



SOUTH CHESHIRE *Harriers*

Newsletter

Autumn 2008

GREAT NORTH *Run* 2008

Kedren Elliott will compete in her first 1/2 Marathon on behalf of Cancer Research



On Sunday, 5 October I'll be heading 'Oop North' to take part in the Great North Run, my first half marathon. I'm doing the run in aid of Cancer Research and in memory of my Mum, whom I lost 10 years ago to cancer.

I'm both excited and nervous about the race but am gaining confidence with every race and everyone's constant support has helped a lot.

I began running about 7 years ago, when I took part in my first Race for Life. I can remember when I started training and found it really difficult to run for even just a couple of minutes. Having never been very good at sport and really hating cross country running at school, taking part in a 5k run was a real challenge to me back then.

I stuck at it though, and after taking part in the Race for Life for a couple of years I started to organise team entries for the event through work as there was never a shortage of ladies who's lives had been affected by cancer wanting to take part and raise awareness and money for Cancer Research.

This year however I wanted to push myself a bit further and decided a half marathon would be motivation to keep the running up and also raise more money for charity. Ideally I'd like to do a marathon next year but I'll see how the half goes first.

Joining South Cheshire Harriers has been a real experience so far, I've never been a member of a running club before and it's been great for keeping up my motivation and given me the confidence to

complete the Race ahead. It's been marvellous meeting new people in the area as I've only been living in Crewe for a couple of years and the club has so many members I seem to meet someone new every time we go running. Everyone has been really friendly and never short of support and advice. Cheshire is a great area in which to be a runner: the countryside is lovely and there is never a shortage of races to enter.

I've come to really love running; it's not just a physical thing it's a mental thing as well. Although some people would say us runners are mental anyway.

I'm certainly converted and hope to continue running for many more years to come.

Now the part where I ask for your money...

As I said before, I'm doing the run in aid of Cancer Research and in memory of my Mum who I lost 10 years ago to cancer.

If you would like to sponsor me please visit

www.runningsponsor.me.org/kedren

P.S I work for Barclays so any money I raise will also be matched.

Kedren Elliott





SNOWDONIA MARATHON

**Nick Dunning and Neil Cooper
to compete,
for Cancer Research**



My name is Nick Dunning.

On the 25th October 2008 my friend Neil Cooper and I are attempting to run the Snowdonia Marathon.

We are doing this in aid of Cancer Research.

Although Neil and I run regularly with the Club we have never attempted anything on this scale. It is not only 26.2 miles but also one of the toughest marathons, climbing several thousand feet. (Am I really writing this? Are we really doing this!)

We have completed half marathons in around 1½ hours, but are not putting a time-scale on this one, for obvious reasons!

The inaugural Snowdonia Marathon was held in 1982; conceived as a dramatic alternative to the numerous city and town races which were becoming so popular.

The demanding and spectacular route, encircling Snowdon, Wales' highest peak, has given the event a unique place in the annual marathon calendar ever since.



The 2008 marathon will be the 26th event (the 2002 race was cancelled due to adverse weather).

From the start at Nant Peris (300ft) the route follows the A4086 and climbs to the top of the Llanberis Pass (Pen y Pass 1,100ft).

It follows the A498 to Beddgelert (200ft) and then continues along the A4085 to Waunfawr. From here it is a rapid climb to about 1,200ft at Bwlch y Groes (a short length is unmetalled) and then downhill to the finish in Llanberis.

There are spectacular views along the entire route. This is why, in 2006, readers of Runners World magazine voted the Snowdonia Marathon the most scenic race in the UK.

I think most of us have known someone who has been affected by cancer, so we wanted our struggles/efforts on the day to benefit this worthy cause.

You can contribute to our cause via the justgiving website, or directly to either of us.

We thank you in advance for any donations we receive and we promise to push ourselves through the pain barrier for your contributions!

Nick Dunning and Neil Cooper

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



Devil o' the Highlands

9TH AUGUST 2008



On the 9th August Steve Whincup ran the Devil o' the Highlands race; 43 miles along the West Highland Way, from Tyndrum to Fort William, to raise money for The Christie Hospital.

He finished, but how did he get on? Here's his own account.



I was woken at 4am by the clatter of dishes in the kitchen area of the hostel. It was August 9th and people were starting to get ready in preparation for the race, starting at 6am. The hostel was full with runners who were daft enough to run 43 miles along the West Highland Way.

After breakfast, I made a quick check that everything was boxed up for the checkpoints: food; drink; change of clothes and shoes; first aid kit (hope it's not needed) then over to registration where

we met my brother Andy. Andy and Judith were my support team.

We were given a briefing on what we could and could not do, then we were off to the start. I don't usually get nervous before a race but as I was trying to eat an energy bar my hands were shaking, my knee hurt, hamstring felt sore, stomach ached. I said goodbye to Judith and Andy and the count down started: 10, 9.... 3, 2, 1 - and off we set.

The First Leg: from Tyndrum to Bridge of Orchy; approximately 7 miles.

I had decided to run in road shoes for this leg and was not carrying any drinks in my rucksack. I did have the compulsory waterproofs, map, compass, whistle, space blanket and some food. It was straight up-hill out of the village and the pace was comfortable. The 78 runners started to spread out fairly quickly and after the initial rush of the start it was time to relax and take it all in.

I love Scotland and as it got lighter the scenery was incredible. 'The Way' runs along the side of the A82 so the support cars were rushing to the first check-

point, shouting waving and pipping their horns as they passed us.

The first Checkpoint was not timed but I reached it in about 52 minutes. Most ran straight through but I stopped to change my top as I was too warm in the long sleeved one I wore at the start. I took on board fluids, grabbed some jam butties and set off on Leg 2 with Judith's words: 'Slow down, you're going too fast', ringing in my ears.

The Second Leg: from Bridge of Orchy to Kingshouse; approximately 13 miles.

The midges were out in force and the heavens opened as I started the climb out of Bridge of Orchy. At the top I noticed it was rougher underfoot, and this surface continued more or less unabated until the end of the race; I should have changed to my off-road shoes. It was a steep, rocky descent down to Inveroran where everyone stood around with their midge hoods tied securely.

The rain was getting heavier and the wind stronger as we entered the remotest part of the race: Rannoch Moor. It was bleak and was getting colder, with sleet in the wind; time to put on the waterproof.

At the next Checkpoint, on the slopes near the Glencoe Ski Centre, it was chucking it down and very windy. Judith shivered with the cold as she towelled my head to remove the midges stuck to it. Andy was hanging onto the umbrella hoping he wouldn't fly off.

I topped up my fluids, changed my shoes, grabbed some more butties and sped off. 2:44 had passed and I was on my way to Kingshouse, a mile or so in the distance.

The Third Leg: from Kingshouse to Kinlochleven; only 9 miles!

It was still raining, the wind still blowing and it was very wet under foot. (I think I'll have webbed feet at the end.) Only 9 miles but the hardest 9 miles I've ever run. We ran along the side of the A82 again, over a number of stiles before turning to climb up

Devil o' the Highlands (cont)

the Devil's Staircase. (below)



The Staircase climbs gently at first, culminating in some steep zigzags as the top is reached near a cairn situated in the col between Beinn Bheag (little hill) and Stob Mhic Mhartuin (Son of Martin's peak). It is the highest point of the whole route at 1798ft/549m. That was hard work!

The website for the race says the following for the rest of this leg:

'Views from here are quite spectacular: Straight across is the famous Lairig Gartain (Pass of The Ticks) that runs through to Glen Etive with the two Buachailles: Etive Mor (The Big Herdsman of Etive), and Etive Beag (Little Etive Herdsman) on either side.

Looking down Glen Coe (the Glen of Weeping), can be seen the three sisters of Glen Coe: Beinn Fhada (Long Hill); Gearr Aonoch (Short Ridge) and Aonoch Dhubh (Black Ridge), with Stob Coire Nan Lochan (Peak of the Corrie of the Small Loch) and Bidean Nam Bian (Pinnacle of the Bens) in the background.

The Lairig Gartain is reputed to be the escape route used by Lady Glen Coe and the weaker members of her clan MacDonald as they fled from the Campbells after the massacre of Glen Coe. She died of her wounds in the snow before reaching safety. Around the shoulder of the hill appear distant views of Ben Nevis (Venomous or Malicious Mountain, or mountain with its head in the clouds) Carn Mor Dearg (Red Mountain) and the Mamore mountain range.

Soon to the east come views of the 12.87km/8mile long reservoir created when Blackwaterfoot Dam was built by 3000 navvies, with pick & shovel at sixpence an hour, between 1905 and 1909. At least

twenty are still there in the little graveyard below the dam.

The dam, almost 1km long and more than 25metres high, was built to produce a constant head of pressure for the hydro-electric turbines in Kinlochleven below, These produce the enormous amounts of electricity required to produce aluminium by electrolytic reduction at the Lochaber aluminium smelter at Fort William. The original smelter at Kinlochleven closed in 2000.

The track meanders its way down around the back of the hills that border Glen Coe, crosses a footbridge over Allt a' Choire Odhair-bhig and twists its way around the contours of the next hillside before dropping down through a series of hairpin bends in a SW direction to cross the Allt Choire Mhorair by means of a stone bridge over a gorge.

From the bridge there is a short steep climb before the track drops more deliberately in a further series of steep bends bringing close views of the half-a-dozen large pipes that convey the water to the Kinlochleven hydroelectric plant.

The route crosses the bridge over the river Leven and travels along Wade's Road with a housing estate on the right. Half-way along this road a signpost indicates a left turn through some woodland by the river, before passing by the turbine outflow pipe to rise onto a pathway on the right. Follow this and it joins the main road.

Turn right here in Kinlochleven and follow the road to checkpoint three which is situated near a bench and phone-box.'

If I'm honest I don't remember any of it.

As I walked to the check point in Kinlochleven all I could think was:

'How am I going to do another 14 miles?'

'Had Judith been right, was I running too fast at the start?'

'Had I not eaten enough; had I not trained enough?'

'Had I trained too much; tapered off too early or too late? What had I got wrong?'

I sat at the back of Andy's Jeep filling my face with Jaffa Cakes, gathering my thoughts. Judith and Andy were chattering away to me but I heard none of it.

The Jaffa Cakes were followed by a high energy bar, a banana, jam butties and fluids.

I started to shiver, and after some persuasion from Judith I changed my top. After about 10 minutes I started to pick up.

I had taken 5:02 so far, to do 29 miles. The worse case scenario was I had 7 hours to do 14 miles.

Another 5 minutes and I was off, for the last leg.

Devil o' the Highlands (cont)

The Final Leg: from Kinlochleven to Fort William; only 14 miles!

Judith and Andy slowly followed me out of the village until I crossed the road and set off on another climb up the West Highland Way. This seemed to be a steeper climb than the staircase but the height gained was the same.

At the top was a long, isolated jog through an empty valley. It was still wet under foot and cold, but at least the rain had eased.

About halfway was a cluster of cars: some of the support teams had managed to get up a muddy track and Judith and Andy were amongst them. It was good to see them. I stopped for 5 minutes taking on more food and fluids.

Seven miles to go.

I was now in unknown territory, I had never run this far before. Seeing Judith and Andy gave me a lift as I set off up another hill into a forest. It was now easier under foot and the thought of finishing drove me on.

On the descent I was flying - until the last 3 miles, when cramp kicked in. Every time I tried to run my calves seized up. I was running 10 minute miles and walking 15 minute miles. I thought 'What's an extra 15 minutes, take it easy.'

I dropped down through Braveheart car park onto the main road into Fort William. Someone shouted: 'Only a mile to go.'

Suddenly another runner appeared 20 yards behind

me; where the hell had he come from? I hadn't seen any other runners for hours.

My competitiveness kicked in and I thought 'He's not beating me!' I didn't look back and set off for the finish.

About quarter of a mile from the end Judith had jogged down to find me. As we ran towards the finish I said to her 'How far behind me is he?'

'Who?' she said.

'That bloke who's just behind me.'

She laughed; 'About a minute and a half.'

I don't think she understood that even after 43 miles I didn't want anyone passing me at the finish line.

I had set a target of 8-10 hours when I first decided to enter the race and I completed the 43 miles in 8:37:14, so mission accomplished. I finished 37th out of 74 finishers.

And, thanks to the generosity of friends and colleagues I raised about £1200 for The Christie and £500 for Friage Hospital who cared for my mum when she had cancer.

What next?

Well, I hope to give it another go next year and improve on the time. I'm still not sure what happened on the third leg but I'm already planning where I think I could improve and what things I would do differently. Anybody fancy doing it?

Steve Whincup



Only 5 miles to Fort William

IRONMAN UK 7th Sept 2008

Pete Mallison's Story

Ironman UK is held at Sherborne Castle, Dorset. The event comprises a 2.4 mile swim, 112 mile cycle and 26.2 mile run. This was the first time I had attempted this distance.

I have done numerous shorter distance triathlons over the previous ten years but I knew this one was going to be the toughest challenge yet. The training had gone to plan and I was waiting with nervous anticipation with 1500 others for the signal to enter the water and make the short swim to the start line.

The sun was just beginning to rise when we were allowed to enter the water and the race started about 30 minutes late as some parked cars had to be removed from the run course first.

Eventually, after what seemed like an eternity treading water, the klaxon sounded and we were off.



I'm in there somewhere!

Or rather the fast swimmers were off and I and the rest of the average swimmers were left fighting for our places to find some space to swim in. After being battered by flailing arms and legs for about 200 metres I eventually found some clear water and settled into my front crawl as efficiently as I could. Apart from being a little crowded around the turn buoys, I was quite pleased with the way the rest of the two lap swim went and exited the water after 1 hour 13 minutes and 52 seconds in 551st place.

2.4 miles down, only 138.2 miles to go!



As I ran through transition grappling to undo my wetsuit another competitor for some reason decided to turn round and run back towards the lake. I swerved to avoid him but slipped and went sliding through the mud on my rear much to the delight of the on-looking crowd. That must have cost me at least 3 seconds!

Fortunately, I saw the funny side and there was no damage done as I proceeded through the transition area grabbing the bag with my bike kit.

The first lap of the 112 miles of the bike went well as I overtook numerous competitors who were ahead

of me out of the water. I hardly noticed the hills and wind. The marshalls at the aid stations were fantastic in handing out plentiful supplies of Gatorade, Powerade, power bars and bananas.



The course was a tough one and towards the end of the second lap, cycling into a strong headwind, I was beginning to flag a little, but I knew the conditions were the same for everyone. I think everyone was finding the bike difficult, as I passed several more riders. I was pleased to finish the 3 lap cycle in 5 hours 42 minutes, 57th quickest. I was so relieved to get off the bike and I have never looked forward so much to starting a marathon!



I was slightly worried at the start of the three 8.7-mile lap run, as my legs were quite tired, but after about 2 miles I began to settle into a good rhythm and felt quite strong after the first lap.



We were supplied with a choice of water, Gatorade, powergels and flat Pepsi at the aid stations. I tended to take on board the flat Pepsi and the combination of caffeine and sugar seemed to do the trick as I kept picking off other competitors in front. From about 22 miles I really began to tire but the crowds were magnificent and kept me going.

Then finally at the 26 mile point I collected the 3rd wristband to indicate that I had completed my final lap. Now I only had 0.2 of a mile to go! I took the left turn off the main course to begin the final stretch along the finishing chute. It was a great feeling to finally cross the finish line. I had recorded the 27th quickest run time of 3 hours 21 minutes. I was exhausted but elated in 45th place overall after completing the 140.6 mile course in 10 hours 25 minutes of racing.



Ironman UK cont

For the record there were 1193 finishers within the cut off time of 17 hours and 102 people who did not finish the race.

The race winner was Stephen Bayliss who recorded a swim time of 45 minutes, bike 5 hours 9 minutes and run 2 hours 56 minutes and crossed the finish line in 8 hours 53 minutes.

His fiancée Bella Comerford was the first female home with splits of swim 53 minutes, bike 5 hours

33 minutes and run 3 hours 16 minutes crossing the finish line in 9 hours 49 minutes.

I would like to thank the numerous people at South Cheshire Harriers, Crewe Flyers Swimming Club, Crewe Clarion and Newcastle Staffs Tri Club for all their support and guidance enabling me to tackle this challenge.

I would also like to thank everybody who has sponsored me in raising money for Cancer Research. The final figure is likely to be well over £1,000.

Pete Mallison

CLUB RACE CHAMPIONSHIP

after 20 races; 4 more to go

Ladies

Position	Name	Races	Ratio
1	Gemma Cutler	8	54.10%
2	Kedren Elliott	8	53.28%
3	Elizabeth Painter	8	52.55%
4	Carol Godfrey	5	65.42%
5	Shelagh Swinnerton	5	63.89%
6	Sarah Dyde	4	51.81%
7	Nicola Lowe	3	68.98%
8	Ruth Pryce	3	65.77%
9	Madeleine Richardson	2	54.43%
10	Jeanette Hatton	2	54.40%
11	Anne Garnett	2	53.18%
12	Sylvia Smallwood	1	66.34%
13	Lorna Fewtrell	1	60.00%
14	Chantelle Swart	1	58.45%
15	Judith Whincup	1	54.75%
16	Karyn Amson-Orth	1	54.41%
17	Tina Smith	1	53.61%
18	Sam Cole	1	53.33%
19	Charm Parker	1	51.92%
20	Ruth Hadfield	1	51.17%
21	Carole Tilt	1	50.22%
22	Isobel Browne	1	49.31%
23	Linda Barwick	1	48.31%
24	Sara Richardson	1	47.83%
25	Sarah Saunders	1	47.00%
26	Lizzie Marshall	1	46.24%

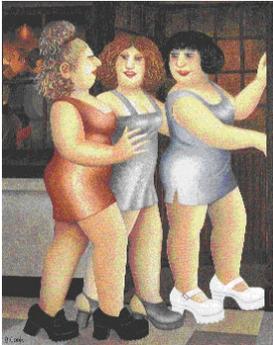
CLUB RACE CHAMPIONSHIP cont

Men

Position	Name	Races	Ratio
1	Mike Hatton	8	82.77%
2	Peter Mallison	8	75.98%
3	Melvyn Cole	8	75.63%
4	Stuart Jones	8	75.44%
5	Neil Jones	8	74.78%
6	Michael Cutler	8	68.46%
7	Colin Earp	8	67.56%
8	Charles Rowlands	8	67.21%
9	Stephen Whincup	8	67.00%
10	Pat Hudson	8	65.93%
11	Philip Cliff	8	63.84%
12	Martin Stirna	8	63.67%
13	Robert Mayers	8	62.68%
14	Alasdair Dyde	8	60.97%
15	Stephen Dawson	7	68.56%
16	Andy Mayers	7	66.65%
17	Nick Dunning	6	68.81%
18	Pete Marquis-Jones	6	67.06%
19	Peter Cooper	6	61.22%
20	Robert Cummings	6	60.55%
21	Tony Salthouse	5	72.37%
22	David McGrath	5	71.25%
23	Mark Hough	5	68.25%
24	Andy Godfrey	5	66.54%
25	Kevin Hall	5	62.96%
26	Colin Wynne	5	60.94%
27	James Simpson	5	59.72%
28	John Latham	5	59.52%
29	Neil Cooper	3	68.08%
30	Robert Bonson	3	65.12%
31	Anthony Hadfield	3	62.38%
32	Simon Walker	3	59.35%
33	Liam Wilkinson	2	72.21%
34	Colin Simpson	2	66.59%
35	Angus Varley	2	60.48%
36	Mick Tobin	2	60.34%
37	Andrew Painter	2	59.50%
38	Matthew Lewis	2	57.71%
39	Gareth Carless	1	74.12%
40	David Beresford	1	72.04%
41	Andy Caunt	1	68.61%
42	Trevor Reece	1	58.60%
43	Steven Hay	1	57.43%
44	Steve Treweeks	1	50.94%
45	Alexander Burton	1	48.91%

FOR YOUR DIARY

A LADIES' RUN



is being planned for **Friday 24th October**:
Drinks and a meal, venue to be decided.

We are looking for people to register their interest.

Please contact **Carol Godfrey**

07967 331013
carol.godfrey5@btinternet.com

for details



Halloween Hellraiser

Supported by



**8(ish) gruelling miles of mixed terrain through
Cheshire's Badlands
or a 1 mile Fancy Dress Fun-Run**

**Sunday 26th October
8 mile race 9:30am; Fun Run 9:45am
from Crewe Vagrants**

**If you can't run it,
some Marshals are still required**

Please contact Mike or Gemma Cutler