street, Bollington*

## Magazine Issue

This is the final issue of GO!

In the future all information about club activities, races, results and articles will be published on the club's website **[www.macclesfield-harriers.co.uk](http://www.macclesfield-harriers.co.uk)** and on the club's Facebook page and Twitter feed.

# *Starting Lines*



After 7 years of editing GO! it's time for me to say thanks and au revoir! It's not 'goodbye' as your articles and information will be published elsewhere by the club. A lot of the information you read in GO! has already been out on social media for weeks by the time each magazine is printed and distributed and this is why the committee felt that the magazine format was out of date.



The club is in the process of planning a new improved website and a communications strategy which will aim to get information to you in a better way. This doesn't mean that you will lose the interesting articles which we publish in GO! as they will still be available for everyone to read on the club's website. As things progress we will keep everyone informed of what's going on.

It has been my pleasure to edit the magazine for the past 7 years and in doing so, I've got to know many of you and found out a lot about the workings of the club. Thanks to all of you who've contributed with articles, information and photos over the years. We couldn't have done it without you! Also a big thank you to everyone who has helped with distribution, labelling and posting. Many members don't realise the difference you've all made!

I hope you all have a happy festive season and best wishes for the coming year. Good luck in all your races and events in 2018 and please get out and enjoy representing and supporting the club.

**Alison**

Alison Gunn - Editor

Tel : 01625 611802

Email : [gomagazine@macclesfield-harriers.co.uk](mailto:gomagazine@macclesfield-harriers.co.uk)

# TRACK & FIELD

## TRACK and FIELD... *end of season report*

### **Northern League (U17 – Seniors)**

The final round for this league was held at Crewe in early August, but the results were not available to include in the previous report...

Owing to summer holidays and other commitments, a very small number of athletes travelled to represent the club in this last round.

Nonetheless, they battled hard and finished 6th in the match.

Perhaps not surprisingly as they were at home, Crewe managed to take 2nd place and in doing so overtook us in the final league positions. Accordingly, we ended the season 4th in the table.

Deeside topped the division with Kendal AC a solid second – well done to both teams on their promotion.

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

The last round was at Ellesmere Port where a good number of athletes provided a fine finish to this league for 2017. Some great performances (8 graded marks were recorded) saw the outcome as follows...

- Mens score: 228 – 2nd
- Ladies score: 202 – 3rd
- Overall score: 430 – 2nd
- Under 11s score: 123 – 2nd

A final league table should be available at:

[http://www.cheshireaa.com/Results/TFL/cheshire\\_tf\\_league\\_2017.aspx](http://www.cheshireaa.com/Results/TFL/cheshire_tf_league_2017.aspx)

The result meant that the Men finished 3rd (an improvement on 2016) with the Ladies 5th (sadly down on last year's 2nd place). The combined score resulted in an overall finish position of 4th.

Meanwhile, the U11s could not repeat the achievements of recent seasons with the final league placing being 7th – unfortunately the worst outcome since records have been kept. This seems to be a strengthening of the opposition rather than any decline in our own performance. Crewe and West Cheshire have always been the teams to watch, but now others – notably Stockport Harriers and Salford Mets – must also be considered.

All participants during 2017 are to be congratulated on their performances and contribution to these results.

### **So in summary...**

The club's results for the season were as follows:

## TRACK & FIELD

### TRACK and FIELD... *end of season report (cont'd)*

League	2017 Position	2016 Position
Cheshire Track and Field League – Ladies	5th	2nd
Cheshire Track and Field League – Men	3rd	4th
Cheshire Track and Field League – Overall	4th	3rd
Cheshire Track and Field League – Under 11s	7th	1st
Youth Development League – Lower	5th (out of 7)	5th (out of 7)
Youth Development League – Upper	League Not Entered	League Not Entered
Northern League	4th (out of 8)	5th (out of 6)

Over the season there were some fine individual performances, but sadly it wasn't our best year in the **Cheshire League**. Whilst in the **Northern League**, our final placing was reasonable although our downfall over the season has been the lack of athletes, most notably in the last round. In the **YDL**, we equalled our worst finish since the league was formed 5 years ago (although for most of the season it looked as if we would be relegated, so perhaps to have stayed in the division is a positive).

Hopefully, next season will prove to be a more successful campaign...

The club can only function with volunteer help – the more the better – so over the winter please think about how you can help the club progress in 2018 and beyond.

Finally, as you may be aware, I stood down as Track and Field Manager at the end of the season. Thanks to all – past and present – who have helped me whilst in the role and assisted the club progress in T&F athletics since the track was opened in 1999.

I'm sure that with your help the club will continue to move forward.

**Kevin Ranshaw**



# TRACK & FIELD AWARDS PRESENTATION AT MINI COMPETITION

*HELD ON 16th SEPTEMBER, 2017*

Award	Places	Recipient
<b>Track and Field (2017)</b>		
U11 Girls (Perpetual Shield)	<b>1<sup>st</sup></b> <b>2<sup>nd</sup></b> Joint 3 <sup>rd</sup> Joint 3 <sup>rd</sup> Joint 3 <sup>rd</sup>	<b>Lola Whitlock</b> Tabby Webb Tilly Birks Poppy Fletcher Sophia Orphanides
U11 Boys (Perpetual Shield)	<b>1<sup>st</sup></b> <b>2<sup>nd</sup></b> 3 <sup>rd</sup>	<b>William Roberts</b> Charlie Orphanides Dylan McGrath
U13 Girls (Perpetual Shield)	<b>1<sup>st</sup></b> <b>2<sup>nd</sup></b> 3 <sup>rd</sup>	<b>Lily Dutton</b> Rebecca Dilworth Sophie Fletcher
U13 Boys (Perpetual Shield)	<b>1<sup>st</sup></b> <b>2<sup>nd</sup></b> 3 <sup>rd</sup>	<b>Hayden Blunn</b> Aadi Whitlock Callum Wain
U15 Girls (Perpetual Shield)	<b>1<sup>st</sup></b> <b>2<sup>nd</sup></b> 3 <sup>rd</sup>	<b>Ruby Spencer</b> Sian Heslop Lucy Robinson
U15 Boys (Perpetual Shield)	<b>1<sup>st</sup></b> <b>2<sup>nd</sup></b> 3 <sup>rd</sup>	<b>Jacob Thompson</b> Cameron Dow Finley Proffitt
U17 Ladies (Perpetual Shield)	<b>1<sup>st</sup></b> <b>2<sup>nd</sup></b> 3 <sup>rd</sup>	<b>Josie Elliot</b> Sam Kyriacou Eve Cobey
U17 Men (Perpetual Shield)	<b>1<sup>st</sup></b> <b>2<sup>nd</sup></b> 3 <sup>rd</sup>	<b>Matthew Browne</b> Josh Carey Peter Goodfellow
U20 Ladies (Perpetual Shield)	<b>1<sup>st</sup></b> <b>2<sup>nd</sup></b> 3 <sup>rd</sup>	<b>Sarah Stockman</b> Ella Spencer Louisa Whittingham
U20 Men (Perpetual Shield)	<b>Joint 1<sup>st</sup></b> <b>Joint 1<sup>st</sup></b> 3 <sup>rd</sup>	<b>Robert Finnis</b> <b>Harry Simpson</b> Oliver Andrews
Senior Ladies (The Richard Sudell Memorial Trophy)	<b>1<sup>st</sup></b> Only 1 eligible athlete	<b>Charlotte Bird</b>
Senior Men (Perpetual Shield)	<b>1<sup>st</sup></b> Only 1 eligible athlete	<b>Simon Sloan</b>
Masters Ladies (Perpetual Shield)	<b>1<sup>st</sup></b> <b>2<sup>nd</sup></b> 3 <sup>rd</sup>	<b>Hanny Stockman</b> Hilary West Anna Carey
Masters Men (Perpetual Shield)	<b>1<sup>st</sup></b> Joint 2 <sup>nd</sup> Joint 2 <sup>nd</sup>	<b>Ashley Pritchard</b> Ray O'Keefe Mark Wheelton
Best Track and Field Performance (The Piggott and Whitfield Ltd Cup)	Robert Finnis, Sian Heslop, Emily Lowery, Ashley Pritchard, Finley Proffitt, Harry Simpson, Ella Spencer, Sarah Stockman, Jacob Thompson, Hilary West, Louisa Whittingham	<b>Sian Heslop</b> <b>Jacob Thompson</b>

# IMPORTANT - YOU NEED TO ACT ON THIS

## New Club Bank Account for Membership Renewals from 1/1/18

If you have a direct debit set up to pay your membership fee (or pay by BACS) you need to make an important change so that your payment goes to the correct bank account.

Please can you delete any reference to the old bank account (account ending 4021) as that has now been closed due to problems with fraudulent withdrawals. Any payments to that account will be rejected.

**The correct account number to use for membership payments is:-**

**Bank: RBS Macclesfield**

**Sort Code 16-24-32**

**Account Number 11038454**

This new account is set up to prevent fraudulent withdrawals.

Please make sure that any payments to the club (eg. membership renewal) use this new account and **always use your name and post-code as the reference** so that we know who the money is from.

The paper membership forms in the clubhouse and the online membership form now reference the new account number.

Thanks.

**Neil Gunn**  
**Club Treasurer**



## Track Fees from April 2018

The committee has now approved the change to include track fees in the annual membership fee. This has been done to eliminate the huge task of collecting, counting, banking & reporting track fees twice/week.

The membership options will therefore be:



1. JUNIOR aged Under 11 = **£86** (£16 club membership plus £70 annual track fee)
2. JUNIOR age U13-U21 = **£101** (£16 club membership plus £15 EA fee plus £70 annual track fee)
3. Non-Competing SENIOR/Social = **£16**
4. Competing SENIOR with track training = **£81** (£16 club membership plus £15 EA fee plus £50 annual track fee)
5. Competing Senior with no track training = **£31** (£16 club membership plus £15 EA fee)
6. Volunteer Member = **£0** (only for club volunteers/coaches who do not train or compete – must be approved by committee)

For new members joining after 1<sup>st</sup> October 2018 there will be a reduced track fee element as shown below:-

Track fee Juniors (Tue/Thu)	<b>£35</b>
Track fee Seniors (Tue)	<b>£25</b>

*\*Any seniors training on Tues and Thurs will pay the junior rate.*

**Keith Mulholland**  
**Chairman**





## Club Membership 2018/2019

Our aim is to have all membership renewals completed by 30<sup>th</sup> April 2018.

- “ 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 2018 when reminders will be sent out by email and via the website & club Facebook page – this will state that club membership is DUE for payment on 1<sup>st</sup> APRIL 2018
- “ Membership can also be renewed any time from 1<sup>st</sup> January 2018 and will still be valid until 31<sup>st</sup> March 2019.
- “ There will be a one month 'grace period' until 30<sup>th</sup> April 2018. From 1<sup>st</sup> May 2018 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
- “ Team managers and Running Group Leaders will encourage prompt renewal
- “ Any member wishing to renew after 1<sup>st</sup> May 2018 will effectively be joining as a 'new member'
- “ The 'online' membership 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 following membership fees apply:

1. JUNIOR aged Under 11 = **£86** (£16 club membership plus £70 annual track fee)
2. JUNIOR age U13-U21 = **£101** (£16 club membership plus £15 EA fee plus £70 annual track fee)
3. Non-Competing SENIOR/Social = **£16**
4. Competing SENIOR with track training = **£81** (£16 club membership plus £15 EA fee plus £50 annual track fee)
5. Competing Senior with no track training = **£31** (£16 club membership plus £15 EA fee)
6. Volunteer Member = **£0** (only for club volunteers/coaches who do not train or compete – approved by committee)

Membership fees can be paid by BACS (bank details on the renewal form) or by cheque. BACS is the preferred method of payment but **PLEASE ENSURE THAT YOU HAVE THE CORRECT BANK DETAILS** (it has changed from last year)

The details are: **SORT CODE 16-24-32**  
**Account number 11038454**

These fees have been agreed by the Club Committee but are subject to final confirmation at the AGM on March 16th 2018

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



## Behind the Scenes at the Macclesfield Half Marathon – *Mandy Calvert*

2017 was the year that the Macclesfield Half Marathon and 5K got its buzz back! We raised over £10,000 for our charities, over 1200 people entered the three races, over 150 volunteers helped make it happen and there was a record amount of support from the local community including local businesses, schools and charities.



Macclesfield Harriers you did a fantastic job at making Sunday 24<sup>th</sup> September 2017 a day to remember.

You can read the race report on the website, but I thought I would share a little of what goes on to make an event like this happen. Being Race Director requires a bit of multi-tasking, but the most important thing is the teamwork, new ideas and enthusiasm that everyone brings.

My first job for the 2017 event was to be a head-hunter. We needed many new committee members and getting an enthusiastic team together was my first priority. Everyone has busy lives and so the key was to make sure that no job was too big and stressful. When we had our first meeting in January we had to refill the teapot many times and we ran out of chairs! There was a real buzz of enthusiasm, energy and new ideas. We were on our way.

Finances are always a worry and Dave had taken over the accounts. We need more runners and more sponsorship was the simple message! Steph got to work on her network taking a new approach to raising sponsorship and lots of local businesses pledged some money and Dave promptly sent them an invoice! Employers were approached and new supporters signed up.

Attracting runners was the job of the publicity and marketing team. Carl led them until he moved to the Lakes in July when Matt, Richard and Susanne took over. Having somebody who really knew about social media was brilliant. Our posts were reaching thousands of people in cyberspace and you were never far from a green banner in Macclesfield.

We had launched the community challenge events in 2016 and knew we had the start of something good (Wilmslow have copied our idea for their event in 2018!) Dave, Den and John got to work and simplified the event and then started recruiting runners. It was slow to start, but the 5K was attracting lots of new runners and teams. Yes, we had filled the 5K by the time on-line entries closed. Over half the entries were community challenge teams. The new



entries system was so easy to use that we casually added the Fun Run, not expecting anyone to use it. Well that filled up too! We had over 100 kids on the start line.

As a fell-runner, I don't really do "goody bags" but I realise they are very important for road runners especially if it is your first race. Well this year we were almost embarrassed by the riches; a lovely canvas bag, water-bottle, chocolate, porridge, malt loaf and beer!! And that didn't include the water and bananas at the finish. The support of two top local breweries must be a first!

Safety is a big issue for any race. We manage this through adopting a thorough approach to risk management, working with professional contractors including traffic management and St Johns and having our own army of volunteer marshals around the course. Recruiting 100 or so volunteers and briefing them on what to do on the day is no easy task. We use a system of sectors first developed by Dave Jackson many years ago. With some experienced sector marshals, Ray volunteered to take on the coordination of this mammoth task. The team kept the runners safe around the course and encouraged them along the route. I do believe we have the best marshals and it gives our race a very special atmosphere.



On the day, despite all the planning, there are always a few things that are unexpected. We were surprised how hard the young 5K runners pushed themselves, there was a bit of cleaning of the track to do! There were a few idiots on the road, but everyone remained safe. The first set of results for the 5K were incorrect but all

was soon sorted out! The backmarkers in the Half were very slow. But, number collection worked well and most people even collected their T-Shirts, everyone got safely parked, everyone got a finish time, medal and a goody bag, even the Mayor was recruited to help and she loved it.



As well as involving the local community, organising a brilliant race and being financially secure, we aim to maximise the amount of money that we raise for charity. In 2017, we developed a close working relationship with our partner charities; East Cheshire Hospice, the Rossendale Trust and Just Drop-In. We were very proud to present them each with a cheque for £3,400 from the race. In addition, they themselves have raised over £5,000.

New ideas are the lifeblood of any event and it was with great pride and pleasure that we had our first presentation evening on Monday 6<sup>th</sup> November in Red Willow Bar, who kindly opened especially for us. We presented the cheques, had a beer or two, had a chance to thank our sponsors and supporters and started talking about what we will do even better in 2018!

2018 Macclesfield Half Marathon, 5K and fun Run will take place on Sunday 23<sup>rd</sup> September 2018. Hold the date in your diaries now!

If you want to run, then please think about getting a team together from your school or work.

If you want to be part of the winning team then please send me a message.  
[macchalfmarathon@gmail.com](mailto:macchalfmarathon@gmail.com)

## CHAIRMAN'S REPORT - *December 2017*

As the year draws to a close, we can look back on a highly successful Macclesfield Half Marathon, 5k and Fun Run. The 24<sup>th</sup> September saw a record 1000 runners take part in the three events raising £10,300 for East Cheshire Hospice, Rossendale Trust and Just Drop in. Many thanks to the organising committee and everyone who volunteered on the day.

Looking towards next year, we will have a major change in the way we collect the track fees, with annual payments replacing the current pay as you go system. We also still need a Track and Field Manager with Kevin Ranshaw stepping down after many years of service.

In addition please remember to change the bank account details if you pay membership using the BACS system (we have had to set up a new paying in account to avoid fraudulent activity). See full details on page 8.

The club continues to reach out into the community with our 7<sup>th</sup> C25K course finishing in early November. Congratulations to all the graduates and I hope that you all enjoy running with the club for many years to come.

It looks like 2018 should see the start of parkrun Macclesfield, which club members will no doubt support. It will be fantastic to have this weekly event on our doorstep.

Progress has also been made on the proposed Indoor Training Centre at the track and details about this should be available soon.

Finally, many thanks to Alison Gunn for all her work over the last few years on 'GO'. I have always enjoyed reading this magazine, but the advent of Social Media has changed things and the club needs to look to the future.

**Keith Mulholland**



# Macclesfield Harriers and Athletic Club

## Notice of AGM & Annual Presentations

**Friday, 16th March, 2018 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!**

## CHRISTMAS TRAINING ARRANGEMENTS 2017

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

**Tuesday 19 December:** Final U11 indoor training for 2017

**Thursday 21 December:** Final track training night for **ALL** age groups

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

**Tuesday 2 January 2018:** Training resumes for **ALL** age groups at the track (6.00pm onwards)

Enjoy your break and be ready and 'refreshed' to train, compete and volunteer for the club in 2018.

**Bob Lynch** on behalf of the club - **01625 829229**  
([pauline\\_lynch@hotmail.com](mailto:pauline_lynch@hotmail.com))



## Too much *running*?

The latest fashion in running seems to be runners pushing themselves to extreme lengths and 'over-running'. We've seen some amazing feats over the past few years from people like Eddie Izzard running 27 marathons in 27 days and Ben Smith completing his 401 Challenge. There are increasing numbers of runners who've been inspired by these achievements and want to recreate it themselves. The latest one was the Ron Hill run every day in October challenge. I'm sure over the next year, someone will tell you about the next one that will no doubt carry some appeal. It is highly likely, however, that attempting one of these challenges will cause you an injury. Is it worth it? If your goal is to keep running well in to your later years, then looking at the long game is crucial.

Most running injuries I see in my clinic are linked to running too much and not having the capacity to cope. This can be due to increasing distance too quickly, increasing the pace too quickly or suddenly switching to hilly terrain and steep inclines. In



some cases, some runners will do all three at once.

Again, if you're one of these then expect an injury.

The body

is not a machine and is only able to cope with what it is capable of doing. This may seem like an obvious statement but is often ignored because mentally a runner can feel they are capable of doing more. A common mistake runners make is relying on how out of breath they are to judge what they are capable of doing. However, the cardiovascular system (the heart and lungs) is a lot quicker at adapting than the musculoskeletal system (muscles, joints, bones, etc). Quick gains are often noticed with breathing and heart rate. That run you did 2 weeks ago can suddenly feel a lot easier 2 weeks later. Adaptations to the

musculoskeletal system take longer – more like 6 to 8 weeks. This is where some runners come unstuck and can't understand why they're injured. I'm commonly asked questions like, "How come my Achilles is so sore and now stops me running when the runs I've been doing felt so easy?"

I've even been guilty of this too. In pursuit of my first sub-25 minute Park Run, in the space of 5 weeks, I went from running the 5km route in 29 minutes to 24 minutes. My lungs and heart rate felt fine but the resultant shin splints injury I suffered stopped me running for the next 10 weeks. It took a good 6 months before I was able to get close to running 5km in 25 minutes again.

The body is capable of reacting to the demands placed on it, but it takes time. When you run, there are high demands placed through certain muscle groups especially in the feet and legs. There is a lot of stress placed through your weight bearing bones and joints. Running ultimately causes trauma to the body, therefore the body needs adequate time to recover and the amount of trauma should be kept as minimal as possible. It's not to say you should not run at all because being unfit and unhealthy is likely to cause you more trauma.

If the reason you run is to be healthy then you should take a healthy approach to running. The commonly quoted advice is a 10% increase in mileage every week but because each runner is unique, I don't like to advise on exact programmes of exercise. Factors such as age, weight, body type, and levels of fitness at the start are important in knowing how you should train and how much you should run.

The best advice is to devise a training plan that encompasses the following:

- \*3 to 4 runs per week (Don't run every day)
- \*This means at least 3 rest days per week
- \*Pick the days so you don't run those 3 or 4 runs on consecutive days
- \*Plot your route and stick to it (commonly runners will add more distance to their runs whilst out running because they felt good whilst running)
- \*Have a comprehensive stretching routine you do every day
- \*Cross train – add another type of exercise to your

## Too much *running?* (cont'd)

training e.g. a strength and conditioning routine or swimming

\*Plot how you can increase your pace / distance / terrain gradually over a 6 week period. Don't do all three at once. If distance is your goal then keep the other 2 factors the same. If pace is your goal then keep the other 2 factors the same etc. Do any of this gradually. Only alter 1 of your weekly runs to start with and have at least 2 days rest before you run again to see how your body has coped.

\*Count a missed run as a missed run. Don't make up for missing a run by doubling your distance on the next run. Exercise is like a course of antibiotics – missing a dose doesn't mean you should take double when the next dose is due.

\*Listen to your body – if something doesn't feel right or you start experiencing pain beyond a normal ache you may experience whilst running then stop. If the pain doesn't settle over the next few days then seek some professional advice from a physio or your GP.

\*Keep a log of your runs so you can reflect on how

the run went and where you could build on the run in the future e.g. adding in a bigger incline, running certain parts a little quicker.

\*Take your time. You can't rush fitness. If you've left it too late to reach a certain distance or pace before a race, don't attempt to cram in more prior to the event. Taking all your medication in one go won't help you get better quicker.

If you are suffering with injuries that are stopping you running or from reaching your running goals then book in with one of our physios at John Honey Physiotherapy for an assessment. We will be able to treat your injury and specifically advise on how you can adapt your training methods to reduce the risk of injury in the future.

**Ross Whiteside MCSP**

## Club Records 2017

Congratulations to everyone for the new club records achieved.

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
T&F	Male	800m	M55	Mark Wheelton	2.46.7	Jul-17
T&F	Male	800m	M50	Ray O'Keefe	2.29.6	Jul-17
T&F	Male	3000m	M50	Ray O'Keefe	11.05.8	Jul-17
T&F	Male	800m	M50	Raph Murray	2.16.0	May-08
T&F	Male	1500m	M50	Raph Murray	4.35.39	Jun-04
T&F	Male	3000m	M50	Raph Murray	10.13.8	May-08
T&F	Male	Shot	M45	George Orphanides	8.80m	Sep-17
T&F	Male	Discus	M45	George Orphanides	18.26m	Sep-17
T&F	Male	TurboJavelin	U11	Charlie Orphanides	25.4	Sep-17
T&F	Female	Javelin (500g)	U15	Liliana Carey	22.46m	Jul-17
T&F	Female	3000m	U20	Louisa Whittingham	10.21.7	Aug-17
Road	Male	5 Mile	V50	Raph Murray	28-06	Aug-07
Road	Male	15 K	V60	David Tucker	1.22.31	Aug-12
Road	Male	5 K (gun)	U20	Harry Simpson	17.06	Sep-17
Road	Male	5 K (chip)	U20	Harry Simpson	17.06	Sep-17
Road	Male	Half Marathon (gun)	V70	Barry Blyth	1-44-03	Oct-17
Road	Male	Half Marathon (chip)	V70	Barry Blyth	1-43-58	Oct-17

## Membership Secretary's *Trundlings*

Hi again, and winter seems to be back again, dark cold nights, a bit of rain, time to get the reflective tops, head torches and maybe those off road shoes out from under the bed. Cross-country time again! but 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.

Kerry Clarke	Jenny Davies	Tracey McMahon
Thomas Danson	Jacqueline Wilson	Ann-Marie Jones
Oliver Higby	Rebecca Linke	Derek Burton
Florence Cooke	Lauren West	Jimmy Sheldon
Rohan Jensen	Ricky Clucas	Nina Proffitt
Laura Mary Keay	Rachel Poole	David Wilson
Alfie Jennings	Greer Hanaghan	Ethan Woodrow
Hannah McGuigan	Claire Waller	Brian Whitlock
Jo Gregory	Caroline Stowman	Cheryl Duck
Jade English	Ian Greenway	Kate McCulloch
George Orphanides	Linda Miller	Marc Sinclair
Nigel Tomlinson	Kerri Hall	Ben Bradley
Louise Moore	Olivia Bagley	Dave Hughes
Debbie Kent	Will Bagley	Isla Campbell
Christine Greatorex	Edie Waters	Rosie McArdle
Ian Greatorex	Oliver Nettle	Matthew Walker
Harriet Smith	Jack Cheetham	Harry Osbaldiston
David Newton	Amy Hargreaves	Daniel Graves
Karen Cartwright	James Scully	Joe Reid
Nichollette Smith	Archie Dow	Harvey Carroll
Olivia Abela	Thomas Marsh	Nicholas Blore
Andrew Bailey	Rachel Browne	Dhylan Reens

We currently have about 755 members which is once again the most we've ever had!, but as I've said before we always have room for a few more, so if you know anyone who might like to give us a try, no matter what their age or ability, encourage them to get involved.

Congratulations to the new members who completed the latest of the club's 'Couch to 5k' courses, (and the Congleton Parkrun the other day), and to all those who helped out: hopefully that will give you inspiration to carry on over winter and aim for a few races in the New Year!

I'd also like to add my thanks to all who helped out at the club's races over the last few months, see reports elsewhere. All our events are well thought of by the runners, and well supported by club members, not to mention the incredible 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 a coach or a committee member, we'll see to it that it goes on the website, because we know club members run all over the country, and we don't want anyone's efforts to go un-noticed.

And second finally, I'd like to offer my thanks to Alison Gunn who's done a fantastic job in editing our club magazine for as long as anyone can remember, I'm sure hundreds if not thousands of you out there have thoroughly enjoyed reading it over the years. Thanks Alison.

See you out and about!!

All the best. Cheers Julian, Tel 01538 306837, E-mail [julian.brown@astrazeneca.com](mailto:julian.brown@astrazeneca.com) or [julianbrown10@hotmail.co.uk](mailto:julianbrown10@hotmail.co.uk)



# Moving forward into 2018

*Two old phrases come to mind as I start this article...*

**...the moving finger having writ moves on... and ... to move with the times.**

You will gather from Alison's editorial that this is the last magazine\* in the current format. Having been an excellent editor for the last 7 years and which she and previous editors will know is no easy task; it is now time to gather and inform members and all the sections of the club by electronic means going forward. As most of you will know I am no expert in using electronic communication; but I do recognize the need for the information to be gathered, collated, corrected, and controlled to ensure that only facts relevant to the club are presented. So we will still need virtual editors to act as gatekeepers. Over the next few weeks various meetings will take place to discuss how the club's website can be updated to achieve what will be necessary in the absence of a hard copy magazine. Please feel free to input into this process via Graham Brown.

Another change that will have a large impact on the club is the move to a cashless system of paying for training on the track. This is referred to in some detail in the chairman's article on track fees - and will require members to pay up front as part of their annual membership. It might be financially onerous for some people, but I am sure with goodwill we can make it work successfully. For most other clubs and organizations, you are expected to pay up front. Details can be found on page 8.

Moving forward again, there now appears to be a serious commitment by the Everybody Sport and Recreation Trust (ESAR) to spend a significant sum of money on upgrading the Macclesfield Leisure complex. The plans will include an indoor training facility and refurbishment of the track surface again in 2020.

There is many a slip between cup and lip, but the signs are encouraging; and the MADF charity is hopeful that our £100K target will be reached and will provide a real incentive for the indoor training facility to go ahead. (see the MADF article written by Raph Murray on page 30).

Currently the club is trying to increase the number of officials, coaches, run leaders and volunteers to meet the demands of an ever increasing membership. This is a never ending process, and Barbara Murray as club development officer, would be delighted to hear from you. Please don't just expect things to happen, any help in developing the club will be appreciated.

Finally, there is a thought provoking article by Ross Whiteside, entitled 'Too Much Running?' Please read it and heed the main points. You are not indestructible and you

## Moving forward into **2018** (cont'd)

must include rest days in any plans or schedules. Remember stretching and core stability sessions are vital. Listen to your body, do NOT over train. Don't compete or train if you are ill, and remember to include swimming or cycling (non-impact training) and to have a regular massage after a heavy run. Pilates and Yoga are also very good to improve your flexibility.

Apologies for banging on again.

**Bob Lynch**

**Club President**

*\* the club magazine has been published quarterly for 33 years.*

### **Cross Discipline Challenge**

The Road, Fell and T&F elements of the 2017 Challenge are almost complete, but the rest of Cross Country season up to March is included in this year's challenge. Don't forget to email me to let me know when you have completed the challenge so that I can make sure you get your reward at the AGM in March. My email address is below.

As you tuck into your Christmas dinner, you might start thinking about challenges for 2018. Why not take on the Cross Discipline Challenge? We're lucky to be part of a club that is active in different types of running and athletics; this is a great way to experience them all. You'll meet new people and enjoy stepping out of your comfort zone.

The full details are available on the club website; please let me know if you have any questions.

**Dave Larkin**

**davidlarkin20@hotmail.com**



# FELL RUNNING

## HAPPENINGS ON THE FELLS

### Wednesday Night Fell Runs - *from December 2017*

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). All runs start at 7pm. Runners are asked to check the Harriers website/forum/Facebook page for any last minute changes.

Dave Tucker will check with venues beforehand to give them warning and in case of “early closing”.

Shaun Wilde has offered to lead Hill rep options.



Date	Run Venue	Social Venue	Sunset	Notes
Dec 06	Trentabank car park. SK11 ONE	St Dunstan, Langley	15:50	Hill reps option
Dec 13	Boars Head Poynton. SK12 1TE	The Boars Head Hotel	15:49	
Dec 20	Street Orienteering from the Vale Inn Bollington SK10 5JT courtesy of Andy Skelhorn	The Vale Inn, Bollington	15:50	
Dec 27	Robin Hood, Rainow. SK10 5XE	The Robin Hood, Rainow. SK10 5XE	15:55	
Jan 03	Trentabank car park. SK11 ONE	St Dunstan, Langley	16:04	Hill reps option
Jan 10	Ship Inn, Wincle. SK11 0QE. Roadside parking.	The Ship Inn, Wincle. SK11 0QE	16:14	
Jan 17	Hanging Gate, Higher Sutton. SK11 ONG	The Hanging Gate Inn (Church House Sutton if shut)	16:26	
Jan 24	The Vale Inn, Bollington, SK10 5JT	The Vale Inn, Bollington	16:39	
Jan 31	Trentabank car park. SK11 ONE	St Dunstan, Langley	16:52	Hill reps option
Feb 07	Rose and Crown, Allgreave SK11 0BJ	The Rose and Crown	17:06	
Feb 14	Robin Hood, Rainow. SK10 5XE	The Robin Hood, Rainow. SK10 5XE	17:17	
Feb 21	Poachers, Bollington	The Poachers, Bollington	17:31	
Feb 28	Ship Inn, Wincle. SK11 0QE. Roadside parking.	The Ship Inn, Wincle. SK11 0QE	17:44	
Mar 07	Trentabank car park. SK11 ONE	St Dunstan, Langley	17:57	Hill reps option
Mar 14	Stanley Arms Wildboarclough SK11 OAR	The Stanley Arms	18:11	
Mar 21	Hanging Gate, Higher Sutton. SK11 ONG	The Hanging Gate Inn (Church House Sutton if shut)	18:24	
Mar 28	Poachers, Bollington	The Poachers, Bollington	19:36	Clocks changed
Apr 04	Trentabank car park. SK11 ONE	St Dunstan, Langley	19:49	
Apr 11	The Roaches, roadside parking GR 004621.	The Lazy Trout, Meerbrook ST13 8SN	20:02	
Apr 18	Herod Farm Fell Race. GR 028934 (4.8k/335m) (alt run: Quarry Car Park, Hayfield)	The George Hotel, Hayfield	20:15	Race date to confirm
Apr 25	Cragg Inn, Wildboarclough	The Cragg Inn, Wildboarclough (Stanley Arms if shut)	20:27	
May 02	Rainow 5 race (BS, 8k/229m, E5 EOD), Rainow Institute, SK10 5XE	The Robin Hood, Rainow. SK10 5XE	20:38	Race date to confirm
May 09	Boars Head Poynton. SK12 1TE	The Boars Head Hotel	20:52	

# FELL RUNNING

## HAPPENINGS ON THE FELLS (cont'd)

### CLUB FELL CHAMPS - 2017

At the time of writing there are only two races left in the Club Championship; the Roaches (12 November) and the Club-handicap (10 December). Harriers will also have competed in the first of the 'new' Winter series races - Gravy Pud. The full set of races is listed below.

The Fell champs for 2018: will run along similar lines as previous years focusing on local races but happy to include any race as long as there are 5 Harriers. I'd appreciate input to race choice and thoughts/ideas on modifications/improvements to the format of our club champs and the handicapping element.

As this is the final Go! Magazine I'd like to say a thank you to those who have contributed to the 'fell' write ups over the years. Going forward we'll continue to use the Club website, forum and Facebook group.

### Graham Brown / Barry Blyth

#### English Championships 2017

Both Dan Croft and Barry Blyth recorded strong performances in this year's English Champs: Dan finished 6th V50 and Barry 3rd V70.

Four other Harriers: Andrea Frost, Kath Turner, Julie Gardner and Mark Messenger were also placed in their respective age categories. Ann-marie Jones ladies V60 champion – who represented Altrincham in the Champs, has now joined Macc. So we're hopefully of having a category winner to celebrate next year.

This year's races were: Long Mynd Valleys, Weets, Tebay, Wasdale, Castle Carr and Great Whernside. The full results are here

[www.fellrunner.org.uk/results/champs17/eng/17\\_english.pdf](http://www.fellrunner.org.uk/results/champs17/eng/17_english.pdf)

#### British Fell Relays – Sunday 15 October

Four team represented Macc on a blustery and muddy day in North Wales. There was good running all round, especially the ladies V40 team (Ann-Marie Jones, Emma Beveridge, Catherine Voyce, Gillian Lindsey, Rachael Lawrance and Lisa Cox) who finished 4th in their age category!

Results here: [www.racetek-](http://www.racetek-live.co.uk/website/public_results/521/complete_results/)

[live.co.uk/website/public\\_results/521/complete\\_results/](http://live.co.uk/website/public_results/521/complete_results/)



### Club Championships

David Brockbank is the leading man but he could be piped by any of Robbie Peal, Mark Messenger or Dan Croft all have a race in hand. For the ladies Katherine O'Donnell is favourite but, Gillian Lindsey and Andrea Frost are in close contention and could win with a good score in one of the last two races.

# FELL RUNNING

## HAPPENINGS ON THE FELS (cont'd)

The Handicap competition for the “Ken Hall Trophy” (a big rock!) is currently led by Gillian Lyndsey followed by Andrea Frost. Either Mark Messenger or Dan Croft could still win it but need to get a “long race” under their belt.

### 2017/2018 Winter Fell Series Races

The inaugural winter fell series will run from December 2017 – February 2018. Races will be a combination of fell, trail and orienteering / navigation. The best 5 races count. Each runner will need to complete 1 race in each category (S, M, L, and O). More details will appear on the Club website and the Fell Facebook group in due course.

Races are listed below:

*\* This year's date, so potentially dates are subject to change.*

Date	Race	Category	Notes
Dec 3	Gravy Pud, Tintwistle, SK13 1JY	S	£5 pre entry or on the day
Dec 10	Club fell handicap, St Dunstan's Langely	L	In both Club Championship and Winter league
Dec 31	Bowstones, Boar's Head, Higher Poynton, SK12 1TE	M	£6 pre entry / £7 on the day
Jan 7*	MDOC - John o' Goats, Lyme Park, Main car park, SK12 2NR	O (Medium course – 8km)	Charitable donation.
Jan 15*	Lambs Longer Leg, Lambs Inn on Hayfield / Chinley road	S	£5 pre-entry only. Email <a href="mailto:brianshelfmerdine5@gmail.com">brianshelfmerdine5@gmail.com</a> for from.
Jan 15*	Marsden to Edale, Marsden Cricket Club, HD7 6NN	L	£12 pre entry. Previous experience required.
Jan 21*	The Rucksack Club Kinder Trial, Hayfield Scout Hut, SK22 2HF	O (Long course 18 km)	£6 pre entry
Feb 5*	Long Mynd Valleys, The Pavilion Café, Carding Mill Valley, Church Stretton SY6 6JG	M	£8 on the day
Feb 10	Lyme Park park run, Main car park, SK12 2NR	S	Free, but pre-registration required

### Bob Graham 24 Hour Club

In October Dan Croft, Carl Hannaghan and Graham Brown became the 59<sup>th</sup>, 60<sup>th</sup> and 61<sup>st</sup> Harriers to be inaugurated into the BG 24hr club. At a slightly surreal ceremony certificates were handed out by Harriers legends Mark Hartell and Mark McDermott. Also present were pervious Harriers completers Adrian Belton, Geoff Pettengell, Andy Addis and Anne Stentiford.



# FELL RUNNING

## HAPPENINGS ON THE FELS (cont'd)

### Club Fell Handicap Race - *Sunday 10th December 2017*



The club Fell Handicap will be held on Sunday 10th 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.

**If you are planning to run please let Phil know so that your handicap can be calculated.**

Phil Cheek



# The Etive Munros Round - 1<sup>st</sup>/2<sup>nd</sup> September 2017

Glen Etive, just south of Glen Coe, is regarded by many (including myself) as one of the most beautiful glens in Scotland. If you've not been there you may have seen glimpses in films such as Skyfall. It's surrounded by fantastic hills on both sides, including 16 Munros, with the iconic Buachaille Etive Mor being the most renowned.

In 2014, I made an on sight, anticlockwise attempt but the weather was poor and, quite frankly, I had underestimated how tough some of the terrain and route finding was. This did not discourage me, if anything the challenge and the beauty of the area fuelled my determination. After several reccies I concluded that a clockwise round (starting over Beinn Fhionnlaidh) would make the most sense for me so that the steeper, more chossy passages would be climbed rather than descended.



The route starts from the gate at the entrance to the private road to Coileitir (NN137 468) at the S end of the Glen. On 1<sup>st</sup> September 2017, I timed my departure to arrive on the summit of Beinn Fhionnlaidh (#1; NN095498; 959m) around dawn. I was keen to see the descent to the River Creran in daylight, which is guarded by a set of crags with only one obvious way through at about 750m. I was fortunate with the weather, there being a light breeze, generally good visibility, and wisps of clouds on the tops.

I was soon over Sgor na h-Ulaidh (#2; 994m; NN111518) and beginning my traverse of the S side of Stob an Fhuarain. I forgot that I had to stay above c. 840m so had to climb a little to avoid the steep gullies as you approach the E ridge. The descent to Bealach Fhionnghaill is waymarked by old fence posts, which can be followed to navigate the way through the crags and terraces. There are a couple of sections of down climbing, which require some care.

The sun was fully up, it was getting warm and I was joined by a couple of Golden Eagles as I crossed to Bidean. The ascent to the shallow slope south of Stob Coire nam Beith is steep and chossy and passes to the W of the crags above Gleann Fhaolain. There are occasional false trods but there's no path that I've been able to discern.

I was treated to stunning 360° views as I topped out on Bidean nam Bian (#3; 1150m; NN143542) and traversed the ridge to Stob Coire Sgreamhach (#4; 1072m; NN154536). It was around 9.30am and not another soul in sight! The descent to the col above the Lairig Elide is a lovely part of the round – very runnable with great views of the hills to come later.

The ascent to Stob Dubh (#5; 958m; NN179535) is also on steep, chossy, pathless ground. I suspect this is not a great place to hang around because of all the fresh, loose lying rock. My objective was to quickly navigate a way through the various gullies onto the S flank without losing height. It's all worth it to be rewarded by the view down Glen Etive, one of the most spectacular in Scotland.

Stob Coire Raineach (#6; 925m, NN191548) is an out and back so worth leaving your sack at the foot of the climb if conditions permit.

To get on to the Buachaille Etive Mor ridge I climbed an obvious, direct and chossy gully, which brought me out roughly 100m SW of the Stob Coire Altruim summit (941m). I enjoyed another out and back to Stob na Broige (#7, 956m; NN190525) and then collected my sack before heading on to Stob Dearg (#8, 1021m; NN222542), the fabulous summit above Glen Coe. I stopped there for a while to admire the views across



## The Etive Munros Round - 1<sup>st</sup>/2<sup>nd</sup> September 2017 cont'd

Rannoch Moor, to eat and to mentally fortify myself for the descent to Glen Etive and the 900m climb to Creise! For the descent, I retraced my steps to the cairn that marks the change in direction of the main path from SW to W towards the Coire na Tulaich col. From here I descended S on a faint and loose path/scree (care required) and then continued down further rough ground to my only food stash just N of the River Etive/Allt Fionn Ghlinne junction (NN226524).

At this point the Etive is shallow to cross, never reaching more than knee deep in the few times that I have done it, even after quite high rainfall.

There are no two ways about it, the ascent to Creise is a steep, relentless plod, crossing numerous gullies and rough ground all the way. Higher up the terrain becomes more chossy with abundant loose scree between crags and it's a welcome sight when the climb starts levelling out to arrive at the summit (#9; 1100m; NN238507). The out and back to Meall a' Bhuiridh (#10; 1108m; NN251503) feels a bit gratuitous with this being an "Etive Munros Round" as it barely has a foot in the Glen. However, it was always in my plan and is one of the smaller detours for a Munro, so I did it!

The weather started taking a turn for the worse as I made my way to Stob Ghabhar (#11, 1090m; NN230455) - the wind began to increase, the skies greyed over and the clouds started rolling in. My compass was out as I skirted Sròn nan Giubhas, until I joined the path on the final climb to the summit. On my first attempt in 2014, I took in Stob a' Choire Odhair but it is not a trivial out and back. It's also definitely not in Glen Etive so I felt justified (and slightly relieved) leaving it out this time. It's an optional extra for someone much fitter than me!

I departed Stobhar Ghabar on a bearing but soon picked up the fence posts and the path heading towards Stob a' Bhruaich Leith (941m), where I stopped for more food and to survey the rest of the route, which was pretty much clear apart from some of the tops. From the col with Meall Odhar (890m) I contoured directly to the col at the foot of Meall nan Euan (#12; 928m; NN192449), negotiating a route through the crags. This section would be quite tricky in the dark.

I don't think I've ascended to the summit from the col above the Allt Dochard the same way twice! It's a matter of weaving your way up through the crags but I found I was "encouraged" round to the W side before heading SE to the summit. I surprised some deer on the way and they vanished into the clag only to be met again on my way back from the summit towards Meall Tarsuinn (877m). I was keen to contour round the side of this obstacle but it only saved me 50m of ascent and is rough going negotiating the crags, so probably worth sticking to the path. With some relief I arrived in the light at the foot of the climb to the E ridge of Stob Coir' an Albannaich (#13; 1044m; NN169443). I was mildly concerned about this because it wasn't marked on my map, could be tricky to find in the dark and is surrounded by steep, craggy ground. As I

ascended, the light faded to darkness at the summit. However, I knew descending on a bearing in the clag to the foot of Glas Bheinn Mhor would be straightforward and then I would be on paths the rest of the way.

I really enjoyed the climb to Glas Bheinn Mhor (#14; 997m; NN153429) even though I couldn't see anything beyond my torch beam. It was so peaceful at the summit that I sat on the cairn for a couple of minutes to put another layer on and text





## The Etive Munros Round - 1<sup>st</sup>/2<sup>nd</sup> September 2017 cont'd

confirmation of my location. I was rewarded with a temporary thinning of the cloud, bright moonlight and the dark, imposing shape of Beinn nan Aighenan in the distance. The clag soon returned. Had there been better visibility I would have contoured on the S side of Meall na Tri Tighearnan (892m). However, I hadn't been there for a while, couldn't remember the terrain and in my tired state I didn't want to be negotiating a route through crags so opted to keep on the path to the col at 767m.

I am a bit purist when it comes to hill navigation and endeavour to only use map, compass and altimeter.



However, I have a GPS watch for recording my routes and descending from MnTT the low battery warning beep prompted me to continue recording the route on my phone. I mention this because the route is broken into two tracks, which are available to view on Strava.

The climb to Beinn na Aighenan (#15; 957m; NN148405) was a series of false summits but finally the top appeared, I touched the cairn briefly and retraced my steps to the bealach below Ben Starav.

It was a pity to be climbing the Stob Coire Dheirg ridge in the dark when the terrain is so spectacular. However, even the swirling clag couldn't prevent my head torch from picking out the striking white rock band in the coire to my right. I reached the arête that leads to the summit area and took extra care with my footing as a slip here would not have been healthy! The clag dissipated as I reached the summit cairn (#16; 1078m; NN125427). The moon had gone but the sky was filled with stars; it was beautiful. I stopped for more food, to send another text and even make a short post on Facebook (the summit has 4G reception, unlike the Glen!). The disadvantage of saving the descent from Ben Starav until last is that it's very rough when you're tired, especially in the dark. I had to pick my way carefully through the summit boulder field and, even when you get through this, there are numerous rough path options designed to confuse and twist your ankles all the way to the bottom. I couldn't recall the correct river crossing point in the dark and there was enough water flowing to make me carry on downstream to the bridge. Finally, 23h and 20 mins, 73.2km (45.5 miles) and 7,600m (24,900ft) of climb after setting off, I arrived back at the start, possibly for the first, non-stop completion of the Etive Munros Round?\*

There's no doubt the terrain is much tougher going than the better known rounds. I made my attempt off the back of an already busy hill week (including a fairly hefty outing around Glen Affric two days before). I notice from my Strava traces that my actual moving time was quite a bit less than my elapsed time. So, with a bit more rest, discipline and less faffing, I reckon it should be pretty straightforward to complete the round in daylight in the summer.

### Digby Harris

*\*John Fleetwood completed a longer round in 2005 that took in the most of the same Munros plus other hills in the Glen Etive area (gofar.org.uk).*



## Couch to 5k – A Seventh Course

As previous courses have been so successful, the committee gave the green light for a seventh C25K course which started on the 7<sup>th</sup> September. At the time of publication, the current participants will have successfully completed the course by achieving their 5k target at the track on Thursday 2<sup>nd</sup> November.

The graduates have celebrated their success by running 5km at the Congleton Parkrun on Saturday 4<sup>th</sup> November, there was a great turnout of Harriers to support them either by running or marshalling the event.



We now hope that a number of the graduates will continue their running journey by joining in with both E and D Group scheduled runs. These are usually tailored to ensure that the new members are slowly introduced to more undulating and longer runs to avoid any injuries.

Finally, may we take this opportunity to pass on our thanks to everyone who has supported the course; the participants have really appreciated your help and encouragement each week.

**Abi Leyland, Lindsey Evans & Kelly Hough**

## CROSS COUNTRY



It has been a warm start to the cross country season with two of the four North Staffs League races completed and one of the Manchester League (at time of writing). Cross Country is still clearly a popular discipline for all ages with 86 runners having taking part so far. We have lots of new and eager runners from the U11s and returning experienced runners taking part in their new age brackets. This year we've also had an excellent performance from Harry Newton (V80) running the challenging course of Heaton Park.



Three races in and we have already seen breakthrough performances from Sarah Stockman and Louisa Whittingham who have both won a senior race against very competitive fields. Sian Heslop and Finlay Proffitt are once again dominating their races with two solid wins and it's been good to see the return of Andy Lamont to the senior men, who has so far brought the harriers home in all three races finishing in the top 20 each time.

In our teams, the U11 boys have finished 4<sup>th</sup> and 2<sup>nd</sup> in their first two races. The U11 girls have finished 5<sup>th</sup> and 7<sup>th</sup>. The U13 boys have placed 2<sup>nd</sup> and 4<sup>th</sup> in the North Staffs races (5<sup>th</sup> in the Manchester). The U13 girls have a 4<sup>th</sup> and 3<sup>rd</sup> in the North Staffs (15<sup>th</sup> in Manchester). The U15 boys and girls team have both won their first two North Staffs races with the boys placing 3<sup>rd</sup> in their

first Manchester League.

This year Matthew Browne has more company and he, Lucas Parker and Peter Goodfellow are now able to score for the U17 boys with a 2<sup>nd</sup> in the North Staffs and a 5<sup>th</sup> in the Manchester League. The U17 girls have placed 4<sup>th</sup> and 3<sup>rd</sup> in the Manchester League with 3 top ten performances by Lauren Robinson.

Moving into the Seniors and the men have placed 3<sup>rd</sup> in both North Staffs races (21<sup>st</sup> in Manchester) and the women have placed 4<sup>th</sup> and 5<sup>th</sup> (16<sup>th</sup> in Manchester).



## CROSS COUNTRY



We are still in the very beginning of the season with 2 more North Staffs races, 4 more Manchester League races and 3 Championship events to compete in.

If you would like to take part in these races and support your club, then please complete the form on the Harriers XC section of the website [www.macclesfield-harriers.co.uk](http://www.macclesfield-harriers.co.uk). The league races are FREE to compete in with all fees paid for by your club. Details on how to enter the championship races are also available on the Harriers XC section of the website.

Thanks and happy racing,

**Rob Hasler**





# CROSS COUNTRY

## REMAINING RACES

### Manchester League Races

1. Sat 11th Nov - Boggart Hole Clough
2. Sat 2nd Dec - Kenworthy Woods/Manchester Uni playing fields
3. Sat 13th Jan - Woodbank Park
4. Sat 10th Feb - Wythenshawe Park

### North Staffs League

1. Sat 18th Nov - Stafford Common
2. Sat 16th Dec - Staffs Uni

### Championship events - entries now online

1. Cheshire Cross Country Champs - Sat 6th Jan, Delamere
2. Northern Cross Country Champs - Sat 27th Jan, Leeds
3. National Cross Country Champs - Sat 24th Feb, Parliament Hill, London



## *Exactly 60 years apart history repeats itself...*



In picture 1 Bill Yale, 'Louisa's granddad' wins at Heaton Park in 1957. On Saturday 14<sup>th</sup> October, granddaughter Louisa Whittingham makes a big improvement & wins on the same course in the women's race in 2017 & they even have the same finish straight!!

The world changes but cross country is the same pure sport it always has been. Bill supports at almost every race Louisa competes at and is well known for his vocal support by many runners of different clubs. The 14th October was a special day all round.

**Andrew Whittingham**



# Macclesfield Athletics Development Fund (MADF) - *News Update*

Good News - The business case for an indoor athletics facility at Macclesfield Athletics Track has now been submitted to Cheshire East Council. This means that, subject to approval by the Council in February 2018, work could start on building the new indoor athletics facility in Summer 2018.

The business case submitted by Everybody Sport and Recreation (ESR) includes a package of proposals for upgrade of the facilities at the Macclesfield Leisure Centre site. The full package includes improvements to the gym, cafe and changing facilities however the main item, from an athletics perspective, is of course the plan to build an indoor athletics facility next to the existing clubhouse. As the business case submitted by ESR is based on self-financing of the facility as part of Macclesfield Leisure Centre there are good reasons for optimism about the success of this submission.

The detailed specification is subject to confirmation of the required budget however, as a minimum, it should include a six lane 60 metre straight (plus 20 metre run off) for sprints and hurdles training and a throws & jumps area. It will also include provision for other indoor sports. To ensure that the facility fully meets the needs for indoor athletics the financial contribution from MADF is key. Currently this stands at £92,500 however with an expected boost of £5,000 from athletics track fees it is expected to increase to £97,500 by the end of the year. Therefore, to reach our target of £100,000 we need to raise an additional £2,500. We're confident that, with your help, we can achieve this target, so if you have any suggestions on how best to do this please let us know.



Although progress with the plans for an indoor athletics facility at the track has accelerated over recent months this is the result of a cumulative effort over the past 20 years. Indeed, thanks to the foresight of the civil engineers, architects and planners provision for an indoor facility was included in the original layout of the track, clubhouse and underground layout of services. The objective of building an indoor facility was also confirmed in November 2000 shortly after achievement of the Track Appeal's initial objective of building the Athletics Track. (Note: MADF was previously known as the Macclesfield Athletics Track Appeal)



Although we are closer now than at any time in the past 20 years, MADF will continue to liaise with Everybody Sport and Recreation to ensure that the indoor athletics facility meets the needs of all Macclesfield athletes, including members of Macclesfield Harriers and AC. We would also like to thank all those who have helped us reach this stage, including the fund-raising efforts of Macclesfield Harriers, Macclesfield Half-Marathon and organisers and contributors to fund-raising events.

**Raph Murray, Macclesfield Athletics Development Fund (MADF)**  
Registered Charity number: 1041755

## GET INSPIRED - *How I got into running*

As usual me and my mates were standing around on a street corner generally kicking our heels, passing comment on anything and everything that passed by and wondering what we could do that would be a bit more interesting.

One sight in particular that attracted our attention was that of a motley crew of two middle aged men and a gang of kids about our age jogging along the road. We had seen this group before on their regular run past our part of the town. Our usual response was to shout comments like: 'You've missed the bus or' 'they went that way' but this time one of the men, who I later found out was John McClelland, interrupted his run to ask me : 'If you think you can do better why don't you join us?'

This was too much of a challenge to resist, so despite wearing jeans and Doc Martens, I joined in. I think John's expectation was that I would run alongside or even sprint for a short distance and then give up. But this didn't happen and I ended up running all the way to Bollington and back with them. I think Arthur Evans and John were impressed that I had kept up with them for so long. My view was simply that I had shown them that they were not the only runners in town and it was a good feeling to have been able to keep up. Whatever the thinking on Arthur's part he clearly saw that I could run and that it would be better for me to run with the Harriers rather than stand about street corners with my mates. As a result, Arthur invited me, or should I say told me, to come along to their next training session on Thursday at Henbury. My own feeling was that although it was hard work I had enjoyed being able to run and run as fast if not faster than some of the Harriers. And so, I duly turned up the following Thursday at Henbury School.

Arthur sorted me out with a pair of running shoes and John gave me a pair of jogging trousers and I became a Harrier.



This was a new world for me. No more hanging around at street corners with nothing better to do than shout at passers-by. Instead I found that I could run and the more I ran the faster I could run. I met up with other Harriers with a different background from my own but we all shared the same enjoyment in running and competing. Arthur took me to races at weekends - I even won a few races and enjoyed many hard and fast runs with other Harriers such as Jim Newns. This was how I got into running. It definitely gave me an alternative to the street corner and likely outcome of that life and gave me a whole new outlook on life. I kept up with the running for a few years until other aspects of life took

priority. I'm no longer in the same shape as I was then but I'll forever thank Arthur and the Harriers for the opportunity they gave me to be a runner.

### **Martin Skirvin**

Note: Martin joined Macc Harriers in 1983 and for a good number of years was one of the fastest X-country, road and track runners in the club. Martin and his mate Jim Newns formed the core of a very successful Youths team and Martin set many Harrier's records, which, to this day, have still not been bettered.

# CAFOD FUN RUN

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**Wednesday 27th December 2017**

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<https://www.justgiving.com/fundraising/bollington2017>



## ROAD RUNNING

**Race Reports** - *Full results of all races can be found on the club's website*

### Leek Half Marathon Race Report - Sunday 13 August

There were 9 Macc Harriers who took on the challenging Leek Half Marathon. For the male Harriers Julian Brown (1:34:22) led the way placing 21<sup>st</sup> overall and 1<sup>st</sup> M50. Julian was followed by Keith Mulholland (1:43@:58), David Larkin (1:56:03) and Mark Godden (1:57:33). For the female Harriers Joanna Miles (1:50:23) was first over the line placing 10<sup>th</sup> overall female and 2<sup>nd</sup> F55. Joanna was followed by Kim Eastham (2:08:30), Julie Smith (2:11:43), Carol Upton (2:16:53) and Vanessa Stokoe (2:21:21). Links to the full results and photos are below, great running everyone!!

[www.race-results.co.uk/results/2017/leek2017.pdf](http://www.race-results.co.uk/results/2017/leek2017.pdf)

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



### Bollington 10K Race Report - Sunday 27 August

This challenging local race starts at the Bollington Leisure Centre, up through Bollington to Pott Shrigley then back down joining the Middlewood Way to take runners back to the Leisure Centre in Bollington. Being local meant that there was a very strong turnout of 40 Macc Harriers with some excellent performances throughout the field.

For the male Harriers Billy Hicks (38:13) led the way placing 12<sup>th</sup> overall. Billy was followed by James Perry (38:58) and Paul Sharp (39:13) who placed 14<sup>th</sup> and 16<sup>th</sup> overall respectively. For the female Harriers Catherine Wilson (48:18) was first Harrier over the line placing 11<sup>th</sup> female overall. Kathryn Hutchinson (50:33) and Alma Gould (50:52) rounded off the top three female Harriers.

Special mention to Barry Blyth (46:47) for being 1<sup>st</sup> M70 and Christine Ritchie (53:38) for being 1<sup>st</sup> F60. These two are making a habit of scooping up the local veterans prizes!

The rest of the Harriers results and full results can be found at the following link:

[www.ukresults.net/2017/boll10k.html](http://www.ukresults.net/2017/boll10k.html) Great running everyone!

### North West Road Relays - Saturday 9 September

Teams from throughout the North West met on Saturday in Stanley Park Blackpool to contest the yearly North West Road relays. Teams of 3 runners (or 4 for the senior men) from the area competed in relay races over either 1.6K for the U11's, 3.2K for the U13's, U15's and U17 women, 5.2K for U17 men and senior women or 6.6K for the senior men. All the Macc Harrier teams ran very well with a number of medals won for the teams. The highlights are as follows:

**U11 girls (Amelie Harris, Lola Whitlock, Lucy Dykins)**

20th overall and 6th in Cheshire

**U11 boys (William Roberts, Dylan Mcgrath and Oli Nettle)**

## ROAD RUNNING

### Race Reports (*cont'd*)

8th overall and 2nd in Cheshire

**U13 boys (Aadi Whitlock, Philip Goodfellow and Hayden Blunn)**

10th overall and 3rd in Cheshire

**U15 girls (Ruby Spencer, Mia Donathy and Sian Heslop)**

3rd overall and 1st in Cheshire

**U15 boys A (Joe Browne, Harry Bachofner and Finley Proffitt)**

7th overall and 2nd in Cheshire

**U15 boys B (Archie Grindley, Thomas Roberts and James Doorbar)**

18th overall and 4th in Cheshire

**U17 women (Lauren Robinson, Shona Williams and Sam Kyriacou)**

7th overall and 4th in Cheshire

**U17 men (Peter Goodfellow, Lucas Parker and Matthew Browne)**

8th overall and 4th in Cheshire

**Senior Men A (Scott Wilson, Robbie Peal, Ewan Edmondson and Mark Walker)**

22nd overall and 2nd in Cheshire

Issues with the Senior Women's course/results means that there were no official results for the two teams that ran. Full results can be found at the following link:

[www.race-results.co.uk/results/2017/nwrel17.pdf](http://www.race-results.co.uk/results/2017/nwrel17.pdf)

Great running everyone!

### Essar Sutton Six 10K Race Report - Sunday 17 September

Sunday was the 5<sup>th</sup> race in the Cheshire Road Race Grand Prix which took place at the Essar Sutton Six 10K. This race comprised two short loops totally about 5K and then a fast section along the A51 before a few hills leading to the finish. There were 12 Macc Harriers who took advantage of the good conditions to post some excellent times.

For the male Harriers Mark Walker (35:30) led the way placing 11<sup>th</sup> just outside of the top 10. Mark was followed by Robbie Peal (36:04) which was good for 18<sup>th</sup> place overall and a PB. The third male Harrier was Billy Hicks (38:33).

The only female Harrier to race was Joanna Miles (48:13) who placed 24<sup>th</sup> female overall and 4<sup>th</sup> F55. The rest of the Harriers times and with a link to the complete results is below.

[wcac.niftyentries.com/Results/Essar-Sutton-Six-10k1](http://wcac.niftyentries.com/Results/Essar-Sutton-Six-10k1) Great running everyone!

### Congleton Half Marathon Race Report - Sunday 1 October

The 34<sup>th</sup> "Sting in the tail" Congleton Half Marathon was run on Sunday under good conditions to take on this great Half put on by Congleton Harriers. While most of the course is on nice country lanes there is a significant "dip" at 2K and near the end at 19K which is dubbed the "Sting in the tail". With the first cross country of the session the day before, some runners were taking on this

## ROAD RUNNING

### Race Reports (*cont'd*)



half with tired legs. Despite this, there were some excellent performances from the 20 Macc Harriers that raced with four prizes picked up.

For the men Scott Wilson (1:23:19) led the way placing 14<sup>th</sup> overall. Scott was followed by Ciaran Wright (1:29:50 PB) setting an excellent time running in his first Half Marathon. Julian Brown (1:31:21) was the third male Harrier over the line with it appears plenty left in his legs after cross country the day before.

For the female Harriers Rachael Lawrance (1:34:12) was first Harrier picking up the prize for 4<sup>th</sup> female overall. Rachael was followed by Sally Hopkin (1:46:13) and Kim Eastham (1:57:54) who picked up a PB with that time.

Our vet runners continue to show the younger ones how it's done by sweeping up three of the vets prizes. Christine Ritchie (1:59:09) picked up the V60 prize, Barry Blyth (1:43:58) picked up the V70 prize and Harry Newton (2:07:34) picked up the V75 prize.

Times for the rest of the Harriers, the full results and pictures from the day can be found at the below links. Great running everyone!

[www.ukresults.net/2017/conghalf.html](http://www.ukresults.net/2017/conghalf.html)

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



### Farndon 10K Race Report - Sunday 15 October



You know you are in the far reaches of Cheshire when the signs directing you to the start of a race are in English and Welsh! Only 8 Harriers made the long trip to the other side of Chester for this fast 10K that was run in almost summer like conditions. With this race being the last race in the Cheshire County Road Race Grand Prix it was the last chance for individuals and teams to move up in the standings.

Mark Walker (34:58) led our men's team with another top 10 performance placing 7<sup>th</sup> overall. Scott Wilson (37:22) was the next Harrier over the line placing a strong 18<sup>th</sup> overall. Third Harrier was Paul Sharp (38:47). After these top three Harriers there were some excellent times from the remaining Harriers – Ciaran Wright (39:40 PB), Ray O'Keefe (40:08), Neil Hey (41:38), Keith Mulholland (41:54) Andrew Rowe (47:31 PB). Unfortunately no women Harriers ran on the day. Full results and pictures from the race can be found at the following links:

[www.cutefruitevents.niftyentries.com/Results/Bartletts-Farndon-10K-2017](http://www.cutefruitevents.niftyentries.com/Results/Bartletts-Farndon-10K-2017)

[www.racephotos.org.uk/](http://www.racephotos.org.uk/) Great running everyone!



# ROAD RUNNING

## Race Reports (*cont'd*)

### Bramhall Parkrun Report - Saturday 21 October

The threat of storm Brian did not deter 14 Harriers from running in the latest Club Road Running Championship race at the Bramhall Parkrun with 340 other runners. Bramhall Parkrun is one of the first local Parkruns and always attracts a large number of runners to this challenging two lap course. There were some great times with many of the Harriers improving their best time for this Parkrun.



For the men Scott Wilson (18:32, course PB) led the way placing 4th overall. James Perry (19:05, course PB) was the next male Harrier placing 6th overall. Ciaran Wright (20:14, course PB) continued his strong recent results placing 3rd Harrier and 15th overall just holding off Neil Hey (20:17, course PB) who was 16<sup>th</sup> overall.

For the women Harriers Kathleen O'Donnell (21:46, course PB) was first female Harrier placing 3rd woman overall. Daisy Pickles (22:52, course PB) was second female Harrier and 5<sup>th</sup> female overall. The top three female Harriers were rounded off by Alannah Birtwistle (23:09) who placed 7th female overall. There were some other great results by Harriers which can be found at the following link with the full results:

[www.parkrun.org.uk/bramhall/results/weeklyresults/?runSeqNumber=478](http://www.parkrun.org.uk/bramhall/results/weeklyresults/?runSeqNumber=478)

Great running everyone!

### Club Road Race Championship

Approaching the end of the 2017 Road Race Championship there has continued to be outstanding participation in the races to date with the recent race reports found above. Before the Langley 7 overall 96 different women and 79 different men have participated in at least one race. As there have been so many runners the spreadsheet of results and points is too big to print here but can be found on the club website by clicking the "Road" table and selecting "Road Champs Table". Some highlights of the results are below:

- **Overall points leaders Male**  
James Perry (2017), Neil Hey (1581), Keith Mulholland (1552)
- **Overall points leaders Female**  
Catharine Crossley (1184), Carol Upton (1122), Helen Gowin (798)

### Proposed races for early 2018 Club Road Race Championship

The full list of proposed races for the Club Road Race Championship for 2018 should be available in December 2017 but some early races that always sell out are now open for entries. These races listed below will definitely be in the Championships so early entry is advised. Any suggestions for other races in 2018 should be directed to the Road Running Manager Ray O'Keefe ([rayokeefe6@gmail.com](mailto:rayokeefe6@gmail.com)).

# ROAD RUNNING

## Race Reports (*cont'd*)

Four Villages Half Marathon, Sunday Jan 21 10:30am

[www.helsbyrunningclub.niftyentries.com/35th-ESSAR-Four-Villages-Half-Marathon](http://www.helsbyrunningclub.niftyentries.com/35th-ESSAR-Four-Villages-Half-Marathon)

Alsager 5, February 4<sup>th</sup> 11am

[www.alsager5.co.uk/sign-up.html](http://www.alsager5.co.uk/sign-up.html)

High Legh 10K, March 4 11am

[www.hlca-lymmrunners.niftyentries.com/High-Legh-Robert-Moffat-Memorial-10K-Sun-4-Mar-2018](http://www.hlca-lymmrunners.niftyentries.com/High-Legh-Robert-Moffat-Memorial-10K-Sun-4-Mar-2018)

Wilmslow Half Marathon

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

## Cheshire County Road Race Grand Prix Final Results

Each year teams and individuals from Cheshire compete in 7 races of differing lengths in the Cheshire Road Race Grand Prix. Our club encourages all members to run in these races with the added incentive of gaining 10 extra points in our Club Road Race Championships. This year the Grand Prix included the Chester Spring 5, Mid Cheshire 5K, Alderley Edge Bypass 10K, Pie & Peas 5, Sutton 10K, Congleton Half Marathon and the Farndon 10K. Both our men's and women's teams did very well with the men placing 3<sup>rd</sup> behind Vale Royal and South Cheshire Harriers and the women also placing 3<sup>rd</sup> behind Vale Royal and Wilmslow. In the individual competition for the men Mark Walker picked up the 3<sup>rd</sup> place prize and Scott Wilson came in 5<sup>th</sup> and for the women Sam Kyriacou came in 10<sup>th</sup> place and Daisy Pickles came in 16<sup>th</sup>. Thanks to everyone who participated to gain points for our teams! Full results can be found at the Cheshire AA website: [www.cheshireaa.com/](http://www.cheshireaa.com/)

Ray O'Keefe

*A few photos from recent events; girls and boys at Boggart Hole Clough cross country & a mixed team from the Indoor Sportshall event at Crewe*



## Langley 7 Race, 4th November 2017

### *Organised by Macclesfield Harriers in aid of the Rossendale Trust*

Heavy overnight rain had us worrying about the weather for the race, but in the end we had good conditions (and were even treated to a rainbow at the finish), a bit nippy on the tops perhaps.... but the tea was hot!!

We were setting up the Church Hall, and the finish up at Bottoms Reservoir, from 10 am, which was early enough: but 'Dangerous' Dave Jackson, our course man, (78 years of age now!) was out marking the race route from 7am! He did a fine job: no-one got lost or run over!

The runners were starting to arrive from about midday, and our 40 or so marshals at about the same time, together with everyone else who helped make the race happen (as listed below!). By 1:30 pm the hall was full, with runners warming up on Cock Hall Lane, ready for the 'off' at 2pm – started with the traditional 'rocket' from club president Bob Lynch!

Once the runners were away, the tea and cake team: mostly 'gentlemen' of the club this year, (the ladies were racing) moved into full swing, setting up boilers, teapots, and 'testing' all the donated cakes (you can't be too careful) and other goodies ready for the runners' return.

The first runner was round the course (through Sutton, up the hill past the Ryles Arms, all the way to the top of Withenshaw Lane, then along the top road to the Hanging Gate and straight on to Macc Forest, past the Leathers' Smithy and down to the finish) in 40 minutes and 1 second this year, quite a bit outside the record, but not bad for a tough 7 mile run! Our runners were then coming in at regular intervals for the next 45 minutes or so: all were rewarded with a race memento and some malt loaf, both of which seemed to go down well!

Martin Dawson of North Derbyshire RC ran well to win by just 11 seconds from Macclesfield's Mark Walker, with 18 year old Macclesfield Harrier Robbie Peal in third, the first two of 83 Macclesfield Harriers home (which must be something of a record perhaps)?

Wilmslow's Diane McVey had another storming run to finish eleventh overall, well clear of Maggie Beever of Stainland, and Lora Blann from Altrincham. Angela Markley, Maggie's identical twin sister, was the first lady Harrier home.

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

283 runners finished this year, with an age range of 17 to 79. Well done everyone for completing a tough race! Then it's back to the Church Hall for tea, cake and prize giving, courtesy of some of the tenants and staff at Rossendale.

Between us all, we've raised **£3830 for the Rossendale Trust**, which hopefully will make a big difference to them: More info about them is here... [www.rossendaletrust.org](http://www.rossendaletrust.org)

So many many thanks to all at Langley Methodist Church for the use of the hall, we're very grateful, and couldn't put on the race without you.

Results are on the link below: and many photos of the race and prize giving are at [www.racephotos.org.uk](http://www.racephotos.org.uk) thanks to Bryan Dale for these!

[www.macclesfield-harriers.co.uk/images/langley72017results.xls](http://www.macclesfield-harriers.co.uk/images/langley72017results.xls)

Many thanks to...

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! photos are up on [www.racephotos.org.uk](http://www.racephotos.org.uk) ; Dangerous Dave Jackson for both getting out on the course at first light to mark it and collect all the markers in; Trinity House Practice for the pre and post-race massage; Daisy Pickles and Jon Falkner who between them generously sorted out the malt loaf and the spot prizes (and Running Bear for the prizes); 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.

**Julian Brown, Race Organiser**



# Langley 7 Race, 4th November 2017

Organised by Macclesfield Harriers in aid of the Rossendale Trust



Many thanks to  
Bryan Dale for  
the great photos  
of the race.



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## WEEKLY TRAINING TIMES

Group Name	Group Contacts	Meeting Time	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 Pace: sub 7½ min/mile
<b>B Group</b>	Sarah Harris (07967 388651) sahstaff@aquinas.ac.uk  Emma Mason - emmamason86@gmail.com	Monday nights Oct-Mar 6.30-8.00pm meet Leisure Centre overflow car-park. Monday nights Apr-Sept 6.30-8.00pm meet Tegg's Nose top car park. Thursday nights 6.30-8.00pm meet at overflow car-park behind Leisure Centre	7-9 miles Pace: 7-8 min/mile
<b>C Group</b>	Steve Barker (07770 993124) stephencharlesbarker@yahoo.co.uk Phil Gaskell (07873 763944) pjgask@aol.co.uk	Thursday evening 6.30-8.00pm at the overflow car-park behind the Leisure Centre	5-7 Miles Pace: 8-9 min/mile
<b>D Group</b>	Bob & Pauline Lynch (01625 829229) pauline_lynch@hotmail.com or Stewart Waudby harriers-dgroup@wardby.me.uk  Neil Gunn (07786 855027) neil.gunn@gmail.com	Wednesday & 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 (this is an off-road group)	4-6 miles Pace: 9-10½ min/mile
<b>E Group</b>	Jenny Airey (07969 741139) jenfa23@gmail.com  Wendy Boardman (07879 477627) wendyboardman77@gmail.com	Saturday 9.00am (various locations)  Monday 6.30pm (various locations)  Tuesday 6.15pm (overflow car park behind Leisure Centre)	Mon & Sat: 4-6 miles mainly off-road - developing group  Tuesday: 3-3½ miles (local paths and roads)

### FELL RUNNING

Meet on Wednesday nights at various venues (see schedule in Magazine, Facebook and the calendar on the fell section of the club website: [www.macclesfield-harriers.co.uk](http://www.macclesfield-harriers.co.uk))

### TRACK & FIELD

U11s & U13s meet at Macclesfield Athletics Track Pavilion (behind Leisure Centre).

Tuesday & Thursday 6.00 - 7.00pm

**Contact : 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
	<i>*Christine Ritchie from March 2018</i>	
Treasurer	Neil Gunn	
	<i>*Mark Godden from March 2018</i>	

## OTHER OFFICERS

Ladies Road & Cross Country mgr	Vacant but temporarily Daisy Pickles	
Ladies Track & Field Team mgrs	Hilary West & Hanny Stockman	
	hilarywest@talk21.com	hannystockman@btinternet.com
Track and Field manager	Vacant	
Borough Council Liaison	Vacant but temporarily Bob Lynch 01625 829229	
Schools Liaison Officer	Vacant but temporarily Bob Lynch as above	
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
	juniorwaitinglist@macclesfield-harriers.co.uk	
Club Development Manager	Barbara Murray	barbaraannemurray@hotmail.com
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	



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