



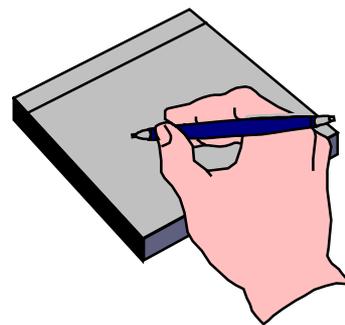
SOUTH CHESHIRE HARRIERS

NEWSLETTER No 16

February 1995

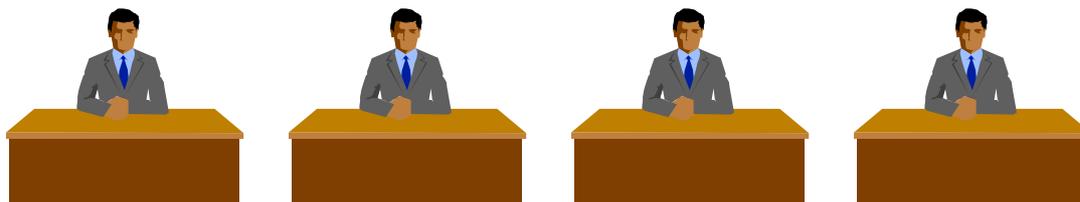
EDITORIAL

The last issue of this Newsletter was very well received. This was due to the wealth and quality of the articles kindly donated, and the sexy image given to it by Graham in using SCH blue for the cover. The number of donated articles is well down this time, but Graham is going to do the production again.



Tony.

THE OFFICERS



The officers as re-elected at the 1994 AGM:

PRESIDENT	Dave Rowlands	67015
CHAIRMAN	Colin Gaynor	661660
HONORARY TREASURER	Graham Morgan	662142
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

We are now more established at the college and have good reason to stay. Hopefully 1995 will see the BAR facility open and encourage even more members to congregate for post-training top-up and socialising.

We don't seem to have attracted many students from the college, but our membership has risen, albeit slightly, and still shows signs of improving. I do hope everyone who attended the AGM has managed to get their flyers displayed in local shops, and come summer we may attract even more

CLUB RACE

We now have permission from the college to use their facilities for the race. We are offering T shirts to all 10K finishers, hopefully this may attract more runners. Entry forms will be ready for distribution on or before Jan 22nd. We have purposely targeted this date due to the "Four Villages Half Marathon", and expect to distribute entry forms at this race.

For those who don't already know, the 10K race is over a two lap course. In conjunction with the main race a 5K Fun Run is also offered. Details are displayed on the notice board. If you wish to volunteer your services and assist on race day please contact George Arrowsmith.

GENERAL

1994 has been and gone ... For a select few it has been a successful year, for most it has at least been injury free. However, for a small number it has been one to forget! I'm included here.

On reflection the club managed to do fairly well in the NSRRA events, even though numbers from SCH were down on previous years. Perhaps for most you have become bored with the same old races, and it's too easy to look up old race results and compare finishing times. If you are slower it does tend to demoralise one's enthusiasm. This can adversely affect training and you may even stop racing and become stale; taken to the extreme you may even stop running altogether. Has this happened to you? The obvious answer is to try a different approach to your training routine, enter different races, or even do both. Now that we have a regular speed session on Tuesday evenings there is no excuse.

On the subject of the introduction of speed training, often referred to as Interval training, the philosophy behind this sort of training is the introduction of QUALITY and not QUANTITY, which, alas, so many of us road runners are obsessed with. For those who are not accustomed to such training techniques, the idea is to give 100% overall. That is approximately 15% faster than 5K race pace, which should leave you feeling absolutely knackered at the end of the session. If you feel you can run 5 miles afterwards then you have not given 100% and you will not reap the full benefit of such a session. So don't be obsessed with your weekly mileage; if it drops off don't panic. You are more likely to improve by this method of training provided it does not amount to more than 10% of your weekly mileage. Hopefully we will soon have a qualified coach at the club, namely Dave Griffiths. If you are in need of advise on this sort of training I'm sure Dave would be only too pleased to assist.

What Distance?

Full metrication has not hit road running yet, and is unlikely to do so. Therefore I hope this little table will help us all understand what we are doing with these Ks.

The definitions used for the calculations are that a Marathon is 26 miles and 385 yards, and that there are 2.54 centimetres to the inch, 36 inches to the yard, and 1760 yards make a mile.

<u>The Race</u>	<u>Kilometres</u>	<u>Miles</u>	<u>6</u> <u>min/ml</u>	<u>7</u> <u>min/ml</u>	<u>8</u> <u>min/ml</u>
1 K	1.0000	0.6214	3.44	4.21	4.58

1 M	1.6093	1.0000	6.00	7.00	8.00
10 K	10.0000	6.2137	37.17	43.30	49.43
1/4 Marathon	10.5485	6.5547	39.20	45.53	52.26
10 M	16.0934	10.0000	1.00.00	1.10.00	1.20.00
1/2 Marathon	21.0969	13.1094	1.18.39	1.31.46	1.44.53
Marathon	42.1938	26.2188	2.37.19	3.03.32	3.29.45

The Sports Factory

A great title, but this is really the name of a sports shop now open in Nantwich at 16 Beam Street (telephone 01270 627674). As part of Richard's trawl for sponsorship for our race, we now have an offer from The Sports Factory of 10% discount for our members.

The conditions of the scheme are:

- 1/ The sale must be for over £5.00,
- 2/ The 10% can be taken off anything in the shop, not specifically running items. The only exceptions being replica products and certain brands of footwear.
- 3/ The member must bring some proof of membership, ie a handbook, membership card, etc.

The shop has accounts with Mizuno, View From, Brooks, Saucony, Asics, Reebok, Nike, Adidas, Puma, etc.

Remember Bourne Sports in Stoke give club members 10% discount as well, but this does not apply to Sale stock (which is what I always buy).

THE LONDON MARATHON, 1995

22 members have applied for places, and we should end up with 17 actually running it (barring future injuries, colds, etc).

Championship Entry:	Bob Rowlands
Successful Applications:	Ian Ankers
	John Booth
	Rob Brown
	Mick Cope
	Terry Davies
	Bill Ferguson
	Andrew Hollingsworth (bad knee - will not run it)
	Bernard Griffiths
	Dave Griffiths
	Ray Parkinson
	Trevor Reece (will defer his entry to 1996 to get over his operation)
	Lyndsay Rowlands
	Tony Salthouse
	Byron Steele
	Simon Walker
Rejected, but Club Entries:	Jo Evans
	Nick Young
Rejected:	Tom Allman
	Derek Fleet
	Annette O'Neill
	Roger Stokoe

We received two club entries to go those those who had received rejections. Tom and Roger decided not to go forward, so we ended up with a draw of 2 from 4. This was held on Thursday, 22nd December, with Shelagh pulling cards from Tony's hat. I only mention this in case the losers get nasty.

NSRRA Achievements



Not many members seemed to take part in 1994, but we still got some good results.

Richard O'Keeffe	1st in Group E (the top veterans group),
Dave Griffiths	3rd in Group X (the 3rd veterans group),
Roy Ramsey	4th in Group Z (the 4th veterans group),
Kevin Yeates	5th in Group Z (the 4th open group).

The league is decided on points awarded for the best 12 races out of a given 20. Kevin also got a special prize for completing all 20 races.

For those that are not members of the North Staffordshire Road Runners Association it is well worth considering joining. It is a mere £5 for the year, for which you get 3 or 4 newsletters, etc, and free entry to 5 particular races.

Club Events

The Christmas Dinner was held on Friday, 16th December at the Cedars. A very large number attended and really enjoyed themselves. Thanks to Mick Cope for the organising.

At the dinner the 2 club awards were made.

Club Runner of the year, 1994 (from a ballot):

Jim Rice

President's Award:

Tony Salthouse

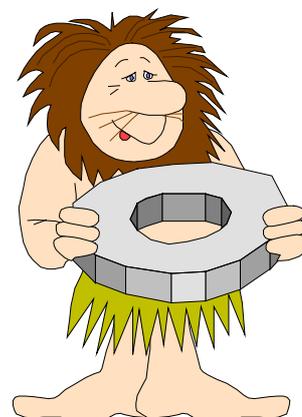
The Christmas run this year was held at Audlem, on Wednesday 28th December, and organised by Bernard Griffiths. The attendance for both halves of the run (a 7 mile followed by a 9) was very good. Forty of us sat down in the Bridge Inn at the end for a very good value £2.50 buffet.

History

I have found the club's near equivalent of the Domesday Book: **NEWSLETTER No 2, April 1986**. As for all the early Newsletters this was produced by Dave Rowlands. He was commenting on how the membership had grown to 51 so soon, how we needed more lady members, and that we were going to apply to both the North Staffs and Cheshire Cross Country Leagues for membership.

Stewart Renkel was in charge of the club kit, and he had got a new supply of vests. You could also order shorts through Stewart, but Dave pointed out that lots of **burgundy** shorts could be bought at Bournes.

So the club actually began at the beginning of **1986**, with the Duke of Bridgewater meetings on breaking away from Crewe and Nantwich AC towards the end of 1985.



RACE RESULTS



South Liverpool 5, 27th July, 1994

Jim Rice	32.19	Simon Walker	32.58
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Jim is rightly very proud of this run: an average of 6mins 28 secs miling. A good time for Simon as well.

John Oultram 10, 30th July, 1994

Richard O'Keeffe	56.56	Kevin Yates	78.46
Roy Ramsey	75.46	Liz O'Keeffe	95.46 L

This is a two lap race with a big foul hill through a wood. There are lesser foul hills to keep up the interest. Richard was first in his age group and 7th overall; Roy was first over 60; Liz was first lady over 35; Kevin finished.

Milton 10K, 7th August, 1994

Richard O'Keeffe	33.05	Roy Ramsey	44.12
John Booth	38.19	Kevin Yates	44.37
Dave Griffiths	40.19	Dennis Robinson	48.14
Simon Walker	42.23	Liz O'Keeffe	52.48 L
Mandy Sciarabba	42.31 L	Mandy Lewis	58.56 L
Peter Wilkinson	44.02		

This is a hilly but fast course. There were some very good runners in this race, including Richard who was 43rd overall and first over-45 veteran. Looks like a good time for Dave.

Stone 10K, 10th August, 1994

Richard O'Keeffe	35.11	Kevin Yates	45.12
Dave Griffiths	41.59	Roy Ramsey	45.58
Tony Salthouse	43.09	Mandy Lewis	59.51

This is a hilly (lots of them) and not very fast course. It is for NSRRA members only, and it is free. I am trying to think of other nice things to say about it; oh yes, it is beautiful countryside. It is a hard but fun race. Richard was 5th overall and 1st vet. Mark Roberts won in 34.07.

Leek 1/2 M, 21st August, 1994

Dave Griffiths	1.33.13	Roy Ramsey	1.45.28
Sheila Bickerton	1.40.37	Kevin Yates	1.49.10
Mark Jennings	1.44.26	Byron Steele	1.55.14

A gruelling hilly course on a hot sunny day! Obviously a good day out for some of our members, though I do not know what they thought of their times.

Birchwood 10K, 21st August, 1994

Graham Morgan	35.38	Simon Walker	41.28
Colin Gaynor	37.06	Pete Wilkinson	43.50
John Booth	37.50	Pam Jukes	52.34
Jim Rice	39.15	Carol Blood	57.34
Tony Salthouse	40.01	Mick Cope	57.34

Still a hot sunny day, but now over a flat, accurately measured and fast course. There was a quality field, with Adri Hartveld and a tatty vest winning in 30.47. However, our winner was James, who had a great run to be first Over 55 and to get £30 of vouchers. If you think Mick must have been smoking a bit more heavily than usual that morning, we can reveal that the delay was because he was escorting a lady. A recommended race, and the beer (and even lager) at the end was £1 a pint.

Nantwich 10K, 4th September, 1994

John Booth	37.10	Mandy Scriabba	42.20
John Swinnerton	37.15	Mark Jennings	43.06
Mick Hornsey	41.31	Terry Davies	44.43
Simon Meaton	42.15	Shelagh Swinnerton	54.35

A very local race organised by Mike Griffiths. South Cheshire provided 6 bodies to help on the day, and we still had 8 more to run. John S was the first Cheshire junior home, though in a C&N strip. Mother Shelagh was still recovering from the flu.

Ipstones 5, 10th September, 1994

Richard O,Keeffe	27.xx	Roy Ramsey	35.38
Dave Griffiths	30.54	Liz O,Keeffe	42.52
Mel Cole	32.42	Mandy Lewis	45.01
Kevin Yates	34.38		

Richard was 2nd in his age group, and Dave did a very good time. I remember this course; I must force myself to face the interesting hills again. This time it had the added benefit of wet and very muddy conditions.

Silverdale 7, 18th September, 1994

Richard O,Keeffe	37.39	Kevin Yates	49.10
Dave Griffiths	43.33	Dave Rowlands	49.28
Jim Rice	45.03	Ray Sweeney	49.28
John Meredith	45.03	Chris Walsh	53.14
Mick Cope	46.22	Liz O,Keeffe	57.56
Roy Ramsey	48.32	Mandy Lewis	63.14
Mandy Scriabba	48.45		

Richard was first veteran and 6th overall. How marvelous that this actually seems boring because he is always doing so well. PBs for Jim, Roy, Dave and Liz; the first two are obviously going backwards in age. They actually make me feel young. This is always a good race: the free T shirt cancelling out the hill.

High Peak Otter, 24th September, 1994

Gordon Bickerton	6hrs 45	Mark Jennings	8hrs 44
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The name disguises the fact that this is a very tough cross-country 40 miles. Gordon was way down on last year's time but then he is only now coming back after a long lay-off. Mark has had a sore leg for the past year which has held back his running considerably. It has just been confirmed that it was actually broken, but is now mending. This sounds like an old crocks race. Well done to both!

Tattenhall 1/4 Marathon, 25th September, 1994

Ray Sweeney	42.10	Mick Hornsey	43.05
Tony Salthouse	42.48		

An interesting race though with a low attendance. A good day to run, but the measured course definitely seemed on the long side.

Bollington 9, 25th September, 1994

Sheila Bickerton	66.02	Dave Rowlands	66.02
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A tough hilly course for a change.

Lake Vyrnwy 1/2 Marathon, 25th September, 1994

Graham Morgan	1.17.04	Roy Ramsey	1.33.48
John Booth	1.20.40	Kevin Yates	1.36.27
Jim Rice	1.26.27	Liz O'Keeffe	1.49.00
Simon Walker	1.29.54		

Both Graham and Jim managed PBs on this mainly flat course. It is not all flat as the 1st mile is steep up, and the last mile is the same hill only down.

Nottingham Marathon, 25th September, 1994

Bob Rowlands	2.44.25	Mick Cope	3.20.39
Nick Young	2.58.08	George Phillips	3.25.18

Being under 2.45 gives Bob a championship entry into the London Marathon. A very good time! The others were not getting PBs, but they were doing times that they could be pleased with.

Flying Fox Marathon, Stone, 2nd October, 1994

Dave Griffiths	3.13.29	Kevin Yates	3.54.36
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Very wet weather could not suppress good results. Dave was happy with his time and I think it was Kevin's first marathon. Dave was first in the NSRRA X group; his fourth consecutive win. This is not one of your crowd-pulling races, and it is a good trial of your mental power to keep going hard when you seem alone in the world.

Flint 10 Miles, 2nd October, 1994

Richard O'Keeffe	56.14	Sheila Bickerton	72.19
Tony Salthouse	66.55	Gordon Bickerton	72.19
Roy Ramsey	72.00		

This was also an Inter-Counties Championships with Richard invited to represent Cheshire. On the day he had a bad cold, but this did not stop him from being first home for Cheshire and 10th overall. At the other end Gordon continued his bad year (by his standards) and his sore calf muscle forced him to stop racing at 9 miles and he ran back to help Sheila in. A tough course, but one worth repeating another year.

City of Liverpool 10K, 9th October, 1994

Colin Gaynor	37.45	Derek Fleet	43.16
Rob Brown	39.25	Kevin Yates	44.15
Jim Rice	39.33	Terry Davies	45.10
Nick Young	39.33	Helen Rice	52.36
George Arrowsmith	40.50	Carol Blood	56.41
Mick Cope	41.30	George Phillips	56.41
Mark Jennings	42.55		

A big race, with over 2000 in it. Didn't Jim do well!

Leek Cross-Country, 22nd October, 1994

Gordon Bickerton	45.15	Ian Ankers	50.20
Nick Young	46.02	Dave Griffiths	51.10
Mark Jennings	49.30	Ian Griffiths	51.50
John Meredith	50.06		

Ian has taken over the whip for organising cross-country this season and he got out a good attendance for what must be the hardest course hereabouts, and we have plenty of tough ones around. Gordon showed what sort of running he likes, and Mark showed his strength, giving a few others quite a shock.

Chester Zoo 10K, 30th October, 1994

Bob Rowlands	36.23	Ian Bamber	41.00
Graham Morgan	36.53	Mel Cole	41.29
Steve Jones	37.59	Sheila Bickerton	43.36
Colin Gaynor	38.19	Mick Cope	43.37
Jim Rice	39.58	Derek Fleet	43.46
Rob Brown	40.18	Chris Walsh	45.20
Tony Salthouse	40.22		

A good turnout from SCH to join in the race of 1000 runners. It is a pity the organisation did not match such an attendance: the start was a shambles and then you had to join a huge shivering queue at the end to collect your T shirt. However, it was a good day for running and you get free entrance to the zoo.

Langley 10, 5th November, 1994

Gordon Bickerton	64.00	John Meredith	71.03
Mel Cole	69.55	Sheila Bickerton	75.37

This is a new course for the race, but it is still very tough: basically 7 miles going uphill and the last 3 down. Gordon was 14th overall.

Werrington 6, 6th November, 1994

Richard O'Keeffe	33.43	Roy Ramsey	43.52
Dave Griffiths	38.00	Dennis Robinson	47.22
Mandy Scriabba	41.23	Liz O'Keeffe	51.23
Kevin Yates	41.35	Jo Evans	59.00

This is another NSRRA race and Richard ensured winning his top vets. group with an 8th overall placing.

Tittensor 10, 12th November, 1994

Dave Griffiths	66.21	Kevin Yates	75.14
Roy Ramsey	75.06		

The last NSRRA race of the year, traditionally over this big hill course. A significant race for all of our contestants. Dave was 3rd in his group for the season, Roy 3rd in his, and Kevin 4th in his. Kevin also got a special prize for completing all 20 races in the league.

Llandudno 10, 13th November, 1994

Ray Parkinson	61.48	Mark Jennings	69.49
Simon Walker	66.30	Malcolm Beeston	70.10
Jim Rice	67.00	Chris Walsh	73.20
John Meredith	67.00	Terry Davies	74.13
Mick Hornsey	68.58	Jo Evans	80.00
George Arrowsmith	69.49		

Nice to see other names at the top of our list. This has been a course for very good times, and Simon managed a PB despite the very windy conditions. Some others seem to have been nowhere near their PBs.

Stafford Cross-Country, 19th November, 1994

Gordon Bickerton	39.30	Simon Walker	46.35
Nick Young	42.30	Ian Ankers	47.10
Bill Ferguson	42.45	John Meredith	48.35
Colin Gaynor	44.02	George Arrowsmith	48.40
Mark Jennings	46.20		

Perfect conditions weatherwise, but plenty of mud to wade in. Even though these are just male runs, Sheila B usually tucks in at the back for some exercise. On this run she needed help from the spectators when she got stuck in the mud.

Newcastle Cross Country, 26th November, 1994

Nick Young	32.43	Simon Walker	35.38
Colin Gaynor	34.20	George Arrowsmith	38.23
Mark Jennings	35.18	Roy Ramsey	41.51

This is run from Seabridge School and it is probably the foulest course around, which is why it is used a lot. It was even muddier than usual.

Cheddleton 10K, 10th December, 1994

Richard O'Keeffe	35.37	Ted White	45.56
Gordon Bickerton	38.02	Roy Ramsey	47.59
Louise Moss	42.48	Terry Davies	48.10
Sheila Bickerton	44.58		

This is one of the Christmas Pudding races, so everyone gets something worth having. Louise and Sheila got something extra as well, as they were 2nd and 3rd ladies and got prizes. This is a tough 3 lap course, and there was some strong wind to make it even more interesting.

Cheshire Cross Country Championships, 11th December, 1994

Bob Rowlands	45.00	Ian Ankers	
Gordon Bickerton	46.36	George Arrowsmith	
Richard O'Keefe	48.20	Dave Griffiths	
Nick Young	48.55	Robert Brown	
Bill Ferguson		Chris Walsh	
Colin Gaynor		Roger Stokoe	
Mark Jennings		Dennis Robinson	
Simon Walker		Sheila Bickerton	

A windy, hilly course at Winsford. A very good attendance, with our first 4 counting as a team and taking the 2nd Veteran position. My impression is that Richard was just having a well-earned rest after a good race the day before. Sheila was our sole lady representative and managed a very creditable 15th.

Christmas Cracker, Leek, 18th December, 1994

Gordon Bickerton	49	Alan Williams	54.12
Bill Ferguson	49.30	Mike Guilliard	62
Ray Woolgar	53.49	Byron Steele	62.15

This is an annual tough 10K cross-countryish race over the Roaches. A few things made it noteworthy: Bill pushed Gordon along, Mike's knee had its first outing for a very long while, and Richard does not appear among the finishers because he hurt his ankle badly on the rough ground.

Audley 10K, 27th December, 1994

Simon Walker	41.10	Chris Walsh	45.33
Tony Salthouse	41.46	Terry Davies	46.35

A highly recommended tough 10K. Very cold, with a cruel wind, and lots of ups and downs. Peggy's Bank is just like the top of the Killer Mile, and walking is almost essential. Strangely enjoyable. Simon had a very good run.

Frosham Cross Country, 2nd January, 1995

Bill Ferguson	25.20	Ian Ankers	27.55
Colin Gaynor	25.59	Dave Griffiths	28.13
Simon Walker	26.11	Mark Jennings	28.55
Lindsey Rowlands	26.13	Bernard Griffiths	30.11
Mark Farr	26.15	Chris Walsh	30.29

Real winter conditions, with frozen mud instead of the usual messy kind. Simon had his second good run in a week and Mark Farr had an excellent time in his first race for the club.

Duathlons

What are they? Well, it is a bit like Triathlon without the drowning. Run, Bike, Run! Byron Steele and Ian Williams have done two of these in November, taking 1.29.40/1.22.15 and 2.16.37/2.04.05 for each respectively. The second one was longer than usual, much to Byron's annoyance. It consisted of a 3 mile run, 24 mile ride, and another 3 mile run. I can't understand why they took over 2 hours about it.



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