

SPRING Newsletter

May 2006



Welcome to another edition of the South Cheshire Harriers Newsletter.

In this edition you will find the following items:

- Marathon Winners - their story
- Members Race/Training Stories Corner
- Charity Canal Towpath run next August
- Race Reports
- Harriers 2006 Club Champs
- The Grizzly - a poem and pics
- Report and pics of the Hash Run

Marathon Winners – their story ...

Seven club members completed this year's London Marathon whilst the rest of us had our eyes glued to television sets in the hope that we would spot them on their way round the course.



Mike Hatton, hampered by a debilitating stomach bug, a back injury and blisters, still managed to pull out a superb run completed the 26.2mile race in 2:42:05.

Congratulations Mike, you did yourself and the club proud! **Dave Jones** also ran a cracking race to come home in 2:56:46. **Dave McGrath** was the 3rd of our Harriers to complete the race in an impressive time of 3:19:41.

Mel Cole, who had to withdraw due to injury last year, successfully completed the race in a creditable 3:43:41. **John Swinnerton**, like his mum, completed the race on very little training in 4:47:37. **Sylvia Smallwood**, who almost didn't make it to the marathon due to a fall a week before, crossed the finish line in a very respectable 4:59:33 despite slowing down to nurse round another lady who was suffering.

To all the runners who competed in this year's marathon, **congratulations** on completing the race, and thank you for raising the profile for the club!



Members Corner

For those of you who haven't done the marathon yet, Mel has been kind enough to give us a few tips on how to prepare for the Big Day!

"I have been trying to improve my chances of surviving the marathon. Having run marathons in the past I do have a great respect for the distance and know what it's like when the wheels fall off. To this end I have thrown some money at running. I have bought new running kit, new trainers and one of those GPS things that lie about your running".

This month's training tip was written courtesy of Melvyn Cole.



News of forthcoming Charity Canal Towpath sponsored run in August

"Many current club members won't be aware of ex-SCH member, Terry Davies who died of cancer a few years ago. Besides being a keen participant in the London Marathon almost every year, Terry was also the proud owner of a narrow boat that he had moored at Barbridge near Nantwich.

In 1993 Terry came up with the bright idea of organising a sponsored canal towpath run of 107 miles over 2 and a half days round the Four Counties Ring. Dave Griffiths, Gordon Bickerton, George Arrowsmith, Terry and I were among the 9 participants in that inaugural event which we ran to raise funds for a specially adapted narrow boat called the Beatrice that used to take disabled youngsters out for trips along the Caldon Canal near Stoke. The first day involved a run from Barbridge to Wolverhampton, the second day a run from Wolverhampton to Stoke, which left a mere

Marathon to complete on the final morning back to Barbridge where a welcome meal and reception awaited us at the Jolly Tar. (Later that afternoon I took my young sons to watch Crewe Alex beat Walsall 5-1 in the first leg of a Division 3 Play Off Semi-final. Those were the days!).

Anyway, the canal towpath run was a great success and several others followed in subsequent years, all superbly organised by Terry.

Ever since Terry's death, the club committee has talked about doing a shorter canal towpath run – a mere 50 miles – along the Llangollen Canal from Llangollen to Nantwich.

*As you know, we don't like to rush into these things without serious thought, but I can now announce that it will definitely take place this year – on **Sunday August 13th**, to be precise. We would like as many club members as possible to take part in what will be a celebration of running in memory of Terry.*

Don't worry; we don't expect many of you to run the whole thing! It will be mainly organised as a relay with perhaps 5 or 6 teams of 4 running sections of any distance from 6 to 20 miles between them. I've recently walked/jogged/hobbled every inch of the route and can personally vouch for the fact that it is very scenic and will make a great run. So, put the date in your diaries and watch out for further details in the next newsletter."

Martin Stirna

Race Reports

Uttoxeter Half Marathon on 7th May



It appears that Super hero **Mike Hatton** has recovered from running the London Marathon - when he competed in the Uttoxeter Half Marathon, Mike flew home in 1:18:42 to finish 4th overall!

Other club results include:

David McGrath 1:32:48; **Mike Cutler** 1:35:37
Colin Earp 1:46:05; **Colin Wynne** 1:50:12;
Shelagh Swinnerton 1:55:52 and
Cindy Morrisette 2:11:19.

The club also came away with prizes, thanks to Mike and Shelagh, who both win prizes in their age categories.

Air Products 10K / 5K Fun Run on 16th April

South Cheshire Harriers hosted its annual 5K Fun Run and 10K Air Products Road Race on Easter Sunday. The numbers were well up on last year's event - with nearly 500 runners competing in the two races. The Fun Run finishers all went home happy to tuck into their chocolate Easter Bunny prize, whilst the 10K finishers are now the proud owners of a bright yellow T-shirt that will ensure they get seen on dark winter nights.

The 10K event saw some of the best club runners in the area fighting it out to the finish line. Mike Proudlove won the Men's race in 32mins 22sec, running for City of Stoke AC and Suzanne Benyon was the first lady home in 36mins 16sec.



Seven members from SCH competed in the 10K race:

Rob Cummings (on his 40th Birthday) 42:10
Richard Hessey-Tenny 42:41; **Mike Cutler** 42:47
Sheila Bickerton 43:54; **Colin Earp** 47:05
Thomas Brereton 48:49

The club's very own **Sheila Bickerton** took home first prize for her age category. Well Done!

We would like to give a special thank you to **Eric Swan** and all the local residents of Wistaston for their help and support on the day.

Chester Spring 5 mile on 5th April



10 club members competed in the Chester Spring 5 mile race.

Charlie Rowlands finished the race in lightning speed in 33:47.

Other race results include:

Andy Caunt 31:18; **Simon Walker** 36:27; **Mike Cutler** 34:12; **Rob Cummings** 33:15;
Tom Brereton 38:06; **Lizzie Marshall** 47:23; **Shelagh Swinnerton** 42:00; **Cindy Morrisette** 46:03 and **Rachel Prince** 54:04.

Race positions in the Chester Spring 5 mile were determined on how close you came to your age expected target times. The race is part of the Cheshire Road Running GP series which involves 7 races, where you take the best of 5. The SCH club

team is currently lying in 4th place. **Good luck with the next 3 races!**

Gatehouse Clayton 10K on 3rd May

9 members attended the Clayton 10K race. **Andy Caunt** was in flying form as he was the first Harrier to sprint home in 40:04.

Other club racers include:

Rob Cummings 43.08; **Mike Cutler** 43.10; **Charlie Rowlands** 43.13; **Colin Earp** 48.43; **Simon Walker** 51.04; **Colin Wynne** 51.04; **Shelagh Swinnerton** 54.04 and **Jeanette Hatton** (returning after a knee injury) 59.45.



Men's Harriers Champs 2006

The Men's Championship is really starting to 'hot up' with **Mike Cutler** taking pole position with 67.52%, after having completed 8 races. In hot pursuit is **Rob Cummings** who lies in 2nd place with 64.76% for 7 races. However **Mike Hatton** in 3rd place has a massive 81.48% for just 6 races.

Women's Harriers Champs 2006

There no change between first and second place, but **Cindy Morrissette** is starting to stretch her lead a little - being the first to complete 8 races with 55.65%. **Shelagh Swinnerton** still lies in 2nd place with 69.17% for 7 races and **Lizzie Marshall** has moved up into 3rd place after completing 4 races.

However.... with only eleven races gone and 19 still to go, the competition for both men and women is still wide open! A plea from Simon Walker, our Club Champ organiser : ***Please can he have a list of all your PBs, along with the respective distances you achieved them in.***

Harriers Club Champs Fixtures '06

Here's a run down of the forthcoming Harriers Club Champs fixtures

21 May - South Cheshire 20

4 June - Westbridge 5

11 June - Potters Arf

25 June - Stone St Michaels 10K

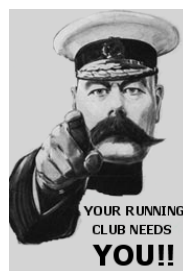
16 July - Cheadle 4

23 July - Trentham 10 miles

If you would like to take part in any of the above races see Martin or Simon for entry forms.

The Audley 10k – another of the Championship races – which is normally run in May, will this year be run in September.

SCH Organised Race



Sunday 21 May – South Cheshire 20 Miles Race

This weekend the club will be hosting our South Cheshire 20 Mile Race. In order for the race to run smoothly we need the support of as many of our members as possible on the day - either acting as marshals or manning the drinks stations.

It's not too late for you to offer us your help in staging this race, so if you can help, please ring Martin Stirna for further details.

Club Membership – a message from the Membership Secretary

Ladies and Gentlemen,

You are all down on the books for South Cheshire Harriers because you paid your membership for 2005, but some of you have not yet paid for 2006.

At the beginning of May I have to register the club and all its existing members and pay for them. If you want to continue in membership could you let Treasurer Bill have the £10 or give it to any member of the committee, ASAP.

Thanks for your Support!

Tony Salthouse
The Grizzly 20 Miles on 12th March

This poem was sent in by club member Cindy Morrissette after having experienced the growling Grizzly

**May all mountainous divides
Be worn to the mysterious ocean**

And may the ocean reach for the sky.

**May all vistas be beautiful and wide
And may Gaia's patterned motion
Teach us how to fly.**

**May the butter-lamps at our side
Light the way to happiness
And Gentle Absolution**

**And May all runners
Leap the boundary of imaginary
Separation**



The calm before the storm!



No its not a remake of 'Chariots of Fire' but our 'Barmy Army' club runners Mike Cutler, Shelagh Swinnerton and Cindy Morrissette at this years Grizzly.

It must be something in the water!

SCH Hash Run on 18th April



- All Say Cheese!

"We had our inaugural hash run this evening, which was a great success - thoroughly enjoyed by the 21 of us who turned up to run. Colin Welch from the Nailsea Running Club (near Bristol) did a fantastic job of setting a course which led us round the footpaths and by-ways of Wybunbury and Hough - taking in some bits of the South Cheshire Way."

Report and photos courtesy of BillyBadFoot



That's one way of getting your leg over!



After you, no no, I insist after you. I'm just taking a breather for an hour!

The club would like to thank Cindy Morrissette for organising the event, and for a terrific evening out.

Note from the Editor

Thank you to everyone who has contributed to the writing of this month's newsletter.

Please keep your stories coming.

Also, please let Tony Salthouse and I know if any of your contact details are out of date on the attached list of members' contact details.