



SOUTH CHESHIRE HARRIERS

NEWSLETTER No 13

October 1993

EDITORIAL

Any ideas or material for publication will be welcome. Next issue January-ish?

Tony.

THE OFFICERS

The officers as they are until the AGM:

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

AGM

As everyone can read on the back of their membership card, the AGM will take place on Friday, 26th November.

GET BREEDING

We could do with some more young members to offset our ageing stalwarts. Though no longer running themselves, Rita and Sally have done their bit with producing a boy each, Rita in the Spring and Sally just. CONGRATULATIONS to both (and to Nigel).

THE PECKFORTON CHALLENGE

SUNDAY, October 17th, 10.30 am.

HELP! HELP!

I would be very grateful if you would be prepared to help in one of two ways:

- a) by running the race, or
- b) by helping on the Sunday morning. Last year we were overwhelmed by Late Entries, and I am in desperate need of more assistance. You could
 - (i) help with the finish
 - (ii) be a marshall
 - (iii) help with pre-race activities.

You could arrange all the above around your Sunday run!

Please see me, Dave Griffiths or Tony Salthouse if you are prepared to help.

Dave Rowlands

THE CHAIRMAN'S AUTUMN REVIEW

Well, now that Autumn is here I am sure that all the men in the Harriers keenly anticipate the 1993/4 Cross Country season. I feel that I should pass on some inside information regarding underfoot conditions and relative undulations.

1st Race Abbotsholme School, Sat 9th Oct. This is a "nice" course as an introduction to cross country running. Underfoot you have stone tracks, long grass and only a limited amount of soft going. The undulation is fairly long but the slight diversion over the stile makes it bearable. Good showers and changing rooms.

2nd Race Westwood School, Leek, Sat 23rd Oct. This is not a "nice" course but it is a real cross country race. Underfoot, when you get a chance to check, is grass and other soft stuff in places. The undulations are hills, sorry I can't lie, big hills, but don't worry as the downhill are big as well. Best taken steadily. Showers cold, changing rooms an extension of the soft bits.

3rd Race Michelin A.C., Sat 20th Nov. These views are secondhand as I have never run this course. Therefore when I am told it is very muddy and fairly flat it is something I shall find out. (It has its moments! Ed).

4th Race Seabridge School, Newcastle, 4th Dec. This is a fairly "nice" race, superb downhill runs through woods on good paths and a long downhill sprint on a grassy field, I got carried away there, forgot to mention Heartbreak Hill. Soft stuff depends on the weather; the bottom of the

course can be very soft. Showers and changing rooms 1/2 mile from the course: don't know their condition as never used them.

Now lads, don't be a lot of girls' blouses. Get out and experience a good Saturday's fun!

If you enjoy the off-road runs then The Peckforton Challenge could be the cream on your cake, with beautiful scenery, challenging terrain, great camaraderie. South Cheshire Harriers are the organisers of this event and Dave Rowlands requires help with the marshalling, etc. See a later article.

Annual General Meeting, 1993. This year's AGM is planned for 26th November. If you have any points you wish to raise and be included on the agenda could you pass them on to Tony Salthouse A.S.A.P. The Club Runner of the Year ballot will be held during October.

Christmas Party: this year Bob, Wacky, and Nick are in charge of this event and it is organised for the 23rd December at the Waverley Hotel. If you have any questions about the do then I am sure the lads will be glad to help. Get your £2 deposits paid very soon!

Finally: Next year's Cheshire Cross Country fixtures and other events will be in the next newsletter, or alternatively on the notice board. Note that this a mixed league.

COLIN'S SHOPPE

SWEAT TOP	SKY BLUE (SILK SCREENED)	£10.50
LONG SLEEVE T SHIRT	SKY BLUE (SILK SCREENED)	£ 7.50
SHORT SLEEVE T SHIRT	SKY BLUE (SILK SCREENED)	£ 4.50
SUMMER VEST (OLD)	SKY BLUE (SILK SCREENED)	£ 8.50
SUMMER VEST (NEW)	SKY BLUE (SILK SCREENED)	£10.00
STRIDERS	NAVY BLUE	£10.00
SHORTS (OLD)	RED (FASTRAX)	£ 6.50
SHORTS (NEW)	RED (VIGA)	£ 6.50

For all such equipment consult our specialist - Honest Colin Gaynor, the man with the big bag.

SOUTH DOWNS REVISITED

The full story has yet to be told of this epic adventure to the far south. Unlike Captain Scott, who went just a little bit further than our intrepid band of explorers, and committed his harrowing tale to a notebook with a 2H pencil, your present correspondent is still negotiating full TV and film rights. The stumbling block at the moment is how to bring in the love angle for the big screen version. At the moment it seems possible that Gordon, played by Tom Cruise, is saved from death by hypothermia by a St John Ambulance nurse (Michelle Pfeiffer) by climbing naked into his sleeping bag at the 62 mile checkpoint. She falls in love with him, nurses him back to health, and comes to live in Crewe, working as a station porter, in order to be near her conquering hero. However, in the meantime, back to reality.

The South Cheshire team made a most interesting quartet, and their reasons for taking part were very varied. DG was about to go into hospital for a knee operation caused by over running, so 80 miles was just what the doctor ordered. RR felt he had something to prove, and as you will see he did just that. OE had nothing to prove at all, so he decided to shorten his usual Sunday run and keep the others company. The fourth member, GB, is mad anyway so no reason was needed, and none was forthcoming.

The most important aspect of pre race strategy, is the overnight accommodation. As the race doesn't start until 9 am. one member of the team has a problem of what to do with himself after getting up at 4.30 am. In the interests of team unity, the problem was solved by finding digs about 80 miles from the starting point. After a five mile loosener and a cooked breakfast, the team is driven at a furious speed across most of Southern England by the aforementioned early riser, to arrive breathless at the start a mere 2 hours before the off. We all agree that our tactics so far are exemplary!

At this point it is worth making comment on the other competitors, who start to arrive after an hour or so. Many seem quite normal people, but the perceptive observer soon begins to detect the usual signs of running madness. Some have to be helped from the car by solicitous wives/girlfriends and pushed to the vertical; they seem to be held together by crepe bandage, but all seem cheerful. Others leap out of their vehicles and for some reason immediately try to push them over sideways.

It is explained to me that this is called "stretching" and is an essential prerequisite for any chance of victory. A third group consume bananas at a tremendous rate and belch contentedly. All stress the need for time to get "warmed up" despite a temperature already in the low seventies. Our heroes express the view that this a field of the highest quality.

At approximately 8.50 am the boys talk tactics for the nth time. Having agreed over breakfast the vital importance of RR, GB & OE staying together, so that RR can be nursed, they now state unanimously that it is essential that they all go their separate ways; this will prevent RR going too quickly in the early stages and prevent the blow out which occurred last year. DG has wisely crept away by this time and made friends with another group.

At 9 am away they go, led briskly by a strange looking dwarf, weighed down by a 3 day growth of beard and a duffel coat. We can tell that it is a duffel coat, because he has the hood up. Experienced spectators comment on the stupidity of organisers of this world class field allowing the poor troglodyte to enter. "Serve them right when they have a death on their hands!" is the generally accepted wisdom.

When the dust settles the backup team start to come into their own. SB & DR are far and away the most experienced exponents of the art in the whole of the north west. Unassuming and unsung we just get on with the job, content to bask in the reflected glory of the men in sky blue as they do battle with the elements.

We have arranged to meet 9 miles into the race; the declared strategy being that no food is required at this point, only drinks. We arrive in good time and watch the front runners go sailing by. We exchange knowing smiles - there is no way that these guys will keep up that speed in this heat!. A funny little man in a duffel coat drifts past followed by scores of panting athletes. Where is our first runner? Will it be OE or GB? How far adrift will RR be?

The three arrive together, RR looking remarkably fresh. They all decline the drink, but where are the effing bananas? We apologise humbly and promise to do better next time.

Next time is about 6 miles further along the Downs. However it is about 16 miles by car, followed by a lung igniting sprint up a 400 foot escarpment. We decide that it is important to take everything from the boot of the car - it would be unforgivable for the team to fail because of our ineptitude. We arrive just before they do, speechless and covered in sweat. Being unable to utter a word was not a problem. Still together, they ran steadily past, indicating that they would definitely stop at the next checkpoint. We stay and watch the race for a while in order to recover. We look out for the dwarf, but he is nowhere to be seen. It was ridiculous running off in that sort of gear!

Copywrite prevents us giving all the detail of this tremendous battle against the elements! What makes people throw their feeble frames against such odds? Why should GB insist on running in a thermal top through the heat of the day in the low eighties, only to discard it later as the darkness and the temperature fell? We shall probably never know, but it is unworthy for us mere mortals to attempt to explain the behaviour of the gods.

Let us fast forward somewhat to the drama at 62 miles! This is the critical part of the race. With the exception of OE, runners seldom venture so far from home; both the spirit and the flesh are weak and there are still 19 miles to go! It seems a harmless enough spot to the casual eye - an old barn in the middle of nowhere alongside the road to Newhaven. But first appearances can deceive. If Captain Scott had made his way here, well may he have exclaimed, "Great God! this is an awful place".

At this stage the backup team was well in front of the fighting troops. We have parked the car just in time to see a scruffy little man in a duffel coat help an exhausted runner into a waiting ambulance, before shuffling off up a very steep hill in the general direction of Eastbourne. Sheila & I feel a certain unease - we feel that we may have seen him before, but we can't be certain where.

However we are soon shaken out of our reverie, by a figure standing quietly by our side. He politely asks for a drink of water and a change of tee shirt. It is RR! "Have we missed the others?" we hastily enquire. Apparently not. Plan A is back in operation, with RR taking it easy about 3 miles in front of the other two. He just as quietly disappears; we sit down and wait.

In a short while OE appears. He is equally polite and we cater solicitously for his needs. We enquire after GB. It appears that he is suffering from something called cramp, but will be along presently. We wish OE well and settle down once more.

After what seems an eternity an amorphous cloud of dust in the distance slowly begins to form something resembling the human shape. It could indeed be a human being, but the form of motion excludes that possibility. It moves like a crab, sideways and occasionally forwards. It falls over frequently and refuses to right itself. We watch, fascinated!

Eventually, with the gathering dusk it is near enough for us to hear the noise it makes. It moans, and it sounds as if it is weeping. "Never again. Never again!" it cries. Those readers old enough to remember the appearance of Ben Gunn in the film *Treasure Island* will have some sort of image of the sight in front of us. It lies down on the side of the road and looks up into the sky. Sheila looks doubtful, but after a minute or so she plucks up the courage to speak. "I think its Gordon" she says. And so it was! We leap into action and carry him into the barn. I prop him up against some straw bales while Sheila goes to find warm tea. He won't stay up though - every time I get him somewhere near the vertical he slides down again like a rag doll. "Stay up you bastard," I hiss at him, "Think of all the times you've had me in this condition!" St John Ambulance come over to see what I am up to. They take one look at GB and realise immediately that their medical knowledge is insufficient to cope with such a problem. They slope off and tend to someone with a bit of life left in them.

Not content with his performance up to now, GB shows off even more. He is now racked with cramp and lying horizontally to attention like a man going down the Cresta Run in the luge. Sheila says, "Stop fooling about, people are looking at you!" He wants to remonstrate, but cannot find any words. I am thinking how lucky I am to witness the scene. I grin at the thought that every single South Cheshire Harrier would give £1000 for a ringside seat at this extravaganza and I am getting it free!

Eventually it dawns on us that he means to carry on. We prop him up yet again and with me holding him upright Sheila forces soggy cornflakes down him as best she can. He decides that it's a good idea for Sheila to accompany him at this point, and then lurches off across the road, narrowly avoiding a coachload of day trippers who stare with puzzled expressions from the windows of the bus.

I now drive to the finish, just in time to see RR come flying home in a remarkable 13th position He has gained about 20 places since passing through Heartbreak Hotel described above. Bob was always determined to do well on this run, and his concentration and sense of purpose never wavered for a moment. It was a pleasure to watch.

With RR safely fed and watered, I decide to run to meet the others. In half a mile I pass OE, who has a problem. Should he finish the race, carry on and do the 30 miles to Tonbridge Wells and catch the 4.00 am train from there to London? Or, should he socialise with the rest of us, stay in Eastbourne over night and catch the train home in the morning? If he does that, should he get off the train in Wolverhampton or Stafford to bring the weekend mileage somewhere close to respectability? I advise the latter and Wolverhampton. This seems to make him happier and he continues on his way - perhaps a little fatigue was setting in?

I finally meet up with GB on the Downs above Beachy Head. Maybe there was crack in the cornflakes, because he is now moving at sub 6 minute mile pace, his face flecked with foam. He negotiated the very steep descent down into Eastbourne with only a minor setback. He tripped over some rocks and went flying head first into the bushes. This outcome of this distraction was the luge position again. But by now Sheila and I are experts and we soon sort him out. He hits the first street in Eastbourne flat out and continues in similar vein to the finish, passing at least a dozen startled competitors on the way. Surely I can run 2 miles with someone who has done 79? The pavement encouragement is given to both of us. Fortified by this I match him stride for stride. At the finish GB hands his number in and goes to talk to a pretty assistant. St John Ambulance rush up to me and lead me gently to the first aid tent.

I hope the above has given you a flavour of what's in store if you ever decide to give this run a whirl. If you do, please take the following advice:

- a) Don't up your mileage beforehand. It's too far anyway, whatever you do, and you will only arrive tired.
- b) Eat nothing but lepins and drink only isostar for 3 weeks before the race. Neither will do you the slightest bit of good during the run, but everyone insists on taking them. The secret is not to vomit every 20 minutes from the 40 mile mark. Up your resistance well in advance.

- c) Obtain a first class back up team. This is critical - and Sheila & I will do a special rate for Harriers.

Oh, by the way, I nearly forgot. Get down to Milletts and buy a duffel coat - he finished 16th.

Dave Rowlands

SOUTH CHESHIRE AT SOUTH CHESHIRE

On Thursday, 15th April we had a short run; followed by a long meeting to determine the future location of the club. The meeting was long from presentation and questions, with no arguments to delay it further. Including 7 votes on paper made by people who could not be present for the show of hands, the results were 29 for South Cheshire College and 5 for the Vagrants, with 1 abstention.

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.

MOB CAUSES CHAOS ON THE ROADS

On Tuesday, 27th April, the road runners of Crewe and Nantwich AC joined us for the normal sort of club run (ie we were all spread over 2 or 3 miles). Traffic stopped on Crewe Road for the 40+ (number not just age) runners to cross at the start. The weather was good, and the course was enjoyable, and we had a good visit to the Woodside afterwards. This follows the joint visit to the White Lion at Weston the week before (with a run beforehand, of course).

RACE RESULTS

London Marathon, 18th April, 1993

Colin Gaynor	2.46.25	Sheila Bickerton	3.25 V
Graham Morgan	2.55.56 V	Andrew Hollinshead	3.36
Nick Young	2.56.35 V	Dave Gill	3.53 V
Mick Cope	3.11.50 V	Liz O'Keeffe	4.11 V
Bernard Griffiths	3.21.29 V	Shelagh Swinnerton	4.15 V

Plenty of television for the event but all I saw of SCH members was Sheila at her elite start. Plenty of wind on the day made life awkward, but some had good results and some had bad results.

Uttoxeter 1/2 Marathon, 25th April, 1993

Richard O'Keeffe	1.13.55 V	Chris Butler	1.35.11
Ray Parkinson	1.23.50	Roy Ramsey	1.43.37 V
Ian Ankers	1.26.59 V	David Lewis	2.03.33
Tony Salthouse	1.30.04 V		

Richard was 2nd Vet and 7th overall - Wow! The day was wetting wet and no wind: not a bad day at all for the race. It's a pity about the course - it is hard! There was a very nice horse brass for finishing.

Paris Marathon, 25th April, 1993

Jim Rice	3.31.23 V
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15000 ran this. Jim thought it was great.

Portsmouth Marathon, 25th April, 1993

George Phillips	3.23.34 V
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500 ran this, and George enjoyed it.

Killer Mile, 28th April, 1993

Steve Jones	7.58	Michael Sandland	10.49
Steve Ellis	8.57	Simon Walker	11.04
Ian Ankers	9.34 V	Dennis Robinson	11.40 &
			12.22
Charlie Oakes	10.08	Shelagh Swinnerton	11.46 LV
Chris Butler	10.13	& David Lewis	11.55
	10.40		
Austen Jones	10.14	Owen Evans	12.30

This is what you might call a testing course which makes cowards of many of us. However, 2 of ours managed 2 races each. 5 is sort of common; 6 in a night would be a record! The names make interesting reading: Austen is a very lapsed member and Michael I have never heard of; Owen was doing something strange and enabled David to improve on his normal placing.

Canal Run, 7th, 8th and 9th May, 1993

The very brave souls taking part were

Gordon Bickerton	Mick Cope	Dave Griffiths
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There were other runners from Crewe and Nantwich and from Congleton Harriers. This was an experimental run to test out the course, The Four Counties Ring, for the Spastics Society. This Ring

is completely along canals. The runners did not do it all at once, but in three stages of 42, 45, and 22 miles. Half a dozen SCH members also turned out to join in for the 22 session.

Crewe 8, 9th May, 1993

Richard O'Keeffe	43.11 V	Andrew Hollinshead	55.55
Colin Gaynor	46.34	Robert Brown	56.16
Graham Morgan	46.36 V	Norman Tew	60.21 VVVV
Ray Parkinson	48.34	Brian Reece	60.38
Ian Ankers	50.34 V	Trevor Reece	61.32
Franklin Goodwin	50.38 V	Shelagh Swinnerton	65.35 LVV
Bernard Griffiths	52.05 VVV	Dennis Robinson	65.36
Chris Butler	52.27	Liz O'Keeffe	65.57 L
George Phillips	53.50 VV	Annette O'Neill	66.07
Jim Rice	54.51 VVV	Sylvia Smallwood	70.02 LVVV
Mick Hornsey	55.06 VV	David Lewis	71.16
Peter Hudson	55.32		

This was said to be a warm day; it certainly got a lot of our lot out. Richard was 11th overall and 2nd vet. Chris must have had a good day, keep it up!

Creda 10K, 16th May, 1993

Richard O'Keeffe	33.55 V
George Phillips	42.40 V

The only results made known to me. Richard had a good 8th overall and was 1st vet. George did not feel very well.

Royal Ordnance 3 Peaks "Walk", 22nd May, 1993

Bob Rowlands	4hrs19	John Booth	5hrs25
Mike Guilliard	4hrs47	John Meredith	5hrs40
Nick Young	4hrs48	Steve Ellis	5hrs40
Lindsay Rowlands	4hrs48	Tony Salthouse	5hrs 54
Gordon Bickerton	5hrs25		

It might be called a walk but running is also accepted and we had a good turn out for the 24 or 26 miles of 3 mountains up, 3 mountains down, all separated by miles of bog. Good in terms of numbers that is, the performances left most not very happy. Still, the meals in the pub at the end were good.

Liverpool Womens 10K, 23rd May, 1993

Sheila Bickerton	43.01	Liz O'Keeffe	53.29
Annette O'Neill	52.02	Sylvia Smallwood	53.42

It is good for the ladies to have a race of their own. The ladies obviously think so as 2,800 turn out to run. The start was very congested unfortunately, meaning that joggers were still being passed after 2 miles of trying to get going properly. Despite this Sheila managed a very respectable 78th overall.

Michelin 10, 6th June, 1993

Richard O'Keeffe	55.15 V	Jim Rice	77.18 V
Colin Gaynor	61.33	Trevor Reece	82.25
Graham Morgan	61.33 V	Brian Reece	90.50
Bernard Griffiths	69.07 V	Liz O'Keeffe	91.49 L
George Phillips	70.22 V	Dennis Robinson	92.38
Tony Salthouse	70.58 V	David Lewis	103.04
Andrew Hollinshead	75.32		

The weather was at its traditional worst for this race: sweltering! However, for those who have done lots of training in the Middle East it makes no difference in time, but improves their placing dramatically. Richard was a fantastic 10th overall and 1st veteran (and got 2 prizes). Everyone else did the best they could, except for the pair that ran just for each other's company.

Whitegate 7.5, 16th June, 1993

Dennis Robinson 69.15

Dennis sneaked off and got a bit more race training in.

Potteries Marathon, 20th June, 1993

Nick Young	3.02.39 V	Jim Rice	3.29.22 V
Lindsay Rowlands	3.02.39	Bernard Griffiths	3.30.59 V
Ray Parkinson	3.04.58	Mick Hornsey	3.33.51 V
Ian Ankers	3.17.50 V	Chris Walsh	3.37.59
Alan Williams	3.17.55	Andrew Hollinshead	3.39.21
Dave Clark	3.18.10	Owen Evans	3.43.23
Tom Allman	3.19.08 V	Trevor Reece	3.52.53
George Phillips	3.20.08 V	Brian Reece	4.43.40
Mick Cope	3.25.45 V	Bill Finn	4.43.59
Alan Reece	3.27.21 V		

Nineteen runners from the club took part on a great running day. Three others claimed to be from South Cheshire Harriers. Most of the above had a grand race and even claim to have enjoyed it. Lindsay, Ray, and Ian all had very good first marathons, and Lindsay only started running 6 months ago.

South Downs Way, 26th June, 1993

Bob Rowlands	13.13.52	Gordon Bickerton	14.30.32
Owen Evans	14.07.10	Dave Griffiths	17.06.03

This is a mere **80 miles** across country. You have to have special talents (or something) to survive that sort of distance. As last year, they had the strong back-up crew of Dave Rowlands and Sheila B. Sheila had to carry Gordon the last 23 miles. Not many people have had the pleasure of seeing Gordon in that state. We came fourth team of 3, and only just missed being third.

Altrincham 10, 10th July, 1993

Colin Hole	58.10	Clive Boyden	62.30
Graham Morgan	58.30	Jim Rice	69.02

This is a flat fast 10, even though it is a multi-loop course with lots of bends.

Clayton 5, 14th July, 1993

George Phillips
Dennis Robinson

Shelagh Swinnerton
John Swinnerton

We have not got the times for this race. If we had I might not have put John as last. It sort of sounds like an interesting race; looping round Clayton Bank, of Michelin 10 and Potteries Marathon fame.

Cheadle 4, 18th July, 1993

Colin Gaynor	23.36	Jim Rice	27.07
Ray Parkinson	23.40	Roy Ramsey	
Ian Ankers	25.00	David Lewis	
George Phillips	26.29		

Only 4 miles, but they are memorable! Mainly one long hill up and one long hill down, with a bit of undulation at the beginning and the end.

Devil's Gallop 8.5 Miles, 18th July, 1993

Annette O'Neill 82 mins

Annette went back to the Cast Iron Shore (in the 'Pool, for those that don't know it) for the longest run she has ever done.

John Oultram 10, 24th July, 1993

Richard O'Keeffe	55.40	Tony Salthouse	70.24
Colin Gaynor	61.27	Chris Walsh	77.28
Graham Morgan	61.49	Guy Lingford	77.28
Ray Parkinson	62.32	Roy Ramsey	79.59
Clive Boyden	65.36	Dennis Robinson	87.47
George Phillips	69.02	Sean Green	50.25

Richard was again in tremendous form, finishing as first veteran, and as 6th overall! Everyone else was wilting in the heat. While not as bad as Michelin, it was still not too pleasant.

Milton 10K, 1st August, 1993

Richard O'Keeffe	33.34	George Phillips	41.44
Ray Parkinson	37.13	Sheila Bickerton	44.10
Gordon Bickerton	38.01	Roy Ramsey	47.05
Colin Gaynor	38.01	Sean Green	50.25
Clive Boyden	38.10	Dennis Robinson	50.31

This is a very popular race. It is certainly not flat, with a steep wooded hill at about 4K.

Merseyside Probation Service 5, 4th August, 1993

Annette O'Neill 37.53

Despite its name we had only one of our Scousers taking part. Well done Annette.

Saxons 5, 4th August, 1993

Ray Sweeney	33.46	Mick Hornsey	36.33
George Phillips	35.44	Dennis Robinson	40.25
Chris Walsh	35.53	Sylvia Brown	41.10

This a popular local 5 (plus a bit) with pie and peas for every finisher. Unfortunately this year there was a lot of free gravy falling from the sky on the Wednesday evening.

Hindwell 10K, 5th August, 1993

Shelagh Swinnerton 47 mins

On a rainy and windy day, guess who was the 1st Lady home! Shelagh was triumphant on this little outing while she was on holiday on the East Coast.

Stone 10K, 18th August, 1993

Richard O'Keeffe	34.51	Clive Boyden	38.39
Colin Gaynor	38.18	Ian Ankers	41.43
Ray Parkinson	38.20		

This is acknowledged as being THE worst of all the North Staffs. runs if we judge them on ups and downs. Despite this, Richard came a fantastic 3rd overall; almost needless to say, he was also the 1st vet. home.

South Staffs. 1/2M, 5th Sept, 1993

Graham Morgan	79.37	Ray Parkinson	81.44
Colin Gaynor	81.30	Ian Ankers	86.56

A real needle match, with Graham very proud of a comprehensive beating of Colin. Now did this cause Colin to be sick, or did it happen because he was sick? Ray had a good run, and Ian is still improving.

Stone St Michaels 10K, 8th Sept, 1993

Richard O'Keeffe	33.16	Liz O'Keeffe	50.26
Ian Ankers	39.20	David Lewis	55.06
Roy Ramsey	43.36	Mandy Lewis	64.04
Dennis Robinson	49.00		

Where the other Stone 10K is all up and down, this 10K is one of the fastest you could wish for. 8th overall and 1st vet.: Richard, of course. He is having a great year. At the other end of our list it is nice to see Mandy running again.

Peris Horseshoe, 11th Sept, 1993

Mike Guilliard
Nick Young

Gordon Bickerton

This is a real fell race, Category A, with 18,000 feet of climb including Snowdon. The nominal 17 miles took nearly 5 hours for our team. It turned out to be a good test of navigation skills as well. The team came in 2nd overall.

Silverdale 7, 19th Sept, 1993

Richard O'Keeffe	37.54	Chris Walsh	48.22
Ray Parkinson	42.18	Mick Hornsey	49.46
Clive Boyden	42.19	Roy Ramsey	52.48
Ian Ankers	45.34	Dennis Robinson	55.28
Bernard Griffiths	46.28	Liz O'Keeffe	59
Robert Brown	47.46		

Richard was 1st vet. and now very much at the top of the top vet. group of the North Staffs. Road Runners. As a course this one has its ups and downs.

High Peak 40 Mile Challenge, 25th Sept, 1993

Gordon Bickerton 6hrs 15

This is a Gordon speciality. Last year he was a fantastic 7th in this tough all-terrain race. This year he was slightly down but still came a fantastic 10th out of the 300 runners. Not bad for such an old man.

Chatterley Whitfield 5, 26th Sept, 1993

Clive Boyden	30.22	Sheila Bickerton	34.43
Shaun Green	33.22		

This was a tough 5 with a strong field. Sheila was the 3rd lady home.

Nottingham Full & 1/2 Marathon, 26th Sept, 1993

Bob Rowlands	2.45.15	George Phillips	3.20.03
Nick Young	2.55.44	Tom Allman	3.26.18
Ray Parkinson	3.04.15	Bernard Griffiths	3.41.00
Mick Cope	3.19.40		

You can tell Bob is getting old, his marathon times are starting to get very good. Others had a good run each as well.

Dennis Robinson 1.59

No, Dennis did not get the world record on this run! Nottingham has a strange arrangement in that you have a choice of a half or full marathon from the same start. Dennis only did the half., but then it was his first as well.

Sandstone Trail Race, 3rd Oct, 1993

Rob Brown	77.58	Derek Fleet	78.58
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This used to be a popular race scene with the club, with both a long race and a short one. Rob and Derek did the short one and came 36th and 38th. You get a good T shirt!

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