

**SUMMER
Newsletter**

July 2006

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

In this edition you will find the following items:

- Summer BBQ
- Details of NEW club kit items
- Members Race/Training Stories Corner
- Race Reports
- Harriers Club Champs Race Fixtures for 2006 and leading positions

Summer BBQ

All SCH Members should have received a letter from Cindy notifying them of this year's Summer Barbie which, as for last year, is kindly being hosted by Jan & Ray Woolgar and will be combined with the special celebration of their daughter Sophie's 11th Birthday. The event will be held at their home, Brookbank Cottage, Newcastle Road, Stapeley on Saturday 5th August at 7pm.

This year, the catering will be done by H. Clewlow's. To let them know numbers, **it is necessary that you confirm your attendance to Cindy by 28 July at the very latest!!!** So, if you want to go, return the slip or contact Cindy on 01270-588397 **NOW!!!**



Does any member have access to a large "scout type mess tent" or "mini marquee", which we could borrow for the summer Barbie. We are also looking for volunteers to help set up on Saturday 5th August and or take things down and tidy up on Sunday 6th August.

Please contact Cindy if you can help.

SCH Club Membership

Ladies and Gentlemen,

We now have 93 fully paid up members.

I believe the club can reach a target of 100 members by the end of the year. So, come on everyone, we need you to drag as many people off the street as you can.

**New Club Kit now available!**

Those of you that were at last November's AGM will recall that we authorised club kit man, Dave Rowlands to go ahead and purchase some new better quality kit than the stuff that we've previously stocked in order for our runners to look less like ragamuffins when they attend races

You will be pleased to know that the new items are now all available and obtainable from Dave. All the new kit is made by Viga and the prices are as follows:

Club Jacket (navy with club name & logo) **£33.50**
Club Vest (light blue with club name & logo) **£12**
Club Shorts (navy blue – various styles) **£12 to £13.50**
Tracksters **£12.50**

So, if you want to smarten yourself up when representing the club at races (or just to look good in training), please contact Dave (tel 01270-768434, e-mail lesley.rowlands@btinternet.com) and tell him your kit requirements and size and he will get the items to you as quickly as possible.

Hopefully, we will get some members to model the kit in the next edition of the newsletter.

Members Corner**The Thrill of the Chase**

Those of you who know Alan Williams will know he is not a man to dispense praise lightly. It's not unusual, after a Tuesday night in the hills, for the less seasoned fell runners among us to furtively consult Simon Walker's GPS to see how far we've managed in an evening. Heaven forbid that Al should overhear. "Eight miles?? You must be including the drive here from Crewe! I doubt we've done four." So when he told me, after a long, rocky descent from the Cat and Fiddle to Wildboarclough a couple of months ago: "You're getting pretty fit. I couldn't have come off there any faster than that," it was all I could do to keep the tears from my eyes. I stood an inch taller in my Walshes and felt ready to take on the world. Thus did Babe glow when Farmer Hoggett, another man not given to hyperbole, told him: "That'll do, pig. That'll do."



It was a timely boost because this summer I had set myself a daunting challenge: the 30K North Downs Run in Kent on June 25 followed within a week by the 20 mile Chevy Chase in Northumberland on July 1. The travelling alone could kill a lesser man.

Sadly, a week before the North Downs I got the sort of head and chest cold that has you searching for loopholes in the rubric on Lemsip packets and recalling newspaper articles about the re-emergence of TB. There was to be no Rooney-like recovery and by the Sunday my chest still rattled like someone from a 1920s Dublin tenement, so I was reduced to a spectating role.



But I was determined to run the Chevy come what may, especially as it is now organised by Wooler Running Club, whom I joined when I lived in Northumberland for a year and where I'm still a member, and also because this was its 50th year. Its route contains a relatively modest 4,000 feet of climb, over Cheviot and Hedgehope, but much of it is a pathless slog, and the downhill can take as long as the up. It's taken me at least four and a half hours each time I've done it, which is at the limits of my endurance even if the weather is kind on the day, and the exhaustion has more than once reduced me to tears (though so have films about talking pigs).

This year it was oppressively hot in the valleys, but the visibility was perfect and that alone can save you minutes. In the rain and cloud, the Cheviots become featureless bogs that are not much to look at and an ordeal to navigate. In the sunshine you follow the snaking trail of faster runners, stopping occasionally to eat a Jaffa Cake, listen to the mournful cry of the curlew or swear at the bit of ground you have just turned your ankle on.

Anyway, the checkpoints came and went with passable ease for nearly three hours before the blisters and the light-headedness and the dehydration and the desire to vomit out any liquid I consumed started to take hold. This is the time when you have to ask yourself: "What would Alan do?" Sadly, the answer is "run a lot faster than this". All you can do instead is grit your teeth, shuffle on and promise never to run it again. I shuffled home in a PB of 4.26 and I'll be back next year. If anyone else fancies trying it, you can get a flavour at www.wooler.org.uk/activities/chevy_chase.htm. Oh and don't be daunted by the distance: I've asked Alan and he doubts it's more than 12.

This month's members' corner was written courtesy of **Charlie Rowlands**.



Race Reports

Cheadle 4 on 16th July

Report courtesy of Simon Walker

14 Harriers travelled to Cheadle in Staffordshire to run the Cheadle 4- a North Staffs Road Runners Association fixture.

First home for the club was new Harrier member **Andy Mayers** in 24 minutes and 13 seconds followed in by **Andy Caunt** in 25.01.

First lady home for the club was **Gael Earp** in 35.21. Other runners and times were; **Rob Bonson** 26.26; **Charles Rowlands** 28.03; **Steve Dawson** 28.50; **Rob Mayers** 29.18; **Mike Cutler** 29.59; **Simon Walker** 30.31; **Colin Earp** 30.44; **Glen Riley** 32.06; **Cindy Morrisette** 38.39; **Lizzie Marshall** 40.17; and **Anne Garnett** 41.26.

Colin Earp now leads his group in the N.S.R.R.A league. Congratulations Colin!

The Gun Run on 11th July

Report and photos courtesy of BillyBadFoot and Simon Walker



Simon would like to say a big thank you to our sponsors 'Tan-it-Yourself'

Last week we broke with tradition and attended a race for the Tuesday Run. This was mainly due to the fact that Boot and Lynn were helping out. There were 12 of us entered, which was a decent turnout. It did mean that we didn't run as a group, but were spread out down the field. The weather was good and it was dry underfoot.

Cindy gave some helpful advice before the start to a Wilmslow runner, who subsequently went on to become the first lady home



One of our occasional visitors was marshalling at the point where we left the road for the final assault on Gun Hill. Sally managed to pick up a set of cuts and grazes on her left arm to match the ones on her right arm she picked up at Alderley Edge last week. If she continues like this, she will just be one big scab in a couple of weeks.



Eleven members from SCH competed at the Gun Race 10K race:

Ian Ankers completed the race in 42:24 finishing in 17th place overall. The other SCH finishers were: **Dave McGrath** 46:32; **Charlie Rowlands** 48:08; **Paul Brownbill** 49:17; **Marion Fletcher** 49:42; **Bill Ferguson** 52.31; **Tony Salthouse** 53.34; **Simon Walker** 56.41; **Sally Ankers** 62.46; **Roger Foden** 63.49 and **Cindy Morrisette** 65.27.



In addition, **Gemma Cutler** won the 4km fun run at the Gun Run for the second year running in a time of 24.02. Well Done Gemma!

Stone St Michaels 10K on 25 June

An army of 9 strong Harriers took on the Stone St Michael's 10K race. **Andy Caunt**, who's having a terrific season, finished the course in **40:38**. The other club finishers were:

Colin Earp 46:35
Angus Varley 47:13
Glen Riley 50:11
Shelagh Swinerton 53:51
Geal Earp 55:08
Cindy Morrisette 59:59
Lizzie Marshall 62:19 and
Rachel Prince 72:17

Potters 'Arf on 11th June

The Potters 'Arf, which last year replaced the Potteries Marathon, is becoming a very popular race with the more masochistic section of our club membership. This year we had an 8 strong team for this very tough event.

Mike Hatton led the charge of the Harriers coming home in 1:25:16. He finished the race in 14th position overall and bagged 2nd price for his age category.

Well Done Mike!

Other race results include:

Rob Cummings 1:41:25
Mike Cutler 1:52:48
Colin Earp 1:54:34
Glenn Riley 1:58:18
Trevor Reece 1:58:31
Colin Wynne 2:00:22
Cindy Morrisette 2:28:21.



Westbridge 5 on 4th June

A team of 10 Harriers competed in the Westbridge 5. **Andy Caunt** was the first of our Harriers to cross the finish line in 40:38 followed by **Colin Earp** 46:35; **Angus Varley** 47:35; **Glen Riley** 50:11; **Shelagh Swinerton** 53:51; **Gael Earp** 55:11; **Cindy Morrisette** 59:59; **Lizzie Marshall** 62:19; **Anne Garnett** 63:23 and **Rachel Prince** 72:17.

SOUTH CHESHIRE 20 on 21st April

South Cheshire Harriers hosted its much loved 20 mile race through Weston, Englesea-brook, Betley, Wrinehill, Shralebrook, Audley and Barthomley.

Conditions were wet, to say the least, but that didn't stop an impressive 112 runners completing the course. City of Stoke AC had a fantastic race with two of its runners finishing in 1st and 3rd place. Ray Plant won the race in 1:59:36 while Ken Chapman was hot on his heels finishing in 2nd place in 2:00:55. Adri Hartveld raced home to finish 3rd in 2:04:23. Half a dozen SCH members competed in the race including **Mike Hatton** who finished in 5th place overall in 2:05:16; **Trevor Reece** 2:44:49; **Mike Cutler** 2:50:10; **Glenn Riley** 2:56:51; **Colin Earp** 2:58:40 and our lone female representative **Shelagh Swinerton** finished in 3:12:03.

Congratulations to all our runners who took part.

Here are a few kind words from our race organiser Dave McGrath

"Thank you to everyone who made our race a success on – what has to be said – was a slightly damp day! Our teams of Marshals, Drink Stations

and Course Markers coped admirably - indeed runners praised our efforts at the finish, which was a great compliment to our club.

Once again, thank you (I will arrange a heat wave for next year)."

Harriers Club Champs Fixtures '06

Here's a run down of the forthcoming Harriers Club Champs fixtures

23rd July - Trentham 10 miler
1st August - Berryhill Fields 10K
9th August - Staffs Knot 5
20th August - Birchwood 10K
27th August - Leek Half Marathon
3rd September - Wolverhampton Marathon

If you would like to take part in any of the above races see Martin or Simon for entry forms.

Women's Harriers Champs 2006

It looks like **Shelagh Swinnerton** has now taken a commanding lead in the inaugural Women's championship. Both she and **Cindy Morrissette** have completed the minimum 8 races, but Shelagh leads with 69.09% over Cindy's 56.02%. However, the scrap for 2nd and 3rd places looks like it could become intense. **Gael Earp**, despite some below par performances when injured, has moved up into third place with 52.20% from 5 races and **Lizzie Marshall** and **Anne Garnett** could also still feature in the top 3.

Martin intends to give some sort of trophy to everyone in the top 3, so there is still a lot to battle away for. Let's hope the girls let their feet do the talking and leave their handbags out of it.

Men's Harriers Champs 2006

In the Men's Championship **Mike Hatton** has also now stormed into the lead with 80.90% now that he has completed 8 races. As with the ladies, the battle for 2nd and 3rd is a close one - **Mike Cutler** currently has 2nd spot with 67.74%, **Colin Earp** (having an excellent season) is 3rd with 65.71%, and **Rob Cummings** 4th with 64.74% - all having done their minimum 8 races.

However, **Dave McGrath** (70.40%), **Andy Caunt** (69.74%), **Rob Bonson** (68.46%) and **Colin Simpson** (70.48%) are also likely to feature if they manage to get their 8 races in.

Running Weekend

To be held among the beautiful scenery of the Elan Valley, Mid Wales - 2nd & 3rd September 2006

Itinerary

Arrive Friday evening for drinks / dinner & briefing. Saturday morning runners take to the trails for a scenic run, whilst non running friends / partners explore the valley on the network of walking & cycling trails or just relax at the beautiful lodge.

Saturday afternoon team orienteering, or, perhaps try your hand at archery.

Sunday, more running, or, more relaxing in the unspoiled countryside.

Cost per person is only £105 & includes:

- Two nights bed & full breakfast in a single or twin en-suite room.
- Two days packed lunches
- Three course evening meal on Friday & Saturday
- Afternoon tea on Saturday & Sunday
- Local guide who will plan the runs to suit the ability

Recently graded as the only 5 Star activity accommodation in the UK

If you are interested in this weekend, please call me urgently to express an interest, as places are strictly limited & we have a reserve on the lodge.

Cindy 07775 585617 / 01270 588397

Thanks for your Support!

Note from the Editor

Thank you to everyone who has contributed to the writing of this month's newsletter.

Please keep your stories coming.

Just a quick note

Does anyone recognise these underpants left in the back of Cindy's car?

If they happen to belong to Denzel Washington or Keanu Reeves then I'm available to take your call day or night - no need to bother Cindy.

