

MACCLESFIELD HARRIERS & AC

Committee Members 83 - 84

Chairman Joe Ferry 38 Ivy Lane
Macclesfield (25937)

Secretary Arthur Evans 24 Northgate Ave.
Macclesfield (610627)

Treasurer Allan Ogen (25256)

Membership Secretary Mr R. Beech (72744)

Assistant Secretary & Club Colours.. Jackie Perry (25937)

BAAB Coaches: John McLellan

Middle distance Paul Evans

Sprints Arthur Evans

Long distance & Cross-country.. Colin Goodwin

High Jump & Throws Helen Dulle

Assistant BAAB Coaches Pat Buckley

Men's Road and Cross - Country John Kershaw (22234)

Magazine Editor Anton Woolford (613406)

Co-opted Members Dave Reid

..... Pete Nolan

WHO, WHO

I am interested in getting information on the different backgrounds, interests, levels of athletics and best performances of Macclesfield athletes.

RETURN this questionnaire to me, Anton, the Editor, and I will produce a 'WHOS WHO' via the Mag.

DETAILS:

Name: _____

Age or Class (eg Jun. Ladies)

Favourite Event(s): _____

Best All-Time Performance: _____ Date: _____

Best result last year: _____ At what Meeting: _____

Favourite personality in Athletics: _____

What do YOU think of Macclesfield Harriers?

Biggest Grumbler?

FIRST EDITION



Magazine
No1
Jan-Mar 1984

EDITORIAL

Hello, my name is Anton Woolford. I am a cross-country and fell runner. We moved down from Cleveland for me to work in Manchester - but are happily settling down in Macclesfield.

The first runner I met in Macc was the injured Dave Blyth and subsequently Phil Cheek and the rest of the Monday night crowd at the Leisure Centre.

The idea for a Club newsletter is not new - I understand that Dave Blyth and Ray Perry have produced newsletters in the past. I offered via Arthur Evans to edit a new Club magazine. This offer was accepted by the Committee - and here it is.

Enough said!!

There will be plenty of time for me to have my say! & & & &

SEE and BE SEEN

This cartoon reminds us that we always come off worse in an accident.

Wear WHITE (at worse)

- but you BEST wear a FLUORESCENT jacket or stripes etc.

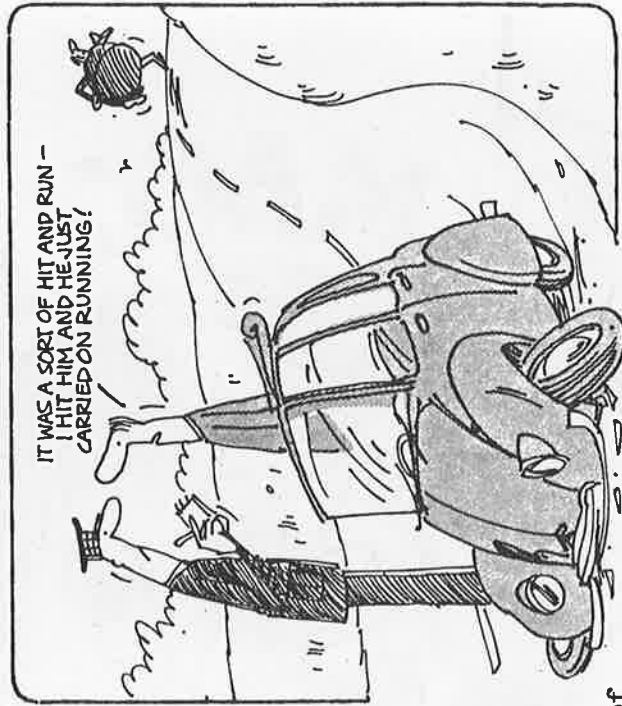
- what is the price of SAFETY? & & & & & & & & & & & & & & & & & &

Thanks to Colin and John for their enthusiasm in launching this new 'MACC MAG', and also to Les Jones, Arthur (Life Member) Evans and the Committee for their support.

This magazine must be self supporting financially and so there will be a cover charge of 20p to offset costs of materials and printing, etc.

Lastly, well done to Mark Smith who finished 24th at the XC Frodsham - the only non-SenMen runner: thanks also to Mr. Smith.

Anton Woolford, Editor 'MACC MAG' 53 St. Austell Ave Macclesfield (613406)



For the past three years it has been my pleasure to serve as your Chairman, and when Anton Woolford suggested publishing a Club Magazine I welcomed the idea.

Attempts have been made in the past to produce a news - letter on a regular basis, providing useful information about the Club's future activities and reports on matches completed. The new Club Magazine, Edited by Anton, will I am sure provide a much wider range of subjects and become a much sought after source of reading for both athlete and others interested in the Club's activities.

Macclesfield Harriers and Athletic Club has been established for many years with Arthur Evans, now a Life Member, being the only current member to have served on the original steering committee that organised the Club's formation.

The success of any magazine depends upon contributions from as many members as possible. In this respect I would ask everyone to support the Editor in this new venture and so ensure that we communicate as effectively as possible.

Yours,

Joe Perry, Chairman, Macclesfield Harriers & AC.

* * HAPPY
NEW
YEAR * *
to all members of
MACCLESFIELD
HARRIERS & AC

4 John, our Marathon Man ...

Name: JOHN KERSHAW Age: 34 - married
 Born: Cheadle, Cheshire
 Time in Athletics: 2½ years Occupation: Lithographic
 Clubs: Higher Poyton Football Club, Printer
 Macclesfield Harriers.

John says his first training run was in 1981 after watching the 1st London Marathon on television.

This was quickly followed after only 38 days training by the Swintex 25K at Bolton in 1hr 53,45 (611st out of 1,320). John's first 5 miles was the Linotype 5 in 28,21min.

John has come a long way since then saying that he now prefers 10 mile road runs and fell races - all distances. John has an impressive list of All-time Best performances:-

- Linotype 5 - 25,14min (9/83)
- Tittensor 10 - 53,25min (11/83)
- Eccleshall - 1hr 24,28 (9/83)
- Stafford 20 - 1hr 55,01 (7/83)
- Macc. Marathon - 2hr 33,18 (10/83)

This can be seen to cover only a four month period and represents five personal bests!

John says " I have 24 road races, 6 cross-country races, and 8 fell races this season." But what is staggering is that John ran a personal best in every road race - compared with that race last year.

"Road, I finished in the top 10 in nine races; Country, I was in the top 10 in all six races; and Fell, again I finished in the top 10 in all these races. IT WAS A GOOD SEASON !"

John's current training pattern covers 70 miles a week:- "I try to reach 70 miles per week. Never less than 60 except before a marathon then I cover 40 to 50. I have reached 80/90 through the midsummer whilst training for the Macclesfield Marathon.

I run twice a day for at least 4 days during the week. This consists of running a short distance in the morning on my way to work, then a long run home at night. "

E.G. A Typical Week's Training :-

SUN	19 Easy (WINTER)	15-25 Easy (SUMMER)
MON	10 Easy or Hard	10 Easy or Hard
TUE	3 + 8 Hard	Track Hard
WED	3 + 12½ Easy	3 + 12½ Easy

..... /Contd.

Contd./.....

THURS 3 + 3 Training in Gym, Hard 3 + 8 Hard
 FRI 3 + 7 Easy or Hard 3 + 3 Easy
 SAT Race or Rest Day RACE

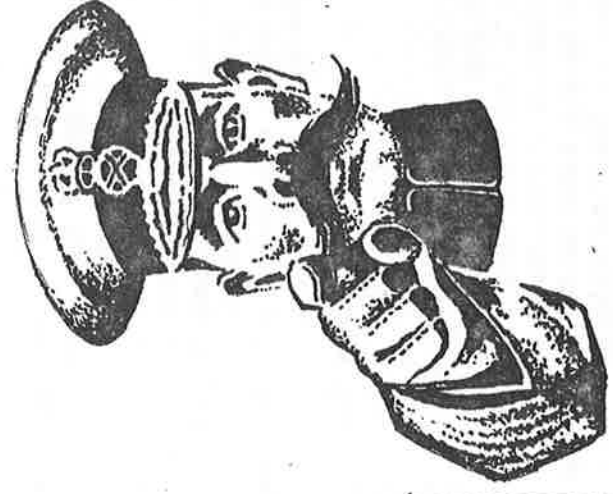
John comments that up to Dec 1st he has done 140 weeks of training - covering 7,937 miles in the process and including 100 races, 10 of which were marathons, the first, the Pony(8/81) in 3hr15 and all the rest in under 3 hours.

"My aim next season is to continue and try and improve on all last season's results; my aim for the marathon is to run under 2hr 30min.

"My long term athletic aim is to go sub 25min for the 5 mile, sub 52 min for 10, under 1hr 20 for 15 miles, under 1hr 50 for 20 miles and under 2hr 20 for the marathon!"

John finishes by saying; "I am pleased to see the club growing, and I hope the club can become successful. Above all there is good club spirit."

WANTED



For the 'MAG' to be a ** SUCCESS ** we need :-

- + "stringers" - that is you to write down and pass on items of news, information in fact, bits and bobs!
 - + answers to the WHOs WHO.
 - + letters, articles, ideas for you to part with
 - + 2Op - and to read and enjoy the 'Mag'
- ** Copy to the Editor, by March 15th please.

6 The History of MACCLESFIELD HARRIERS

* by Arthur Evans *

The History of the Club - Part 1 - The Beginning.

Before the war Stockport Harriers were a prominent club in the area and they had meeting places at Stockport, Alderley Edge and Macclesfield. After the war at the end of 1945 early 1946, on the initiative of Stan Spearing, the former Stockport runners decided to start a Macclesfield Harriers. They had a few of the former runners and some newcomers coming home fit. Their Headquarters was the Talbot Hotel, Chester Road, run by their Chairman Mr. Harry McLeese.

They really took off in 1947, when they put on the first Macclesfield 10 miles road race. This is when I joined. The Macclesfield 10 was held every year from 1947 to 1955. The first four years it was won by the great Jack Holden, runner up Frank Gratton. This was followed by three wins by Sgt. Billy McMinnis, one by P.D. Smith of Sale, and finally in 1955 by Joe Lancaster. The race started and finished at the Talbot Hotel (now a roundabout). I have still got the Macc Times 10 Miles Trophy if we want to restart it.

Frank Gratton - Frank was our star runner, he had won the famous Rivington Pike Fell Race at 18 years of age. He was fourth in the A.A.A. Marathon in 1948 (olympic year) and 1949, and he won several marathons, his best time being 2hr 39min. He was runner up in the South London 30 miles a total of four times. He won the first Cheshire Cross-Coun try Championship, which was an unofficial trail in 1947, and went on to run for Cheshire 5 years in succession. He could also turn his attention to the track and could win two mile team races.

Cross-country races in those days were not like those today where you do several short laps for 5 or 7 miles; they were nearly all 9 mile races, and you started and finished at the same place, it was no good for spectators, as after the start they did not see the runners again for about an hour. One or two runners usually got lost since a trail was laid with paper waste, and there were not many marshalls - they would have to have been miles out, and then have to get back. A few stalwarts filled tin baths with hot water for us. This was out side the club or school room, and then they brewed up for us. The older runners used to lay the trail, if they did not start early enough the leading runners sometimes caught them up - causing a lot of confusion!

The Club stood still for a bit then, we did very little track running and road races were not as numerous as they are now, and in addition, we had to travel by train and bus.

I went off to do my National Service and came back in December 1953 ... to find that a new up and coming star had just joined the Club, young Mike Corcoran. I took over as Club Secretary and in 1954 started a Boys section. At this time the club members were all male and the joining age was 16 years. By starting a Boys section it was brought down to 14 for the first time.

Mike Corcoran was joined by Alec Morten and Derrick Fife from Whalley Bridge, and local boy Peter Burgess. These four in 1954 won the Cheshire Youths Championships, went on to get second team in the East Lancs., then surprisingly WCN the Northern Counties Youths and finished runners up in the National Championship.

A word about Mike Corcoran; his record reads like this - Cheshire Youths champion cross-country 1955, Senior 1959, East Lancs. Youths champion 1955, Junior 1956-57-58, Senior champion 1959. Best National performance was 3rd in the Junior 1958! Mike represented England the Combined Services in March 1958 and in an International in France in 1958, and was British Army Steeplechase champion in 1958.

One point about National Service - in the late 1950's and early 60's running took off in the forces. As a result we managed to get several of our runners in the Cheshire Regiment at Chester, where they helped the Regt. Team in the Army Champion -ships. Lads from the Cheshire's came running for Macc. at the weekends - we also had several matches against them and they took part in all the relay races we put on. As a result a close relationship between the Club and the Cheshire's took place. On leaving Chester for other parts, the Regiment gave Macclesfield Harriers a Trophy to mark this close association, with the proviso that it to be given for cross-country running. This is now our Cup for the Senior Championship which has been won for the last tree years by John Whalley.

The Boys section prospered and were runners up in the Cheshire Boys championship in 56 and 57 and won the Youths in 1958 with Tom Shufflebotham individual winner.

CONTINUED from PAGE 7 ... the History of the Club,

By 1959 the Boys and Youths had graduated to Seniors and won the Cheshire Senior Championship in 1959 and 1960.

From this point on the numbers started to disappear and no new replacements had joined: Mike Corcoran turned to football, playing for Macc. and Congleton. Derrick Fife had emigrated to Australia. Youngsters were more interested in watching the Six Five Special on Saturday tea times instead of being away running. The Club faded - only Alec Morten was left, so he joined Salford where he ran about another three years, leading their Two Mile track team.

One very interesting point, whilst Mike Corcoran was at his best, the runner up to him was nearly always the great Ron Hill, who did not start to win the East Lancs. until after Mike had retired from running. Another great runner who never beat Mike was Roy Fowler.

- What was to happen next?
- What were the fortunes of the Club in the 1960s?
- Don't miss the next episode of the "History of the Club"

COMMITTEE MEETINGS

These are held on the
FIRST WEDNESDAY of each
MONTH.
at 7.30pm
at the MILLSTONE INN

Dates for Committee Members.

- wed 4th JANUARY
- wed 8th FEBRUARY
- wed 7th MARCH

* * *

A.G.M.

THIS WILL BE HELD ON

THURSDAY 29 th MARCH
at 8.00pm

at TYTHERINGTON HIGH SCHOOL

The evening will include
the AWAKD PRESENTATION

++ Make a date in diaries



- FIXTURES -

Here is a selection of FIXTURES covering the next few months - it is obviously not a complete list, rather the more popular events that many members of the Club will be competing in.

- JAN 1 Cheshire League - 2, all ages, at Crewe?
7 CHESHIRE MENS XC Champs, at Winsford
14 Inter Club, all ages, at John Leigh Park, Altrincham
14 Twin Piers 11¼ miler, at Colwyn Bay
22 Cheshire League - 3, all ages, at Altrincham
28 East Lancs. XC Champs, at Horwich
29 NORTHERN WOMENS XC Champs, at Liverpool
- FEB 11 Northern Mens XC Champs, at Newcastle-upon-Tyne
18 Parbold Hill Races, at Wigan
19 Cheshire League - 4, all ages, at Stockport
25 National Womens XC Champs, at Kneworth Park, Herts
26 NSRRA Members Only - Bathpool
- MAR 3 NATIONAL MENS XC Champs, at Newark
10 TSB Road race, at Warrington
18 Stafford 20, NSRRA Open
18 Buxton 13
18 Roaches Fell Race over 15 mile, at Meerbrook
24 ENGLISH SCHOOLS XC Champs, at Old Coulsden, Surrey
- APR 1 Congleton 10K Road Race
1 Salford 7
8 Stafford 13, NSRRA Open
8 Winsford 13
8 Mow Cop MILE, the dreaded ICL promotion
15 Maxims 7, NSRRA Open
15 Guisborough Moors Fell Race, over 13 mile (Editor Choice)

@@@ MEMBERSHIP LIST @@@

- compiled by John Kershaw, from the Membership Directory which is held by the Membership Secretary, Mrs. Beech
- list includes ONLY fully paid members for 1983/84 (due 1.4.83)
- Subscriptions for 83/84 are £4 Senior, £2 under 18/students
- + Membership Secretary - Mrs. Beech for queries/payment of subscriptions (tel. 72744)

** A PERSONAL VIEW of DAVID L. COSTILL'S book

++ A SCIENTIFIC APPROACH TO RUNNING ++

I suspect that most runners enjoy their sport regardless of the large number of books and magazines which are available on the subject. If, however, you are interested in the way your body responds and adapts to training, and how you might best prepare for competition, then I think David Costill's book has much to offer. How much will depend on whether or not you are receptive to new ideas based on observation, and probably more important, how dedicated you are to achieving better results. Thus, whilst I found the book a most valuable and stimulating read, I don't expect it will effect my performance in the slightest.

David Costill is a physiologist with a great list of scientific papers to his name; he is also the Director of the Human Performance Laboratory at the Ball State University. If this knowledge leaves you with a bilious headache - read on, it gets better. James F. Fixx (of Running, More Running, and Even More Running) describes Dr. Costill's Laboratory, "There was a complex array of equipment - a treadmill, a heat chamber and instruments so complex I could scarcely pronounce their names - all of them intended to search out the secrets of what happens to the human body when it runs." I know what happens to mine - I get whacked out!!

The book is divided into four chapters each containing several sub-sections. Most chapters have graphs and tables of scientific data liberally scattered throughout, but the author helpfully summarises the information at the end.

The first chapter is titled, 'Profile of a Distance Runner; and in it are discussed such topics as the physical and physiological aspects of the runner; muscle and cardiac characteristics, effect of aging, aerobic capacity and even a section on the Psychological Profile. Now, if you didn't know better you might be forgiven for thinking this section was a leg-pulling job. Listen to this!

The Rosenzweig Picture Frustration Study, (this is where a picture of a very stimulating nature is presented to the unsuspecting runner, and then quickly removed before the eyes have had a chance to zero in), and Murray's Thematic Apperception Test plus a 20 sentence completion test(wow!), .../contd

Contd ...

... these were used to measure aggression in groups of wrestlers and cross-country runners. It was concluded that cross-country runners tended to be more outwardly, aggressive and more extrapunative than the wrestlers. This confirms my suspicion that all those grunts and groans are a big put-on, and wrestlers are really a load of softies.

The second chapter is devoted to the response of the body during distance running and includes sections on energy expenditure, circulatory demands, respiratory responses and fluid loss and replacement. There are many useful hints in this latter section.

Adaptations to Endurance Training is the heading for third chapter and contains a wealth of practical advice based on scientific observation. Of particular interest are the sections on training intensity, duration and frequency. For those who still think LSD is a drug used by people who lack imagination, this chapter is essential reading, for in it you will find that LSD is in fact a form of training - which is used by runners who lack imagination. Costill does make the serious point that the LSD method of traing must be supplemented with sessions: or regular competition to gain the most benefit. Nothing too revolutionary here - some runners go the whole hogg and combine LSD with weekly speed sessions and competition.

The final chapter is the one you ought to read if you read no others. In it the author gives training guidelines, and examples of schedules for use during the competitive & non-competitive phases of a runner's conditioning(I didn't know there was a non-competitive phase!). The sections on nutritional preparation (i.e. what you eat before a race), is useful and provides a number of suggestions which the runner may like to try out.

Dr. Costill has made a serious attempt to bridge the gap between scientific observation and its practical application to distance running. He calls on the evidence of a vast literature which is growing at an ever increasing rate, and which is often incomprehensible to the average runner.

It is a book which every coach should read, and one which many runners would find useful.

'A Scientific Approach To Running' was published in 1978, and is available from specialist running shops(Like Running Wild), cost about £6.

HERE IS A SELECTION OF NEWS, COLLECTED ON AN AD HOC BASIS!

- * The 'MACC MAG' is going to the printer as planned, and therefore will be available to anyone who is prepared to part with 20p. Surplus copies will be offered to the Membership Secretary to send out with new members cards.
- * The Committee has agreed to award trophies to the following for their athletic achievement in the 1983 season :-
John Kershaw earns the Cross-Country Trophy for his stirring efforts in the Chehire League and in InterClub matches.

Andrew Street wins a trophy for the Highest AAA award - he gained a Grade 1 Standard in the high jump.

Trevor Binyon will be awarded the Senior Athlete Trophy for his middle distance running, including an astonishing 1min 51.9 800m!!

Bob McRae will collect the Vets Trophy for his consistent support on the roads. Bob ran into 17th with a

dedication time of 2:04 at the British Vets Championships at Stone Masters, FLYING FOX RADIATION, Oct 83

CONGRATULATIONS to John, Andrew, Trevor and Bob.

* Club Cards can get you a 10% discount at many local sports shops including Baileys, Gilberts of Wilmslow, Styal Sports of Leek, Ron Hill's and so on. London Runner offer 15% if you are prepared to send your card through the post.

My advice is to take your card and just ASK, good luck!!
* AAA Notes: Rule 33(1)(e) - To avoid any misunderstanding it should be noted that:

All athletes not members of affiliated clubs or AAA Registered are liable to the Supplementary level of 50p.

This applies to anyone competing, not just mass or road races.
* The AAARegistration Scheme is now underway - it was hotly discussed at the Leisure Centre on a Monday Club night recently, and at Committee. I would like to carry a review of the issues behind the Scheme; is there anybody who can understand it enough to be prepared to write on it? Please contact the Editor ... letters on the topic will be also welcome.

* The CROSS - COUNTRY season is underway. There is a revitalised interest in XC amongst the Senior Men - 9 runners stretched their legs in the cold at Frodsham. John Kershaw came 11th heading the Macc team (four to count). Peter Coppach came 126th.

the letters page

Dear Members of Macclesfield Harriers,

As the Member of Parliament for Macclesfield, I have followed the fortunes of your Club over recent years, and would congratulate you on the many successes which you have achieved.

While, at the age of 45, long distance running is no longer one of my sporting pastimes, and my duties and responsibilities do not permit me the time anyway, I do still jog in order to keep fit, from time to time taking part in local sporting events to raise funds for charity. I have crawled to the top of Shuttleslow, and this year struggled to the top of Tegg's Nose in the Fell Race organised by the Macclesfield Sheep Dog Trials Association, of which I have the honour to be Patron. I have also participated in the Beating of the Bounds, doing it not at a walk but at a jog. However, I did not wish to precipitate a Parliamentary By-election.

There is no doubt that the Macclesfield Harriers and Athletic Club is establishing a very considerable reputation, and I am very hopeful that the running track which would be of great benefit to all your members will be constructed by the Borough Council, adjacent to the Leisure Centre, in the not too distant future. I know that members of the Club have one thing in common, that is to train to become better athletes, and to do this you have to have both commitment and determination.

Having, for a number of years, been Vice Chairman of my Party's Parliamentary Sports and Recreation Committee, I have sought on all occasions to give encouragement to those who participate in athletics, at whatever level, and have also sought to obtain better facilities to assist those who want to train to improve, not only to represent their Club, but perhaps their County or even ultimately their Country. To get to the top in running, or any form of athletics, requires a great deal of effort, time and motivation, but having met many members of your Club, I certainly know that these features are strong amongst all Macclesfield Harriers.

I hope that my few words will assist to launch your Club's new magazine, and that this will encourage not only the present members of Macclesfield Harriers and Athletic Club, but encourage more young people to join you.

Kind Regards and Good Wishes,

Alan R Winter

The Committee is the organisational centre of our Club. It has been elected by the Annual General Meeting to serve the athletic needs of the Club Members - it should therefore represent all aspects of our Club.

That's the ideal situation, and we know that in practice the organisation can be left to a few overworked athletes who get, at least sometimes, little thanks for the hard work they put in.

I was invited along to a Committee Meeting in November by Arthur Evans, our Club Secretary, together with a few other interested parties - the idea being to revitalise the Committee, and hence co-ordinate the Club's organisation and activities.

Members of the Committee, and their various roles, are printed on the rear cover page - I hope this list is correct but I stand to be corrected. This Committee ceases to operate at the end of March 1984 and a new Committee will need to be elected at the AGM, on Thursday 29th March 1984 at 8.00pm.

Items discussed at the Committee Meetings should not be secret, if you wish to know what is going on about certain issues then it is no good moaning - it is up to you to ask one of the Committee.

HERE ARE A SELECTION OF ITEMS DISCUSSED AT THE MEETINGS, they are not official minutes, but are included to give all members of the Club an idea of the issues being tackled by Committee.

- + There have been only two meetings so far this season, in November and December. It has been agreed that from now on there WILL be a meeting EACH month on the first Wednesday at 7.30pm, presently held at the Millstone, WatersGreen.
- + Arthur, our Secretary, says this last track season has been a quiet one, but this was contrasted to the recent growth in Senior Men road runners, up to almost 50 paid up members.
- + Financially Allan, our Treasurer, has indicated a strong account - but points out that our costs are only just being met by subscriptions and interest.
- + APOLOGIES to John Hirst for missing him off the Committee list - John advises the Club on legal matters, including the question of insurance for members and Coaches, and is currently dotting the 'i's of our Club Rules so that they may be present at the AGM for full approval - sorry John!!
- + A Club 'hand out' is available with an insert for new members to join the Club - presently demand outstrips photocopying.

NOTES FROM COMMITTEE, Contd

- + All 34 Trophies are being called in, the value will be re-assessed of the more valuable trophies, and generally they will be accounted for.
- + The Committee agreed to delay the presentation of awards. It was decided that due to the lack of members in each age group, the awards would be won automatically and therefore not appreciated.
- + Four awards only will be presented for the 1983 season, this will take place at the AGM on 29/3/84.
- + The Committee confirmed that the Club Colours are silver and wine (maroon). Jackie Perry (25937) has a stock of sizes which can be purchased at a discount from the Club. However, the Senior Men's Cross-Country colours are black (with white trim), and these colours are required if runners intend to compete in the Cheshire XC and the National. (Ed. - perhaps this should be reviewed for next season).
- + The Committee is supporting John McLellan in plans to promote a road race in and around Congleton. John is active in the Congleton branch of Macclesfield Harriers & AC and has researched the organisation needed to put on this type of 9 mile road race. No doubt John will call on members support when the time comes - in the Spring 84?
- + Joe Perry, our Chairman, is planning a 'NEW MEMBERS EVENING', to be held in late Spring/early Summer - watch the 'Mag' for more details.
- + The Committee will be discussing the structure of Club and particularly how the Committee needs to be set up to help the organisation of the Club.
- + These last 3 items will be discussed at the next Committee Meeting - any comments to members of the Committee will be most welcome.

** COMING IN THE NEXT ISSUE **

any - but probably not all of the following :-

- * history of the Club, Part 2
- * Macclesfield Marathoners Ranking List
- * a fixture list, including favoured Fell Races
- * Reports for the AGM
- * WHO'S WHO, letters, news, views, profile on ...?
- * AGM issue due out as soon after AGM as Possible!! **