



SOUTH CHESHIRE HARRIERS

NEWSLETTER No 15

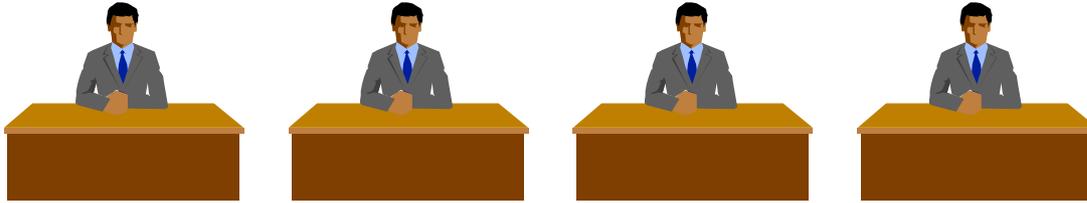
June 1994

EDITORIAL

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

Tony.

THE OFFICERS



The officers as elected at the 1993 AGM:

PRESIDENT	Dave Rowlands	67015
CHAIRMAN	Colin Gaynor	661660
HONORARY TREASURER	Graham Morgan	624717
HONORARY SECRETARY	Tony Salthouse	625191

KLUB KIT KORNER

Anyone wishing to kit themselves out in some new South Cheshire Harriers togs should contact Robert Brown any Tuesday or Thursday when a complete selection will be available for purchase.

FASTRAX STRIDERS (large only)	£10.00
FASTRAX VESTS	£10.00
T SHIRTS - short sleeved	£ 4.50
T SHIRTS - long sleeved	£ 7.50
SWEAT SHIRTS	£10.50
FASTRAX SHORTS (small only)	£ 6.50
VIGA SHORTS	£ 6.50

ROBERT'S HEALTH SHOP

Leppin Health Products, 1994 - **save over 30%!**

PRODUCT	CONSUMER PRICE	S.C.H. PRICE
CARBO LODE (500G) Precompetition carbohydrate loading powder.	£7.45	£4.89
TRAINING FORMULA (500G) Training and recovery drink, c/w amino acids, vitamins and minerals.	£8.42	£5.53
SQUEEZY (10x 28G) Enduro booster in a convenient packet. Ideal during, and after, marathon running.	£5.60	£3.81

EXCUSES



Your opportunity! Don't just give me yours, give the dirt on your running "friends".

Chairman's Report



NORTH STAFFS ROAD RUNNERS ASSOCIATION

For five 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, 6 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.

The 1993 Results:

Top Vets Group (E): Richard O'Keeffe - **1st**

Group C : Ray Parkinson - **2nd**

Men 40 - 44 : Richard - 1st
Ian Ankers - 9th

Men 55 - 59 : Roy Ramsey - 10th

Ladies 35-39 : Liz O'Keeffe - 6th
: Sheila Bickerton - 9th

RACE RESULTS



Chester 10K, 6th March, 1994

Colin Gaynor	37.25	Simon Walker	44.12
Rob Brown	40.58		

It is nice to see Colin's name at the top of the list again, even though the list is short. He has a minute or two to knock off yet. They all had the usual rain, wind, and hills to contend with. I seem to be giving the same weather and route report for every race in recent times.

Delamere 10 (or 5), 12th March, 1994

The 10 mile:

Ian Ankers	72	Tony Salthouse	1.33.55
Shelagh Swinnerton	1.33.55		

The 5 mile:

Gareth Carless	Jim Corner
John Swinnerton	

These are most unusual races; they are FREE, no prizes, and have 2 laps for the 10, and for the 5 you just stop after the first lap. The course is a pleasant one around the forest tracks. For this year there was no rain, and the mud was pretty thick and did not squidge into your shoes.

The Grizzly, 13th March, 1994

Simon Walker	3hrs 9	Dave Griffiths	3hrs 9
Tom Allman	3hrs 9	Mick Cope	3hrs 9
George Arrowsmith	3hrs 9	Nick Young	3hrs 9

In case you have not noticed: they all finished in the same time (some coincidence). This is after 18 miles of cross country and cross shore. A very hard race (yawn!), but they all had a great time both before and during. As a matter of interest, the race was at Seaton in North Devon. A recommended race for 1995.

Milford 21, 13th March, 1994

Terry Davies`	3hrs9.56	Trevor Reece	3hrs42
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This is an old race over a strange and challenging distance. It is a cross country race across Cannock Chase.



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