

**WINTER
Newsletter**

DECEMBER 2006



Welcome to another edition of the South Cheshire Harriers Newsletter.

In this edition you will find the following items:

- Forthcoming Events
- Race Reports
- Harriers Club Champs – Final Positions
- Members corner
- Report on Brewery Trip
- AGM report

Forthcoming Events

2007 Flora London Marathon

Congratulations to **Shelagh Swinnerton** and **Colin Wynn** whose entries have been accepted for next April's London Marathon. Those of you whose entries were rejected will get a second chance **if you pass your rejection letters to Mike Cutler in time to be included in the draw** for the 2 guaranteed Club places which will take place at the Copper Mine after the New Year Run **on 31 December** (see below).

Club New Year Run – 31 December 2006

Once again the Club New Year Run along parts of the Sandstone Trail will be held on the morning of New Year's Eve. Runners wishing to take part should aim to get to the Cooper Mine pub car park at 9.00am ready for a group photo before the run commences at 9.30. As usual possible short-cuts for the slower runners and extra loops for the keen runners will be planned into the route. The run will end by 12.00 in time for everyone to order food in the pub. Members not able to run and partners are very welcome to join us at the pub at 12.00 for the meal.

NSRRA Presentation Evening

The North Staffs Road Runners Association will be holding its annual presentation evening at Burslem on **Friday 19th January 2007**. **Mike Hatton, Shelagh Swinnerton, Colin Earp** and **Cindy Morrissette** are all due to receive

awards at this event, so it would be nice to get a good turn-out from the club to support them. Tickets are £5 each and the event includes a buffet and disco as well as the prize-giving. The club will be running a mini-bus to the event. Speak to Martin if you would like to attend.

The Return of the Pie and Quiz Night

This year's SCH presentation evening will be held on

Friday 26th January 2007, at Crewe Golf Club, Fields Road, Haslington, Crewe. CW1 5TB.

Guests will have a two course meal consisting of either home made short crust steak & Ale pie, with rich gravy, served with chips & vegetables or, vegetarian lasagne and chips, followed by boozy sherry trifle. Afterwards there will be an inter-table quiz with professional quiz master **"Mike the Quiz"**, and presentation of the club awards. The bar will be open from 7pm 'till Midnight. The event costs a mere £7.50 per person. Please return the slips to **Cindy Morrissette** (Social Secretary) with a cheque ASAP.

Race Reports

Newcastle Dales Dash 10K on Sunday 3rd December

5 harriers competed in the 10 km Newcastle Dales Dash - a cross country race involving more than a few hills. **Melvyn Cole** (pictured below on left), was the first Harrier home finishing in 20th position in 48:30 followed by **Nigel Lofkin** in 49:17. Other runners who competed were **Mike Cutler** 58:25, **Clive Holland** (pictured below right) 59:17 and **Cindy Morrissette**.



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Helena Tipping 10K on Sunday 3rd December

9 Harriers travelled over the border to Wrexham in Wales for the Helena Tipping 10km. Although the race is run over a fairly flat course, runners were somewhat hampered by gale force winds and several stretches of ankle-deep water on the course due to an overnight downpour of rain. First home for the club was **Andy Mayers** in 40:51, closely followed by **Steve Dawson** (pictured here) in 41:34.



Rachel Eite completed her first race for the club and did very well using **Martin Stirna** (48:54) as a pacemaker to finish in 49:10 despite suffering from a heavy cold.

Viv Colclough also did very well to complete her first ever race in 72:12 – having only previously done some 5K Fun Runs.



Other club members to contend with the elements in this race were **Rob Mayers** (pictured here) 45:58, **Dave Griffiths** 52:08, **John Latham** 54:12 and **Angus Varley** 55:24.



Cheddleton Xmas Pudding 10K run on Saturday 25th November

Ten South Cheshire Harriers competed in the annual Cheddleton Christmas Pudding 10km run. Weather conditions were ideal, although there was plenty of water on the course from a pre-race downpour.

The 3 lap course consisted of many ups and downs and meant that a personal best was well out of the question. Nevertheless, 372 runners turned out for the race with the promise of a large Xmas pudding to all finishers and also all fees going direct to Cancer Research UK.

First home for the club and 51st overall was **Ian Ankers** in 41:54 minutes followed in by **Dave McGrath** in 43:10. First lady home for the club was **Gemma Cutler** - competing in her first 10km race - who crossed the finish line in 56:58, followed in by **Jeanette Hatton** and **Sarah Dyde** in 58:43 minutes. Other times for the club were - **Rob Mayers** 46:58, **Mike Cutler** 49:31, **Colin Wynne** 52:13, **Simon Walker** 52:50 and **Cindy Morrisette** 61:28.



Jeanette's daughter decided to put pen to paper after seeing her mum take part in the race and has kindly come up with a poem for the newsletter

My Running Poem

*Congratulations you did so well,
Thank goodness down that hill you never fell,
With mine and heather's reindeers on show,
We saw Santa Claus ho ho ho,
At the end of the race our legs all covered in mud,
But we still got our own Christmas pud!!*



Next Season

One of the early races in next year's Club Championship will be the Village Bakery Half Marathon at Wrexham on Sunday 18th February 2007. We have sixteen Harriers entered for this event, which coincides with the date of **Sylvia Smallwood's** 65th Birthday and there are plans for members to celebrate the occasion with her by going for a pub meal after the race.

Any other members not running in the race will be most welcome to come and support those competing and help Sylvia celebrate. Chris Walsh is organising a minibus to transport members that require it. For further details please contact Chris on 07821 289808 or email him at astonishtheworld@hotmail.co.uk

Harriers Champs 06 – Final Scores



Mike Hatton has retained the shield that he won last year as Club Champion by finishing as a clear leader in the Men's Championship on 81.01%, which was actually 1% higher than his 2005 mark.

The rest of the top 10 places were very keenly contested and finished as follows:

- 2nd **Dave McGrath** 70.92%
- 3rd **Andy Caunt** 70.04%
- 4th **Rob Bonson** 68.02%
- 5th **Mike Cutler** 67.74%
- 6th **Colin Earp** 67.49%
- 7th **Steve Dawson** 65.86%
- 8th **Rob Cummings** 64.74%
- 9th **Charles Rowlands** 63.36%
- 10th **Colin Wynne** 63.17%

Martin Stirna 11th, **John Latham** 12th, **Simon Walker** 13th and **Glenn Riley** 14th also completed 8 races. A total of 34 men completed at least one championship race.

The inaugural **winner of the Women's Championship** was **Shelagh Swinnerton** (pictured) was also a clear winner with a finishing score of 69.09%.



The rest of the top 5 were as follows:

- 2nd **Cindy Morrissette** 56.43%
- 3rd **Anne Garnett** 52.73%
- 4th **Lizzie Marshall** 48.19%
- 5th **Rachel Prince** who completed just 4 of the races.

A total of 20 ladies completed at least one of the championship races.

Members Corner

This month's Members Corner is brought to you by **Alasdair Dyde**.

Hellrunner: Hell Up North. Sunday 29th October, Delamere Forest

Despite being advertised as 'an adventure run' this didn't stop a small number of Harriers getting 'stuck in' - literally. The course consisted of "over 10 but less than 12 miles" trail run and no mile markers for 'soft' roadrunner types through Delamere Forest. Consisting of tight and narrow twisting trails through the forest, together with much vaunted Hills and Bogs of Hell.

The weather was perfect and the course was certainly a challenge. Never knowing what was around the corner, we were taken on a twisting route through the depths of the forest - encompassing every possible change of level, bog, stream and patch of mud possible.

The route started with a climb up Eddisbury Hill, which due to the sheer number of runners (951) was a slow, steady start. Suffice to say, throughout the run there was a nagging feeling that we would have to climb back up Eddisbury Hill before the finish!

We then disappeared into the forest and through a section called "Jordans Bog" which involved a waist deep wade through some particularly foul smelling forest floor debris. The route pretty much continued in this vein with brief spells on forest roads before diving back in to the woods once again. Just as we thought the worst was over, the final sting in the tail was a leap into a 4 ft deep mud pool. After dragging ourselves out onto the bank on the other side, a final climb up a very short, very steep hill completed the route – thankfully it wasn't all the way up!

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



Brewery Trip

A dozen members took part in the Titanic Brewery Trip.

Roger Foden gives us the low-down on the night's events:

"An excellently organised social and scientific expedition to the Titanic Brewery. Attended by myself, Simon Walker, Chris Walsh, Bill Ferguson, Lucy Hales and husband, Alan and Denise Williams, Mal and Arthur, Steve Dawson, Mike Cutler and various friends of Chris.

The head brewer explained the intricacies of the brewing process of the golden pick-me-up and rehydration system favoured by many of the more successful Harriers.



Despite the bleak conditions in the brewery most members were able to successfully down two

(free) pints before retiring to the local pub the Bulls Head to shake off hypothermia and down



several more examples of the brewer's art.

We were chauffeured by Simon Walker who most

generously became almost teetotal for the evening.

Many thanks to Chris Walsh for organising the event and a special thank you to Simon who took over the onerous job of mini-bus driver at short notice".



Club AGM

Thank you to all members who attended the 2006 South Cheshire Harriers AGM.

Congratulations to **Dave Rowlands** on being appointed the Harriers' first **Honorary Life Member**. An honour very well deserved – not only was Dave one of the 3 founder members of the club in 1986, but he has served the club faithfully in several roles since then. But just remember, Dave, Honorary Life Members are never allowed to retire from running!

The club also welcomes **Roger Foden** back onto the Club Management Committee where he replaces Katherine Cartlidge as **Publicity Officer**.

Chris Walsh also rejoins the Committee, where he will be responsible for developing the coaching side. This will be a valuable role as it is an area that has been neglected in recent years. **Mike Hatton** has agreed to act as Race Manager at club races. This too is a role that has needed doing by someone for a while and we are sure that Mike will perform it very well. Lastly, **Alistair Dyde** has been co-opted onto the Committee, with no specific role at present, though I am sure that he will soon be assigned one.

The Club AGM also voted to increase the club subscription to £15 for 2007, though any existing members that renew before the end of January will be able to do so at the Early Bird discount rate of £12. New members will no longer be entitled to a free club vest, but all members will be entitled to a £6 discount when purchasing a new club vest or jacket.

Farewell

All that's left for me to say is "Thank you" to everyone who has contributed to the writing of our newsletter. Without your reports and stories none of these would have been possible. I wish Roger Foden well as he takes over from me as Publicity Officer.

Lastly, Merry Christmas Everyone!!!!!!!