

**Summer Newsletter**

August 2005



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

In this edition you will find the following items:

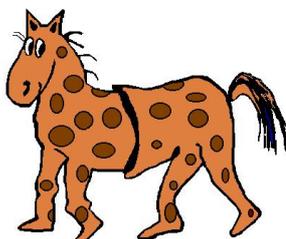
- Race Reports
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**Race Reports**

**Summer Series**

The club would like to say a big thank you to all those who took part in this year's Summer Series consisting of 10 gruelling cross country events, hosted by Stafford Moorlands AC. The club team was made up of **Stella Anderson, Sally Ankers, Mike Cutler, Jason Dix, Shelagh Swinnerton, and Cindy Morrisette.**

Mike Cutler wished to present Cindy with a special award of 'Holding up the Rear-End'!



**Capenhurst 5K on 24<sup>th</sup> August**

Our club's very own race fanatic **Mike Cutler** and **Martin Stirna** competed in the Capenhurst 5K near Chester. Conditions were ideal for a fast time on the flat course. Our boys produced fantastic runs with Mike finishing in a season's best 20:05 and Martin clocking a time of 22:44, two seconds outside his SB.

**Birchwood 10K on 21<sup>st</sup> August**

With last Sunday having been a delightful warm summer's day, six of other Harriers participated in the fast flat Birchwood 10K road race. **Jason Dix** led the Harriers home in a fast time to 42:43. Other results include:

**Charlie Rowlands** 44:04, **Martin Stirna** 47:00, **Steve Hay** 48:30, **Stella Anderson** 57:55 and **Anne Garnett** 68:51.

**City Parks Grand Prix - Hanley on 16<sup>th</sup> August**

Hanley was the last in the series of four City Parks Grand Prix 5K races that also included Longton, Fenton and Tunstall Parks. **Mike Hatton** was the first of our Harriers to finish. He celebrated coming home in 17:21, finishing 3<sup>rd</sup> in his age



category. The Grand Prix Park Series is scored on a points basis and Mike received a prize for finishing 3<sup>rd</sup> in the Men's Veterans category over

the whole of the series. **Gael Earp** completed the race in 25:19 and she too collected 3<sup>rd</sup> prize for the series in her age group. Other club results include: **Martin Stirna** 23:06 and **Colin Earp** 23:17.

All 4 race routes are mildly undulating three-lap courses and provide runners with a good opportunity to sharpen their speed for longer races. Congratulations to **Gael, Colin** and **Mike** for completing all four races. Perhaps a few more of you will be tempted to try this mid-week series next year.

**Staffs Knot 5 on 10<sup>th</sup> August**

The Staffs Knot 5 race saw near perfect conditions for the time of year, so it's no wonder there were nine members who turned out to represent the Harriers. The fast Cannock Chase course



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should have produced some quick times for runners and the Harriers did not disappoint us.

**Rob Bonson** led the club members home in a quick time of 34:20. Other club results include: **Rob Cummings** 35:28, **Mike Cutler** 35:52, **Simon Walker** 35:59, **Martin Stirna** 37:43, **Colin Earp** 39:34, **Jo Miller** 41:46, **Gael Earp** 42:18 and **Lizzie Marshall** 47:43.

### Berryhill 10K on 2<sup>nd</sup> August

South Cheshire Harriers were out in strength at the Berryhill 10K with 12 members attending the race. Club hero **Mike Hatton** finished in overall 5<sup>th</sup> position in 36:53. He also claimed second prize in his age category. **Shelagh Swinnerton** too continues to maintain great form – she finished this race in 53:54 and was rewarded with first prize in her age category.

**Cindy Morrisette** bagged 3<sup>rd</sup> prize in her age category as she finished in 1:02:06. Other club results include: **David McGrath** 42:02, **John Swinnerton** 45:12, **Rob Cummings** 45:12, **Mike Cutler** 45:42, **Simon Walker** 46:50, **Jason Dix** 47:39, **Martin Stirna** 47:50, **Colin Earp** 48:47 and **Gael Earp** 53:56.

### Chernobyl Challenge 10K on 31<sup>st</sup> July

Our Harrier duet, **Jo Miller** and **Lizzie Marshall** took part in the Chernobyl Challenge 10K race held in Preston. They both ran a terrific race, shattering previous times to produce PBs, with Jo finishing in 50:13 and Lizzie 56:27. Well done to them both!

### 2005 Club Championship Update

With 12 races completed the competition is really starting to hot up! Although the top three places haven't changed hands as **Mike Hatton** is still currently in pole position. **Colin Earp** is in 2<sup>nd</sup> and **Mike Cutler** currently holds 3<sup>rd</sup> place. **Gael Earp** still remains our leading lady in 5<sup>th</sup> spot with **Cindy Morrisette** hot on her heels.



With eight races to go there is still everything to play for.

## SUMMER EVENTS

### Sizzling Summer Barbie

The Harriers Summer Barbie has nearly arrived with a high turn out expected. It is most important that people remember to bring their agreed food (for Katherine) and drink (for Cindy). The BBQ kicks off at 7pm this Sunday (28<sup>th</sup> August) at Brookbank Cottage, Stapley (opposite Cheerbrook Farm). If you are coming and have not returned your reply slip please contact **Cindy Morrisette** on 07775 585617 ASAP.

### Martin 'Marathon Man' Stirna

The Harriers very own 'marathon trainer' **Martin Stirna** will be tackling the Wolverhampton City Marathon on Sunday 4<sup>th</sup> September at West Park.

Over the last 2 years Martin has helped members Sylvia **Smallwood** and **Katherine Cartlidge**

prepare for the London Marathon and now feels the

need to see if he can still do it himself. Martin reports that preparations have gone fairly well, though his knees start to protest at 15 miles. His main aim is to survive without major injury! Martin, you know you can do it - just go and enjoy the race! Good Luck!



### Half Marathon Updates

The start time for the Congleton Half Marathon is at 10am, not 11am as previously circulated in the NSRRA programme of races.

### Quick reminder

There will be a club committee meeting held next Thursday (1st September) at 8.20pm in the Bar Lounge at the Oakley Centre. **The bar will be open and non-committee members are welcome to come and use it.**

### And Finally....

Thank you to all members who have contributed to this month's newsletter.

**Please keep your stories and updates coming!**

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