

**AUTUMN**  
Newsletter

**NOVEMBER 2006**



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

In this edition you will find the following items:

- Club AGM
- Club Member of the Year
- Race Reports
- Harriers Club Champs Race Fixtures for 2006 and leading positions
- Members corner

## Club AGM reminder

All members should note that the 2006 South Cheshire Harriers AGM will be held in the Oakley Centre Bar **starting at 8.30pm on Thursday 16<sup>th</sup> November** following a shortened club training session. The bar will be open from 8.00pm to give you all time to purchase drinks and peruse club kit before the meeting commences.

As well as the need to elect the officers and committee members of the club, there are some important matters to discuss this year, including a proposal to increase the subs to £15. This is partly to cover an increase in subscription rates by the regional body and partly to build a fund to help subsidise future Social Events.

## Club Member of the Year vote

Voting slips will be available at the AGM and at training nights up until the end of the year for the election of this year's Club Member of the Year. All members get one vote and can use it to vote for the person they feel most deserves the accolade of Club Member of the year.

Members can use whatever criteria they like to make their choice – they could vote for the member that they feel has done most over the past year for the club or for other members, for a member that they feel gets insufficient recognition for their running achievements or for the member whose company they most enjoy on club training runs.

**Newsletter** : Katherine Cartlidge

## Race Reports

### Ipstones 5 on Saturday 9<sup>th</sup> September

With several other local races taking place the following day, just 5 Harriers stalwarts took part in the rural mixed-terrain Ipstones 5 miles race which is part of the NSRRA series. As usual, the first member home for the club was **Mike Hatton** in 30:57. The other club finishers were **Mike Cutler** 38:23, **Colin Earp** 40:00, **Shelagh Swinnerton** 46:09, **Gael Earp** 47:50 and **Cindy Morrissette** 49:13.



Mike Hatton, Shelagh and Cindy at Ipstones

### Sandbach Super Six on Sunday 10<sup>th</sup> September

The club had one of its best turnouts of the year in this 10K mixed-terrain race put on at Elworth by the fledgling Sandbach Strollers club with 15 Harriers competing.

**Andy Mayers** showed that Mike Hatton is not the only one that can run quickly by being first club member home in 39:09, with **Andy Caunt** not far behind in 39:51. The other SCH competitors were **Steve Dawson** 41:29, **Rob Bonson** 41:38, **Charlie Rowlands** 42:10, **Rob Mayers** 45:53, **Mike Cutler** 46:17, **Mick Tobin** 47:00, **Glenn Riley** 48:33, **Andy Painter** 49:28, **Tom Brereton** 54:28, **John Latham** 56:31, **Chris Walsh** 58:03, **Lizzie Marshall** 62:00 and **Anne Garnett** 72:49.

**Website** : Tony Salthouse

**Meerbrook 15K on Sunday 24<sup>th</sup> September**

Members of South Cheshire Harriers were busy over this particular weekend taking in a variety of races at different venues. Ten Harriers travelled to Meerbrook in the Staffordshire Moorlands to run in the hilly and difficult Meerbrook 15K - another race in the North Staffs Road Runners League.

First home for the Harriers and 7<sup>th</sup> overall was once again **Mike Hatton**, having a splendid season and finishing in 60.30. Next home, and making a rare appearance on the road, was **Ian Ankers** aka "Boot" in 67.27.

**Shelagh Swinnerton** was the first lady home in the trio of female harriers in 93.21, followed by **Lizzie Marshall** 111.51 minutes and **Anne Garnett** 112.02 minutes. Other times were **Steve Dawson** 70.50, **Charles Rowlands** 70.52, **Mike Cutler** 77.14, and **Simon Walker** 85.50.



Ian Ankers, Lizzie Marshall and Ann Garnett

**Sutton 6 on Sunday 24<sup>th</sup> September**

Meanwhile three Harriers travelled together to Guilden Sutton, near Chester to take part in the Sutton Six 10K. There was torrential rain before the race, but fortunately this had abated by the time of the start. First home was **Andy Mayers** in 38.18 minutes followed by his cousin **Rob** in 44.35. **Martin Stirna** completed the trio in 50.43 minutes.

**Fitness First 10K on Sunday 24<sup>th</sup> September**

Club newcomer **Alasdair Dyde** represented the club in the Fitness First 10K run around the Queen's Park/King George's playing fields area in Crewe. Alasdair managed a personal best, knocking 2 minutes off his previous time and finishing in 48 minutes and 30 seconds.

**Northern British Masters Championships on Sunday 1<sup>st</sup> October**

South Cheshire Harriers' members were busy over the weekend in a variety of races. Pride of place went once again to **Mike Hatton** who competed in the Northern British Masters championships held at Lytham St Anne's. Mike took 19<sup>th</sup> place in his category and 39<sup>th</sup> place overall in the 10 mile race finishing in a time of 60 minutes and 30 seconds.

**Sandstone Trail on Sunday 1<sup>st</sup> October**

Meanwhile in Cheshire, **Charles Rowlands** completed the 16.5 mile Sandstone Trail 'A' race in 2 hours 32.06 minutes. **Andy Caunt** also completed the A race. In the B race of 9.5 miles **Mike Cutler** completed in 1 hour 45.47 minutes, with **Dave Naylor** also completing.

**Macclesfield Half Marathon on 1<sup>st</sup> October**

Meanwhile **Steve Dawson** was 60<sup>th</sup> overall in a time of 1.30.57 in the Macclesfield half marathon, run over an undulating and testing course. **Sheila Bickerton** was the sole female representative and completed in 1 hour 43.03, taking 2<sup>nd</sup> place in her age category. **Glenn Riley** also completed the course in 1.46.18

**Congleton Half and Quarter Marathons on 8<sup>th</sup> October 2006**

10 brave Harriers took on the gruelling Congleton Half Marathon. **Mike Hatton** continued his impressive run finishing in 6<sup>th</sup> place overall in 1:18:53 and also bagged first prize in his age category. **Charlie Rowlands** came home shortly after in 1:33:17. Other race results include: **Matt Lewis** 1:35:32, **Rob Mayers** 1:40:44, **Glenn Riley** 1:43:07, **Martin Stirna** 1:50:26, **Alasdair Dyde** 1:56:12, **Cindy Morrissette** 2:09:56, **Lizzie Marshall** 2:18:39 and **Anne Garnett** 2:19:04.



*Above Charlie, Matt and Rob demonstrate the club's difficulty in trying to introduce any uniformity into the shorts worn in races. Oh well, at least they all seem to be enjoying themselves!*

A male Harrier duo competed in the Quarter Marathon in the form of **Mike Cutler** who clocked a time of 49:03:00 and **John Latham** in 59:47. Both men successfully bagged 2<sup>nd</sup> prize in their age categories.

## Harriers Champs 2006

There are no significant changes since the last newsletter in the top 6 positions of either the Men's or Ladies' Championships, but it is tremendous to note that a total of 49 runners – over 50% of the membership – have competed in at least one of the Championship races, which is a huge improvement on last year's 33.

Just as significantly, a total of 17 runners have already completed 8 races this time, whereas last year it was just 6 runners that achieved that. This has made the Championships much more competitive and would seem to indicate the positive effect of having increased the number of Championship races from 20 to 30.

A complete list of the Final positions will appear in a future newsletter.

## Harriers Club Champs Fixtures '06

If you haven't yet competed in a Championship race yet this year or if you are keen to improve your current League position, the following 3 fixtures will be your last chance to do so.

**5 Nov – Flying Fox Ten**

**25 Nov – Cheddleton Christmas Pudding 10K**

**3 Dec - Helena Tipping 10K at Wrexham**

Please note that the Cheddleton 10K replaces the Audley 10K in the Club Championship as that race will not now be staged this year. Also please note that the Helena Tipping race is one week earlier than printed in some previous listings.

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

## Fun Run

Since the Cheddleton Xmas Pudding 10K run on Saturday 25<sup>th</sup> November is one of the few runs left for the year, might our members consider it as a fun event for the club and dress/run in fancy dress?



The run is a three lap undulating affair, so PB's are almost definitely out, but everyone could enter into the spirit of the event (a Cancer Research charity event) and have a laugh. How about it?

## Four Villages Half Marathon at Helsby on 21<sup>st</sup> January 2007

Please note that this race will be the first fixture in next year's SCH Club Championships. Entries for the race fill up very quickly, so get your entry in before December if you want to enter.

## Sunday Runs

Fancy a Sunday run? Well, now you can. There are a group of members who meet every Sunday and do easy running averaging about 10 miles. They will also continue to run throughout the winter months. If you would like to join please contact Roger Foden at [roger@red-squirrel.com](mailto:roger@red-squirrel.com) for further details.

## Members Corner

This month's Members Corner is brought to you by **Karyn Amson-Orth**.

*I met Joginder at this year's Wolverhampton Marathon. We ran together for a while and met up again at the finish line.*

*He had his camera and took some photographs of myself and family.*



*We have kept in touch ever since. Joginder sent me 2 laminated posters he had designed from the photos at the Wolverhampton Marathon. He is such an amazing person. Last year Joginder made an emotional journey to his home village of Khanowal in India to complete a double marathon. His 52 mile fundraising feat was to aid victims of the Tsunami. His journey started at 4am from the Golden Temple in Amritsar and despite the heat, finished 10 hours later at Khanowal.*

*Earlier this year Joginder returned to the Golden Temple in Amritsar and jogged 60 miles to Jullunder which raised thousands of pounds for the South Asia Earthquake appeal. Joginder is such an inspiration!*



**27 medals and 7 trophies**

*I hope I have the pleasure of running with him again soon.*

*If you have a story to tell our members please contact the newsletter editor.*



## Club New Year Run

At the moment, it seems likely that this year's Club New Year Social Run will be at 9.30am on Sunday 31<sup>st</sup> December. Full details will be given in the next newsletter.

Last Sunday's End of Summer Club Run in Marbury Country Park was a great success with about 20 runners taking part. Photos from the run will be published in the next newsletter. The club is very grateful to **Mike Cutler** for all his hard work in organising this event.

## Hatches and Matches



Congratulations to SCH members **Helen** and **Gareth Edwards** who had a baby son, **William Rory** last month. He weighed in at a very healthy 8lbs 2oz and can no doubt be guaranteed

to keep Helen and Gareth running around after him for some time. Hopefully, they will soon be able to organise a baby sitting rota so that they can resume training with the club again.

Congratulations to SCH committee member **Simon Walker** on having finally married his girlfriend Nicky on Saturday 28<sup>th</sup> October. This gave Simon a very good excuse for missing the Club's End of Summer Run at Marbury the following day. No doubt we shall see Simon back training at the club after the honeymoon - assuming that he gets permission from Nicky



## An appeal from the Editor

**Can I ask anyone who takes part in any future races to please wear their club vest as it makes it easier for me to find you amongst the other competitors in race photos on the internet. Thanks for your Support!**

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