

Welcome to Macclesfield Harriers & Athletic Club

Founded 1897 & re-formed 1945



Startrack Course - July 2013



BRITISH
ATHLETICS



www.macclesfield-harriers.co.uk

The website is kept up to date with news items, reports and articles published by members

About Us...

Macclesfield Harriers and Athletic Club welcomes and caters for athletes, aged 9 years and over, of all levels of ability, from complete beginners to national standard athletes and runners.

We have excellent facilities at the Macclesfield Athletics Track for use on club training nights and a large group of experienced coaches are available, covering the full range of athletics disciplines.

- ◆ Track and field
- ◆ Fell running
- ◆ Road running
- ◆ Cross country
- ◆ Indoor sportshall athletics

Club Officials

Hon President:	Bob Lynch 01625 829229
Vice Chairman	Phil Cheek 01625 425539
Secretary:	Clare Finnis 01625 850085
Membership Sec:	Julian Brown 01538 306837
Treasurer:	Neil Gunn 01625 611802
Welfare Officers:	Bob & Pauline Lynch 01625 829229

Contact any of the above officials for more information about the club and its activities, or leave a message via the club website.

History

Although the club can trace its roots back to 1897 and perhaps earlier, it was more recently reformed in 1945 immediately after the Second World War.

In the next 20 years the club flourished mainly in road and XC running, although T&F matches were also held. After a dip in support, the club re-emerged in the 80's when again the club boasted extremely strong runners for both marathon and half marathon distances. During this time some very impressive T&F records were also set even though the club had no track and trained at local schools. Being close to the Peak District hills, the club has always had a strong fell running section, which continues today.

In the 90's after a lot of fund raising, and working with the local council, a successful lottery funded bid was achieved to allow a permanent 8 lane T&F facility, complete with purpose built clubhouse, sited behind the leisure centre.

This came into use in 1999; and since then the club has fully developed a multi disciplined T&F approach, competing successfully in three different leagues. This has been achieved without detriment to other disciplines i.e.; road, XC and fell running.

Since 1984 the club has published a quarterly magazine, and now along with most other clubs boasts a comprehensive web site with a very active forum and Facebook page.



www.macclesfield-harriers.co.uk

facebook



Volunteering

Macclesfield Harriers is a voluntary organisation. Our large group of coaches, officials and helpers are unpaid and give a considerable amount of time to help all athletes to develop their athletics potential.

It would be much appreciated if you could offer to help in any way you can; for example, with administration, fund raising, catering, assisting with coaching or team managing.

If you would like to help, then please contact **Bob Lynch on 01625 829229**.



Membership

We are a friendly but competitive club, and currently our membership stands at 500+. We welcome members of all abilities from age 9 onwards. The membership year runs from April to March with fees ranging from £16-£26.

Benefits

- ◆ Expert coaching in all disciplines
- ◆ Discounted race entry fees
- ◆ Opportunities for competition
- ◆ Participation in local leagues
- ◆ Quarterly club magazine
- ◆ Website with active forums
- ◆ Insurance cover for training & competition

Club Events...

The Club organises several high quality road and fell races, including the **Macclesfield Half Marathon and 5k**, which starts and finishes on the athletics track, the **Langley 7**, **Forest 5** and **Tegg's Nose**. Net proceeds from these events are donated to charity.



The Club hosts T&F events and the very popular **Startrack** summer course which is a week of athletics coaching for junior athletes at the track.

Macclesfield Athletics Track
Behind Macclesfield Leisure
Centre
Priory Lane
Macclesfield
Cheshire SK10 4AF



www.macclesfield-harriers.co.uk



WEEKLY TRAINING TIMES

Group Name	Group Contacts	Meeting Time	Distance & Pace
A Group	James Noakes (01625 230233) jimgetdownshep@aol.com	Monday and 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	Fran Swallow (01625 827355) family_swallow@hotmail.com Steve Lomas (07718 899836) stevелomas39@gmail.com David Buxton (07789 798526) dcbuxton@btinternet.com	Monday nights 6.30-8.00pm Oct-Mar meet Wickes/ McDonalds car park. Monday nights Apr-Sept 6.30-8.00pm meet Tegg's Nose top car park. Thursday evening 6.30-8.00pm meet at overflow car-park behind Leisure Centre.	7-9 miles Pace: 7-8 min/mile
C Group	Rich Pankhurst (0772 2687799) richard.pankhurst@airbus.com Steve Barker (07770 993124) stephencharlesbarker@yahoo.co.uk Phil Gaskell (07873 763944) pjgask@aol.co.uk	Monday and Thursday evening 6.30-8.00pm at the overflow car-park behind the Leisure Centre	5-7 miles Pace: 7½-9 min/mile
D Group	Bob & Pauline Lynch (01625 829229) pauline_lynch@hotmail.com	Wednesday and Friday evening 6.30-8.00pm at the overflow car-park behind the Leisure Centre	4-6 miles Pace: 8-10½ min/mile
E Group (Beginner)	Neil Gunn (07786 855027) neil.gunn@gmail.com	Saturday 9.00-10.30am at Riverside Park, Bollin Valley	3- 4 miles Pace: >10 min/mile

FELL RUNNING

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

TRACK & FIELD

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

Tuesday & Thursday 6.00 – 7.00pm

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

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

Tuesday & Thursday 6.30 – 8.00pm

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

CROSS COUNTRY

Cross country and off road sessions for teenagers

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