



South Cheshire Harriers

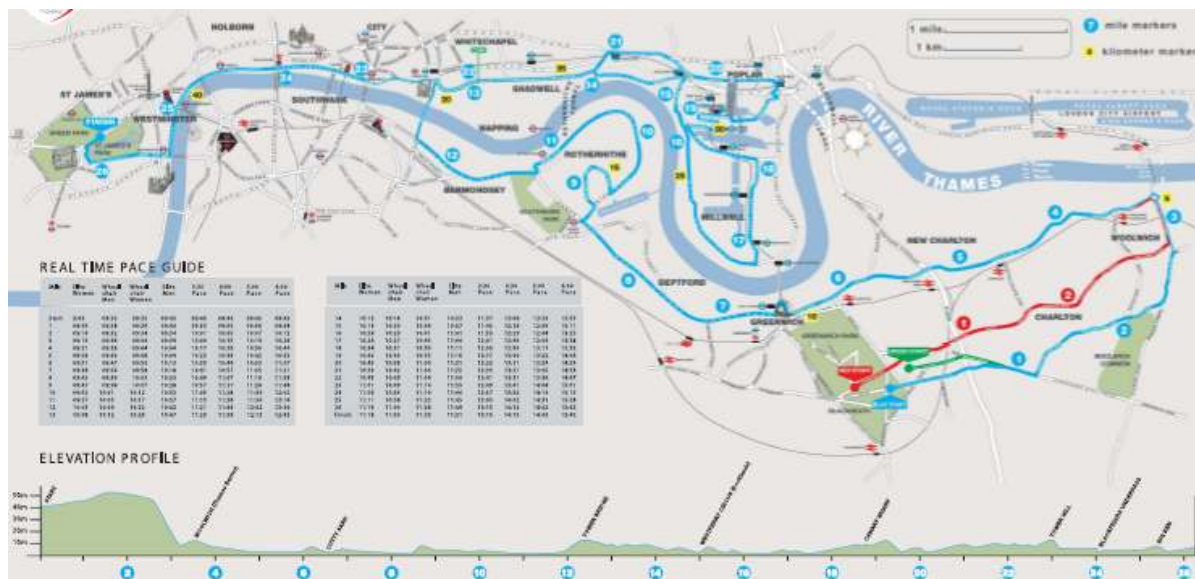


Race Start 9:45am

Team London 2009

Supporters Information

As around 35,000 people attempt the London Marathon, 12 South Cheshire Harriers* will be battling for personal triumph and glory amongst the masses (or in Mike's case, at the front).



Flagging! If (like Neil) you're watching the marathon from your own home, look out for the club flags somewhere around the course. Hopefully at least one will make it up around the 14mile and 21mile markers!

Track your Runner! This year you can track the progress of your chosen runner on your WAP enabled mobile phone, using the adidas Waptracker. TEXT 'RUN' to 83040, adidas will send you a link to the tracking service; simply enter your runner's bib number and track your runner.

Here are the SCH 12, in potential passing order.

Best of luck in 2010 to Ruth Hadfield who is missing the 2009 Marathon through injury.

* To the best of my knowledge.

Mike Hatton, 47
"super vet"



PB: 2h 40m 0s, London 2008
2009 Goal, 2h 45min & to Finish
ahead of the Mrs. 181st last year &
7th for age!

Pete Marquis-Jones,
"Mr Skinny"



PB: 3h 0m 41s, Abingdon 2008
2009 Goal, Sub-3h
"Never trust your own GPS" here's
hoping Pete will be sub 3hours after
cruel luck at Abingdon last year.

Colin Simpson, 40



PB: 2h 59m 55sec Wolverhampton
2009 Goal, 2h 50min
Colin is on to regain 'good for age'
qualification. Part of the victorious
Men's Division 2 X country team.

Pat Hudson, 29
"Lovely Cakes"



PB: 3h 15m 08s, London 2008
2009 Goal, Sub-3h
Started running for this race last
year. Any time under 3 hours would
be an achievement despite what
Charlie tells you!

3 Hour Time: 6 Miles – 10:25 Half – 11:15 19 Miles – 11:55 Finish - 12:45

Steve Dawson, 44
"The Silent Assassin"



PB: 3h 13m 31s, Barcelona 2007
2009 Goal, 3h 15min
Steve's 7th Marathon, 3rd in London,
3 x Potters & Barcelona.

Dave McGrath, 53



PB: 3h 10min Cardiff 2006
2009 Goal, 3h 15mins
Dave ran 3h 18mins last year, An
experienced marathon runner.

Anthony Hadfield, 38
"Headless Chicken"



2009 Goal, 3h 30min
Try adding Marathon training to
moving house and being a head-
teacher for real stress! Ant's unique
Training regime varies from 3 to 70
mile weeks?

Andy Painter, 38
Webmaster"



2009 Goal, 3h 30mins
Raising money for the Eve Appeal,
Liz P may cover more ground than
Andy in feverish support efforts.

4 Hour Time: 6 Miles – 10:40 Half – 11:45 19 Miles – 12:40 Finish - 1:45

John Booth, 56



PB: 2h 37m ish, London 1986
2009 Goal, to Finish
John and wife Sandra are both back running the FLM 23 years after John's enviable PB

Alasdair Dyde, 45
The Chairman



PB: 4h 11m, Leicester 2008
2009 Goal, Sub-4h
4th Marathon in 2 years of running
Leicester 2009 will be Al's 5th if the 4 hour goal eludes him in London.

Martin Stirna, 55



PB: 3h 28m 1989
2009 Goal, Sub-4h
Club Member of the year 2008
Martin has introduced numerous runners to the club.

Jeanette Hatton, 40



2009 Goal, 5h
Tired of watching Mike and "holding Mike's Gels" Jeanette finally gets her go at London.

5 Hour Time: 6 Miles – 10:55 Half – 12:15 19 Miles – 1:25 Finish - 2:45