



SOUTH CHESHIRE *Harriers*

Newsletter

July 2007

OUT AND ABOUT

Summer running in the freedom of the open countryside continues to be popular:

Staffordshire Moorlands Summer Series is an enjoyable set of races in more ways than one:

A competitor writes:

The Staffs Moorlands Summer Series got off to a great start on 7th June with the 1st race being held at Tittesworth Reservoir. Club members included Mel Cole, Mike Cutler, Boot, Shelagh and me. However, the evening was marred for two members by what can only be described as 'an incident'.

I left my car keys in the capable hands of Lesley Cole. However Melvyn decided to lock them in his car for safe keeping. The theory was good, but when I returned to the finish funnel, very hot and sweaty, ready to change into warm, snugly clothes before heading off to the barbeque at the Lazy Trout, Mel asked me if I was in a good mood.

This doesn't bode well I thought.

Having finished the race, during which he managed to take the wrong route on a well-marshalled track, Mel discovered he had also locked his own car keys in the boot, rendering both sets of keys absolutely secure.

So, there stood Shelagh and I: cold, and wet; no money, no phones, no means of transport home.

Not to mention Mel's predicament as Lesley was now also cold (and hungry). He was no longer looking every inch the complete athlete, shivering in his shorts whilst phoning the AA on a borrowed mobile phone, to mocking calls from his fellows.

Whilst Mel waited for "a nice man, a very nice man" to attend, his fellow team members: Mike, Shelagh, Boot and I deserted the sinking ship and went to the pub, team spirit alive and well.

I had acquired a fleece and some money from the chairman of a very supportive running club: Staffordshire Moorlands AC (details on the web);

Shelagh borrowed what was described as a travel rug, but to me looked more like a dog-blanket, and we prepared to spend the rest of the evening in the warm, congenial surroundings of The Lazy Trout.

It was there that we discovered Boot had been allowed to dress himself, and was wearing two completely odd shoes, not even remotely similar in colour, style or age; we were very proud.

It's worth noting that Lynne lays Boot's work clothes out on the bed in the morning.

Mel is now conducting master classes in "Breaking into a Mercedes". It apparently involves a balloon, a horse whip (don't ask!), several spanners and power tools for removing the back seat, a torch and a fishing rod. Bring your own equipment.

All in all, an extremely positive start to the series. It should also be mentioned that during the race one of us managed to get her trainer stud caught in some chicken wire and fell headlong, skinning both knees and palms, but that is the mark of the committed athlete. [*Hear Hear: Ed.*]



I only told him to blow the bloody boot open!

I would encourage all Harriers to have a go at the Summer Series, it's an education.

[Editor's note: I'm not sure if the Boot with odd shoes is the same as the one containing the locked-in keys. It probably doesn't really matter.]

OUT AND ABOUT (2)

ANNE AND LIZZIE'S TUESDAY NIGHT RUNS JULY - AUGUST PROGRAMME

These runs are designed for anyone who would like to explore the local countryside at a leisurely pace. They are all approximately 5-6 miles and we plan to run at about 10-11 minute mile pace. They are all within easy reach of Crewe and are often near a pub if anyone requires refreshments!

All the runs will start at 7.00 p.m. and continue throughout the summer. Everyone is welcome and no-one will be left behind!

Date	Meeting Point	Run Description
3-Jul	Salt Line Car Park, Hassall Green	Scenic route along the canal, onto the Wheelock Rail Trail and back along the canal.
10-Jul	The Bear's Paw, Warmingham	A mixed terrain route across fields and woodland and past Moston Flashes.
17-Jul	The Bear's Head, Brereton	A rural route, mainly along tracks and taking in a lap or two of Brereton Country Park.
24-Jul	Podmore Lane Car Park, Halmer End (next to the Fish and Chip Shop)	Scenic run down a wide country track and round a nature reserve.
31-Jul	The Shroppie Fly, Audlem	A scenic rural route starting along the canal path and finishing on country lanes.
7-Aug	No Run Tonight	We're on Holiday!
14-Aug	Salt Line Car Park, Hassall Green	A pleasant run along the length of the salt line, onto the canal at Rode Heath Rise and back along the towpath to Hassall Green.
21-Aug	The Swan, Wybunbury	A lovely rural route through Wybunbury Moss and across the fields towards Hough
28-Aug	Brereton Country Park car park	A beautiful route down the Dane Valley Way to the village of Swettenham.

For further details please contact

Anne Garnett on 01270 668104 or Lizzie Marshall on 01270 661056

Billy's Tuesday evening runs are well supported, perhaps because of his choice of pubs. There is no set programme; the next week's venue is decided during the post-run rehydration session - so check Bill's website:

<http://uk.geocities.com/billybadfoot.t21@btinternet.com/>

for current details.



OUT AND ABOUT (3)

Club Hash (with Potteries Hash House Harriers) Saturday 28th June

Starting at 1pm from the car park, Brereton Heath Country Park it will be held in conjunction with the Potteries Hash House Harriers.

It will be suitable for all standards of runners & will end with "down downs" and a picnic (bring your own picnic).

Our last Hash was at Wybunbury in 2005!

We enjoyed it then, so please give this event your support; it is suitable for all abilities.

Cindy's Quick Guide to Hashing

Basically, hashing is a form of non-competitive cross-country running with the main objective of working up a decent thirst. Great emphasis is placed on the social aspects – particularly, the communal rehydration session at the après-hash. It's a fun activity and not be taken at all seriously.

How did it all begin?

To begin at the beginning, as they say in all the best yarns, one should go back to 1938 in Kuala Lumpur, in what is now Malaysia, when a group of expatriates associated with the rubber plantations started a modified paper chase, in order to work up a decent thirst before retiring to the Selangor Club. There, the restaurant was known locally as the "Hash House" so naturally, the name was adopted by the harriers and in contrast to other groups undertaking similar activities, the name stuck. The particular genius of the founding father, A S Gispert (nicknamed "G") was to make the traditional hare & hounds running more fun by making it non-competitive. But you knew all that really, didn't you?

We will move on quickly to the Second World War and its aftermath, which became known as the Malayan Emergency, when British and Australian troops joined in the fun and when posted elsewhere, began new chapters and the Hash House Harriers (H3) spread throughout the world rather like a virus!

Both servicemen and diplomats have been largely responsible for the contagion spreading. Indeed, the first known recorded hash in the UK was the Commando Forces H3, based at Plymouth, founded in 1969 by the then Col Ray Thornton (ex-Joint Master of Singapore H3) which flourished in the early seventies, but like many military hashes, petered out when postings decimated the membership. Ray went on to found Bicester, Donnington and Looe & Liskeard which survived by becoming predominantly civilian hashes.

So now you know...

What's involved?

If you have half a mind to join the Hash, you're overqualified. If you have hashed before, you will know the format, but for the newcomers, here's a quick rundown on what happens.

The Hash generally meets at a pub chosen by the HARES. The HOUNDS set off at the appointed hour along a clearly defined trail (blobs of chalk or sawdust) with the front runners calling "ON, ON" for the benefit of slower runners and latecomers catching up.

Every 500 metres or so, the trail will end, signified by a CHECK MARK in the form of a line or a circle - ask the hare before you set out. The front-runners, on reaching the check, start searching for the new trail, which can start at up to 50 metres in any direction from the check.

The time taken by the front-runners to find the new trail allows the runners at the back (the "social or chat-pack") to catch up, thus increasing the chances of everyone reaching the pub at the end at roughly the same time.

The front-runners will usually find that the cunning hares have laid some FALSE TRAILS in addition to the real trail - these falsies usually consist of up to 3 blobs followed by an X or a T (again ask!). This ensures that the really fit types, known as FRB's (Front Running Bastards) will become exhausted more quickly and be forced to join the social pack.

Another device used by Hares to achieve the same objective is the LOOP, whereby the trail might go round 3 sides of a field allowing the back markers to run across the fourth.

Hash runs are usually 4-7 miles long and are

Cindy's Guide to Hashing cont.



designed to last 1-1½ hours. Revelries in the pub after the run are up to the individual, but it has been known for some muddy sweaty hashers to be turned out of the pub at closing time.....

Rules & Tips

1. Hashing is totally non-competitive, although someone has to be first. If by some fluke you manage to find yourself in this unfortunate position (or anywhere near it), yell "ON, ON" until you are exhausted enough to fall back to your rightful place in the pack. These calls are not designed to help you, but the poor unfortunate at the rear who can then shortcut (HASH TACTICAL) back to the pack.
2. If it is your misfortune to arrive first at a check, don't sit down and rest, or stand about like a wet weed, but look for the new trail and shout "CHECKING" loud and often. If you find an X or a T, announce "FALSE TRAIL" equally loudly.
3. The "social pack" retains its superiority by the deployment of its greater intelligence. Short cutting from the rear (HASH TACTICALS) is to be positively encouraged and a united pack is far better for warding off homicidal landowners and rabid Rottweilers, as well as forcing the publican's arm if you arrive back at the pub early.
4. Short cutting from the front is NOT ALLOWED (one of the very few firm rules of hashing - actually there are no rules!). Anyway, this practice could result in the whole Hash straying on to un-cleared land.
5. Move at your own pace. Ignore the FRB's and



Jockstraps who urge you to go faster. If you should fall behind, try a HASH TACTICAL. If your tactic is successful, you may be accused by a jealous FRB of being an SCB - a SHORT CUTTING BASTARD. If so, just ignore it; such accusations merely confirm your superior abilities.

6. Always try to keep at least one hasher between you and anything which looks at all fierce, such as bulls, pitbull terriers, landed gentry, geese and

pigs.

7. If you hear the cry "LOOKING" it means that the trail has disappeared into thin air. This could be due to several reasons: the Hares playing silly B's, or, simply running out of chalk, the trail being washed out by rain or an attack of chalk blindness by the front runners. Usually, in this event the pack will spread out and the trail is soon located.
8. If you wish to know what is going on up front, call "HOW ARE YOU?" which should evoke the response "CHECKING", "FALSE TRAIL", "OFF CHALK" or even "LOST".
9. Please don't shout too loudly near to animals. They don't like it. If cows, horses or sheep appear to be about to stampede, WALK, don't run. An insurance claim for an animal like Desert Orchid could bankrupt the Hash insurance company, let alone the Hash. Yes, your Hash may carry insurance but remember, it's for third party damages, not a personal accident policy for you.
10. If you damage fences or gates, try to effect some sort of repair before running on and, most important of all:

NEVER LEAVE GATES OPEN.

Transgressions of this and any other "crime" committed during the hash will be drawn to the attention of the Hash RELIGIOUS ADVISOR who will mete out dire punishment at the Après-Hash. You may also be asked to do a WRITE UP of the run (for publication in the newsletter). If so, please oblige - it helps everyone to remember where they've been and what they did, but it doesn't have to be accurate - let your creative imagination roam free!

So there you have it.

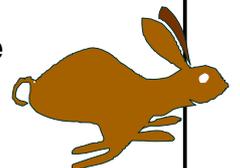
The Hash will be at

1pm on Saturday 28th July, starting from the car park, Brereton Heath Country Park and will be in conjunction with Potteries Hash House Harriers.

It will be suitable for all standards of runners & will end with "down downs" and a picnic. (Bring your own picnic).

Hares will be:

Mike Cutler & Cindy Morrissette



Race Results

Wednesday 2nd May

Clayton 10K Road Race

Another NSRRA event, this was supported by eight Harriers:

Mel Cole was first Harrier home, followed by Rob Cummings and Mike Cutler.

43 rd	Mel Cole	41:17
78 th	Rob Cummings	43:53
110 th	Mike Cutler	45:49
130 th	Martin Stirna	47:47
151 st	Colin Earp	49:10
173 rd	Colin Wynne	57:03
202 nd	John Latham	55:31
217 th	Cindy Morrissette	58:47



Sunday 6th May

Schneider 5 mile

Organised by Telford's Wrekin Road Runners, the Schneider was attended by three Harriers:

35 th	Mike Cutler	36:19
48 th	John Latham	39:59
50 th	Angus Varley	40:11



Monday 7th May

Waterloo 15K

The Waterloo 15K, organised by Southport Waterloo AC, is a multi-terrain race.

Mike Cutler, overcoming his aversion to uneven surfaces so as to increase his already impressive race count, took part, finishing 251st in a respectable 77:06; 27th M50.



Friday 11th May

Christleton 5K

Ellesmere Port Running Club organises this "fast and furious" 5K

Mike Cutler appeared yet again, with Martin Stirna. Martin, in 22:03 just beat Mike who finished in 22:18.



Sunday 13th May

Müller 10K

A very popular race this year. There were 776 finishers - rather more than the organisers had bargained for - and the accuracy of results was compromised by a crowded finish funnel. Seven Harriers finished:



A welcome return for Pete Mallison

Rob Jones continues to show excellent form

27 th	Pete Mallison	36:24
68 th	Rob Jones	38:48
294 th	Mike Cutler	47:03
318 th	Colin Earp	47:25
352 nd	Trevor Reece	47:58
407 th	Angus Varley	49:38
459 th	John Latham	51:37

(results as published by the organisers)



Race Results (continued)

Saturday 2nd June

Wincle 9K Trout Run

Only 9K; seems a bit fishy!
 Ian Ankers, Pete Cooper, Dave Hindley, Rob Jones, Dave Naylor, Charlie Rowlands and Rob Rowlands took part in the Wincle Trout Run, a fell race which is one element of the local Fête.



Does she look familiar?

As part of the celebrations, locals produced scarecrows which were set up around the area. One of them, Rosie Recycle, absconded (or was abducted) shortly before the start of the Trout Run.

Charlie Rowlands (who denies all knowledge of the missing person) sent the following report:

“Did you beat the trout?” asked a mate of mine, who evidently had the Wincle Trout Run confused with Race the Train, or Man versus Horse.

It was very nearly worse than that; at one point I thought I might not even beat my brother. The huge, muscle-bound lummoX came lumbering behind me as we crossed the Dane, about 15 minutes into the race, trying to breathe nonchalantly as if this wasn't potentially the single greatest moment of his life. However, summoning reserves of courage, I put in a devastating 12-minutes-a-mile burst and this proved too much for him, so he stopped to have a pee, an event happily not recorded by Bryan Dale.



For those of you who have not been, the Wincle Trout Run takes place each June, as part of the village fête, and every finisher can claim a dead fish, if that's your sort of thing.

With 950 feet of climb in its 9km - through the Dane Valley and up as high as Hanging Stone - the fell race is

a scary prospect, although not as scary as the dozens of scarecrows that greet you on your way into the village at fête time, giving the place what Dave Naylor identified as “a bit of a Wicker Man feel”. On the other hand, Dave's from Winsford originally, where, frankly, being burnt alive as a human sacrifice in a huge wicker man is about the best thing likely to happen to you on a Saturday night. But I could see his point.

It is an enormously popular race, as the queue to the car park testified. As visitors to the fête basked in the



sunshine, buying jams, shying at coconuts and petting the world's smallest horse, a gaggle of hopeful would-be runners wanted to claim the numbers of any pre-paid entrants who had failed to show up, like theatre fans waiting for returns in the West End, albeit with a more conspicuous smell of horse manure than is usual in Drury Lane.



Eventually, after a delay to allow for latecomers stuck in the traffic or traumatised by the scarecrows, we were gathered by the starter and set on our way. To quote Ecclesiastes, via Damon Runyon, “*the race is not always to the swift nor the battle to the strong, but that's the way to bet*”. Accordingly, Simon Bailey of Staffs Moorlands disappeared into the distance and won by nearly three minutes (in 32:48), having apparently run the course before the start as a warm up.

But in his wake it was a day of triumph for the South Cheshire contingent as Rob Jones (13th in 39:56), Dave Hindley (14th in 40:15), Boot (51st in 44:50) and Dave Naylor (70th in 46:59) secured third place for the men's team, well ahead of Staffs Moorlands.

I'd like to put in a special word for Dave Naylor, who has been accused in these pages of not having the bottle on race day. I took Dave aside at the start, admittedly to try and borrow money, but having failed in that mission, to give him a pep talk.

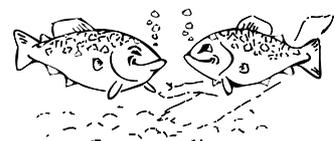


“Dave,” I said, “you're better than me. If you're behind me in the race, you're not running hard enough. I want to see you go out there and beat me today.”

In fact, by the time I finished (88th in 49:15), he had showered, changed and was giving interviews to the local press. I consider that ingratitude. In the face of this ugly triumphalism, I will not let it happen again.

I'd also like to apologise to Pete Cooper (95th in 49:56) to whom I gave a reassuring pat on the back as I passed him at the top of the very last climb. As anyone who has ever been patted on the back when very tired by someone who is about to beat them will know, this is a scandalous breach of race etiquette, to which the correct response is to hope they fall over a tree root and lose half a dozen teeth. Pete is a bigger man than that, however, and was placated when my brother gave him his voucher for a free dead fish.

No trout were harmed in the writing of this report.



Race Results (continued)

Hollins Green 5K

Mike Cutler clocked 22:48 in the Hollins Green race, near Warrington, his 42nd race this year.

Sunday 3rd June

Blackpool Marathon

Colin Simpson, Rob Bonson and Mick Tobin spent part of the weekend in style on the Golden Mile. On a hot day, their times were:

Colin Simpson	3hr:15min
Rob Bonson	3hr:35min
Mick Tobin	4hr:16min



Westbridge 5 Mile

An event in the NSRRA league and the eighth in the Harriers Race Championship Series, the Westbridge 5 was well attended by the Harriers; 14 being involved. Mike Hatton continued his return to form; he was first home for the Harriers in 29:44.

Full results are:

Mike Hatton	29:44
Mel Cole	33:10
Rob Cummings	35:42
Rob Mayor	37:46
Colin Earp	37:52
Martin Stirna	36:11
Mike Cutler	38:56
Alistair Dyde	39:29
Neil Jones	40:18
John Latham	41:43
Colin Wynne	42:11
Shelagh Swinnerton	44:52
Jeanette Hatton	46:10
Cindy Morrisette	47:20



Sunday 10th June

Potter's Arf

Once again the Potteries Half Marathon took place on a very warm day. The conditions did not deter fourteen Harriers who showed some excellent form: Mike Hatton's return to fitness continues; he was 3rd V40 man and 14th overall; Mel Cole was equally successful as 3rd V55 man and Shelagh Swinnerton was 2nd Lady55.

Full results for the Harriers are:

14	Mike Hatton	V45	3	1:22:11
21	Colin Simpson			1:24:38
47	David Hindley			1:29:05
145	Melvyn Cole	V55	3	1:37:44
218	Glenn Riley			1:41:56
249	Rob Cummings	V40	41	1:43:26
281	Alex Burton			1:44:54
304	Nigel Lofkin	V40	46	1:46:42
317	Robert Mayers	V40	48	1:47:53
352	Andy Painter			1:49:35
376	Martin Stirna	V50	29	1:51:12
378	Mike Cutlor	V50	30	1:51:17
385	Colin Earp	V60	9	1:51:56
682	S Swinnerton	L55	2	2:11:34



For Sale

Nice looking garden bridge with handrails; just over 6' long. (We had it going across a flower border. It looked good but the border has now gone.) £50.



Computer Monitor, 17" CRT. £10

Folding Cot: ideal, perhaps, for grandparents to receive a little visitor. £10

Contact **Tony Salthose**.