

Spring Newsletter

March 2005

**Welcome to another edition of the South Cheshire Harriers Newsletter.**

In this edition you will find the following items:

- Club Success Stories
- SCH organised Races
- Treasure Hunt
- The London Marathon
- 'Killer Mile'

Club Success Stories

SCH has continued to make regular sporting news in the Crewe Chronicle. The following races have brought the club particular success and growing attention:

- Stafford 20
- Ironbridge Half Marathon
- Stafford Half Marathon
- Rhayader Round the Lakes 20-Mile

Well done to everyone who participated in these races. An impressive 16 runners turned out to represent SCH in the Stafford Half Marathon on Sunday 20th March.

Pete Mallison produced another outstanding performance to finish the race in 9th position in 1:15:42.



Sylvia Smallwood made her return to competition in style by completing the race in 2:16:39, and finished third in the Ladies Over 60 category.



Congratulations go to **Shelagh Swinnerton** who was the only Harrier to complete the gruelling Stafford 20 on Sunday 13th March. She proved how strong a runner she is by finishing in a superb time of 2:57:11. To top it all off she also came 1st in the Ladies Over 55 category. Well Done!



Shelagh Bickerton meanwhile had a terrific run coming seventh out of 202 other female competitors in the Ironbridge Half Marathon.

SCH Organised Races

Thank you to everyone who helped with the recent Air Products 10km and 5km Family Fun Run on Easter Sunday 27th March. It was the clubs most successful 10km race to date. Nearly 300 runners competed in both the races.

Rachel Prince a new club member made her race debut in the 5km recording a time of 31:37. **Shelagh Bickerton** completed the 10km in a fabulous time of 45:35 and collected a prize in the Ladies category.

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The club also managed to raise money for Cancer Research UK during the event.

The club wishes to thank **Simon Walker** again for all his hard work over the years in organising the event. The event will be coordinated next year by **Jason Dix and Stella Anderson**.

South Cheshire 20 mile

The club **still needs volunteers** to help with the South Cheshire 20 mile race on Sunday 8th May 2005. Tell Martin Stirna if you are able to offer your help.



Your support is much appreciated.

Treasure Hunt

The Pie and Quiz night proved to be the clubs most successful Annual Club Dinner, with members turning up in record numbers. Many thanks go to **Cindy Morrissette** for organising the event and to **Martin Stirna** for hosting it.

Not one to rest on her laurels Cindy has organised another social event. The SCH "Treasure Hunt" to take place on the morning Sunday 15th May. Hopefully everyone should have received their invitations. If not please contact Cindy at cindy@cats1439.freemove.co.uk. Please return your slip and money to Cindy by 30th April at the latest.

Update on The London Marathon Runners

The following club members will be taking part in this years London Marathon: **Katherine Cartlidge, Steve Dawson, Mike Hatton, Dave Jones, Pete Mallison, Dave McGrath and Shelagh Swinnerton**.

Tom Allman has unfortunately been forced to pull out due to injury and Melvyn Cole will be unable to take part due to being unable to train because of work commitments, but both intend to make a come back and take part in next years marathon.

Steve Dawson, and Dave McGrath are all training well, and hope to produce a PB of 3hr and 15mins on the day.

Superman Pete Mallison is well up on his training and intends to do the 5 Tors Moorland Run (11 miles) in Cornwall this Sunday. Good luck Pete. Pete and Dave Jones have been training well together and hope to complete the marathon in a sub time of 2:40.

Mike Hatton had been doing extremely well on his training but recently had a set back. He was rushed into hospital earlier on this week and placed on a drip. The doctors were unable to diagnose what was wrong with him, so Mike being the kind of guy he is came down the club a few days later and did 6 miles, WHAT A GUY. Between you and me I think its just nerves.

Shelagh Swinnerton as always has every injury known to mankind but is still soldiering on. I too have had my fair share of injuries but fingers crossed I'll make it to the finish line.

The club would like to wish all our runners the best of luck in their attempt at the marathon.

Killer Mile

If you're up for the ultimate challenge or just mad as a hatter then why not give the Mow Cop '**KILLER MILE**' a go. The event is being held on Thursday 28th April, 2005.



Check out the website on <http://www.mowcop.com/html/killermile.htm> for your registration form.

Quick reminder

There will be a committee meeting held on Thursday 7th April at 8.20pm.

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.

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