

GO!

NUMBER 136
SEPTEMBER 2017



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Our cover photo shows Liliana Carey, Lily Dutton, Madeline Blunn and Poppy Dutton who all achieved personal bests at the YDL competition on Sunday 18th June in Bury.

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

Next issue - December 2017

Please submit any articles or photographs to gomagazine@macclesfield-harriers.co.uk

by Sunday 5th November 2017

Magazine Issue

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

Starting Lines



Tribute to John Kershaw; athlete, past chairman and MADF trustee

John died recently, following a long battle with a brain tumour. Throughout he remained positive that he would recover. This typified John's attitude towards life.

He was a member of Macclesfield harriers for over 35 years. He was a prolific trainer and racer during his 30s through to late 40s, winning and placing highly in many races on ALL terrains and over a range of distances. As a direct result of his talent and commitment, he was able to maintain a pace between 5 and 6 min per mile. This included winning all the local fell races, as well as achieving a time of 2h30m for the London marathon.



John presenting a trophy to James Noakes at the 2016 AGM

He was a strong and dedicated family man, with a quick wit and a love of adventure, and always keen to try something new. He served the club well as chairman and was a founding trustee of the MADF campaign, which eventually saw the current T&F facility being built.

He will be missed by all who knew him. In a small way having the Forest 5 perpetual trophy named after him is fitting for all the years which he put into helping organise the race, as well as it being one of his favoured training runs!

Bob Lynch

A short word from the editor...as we head into autumn we start to look forward to the Cross Country (XC) season. The club competes in two local leagues. The North Staffs League begins at Winsford on Saturday 30 September with 3 further matches throughout the season. The Manchester Area League begins at Heaton Park on Saturday 16th October with 4 further matches throughout the season. If you've never tried XC why not give it a go. It's a great team event, and the mud makes things very interesting! Contact Rob Hasler, (rhasler@gmail.com) for more details.

Don't forget your high vis gear as the nights draw in! Happy and safe autumn running everyone.

Alison

Alison Gunn - Editor

Tel : 01625 611802

Email : gomagazine@macclesfield-harriers.co.uk

Track Fees Proposal April 2018 Onwards

The current situation is that the club hires the track twice a week throughout the year as well as the Indoor Sportshall for U11's. The annual cost for this is ~£13000.

The money to cover this expense is paid by members who use the track and Indoor Sportshall. The vast majority of the members who use these facilities are Juniors (~200). In addition we have on average 8 Seniors who attend once a week.

Currently the money is collected on the night (£2.50 per member per session). About 30 Juniors also pay a quarterly track fee of £30 as an alternative.

This means that ~£350 per week (mainly in coins) has to be counted, bagged and paid into the bank in the town centre. Other money collected for club kit also has to be paid in and reported separately to the Club Treasurer. This activity takes place on 50 weeks of the year. For many years Kevin Ranshaw performed this task until last April. Bob Lynch is currently doing this on a temporary basis.

As a committee we feel that this situation cannot continue and that other members would not be willing to continue to perform this task. As a society we are increasingly moving towards a cashless economy and we feel that now is the time to make this change.

It is proposed that the track fees are changed to an annual payment for all members who attend track training. For the vast majority of members who do not use the track facility there will be **no change** to the current membership fee. Currently these fees are £30 for competing members and £16 for non-competing members.

The level of proposed **Track fee** payments are as follows:

Juniors	£70
Senior	£50

The above fees would be paid at the time of membership renewal in addition to Harriers membership.

As there are relatively few Seniors (and some train at the track for specific events) we will have an option of a Track pass that would cover ten sessions for £30. Additional track passes could be bought throughout the year. Senior track passes would be bought from myself and I would arrange paying the fees into the bank.

U11 Annual Junior Membership would be **£86** (£16 Harriers membership and £70 Track fee).

U13's upwards Annual Junior Membership would be **£100** (£16 Harriers membership, £14 EA fee and £70 track fee).

For families with more than one child the second child track fee would be £60 and the third child £50.

The above options will cover Junior members for up to 100 training sessions in the year. The cheapest current option for this is currently 4 track passes at a cost of £120. Indeed, many Juniors pay £2.50 at each session with some paying over £200 per year.

Senior Track Membership would be **£80** (£16 Harriers membership, £14 EA fee and £50 Track fee).

The committee realise that for some parents the annual fee may prove to be a large expense. If this is the case then parents can contact Bob Lynch or myself to discuss the situation.

For members that join part way through the year the track fee will be reduced on after October 1st

6 month fee Juniors	£35
6 month fee Seniors	£25

Payments would be accepted either online via BACS or at the track (cheques preferred).

It is entirely possible that the amount of money raised using this proposal would not cover the annual expense of £13000. The committee would adjust the track fee payments in future years if this was the case.

The above document is a proposal. We are willing to listen to concerns and alternative ideas.

Keith Mulholland
Chairman

Club Records 2017

Congratulations to everyone for the new club records achieved. Good to see blank records being filled, especially at the unusual distance of 15 K.

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

Nicky

Email : nickytasker38@gmail.com

Discipline	Gender	Distance/Event	Age Group	Name	Record	Date Set
Road	Female	Half Marathon (gun)	V50	Jo Miles	1.42.55	Oct14
Road	Female	Half Marathon (chip)	V50	Jo Miles	1.42.51	Oct14
T&F	Male	3000m	M75	Harry Newton	15.40.4	Jul16
T&F Indoor	Female	300m	VET	Hilary West	52.17	19/03/2017
T&F Indoor	Female	600m	VET	Hilary West	1.58.45	19/03/2017
Road	Female	10 Mile	V50	Jo Miles	1.20.23	Mar17
Road	Female	5 K	V55	Hilary West	22.25	Apr17
Road	Female	Marathon	V55	Jo Miles	3.47.45	Apr17
Road	Male	Marathon	V50	James Noakes	2.42.27	Apr17
T&F	Female	400m	M55	Hilary West	74.0	Apr17
T&F	Female	1500m	M55	Hilary West	6.04.5	May17
T&F	Female	3000m	U20	Louisa Whittingham	10.30.0	May17
T&F	Female	5000m	U20	Louisa Whittingham	18.35.03	May17
T&F	Male	100m	M75	Harry Newton	18.2	May17
T&F	Male	800m	M50	Ray O'Keefe	2.32.4	May17
T&F	Male	3000m	M70	Barry Blyth	12.56.7	May17
T&F	Male	3000m	M75	Harry Newton	16.24.1	May17
T&F	Male	High Jump	U15	Jacob Thompson	1.85m	May17
T&F	Female	200m	M55	Hilary West	33.46	Jun17
T&F	Female	400m	M55	Hilary West	72.9	Jun17
T&F	Female	800m	M55	Hilary West	2.49.9	Jun17
T&F	Female	1500m	U15	Sian Heslop	4.32.17	Jul17
T&F	Male	200m	M70	Barry Blyth	38.0	Jul17
T&F	Male	1500m	M55	Mark Wheelton	5.51.5	Jul17
T&F	Male	1500m	M70	Barry Blyth	6.11.5	Jul17
T&F	Male	3000m	M70	Barry Blyth	12.28.6	Jul17
T&F	Male	TurboJavelin	U11	CharlieOrphanides	21.92	Jul17
Road	Male	10 K (chip)	V75	Harry Newton	56.09	Jul17
Road	Male	15 K	V70	Barry Blyth	1.15.30.1	Jul17
Road	Male	15 K	V55	Neil Gunn	1.11.12.9	Jul17

Chairman's Report *September 2017*

At the time of writing this report, the results from the Trafford Grand Prix have just reached the website. Congratulations to Sian Heslop who is currently at the top of the British Athletics Power of Ten rankings with a time of 4:31.79 for 1500m!

Our Junior members also performed well at the English Schools Track and Field with Sian coming 2nd in the 1500m, Jacob Thompson 3rd in High Jump and Morgan Frith 4th in the Long Jump. It has also been great to see a number of Junior athletes at local road races and also see them have considerable success, with Lauren Robinson winning the Senior Ladies North Cheshire 5k Grand Prix series and Sam Kyriacou the Junior Ladies prize in the same series.

On the fells, congratulations to Carl Hanaghan and Graham Brown who both completed the 'Bob Graham Round', one of the pinnacles of fell running. Thanks also to all the members of the club who supported them.

As you receive this magazine please remember the Macclesfield Half Marathon and 5k on 24th September. We are still in need of volunteers and runners for this event. Please take time to consider helping out.

Keith Mulholland

Communicating effectively with members...*we want your views!*

The club communicates with members through a range of different channels including the magazine which you're reading now, the website and of course social media. The club committee are undertaking a review of the effectiveness of our communications and will be seeking the views of you, our members, via a short survey which will appear on the club website and Facebook page later this month.

The results will be used to shape how we communicate with members going forward, so please take part. The findings of the survey, as well as an outline of our future approach to communications, will appear in the December issue of GO! If you're interested in getting involved with club communications, please email me; broon_69@yahoo.co.uk

Graham Brown

TRACK & FIELD

Results to date...

Cheshire Track and Field League (All Age Groups)

Two matches in the same month...

The second round was at Crewe in early July where warm/fine conditions prevailed.

A good number of athletes chose to travel and were rewarded with the following outcome...

- Under 11s: 132 – 2nd
- Mens score: 268 – 2nd
- Ladies score: 232 – 3rd
- Overall score: 500 – 2nd (includes Officials points)

There were some fine individual performances and several PBs. The third round was held at Bury at the end of July – surprisingly in glorious weather for most of the day despite the clouds.

Owing to the school holidays, only a relatively small number of athletes travelled, but there were still some successes.

The individual results were not to hand in time for this report. However, the overall result was:

- Under 11s: 103 – 3rd
- Mens score: 233 – 2nd
- Ladies score: 205 – 4th
- Overall score: 438 – 3rd (includes Officials points)

With just the final round in September at Ellesmere Port, the league positions were...

- Under 11s 7th
- Men 4th
- Ladies 7th
- Overall 4th

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

The fixtures for this league have now been completed. The second round was at Blackburn where Macclesfield produced a fine overall performance in atrocious conditions, but owing to strong opposition finished 6th on the day. This left us 6th in the table with work to do to avoid relegation.

There were several PBs recorded and 4 graded performances - two being at Grade 1. Congratulations to U15 Jacob Thompson with 1.85m in the High Jump and U13 Rebecca Dilworth achieving 4:09.8 in the 1200m.

For the third round it was back to Bury on what must have been one of the hottest days of the year (a complete contrast to the previous round).

Another good turn-out again saw a number of PBs and 7 graded performances. Jacob Thompson deserves another mention for his 1.80m High Jump (a Grade 1) and Hurdles time of 13.2 seconds (a Grade 4 mark).

A fine team effort produced a 5th place finish, but unfortunately this didn't move us up the league. Hence, with three rounds gone, we remained in 6th and facing demotion unless we could perform well against the team above us – Bolton – in the last round.



TRACK & FIELD

Results to date... *cont'd*

The mid-July fixture saw another good number of athletes take the trip to Ashton-under-Lyne.

There were some great individual performances with Macclesfield finishing an excellent 4th. Bolton was 6th which meant that we and Bolton both finished on 11 league points. To decide the final order, match points were then considered – we had 1779 and Bolton had 1755. So the 24 point advantage meant that we took 5th spot in the table and narrowly avoided the drop to the lower division.

A number of graded performances were recorded with U15 Jacob Thompson achieving another Grade 1 mark in High Jump at 1.80m. There were another two graded performances in this discipline – U15 Lucy Robinson 1.49m (Grade 3) and U15 Poppy Dutton 1.43m (Grade 4) – congratulations.

Those teams finishing above us have proved to be consistently good over the season and whilst our athletes competed in most of the disciplines over the four rounds the strength of the other teams won through.

Blackburn finished as division winners with Menai also promoted – well done to them. Bolton and East Cheshire Harriers were relegated.

Northern League (U17 – Seniors)

The second round for this league was held at Preston on a glorious June day. Again the team was bolstered by the U17s with some fine individual performances.

A 3rd place finish was achieved which was commendable in view of the number of events not contested and this left us 3rd in the table – on equal league points with Kendal, but with less match points.

The third round was at Oldham in July where only a few Macclesfield athletes chose to travel. On another glorious summer's day, there were some great individual performances, but the strong opposition meant that we could only manage 5th place in the match. We retained 3rd place in the league, but Crewe moved closer to us in 4th.

Crewe and Nantwich AC hosted the final round at Crewe in early August, but the report on that match will have to wait until next time.

So with just the YDL completed (at the time of writing) we are left with the last Northern and Cheshire T&F League fixtures where a final push is needed in an attempt to improve on the current league positions. The Cheshire match is at Ellesmere Port on 3 September, so hopefully a good number of athletes will decide to travel.

Clearly, we have suffered in both the YDL and Northern League by not having a home fixture where we normally achieve our best representation of athletes. We did offer to host for each

TRACK & FIELD

Results to date... *cont'd*

league, but as there are only 4 fixtures and more clubs willing to host, the league determines which clubs have the home fixtures. Sadly, this was not Macclesfield this year and the season outcome reflects, in part, this situation. We will, of course, offer ourselves as hosts for 2018 and will hopefully be assigned home fixtures in each league.

Meanwhile, as the 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.

With this in mind, can I draw your attention to the mini competition and T&F Awards event scheduled for **16 September** at the track. This is the season finale and a chance to celebrate the winners of this season's awards – please come along if you are able to do so.

With the onset of autumn, attention turns towards Cross Country (all ages), Indoor Sportshall (under 11 to under 15) and Indoor Open (U15 upwards) competition – details should be on the various websites.

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, team managing, etc.

Kevin Ranshaw – Track and Field Manager

*Some photos below
from the recent
Startrack course.*



TRACK & FIELD

Happy Hurdlers 2017

More than 50 young athletes have taken the opportunity to join in hurdles coaching sessions at the track on Tuesdays and Thursdays this year. With the Youth Development League being the main opportunity for hurdles competition, it was particularly pleasing to be able to field full teams of hurdlers in all but one match, with all athletes setting personal best times.

In the championship events, we had 2 Cheshire champions this year with Jacob Thompson in the U15 80mH and Robert Finnis in the U20 400mH. Ruby Prior (U13), has improved rapidly to achieve a 13.2 sec PB for 70mH in her second year in the age group and gained her first title winning gold in the Cheshire Schools 70m hurdles.



Also in the under 13 age group, Sophie Fletcher and Aadi Whitlock worked well on their technique and had great results in competition in their first year in this age group. Other promising young hurdlers, Erris Morrison, Amy Smith, Calum Waine, Harry Reens, Matthew Donathy and Milton Smith all made valuable contributions to the team's successes.

In the under 15 age group, Jacob Thompson, perhaps better known for his amazing high jump successes this year (see elsewhere in the magazine), continued to improve, both in technique and speed in the 80mH with a PB of 12.82, ably supported by Archie Grindey and Joe Browne in the YDL. For the U15 girls, Lucy Robinson was our top hurdler with a 12.7s timing in the 75mH, closely followed by Rebecca Maine (13.2s) and Mia Donathy.

Robert Finnis (U20), in addition to assisting with the younger athletes, worked hard on his own hurdling and made strong progress in the 400m Hurdles. Robert also enjoyed the challenge of the 110m high hurdles and steeplechase in the Northern League events - what a range. If you fancy a go at hurdling we welcome all ages so please come along and join us, who knows with a bit of application you could be our next Cheshire Champion!

Barbara Murray (hurdles coach)

Membership Secretary's *Stumblings*

Hi again, and hope you've managed to get some good running in over the (somewhat mixed) summer. The last of the midweek fell races has been and gone, which is a sign that autumn's on its way again, but it'll still be light in the evenings for a good few weeks yet. Some great turnouts at local races: I recall about twenty odd Harriers at the recent Pie and Peas 5 (there may be a clue in the race name as to why so many were there), with an age range of I think 15 to 79. It's also great to see (you know who you are) many club members – juniors and seniors - making leaps and bounds up the ladder with personal bests, race positions, prizes and so on.

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 latest (the seventh I think?) of the club's 'Couch to 5k' courses: give them plenty of encouragement (so, if you happen to be young and very fast, smile as you zoom past) when you see them; they will be training down the track most Thursday nights.

Oscar Cetinkaya	Kate Hassett	Rebecca Liddiard
Jemma Harris	Jeremy Davies	Dan Isherwood
Dominic Andrews	Isabella Waller	Andrew Lamont
Gary Braide	Charlie Wadsworth	Finlay Arnold
Gabbi Frith	Maddie Blunn	Sarah Kelly
Matthew Burt	Isabella Grace Lee	Charlie Reay
Lucy Carroll	Kathryn Martin	Iona Whaley
Jayne Skellern	Ciaran Wright	Chays Deanie
Nathan Wood	Paul Simms	Naomi Carter
Molly Brown	Lucy Devine	Kathryn Whittingham
Sarah Bundell	Dominic Moore	Karen Nobes
Eissa Patterson	Claire Harbottle	Nicola Jackson
Laura Rogers	Alexander Perritt	Michael Walton
Emma Morgan	Fraser Kerr	Mimi Rankin
Jennifer Halliwell	Tatiana Pollard	Andrew Gray
William Formby	Aaron Dane	Alexander Chadwick
Edith Munro	Mark Burley	Simon Fox

We currently have about 750 members which again is about the most we've ever had, but we've always room for a few more members, and as a club 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.

However we're ALWAYS struggling for volunteers. One of the consequences of this is that we've now no-one to collect the track fees on Tuesday or Thursday nights: so, as you'll read elsewhere, the plan is to introduce a 'pay in advance' membership / track pass system for those who train up there. This might not suit everyone, but is the best we can do in the absence of a volunteer (or group of volunteers) to collect and bank the track fees. We'll just have to see how it goes. But if you feel you can spare a bit of time – whether you're a runner or not – to help with the club's various activities, you'd be more than welcome, please get in touch.

I'm hoping we can keep the attendance up into the autumn and winter at the cross country and

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

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 at the end of September, then, not too long afterwards – 4th November - it's the Langley 7 'A Free Beer and Loads of Cake' race again. Both races will need a few marshals, assistance with the tea and cakes, but most importantly some runners (although in the case of Langley, not too many more runners: enter now!). 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, (even with eating the cakes) - thanks.

See you out and about!!

All the best. Cheers Julian, Tel 01538 306837, E-mail julianbrown10@hotmail.co.uk

E Group is *Expanding!*

E Group leaders are now offering a variety of different runs throughout the week. With an increase in leader availability and with Kelly Hough and Pat Ahern joining the team, we have expanded.

The normal Saturday run remains firmly in place, offering a 4-5 mile run, starting at various locations which are posted on the weekly BLOG. The run takes advantage of the daylight and is almost always off road on the trails and paths of Macclesfield and surrounding areas. Post-run coffee and breakfast is organised for a weekly catch-up and well needed re-fuel.



On a Monday evening, leaders offer an hour long run from 6:30pm, the meeting place and route varies and is posted over the E Group Facebook page. The run is between 4.0 – 5.5 miles depending on terrain aims to provide off-road running throughout the spring/summer and longer road running during the autumn/winter. Twice yearly, the sessions will also be tailored towards a 5-10km progression. The sessions are designed for all abilities.

On a Tuesday evening, leaders offer a 45 minute run from the Leisure Centre overflow car park at 6:15pm. The run is normally between 5 – 6km and suitable for recent C25K graduates, people returning from injury as well as runners who want to run a continuous, weekly 5km.

The new midweek runs are already providing to be very popular with E Group members who are enjoying the opportunity to participate in additional runs with the group. For more information email Jenny at jenfa23@gmail.com or Wendy at wendyboardman77@gmail.com

Jenny Airey & Wendy Boardman

Run & Talk

England Athletics Mental Health Ambassadors for MHAC, Kim Eastham and Melanie Whittaker have held two further #runandtalk events in June and July.

The aim is to be as inclusive as possible with the 10k run open to both club members and non club members who would like to come along. The run is held at different times and days every month, to try and ensure people can attend.

The run starts at Bollington Skate Park and heads north for 5k and returns, ensuring if people want to walk some of it or not do as much it is easy and safe for them to drop off.



We are a friendly group and so far we have had all kinds of runners come to run and to support. Whether you would like to ask advice, have just lost your mojo, are caring for others or just need to blow off steam, then this could be for you.

Keep your eyes out on the Harriers website and Facebook page for the next runs.

Mel Whittaker & Kim Eastham



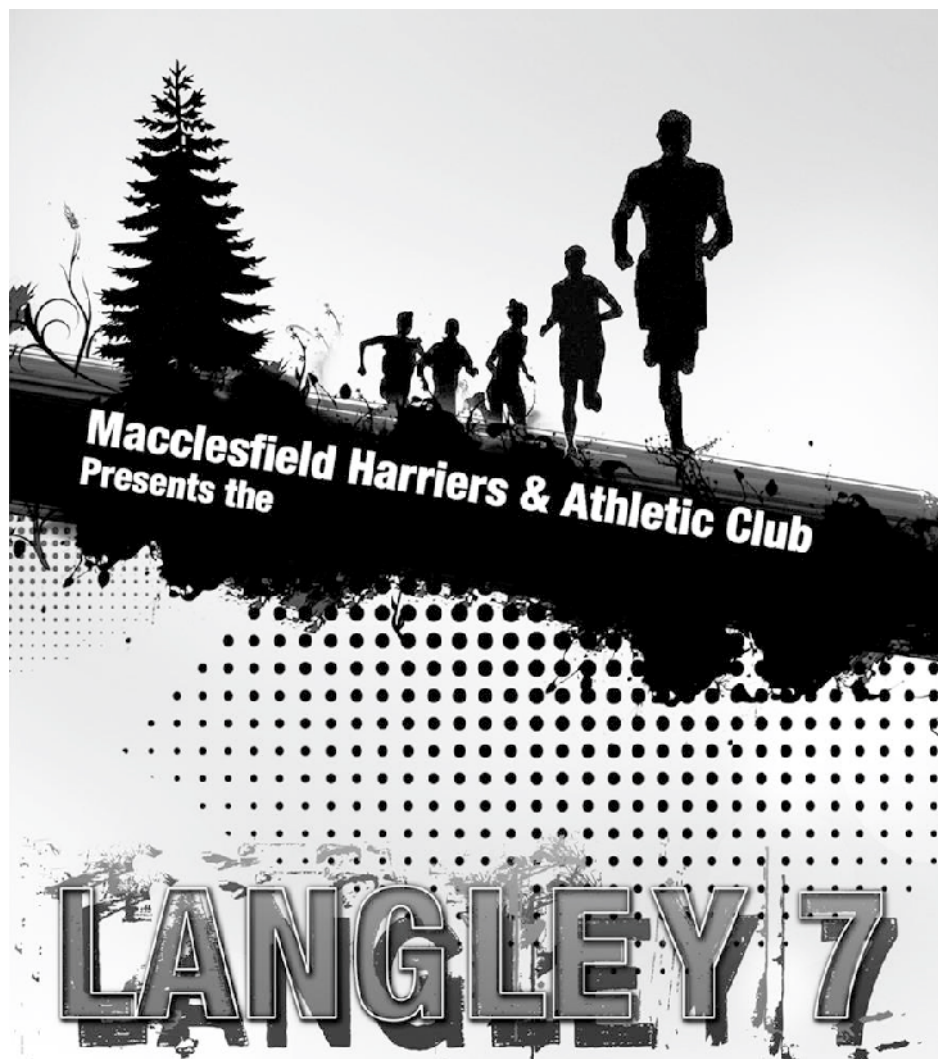
MADF Update - *September 2017*

Preparation of a budget proposal and business case for development of sports facilities at Macclesfield Leisure Centre by Everybody sport and Recreation, including an indoor athletics and multi-sport facility at the athletics track continues on schedule for submission to Cheshire East Council this autumn.

However, of much more significance for MADF in the past few weeks was the sad loss of John Kershaw. John's friendliness, competitiveness and sheer enthusiasm for running and Macclesfield Harriers was well known, however, a special mention of John's contribution to the Track Appeal and MADF is also appropriate. John was a member of Macc Harriers in the days when circuits of Charter Way in Hurdsfield provided one of the Harriers' training venues. This was clearly unacceptable, particularly for younger members of the Harriers, and John was one of the original Trustees of the Track Appeal whose enthusiasm and commitment helped ensure the building of the existing Athletics Track and Clubhouse.

The Track has been a major factor in the development and success of the Club over the past 15 years and until very recently John was also an active contributor to, and Trustee of the MADF campaign for an indoor athletics facility at the Track. The success of this campaign would have been very satisfying to John and this reinforces the commitment of the current Trustees and members of MADF to ensuring that this success is realised.

Raph Murray



Saturday NOVEMBER 4th 2017 at 2.00pm

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

More information: www.macclesfield-harriers.co.uk

On-line registration: www.bookitzone.com

All proceeds to the Rossendale Trust



There's a Race for *Everyone*

Be on the start line for the Macc Half, 5k or Fun Run on Sunday 24th September, the day where "There's a Race for Everyone"!

There is still time to enter if you haven't. Even better, enter a team in the Community Team Challenge sponsored by RonHill - open to business, charities, schools, sports clubs, recreational clubs and any other community groups. Teams must include a minimum of three runners in the Half Marathon or five in the 5K. The winning School's Teams will have the honour of holding up the prestigious Challenge Cup. There will be prizes for the fastest teams, best fancy dress and spot prizes too, all provided by RonHill.

If you're trying for a course best, why not use our pace runners to help you? They'll be pacing 1:30, 1:40, 1:50, 2Hr, 2:10 and 2:20.

Medals and goodie bags for all finishers, plus the chance to purchase a special race T-Shirt. This is a fantastic race that helps promote Macclesfield Harriers whilst supporting local charities and helping them to raise money.

We are proud to organise a professional race. Even Runner's World Magazine think we run a great race! See the article "Who Ordered a Big Macc" in September 2017 edition of Runner's World.



If you are not entering the race come and join in the fun as a volunteer, there will be a role for you! If you are running the race then please nominate a friend or family member to help out. Please contact Ray O'Keefe and tell him you need a job! Without our volunteers, there is no race.

Visit www.Macc-half.co.uk to enter and find out more about the race and the Community Team Challenge.

Mandy Calvert

MaccHalf Race Director on behalf of the MaccHalf Committee

FELL RUNNING

HAPPENINGS ON THE FELLS

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

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

Shaun Wilde has offered to lead Hill rep options.



Date	Run Venue	Social Venue	Sunset	Notes
Sep-13	The Roaches, roadside parking GR 004621.	Ye Olde Rock Inn, Upper Hulme ST13 8TY	19.29	
Sep-20	Cragg Inn, Wildboarclough	The Cragg Inn, Wildboarclough	19.12	
Sep-27	The Vale Inn, Bollington, SK10 5JT	The Vale Inn, Bollington	18.55	
Oct-04	Trentabank car park. SK11 0NE	St Dunstan, Langley	18.38	Hill reps option
Oct-11	Hanging Gate, Higher Sutton. SK11 0NG	The Hanging Gate Inn	18:21	
Oct-18	Robin Hood, Rainow. SK10 5XE	The Robin Hood, Rainow. SK10 5XE	18:05	
Oct-26	Poachers, Bollington	The Poachers, Bollington	17:48	
Nov-01	Trentabank car park. SK11 0NE	St Dunstan, Langley	16:36	Hill reps option
Nov-08	The Shady Oak, Whaley Bridge. SK23 7HD	The Shady Oak Whaley Bridge	16:23	
Nov-15	Ship Inn, Wincle. SK11 0QE. Roadside parking.	The Ship Inn, Wincle. SK11 0QE	16:11	
Nov-22	Stanley Arms Wildboarclough SK11 0AR	The Stanley Arms	16:02	
Nov-29	Rose and Crown, Allgreave SK11 0BJ	The Rose and Crown	15:55	
Dec-06	Trentabank car park. SK11 0NE	St Dunstan, Langley	15:50	Hill reps option
Dec-13	Boars Head Poynton. SK12 1TE	The Boars Head Hotel	15:49	
Dec-20	Street Orienteering from the Vale Inn Bollington SK10 5JT courtesy of Andy Skelhorn	The Vale Inn, Bollington	15:50	
Dec-27	Robin Hood, Rainow. SK10 5XE	The Robin Hood, Rainow. SK10 5XE	15:55	
Jan-03	Trentabank car park. SK11 0NE	St Dunstan, Langley	16:04	Hill reps option
Jan-10	Ship Inn, Wincle. SK11 0QE. Roadside parking.	The Ship Inn, Wincle. SK11 0QE	16:14	
Jan-17	Hanging Gate, Higher Sutton. SK11 0NG	The Hanging Gate Inn	16:26	
Jan-24	The Vale Inn, Bollington, SK10 5JT	The Vale Inn, Bollington	16:39	
Jan-31	Trentabank car park. SK11 0NE	St Dunstan, Langley	16:52	Hill reps option
Feb-07	Rose and Crown, Allgreave SK11 0BJ	The Rose and Crown	17:06	
Feb-14	Robin Hood, Rainow. SK10 5XE	The Robin Hood, Rainow. SK10 5XE	17:20	

FELL RUNNING

HAPPENINGS ON THE FELS (cont'd)

"I've only gone and done it!" - *Graham Brown's BG report*

16th/17th June 2017

"Are you having a go at the Bob Graham" Claire Griffin asked me at the street orienteering session back in December. She'd obviously been looking at my Strava profile! "No I replied – I'm just getting some winter training in. Honest!" Was she convinced - I'm not sure.

I'd first read about 'the Bob' in Richard Askwith's book 'Feet in the Clouds'. And last summer I'd gained some first-hand experience supporting Dan and Carl. God it was hard! And here I was – still a relative novice, who'd had a good injury free season - planning my own attempt.

"If you're mad enough"

Carl had already announced he was having another go. So that was his response when I asked if he minded if I choose the same dates as him for my go. From the outset we discussed having our own support teams on each leg to improve the chances of both of us getting round. With that in mind I took the opportunity of the Jasmin Parris lecture at the Buxton Adventure festival back in January, to come clean and to start recruiting our crack support teams.

Hills or miles?

I knew I needed to get myself hill ready and I'd decided that ascent over miles was the way to go. Ironically, no sooner had I made my announcement than I got injured doing the Marsden to Edale race. 'What was that about injury free?' This, plus the ongoing ankle tendon issue I was suffering from, reinforced my decision.

When training proper started towards the end of February (the injury laid me up for 2-3 weeks) and between then and the end of May I was averaging 78km and 4,500m of climb a week. Getting to the Lakes as often as possible was going to be key (I managed 10 days including races). Locally my training included the Kinder dozen, the Harwood seven and lots of hill reps sessions on Teggs. And when the tendon wasn't happy I made do with a stair stepper session in the gym.

I also targeted a number of AL races – Marsden to Edale, Edale Skyline (the day after the first English Champs race in Shropshire), Teenager with Altitude, The Fellsman and Old County Tops. Thankfully almost everything went to plan, but there was scary reccy of Leg 1 with Julie Gardner in 70 mph winds and an aborted attempt at the Gritstone Grind in early May that sowed a seed of doubt!

Almost time...

In addition to the training and recruiting the support team there's the other stuff you have to do: registering your intention with the BG club, ordering the tracking device, booking accommodation, working out what food works and in my case ordering new Inov8s, which I didn't even wear!

Once into tapering my mind started playing tricks – bits of me ached which hadn't ached before. And there was the last minute massage session, (thanks again Jude) to release the tight fascia in my left foot and ankle.

The weekend finally arrives

D-day. I'm excited and nervous in equal measure. Richard Ainley was providing road support on legs 2 and 3 so he

came round to pick up my food (including my many 'pork products'; the staple of my training runs) and my other kit. "It looks like you've packed enough for everyone" he said. Once in Keswick people slowly started turning up at the cottage I'd booked (or race HQ). I started to feel a bit tense. One last coffee and some flapjacks sorted me out, and then it was off to Moot Hall.



FELL RUNNING

HAPPENINGS ON THE FELS (cont'd)

"I've only gone and done it!" - *Graham Brown's BG report*

16th/17th June 2017

Leg 1 – When we got to Moot Hall it was already busy. A couple of teams had already set off. And the Dark Peak (more about them later) band wagon was in town - I think they had 7 contenders setting off, so we knew we were going to be in for a busy night on the fells. We set off in the sunshine at 18:30 with the cheers and applause of those gathered ringing in our ears. The pace up Skiddaw was steady. We summited and had a nice run-off down the bouncy grass before the climb up Calva. At this point we lost Dave Buxton to a bad stomach. The climb up from the river towards Mungrisdale Common felt pacey. And then the naked Dark Peaker made a brief appearance. Surely I wasn't hallucinating already? The clag was coming in as we approached the summit of Blencathra. And the second Dark Peaker of the night appeared. Thankfully this one was fully dressed! He wished us well as we trotted off down Doddick. We arrived at a busy cricket club car park at Threlkeld about 15 minutes up on schedule.

Navigator: Larry Day. Mules: Dave Cowburn, Julian Brown, Dave Buxton.

Leg2 – A quick kit change and we were off. I was

trying to get some beef chilli and rice pudding down, but the stiff pace continued on the climb up Clough Head and by the time I got to the top I felt very



bloated. The clag was down on top and this reminded me of Dan and Carls attempt last year and

started to niggle with me mentally. Thankfully, unlike last year, it wasn't accompanied by wind and driving rain. Indeed, it was quite warm on top and I ran most of it in a long sleeved top. As the Macc bandwagon (we'd been running with Carl and his team from Great Dodd) left Helvellyn myself and Neil Clarke got left behind. But thankfully we were soon back with the pack. Other than my navigator Clive tripping up (it looked a sore one!) on the way up Seat Sandal, the leg passed without incident. Descending into Dunmail Raise we were greeted by the sight of support cars parked up on both sides of the A591. It really was a busy night of attempts!

Navigator: Clive Heevy. Mules: Neil Clarke, Larry Day.

Road support: Richard Ainley, Trevor Longman

Leg 3 – Joss the Collie joined us on this leg (and leg 4). By the time I'd climbed Steel Fell it was almost daylight. Once on top we were greeted by an incredible sunrise. The run across the mainly grassy Langdales was great and a joy before hitting the boulders and rocks which follow after the summit of Bowfell. The route across to the Scafells passed without any problems. I'd reccied the options up Scafell and my choice was Lords Rake and the West Wall traverse. At this point we were caught by the first Dark Peak team - including the guy from the top of Blencathra. Descending was starting to become difficult, but the route down the scree was actually a welcome relief (I never thought I'd say that!). It was now warm so being able to soak my cap in the river before picking up the path to the NT car park was a relief. At this point a bowel movement was imminent so the sight of the toilets we're most welcome!

Navigator: Paul Swindles. Mules: Rachael Lawrance, Tom Whittington, Joss the Collie.

Road support: Richard Ainley, John Mooney

Leg 4 - I didn't start off in the best of moods. We were down on schedule and I wanted more time to eat. After only a couple of spoonful's of porridge

FELL RUNNING

HAPPENINGS ON THE FELS (cont'd)

"I've only gone and done it!" - *Graham Brown's BG report*

16th/17th June 2017

and fruit salad and half a bacon sandwich we were off. The climb up Yewbarrow was powered by a bottle of coke and the use of walking poles. The heat was increasing, but I still felt strong when climbing (fuelled by more rice pudding). We maintained a decent pace including the climb up Joss's Gully to Kirk Fell. By the time we got to Great Gable the clag had started to come in and at this point climbing was more difficult. But after looking at my watch at the summit I knew I'd make it round within the time. Descending off Gable was hard, but from Green Gable onwards it became more runnable and we picked up the pace again. My knees and quads really weren't happy on the run off to Honister.

Navigator: Geoff Pettengell. Mules: Paul Swindles. Tom Whittington, Jon Smith, Joss the Collie

Road support: Den Masset, Emma Beveridge

Leg 5 – I managed some more rice pudding and fruit salad (and to slip on my Harriers vest) as I trotted through the Honister changeover. The pace up Dale Head was steady but manageable. But descending was very difficult now – each time I placed my foot I

was getting pain on the outside of my knee – so I was glad when we finally got off Robinson. I knew that it was mostly flat now until the end. Despite that I felt grumpy: the pair of fell shoes, instead of road shoes, that greeted me at Little Town was met with expletives as were the under ripe bananas I was offered. Get over yourself Broon!

I managed to muster a shuffle on the road

section into Keswick and once I saw the sign for Pencil Museum that somehow turned into a sprint finish! The crowd at Moot Hall was amazing and the sound of the cow bells, applause and cheers that greeted my run in is something I'll never forget. After receiving the congratulations of my support team, my priority was to find my girlfriend Maria, who I knew was waiting with a beer, and then Carl as I knew he'd finished ahead of me. (Sorry mate the beer came first). My thoughts then turned to my achievement. "I've only gone and done it!"

Navigator: Larry Day Mules: Gill Lindsay, Emma Beveridge, Julian Brown, Rob Gittins, John Mooney

Road support: Richard Ainley, Trevor Longman

Leg 6 - Well the least said about that the better! Despite making my mind up months ago that I wanted fish-n-chips at the end I couldn't finish them off. Anyone who did a training run with me will know that's unheard of! I could only muster 2 paltry beers. Needless to say others stepped up to the mark!

Special mention to: Jon Smith, Tom Whittington, Kirsty-Jane Birch

The aftermath

Getting back to race HQ was slow but the legs didn't feel too bad. Getting up the stairs for a bath was fine - coming back down was a different matter! On the walk back from leg 6 a very sore hip, which literally stopped me in my tracks just as another imminent bowel movement came upon me. Thankfully an embarrassing incident was averted. My Saturday night sleep wasn't great: it wasn't so much the legs although I think I ran an additional leg in my sleep, rather it was the very painful sunburn. I knew there was another reason why I wanted more time at Wasdale! A paddle in Buttermere on the Sunday seemed to bring my legs back to life somewhat. But the 6 flights of stairs on my first day back at work was still beyond me. Following a massage on the Tuesday my legs were



FELL RUNNING

HAPPENINGS ON THE FELS (cont'd)

"I've only gone and done it!" - Graham Brown's BG report

16th/17th June 2017

given a clean bill of health. Amazing! I manage a short run on the Friday after and another few since. There's been no adverse reaction so far. Fingers crossed that continues!

Looking back

The Bob is by far the hardest thing I've done both physically and mentally: I put a lot into the training and preparation and of course there's the small matter of the run itself. But none of it would have been possible without the camaraderie and support of the Harriers, and others, who made it to the Lakes, as well as those who supported my training or offered encouragement along the way. I've listed my support team above. Thank you all for giving up your time, not just over the weekend, and throughout my training. I'd like to extend my thanks to Carl's team too.

Lastly I'd like to say well done to Carl. He trained hard and I know how disappointed he was not to get round last year. Despite starting together we always knew that we'd split up on route (he's both much younger and faster than me – I chased him around the 37 mile Old County Tops race that we did as a pair about a month before our Bob), but in the end it was only on leg 5 where we weren't



within touching distance. Good one mate!

The statistics:Total Running Time:23:05:00Rest Time:31Total round time:23:36:00

Leg breakdowns:

Leg 1 - 03:37:00

Leg 2 - 04:55:00

Leg 3 -06:35:00

Leg 4 - 05:10:00

Leg 5 - 02:48:00

Graham Brown

By the time you read this the last race Eccles Pike will have come and gone.

At this moment in time Kathleen looks safe to be crowned 1st lady. For the men Mark is the marginal favourite but either of Dan or Allen Bunyan (last year's winner) could pip him if they have a good run at Eccles Pike. Dan and Mark have both had outstanding years since turning 50 and have had some great tussles. Keep it up guys.

Final outcome will be posted on the website and Facebook.

PS Interesting stat. At Cracken Edge there

Wednesday Summer Series after Cracken Edge

14 Harriers turned out in the penultimate race Cracken Edge (7mls/1450ft). Some excellent performances particularly from Dan Croft 6th overall, 3rd vet and taking 1st V50 prize. Also Kathleen O'Donnell 3rd lady overall, 1st LV40 and Andrea Frost 1st LV50.

The updated table shows Mark Messenger 1st followed by Kathleen 2nd and Andrea moving up to 3rd overall all having got 5 qualifying races under their belt.

FELL RUNNING

HAPPENINGS ON THE FELS (cont'd)

were 24 MV50's and Macc had 5 of the 1st 11! Dan, Mark, Shaun Wilde, Neil Hey and Spence Sivewright. Could turn out a very good V50 team in the FRA relays with Neil Clarke (V55)!

Fell Champs after Forest 5

Another good turnout especially given all the marshals organisers etc. 49 Harriers in a field of 126.

The good run by Robbie Peal has put him top of the table with Gillian Lindsey 2nd and Kevin Good 3rd. Remember it's 6 races to count including a long race. Gillian and Kevin. Kathleen O'Donnell, Andrea Frost and Angela

Markley will all be pushing Gillian for 1st lady spot on completion of a long.

To date 141 Harriers have raced with 38 having completed 5 or more.

The Handicap competition is close. Gillian leads but Mark Messenger, Dan Croft, Matt Lewis and Rob Bailey can overtake on completion of a long counter.

Next race Teggs Nose has been run but formal results too close to deadline for GO!. Notable was Kathleen coming 1st lady and 1st LV40 and Dan 1st V50 (5th overall).

Barry Blyth

Bob Graham Round – *Carl's Story*

It was during a soggy Thursday night run that Julian Brown started talking about the Bob Graham Round. It took me less than 15 minutes to arrive at the conclusion that ruining myself - literally and metaphorically - was a fantastic idea. Less time than it took to choose my last set of bath mats.

I struggled with an Achilles injury for much of 2015, so I made my first attempt in 2016. This, as many of you know, ended in hallucinations (bearable) and pain (not at all bearable). But I couldn't just leave it well alone, so 2017 was the new target.

Training involved many a hill rep and lengthy fell run, come sunshine, rain, drizzle and rain. I did sometimes ask myself why on earth I was doing it. I had designs on doing the London Marathon this year too, but realised that the two were not compatible. Not soon realised, mind; I only made the decision to head north to Eskdale to run as many southern Wainwrights as I could four days before the

marathon.

I felt quite relaxed during the build-up this year, even when I finally found myself sitting under the Moot at 6.25pm ready to set off in five minutes, to cheers from our support and teams from other clubs.

Leg one went smoothly, but it was noteworthy that we happened upon a naked gentleman as we ascended Blencathra. I thought it was far too early in the proceedings to hallucinate and when everyone concurred they had seen the same thing I was much relieved. We



FELL RUNNING

HAPPENINGS ON THE FELS (cont'd)

Bob Graham Round – *Carl's Story cont'd*

still don't know why he was naked.

The Threlkeld cricket ground car park was a hive of activity and I had not realised how many people were having a go – 7 from Dark Peak alone. I hadn't anticipated the noise and bustle and I found myself a little unsettled, starting to rush and needed to calm down. Steve, Gill and Andy (who surprised me as I had not expected him) did a fantastic job during leg two – Steve with his nav in the clag, and Gill and Andy feeding me. We also found a man who had lost his group and tagged along with us for a short while. Thankfully he was clothed.

But leg two was also all about doubts. *'What if I fail again? You failed before, you're going to fail again and let down all these people supporting you'*. The various other unpleasant thoughts that accompanied me during the descent from Fairfield to Dunmail Raise were worsened by my little toenails, which had started to come away and dig in.

Like Threlkeld, the layby for the next changeover was very busy and thankfully Mandy was there to direct me to our support, who were parked as far away as they could have been. Upon finding none of us had nail clippers, I resorted to ripping off one of my little toe nails, but fortunately a Dark Peak supporter materialised with some nail trimmers to allow me to tidy up the rest. There is little to recommend in tearing off one's own toenails by hand and I will remember the clippers next time!

I enjoyed leg three and with an improvement to my toes and state of mind, I felt rather jovial. We experienced a fantastic sunrise and

had time to appreciate a full circle rainbow just off the top of Esk Pike. Kirsty's constant bullying to eat by the time we reached the Stickles was very helpful, and Martin and Mandy gave me their secret to a great ham sandwich – just add tomatoes! They even gave me some of their precious sandwiches, probably to bring about a respite from my 'unsettled' stomach. My consumption of gels and electrolytes did not make pleasant running for those downwind of me.

The descent from Scafell was painful and my toes again were very unhappy and at the changeover in Wasdale I used a pair of scissors to sort them out. Mandy even helped me to tape two of them down, which helped a lot.

After a bacon butty I set off for leg four, this time joined by Andy, Dan and Kathleen. Even though I enjoy ascents more than descents, I was not very talkative on the way up to Yewbarrow, it was a case of head down and go. I lost my mules at one point, something to do with sandwiches. They returned empty-handed and it turned out that Dan and Kathleen had my food, but not theirs. On the way up Great Gable Andy presented me with one of Martin's blessed ham and tomato sandwiches.

I heard at the top of Great Gable that we were down on time and I thought *'I cannot fail again'*. My feet and ankles were very painful, but I reasoned that if I went slowly it would be too difficult to carry on – If I did not go faster and accept the pain, I wouldn't finish. I decided that was that, I was going to run as hard as I could and it was going to hurt a lot. In hindsight my team probably thought I had

FELL RUNNING

HAPPENINGS ON THE FELS (cont'd)

Bob Graham Round – *Carl's Story cont'd*

gone a little mad, but we made up loads of time.

The temperature was very high when we reached Honister Pass for the final changeover to leg five. I just remember trying to put on suntan lotion at the same time as emptying a bottle of water over my head. The climb up Dale Head felt good but as we set off towards Hindscarth my ankles started to hurt in the same spot that caused me to drop out last year. I was ordered to sit down for Dan and Kirsty to adjust my shoe laces, it helped a little but the pain didn't go. On reaching Robinson (the last fell top) I was less relieved than you might think, because I was thinking about the final descent, which was steep, sharp and agonising, but it did signify the end of the fells and the beginning of the flat(ish) road to the end.

Mine and Graham's support crews were standing at the finish with my family and I felt a little choked up.

It was nice to finish with Dan, albeit a year behind him! Graham and I had been running together and passing each other throughout the round. He finished a few minutes behind me and did it first time!

Graham did a great job organising the support and I would like to give a big thanks to all those who helped on the fell, our fantastic road support and people I barely know from the wider fell community.

Toenail clippers and ham and tomato sandwiches at the ready for the next ridiculous endeavour...



Carl Hanaghan

More Fell Happenings

Harriers continue to be active locally including in our own Championship races; Forest 5 (see separate report), Cracken Edge, Teggs Nose and Eccles Pike, as well as further afield including the English championship races at Weets, Tebay and Wasdale (see summary below), along with the Snowdon Trail Marathon, Holme Moss, the Lakeland 50, the classic Borrowdale, plus many others!

Back in June Robbie Peel and Alan Bunyun represented Cheshire in the Intercounties fell champs at U19 level, finishing a fantastic 3rd behind Cumbria and Yorkshire (counties with much more depth to choose from). Well done boys!

From my own personal perspective successfully completing the Bob Graham round alongside Carl Hanaghan back in June will take some topping. We became the 60th and 61st Harriers respectively to complete this classic mountain. I'd like to say thanks from both of us to all who supported us either over the weekend, in the run up, or simply offered us good luck! You can read about antics later in GO!

English Championships 2017

Harriers have been more active in this year Championship than we have for a number of years with at least 2 out at each race. With two races remaining Castle Carr, September 3rd and Great Whernside September 23rd the standings are:

Men's V50: Dan Croft 11th / Mark Messenger joint 35th

Men's V65: Barry Blyth 5th

Men's V 70: Barry Blyth joint 3rd

Women's V55: Julie Gardner joint 13th / Kath Turner joint 15th

Women's V60 Kath Turner joint 7th

FELL RUNNING

HAPPENINGS ON THE FELS (cont'd)

Remaining Club Championships races

Sep-17	Stannage Struggle	S	EOD
Oct-15	Windgather	L	EOD GVS
Nov-12	Roaches	L	EOD
Dec-10	Club Handicap	L	

British fell relays – Sunday 15 October

One of your diaries! This years' British fell and mountain relays take place in Llanberis on Sunday 15 October. The club is hopeful of having 2 ladies and men's teams. Full details will appear on the website and Facebook.

2017/2018 Winter fell series races

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

Races are listed below:

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

Date	Race	Category	Notes
Dec-03	Gravy Pud, Tintwistle, SK13 1JY	S	£5 pre entry or on the day
Dec-10	Club fell handicap, St Dunstan's Langley	L	In both Club Championship and Winter league
Dec-31	Bowstones, Boar's Head, Higher Poynton, SK12 1TE	M	£6 pre entry / £7 on the day
Jan 7*	MDOC - John o' Goats, Lyme Park, Main car park, SK12 2NR	O (Medium course – 8km)	Charitable donation.
Jan 15*	Lambs Longer Leg, Lambs Inn on Hayfield / Chinley road	S	£5 pre-entry only. Email brianshelmerdine5@gmail.com for form.
Jan 15*	Marsden to Edale, Marsden Cricket Club, HD7 6NN	L	£12 pre entry. Previous experience required.
Jan 21*	The Rucksack Club Kinder Trial, Hayfield Scout Hut, SK22 2HF	O (Long course 18 km)	£6 pre entry
Feb 5*	Long Mynd Valleys, The Pavilion Café, Carding Mill Valley, Church Stretton SY6 6JG	M	£8 on the day
Feb-10	Lyme Park park run, Main car park, SK12 2NR	S	Free, but pre-registration required

Graham Brown
Club Fell Captain

Running in a Bygone Era *by Brian Morris*

Twelve months ago Bob Lynch invited me to submit an article for the magazine so herewith is a rambling rhetoric on how running used to be four decades ago. The Macc Harriers magazine always features excellent information on how to keep running, how to improve your running and how to deal with and avoid injuries. This article, in effect, explains what NOT to do.

For me it all started way back in 1974 - my hometown team Salford were champions of the Rugby League; Manchester City finished 14th in the 'top flight' and a team called Manchester United were relegated to the old second division.

A motley band of assorted 'athletes' in the electrical engineering drawing office at ICI Alderley Park decided to have a go at this running lark and the following set of rules was established:-

1. 5-59 pace and faster was classed as RACING, 6 to 6-59 pace was classed as RUNNING and 7pace and slower was classed as JOGGING
2. All training and racing was done 'flat out'. There was no enjoyment - if you were enjoying your run then you were not trying hard enough.
3. You never dropped out of a race - you crawled in the gutter to the finishing line if necessary!

Against this background of controversial and competitive criteria this motley band set about establishing the mental toughness that would be required in order to RACE all the standard road race distances of 5, 10, 15, and 20 miles plus the marathon (26.22 miles).

Many of these ICI runners then joined Macclesfield Harriers and entered races in order to run competitively. The main problem here was that the lunch time training runs were all done flat out - in effect they were mini races - so when it came to the event at weekends everybody was knackered.

A popular event was the Parbold Hill race at Wigan which started and finished at a pub. This event was sponsored by a local brewery and the main aim was to get back to the pub before the free beer ran out. The 18/2/78 race was memorable for two incidents. One of the motley band ignored the advice of his fellow ICI runners and consumed a large meat pie twenty minutes before the start and vomited his way down the finishing funnel. I was then accused of

being chicken for queuing up at the stiles instead of jumping over the adjoining fences like the more macho runners. We adjourned to the bar where a draw was underway - if your finishing position number was drawn out of the hat then you won a prize. I was elated when my number was drawn but the elation turned to despair when the prize turned out to be a chicken! This was greeted by much forced laughter and I knew that matters would get much worse in the electrical drawing office the following week.

However despite the intense rivalry and 'over the top' training, some of the standard distances (5 & 10 mile) began to be RACED faster than 10mph. and sights began to be set on the 15 and 20 mile distances.

The Liverpool Pembroke 20 mile was entered and it consisted of four 5 mile circuits in the district of Huyton. Feelings of apprehension of what was to come were felt on arrival at the heavily fortified changing rooms. The windows were all boarded up and inside metal bars had been fitted in order to cope with the vandalism. The race was always held in May usually on a warm sunny day and soon after the start the course passed a large public house with lots of people drinking at the outside tables. As soon as the runners appeared there was mass jeering followed by an exchange of expletives between runners and the alfresco drinking Scousers.



Some faces you may recognise in this group including Barry Blyth, Kath Turner and Pauline Lynch

A mile further on the race route passed under the bridge of a derelict railway and on the embankment were some children ready to pelt the runners below

Running in a Bygone Era *by Brian Morris (cont'd)*

with soil and sods of grass. Thankfully there were no stones in their ammunition.

The only problem was facing the drinkers and the children for another three laps. However the most bizarre incident occurred on the final lap when a car full of women drove slowly past the runners. The rear nearside window opened and a young lady threw an old fashioned hearth brush which ricocheted off the road surface and rapped the ankle of a competitor - yet more expletives!

The final straw was the fact that none of the ICI runners completed the course in less than two hours.

At this time I was also coaching junior rugby at Macclesfield RUFC. My physique could withstand the buffeting from 8 and 9 year old boys but when these lads became 14 and 15 year olds they were bigger, stronger and heavier than me - I weighed just over 9 stone. At the end of each season was the traditional Dads versus Lads fixture but I was becoming increasingly concerned about trying to keep my legs in one piece. I volunteered to referee the game but two of my fellow coaches rejected this and accused me of being frightened of a few 'little boys.' They also assumed that because I was a runner I had the speed of a track athlete and I was asked to play in the backs at left centre - my fellow coaches electing to play in the forwards in the 15 a side game. Thankfully, two of my sons were playing in the 'little boys' forwards and I was hoping to keep clear of their unwanted attentions!

The match kicked off and thankfully it soon developed into a forward battle until- shock horror - the seniors (dads) won a scrum and the outside half passed the ball to me. The last thing I needed was the rugby ball but I received the classic 'hospital pass' i.e. ball and opposing defender simultaneously. I was picked up like a rag doll and hurled into touch landing on my back in a cloud of dust at the feet of the watching parents. I looked up into the blue sky and into the smiling face of the 'little boy' who had just decked me. I experienced profound pain and humorous humiliation.

Thankfully my legs seemed to be ok and I would be fit for the race the following weekend. As for my two fellow coaches one was taken to A&E with significant rib damage and the other ended up on

crutches awaiting a knee operation. The fixture was discontinued! Meanwhile, back at the running, matters turned towards marathons.

In those days the two popular events were the Barnsley Marathon (run on the first Sunday in December usually in rain or horizontal sleet) and the Sandbach Marathon (run in June in hot and sunny conditions). There were no pantomime horses or fancy dress posers - these marathons were for hardy club runners taking matters seriously.

I had trained hard for the 3/12/78 Barnsley race but back problems were producing sciatic pains in my left leg. My physio advised me not to run but this was not an option. I completed the event in pain and after the race I could hardly walk. The bad news was that I was unable to run for three months afterwards but the good news was that I would not have to face accusations of abject cowardice in the office next day. This was the mentality of the ICI Macc Harriers!

On a lighter note part of the course for the Sandbach Marathon was on single track roads and the runners were told that at the feeding stations on this stretch of the course, water was on the left hand side of the road and orange on the right. At the 19/6/77 event the weather was extremely hot and at the 10 mile feeding station I picked up a cup of water and poured it over my head. At the same time a runner alongside me on the right hand side said what a good idea and poured a cup of orange over his head! He was immediately pursued by a swarm of flies that accompanied him to the 12 mile sponging station where he was last seen trying to wash the sticky mess out of his hair!

Whilst on the subject of feeding stations, in the 1950s and for a great deal longer no one believed that they had to drink. Chris Brasher maintained that this was an attitude which persisted with British runners into the 1980s and they used to train themselves to go without water. I only drank if it was hot - vital seconds could be lost at drinking stations!

Moving on from marathons there was a contrasting sequel to the Parbold spot prize chicken saga. On the 18/5/86, 1,359 runners competed in the Stockport 10K I was out sprinted to the finish by a

Running in a Bygone Era *by Brian Morris (cont'd)*

Stockport Harrier who finished in 99th position. I was annoyed to finish in 100th position with the Stockport gentleman mocking my sprinting ability. A few days later I received a letter from Stockport Town Hall, on behalf of the race sponsor, inviting me to collect a top of the range cu stereo system which was awarded to the runner finishing in 100th position - a complete contrast to the chicken at Parbold!

Many moons ago, in an episode of extreme extravagance, I purchased Life Membership of Macclesfield Harriers and that is why, even though I am a seventy seven year old wrinkly, I still receive the club magazine.

GO! is an excellent publication with a comprehensive coverage of all the different disciplines and a wealth of advice to athletes of all

abilities. The club seems to be going from strength to strength and I congratulate all the club officials for their endeavours and all the athletes for their attainments.

You may wish to know how I fared with the inaugural set of rules. Well, I never dropped out of a race and I never enjoyed running. I was only interested in the competition. However, there was good news and bad news with the minutes per mile race pace. The good news being that I managed to RACE all the aforementioned distances but the bad news was that by the time I had achieved this standard all my fellow runners from ICI Engineering Department, who I wanted to impress, had all left the Company! Great days.

Brian Morris

New Club Bank Account for Membership Renewals

Due to recent fraudulent activity on our club bank account it has been necessary to change the account to a new and more secure system (no club funds have been lost by the way).

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

The new account number to use for membership payments is:-

Bank: RBS Macclesfield
Sort Code 16-24-32
Account Number 11038454

This new account is set up to prevent fraudulent withdrawals.

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

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

Neil Gunn
Club Treasurer

Be a Game Changer!



What are we looking for?

Macclesfield Harriers & AC are looking for ten enthusiastic young volunteers who would like to gain experience in event management, marshalling & officiating.

How do I get involved?

Please contact Barbara Murray by email before Wednesday 6th September MADFathletics@outlook.com

The England Athletics Young Volunteer Programme, Game Changers, funded by our partners Spirit of 2012, aims to get more young people aged 14 -25 involved in volunteering in their local athletics and running clubs! That could be you!



Could you be a Game Changer?

Macclesfield Harriers have been awarded more than £1000 by England Athletics to support two innovative pilot projects aimed at increasing the number of athletes and volunteers in Track and Field Athletics in Macclesfield (see posters).

In the **Game Changer Pilot Programme** Macclesfield Harriers will be offering 10 enthusiastic students (aged 14-25) the opportunity to gain athletics officials qualifications. This programme will start in September 2017 and run through until February 2018. Successful volunteers will have the opportunity to gain a Level 1 Track and Field official qualification and First Aid and Health & Safety training. Volunteers will also have around 6-10 occasions to volunteer at local events (required minimum qualification attendance - 4 events).

The second project encourages anyone over 16 years old to **Have a Go at Throwing** by attending our FREE event on Wednesday 30th August 6-8pm at the track to try their hand at javelin, discus, hammer and shot put. If the pilot event is successful we hope to run similar events in 2018 to complement our regular Saturday morning coaching clinics.

If you would like to participate in either of these initiatives or help as a volunteer mentor, coach, tea maker etc, then please contact Barbara Murray on 01625 573729.

Barbara Murray
Macclesfield Harriers Club Development Manager

Coaching your Running *Fitness*

There are a number of coached training sessions available throughout the winter months to help you develop your running fitness, facilitated by the club endurance coaches, Sue Rowson and Shaun Wilde:

- Weekly track sessions each Tuesday – 6.30pm to 8pm (Sue Rowson)
- Monthly hill training sessions on a Wednesday (meet at Trentabank car park) – 7pm to 8.15pm (Shaun Wilde):
 - o 4th October
 - o 1st November
 - o 6th December
 - o 3rd January
 - o 31st January

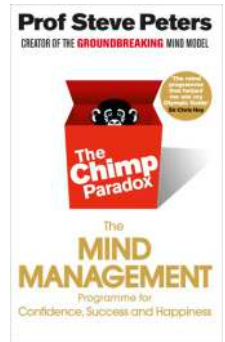
Shaun Wilde

CALENDAR OF EVENTS - *September - December 2017*

SEPTEMBER			
Sun 3rd	T&F: Cheshire League Round 4 Ellesmere Port, Stanney Lane (CH65 9LB) (TBC)	11.30	All
Sat 9th	North West Counties Road Relays - Stanley Park, West Park Drive, Blackpool, FY3 9HQ	10am	U11 – Senior (see team manager for team selection)
Sat 16 th	Northern Athletics Combined Autumn Road Relay Championships - Sport City	10am	U11 – Senior (see team manager for team selection)
Sat 16 th	Club T&F Awards and Mini Competition Macclesfield	1-6	All
Sun 24 th	Macclesfield Half Marathon, 5K and Fun Run	10.00 + 10.15	
Sat 30 th	NSCCL#1 – Knights Grange Sports Complex, Grange Lane Winsford, CW7 2PT	12.00	All
OCTOBER			
Sat 7 th	ERRA Combined Autumn Road Relay Championships - Sutton Park, Birmingham B73 6LH (TBC)	tbc	U11 – Senior (see team manager for team selection)
Sun 8 th	Indoor Sportshall: North West League Round 1 TBC	12.30	U11/U13/U15
Sat 14 th	MACCL#1 Cross Country: Greater Manchester League Match 1 Heaton Park	12.00	U13 – Senior Not U11
Sat 21 st	Northern Athletics Cross Country Relays - Graves Park, Sheffield	tbc	U11 – Senior (see team manager for team selection)
Sat 28 th	NSCCL#2 Cross Country: North Staffs XC League Round 2 Park Hall Country Park: Weston Coyney, Stoke-on-Trent	12.00	All
NOVEMBER			
Sat 4 th	Road Race: Langley 7	14.00	
Sat 4 th	Cross Country Relays, Mansfield	tbc	U11 – Senior (see team manager for team selection)
Sat 11 th	MACCL#2 Cross Country: Greater Manchester League Match 2 Bogghart Hole Clough	12.00	Inc U11
Sun 12 th	Indoor Sportshall: North West League Round 2 Venue TBC	12.30	U11/U13/U15
Sat 18 th	NSCCL#3 Cross Country: North Staffs XC League Round 3 Stafford Common	12.00	All
Sat 25 th	Schools XC Knights Grange (qualification needed)	10.00	
	Indoor T&F: Manchester Open Meeting 1 Manchester, Sportcity (Etihad Campus) (M11 3FF)	12.00	U15 – Senior
DECEMBER			
Sat 2 nd	MACCL#3 Cross Country: Greater Manchester League Match 3 Wythenshawe University Fields	12.00	Inc U11
Sun 3 rd	Indoor Sportshall: North West League Round 3 Venue TBC	12.30	U11/U13/U15
Sat 16 th	NSCCL#4 Cross Country: North Staffs XC League Round 4 Staffs University, Leek Road	12.00	All
	Indoor T&F: Manchester Open Meeting 2 Manchester, Sportcity (Etihad Campus) (M11 3FF)		U15 – Senior

Review of 'The Chimp Paradox' by Steve Peters

I've grown to be something of a skeptic when it comes to self-improvement or 'smart thinking' books. Equally, I'm often reluctant to read magazines like Runners World which seem to be endlessly publishing claims to enhance performance with miracle kale recipes, barefoot running shoes or visualisation techniques the night before an important race. I'll admit that when I first saw The Chimp Paradox out on the shelves I was a little too quick to write it off as another pseudo-science self-help book.



After my Mum raved about the 'mind model' outlined in the book I thought I'd try reading it. I was pleasantly surprised. In fact, I was seriously impressed at how unpretentious the ideas were. The writing proposed ways of approaching things rather than making any promises. The model largely pivots around the idea that we all have our own chimp, our more primitive self that reacts impulsively with fight or flight responses. I engaged closely with the notion of learning to look after and tame this chimp rather than making futile attempts to get rid of it. Steve Peters doesn't make any false claims as to coming up with a miracle psychological cure, but instead through his writing introduced me to developing self-insight as an athlete. It's psychological fitness. You may be more familiar with chimps than you might realise. I suspect that scrolling through Power of 10 pages, fixating on Strava or doing excessively long warm ups is often directed by less than rational chimps.

In 2015 the club was lucky enough to receive a visit from the author. It was a privilege to have the opportunity to meet Steve, psychiatrist to British Cycling, Ronnie O'Sullivan and England Rugby. He spoke about working with cyclists Chris Hoy and Victoria Pendleton, as well as touching upon some of the ideas that underpin the book. He asked us to consider what aliens looking down on earth would think of this thing Running. For a highly intelligent species that has developed a language, invented trains, cars, computers, what is it that has us beating ourselves up for not running around in a circle faster? This is an image I'm continuously reminded of when I find myself become a little too introspective. Ultimately, the times, points and places are pretty arbitrary and it is the camaraderie of training nights and competitions that keep me running.

Aside from athletics, some of the things Steve Peters has spoken and written about ring very true when applied to the world external to sport. Steve Peters has worked with a number of work forces such as NHS staff. For instance my Mum and her colleagues recently attended a talk by Steve Peters. She has found that The Chimp Paradox model can be translated to situations such as speaking to patients or negotiating the A&E department. In my experience, taking exams and managing relatives has been made easier since been introduced to the work of Steve Peters.



Rather than divulge the details of The Chimp Paradox book, I would instead encourage you to read it for yourself. It would seem that everyone I know who is familiar with this book, reflects on each of the chapters a little differently. I'd be interested to hear what you make of it.

If this doesn't persuade you to read The Chimp Paradox, it may at least serve to explain what Bob means when he tells you to bat the chimp off your shoulder!

I'd also recommend visiting the website: chimpmanagement.com

Sarah Stockman

ROAD RUNNING

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

Lyme Park Parkrun Race Report – Saturday 13th May

Lyme Park displayed all of its beauty this morning with bright sunshine, gracefully roaming deer and outstanding views for the 31 Harriers who took on this challenging Parkrun course. Conditions were ideal with many runners either beating their personal best for the course or setting a fast time on their first appearance. Parkrun is organised solely by volunteers and Harriers Steve Lomas and Neil Gunn were out on the course as volunteers cheering on all the runners to some quick times.



For the male Harriers Rob Hasler (19:01) was first Harrier over the line placing 3rd overall and running a course PB. James Perry (19:58) was second male Harrier right behind Rob in 4th place overall and also setting a course PB. Third male Harrier was Andy Dykins (21:35) with a course PB and just holding off a fast finishing Neil Hey (21:37).

For the female Harriers Catharine Crossley (26:26) was first over the line with a course PB. Katy Barnes (27:44) was second female Harrier setting an excellent time for her first run at Lyme Park. Katy was closely followed by Helen Gowin (27:48) placing third female Harrier and also setting an excellent time on her first run at Lyme Park.

The rest of the Harriers times are listed below and full results can be found at the following link:

<http://www.parkrun.org.uk/lymepark/results/weeklyresults/?runSeqNumber=165>

Bowdon 5K Race Report – Thursday 8th June

The Bowdon 5K is the third race of the five race North Cheshire 5K Grand Prix that runs for four weeks at the end of May through into June. The race is a flat two lap course that runs through the leafy roads and paths of Bowdon. There were 7 Macc Harriers that raced on Thursday evening with some outstanding results for the women.

For the women Louisa Whittingham (18:27) was first Macc Harrier over the line placing second female overall. Lauren Robinson (20:21) was second female Harrier placing third female overall. Sam Kyriacou (21:20) was third female Harrier. Nina Moss (23:21, PB), who has raced in the first two races of the Grand Prix and has steadily improved her 5K times, was the fourth female Harrier over the line. Catharine Crossley (24:20) rounded off the woman Harriers.

For the men James Perry (18:35) was first male Harrier placing 20th overall. James was followed by Keith Mulholland (20:41) as the second male Harrier over the line.

Full results can be found here:

<http://www.runbritainrankings.com/results/results.aspx?meetingid=207595>

ROAD RUNNING

Race Reports (cont'd)

Dunham Massey 5K 2017 Race Report – Thursday 15th June

A fun 5K at a glorious venue, that is what the Dunham Massey 5K can be counted on for every year. This most recent 5K at Dunham Massey was the faster of the two courses with a long straight, slightly downhill, finish where you can really let go to get that good time. The 9 Macc Harriers that ran this race on Thursday evening certainly didn't hold back with some excellent times, a number of PB's and some great running by our junior Harriers.

For the male Harriers Robbie Peal (17:33, PB), fresh off his success at the Inter Counties Fell Champs, lead the way with a very quick 5K PB placing 14th overall in a strong field and second Junior Male by only 5 seconds. Behind Robbie was James Perry (18:22) who also placed well in 25th overall. James has represented the Harriers in all but one of the Club Championship races this year! Third male Harrier over the line was Sean Connelly (20:10, PB) who ran a PB and was ever so close to breaking that 20min mark. Sean was followed closely by Keith Mulholland (20:30) which was a seasons best time for Keith cutting 11 seconds off his 5K time from Bowdon last week. The next male Harrier over the line was Stewart Waudby (21:46, PB) who also gained a PB in the race.

The female Harriers were led by Lauren Robinson (19:53) who was first Junior Female and 3rd female overall. Lauren has run in all the recent North Cheshire 5K races and has improved her times in each race. The next female Harrier over the line was Sam Kyriacou (21:04, PB) who was 2nd Junior Female and 8th female overall. Third female Harrier was Saranya Hasler (23:33, PB) with a PB knocking over 1 minute off her previous best for 5K. The fourth Harrier to finish was Catharine Crossley (23:48) who also beat her 5K time from Bowdon last week. Full results can be found here:

<http://www.runbritainrankings.com/results/results.aspx?meetingid=202714>

Cheadle Hulme Parkrun 2017 Race Report – Saturday 24th June

Six Macc Harriers took the plunge and tried out the new venue for the Cheadle Hulme Parkrun at Bruntwood Park which was the next race in our Club Championships. At this time of year the course is nice and dry but there is also the attraction of the nice playground for kids, the great café and not having to fight the hundreds of runners that are seen at some of the other local Parkruns.

The male Harriers ran very well with Mark Walker (18:08) first place overall followed closely by Rob Hasler (18:24) in second place overall. Billy Hicks (19:23) was third male Harrier placing fourth overall after a shortish 7K warm-up run to get there! Neil Hey (20:44) was fourth Harrier placing 7th overall.

For the female Harriers it was a family affair with Catherine Wilson (23:30) as first female Harrier and Amelia Wilson (26:33) as second female Harrier.

ROAD RUNNING

Race Reports (cont'd)

Alderley Bypass 10K 2017 Race Report – Sunday 2nd July

This was the second year that a race was held on the Alderley Edge Bypass. Last year there was a 5 mile race but this year the race was increased to 10K. With a fairly flat out and back course it promised to be a fast 10K. Over 1900 runners took part in excellent conditions on Sunday with 55 Harriers completing the race. There were some excellent performances from both the men and women Harriers throughout the field of runners.



For the male Harriers James Noakes (35:06) led the way placing 18th overall in a very strong field of runners and also taking the V50 prize. James was followed by Mark Walker (35:45) who place 27th overall and Scott Wilson (36:16) who placed 34th, both excellent places in this strong field.

For the female Harriers Daisy Pickles (44:49) was first over the line. Daisy was closely followed by Sian Gulliver (45:12) which was a PB time for her. Third female Harrier was Sally Hopkin (47:03) also with a PB performance.



There were many other great times and PBs which can be found on the link below.

<https://run-northwest.niftyentries.com/Results/Run-the-Alderley-ByPass-2017>

Wizard 5 2017 Race Report – Thursday 13th July



On Thursday evening the very popular and sold out Wizard 5 was run on the trails, roads and paths around Alderley Edge and Hare Hill. After starting with a fairly flat loop around Alderley Edge runners take the paths and roads down to Hare Hill and then must return up a number of challenging hills back to the Wizard pub. There were 32 Harriers who took on the challenge with some excellent performances all around including both the men's and women's teams placing 2nd and a number of age category prizes.

For the male Harriers Mark Walker (28:36) led the way placing 5th overall followed closely by Scott Wilson (29:04) as second male Harrier over the line placing 6th overall. Robbie Peal (30:21) was third male

Harrier placing a very respectable 15th overall. These three together contributed to the second place men's team score.

For the female Harriers Louisa Whittingham (30:28) was first female Harrier, 16th overall and scooped up the second female prize. Sian Gulliver (38:24) was second female Harrier closely followed by Lynda Cook (38:33). These three together contributed to the second place ladies

ROAD RUNNING

Race Reports (cont'd)

team score.

Harriers also bagged some of the age category prizes with Neil Gunn (35:35) taking the male V55 prize and Christine Ritchie (44:33) taking the female V60 prize for the second year in a row!

The full results can be seen here: <https://www.race-results.co.uk/results/2017/wizard17.pdf>

Foodbank 5K 2017 Race Report – Wednesday 19th July

When the schedule for road races was compiled at the beginning of the year some races had not confirmed a date which was the case for the July Foodbank 5K. When the date was finally set for this fun multi-terrain race put on by Bramhall Runners it clashed with the popular Forest 5 organised by our own Macc Harriers. Despite this conflict last night's Foodbank 5K attracted 8 Macc Harriers who had some excellent performances.

For the men James Perry (21:48) had an outstanding race taking the prize for second place overall. James was followed by Chris Goodfellow (22:12) who placed very well in fourth overall. Andrew Rowe (27:56) rounded off the male Harriers who raced.

For the women Lauren Robinson (24:54) had a great race taking the prize for the third woman overall. Nina Moss (29:14) also ran well placing 15th female overall. Victoria Sinclair (32:40), Anna Tappenden (36:00) and Pauline Austin (42:56) rounded off the female Harriers at the race. Full results can be found here:

http://crazylegsevents.co.uk/data/results/2017/20170719_HappyValleyFoodbank2_results.pdf

Meerbrook 15K 2017 Race Report – Saturday 29th July



On Saturday 17 Macc Harriers took on the challenging Meerbrook 15K with its two significant climbs. With the race also incorporating a County Challenge, with two Harriers running for Cheshire, it made for some excellent times. As with some other recent races it was actually our veteran runners who came away with some prizes.

For the men Marker Walker (56:20 and 14th place) and Scott Wilson (59:17 and 26th place) were the first two Harriers and ran for the Cheshire team. Unfortunately, it was Staffordshire who took the Male county prize. Chris Goodfellow (1:03:18) was third male Harrier over the line.



For the women Lindsay Purdie (1:17:09) was first over the line. While not on the official results because of chip issues Joanna Miles (1:17:54) did run the race and came just in behind Lindsay. Third female Harrier was Sally Hopkin (1:19:36). The Cheshire women did pick up the County prize led by Diane

ROAD RUNNING

Race Reports (cont'd)

McVey from Wilmslow who placed first woman.

Veteran prizes were picked up by Neil Gunn (1:11:12) for V55, his second prize this month, and Barry Blyth (1:15:30) for V70.

The rest of the Harrier's results are below and the link to the full results is here:

<https://www.webscorer.com/race?raceid=107942>

Also some great pictures and videos of the race are available on Bryan Dale's Race Photo site:

<http://www.racephotos.org.uk/>

Pie & Peas 5 Mile 2017 Race Report – Wednesday 2nd August

Wednesday evening was the fourth race in the Cheshire Road Race Grand Prix, the Pie & Peas 5 mile race put on by Vale Royal Running Club. This multi-terrain race takes in the roads and paths around Moulton. While the weather was nice right before the race, about 5 minutes into the race the heavens opened up soaking all the runners and making the off road portions of the race a little slippery. Despite the heavy rain there were some excellent performances by the 23 Harriers who raced, most likely spurred on by knowing that they would get a nice Pie & Peas dinner when they finished!

For the men Scott Wilson (29:13) was first Harrier placing 10th overall and was the first non-Vale Royal runner in the top 10! Scott was followed by Billy Hicks (30:21) who placed 17th overall. James Perry (31:38) rounded off the top three male Harriers placing 25th overall.



For the women Harriers Sam Kyriacou (37:04) was first over the line placing 13th female overall and second U20. Sam was followed by Joanna Miles (39:00) who placed 23rd female overall. Katy Barnes (40:09) was the third female Harrier over the line placing 32nd female.

As with some of the other recent road races one of our veterans picked up a prize. Barry Blyth (37:07) picked up the male V70 prize and one of the biggest cheers at the prize ceremony!

The full Pie & Peas results can be found at this link:

<https://vrac.niftyentries.com/Results/Pie-Peas-5-2017>

Great pictures/videos can be found on Bryan Dale's website: <http://www.racephotos.org.uk/>

Club Road Race Championship

There has continued to be outstanding participation in the 20 races in the Club Road Race

ROAD RUNNING

Championship to date with the recent race reports found above. Overall 85 different women and 73 different men have participated in at least one race. As there have been so many runners the spreadsheet of results and points is too big to print here but can be found on the club website by clicking the "Road" table and selecting "Road Champs Table". Some highlights of the results are below:

- **Overall points leaders Male**
James Perry (1712), Keith Mulholland (1143), Ray O'Keefe (1068)
- **Overall points leaders Female**
Catharine Crossley (1088), Carol Upton (1025), Helen Gowin (798)

Cheshire County Road Race Grand Prix

This series of 7 Races (Chester Spring 5M, Mid Cheshire 5K, Alderley Bypass 10K, Pie & Peas 5M, Sutton 6 10K, Congleton Half Marathon and Farndon 10K) is an individual and club completion. These races score an extra 10 points in our own Club Road Race Championship and contribute to our Club Road Race Championship Handicap prize. After the first four races in the Grand Prix (Chester Spring 5M, Mid Cheshire 5K, Alderley Bypass 10K and Pie & Peas 5M) there have been some excellent individual and team performances by Harriers. In the team competition the Harrier men remain in second place with 1975 points behind Vale Royal with 2225 points and ahead of South Cheshire with 1870 points. The Harrier women have dropped from second to third place with 764 points and are now behind first place Vale Royal with 850 points and second place Wilmslow with 820 points. In the individual men's competition Scott Wilson is tied for 2nd place and Billy Hicks is in 6th place after four races. In the individual women's competition Sam Kyriacou is in 3rd place and Daisy Pickles is in 7th place after four races. With 3 races left there is just enough time for our teams and individuals to move up in the standings!

Remaining Club Road Race Championship Races and Entry Info

NW Road Relays ¹	Sat 9 th Sept	1.15pm women 2.30pm men (short)	https://www.raceresults.co.uk/results/2017/
Sutton 6 10k*	Sun 17 th Sept	10.00am (medium)	https://wcac.niftyentries.com/Essar-Sutton-Six-10k1
Congleton Half Marathon*	Sun 1 st Oct	9.30am (long)	http://bookitzone.com/paul_birdsall/5V2FFX
Farndon 10k*	Sun 15 th Oct	10.00am (medium)	http://cutefruitevents.niftyentries.com/Bartletts-Farndon-10k-2017
Bramhall Parkrun 5k	Sat 21 st Oct	9.00am (short)	http://www.parkrun.org.uk/register/
Langley 7M	Sat 4 th Nov	2.00pm (medium)	http://bookitzone.com/
Wilmslow Parkrun 5k	Sat 18 th Nov	9.00am (short)	http://www.parkrun.org.uk/register/
Run the Wimslow 10k	Sun 26 th Nov	9.30am (medium)	http://www.runnorthwest.co.uk/
Stockport 10M	Sun 3 rd Dec	10.00am (long)	http://stk10.co.uk

* Cheshire Grand Prix Race (Inter-Club Competition)

¹ Inter-club competition

ROAD RUNNING

Other Local Races September – December 2017

Race	Date	Entry
City of Salford 10K	Sept 3	Sportstoursinternational.co.uk
South Cheshire 20	Sept 3	bookitzone.com
Stockport Hatters Half Marathon	Sept 3	bookitzone.com
Sandbach 10K	Sept 10	bookitzone.com
Big Stockport 10K	Sept 10	bookitzone.com
St Thomas 7 mile	Sept 17	bookitzone.com
Werrington 10K	Oct 15	bookitzone.com
Halloween Hellraiser	Oct 29?	South Cheshire Harriers
Preston 10 mile	Nov 19	bookitzone.com
Manchester Christmas Pudding 5M	Nov 26	bookitzone.com

Thanks to all those who have provided photos and especially Bryan Dale who attends most of the local races. You can see photos from all the races he attends at www.racephotos.org.uk

A few photos of Harriers at recent local races



Cross Discipline Challenge

Great to see Cross Discipline Challengers stepping out of their comfort zones over the summer; especially those seniors braving the track! If you need any more counters then the last Cheshire league track event is at Ellesmere Port on the 3rd September and there is the end of season mini-competition at Macc (16th September).

The main focus then switches to the Cross Country Season. Full list of events will be found elsewhere in this magazine but the first event is Winsford on 30th September. If you are new to cross country then I'd recommend starting early whilst the ground is relatively firm. You will also then have plenty more opportunities once you find out how much fun it is!

Don't forget, once you have completed the challenge then send me an email to let me know. Full details of the challenge are available on the Harriers web page.

Dave Larkin

Davidlarkin20@hotmail.com



Club T&F Awards and Mini Competition

Saturday 16th September 2017, 1.00pm - 6.00pm

12.15 Onwards	Registration and warm up
1pm - 2pm	Throws
2pm - 3pm	Sprints
3pm - 4pm	Jumps
4pm - 5pm	Hurdles / Endurance
5pm - 6pm	Club T&F Awards for the 2017 season

Open to all members of MH&AC

UKA age group rules apply/all age groups as of 31 August 2017 (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

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Sports & Remedial Massage – Judith Cooper & Mel Power

Counsellor & Reiki Practitioner – Sandra Marston

Acupuncture – Dr Greg Carter

Reflexology – Helen Wilkinson

Hypnotherapy & Human Givens Therapist – Janine Hurley

Shiatsu – Virginie Adamski

Yoga – Dee Blow

The Alexander Technique

Pilates Instructor – Mark Leah

**Trinity House, 150-152 Cumberland Street, Macclesfield
Cheshire, SK10 1BP**

Tel: 01625 500777

Fax: 01625 616161

**e-mail: info@trinityhousepractice.com
www.trinityhousepractice.com**

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

WEEKLY TRAINING TIMES

Group Name	Group Contacts	Meeting Time	Distance & Pace
A Group	Sarah Harris (07967 388651) sahstaff@aquinas.ac.uk	Thursday evening 6.30-8.00pm at the overflow car-park behind the Leisure Centre	7-9 miles Pace: sub 7½ min/mile
B Group	Sarah Harris (07967 388651) sahstaff@aquinas.ac.uk Emma Mason - emmamason86@gmail.com	Monday nights Oct-Mar 6.30-8.00pm meet Leisure Centre overflow car-park. Monday nights Apr-Sept 6.30-8.00pm meet Tegg's Nose top car park. Thursday nights 6.30-8.00pm meet at overflow car-park behind Leisure Centre	7-9 miles Pace: 7-8 min/mile
C Group	Steve Barker (07770 993124) stephencharlesbarker@yahoo.co.uk Phil Gaskell (07873 763944) pjgask@aol.co.uk	Thursday evening 6.30-8.00pm at the overflow car-park behind the Leisure Centre	5-7 Miles Pace: 8-9 min/mile
D Group	Bob & Pauline Lynch (01625 829229) pauline_lynch@hotmail.com or Stewart Waudby harriers-dgroup@wardby.me.uk Neil Gunn (07786 855027) neil.gunn@gmail.com	Wednesday & Friday evening 6.30-8.00pm at the overflow car-park behind the Leisure Centre Saturday morning 9.00-10.30am, contact Neil for meeting place (this is an off-road group)	4-6 miles Pace: 9-10½ min/mile
E Group	Jenny Airey (07969 741139) jenfa23@gmail.com Wendy Boardman (07879 477627) wendyboardman77@gmail.com	Saturday 9.00am (various locations) Monday 6.30pm (various locations) Tuesday 6.15pm ((overflow car park behind Leisure Centre)	Mon & Sat: 4-6 miles mainly off-road - developing group Tuesday: 3-3½ miles (local paths and roads)

FELL RUNNING

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

TRACK & FIELD

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

Tuesday & Thursday 6.00 - 7.00pm

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

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

Tuesday & Thursday 6.30 - 8.00pm

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

CROSS COUNTRY

Cross country and off road sessions for teenagers

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

Macclesfield Harriers And Athletic Club

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

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	
Ladies Track & Field Team mgrs	Hilary West & Hanny Stockman	
	hilarywest@talk21.com	hannystockman@btinternet.com
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
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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
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Club Development Manager	Bob Lynch	01625 829229
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Coaches Representative	Becky Alvarez	07960 626377
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Men's Track & Field Captain	Ashley Pritchard	01625 617734
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Fell Running Representative	Graham Brown	broon_69@yahoo.co.uk
Road Running Manager	Ray O'Keefe	rayokeefe6@gmail.com
Men's Cross Country Manager	Robert Hasler	rhasler@gmail.com
Junior Cross Country Manager	Robert Hasler	rhasler@gmail.com

Club Statistician	Nicky Tasker	nickytasker38@gmail.com
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Welfare Officers	Bob & Pauline Lynch	01625 829229
Race Signs Manager	Dave Jackson	07786 673746

Legal Advisor	John Hirst	
Auditor	Harts Ltd	
Publicity Officer	Gillian Lindsey	publicity@macclesfield-harriers.co.uk
Webmaster	John Bunyan	Contact via website
Catering Representative	Vacant	

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