

# **This is just a collection of bits that appeared under the SCHMAG17 heading.**

## **COACHING NEWS**

As the "London" closing date has now passed and the waiting has started for that special envelope, how about giving some thought to how you could prepare for a successful season in 1997.

Coaching can maximise the elements of training often referred to as the five Ss:

### **SPEED, STAMINA, SUPPLENESS, SKILL, STRENGTH**

In our sport of road running the level of skill is only moderate and covers mainly the basics of style and stride and can be improved by adopting a relaxed upper body and a natural stride length - overstriding can bring on shin splints.

In this newsletter we can look at ways of improving Stamina and Speed.

The elements of training that improve STAMINA are:

- \*continuous runs at aerobic pace
- \*interval running at an anaerobic pace.

We all know of the long weekend run. This is a significant part of stamina improvement provided that they are run at an aerobic pace, i.e. able to talk.

The aerobic pace is essential to enable adaptation of the cardiovascular system, in particular the AEROBIC ENERGY PATHWAY (AEP). The AEP is one of three energy systems and it works only as long as the athlete stays out of oxygen debt. The effectiveness of the AEP is improved every time you use it. This occurs by the development of the delicate fine blood vessels known as capillaries, which allow the energy to be carried to the muscles as a part of the haemoglobin which is the blood's red pigment. Haemoglobin levels are critical to an athlete as they carry the energy and they can be depleted by physical stress, i.e. excess training, therefore iron which is a constituent of haemoglobin should be an essential part of an athlete's diet.

The long Sunday run when done at an aerobic pace is building up all the routes for the oxygen to reach your muscles when you require it.

The other type of running that improves STAMINA is interval running. This is normally referred to as STRENGTH ENDURANCE.

The runs are designed to be short but with fairly high effort levels and relatively quick active recoveries. The most effective run is a hill session. This, as you well know, involves the athlete in a fast run up a relatively long hill (200m minimum) followed by a jog back, then another run up the hill. This is repeated according to your planned schedule. This session is designed to adapt the athlete's natural safety valve threshold, i.e. LACTIC ACID tolerance.

Lactic Acids created when an athlete works hard and draws energy from the LACTIC ANAEROBIC ENERGY PATHWAY which cannot be met, and the body accumulates waste products in the form of lactic acid which WILL prevent any further activity. This lactic acid can be flushed away, approximately 85% is modified in the liver and kidneys, returning as GLYCOGEN. The other 15% is modified to Carbon Dioxide and water. The hill session with its jog recovery will enable the athlete to build up the lactic acid but, more importantly, as the number of reps increases it will develop the liver and kidneys to modify the lactic acid more effectively.

The recovery jog needs to be sufficient to clear away the majority of lactic acid in your muscles. This may take up to 5 minutes depending on the level of build up.

Good luck with your London entries. I hope we can get another newsletter out early in 1997 which will cover the other three Ss: SUPPLENESS, STRENGTH, SPEED.

Dave G.

## RACE RESULTS

### Alsager 5, 5th February, 1995

Ray Parkinson	28.32	Simon Meeton	33.36
Graham Morgan	28.53	Mick Hornsey	33.59
Colin Gaynor	29.23	Kevin Yates	34.14
Mark Farr	29.30	Chris Walsh	34.22
Steve Jones	30.26	Roy Ramsey	36.21
Clive Boyden	30.50	Dennis Robinson	39.53
Bernard Griffiths	32.47	Mark Jennings	41.56
Mandy Sciarabba	33.06	Shelagh Swinnerton	41.56

This is a very popular start to the racing season.

### Macclesfield Cross Country, 12th Feb, 1995

Dave Locke	34.11	Colin Gaynor	42.35
Bob Rowlands	37.48 V	Ian Ankers	46.00 V
Bill Ferguson	39.42 V	Mark Jennings	
Gordon Bickerton	39.54 V	Dave Birchall	
Steve Jones	41.20	Malcolm Beeston	
Mark Farr	42.10		

Cold, windy, wet, and muddy for 6 miles. Those marked with Vs formed our veterans team, while the first four of the rest made up the open team. A good attendance for such an event. Great to see Dave doing his stuff again.

### Bathpool 5, 25th February, 1995

Steve Jones	30.11	Simon Walker	33.18
Clive Boyden	32.08	Mandy Sciarabba	34.03
Tony Salthouse	33.04	Roy Ramsey	35.55

For a road race the course was extremely wet and muddy. On the far side of each of the 4 laps the only way through was the direct route; any attempt to miss the puddles would mean slipping over. This is the first race of the year for the North Staffs. Road Runners Association.

### Cheshire League Cross Country, 26th February, 1995

Dave Locke	30.17	John Booth	36.21 V
Bob Rowlands	33.34 V	Mark Jennings	36.22

Bill Ferguson	34.25 V	Colin Gaynor	36.54
Gordon Bickerton	34.37 V	Nick Young	37.10 V
Graham Morgan	35.53 V	Chris Walsh	41.11
Mark Farr	36.00		

Dave sprinted home in a very creditable 3rd place overall. The course was the marvelously foul one at Seabridge School. Why a Cheshire race is held in Staffordshire beats me.

## Cloud Nine Hill Race, 5th March, 1995

Lindsay Rowlands	61.22	Alan Williams	68.22
Bill Ferguson	61.30	Chris Walsh	72.03
Gordon Bickerton	63.00	Mike Guilliard	72.52
John Booth	64.30	Mick Hornsey	73.03
Colin Gaynor	65.11	Dave Rowlands	78.00
Ian Ankers	67.04	Sheila Bickerton	81.34

This is a real cross country race from Congleton up the 950 feet to the Cloud trig point. It is never easy, but it can be enjoyable. The weather was good on the day.

## Cheadle Spring 6, 5th March, 1995

Louise Moss	40.09	Mandy Sciarabba	41.00
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The two girls nipped off and did their own thing.

## National Cross Country, 11th March, 1995

Bill Ferguson	55.25	Nick Young	61.58
Gordon Bickerton	56.48	Ian Ankers	63.26
Lindsay Rowlands	57	Simon Walker	63.28
Colin Gaynor	61		

This National Championship is over a 9 mile course and has over 2000 runners. Thick mud and water were the order of the day.

## Rochdale 20, 5th March, 1995

Simon Walker	2hrs 29	Jim Rice	2hrs 38.31
Robert Brown	2hrs 34	George Phillips	Won't say

This was a London warm-up race. Unlike London it has hills, hills, and more hills. The weather included sleet, hail, rain and wind. It was said to be very enjoyable!

## Delamere Forest, 18th March, 1995

Ray Parkinson	63.10
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This an enjoyable FREE 10 mile run along tracks, up hills, down roads, etc. Ray did a very good time for such a course.

### **Stafford 20, 19th March, 1995**

Gordon Bickerton	2.16.18	Robert Brown	2.36.41
Ray Woolgar	2.31	George Phillips	2.40.56

Biting wind, hail and sleet! Because of this the times were much down this year. The attendance was also down, presumably because it was so close to London?

### **Wilmslow 1/2 Marathon, 19th March, 1995**

Lindsey Rowlands	1.20.54	Tony Salthouse	1.27.58
Nick Young	1.22.38	Pete Wilkinson	1.40

This is now a very large race with a good organisation. It is a fast course though it still has some interesting hills. A very good T shirt is part of the goody bag handed out before the start.

### **The Grizzly, 19th March, 1995**

Bill Ferguson	2.34.02	Mark Jennings	3.27.00
Simon Walker	3.08.37	Roger Stokoe	3.35.00
Dave Griffiths	3.23.10	Mick Cope	3.50.00
George Arrowsmith	3.23.10	Dennis Robinson	3.50.00
Tom Allman	3.23.10	Bernard Day	3.50.00
Jim Rice	3.23.10		

This is one of those tough runs to sort out the men from the boys. Unlike the Tough Guy this uses natural features: hills, stiles, slurry, beach, etc. It is a nominal 17 miles. There is a different course each year to make life interesting. It makes a very pleasant weekend outing, they say.

### **The Edale Skyline, 26th March, 1995**

Alan Williams	3.58	Mike Guilliard	4.08
John Booth	4.07		

A 21 mile scenic fell race over the Derbyshire hills. Gale force winds and atrocious conditions underfoot made it even more interesting.

### **London Marathon, 2nd April, 1995**

Bob Rowlands	2.43.30	George Arrowsmith	3.19.52
Terry Barker	2.49.49	Rob Brown	3.27.04
Lindsey Rowlands	2.54.20	Mick Cope	3.27.04

Bill Ferguson	2.54.50	Jim Rice	3.27.49
Ray Parkinson	2.56.30	Simon Walker	3.35.32
Ian Ankers	3.00.56	Bernard Griffiths	3.44.03
Nick Young	3.00.58	Terry Davies	3.44.39
Dave Griffiths	3.16.32	Byron Steele	4.30.00

A good turnout for the club, with some mixed results. The good conditions must have fooled a few.

## YHA Edale to Ilam, 8th April, 1995

Mike Guilliard 5hrs 35

This is a 35 mile (or 50 if you want) fell race that follows a chain of Youth Hostels South through the beautiful scenery of the Derbyshire Dales. Mike was the joint winner of the 35 miler. Everyone else appeared to have done the 50 miles!

## Uttoxeter 1/2 Marathon, 24th April, 1995

Clive Boyden	1.29.12	Dave Griffiths	1.34.16
Simon Walker	1.29.28	Kevin Yeates	1.42.58
Tony Salthouse	1.30.31	Roy Ramsey	1.44.40

Always a tough half; at least this year the conditions were good for running.

## Chester 1/2M, 30th April, 1995

Owen Evans	1.18.12	Roger Ellis	1.33.15
Clive Boyden	1.27.40		

Nice to see Owen racing again.

## Farndon 8, 7th May, 1995

Richard O'Keeffe	45.37	Mel Cole	55.35
Gordon Bickerton	48.02	Sheila Bickerton	57.54
Louise Moss	52.28		

Richard took the prize for 6th overall; Gordon was 10th overall and age category winner; Louise was 1st lady overall; Sheila was 4th lady overall and age category winner. Poor Melvyn ran just for the fun of it.

## Crewe 10K, 7th May, 1995

Dennison Gould	35.04	Mick Hornsey	42.44
Clive Boyden	39.28	Roger Ellis	43.30
Bernard Griffiths	41.08	Kevin Yeates	45.18
Dave Griffiths	42.21	Roy Ramsey	46.33

This is the old Crewe 8 cut down because of Sainsbury's. We have a new name heading our group here.

## Blackpool 10K, 7th May, 1995

Terry Barker	33.29	Colin Gaynor	38.41
Bill Ferguson	35.53	Tony Salthouse	38.51
Lindsey Rowlands	36.27	Chris Walsh	41.06
Simon Walker	37.59	Mick Cope	42.55

We had a club coach for this race as we also had a full day out. This is a fast course but not too exciting in the variety stakes: straight down the front, turn round, come back. Terry had a good run and came 28th overall. There was a class field. Simon claims a PB for this, and so does Chris, but his PBs are starting again since he reached a certain age. A race recommended for the shopping and "The Big One".

## Brecon Beacons, 20th May, 1995

Mike Guilliard	4hrs 41	Alan Williams	5hrs 35
Bill Ferguson	4hrs 41	Tony Salthouse	6hrs 35
Nick Young	4hrs 58	John Meredith	6hrs 35
Ray Woolgar	5hrs 23	Dave Rowlands	6hrs 35
Gordon Bickerton	5hrs 23		

This is the Ordnance event replacing the 3 Peaks we used to do in Yorkshire. It was meant to be a 26 mile fell race, but most people (not Mike and Bill) managed to get it wrong at the last possible moment and turned it into 30 miles. Mike and Bill were 3rd and 4th overall. Nick had been ahead of them until he chose to do the extra miles.  
Very nice scenery!

## Teacher's 10 Mile, 21st May, 1995

Richard O'Keeffe	58.13	Mick Hornsey	70.51
Owen Evans	59.51	Pete Wilkinson	71.50

Organised by our own Melvyn, and it started from Brine Leas. Richard came 2nd overall.

## Liverpool 10K (Ladies), 21st May, 1995

Louise Moss	40.56	Sheila Bickerton	43.44
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Over 2,500 ladies lined up for this. Louise finished 40th overall.

## **Creda 10K, 21st May, 1995**

<b>Simon Walker</b>	<b>40.31</b>	<b>Kevin Teates</b>	<b>43.53</b>
<b>Chris Walsh</b>	<b>43.06</b>	<b>Mandy Sciarabba</b>	<b>43.53</b>

**This is one of the NSRRA races so it obviously is not flat.**

### **MINUTES OF THE 1995 ANNUAL GENERAL MEETING**

**Minutes of the South Cheshire Harriers AGM held on Thursday, 30th November 1995, in the Committee Room, 1st Floor, South Cheshire College.**

**The meeting, commencing at 8.10pm, was attended by 25 members, with apologies received from Louise Moss, Dave Rowlands, Chris Walsh, Owen Evans and Lindsay Rowlands.**

#### **Previous Minutes**

**The minutes of the AGM, held on 24th November, 1994, were agreed as a true record by the meeting. There were no matters arising.**

#### **Hon. Secretary's Report**

**I have some questionnaires on Trail Running for any interested (shoes to be won).**

**In the NSRRA Roy Ramsey won the 2nd over 60 position and Simon Walker was 1st in Group D.**

**The newsletter earlier this year was well received and hopefully there will be another soon.**

**The only way we can get lottery money directly is to have a large capital project.**

#### **Hon. Treasurer's Report**

**Copies of the accounts were distributed to the meeting. We have an overall worth of £1131.87 (£1417.55 last year).**

**We have 72 paid-up members.**

**Kit is now being valued at cost and not as expected money.**

**The bank account is £500 down but we do have investments in kit and race T shirts.**

**The accounts as presented were unanimously accepted.**

#### **Chairman's Report**

Thanks to Terry Davies for the Canal run, with lots of runners and helpers  
Mick Cope for the Christmas dinner coming  
Graham Morgan for Track Night  
Boo as Cross Country coordinator  
(NB vets did well in Cheshire:2nd in championship, 3rd in league)  
Richard for his Club Runner of the Month (to go in Newsletter)  
Bill for the "Stroll in the Park"  
Bernard for the Christmas run (he is doing it again)  
Rob Brown for kit, Leppin, Race T Shirts  
Race Committee, especially Sheila for the entries and Melvin for the results

In the race next year we will have a special 50 T shirts and then use the old ones.

A special thanks to Dave Griffiths for his two grades of coach. Dave offers to help anyone on an individual basis.

#### Election of Officers

The officers for 1995 were then approved without exception as

President	Dave Rowlands
Chairman	Colin Gaynor
Honorary Treasurer	Graham Morgan
Honorary Secretary	Tony Salthouse

The constitution calls for three other members of the Management Committee but others can be co-opted.

They are Sheila Bickerton Gordon Bickerton  
Rob Brown Ian Ankers

This is an unchanged line-up from last year except that Mick Cope stood down.

Honorary Auditor: Ian Ankers, and Rob continues in charge of the kit.

#### Subscriptions

A large majority agreed to raise the basic subscription from £5 to £10. £5 applies to those who merit a reduced subscription and for those new members joining in the last 6 months of the year.

#### Club Prizes

There were 32 votes for Club Runner of the Year:- 3rd Simon Walker, 2nd Louise Moss, and

1st Bob Rowlands.

#### Any Other Business

Club Changing Facilities: Judo now getting in the way - the committee will meet the college to discuss the situation and discuss getting college people to join us.

The promised bar exists in the college but only for those dining.



**Winter Running:- Colin pointed out that wearing black clothing and running 3 abreast are both dangerous. Wear something light and take care. Be more careful crossing roads especially.**

**The AGM was closed at 9.15 PM.**