



SOUTH CHESHIRE HARRIERS

NEWSLETTER No 12

March 1993

EDITORIAL

The last issue of this Newsletter was Number 11 in December, 1992. Number 10 was December, 1989; so things really are improving.

I am up-to-date with all the race results that I know of; if any are missing then it is because you have not told me of them.

Any ideas or material for publication will be welcome. Next issue round about August?

Tony.

THE OFFICERS

The officers as they were for 1992, and as re-elected at the 1992 AGM:

PRESIDENT	Dave Rowlands	67015
CHAIRMAN	Dave Griffiths	664251
HONORARY TREASURER	Guy Lingford	582985
HONORARY SECRETARY	Tony Salthouse	625191

SOME WORDS FROM THE CHAIRMAN

Well, how can I start to give you something interesting to read? I know a bit of gossip always goes down well: a certain veteran runner has been seen "treading the track", the giveaway was the reflection of the floodlights off his W I D E parting.

Now let's see what else there is to let you in on, oh yes, the future venue of our club: well, there are two positive offers, the South Cheshire College and the Crewe Vagrants in Willaston. Let's try to understand what's on offer.

The South Cheshire College is making available, in the short term, showers; but in the medium term a health centre, restaurant and bar are planned for September, 1993. Long term plans include a swimming pool, this would be part of their proposed Leisure Centre approach.

The Crewe Vagrants are offering us Social Membership of their club which entitles us to the following: a) Bar facilities except alternate Tuesday evenings when the South Cheshire Recorded Music Society hold their recitals, and b) Changing and Shower facilities on club nights.

Well, that is what is on offer. I suggest that we discuss it fully on Thursday, 15th April at 7.45pm to enable all members to make their views known to the committee members.

A little more news about post-London looseners:

20th APRIL, Tuesday, an interclub run with drinks afterwards at the White Lion, Weston, with Crewe and Nantwich as the host club. See the notice board.

27th APRIL, Tuesday, similar to the 20th but with SCH as the hosts.

28th APRIL, Wednesday, Killer Mile at Mow Cop.

14th - 16th MAY, 110 mile canal run. See Mr Bickerton for details.

Due to the uncertainty as to the status of the P-Way Club we are unable to plan our 10K in May. Possibly an event will be held later in the year to boost club funds.

1992/1993 CROSS COUNTRY:- Many of our members have had a go at X Country this season, the County Championships at Macclesfield were particularly interesting with the river crossing. Hampstead Heath was the venue of the National X Country. We did not put out a full team of six, but the course was very tough for the members who did take part: hope we can put a full team out next year.

That's all, your committee have for the moment, we hope that all our runners in the London have a good one.

DON'T FORGET to give Tony Salthouse your race results, Gordon Bickerton anything for the papers, and Guy Lingford your 1993 subs. for those still outstanding.

MEMBERSHIP

The intention this year is to increase our membership by an active dozen or so. To this end a little poster has been produced, and copies will be placed in libraries, swimming baths, sports halls, supermarkets, and anywhere else we can think of. Besides everyone doing their own little bit of recruiting of friends (or enemies you want to make suffer), we must all especially go out of our way to make any newcomers very welcome and pleased to have come.

As a club we have been very successful in taking in those relatively new to running, such as George used to be, and now he has been voted our Club Runner of the Year!

An application form for joining the SCH appears at the end of this newsletter.

NORTH STAFFS ROAD RUNNERS ASSOCIATION

For three pounds a year the NSRRA provides one of the best bargains around. It provides a means for localish runners to get together in a season's competition. There are 20 races, 12 to count, 7 of the races are free to members, and there 3 or 4 newsletters and results posted each year.

There are four groups for men (A, B, C, D), another four for veteran men over 40 (E, V, X, Z) , and two groups for ladies (L and M). The groups are graded according to ability. This gives most people a chance to seriously compete at their own level. When you are in a race and see these letters on someone's back then you now know why.

If you are not already a member then now is the time to start doing something about it - ask at the club for help on how to join.

LONDON MARATHON, 18th April, 1993

The members accepted are	Liz O'Keeffe Shelagh Swinnerton Sheila Bickerton Mick Cope Graham Morgan Colin Gaynor Simon Walker
Also to run	Dave Gill

Dave Gill was the lucky winner of the draw held on 12th January for the one club entry. The doubly unlucky losers (the draw was held for those already rejected) were

Jim Rice
Malcolm Beeston
Trevor Reece
Franklin Goodwin

Watch the others on the television, and see the joys of running. Sheila has got in as an Elite Lady, with a Championship start 25 minutes before the rest. Simon has not recovered well enough after his long layoff and will hold his entry over for next year.

RACE RESULTS

Frodsham Cross Country, 3rd Jan, 1993

Bob Rowlands (69th)	24.56	Dave Griffiths	27.47 V
Gordon Bickerton	25.50 V	Rob Brown	27.57
Colin Gaynor	25.57	Ray Woolgar	27.59 V
Graham Morgan	26.15 V	Mick Hornsey	31.25 V
Nick Young	26.19 V	Jim Rice	31.39 V
Sheila Bickerton	14.14	Liz O'Keeffe	16.51
Shelagh Swinnerton	15.39		

Bob shocked (even frightened) a few in this run with a particularly fine performance. Frodsham is not a long run, but it makes up for it in bends and hills. This is the first of the Cheshire XCs, and of the 27 teams represented, our men came 15th Open and 7th Vets, with the ladies in 12th place. There were 4 to count, with any missing body counting as one more than the number of runners.

Helsby 1/2 Marathon, 24th Jan, 1993

Graham Morgan	1.18.20 V	George Phillips	1.29.24 V
Clive Boyden	1.24.20	Jim Rice	1.40 V
Rob Brown	1.26.39	Chris Butler	1.40

This is a very popular race. So popular that entries were closed before a lot of club members got around to applying. Graham had a good run with a well deserved PB.

Ellesmere Port XC, 31st Jan 1993

Richard O'Keeffe	47th V	Richard Adams	116th V
Gordon Bickerton	61st V	Robert Brown	124th
Colin Gaynor	74th	Mel Cole	126th V
Dave Griffiths	111th V		

A good team result, over a flatish course. Vets were out in force.

Stafford University 10K, 31st Jan, 1993

George Phillips	40.40 V
-----------------	---------

George going off and doing his own thing. The time is not one of George's usual PBs as he was just recovering from a bad cold.

The Tough Guy, 31st Jan, 1993

Mick Cope	2hrs22 V
Tom Allman	2hrs22 V

This is a popular and expensive race of sorts. It is more of an obstacle race for about 9 or 10 miles. Tom and Mick ran together and finished in a respectable time. Times are difficult to compare as they change the course every year.

Alsager 5, 7th Feb, 1993

Richard O'Keeffe	26.10 V	George Phillips	32.44 V
Colin Gaynor	28.27	Norman Tew	36.10 V
Graham Morgan	28.54 V	Dave Gill	36.49 V
John Swinnerton	30.16	Shelagh Swinnerton	39.14 LV
Clive Boyden	30.26	Simon Walker	39.14
Bernard Griffiths	30.46 V	Sylvia Brown	39.20 L
Dave Griffiths	31.09 V	Liz O'Keeffe	39.40 L
Ray Sweeney	31.20 V	Pam Jukes	40.13 LV
Charlie Oakes	31.46	Ian Ankers	

Always a very popular race before the racing season starts properly. This time it was staged in wet and windy conditions, which makes a change from the frost and ice of some earlier years. Richard finished as 4th vet, while some of the other old men also had good times (Bernard must be on the pills again).

Wadsworth Trog (The Beast), 20th Feb, 1993

Gordon Bickerton	3hrs 48 V	Mick Hornsey	4hrs 26 V
Richard Adams	3hrs 58 V	Dave Griffiths	4hrs 29 V

20 miles of tough fell race, with 4,500 feet of climb! Gordon was first home, but only after a lot of suffering following twisting his ankle at 1 mile. It was obviously bad as he did not run on the following day. Bob Rowlands dropped out after sticking his foot down a rabbit hole. The tough moorland terrain and biting gale force wind took its toll on everyone.

Cheshire Cross Country, 21st Feb, 1993

SENIOR	Colin Gaynor	70th	Melvyn Cole	130th V
	Graham Morgan	71st V		
YOUTHS	John Swinnerton	6th	Gareth Carless	9th

This race was at Seabridge School, Newcastle. It is not an easy course! Apparently Colin and Graham indulged in a good bit of competition, with the younger man winning at the end. In the Youths race John had a very good run.

Churchfields 5, Chesterton, 21st Feb, 1993

Steve Jones	31.17	Annette O'Neill	44.05 L
Simon Walker	38.15	Sylvia Smallwood	44.40 LV

Well done, Sylvia, for winning the 1st Ladies Over 50 Prize! Nice to see Steve's name again.

English National Cross Country Championships, 27 th Feb, 1993

Richard Nerurkar	1st	42.52	Colin Gaynor	1331
				57.06
Gordon Bickerton	1157	55.49	Dave Griffiths	1923
				63.20

This was held at Parliament Hill, London. A great pity this Richard is not a member of South Cheshire Harriers. However, we would still need 6 runners to count as a team, though 9 are allowed to run. This is some organisation: the race was on Saturday and the results were received in Cheshire on the Tuesday! For the record; there were 2156 finishers, with the last one taking 85 minutes.

Cloud 9, Congleton, 14th Mar, 1993

Ian Ankers	69 V	Chris Butler	?
Tony Salthouse	70.47 V		

Road, railway track, path, fields, mud, stream, rocks, farmyard, steep uphill, steep downhill: this is a race that has all these and more. Hard but enjoyable (after you have finished). Recommended for something different.

Haworth Hobble, 20th Mar, 1993

Gordon Bickerton	4hrs 35	Chris Walsh	6hrs 25
Richard Adams	5hrs 25	Guy Lingford	6hrs 25
Dave Griffiths	5hrs 40	Malcolm Beeston	7hrs 4
Mick Hornsey	5hrs 50	Andrew Hollinshead	7hrs 6

You can tell from the times that this is not your ordinary race. It is a 33 mile Fell race with 4000 feet of climb. It passes through (over) the beautiful Bronte Country. What you have difficulty telling from most of the times is that this is a race for pairs running together! PBs abounded in the good conditions; Gordon's time was superb.

Stafford 20, 21st Mar, 1993

Richard O'Keeffe	1.59.02 V	Gordon Bickerton	2.23.47 V
Colin Gaynor	2.6.22	Tony Salthouse	2.32.12 VVV
Graham Morgan	2.11.50 V	Jim Rice	2.34.00 VVV
Ray Parkinson	2.12.45	Mick Cope	2.34.00 VV
Ian Ankers	2.19.03 V	Roy Ramsey	2.46.34VVVV
George Phillips	2.22.03 VV	Liz O'Keeffe	3.00.31 LV
Clive Boyden	2.23.38	Andrew Hollinshead	3.10.45
Sheila Bickerton	2.23.47 LV		

Just check out the prizes for the club: 2nd veteran for Richard, 1st in her age group for Sheila (6th lady overall), 1st in Group C for Colin, and 1st in Group Z for Ian. This is not the race for you if you like the crowds, but it is good for a battle against yourself. The conditions were good to start, but later on you had to dodge the puddles, if you had the energy left. PS If you are wondering what the Groups are about then you need to find out about the NSRRA. PPS Both Gordon and Andrew did the Hobble the day before.

Wilmslow 1/2 Marathon, 28th Mar, 1993

Bernard Griffiths	1.27 VVV	Brian Reece	1.47
Mick Hornsey	1.35 VVV		

A popular race (over 2000 in it), and a fast one. Not many SCH this year, but those that were there were happy with their times.

Stafford 1/2 Marathon, 28th Mar, 1993

Clive Boyden		Chris Butler	1.35
Ian Ankers	1.26	Simon Walker	
Tony Salthouse	1.28.46 VVV	David Lewis	
George Phillips	1.30.		

This is another bit of Stafford torture; only one week after the 20. Over 800 ran in this, with a nice nip in the air so you don't overheat, and no rain. As usual, some liked the results and some did not. A nice T shirt for the finishers.

SOUTH CHESHIRE HARRIERS CONSTITUTION: 1992

1) TITLE: The title of the Club shall be "South Cheshire Harriers".

2) OBJECTS: The objects of the Club shall be:

To encourage the practice and development of amateur athletics. To provide coaching for the members and to organise competitions. To organise teams to represent the Club in Championships and Leagues, and in such other competitions as the Management Committee shall decide.

The Club shall cater for:

: Cross Country Running

: Road Running

: Road Relay Running

: Fell and Hill Running

3) MEMBERSHIP:

Membership shall be open to persons who are amateurs as defined by the British Athletic Federation. The normal minimum age of entry shall be 16 years, but consideration will be given to family membership. Each applicant for membership must complete the official application form, and must be proposed, seconded, and elected or otherwise at a properly convened meeting of the Committee.

4) MANAGEMENT:

The Management of the Club shall be vested in a Management Committee which shall consist of:-

PRESIDENT, CHAIRMAN, HONORARY TREASURER, HONORARY SECRETARY, who shall be the officers of the Club, together with three members. The quorum for the Management Committee to take decisions is three, this quorum to consist of two elected officers and one other member.

Election of Management Committee members will take place at the Extraordinary General meeting on 29 January 1991, and thereafter at the Annual General meeting, and they will remain in office until the next Annual General meeting.

The committee will have the power to co-opt additional members when they consider it necessary. These co-opted members will not have a committee vote.

The committee shall have the power to fill vacancies if and when they arise.

5) ANNUAL GENERAL MEETING:

The Annual General Meeting shall be held in the month of November (or within one month of the end of the Club Financial year) for the purpose of:-

- a) Receiving the Annual Report of the Committee.
- b) Receiving the audited Statement of Accounts and Balance Sheet.
- c) Electing the Officers and Committee for the ensuing year.
- d) Electing the Honorary Auditors.
- e) Considering any amendments to the Constitution Rules of which due notice has been given to all members. Any proposed change to a Constitution Rule by a member must be received by the Chairman or Honorary Secretary at least 21 days prior to the date of the Annual General Meeting in order that all members shall have sufficient notice of the proposal.

At least 14 days notice shall be given to members of the date, venue and agenda items for the Annual General meeting. Each fully paid up member present at the meeting shall have one vote.

6) AFFILIATIONS:

The Club shall seek to be affiliated to the Northern Counties region of the British Athletics Federation, and to such other amateur athletic bodies as the Management Committee consider appropriate in order to carry out the objects of the Club.

7) SUBSCRIPTIONS:

The amount of the annual subscriptions shall be:

Members over the age of 16 years : £5.00 (but if in full time education £3.00)

Members under the age of 16 years : £2.00

The yearly subscription must accompany the application of membership and thereafter is due on the 1st January in each year.

8) NON PAYMENT OF SUBSCRIPTIONS:

The Committee shall have power to expel any member whose subscription is six months in arrears, provided that one month's notice in writing shall have been sent to such member by registered or recorded delivery letter addressed to the member's last known address, informing of the proposed action of the Committee.

The name and address of any person so expelled from the Club shall be sent to the appropriate Area Association, and there entered in the "Black Book" kept for that purpose. Every person whose name has been entered in the "Black Book" shall be suspended from competing at any meeting held under BAF Laws until the liability causing the expulsion, which shall not exceed one year's subscription, shall be discharged.

9) RESIGNATIONS:

Any member wishing to resign must do so in writing addressed to the Chairman or Honorary Secretary. The resignation shall be considered by the Committee within one calendar month of receipt and will be held as effective on the date of tendering. Resignations will not be accepted if the member is financially indebted to the Club, ie has not paid his or her subscription for the current year, and acceptance will be withheld until the debt has been discharged.

10) EXTRAORDINARY GENERAL MEETING:

An Extraordinary General Meeting shall be called by the Honorary Secretary or Chairman within one month of the receipt of a requisition signed by at least 10 members stating the purpose of the meeting. At least 14 days notice shall be given to all fully paid up members of the date, venue, and the purpose of an Extraordinary General Meeting. No other business shall be conducted at such a meeting.

11) CONSTITUTION AMENDMENTS:

No Constitution Rule may be altered, added to or deleted except at an Annual General Meeting, or at an Extraordinary General Meeting called for that purpose, and then only by a two thirds majority of those present and voting.

SCH Members

name and address

<home

<work

List deleted for security

SOUTH CHESHIRE HARRIERS

I wish to apply for membership of South Cheshire Harriers. I declare that I am an amateur as defined by the British Athletics Federation and am prepared to abide by the rules of this federation.

Please PRINT:

FULL NAME

ADDRESS

.....

.....

.....

TELEPHONE Home Work

DATE OF BIRTH Day Month Year

PLACE OF BIRTH

MEMBERSHIP (tick one): FIRST CLAIM SECOND CLAIM

If second claim state name of first claim club

.....

Proposed by:

Seconded by:

I agree that the information on this form can be held on computer. It can be disclosed for club purposes as the club committee sees fit.

SIGNATURE of Applicant

DATE of Application