

Summer Newsletter

May 2005



Welcome to another edition of the South Cheshire Harriers Newsletter.

In this edition you will find reports on the following items:

- Recent Races
- Delamere Forest club run
- Treasure Hunt
- Club Coaching

RECENT RACES

The Killer Mile - 20<sup>th</sup> April 2005

Ok, so it's not the same as climbing Mount Everest, but it sure as hell must feel like it. Only **Rob Jones** was brave enough (or mad enough) to attempt the 1:3 gradient course. Well done, Rob!



East Manchester B of the Bang 10K Run

**Jason Dix** and **Stella Anderson** spent the Bank Holiday Monday running the East Manchester B of the Bang 10K Run, instead of cooking themselves on a beach.



However, both were still pretty hot - setting new PBs - Jason running 42:25 and Stella clocking 55:25. Well done to you both!

Gatehouse Clayton 10K - 4<sup>th</sup> May

**Dave Jones** had an excellent run in this race finishing in 13<sup>th</sup> place with a PB of 35:32. **Mike Hatton** also continued his good form finishing in 35:45 and both runners won prizes in their age categories.



Other club results include **Peter Mallison** (37:01), **Mike Cutler** (44:42), **Martin Stirna** (47:02), **Colin Earp** (47:21), **Gael Earp** (52:47), **Cindy Morrissette** (58:15) and **Joy Cartlidge** (59:41).

Well done to all those who took part!

South Cheshire Harriers 20 Miles - 8<sup>th</sup> May

SCH hosted its 20-mile scenic road race. Poor weather conditions could not dampen the spirits of over 130 runners taking part. **Lee Reynolds** of Staffordshire Moorland AC ran a terrific race and finished first in 1:59:17. Harrier, **Peter Mallison**, finished in second place in 2:03:39, followed by **David Jones** in 2:04:05 in third place. Dave was also 1<sup>st</sup> in his age category.

The club warmly thanks all members who helped to support the running of the event.

Delamere Forest Club Run - 10<sup>th</sup> May

The club encouraged as many members as possible to turn out for the recent Tuesday night off-road run that was held at Delamere Forest. There was a turn out of 26 members, which split into two groups. The faster group ran for 1hr 25mins covering nearly 9 miles. The majority of the runners descended on the 'Fishpool Inn' for a spot of carbo-loading afterwards. Further opportunities are planned for the slower group to join the fast group for off-road runs before the end of the summer,

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so watch out when these are advertised on the web-site.

**City Parks Grand Prix, Longton - 10<sup>th</sup> May**

Meanwhile **Mike Hatton, Mike Cutler, Colin Earp, Martin Stirna** and **Gael Earp** flew the flag for the Harriers at the Longton Park 5K. Mike Hatton ran a new PB and Colin just pipped Martin after a close mid-race tussle.

**TREASURE HUNT - 15<sup>th</sup> May**



SCH hosted its first ever treasure hunt, which was organised to perfection – including fine weather - by **Cindy Morrissette** and **Carl**.

The event was a great success with 5 teams taking part (5 members per team) plus Cindy and Sylvia doing the rounds in the car. Teams set off at intervals from 9.15am onwards from Waitrose car park in Sandbach and negotiated a 10 mile circuit that included Elworth, Warmingham, Middlewich and Bradwall before a pub finish back in Sandbach.



Conditions were perfect with bright summer sunshine as you can see as Simon Walker turned up sporting his shades and drinks bottle.

Team Coe, led by Martin, clocked the fastest time, finishing the course in 2 hours 13 minutes.

However, on this occasion, speed was not the main factor as the teams scored points for answering the clues. Once the points were totted up, **Team Cram** emerged as worthy champions after obtaining 65 of the 70 points available. Shelagh Swinnerton's team got

spectacularly lost and took 3 hours 10, but still managed to finish 2<sup>nd</sup> on points!

The winning team consisted of **Ann Garnett, Lizzy Marshall, Dave** and **Lesley Rowlands** and **Mel Cole**.



Congratulations to the 'Crams'. A special round of applause goes to Ann Garnett for completing her longest run by some considerable distance. Well done Ann, keep up the hard work!



A special award goes to our celebrity look-a-like team. That's right folks it's 'The Three Ronnies', it seems a shame to have to break it to them that there are only two.

**Cindy, the club would like to say a big thank you for organising the event.**

**CLUB COACHING**

Dave Griffiths is currently SCH Senior Club Coach. He has helped many of our runners in the past, including the likes of Pete Mallison, and is willing to provide coaching at the weekends to anyone that requests it. This is an invaluable resource to the club as not all running clubs have a qualified coach, so please use the opportunity wisely.

**Quick reminder**

The next club committee meeting will be held on Thursday 2<sup>nd</sup> June at 8.20pm in the bar at the Oakley. As usual, the bar will be open to all club members that night.