



SOUTH CHESHIRE HARRIERS

NEWSLETTER No 15

July 1994

EDITORIAL

Any ideas or material for publication will be welcome. This is a great issue in that we have many guest articles as well as the mandatory one from the Chairman. Perhaps Anony-Mouse might even give us another one next time, even under a name that is on the membership list. We have lots of 'good' (incessant?) talkers in the club; perhaps they could spew the words on to paper for us.

I know the race results are not perfect, but then I depend on receiving the information in the first place.

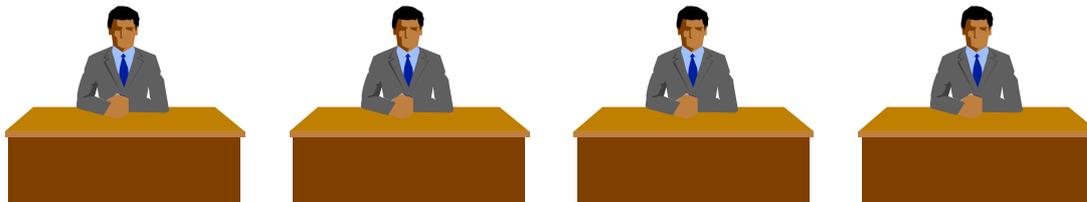
As part of the editorial I ought to show special appreciation to someone doing one of the most unrewarding jobs in the club. The job is the mass production of the Newsletter (with the pages usually in the right order) and the job holder for the last few issues has been Boot. Unfortunately his copier is on the blink and I am seeking another volunteer. If you are reading this then I succeeded.



The list of members in this issue is at record paid-up levels: we have 78! Well done Graham for the strong-arm collection. If anyone reading this wonders why they are not on the list, it is because they have not paid.

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

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) RUN OUT Enduro booster in a convenient packet. Ideal during, and after, marathon running.	£5.60	£3.81

Chairman's Report



HEADQUARTERS

Well, we have now come through the winter and spring since we decided to "give the college our best shot" and I must say, the "spirit" at the club remains as buoyant as ever. The male harriers have obviously benefitted from the alternative changing facility but, alas, the women have not.

We will continue with our quest to improve the facilities for the women members, rest assured, so that all can be asked of you ladies it to please "hang on there".

CLUB 10K RACE

Since the last newsletter we have approached the police and have been granted their approval to stage our race.

The date is set for 16th April, 1995. During the next few months race preparation will be gathering momentum. For those who do not know the details, the race is over a two lap course. We will be staging a "fun run" as well, and this will be 5K (one lap).

We propose to have the route RRC measured. I will display the details on the notice board as soon as we have measured the route accurately and determined the start and finish.

I anticipate entry forms will be available late October.

TRACK NITE

It is our intention to stage a "Club Track Meet" at the Cumberland sports ground during August. I expect the events will be staged over a two week period. Typical events would be:

100 M
200 M
400 M
800 M
1500 M
5000 M

More events could be added, time permitting. Everyone should take advantage of this unique competition. Families are very welcome, the more the merrier. The whole essence of this meeting is to sample the delights of the track and, above all, **have fun**.

Everyone will be expected to muck-in with the timekeeping and organisation. We have tentatively targeted Wednesdays 10th and 17th August. Please pencil these dates in your diaries.

SUMMER MADNESS

I have been approached by Ray Sweeney (the flying policeman) with regard to fellow harriers taking to the roads and not being as courteous to other road users as we should be. We all know what it is like: I mean to say, picture this scenario:-

The sun is shining, not a cloud in the sky, you don your designer running clothes (well, some of us anyway) and out you go, full of the joys of spring. Not a care in the world, oblivious to everything except Mother Nature.

Well, a word of warning; please "run carefully". I mean to say, we do not want to knock down a cyclist or, even worse, collide with a motor vehicle, do we?

Seriously though, we do attract a large contingent of runners during the summer evenings and Sunday mornings. With large groups it is difficult to keep everyone in a tight group, and we either get strung-out or bunched-up. It is the latter that causes the the biggest problem as this presents other road users with a rather large obstruction.

We obviously desire to keep all our members, so please heed the following advice:

- 1) Run facing oncoming traffic whenever possible.
- 2) Keep on footpaths if available. If not, keep as close to the side as possible.
- 3) Take extra care when encountering road junctions. Sprinting across a main road can be rather unnerving for motorists.
- 4) On country roads, especially within the locality of Wybunbury, be courteous to the motorists and maybe they in turn will be more forgiving. Who knows, they may even stop and give you right of way.

Colin

RACES TO REMEMBER, FOR 1995

On a hot and humid Sunday, 3rd July, three Harries, George Phillips, Simon Walker, and Robert Brown, travelled to furthest North East Cheshire to compete in the annual Hyde Asics 7 mile road race.

This race precedes by two weeks the start of the double marathon Tour of Thameside, an annual event comprising six individual races over seven days, one of which is run over the the same Hyde 7 course.

Both events are jointly organised by Ron Hill's shop, Up and Running situated in Market Street, Hyde, and Thameside MBC Recreation Department. The Hyde 7 was further supported by Asics Sportswear, and the after-race giveaways were truly exceptional. Each finisher had a choice of a Ron Hill branded vest or shorts (George chose both!) plus a 500ml can of Tennants Pilsner lager and a 75g sachet of High 5 carbohydrate energy drink: a package worth £15 of anyone's money, and all for an entry fee of just £3 before the day.

For those interested in the actual race, it was a real grueler; according to George larger than anything in the North Staffs calendar. The race started near, and finished on, Hyde United's synthetic football pitch. From the start it proceeded downhill towards the town centre before looping anticlockwise uphill back to the start to complete the first mile. Thereafter the field was taken back downhill towards the town centre then turned left up Market Street, past Ron Hill's shop, and continued up and up and up for the next two miles out into the surrounding countryside. The course then undulated for the next mile and a half before dropping consistently back towards Hyde. The final sting was a sharp incline with half a mile to go to get back up to satdium level for the finishing trudge around the soft, energy-sapping synthetic football pitch.

A sobering prediction was heard from participant Ron Hill talking to a marshall prior to the race - "It's going to be tough today" - he was not wrong!

The severity of the course and the humid climatic conditions were reflected in relatively slow finishing times on the day. The race was won in over 35 minutes. Robert Brown was the first Harrier home in 48.28, followed by Simon Walker in 50.38. George Phillips was our first vet. home in 50.43. This could never be a PB course but, as a good hard training run, it would be hard to beat, and the giveaways, well, they were just fantastic, a must for Mick Cope in 1995.

For the seriously psychotic who might be interested in completing the challenging Tour of Tameside in 1995, the event starts on a Sunday morning with an 11 mile road race across Tameside starting and finishing in Droylsden, taking in Audenshaw, Ashton-under-Lyne and Denton. Monday evening sees a six mile hill race which is 50:50 road and fell around Stalybridge. On Tuesday evening the tour moves to Hyde for the dreaded hilly Hyde 7 mile road race as previously described. Wednesday is the rest day.

Thursday evening, and it's a half marathon around Ashton and Mossley. Friday evening brings a six mile, three lap cross country race on hilly countryside North of Ashton Hospital (convenient for the coronary cases!). The final leg of the tour, on Saturday afternoon, is a nine mile canal towpath race from Mossley to Hyde, finishing outside the town hall where the prizegiving and an evening reception/celebration takes place for all runners.

Each entrant receives a unique "Tour of Tameside" vest in which to compete, and each day's race and cumulative results are available each subsequent evening so that progress can be monitored. This is a really well organised event and it is well supported by the local populace who turn out in droves to cheer on the runners.

So, if you have a week to spare in the middle of July '95 and have had, or are considering, a frontal lobotomy prior to that date, then this race is strongly recommended - and Tameside is only 45 minutes away by car, so no excuses, just do it!

CHRISTMAS IS COMING

We are really looking ahead this year. Mick and Graham are the 1994 volunteers for our Christmas din-dins (organising that is, not to be the main course). Latest thinking is that it is going to be at the Cedars on Crewe Road on Friday, 16th December. You run past the Cedars on the other side of the road when on the Nantwich run.

We also have another volunteer to organise the Christmas/New Year run this year, hence giving Gordon a rest. It is bound to be different as the organiser lives in Audlem, ie Bernard Griffiths. Bernard does not know the date, and perhaps not even the course, but he has chosen the boozier. The Bridge Inn at Audlem will be the start and finish.

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 start doing something about it - ask at the club for help on how to join.

IT'S BOB'S ROUND

It was in 1932 that Bob Graham completed a circuit of the Lakeland fells that was to become a benchmark for every long distance fellrunning masochist in the country. The round traverses 42 of the Lake's highest summits, covers 72 miles and involves 27,000 feet of ascent and descent, all of which has to be achieved within 24 hours. Surprisingly this great adventure went unrepeated for 30 years but since then its popularity has increased tremendously with over 50 successful contenders each year, and many more failures. The attraction is due to the purity of the route, the uncertainty of the conditions as it circumnavigates the wettest area in England, and the fact it is within the ability of many with dedicated training and preparation.

It was in 1994 that OUR Bob took it on himself to repeat this onerous feat and, after months of training, recce'ing and organising, the fateful weekend of the longest day was chosen. The previous week's forecasting was inconsistent, with predictions varying from heatwaves to continuous rain, but eventually McCaskell settled for some rain and cloud to be followed by a 12 hour good weather window. He was wrong. Reaching Keswick at 10pm on a hot and humid Friday night, the cloud base was well above the summits and so Bob completed his carboloading with 3 pints of Jennings and a fish, to get to bed at 11.30pm. Declining the offer of a bed, he opted for a bivouac outside the backdoor by the wheelie bin to enable a prompt start at 2.00am from the Moot Hall in the centre of Keswick. The cloud base was then down to 1,500 feet but, undeterred, Bob and his pacer Bill trod their their first summit, Skiddaw, 1 hour 18 minutes later. Back O'Shedda was descended at sparrow's fart, and Great Calva went as planned but, in continuous cloud, the travers of Blencathra was slow.

The Threlkeld checkpoint was reached in 3 hours 39 minutes, 25 minutes down on Bob's 21 hour schedule, but still a good time. Bill appeared a few minutes later with blood pouring down his face. Declining a stitch up by the vet (inarian version), all hands went on Bob's preparation. Clean socks, tea, well soaked cornflakes, and off into the cloud again, with Nick as pacer, to to cover the Dodd's ridge, Helvellyn summits, Fairfield, and down to the main road at Dunmail Raise. With only 10 minutes behind his schedule of 4 hours on that leg, Bob was still on a charge.

Cloud was now down to car level but, suitably refuelled, the third and longest leg did not look as daunting, even though it traverses the heart of the Lakes. After a steep climb up Steel Fell, a long ridge leads eventually on to High Raise, the North Langdale summits, and then round to Bowfell, Esk Pike, the Scafell Pike group and, ultimately, Scafell. The support team had grown, with three cars in procession tracking over the Wrynose and Hard Knot passes, to eventually arrive at the Wasdale Head Hotel. Here, with time to kill, its Egon Ronay menu and fine ales were enjoyed, before the support team's support team took gentle exercise with a stroll up Scafell Pike. The intention was to rope Broad Stand to save Bob and Ian the detour around Lords Rake, but conditions were too wet. The return to the checkpoint preceded an anxious wait, but eventually the pair ran in with horrendous route-finding tales accounting for 1 1/2 hours lost on that leg. The team manager's mental arithmetic was stretched with new schedules, but the round was still on. Bob, with John and Alan, left Wasdale at 6.45 pm facing a very steep 50 minute ascent of Yewbarrow, followed by Red Pike and on to the Ennerdale watershed. In thick mist, this is where everything went wrong. Alan, on his first experience of fell running, was sure that that Pillar had been traversed before, 1 1/2 hours earlier, but the intrepid team battled on th knock on the doors of the Ennerdale Youth Hostel to borrow head torches.

Meanwhile the support team and back-up arrived at Honister Pass at 9 pm, suitably refuelled on an excellent mixed grill, to meet Harry, kitted up and raring to go since 7.30. While waiting, another tem frog-marched their female contender through into what would be a tight final section, and yet another team had obviously aborted. Our group did not appear. We went to the pub. We slept. We worried. At midnight Harry was slipped from the leash to climb Grey Knot with Nick looking for the team, but all they found was Tony. Harry and Nick were sent up again with no results. At 30 minutes past midnight the emergency service reported that our intrepid lads had 'phoned in from the Youth Hostel and were due at Honister at 3.00 am.

With pubs shut, only sleep could pass the time. At 4.20 am John arrived, resulting in a rush down to Buttermere to find a zombie still going after 26 1/2 hours.

Retrospectively, this was a magnificent effort by Bob in very difficult circumstances, with the low cloud finally defeating him. Undoubtedly, in good conditions the round would have been accomplished.

The support team and pacers were excellent, and it was a thoroughly enjoyable weekend. Anyone considering doing the Bob Graham Round in future should apply to Mike for a cut-price lobotomy.

Bob and myself would like to thank the following for their selfless support:

Pacers	Bill Ferguson Nick Young Ian Ankers John Wood Alan Williams
Rescue Party	Harry Astbury
Support Team	Mike Guilliard
Support Team's Support Team	Tony Salthouse George Arrowsmith

We look forward to seeing you all next year, when it will be Bob's Round again.

Mike Guilliard

HOW TO BE A GOOD SPECTATOR

It has been noticed at several recent races that one thing that the club excels at is having a very good and sadistic set of 'supporters'.

Whether it is a full marathon or just a short 4 miler the club is just brimming with people ready to give vocal 'encouragement'.

So here is a mini catalogue of the essentials required to support your local runners.

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To go with the tasteless shorts the serious spectator should also have a former race tee-shirt from a few years ago, signifying the "I've been there and done it" syndrome. These two items of clothing should clash very distastefully (what's good enough for Adri Hartveld should more than do for the casual spectator!).

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ANONY-MOUSE



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:

Gareth Carless	58.30	Shelagh Swinnerton	1.33.55
Ian Ankers	71.50	Tony Salthouse	1.33.55

The 5 mile:

John Swinnerton	32.xx	Jim Corner	44.55
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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. Gareth had a tremendous run, coming 2nd overall!

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.

Howarth Hobble, 19th March, 1994

Chris Walsh	6hrs 57	Guy Lingford	6hrs 57
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You can tell from the time that this is no ordinary race. It is 32 or so miles of up and down cross country. In the past we have had many more members taking part. Chris and Guy took over half an hour longer than last year even though they were feeling stronger. All down to the mud!

Stafford 20, 20th March, 1994

Bernard Griffiths	2.18.05	Andrew Hollinshead	2.40.23
George Phillips	2.26.19	Simon Walker	2.49
Sheila Bickerton	2.30.24		

A good traditional race over a testing distance. It gives a feel of doing the marathon (ie pain, determination, etc) but it does not last long enough to really drain you. Bernard showing the youngsters how to do it.

Stafford 1/2 Marathon, 27th March, 1994

George Arrowsmith	1.32.20	Terry Davies	1.39.25
Mick Hornsey	1.37		

Strong and bitterly cold winds, even though the day before was lovely sunshine.

York 1/2 Marathon, 27th March, 1994

Colin Gaynor	1.21.30
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Colin was seeking isolation for his return after a long spell of injury. Not a bad try.

Wilmslow 1/2 Marathon, 27th March, 1994

Richard O'Keeffe	1.13.49	Trevor Reece	1.44.22
Bob Rowlands	1.16.39	Brian Reece	1.51.00
Graham Morgan	1.18.57	Rod Killeen	1.51.25
Lindsay Rowlands	1.20.15		

This is the 3rd and most popular race of the day for SCH members. Richard had a good run.

Chester 5,10th April, 1994

Bob Rowlands	27.34	Phil Brown	30.20
Graham Morgan	28.22	Ian Ankers	31.16
Lindsay Rowlands	28.59	Rob Brown	32.02
Colin Gaynor	29.39		

Only Colin and Rob did not record PBs, so well done to the rest! It is apparently a fast, flat course with the winner producing a superb 24.41. Something to remember for next year.

Scarborough 1/2 Marathon, 10th April, 1994

Gordon Bickerton	1hr 20	Byron Steele	1hr 38.56
Sheila Bickerton	1hr 34.51		

A nice weekend away to get in a gruelling and hilly course, with gale force winds to make life more interesting. Despite his current troubles Gordon got into the prizes with a great 7th overall.

London Marathon, 17th April, 1994

Lindsey Rowlands	2.51	Andrew Hollinshead	3.38
Graham Morgan	2.55	Simon Walker	3.50
Ian Ankers	3.13	Trevor Reece	3.51
Bernard Griffiths	3.14	Brian Reece	4.29
Franklin Goodwin	3.23	Jim Corner	5.??
Terry Davies	3.26		

The race as seen on TV. Cold and windy were the excuses, but our first three home all recorded PBs. This was only Lindsey's 2nd marathon, and there must be much better to come.

Fort William Marathon, 24th April, 1994

George Phillips	3hrs 28
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George had a different weekend away. The course was an "exciting" one: straight out along a road for 13 miles, turn round, and run back again.

Uttoxeter 1/2 Marathon, 24th April, 1994

Richard O'Keeffe	1.14.42	Dave Griffiths	1.35.25
Bernard Griffiths	1.32.18	Kevin Yates	1.45.22
George Arrowsmith	1.34.02	Roy Ramsey	1.49.55

This is always a tough but interesting course. Richard was 8th overall.

Crewe 8, 8th May, 1994

Richard O'Keeffe	42.48	Mick Hornsey	56.40
Bernard Griffiths	51.41	Dennis Robinson	63.26
George Phillips	54.00		

Richard was 4th overall and set a new course record for his group in the NSRRA.

Blackpool 10K, 8th May, 1994

Ray Parkinson	36.08	Simon Walker	41.25
Lindsey Rowlands	36.16	Chris Walsh	43.17
Bill Ferguson	36.27	Dave Gill	45.30
Colin Gaynor	37.11	Brian Reece	45.30
Robert Brown	38.37	Annette O'Neill	48.16
Malcolm Beeston	39.48	Shelagh Swinnerton	49.54
George Arrowsmith	39.48	Jim Rice	52.04
Dave Griffiths	39.49	Helen Rice	52.04
Terry Davies	40.52	Sylvia Smallwood	52.25

A good outing to the Mecca of the North. Enjoyed by many, maybe even by all.

Liverpool Womens 10K, 22nd May, 1994

Sheila Bickerton	42.26	Helen Rice	54.58
Annette O'Neill	49.25		

Well done , ladies! Sheila was 88th, Annette 315th, and our welcome newcomer, Helen, 696th. 1936 finished. The last took 1hr 46.33, so none of our ladies have anything at all to fear.

Michelin 10, 5th June, 1994

Richard O'Keeffe	54.53	Simon Walker	70.44
Graham Morgan	60.36	Kevin Yates	72.51
John Booth	61.20	Jim Rice	73.38
Mel Cole	63.52	Roy Ramsey	76.25
Bernard Griffiths	66.53	Dennis Robinson	83.20
George Phillips	68.18	Brian Reece	88.09
Dave Griffiths	69.07		

Richard was a magnificent 7th overall. After that there was a right spread of results. The race started at the most unusual time of 5pm. This is because all the big superstores that have appeared at the side of the course do not shut until 4pm. So the police agreed on 5 at the earliest.

Potteries Marathon, 19th June, 1994

Mel Cole	3hrs 4	Tom Allman	3hrs29.04
Bill Ferguson	3hrs 5.25	Simon Walker	3hrs39.49
Alan Williams	3hrs 8.44	George Arrowsmith	3hrs51.00
John Booth	3hrs 9.00	Malcolm Beeston	3hrs51.00
John Meredith	3hrs17.02	Kevin Yates	3hrs54.35
Bernard Griffiths	3hrs24.12	Pete Wilkinson	3hrs56.00
Sheila Bickerton	3hrs24.33	Brian Reece	5hrs??.??
George Phillips	3hrs28.28		

It is a long time since Melvin ran a marathon. Didn't he do well! It was quite a nice day for running (and spectating), though some of the runners might not have appreciated it.

Altrincham Festival 10, 10th July, 1994

Graham Morgan	60.08	Melvyn Cole	65.37
Colin Gaynor	62.09	Jim Rice	69.59

This always used to have the reputation of being a fast race. However, Graham is still crowing over beating Colin again. He even said that Colin would never beat him again; very dangerous talk!

Clayton 5, 13th July, 1994

Jim Rice	33.35	Dennis Robinson	39.35
George Phillips	34.29		

Nice to see Jim really on form after his troubles. Pity about George; not a PB year for him. However, Dennis managed to knock half a minute off last year's time. This is not a straight forward race, as it goes up Clayton Bank twice, and, of course, it was stinking hot, etc. Still. a few hundred turned out for it.

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1994 CHESHIRE RING CANAL RUN

This year's canal run, which is our second, was 97 miles over 2 1/2 days.

The team was originally planned as 8 runners, but due to injury and other commitments, eventually 4 runners set off from the Red Bull at Kidsgrove.

40 miles on the first day took us through Middlewich and Northwich to Lymm for our first night's sleep. However, due to the need for constant liquid refreshment during the day and evening, some of our team spent most of the night stubbing their toes in the dark, due to the call of nature.

A further 40 miles on the second day took us up to Manchester via Sale Harriers, Old Trafford, and G. Mex. We then picked up the Ashbourne Canal and proceeded to Hyde and, finally, to Macclesfield. That night we slept on a canal boat.

Just a short Sunday run left; 17 miles back to the Red Bull at Kidsgrove. What a surprise we had when we found approximately 20 runners to help us finish the run in style.

Thanks to you all for your support, with a special mention for Dave of Congleton Harriers for his daily visit/run.

We as a club have now helped on two occasions to raise some money for the Beatrice Staffs canal boat for handicapped children. To date this exceeds £5000.

As an appetiser for 1995; the run being worked on this time is 64 miles in one effort from Wolverhampton to Chester. We hope to collect even more than this year's £3000. We will keep you informed.

Terry Davies, Tom Allman, George Arrowsmith and Dave Griffiths.

Total Running Time 17-45-00
Total Distance Run 97 miles

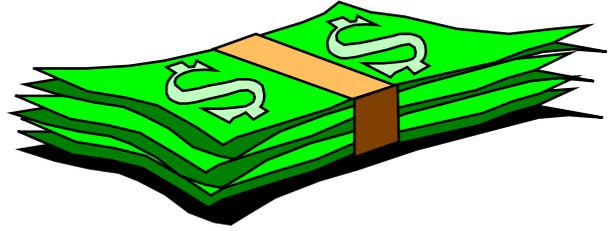
CURRENT SCH MEMBERS - 1994

HOME

WORK

List deleted for security

NO PAY: NO NAME!





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