



# SOUTH CHESHIRE *Harriers*

Newsletter

August 2008



## PETE MALLISON TO COMPETE IN IRONMAN UK TRIATHLON 7TH SEPTEMBER 2008

FOR CANCER RESEARCH **CANCER RESEARCH UK**



**T**he Ironman concept came about in 1977 during a debate amongst Californian athletes about who were the fittest: cyclists, runners or swimmers. It was suggested that the debate be settled with an extreme endurance race combining the 3 long-distance competitions existing in Honolulu Hawaii at the time. These were the Waikiki Roughwater swim, the Around-Oahu bike race and the Honolulu Marathon.

So the Ironman distance: 2.4 miles swim, 112 miles cycle and 26.2 mile run was born. (Or 3.8km swim, 180km cycle and 42.2km run; whichever way you look at it, it's long enough!)

The record for the original course was set in 1996 by Luc van Lierde of Belgium in 8 hours 4:8.

With such an extreme event just one of the difficulties is hydration and nutrition. A milestone in the legend and history of the race happened in February 1982:

Julie Moss, a college student competing to gather research for her exercise physiology thesis, was in first place not far from the finish. As she came near to the finish line, severe fatigue and dehydration set in, and she collapsed only yards away from the line. Although Kathleen McCartney passed her to gain the women's title, Moss nevertheless crawled to the finish line. Her performance was broadcast worldwide and created the Ironman mantra that:

### **Just Finishing is a Victory.**

The Ironman event is now held in various countries around the World, with the winners in various age-group categories qualifying for the World Ironman Championships held each year in Hawaii.

Ironman UK is based around the town of Sherborne in Dorset. The swim is in the lake at Sherborne Castle; the cycle is a diverse mixture of rolling countryside, fast descents, good climbs and technical corners, and includes the fearsome reputation for which Ironman UK has become known: 2360 metres of climb! It finishes with a Marathon run of three 8.7mile loops.

I dabbled in Triathlon for the first time back in 1999 and have since improved my swimming and cycling, usually when injured through running! During the past year I have managed to qualify for and compete in events representing Great Britain in my age group in Hamburg, Lisbon and Vancouver. These were over the Olympic distance of 1500m swim, 40km bike and 10km run. I have also recently qualified for the Europeans in Holland in 2009.



*Cycling in the Hamburg Triathlon*

## IRONMAN UK

My training for the Ironman is going well but is pretty arduous. I have built up a good base of fitness since recovering from knee injuries at the end of 2007 and am doing lots of mileage in each discipline. Since the beginning of July this has included each week a non-stop 100 mile cycle, and non-stop 20 mile run to build stamina plus lots of swimming

in a lake near Holmes Chapel. I have included 'brick sessions' (running off the bike) as well to get used to the feeling of jelly-like legs when starting the run after the cycle.

**I decided to do the event for Cancer Research as so many people are affected by the disease. I lost my mum to it 14 years ago.**

Anyone who would like to sponsor me can do so by visiting  
[www.justgiving.com/petermallison](http://www.justgiving.com/petermallison)

or see me for the sponsor form.

*Pete Mallison*

**Members are reminded that Steve Whincup is also running for charity, in August:**



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

**T**he "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".

Quoting from the race website:  
[www.devilothighlandsfootrace.co.uk](http://www.devilothighlandsfootrace.co.uk)

*This race is ideal for anyone who wishes to up their race distance from a marathon and experience real Ultra-distance running in the excellent company of fellow runners and the views of some of Scotlands most beautiful scenery (unless of course the mist comes down).*



*In the interests of safety competitors are required to carry maps, compass, space blanket and full body waterproof clothing.*

*Basically it is in the lap of the gods whether we have a glorious sunny day or otherwise, but as long as you keep putting one foot in front of the other you should get to Fort William in the end.*

**Steve Whincup** is running the 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>**

## CLUB CHAMPS - after 16 races



The latest result, following the Trenham 10, still has Mike Hatton leading the Men and Gemma Cutler top Lady.

Gemma's position seems less secure than Mike's: Liz Painter and Kedren Elliott are in close contention and may overtake if they can complete more races with the same

form. Carol Godfrey, Nicola Lowe and Ruth Pryce have rather more races to make up, and Shelagh Swinnerton is injured.



Position	Name	Races	Time	Target	Ratio
1	Gemma Cutler	8	6:55:04	3:39:42	52.93%
2	Elizabeth Painter	6	5:12:38	2:43:48	52.39%
3	Shelagh Swinnerton	5	9:16:13	5:55:22	63.89%
4	Kedren Elliott	5	4:47:28	2:31:48	52.81%
5	Carol Godfrey	3	2:08:17	1:23:46	65.30%
6	Nicola Lowe	2	1:49:00	1:14:12	68.07%
7	Ruth Pryce	2	1:05:16	0:42:40	65.37%
8	Madeleine Richardson	2	2:54:55	1:35:12	54.43%
9	Jeanette Hatton	2	1:42:01	0:55:30	54.40%
10	Anne Garnett	2	1:43:22	0:54:58	53.18%
11	Sylvia Smallwood	1	0:47:38	0:31:36	66.34%
12	Lorna Fewtrell	1	0:42:15	0:25:21	60.00%
13	Judith Whincup	1	0:46:18	0:25:21	54.75%
14	Karyn Amson-Orth	1	4:21:52	2:22:29	54.41%
15	Tina Smith	1	2:12:30	1:11:02	53.61%
16	Sam Cole	1	0:44:21	0:23:39	53.33%
17	Charm Parker	1	0:47:38	0:24:44	51.92%
18	Ruth Hadfield	1	0:47:10	0:24:08	51.17%
19	Sarah Dyde	1	0:39:30	0:19:57	50.51%
20	Carole Tilt	1	2:17:55	1:09:16	50.22%
21	Isobel Browne	1	4:58:36	2:27:15	49.31%
22	Linda Barwick	1	0:52:55	0:25:34	48.31%
23	Sara Richardson	1	1:02:33	0:29:55	47.83%
24	Sarah Saunders	1	0:50:34	0:23:46	47.00%
25	Lizzie Marshall	1	0:51:48	0:23:57	46.24%

16 races run so far. 8 to go.

## Club Championships cont

**M**ike seems completely unassailable at the moment; at 6½ percentage points in front of his nearest rival he seems certain now to retain the Men's Club Race Championship

Award for another year. The real battle is for second place, with **Pete Mallison**, **Mel Cole** and **Stuart Jones** all within one percentage point of each other.

Position	Name	Races	Time	Target	Ratio
1	Mike Hatton	8	8:16:15	6:50:17	82.68%
2	Peter Mallison	8	6:21:31	4:49:52	75.98%
3	Melvyn Cole	8	6:41:03	5:03:19	75.63%
4	Stuart Jones	8	7:21:18	5:32:56	75.44%
5	Neil Jones	8	5:42:27	4:12:31	73.74%
6	Michael Cutler	8	5:50:47	3:57:44	67.77%
7	Colin Earp	8	8:43:19	5:53:32	67.56%
8	Stephen Whincup	8	7:33:28	5:02:04	66.61%
9	Charles Rowlands	8	7:41:31	5:06:52	66.49%
10	Philip Cliff	8	5:25:11	3:24:37	62.92%
11	Martin Stirna	8	8:55:45	5:35:40	62.65%
12	Robert Mayers	8	6:01:11	3:45:04	62.31%
13	Alasdair Dyde	8	9:26:21	5:24:06	57.23%
14	Andy Mayers	7	4:49:51	3:13:11	66.65%
15	Robert Cummings	6	6:56:56	4:12:28	60.55%
16	Stephen Dawson	5	5:21:52	3:39:38	68.24%
17	Pete Marquis-Jones	5	5:06:47	3:26:36	67.34%
18	Pat Hudson	5	6:12:30	4:02:30	65.10%
19	Colin Wynne	5	6:48:59	4:09:15	60.94%
20	John Latham	5	4:28:18	2:39:42	59.52%
21	David McGrath	4	7:57:53	5:42:11	71.60%
22	Nick Dunning	4	3:07:33	2:09:41	69.15%
23	Peter Cooper	4	4:27:28	2:41:56	60.54%
24	Tony Salthouse	3	2:17:38	1:42:01	74.12%
25	Mark Hough	3	1:48:14	1:13:24	67.82%
26	Andy Godfrey	3	2:05:16	1:23:12	66.42%
27	Robert Bonson	3	5:29:52	3:34:49	65.12%
28	Anthony Hadfield	3	2:02:44	1:16:34	62.38%
29	Neil Cooper	2	2:07:37	1:27:12	68.33%
30	Angus Varley	2	1:26:15	0:52:10	60.48%
31	Mick Tobin	2	1:17:37	0:46:50	60.34%
32	Andrew Painter	2	2:17:00	1:21:31	59.50%
33	Matthew Lewis	2	5:23:36	3:06:45	57.71%
34	James Simpson	2	2:32:31	1:26:45	56.88%
35	David Beresford	1	0:29:59	0:21:36	72.04%
36	Colin Simpson	1	3:16:04	2:08:04	65.32%
37	Simon Walker	1	0:37:37	0:22:33	59.95%
38	Trevor Reece	1	3:53:24	2:16:47	58.60%
39	Steven Hay	1	0:37:07	0:21:19	57.43%
40	Steve Treweeks	1	0:43:37	0:22:13	50.94%
41	Alexander Burton	1	0:43:35	0:21:19	48.91%

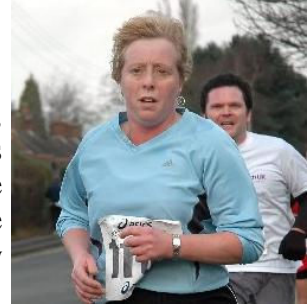
16 races run so far. 8 to go.

## Maddy Richardson

**M**addy hurt her ankle whilst on a Tuesday Evening Club Run across the fields. It was a rather nasty injury, tearing the collateral ligament.

That was two months ago, on June 3rd. Ligaments are slow to mend, but Maddy reports that her foot is healing slowly. She has an appointment to see an Orthopaedic surgeon in August. Meanwhile she is wearing a plastic splint to hold her foot properly in place.

Maddy sends her regards to everyone; she hopes to see us soon, though it will be some time before she is running (especially across the fields).



**I know everyone joins me in wishing Maddy a full recovery. We hope to see her soon.**

*Roger*

# THE HARRIERS NEWSLETTER

**NEWS ITEMS, TRAINING TIPS, REMINISCENCES,  
YOUR ELATION, YOUR PAIN,**

**YOUR OPINION, ...**

**IT'S YOUR NEWSLETTER**

**IT'S YOUR VOICE**

**The editor welcomes articles and photographs of any description**

# Summer Barbecue

Ray Woolgar and Family

invite you to the

## Harriers Barbecue

Saturday 6th September

from 5:30pm

Ray's House

### TICKETS

£5 per person or £12 for a family

Included: Food; Meat and Vegetarian options

Excluded: Drinks; Please Bring Your Own



*For a successful Evening,  
Volunteers are sought to share  
the Cooking*

Tickets available from  
**Carol Godfrey**

(mobile) 07967 331013  
carol.godfrey5@btinternet.com