SOUTH CHESHIRE Harriers

Newsletter May 2008

The Come-Back Kid

Remember the old saying: "Life begins at 40"? It was definitely first pronounced by a 40-something-year-old in the throes of a mid-life crisis.
But what about 50? 55? 60? 65?

Here at the Harriers, Life Begins at 66!

Tony Salthouse, a club founder-member, came back to the racing scene after eight years 'resting' - and this is his story (so far):

The Newcastle 7 in 2008 was my first road race since 2000.

Looking at my records I did two races that year: the Chester Zoo 10K and the Eccleshall 10.63 miles (it must have been the first year that they cut it down from the 15 miler). Those races in 2000 must also have been a come-back as I did none at all in 1999 and only five in 1998. I had to really cut down on racing because of shin-splints, Achilles problems, a pulled calf and hamstring pains. I also spent money on having a scan on my knee. I must have been a wreck, but the troubles were not all at the same time.

Back to the Newcastle 7: 30th March 2008 and coming out for the start. Where do I stand? I don't know what sort of time to expect or how I will compare with the other runners.

Feeling optimistic I stood near to Colin Earp. To growing excitement, the mayor mumbled something at the front (I was too far back to make out any words), the start signal was given and we were off!

I had been warned that it was hilly; the far-off aerial masts we were to run up to had been pointed out to me. I thought it might be up and down, but it was just a long uphill slog for about three miles. I was very pleased to be keeping my place with the surrounding runners and even to slowly gain on some. The light blue vests of Colin Earp, Phil Cliff and Rob Mayers were not too far ahead for me to follow.

I kept going nicely, remembering the happy pain of racing: there should always be some pain (otherwise you are not trying enough) and the happy feeling is then seeing people worse off than you! After we reached the aerials the long undulations started. The three light blues were still visible ahead. At about 4 to 5 miles I was catching Phil, until I called out to him to get going. Seeing me just behind was enough to make that happen and he moved away to catch his real rival, Rob.

Running did not get any easier. I was definitely thinking racing was not enjoyable and I should give up all running. Then I remembered this was a usual thought during any of my races and all you have to do is to ignore it, keep going, and you will feel so much better when the race stops. The usual finishing thought is: I could run it faster next time!

Anyway, enough of the mental anguish; 6 miles gone and Colin is getting nearer; catching him is now the target. Near the end I overtake, employing the usual tactic of trying to make it look easy.

The hill at the end was not easy at all and I could feel that I had lost some drive and it was really hard work. Someone was catching me and overtaking: luckily it was not Colin but a young lady. I could hear some South Cheshire support urging us on, and then I got into the finishing funnel a 'full' two seconds ahead of Colin. Success!!!! Thankyou Colin.

Tony came 109th, in 52:58 (7:34/mile)
His 74.26% age-related achievement was higher than all other Harriers in the race.

Tony leads Colin Earp and Rob Mayers towards the finish

POST-RACE SOCIALS

ATTENTION ALL RACERS

The team spirit within the club has been phenomenal of late, particularly on race days.

As a club, we would like to make you aware of forthcoming informal post-race get-togethers at nice pubs.

It's an opportunity, for those who have time, to recuperate and share race experiences with fellow SCH racers within pleasant surroundings.

After the **Whitley 10K** on Sunday 27th April members met at the 'Birch and Bottle', just 3 minutes from the Village Hall.

'A country pub with a relaxed atmosphere, good food and ale.'
Onionring website.

If anyone has any suggestions for future venues, please let **Carol Godfrey** know.

We will post venues in the newsletter, on the notice board and on the forum.

Anne & Lizzie's Summer Runs

After a very successful first year, we have decided to continue with our Tuesday evening country runs.

As before, these runs are designed for anyone who would like to explore the local countryside at a leisurely pace.

All the runs start at 7.00 pm. They are all approximately 5-6 miles and are within easy reach of Crewe.

The programme will continue throughout the summer; this is the first listing: for May and June.

Everyone is welcome and no-one will be left behind!

Anne Garnett and Lizzie Marshall

Date	Meeting point	Run description
6/5/08	The Bear's Head, Brereton	A rural route, mainly along tracks and taking in a lap or two of Brereton Country Park.
13/5/08	Salt Line Car Park, Hassall Green	A pleasant route on good surfaces along the Salt Line, onto the canal at Rode Heath and back along the towpath to Hassall Green.
20/5/08	Car park opposite The Star, Acton	A varied terrain route on country lanes, the canal path and the South Cheshire Way.
27/5/08	The Bear's Paw, Warmingham.	A mixed terrain route across fields and woodland and past Moston Flashes.
3/6/08	The Shroppie Fly, Audlem	A scenic route starting along the canal path and finishing on country lanes.
10/6/08	Apedale Country Park, first car park on the left after leaving Halmer End	A hilly, yet scenic route through the country park, taking in a woodland trail and views over Newcastle.
17/6/08	The Swan, Wybunbury	A lovely rural route through Wybunbury Moss and across the fields.
24/6/08	Brereton Country Park car park (there are car park charges)	A beautiful route down the Dane Valley Way to the village of Swettenham.

Cheshire County Road Race GRAND PRIX

Following his storming performance in The London Marathon, where he came 181st overall, 7th in his age group and was first Cheshire runner, Mike Hatton is continuing his domination of the County running scene.

The **Cheshire Grand Prix** is a series of road races:

Four Villages ½Marathon
Alsager 5
Wilmslow ½ Marathon
Whitley 10K
Hollins Green 5K
Pie & Peas 5
Great Warford 10
Sutton 6 10K

Cheshire running clubs register (free) for the Grand Prix, which is administered by the Grand Prix co-ordinator. After removal of ineligible and non-scoring runners, points are awarded to individual runners in each race (best 5 races count):

Men:

1st place	100 points		
2nd place	99 points	....	down to
100th place	1 point		

Women:

1st place	50 points	....	down to
50th place	1 point		

Mike makes it look easy in the London Marathon

After 4 races, Mike Hatton is in first place with 377 points (94.25 average).
Pete Mallison, who has run only three races, is in 5th position with 289 points (96.33 average).

Other Harriers placings are as follows:

Men

Name	Place	Races	Points	Average
Neil Jones	35	2	159	79.5
Mel Cole	37	2	155	77.5
Pete M-Jones	47	2	121	60.5
Bob Bonson	56	2	101	50.5
Mike Cutler	65	3	93	31
Pete Cooper	68	2	89	44.5
Phil Cliff	80	2	83	41.5
Nick Dunning	95	1	70	70
Alasdair Dyde	115	3	61	20.33
Steve Whincup	117	2	60	30
Charlie Rowlands	120	2	59	29.5
Andy Painter	129	1	54	54
Rob Cummings	147	1	47	47
Rob Mayers	149	1	46	46
Steve Hay	172	1	38	38
Angus varley	181	1	34	34
Colin Earp	191	1	31	31
John Latham	191	2	31	15.5
Dave McGrath	202	1	27	27
Martin Stirna	223	1	21	21
Mick Tobin	228	1	19	19
Alex Burton	256	1	8	8
Steve Treweeks	259	1	7	7
Colin Wynne	264	1	4	4
Matt Lewis	280	1	1	1
Simon Walker	280	1	1	1

Ladies

Name	Place	Races	Points	Average
Maddy Richardson	86	2	18	9
Shelagh Swinnerton	92	1	16	16
Gemma Cutler	92	2	16	8
Sam Cole	95	1	15	15
Jude Whincup	116	1	8	8
Liz Painter	118	1	7	7
Sylvia Smallwood	126	1	3	3
Charm Parker	128	1	2	2
Anne Garnett	131	1	1	1
Linda Barwick	131	1	1	1
Lizzie Marshall	131	1	1	1
Tina Smith	131	1	1	1

There is also a Team result:
South Cheshire Harriers' Men's Team is placed 4th
The Ladies' Team is placed 11th.

Open Evening

APRIL saw the inaugural South Cheshire Harriers open evening, an innovation, but nevertheless marked in traditional fashion by the consumption of several bowls of chips and plates of bread and butter after the run. It was not, truth to tell, a stampede to rival the Oxford Street sales, (though we did have weather more fitting for the first week in January) but it was potentially a useful dry run (on a wet evening) for future attempts.

In a bid to create a carnival atmosphere, Steve Whincup supplied an epic photo montage of club runners in all their athletic glory and brought his laptop so the website and forum could be demonstrated; Phil and Carol set up a notice board of upcoming social events; Mike Hatton brought several boxes of club kit, some of it dating back to the late Bronze Age (and which nevertheless sold very well!); and Melvyn had prepared a series of basic conjuring tricks. Alas, these were not called on.

After introductions and a brief tour of the exhibits, we split into groups and took our new runners out to see the glories of Shavington in the drizzle, before bringing them back for the real business of the evening (the chips).

The idea of the open evening was part of a broader scheme to publicise the club more widely and attract new members. We seem to be gaining new runners anyway and it should be emphasised that every Tuesday and Thursday are, in practice, open evenings - anyone who wants to try the club can come any time - but if anyone reading has specific ideas for what a subsequent open evening might entail, or just good ideas for publicising the club more generally, do let us know.

If you've joined relatively recently, we'd also be interested to know what information about the club proved useful, anything you wish you'd known beforehand, or anything that was either helpful or off-putting on your early visits.

Finally, for the more adventurous lady runner, the Harriers-branded crop top and hot pants combo did, against all odds, remain unsold and was packed away again with the rest of the kit. No reasonable offer refused.

Words: Charlie Rowlands; Photos: Mike Hatton

THE SOCIAL SCENE

Trip to Robinson's Brewery 16th April

For Your Diary

SOUTH CHESHIRE HARRIERS
Midsummer Trip to the Races

Friday 27th June 2008

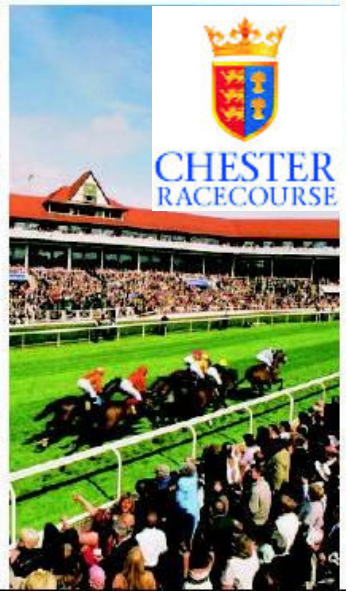
First Race - 6:45pm

Tickets: £11 for Dee Stand
or £26 for Tattersalls

Special offer currently available: £28 for a bet, meal and entrance to Tattersalls

Meet at Crewe Railway Station, to depart on the 17:35 train.

Rail fare: £8.40 (cheap day return). Return trains 22:14; 22:44 or 23:07



Please register your interest with Carol Godfrey or Phil Cliff by the end of May

AMSTERDAM MARATHON

Do YOU want to be Tango-ed?

Mick Hall is once again organising his trip for the Amsterdam Marathon:

We return yet again to an old favourite of ours; one of the best races in Europe if not the World:
The Amsterdam Marathon.

For those after a fast time this is the place to do it; a flat course and wide roads without the huge crowds of London.

We are staying at the Purmer End hotel at Kwadijk, just outside Amsterdam, a hotel we have always used, providing a great weekend for runners and families alike.

The trip is three nights, including one night on the overnight ferry from Hull, on a bed and breakfast basis.

Prices

Adult sharing	£175.00
Adult single	£210.00
Child sharing	£149.00

For full details of this trip contact Mick Hall:
micktherunner@btinternet.com
or ring 01538-361526

Why not join us for what should be yet another weekend away with a lively social scene if you wish.

Pickups at Leek, Stafford, Cannock, Crewe and Stoke on Trent (and others by arrangement).

Mick Hall Photos
http://www.mickhall-photos.com/amsterdam2008.html

The 2008 Amsterdam Marathon will be held on 19th October 2008.
General information about the event, including on-line registration, can be found at

www.amsterdammarathon.nl