

GO!

NUMBER 135

JUNE 2017



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Our cover photo shows members of the recently formed Intermediate Fell Group on a run from Bollington

Printed by Bollington Print Shop, The Old Stables, Queen Street, Bollington

Next issue - September 2017

Please submit any articles or photographs to gomagazine@macclesfield-harriers.co.uk
by Sunday 6th August 2017

Magazine Issue

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

Starting Lines



Welcome to the June 2017 issue of GO!

As usual at this time of year there is quite a lot going on within the club.

Several members took part in the London Marathon in April with Harry Newton completing his 14th London Marathon and once again achieving a 'good for age' place in next year's race. Well done Harry, you're an inspiration! Also at London two of our junior members were selected to run for the North West region in the Mini Marathon. Sian Heslop and Finley Proffitt had a fantastic experience, and you can read about it on page 9. Well done to both of them.



Harriers' participation at road running races has been excellent so far this year and Ray O'Keefe, the road running manager has reported on some of the more recent races.

The Track and Field season is underway now and it would be great to see some of you having a go at these events. Don't forget, they form part of the Cross Discipline Challenge, so they're a good opportunity to gain some experience.

The club has recently started an Intermediate Fell Group to give inexperienced runners a taste of fell running. The group meets on a Wednesday evening at different venues and has so far proved very popular. Julie Gardner, a very experienced fell runner, is one of the founders of the group and she has written an article about it on page 34.

Two of the club's more experienced fell runners, Carl Hanaghan and Graham Brown will this year be tackling the Bob Graham Round (BGR) in the Lake District. Many of us have heard of this daunting challenge to run 42 peaks, and around 73 miles in under 24 hours, but only a few of us will ever attempt it. For Carl this is his second attempt, and it is Graham's first. We wish them both lots of luck and good weather!

Whatever you're doing over the summer, remember to always pack your trainers, you never know where you might end up running!

Alison

Alison Gunn - Editor

Tel : 01625 611802

Email : gomagazine@macclesfield-harriers.co.uk

Couch to 5k - A Sixth Course

Following the success of the previous five courses, the committee gave the go ahead for a sixth C25K course which started on the 6th April and by the time this edition of GO! is printed, the current



participants will have successfully completed the course over the past 9 weeks.

The course is designed to build strength and fitness each week from running for 60 seconds (around 150m) to 5km. As you can imagine, for our participants, the thought of running for 60 seconds on the first evening is rather daunting, but with the help and support of volunteers from both E and D Group, the runners are motivated and encouraged to slowly build their fitness by attending the Thursday evening sessions but also completing two homework sessions a week.

Over the past six courses, we have seen an excellent completion rate and a good number of runners transitioning into both E and D Groups and competing in club events across both road and fell. Furthermore, supporting the club in terms of marshalling duties and cake baking. Some participants have even completed the LiRF course and have become leaders.

The feedback comments from graduates has been very positive, describing the course as life changing, both in terms of the health benefits, but also the social circle provided by the Harriers and the 'feel good' factor of running.

The graduates will be meeting at Congleton Park Run on Saturday 10th June to complete their celebratory run, please feel free to join us.

Finally, a thank you to all of the volunteers who have supported the course. Your help and encouragement has been vital to the success of the course.

Jenny Airey

**MINUTES OF AGM - Friday 31st March 2017 &
MINUTES OF COMMITTEE MEETING - Thursday 20th April
2017**

The above sets of minutes are now available to read online
on the club website at;

www.macclesfield-harriers.co.uk

**SUMMER STARTRACK COURSE
Athletics**

Run by Macclesfield Harriers & AC
At Macclesfield Track

**Monday 24th July to Friday 28th July
10 - 3pm each day, registration 9.30am
Ages 9-15**

This is the 22nd 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

Awards presented at AGM – 31st March 2017

A full list of nominees appears on the club website

Cross Country

- U11G Rebecca Dilworth
- U11B Hayden Blunn
- U13G Ruby Spencer
- U13B James Doorbar
- U15G Sian Heslop
- U15B Lucas Parker
- U17L No qualifying athlete
- U17M Matthew Browne
- U20L Louisa Whittingham
- U20M No qualifying athlete
- Sen L Daisy Pickles
- Sen M Scott Wilson
- Vet L Hanny Stockman
- Vet M James Noakes



Road Running

- U20L Louisa Whittingham
- Sen L Helen Gowin
- Vet L Helen Gowin
- Open L Dawn Devine
- Handicap L Dawn Devine
- U20M Robert Finnis
- Sen M James Perry
- Vet M James Noakes
- Open M James Perry
- Handicap M James Noakes
- Best B Group L No athlete
- Best B Group M Billy Hicks
- Best C Group L No athlete
- Best C Group M Dave Larkin
- Best D Group L Lindsey Russell
- Best D Group M Stewart Waudby
- Best E Group L Lindsey Evans
- Best E Group M No athlete



Indoor Sportshall

- U11G Rebecca Dilworth
- U11B Ian Hay
- U13G Lily Dutton
- U13B Matthew Donathy
- U15G Poppy Dutton
- U15B No athlete



Awards presented at AGM – 31st March 2017 (cont'd)

Cross Discipline Challenge (the athletes listed all completed the Challenge)

- Alannah Birtwistle
- James Doorbar
- Julie Gardner
- Samantha Kyriacou
- Dave Larkin
- Den Masset
- Ray O'Keefe
- Melanie Power
- Thomas Roberts
- Ruby Spencer
- Mark Wheelton



Fell Running

- Ladies - Angela Markley
- Mens - Peter Nield
- Open Graham Brown
- Enthusiast – Joint winners Alannah Birtwistle and Barry Blyth
- Summer Series L - Angela Markley
- Summer Series M - Peter Nield



Special Awards

- Best Newcomer - Chris Goodfellow
- Most Improved Athlete – Joint winners Graham Brown and Sarah Stockman
- Most Promising Athlete – Joint winners Lucas Parker and Finley Proffitt
- Commendations L – Joint winners Emma Mason and Lucy Robinson
- Commendations M - Oliver Bradley
- Best Cross Country Performance – 4 winners Hayden Blunn, Sian Heslop, Sarah Stockman and Julie Gardner
- Endurance L - Sophie Kirk
- Endurance M - Dan Croft
- Notable Individual Performance – Joint winners Morgan Frith and Jacob Thompson
- Contribution to the Club - Kevin Ranshaw
- Team of the Year - U15G XC/Road Relays Sian Heslop, Samantha Kyriacou, Stephanie Moss, Lauren Robinson and Shona Williams
- Athlete of the Year – Joint winners Sian Heslop and Louisa Whittingham



Honorary Membership

- Mick Corcoran

Setting goals and some pointers on how to achieve them

Having goals and targets and achieving them is rewarding and important in life.

They allow you to focus, prioritise and improve, avoiding distractions.

Goals should be a step by step progression. They can apply to anything in life from sport, school, uni, work, and athletics.

They should be **POSITIVE, PERSONAL TO YOU**, and **REALISTIC** and **SET IN A TIME FRAME**.

Use of the acronym **SMART** is useful in setting them.

S specific, under your control and should include skill improvement, and be performance targeted.

M measurable in time, distance, height, grade etc.

A achievable

R realistic, but stretching

T time based against targets



Once you have put them down on paper, decide priorities, review and refine them with the appropriate people - coaches, teachers, and parents.

Change them if necessary, but remember they have to be personal to you.

Break the achievement of the goal down into stages.

Start to understand **HOW** and **WHAT** you need to do to achieve them.

This applies to training and skill improvement. Identify key areas such as starting, pace judgement, race positioning; run ups, warm up routines and visualising your required actions.

Work on improving your mental attitude, ignore chumps, and distractions by others.

Understand that training and competition are different.

Competition is important to sharpen and to measure your progress. Target the competitions you need to attend.

Always have a clear plan, race preparation, eating, drinking, and know what you need to do (heats, qualification, finals)

Set out your plan and tactics and be prepared to adapt to suit the circumstances. Be prepared to change your goals if illness or an accident occurs.

Review and reflect on what you have achieved after each competition and decide with your coach /teacher what to do next.

Once you have achieved your goal, reflect on the achievement and get ready to set new goals.

Bob Lynch

London Mini Marathon – 23rd April 2017

Sian Heslop and Finley Proffitt represented the North West in the Mini Marathon, which is the last 3 miles of the official London Marathon course.

Sian came 6th in a time of 16.51 and helped the North West team take 1st place.

Finley came 59th in a time of 16.28, in a crazily fast paced race.

A fantastic experience for both of them and an amazing achievement.

Rachel Heslop



CLUB RECORDS - 2017

Excellent performances. Well done everyone. There are still lots of gaps in the Club Records so why not take a look and see what you'd like to try.

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
Sportshall	Female	Vertical Jump	U15	Poppy Dutton	62cm	22/01/2017
T&F Indoor	Female	200m	VET	Hilary West	33.87	11/03/2017
T&F Indoor	Female	400m	VET	Hilary West	76.48	11/03/2017
T&F Indoor	Female	800m	VET	Hilary West	2.53.91	11/03/2017
Road	Male	5 Mile (gun)	V70	Barry Blyth	36.25	Feb-17
Road	Male	5 Mile (chip)	V70	Barry Blyth	36.22	Feb-17
Road	Male	5 K (gun)	V70	Barry Blyth	22.10	Apr-17
Road	Male	5 K (chip)	V70	Barry Blyth	21.59	Apr-17
Road	Female	5K (gun)	V50	Alison Hartopp	21.11	Apr-17
Road	Female	5K (chip)	V50	Alison Hartopp	21.03	Apr-17
Road	Female	5 Mile (gun)	V60	Christine Ritchie	42.02	Feb-17
Road	Female	5 Mile (chip)	V60	Christine Ritchie	41.37	Feb-17
Road	Female	10 K (gun)	V60	Christine Ritchie	52.52	Mar-17
Road	Female	10 K (chip)	V60	Christine Ritchie	52.42	Mar-17
Road	Female	10 K (chip)	V60	Christine Ritchie	52.40	Apr-17
Road	Female	10 Mile (gun)	V60	Christine Ritchie	1.29.05	Dec-16
Road	Female	10 Mile (chip)	V60	Christine Ritchie	1.28.26	Dec-16
Road	Female	Half Marathon (gun)	V60	Christine Ritchie	1.58.34	Nov-16
Road	Female	Half Marathon (chip)	V60	Christine Ritchie	1.57.44	Nov-16

INDOOR SPORTSHALL

NORTH WEST REGION - *Fun in Athletics Festival 2017*

This event, for under 11 athletes, took place on Sunday 12 March at the Regional Athletics Centre, Sportcity Manchester.

Hayden Blunn, Ian Hay, Charlie Orphanides and Callum Wain were selected for the Cheshire boys' team against Lancashire, Merseyside, Greater Manchester and Cumbria...

...and a superb first place was achieved - equalling the results in the last 3 years. Meanwhile, Hattie Glover and Erris Morrison were selected to participate in the girls' team where a creditable third place finish was the outcome against strong opposition – equalling the 2015 and 2014 results, but not repeating last year's first place.

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

Well done to all.

Kevin Ranshaw

SPORTSHALL REGIONAL FINALS

Under 13/15 Team Challenge 2017

This event, as the title suggests, is for under 13/15 athletes and took place on Saturday 18 March at Sportcity, Manchester involving teams representing Cheshire, Greater Manchester, Lancashire, Cumbria and Merseyside...and what a fantastic result.

Matthew Donathy was selected for the U13 Boys, Lily Dutton for the U13 Girls and Poppy Dutton for the U15 Girls.

The U13 Girls did well, but were overwhelmed by the opposition with Cheshire ending fourth.

However, both the U13 Boys and U15 Girls achieved well-earned first place finishes...with Poppy taking second place in the Vertical Jump event with a mark of 61cm – just 1cm short of her own club record.



Poppy in 'mid flight' during her vertical jump

Winning the competition meant that both teams qualified for the National Final which was held over the weekend of 22/23 April.

INDOOR SPORTSHALL

As expected, the finalists from across the country were very strong – indeed some well-known athletes started their athletics careers in Sportshall Athletics – so it was likely that those teams reaching the finals would have very capable athletes and so it proved.

Despite valiant efforts, both the U13 Boys and the U15 Girls finished 7th (out of 11). Poppy equalled her club record in the Vertical Jump – 62cm – gaining 4th equal position in the individual competition.



Lily, Poppy & Matthew at the Indoor Sportshall Regional Finals

A great day was had by everyone and the experience for all the Macclesfield athletes is something to remember for years to come.

Well done to Matthew, Lily and Poppy.

Kevin Ranshaw

EA AFFILIATION MANAGER

The club now has an **EA AFFILIATION MANAGER**, Jason Justice, who will look after all aspects of EA affiliation for competing members. Jason will arrange EA numbers for new competing members as well as ongoing affiliation management for current competing members. This change has been introduced to spread the workload involved in membership activity.

It is your responsibility to ensure that your England Athletics profile is up to date (address, phone, email) and you can check the status of your EA affiliation on the members portal – use this link <https://myathletics.englandathletics.org/portal/members/Login/>

If you have any EA affiliation questions please contact Jason at ea.affiliation@macclesfield-harriers.co.uk

Many thanks,

Jason Justice (EA Affiliation Manager), Julian Brown (Membership Secretary), Neil Gunn (Club Treasurer)

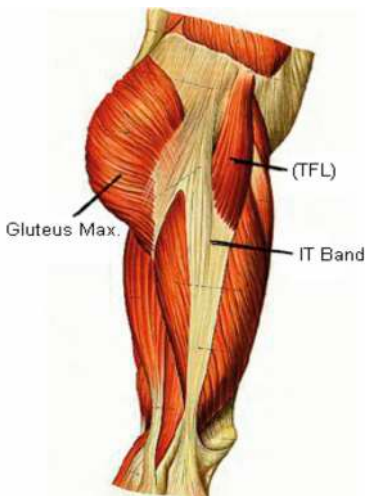


IrriTable Band Syndrome (ITBS)

ITBS is the scourge of many a runner and is responsible for causing knee pain, lateral thigh pain and even buttock pain while running. The solution to the problem is not always straight forward. Treatment methods and advice on how to manage ITBS varies depending on who you speak to and the reason for this is there are many reasons why ITBS occurs.

Your ITB

The ilio-tibial band (ITB) is a band of



tendinous soft tissues called fascia that runs down the outside of the thigh. You can feel yours by straightening your knee and tightening your thigh muscles. Your ITB is then the dip that is felt on the outside of your thigh between the quads (the muscles at the front of the thigh)

The ITB is an extension of a small muscle that sits just above the hip called the Tensor Fascia Lata (TFL). The gluteal muscles that sit behind the hip also attach into the ITB. The ITB then continues down the outside of the thigh to insert below the knee into the lateral aspect of the tibia (the shin bone).

Function

The crucial function of the ITB during running is to help stabilise the knee while the surrounding muscles move the hip and knee to generate the power and momentum to make you run.

ITBS Symptoms

The main symptom for ITBS is lateral knee pain, which is caused by the repetitive rubbing of the ITB over the lateral femoral condyle (the outside part of the femur or thigh bone nearest the knee) as the knee bends and straightens during running. Runners who suffer with ITBS will also complain of a 'clicking' sensation on the outside of the knee as the ITB snaps across the femoral condyle.

Other symptoms can include lateral thigh pain along the length of the ITB and pain up into the buttock region as the glut muscles tighten up. Some fibres of the ITB extend to attach into the lateral side of the knee cap (patella) and can affect the way the knee cap slides on the femur causing anterior knee pain.

Causes of ITBS

Often there's more than one cause and each of the following should be assessed:

- 1.Tightness in the ilio-tibial band
- 2.Tightness around the hip and thigh muscles, which will increase tension on the ITB.
- 3.Weakness in the hip muscles
- 4.Weakness or poor control of knee muscles
- 5.Over-dominance of anterior hip muscles and the TFL over the posterior hip muscles (gluts)
- 6.Excessively flat feet or overly high arches
- 7.A leg length discrepancy
- 8.Incorrect poor footwear - such as high heels (more so if you're a ballroom dancer. We wouldn't recommend running in high heels but each to their own)
- 9.Running on a cambered road.

IrriTable Band Syndrome (ITBS) (cont'd)

Treatment of ITBS

This is not easy and the solution is not straight forward because of the different factors involved. The ITB has a tensile strength similar to that of steel so trying to stretch it out is a thankless task. There is advice out there that teaches all manner of different 'ITB stretches' but it is unlikely these will give you much relief.

Stretching is most effective when the stretch is applied to 'red muscle' rather than white tendinous tissue. The red muscles that feed into the ITB are the TFL and the gluteal muscles and stretching techniques should focus on these. Release of these muscles can also be achieved by sports massage and / or acupuncture.

If symptoms persist, we would recommend a full assessment with one of our physiotherapists. Treatment will include strengthening of the glut muscles and proprioceptive exercises so the runner has full control of the hip and knee joint whilst running. There are also some useful taping techniques that can be applied to support the

knee whilst running that our physio should be able to demonstrate to you.

Foot posutre i.e. flattened or overly high arches and leg length discrepancies should be corrected with specially fitted orthotics.

Checking your running route to avoid cambered surfaces. Often runners training for long distance events will spend hours pounding the roads as part of their training. If you're running on a cambered surface, it recreates the same problem as a leg length discrepancy as one foot has to land on a slightly lower part of the road than the other foot.

A period of rest may sometimes be needed but rest alone can be deceptive as the symptoms may be latent during rest and as soon as you come to run again they reappear.

Ross Whiteside
Director of Clinical Services
John Honey Physiotherapy
Trinity House Practice Ltd
01625 500777

Off Road Training Session - Alderley Edge

On a very chilly evening for May, approximately 50 club members took part in an off-road training session at Alderley Edge.



Organised by Bob and Pauline Lynch

and supported by some helpers, it gave athletes of all ages and abilities the chance to run around some undulating and rough terrain to add a bit of variety into their training. The athletes were split into mixed teams of 3 and were sent on their way around 3 different courses which each had their own challenges.

A great fun evening which everyone seemed to enjoy. Many thanks to Bob and Pauline.

Alison Gunn

TRACK & FIELD

YDL Track & Field – Bury, Saturday 22nd April

The first YDL Track and Field Event took place at Bury on Saturday. All age groups had an excellent turn out of competitors, with many competing for the first time in this league.

Too many PBs to list them all, which is wonderful. But to give you a flavour of the day;

1st Jacob Thompson (U15B) in High Jump.

2nd Hayden Blunn (U13B) in 800m and Rebecca Dilworth (U13G) was only 1 second behind Hayden's time in an incredible 2.34 and earned her 4th place.

3rd for Ruby Spencer (U15G) in Long Jump and 800m.

Well done everyone! We hope you enjoyed the experience and will continue to progress throughout the season.



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 Macclesfield in excellent conditions.

A fantastic turn-out saw a number of graded performances achieved and an outcome as follows...

- Men – 1st – 265
- Women – 3rd – 216
- Overall – 1st – 541 (includes officials points)
- U11s – 3rd – 122

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

www.cheshireaa.com/results/TFL/cheshire_tf_league_2017.aspx

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

An outing to Bury on a reasonable April day saw a good number of athletes competing for the

TRACK & FIELD

first round match.

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

Unfortunately strong performances from the other teams hampered our ability to score, although there were some excellent individual performances.

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

Please note there is no home fixture in this league in 2017.

Northern League (U17 – Seniors)

It was a day out in Stretford for the first round in early May where the dismal cold weather did not help the athletes (or the officials..!).

Eight teams contested the fixture, with Macclesfield considered to be one of the strongest following relegation to this division at the end of last season.

And so it proved with a second place finish, although the third and fourth placed teams were not far behind.

Full results are available here...

www.northernathletics.org.uk/league-results-2017/

We will need to be fully represented at all the fixtures to retain second place, so any U17s/U20s/Seniors available to compete in any of the other 3 rounds should be ready to step forward.

Please note there is no home fixture in this league in 2017. The next rounds for each league are:

Youth Development League (Lower Age Group – U13/U15)	Saturday 20 May	Blackburn, Witton Park
	Sunday 18 June	Bury, Market Street
Northern League (U17 – Seniors)	Sunday 4 June	Preston, UCLAN Sports Centre
Cheshire Track and Field League (All Age Groups)	Sunday 2 July	Crewe, Cumberland Street

Kevin Ranshaw

Track and Field *Coaching Clinics 2017*

A combination of more than 20 athletes, 8 qualified coaches and some fine weather was the ideal recipe for the first two Saturday coaching clinics of 2017 (1st and 29th April). These clinics provided a great opportunity to try out new technical events or to hone existing skills with individual tuition available from the coaches in high jump, hurdles, sprints, pole vault, shot putt and javelin.

The next session is on 1st July, with the events on offer being sprints, hurdles, pole vault, triple and long jump and hammer. There are a few places left which are open to all from U13 and above - book now to secure your place! So far we have had 33 different athletes attending from all age groups (U13s through to Masters). The clinics are supported by the Macclesfield Athletics Development Fund charity.



I would like to take this opportunity to acknowledge and thank all the volunteer coaches and helpers who give their time freely at these events and provide such great opportunities for all attendees.

Barbara Murray

Indoor Athletics and Multi-sport Facility at *Macclesfield Athletics Track*

In February 2017 we reported on Everybody Sport and Recreation's plans to prepare a Budget proposal for upgrade of sports facilities in Macclesfield including an indoor athletics and multi-sport facility at the athletics track. Since then we have followed up with the Chief Executive, Peter Hartwell, to offer MADF support in developing the business case for this facility. We have also received a letter of support from David Rutley MP in which he writes: 'I strongly believe that such a facility would have clear health and social benefits for the local community.' David also committed to contacting the Leader, Councillor Rachel Bailey and Cheshire East Councillors Liz Durham and Martin Hardy to confirm his support for this project. Clearly the priority now is to ensure that we have a robust Business Case for the facility and that we have the support of local councillors in recommending adoption and approval of the budget proposal for the Indoor Facility. So, as suggested by Barbara Murray in her progress update at the AGM on 31st March, if you have the opportunity to speak with your local councillor over the course of the next few months it would be very helpful if you could ensure that they are fully aware of the health and social benefits of this facility for the people of Macclesfield and surrounding area. We would also be pleased to provide them with any further background information to ensure that they are fully informed of the benefits of this facility.

If you have any relevant experience in this area or if you would simply like to help this project please get in touch with Barbara Murray (barbaraannemurray@hotmail.com, tel 01625 573729).

Raph Murray

(MADF: Registered charity number: 1041755)

CHAIRMAN'S REPORT - JUNE 2017

As the track and field season gets started, we can look back to a highly successful cross-country season for the club. In the Manchester league, the U11 boys came 3rd, the U15 girls 1st, the U15 boys 2nd with the Senior Ladies and Men coming 3rd. There were also 3 individual winners with Lucas Parker (U15 Boys), Sian Heslop (U15 girls) and Louisa Whittingham (U20 Ladies).

The winter months were also notable for several performances on the National Stage with Jacob Thompson finishing second in the U15 boys high jump and Morgan Frith third in the U15 boys long jump at the EA Indoor Championships. In addition, Sian Heslop won the Junior Girls race at the English Schools Cross Country Championships and finished second at the Schools International Cross Country.

Elsewhere in the club the new Intermediate Fell group has been launched with considerable success and a 6th C25K course is underway. It is also great to see another 'Run and Talk' session has taken place.

We are still a few months off the Macclesfield Half Marathon and 5k, but now is the time to support the Schools Challenge by getting together teams from local schools to compete.

It was really pleasing also to see such a large attendance at the AGM and awards meeting. As always, the club relies on members to volunteer. Please consider how you can help in any way.

Keith Mulholland

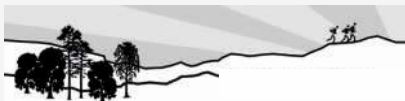




FOREST FIVE CHARITY RUN

Organised by Macclesfield Harriers & AC

**ON THE PICTURESQUE TRACKS
OF MACCLESFIELD FOREST**



7.30pm Wednesday July 19th 2017

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

**Online entries are full but there will
be limited entries on the night**

Under no circumstances must cars be parked anywhere near the
Leather's Smithy Pub. Race parking is 600 metres beyond.

- # *All proceeds are donated to our nominated charity; East Cheshire Hospice*
- # *Trophies for 1st man and 1st lady*
- # *Inter-club Challenge with trophy for the winner*
- # *The route is ~5.5 miles mostly on good quality forest tracks but there are some stepped boardwalks to negotiate.*

Arrive in good time; the start is 10 minutes walk from registration.

Afer the race runners have the option of going to the Leather's Smithy or the
St Dunstan. The Leather's Smithy has offered a discounted menu for race goers.

Please see the Forest 5 website for details: www.forest5.co.uk

**Contact Emma Beveridge on 07803 562545 or
Shaun Wilde at shaunwilde@live.co.uk**

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.

Run and *Talk*

MHAC's England Athletics Mental Health Ambassadors Melanie Whittaker and Kim Eastham have now held three **#runandtalk** events. The aim is to assist in raising awareness of mental health conditions and also highlight the benefits of running in aiding our mental health and wellbeing, whether you are struggling yourself or caring for someone who is. Our mental health and wellbeing covers a wide range of areas, from anxiety and lack of confidence to bereavement and stress. Running and being in the outdoors can most certainly help.



The three runs have been attended by both members of MHAC and members of the local community and have been well received. Runners have all done between 5 and 10k along the glorious Middlewood Way and it's as social and gentle as you would like it to be, with plenty of opportunity for conversation en route.

MHAC Mental Health Ambassadors are there to:

- Support
- Engage
- Share
- Talk



Mental Health Ambassadors do not:

- Diagnose people, offer medical or clinical advice or interventions.
- Provide therapy or psychological support such as counselling, group therapy sessions.
- Solve everyone's problems for them.

Where possible we will signpost and support and we will also, where appropriate, engage with our club Welfare Officers Bob and Pauline Lynch or the National Disability Manager Helen Newberry; hnewberry@englandathletics.org.

We meet at Bollington Skate Park monthly, at different times and days to try and provide the best opportunity for people to come and join us. Look out for Facebook events and information on the MHAC website. The next **#runandtalk** will be on Thursday 8th June at 6.30pm, Bollington Skate Park.

We very much look forward to seeing you at one of our **#runandtalk** events soon.

Mel and Kim

CALENDAR OF EVENTS - *June - September 2017*

JUNE			
Sun 4 th	T&F: Northern Men's/Ladies League: Round 2 Preston, UCLan Sports Arena (PR2 1SG)	11.00	U17 - Senior
Sat 10 th	T&F: Cheshire Schools Championships Venue TBC		Juniors/Inters/ Seniors
JULY			
Sat 1st (TBC)	T&F: Coaching Clinic 3 Macclesfield	TBC	U13 – Senior
Sun 2nd	T&F: Cheshire League Round 2 Crewe, Cumberland Street (CW1 2BD)(TBC)	11.30	All
Sun 9th	T&F: Northern Men's/Ladies League: Round 3 Oldham, Radclyffe Sports Centre (OL9 0LS)	11.00	U17 – Senior
Sat 15th	T&F: Youth Development League – Lower Age Round 4 Ashton-under-Lyne, Richmond Street (OL7 9HG)	11.30	U13 – U15
Wed 19 th	Forest 5 Charity Run – Registration from 6.00pm At Macclesfield Forest Visitors Centre, Trentabank	7.30pm	16 and over
Sun 30th	T&F: Cheshire League Round 3 Bury, Market Street (BL9 9FX)(TBC)	11.30	All
AUGUST			
Sat 5th	T&F: Northern Men's/Ladies League: Round 4 Crewe, Cumberland Arena (CW1 2BD)	11.00	U17 – Senior
SEPTEMBER			
Sun 3rd	T&F: Cheshire League Round 4 Ellesmere Port, Stanney Lane (CH65 9LB)(TBC)	11.30	All
Sun 24 th	Macclesfield Half Marathon, 5k & Fun Run	10.00	All

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





A Race for Everyone

Put the date in your diary – the 2017 Macc Half Marathon, 5K, and Fun Run will take place on Sunday 24 September.

The Half Marathon is open to over-17s, the 5K to over-11s, and the Fun Run is for everyone from the age of 3. Starting and finishing at Macclesfield Leisure Centre, the races promise a great day out for all.

Want more of a challenge? Join up with friends and colleagues to enter the Community Team Challenge. Open to all businesses, charities, schools, sports clubs, and recreational clubs, the Community Team Challenge offers the prestigious Challenge Cup for the winners, plus prizes for best fancy dress, as well as spot prizes. Teams must include a minimum of three runners in the Half Marathon or a minimum of five runners in the 5K. Schools can vie for the celebrated Schools Trophy, open to teams from any school – preschool, primary, or secondary – consisting of any mix of pupils, teachers, staff, parents, or governors.

The Macc Half relies upon an army of dedicated volunteers made up of MHAC members and their families. So if you're not running, please volunteer when the call goes out. Whether you're running or volunteering, please spread the word to your friends and family and ***like Macc Half on Facebook.***

To find out more or to enter, visit www.macc-half.co.uk

Matt Lewis

Membership Secretary's *Shufflings*

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

I'd like to welcome the following new members to the club, even more of 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! – and of course many thanks to all those who make the C25k events happen! We wish you all good luck in your athletics. List on next page.

Hope those of you who went along to the Awards evening enjoyed yourselves, it's great that the club meets together for an evening now and then, and not least to show recognition to those who have achieved so much over the year. I'm told we're seriously considering a bigger venue for next year as so many came along!

Well done to all who ran a spring marathon, hope all the training paid off. I got round my first London Marathon, and enjoyed it (insomuch as you can enjoy a marathon) enough to consider going back, but I might have to move to a bungalow first. I should also mention a couple of younger people from our club who ran the last 3 miles of the course in under 17 minutes, which is scarily quick and I think about half as long as what it took me.

Similarly, great to see the attendance at various club events recently, the fell taster and intermediate fell training sessions (and filling various local pubs and their car parks), Bob and Pauline's training session at Alderley Edge, and the Runway trail and Rainow and Bollington fell races (the last two organised and marshalled by Macc Harriers as well) to name but a few.

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, Langley, 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.

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

Tel 01538 306837

E-mail julian.brown@astrazeneca.com or julianbrown10@hotmail.co.uk

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

List of new members

Juliet Slater	Josh Robertson	Pauline Bowden
Anna Ireland	Nora Szaniszlo	Claire Smith
Hilary West	Caz Sharpley	Eva Robinshaw
Amanda Wyatt	Alice Stevenson	Louise Ingham
Matthew Johnson	Lucy Davies	Cristina Bonaccorso
Kevin Good	Matt Bailey	Janet Lancashire
Oscar Hancock	Danial Taylor	Lisa Ball
Rebecca Turner	Andy Harris	Adam Leyland
Jessica Baiget	Bernard McCarron	Claudia Rodriguez-Martinez
Peter Jervis	William Sullivan	Eddie Mills
David Brockbank	Gill Reynolds	Michael Corcoran
Heather Stevenson	Hilary Tronconi	Paul Axon
Cheryl Evans	Sarah Stallard	Sophia Orphanides
Andrew Rowe	Hayley Jones	Martin Smith
Simon Reeves	Sue Davenport	Lorraine Jackson
Lola Whitlock	Helen Nye	Olivia Williams
Colin McEvoy	Angela Thomas	William Sullivan
Martha Harrall	Ange Prior	Bradley Spooner-Witney
Emma McEvoy	Susan Stevenson	Emily Beth Davies
Liam Donohue	Jean Wray	Natalia Nield
Natalie Roye	Suzanne Cetkowski	Oscar Cetinkaya
Jacob Tidswell	Elaine Griffiths	Jemma Harris
Zach Wilson	Julie Stretton	Dominic Andrews
Charles Forster	Mike Grimshaw	Gary Braide
Thea Rankin	Joanne Millward	Gabbi Frith
Isabel Waltho	Caroline Hall	Matthew Burt
Jill Manning	Andrea Tomlinson	Lucy Carroll
Finley Watts	Hazel Podmore	Jayne Skellern
Bethany Windscheffel	Simon Tappenden	Nathan Wood
Hannah Reeves	Marshall Waller	

MICK CORCORAN - *Honorary Member*

At this year's A.G.M. and presentation evening my friend Mick Corcoran was awarded Honorary Life Membership of Macclesfield Harriers. It was given to Mick in recognition of his achievements when representing our club in the 1950s.

In the early 50s Mick and I attended Macclesfield Central School for Boys. Mick was several years older than me and had already carved out a reputation for himself as a runner winning the school's annual cross country race every year. It was already evident in those early years that Mick had a special talent and could "run the legs off" everyone else in the school. I remember doing some 800 metre sessions on the school field with Mick and being lapped, which was not a pleasant experience from my point of view.

With this ability it was obvious that Mick would have a successful running career, and so it proved. Once he was representing Macclesfield Harriers the results began to flow.

- Cheshire Youths Champion Cross Country 1955 and Senior Champion in 1959.
- East Lancashire Youth Champion 1955, Junior champion 1956-57-58, and became senior champion 1959.
- Best National performance was 3rd in the juniors 1958.
- British Army Steeplechase Champion in 1958.
- Represented England in a combined Services event in 1958 and in an International event in France.

To put these bald facts into some sort of context for you, Mick was competing against athletes who would go on to establish careers at world level. Such as the great Ron Hill who was European Marathon Champion in 1969, Gordon Pirie and Dereck Ibbotson, World Mile record holder 1957. Incidentally Ron Hill had a habit of coming second to Mick in the East Lancs before achieving fame.

It was at the end of the 50s when Mick decided to end his running career which was a blow to the club. I'm sure Mick would have had a great future in the running world. Mick then turned his attention to his other great love, football; he went on to play for Macclesfield Town and Congleton.



Mick receiving his Honorary
Membership from Club Chairman
Keith Mulholland

Throughout the years since our youth, our paths have continued to cross. We both worked for G.P.O. and then for the greater part of our working life at I.C.I. Pharmaceuticals/Zeneca, Mick went on to become a most respected Senior Shop Steward at the Macclesfield site who was well respected by all his colleagues. Every time we meet on Mill Street Mick asks me how my running is going, oh! If only I'd had half his talent.

David Jackson

ROAD RUNNING

Potteries 10 Mile Report - 19th February 2017

At the Potteries 10 Mile race 12 Harriers negotiated the fast two lap course that began and finished at the the Bet365 stadium, home to Stoke City. The race also incorporated a 3 Nations Championship where runners could run in their countries colours. As ever there were some excellent performances from Macc Harriers who took on this challenging distance.

For the men James Perry (1:04:12) kept up his strong recent form by placing 5th overall. Richard Brown (1:11:47) was second male Harrier placing a very respectable 19th. Long distance specialist Mark Stanbridge (1:18:58) was third male Harrier.

For the women Harriers Catharine Crossley (1:22:20) led the way placing 6th woman overall and first V35. Catharine was followed by Helen Gowin (1:28:51) as second female Harrier. Melanie Power (1:29:44) was third female Harrier.

There were some other excellent results from Harriers whose results can be found below and the link to the full results here: <https://www.rungbr.com/events/potteries-10-miler/results/>
Stewart Waudby (1:19:01)

David Gowin (1:24:15)

Kim Eastham (1:39:18)

Julie Smith (1:31:46)

Carol Upton (1:31:53)

Lindsey Russell (1:42:25)

2017 Knype Pool 5 Mile Mayors Charity Report – 26th February, 2017

With all the recent rain a multi terrain race was sure to have some mud. This did not deter 10 mud-loving Macc Harriers from entering this race put on by Biddulph Running Club to support the Biddulph Mayor's charities.

First male Harrier was Neil Gunn (39:54) just dipping below the 40min mark. Second male Harrier was Stewart Waudby (41:26) closely followed by Karl Downing (41:45) as the third male Harrier. Rounding off the men was Michael Smith (48:45).

For the women Harriers Sofie Kinsey (44:16) was first Harrier over the line. Close behind was second female Harrier Catharine Crossley (44:45). Third female Harrier was Melanie Power (47:06). The remaining female Harriers were Helen Gowin (48:45), Carol Upton (49:24), Elsa West (52:09) and Kate Foster (66:42).



Great running everyone, especially Michael Smith and Elsa West who are C25K graduates.

Full results can be found here: www.biddulphrunningclub.co.uk/

Race photos can be found at Bryan Dale's website: www.racephotos.org.uk/

ROAD RUNNING

2017 High Legh 10K Report – 5th March, 2017

Grim is the only word that could describe the conditions on Sunday morning for the High Legh 10K. Rainy, windy and cold conditions met the runners that made the trip for this race put on by the High Legh Community Association and Lymm Runners. 16 Macc Harriers completed the race with some excellent times despite the conditions.

For the male Harriers James Perry (38:18) was the first Harrier over the line keeping up his fine recent form by placing 16th overall and also gaining a PB for 10K. Neil Hey (41:00) was second male Harrier and Keith Mulholland (42:59) was third male Harrier, both excellent times considering the conditions.

For the lady Harriers Melanie Power (51:18) led the way followed by Christine Ritchie (52:42 PB) and Helen Gowin (53:38), again some excellent times under tough conditions. The rest of the Harriers results are below along with a link to the overall results. Great running everyone! www.highleggh10k.org.uk/previous-results/

Neil Gunn 43:41
David Gowin 51:31
Geoff Hull 53:52
Pete Dykstra 53:39
Susannah Middleton 54:19
Ann Harris 54:40 PB
Harry Newton 57:33
Suzanne Baker 58:53
Karen Anderson 1:02:14 PB
Joanne Griffin 1:05:38

2017 Wilmslow Half Marathon Report – 19th March, 2017

The mild, breezy and damp conditions did not deter runners at the popular Wilmslow Half Marathon on Sunday where 43 Macc Harriers joined the almost 4000 runners who took on the challenge of the half marathon distance. If running a half marathon was not tough enough one runner, Shantelle Gaston-Hird, broke the backwards running world record by 20 min in a time of 2:27:09 in support of the anti-bullying charity BulliesOut. None of the Macc Harriers who raced ran backwards or broke any world records, but there were still many excellent performances with over half the Harriers gaining PB's for this distance.

For the men Mark Walker (1:23:57) led the way as first Harrier over the line on only a week of training after recovering from a broken arm. Mark was closely followed by Paul Sharp (1:24:54) who gained a PB by knocking over 2 minutes off his half marathon best. Third Harrier over the line was James Perry (1:25:18) who yet again gained another PB to continue his excellent form.

For the women Harriers Lindsay Purdie (1:40:13) was first to finish gaining a PB in the process. Second Female Harrier was Cath Wilson (1:41:09) who also had a PB and placed 3rd female V50.

ROAD RUNNING

Rounding off the top three female Harriers was Sian Gulliver (1:45:18) who also ran a PB. There were many more outstanding performances and PB's by Macc Harriers and their results can be found at the following link: www.tdlevntservices.co.uk/index.php

Great running everyone!

2017 Poynton Village 10K Report – 26th March, 2017

Ideal conditions greeted runners for the Poynton Village 10K where the route started with a sprint down Park Lane, a small loop besides Poynton Lake, then a long climb up to the Middlewood Way which was then rewarded with a nice downhill stretch before a final sprint back up Park Lane for the finish. An early start meant that runners could enjoy this fun multi-terrain 10K before any Mother's Day celebrations. There were 14 Macc Harriers who turned up on this lovely day which was a welcome change from the bad weather at some of the recent races.

For the male Harriers James Perry (39:50) continued his excellent form with a top 10 finish by placing 7th male and 8th overall. James was followed by Rob Finnis (41:23) who placed 20th overall and knocked a minute off his time from last year. Third male Harrier over the line was Ray O'Keefe (43:19). Mark Stanbridge (47:04) and Geoff Hull (56:28) rounded of the male Harrier finishers.

For the women Harriers Catherine Wilson (48:09) led the way after a strong performance the previous week at the Wilmslow Half. Lisa Cox (50:15) was the second female Harrier to cross the line. Rounding off the top three female Harriers was Kim Eastham (53:36). The times of the other female Harriers are below: Carol Upton 00:55:40, Heather Galloway 00:55:34, Vanessa Stokoe 00:56:25, Rachel Gilliland 01:05:50, Kathryn Johnson 01:07:24, Shelley Lee 01:23:10.

Full results can be found at the following link:

www.crazylegsevents.co.uk/results/2017/20170326_PoyntonVillage10km.html

Chester Spring 5 mile 2017 Report – 12th April, 2017

The Cheshire Road Race Grand Prix series of races started Wednesday April 12th with one of the first evening road races of the year. After a cool rainy start to the day conditions cleared nicely for this fast 5 mile race with some excellent PB potential. There were 19 Macc Harriers who took advantage of the conditions to post some excellent times and gain important points for the Macc Harriers in the Cheshire Road Race Grand Prix interclub competition.

For the male Harriers Mark Walker (27:41) led the way as first Harrier over the line placing a very respectable 12th overall in a strong field of runners. Mark was followed by Scott Wilson (28:28) and Chris Bentley (28:51) as the second and third male Harriers respectively to finish.



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There were some outstanding performances from the female Harriers with Kathleen O'Donnell (34:01, PB and 3rd V35) leading the way closely followed by Daisy Pickles (34:08 PB). Kathleen and Daisy placed very well as 13th and 14th females overall in the race. The third female Harrier over the line was Sian Gulliver (35:44) with another PB posted for this 5 mile distance.

Special mention has to go to the two Harrier U20 male and female runners, Robbie Peal (29:12) and Sam Kyriacou (35:50), who both placed 3rd male and female U20 overall and who both earned PBs for this distance.



There were some other excellent performances and PBs by the other Macc Harriers. Full results can be found at the following link:

<https://wcac.niftyentries.com/Results/Essar-Chester-Spring-5>

Great running everyone!

Mid Cheshire 5K Report – 28th April, 2017

The reputation that the Mid Cheshire 5K has as being a lightning fast 5K was in full evidence on Friday evening when 28 Macc Harriers took advantage of the excellent conditions to post some very fast times and rack up many PBs for 5K. You know it's a fast course when the winner runs 5K in 14:00!

For the male Macc Harriers Scott Wilson lead the way with an excellent time of 16:10 which was a PB. Scott was pushed on by Mark Walker (16:13) who was the second Harrier over the line. Junior Finley Proffitt ran a great race finishing third Harrier with an outstanding time of 16:36 which was also a PB.

For the female Harriers Louisa Whittingham (17:52) was first over the line with a PB time, second female U21. Another junior Lauren Robinson (19:26) was second female Harrier also gaining herself a PB for 5K. Kathleen O'Donnell was third female Harrier with another PB time of 19:57 just ahead of 19:58 Daisy Pickles who also had a PB.

There were also some excellent age group finishes by Macc Harriers with Barry Blyth (21:59 PB) first V70, Alison Hartopp (21:03) second V50 and Hilary West (22:25) second V55.

There were many more excellent times and PBs by Macc Harriers. Full results can be found at the following link:

<https://cutefrutevents.niftyentries.com/Results/Mid-Cheshire-5K-Spring-2017>

Great running everyone!

Round the Runway 5M Report – 2nd May, 2017

This popular local race put on by Wilmslow Running Club takes in the roads and trails around (and under!) Manchester Airport. Our captain, race organiser Rob Downs, told runners to fasten

ROAD RUNNING

their seatbelts for a fast race as conditions were the driest they had been in years. 32 Macc Harriers ran under low flying planes and under the runway to post some excellent times and take home a number of prizes.



For the male Harriers Mark Walker (27:30) led the way winning the 2nd place overall prize. James Perry was second Harrier (30:08) placing 11th overall. Andy Dykins (32:14) was 3rd male Harrier.

For the female Harriers Sian Gulliver (37:08) was first over the line. There was a tight race for second and third female Harrier with Catharine Crossley (39:04) just beating Lynda Cook (39:05) to the finish line.

Macc Harriers won a number of vet prizes with Geoff Hull (41:33) winning 1st M65, Christine Ritchie (41:43) winning 1st F60 and Pauline Lynch winning 1st F70.

Some other excellent times were had by Macc Harriers with their times available at the link below. Great running everyone!

<http://www.runbritainrankings.com/results/results.aspx?meetingid=201087>

Club Road Race Championship

There has been some outstanding participation in the 11 races in the Club Road Race Championship to date with some of the race reports found above. Overall 68 different women and 56 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 (1004), Ray O'Keefe (762), Keith Mulholland (565)
- **Overall points leaders Female**
Carol Upton (653), Catharine Crossley (593), Helen Gowin (496)

Cheshire County Road Race Grand Prix

This series of 7 Races (Chester Spring 5M, Mid Cheshire 5K, Alderley Bypass 10K, Pie & Peas 5M, Sutton 6 10K, Congleton Half Marathon and Farndon 10K) is an individual and club competition. These races score an extra 10 points in our own Club Road Race Championship and contribute to our Club Road Race Championship Handicap prize. After the first two races in the Grand Prix (Chester Spring 5M and Mid Cheshire 5K) there have been some excellent individual and team performances by Harriers. In the team competition the Harrier men are in second place with 1008 points behind Vale Royal with 1082 points and ahead of South Cheshire with 915 points. The Harrier women are also in second place with 396 points only 4 points behind first place Wilmslow with 400 points and only 3 points ahead of Vale Royal with 393 points in a very tight competition so far. In the individual men's competition Mark Walker and Scott Wilson are in 3rd and 4th place respectively after two races. In the individual women's competition Kathleen O'Donnell and Daisy Pickles are in 5th and 6th place respectively after two races. With 5 races left there is plenty of time for our teams and individuals to move up in the standings!

ROAD RUNNING

Remaining Club Road Race Championship Races and Entry Info

Lyme Park Parkrun 5K	Saturday 20th May	9:00am (short)	http://www.parkrun.org.uk/register/
Bowdon 5K	Thursday 8th June	7:15pm (short)	http://www.spectrumstriders.org.uk/our-races/north-cheshire-5k-grand-prix/series-info-a-entries
Dunham Massey 5K	Thursday 15th June	7:15pm (short)	http://www.spectrumstriders.org.uk/our-races/north-cheshire-5k-grand-prix/series-info-a-entries
Cheadle Hulme Parkrun 5K	Saturday 24th June	9:00am (short)	http://www.parkrun.org.uk/register/
Run the Alderley Bypass 10K*	Sunday 2nd July	10:00 am (medium)	http://www.runnorthwest.co.uk/
Wizard 5M	Thursday 13th July	7:30 pm (short)	https://www.race-results.co.uk/onlineentries/user/login.php?raceid=2693
FoodBank 5K	Wednesday 7 July	7:15pm (short)	http://www.crazylegsevents.co.uk/php/index.php
Meerbrook 15K	Saturday 29th July	10:00am (long)	http://www.meerbrook15k.org/
Pie & Peas 5M*	Wednesday 2nd August	7:00pm (short)	https://vrac.niftyentries.com/Pie-Peas-5-2017 SOLD OUT
Leek Half Marathon	Sunday 13th August	10:00am (long)	http://www.leekhalf.co.uk/
Bollington 10K	Sunday 27th August	10:00am (medium)	http://www.bollingtonrun.co.uk/
NW Road Relays ¹	Saturday 9th September	1:15pm women 2:30pm men (short)	https://www.race-results.co.uk/results/2017/
Sutton 6 10K*	Sunday 17th September	10:00am (medium)	https://wcac.niftyentries.com/Essar-Sutton-Six-10k1
Congleton Half Marathon*	Sunday 1st October	9:30am (long)	https://bookitzone.com/paul_birdsall/5V2FFX
Farndon 10K*	Sunday 15th October	10:00am (medium)	https://cutefruitevents.niftyentries.com/Bartletts-Farndon-10K-2017
Bramhall Parkrun 5K	Saturday 21st October		http://www.parkrun.org.uk/register/
Langley 7M	Saturday 4th November	2:00pm (medium)	https://bookitzone.com/
Wilmslow Parkrun 5K	Saturday 18th November	9:00am short	http://www.parkrun.org.uk/register/
Run the Wilmslow 10K	Sunday 26th November	9:30am (medium)	http://www.runnorthwest.co.uk/
Stockport 10M	Sunday 3rd December	10:00am (long)	http://stk10.co.uk/

* Cheshire Grand Prix Race (Inter-Club Competition)

¹ Inter-Club Competition

2017 Club Road Running Championship *Prizes and Rules*

The following competitions will be run in 2017:

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

Points for each race calculated as follows:

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

Your time will be Chip Time where available. (If chip time the same then better gun time and/or race position will determine order)

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

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The Cheshire Grand Prix Races and North West Road Relays will gain an extra 10 bonus points for each race. In the event of a tie, the winner will be determined by a) Number of races completed, b) Average points scored per race.

4) Mens and Ladies "Open" Overall Points Prizes (voucher)

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

5) Mens and Ladies "Open" Handicap Prizes (voucher)

Based on performances in the six Cheshire Grand Prix Races.

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

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

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

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

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

Must have run at least 6 Road Running Championship Races.

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

Points for each race calculated as follows:

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

Your time will be Chip Time where available. (If chip time the same then better gun time and/or race position will determine order)

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

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

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

4) Mens and Ladies "Open" Overall Points Prizes (voucher)

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

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

Must have run at least 6 Road Running Championship Races.

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



ROAD RUNNING

Other Local Races June – August 2017

Race	Date	Entry
Birchwood Brook 5K	June 2	bookitzone.com
Hollins Green 5K	June 17	bookitzone.com
Colshaw 10K	June 25	niftyentries.com
South Cheshire 5K Race Series	June 27, July 25, Aug 29	bookitzone.com
Cheadle 4 mile	July 9	bookitzone.com
Trentham 10K	Aug 6	bookitzone.com

CROSS DISCIPLINE CHALLENGE 2017

This is a great time to get stuck into the challenge and by the numbers of you at recent races; many of you are doing just that!

The track and field season is well underway and there are lots of chances for you to take part. Why not try a few events and see what you can do. You'll be out of your comfort zone but you'll almost certainly surprise yourself with your performance. See fixtures listed in this magazine.

The excellent Staffs Moorlands Summer Series that starts in June is a great way for juniors to complete the fell section of the challenge. Details on the Staffs Moorlands website: www.staffsmoorlands-ac.co.uk/our-races/summer-series/2017

Email me if you have any questions :

Enjoy your running!

Dave Larkin



FELL RUNNING

HAPPENINGS ON THE FELLS

Since the last edition of GO! Harriers have been busy racing locally as part of both the Club championship and Wednesday night series, but also further afield including Shropshire for the first English Championship race, Wales, the Lakes (Anniversary Waltz and Teenager with Altitude races (see separate article)) and the Yorkshire Dales (The Fellsman and Three Peaks race).

In addition there's been three successful fell taster sessions (see separate article), and the introduction of a Wednesday night intermediate fell group – the latest run saw 29 Harriers turn-out (see separate article). Thanks to Barry Blyth, Julie Gardner, Shaun Wilde and Den Masset for their contribution in terms of articles, but also to the many other Harriers who have put on races, supported races (as both runners and marshals / helpers) as well as supporting the taster and intermediate group sessions.

Future Club championship and Wednesday night races and runs are listed below.

****New Winter Fell League****

Plans are afoot for a new Winter fell league for 2017/2018. The league will run from December – February. Races will mainly be local and will include a mix of fell, orienteering and trail. Full details will appear in the next edition of GO!, the Club website and the Fell Facebook group (we've got over 120 members in 3 months!)

Graham Brown
Club Fell Captain

REMAINING WEDNESDAY NIGHT SUMMER FELL RACE SERIES 2017

Jun 7	Boars Head
Jun 28	Hope Wakes 9.5k
Jul 19	Forest 5
Aug 2	Cracken Edge (Hayfield series)
Aug 9	Eccles Pike 5.4k

Rainow 5 – Wednesday May 3rd

This year we had 212 starters at the Rainow 5 Fell Race on a lovely sunny evening. A good battle for leaders saw Simon Pymm from Horwich RMI 1st back in 33 mins and 4 seconds. The first lady was Steph Curtis from Pennine in 40 minutes 32 seconds. Pennine won the mens' and the ladies' team prizes.

First Harrier back was Ben Greenwood in 8th (35:22) with Mark Messenger second in 10th (35:48) (first MV50) (five Harriers finished in the top 20). First lady Harrier back was Kathleen O'Donnell 42:33 (third lady) followed by Gill Lindsey 42:38 (fourth lady). Andrea Frost won lady vet 50 prize and Barry Blyth male v70 prize.

There was a great post-race atmosphere & cakes enjoyed! We raised £1000 which has been donated to local Rainow charities (Rainow Village Institute, Rainow Pre-School, KRIV (who help to maintain local paths including those the race uses) & Buxton Mountain Rescue). Thanks to all the marshals/helpers who helped make this race possible. See you next year!



FELL RUNNING

HAPPENINGS ON THE FELS (cont'd)

Intermediate Fell Group

The IFG (intermediate fell group) was originally intended to only last 6 weeks. It was formed to compliment the 3 fell taster sessions led by Shaun Wilde and to provide a stepping stone to the regular fell group, or to enter the Staffordshire Moorlands Summer Series (see previous post for details).



However, due to the success of the IFG and the increase of runners attending the regular group on a Wednesday night, we have decided to continue with the group. It must be said that this is only due to a team of 7 regular fell runners who have volunteered to remain and support the group. It is our aim over the next few months to continue to build your confidence and strength on the hills.

However, just as you are learning new skills we have also learned some important lessons about taking people running on the hills for the first time. The following points must be considered at all times for your own safety and that of the group:

- Are you wearing the correct running gear appropriate to the weather conditions? It is perhaps a good time to get into the habit of carrying waterproofs, hat, gloves, emergency food, loose change/mobile and head torch.
- If you have any niggle or injury, is it wise to run? Think very carefully of the further damage you could do to yourself and it could prolong your recovery. At the beginning of all runs we will be now asking if anyone is injured. It will be at the leaders' discretion if you run or not.
- Nobody must leave the group without letting one of the support know what is happening and the reason. We have to account for the safety of the group and the consequences of losing someone, an accident occurring and the impact on the group and club does not bear thinking about. If you are in any doubt of your fitness or the planned route, then it would be wise to miss the run that week.
- We can't cater for the different levels of fell running experience on a Wednesday night, and so only runners who have attended a taster session or are new to fell running should come out with the IFG at the moment. There are at least two other groups running on Wednesday night, the regular fell runners and the "shufflers". After a few weeks it may be that you wish to change to one of these groups. It is very important that you run to the ability of the group.
- To accommodate the new members who have family and work commitments, we have amended a few of the venues shown on the website and printed in GO. We will be meeting on certain dates close to Macclesfield to avoid travel, parking or clashing with a fell race and its route.

The changes to venues for the IFG are as follows:

- 24.5 **No run** or Scamper O
 - 07.6 Teggs Nose lower car park or Boars Head hill race *
 - 28.6 Pym's Chair or Hope Wakes fell race *
 - 05.7 **No run** or Polly Lander
 - 19.7 Marshall at Forest Five trail race*
 - 02.8 Lamaload car park or Cracken Edge fell race *
 - 09.8 Group to run Eccles Pike fell race *
- * club championship races



FELL RUNNING

HAPPENINGS ON THE FELS (cont'd)

We will be having two coaching sessions with Shaun Wilde over the summer plus we will be touching on basic map reading, navigation and incorporating some specific hill training.

There will be **no runs** for the group on the 24th May and 5th July due to two events that are run annually by two of our club members. If you want to practice your navigation skills then consider supporting them and forming groups of 2 - 4. Details are already on the website and FB for Scamper O.

The Forest Five race is also another event organised by the club, this year it will be held on 19th July. The organisers will be looking for volunteers to help on the night.

A request for help will be posted nearer the date. We will try and go out another night those three Wednesdays, or even do the Parkrun at Lyme Park.

Julie Gardner



2017 CLUB FELL CHAMPIONSHIP RACES

Jun 3	Winkle Trout 9k	S	On line PE
Jun 7	Boars Head	M	EOD
Jun 11	Passing Cloud	M	EOD
Jun 17	Bosley Fete 7.5k	S	EOD
Jun 24	Whaley Waltz 9.3k	M	EOD/PE GVS
Jun 25	Kinder Trog	L	EOD (HS)
Jun 25	Langley Fete 4.5k	S	EOD
Jul 9	Bollington Nostalgia	M	PE/EOD
Jul 19	Forest 5	S	EOD
Aug 5	Teggs Nose	M	EOD
Sep 17	Stannage Struggle 9.9k	S	EOD
Oct 15	Windgather	L	EOD GVS
Nov 12	Roaches	L	EOD
Dec 17	Club Handicap	L	Date TBC

PE = pre entry; EOD = entry on the day
 HS part of Hayfield race series; GVS
 part of Goyt Valley race series
 Award for Club Fell champion for
 overall winner best of 6 to count
 including at least one long race
 Ken Hall trophy for winner after
 handicap factor applied. Best any 6
 races including at least 1 long
 Award for "Club Enthusiast". Most club
 races completed; if tied then least pts.

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

FELL RUNNING

HAPPENINGS ON THE FELS (cont'd)

Fell taster sessions: *an introduction to fell training*

The aim of the fell taster sessions is to introduce runners in how to approach training for fell racing and running. They are designed in line with the 'athlete development pathway' used by England Athletics for the Leading and Coaching Running Fitness schemes. The coaching scheme is focused on developing runners across the first 3 levels of the pathway:

1. Fundamentals development: Agility, Balance, and Coordination (ABC) skills
2. Foundation development ('learning to train'): technical running and physical skills
3. Event group development ('training to train'): programming training and planning to race

The fell taster sessions are designed and run by Shaun Wilde and are planned to follow a typical 8-week mesocycle, allowing the runners to use the skills on the weeks in between and via the new Intermediate Fell Group (IFG) that met each Wednesday throughout that period. Below are the dates and the learning outcomes for each of the 3 sessions

- Session 1: Sunday 2nd April (week 13)
- Session 2: Sunday 30th April (week 17)
- Session 3: Sunday 28th May (week 21)

Session 1 learning outcomes:

1. Kit selection
2. Dynamic warm ups and mobility
3. Uphill techniques
4. Downhill techniques
5. Cool down and static stretching

Session 2 learning outcomes:

1. Session 1 revision
2. Strength considerations in fell running
3. Running technique and pace variance
4. Technique transition over changing terrain
5. Training sessions for developing fell running

Session 3 learning outcomes:

1. Session 2 revision
2. Route selection and running off-piste
3. Negotiating obstacles whilst running
4. Pulling it all together
5. Next steps: planning to race



For those that additionally need to develop their navigation skills for running on the fells, the next 'Navigation Skills' course is provisionally planned for 16th September 2017.

Shaun Wilde

FELL RUNNING

HAPPENINGS ON THE FELS (cont'd)

Club Fell Champs after Bollington 3 Peaks - 6th May

Another great turn out of Harriers 44 in a field of 333. This following the Rainow 5 on the previous Wednesday in which 41 harriers turned out. A lot more Harriers were helping out marshalling or officiating on these club organised races. Scooped a few prizes on the way.

For the men Simon Harding 1st; Ben Greenwood 4th and 1st local; Dan Croft pipping Mark Messenger for 1st V50 (11th and 12th respectively just behind young Robbie Peal 10th); yours truly 1st V70 (no "young" 60's ahead!). Simon, Ben and Robbie took the team prize. Mark and Dan seem to be taking it in turns to beat each other.

For the ladies Gill Lindsey is improving from race to race coming 2nd lady and 1st LV40 (also 1st local lady). Gillian with Clare Griffin (2nd LV40) and Sophie Kirk took the ladies team prize. Andrea Frost was just behind Sophie and 1st Lv50.

With respect to our club champs Mark Messenger leads from Matt Lewis and Neil Clarke all with 5 counters. Also with 5 counters leading lady is Gill Lindsey followed by Alannah Birtwistle. Mark is also leading on "Handicap" followed by Rob Bailey, Matt Lewis and Mark Wheelton.

Still not halfway through the competition and most have yet to do a "long". Next Long race is Kinder Trog June 25th EOD. By the time you read this 2 more races will have taken place; Mount Famine and Winkle Trout.

Wed Night Summer Series (best 5 from 8 races)

After just 2 races Mark Messenger leads from Allen Bunyan and Robbie Peal. Kathleen O'Donnell leads the ladies ahead of Alannah Birtwistle. The next race Shining Tor will have been run by the time you read this.

Barry Blyth

Fellers weekend trip to the Lakes

When Julie Gardner suggested a weekend fell trip to the Lake District with the option of running in either the challenging 'Anniversary Waltz' or the ridiculously challenging 'Teenager with Altitude' races it was seemed it could be too good a laugh to be missed.

Slightly daunted however, by the distance and amount of climb in the Waltz Julie was really encouraging saying it was achievable with plenty of training. Alas, the training didn't really happen, and a route recce ten days before the race was a bit of an eye opener. These weren't hills, they were mountains, but as least we managed to work out the route we 'should' take.

So ten of us went up on the Friday, with 5 entered for the Waltz, 2 for the Teenager, and 3 were Harriers in support, including Johnny the Jack Russell. Arriving at the quirky little



FELL RUNNING

HAPPENINGS ON THE FELS (cont'd)

bunkhouse, with log burners and a hot water bottle on every bunk, it soon dawned on us that we were probably in for a cold night. We were, but with ten in a room and duvets on top of sleeping bags it was certainly not chilly.



Saturday started with a cooked breakfast and a drive to Stair in the next valley, where we met up with several more Harriers who were running the Waltz. It was a sunny, blue sky, 'there can't be anywhere more beautiful' sort of day, but there they were- the mountains- which alas, hadn't got any smaller.

Undeterred we watched the 'Teenagers' set off up Causey Pike. Blimey, if we thought the Waltz was hard the start of this looked impossible, it was as good as vertical and they disappeared up it like ants – mental.

The start of the Waltz race is flatish for what seems like forever but the ever looming Robinson means your legs soon got a brutal punishing. There is then an awful lot of up and down but as the weather was so good the views were absolutely stunning. You really do feel like you are on top of the world. It was a tough race, especially with a couple of silly route decisions on my part, but thankfully a lot of others found it tough too, and I for one finished in a better time than I dared hope. Post race beer, stew and cakes were consumed whilst basking in the sunshine in one of the most beautiful of valleys, and then 7 of us set off for Hall's Fell where Graham wanted to recce the descent for his upcoming Bob Graham round.

It seemed to have got even warmer as we climbed up and ever up. It got steeper and rockier, with slightly nerve wracking drops on either side, and eventually some turned back. For those that made it the 360° view from the summit was truly awesome with the added bonus of descending via a slightly runnable route that wasn't quite so hairy scary.

The local pub was soon calling, followed by hilarious entertainment provided by Andy, of which no more can possibly be said, other than 'Don't try this at home'!

Sunday morning saw no rest. We all set off on a walk/climb up Fisher Gill waterfall and the Dodds, to enable Graham to do a bit more reccie-ing. It was so warm the waterfall and numerous pools looked appealing enough to entice two in for a dip. The two brave souls were not quite so warm, however, when they got out.



It was a tiring but exhilarating weekend- with approximately 5600 feet of climb in our legs, (and much more for the 'Teenagers'), and it was great to spend it in the company of such lovely, inspiring folk in such a beautiful, soul restoring place.

Den Masset



FELL RUNNING

HAPPENINGS ON THE FELS (cont'd)

Wednesday Night Fell Runs

All runs start at 7pm. On race nights there will be a run from the same venue unless an alternative is specified. Race start times vary (see below). Runners are advised to check the Macc Harriers Website/Fell Forum for any last minute changes.



Date	Run Venue	Social Venue	Sunset	Notes
Jun 07	Boars Head Hill Race (BM, 13k/400m, £4 EOD), Boars Head Hotel, Higher Poynton. SK12 1TE	The Boars Head Hotel	21:34	Race start at 7:30 pm
Jun 14	The Vale Inn, Bollington, SK10 5JT	The Vale Inn, Bollington	21:39	
Jun 21	The Roaches, roadside parking GR 004621.	Ye Olde Rock Inn, Upper Hulme ST13 8TY	21:42	
Jun 28	Hope Wakes Fell Race (BS, 9.5k/451m, £5 EOD), Hope sports field. GR SK 165836. (alt run: Mam Nick car park)	The Cheshire Cheese, Castleton. S33 8WJ	21:42	Race starts at 7:30 http://www.hopefellrace.co.uk
Jul 05	Polly Lander orienteering organised by Phil Cheek	TBA (see website)	21:39	See Website for details
Jul 12	Ship Inn, Wincle. SK11 0QE. Roadside parking.	The Ship Inn, Wincle. SK11 0QE	21:33	
Jul 19	Forest 5 Trail Race.	St Dunstan, Langley	21:25	Race starts at 7:30 See Website for details
Jul 26	Poachers, Bollington	The Poachers, Bollington	21:15	
Aug 02	Cracken Edge Fell Race (BM, 11.3k/442m, £5 EOD, Hayfield series)	The George Hotel, Hayfield	21:03	Race start at 7:30 pm http://www.kmrt.org.uk/cracken-edge-fellrace/
Aug 09	Eccles Pike Fell Race (AS, 5.4k/305m, £4 PE ON SiEntries/£5 EOD), Navigation Inn, Buxworth	The Navigation Inn, Buxworth	20:49	Race starts at 7:30 www.goytvalleystriders.org.uk
Aug 16	Robin Hood, Rainow. SK10 5XE	The Robin Hood, Rainow. SK10 5XE	20:35	
Aug 23	Rose and Crown, Allgreave SK11 0BJ	The Rose and Crown	20:19	
Aug 30	Hanging Gate, Higher Sutton. SK11 0NG	The Hanging Gate Inn	20:03	
Sep 06	Trentabank car park. SK11 0NE	St Dunstan, Langley		Hill reps option

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WEEKLY TRAINING TIMES

Group Name	Group Contacts	Meeting Time/Place	Distance & Pace
A Group	Sarah Harris (07967 388651) sahstaff@aquinas.ac.uk	Thursday evening 6.30 - 8.00pm at the overflow car-park behind the Leisure Centre	7-9 miles at sub 7½ min/mile
B Group	Sarah Harris (07967 388651) sahstaff@aquinas.ac.uk Emma Mason emmamason86@gmail.com	Monday nights 6.30-8.00pm Oct-Mar meet Leisure Centre car park. Monday nights Apr-Sept 6.30-8.00pm meet Tegg's Nose top car park. Thursday evening 6.30 -8.00pm meet at overflow car park behind Leisure Centre	7-9 miles at 7-8 min/ mile
C Group	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 Porritt	secretary@macclesfield-harriers.co.uk
Treasurer	Neil Gunn	01625 611802

OTHER OFFICERS

Ladies Road & Cross Country mgr	Vacant but temporarily Daisy Pickles (as below)	
Ladies Track & Field Team mgr	Daisy Pickles	daisypickles@hotmail.co.uk
Track and Field manager	Kevin Ranshaw	kevinranshaw@virginmedia.com
Borough Council Liaison	Bob Lynch	01625 829229
Schools Liaison Officer	Vacant but temporarily Bob Lynch as above	
Magazine Editor	Alison Gunn	01625 611802
Membership Secretary	Julian Brown	01538 306837
Club Colours (Kit)	Trevor Longman	01625 871744 or 07944 897842
Junior Athletes Waiting List mgr	Judy Brown	01625 421560
Club Development Manager	Bob Lynch	01625 829229
Coaches Representative	Becky Alvarez	07960 626377
Men's Track & Field Captain	Ashley Pritchard	01625 617734
Fell Running Representative	Graham Brown	broon_69@yahoo.co.uk
Road Running Manager	Ray O'Keefe	rayokeefe6@gmail.com
Men's Cross Country Manager	Robert Hasler	rhasler@gmail.com
Junior Cross Country Manager	Robert Hasler	rhasler@gmail.com
Club Statistician	Nicky Tasker	nickytasker38@gmail.com
Welfare Officers	Bob & Pauline Lynch	01625 829229
Race Signs Manager	Dave Jackson	07786 673746
Legal Advisor	John Hirst	
Auditor	Harts Ltd	
Publicity Officer	Gillian Lindsey	publicity@macclesfield-harriers.co.uk
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