



# SOUTH CHESHIRE Harriers

Newsletter

February 2008

## ANNUAL DINNER AND PRESENTATION OF AWARDS

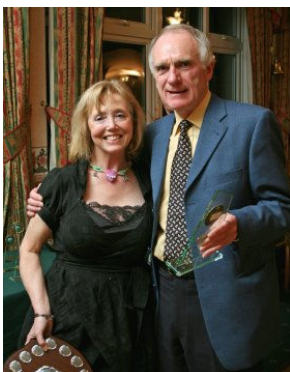


**O**n 25th January Members and guests gathered at Crewe Golf Club for the Annual Dinner and Presentation of Awards.

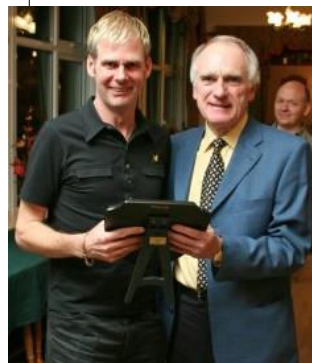
Following an excellent meal, the guest speaker was John Bourne, the well-known local athlete and owner of Bourne Sports. John regaled us with a short account of his progress; from a reluctant schoolboy with a love of sport to a very successful Club runner who also built up a successful sports equipment business which has been patronised at some time by every member of our Club.

Following his talk, John presented the Awards:

**Shelagh Swinnerton, Ladies' Club Race Champion**, retained her award. Second was Cindy Morrissette, third Sarah Dyde.



**Mike Hatton**, after a year beset by injury, managed to retain his **Men's Club Race Champion** award after a close battle with Mel Cole. Third was Steve Dawson



**Club Member of the Year**, the member who is elected by popular vote of all Club members, was **Mel Cole**.

Mel has encouraged other members at all levels, including the organization of a cross-country team which has gone on to the Northerns and will hopefully go to the Nationals.



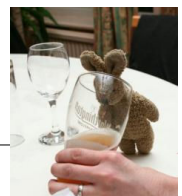
**Mike Cutler** received a special award: as has been reported in earlier Newsletters, Mike has been, for a few years, attempting to run 100 races in a calendar year, and after some disappointing years when he was thwarted by injury in 2007 he finally achieved what by any standards is a formidable goal; he ran in 102 races. He was presented with a specially printed Club vest which celebrates his accomplishment.



The evening was completed with a quiz organised by Steve Whincup.

After a closely-fought battle where the lead changed several times, the winning team was 'Sven's Boys and Girls', who took the prize from 'Rob Cas' only after a final tie-breaker.

*And Magic mis-behaved yet again!*



# NEW YEAR RUN



Once again the start and finish was the Coppermine Inn on the A534 at Fuller's Green. Once again, the event did not run entirely to plan: the Organiser failed to turn up, under the excuse of having a heavy cold.

However despite (because of?) that, everyone who took part enjoyed it. The Ladies' efforts were remarkable:

Sam Cole ran further and longer than she had ever run before (and even enjoyed the mud, though she won't admit it); Liz Painter, in her first run with the Club, ran over ten miles, again her furthest ever distance and time:

New Year's Eve was a mild, slightly over-cast day. Whilst others made preparations for the evening's celebrations, I joined my husband Andy for the Harriers' End of Year Run around Peckforton.

We arrived at the Coppermine Inn at 9:15am, where I was surprised to see so many people arrive, car-by-car, but pleased to find folk happy for me to join in. I was quickly introduced to the other three Ladies: Shelagh, Karyn and Sam. The group divided swiftly into two, routes were discussed and confirmed and then we were off!

Other than bleak memories of enforced cross-country at school, I'd never run across fields and over tracks before! I decided to just 'go with the flow' and before I knew it we'd covered 5 miles and Steve Hargreaves was suggesting we had a quick break, a drink and sing 'Happy Birthday' to Shelagh! We paused again to glance appreciatively down a near vertical old railway line, glad that we were looking down at it, not running up it!

As we neared the end of our route, Steve, Andy and Mike Cutler continued over yet another hill, whilst the remainder of us returned to the car park. We'd covered over 10 miles, my furthest distance so far!

Lunch in the pub was well-earned, and I enjoyed seeing Shelagh and her family celebrate her 60th birthday, as well as hearing the club places drawn

for the London marathon. Feeling elated and very much welcomed by the club, I paid my membership fee in January, bought the T-shirt and entered myself for the Alsager 5.

Here's to a Happy New Year of running with new friends!

*Liz Painter*



*A sighting of Boot on the north bank of the Mersey?*

## London Marathon: Club Entries

As demanded by tradition the three Club entries were drawn by lot in the pub at the end of the New Year Run. The successful members are:

**Shelagh Swinnerton, Martin Stirna and Matt Lewis.**

# CLUB RACE CHAMPIONSHIP 2007

## Final Results

### MEN



After the full 16 races, the winners are:

**Mike Hatton  
and  
Shelagh Swinnerton.**

Mel Cole, after an excellent season - he was in first place until November - was beaten only on the last two race results by last year's champion Mike Hatton. Mike and Mel were never seriously challenged; their nearest competitors were Dave McGrath and Colin Simpson, neither of whom completed the full 8 races.

The Ladies' championship was less open; Shelagh Swinnerton lead from the start and was only seriously challenged by Sheila Bickerton and Tracey Brown. However Sheila and

Position	Name	Races	Time	Target	Ratio
1	Mike Hatton	8	0.249086	0.195602	78.53%
2	Melvyn Cole	8	0.33066	0.253576	76.69%
3	Stephen Dawson	8	0.339479	0.236875	69.78%
4	Colin Earp	8	0.363704	0.247106	67.94%
5	Martin Stirna	8	0.387118	0.253762	65.55%
6	Michael Cutler	8	0.338935	0.220567	65.08%
7	Alasdair Dyde	8	0.309942	0.186134	60.05%
8	Peter Cooper	8	0.279468	0.166157	59.45%
9	Colin Wynne	7	0.490822	0.298206	60.76%
10	Philip Cliff	7	0.222199	0.131562	59.21%
11	Glenn Riley	7	0.357951	0.211076	58.97%
12	David McGrath	6	0.336632	0.241123	71.63%
13	Charles Rowlands	6	0.188681	0.121863	64.59%
14	Mick Tobin	6	0.479225	0.278299	58.07%
15	Robert Mayers	5	0.134711	0.084016	62.37%
16	John Latham	5	0.16287	0.099213	60.92%
17	Colin Simpson	4	0.298495	0.214896	71.99%
18	David Hindley	4	0.199896	0.140764	70.42%
19	Robert Cummings	4	0.18162	0.116019	63.88%
20	Simon Walker	4	0.228715	0.134097	58.63%
21	Neil Jones	3	0.086308	0.053785	62.32%
22	Stephen Whincup	3	0.079363	0.049433	62.29%
23	Paul Brownbill	3	0.13588	0.083993	61.81%
24	Andrew Painter	3	0.072766	0.041898	57.58%
25	Andy Caunt	2	0.04412	0.030972	70.20%
26	David Griffiths	2	0.104699	0.070637	67.47%
27	Robert Bonson	2	0.127535	0.085579	67.10%
28	Andy Mayers	2	0.04235	0.027083	63.95%
29	Angus Varley	2	0.062928	0.036111	57.38%
30	Christopher Walsh	2	0.122697	0.067905	55.34%
31	David Beresford	1	0.026146	0.018947	72.47%
32	Nigel Lofkin	1	0.024572	0.01566	63.73%
33	George Arrowsmith	1	0.081227	0.05037	62.01%
34	Steve Treweeks	1	0.02515	0.015324	60.93%
35	Trevor Reece	1	0.027211	0.016134	59.29%
36	Alexander Burton	1	0.02515	0.014803	58.86%
37	Steven Hay	1	0.074063	0.041424	55.93%
38	Tom Brereton	1	0.03	0.014803	49.34%

### LADIES



Tracey each completed only one race in the Championship. Should they decide to compete in full, Shelagh may have to surrender her crown in the forthcoming season.

Position	Name	Races	Time	Target	Ratio
1	Shelagh Swinnerton	8	9:11:20	6:12:44	67.61%
2	Cindy Morrissette	8	11:40:35	6:24:47	54.92%
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	Carol Godfrey	2	1:24:21	0:53:39	63.60%
6	Gemma Cutler	2	1:25:20	0:47:18	55.43%
7	Tina Smith	2	4:16:10	2:20:52	54.99%
8	Sheila Bickerton	1	1:37:16	1:15:39	77.78%
9	Tracey Brown	1	0:47:42	0:32:00	67.09%
10	Sylvia Smallwood	1	2:18:18	1:26:54	62.83%
11	Isobel Browne	1	1:55:45	1:10:26	60.85%
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	Sara Richardson	1	1:01:48	0:29:55	48.41%
17	Lizzie Marshall	1	2:27:57	1:05:48	44.47%

## CLUB RACE CHAMPIONSHIP CALENDAR 2008

Date	Event	Miles	Km
20-Jan	4 Villages Half Marathon	13	
3-Feb	Alsager 5	5	
17-Feb	Village Bakeries Half Marathon	13	
2-Mar	Farndon 10k		10
16-Mar	Stafford Half Marathon	13	
30-Mar	Newcastle 7	7	
2-Apr	Chester Spring 5	5	
13-Apr	London Marathon **	26	
27-Apr	Uttoxeter half marathon	13	
7-May	Clayton 10k		10
1-Jun	Westbridge 5	5	
8-Jun	Potters 'Arf	13	
22-Jun	Stone St Michaels 10k		10
13-Jul	Cheadle 4	4	
20-Jul	Trentham 10 miler	10	
5-Aug	Berryhillfields 10k		10
6-Aug	<i>Pie n Peas ‡</i>	<i>5</i>	
13-Aug	Staffs Knot 5	5	
17-Aug	Birchwood 10k		10
14-Sep	<i>Sandbach Super Six ‡</i>		<i>10</i>
5-Oct	Congleton Half Marathon	13	
2-Nov	Flying Fox 10	10	
16-Nov	<i>Audley 10k ‡</i>		<i>10</i>
14-Dec	<i>Helena Tipping ‡</i>		<i>10</i>

\*\* Any Marathon

*‡ race dates to be confirmed*

**As before, the best eight races will count.**

**The Championship is run on an age handicap system.**

**Results are based on the percentage achieved compared with the time of the world champion of the same age.**

**For example the age 50 world champion's time for 10 miles is 49:31 (2971 seconds) for men; 55:53 (3353 seconds) for ladies.**

**A 50-year-old finishing in 1 hour (3600 seconds) would score 82.53% (men), 93.14% (ladies).**

### Did you know:

Members of South Cheshire Harriers can get 10% discount at:

Bourne Sports in Stoke and Running Bear in Alderley Edge;  
at Dabber Sports: [www.dabbersports.co.uk](http://www.dabbersports.co.uk) (web site coming soon)



## HASHING WITH THE POTTERIES HASH

Last June a group of us joined a Hash with the Potteries Hash, and an excellent time was had by all.



### What's a Hash?

If you don't take your running too seriously, and you've half a mind to try a Hash, then Hashing is for You!

For those not sure what Hashing means, it's a Hare and Hounds based social run of 5 to 6 miles, taken at a gentle pace over about 1½ hours. The trail has been laid by a Hare (or Hares) as blobs of chalk or sawdust and this trail is followed by the Pack. The faster runners go out following the trail, shouting "On On" to encourage the rest of the Pack, who follow behind at a civilised pace.

Every so often, at a junction, there is a 'check', a circle of marker, where the front runners go along the alternative routes looking for further markers, shouting the while: "Checking". A cross denotes a false trail; the true trail will continue past two markers. Good Hares will set lots of false trails and cross trails so as to confuse the Pack. The Hares follow behind the Pack to ensure everyone gets around and back to the start/finish.

There are lots of opportunities to have an easier run: waiting whilst the faster runners look for the continuation of the trail; short-cutting across whilst the front runners go around the other three sides of a field.

The Potteries Hash also has a Walking Group, who just walk in the area before returning for the 'Down Down' at the pub with the rest of the Hashers.

The Potteries Hash meets on the last Saturday of the month at 1pm. Venues are announced on their web page at:

<http://hometown.aol.co.uk/potterieshash3/myhomepage/club.html>

Their next events are:

22 February	Crewe Arms, Madeley Heath
29 March	The Dick Turpin, Gallowstree Ln, Newcastle
26 April	The Rising Sun, Scholar Green: 150th Celebratory Hash

And, Bryan Dale is a member, so if you haven't yet had your photo on his site; get along to a Potteries Hash - you'll enjoy the run, the company, the refreshments and your running prowess will be recorded!



The April Hash is their 150th and will be a Special Celebration Hash.

**Have a go - you'll enjoy it!**

## AUDITOR NEEDED

South Cheshire Harriers needs the services of an Honorary Auditor for the Annual Accounts, 2007-8 season. The accounts are prepared by the Treasurer; the Auditor, who should be independent of the Club Treasurer, needs only to inspect and approve them.

If you have a friend, colleague, spouse, sibling, other relative or acquaintance who would be prepared to check the accounts, please get in touch with the Treasurer, Bill Ferguson:

[bill\\_ferguson@talk21.com](mailto:bill_ferguson@talk21.com)