

February 2011 News

Lactic Acid Test...

20th February 2011

Lactic Acid - A side effect of high lactate levels is an increase in the acidity of the muscle cells, along with disruptions of other metabolites.

So that's the definition and just to put it to the test 200 hardy souls turned up at Copley for the inaugural running of the 8 mile Lactic Acid test over familiar terrain.

For those who did the monster 10k they would know intimately the early part of the race up and over the Besom Lane. However, added on was a 2 mile long drag up to the trigger point before a very steep descent back to the start line. The ambulance service and the mountain rescue were on hand, and several times were called upon to assist a few unfortunates who came a cropper, including Jackie Crowther who twisted an ankle.

Our top runner was Chris Middleton who is returning to form after a few injury problems coming 11th overall in 59.40. First lady home was Janet Grint who also picked up a vets prize.

ECH Results:

Chris Middleton	11th	59.40
Glen Costin	24th	1.05.32
Derek Hughes	25th	1.05.51
Andy Farley	35th	1.08.12
Paul Kenny	42nd	1.09.25
Barry Hirst	43rd	1.09.26
Kev Duckworth	45th	1.10.04
Tony Hillier	54th	1.11.20
Janet Grint	81st	1.16.05
Richard Włodarczyk	109th	1.22.55
Val Costin	136th	1.29.21

[>Full Results<](#)

English National Cross Country Championships 2011.

19th February 2011

The English National Cross Country Championships took place at Alton Towers on Saturday 19th February 2011. East Cheshire fielded strong teams in this major cross country event, with this being the highlight of most athletes cross country season. Most cross country courses get described as muddy, but this REALLY was. Those who ran can only explain how tough it was running in those conditions. The course was undulating, with one very steep hill near to the end of the lap. Some races were changed and shortened due to the bad conditions.

There were many great performances on the day from East Cheshire athletes, who competed against the best runners in the country. In the under 13 girls event, Bethany Donnelly was once again one of the favourites to win the race after finishing second last year. Beth ran very well to finish a brilliant 4th position to complete the 3k course in 14 minutes. Lily McGuinness ran strongly, finishing in a very solid 43rd position. Niamh Hartshorne and Allanah Newell made up the ECH team, coming in 146th and 326th respectively.

Four athletes represented East Cheshire in the under 13 boys race. George Lewis, Patrick O'Brien, Christian Gallagher and Ethan Hartshorne all ran well finishing 66th, 134th, 200th and 312th respectively. In the under 15 girls event, Megan Ashelby was first home for ECH finishing in a great 39th position, with Roisin Clegg next in a very respectable 133rd position. Courtney Donald and Hayley Simpson also ran well placing 147th and 314th respectively.

The under 15 boys had six ECH representatives. In form Joe Steward ran superbly to finish in 21th position, once again using his normal style of starting slowly and finishing strong! Michael Murphy finished a solid 52nd position, which is very good to say he has been struggling with injuries recently. Tom McGuinness 94th, Callum Dinsdale 136th, Adam Hoyles 156th and Ian Graham 294th made up the team, who weren't far off winning a team medal finishing 6th team overall.

East Cheshire's main success of the day came in the under 17 women's event. Georgia Taylor-Brown was tipped to run well after having a great season. Georgia ran consistently throughout finishing in a highly respectable 6th position, one place higher than last year, with team-mate Emma Peters not far behind in a brilliant 22nd. Katie Reynolds ran very well finishing in 75th position, closely followed by Sally Ratcliffe in 89th position. Sisters Phoebe and Victoria Hartshorne also ran well over the 5km course finishing in 180th and 187th respectively. The team were once again in the medals finishing a brilliant 3rd position in the team event behind Aldershot and Vale Royal. Well done girls!

In the under 17 mens race, Joe Hudak, Jack Donnelly, Mike Fagg and James Hil were the finishers for ECH, all once again putting in their best efforts and running well. They finished 66th, 110th, 225th and 249th respectively. Chris Kays ran in the under 20 mens race and once again producing a brilliant performance finishing high up the field in 28th position.

The Senior Mens team had nine athletes giving their all over the shortened course of 10km. First home for East Cheshire was Gavin Browne, again running well finishing 243rd in 43.04.

Next back was Gary Matthews in 460th (46.58), followed by Steve Robinson in 582nd (48.49). Andrew Farley finished 767th in 51.42, closely followed by Derek Hughes coming 786th in 52.05, and Mark Creighton not far behind in 796th with 52.21. Kevin Kyte (902nd in 54.12), Robert Fagg (1231st in 1.06.59) and Martin McGann (1297th in 1.20.29) made up the ECH team. A special mention to Martin, who completed another National cross country, holding the record with most consecutive appearances in the event. Martin ran round with good friend Ron Hill, both finishing together.

Well done to everyone competing for East Cheshire Harriers, and not forgetting the Parents and other members supporting/helping put up and take down the tent!

[>Full Results<](#)

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