

Winter Newsletter February 2006



Welcome to another edition of the South Cheshire Harriers Newsletter.

In this edition you will find the following items:

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Club Member of 2005



The votes are in and, without further ado, the Club Member of 2005 - winning with a sensational landslide victory - is

..... wait for
..... wait for it.....
.....
..... **Cindy Morrissette** ☺

Cindy has been at the club for less than two years, but already she has created a thriving social side to the club which has helped in welcoming new members to the club.

SCH 20th Anniversary Bash

The club's 20th Anniversary Bash was a huge success thanks to the hard efforts of Cindy Morrissette. It was attended by well over 100 club members old and new along with their partners. Members gladly took to the dance floor and did their best to dance as out of time to the music as they could, and boy, oh boy, did we succeed.

Special mention goes to Martin as most uncoordinated dancer (*what a cheek! I do read this, you know, **Martin***) and to Mike Cutler for showing us his floor moves [Literally!].



Mike Hatton being presented with the Club Runner of the Year Award



Club Chairman Martin Stirna presents the Club Member of the Year Award to Cindy Morrissette

Katherine Cartlidge being presented with a gift from the club for her contributions to the newsletter.



The club wishes to offer a special thank you to the live music provided by the stirring "New Corona Band" along with the lovely "Kaz", and Crewe Alexandra Football club for providing the venue.

The club would also like to thank all its members who provided prizes for the club draw.



I would like to say a big thank you to all who supported the 20th anniversary bash. It seems the evening was enjoyed by all. It was nice to see members old and new chatting and strutting their stuff on the dance floor. Well done to the foresighted founder members of South Cheshire Harriers. I would

also like to thank you all for the fantastic flowers, they were much appreciated. Here's to the next 20 years.

Cindy

NSRRA Awards Dinner 2006

A small group of harriers took a minibus trip over to Burslem on 20 January to attend the NSRRA Presentation night. They saw **Mike Hatton** scooping three of the top prizes; 3rd in Group A; 2nd in M40-44 and Runner-up Male Vet of the Year. **Cindy Morrissette** took home 3rd in L45-49. Congratulations to them both!

Hopefully, there will be even more SCH award winners next year.



New SCH Business Card

Yes, the club now has its own business card! The idea of these is that members should carry a few in their pocket when out for a run to hand to any non-SCH runners that they pass.

We are sure that there are a lot of unattached runners out there in the area who don't join a running club because they don't think that they are good enough.

The card states that the Club welcomes runners of all abilities. It has the Club's web site address on it and a telephone number that diverts through to Martin's home phone. Ask Martin to let you have a stock of the cards.

Race Reports

Cheshire XC Championships

SCH received a great deal of credit from the Cheshire AAA and competitors when it successfully hosted the Cheshire Cross Country Championships on Sunday 8th January on the Joey the Swan recreation area.

11 Harriers also took part in the gruelling senior races including:



Mike Hatton 34:37; **Pete Mallison** 35:51; **Martin Monckton** 37:24; **Colin Simpson** 39:24; **Gordon Bickerton** 40:02; **Rob Bonson** 40:25; **Matt Lewis** 44:23; **Steven Hay** 44:38; **Robert Cummings** 45:12; **Mike Cutler** 50:22 and **Sheila Bickerton** 55:00.

The club would like to say a huge thank you to **Mike Cutler** for having the vision to bring this event to Crewe and to all those members and ex-members whose help enabled us to stage the event so smoothly. In particular, **Dave Rowlands** did an excellent job in co-ordinating all the course marshals.

4 Villages Half Marathon

Sunday 22nd January saw the annual staging of the Four Villages Half Marathon - held at Helsby. 14 SCH members were amongst the quality field of over 1500 runners and the race was run on a dry, but foggy cold winter's morning, over a flat and fast course.

Mike Hatton knocked over a minute off his PB to be the first Harrier home in a superb time of 1:15:44. He finished in overall 20th place.

Other race results include: **Colin Simpson** 1:23:42, **Rob Bonson** 1:29:07, **Dave McGrath** 1:34:09, **Rob Cummings** 1:34:40, **Matt Lewis** 1:34:53, **Mike Cutler** 1:35:36, **Paul Brownbill** 1:36:20, **Mike Tobin** 1:42:41, **Charles Rowlands** 1:45:27, **Martin Stirna** 1:46:40, **Simon Walker** 1:47:57 and **Dave Griffiths** 2:04:57. **Cindy Morrissette** was the sole female harrier to compete - finishing in 2:12:35.

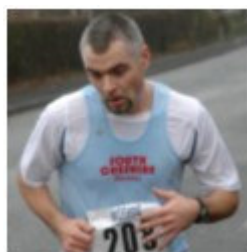
Alsager 5 on 5th February 2006

The Alsager 5 race always attracts a large number of SCH entrants, but this year the club excelled itself with a whopping 25 entrants.

Mike Hatton recorded yet another PB in finishing in 65th place in a quality field of over 1000 runners in 28:05.



Gareth and Helen Edwards recorded good times in their first outings in club colours finishing in 34:14 and 38:13 respectively and **Lorna Fweltrell** made a welcome return in 44:40 after a frustrating year with injuries since running this race a year ago.



The other club runners at Alsager were **Rob Bonson** 32:12; **Andy Caunt** 32:22; **Rob Cummings** 33:09; **Mike Cutler** 34:02; **Charles Rowlands** 34:54; **Trevor Reece** 36:21; **Colin Earp**

36:52; **Simon Walker** 37:18; **Martin Stirna** 37:48; **Alison Colclough** 38:45; **Colin Wynne** 41:04; **Gael Earp** 41:13; **Shelagh Swinnerton** 41:48; **Dave Griffiths** 42:08; **Jane Alliane** 42:42; **John Lathom** 42:49; **Sylvia Smallwood** 44:41; **Cindy Morrisette** 46:28; **Lizzie Marshall** 46:28; **Anne Garnett** 48:46 and **Rachel Prince** 54:11.

Marathon Hopefuls

Paul Brownbill, Mel Cole, Mike Hatton, Dave McGrath, Sylvia Smallwood and **John Swinnerton** will all be flying the flag for the Harriers in this year's Flora London Marathon. The club wishes them all the best of luck with their training.

Want a big race to run?

Missed out on the Flora London Marathon, don't fancy the Great North Run as it's just too expensive to get into? **Then why not try and run the BUPA Great Manchester Run?** The event will be staged on Sunday 21st May.

For online entries visit

<http://www.greatrun.org/events/registration.asp?id=17>

Fancy a visit to Cholmondley Castle?

For those of you that don't know it, Cholmondley (pronounced Chumley) is where the Royal family tend to stay when they visit Cheshire. The grounds are very impressive and if there is a great chance to see them when the Cholmondley 10K race is staged there on Saturday 25th March. If you would be interested in entering the race or helping out as a course marshal, just have a word with Mike Cutler who will be able to give you all the details.

Two Important Dates for your Diary **Easter Sunday 16 April – Air Products 10K Race & Easter Bunny 5K Fun Run**

Sunday 21 May – South Cheshire 20 Miles Race

These are the two road race fixtures organised every year by the Club. They generate a lot of money for club funds and also help the club do its bit by giving something back to the sport within this area. **To stage these races we need as many members as possible to offer their services to act as course marshals and run drinks stations, etc. Speak to Martin to find out more.**

Harriers Club Champs Fixtures '06

Simon Walker has now compiled this year's SCH Championships race fixtures list. The Four Villages Half Marathon and Alsager 5 were the first 2 races to count. A full list of all 30 races is on the club noticeboard, but the ones for the next 3 months are as follows:

19 Feb - Village Bakery Half Mar., Wrexham
5 Mar - Farndon 10K (near Chester)
12 Mar - Stafford 20
19 Mar - Stafford Half Marathon
5 Apr (Wed) – Chester Spring 5 at Upton
9 Apr – Newcastle 7
23 Apr – Flora London Marathon

Several of these races are on fairly flat and fast courses, which should enable members to achieve some good scores towards their club championship ranking. See Martin or Simon if you need entry forms for any of these.

Men's Harriers Champs 2006

Mike Hatton is well clear with a huge score of 82.53%, but there is a close battle for 2nd spot between **Rob Bonson** 68.52% and **Mike Cutler** 68.13%.

Women's Harriers Champs 2006

Cindy Morrissette is currently in first place for the inaugural separate Ladies Championship, on account of having done 2 races, but **Shelagh Swinnerton** 69.82% and **Sylvia Smallwood** 69.04% both achieved big scores for the Alsager 5.

However.... with only two races gone and 28 still to go, there is everything still to run for!

Members' Racing/Training Stories

In this month's members' corner, Ian Ankers - known to all as Boot - has put pen to paper to tell us about his trials and tribulations in taking on the Saunders Lakeland Marathon.

Confession of a Masochist

After twelve hours on your feet and with 35 gruelling miles of running and 8000 feet of climbing behind you, your lungs are saying 'no more', your legs are saying 'no more' - in fact every part of your body has taken a vote on it and come out with the unanimous decision **'no more'** - that is, except your will.

So, somehow, with yet another big hill looming before you, you manage to dig deep and find that extra bit of reserve to keep going, knowing that once this peak has been conquered there is only the final few miles downhill to the finish. But even this is no joyride, clambering down bracken-covered boulder fields, knowing the next team is closing behind you - but, having come this far, you're not going to give in easily.

This was the 27th Saunders Lakeland Mountain Marathon held over the first weekend of July - a two-day fell-running event attracting some 500 teams of two who set off at intervals on the Saturday to navigate across the fells, carrying everything they need for their overnight camp before the return leg on the Sunday.

It pushes both physical and mental stamina to the limits. Route choice was down to each team (provided they passed through a number of set control points) so direct line on compass bearing, frequently in mist, was often the favourite (not so when we tried to cut directly through a forest - the bramble scars will be there for weeks yet!) - paths were a luxury.

This year Alan Williams (my long-suffering running partner of many campaigns) and I completed our third 'Saunders'. The start and finish was at Buttermere and the course took us over and across Ennerdale with our overnight camp at Wasdale.

Why do we do it? Well, we're not really sure but, having said 'Never Again' so many times, there's always that moment of weakness when next year's entry form slips through the letterbox. Already, as I write this, the memory of the pain is beginning to fade but the sense of achievement remains. **Boot**

If you have an interesting story to tell then please write in to Members Corner.

Running Tip of the Month



According to research carried out at Portsmouth University around 10 million British women are causing themselves irreversible damage as they undertake exercise without wear a proper sport bra. The team claim wearing a sports bra will reduce bounce during exercise by 78%. So, girls, next time you are out shopping, treat yourself to a sports bra!

Christmas card capers



This Christmas card was sent to one of our elite South Cheshire Harriers and we feel it lends itself to an appropriate caption.

Captions will be published in the newsletter and a small prize awarded to the winner, to be judged

by the committee.

Committee members can enter, but bribes will **definitely not** be accepted. **Good Luck!**

Membership Renewal

If you have not yet renewed your membership, please hand over the low, low, fee of just £10 to any member of the committee.