



SOUTH CHESHIRE *Harriers*

Newsletter

November 2007



Thursday September 27th

Harriers responded enthusiastically to an invitation from the Committee to sample the catering facilities at The Vagrants.

Following a well-attended training run, members assembled in the bar where two large bowls of freshly-prepared chips, with copious amounts of

bread-and-butter, were washed down with several beers (both ginger- and barley-based).

What better training aid could there be?

*Thanks to Dawn for her expertise in the kitchen,
and to Mike Hatton for photographs*



RACE NEWS

Thur 6th September

Mobberley 5 trail race.



Apart from the misleading name of this race (it was generally agreed by the GPS fraternity that it was between 5.3 and 5.7 miles), this was a superb and memorable evening's running.

Well organised by Malcolm Fowler, it was a low key, low tech event, with not a computer in sight, just like the old days. Results and prizes were displayed and given out soon after the finish.

After giving us the race briefing, Malcolm whipped off his marshal's kit and joined the race to finish fourth overall. (Is this a new rule, where the organiser has to run round to show the way?)

The route is unique, starting off in country lanes and along bridleways running parallel to runway 2 of Manchester Airport, with spectacular sights of planes taking off from close quarters. The route took us directly below the runway as we turned for home and faced the only short, but sharp, hill. I will never fly from Manchester again without looking down and remembering this race.

We had 8 runners in this race; all of whom would recommend you put it in your diary for next year. This was Mike Cutler's 76th run of the year, and with recent injuries now behind him, he ran well to finish in a time of 39:14. On the orders of Cindy, her coach, Sam Cole enjoyed her first race experience (and only 3rd proper run). Carol Godfrey and Phil Cliff had a battle to the line, with only 3 seconds between them.



Mike Hatton showed that he is still running well finishing as 1st V45 (by over 4 minutes) and a brilliant 10th overall.

The race was won by Andy Norman from Altrincham in a time of 27:28.

Full SCH results:

Mike Hatton	V45	31:45	10 th
Melvyn Cole	V55	34:51	17 th
Mike Cutler	V50	39:14	42 nd
Carol Godfrey	L	39:40	47 th
Philip Cliff	V40	39:43	48 th
Sheila Swinnerton	LV55	45:52	82 nd
Sam Cole	L	48:30	87 th
Cindy Morrisette	L	49:15	90 th

Mel Cole

September 8th 2007

Ipstones 5

This race has long been a part of the NSRRA (North Staffordshire Road Runners Association) calendar.

Ipstones is a small village on the edge of the Peak district. You can drive through 364 days of the year to find a tranquil village with people quietly going about their business, but Saturday 8th September is carnival time: Ipstones comes alive.

With race registration at the Ipstones fire station, the fire engines (pumps?) are parked on the street (in case they're needed – and they were) and the station and car park are filled with things to buy, do or eat. This is a race where spectators don't get bored.

The races start with youngsters and fun runners, then at 3pm the seniors' race starts. It has to be said that Ipstones is hilly and this is never an easy race, but they moved the start further down the hill a few years ago (when they built the new fire station), which means you don't have to run up it at the end. Weather conditions were perfect for racing and watching the juniors coming in (alarming fast), the atmosphere was good and there was a definite buzz of anticipation just before the race.

Race News (cont)

With international cross country runner Mark Dalkins (Tipton), Ray Plant (Newcastle) and young Ben Gamble (Stone Master Marathoners) in the pack, the race was always going to be fast at the



front. They finished in times of 25:53, 27:13, and 27:56 respectively. Ben said it wasn't pretty at the front and I tried to explain to him that it was a lot uglier the further back you went, but I'm not sure I convinced him.

Six South Cheshire Harriers took part; all running well on a challenging course, but particular mention

should go to Mike Cutler who, still running injury-free, broke 40 minutes, and Martin Stirna who managed 40:14, despite having run a superb Wolverhampton Marathon just a week before. Full results for the Harriers:

Mel Cole	34:46
Mike Cutler	39:28
Martin Stirna	40:14
Colin Earp	40:36
Colin Wynne	42:11
Cindy Morrissette	50:14

Mel Cole

Sunday September 9th

Vyrnwy Half Marathon

Judith and Steve Whincup lined up with another 1500 runners to compete in the 20th Lake Vyrnwy Half Marathon. It was a pleasant day with the sun hiding behind the clouds until late into the race.

Before the start there was a minute's silence for Doug Morris of Oswestry Olympians, who had died shortly before the event.

Then we were off; we were slow to cross the start as the road was narrow, but once past, it widened and there followed a steady climb for a mile up to the dam wall. This was crossed, then the course followed around the lake to finish back where we started.

The scenery is incredible, the organisation top notch: plenty of toilets, showers and home made grub. Great friendly atmosphere, water stations with sponges every 3 miles. It's a fairly flat course with great potential for a PB.

Steve did 1:42:09 and Judith 2:19:50

Steve Whincup

No photo I'm afraid, but here's a view of the lake:



Race News (cont)

Saturday 15th September

Nesscliffe Nasty



Nesscliffe is west of Shrewbury and following the by-pass for the A5 is now a quiet village. The race, organised by Oswestry Olympians, is approximately 5 miles: two laps along woodland paths with some

hill climbs included to make it a little tougher. This is its second year of running.

All finishers receive a 5lb bag of spuds from the race sponsors (Evans & Newton Ltd, Potato Merchants). (Fortunately this is at the end rather than the beginning of the race.)

Mike Cutler competed and recorded 42:56

September 16th 2007

Sandbach Super 6 10K



Sunshine and warm conditions made the Sandbach Super 6 a great day for spectators. This race is unusual in that runners need to be led to the start, some distance away from the Club, to make sure none escape or get cold feet. The race starts and finishes on footpaths across fields and these were very "runnable", although they did include a stile

on the way back. I didn't know whether to go over or under.

There was a good turnout for the club considering we were represented at another two races (at least). Eleven of us took part though unfortunately Nigel Lofkin had to pull out with a badly pulled hamstring. (I hope it's better by the time you read this Nigel).

There were some star performances, and star amongst stars must be Emma Griffiths (race no 269) who was competing in her first race (the first of of many I hope). I know she enjoyed it because she was still smiling and talking as she ran towards the finish.



Making a welcome return after not racing for 20 years, was Maddy Richardson, her speedy recovery indicating that she has a lot more to come and is a runner to look out for.



Special mention must also be made of Colin Simpson who finished 6th overall, a tremendous achievement after his recent Wolverhampton Marathon success.

Complete club results:

Colin Simpson	38:19	6 th
Mel Cole	41:44	18 th
Robert Bonson	41:57	21 st
Peter Cooper	45:19	31 st
Andy Painter	47:09	42 nd
Phillip Cliff	47:36	44 th
Alasdair Dyde	49:00	50 th
Martin Stirna	55:53	70 th
Maddy Richardson	55:53	71 st
Emma Griffiths	62:59	83 rd

Mel Cole

Thanks to Steve Dawson for original photographs

Sunday 16th September

Combermere NSPCC charity 10K

Mike Cutler ran again on the Sunday in this cross-country race in the grounds of Combermere Abbey.

He recorded 52:39 whilst fellow Harrier John Latham finished in 55:47.

Sunday 23rd September

Meerbrook 15k Road Race

As a person who advises on risk management in my day job, I was horrified to see that we had to run across a cattle grid just a few yards after the start of the race. Mick Hall, the race organiser, usually puts some boards across it, but forgot them this time. I had visions of catching my foot down the grid and then being trampled by the entire 250-strong field.



Race News (cont)

I'm glad to say that I (and as far as I know the rest of the field) managed to negotiate this hazard without mishap. After that it was just the matter of the gradients along the course that we had to contend with. After emerging from the narrow lane with the cattle grid onto the road taking us through the village of Meerbrook, we then



had a climb of about 2K out of the village. After this came several kilometres of fast downhill running, the only alarming aspect of which was that we knew we would have to tackle the same gradient coming back as we returned to the



village of Meerbrook for the finish. This was quite a test and I must admit that after losing a stiff battle with Mark Woolridge, my main NSRRA Group E rival, along this stretch I had very little energy left with which to pick up the pace on the 2k descent back into Meerbrook. This was nearly my undoing as (unknown to me) Mike Cutler was closing on me



fast and was only 22 seconds behind me at the finish.



The slogan on the commemorative race T-shirt reads "Why run a hill, when you can run a mountain?"

This was a bit of an exaggeration, though at the time it did not feel like it. I found this quite a tough race, but I enjoyed the test and I'm fairly



sure that I beat my 15k PB. I intend to be back next year to see if I can do better.

Ian (Boot) Ankers had one of his rare road race excursions in this event and acquitted himself well to end up as 2nd SCH finisher in 1:09:00, behind the in-form Mel Cole 1:07:18.

Other Harriers' times:

Martin Stirna	1:16:37
Mike Cutler	1:16:59
Colin Earp	1:22:11
Colin Wynne	1:24:14
Shelagh Swinnerton	1:36:05
Cindy Morrissette	1:37:16

Martin Stirna

Saturday 30th September

Budapest Marathon

Dave McGrath travelled to Budapest to experience the delights of the Budapest marathon, whose course meanders sometimes confusingly (with several dog-legs) along and across the river Danube.



On a hot day, Dave finished in 3:32:24, with a net time of 3:31:26.

Simon Walker

Saturday 6th October

Coniston Trail Race

This year was my second running of this great race. I ran it last year on the pretext of visiting my wife's relatives who happen to live in Coniston. This year their floor was not available, so we camped next to the race start.

This race is one of a series of four throughout the Lake District offering a range of events from the Trail Race to a walk/run 'Challenge' as well as shorter events for children and anyone else who wishes to take part. The organisers are attempting to create a running festival where families can spend the day in a great location, race, relax and socialise,

Race News (cont)

and to encourage visits to Cumbria (races are held on a Saturday leaving the rest of the weekend free).



As well as my own previous experience of the series, Steve and Judith Whincup have completed a couple of the other events this year.

The Coniston event is 15km, with over 1600 feet of ascent, mostly on tracks, so there is a real feel of being up in the hills even though the route is well marked and marshalled.

The weather was stunning (if a little hot) which meant the views were well worth taking in, but trying to avoid looking up to the top of the path on the way up and watching foot placements on the way down seemed to take precedence over admiring the scenery!



To top it all, Steve and I both beat a former multiple world record holder and gold medallist. Unfortunately, Ron Hill (V69) was unavailable for comment...

For the record:

Andy Painter	1:20:04
Steve Whincup	1:24:54
Ron Hill	1:33:59
Judith Whincup	1:56:18

For further details see:

<http://www.lakelandtrails.org/>

Andy Painter

Sunday 7th October

Congleton Half and Quarter Marathon

This is a long-established and popular race. After the first 2 miles along a main road, the race follows fairly traffic-free country lanes.



There's no denying that the course is undulating – like all the other half marathons in

the NSRRA series, but it is at least faster than Leek and the Potters 'Arf. The race slogan of The Sting in the Tail should ensure that runners are not caught unawares by the steepest of the banks, which is at about 12 miles.



The club had 11 members taking part and one of the most noteworthy performances was by Isobel Browne, who ran very well, finishing more

than 4 minutes inside the 2 hour mark.

Full results for the Harriers:

Mike Hatton	1:20:20
Colin Simpson	1:21:25
Mel Cole	1:29:24
Rob Bonson	1:31:41
Dave McGrath	1:33:48
Martin Stirna	1:43:24
Colin Earp	1:46:40
Glenn Riley	1:53:45
Isobel Browne	1:55:45
Shelagh Swinnerton	2:01:34
Cindy Morrisette	2:13:09

Race News (cont)

Sunday 7th October (cont)

Congleton Quarter Marathon

Mike Cutler (recovering from the previous day's North Staffs X-country race) and John Latham (who quite sensibly just prefers the shorter



races) ran in the Quarter Marathon which is run in conjunction with the Half Marathon - following the same route for the first 3 and last 2 miles of the race. Their times were 51:33 and 55:32 respectively.

Martin Stirna

Saturday 14th October

North Staffs Cross Country League.

Twelve South Cheshire Harriers travelled to **Parkhall Country Park** to compete in the second event of the series. Run over a 10km two lap hilly course, the first Harrier home was Dave Hindley in 40:10, followed in by Mel Cole in 41:34.

Other times were:

Stuart Jones	42:29
Dave McGrath	43:20
Andy Painter	46:03
Paul Brownbill	46:45
Steve Whincup	47:02
Phil Cliff	48:39
Bill Ferguson	49:46
Martin Stirna	51:06
Mike Cutler	52:11
Simon Walker	53:23

Simon Walker

Sunday 15th October

Leicester Marathon

Alasdair Dyde and Rob Jones travelled to Leicester to compete in the marathon there. Conditions were ideal for this highly recommended race, run over a scenic and enjoyable course.

Rob finished in 3:41:30; Alasdair in 4:29:05.

Bells of Pattingham

Mike Cutler and John Latham were amongst 820 finishers in the Bells of Pattingham 7 mile off road race in Wolverhampton.

Mike finished in 64:02 and John in 70:27.

Liverpool 10K

Three Harriers travelled to Sefton Park to run in the Liverpool 10km.

Carol Godfrey finished in 46:01, whilst personal bests over the distance were achieved by Phil Cliff, 45:37 and Sara Richardson, 58:10.

Simon Walker

DON'T FORGET
the
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**

*Thanks to all who contributed to this edition.
Race reports, articles, photographs, etc.etc are welcome*

*NSRRA race photographs from Brian dale's website
<http://racephotos.topcities.com/>*

Roger

CLUB RACE CHAMPIONSHIPS

With 14 races run, and two to go (the Flying Fox 10 mile and the Helena Tipping 10K) positions remain unchanged since September.

Ladies

Shelagh Swinnerton now looks unassailable for first place, having increased her ratio with a good result in the Congleton Half Marathon. **Cindy Morrisette** increased her ratio slightly with her Congleton result, but is still closely shadowed by **Sarah Dyde**.

Position	Name	Races	Time	Target	Ratio
1	Shelagh Swinnerton	8	9:11:20	6:12:44	67.61%
2	Cindy Morrisette	8	10:49:04	5:56:23	54.91%
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	Isobel Browne	1	1:55:45	1:10:26	60.85%
11	Carol Godfrey	1	0:39:35	0:23:39	59.75%
12	Charm Parker	1	2:07:16	1:07:35	53.10%
13	Judith Whincup	1	2:17:59	1:09:16	50.20%
14	Anne Garnett	1	2:29:55	1:14:57	49.99%
15	Karyn Amson-Orth	1	4:44:11	2:21:21	49.74%
16	Lizzie Marshall	1	2:27:57	1:05:48	44.47%

Men

Mel Cole still leads. Both he and **Mike Hatton** competed in the Congleton Half Marathon, where, even though Mel was able to increase his total ratio, Mike's 79.56% in that race increased his potential lead.

(first 16 places shown.)

Position	Name	Races	Time	Target	Ratio
1	Melvyn Cole	8	7:16:52	5:31:32	75.89%
2	Stephen Dawson	8	7:53:43	5:30:40	69.80%
3	Martin Stirna	8	9:17:39	6:05:25	65.53%
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	Mike Hatton	7	5:44:56	4:27:59	77.69%
8	Colin Earp	7	8:27:34	5:40:17	67.04%
9	Colin Wynne	7	11:46:47	7:09:25	60.76%
10	Glenn Riley	7	8:35:27	5:03:57	58.97%
11	Mick Tobin	6	11:30:05	6:40:45	58.07%
12	David McGrath	5	6:52:39	4:56:53	71.95%
13	Charles Rowlands	5	3:49:30	2:28:00	64.49%
14	Robert Mayers	5	3:13:59	2:00:59	62.37%
15	Philip Cliff	5	3:16:46	1:54:01	57.95%
16	Colin Simpson	4	7:09:50	5:09:27	71.99%

ANNUAL GENERAL MEETING

Monday 19th November 2007

**7:30pm PROMPT
The Vagrants, Willaston**

AGENDA

1. Apologies
2. Minutes of the previous AGM (see website for copy)
3. Secretary's Report
4. Treasurer's Report
5. Chairman's Report
6. Election of the Management Committee for 2007/2008
Officers of the Club

President
Chairman
Hon. Treasurer
Hon. Secretary
6 members

together with up to

(plus election of the Honorary Auditor)
7. Subscriptions for 2008
8. Club Prizegiving – how do we vote for Club Runner of the Year?
9. Any Other Business
10. THE END (of business): 8:45 latest!
11. **Vagrants' Chips
& Beer (ad lib)**