



SOUTH CHESHIRE Harriers

Newsletter

August 2007



THE GUN RUN

The Roaches from Gun Hill

The Gun Run is a fell run from Swythamley Village Hall, organised by Boot and friends, which has become one of the traditional Tuesday evening Summer Runs.

Nineteen Harriers plus Bill Ferguson (Official Photographer) attended.

The Met Office had issued Severe Weather Warnings for the region. During the day the weather varied between brilliant sunshine and torrential rain. From the start point dark clouds were visible to the west, but despite the portents the evening remained fine and sunny, with wonderful views across to Bosley Cloud, the Cheshire Plain and the Roaches. However the previous weeks' rainfall had thoroughly soaked the countryside and the event was rather wetter than in previous years: a tough course of 5.75 miles with 700ft of ascent, featured slurry, mud, quagmires, paths which had become streams, and pools of standing water.

Simon had to retrieve both his shoes from the depths of an evil-smelling swamp. Cindy

needed only to pat her locks into place at the summit.

This race must be the best value of the season: £4 for attached runners; an open-air unisex cold shower and a free beefburger. All-in-all an extremely enjoyable and satisfying event to complete.

The only slight downer of the evening was the pub: Boot's local had run out of draught beers. (*Had Boot been over-indulging during the week-end?*)



Some of the usual suspects



Results for the Harriers:

Mike Hatton	41:13	9th
Dave Hindley	42:45	14th
Mel Cole	45:14	24th
Steve Dawson	46:33	29th
Dave McGrath	46:51	32nd
Ian Ankers	46:53	33rd
Pete Cooper	48:10	36th
John Booth	49:18	39th
Andy Painter	51:39	47th
Mal Fletcher	52:30	49th
Steve Whincup	53:35	54th
Phil Cliff	53:40	55th
Tony Salthouse	54:39	62nd
Alasdair Dyde	56:53	70th
Simon Walker	59:43	75th
Mike Cutler	63:46	81st
Shelagh Swinnerton	66:14	83rd
Roger Foden	67:56	87th
Cindy Morrisette	71:52	88th

The race winner was Simon Bailey, in 35:08.

Thanks to Bill for original photographs



A select focus group testing the finalised shower arrangements for the Vagrants?



CLUB CHAMPS (SO FAR)

Eleven races run so far; seven to go and Everything to play for:

With one more result Mel Cole can take the lead from Martin; with 2 more Mike Hatton can retain his crown

Shelagh Swinnerton is within one result of overtaking Cindy

Next Races:

*Staffs Knot 5 mile; 8th August
Birchwood 10K; 19th August*

Watch this space!

Ladies

Position	Name	Races	Time	Target	Ratio
1	Cindy Morrissette	8	11:46:03	6:24:47	54.50%
2	Shelagh Swinnerton	7	11:31:06	7:11:29	62.43%
3	Sarah Dyde	7	8:59:50	4:48:02	53.36%
4	Jeanette Hatton	5	7:41:05	3:58:54	51.81%
5	Gemma Cutler	2	1:25:20	0:47:18	55.43%
6	Tina Smith	2	4:16:10	2:20:52	54.99%
7	Sheila Bickerton	1	1:37:16	1:15:39	77.78%
8	Sylvia Smallwood	1	2:18:18	1:26:54	62.83%
9	Charm Parker	1	2:07:16	1:07:35	53.10%
10	Judith Whincup	1	2:17:59	1:09:16	50.20%
11	Anne Garnett	1	2:29:55	1:14:57	49.99%
12	Karyn Amson-Orth	1	4:44:11	2:21:21	49.74%
13	Lizzie Marshall	1	2:27:57	1:05:48	44.47%

11 races run so far. 7 to go.



Thanks to Bryan Dale for photographs

Men

Position	Name	Races	Time	Target	Ratio
1	Martin Stirna	8	9:06:16	5:53:16	64.67%
2	Michael Cutler	8	8:53:21	5:42:30	64.22%
3	Alasdair Dyde	8	8:03:58	4:46:29	59.19%
4	Melvyn Cole	7	5:47:28	4:22:51	75.65%
5	Stephen Dawson	7	8:12:02	5:41:41	69.44%
6	Colin Wynne	7	11:46:47	7:09:25	60.76%
7	Mike Hatton	6	4:24:36	3:24:04	77.12%
8	Colin Earp	6	6:40:54	4:28:27	66.96%
9	Glenn Riley	6	6:41:42	4:04:18	60.82%
10	Peter Cooper	6	5:23:42	3:10:59	59.00%
11	Mick Tobin	5	10:52:31	6:17:20	57.83%
12	David Hindley	4	4:47:51	3:22:42	70.42%
13	Charles Rowlands	4	3:07:02	2:00:31	64.44%
14	Robert Cummings	4	4:21:32	2:47:04	63.88%
15	Robert Mayers	4	2:28:32	1:32:18	62.14%
16	Simon Walker	4	5:29:21	3:13:06	58.63%
17	Philip Cliff	4	2:37:27	1:31:28	58.09%
18	David McGrath	3	4:36:20	3:19:21	72.14%
19	John Latham	3	2:08:35	1:17:58	60.64%
20	Colin Simpson	2	2:48:30	2:00:38	71.59%
21	David Griffiths	2	2:30:46	1:41:43	67.47%
22	Andy Mayers	2	1:00:59	0:39:00	63.95%
23	Stephen Whincup	2	1:15:57	0:47:57	63.13%
24	Paul Brownbill	2	2:26:13	1:30:25	61.84%
25	Neil Jones	2	1:24:41	0:49:35	58.55%
26	Andrew Painter	2	1:08:12	0:38:44	56.79%
27	David Beresford	1	0:37:39	0:27:17	72.47%
28	Andy Caunt	1	0:31:28	0:22:13	70.60%
29	Robert Bonson	1	1:31:58	1:01:37	67.00%
30	Nigel Lofkin	1	0:35:23	0:22:33	63.73%
31	George Arrowsmith	1	1:56:58	1:12:32	62.01%
32	Steve Treweeks	1	0:36:13	0:22:04	60.93%
33	Trevor Reece	1	0:39:11	0:23:14	59.29%
34	Alexander Burton	1	0:36:13	0:21:19	58.86%
35	Angus Varley	1	0:40:22	0:22:53	56.69%
36	Christopher Walsh	1	1:59:26	1:07:00	56.10%
37	Steven Hay	1	1:46:39	0:59:39	55.93%
38	Tom Breton	1	0:43:12	0:21:19	49.34%

11 races run so far. 7 to go.

TOP TIP

Bourne Sports Breakfast Runs

Every Saturday morning Bourne Sports hold a 4.2 mile run, with complimentary healthy breakfast (so don't expect a fry-up). The runs take place from the shop in Stoke and around 50 runners of all standards usually show up.

There are 5 groups: of 6, 7, 8, 10 & 12 minute plus milers and an additional walking group, which leaves 15 minutes before the rest. I haven't been to any of these for a while as the sub 5 minute group was disbanded!! However, the runs are fun, social, a good way of kicking off Saturday (gets training out of the way) and if you have a non-running partner they are welcome to join the walking group and get their daily exercise quota.

The runs are sometimes supported by a sportswear supplier so occasionally a free water bottle or pair of socks is on offer. More importantly, gait analysis is offered free of charge, again by attending footwear suppliers. It is also worth noting that Bourne Sports will soon be offering this service in house, again free of charge. So if you're thinking of buying new shoes, this could be of interest. They also have a treadmill available if you want to "get the feel".

I don't want this tip to sound like too much of an advert (I'm not being paid, honest..) but I have done these runs several times and have taken others with me, who have also enjoyed them. They are fun and worth a try. As those who race regularly know, Bourne Sports are keen supporters of running, sponsoring many races and providing prizes etc. Also by way of support, if you take your Harriers membership card, they will give you a 10% discount on purchases.

Itinerary

- 8.30am: Arrive at Bourne Sports (with accompanying hangover if necessary)
Walking group leaves at 8.30.
- 8.45am: 30 - 40 min run.
- 9.15am: Breakfast & browse around the shop.

BOURNESPORTS

Bourne Sports Ltd
Church Street
Stoke on Trent
ST4 1DJ
01782 410411

Enjoy... *Cindy*

RACE NEWS

Sunday 15th July

Cheadle 4

Nineteen Harriers travelled to Cheadle to run in the hilly **Cheadle 4** race - a NSRRA fixture.

Mike Hatton was first home for the club and 11th overall in 23 min 20 sec, followed by Steve Dawson in 26:15.

Shelagh Swinnerton was first lady home in 35:13, followed by Sarah Dyde in 35:45 and Cindy Morrisette in 40:00.

Other times for the club were:

Mel Cole (26:15), Andy Mayers (27:25), Charles Rowlands (27:27), Peter Cooper (28:01), Rob Mayers (28:48), Steve Whincup (29:52), Andy Painter (29:54), Glen Riley (30:01), Alasdair Dyde (30:05), Mike Cutler (30:17), Phil Cliff (30:22), Colin Earp (30:52), John Latham (30:55), Martin Stirna (30:59).

Sunday 22nd July

Trentham 10

14 Harriers travelled to Tittensor to compete in the Trentham 10 road race - another NSRRA fixture.

Mike Hatton was first home once again in 62:02, followed by Steve Dawson in 67:36. Alasdair Dyde celebrated his 44th birthday by competing and finished in 81:53.

Shelagh Swinnerton was 1st Lady over 55 in 92:27. Other times for the club were:

Peter Cooper 75:07, Mike Cutler 77:12, Martin Stirna 78:56, Colin Earp 79:38, Mick Tobin 81:28, Simon Walker 81:54, Colin Wynne 84:17, Sarah Dyde 99:57, Jeanette Hatton 100:10, Cindy Morrisette 102:47.

on your marks 10k

Elsewhere on the same day four Harriers competed in the on your marks 10k around the Barony Park Playing Fields in Nantwich .

Pete Mallison was first overall in 36:07 followed by Andy Mayers who came 3rd in 41:13.

Neil Jones 42:51 and Rob Mayers 43:41 completed the quartet.

John Latham: 23:06 and Angus Varley: 24:06 competed in the 5k race.

HASHING WITH THE POTTERIES H3



28th July 2007

After a week of extremely indifferent weather, at last the sun shone on the righteous, and half-a-dozen enlightened Harriers joined the Potteries Hash House Harriers for their 141st Hash, a Picnic Hash from Brereton Country Park.

For an explanation of Hashing, one need look no further than Cindy's excellent elucidation on our website (www.southcheshireharriers.org.uk) or in the July Newsletter.



Sufficient to say it's even more fun than it sounds; a truly sociable way of running where the fastest and the slowest all have the chance to join in together.

The trail had been set by our own Mike Cutler and Cindy Morrissette (is there no end to their talents?). It led to Swettenham village and thence around several picturesque but still rather moist byways, meadows and a ford, with sufficient false trails to mislead even the experienced hashers, before returning to the village and back to Brereton Country Park. Here the nearby car park and lack of sawdust markers misled several hounds who managed to shortcut and miss out the last quarter-mile.

The host Potteries H3 club provided a copious sufficiency of refreshments at the ensuing picnic and initiated us into the 'Down-Down', a strange post-run ceremony mainly involved with drinking beer, which may be the true raison d'être for The Hash.

Congratulations to (previous) Hash virgins Anne, Bill, Alasdair, Phil, Andy, and Roger. We are now 'Hashers through and through'!



Hash virgins enjoy a Down Down

Thanks to Potteries Hash House Harriers for their generous hospitality, to Mike and Cindy for laying the trail and to Bill Ferguson for original photographs.



If you want to try it, Potteries Hash meet on the last Saturday of every month at 1pm. Their next Hash, the 142nd, is on 1st September from the Fitzherbert Arms, Swynnerton.

Roger



The 142nd Potteries HASH



The Augtember Hash

Saturday, 1st September 2007 at 1pm.
Start and Finish - The Fitzherbert Arms, Swynnerton



Hare - Zig-a-Zig



Potteries H3 website:

<http://hometown.aol.co.uk/potteriesh3/myhomepage/club.html>

Bryan Dale runs with the Potteries Hash and has a separate website of pictures:

<http://www.potterieshash.co.uk/>