

**SUMMER  
Newsletter**

**SEPTEMBER 2006**



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

In this edition you will find the following items:

- Summer BBQ
- News of Brewery Trip
- Long Live the Llandudno 10
- Race Reports
- Harriers Club Champs Race Fixtures for 2006 and leading positions
- Dates of End of Summer Club Run and AGM

**Summer BBQ**

On behalf of all Harrier members and their guests who attended this year's summer Barbie, I would like to extend a big thank you to Jan & Ray Woolgar and family, who once again hosted a great evening. The event was combined with Sophie's 11<sup>th</sup> Birthday and Sophie was the perfect hostess.

The weather was good to us and this year, as the food was provided by outside caterers (see below),



everyone was fed & watered without the need for Billy, Martin et al. receiving 3<sup>rd</sup> degree burns.



All together now Happy Birthday to you....



So much food... decisions...decisions.



Oh, come on girls, men aren't that funny!



Thanks to all those who attended, helped with set up and clean up. Here's to the next one... if I ever manage to run off my burger...

This report was written courtesy of **Cindy** and the photos supplied by **Tony** and **Roger**.

### **Club trip to a Brewery**

It has been noticed that many of our members are keen consumers of liquid refreshment after training and races. With this in mind, we felt that there could well be some interest in a visit to the Titanic brewery in Burslem which is being organised by club member, Chris Walsh for a Friday evening in November. Chris would lay on a minibus and sandwiches for a likely cost of £7 to £10 each. Anyone wishing to go on this trip should contact Bill Ferguson by phone (Tel. 560171) or e-mail ([billybadfoot@talk21.com](mailto:billybadfoot@talk21.com)) and he will compile a list on a first come, first served basis. Numbers would be strictly limited to a maximum of 20, so don't delay too long contacting Bill if you are interested.

### **Anyone want to be a coach?**

There will be a Cheshire AAA coaching course at Macclesfield on Saturday 7 October. Anyone that would be interested in obtaining a coaching qualification should contact Martin or Mike Cutler.

### **Long Live the Llandudno 10**

SCH members are bemoaning the loss of the favourite Welsh race, the Llandudno 10.



**Martin** writes to say "The Llandudno 10 was the first race that I ran after joining the Harriers in October 2001 and it has been my favourite race ever since. The



*start along the Sea Front was a bit like the Charge of the Light Brigade due to the large number of entrants, but the Front is so wide that the field soon sorted itself out. I also liked the bit you did after the Sea Front where you ran along one of the main shopping streets, turned at the roundabout and came back along the opposite side of the carriageway. This gave you a chance to clock everyone who was ahead of you on the way out and then everyone who was behind you when you were coming back along the other side. There were several long testing banks around the route, but the steepest one came just before the 9 mile point when you were starting to tire. After that, it was back onto the Sea Front for the final mile. Although this part was flat, the distance could be very deceptive as you could clearly see the finish ahead of you long before you reached it. It took real pace judgement in order to get the best out of yourself on this course and I will miss the chance to test myself against it again."*

**Katherine**, the Newsletter editor has fond memories of running the race for the only time 2 years ago:

*"I, for one, have very fond memories of the race, although only having run it once. Two years ago I was training for the London Marathon. I spent most of the early months hampered by injury and as a result had yet to step up to running 10 miles. Martin suggested I use the Llandudno 10 to achieve that goal.*

*For the first 7 miles I felt quite strong, but for the last three miles my legs had turned to jelly. One lady passed me at the 8 mile mark and I spent the next mile fighting with my legs for her to remain within my sight. Sylvia had come to Llandudno for a weekend break and met up with me at the final mile. I told her I needed to beat the lady in front to the finish line.*

*Sylvia, being the kind of woman she is, started running alongside me and slowly, but surely we reduced the distance between me and the lady in front. Sylvia, mind you, didn't have running shoes on, but that didn't stop her from being there for me. Sylvia dropped off just before I passed the lady with about 200 yards before the finish line. I crossed the finish line exhausted, but elated after having conquered the Llandudno 10 with a little help from my friend. Thank you, Sylvia, for a day I will never forget!"*

Another fan of the race **Anne Garnet** tells us of her experience of running the race: "I was really sorry to hear that the Llandudno 10 is no more. For me, it was the highlight of last year's running. It was a glorious, sunny day and the start and finish of the race along the sea front was truly inspirational. I loved the race; there was a brilliant atmosphere, a great course and wonderful seaside scenery".

## Race Reports

### Wolverhampton Marathon 3<sup>rd</sup> September

Four South Cheshire Harriers made the trip to the West Midlands to compete in the Wolverhampton Marathon on Sunday. On a warm day, the first of the quartet to complete the undulating course was **Rob Bonson** in **3:32:58**. **Colin Earp**, continuing his ever-present attendance in this year's North Staffs Road Runners league, completed in **4:24:23** followed by **Martin Stirna** in **4:34:19**. **Karyn Amson-Orth** completed her first race for the club and knocked 12 minutes off her PB to finish in **4:42:29**.

### Leek Half Marathon on 27<sup>th</sup> August

The club managed to bribe 9 of our members to compete in the gruelling Leek Half marathon. This isn't a race for the faint hearted so I suspect they were bribed with beer. **Mike Hatton** made light work of the event by sprinting home in an impressive 1:24:12.



Other club results include:

**Steve Dawson** 1:38:05

**Mike Cutler** 1:48:07 (pictured on left)

**Glenn Riley** 1:48:15 (pictured centre)

**Colin Earp** 1:50:40 (pictured right)

**Colin Wynne** 1:54:17

**Simon Walker** 1:54:30

**Shelagh Swinnerton** 2:06:45

**Cindy Morrisette** 2:15:32

### Birchwood 10K on 20<sup>th</sup> August

7 members represented the club at this year's Birchwood 10K. **Robert Bonson** was the first Harrier home to stop the clock in 40:11. Other race results include:

**Steve Dawson** 42:35; **Charlie Rowlands** 42:52; **Paul Brownbill** 44:08; **John Latham** 49:34; **Angus Varley** 54:47 and **Cindy Morrisette** 57:50.

### Staffs Knot 5 on 9<sup>th</sup> August

Andy Caunt and Lizzie Marshall (pictured below) were among the 10 Harriers who competed in the Staffs Knot 5 mile evening race on Cannock Chase,



The fast course produced some quick times for our runners. **Mike Hatton** showed he's not just a dab hand at long distance running as he sprinted home in overall 18<sup>th</sup> place in 29:46. **Andy Caunt** was not far behind as he clocked 31:33. The other SCH race results were as follows:

**Steve Dawson** 34:25; **Mick Tobin** 37:12;

**Mike Cutler** 37:44; **Colin Earp** 37:53;

**John Latham** 42:52; **Gael Earp** 44:19;

**Cindy Morrisette** 48:01 and **Lizzie Marshall** 49:10

### Berryhill Field 10K on 1<sup>st</sup> August

11 magnificent members competed on the undulating 3 lap off-road course. **Peter Mallison** (pictured below left) made a welcome return to form as the first Harrier to finish the race in overall 5<sup>th</sup> place in 37:34. **Mike Hatton** (pictured below right) was hot on his heels and came home shortly after in 7<sup>th</sup> place in 38:23.



Other SCH race results:

**Dave McGrath** 43:36; **Rob Cummings** 44:14;

**Charlie Rowlands** 44:14; **Steve Dawson** 45:12

**Mike Cutler** 47:52; **Colin Earp** 48:44;

**Shelagh Swinnerton** 55:42; **Gael Earp** 56:54 and

**Cindy Morrisette** 1:02:20.

**Trentham 10 miler on 23<sup>rd</sup> July**

The Harriers turned out at the Trentham 10 in full force with an impressive 12 runners. **Rob Bonson** was first Harrier home in a quick time of 1:08:48.



The other club finishers were:

**Dave McGrath**

1:12:32;

**Steve**

**Dawson**

(pictured left)

1:14:03;

**Rob**

**Cummings**

(pictured right) 1:14:49; **Charlie**

**Rowlands** (pictured below left)

1:15:27; **Mike Cutler** 1:17:34; **Colin Earp** 1:19:28;

**Colin Wynne** (pictured below right) 1:21:52;



**Simon Walker** (pictured below left) 1:23:22;

**Shelagh Swinnerton** 1:32:51; **Gael Earp** 1:34:03

and **Cindy Morrisette** (pictured below right – it's clear to see she's enjoying it!) 1:40:37.

**Women's Harriers Champs 2006**

With just 6 races left, **Shelagh Swinnerton** continues to hold onto the number one spot with 69.09% in the Women's championship. However the battle between 2nd and 3<sup>rd</sup> place appears to be far from over as **Gael Earp** currently has 57.25% while **Cindy Morrisette** is hot on her heels with 56.25%.

**Men's Harriers Champs 2006**

The Men's Championship is still being led by **Mike Hatton** with 80.90%. However, **Dave McGrath** has jumped into second place with his impressive 70.76% and **Andy Caunt** is now third on 70.04%. Close behind them are **Rob Bonson** 68.02%, **Mike Cutler** with 67.74% and **Colin Earp** 67.49%.

**Harriers Club Champs Fixtures '06**

The Sandbach Super Six on 10<sup>th</sup> September replaced the Llandudno 10 in this year's Club Championship. The scores above include this race and the Ipstones 5 held on 9<sup>th</sup> Sept, but reports on them will appear in the next newsletter.

The 6 remaining Harriers Club Champs fixtures are:

**24th Sept – Sutton 6 (10K)**

**1st Oct - Macclesfield Half Marathon**

**8th Oct – Congleton Half Marathon**

**22<sup>nd</sup> (or 29<sup>th</sup>?) Oct – Audley 10K**

**5<sup>th</sup> November – Flying Fox 10 (Miles)**

**10<sup>th</sup> December – Helena Tipping 10K (Wrexham)**

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

**End of Summer Club Training Run**

We are organising an End of Summer Club Run at **Marbury Country Park on Sunday 29 October** (\*unless Audley 10K is on that day, when it would then be 22 October). We will meet in the main car park within the Park at 10.15am ready for a 10.30 start. Toilet facilities are located nearby. We are calling this our End of Summer Run as this is the day that the clocks go back an hour. The run will be about 90 minutes and there will be extra loops (for the quicker runners) and short cuts (for the slower runners). The run should therefore be suitable for all our active members and it would be nice if as many of you as possible could attend. It is hoped that most of the participants will be able stay after the run for lunch in a nearby pub. Further details will be published in the next Newsletter and on the website.

**Date of 2006 Club AGM**

Please make a note in your diaries that this year's AGM will be held at 8.15pm (for an 8.30pm start) in the Bar at the Oakley Centre following normal club training on **Thursday 16 November**.

**Thanks for your Support!**

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