

Winter Newsletter

Jan 2005



Happy New Year everyone and welcome to another issue of the Club Newsletter! In this issue you will find the following items:

- New Year Run
- Latest news of club entrants in the 2005 Flora London Marathon
- New Faces to the Committee
- SCH organised Races
- Latest on the Annual Club Dinner
- Personal Safety
- Opportunities available to club members

New Year Run

27 club runners braved the early morning winds to take part in the clubs largest ever New Year Run, held across the Sandstone Trail near Peckforton. The run was followed by a well earned Sunday lunch in the Coppermine Inn.

The following photo tells the tale of the many who attempted the high road



Meanwhile others were forced to accept the low road....



However, regardless of the way they went, the smiles on the runners' faces at the end suggest it was all worthwhile!



The club intends organising a lot more of these Sunday social runs in the future – so look out for details on the club notice board and the website.

Latest news on club entrants in the 2005 London Flora Marathon

This year eight members of the club will be flying the flag for South Cheshire Harriers in the 2005 London Flora Marathon. They are:

- Katherine Cartlidge
- Melvyn Cole
- Stephen Dawson
- Mike Hatton
- Dave Jones
- Pete Mallison
- Dave McGrath
- Shelagh Swinnerton

Let us know if we have missed you off this list and on behalf of everybody at the club congratulations on getting in and good luck with the training!

New Faces Join the Committee

The committee has welcomed two new members to the fold, Katherine Cartlidge in the role of Club Publicity Officer and Cindy Morrisette as Social Events Coordinator.

Newsletter : Katherine Cartlidge
 t : xxxxxxxxxxxxxxxx
 e: xxxxxxxxxxxxxxxxxxxxxxxxxxxx

Website : Tony Salthouse
 e: xxxxxxxxxxxxxxxxxxxxxxxxxxxx
 w: <http://www.southcheshireharriers.org.uk/>

South Cheshire Harrier Organised Races

Ever thought that you should give back something to your local community - particularly those of you who take part in weekend races?



Well, now is your chance. The club will be hosting three race events this year. These are:

The Cross-Country races for Senior Men and Women at Joey the Swan on Saturday 19th February, the Air Products 10K road race and 5K Fun Run on Easter Sunday 27th March, and the South Cheshire 20 miles race on Sunday 8th May 2005. All of these races need volunteers to offer their services as marshals for the events. It will also give anyone who would be interested in organising the 10K race next year the opportunity to shadow Simon Walker, who will be retiring from organising this race after this year.

I would like to take this opportunity, on behalf of all club members, to thank Simon for his hard efforts in organising events over the past years.

Latest on the Annual Dinner

Hopefully by now you all should have received your invitations to the Annual Club Dinner and are busy filling out your return slips. If not, why not? I, for one, am looking forward to the Annual Club Dinner and so are countless other club members, so please, please, please make the effort to attend. The dinner is being held at the Vagrants Social Club in Willaston on Friday 25th February.



Personal Safety

On a more serious note many of you will have become aware of the hazards of running at night - particularly relating to avoiding assaults by youths. The club sees the safety of its members as paramount and, as a result, has set up a Safety Sub-committee dealing specifically with members' personal safety whilst out training.

The Sub-committee, led by Martin Stirna, will be putting together a safety policy in the near future. If anybody has any suggestions with regards to the contents of the policy please e-mail me as all contributions will be gratefully received by the committee.

Opportunities available to club members

The club has managed to secure track sessions at **Cumberland Stadium** EVERY Wednesday between 6.30pm and 8.30pm at a cost of £2 per person. If you want to improve on your speed or just fancy a change, then feel free to drop on by.

There will be **aqua fitness classes** shortly made available to our members. Club members would need to choose between three possible available days, Wednesday, Friday or Sunday.

At present I need to know the numbers of people who might be interested and what day would be most convenient for you. More details regarding these classes will be made available - including the cost - as soon as I have them, so stay tuned.

Fancy a trip to **Amsterdam** to take part in the Amsterdam Marathon or just fancy a weekend away? If you do, contact Mike Hall on 01538 361526 or email him at micktherunner@aol.com for further details.

Bargain

Club members can renew their membership for just £7.50 if they do so before the end of January. Otherwise it will be at the usual cost of £10. If your contact details have changed please make sure you inform the club so your records can be updated.

If you have any race results or a running story to tell, then please contact me so that it can go to press or be used on the website for all members to read about.

If anyone has any ideas regarding future social events for the club, please email Cindy at **XXXXXXXXXXXXXXXXXXXXXXXXXXXX**

<p>Newsletter : Katherine Cartlidge t : xxxxxxxxxxxxxxxx e : xxxxxxxxxxxxxxxxxxxxxxxxxxxx</p>	<p>Website : Tony Salthouse e: xxxxxxxxxxxxxxxxxxxxxxxx w: http://www.southcheshireharriers.org.uk/</p>
--	---