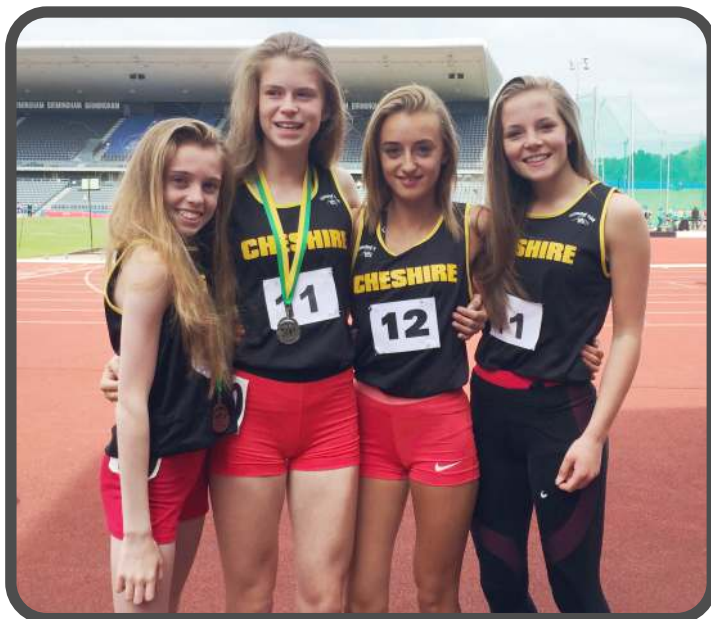


# GO!

NUMBER 132

SEPTEMBER 2016



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Our front cover shows Sian Heslop, Steffi Moss, Lauren Robinson & Emily Lowery when they represented Cheshire at the Inter County Schools, Mason Trophy competition.

*Thanks to Morris Fox (Myvision4reel Photography) for the use of the photograph.*

## Next issue - December 2016

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

**by Sunday 6 November 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



As we head into autumn and the track and field season comes to a close, we can look forward to the mud of cross country!

Cross country welcomes runners, young and old, experienced or not, to have a go. Essentially it's a team event and you'll find yourself being cheered on by your team mates as you slip and slide your way around the course. Rob Hasler has taken over the management of the team and you can read his article on page 33.

Macc Harriers is very lucky to have some talented members of the club who are not known only for their running ability. Jon Tatham is such a person. He is a graphic designer and artist who is becoming recognised for his highly original work inspired by running on the fells. You can read his story on pages 9, 10 and 11.

As the nights draw in and we're training more in the dusk and dark, it's good to remember that vehicles can't always see us, even though we can see them. Please make sure you're wearing reflective clothing and/or a head torch when out on the roads.

This time of year is one of the busiest for the club in terms of races organised by us. Of course there's the Macc Half Marathon and 5k which does great work raising money for local charities. All the net profits from the races will go to The Rossendale Trust, Space4Autism and East Cheshire Hospice this year. The Langley 7 is another very popular race which the club organises each November. Traditionally the race starts with the lighting of a firework as it's usually around Bonfire Night. Get your entry in soon though as this one always fills up fast.

Good luck in your running this autumn whether it's road, fell or cross country.



**Alison**

Alison Gunn - Editor

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# Startrack

25<sup>th</sup> – 29<sup>th</sup> July



We had another successful Startrack course this year. The course format was as before with three days of specialist coaching followed by two days of assessments in all the disciplines. The weather proved to be a bit changeable as we moved towards the end of the week, but it was a great week and great fun.



The course consisted of a mixture of youngsters (9-14 years old), some who had been before, as well as seasoned Macclesfield athletes who came to improve their all round skills.

Once again the youngsters tried hard to achieve national standards as set for primary and secondary schools and there were some great performances. Thanks to our young Harrier athletes who helped during the week as well as coaches and helpers.



Hopefully the profits from the course will be put towards the MADF appeal, which continues to strive to raise sufficient funds to get the council to provide an indoor training facility.



**Anna Carey & Bob Lynch**



# FELL RUNNING

## HAPPENINGS ON THE *FELLS*

The **SUMMER RACE SERIES** will have finished by the time you read this the last race being Eccles Pike Aug 10<sup>th</sup>. Cracken Edge the penultimate race confirmed Pete Neild as clear winner with John Mooney 2<sup>nd</sup> and Brian MacFadyen 3<sup>rd</sup>. Chris Bentley will move to 2<sup>nd</sup> place if he does the last race. For the ladies Angela Markley has won with Catherine Voyce 2<sup>nd</sup>. Rachael Lawrance can move up to 2<sup>nd</sup> if she completes the last race.

In the main **FELL CHAMPS** with just 5 races (of 21) to go, including 3 Long, Pete Neild looks to be this year's favourite but along with several others needs to get a Long under his belt. Barry Blyth and Graham Brown currently lie 2<sup>nd</sup> and 3<sup>rd</sup> by virtue of having completed 6 races including a Long. Chris Bentley and Dan Croft are strong contenders lying just behind with a race in hand. Angela Markley, Alannah Birtwistle and Sophie Kirk lead the ladies. To date 113 runners have turned out almost 50% being ladies.

**The handicap trophy** is being closely contested this year with between Tom Grimes and Graham Brown both achieving an improvement of ca 7% compared to 2015.

**Congratulations to Dan Croft** on his successful Bob Graham Round this July.

**Recent Races:** Too many races to comment fully on so I've just picked out the most popular:

**BOLLINGTON 3 PEAKS** 14<sup>TH</sup> May (9k/370m)

Organised by Harrier, Andy Skelhorn this was its 8<sup>th</sup> year. There were a record 257 entries. This including 34 Macclesfield Harriers with several more helping out (Marshalling/results etc). It was bright and

sunny, and dry underfoot, but the heat meant that course records were hard to match. 2011 winner, Jack Ross of Staffordshire Moorlands, was first back over the line, with a time of 38 minutes and 43 seconds. Sophie Kirk was 3<sup>rd</sup> lady and along with Clare Griffin (1<sup>st</sup> WV40) and Alannah Birtwistle took the ladies team prize. Barry Blyth was 1<sup>st</sup> MV60.

A pint, chilli and rice all for a £6 entry what more could you ask for? Word is getting around!

**WINCLE TROUT** 4<sup>th</sup> June (8.5k 280)

Organised by our own Julian Brown (what would we do without him!) with quite a few Harriers Marshalling, supporting and generally helping out. This popular race always fills up well in advance.

On a warm sunny day 282 finished the race including 38 harriers. Macc won both team prizes; Dan Croft, Allen Bunyan and Chris Bentley for the men and Angela Markley, Sophie Kirk, Alannah Birtwistle and Helen Evans for the ladies. Angela was also 2<sup>nd</sup> lady overall.

**BOARS HEAD** 8<sup>th</sup> June (13k/400m)

30 Harriers completed this local Wed night race. In a field of 201 runners Ben Greenwood was 1<sup>st</sup> back in 5<sup>th</sup> place followed by Pete Neild and Chris Bentley in 11<sup>th</sup> and 13<sup>th</sup> respectively. Angela Markley



# FELL RUNNING

## HAPPENINGS ON THE *FELLS cont'd*

was 2<sup>nd</sup> lady overall and along with Rachael Lawrance and Catherine Voyce took the ladies team prize. Alannah Birtwistle was just 5 seconds behind Catherine.

### FOREST 5 20<sup>TH</sup> July

This popular Wed night race (more Trail than Fell) has been organised by Pete Nolan for some years and all proceeds (no prizes) are donated to charity. This year with 130 runners including 42 harriers raised £739 for the Rossendale Trust. Thanks to all the marshals /helpers.

### WORMSTONES 6<sup>th</sup> Jul (7.5k/411m)

Another wed night race. 13 Harriers completed this in a field of 77. Allen Bunyan was 1<sup>st</sup> back in 8<sup>th</sup> place. Olivia Walwyn was 2<sup>nd</sup> lady overall and along with Angela Markley and Rachael Lawrance took the ladies team prize. Well done to Brian MacFadyen who pipped John Mooney and in the process took his 1<sup>st</sup> category win as an MV55 (just before his 60<sup>th</sup> birthday!). Barry Blyth was 1<sup>st</sup> MV65.

### CRACKEN EDGE 3<sup>rd</sup> Aug (11.3k/442m)

Pete Neild was 1<sup>st</sup> harrier of 15 in a field of 200 in 17<sup>th</sup> place (2<sup>nd</sup> MV40). We had several vet category winners; MV60 Brian MacFadyen; MV 65 Barry Blyth; LV 45 Gillian Lindsey and LV 50 Mandy Calvert. The ladies (Rachael Lawrance, Sophie Kirk and Gillian) would have won the team prize if there were one!

### Snowdon Trail Marathon and Thunder Run.....

Congratulations to the six harriers who completed the Snowdon Trail Marathon at the weekend. The route has almost 1700

metres of climb and descent, and includes a lap of Snowdon as well as a climb to and descent from the summit, so a bit more demanding then a couple of laps of Wilmslow: the winning time was just under four hours.

Well done all. Particularly well run to Sophie, 8th Lady !! Results below, and more info at <http://snowdoniatrailmarathon.com/content/home> .

First Name	Surname	Gender	Gender Position	Category	Category Position	Gun Time	Overall Position	Chip Time	Chip Position
Sophie	Kirk	Female	8	FOPEN	6	05:15:13	69	05:14:34	68
Marc	Bradford	Male	83	MOPEN	38	05:27:10	92	05:26:32	90
Graham	Brown	Male	140	MV45	17	05:49:22	156	05:48:47	156
Nicola	Cantrell	Female	68	FOPEN	33	07:39:02	374	07:37:54	374
Kim	Eastham	Female	69	FV50	9	07:39:02	375	07:37:55	375
Lynda	Cook	Female	70	FV45	8	07:39:03	376	07:37:56	376

Also Stephanie Wood and Kirsty Birch ran well in the **Continental 24 hour Thunder Run** at Catton Park at the weekend finishing second in the pairs relay competition with 19 laps (190km). They were in contention with the leaders until early morning, but an injury to Kirsty with 5 hours remaining meant they were unable to challenge for first place. Steph ran the last 3 laps (30k) without a break to hold off a late challenge from the third placed team. Catton Park is mostly used for horse trials: it's not recorded whether the race route went over the fences and through the muddy pools the horses 'use'. Sophie Kirk was 4th lady and 29th overall in the **Peak Sky Race** in a time of 5 hr 56,



# FELL RUNNING

## HAPPENINGS ON THE *FELLS cont'd*

over a 30 mile route with over 6000 feet of climbing based on the Five Trigs of Axe Edge, The Roaches, Shutlingsloe, Shining Tor and Burbage Edge.

The Leek Summer series race was the last in the **Moorlands ten race Series**, with overall positions decided on your best 7. In the series Julie Gardner won her age V55 category (and was 10th Lady), and there were excellent results for : Ruby Spencer, 4th Junior Girl; Jo Miles, 2nd V50, 13th Lady; Allen Bunyan, 4th U23. 9th

Man; Julian Brown, 2nd V50, 19th Man and Gary Willcock, 5th V50, 31st Man.

**Barry Blyth**



## 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
Oct 12	Poachers, Bollington	The Poachers, Bollington	18:18	
Oct 19	Robin Hood, Rainow. SK10 5XE	The Robin Hood, Rainow. SK10 5XE	18:03	
Oct 26	Hanging Gate, Higher Sutton. SK11 ONG	The Hanging Gate Inn	17:48	
Nov 02	Trentabank car park. SK11 ONE	St Dunstan, Langley	16:34	Hill reps option
Nov 09	The Vale Inn, Bollington, SK10 5JT	The Vale Inn, Bollington	16:21	
Nov 16	Ship Inn, Wincle. SK11 OQE. Roadside parking.	The Ship Inn, Wincle. SK11 OQE	16:10	
Nov 23	Stanley Arms Wildboarclough SK11 OAR	The Stanley Arms	16:01	
Nov 30	Rose and Crown, Allgreave SK11 OBJ	The Rose and Crown	15:54	
Dec 07	Trentabank car park. SK11 ONE	St Dunstan, Langley	15:50	Hill reps option
Dec 14	Harrington Arms, Gawsworth. SK11 9RJ	The Harrington Arms, Gawsworth. SK11 9RJ	15:49	
Dec 21	Street Orienteering from the Vale Inn Bollington SK10 5JT courtesy of Andy Skelhorn	The Vale Inn, Bollington	15:52	
Dec 28	Robin Hood, Rainow. SK10 5XE	The Robin Hood, Rainow. SK10 5XE	15:57	
Jan 04	Trentabank car park. SK11 ONE	St Dunstan, Langley	16:04	Hill reps option
Jan 11	Ship Inn, Wincle. SK11 OQE. Roadside parking.	The Ship Inn, Wincle. SK11 OQE	16:14	
Jan 18	Hanging Gate, Higher Sutton. SK11 ONG	The Hanging Gate Inn	16:26	
Jan 25	The Vale Inn, Bollington, SK10 5JT	The Vale Inn, Bollington	16:39	
Feb 01	Trentabank car park. SK11 ONE	St Dunstan, Langley	16:52	Hill reps option
Feb 08	Rose and Crown, Allgreave SK11 OBJ	The Rose and Crown	17:06	
Feb 15	Robin Hood, Rainow. SK10 5XE	The Robin Hood, Rainow. SK10 5XE	17:20	

## FELL RUNNING

### BOLLINGTON FESTIVAL 3 Peaks Fell Race - Saturday 14th May 2016



Another great Bollington Festival 3 Peaks fell race was held on Saturday 14<sup>th</sup> May. Now its 8<sup>th</sup> year, there were a record 257 entries (including 34

Macclesfield Harriers), and all but 4 of them completed the hilly 9km course. The route took in Kerridge Hill, White Nancy and the Nab to finish through steep woodland to the Rec.

This year it was bright and sunny, and dry underfoot, but the heat meant that course records were hard to match.

2011 winner, Jack Ross of Staffordshire Moorlands, was first back over the line, with a time of 38 minutes and 43 seconds. Alistair Thornton and Tom Fellbaum, both from Manchester and District Orienteering Club (MDOC), came in second and third places

In 46<sup>th</sup> place overall, Steph Curtis of Pennine took the ladies title in 47.17. Alice Swift of Chorlton Runners was a full 3 minutes behind, and Sophie Kirk from Macclesfield Harriers took third place for the women.

This year the fastest 'locals' were exactly the same as last year, so they retained the Frank Dawson shields, with Paul Rowley for Pennine in 9<sup>th</sup> place overall and Kristen Hollands (Unattached) in 96<sup>th</sup> place. There was also a new V50 course record for Mark Stenton of Dark Peak, in 12<sup>th</sup> place at 42:22

The team prize went to Pennine, with the first three runners back, although MDOC's fastest

three runners had lower combined placings. Macclesfield won the women's team prize.

There were the usual scrapes and bruises, mostly from overhanging shrubbery, but one runner retired with an ankle injury, and some very late starters lost the route after the sweeps had cleared the course.

Runners from far and wide said that they really enjoyed the race, as well as the beer, chilli, goody bags and banter afterwards at the Adlington Road Brewery. This is a race which attracts plenty of people who are new to fell running, as well as the more experienced. Over a third of the runners were not attached to clubs, and almost two thirds were veterans over 40.

Thanks to all of the people who helped to setup, marshal and support the race, and to the Bollington Brewing Company for their excellent facilities and sponsorship, which included a special beer, and artwork by Jon Tatham. £750 was also raised for Buxton Mountain Rescue Team.

**Andy Skelhorn**



*The pictures show Harriers, Alannah Birtwistle and Jon Tatham near the finish.*



## RUNNING WHERE RAVENS SOAR - *Graphic artist and Harrier 'Jonny Fellrunner' Tatham, talks about fell running, art and beer!*

Jon moved from Bristol to Sandbach in 2005. Describing Cheshire and the surrounding hills as like a new lease of life.

His most recent exhibition back in May 'Bollington Three Peaks' coincided with the fell race of the same name (organised by Andy Skelhorn). "The exhibition came about when Bollington Brewery asked me to come up with a new identity for three special beers they were producing for the race. How could I turn down a brief that involved a fell race, art and design and beer?"

Probably best known for his Bob Graham round influenced work, he took a different direction this time. "There are four canvasses entitled 'The Nature of Fell running' which come from being up in the Lakes - you know 'running where ravens soar'"

### **Art and the creative process**

Art for Jon came directly from fell running "I was working in Bollie and started running with the Harriers. Phil [Barnes] and his wife Carol were putting on an exhibition to celebrate the Jubilee in 2012. I'd always wanted to do something but hadn't. Phil said do something – there's no

boundaries. The subject was White Nancy- it was one piece alongside other artists. The reaction was unbelievable. They then invited me to do another exhibition, so I presented the Bob Graham Round series. And that's how it all started..."



"I work as an Art Director for a leading advertising agency based on the outskirts of Macc, so I'm not a full-time artist, yet. I started out in print and pre press and I know a fair bit about typesetting and typography which has helped me in my graphic design and creative roles. So what I do comes from my background in print and

design, graphic design with some artistic nuances."

Jon's typical creative process starts with a pen, paper and notes. "I always have a book of ideas and maybe graphic things that I've doodled. These normally happen at the same time, if not then I marry them up. Each piece starts with a concept. The current exhibition has 12-13 pieces. It took 1-2 months to complete."

### **Getting into fell running, Bob Graham round and Craig Harwood**

Jon's first experience of fell running was

## RUNNING WHERE RAVENS SOAR - *Graphic artist and Harrier 'Jonny Fellrunner' Tatham, talks about fell running, art and beer!*

the Coniston race back in the early 2000s. "My friend Caroline showed me Mouldry Bank on the Coniston race route and said that's where they train to warm-up. And I remember thinking I'll never do that. A year later there I was at the start line. It was my first category 'A' race. It was a big achievement at the time."

He's now an old hand having completed many long races including the Old County Tops, High Peak Marathon and Edale Skyline, to name but a few. But it's his Bob Graham round which he completed in 2011 that, he describes as his biggest fell running achievement "It was my Everest! It was something that I could never have contemplated. I was a drummer and singer in a band. But I was never that great. I surfed a lot but never really progressed. So the BG was my chance to prove that I was good enough. You know do something proper."

"It was all fairly uneventful. After Leg 2 I had serious second thoughts, but Phil (Cheek) was already half way up towards Steel Fell.

So, I had no choice; it was just head down and keep going. I had a very good team. I

wouldn't have got round without them. Logistics were my real worry, so once I had that sorted I was fine. I didn't do as much mileage as some, but I did enough. Really for me it was getting used to the climbs and time on my feet."

"A lot of my Bob Graham was down to Craig Harwood. On our last long run together before my attempt he said 'you're ready'. That gave me confidence. He was one of those characters who you were blessed to meet. I don't think I realised how much of an effect he had on me, until he was gone. I'd done a piece titled 'East Cheshire 7'. So after his death I gave the original to his partner Janet and renamed it the 'Harwood 7'. So that was my personal memorial to him."

## Inspiration, Bob Graham series and future work

The inspiration for Jon's work is either places he's been to or had great affinity with. "For my Bob Graham work I'd had a few ideas in old note books and sketch pads beforehand. I remember seeing pictures after my attempt and I



thought I could do better. I wanted them to be real: from someone who knows

## **RUNNING WHERE RAVENS SOAR - *Graphic artist and Harrier 'Jonny Fellrunner' Tatham, talks about fell running, art and beer!***

(Cont'd from page 9)

about it. It just felt a very natural thing to base my artwork on”.

“There's four prints in that series. I did a typographical route similar to those I mentioned before. There is also an abstract one and a more design led one, with the route plotted out. That's my favourite. It shows where I'm at as an artist. There's the design elements, but there's also digital crafting as well as hand rendered elements like canvasses with race numbers added, paper and cardboard that's been scanned and digitally layered to create landscapes. And I add photographs. So there's lots going on.”

Although he hasn't done any race posters for a while the will's there. “It's down to time. I have a family, they're my priority.” Old County Tops, could be his next race poster. And he also has plans to widen his subjects to both surfing and music “there's been a touch of that with the t-shirts. Music has always been a big part of my

life.”

The t-shirts are a side line for Jon “getting into fell running gave me a theme. I was big into the branded surfing stuff, so like that I come at it from a lifestyle angle. Training gives me lots of time to think and come up with ideas. I went for it as I didn't want to see someone else do it when I had the idea. It's not a commercial venture. If fell runners don't like it - they won't buy it”.

“Fellrunning and art are what I'm all about. I love that it's not elitist. It's all about a common cause. I'd describe myself as a fell runner rather than a fell racer. It's about getting out there, getting battered by Mother Nature and the hills and then going for a beer afterwards”.

**Graham Brown**

*Jon's artwork can be purchased from [jontatham.com](http://jontatham.com) and his t-shirts from [jonnyfellrunner.com](http://jonnyfellrunner.com)*

### **Any budding photographers out there?**

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

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

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

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

**Thanks, Alison**



## CROSS DISCIPLINE *Challenge 2016*

The Cross Discipline Challenge is all about encouraging members to branch out and try new things so it has been fantastic over the last few months to see those that more normally compete on the road out there on the fells and fell runners doing the 1500m on the track.

We're looking forward to the Cross Country Season now but if you still need a track 'counter' then there is still a chance to do so at the 'Mini Competition' on September 11<sup>th</sup> so why not come down and get involved.

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"> <li>Cheshire League</li> <li>Northern League</li> <li>Cheshire Championships</li> <li>Harriers Track &amp; Field mini competition (Participation at two separate meetings required)</li> </ul>	Track and Field Meetings from: <ul style="list-style-type: none"> <li>Cheshire League</li> <li>Northern League</li> <li>Youth Development League</li> <li>Cheshire championships (Participation at two separate meetings required)</li> </ul>
Road	2	<ul style="list-style-type: none"> <li>Club Road Racing Championship races.</li> <li>NW road relays</li> </ul>	<ul style="list-style-type: none"> <li>Club Road Racing Championship races (subject to UKA age group max distances: u13 5K, u15 6K, u16 10K, u17 15K, u18 25K)</li> <li>Park Run or Junior Park Run</li> </ul>
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"> <li>Club Fell Championship</li> <li>Wednesday night series</li> <li>Fell Relays</li> </ul>	<ul style="list-style-type: none"> <li>Staffs Moorlands Summer Series</li> <li>Club Fell Championship races (subject to FRA age group limits: u12 3k, u14 5k, u16 7k, u18 10k)</li> <li>Any local Junior race e.g. Shutlingsloe, Bosley fete, Rainow fete, Wincle trout, Langley fete, Hollinsclough fete</li> </ul>
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

## CALENDAR OF EVENTS - 2016

SEPTEMBER			
Sun 4th	T&F: Cheshire League Round 4 Macclesfield	11.30	All
Sun 11th	T&F: Junior Multi-Events and Cheshire Relay Champs Macclesfield	10.30	All Pre-entry
Sun 25th	Macclesfield Half Marathon, 5K and Fun Run	10.00 + 10.15	
OCTOBER			
Sat 1st	Cross Country: North Staffs XC League Round 1 Winsford, Knight's Grange (see website)	12.00	All
Sun 9th	Indoor Sportshall: North West League Round 1 Crewe, South Cheshire College (CW2 8AB) - TBC	12.30	U11/U13/U15
Sat 15th	Cross Country: Greater Manchester League Match 1 Manchester, Heaton Park (M25 2SW)	12.00	Not U11
Sat 29th	Cross Country: North Staffs XC League Round 2 Stoke, Park Hall Country Park (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)	12.00	Inc U11
Sun 13th	Indoor Sportshall: North West League Round 2 Venue TBC	12.30	U11/U13/U15
Sat 19th	Cross Country: North Staffs XC League Round 3 Keele University (see website)	12.00	All
Sun 27th	Indoor T&F: Manchester Open Meeting 1 Manchester, Sportcity (Etihad Campus) (M11 3FF)		U15 – Senior
DECEMBER			
Sat 3rd	Cross Country: Greater Manchester League Match 3 Manchester, Wythenshawe Park (M23 0AB) (TBC)	12.00	Inc U11
Sun 4th	Indoor Sportshall: North West League Round 3 Venue TBC	12.30	U11/U13/U15
Sat 17th	Cross Country: North Staffs XC League Round 4 Stafford Common (see website)	12.00	All
Sun 18th	Indoor T&F: Manchester Open Meeting 2 Manchester, Sportcity (Etihad Campus) (M11 3FF)		U15 – Senior

## CALENDAR OF EVENTS - 2017

JANUARY			
Sat 7th	Cross Country: Cheshire Championships Venue TBC		
Sun 8th	Indoor T&F: Manchester Open Meeting 3 Manchester, Sportcity (Etihad Campus) (M11 3FF)		U15 – Senior
Sat 14th	Cross Country: Greater Manchester League Match 4 St Helens, Sherdley Park (WA9 5DE) (TBC)	12.00	Inc U11
Sun 22nd	Indoor Sportshall: North West League Final Venue TBC	TBA	Qualification Needed
Sat 28th	Cross Country: Northern Championships Venue TBC		
Sun 29th	Indoor T&F: Manchester Open Meeting 4 Manchester, Sportcity (Etihad Campus) (M11 3FF)		U15 – Senior
FEBRUARY			
Sat 11th	Cross Country: Greater Manchester League Match 5 Stockport, Woodbank Park (SK1 4JR) (TBC)	12.00	Inc U11
Sat 25th	Cross Country: English Championships Venue TBC		
MARCH			
Sun 5th	Indoor T&F: Manchester Open Meeting 5 Manchester, Sportcity (Etihad Campus) (M11 3FF)		U15 – Senior
Sat 11th	Cross Country: Inter-Counties Championships Venue TBC		
Sun 12th	Indoor Sportshall: North West Fun in Athletics Manchester, Sportcity (Etihad Campus) (M11 3FF)	12.30	U11 Pre-Selection
Sat 18th	Indoor Sportshall: North West Sportshall Regional Final Manchester, Sportcity (Etihad Campus) (M11 3FF)	12.30	U13/U15 Pre-Selection
Sun 19th	Indoor T&F: Manchester Open Meeting 6 Manchester, Sportcity (Etihad Campus) (M11 3FF)		U15 – Senior

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



# ROAD RUNNING

## **Mad Hatter 5 2016 Race Report – Wednesday 11<sup>th</sup> May**

The second running of the Mad Hatter's 5 mile trail race was attended by 21 Macc Harriers. The race was on a challenging 2 lap course in the scenic Reddish Vale along the paths and trails that included running across a narrow bridge four times and running up a cobbled hill path two times.

Billy Hicks led the male Harriers placing a very respectable 9<sup>th</sup> overall with a time of 32:10. Ray O'Keefe was second male Harrier with a time of 36:08 and Jonnie Plumb rounded off the top three male Harriers with a time of 38:04.

The lady Harriers performed very well with three Macc Harriers placing in the top 10. Guenaelle Savre Piou (36:06) was first lady Harrier and 4<sup>th</sup> lady overall. Kristy Gill (36:29) was the next lady Harrier placing 6<sup>th</sup> lady overall. Daisy Pickles (36:51) was the third lady Harrier over the line placing 7<sup>th</sup> lady overall.

There were some other excellent performances from Macc Harriers and their results can be found at: <http://www.ukresults.net/2016/madhat.html>

## **Hollins Green 5K 2016 Race Report – Sunday 19<sup>th</sup> June**

Sunday June 19<sup>th</sup> saw 21 Macclesfield Harriers race in the Peter Lowe Memorial Hollins Green 5K. The race was the 5<sup>th</sup> and final race in the popular North Cheshire 5K Grand Prix series of races that are run at Dunham Massey, Birchwood Brook and Bowden during a four week period starting the end of May. Runners were greeted with ideal conditions to tackle a slightly undulating route that went out about 2K to a 1K loop then back along the starting 2K.

The male Harriers were led by Mark Walker who placed 5<sup>th</sup> with a time of 16:50. Second Harrier was James Noakes who placed 9<sup>th</sup> and 1<sup>st</sup> V45 at 17:05. Junior Lucas Parker was the third male Harrier over the line in a time of 17:13 placing 13<sup>th</sup> overall and 1<sup>st</sup> U20 male. Lucas ran in four of the five races in the 5K series steadily improving as he went along with excellent times of 17:34, 17:30, 17:15 and 17:13. In the team competition at Hollins Green the men placed a respectable 3<sup>rd</sup> behind first place South Cheshire and second place Wilmslow with the help of James Perry (19:05) as the fourth male Harrier.

First female Harrier over the line was Louisa Whittingham in 19:22 placing 5<sup>th</sup> female and first U20. Janette Byrne at 24:05 was second female Harrier and Helen Gowin at 25:16 was third female Harrier over the line.

There were some other excellent runs by Harriers and their results are available at: <http://www.spectrumstriders.org.uk/our-races/hollins-green-5k/2016-results>

## **Colshaw Hall 10K 2016 Race Report – Sunday 26<sup>th</sup> June**

Quick on the heels of the previous week's Cheshire Road Racing Grand Prix race, Harriers were on the road again for another Grand Prix race at the Colshaw Hall 10K on Sunday June 26<sup>th</sup>. This was the second running of this 10K which takes in the leafy country lanes around Over Peover and Jodrell Bank with the start and finish in the grounds of Colshaw Hall. A healthy turnout of 27 Harriers completed the race and most were not phased by the two "little dips" that greeted runners on the way out and on the way back.



## ROAD RUNNING



Just like the previous week, Mark Walker led the male Harriers with a time of 35:10 notching another top 10 finish by placing 6<sup>th</sup> overall. Second male Harrier over the line was Fran Pyatt (39:41) who was on a mission to get back his sub 40min PB which was taken from him after the Trafford 10K was found short. James Perry was the third male Harrier with a time of 40:31 giving Fran a good race for most of the 10K.

For the lady Harriers it was a similar story to the previous week as well with Louisa Whittingham continuing her excellent form by finishing first Harrier and 4<sup>th</sup> lady overall with a time of 40:02. Second lady Harrier was Daisy Pickles at 45:09 fresh off her triathlon success the weekend before. Julie Gardener was third lady Harrier at

46:43 placing 1<sup>st</sup> V55 female.

With 5 of the 7 Cheshire Road Racing Grand Prix races now complete the male Harriers are 4<sup>th</sup> behind South Cheshire, Vale Royal and Wilmslow whereas the women Harriers are in 2<sup>nd</sup> behind Wilmslow. Notable individual rankings in the Grand Prix to date are Mark Walker in 6<sup>th</sup>, Fran Pyatt in 12<sup>th</sup> and Louisa Whittingham 1st lady overall.

There were some other excellent times for Harriers at the Colshaw 10K which can be found here:

<http://cutefruitedvents.niftyentries.com/Results/Colshaw-Hall-10K-2016>

### Wizard 5 mile 2016 Race Report – Thursday 7<sup>th</sup> July

On Thursday evening 27 Harriers took part in the very popular, sold out, Wizard 5 mile race which takes in the trails, paths, fields and roads around Alderley Edge and Hare Hill. Heavy showers right before the race meant that runners had some challenging conditions that included running through a very large puddle on the road outside of Hare Hill. Despite the conditions, there were some excellent results, including two prizes picked up by the lady Harriers.



For the ladies Sophie Kirk was the first Harrier over the line in a great time of 34:13 placing 4<sup>th</sup> lady overall and picking up the ladies V35 prize. Emma Mason was second female Harrier in a time of 37:44 and Lynda Cook was third at 41:30 putting the Macc Harrier women in 3<sup>rd</sup> overall in the team standings behind Stockport and Chorlton Runners. The other prize went to Christine Ritchie (45:41) for 1<sup>st</sup> female V60.



The men were again led by Mark Walker (28:35) who placed 4<sup>th</sup> overall. New Harrier Ben Greenwood (29:05) made his debut in fine fashion by finishing 8<sup>th</sup> overall. The top three male Harriers were rounded off by James Perry (31:41) placing a very respectable 17<sup>th</sup> overall. The men's team were beaten to the top spot by Wilmslow but were able to hold off the Chorlton Runners team to place second men's team overall.

# ROAD RUNNING



There were many other excellent performances by Harriers and their times can be found here:

<http://www.race-results.co.uk/results/2016/wizard.pdf>

## **Buxton Carnival 4 mile Race Report – Saturday 9<sup>th</sup> July**

Saturday July 9<sup>th</sup> started off with some of the heaviest rain of the year which did not bode well for the 9 Harriers who made the trip over to Buxton for the 4 mile race associated with the Buxton Carnival. Fortunately, the rain stopped in time allowing both the runners and the carnival goers to enjoy the afternoon of running and festivities. The support for this relatively small race is amazing with great crowds lining almost the whole route making some of the hills a little easier to tackle and spurred on the Macc Harriers to some excellent results. For the men, Mark Walker (22:26) ran a great race and held off Rob Downs of Wilmslow for third place overall. Ben Greenwood (23:18) had another top 10 performance placing 10<sup>th</sup> overall. James Perry (25:42) was third Harrier over the line placing 23<sup>rd</sup> overall. As Rob Downs picked up a prize for placing 4<sup>th</sup> behind Mark, the V50 prize went to the next V50 who was Macc Harrier Ray O'Keefe (27:56). Stewart Waudby (30:24) and Andy Devine (36:27) also ran well rounding off the male Harriers in the race.

The lady Harriers were led by Catherine Crossley (33:19) who placed 14<sup>th</sup> female overall. Close behind was Carol Upton (34:22) placing 16<sup>th</sup> female overall. The third female Harrier was Dawn Devine (37:33) placing 28<sup>th</sup> female overall.

The full results, prize winners and some great pictures of Macc Harriers can be found on the Buxton Athletic Club Facebook page:

<https://www.facebook.com/groups/buxtonadac/> Results are on the Buxton Carnival 4 mile website page: <http://www.buxtonac.org.uk/cgi-bin/carnival4.py>



## **Meerbrook 15K 2016 Race Report – Saturday 30<sup>th</sup> July**

When the T-shirt for a race says “I Kept Calm and Climbed On” runners were surely going to encounter a few challenging hills. Despite this knowledge 21 Macc Harriers made the journey to Staffordshire to take on the hills, and try to enjoy the views, found along the route of this hilly 15K race.

For the men Mark Walker (58:27) was first Harrier over the line placing an excellent 5<sup>th</sup> overall, James Perry (1:07:14) was second Harrier and John Mooney (1:09:19), taking a break from the fells, was third Harrier.

For the women Kristy Gill (1:06:40) was first lady Harrier over the line placing 8<sup>th</sup> lady overall. Rachael Lawrence (1:12:35) was second lady Harrier and Emma Mason (1:19:03) was third lady Harrier.

Full results for the race, the times for the rest of the Macc Harriers, photos and videos can be found at the



# ROAD RUNNING

following link. Great running everyone! <http://www.racephotos.org.uk/>

## **Cheshire Road Racing Grand Prix team, individual standings and handicap prizes after 5 races**

Following five of the seven Cheshire Road Racing Grand Prix races (Four Villages HM, Whitley 10K, Mid Cheshire 5K, Hollins Green 5K, Colshaw 10K) the Macclesfield men are in fourth place (2194) behind Wilmslow (2353), Vale Royal (2472) and South Cheshire Harriers (2552). The Macclesfield women are in second place (987) behind Wilmslow (1048). In the individual male standings Mark Walker is in 6<sup>th</sup>, Fran Pyatt is in 12<sup>th</sup> and James Perry is in 16<sup>th</sup>. In the individual female standings Louisa Whittingham is 1<sup>st</sup> overall in points followed by Daisy Pickles in 9<sup>th</sup> and Alannah Birtwistle in 22<sup>nd</sup>. Macc Harriers have been doing very well in the Handicap competition in the Cheshire Grand Prix with Andrew Devine (Whitley 10K), Clare Finnis (Hollins Green 5K) and Rachel Gilliland (Colshaw 10K) picking up Handicap prizes. Details can be found at [www.cheshireaa.com](http://www.cheshireaa.com)

## **Club Road Running Championships**

Participation in the club Road Running Championship races to date has remained strong. There have been 43 different men and 61 different women competing on the roads. The tables showing the men's and women's points to date can be found under the "Road Running" tab on the Harriers' website. Some highlights from the points table up to the Meerbrook 15K for the men are Mark Walkers' perfect performance as top Harrier in all eight of the races he has entered. James Perry and Ray O'Keefe are tops in participation each running in 11 of the 13 races. Neil Hey has the lead in the Veterans Men category. For the women there are no clear front runners yet but Louisa Whittingham, Daisy Pickles, Kristy Gill and Gueanelle Savre-Piou are performing very well on the roads. Dawn Devine is tops in participation running in 11 of the 13 races with Carol Upton and Helen Gowin close behind. Please find below the remaining events in the Club Road Running Championship.

## **Remaining events in Club Champs Road Race Series 2016**

NW Road Relays <sup>1</sup>	Saturday 10 <sup>th</sup> September	1.15pm senior women 2.30pm senior men (short)
Gawsworth 10K	Sunday 11th September	10.30 am (medium)
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 4th December	10.00 am (long)

### ***\*Cheshire Grand Prix Race***

#### **<sup>1</sup> Inter-club competition**



# ROAD RUNNING

## Local Races September to December 2016

Race	Location	Date	Entry
Marple 10K Trail Race	Marple 11am	Sept 3	10k.marple-uk.eu
South Cheshire 20	Crewe 9:30am	Sept 4	bookitzone.com
Stockport "Hatters" Half Marathon	Stockport 9:30am	Sept 4	hattershalf.co.uk
UKFast City of Salford 10K	Media City 7:00pm	Sept 4	sportstoursinternational.co.uk
Foodbank 5K	Ladybrook Pub, Stockport, 7.15pm	Sept 7	crazylegsevents.co.uk
EHM 10K & Half Marathon	Warrington 9:00am	Sept 18	ehm.contest-sports.com
The Big Stockport Run 10K	Stockport 10:00am	Sept 18	sportsentrysolutions.com
Sutton Six 10K	Guilden Sutton 11:00am	Sept 18	wcac.niftyentries.com
Run Winsford 10K	Winsford 10:00am	Oct 9	xplosiveevents.co.uk
Halloween Hellraiser 10 mile	Crewe Vagrants 10:00am	Oct 30	southcheshireharriers.org.uk
Tatton Half & 10K	Tatton Park 9:30am	Nov 20	www.runtatton.com
Manchester MoRun 10K & 5K	Heaton Park 10:00am	Nov 20	mo-running.com
Preston 10 mile	Hutton, Preston 10:00am	Nov 20	www.ukresults.net
Tatton Yule Yomp	Tatton Park 10:00am	Dec 11	tattonyuleyomp.co.uk
Ribble Valley 10K	Clitheroe 10:00am	Dec 27	ribblevalley10k.com
Adlington Winter Warmer	Adlington 10:00am	Dec 27	crazylegsevents.co.uk



**Photos from Leek Half Marathon  
Sunday 7th August.  
Mark Godden,  
left and Julian Brown.**

*Thanks to Bryan Dale for photos throughout  
the magazine & also to Stewart Waudby  
& Frank Golden.*



## FOREST 5 - Wednesday 20th July 2016 - Race Report

The day before this year's race was the hottest of the summer. As the thermometer hit 33C, I was running around the club pavilion trying to get hold of some more water carriers. Dehydration could be a major issue. I was much relieved when, just prior to the start, a cooler bank of air flooded over the forest and a potential crisis was averted. This cool air did not deter the more determined flies and midges which once again were a great annoyance to runners and marshals alike. However the runners were not put off. Far from it, we had a record turnout. The registration crew worked flat out to process more than 120 entrants in 45 minutes. I asked Sophie Kirk, with her experience of registration from her own race, if she would set off early for the Leathers Smithy and take in the late entries which invariably rock up just before the start. Between everyone we got 131 signed up. One then decided that he would not start but we could keep his donation. So the old Rudyard station whistle set 130 honest souls on their way up Toot Hill.

The forecast had suggested a shower of rain but this held off to give the runners and helpers a dry evening. There were reports that, just as two years ago, a route sign had been reversed. A marshal was able to rectify this situation and the field found its way down Charity Lane to Forest Chapel without difficulty. Evidently several race organisers had experienced this problem in the immediate minutes prior to a race. We might have to ask the marshals to patrol their section as an additional duty. We got everyone back in one piece and the flies and

midges were cheerfully tolerated. Overall, the event seemed to be a resounding success. I am deeply grateful to everyone who so generously gave of their time.

Damian Nichols was the first home for Wilmslow RC with Barry Archbold, first vet, close on his heels. Olivia Walwyn of Macclesfield Harriers led home a strong female contingent with Kristy Gill the first vet. The Interclub Challenge was taken by Wilmslow Running Club despite a very close finish from a strong Macclesfield team. For the first time for some years, Congleton Harriers finished with a full team. The large field of runners resulted in a record amount of donations and, after we sent off the unaffiliated fees to the TRA and paid St



*Peter Nolan & Neil Gunn presenting the cheque to the Rossendale Trust*

John Ambulance for the first aid cover, we were able to present the Rossendale Trust with a cheque for £739.30.

The Forest 5 will be back in 2017 when hopefully I will be supported by a potential successor to carry on leading this great annual tradition.

**Peter Nolan**



## TRACK & FIELD

### RESULTS TO DATE - *almost a Season Summary*

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

The second round was at Wrexham, where warm/fine conditions prevailed, although scheduled during half-term seemed to affect the overall attendance.

Nonetheless, a great turn-out from the club – especially considering the travel required – produced 11 graded performances (there were 10 in the first round).

Another fine outcome for the U11s meant that only 1 point was dropped – congratulations to all.

The final results were:

- Under 11s: 159 – 1st
- Mens score: 193 – 3rd
- Ladies score: 236 – 2nd
- Overall score: 429 – 3rd (includes Officials points)

The third round was held at Warrington in July where the junior end of the club prevailed. Accordingly, whilst the U11s triumphed again – coming 1st – the lack of senior athletes meant a 4th place finish for the men and 3rd for the ladies.

Some excellent individual performances produced 12 graded measures.

The overall result was:

- Under 11s: 150 – 1st
- Mens score: 213 – 4th
- Ladies score: 235 – 3rd
- Overall score: 448 – 3rd (includes Officials points)

We are hosting the final round on 4 September, where another fine performance from the U11s could see a top-of-the-table finish.

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

The fixtures for this league have now been completed.

The second round was at Ashton-under-Lyne where dreadful conditions prevailed with the

possibility of the match being abandoned. The track activity was suspended twice owing to torrential rain, but the athletes/officials and parents/supporters soldiered on and the match was eventually completed. Macclesfield produced a fine performance in all age groups except U15Bs where only 3 athletes competed. However, a close finish saw the club end the day 5th, just half a point behind Bolton.

This left us 6th in the table with work to do in the next match at home to ensure that the last round was not a relegation battle.

There were some notable individual performances with several PBs being achieved despite the dismal conditions. 19 graded performances were noted with one grade 1 achieved by U13 Keira Barry running 75m in 10.2 seconds – well done Keira.

We hosted the third round in June. A gloomy, overcast and at times windy day deteriorated into rain towards the end of the afternoon which did not provide the best conditions for either good performances or officiating. Nonetheless, a fine team effort produced a welcome 3rd place finish (which was later upgraded to 2nd after scrutiny by the league administrator as points were deducted from the original second place team for incorrect declaration of athletes).

Despite the conditions, 23 graded marks were achieved with two grade 1 performances – U15 Morgan Frith leapt 5.83m in the Long Jump,



## TRACK & FIELD

### RESULTS TO DATE - *almost a Season Summary cont'd*

whilst U13 Keira Barry ran 75m in 10.1 seconds – well done both.

At that point we were 4th in the league, with relegation just about avoided. However to consolidate our position, we needed to better Warrington with the final round at...Warrington..!

The mid-July fixture saw another good turn-out to confirm Division 2 status. Despite some fine performances the stronger teams proved too much and Macclesfield were 5th. With Bolton taking 4th place in the match, they overtook us in league placings and so we finished 5th in the table.

16 graded performances were recorded with U15 Morgan Frith achieving another grade 1 mark in Long Jump at 5.71m - congratulations.

Those finishing above us have proved to be strong opposition over the season and the poor representation in the U15B age group for the



first 2 rounds meant we were never likely to catch them. However, the earlier threat of relegation was eventually avoided giving a good end to the season.

The league was won by Leigh with Wigan also promoted – well done to them. Warrington and Horwich are relegated.

**Northern League (U17 – Seniors)**

The second round for this league was held at Warrington on a glorious June day.

Again the team was bolstered by the U17s with some fine individual performances (4 graded marks recorded).

However two factors – we did not have full representation in all the events across both genders and most of the other teams produced strong performances – meant a 5th place finish.

After 2 rounds we were left 5th in the table and vulnerable for demotion as both 5th and 6th place finishers would be relegated.

The third round was at home in July which provided us with the opportunity to field our strongest team and try to move up the table.

On another glorious summer's day, a reasonable number of athletes turned out to represent the club. Some great individual performances (6 graded marks) were achieved, but the strong opposition meant that we could only manage 5th place in the match.

This left us 5th in the league and with no prospect of attaining sufficient points in the last round, sadly confirmed that we would be relegated.

Wirral AC hosted the final round at Bebington in early August.

Very warm/dry/sunny conditions heralded the finale to the season for this league. However, Macclesfield could only muster a small number of competitors whilst Deeside managed to field a greater number of athletes.

Accordingly, we finished 6th with Deeside ahead of us in 5th (albeit by only a small margin). This left us both on 6 league points, but our superior match points total meant we ended the season 5th in the league.

## TRACK & FIELD

### RESULTS TO DATE - *almost a Season Summary cont'd*

The other teams again proved to be too strong and a tight match between the top 3 teams saw Leigh triumphant with Wirral also clinching promotion – well done to both teams.

So with two leagues completed – a mid-table finish and relegation – we are left with the last Cheshire T&F League fixture where a final push is needed in an attempt to improve on the current league positions. The home match provides the opportunity for good representation across the age groups and the chance for newer athletes to “have a go” ...so let's see as many as possible at the track on **Sunday 4 September.**

Meanwhile, as the summer season draws to a close can I thank all the athletes/team managers/parents/officials/supporters and anyone else who has contributed to the club's participation in these leagues over the summer.

Yet again there were many excellent performances and it was good to see the Macclesfield Harriers colours represented at the various venues.

The club strives for each athlete to do their best (which is all we can ask of them) and prove their training effort in the competition arena. Confidence to step forward to compete should be gained in the training sessions and I would urge all those yet to represent the club in competition to consider doing so in the coming months.

Attention now turns towards Cross Country (all ages), Indoor Sportshall (under 11 to under 15) and Indoor Open (U15 upwards) competition - a full fixture list appears elsewhere in the magazine and will be updated as the winter season progresses.



Meanwhile:

**Athletes:** Please continue training over the winter months to maintain fitness.

**Parents:** Please consider helping your club by assisting at coaching sessions and/or helping to officiate at meetings. The experienced coaches/officials are always willing to pass on their knowledge and the club needs a continued stream of helpers. If coaching/officiating isn't for you, please think about helping in other ways – shop sales/catering, maintaining the fixture list, scoring at home fixtures, announcing at home events, track fee collection on training nights, magazine delivery, etc.

The club can only function with volunteer help – the more the better – so please think about how you can help the club progress in 2017 and beyond.

**Kevin Ranshaw – Track and Field Manager**

# The importance of deep connective tissue massage in restoring proprioception following an ankle sprain

*By Judith Cooper ISRM CNHC*

*Soft Tissue Therapist at John Honey Physiotherapy*

A sprained ankle is one of the most common injuries and treated properly need not bother us beyond a few weeks of rehabilitation. Sadly, only too often it is ignored as a minor injury and inconvenience and never properly addressed which can lead to it causing problems for years to come.

A sprain is damage to a ligament; the strong fibrous tissue which acts to stabilise a joint by acting as a sort of strap, preventing the joint from moving beyond a safe range. The most common type of ankle sprain is damage to the lateral ligament which can happen by doing something as innocuous as falling off the kerb; the foot is forced into a sudden and unnatural angle and if the force is powerful enough then the ligament tears. We experience this as pain, swelling, bruising, inflammation and often an inability to weight bear. There are varying degrees of sprain, from the mild grade 1 which can heal in a few weeks to grade 3 where the ligament is completely ruptured. Sometimes the force of the sprain may pull a piece of bone away from where the ligament was attached (avulsion fracture). It is always important to get an x-ray following any moderate to severe sprain just to be sure that you know what you are dealing with.

What is generally less well understood is the damage that is done to the tissues surrounding the ankle joint and the ligament and how this affects our balance and proprioception (our ability to sense where our body is in space.) If we fail to

restore good proprioception then the chances of re-injuring the joint are greatly increased and indeed we may subtly alter our movement patterns and potentially cause overload elsewhere.

Embedded within the tissues surrounding a joint are many nerve endings which feed back information from the peripheral nervous system to the central nervous system. This information includes sensations of pain, heat, movement etc and allows us to adapt our behaviour in order to remain safe which is always the primary goal of any organism. Until relatively recently, post acute rehabilitation advice for a sprained ankle focussed strongly on re-training the neural pathway between ankle and brain using balancing work such as standing on one leg and using a wobble board. Although this advice is still valid, more recent research by the likes of Carla Stecco, Professor of Human Anatomy and Movement Science at the University of Padua, has shown that the deep fascia around a joint will be damaged by a sprain and that this deep fascia is much more responsible for proprioception than was previously understood. In fact in her "Functional Atlas of the Human Fascial System" Churchill Livingstone 2015, she writes ;

"Damage to the retinacula (fibrous connective tissue supporting the ankle joint) and their embedded proprioceptors result in inaccurate proprioceptive afferentation. This may result in poorly coordinated joint movement and eventual inflammation and activation of nociceptors

# The importance of deep connective tissue massage in restoring proprioception following an ankle sprain *cont'd*

(nerve endings which send pain signals). A treatment focused on restoring normal fascial tension may improve the outcome of ankle sprain."

Deep connective tissue massage using fascial manipulation aims to restore good function to the tissue, reducing thickening and densification which can seriously impair the function of the nerve endings embedded in this tissue. Where nerve endings such as muscle spindles cannot function properly, parts of the muscle cannot work efficiently and joint imbalance and pain are very possible outcomes. This type of massage is done deeply and slowly and although it may feel a little uncomfortable, the therapist should work with you and within your own tolerance levels.

The diagram shows the soft tissue structures which overlay the ligaments of the

lateral ankle. The ankle is a complex joint and when it is sprained, as well as the ligaments being damaged you can see that the surrounding soft tissues are also going to be damaged, particularly the retinacula (shown on the diagram) which are rich in nerve endings which aid our proprioception. When this tissue is damaged, the nerve endings are frequently compromised and as a consequence so is our proprioception, making imbalance and further injury more likely. In addition to this, damaged retinacula can impact on the tendons which pass underneath them, causing restriction and altered movement patterns.

*Connective tissue massage can help to re-hydrate and restore healthy tissue so that damage is minimised.*

There really isn't any substitute for this kind of hands-on work; stretching and rehab exercises are vital, but they will not address the damage done to the deep fascial tissues in the same way really good soft tissue therapy can.

So please don't ignore that ankle sprain. Perhaps you had a bad sprain a while back and things have never felt quite the same since? Or you may be recovering from a more recent sprain. Either way, don't be too blasé about it. The ankle joint is hugely important to athletes and it makes absolute sense to keep it functioning as

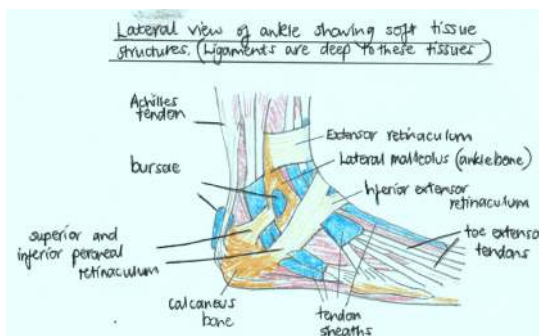
well as you possibly can.

Please get in touch with me via email on [coopej@hotmail.co.uk](mailto:coopej@hotmail.co.uk) or Facebook; Macclesfield Sport Remedial and Therapeutic Massage if you

have any questions. For an appointment phone John Honey Physiotherapy on 01625 500777

## References:

Stecco, C 2015 Functional Atlas of the Human Fascial System. Churchill Livingstone  
Schleip, R Findley, T.W Chaitow, L Huijing, P A 2012 The Tensional Network of the Human Body. Churchill Livingstone



***'Stronger together'***



**'E' Group on one of their Saturday morning runs led by Dave Jackson**



## CLUB RECORDS - 2016

Congratulations to our new club record holders. The previous female U15 300m record had stood for 17 years and has now been broken. Quite a few people also seem to be beating their own records!

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

**Nicky**

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

Discipline	Gender	Distance/Event	Age Group	Name	Record	Date Set
T&F	Female	400m	M55	Barbara Murray	74.6	May-16
T&F	Female	Discus	M50	Den Masset	15.94m	May-16
T&F	Female	800m	M50	Alison Hartopp	2.44.2	May-16
T&F	Female	4*300m	U15	Sam Kyriacou	2.59.4	May-16
T&F	Female	4*300m	U15	Lauren Robinson	2.59.4	May-16
T&F	Female	4*300m	U15	Eve Cobey	2.59.4	May-16
T&F	Female	4*300m	U15	Steffie Moss	2.59.4	May-16
T&F	Female	150m	U11	Rebecca Dilworth	23.33	May-16
T&F	Female	Hammer (4kg)	M50	Den Masset	14.95m	Jun-16
T&F	Female	300m	U15	Steffie Moss	42.85	Jun-16
T&F	Female	800m	U15	Steffie Moss	2.13.87	Jun-16
T&F	Male	Mile	U17	Harry Simpson	4.35.64	Jun-16
T&F	Male	Hammer	M40	Chris Edgar	41.01m	Jun-16
T&F	Female	400m	M50	Alison Hartopp	71.35	Jul-16
T&F	Female	800m	M50	Alison Hartopp	2.39.7	Jul-16
Road	Male	5 K	V75	Harry Newton	27.13	Jun-16
Road	Male	10 Mile	V75	Harry Newton	01:36:15	Nov-15
Road	Male	20 Mile	V75	Harry Newton	3.20.29	Mar-16

# MACC HALF MARATHON



**25th September 2016**

**#DontHalfLoveRunning**

## ***Sunday 25<sup>th</sup> September 2016***

The big day is close now! So I call on all members and parents who aren't helping on the day to enter a race. Better still, be part of a team!

Why not enter a school team? This can be made up of anyone involved with your school: parents; teachers; governors; catering staff and children who meet the age criteria.

Or you could harass, harangue and hound your colleagues into entering as a team for the corporate challenge. Pick a name for your team and enter, it's that simple.

Anyone that is, or knows anyone involved in, a club or organisation (non-running) give them a nudge to enter a team into the Active Macc Challenge.



Of course you don't have to enter a team, you can just enter yourself. So I urge you to spread the word about our fantastic races.

The Macc Half Marathon is open to over-17s, the 5K to over-13s and the fun run for under-13s. To enter and find out more about the challenges, visit [www.macc-half.co.uk](http://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 don't forget to volunteer.

**Carl Hanaghan**

## Membership Secretary's Stumblings

Hi again, and hope your summer running's going well! We've had some excellent weather (sometimes...) and some excellent sport to match! For any juniors and new members who've had an eye on the Olympics and Paralympics, don't forget that all those medal winners – in fact everyone taking part – weren't always international stars, they all started their athletics at the bottom.... and two competitors in this summer's games used to be Macc Harriers!

I'd like to welcome the following new members to the club and wish them all good luck in their athletics. A special welcome – and good luck - to the new members who are taking part in the next of the club's 'Couch to 5k' courses: give them plenty of encouragement when you see them, as they will be training down the track most Thursday nights.

Louis Pickford	Samuel Bradley	Chris Needham-Bennett
Xavier Onwochei-Garcia	Thomas Cowen	Ben Greenwood
Ed Browne	Phoebe Pittham	Jack Riley
Joanne Prendergast	Dillon Nield	Alma Gould
Chris Edgar	Nicola Waterworth	Lynne Shoesmith
Sheona Southern	Susannah Bridgett	Ethan Warburton
Philip Goodfellow	Lauren Smith	Hattie Glover
Luke Smith	Katie Thorp	Cherrisa Wilson
Marshall Wilson	Charlie Candlish	Amelia Wilson
Aaron Campbell	Ben Hawtin	Mikayla Dragieva
Amelie Harris	Holly Clark	Sophie Brown
Helen Bristow	Thomas Acda	Robert Mills
Suzanne Revill	Lucy Davies	Ieuan Berry
Eva Collins	Heather Galloway	Louise Howarth
Zak Mause	Oliver Holt	Lucy Dykins
Iona Harle	Kathryn Hutchinson	Millie Davies
Josh Podmore	Ada Cetinkaya	Dot Bodimeade
Jack Burgess	Nic Lewis	Harvey Lewis
Ben Easterby	Sally Hopkin	

We currently have about 620 members (320 female, 300 male: 230 junior, 390 senior: age range 9 to 83) which is pretty well the most we've ever had, and must I think make us one of the biggest clubs in the area now! This is in sharp contrast to all you hear on the media about the average person's increasingly sedentary lifestyle, lack of exercise and the associated health problems it can bring. As a club we've always room for a few more members, and strive to be non-elitist, so if you have any family or friends who might like to give us a try, no matter what their age or ability, encourage them to get involved, or just bring them along.

It's been great to see so many new faces at many of this summer's local races, most of which have been very well supported by the club: it always helps to get a group together for car share and a bit of mutual encouragement. Additionally, many club members (it'd be rude to name names as I'm sure I'd forget someone...) from various training groups have improved their speed and performances a lot over the last few months: keep at it!!

## Membership Secretary's *Stumblings* cont'd

Similarly, it's great that the club organises (or has a hand in organising) so many races and events throughout the year, most of which are highly thought of, and raise substantial sums for good causes locally. Again, I'd miss someone out, but you all know who you are!

I'm hoping we can keep the attendance up into the autumn and winter at the cross country and other local road and fell races: so if you're interested ask around or post on the forum and let's see if we can have several car loads to each event!

We've got the Macc Half coming up on the 25<sup>th</sup> September, 10am, then, not too long afterwards – Saturday 5<sup>th</sup> November, 2pm - it's the Langley 7 again. Both races will need a few marshals, assistance with the tea and cakes, but most importantly some runners. So if you want to run that's fine, entry details are on the website, and it's all for a good cause (Rossendale Trust in Langley), but if for whatever reason you're not running, we'd really appreciate any help you can give, thanks.

See you 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](mailto:julian.brown@astrazeneca.com) or [julianbrown10@hotmail.co.uk](mailto:julianbrown10@hotmail.co.uk)

## **Club T&F Awards and Mini Competition**

**Macclesfield Athletics Track**

**Saturday 24th September 2016 1.00pm - 6.00pm**

### **12.15 Onwards**

**1pm - 2pm**

**2pm - 3pm**

**3pm - 4pm**

**4pm - 5pm**

**5pm - 6pm**

### **Registration and warm up**

**Throws**

**Sprints**

**Jumps**

**Hurdles / Endurance**

**Club T&F Awards for the 2016 season**

Open to all members of MH&AC

UKA age group rules apply/all age groups as of 31 August 2016 (min age 9)

3 attempts for throws/jumps (High Jump - maximum of 7 attempts)

**For more information contact**

**Kevin Ranshaw 01625 616483/Bob Lynch 01625 829229**



**Macclesfield Harriers & Athletic Club**  
**Presents the**

# LANGLEY 7

**Saturday NOVEMBER 5th 2016 at 2.00pm**

The Course: Approx. 7 miles, very scenic and challenging on quiet country lanes.

More information: [www.macclesfield-harriers.co.uk](http://www.macclesfield-harriers.co.uk)  
On-line registration: [www.ukresults.net](http://www.ukresults.net)

## CHAIRMAN'S *Report*

The last three months have been notable for several of our members. Steffi Moss came 4<sup>th</sup> in the 800m race at the English Schools Championships and Dan Croft completed the 'Bob Graham Round' in July. Many commiserations to Carl Hanaghan who had to pull out of his 'Bob Graham Round' due to illness and injury. I have been assured that he wants to try again!

Congratulations also to Daisy Pickles (our Ladies T&F, Cross Country and Road Rep) who has qualified for Team GB at the World Triathlon Championships in Mexico this September.

Another one of our youngsters, Louisa Whittingham, has made a magnificent contribution to the Cheshire Road Race Grand Prix as she has been the 1<sup>st</sup> Lady Harrier in 4 races. In addition she is currently 1<sup>st</sup> Lady in the overall competition. Allen Bunyan has also performed brilliantly in the Staffs Moorlands Summer Series finishing 9<sup>th</sup> overall in the competition.

No doubt many of you will have seen the large banners advertising the Macc Half all over town. The Macc Half committee have really put in extra efforts this year with a set of challenges (Active Macc, Schools and Ron Hill Corporate) as well as a superb article in the September edition of 'Runner's World' (page 100) describing each mile of the course.

The annual 'Forest Five' race was very successful with 130 runners this year (42 Macc Harriers). It was particularly pleasing that the race raised £739 for the Rossendale Trust.

Finally we have seen the graduation of another C25k course in June, with another one planned for September. It has been really gratifying to see people start at C25k and progress to regular running with the club.

Best wishes to all as we approach the autumn with the return of Cross Country.

**Keith Mulholland**

## The lighter side of Macc Harriers!



Wincle Trout race selfie taking and trout winners!

*Thanks to Andrew Ritchie and Kim Eastham for the photos.*



## CROSS COUNTRY



The cross country season kicks off this year on the 1st October and continues until the end of February. We compete in two local leagues, the North Staffordshire League and the Manchester Area league. Competing in these two leagues is covered by your membership and is only available to club members (just don't expect a goody bag!).

If you have not raced in the cross country leagues before then they are great, muddy events that focus on fun competition and a great team atmosphere. As many runners compete in multiple events, you get to meet and race against similar paced runners throughout the

season. The race distances range from 5K – 8K for the women and 8K to 10K for the men. The juniors have various distances ranging from 2K to 8K depending on their age category.

Each runner scores points for their team, so each runner's performance has the potential to boost their team's placing in the leagues. Using the North Staffordshire rules as an example, to score as a team we need to have a minimum of 3 runners in each of our junior teams and a minimum of 4 runners to score for the senior men's and women's. To score for the season we need to have full teams at all of the league's four races. There is no limit on the number of runners we can enter! There are also awards for individual performances for those competing in all races in the North Staffs or 4 out of 5 in the Manchester League.

Details of the leagues are available from [www.maccl.co.uk](http://www.maccl.co.uk) & [www.nsccl.org.uk](http://www.nsccl.org.uk) and the dates for all the races are available on our webpage and in this magazine.

There are also three championship events, the Cheshire County Championships (date TBC), the Northern Athletic Championships and the Saucony Nationals. These events bring together the quickest runners of county, region and nation. The National Cross Country Championships often attract more than 1500 people for each of the senior races!

If you would like to represent Macclesfield Harriers at either of these leagues or races please email me at [rhasler@gmail.com](mailto:rhasler@gmail.com) so I can check you are set up on our database. I hope to run a 'taster' session for those of you who are interested. I will post details on the website and Facebook.

Finally, thank you to those who have volunteered to help manage a team. If you would like to manage, or support yours or your child's team please contact me on the email above.

Thanks,

**Rob Hasler, XC Manager**



## Dan Croft's 'Bob Graham Round' (BGR) 15-16<sup>th</sup> July 2016

The decision to attempt the Bob Graham Round originated from a casual discussion in the Dunstan, over beers, following the Fell Handicap race (Dec 2015). My 50<sup>th</sup> was looming and I was keen to mark this significant birthday with a memorable challenge, as we runners often do! At this stage there were four of us eager to have a go at the BGR in 2016; Carl, Tom and Guenelle and myself. To cut a long story short Carl and I made a plan to set off from Moot Hall on Friday 15<sup>th</sup> July with the aim of completing the round together.

Finally, after a good 6 months of training and planning the day arrived, and despite a less than ideal weather forecast (heavy rains and high winds) and concerns over Carl's possible cold symptoms, we set off towards the first summit, Skiddaw, a decision very much helped by the fact that at 6.30pm the rain had cleared from Keswick and it was a lovely bright evening.

### **Leg 1: Keswick to Threlkeld**

We set off from Moot Hall in bright spirits with the leg 1 team (Julian Brown navigating and Kirsty Hewitson) and made good progress up Skiddaw before hitting the 'clag' and increasing wind towards the summit.

Unfortunately a particularly strong gust of

wind whipped Carl's jacket and other items, up and away, right out of a rucksack, a sign of the challenging weather conditions we would later experience. We continued onto Blencathra with the rain holding off until the descent down Halls Fell and into Threlkeld where we were welcomed by the leg 2

support team: Andy Skelhorn, Graham Brown and Lawrence Day. After a quick pit stop we

set off towards Clough Head.

### **Leg 2: Threlkeld to Dunmail Raise**

Feeling revived after our short break and refreshments we set a brisk pace up Clough Head but into rapidly declining weather conditions, the rain was now heavy and the wind had picked up, as per the forecasted 60mph. At Clough Head summit Andy decided to turn back with an injury. We battled on through the night and against the elements, climbing Helvellyn and towards Fairfield. Before the Fairfield climb we were thankful for some brief respite from the wind, if not the rain at Grisedale Tarn. We were suffering from the cold and wet but were relieved to be descending Seat Sandel into Dunmail where we were greeted by the leg 3 crew: Rachael Lawrence and Rob Gittins and of course Matt Lewis, our trusty driver. Graham also carried on with us on leg 3. Following a quick kit change and refreshment, we set off to tackle Steel Fell.

### **Leg 3: Dunmail to Wasdale**

Following the relentless ascent of Steel Fell we were rewarded with the first signs of twilight and an improvement in the weather, the wind was dropping, the rain had stopped and as a result our spirits were lifted. Thanks to Rob's excellent leading and navigating we

continued to make good progress past Sergeant Man, High Raise and on towards the Langdale Pikes. I would say that it was at this stage of the round that I started to become aware of various aches and pains which were starting affect my running. I was less affected by the lack of sleep, something I would attribute to my general need for only a few hours per night

and early starts for work, something backed up by a recent article written by Nicky Spinks.



## Dan Croft's 'Bob Graham Round' (BGR) 15-16<sup>th</sup> July 2016 *cont'd*

We continued to make steady progress with the weather further improving on our scramble up Bowfell then on towards Great End and Scafell Pike. Throughout this leg we were grateful to Rachael for her experience in the mountains and ability to provide excellent support. From Scafell Pike we made the decision to descend to Mickledore and Foxes Tarn for the ascent of Scafell where Carl and I stopped briefly for a photo.

Rob and I set off on the descent into Wasdale with Carl, Rachael and Graham following close behind, or so I thought! Carl had already made the decision to pull out and had told Rob to carry on with me, and it was only when I asked Rob whether we should wait for the others that I was made aware of this.

Carl had been suffering with pain in his ankles and feet, especially when descending, but had also been experiencing hallucinations at Foxes Tarn; we were later to learn of moving rocks and a lady in the lake! In addition, it was obvious that Carl's earlier cold symptoms had now developed significantly. It wasn't to be for Carl this time but he has already said that he will be back next year and I know he is more than capable of completing his BGR.

On arrival at Wasdale, where the leg 4 team were ready and waiting (Ian Hughes and John Mooney), I was informed by Ian that we were 90 minutes outside our 23-hour schedule, therefore 30 minutes outside achieving a sub-24 hour BGR, time to get my skates on!

Before doing so I insisted on changing into dry shoes and socks and in doing so had to forego my refreshment break so grabbed an egg butty to eat on the next ascent.

### ***Leg 4: Wasdale to Honister***

I would just like to say that before leg 4 I had only met Ian once, by chance on a Monday afternoon run out from Teggs Nose with Andrea, who recognised him and stopped for a chat – during which the imminent BGR attempt happened to be mentioned, whereupon Ian generously offered his support on leg 4. As it turned out the motivational combination of good cop (John) and bad cop (Ian) was key in making up time lost on the schedule. Ian's experience on this leg meant that he knew exactly what we needed to do to make up sufficient time and stand a chance of completing in under 24 hours. He set the pace from Wasdale and it wasn't until the Yewbarrow ascent that I had chance to eat the egg sandwich, in my hand since the changeover!

Physically this leg was the most challenging, I was continuing to suffer with various aches

and pains whilst running but was still able to climb strong and fast. Ian's tactic was to run a little ahead, pushing the pace to keep us on track whilst John ran with me, keeping me calm by listening to my endless cursing of Ian as well as every stone I kicked or tripped over! During this leg I spent most of my time staring at the ground and completely missed out on the wonderful scenery, only

occasionally enquiring as to where we were,



## Dan Croft's 'Bob Graham Round' (BGR) 15-16<sup>th</sup> July 2016 *cont'd*

and then more cursing!

On descending from Grey Knotts we could see our support crowd at Honister, however the message had been relayed that there wouldn't be time to stop, just to open a Muller rice ready for me to eat as quickly as possible and be ready to set off for leg 5. My spirits were lifted at Honister by the sight of such a friendly and supportive crowd and of course Andrea who had always been so keen to support me on this final leg.

### ***Leg 5: Honister to Keswick – a support member's perspective (Andrea)***

The time was now 15:30, we had just short of 3 hours to achieve a sub-24 BGR, this is the recommended leg time but we needed to push on, especially given Dan's dislike of road running, at the best of times! As well as myself Dan was re-joined by earlier leg support members Julian and Rob. I grabbed a rather tired looking salmon and cucumber sandwich and tried to encourage Dan to eat it before ditching it halfway up Dale Head! It had been so great, and such a relief to see him descend into Honister but I knew that time was going to be tight on this leg and Dan was definitely showing signs of fatigue, and pain. Despite this he was still speedy on the ascents and I could barely keep up with him on the very last one, Robinson! This made up for the descent and flat running of the last 7-8 miles where it was pure grit and determination that saw Dan through to the finish.

On hitting the tarmac there was a harriers welcoming party and John Mooney had calculated that we needed to run 10min miles from then on to achieve the sub-24 target. Not a big ask for a runner such as Dan but at this stage of the game it really was touch and

go and it wasn't until we were 3 miles outside of Keswick that I felt an enormous sense of relief and pride as I realised that he was actually going to do this! Running up Keswick high street to Moot Hall with Dan, and with a

whole 15 minutes to spare, was wonderful, and to such a lovely welcoming crowd.

### ***Thanks***

I would like to thank everyone involved in the planning and support of my BGR, without whom this would not have been possible. Thank you Carl for all the work you put into the schedules and providing

support contacts as well as convincing me that it was possible following our training weekend in the Lakes. Thanks to Matt Lewis for all your driving and logistical support as well as all the individual leg support teams mentioned in the report. I will make myself available to support on your future fell running challenges.

**Dan Croft**



## 'MY BEST ADVICE IS FOR YOU TO GIVE UP RUNNING'

After running Helsby 4 villages half marathon in January, not fully prepared, and not effectively warmed up on a freezing cold day, I started with pain in my left hip. I fully anticipated being back to running again with no problems with some rest and anti-inflammatories, but every time I went out, after 3 or 4 miles the pain would get so bad I'd have to stop. A course of physiotherapy improved things, but I still had a bad catch of pain when twisting on my leg so the GP advised an x-ray. I was somewhat surprised when he reported that I have moderate arthritic changes in my hip and stated that *'My best advice is for you to give up running'*.

Running has not only become a way for me to keep fit but also a big part of my social life. Every time Facebook pinged, it was pictures of friends achieving PBs, running races that I had to cancel. I was surprised by how low I felt. Was it really necessary for me to stop running?

Looking at the evidence, the effect of running on overall joint health and the risk of developing (or worsening) osteoarthritis (OA) remains unclear. OA occurs when the balance between stresses on a joint and its ability to repair cannot be maintained. As with any structure, excessive, repetitive loading will eventually lead to failure. It would therefore seem logical to consider long-term participation or high-intensity running as detrimental to joints. However, if the cumulative effect of running leads to joint 'wear and tear', then all runners would get OA, but this is not the case.

Evidence suggests that the ability of an individual's cartilage and joint surface to respond to these stresses whilst running is not uniform and depends on a number of factors. Minimising these factors may help reduce risk.

- #Maintain a healthy BMI – reducing load



through the joint minimises joint stresses

- #Strengthen muscle – Your muscles are your shock absorbers. Fatigued muscles reduce their contribution to force absorption around a joint, thus exposing it to potential damage. Strength training such as body pump, kettlebells and resistance work can improve your ability to absorb load.

- #Increase your load gradually – Suddenly ramping up your training either in frequency or distance can reduce the joints ability to repair and adapt to the increased load and therefore increase the risk of injury.

- #Listen to your body – If you can feel mild discomfort at the start of a run, but it quickly settles down and you have minimal joint stiffness the next day, then you are running at a level where you are unlikely to be causing further joint damage. Pain which increases throughout the run and results in joint stiffness and or pain the next day is likely to increase your risk of damage.

## 'MY BEST ADVICE IS FOR YOU TO GIVE UP RUNNING'

• ~~#~~Wear a knee / ankle support – The jury is a little bit out on this one, but recent research seems to suggest wearing a knee support can reduce reactive forces in the knee and reduce joint pain. In my opinion, if you feel better wearing a support then wear it.

So, looking at the evidence, should you stop running if you have a diagnosis of osteoarthritis? My best advice is minimise the risk factors, start with low impact strength training and find a distance that your joints don't complain about afterwards and slowly and steadily

progress as your joints allow. I'm pleased to say that for once I have followed my own advice and whilst not perfect, am back running, almost pain free and loving it again.

If you need any further advice, chat to Ross Whiteside at the track (on the first Tuesday of the month), or email me at [siobhan@siobhanwhite.net](mailto:siobhan@siobhanwhite.net).

**Siobhan White**  
**Senior Physiotherapist**  
**John Honey Physiotherapy**

## CLUB COLOURS

Please remember that as a competing club member you should be wearing a club vest (known as club colours) when you are competing in any event (T&F, Road, XC or Fell).

When you wear your club vest it allows supporters to recognise and cheer you as a Harrier and other club runners to know who you are at the start and finish. It is a requirement to wear the colours of the club to count for any team competition; without club colours you cannot be counted and may even cause a problem for the team as a whole. (For races specifically for teams, then the club pays the team entry fee at any contest at county level or above).

Club vests and t-shirts (and buffs, hoodies etc) can be purchased from the clubhouse on a Tuesday or Thursday night (ask for Trevor Longman). There are more details on the club website.

*So, wear that club vest with pride!*





## TEGGS NOSE FELL RACE - 13<sup>th</sup> August, 2016

In the 6 years I have been organising this race, the weather has always been dry and sunny... sometimes too sunny. This year was no exception and some of the runners really felt it. There were concerns before the start at the unexpected presence of cattle on the route... but assurances from the farmer and the placement of a cattle savvy marshal meant that all went off without event.

118 started and we only had one retirement with a minor injury... the major incident plan swung into effect and Dave Tucker brought her back to the start in his Fiesta. Jack Ross (SMAC) won by over three and a half minutes in 53.45. According to those following, he climbed at an incredible pace and lead from start to finish... a phenomenal talent.

Fell running celebrity, and all round good bloke, Darren Fishwick, got in under an hour... a great achievement, whilst the first Macclesfield Harrier, Pete Nield, came in very soon after.

Tremendous respect is due to Ann-Marie Jones of Altrincham who, as first Lady and Female Vet 60, came in under 70 minutes and looked remarkably composed at the finish.



*First Harrier, Pete Nield*



*The winner, Jack Ross*

Thanks to all those who helped the race take place. It takes a lot of marshals and timekeepers, plus the goodwill of the landowners, thanks to all... we raised over £350 for MIND. Finally, thanks to all those who took part. The feedback is that this is a little gem of a race, so long may it continue.

**Simon Cartledge**



# VOLUNTEERING

## TEAM MANAGER - *Track & Field*

After 8 years of being the Team Manager for the U13 Girls - U20 Women I am finally hanging up my declaration sheets and pen, as this month will see my daughter Naomi move away to university.

It has been a very rewarding 'job' and if you are new to the club I can only recommend that if your kids are involved in T&F you give team managing a go, as you will hopefully be at all the tracks anyway.

The post involves a certain level of commitment during the track and field season but is not difficult or too time consuming. You must be able to contact all the athletes within the team with details of fixtures, get commitment and enthusiasm, allocate events and generally support and encourage. Oh, and also have a large supply of safety pins!

As well as forming and developing teams over the years, I have visited running tracks and discovered areas of the North West that I have never been to before. I have met so many interesting people and seen so many talented athletes compete including Macc's own Seren Bundy Davies, as well as Katarina Johnson Thompson competing against one of our U17's in the discus. I've competed myself when the team was short of athletes – (after the U17s joined the seniors in the Northern League), been on the spot to see my daughter and friends develop as

athletes and seen the joy of them gaining PB's, Grades and club points.

The job has definitely got easier as the number of competing athletes has dropped-linked to the girls commitment to school exams and part time jobs, but Naomi's involvement in T&F has been a massive part of her life and I am glad to have been a part of it too.

Just a few of the many memorable moments of my time as Team Manager:

- The U15 4x100 relay smashing their own record, and the absolute delight on their faces when they saw the time.
- A YAL fixture in Liverpool during pelting rain with an entire team of giggling girls squished into a 3 man tent, which thankfully I had the foresight to buy the previous day.
- Our 4x400m team managing to not come last - despite me having had to stand in at the last minute and run first leg. Memorable, but probably best forgotten!

The club is always looking for volunteers and your input in any role will be invaluable.

So go on, get involved, you have absolutely nothing to lose, but an awful lot to gain.

**Den Masset**

# VOLUNTEERING

## REQUEST FOR MORE *Volunteers*

Thanks for taking the trouble to start reading this request. As you are well aware, the club relies heavily on volunteers to carry out ALL manner of activities on an ongoing basis. Some people overcommit, some concentrate on a particular area, and some of you have yet to get involved.

To continue to properly coach athletes and to provide an adequate number of officials at league meetings, we now need more people to step forward to help. Without additional helpers, the club will not progress and it is unfair to expect the current volunteers to cover it ALL.

So how about stepping forward to help out at training nights, at a frequency that suits yourself. This will take the pressure off the current helpers and coaches and allow smaller groups to be given quality coaching. At the same time I would urge those of you who have already been helping for some time to go on the basic coach assistant course. There are several coming up in the next 3-4 months, all close by. Attending one of these courses will give you added confidence and skills in order to deliver a quality session. We have already benefited from two coaches going on to become fully qualified coaches and as a consequence are bringing new skills into play. The club obviously pays for suitable people to

attend the courses.

Of equal if not greater importance is the need for some of you to take the one day officials course for either track, field, or timekeeping.-the choice is



yours. Again this does not have to be for every league event we contest, but spreading the load so some of us DO NOT have to attend every competition would be greatly appreciated. Some of us need a break! When we compete as a club, there is mandatory requirement to provide officials, as well as athletes.

So if you can help in any way even on an occasional basis, please talk to either Kevin or myself, and we can then guide you to where you would be most useful and give you additional information.

Please DO NOT ignore this request.  
**Bob Lynch 01625 829229.**

## VOLUNTEERING

### Volunteering at the Macc Half Marathon *and other club races*

Each year our club hosts several races and each one needs a small army of helpers to carry out all the various jobs that need to be done before, during & after the race (parking, entries, goody bags, lead & sweep, signs, catering, course marshals, publicity etc).

This year the Macc Half Marathon & 5k needs 160 jobs to be filled and I'm pleased to say that people have volunteered for almost all of them but there are still almost 20 vacant spots. No previous experience is needed!



Volunteering at the event can be a really rewarding thing to do so if you have a few hours spare on Sunday 25<sup>th</sup> September and want to put something back into your sport please contact Neil Gunn (Volunteer Co-ordinator) at [neil.gunn@gmail.com](mailto:neil.gunn@gmail.com)

Thank you.



*Pictures show the catering team, the goody bag packers & some of the marshals from the 2015 Macc Half & 5k.*

## A Call For Cakes Please! - Macc Half Marathon & 5k

Raising money for three great local charities, MH & AC are again hosting the Half Marathon and 5k races. This year the event takes place on Sunday 25<sup>th</sup> September. We are hoping to welcome over 1000 runners plus their many supporters and this means lots of cake!

For 2016 members of D group will be managing the catering for the event and also providing a small post-race buffet for all the volunteer helpers.

It would be massively appreciated if you could bake cakes, pastries and biscuits to sell by the team on the day. Contributions need to be at the clubhouse on Saturday 24<sup>th</sup> between 12 – 1.30 or dropped off on Sunday 25<sup>th</sup> September from 8.30am



Please contact Katy Barnes by email on [k.barnes@cyprotex.com](mailto:k.barnes@cyprotex.com) [please mark email - **CAKE DONATION**], if you can help. This will help us understand what to expect!

Many thanks,

**Kim Eastham, Katy Barnes, Jo Thompson & Helen Gowin**  
**The Catering Crew**

## Sainsbury's – Active Kids Vouchers

Thanks to your efforts in collecting for/donating to the club, the following items have now been received to bolster the equipment at the club:

- **1 x Storage Container**
- **2 x 50 metre Tape Measures**
- **1 x Junior Hammer (350g)**
- **3 x Speed Hurdles**

The club is grateful to all those who helped achieve reaching the total of 4011 which enabled these items to be obtained.

Please look out for any future requests for vouchers if this scheme is repeated in 2017.



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**Counsellor & Reiki Practitioner** – Sandra Marston

---

**Reflexology** – Helen Wilkinson

---

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

---

**Shiatsu** – Virginie Adamski

---

**Yoga** – Dee Blow

---

**The Alexander Technique**

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**Pilates Instructor** – Mark Leah

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**Sport Psychologist** – Roger Kirby

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**Acupuncture** – Dr Greg Carter

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**e-mail: [info@trinityhousepractice.com](mailto:info@trinityhousepractice.com)**

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

## WEEKLY TRAINING TIMES

Group Name	Group Contacts	Meeting Time/Place	Distance & Pace
<b>A Group</b>	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>B Group</b>	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
<b>C Group</b>	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
<b>D Group</b>	Bob & Pauline Lynch (01625 829229) pauline_lynch@hotmail.com Stewart Waudby harriers-dgroup@waudby.me.uk Neil Gunn (07786 855027) neil.gunn@gmail.com	Wednesday and Friday evening 6.30-8.00pm at the overflow car-park behind the Leisure Centre. Saturday morning 9.00 - 10.30am contact Neil for meeting place	4-6 miles at 8-10½ min/mile
<b>E Group</b>	Wendy Boardman (07879 477627) or Jenny Airey (07969 741139)	Saturday 9.00-10.30am Various locations - check with Wendy	4-5 miles supporting members to increase their pace and distance to prepare them for longer distance runs

### FELL RUNNING

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

### TRACK & FIELD

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

Tuesday & Thursday 6.00 – 7.00pm

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

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

Tuesday & Thursday 6.30 – 8.00pm

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

### CROSS COUNTRY

Cross country and off road sessions for teenagers

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



# Macclesfield Harriers And Athletic Club

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

## CLUB OFFICIALS

Club President	Bob Lynch	01625 829229
Chairman	Keith Mulholland	kmulholland64@gmail.com
Vice Chairman	Vacant	
Secretary	Tracey Porritt	secretary@macclesfield-harriers.co.uk
Treasurer	Neil Gunn	01625 611802

## OTHER OFFICERS

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



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