



SOUTH CHESHIRE Harriers

Newsletter

Midsummer 2008

SUMMER TUESDAY EVENING COUNTRY RUNS

These runs are designed for anyone who would like to explore the local countryside at a leisurely pace. They are all approximately 5-6 miles and we plan to run at about 10-11 minute mile pace. All are within easy reach of Crewe and often near a pub if anyone requires refreshments!

The runs start at 7.00 p.m. and continue throughout the summer.

This is the second programme, for July and August.

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

Anne Garnett & Lizzie Marshall

Date	Meeting Point	Run Description
1/07/08 SOCIAL EVE Drinks @ Bears Head Brereton after	Brereton Country Park car park (NB- car park charges apply, there is a free parking area in Brereton Health Lane)	A beautiful route down the Dane Valley Way to the village of Swettenham, taking in an arboretum and stunning views of the Cheshire countryside.
08/07/08	Salt Line Car Park, Hassall Green	Scenic route along the canal, onto The Wheelock Rail Trail and back along the canal.
15/07/08	Podmore Lane Car Park Halmer End (off B53667 next to the Fish and Chip Shop)	Scenic run down a wide country track and round a nature reserve.
22/07/08	Salt Line Car Park, Hassall Green	A pleasant run along the length of the Salt Line, onto the canal at Rode Heath Rise and back along the towpath to Hassall Green.
29/07/08 SOCIAL EVE Drinks @ Shroppie Fly after	The Shroppie Fly, Audlem	A scenic rural route starting along the canal path and finishing on country lanes.
5/08/08	The Bear's Head, Brereton	A rural route, mainly along tracks and taking in a lap or two of Brereton Country Park.
12/08/08	Car park opposite The Star, Acton	A varied terrain route along the South Cheshire Way, country lanes and the Shropshire Union Canal.
19/08/08	Car park next to Warmingham Primary School	A pleasant rural route along country lanes passing the Moston Flashes.
26/08/08 SOCIAL EVE Drinks @ The Swan after	The Swan, Wybunbury	A lovely rural route through and around Wybunbury Moss.

CLUB CHAMPIONSHIP RACES 2008

the story so far

The Club Championship Race programme is now just over halfway through: 13 races of the 24 have been run.

The best eight results for any competitor count towards their final score; that score is their age-related performance, as compared with that of the World record holder's of the same age: the "Ratio" which is expressed as a percentage.

Anyone running in eight races (or more) will beat a member who competes in seven or less, even though the latter's performance ratio may be higher.

Ladies, after 13 races

Races run so far (at the time of writing) are:

4 Villages Half Marathon, Alsager 5, Village Bakeries Half Marathon, Farndon 10K, Stafford Half Marathon, Newcastle 7, Chester Spring 5, London Marathon (any one marathon can count for non-London participants), Uttoxeter Half Marathon, Clayton 10K, Westbridge 5, Potters 'Arf and Stone St Michael's 10K.

Still to come:

Berryhillfields 10K, Cheadle 4, Trentham 10 miler, Pie 'n' Peas, Staffs Knot 5, Birchwood 10K, Sandbach Super 6, Congleton Half Marathon, Flying Fox 10, Audley 10K and Helena Tipping.

Position	Name	Races	Ratio
1	Gemma Cutler	7	51.83%
2	Shelagh Swinnerton	5	63.89%
3	Elizabeth Painter	5	52.40%
4	Carol Godfrey	2	66.03%
5	Madeleine Richardson	2	54.43%
6	Jeanette Hatton	2	54.40%
7	Anne Garnett	2	53.18%
8	Kedren Elliott	2	52.83%
9	Nicola Lowe	1	68.46%
10	Sylvia Smallwood	1	66.34%
11	Lorna Fewtrell	1	60.00%
12	Judith Whincup	1	54.75%
13	Karyn Amson-Orth	1	54.41%
14	Tina Smith	1	53.61%
15	Sam Cole	1	53.33%
16	Charm Parker	1	51.92%
17	Ruth Hadfield	1	51.17%
18	Carole Tilt	1	50.22%
19	Isobel Browne	1	49.31%
20	Linda Barwick	1	48.31%
21	Sara Richardson	1	47.83%
22	Sarah Saunders	1	47.00%
23	Lizzie Marshall	1	46.24%

Men, after 13 races

Position	Name	Races	Ratio
1	Mike Hatton	8	82.06%
2	Stuart Jones	8	75.19%
3	Neil Jones	8	72.68%
4	Charles Rowlands	8	66.12%
5	Michael Cutler	8	64.80%
6	Martin Stirna	8	62.01%
7	Robert Mayers	8	60.67%
8	Alasdair Dyde	8	57.23%
9	Melvyn Cole	7	75.27%
10	Colin Earp	7	67.71%
11	Philip Cliff	7	62.81%
12	Peter Mallison	6	76.39%
13	Stephen Whincup	6	66.71%
14	Andy Mayers	5	65.83%
15	David McGrath	4	71.60%
16	Pete Marquis-Jones	4	67.60%
17	Peter Cooper	4	60.54%
18	Robert Cummings	4	60.39%
19	Colin Wynne	4	60.28%
20	John Latham	4	60.27%
21	Tony Salthouse	3	74.12%
22	Nick Dunning	3	68.85%
23	Robert Bonson	3	65.12%
24	Andy Godfrey	2	67.62%
25	Stephen Dawson	2	67.23%
26	Pat Hudson	2	64.87%
27	Anthony Hadfield	2	62.79%
28	Angus Varley	2	60.48%
29	Mick Tobin	2	60.34%
30	Andrew Painter	2	59.50%
31	Matthew Lewis	2	57.71%
32	David Beresford	1	72.04%
33	Mark Hough	1	69.03%
34	Neil Cooper	1	68.06%
35	Colin Simpson	1	65.32%
36	Simon Walker	1	59.95%
37	Trevor Reece	1	58.60%
38	Steven Hay	1	57.43%
39	Steve Treweeks	1	50.94%
40	Alexander Burton	1	48.91%

Club Championship Races 2008; the story so far (cont)

The Ladies' competition appears, at the moment, to be completely open.

Shelagh Swinnerton (63.89%; 5 races) last year's champion, is nursing an injury (though in the past that has not prevented her from running and winning). The current leader, Gemma Cutler (51.83%; 7 races) is within a large group of ladies all of whom have scores of 50% - 55%.

Nicola Lowe (68.46%; 1 race) and Sylvia Smallwood (66.34%, 1 race) though having the highest percentage scores, have each completed only one race. Carol Godfrey (66.03%; 2 races) is also well in the running.

With 11 races still available to be run, anything can happen; much depends on how many more races the ladies complete.

The men's competition seems more decided: Mike Hatton, last year's champion, has a comprehensive lead at 82.06% with 8 races.

Second place will be closely contested. The nearest competitors, Stuart Jones (75.19%) and Neil Jones (72.68%) have each run 8 races. Neil's performance is increasing as the season progresses, but he has a long haul to catch Mike.

Pete Mallison (76%; 5 races), Mel Cole (75.5%; 6 races) and Tony Salthouse (74%; 3 races) are obviously in contention for second place with Stuart and Neil.

The next six months should be very interesting for Club Championship runners and those following form.



NEW MEMBERSHIP BENEFIT

Sub-4 is the home of biomechanics and podiatry, treating sports injuries in professional and amateur athletes across a range of sports. Owned and run by Clifton Bradeley, former international athlete and now UK's leading Podiatrist and Biomechanics consultant.

Sub-4 have offered members of South Cheshire Harriers a discount of 20% on shoes and clothing on production of evidence of membership of the Club (the UK Athletics cards include the club name). This applies to personal visits to the store only.

Sub-4 Ltd

Unit 5 Festival Trade Park (Phase 3)
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Tel 01782-261644

LAKELAND TRAILS SERIES

May 31st marked the half way point of the 2008 Lakeland Trails Series. Three Harriers have entered the series this year: Lorna Fewtrell, Steve Whincup and myself - all veterans of some of the previous years' events.

Both this year's races have been blessed with good weather, affording fantastic views across the southern Lakeland fells.

The first race was run from Hawkshead on April 19th. The 15km trail run headed over towards Windermere before a climb over the 'Coffin Trail' and a fast descent back to the festivities at the Hawkshead Show Ground.

I finished in 1:24:10; Steve (with blisters) just behind in 1:25:55 and Lorna, complaining of a 'pain in the bum' in 1:41:45. Other races held on that day included children's races and a 'Sport Trail' - an off-road taster - that Liz Painter ran in 18:17.

The second event, from Staveley, headed north towards Kentmere before the steep climb of the Garburn Pass followed by a long run-in back to Staveley. Unfortunately, for me at least, the weather for the race was too good,



with a warm sun beating down. Steve fared much better than I did over the 23km course, completing in 2:18:00. After the steep climb of the Garburn Pass I made my way steadily backwards through the field, to finish in 2:22:36.

Unfortunately Lorna seems to still be injured.

The final two races of the series will be held in September (from Keswick) and October (Coniston).

However, all events are full for this year but there are places available in additional races to be held at the beginning of November:

The NEW 15km **Helvellyn Trail** on 1st November.
The 12km "**Steamy Surprise**"
Ullswater Trail on 2nd November.

There are still places in the new **5km Bridgedale Sport Trails at Derwentwater** on 6th September and **Coniston** on 4th October.

Further details from:
<http://www.lakelandtrails.org>

Andy Painter



DOUG MORRIS

A permanent memorial to one of Shropshire's best known athletes is to be created at the site of one of his favourite race venues.

Doug Morris, who died last year, organised running events across Shropshire and north Wales, including the hugely popular Lake Vyrnwy Half Marathon. He received a BBC Unsung Sports Hero award in 2003 for his tireless work organising races for more than a quarter of a century.

Doug, 75, collapsed and died while out training in August 2007. He was not only a top runner himself, but inspired and encouraged thousands to take up and enjoy the sport.

Runners who knew Doug are now getting together to launch an appeal to buy a bench to be sited somewhere on the shores of the lake - the scene of 20 half marathons and earlier marathons.

A special bank account has been created, the Doug Morris Appeal, and those who knew the veteran runner are being urged to contribute.

Any money left over after the bench has been put in place will go to the Oswestry Olympians running club to fund their new running track for athletes.

A spokesman for the Doug Morris Appeal said the memorial appeal was being launched with

the support of Mr Morris' wife, Margaret, and their family.

"Lake Vyrnwy was one of Doug's favourite races and seems the appropriate spot for a bench in his name to be sited," the spokesman said. "Doug was an inspiration to a whole generation of Shropshire and Welsh runners. His untimely death was a devastating blow not only to his family, but also to his running club, The Oswestry Olympians, to his many friends in the athletics world and to the thousands of runners who ran in the many races that he and his wife, Margaret, organised."

"Doug's memory will be carried by so many for so many years to come. The Half Marathon attracted more than 1,000 runners each year and found it way into the Runners' World Top 10 of Half-Marathons across Britain, a real achievement. It was also a real community event."

He said he expected that runners from across the region would want to contribute to the appeal.

Anyone wishing to contribute to the appeal is urged to send a cheque, payable to

**The Doug Morris Appeal,
c/o Mansion House,
Ford,
Shrewsbury,
SY5 9LZ**



The Lake Vyrnwy half-marathon has been enjoyed by many South Cheshire Harriers.

DEVIL O' THE HIGHLANDS

12 Hours, 43 Miles, Mountains, Valleys and Unpredictable Weather
- IS HE MAD?



The "Devil o' the Highlands" is a 43 Mile footrace which begins at Tyndrum (Perthshire) and finishes in Fort William (Highlands). Each competitor has 12 hours to complete the course which follows the latter part of the "West Highland Way".

Steve Whincup is running this race on 9th August to raise funds for **Christies Hospital** - one of the largest cancer treatment centres in Europe.

To donate to Steve's charity fund: Directly to Steve, or via his webpage at:

<http://www.justgiving.com/stephenwhincup>



Summer Barbecue

Ray Woolgar and Family
invite you to the

SOUTH CHESHIRE Harriers

Summer Barbecue

for your diary -
details to follow

Saturday 6th September
at Brookbank Cottage, Newcastle Road, Stapely

CHIPS AND BEER



**AFTER-RUN
SOCIAL
EVENING**
THURSDAY 17TH JULY

Following the usual Club Run on 17th July there will be an informal social with chips (provided) and rehydration (buy your own).

Hope to see you there!