



# SOUTH CHESHIRE *Harriers*

Newsletter

Autumn 2007

## WELCOME TO THE VAGRANTS:

### RUN, CHIPS AND BEER!

**A**s from 2nd August this year we have been based at the Vagrants sports club, on Newcastle Road, Willaston.

To celebrate the move, on **Thursday 27th September** we plan to have a Social Run, followed by a

**'Chip Butties and Beer'** warm-down, rehydration and relaxation session.

Free chips, but unfortunately you'll have to buy your own beer (or other choice of refreshment).

No need to book; whilst we are out the Vagrants catering staff will be able to cook sufficient chips to cater for the runners who turn up (though an idea of numbers a week before will be useful).



## MORE DATES FOR THE DIARY

### End of Summer Run

Sunday 28th October  
at Marbury Country Park  
9:45am for a 10:00am start.

A social run of up to 9 miles (shortcuts available) around Marbury Country Park, led by Mike Cutler. along bridleways, public footpaths and canal towpath.

**R&R afterwards at the Antrobus Arms  
from about 12:15 onwards**

### New Year Social Run

Monday 31st December  
at The Coppermine Inn, Broxton  
9:15am for a 9:30am start.

As in previous years, a social run of up to 13 miles (or so). Lots of shortcuts for the cunning, lots of chances to go further and get lost for the fit, fast and foolhardy.

**Food and refreshments at The Coppermine  
from 12:15 onwards.**

## CLUB AGM

Monday November 19th at 7:30pm  
at the Vagrants.

NB a dedicated evening this year; no Club run beforehand.

Your attendance is not mandatory, but as a member, it's your club and you have the right to influence the administration, but the only way to exercise that right is to attend.



## OLD KING COLE

**Congratulations to Mel Cole on his return to Club running and, after almost 5 years, to a victorious racing season.**

Mel competed very successfully in the Staffs Moorlands Summer Series and the City Parks Grand Prix series of races.

Despite a shaky start at Tittesworth, the first Summer Series event, he quickly found the key to his form and booted out the opposition, winning the Mens' Over-55 class in both series of races.

The City Parks Grand Prix is a series of four 5km races in the Stoke-on-Trent area, all run in local Council Parks, at Longton, Tunstall, Fenton and Hanley.

Mel gained a total of 199 points out of a possible 200 by taking 3 first places and one second place in his class. At Fenton he was beaten into second place by only three seconds.

The Summer Series is 10 off-road races held all over hilly Staffordshire countryside. The best seven finishes count to the final result, and Mel managed seven wins in his group from the seven races he entered, beating Ian Ankers into 2nd place on each occasion.

Also taking part in the City Parks races were Mike Cutler, Martin Stirna and Colin Earp.

Ian Ankers, Mike Cutler, Neil Jones, John Latham, Andy Mayers, Rob Mayers, Cindy Morrisette and Shelagh Swinnerton all took part in the Staffs Moorlands Summer Series.



*Mel Cole with his award for the Summer Series*

## RACE RESULTS

**Wednesday 8<sup>th</sup> August**

**Staffordshire Knot 5 miles**

*Steve Dawson* reports:

The race took place on a warm and DRY Summer evening, starting from the visitor centre on Cannock Chase.

It's one short lap (about 1 mile) followed by a 4 mile circuit, an all off-road but mainly hard core trail, so not for the true fell runners. Also it's very narrow in places, making passing a little difficult. A flat course with a nasty little hill at about 3½ miles, just enough to give you wobbly legs for the last mile: a flat sprint through the trees to the finish.



Generally a nice course and quite a big race but 5 mile sprints are not my favourite; I prefer a nice 10 miles or half marathon.

Fourteen Harriers competed in this race, the 12th event in the Club Championship

|                    |       |
|--------------------|-------|
| Andy Caunt         | 32:04 |
| Stephen Dawson     | 32:40 |
| Peter Cooper       | 34:46 |
| Andrew Painter     | 36:35 |
| Alasdair Dyde      | 37:27 |
| Mick Tobin         | 37:34 |
| Michael Cutler     | 37:38 |
| Martin Stirna      | 37:44 |
| Stephen Whincup    | 38:20 |
| Philip Cliff       | 39:19 |
| Carol Godfrey      | 39:35 |
| Shelagh Swinnerton | 44:10 |
| Sarah Dyde         | 45:30 |
| Cindy Morrisette   | 49:29 |



**Sunday 19<sup>th</sup> August**

**Birchwood 10K**

Thirteen South Cheshire Harriers travelled up the M6 to compete in the Birchwood 10km road race.

The race, part of the Cheshire Grand Prix series and the 13th Club Championship race, was hotly contested over a flat and fast course with cool damp conditions making for good times.

First finisher for the club was Steve Dawson in 40:05, followed by Charles Rowlands in 42:28.

Harrier race debutant Tracey Brown was the club's first lady home in 47:42, followed by Sarah Dyde in 55:57.

Other times for the club were:

|                |       |
|----------------|-------|
| Dave McGrath   | 42:31 |
| Mel Cole       | 43:32 |
| Peter Cooper   | 43:58 |
| Robert Mayers  | 45:27 |
| Mike Cutler    | 45:37 |
| Martin Stirna  | 46:13 |
| Alasdair Dyde  | 46:16 |
| Paul Brownbill | 49:27 |
| John Latham    | 53:32 |



**Wednesday 3<sup>rd</sup> August**

**Capenhurst 5K**

Rob Jones (20:15) and Mike Cutler (21:22) travelled to Chester to compete in the Capenhurst 5k race. Rob's son, Alex William Jones also completed the course.



**Sunday 26<sup>th</sup> August**

**Leek Half Marathon**

Seven South Cheshire Harriers competed in the Leek Half-Marathon on Sunday.



Over a hilly course with 1220 feet of accent, this North Staffs Road Runners fixture was run in warm weather, which committed entrants to difficult conditions on a tough course.

First club member home was

Martin Stirna in 1:47:02, followed by Mike Cutler in 1:48:17.



Sole lady for the club was Cindy Morrisette who finished in 2:16:51.



Other times were

|               |         |
|---------------|---------|
| Glenn Riley   | 1:53:23 |
| Colin Wynne   | 1:54:10 |
| Alasdair Dyde | 1:57:02 |

Simon Walker, despite the heat and hills, thankfully managed to keep on his Club vest and finished in 1:59:15.



**Sunday 2<sup>nd</sup> September**

**Wolverhampton Marathon**

The Wolverhampton Marathon is the alternative marathon distance race in the Club Championship table, available to those who were unable to compete in the London Marathon.



The day's events have a half-marathon - including a Relay race and Wheelchair race, a 15K cycle race and a full Marathon.

All races begin in West Park with a two-lap course for the marathon runners.

Two Harriers entered this year:

|               |         |
|---------------|---------|
| Colin Simpson | 2:59:55 |
| Martin Stirna | 3:50:47 |

Martin was delighted to achieve under 4 hours in this race, after narrowly failing to do so in very hot conditions when he ran it in 2005.



*My thanks to all who submitted reports and to Bryan Dale for pictures*

# CLUB RACE CHAMPIONSHIP PLACINGS: SEPTEMBER

**With 13 races run and just three more to go before the end of the year, the Men's result is still in doubt, finely balanced between Mel Cole and Mike Hatton.**

Mike has run only 6 races - 8 results are needed to have any chance of winning the title - so must enter two more races to have any hope of overtaking Melvyn and retraining his 2006 title. Steve Dawson looks secure for a second or possibly third position.

The Ladies' result appears pretty well decided for first place: Shelagh Swinnerton should retain her title this year, having a lead of 8 percentage points. Second place is still in contention, with Cindy Morrissette leading Sarah Dyde by only 0.61 percent.

The remaining events are:

**Congleton Half Marathon**      **7th October**  
**Flying Fox 10 miles**            **4th November**  
(Llandudno 10 will not be held this year)  
**Helena Tipping 10K**                **2nd December**

## MEN

first 19 places only  
(minimum of 4 races run)



| Position | Name             | Races | Time     | Target  | Ratio  |
|----------|------------------|-------|----------|---------|--------|
| 1        | Melvyn Cole      | 8     | 6:31:00  | 4:54:09 | 75.23% |
| 2        | Stephen Dawson   | 8     | 7:53:43  | 5:30:40 | 69.80% |
| 3        | Martin Stirna    | 8     | 8:12:26  | 5:21:40 | 65.32% |
| 4        | Michael Cutler   | 8     | 8:01:17  | 5:11:22 | 64.70% |
| 5        | Alasdair Dyde    | 8     | 7:26:19  | 4:28:02 | 60.05% |
| 6        | Peter Cooper     | 8     | 6:42:26  | 3:59:16 | 59.45% |
| 7        | Colin Wynne      | 7     | 11:46:47 | 7:09:25 | 60.76% |
| 8        | Mike Hatton      | 6     | 4:24:36  | 3:24:04 | 77.12% |
| 9        | Colin Earp       | 6     | 6:40:54  | 4:28:27 | 66.96% |
| 10       | Glenn Riley      | 6     | 6:41:42  | 4:04:18 | 60.82% |
| 11       | Mick Tobin       | 6     | 11:30:05 | 6:40:45 | 58.07% |
| 12       | Charles Rowlands | 5     | 3:49:30  | 2:28:00 | 64.49% |
| 13       | Robert Mayers    | 5     | 3:13:59  | 2:00:59 | 62.37% |
| 14       | Philip Cliff     | 5     | 3:16:46  | 1:54:01 | 57.95% |
| 15       | David McGrath    | 4     | 5:18:51  | 3:49:53 | 72.10% |
| 16       | David Hindley    | 4     | 4:47:51  | 3:22:42 | 70.42% |
| 17       | Robert Cummings  | 4     | 4:21:32  | 2:47:04 | 63.88% |
| 18       | John Latham      | 4     | 3:02:07  | 1:50:25 | 60.63% |
| 19       | Simon Walker     | 4     | 5:29:21  | 3:13:06 | 58.63% |

## LADIES

all results

| Position | Name               | Races | Time     | Target  | Ratio  |
|----------|--------------------|-------|----------|---------|--------|
| 1        | Shelagh Swinnerton | 8     | 12:15:16 | 7:40:59 | 62.70% |
| 2        | Cindy Morrissette  | 8     | 10:18:42 | 5:38:20 | 54.68% |
| 3        | Sarah Dyde         | 8     | 9:01:20  | 4:52:42 | 54.07% |
| 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        | Tracey Brown       | 1     | 0:47:42  | 0:32:00 | 67.09% |
| 9        | Sylvia Smallwood   | 1     | 2:18:18  | 1:26:54 | 62.83% |
| 10       | Carol Godfrey      | 1     | 0:39:35  | 0:23:39 | 59.75% |
| 11       | Charm Parker       | 1     | 2:07:16  | 1:07:35 | 53.10% |
| 12       | Judith Whincup     | 1     | 2:17:59  | 1:09:16 | 50.20% |
| 13       | Anne Garnett       | 1     | 2:29:55  | 1:14:57 | 49.99% |
| 14       | Karyn Amson-Orth   | 1     | 4:44:11  | 2:21:21 | 49.74% |
| 15       | Lizzie Marshall    | 1     | 2:27:57  | 1:05:48 | 44.47% |



# CROSS COUNTRY ANYONE?

## YOUR CLUB NEEDS



# YOU



**W**e are rapidly approaching the cross country season. If you follow any of the top runners (track, road and fell), you will know that most of them use their winter training and cross country races to prepare them for the racing season.



This preparation works for all runners, regardless of ability or experience, so why not join the growing group of South Cheshire Harriers that are committing to this year's series of cross country races.

The Club has built quite a reputation for road running and often takes more than our fair share of the prizes in the NSRRA, so let this be the year we show that we are a club to be reckoned with over the country.

The main league races we enter as a club are those in the North Staffordshire Cross Country League.



You don't have to be an elite runner to participate and enjoy these races. Below are the dates and venues for this year's races (there are only 4 so let's have a good turn out (please)).

**Lyme Valley, Newcastle on Sat. 6 Oct.**

**Parkhall Country Park on Sat. 13 Oct.**

**Stafford Common on Sat. 10 Nov.**

**Westwood High School on Sat. 8 Dec.**

Start times are:

|                             |        |
|-----------------------------|--------|
| Senior Ladies and Lady vets | 2:00pm |
| Senior Men and Male vets    | 2:35pm |

Race distance is 5K for Ladies; 10K for Men.

Further details and maps can be found at:

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



Please let Mel Cole or Mike Cutler know which of these races you are able to run.

*Mel Cole*

## FOR SALE

### Trailer, 3ft x 5ft



Functionally fine, plenty of tread on the tyres, but cosmetically challenged - a coat of paint would improve it no end.

**£50 ono**

### Folding Cot



Nearly 4ft long when erected (which is quick and easy).

Offers to Tony: **01270 625191**

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## SOUTH CHESHIRE HARRIERS

# MEMBERSHIP REPORT; 3<sup>RD</sup> SEPTEMBER 2007

**A**s of 3rd September 2007 we have 103 members on file, 70 men and 33 women. All have paid except for our one honorary member and four who have promised. One of these almost gave me her money last week but I was too slow.

All of our members are classified as Senior except for Gemma who is an Under 17. One member is Second Claim and the rest are First Claim.

Since the Club first formed in 1986 we have always been affiliated to the North of England Athletic Association and hence to the AAA, but this year all changed.

We must now affiliate to England Athletics/UK Athletics Ltd. The new form of charges for the year 2007 is £50 for the Club and £3 for each competing member.

Next year the charge per competing member goes up to £5. Note the phrase 'competing member'. Many clubs have trainers, volunteers, timekeepers and other helpers that definitely do not compete and they do not have to pay the per capita charge.

However, we only have members that actually run and so I have declared everyone as a competing member even though no doubt some have no expectation of actually racing.

I have no intention of making that decision so we have paid the £3 for each First Claim member.

One advantage is that England Athletics will write to us individually and provide a competition licence and membership card. It has not happened yet because it is the first year of this system and these letters are only expected to go out in September. I have not yet sent the details of those who only joined towards the end of August because I do not want to confuse the system just yet.

**Please let me know of any changes to address, either postal or e-mail, as soon as possible. England Athletics use the former and the club itself does as much by e-mail as possible.**

*Tony Salthouse*  
Membership Secretary

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## YOUR NEWSLETTER

**C**ontributions, of any sort, to the Newsletter are welcomed by the editor.

We accept any articles, accounts of races or training runs; running tips; news; photographs; whatever you like. As long as it's not actionable, don't let the facts obscure a good story.

If you don't agree with or like the content, please feel free to put your own point of view in writing - it's your publication.

However, I must reserve the right to edit any contributions for the purpose of formatting the Newsletter.

*Roger*

*Thanks to all who contributed to this edition.*