

Summer Newsletter

June 2005



Welcome to another edition of the South Cheshire Harriers Newsletter.

In this edition you will find the following items:

- Race Reports
- Dave & Paul's Birthday Run
- Club Championships, 2005
- Summer Barbie
- Relay for Life

Race Reports

Uttoxeter Half Marathon - 22nd May

An impressive nine Harriers attended the race in Uttoxeter. The course was extremely tough, but **Mike Hatton** was still able to continue his unbeatable run by being the first Harrier home in 1:19:25. **Dave**

Jones finished close behind in 1:24:00. Other club results include: **Sheila Bickerton** (1:35:34), **John Swinnerton** (1:41:36), **Mike Cutler** (1:41:40), **Colin Earp** (1:47:00), **Colin Wynne** (1:48:09), **Gael Earp** (1:55:23), **Shelagh Swinnerton** (1:58:05). Well done!



Meanwhile **Martin Stirna** and **Jane Aliane** both represented the club in the Chester Half Marathon. Unfortunately both runners have been suffering from injuries and found the going hard. Martin completed the race in 1:54:53, while Jane finished in 1:59:40. Let's hope both runners return to form soon.



Audley 10K - 25th May

Club members were out again in force with seven participating in the Audley 10K. **Mike Hatton** ran a super race to finish in overall 6th place in 36:51. Congratulations to **Gael Earp** (51:12) and **Ann Garnett** (63:32) both of whom finished first in their age categories.



Other club results include: **Mike Cutler** (45:07), **Simon Walker** (46:03), **Colin Earp** (47:55) and **Lizzie Marshall** (59:30).

Westbridge 5 - 5th June

An even stronger team of Harriers turned out for the Westbridge 5. Our lovely ladies showed real GIRLPOWER by out numbering the boys.



However, **Pete Mallison** impressed for the boys by finishing the race in overall 7th place in 27:50 and **Mike Hatton**, hot on his heels, finished in 8th position in 28:03. Other race results include: **Colin Earp** (35.37), **Mike Cutler** (35.43), **Rebecca Barlow** (37.14),



Colin Wynne (37.16), **Gael Earp** (40.20), **Shelagh Swinnerton** (41.22), **Jeanette Hatton** (41.53) **Liz Marshall** (44.40) and **Cindy Morrissette** (46.35).



Special congratulations go to Jeanette and Liz who we hope will continue to represent the club in competitive races.

Newsletter : Katherine Cartlidge

t : xxxxxxxxxxxxxxxx

e: xxxxxxxxxxxxxx

Website : Tony Salthouse

e: xxxxxxxxxxxxxx

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

City Parks Grand Prix, Tunstall Park 7th June



Five of our South Cheshire Harriers took part in the City Grand Prix at Tunstall. **Mike Hatton** got off to a flying start and finished in seventh place in the men's veteran race in 17:40. Other race results include: **Colin Earp** (22:33), **Gael Earp** (25:34), **Katherine Cartlidge** (29:04) and **Cindy Morrissette** (29:22).

Summer Series

The club is proud to have 6 representatives in the weekly Thursday night Summer Series Fell running league they include: Jason Dix, Stella Anderson, Shelagh Swinnerton, Mike Cutler, Cindy Morrissette and Sally Ankers. Keep up the good work!

Dave and Paul's Birthday Run



Harriers Dave McGrath and Paul Brownbill are both celebrating their 50th birthdays this month and will be staging a Tuesday night run of their own on 21st June.

All club members are invited to attend one of two runs on this evening and then have a bite to eat afterwards.

Run One starts at 6:30pm for those wanting a longer faster run, to whet their appetites. Run Two start at 7:00pm for a slower more relaxed pace run (approx 7.6 miles). Both runs start and finish at The Swan, Wybunbury.

Afterwards Dave & Paul have laid on food in the pub at a nominal charge of £2 per person. Could members wishing to attend let Simon, Dave or Paul know if they wish to attend. On behalf of the club, Happy Birthday boys!

Next Committee Meeting

Will be on Thursday 7th July at 8.20pm after training. Bar open to all members.

Club Championships, 2005

With only 8 races run so far and 12 still left to go, **Mike Cutler** leads the table. In second place is **Mike Hatton** and **Colin Earp** currently holds 3rd place. Our top lady is **Gael Earp** who currently lies in 7th place. Watch out boys, the girls could give you a run for your money!

Summer Barbie

The club would like to host a Summer Barbie for all its members. The club would greatly appreciate the use of a club member's garden to hold 50-60 people. Other members of the club will provide all food and refreshments - you only need provide the venue. Your garden will be left absolutely spotless... you have our word. Anyone who can save the club's bacon please contact Cindy Morrissette on 07775585617 or at Cindy@cats1439.freeseve.co.uk



Relay for Life

The club would like a team of representatives to take part in the Relay for Life in aid of Cancer Research UK, with the aim to raise awareness and celebrate the survivors of Cancer.

The event will run from the afternoon of Saturday 3rd September until the morning of Sunday 4th September, at the Vagrants. Team members should be prepared to complete the full event, camping out at the Vagrants overnight. Team members can be Harriers / spouses and families (no age limits). Others who cannot commit to the team are welcome to show their support for as little or as much time as they can commit, hopefully, until the Candle of Hope ceremony at 11pm.

Members wishing to be part of the team or just support the Candle of Hope ceremony should contact Cindy ASAP.

Lost property

Dave Griffiths has lost his reading glasses. Anyone who has any information, please contact him on 01270 664251.

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t : xxxxxxxxxxxxxxxx

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