

Winter Newsletter

Feb 2005



Welcome to another edition of the South Cheshire Harriers Newsletter.
In this edition you will find the following items:

- Club Member of 2004
- Club Champion 2004
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- Club Success
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- Club kit

Club Member of 2004(voted for by all the members)

Congratulations to Martin Stirna who has won this award for all his hard work over last year and this year - particularly with regards to supporting our new members and for coaching those training for the London Marathon. Well done!



Club Champion 2004

Pete Mallinson had an excellent 2004, finishing in pole position in the Club Championships with a score of 78.46%. Pete is still continuing in cracking form and is well under way with his preparation for this year's London Marathon, already having completed four 21 mile runs. Well done Pete and good luck with the training.

Harriers Club Championship, 2005

So how does it work?

The championship is open to any current paid up club member and consists of 20 different races run throughout the year. Members can run as many or as few of the races as they want, but ONLY the best 8 results count towards the final league table. If members have had a bad race, they can eliminate the result with a better performance in another race as soon as they have completed more than 8 races.

The scoring for the club championship is done using scoring tables for each distance that take account of age and sex. A score of 100% is roughly equivalent to a World Best Age Performance.

Those of you who are already taking part, why not check out the league table so far on our website at:

<http://www.southcheshireharriers.org.uk/championship/champstate5.htm>

Club Success

SCH has very proudly been making regular news in the sports pages of the Crewe Chronicle. Six races in particular have brought the club success:

- The Four Villages Half Marathon
- Cheshire Cross Country Champs at Knights Grange, Winsford
- Alsager 5
- Nick Beer 10K at Llandudno
- Open Cross Country Race at Crewe
- Village Bakery Half Marathon, Wrexham

Congratulations to everyone who has been able to participate in these events - in particular to those representing the club in the Cheshire Cross Country Champs.

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w: <http://www.southcheshireharriers.org.uk/>

We had 11 fine men taking part this year, whereas the previous year we only had 1. We finished in fourth place in the men's team and fifth place in the veteran category.



The club made the pages of the Crewe Chronicle this week with the headline "**Harriers hope town will be front runner**", with half a page dedicated to the harriers' recent Open Cross Country Race and the Village Bakery Half Marathon.

Pete Mallison produced a fantastic run to finish 3rd in the Open Cross Country Race and the men's veteran prize was won by **Mike Hatton**.

Shelagh Swinnerton produced a superb run to finish 2nd in the over 55 ladies category at the Village Bakery Half Marathon. New club member **Rebecca Barlow** made a great half marathon debut in this race to clock 1:49:14.



SCH Organised Races

Thank you to everyone who helped with the recent Open Cross Country Race. The club still needs volunteers to help with 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. Tell Martin Stirna if you are able to offer your help for these races.



Your support is much appreciated.

Quick Reminder about the Annual Club Dinner

The club looks forward to seeing **all its members** at the annual get together on Friday 25th February starting from 7.30pm onwards at the Vagrants Pub. It's a "Pie and Quiz" night. The two club shields – for Club Champion and Club Member - will be awarded after the meal before the start of the quiz.

SCH offers a helping hand

We will be holding a raffle at the Annual Dinner with all money raised to be donated to Cancer Research UK. David Rowlands is currently a member of a local team involved in promoting awareness and raising money relating to Cancer Research UK. Anyone interested in finding out more about how they could help please contact Dave at the club or at home: xxxxxxxxxx or email david@rowlands1716.freeserve.co.uk



New Runners to the club

SCH warmly welcomes all this year's new runners to the club. Martin Stirna (Chairman) has kindly volunteered to induct any new runners.

Stop wasting money and start saving

Renew your membership for this year at a cost of £10, it's not a lot and saves you money on entry fees to races throughout the year. Go on, you know it makes sense.



Free Club Kit

Anyone wanting to purchase club kit should contact David Rowlands.

Remember, every new paid up member is entitled to a **free article of kit** provided that it does not exceed £12 in value.

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