

GO!

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Our front cover shows some of the club's London Marathon runners; Wendy Boardman, Lynda Cook, Harry Newton, Rachel Gilliland and Louise Brown with Ben Smith when he completed Marathon 224 of his 401 Challenge in Macclesfield.

Next issue - September 2016

Please submit any articles or photographs to gomagazine@macclesfield-harriers.co.uk
by **Sunday 7 August 2016**

Magazine Issue

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

Starting Lines



Welcome to the June 2016 issue of GO!

The track and field season is well underway now and our junior members in particular are doing really well. You can read about their recent achievements on **page 13**.

The road running section has been getting a brilliant turnout at races for some months now and participation levels are at an all time high. This must be very gratifying for Keith Mulholland, the former Road Running Manager, and Ray O'Keefe who has recently taken over from him. Good luck to Ray in this role and also to Keith who has taken on the role of Club Chairman which was previously vacant for some time. We still have vacancies for a vice-chair and a volunteer co-ordinator.

The fell section is also seeing an increase in participation in their weekly training runs and also at races. The club always does well in the team events as well as runners placing highly in the individual events.

In this issue we are focusing on some of the fantastic achievements of Harriers past and present. Barbara Murray has been busy compiling a list of national track and field records held by Harriers over the years. As you'll see on **page 23** the club has had some very good athletes competing at national level, not the least of whom is Barbara herself! We are extremely fortunate to have her knowledge and expertise within the club.

The club is currently running its 4th Couch to 5k course, and by all accounts the participants are doing really well. All 4 courses have brought 25 new members per course into the club, fulfilling the need locally for something to get complete beginners started. Many of the previous course graduates are already enjoying taking part in races and volunteering at events hosted by the club.

Whatever your level of participation, whether it's competing in club colours or enjoying social running with your friends, or a bit of both, I hope you'll continue to put your shoes on, get out there and enjoy yourself.

Alison

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MINUTES OF MACCLESFIELD HARRIERS AGM - 18th March 2016

Venue: Bollington Arts Centre

Chaired by: Bob Lynch and Keith Mulholland

1. APOLOGIES FOR ABSENCE

Tracey Porritt, Nicola Tasker, David Larkin

2. PRESIDENT'S ADDRESS – Bob Lynch

Bob gave his address as previously published in the GO! Magazine. He thanked all the current volunteers who help to run the club so smoothly and also emphasised the need for more volunteers to step up and help with the running of the club.

3. TREASURER'S REPORT – Neil Gunn

Neil gave a short presentation on the finances of the club.

Hart's Accountants have reviewed the club's accounts for 2015 and are available on request. Our income covers the club's costs and our savings are good. Membership fee has been kept at £16 for another year, and members were urged to renew before the end of March. There will be a review of track fees in the summer, but until then they will remain at £2.50. All race profits are donated to local charities. Everybody Sport & Leisure Trust has increased the track hire charges by 4% which will cover some of the track maintenance costs.

4. ELECTION OF OFFICERS (EN BLOC)

The officers were elected en bloc. The changes from 2015 are that Keith Mulholland will become Chairman, with Ray O'Keefe becoming Road Running Manager. Rob Hasler will take over responsibility for Cross Country Management. Thanks were given to James Noakes for his work as Cross Country Manager. A list of current officers is published in GO! Magazine.

5. ANY OTHER BUSINESS

Club Development Plan

The recent updating of the plan was mentioned with thanks particularly to Barbara Murray and Carl Hanaghan for putting the plan together and also to all those who had contributed to the discussions. The plan can be viewed on the club's website.

MADF – Macclesfield Athletics Development Fund.

Barbara Murray gave a short update on the status of the fund which has had support from local councillors, Everybody Sport and David Rutley, MP. A business plan will be submitted to Cheshire East in the near future. £80k has already been raised towards the fund. The forthcoming coaching clinics have been funded by MADF.

Alison Gunn (standing in for Club Secretary, Tracey Porritt)

25th March 2016

Marathon 224 of the 401 Challenge - *A Day to Remember*

Ben Smith is on an amazing journey to run 401 consecutive marathons in 401 days and is hoping to raise more than £250k for two anti-bullying charities (Kidscape and Stonewall – visit www.the401challenge.co.uk). He started this epic challenge on 1st September 2015 and if all goes to plan his final marathon (number 401) will be in Bristol on 5th October 2016 – this will make Ben a world record holder!



Ben returned to Macclesfield on Monday 11th April as the club hosted his 224th consecutive marathon (his second at Macclesfield). Ben came to run in Macclesfield for marathon 133 back in January and we put on a good show – the challenge was how could we do even better than last time?

Well, the good news is that the club pulled together and we gave Ben a day that he will never forget...it all started the night before when club member (and London marathon runner) Louise Brown hosted a meal for Ben along with 9 club members (this raised £200). On the morning of marathon 224 the track was full of runners and 100 children from 10 local schools (10 children from each of 8 primary, 2 secondary schools). Ben briefly talked about the challenge and about bullying and after a group warm-up everybody ran the first mile with Ben on the track. At the end of this Ben took a 'selfie' with each runner (this impressed

both the younger and older runners). After a brief pause a massive group of runners set off to run the remaining 25.2 miles. Ben briefly stopped at Tytherington School to talk to the school parliament and headteacher about bullying (and they presented him with a cheque for over £200 with a promise of more to come). Then, everybody set off again for a route that took in the Middlewood Way, canal and Lyme Park (with a challenging climb to the 'Cage'). Runners dropped off and joined in along the route and in total 183 people ran with Ben (this was a record number of runners!). The runners were supported along the way by a 'pop-up café' (Phil's camper van) which provided much needed tea, cake, and sandwiches (this raised another £150).

Ben and the runners finally arrived back at the track about 4.00pm where everybody did a couple of laps to ensure that he had run the full 26.2 miles.

There were lots of runners who achieved 'personal best' for distance including several who ran a full marathon for the first time.

So, a big thank you to all the runners & helpers who made the day a great success. It just goes to show what a great club Macc Harriers is and what we can achieve when we work together.

Visit the 401 Challenge website (www.the401challenge.co.uk) to read Ben's story and perhaps visit the 'donate' page. You can also text 'BEN' to 70660 which makes a £5 donation to the challenge.

Neil Gunn
Club Treasurer and Saturday D Group Leader

CHAIRMAN'S REPORT - *Keith Mulholland*

As newly elected Chairman, I am excited to take on the role. Previously I was Road Running Manager for 3 years and most of the events I have taken part in have been 'on road' with the odd excursion in to fell and cross country events.



Late last year saw the completion of the Harrier's development plan (compiled by Barbara Murray). I see this document as a guide for our activities over the next few years.

It is hoped that levels of participation in events will continue to increase in all sections of the club. I was particularly encouraged at the recent Whitley 10k when we had 27 Harriers (including 4 Junior members) taking part. Four years ago when the race was last in the Cheshire Grand Prix we had 11 Harriers running.

We should also be proud that our 4th C25k course is underway and that the club hosted the recent Sport Relief 1,3 and 6-mile events. These events showcase the club and reach out into the local community, as do the races that we organise (Forest 5, Teggs Nose Fell Race, Macc Half and Langley 7). Do remember that the club does not profit in any way from these races and that net proceeds are donated to charity.

Another exciting development in the fell section is that for the first time in a number of years, four members are hoping to complete the 'Bob Graham Challenge'. This is the pinnacle of UK fell running (106km in 24 hours over 42 peaks).

Overall I see that the club is for all members of the local community from 9 years old upwards who want to train and take part in athletics. Looking forward to the years ahead we also hope to make progress on an indoor athletics facility.

Finally I would like to highlight two great achievements in London the other week. Sian Heslop finished 8th in the U13 girls mini marathon and Harry Newton completed the full marathon in 4:50:58 at the age of 78! Many congratulations to both of them!

Keith Mulholland

INDOOR SPORTSHALL

SPORTSHALL REGIONAL FINALS - *Under 13 Team Challenge*

This event, as the title suggests, is for under 13 athletes and took place on Saturday 5 March at Sportcity, Manchester involving teams representing Cheshire, Greater Manchester, Lancashire and Merseyside.

Poppy Dutton won the Vertical Jump event with a mark of 60cm (not quite reaching her club record of 63cm achieved earlier in the season) which helped the Cheshire girls' team achieve 3rd place; equalling the result at last year's competition.

It was a fantastic event with everyone having an enjoyable, fun day and it was pleasing to see that a Macclesfield athlete was chosen to represent the county.

Hopefully, more under 13s will step forward to compete in the 2016/2017 season thus improving the chances of a greater number being selected for next year's event.



Meanwhile, congratulations to Poppy (seen at the event in her yellow Cheshire t-shirt).

Kevin Ranshaw

COMMITTEE MINUTES - *Thursday 7th April 2016*

The minutes of the committee meeting held on 7th April are available to read online on the club website at;

www.macclesfield-harriers.co.uk

AWARDS PRESENTED ON THE EVENING OF 18th MARCH 2016

*Note: An award is only given to the 1st place athlete -
other places shown for information*

Award	Places	Recipient
Cross Country (2015/2016)		
U11 Girls (Was the Macclesfield Express Challenge Shield – now a trophy)	1 st 2 nd 3 rd	Rebecca Dilworth Charlotte Moran Constance Gooda
U11 Boys (Was the Cross Country Shield – now a trophy)		No athletes qualified for award
U13 Girls (Was the Young and Co Shield – now a trophy)	1 st 2 nd 3 rd	Sian Heslop Libby Greeney Ruby Spencer
U13 Boys (The G T Ward Trophy)	1 st 2 nd 3 rd	Finley Proffitt James Doorbar Thomas Roberts
U15 Girls (Was the Arthur Evans Shield – now a trophy)	1 st 2 nd – Equal 2 nd – Equal	Stephanie Moss Emily Lowery Lauren Robinson
U15 Boys (The Arthur Evans Trophy)		No athletes qualified for award
U17 Ladies (Perpetual Shield)	1 st 2 nd Only 2 eligible athletes	Louisa Whittingham Sarah Stockman
U17 Men (The Macclesfield Harriers Youth Championship Trophy – now a perpetual shield)		No athletes qualified for award
U20 Ladies (Perpetual Shield)		No athletes qualified for award
U20 Men (Perpetual Shield)		No athletes qualified for award
Senior Ladies (The John McClellan Shield)	1 st 2 nd 3 rd	Daisy Pickles Paula Nimmo Alannah Birtwistle
Senior Men (The 22 nd (Cheshire) Regiment Cup)	1 st 2 nd 3 rd – Equal 3 rd – Equal	Mark Walker Scott Wilson Rob Hasler James Noakes
Veteran Ladies (Perpetual Trophy)		No athletes qualified for award
Veteran Men (Perpetual Trophy)	1 st 2 nd 3 rd – Equal 3 rd – Equal	James Noakes John Mooney Tim Marsh Mark Wheelton

AWARDS PRESENTED ON THE EVENING OF 18th MARCH 2016 *cont'd*

Award	Places	Recipient
Road Running (2015)		
Ladies Open (Perpetual Shield)	1st 2nd Only 2 athletes eligible	Daisy Pickles Catharine Crossley
Ladies Veteran (Perpetual Shield)	1st 2nd 3rd	Alison Gunn Heather Pimblott Carol Upton
Mens Open (Runner on Plinth)	1st 2nd 3rd	Mark Walker Scott Wilson James Perry
Mens Veteran (Perpetual Trophy)	1st 2nd 3rd	Ray O'Keefe Keith Mulholland Neil Hey
Best "B" Group Runner (Engraved Medal)	Female Male	None James Perry
Best "C" Group Runner (Engraved Medal)	Female Male	None Fred Wardle
Best "D" Group Runner (Engraved Medal)	Female Male	Catharine Crossley Chris Pimblott
Best "E" Group Runner (Engraved Medal)	Female Male	Lindsey Evans None

Award	Places	Recipient
Indoor Sportshall (2015/2016)		
U11 Girls	1st 2nd 3rd	Keira Barry Holly Nash Lily Dutton
U11 Boys	1st 2nd 3rd	Aadi Whitlock Ian Hay Toby O'Keefe
U13 Girls	1st 2nd 3rd	Poppy Dutton Liliana Carey Annabel Cross
U13 Boys		No athletes competed
U15 Girls		No athletes competed
U15 Boys	1st Only 1 competitor	Josh Carey

AWARDS PRESENTED ON THE EVENING OF 18th MARCH 2016 *cont'd*

Award	Places	Recipient
Fell Running (2015)		
Ladies Fell Championship (Small Rock Award)	Winner	Olivia Walwyn
Mens Fell Championship (Large Rock Award) (The Ken Hall Fell Runner Trophy)	Winner	Andy Skelhorn
Open Fell Championship (Hexagonal Glass Shield)	Winner	Jacob Roberts
Summer Evening Fell Race Series Ladies (No Perpetual Trophy – small Shield to keep)	Winner	Rachael Lawrance
Summer Evening Fell Race Series Men (No Perpetual Trophy – small Shield to keep)	Winner	Allen Bunyan

Award	Nominees	Recipient
Special Awards		
Special Award Engraved Shield	To commemorate a number of years' service to the club upon leaving the area owing to work commitments	James Noakes
Best Newcomer (Voucher)	Alannah Birtwistle, Lynda Cook Lindsey Evans, Yvonne Hewitt Lucy Robinson	Alannah Birtwistle
Most Improved Athlete (Voucher)	Lisa Bancroft, Katy Barnes Joseph Connor, Catharine Crossley Dave Larkin, Tim Marsh Emma Mason, Chris Pimblott Heather Pimblott, Fran Pyatt Andy Skelhorn, Siobhan White Louisa Whittingham	Catharine Crossley
Most Promising Athlete (Voucher)	Alannah Birtwistle, Catharine Crossley Sian Heslop, James Perry Finlay Proffitt, Lucy Robinson Ella Spencer, Jacob Thompson Louisa Whittingham	Finlay Proffitt Louisa Whittingham

AWARDS PRESENTED ON THE EVENING OF 18th MARCH 2016 *cont'd*

Award	Nominees	Recipient
Commendations: Female (Voucher)	Jenny Airey Dawn Devine Pauline Lynch Daisy Pickles Sue Rowson	Dawn Devine Daisy Pickles
Commendations: Male (Voucher)	Julian Brown Robert Finnis Dave Larkin Keith Mulholland James Noakes Ray O'Keefe James Perry Finlay Proffitt Mark Walker Stewart Waudby	Julian Brown Ray O'Keefe
Best Cross Country Performance (The Arthur Evans Memorial Plate and Voucher)	Based on the best performance at the County Championships	Stephanie Moss
Female Endurance (The Brian Kemp Memorial Trophy – Running Shoe and Voucher)	Kirsty Hewitson Jo Miles Guenaelle Savre-Piou Hazel Winder	Kirsty Hewitson
Male Endurance (The Brian Kemp Memorial Trophy – Running Shoe and Voucher)	Rob Gittins Carl Hanaghan Dave Walker Mark Walker	Rob Gittins
Notable Individual Performance (Voucher)	Dawn Devine Calum Murray Harry Newton James Perry Mark Walker Stewart Waudby Louisa Whittingham	Calum Murray Mark Walker
Contribution to the Club (The Betty Sudell Memorial Trophy) (No Voucher)	Anna Carey Jon Faulkner Simon Frith Alison and Neil Gunn Steve Lomas Pauline and Bob Lynch Keith Mulholland Barbara Murray James Noakes Kevin Ranshaw Stewart Waudby	Barbara Murray
Team of the Year Award (Engraved Shield) (No Voucher)	"D" Group Fell Shufflers U15Gs XC/Road Relays Team	U15Gs XC/Road Relays Team
Athlete of the Year (Perpetual Plate and Voucher)	Chosen/Awarded by Pauline and Bob Lynch	Sian Heslop Louisa Whittingham

TRACK & FIELD

COACHING CLINICS - *April 2016*



We were very pleased that more than 30 athletes took advantage of this year's early season coaching clinics funded by the Macclesfield Athletics Development Fund (MADF). Covering all track and field events, athletes were able to spend a bit more time on events they might not usually have an opportunity to try, such as pole vault. Hopefully this will have given athletes confidence to go forward and participate in competitions in some new events.

We were very lucky with the weather for the majority of the time, although the hail storms during the final event tested our staying power a little. I would like to take this opportunity to acknowledge and thank all the coaches who volunteered their additional time over and above regular club nights to provide these excellent opportunities for the young and not so young.

Barbara Murray



The club would like to thank all the distributors who volunteer to deliver GO! each quarter and also Rymans Macclesfield who have kindly donated some carrier bags to help with the deliveries.

TRACK & FIELD

Owing to the deadline for this magazine, the season has only just got going. However, here is an update on progress so far:

Cheshire Track and Field League (All Age Groups)

The first round match was held at Warrington in reasonable conditions considering the early fixture date.

A good turn-out saw an excellent 10 graded performances achieved and an outcome as follows...

- Men – 2nd – 258
- Women – 2nd – 293
- Overall – 2nd – 611 (includes officials points)
- U11s – 1st – 151

The full results and a league table should be available at:

www.cheshireaa.com/results/TFL/cheshire_tf_league_2016.aspx



The performance of the U11s team is worth particular mention, dropping only 9 points for the whole match – well done.

If you didn't attend this fixture, please consider competing at the next round in June.

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

An outing to Leigh Sports Village on a cold, but dry April day saw a reasonable number of athletes competing for the first round match.

Against the other 6 teams, the Harriers managed 6th place. This in effect is the league position.

Unfortunately we were unable to field athletes in all disciplines and strong performances from the other teams hampered our ability to score.

An excellent 10 graded performances were achieved – the U15s building on their success earlier in the month at Warrington.

Results are here: <http://www.ukydl.org.uk/page10.html>

The same 7 teams contest the next round at Ashton-under-Lyne on 21 May.

TRACK & FIELD

Please encourage your fellow athletes to step forward to compete at this and subsequent rounds.

Northern League (U17 – Seniors)

A day out in Deeside for the first round in early May – however owing to publishing deadlines the results were not known when this was written, but the full details are here:

<http://www.northernathletics.org.uk/league-results-2016/>

Deeside – being at home – provided the greatest opposition, but as we had moved up a division this season and 3 of the other teams had moved down from Division 2, all of the opposition posed a threat.

Very few seniors stepped forward, so it was left to the U20s/U17s to bolster the team and whilst there were some good individual performances, overall we couldn't quite match the leading teams. Hopefully, more athletes will compete in future rounds.



So a “good in parts” start to the season, but a club our size should command better representation.

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

The next rounds for each league are:

Cheshire Track and Field League (All Age Groups)	4 June	Wrexham, Queensway Stadium
Northern League (U17 – Seniors)	5 June	Warrington, Victoria Park

A full fixture list appears elsewhere in the magazine.

Kevin Ranshaw – Track and Field Manager

Keeping the club running...

VOLUNTEER SPOTLIGHT

The chosen club volunteer for this issue is Barbara Murray, known by many for her work coaching at the track, but who has had, and continues to have, a brilliant running career of her own.



Like many other Harriers Barbara started in athletics whilst at school, at the young age of 10. Later she ran for her local club and then for both Glasgow and Aberdeen Universities as well as Glasgow Athletic Club and Brighton and Hove. It was whilst at uni that she ran the 800m, winning various Scottish medals between 1975 and 1981, and the British Universities 800m title in both 1980 and 1981.

It was during this time that Barbara also competed in cross country with the Glasgow University Hares and Hounds and where she met husband Raph. Barbara fondly remembers all of the inspirational people who gave up their time to coach, train, organise and motivate young people and it is this which inspires her now to give so much of her time.



Barbara joined Macc Harriers in 1986 when they moved to Rainow with one year old Seonaid. Her boys, Lachie, Declan and Calum were all born here and all grew up as Macc Harriers. Barbara says:

'I have fond memories of Cheshire cross country champs where we had a family member in almost every race eg: U11 boys, U13 boys, U15 boys, U17 girls, senior women and senior men - a long day out in the rain and mud and lots of shoes to wash!'

Taking after their sporting parents the Murray clan have many club records between them, with Seonaid, Declan and Calum being age group medallists in the Scottish Champs and Seonaid competing in the 2014 Commonwealth Games Triathlon relay for Scotland.

Barbara started coaching cross country at Rainow Primary School shortly after moving there and being spotted by the head teacher of the school next door. From there she helped at the primary schools cross country and became a qualified coach at Macc Harriers, initially coaching the U13 age group for all events, then for endurance before becoming a hurdles coach around 2001, and now coaching twice a week.

Barbara now holds the Event Group Sprints and Hurdles Coach Award (which is the highest level offered by UK Athletics!)

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Keeping the club running...

VOLUNTEER SPOTLIGHT



'Over the years we have had some great young hurdlers, some of whom participated in the English Schools for Cheshire and some who won regional and national titles, as well as those who gained valuable points in the team competitions. It is very rewarding to see young athletes progress with hurdling, whether that be simply getting over a few hurdles with competent technique or being technically proficient and competing internationally.'

Before joining MH&AC Barbara had competed in T&F, cross country and road, but after joining Macc Harriers she had her first try at fell running, in the Shining Tor fell race and went on to run for Scotland in the World champs the year after Lachie was born. On reaching 35, she returned to the track for a spell of Masters running - her highest achievement was the silver medal in the 2000m steeplechase in the European Masters Championships and winning the 800m at the British Championships.

Barbara has represented Scotland in every distance from 400m to 3000m on the track, also in cross country, including in the World Cross Country Championships in Paris in 1980 and Madrid in 1981 and in fell racing at the World Cup Mountain Race in Keswick in 1988.

An incredible athlete, as Barbara's best performances show:

400m	56.7	10K road	35 min 21
800m	2 min 8.2	5 miles road	28 mins 18sec
1500m	4.30.6	10 miles road	59 min 58 sec
3000m	9min 40.4	1/2 Marathon	82 min 36s

Barbara has been a Trustee of the charity which worked towards the building of the Athletics Track (completed in 1999) and is now Chairperson of Macclesfield Athletics Development Fund Charity which aims to secure indoor athletics training facilities adjacent to the track.

Barbara still enjoys running cross country and road, and ventures onto the fells for the Cross Discipline Challenge. She still competes for the club in the 3000m on the track at the Cheshire League meetings in between officiating as a track judge. She also holds an incredible amount of Harriers T&F and road records.

Den Masset

ROAD RUNNING

HIGH LEGH 10k - *Sunday 28th February 2016*



30 Harriers made it to the start line and completed yesterday's High Legh 10k, which sold out months in advance. Conditions for the race were almost perfect with sunshine and only a slight breeze.

James Perry led the men home with a PB of 39:01. Den Masset was the first lady Harrier to finish in 46:32. Stewart Waudby also achieved a PB of 45:04.

Other Harriers results were as follows:

Neil Hey (40:45), Ray O'Keefe (41:13), Keith Mulholland (42:45), Jonnie Plumb (43:16), Neil Gunn (44:41), Catharine Crossley (49:10), Peter Dykstra (50:23), Anna Maddox (51:36), Kim Eastham (51:55), Helen Gowin (52:15), Geoff Hull (53:08), Siobhan White (53:34), Andy Devine (55:10), Carol Upton (55:17), Julie Smith (55:23), Ian Moore (55:42), Dipika Morgan (55:58), Harry Newton (57:20), Dawn Devine (57:41), Helen Rose (59:42), Yvonne Hewitt (61:04), Lisa Bancroft (61:04), Joanne Griffin (61:29), Sue Schilling (62:36), Georgina Timson (66:50), Catherine Mather (67:24), Kate Foster (71:34).

Well done to everyone!

TRAFFORD 10k - *Sunday 13th March 2016*

Cool sunny conditions and a fast flat course led to a flurry of PB's for the Harriers that raced at yesterday's Trafford 10k.

Mark Walker led the men home in a superfast time of 32:26 (PB) followed by Rob Hasler (37:22), James Perry (38:51) and Fran Pyatt (39:20) who all scored PB's.

Daisy Pickles was first lady Harrier also gaining a new PB of 43:23 with Barbara Murray second (49:02, 3rd LV55) and Catharine Crossley third (49:27).

Other Harriers results were:

Stewart Waudby (45:11), Neil Murphy (49:59), Helen Gowin (51:29), Andrew Devine (53:15 PB!), Carol Upton (55:48), Dawn Devine (57:19 PB!), Lindsey Evans (65:51) and Charlotte Bird (68:58).

Congratulations to everyone on a brilliant set of performances!

ROAD RUNNING

WILMSLOW HALF MARATHON - *Sunday 3rd April 2016*

The ever popular Wilmslow Half Marathon was run under almost ideal conditions and, with the promise of a fast course, 40 Harriers completed the 13.1 miles. Runners were well supported in their battle with the course by friends, family, a cheering section suspended in the air, two bongo drummers and the spirited support of the Macc Harrier marshals just past the halfway point.



The men were led by Mark Walker who placed 21st in a very strong field with a time of 1:14:10, just 14sec off his PB. Rob Hasler was the second Harrier over the line with a PB of 1:24:29 and Joe De Sousa rounded off the top three Harriers with a time of 1:30:06, another PB.

Paula Nimmo was the first lady Harrier over the line at 1:35:12 closely followed by Daisy Pickles who had a PB with a time of 1:35:49. The third lady Harrier, with another PB, was Alannah Birtwistle at 1:49:26.



Those Harriers who either missed out on the Wilmslow Half or want to improve on their time from today at this distance will have plenty of time to prepare for the next two Half Marathons in the club Road Running Championships which will both take place in October. The Congleton Half Marathon on October 2 (entries to open soon and sells out quickly) and the new Manchester Half Marathon on October 16 with a super fast flat course (entries open now).

WHITLEY 10k - *Sunday 24th April 2016*



While most eyes were on London, the second Cheshire Road Racing Grand Prix race was held at the Whitley 10K under cool and drizzly conditions. The race took in some nice Cheshire country lanes with the first 5K slightly downhill meaning runners had a more demanding second half that was capped off with a 400m dash around a grassy field. There were 27 Harriers that completed the race with some of the younger and older Harriers having some excellent runs.

For the men Robbie Peal was first Harrier (37:14, PB) placing a very respectable 13th in his 10K debut for the club. Chris Bentley (38:10) was second Harrier in 17th place. Allen Bunyan (39:28, PB) was third Harrier in 28th place and also running his first 10K for the club.

The women were led by Louisa Whittingham (40:08) who was 4th lady overall. Daisy Pickles was

ROAD RUNNING

Cont'd from previous page.

second lady Harrier with a PB of 42:22 placing 8th lady. Third lady Harrier over the line was Alannah Birtwistle with a PB of 45:08.

Outside the top three Harriers there were some other excellent performances with a number of personal bests. Results can be found below:

Neil Hey (40:42 PB), Ray O'Keefe (41:07), Robert Finnis (41:27 PB), Fran Pyatt (42:08), Keith Mulholland (42:09), Neil Gunn (43:54), Tim Marsh (44:36 PB), Stewart Waudby (45:23), David Larkin (47:39), Den Masset (48:25), Kim Eastham (51:31 PB), Emma Beveridge (51:41), Alison Gunn (52:32 PB), Joanna Thompson (52:43 PB), Iona Coltman (52:53 PB), Andrew Devine (52:53), Geoffrey Hull (53:41), Lindsey Russell (59:01), Dawn Devine (59:17), Jane Dow (60:19), Nicky Tasker (61:29).

MID CHESHIRE 5k - *Thursday 28th April 2016*

After a day of rain, sleet, and snow runners at the Mid Cheshire 5K came to the line under dry conditions but with some ominous dark clouds in the distance. With the race advertised as "lightning quick" there was much talk of PBs from the 22 Harriers who took part. While the weather didn't hold off, and many runners were bombarded by an intense hail storm, there were still some excellent runs and a flurry of Pbs.

For the men Billy Hicks was first Harrier with a PB of 17:33, putting aside any doubts that his legs had not recovered from the London Marathon. New father James Perry was second male Harrier with a PB of 18:36 confirming that lack of sleep had not affected his ability to run fast. Fran Pyatt was the third male Harrier with a PB of 18:56 just dipping under that elusive 19 minute mark.

For the women Louisa Whittingham continued her strong form this year by smashing her 5K PB with a time of 18:42 to come over the line as first lady Harrier. Paula Nimmo was second lady Harrier with a PB of 19:38. Daisy Pickles rounded off the top three lady Harriers with a PB of 20:04 to add to her PB at 10K on Sunday.

There were many more great times and PBs by Harriers, despite the conditions, and their results are listed below.

Neil Hey 19:11 PB, Ray O'Keefe 19:15 PB, Keith Mulholland 20:33, Alannah Birtwistle 20:43 PB, Jonnie Plumb 20:44, Tim Marsh 20:56 PB, David Larkin 22:49 PB, Neil Murphy 23:24, Steve Lomas 23:48, Andy Devine 24:43 PB, Kim Eastham 24:55 PB, Helen Gowin 25:30 PB, Dawn Devine 27:26 PB, Nicky Tasker 29:32 PB, Katy Barnes 29:44 PB?, Carol Upton 29:44.

ROAD RUNNING

CHESHIRE ROAD RACING GRAND PRIX

Team & individual standings after 3 races

Following three of the seven Cheshire Road Racing Grand Prix races (Four Villages HM, Whitley 10K and Mid Cheshire 5K) the Macclesfield men are in third place (1311) behind Vale Royal (1512) and South Cheshire Harriers (1505). The Macclesfield women are in second place (599) behind Wilmslow (617).

In the individual male standings Neil Hey and Ray O'Keefe are tied 13th for overall points with Fran Pyatt right behind in 15th.

In the individual female standings Louisa Whittingham is 5th overall in points followed by Daisy Pickles in 8th and Alannah Birtwistle in 11th.

There are four races remaining in the Road Racing Grand Prix and these are the Hollins Green 5K, Colshaw Hall 10K, Birchwood 10K and the Macclesfield Half Marathon. Details can be found at www.cheshireaa.com

Ray O'Keefe
Road Running Manager

CHESHIRE GRAND PRIX & CLUB CHAMPS - ROAD RACE SERIES 2016

Hollins Green 5K*	Sunday 19th June	10.00 am (short)
Colshaw Hall 10K*	Sunday 26th June	10.00 am (medium)
Wizard 5	Thursday 7th July	7.30 pm (short)
Buxton Carnival 4 mile	Saturday 9th July	1.45 pm (short)
Meerbrook 15K	Saturday 30th July	10.00 am(long)
Birchwood 10K*	Sunday 21st August	10.00 am(medium)
Bollington 10K	Sunday 28th August	10.00 am(medium)
Gawsworth 10K	Sunday 11th September	10.30 am(medium)
NW Road Relays ¹	Saturday 17 th September	TBC (short)
Congleton ½ Marathon	Sunday 2nd October	9.30 am(long)
Manchester ½ Marathon	Sunday 16th October	9.00 am(long)
Langley 7	Saturday 5th November	2.00 pm (medium)
Stockport 10	Sunday 11th December	10.00 am(long)

*Cheshire Grand Prix Race

¹ Inter-club competition

ROAD RUNNING

CLUB ROAD RUNNING CHAMPIONSHIP - *STANDINGS*

There has been outstanding participation in all seven races in the club Road Running Championship to date, ranging from 15 at the Trafford 10K to 40 runners at the Alsager 5 and Wilmslow Half. The tables are so large that unfortunately it's impossible to include them in the magazine. However, they are available to view on the Harriers' website under the Road Running tab, then follow the link to Road Champs Tables.

LOCAL RACES - *JUNE TO AUGUST 2016*

Race	Location	Date	Entry
Birchwood Brook 5K	Warrington 7:30pm	Jun-03	bookitzone.com
Bowden 5K	Bowden, Altringham 7:15pm	Jun-09	bookitzone.com
Dunham Massey 5K	Dunham Massey Park 7:15pm	Jun-16	bookitzone.com
South Cheshire 5K series	Queen's Park, Crewe 7:00pm	June 28, July 26, Aug 30	bookitzone.com
Sale Sizzlers 5K series	Wythenshawe Park 7:30pm	June 30, July 14, 28 & Aug-11	sale-harriers.niftyentries.com
Cheadle 4 mile	Cheadle, Staffs 10:30am	Jul-10	bookitzone.com
Run the Alderley ByPass 5 mile	Alderley Edge 9:30am	Jul-03	run-northwest.niftyentries.com
Stone St. Michael's 10K	Stone, Staffs 10:00am	Jun-19	bookitzone.com
Offerton 10K	Woodbank Park, Stockport, 7:30pm	Jun-29	crazylegsevents.co.uk
UKFast We Love Manchester 10K	Sportcity, Manchester 10:30am	Jul-10	active.com
Trentham 10K	Stoke on Trent, Staffs 10:30am	Jul-17	bookitzone.com
Potters 'Arf Marathon	Hanley, Staffs 10:30am	Jun-12	race-results.co.uk
Cheshire Half Marathon	Arley Hall 9:30am	Jul-17	cheshirehalf.com

CLUB RECORDS - 2016

Some excellent performances over the last few months and lots of new club records. Well done everyone!

A tidy up of older Club Records has taken place (big thank you to Barbara and Rachael), with records attributed to the wrong age group being removed and where possible replaced with the correct record. The updated spreadsheets have been published on the club website and paper copies put up in the club house. Please take a look and let me know if you think there are any other corrections to make.

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

Nicky

Email : nickytasker38@gmail.com

Discipline	Gender	Distance/Event	Age Group	Name	Record	Date Set
Road	Female	5K	V50	Barbara Murray	22.3	Aug-10
Road	Female	5K	V55	Barbara Murray	22.29	Aug-12
Road	Female	10 K	V50	Barbara Murray	46.02	Apr-12
Road	Female	5 Mile (gun)	V65	Ann Harris	43.03	Feb-16
Road	Female	5 Mile (chip)	V65	Ann Harris	42.58	Feb-16
Road	Female	5 Mile (gun)	V70	Pauline Lynch	46.05	Feb-16
Road	Female	5 Mile (chip)	V70	Pauline Lynch	45.56	Feb-16
Road	Female	Half Marathon (gun)	V70	Pauline Lynch	2-15-56	Jan-16
Road	Female	Half Marathon (chip)	V70	Pauline Lynch	2-14-23	Jan-16
T&F Indoor	Male	600m	U17	Harry Simpson	1.25.9	06/03/2016
T&F Indoor	Male	1500m	U17	Harry Simpson	4.19.79	16/01/2016
Road	Female	20 Miles (gun)	V45	Nicky Tasker	3.55.22	Mar-16
Road	Female	20 Miles (chip)	V45	Nicky Tasker	3.54.43	Mar-16
T&F	Female	4*300m	U15	Sam Kyriacou	3.04.1	Apr-16
T&F	Female	4*300m	U15	Lauren Robinson	3.04.1	Apr-16
T&F	Female	4*300m	U15	Eve Cobey	3.04.1	Apr-16
T&F	Female	4*300m	U15	Steffie Moss	3.04.1	Apr-16
T&F	Female	100m	M55	Barbara Murray	16.7	Apr-16
T&F	Female	1500m	M55	Barbara Murray	6.14.7	Apr-16
T&F	Female	100m	M50	Alison Hartopp	16.3	Apr-16
T&F	Female	600m	U11	Rebecca Dilworth	1..55.78	May-16
T&F	Male	600m	U11	Fabian Thompson	1.46.47	May-16

MACCLESFIELD HARRIERS' NATIONAL ACHIEVEMENTS

Track & Field, Cross Country & Road

Following on from Barry's recent article on fell running achievements, a quick scan of the club archives reveals a number of national T&F champions and representative honours across the age groups and honours in cross-country and road disciplines. There are undoubtedly others, so please let us know if you are aware of any that should be included on this list.



In addition many athletes went on to greater things after starting out at MHAC, for example Libby Clegg went on to represent Great Britain at the Paralympics in 2008 (winning a silver medal) and in 2012 and won gold for Scotland at the Commonwealth Games in 2014. More recently Seren Bundy-Davies represented GB at the European Indoor Championships and we very much hope to see her at the Olympics in Rio. Many of the others mentioned above gained International representative honours either before joining or after moving on from MHAC and we celebrate all their achievements.

The one thing they all have in common is their willingness to work hard and to compete to the best of their ability - you don't know what you can achieve until you try, so be inspired by both young and old and go out and have a go. Whether your aim is to be of a standard to represent the club in the leagues, or to win a National title, you have plenty of support from Macclesfield Harriers and Athletics Club.

In case you are not aware, the Power of 10 website (<http://www.thepowerof10.info/>) is a great place to check your progress - it provides ranking lists for all age groups across the UK. Why not let us see how many MHAC athletes we can get in the top 100 in the country in 2016? Currently Stephanie Moss is our lead harrier with her early season 2 min 15.3 secs 800m registering her as second fastest U15 girl in the UK so far in 2016. Well done Steffi!

Barbara Murray

MACCLESFIELD HARRIERS' NATIONAL ACHIEVEMENTS

Track & Field, Cross Country & Road

Name of Macclesfield Harrier	National Medal/ Representative Honour	Event (age group/performance/ year)
Elliott O'Neil	GB International	Triple Jump
	England International	Triple Jump U23 14.95m, 2007
Jack Andrew	English Schools International	Pentathlon U15, 2006
	AAA championships Silver	Pentathlon U15, 2006
	English Schools Champion	U15 Pentathlon 2919 pts, 2006
	England International	Decathlon U17 2007
	English Champion	Heptathlon U17, 2008
	English Schools Champion	Octathlon U17, 2008
Seonaid Murray	Scottish International	Celtic International 800m Senior 1st 2.10.50s, 2010
	Scottish Indoor Champion	800m Senior, 2min 14.6s, 2010
	Scottish Champs Bronze	800m Senior, 2min 12.1s, 2010
	Scottish Champs Bronze	800m, U20, 2.21.10s, 2004
	Scottish Champs Silver	800m, U20 2min 19.02s, 2003
	Scottish Champs Bronze	400m 59.90s, 2002
Calum Murray	Scottish Champion	800m, U13, 2 min 19.7, 2006
Kate Lowery	English Schools Silver	1500m, U15 4.33.73, 2013
	England Athletics Championships Bronze	1500m U17 4.39.84, 2014
Declan Murray	Scottish Champs Silver	800m, U13, 2min 19.2s, 2002
Robert Black	Scottish International	100m U17, 2006
	Scottish Champion	100m U17 11.16s, 2006
	Scottish Champs Silver	200m U17, 2006
	Scottish Champs Bronze	100m, U13 13.54s, 2002
Lloyd Hilton	Welsh Champion	400m 51.12s U20, 2010
Danielle Wallis	English Schools International	Cross-country Home Nations International 2009
	English Schools Championships Silver	1500m steeplechase 5min 04.41 2013
Rebecca Craigie	English Schools International	Cross-country Home Nations International 2006



MACCLESFIELD HARRIERS' NATIONAL ACHIEVEMENTS

Track & Field, Cross Country & Road

Barbara Murray	British Masters - Gold	800m V35 2m 22.67s (1997)
	British Masters - Bronze	800m V40 2m 26s (1999)
	British Masters - Silver	800m V40 2m 23.26s (2000)
	British Masters - Silver	800m V45 2m 37.5s (2003)
	European Masters - Gold	4x400m relay V45, 2004
	European Masters - Silver	2000m SC V45 8m 44.29s, 2004
Raph Murray	British Masters Champs - Silver	1500m V45 4m 26.38s (2000)
	British Masters Champs - Bronze	800m V45 2m 6.92s (2001)
	British Masters Champs - Silver	1500m V50 4m 35.39 (2004)
Pauline Atkinson	British Masters Indoor - Gold	3000m V40 10 min 34.80, 2004
	British Masters Indoor - Gold	1500m V40 4 min 48.79, 2003
	British Masters Indoor - Gold	3000m V40 10.23.65, 2003
	British Masters - Bronze	5000m V35 18.54.10, 2002
Sue Rowson	British Masters Marathon Champion	V35 3 hours 9 min 10 secs, 1992
Mike Hartley	GB International	European 100km Champs, 6hrs 54min 59min (1992)
	GB International	100km World Challenge, 7hrs 22min 06sec (1993)
	GB International	100km European Champs, 4 th , 6hrs 37min 45sec. (1993)
	GB International	100km World Challenge, 7hrs 13min 25sec (1995)

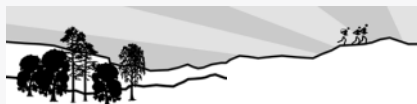




FOREST FIVE CHARITY RUN

Assisted by Macclesfield Harriers & AC

**ON THE PICTURESQUE TRACKS
OF MACCLESFIELD FOREST**



7.30pm Wednesday July 20th 2016

Entries £6 on the night

*Parking and registration from 6.00pm
at Macclesfield Forest Visitors Centre,
Trentabank, Nr Langley (SJ 961712)*

**Under no circumstances must cars be parked anywhere near the
Leathers Smithy Pub. Race parking is 600 metres beyond.**

- # *Proceeds are donated to Rossendale Trust*
- # *Sorry, no prizes, we want as much as possible to go to our charity*
- # *The route is ~5.5 miles mostly on good quality forest tracks but there are some stepped boardwalks to negotiate. At one point there is a route choice; either stay on the dry firm track or to take a slightly shorter line across slippery grass (this might govern your selection of shoes)*

Arrive in good time; the start is 10 minutes walk from registration. After the race, runners and officials tend to gather in the St Dunstan Inn in Langley.

Contact Pete Nolan on 01625 423414 or 07980 543276

With the kind permission of United Utilities plc and with the support of the Peak National Park Rangers.
Changing and toilet facilities are extremely limited.

CALENDAR OF EVENTS - 2016

MAY			
Sat 7th	T&F: Northern Men's/Ladies League: Round 1 Connah's Quay, Deeside College (CH5 4BR)	11.00	U17 – Senior
Sat 14th and Sun 15th	T&F: Cheshire County Championships Macclesfield		U13 upwards
Sat 21st	T&F: Youth Development League – Lower Age Round 2 Ashton-under-Lyne, Richmond Park Stadium (OL7 9HG)	11.30	U13 – U15
JUNE			
Sat 4th	T&F: Cheshire League Round 2 Wrexham, Queensway International Stadium (LL13 8UH)	11.30	All
Sun 5th	T&F: Northern Men's/Ladies League: Round 2 Warrington, Victoria Park (WA4 1DG)	11.00	U17 – Senior
Sat 11th	T&F: Cheshire Schools Championships Warrington, Victoria Park (WA4 1DG)		Juniors/Inters/ Seniors
Sat 18th	T&F: Inter County Schools - Mason Trophy Birmingham, Alexander Stadium (B42 2LR) (TBC)		
Sun 19th	T&F: Youth Development League – Lower Age Round 3 Macclesfield	11.30	U13 – U15
Wed 22nd	T&F: Cheshire Schools Championships Warrington, Victoria Park (WA4 1DG)	16.30	Minors
Wed 29th	T&F: Primary Schools Macclesfield	18.00	
JULY			
Sun 3rd	T&F: Northern Men's/Ladies League: Round 3 Macclesfield	11.00	U17 – Senior
Sun 10th	T&F: Cheshire League Round 3 Warrington, Victoria Park (WA4 1DG)	11.30	All
Sat 16th	T&F: Youth Development League – Lower Age Round 4 Warrington, Victoria Park (WA4 1DG)	11.30	U13 – U15
Mon 25th to Fri 29th	Startrack Macclesfield	10.00	U11 – U15 Pre-Booking
AUGUST			
Sat 6th	T&F: Northern Men's/Ladies League: Round 4 Wirral, Bebington Oval (CH63 7LF)	11.00	U17 – Senior
SEPTEMBER			
Sun 4th	T&F: Cheshire League Round 4 Macclesfield	11.30	All
Sun 11th	T&F: Junior Multi-Events Macclesfield	10.30	All Pre-entry
Sun 25th	Macclesfield Half Marathon, 5K and Fun Run	10.00 + 10.15	

CALENDAR OF EVENTS - 2016/2017

OCTOBER			
Sat 1st	Cross Country: North Staffs XC League Round 1 Date and Venue TBC (see website)	12.00	All
Sat 15th	Cross Country: Greater Manchester League Match 1 Manchester, Heaton Park (M25 2SW) (TBC)	12 Noon	Not U11
Sat 29th	Cross Country: North Staffs XC League Round 2 Date and Venue TBC (see website)	12.00	All
NOVEMBER			
Sat 5th	Road Race: Langley 7	14.00	
Sat 12th	Cross Country: Greater Manchester League Match 2 Blackley, Boggart Hole Clough (M9 7DH) (TBC)	12 Noon	Inc U11
Sat 19th	Cross Country: North Staffs XC League Round 3 Date and Venue TBC (see website)	12.00	All
DECEMBER			
Sat 3rd	Cross Country: Greater Manchester League Match 3 Manchester, Wythenshawe Park (M23 0AB) (TBC)	12 Noon	Inc U11
Sat 17th	Cross Country: North Staffs XC League Round 4 Date and Venue TBC (see website)	12.00	All
JANUARY			
Sat 7th	Cross Country: Cheshire Championships Venue TBC		
Sat 14th	Cross Country: Greater Manchester League Match 4 St Helens, Sherdley Park (WA9 5DE) (TBC)	12 Noon	Inc U11
Sat 28th	Cross Country: Northern Championships Venue TBC		
FEBRUARY			
Sat 11th	Cross Country: Greater Manchester League Match 5 Stockport, Woodbank Park (SK1 4JR) (TBC)	12 Noon	Inc U11
Sat 25th	Cross Country: English Championships Venue TBC		
MARCH			
Sat 11th	Cross Country: Inter-Counties Championships Venue TBC		

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

MACC HALF MARATHON



25th September 2016

#DontHalfLoveRunning

Sunday 25th September 2016

Put the date in your diary, the 2016 Macc Half Marathon & 5k will take place on the 25th September, it's set to be a great one!

The Half Marathon is open to over-17s, the 5K to over-13s and the fun run for under-13s. The Macclesfield Half is a great half marathon, with a few hills (ahem); the 5K is a speedy race (certainly shorter...) and the fun run, well, it's in the name.

And this year we have introduced 3 challenges:

- The School Challenge: if you're a pupil, parent, governor or a member of staff, why not encourage your school to get involved?
- The Corporate Challenge: why not pester your work colleagues into joining in?
- The Active Macc Challenge: if you or a friend are a member of another sports club or community organisation (non-running or athletic), why not enter a team?

Whether you're racing or volunteering, spread the word to your friends and family and like Macc Half on Facebook.

To enter and find out about the challenges, visit www.macc-half.co.uk

The event relies upon the army of dedicated volunteers made up of club members and their families, so if you're not running, please volunteer when Neil Gunn sends out the call.

Carl Hanaghan

FELL RUNNING

HAPPENINGS ON THE *FELLS*

RECENT RACES

CLOUD 9 6TH March (14.5k 381m ascent)

21 Harriers turned out in the first of this year's club races. Our ladies did really well taking the **ladies team prize with Olivia Walwyn 1st lady** overall. Angela Markley (2nd FV35) and Helen Evans were the other team scorers. Helen was just ahead of Andrea Frost (2nd FV45).

For the men Rob Hasler had a terrific run coming 12th in the large field of 256 runners. Other notable performances were Peter Nield 16th and 2nd MV40; Neil Clarke 2nd MV55 and Barry Blyth 1st MV65 (last time in this category).

EDALE SKYLINE 13th Mar (34k 1373m)

11 Harriers turned out for this tough race made easier by the benign weather conditions (sunny, cool and dry). In a field of 249 Simon Harding came an excellent 5th. Most of us vets were happy to get round but in so doing Mandy Calvert picked up 1st LV 50 and Barry Blyth was 2nd Mv60.



MOW COP 17TH April (10.5k 400m)

A busy week end for our Fell Runners with a dozen or so up in the Lake District doing the tough Anniversary Waltz or the even tougher Teenager with Altitude. However 13 of us were doing the local Mow Cop race a mere 6 ½ mls and 1200ft of up/down but tough in its own way. Pictures show Andrea Frost and Fred Wardle at Mow Cop.

Dan Croft and Pete Nield were 2nd and 3rd MV 40's coming 9th and 10th in a field of 148. Next back were Barry Blyth and Tom Grimes just separated by a couple of seconds in 47th and 48th places.

Well done to our ladies who won the team prize for the 2nd year running with Andrea Frost, Sophie Kirk, and Stephanie Wood coming 5th 7th and 9th ladies respectively.

All finished off with a cuppa and cake for just £1.



FELL RUNNING

HAPPENINGS ON THE *FELLS cont'd*

HEROD FARM 20th April (3mls 1100ft)

First race of our Wednesday night summer series and the best club turnout along with Buxton both having 17 runners in a field of 136. Simon Harding was on holiday and unable to defend his title however good performances from 2 of our juniors; Allen Bunyan and Robbie Peal, both coming in the top 20 in 11th and 17th respectively (2nd and 3rd under 18's). This was Robbie's 1st fell race an excellent performance. These 2 were split by Dan Croft in 15th. Several Harriers had raced at the w/e so were probably feeling the effects especially Graham Brown and Andy Skelhorn who did the Teenager with Altitude (15.3mls & 7546ft!) in the Lake District. It was good to see Nina Moss turning out after a long lay-off with injury.

KINDER DOWNFALL 24th April (15.4k 1500m)

In this popular race 11 Harriers finished in a field of 260. Rachael Lawrance was 5th lady overall with Stephanie Wood and Andrea Frost taking 1st and 2nd LV45 places. For the men John Mooney and Barry Blyth came 1st in the V55 and V65 categories.

RAINOW 5 4th May (8k 229m) Organised by Harriers Rachael & David Lawrance and Rob Hasler. Plus lots of marshals.

The super weather conditions contributed to a record field of 211 and a record turnout of 45 Harriers. For the men "youngsters" Robbie Peal and Allen Bunyan did really well coming 6th and 14th respectively ; as did V40 Pete Nield 10th and Chris Bentley 19th. These 4 just missed out on the team prize to Pennine (49 to 45).

Our ladies took the team prize with Angela Markely (3rd lady overall), Andrea Frost and Sophie Kirk. Probably 2nd team as well with Clare Griffin, Kirsty-Jane Birch and Kristy Gill not far behind.

Next race Bollington 3 Peaks (organised by Andy Skelhorn) will be done and dusted by the time you read this.

Barry Blyth

FELL RUNNING

Wednesday Night Fell Runs

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



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)

Date	Run Venue	Social Venue	Sunset	Notes
Jun 01	Rose and Crown, Allgreave SK11 0BJ	The Rose and Crown	21:27	
Jun 08	Boars Head Hill Race (BM, 13k/400m, PE/EOD), Boars Head Hotel, Higher Poynton. SK12 1TE	The Boars Head Hotel	21:34	
Jun 15	Polly Lander orienteering organised by Phil Cheek	TBA (see website)	21:39	See Website for details
Jun 22	Hanging Gate, Higher Sutton. SK11 0NG	The Hanging Gate Inn	21:41	
Jun 29	Hope Wakes Fell Race (BS, 9.5k/451m, E5 EOD), Hope sports field. GR SK 165836. (alt run: Mam Nick car park)	The Cheshire Cheese, Castleton. S33 8WJ	21:40	Race starts at 7:30 www.hopefellrace.co.uk
Jul 06	Wormstones Fell Race (AS, 6.4k/411m, E5 PE/EOD), The Beehive, Hague St. Glossop. GR 037933 (alt run: St Dunstan, Langley)	The Beehive, Glossop. SK13 8NR	21:37	
Jul 13	Harrington Arms, Gawsworth. SK11 9RJ	The Harrington Arms, Gawsworth. SK11 9RJ	21:31	
Jul 20	Forest 5 Trail Race.	St Dunstan, Langley	21:23	Race starts at 7:30 See Website for details
Jul 27	Ship Inn, Wincle. SK11 0QE. Roadside parking.	The Ship Inn, Wincle. SK11 0QE	21:12	
Aug 03	Cracken Edge Fell Race (BM, 11.3k/442m, Hayfield series)	The George Hotel, Hayfield	21:00	Race starts at 7:30 pm
Aug 10	Eccles Pike Fell Race (AS, 5.4k/305m), Navigation Inn, Buxworth	The Navigation Inn, Buxworth	20:46	
Aug 17	Poachers, Bollington	The Poachers, Bollington	20:32	
Aug 24	Cragg Inn, Wildboarclough	The Cragg Inn, Wildboarclough	20:16	
Aug 31	Robin Hood, Rainow. SK10 5XE	The Robin Hood, Rainow. SK10 5XE	20:00	
Sep 07	Earl Sterndale.	The Quiet Woman, Earl Sterndale SK17 0BU	19:43	
Sep 14	Trentabank car park. SK11 0NE	St Dunstan, Langley	19:26	
Sep 21	The Vale Inn, Bollington, SK10 5JT	The Vale Inn, Bollington	19:09	
Sep 28	Hanging Gate, Higher Sutton. SK11 0NG	The Hanging Gate Inn	18:52	
Oct 05	Stanley Arms Wildboarclough SK11 0AR	The Stanley Arms	18:35	

PROFILE OF EX HARRIER *Mike Hartley*

Mike, a prolific achiever in endurance running joined Macc Harriers in 1989 shortly after he set the record for the Pennine Way which still stands at 2 days 17hrs and 20 mins.

According to Mike "I didn't really do any sport at school, only the normal stuff you HAD to do. One day a student teacher called Brian Walters came up to me and my mate and said "do you lads fancy going climbing at the weekend". We'd never heard of rock climbing, but it sounded good!

The weekend saw us head off to Stanage, it was freezing cold, there was snow on the ground, and the tent leaked. No harnesses, no helmets, no parental consent forms in triplicate! Anyway I couldn't get enough of it. I was disappointed when he moved on, but before he left he persuaded the PE department to buy a rope and 2 slings. We soon tired of begging the PE master to allow us to borrow these, so eventually we claimed we had lost them!" A chance happening led to so much.

He started rock climbing in 1965 aged 13 and long distance walking in 1978 aged 26. It wasn't until 1981 that he got sucked into the "marathon boom" and spent the next 20 years running; no climbing. The long distance walking and the marathon running soon combined to become ultra hill running.

Of all that Mike achieved, including setting a number of national ultra records and picking up 4 GB vests, for sheer doggedness I'd pick out his Pennine Way record and his consecutive British Classic rounds as extraordinary. Both are covered briefly below. These were achieved after several years building up endurance, durability and knowledge.



25/7/89 The Pennine Way (ca 268 miles and 40000 ft) **2days 17hrs 20min. record.**

Mike did 2 years of research on the Way and peaked his training at 170 miles per week.

Many weekends and much time were spent checking the route and working out a schedule. He assembled a support team of pacers and supporters whose knowledge and experience was second to none!

During his record run total stop time was 3hrs 26mins including two stops of 18 minutes (one time for fish and chips in Alston!). The Way took its toll on his feet - he ran the last 40 miles with a borrowed size 10 shoe on his (ordinarily) size 8 right foot!

Recovery from the Pennine Way left Mike feeling that he had achieved the ultimate record but not necessarily the ultimate run. He knew he could have gone on. What to do? He ruled out the "double" BG record (held by Roger Baumeister, in 46hrs 34m). Also the then Mark McDermot's (fellow Macc Harrier) Lake District 24hr record of 76 tops; doubting his slickness and skill. He eventually hit on the idea of the 3 rounds as his ultimate test requiring more force than finesse. He "ticked over" prior to his attempt:

PROFILE OF EX HARRIER *Mike Hartley cont'd*



13/16/ July 90 The “3 Rounds” comprising The Scottish Charlie Ramsey (59mls/28000ft); The Bob Graham (63mls/27000ft) and the Paddy Buckley (61mls/27000ft).

Totalling 187mls/83000ft and 113 “tops” successfully completed in 3 days 14hrs (including transit times).

To our knowledge no one else has attempted this feat (can't think why!).

There's insufficient space to cover all that Mike achieved in GO! A fuller article will appear on the website after publication. Just one more photo of Mike as a road runner:

Mike took early retirement in 2002 and eased down by cycling from Lands End to John o Groats and walking the 3 British Peaks in 8days. He remains active with Kayaking and Caving.

Barry Blyth

COUCH TO 5K (C25k) - *Update*

The recruits for Course 4 are now half way through (and by the time of going to print, they will have graduated!).

The group are making excellent progress, and have now progressed to running 3km without stopping, which is a significant development when you think they only started running 6 weeks ago.

This year, they have their own Facebook group, which has meant they are arranging group homework, discussing progress and sharing pictures.

There are only 4 sessions left between now and the 5km run and graduation on the 2nd June, following which, they will initially integrate into E Group runs on a Saturday. Their first taste of an official running event will be Congleton Park Run on the 11th June which will be supported by both E and D Group – which also means they will have completed their first club championship race within 3 months of running with Harriers. We anticipate that the group will eventually join both E and D Groups and as competing members, start entering races this year.



Jenny, Wendy, Abi and Louise
(E Group Leaders)

BRYAN DALE - *Race Photographer and Runner*

Bryan Dale is known to many of us who attend road and cross country races as a brilliant race photographer, who attends races in all weathers, rain, shine and snow; but probably only a few of us know his running history.

Bryan is 74 years old and was born in a small mining village on the outskirts of Newcastle-under-Lyme, called Bignall End.

From an early age he says he was born to be a runner. His younger sister was quite poorly as a child and his mother would send him to the next village (about 2km away) to collect her medicine from the chemist there. He was about 10 years old at the time but he treated the collection as a time trial. His mother would always be waiting for his return as if holding a stop watch and would always congratulate him on the speed of his return.

He passed the 11+ and went to the local grammar school, where unfortunately he was chosen to represent the school at rugby which was the dominant sport. He says unfortunately because he would have preferred to have been in the school cross country team.

His running career really started when he was forty and started to teach mathematics at a local high school. On his first day, looking through the classroom window at lunch time, he saw four male members of staff in their running kit heading through the school gates and down the road. The next day it was five members of staff heading off into the distance. Luckily they had an hour's lunch, sufficient time for 4 miles in 30 minutes, a quick shower and snack before returning invigorated into the classroom.

This became Bryan's training routine for several years to come and he soon started to

enter local races - from 5 miles to the marathon. He formed a running group with half a dozen close friends and they would meet at Bryan's house two or three times a week; somehow he became the unofficial

coach, picking the route and the session, hill reps, tempo runs, fartlek, or long steady. However, it wasn't until Bryan joined the local running club, Newcastle AC, that his running career really took off in earnest. He had the strength and stamina but not a lot of speed so he started to do two track sessions a week with the

club and in a short time he was setting PBs for most of his distances.

Just before he turned 50 he hit a purple patch in his running career.

- * He ran 1:54 in the Stafford 20 mile
- * 1:12 in the Uttoxeter Half Marathon
- * 16:17 on the track for 5,000 metres.
- * 2:34 in the Potteries Marathon

On the strength of these times, he achieved his greatest honour as a runner - to represent his country in a cross country International in Scotland where the team won Gold.

Unfortunately Bryan's racing career came to an abrupt, unhappy ending.

He was out training one night doing a speed session, turned a corner far too sharply and tore the cartilage in his left knee so badly that he has never raced seriously again for the past 20 years, although he still trains at a lower level of intensity for fitness. Although he had two operations on the knee which mean that he is now pain free, the knee is very stiff and only has limited flexibility.

Bryan continued to train after the initial injury, although in a lot of pain, wearing heavy strapping on the knee and taking painkillers.



BRYAN DALE - *Race Photographer and Runner cont'd*

This was quite foolish in retrospect, because he believes he tore the cartilage even more whilst waiting for surgery. Bryan thinks that perhaps if he had sought private surgery immediately he might still be racing? Well, hindsight is a wonderful thing, but you can't turn the clock back.

At that time Bryan was Head of Mathematics at a local High School and the job was extremely demanding, running was definitely his safety valve to relieve the stress of the job. Soon after the injury he had a meeting with the School Head, asking to be relieved of his headship role, which was granted and he returned back to being a main scale mathematics teacher.

A big financial loss, but it gave him back his peace of mind and he has never regretted the decision. However, he was still missing the buzz and friendship of running.

Bryan was searching the Internet one evening when he came across a website of race photographs. He did a double take, "I could do that". The rest is history, because it was the key he needed to get back into the sport that had been his life for so many years and which he desperately missed.

Initially he borrowed a camera from a relative, persuaded his running club webmaster to help him design a very basic website and he was on his way. In those early days he only took one or two hundred photographs per race, now it is usually one or two thousand. Bryan never thought that Racephotos would grow into an integral part of the local running scene and he now finds himself travelling to between sixty and seventy races a year, taking in excess of one hundred thousand photos. He now has three SLR cameras and a team of willing helpers who support him in taking photographs. Bryan is now well known at local races and it shows in the photos that he takes. Runners approach him with a smile, a yell and a wave

which makes the photos more interesting. More often than not he gets a comment, such as "hope you got my best side", or "can you air-brush my photo please?" Sometimes if it's cold and wet, he gets lots of sympathy for sitting out there for hours snapping away. And the kind words of thanks that are so often shouted at races or emailed to him, he says, are both humbling and uplifting.

Bryan gets emails daily from runners thanking him for the service he offers. The genuine gratitude makes what he does so worthwhile and it is really appreciated.

Bryan still gets out for a run most days albeit at a much slower pace and not quite so far. So thankfully he feels blessed to still get that much-needed adrenalin rush that running gives him. Luckily he has a high threshold for pain so things are not that bad! When the old lady with the Zimmer frame passes him, then perhaps he'll call it a day!

You can find Bryan's website at www.racephotos.org.uk



MEMBERSHIP SECRETARY'S *Potterings*

Hi all, first of all thanks everyone for paying your subs on time: it's gone much better this year than previous years!

I'd like to welcome the following new members to the club, a bumper bundle this time folks, boosted by the latest 'gang' (is that the right word?) of c25k runners, special good wishes to them: it's where we all started! We wish you all good luck in your athletics.

Clare	Brassell	Senior Lady
Kim	Eccleston	Senior Lady
Ann	Tappenden	Senior Lady
Joan	Williams	Senior Lady
Kelley	Bennett	Senior Lady
Ffion	Wilshaw	Senior Lady
Jenny	Brammer	Senior Lady
Leena	Ladwa	Senior Lady
Charlotte	Walker	U13 Girl
John	Stephens	Senior Man
Rachel	Heslop	Senior Lady
Ian	Heslop	Senior Man
Esme	Wolstenholme	U11 Girl
Nat	Hewitt	Senior Lady
Tracy	Lee	Senior Lady
Cathy	Florentine	Senior Lady
Charlie	Gilman	U11 Boy
Noah	Dooley	U11 Boy
Roger	Moss	Senior Man
Ben	Farmer	U11 Boy
Henry	Bridgett	U15 Boy
Dylan	Evans	U11 Boy
James	Mills	U13 Boy
Grace	Whalley	U11 Girl
Toby	Brunt	U11 Boy
Olivia	Ronan	U11 Girl
Mark	Harrall	Senior Man
Finlay	Pettie	U11 Boy
Oliver	Pilkington	U11 Boy
Hugo	Skarratt	U11 Boy
Cliff	Lomas	Senior Man
Kathleen	O'Donnell	Senior Lady
Jessica	Christley	U11 Girl

Shelley	Lee	Senior Lady
Imogen	Newsome	U15 Girl
Sarah	Birchall	Senior Lady
Emma	Dawson	Senior Lady
Gabrielle	Le Geyt	Senior Lady
Mark	Godden	Senior Man
Amy	Smith	U13 Girl
Catherine	Voyce	Veteran Lady
Philip	Nieman	Senior Man
Tessa	Montague	Senior Lady
Mark	Birchall	Senior Man
Emma	Stone	U13 Girl
David	Butlin	U15 Boy
Fabian	Thompson	U11 Boy
Harrison	Gittins	U11 Boy
Ryden	McCormack	U13 Boy
Evie	Eddie	U11 Girl
Jenni	Hardy	Senior Lady
Lorna	Barratt	Senior Lady
Claire	Tovee	Veteran Lady
Shauna	Barstow	Senior Lady
Victoria	Sinclair	Senior Lady
Tracy	Murphy	Senior Lady
Janette	Hull	Senior Lady
Wendy	Pattison	Senior Lady
Patrick	Ahern	Senior Lady
Sam	Farrell	Senior Lady
Carol	Lax	Senior Lady
Kate	Chesworth	Senior Lady
Karen	Sneade	Senior Lady
Kelly	Hough	Senior Lady
Julie	Nicol	Senior Lady

MEMBERSHIP SECRETARY'S *Potterings cont'd*

Hope those of you who went along to the Awards evening enjoyed yourselves as much as the U15 girls did! It's great to see folk both young and old putting in such great performances over all events. Similarly, everyone who went up to Alderley Edge the other night for an evening of running up and down hills in the sun seemed to be having fun (maybe not up the long hill at the end....) thanks to everyone who made it happen. And finally well done to all our club marathon runners, especially those on their first marathon: once again you did us proud both with some excellent times, and in many cases raising substantial sums for some really good causes.

Coming up, we usually have at least one or two local road, trail (eg Staffs Moorlands Summer series) and fell, races every weekday evening throughout the summer, many of which you can enter on the night. For the juniors, as well as T&F, there are local fell races at Shutlingsloe (Crag Hall), Wincle, and the Summer Series races on Thursdays amongst many others. Do most of them and you won't need to train at all!

Looking forward to seeing a few maroon vests at some of them, it really makes a difference to be part of a team, and we can usually work out some car sharing. Keep your eye on the website / forum, and on Facebook for the latest news. Just don't forget your sunscreen and insect repellent (let's hope...). See you all out and about,

All the best. Cheers Julian, Fox's Reach Lake Road Rudyard Staffs ST13 8RN

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

SUMMER STARTRACK COURSE **Athletics**

Run by Macclesfield Harriers & AC
At Macclesfield Track

Monday 25th July to Friday 29th July
10-3pm each day
Ages 9-15

This is the 21st running of this popular course covering running, throwing and jumping and is limited to 60 athletes.

Cost £75 per person for the week.

Application forms available at Leisure Centre reception.

Offers of help from experienced club athletes and coaches welcome

Contact Anna Carey 07980 647114 or Bob Lynch

SPOTLIGHT ON SATURDAY 'D' GROUP

Time: 9.00am Saturday

Start Location: Various locations in and around Macclesfield

(see blog for weekly details - www.macc-harriers-d-group.blogspot.co.uk)

We provide an extra D group run in addition to those held on a Wednesday and Friday evening which is a good way for the faster E Group runners to increase distance and pace.

Saturday D group have a diverse mix of runners and leaders, we all come in different shapes, sizes, ages and abilities, but generally run around 8:30 – 10:30 minute miles, for between 4.5 and 6 miles depending on the terrain. Our runners like to get involved in all of areas of the club. We have keen fell runners, those who dabble in the track and plenty of people entering road races of all distances. We are also very proud that the group members often give up their time to volunteer for the club.

We like to run off road, usually in places like Macclesfield Forest, Rudyard Lake, Kerridge, White Nancy and Tegg's Nose. The hills are regularly filled with the sounds of groaning - generally from myself - but the reward at the top makes it all worth it! If we run on roads it tends to be the quieter ones, for example around Gawsorth or Rainow.



We are big believers in supporting each other, so lots of looping for the faster runners and we really are a friendly bunch – even though my nickname is “Mean Mel”. This is because I do ask that everyone gets a fair rest, so circling at the top of a section is required until everyone can have the same length of breather. There's generally loads of wildlife to spot on our runs too, which can make for welcome breaks in proceedings.

Regular leaders are Alison and Neil Gunn and myself with support from Kim Eastham, Stuart Waudby and the weekday D leaders.

Saturday D group is a fantastic way to start your weekend, so why not give us a try? Oh, and we like cake....lots of cake and wine....oh, and beer (you get the picture).

Running Wild!

Mel Whittaker

MESSAGE FROM BOB LYNCH - *Club President*

Although now well behind us, it was really good to see so many of you at the agm and presentation evening. Perhaps it was the lure of the prizes or the 'free' food: either way it showed just what a diverse club we are, and how extraordinary are some of your achievements.

You now have a new chairman, road, and cross country manager, plus a five year plan - so please aid them and ALL your officers in keeping the club moving forward. Please compete, when asked to do so, and if you are not already a volunteer, then think what additional skills and talents you can contribute to the smooth running of the club. The more people who get involved, the better.

Regarding the track, this has now been moss killed, pressure washed and professionally relined, and is looking good for its age. The cost of this work has been born by Cheshire East council as part of its commitment to maintaining its assets. However, in the current financial climate, there can be no guarantees that the upkeep can be sustained. We as a club try to act as custodians of the facility, although strictly we are only tenants. Therefore the more we as a club and its members can action things ourselves, the better.

Good luck with achieving your personal goals this year- remember with commitment, the right attitude, and the necessary skills, everything is possible.

OFF ROAD TRAINING SESSION - *Alderley Edge, Mon 9th May*

On a very warm evening recently, approximately 60-70 Harriers of all ages and abilities turned out to have a go at some off road training around the Edge.

Bob & Pauline, helped by Neil Gunn and Steve Lomas had devised 4 separate, challenging loops for us to tackle. We were split into 3 groups initially and then into pairs within each group. We each paired up with someone we wouldn't normally run with, which made it more interesting.



Each group tried one of the loops doing 2 or 3 reps of the course. One was hilly with some steps to be negotiated, another was undulating with a fast downhill finish and there was a short out and back, downhill on the way out and up coming back. Needless to say the junior members absolutely smashed it. All we could do was look on in admiration!

Bob and Pauline's final sting in the tail was the killer hill! We all trooped down and down and further down to the bottom of a very steep hill, and then ran back up it without stopping. Everyone managed it. A brilliant effort!

Thanks to Bob and Pauline, Neil and Steve and to everyone who participated. It was a great evening!

Alison Gunn

LONDON MINI MARATHON - *By Sian Heslop*



Today is 23rd of April, the day before the London Mini Marathon. We meet the rest of the North West Team and Managers at Longford Park. I don't know anyone well, but we board the bus and already I have started to make friends as we are all worried about the next couple of days. We arrive at Holloway College our home for the night about 4 hours later, its a huge place. We wait around for our Bibs and Time Chips for tomorrow, I am getting more nervous as the day goes on. Dinner and a quick meeting about what to expect, then we all go to our rooms to try and sleep. We are woken at 5.30am and I am so nervous that I actually feel physically sick.

When we arrive at Old Billingsgate Market, we are all positioned in a huge building with all the other competitors.

Its getting closer and closer to my turn, but unfortunately mine is the last race of all the age groups. The start is awful; lots of pushing and shoving and I end up on the second row, I have never felt this nervous in my life.

The horn goes and I don't get a very good start as everyone goes off so fast, but I quickly start to catch up passing a lot of girls.

find myself in 3rd position after a mile and stay there until I get a really bad stitch at the 25 mile marker. This slows me down and 3 girls come past me, which really annoys me. But the crowds are amazing, even people that don't know me are cheering me on. And then I see my Mum,

Brother, Auntie and Grandparents, so I start to push myself again and feel better.

I come to the 200m mark and I'm starting to sprint. That's where I overtake Nicole Ainsworth, which pleases me as she came 1st at the National Cross Country Championships.

I am so happy with my place and time of 18.02 and all that with a stitch!

I've had so much fun and made new friends, I really hope that I get to do it all again. Thank you to Macclesfield Harriers and Northwest Team for the experience.

Sian Heslop

LONDON MARATHON *Results*

Many congratulations to all the club members who took part in the London Marathon and Mini Marathon.

In particular Sian Heslop came 8th in the U13 girls Mini Marathon (18:02). A fantastic achievement! Harry Newton also continued his impressive running with a 4:50:58 finish at the age of 78!

For the marathon, results were as follows:

Billy Hicks	2:54:13	Harry Newton	4:50:58
Carl Hanaghan	2:55:34	Louise Brown	5:07:17
Sean Connelly	3:25:49	Wendy Boardman	5:16:58
Lynda Cook	4:02:22	Rachel Gilliland	5:17:54

CROSS DISCIPLINE *Challenge 2016*

It's been brilliant to see so many Harriers at recent races and it's great to hear that a number of you are targeting the Cross Discipline Challenge this year. There is still plenty of time for more of you to get involved; here are a few reasons to do so:

- 1 A personal challenge, by no means easy but achievable for everybody and well worth it!
- 2 Try something different. Keep it fresh by taking on different disciplines.
- 3 Meet people from different sections of the club who you may not otherwise come across; they are all quite friendly really.
- 4 Score points. Every point counts and helps the club, especially on the track.
- 5 Give back to the club and to the sport, volunteering is fun and rewarding.
- 6 Prevent injury, running on different surfaces uses different muscle groups and is often said to help guard against injuries.
- 7 Get faster / stronger; I guarantee that mixing it up will help you improve.
- 8 Win a prize! All completers of the challenge receive a prize from the club at the annual awards evening.

The requirements to complete the challenge for both seniors and juniors are below with further information on the Harriers Website. If you have any questions then please ask!

Dave Larkin

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

MIXED ABILITY TRACK RELAY - *Saturday 16th April 2016*



On Saturday 16th April we had a great turnout for the Mixed Ability Track Relay event. This year we planned it for the spring to avoid the snow we had had the previous year! We couldn't believe our bad luck when the day before the relay the forecast for Macclesfield was for snow! In April! As it turned out, the forecasters got it wrong and luckily we had a dry morning.

Eight teams of five runners were made up from each of the running groups, A, B, C, D and E with the aim of mixing the abilities to try to achieve evenly balanced teams.

Each team could decide what order their runners would run, and they had the opportunity to run 5 double laps, but these were not compulsory. When the gun went, they would all run in relay for 1 hour and the team which had run the most laps was the winner.



The winning team

All the teams put in a lot of effort with some people running faster than they had thought possible, and their team mates shouting encouragement. At the end of the 60 minutes, the winning team had run 39 laps; an excellent effort.

Everyone then decamped to the clubhouse for tea/coffee and cake, and there was also a raffle in which nearly everyone won something! This all helped to raise money for Rossendale Trust, as part of Louise Brown's London Marathon effort. The total raised on the morning was £258.00. Then prizes were presented to the winning team; Team 2.

Well done to everyone who took part and to all the helpers and supporters on the day.

Alison Gunn

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Rebecca Salt

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Osteopath – Dr Andreas Alexander

Counsellor & Reiki Practitioner – Sandra Marston

Reflexology – Helen Wilkinson

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Shiatsu – Virginie Adamski

Yoga – Dee Blow

The Alexander Technique

Pilates Instructor – Mark Leah

Sport Psychologist – Roger Kirby

Acupuncture – Dr Greg Carter

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Tel: 01625 500777 Fax: 01625 616161

e-mail: info@trinityhousepractice.com

www.trinityhousepractice.com

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

WEEKLY TRAINING TIMES

Group Name	Group Contacts	Meeting Time/Place	Distance & Pace
A Group	James Noakes (01782 443042) jimgetdownshep@aol.com	Monday and Thursday evening 6.30-8.00pm at the overflow car-park behind the Leisure Centre	7-9 miles at sub 7½ min/mile
B Group	Sarah Harris - sahstaff@aquinas.ac.uk Julian Brown - julian.brown@astrazeneca.com	Monday nights 6.30-8.00pm Oct-Mar meet Leisure Centre car park. Monday nights Apr-Sept 6.30-8.00pm meet Tegg's Nose top car park. Thursday evening 6.30-8.00pm meet at overflow car park behind Leisure Centre.	7-9 miles at 7-8 min/mile
C Group	Rich Pankhurst (0772 2687799) richard.pankhurst@airbus.com Steve Barker (07770 993124) stephencharlesbarker@yahoo.co.uk Phil Gaskell (07873 763944) pjgask@aol.co.uk	Monday and Thursday evening 6.30-8.00pm at the overflow car-park behind the Leisure Centre	5-7 miles at 7½-9 min/mile
D Group	Bob & Pauline Lynch (01625 829229) pauline_lynch@hotmail.com Stewart Waudby harriers-dgroup@waudby.me.uk Neil Gunn (07786 855027) neil.gunn@gmail.com	Wednesday and Friday evening 6.30-8.00pm at the overflow car-park behind the Leisure Centre. Saturday morning 9.00 - 10.30am contact Neil for meeting place	4-6 miles at 8-10½ min/mile
E Group	Wendy Boardman (07879 477627) or Jenny Airey (07969 741139)	Saturday 9.00-10.30am Various locations - check with Wendy	4-5 miles supporting members to increase their pace and distance to prepare them for longer distance runs

FELL RUNNING

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

TRACK & FIELD

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

Tuesday & Thursday 6.00 – 7.00pm

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

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

Tuesday & Thursday 6.30 – 8.00pm

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

CROSS COUNTRY

Cross country and off road sessions for teenagers

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

Macclesfield Harriers And Athletic Club

Founded 1897 – reformed 1945 – affiliated to England Athletics, (registration number 2658261) Cheshire County Athletics Association & Northern Athletics

Website: www.macclesfield-harriers.co.uk

CLUB OFFICIALS

Club President	Bob Lynch	01625 829229
Chairman	Keith Mulholland	kmulholland64@gmail.com
Vice Chairman	Vacant	
Secretary	Tracey Porrit	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	

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MACC HALF

Sunday 25th September 2016

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