



SOUTH CHESHIRE Harriers

Newsletter

February 2007



ANNUAL AWARDS



PIE & QUIZ NIGHT



Winner of the Mens' Race Championship, for the second year, was Mike Hatton. Runners-up were Dave McGrath and Andy Caunt.

Full Club Race Championship results are on Page 3.



Held this year in the comfortable clubhouse of Crewe Golf Club, the Annual Awards night was as ever thanks to Cindy's organisation, a Night to Remember.



"Club Member of the Year", the award decided by members' vote for the member they consider to be have done most for the Club during the year, was won, most deservedly, by Mike Cutler.



Over 70 Harriers and guests attended, to celebrate the achievements of their fellow runners, rehydrate and attempt to win the quiz by almost any means.

Mike has for many years promoted the image of the Club, via his role as Secretary and by his prodigious appetite for representing the Harriers at races.



Following a substantial meal of pie, chips and peas, Chairman Martin called the audience to order and proceeded with the business of the evening: honouring members' achievements, both athletic and social. He was ably assisted in this by our President, Tony Salthouse, who seemed to enjoy the occasion even more than the recipients of the awards.



The Quiz - the evening's serious work - followed. Mike The Quiz hosted a testing, generally uphill event, made even more difficult by members' rehydration techniques.

It was won only after a sudden-death playoff, by Hotch-Potch over Race for Life.



Shelagh Swinnerton won the Ladies' Club Race Championship in its inaugural year. Runners-up were Cindy Morrisette and Anne Garnett.

Our thanks to Cindy for organising a superb evening and to Crewe Golf Club for hosting.



NEAR-TRAGEDY ON MAGIC MYSTERY TOUR

Ladies' Run; December 2006

A survivor writes:

The second South Cheshire Harriers Ladies' Run took place at the Rising Sun Hotel on the evening of 9th December. The usual rules of fancy dress and handicapping applied, so the race record remains unestablished.

Unfortunately, Shelagh Swinnerton, defying the strict rules of the event, smuggled a Rogue Male, namely Magic, onto the course inside her kit. During the evening the unfortunate Magic attempted a get-away and was at large for a while.

A thorough search revealed Magic, caught like a rabbit in car headlights, trapped in a Kidnap for Ransom scenario. The whole Harriers Ladies' Team, except for Cindy, who seemed to have ulterior motives, joined in consoling Shelagh until the ransom demand was met.



A tableful of fit young ladies celebrate their liberation from the mixed changing room

The bunny was returned, but according to Shelagh is deeply traumatised. "It's just as if he's had all the stuffing knocked out of him," she reported.



Magic makes a break for freedom but is spotted by the guards

Thanks to the Rising Sun for hosting, and to Cindy for starting the event.

race for life

**Marshals needed;
will YOU help?**

**A WOMEN-ONLY 5K RUN,
WALK OR JOG,
to raise money for Cancer Research UK**

Last year 750,000 women took part in 'Race for Life' events all over Britain and raised over £46 million. This money is vital to help research into all aspects of cancer. It may surprise you, but there is very little government funding for Research into Cancer. The vast majority of the money comes from public donation.

This year the charity is trying to raise £60 million from the Race for Life and has managed to obtain **Oulton Park** as a venue. The race is on Sunday 13th May and starts at 11:00 am. We hope to have 5000 participants.

For the event to be successful, an army of volunteers is required, from humble litter pickers to managing the logistics which such a large event demands. Course marshals are vital, and the first port of call is always the local running club, if there is one, because club members know what is required and can be relied upon to do the job properly.

Lesley & I are responsible for the course and we should be very grateful for assistance with marshalling. You would have to be there at about 10:15am, and you would be needed until about 12:30. You will even receive free refreshments & a commemorative t-shirt.

Please let us know if you can to help by ringing **01270 768434** or e-mail lesley.rowlands@btinternet.com



Dave and Lesley Rowlands

Harriers Race Championship 2006; Final Results

Men

Position	Name	Races	Ratio
1	Mike Hatton	8	81.01%
2	David McGrath	8	70.92%
3	Andy Caunt	8	70.04%
4	Robert Bonson	8	68.02%
5	Michael Cutler	8	67.74%
6	Colin Earp	8	67.49%
7	Stephen Dawson	8	66.32%
8	Robert Cummings	8	64.74%
9	Charles Rowlands	8	63.36%
10	Colin Wynne	8	63.17%
11	Martin Stirna	8	61.89%
12	John Latham	8	59.07%
13	Simon Walker	8	56.21%
14	Glenn Riley	8	55.61%
15	Robert Mayers	7	61.95%
16	Andy Mayers	4	69.56%
17	Mick Tobin	4	62.46%
18	Angus Varley	4	53.37%
19	Colin Simpson	3	70.48%
20	David Griffiths	3	61.48%
21	Trevor Reece	3	59.20%
22	Paul Brownbill	2	68.49%
23	Gareth Edwards	2	62.93%
24	Matthew Lewis	2	62.65%
25	Christopher Walsh	2	55.33%
26	Tom Brereton	2	52.16%
27	Ian Ankers	1	75.38%
28	David Jones	1	73.65%
29	Peter Mallison	1	71.78%
30	Robert Jones	1	69.52%
31	Melvyn Cole	1	64.17%
32	Andrew Painter	1	54.78%
33	Alasdair Dyde	1	53.79%
34	John Swinnerton	1	44.10%

Ladies

Position	Name	Races	Ratio
1	Shelagh Swinnerton	8	69.09%
2	Cindy Morrissette	8	56.43%
3	Anne Garnett	8	52.73%
4	Lizzie Marshall	8	48.19%
5	Rachel Prince	4	42.42%
6	Jeanette Hatton	3	50.51%
7	Sheila Bickerton	2	76.89%
8	Helen Edwards	2	61.96%
9	Sylvia Smallwood	2	61.01%
10	Alison Colclough	1	63.83%
11	Kate Allen	1	60.45%
12	Jane Aliane	1	56.52%
13	Lorna Fewtrell	1	55.82%
14	Sarah Dyde	1	54.50%
15	Karen Roberts	1	52.73%
16	Gemma Cutler	1	52.52%
17	Karyn Amson-Orth	1	49.64%
18	Vivienne Colclough	1	46.70%



Mike and Shelagh in action

Congratulations to Mike Hatton and Shelagh Swinnerton.

Mike retains the award with another terrific performance this year, with a substantial lead over 2nd place Dave McGrath; his final percentage ratio was 1% higher than in 2005.

Shelagh, despite injuries (which seem to make her run faster), was well ahead of 2nd place Cindy.

In all there were 34 male entrants, with 14 completing at least 8 championship races. Mike Cutler completed 20 races, Colin Earp 19 and Mike Hatton 15.

This is the first year there has been a separate contest for the ladies; it seems to have been successful in that 18 ladies competed, with 4 completing at least 8 championship races, higher numbers than last year when there was only one class.

Cindy Morrissette put Mike Cutler to shame by completing 21 championship races; Shelagh completed 15 and Lizzie Marshall 11.

Congratulations to all who took part.

CLUB CHAMPIONSHIP RACES 2007

The list of races for the 2007 Club Championship is set out below. Best 8 results to count.

The number of eligible races has been reduced to 16.

London and Wolverhampton Marathons are alternatives, since few members have access to London. The 10 mile Flying Fox and the Cheddleton 10K are reserve races, should any of the list be cancelled.

Any further details will be posted on the Oakley noticeboard

	Date	Race	Distance	Start Location
1	21-Jan	Four Villages	Half Marathon	Helsby
2	04-Feb	Alsager	5 Miles	Alsager College
3	18-Feb	Village Bakery	Half Marathon	Wrexham Industrial Estate
4	25-Mar	Stafford	Half Marathon	Stafford Town Centre
5	03-Apr	Chester Spring 5	5 Miles	County Officers' Club. Upton
6	22-Apr	Flora London	Marathon	Greenwich
7	29-Apr	Uttoxeter	Half Marathon	Uttoxeter Town Centre
8	03-Jun	Westbridge	5 Miles	
9	01-Jul	Stone St Michaels	10 K	
10	15-Jul	Cheadle 4	4 Miles	
11	22-Jul	Trentham 10	10 Miles	
12	08-Aug	Staffs Knot	5 Miles	Cannock Chase
13	19-Aug	Birchwood	10 K	
Alternative	02-Sep	Wolverhampton	Marathon	
14	07-Oct	Congleton	Half Marathon	
Reserve	04-Nov	Flying Fox	10 Miles	
15	11-Nov	Llandudno	10 Miles	Llandudno Prom
Reserve	25-Nov	Cheddleton	10K	
16	02-Dec	Helena Tipping	10K	Wrexham Industrial Estate

After 2 races (4 Villages and Alsager 5) the positions are:

Men

	Name	Races	Time	Target	Ratio
1	Charles Rowlands	2	2:06:54	1:21:31	64.24%
2	Michael Cutler	2	2:19:00	1:29:00	64.03%
3	Martin Stirna	2	2:25:26	1:31:55	63.20%
4	Alasdair Dyde	2	2:24:34	1:25:03	58.83%
5	Simon Walker	2	2:25:51	1:24:26	57.89%
6	Mike Hatton	1	0:29:44	0:22:53	76.96%
7	Melvyn Cole	1	0:33:30	0:24:47	73.98%
8	Stephen Dawson	1	1:27:12	1:02:03	71.16%
9	Colin Simpson	1	1:24:51	1:00:19	71.09%
10	Andy Caunt	1	0:31:28	0:22:13	70.60%
11	David Griffiths	1	0:38:24	0:26:59	70.27%
12	Colin Earp	1	0:37:19	0:25:41	68.83%
13	Paul Brownbill	1	0:35:53	0:23:58	66.79%
14	Robert Cummings	1	0:33:46	0:22:04	65.35%
15	Andy Mayers	1	0:33:34	0:21:36	64.35%
16	Colin Wynne	1	0:39:55	0:25:27	63.76%
17	Nigel Lofkin	1	0:35:23	0:22:33	63.73%
18	Mick Tobin	1	1:41:08	1:04:24	63.68%
19	Robert Mayers	1	0:36:49	0:22:43	61.70%
20	John Latham	1	0:41:27	0:25:27	61.40%
21	Glenn Riley	1	0:34:55	0:21:19	61.05%
22	Steve Treweeks	1	0:36:13	0:22:04	60.93%
23	Trevor Reece	1	0:39:11	0:23:14	59.29%
24	Alexander Burton	1	0:36:13	0:21:19	58.86%
25	Peter Cooper	1	0:36:21	0:21:19	58.64%

26	Angus Varley	1	0:40:22	0:22:53	56.69%
27	Philip Cliff	1	0:39:48	0:22:23	56.24%
28	Christopher Walsh	1	1:59:26	1:07:00	56.10%
29	Andrew Painter	1	0:38:18	0:21:27	56.01%
30	Steven Hay	1	1:46:39	0:59:39	55.93%
31	Tom Brereton	1	0:43:12	0:21:19	49.34%

Ladies

	Name	Races	Time	Target	Ratio
1	Sarah Dyde	2	2:53:01	1:32:52	53.67%
2	Jeanette Hatton	2	2:53:05	1:30:40	52.38%
3	Shelagh Swinnerton	1	0:42:33	0:29:30	69.33%
4	Gemma Cutler	1	0:42:08	0:23:39	56.13%
5	Tina Smith	1	2:08:44	1:10:26	54.71%
6	Cindy Morrissette	1	0:48:17	0:26:15	54.37%
7	Anne Garnett	1	2:29:55	1:14:57	49.99%
8	Lizzie Marshall	1	2:27:57	1:05:48	44.47%



New Year Run



9:30am, Sunday 31st December 2006 at the Coppermine Inn, Broxton.
Members and friends (19 + photographer) at the start of the traditional New Year Run.

In the celebrated traditions of the Run, despite the storms of the previous days the forecast was for a fine morning, and it was. The raw wind at the start gave way to pleasant conditions, except for on exposed hill edges where the breeze was chill. Those without studs or claws had problems at times as the previous week's rain had made the going rather greasy in places.

Also in the best traditions of the Run, the informal yet highly-tuned handicapping system of short-cuts fell apart after a few miles when a sub-group led by Dave Griffiths made a break for the Peckforton hills, under the delusion they were taking a short-cut.

Despite, or because of, the various informal route improvisations, everyone finished between noon and 12:15; Charlie, Bill and Steve being the last members home. (Because they had waited for over 10 minutes at the top of the railway to see the anguished faces of the fastest group as the latter panted their way up - in vain; the fast group had gone by the time Bill et al arrived!)

The Coppermine Inn provided tea, coffee, beers, dry white wine and hot food, and ice for Chris Walsh's swollen ankle. It was Shelagh's birthday‡ (again) and Cindy had generously supplied a cake and candles, which, with no thought for her own safety, she lit. Shelagh proved her fitness by having enough puff left to blow them out!

Special mention must be made of Wire Rowlands, the youngest participant. Despite his fortitude and excellent manners during the run, he was deemed too young to enter licensed premises, so, without protest, he made do with a bowl of water and a nap in the back of Charlie's car. Little wonder he's fitter than most; coaches, take note.

Whilst we were in the pub, heavy rain began; what excellent timing!

Thanks to the Coppermine for their hospitality and to all who came along; I hope you enjoyed it. Next year we'll try to be even better organised!

Roger F

‡ She's in her prime (for the 2nd time this decade).

Draw for Club Places in the London Marathon.

This traditionally takes place after the new Year Run. Two Club places are available for those rejected after a normal application; the lucky winners are:

Karyn Amson-Orth and Alasdair Dyde

Race Results

Sunday 17th December

Staffs Moorlands Christmas Cracker 8 mile.

The Christmas Cracker is a popular and testing multi-terrain race over the Roaches; fancy-dress is desirable.

Mel Cole (67:01), **Charlie Rowlands** (68:45) and **Lucy Hales** (85:01) were the three Harriers who competed.



Ian Ankers (62:51) and **Cindy Morrissette** (96:28) also took part.

Tuesday 26th December

The Boxing Day 4.5 mile 'Round the Walls' run at Chester: a lap-and-a-half of the Roodee racecourse followed by a tour of the Roman Walls and finally another lap of the racecourse.

The only Harrier to run was **Mike Cutler**, completing his 91st race in 2006. (Only 91 races in 2006 Mike; you're slipping!) He was ably assisted by Rachel and Christine Prince, who braved the elements to give highly vocal support, helping Mike to finish in 34:20, before he collected his prize of two mince pies and a cup of mulled wine.

Monday 1st January 2007

Limp Wrist 5 mile Handicap, Stafford.

The 'Handicap' in this race is that competitors must, on entry, estimate their time and surrender any form of timepiece to the organisers. The winners are those closest to their estimated time.

The course is a mixture of footpaths and bridleways which the preceding week's heavy rains had transformed in places into a calf-deep morass. A hail-

storm during the race added to the experience.

Two (fool)hardy Harriers took part: **Mike Cutler** turned out for his first race of the year, finishing 49th but coming 16th in 39:46 (estimated time 39:30) accompanied by **John Latham**, 20th in 43:39 (estimate 44:00).

Saturday 6th January

Mud, mud and more mud; four gruelling laps of it, at the **Cheshire Cross-Country Championships** held at Knight's Grange, Winsford.

There was an excellent turnout of Harriers for the Senior Men's race:

Mike Hatton came 30th, backed up by team-mates **Colin Simpson**, **David Hindley**, **Rob Jones**, **Gordon Bickerton**, **Rob Cummings**, **Charlie Rowlands**, **Alasdair Dyde**, **Mike Tobin** and **Mike Cutler**.

Sheila Bickerton continued her run of race successes, coming 27th in the Women's event and taking the Gold Medal for the over 50 age group.

The Harriers were backed up by Dave Rowlands and Roy Williamson, who stood by with words of encouragement at the top of a severe bank.

Sunday 7th January

Pennine 10km Road Race

Mike Cutler, in pursuit of his race century for 2007 turned out for this race with its "relentlessly grinding inclines" (Mike's description). Mike finished 141st out of 219, in 52:14; nothing to be ashamed of on a hilly course the day after the Cheshire Cross-Country.

Saturday 13th January

The "Twin Piers" 10km Road Race; Llandudno pier to Colwyn Bay pier.

After a bus trip from Colwyn Bay to the start, a following wind helped the 250-odd runners along Llandudno promenade, with **Mike Cutler** and **Colin Earp** in close contention. Mike took the lead along the prom, but was shortly overtaken by Colin as the course climbed over the Little Orme. Undaunted, Mike held on and was able to haul back Colin by the time they reached Rhôs-on-Sea, from where a strong head-wind tested runners over the final 2½ km. Mike overtook Colin again, finishing in 47:21, with Colin close behind in 47:58.

Gael Earp provided mobile vocal support, assisted by Ken Richards of Newcastle AC.

Race Results (continued)

Sunday 14th January

Tiviot Dale "Hit the Trail" race.

A bright sunny day, but with a biting wind, for this 5 mile race along the Tiviot Dale Way, using foot-paths and bridleways, with some stiff inclines and narrow bridges along the route.

Mike Cutler and **John Latham** represented the Harriers, Mike overtaking John at around the halfway point, and building a lead to finish in 41:54, with John coming home in 43:45.

Sunday 21st January

Four Villages Half Marathon

Run from Helsby, taking in the villages of Dunham on the Hill, Little Barrow, Mouldsworth and Manley, the Four Villages Half Marathon attracted a field of nearly 1800 runners on a clear, cold Sunday morning

Sixteen South Cheshire Harriers competed in what is the first fixture of the Club Championship.

First home for the club was **Colin Simpson** in 1:24:57, followed closely by **Steve Dawson** in 1:27:50.

Other runners for the club were **Charlie Rowlands**, **Michael Tobin**, **Mike Cutler**, **Steve Hay**, **Martin Stirna**, **Alasdair Dyde**, **Simon Walker**, **Chris Walsh**, **Jeanette Hatton**, **Sarah Dyde**, **Tina Smith**, **Lizzie Marshall** and **Anne Garnett**.

Sunday 28th January

Chernobyl 10K

The proceeds of this race go towards the charity helping young victims of the Chernobyl disaster. It is run from Walton Park in Preston, and this year attracted almost 500 entrants.

The indefatigable **Mike Cutler** and **John Latham** represented South Cheshire Harriers. Mike finished 180th in 46:54; John was 383rd in 55:39.

Sunday 4th February

Alsager 5

This race, held at Alsager Leisure Centre, is the second event in the Club Race Championship and the first in the NSRRA race list, so is a popular and well-attended contest. The flat course can give fast times.

South Cheshire Harriers had a superb turnout of almost a third of the membership for the race.

The field of almost a thousand finishers enjoyed cold but ideal conditions on this acclaimed fast course, 26 athletes finishing in under 25 minutes with Kent AC's J Mays first in 23:39.

For the Harriers, **Mike Hatton**, coming back from injury, was once again first home in 29:44 in 135th place, followed by **Andy Caunt** in 31:28. Newcomers **Steve Treweeks** and **Alex Burton** ran well and finished in 36:13.

First home for the ladies was **Gemma Cutler** in 42:08 followed by **Shelagh Swinnerton** in 42:33. **Sarah Dyde** showed continuing improvement and finished in 45:03 followed closely by **Jeanette Hatton** in 45:07.

Full results for the Harriers:

Men:

Mike Hatton	29:44
Andy Caunt	31:28
Charles Rowlands	33:05
Melvyn Cole	33:30
Andy Mayers	33:34
Rob Cummings	33:46
Glenn Riley	34:55
Nigel Lofkin	35:23
Paul Brownbill	35:53
Mike Cutler	35:56
Alex Burton	36:13
Steve Treweeks	36:13
Peter Cooper	36:21
Simon Walker	36:30
Rob Mayers	36:49
Alasdair Dyde	37:05
Colin Earp	37:19
Andy Painter	38:18
Dave Griffiths	38:24
Martin Stirna	38:38
Trevor Reece	39:11
Phillip Cliff	39:48
Colin Wynne	39:55
Angus Varley	40:22
John Latham	41:27
Tom Brereton	43:12

Ladies:

Gemma Cutler	42:08
Shelagh Swinnerton	42:33
Sarah Dyde	45:03
Jeanette Hatton	45:07
Cindy Morrissette	48:17



Thanks to **Bryan Dale** for all race pictures.

2006 NSRRA League Results

Harriers showed well in the rankings of the 2006 North Staffordshire Road Runners Association.

Mike Hatton was second in the A League; **Shelagh Swinnerton** was first in the over-55 category; **Colin Earp** topped his group and **Cindy Morrissette** came second in hers.

South Cheshire Harriers is becoming well recognised as one of the area's most competitive and friendly running clubs.

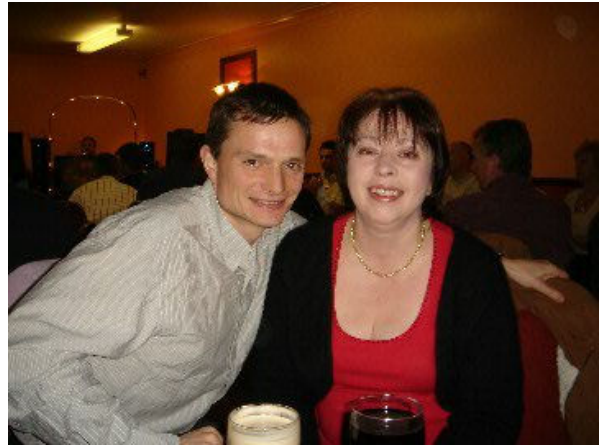
Congratulations to all our members who entered NSRRA races in 2006.



What is the NSRRA?

The Association was set up in 1974 to promote road running in the North Staffs region. Members are organised into groups based on ability: there are six men's and three ladies' groups. There are also leagues for different age groups.

Each year 20 races are chosen to go into the NSRRA programme and the best 12 performances in these races count towards the league competition. In each



Jubilant harriers at the NSRRA Awards Presentation evening

of the events the 1st, 2nd, 3rd etc in each group receives 50, 49, 48 etc points.

Membership costs only £5 per year. As a member your position in the designated races is picked up and your ranking calculated automatically.

For further details talk to Mike Cutler or see:

www.dave.l.taylor.btinternet.co.uk

Items for inclusion in the Newsletter

Thank you for reading this far!

If you have any news, information, personal anecdotes, training tips or pictures which could be of interest to other members via the Club newsletter, please contact:

The editor, Roger Foden, on club nights or roger@red-squirrel.com

Via the website webmaster@southcheshireharriers.org.uk