



1st Birthday edition! The Harriers have been re-formed for 1 year!

Run Leaders course

9 Bollington Harriers took part in the England Athletics Run Leaders course in April. The day long course explained the process of how to lead a group run from warm up to run to cool down. The participants wanted to do this course for a variety of reasons including: learning how to lead a C25K, safely leading trail runs and wanting to lead a group for half marathon training. With these extra 9 run leaders the club is now much more supported on the Tuesday and Wednesday night runs and we have also run our first C25K course. A massive thanks goes to Bollington Health and Leisure who part funded this course along with help from the grant we received from Bollington Council and the participants who paid the remainder. It is anticipated that the Harriers will send more people on another run leader course next year. If you would be interested in learning to lead runs and support Harrier runs please contact bollingtonharriers@gmail.com



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Spotlight on interim Chair, Gogs

By Hannah Atkin



Ultra-marathon vegan runner Gogs Davies is our interim chairman for the Harriers, we thought you'd like to find out more about him – both in and out of his trail shoes.

What's the true meaning behind your name? Ahhh, the good old "name" question. The answer is I don't actually know the true meaning of it. During my Army basic training days, one of the other recruits started to call me it, and it stuck. The closest answer I can fathom is that people from North Wales are referred to as "Gogs", and as I'm originally from Shropshire I guess that was close enough for him (he was from down South).

Why do you run? I used to run in the Army. When you are not very good at shooting, like me, you learn running is the next best skill to have. I didn't run again until 2014, fourteen years after leaving the Army, after being encouraged to try it by a friend. I struggled to do a mile. Now, I run for the enjoyment factor, for the community spirit (I have met so many great people through running),

for the scenery and to help promote the vegan message.

Mindful running or music all the way? I always used to run with music, but I found my headphones constantly fell out, and I gave up trying. Now I can't imagine running with music. You miss so many of nature's sounds when you have music on.

Has your running improved since turning vegan or does your PB rest on the back of a bacon sandwich? I took up running when I was vegetarian, so tricky to have a direct comparison to my bacon butty days. However, I can honestly say that I'm the fittest I've ever been, and I seem to recover quicker than I used to in my younger days. Last year, I did 3 ultra-marathons, a marathon and two 10k events in seven weeks. I couldn't imagine doing that before.

Who are your ideal dinner party guests, dead or alive, famous or unknown? Of course, I'd have to say Summer Phillips, as I can't even cook oven chips (as she will tell you), and she is an amazing cook. Then it would have to be Fiona Oakes. A very humble vegan ultra-runner, who runs an animal sanctuary, is a retained firefighter, has only one knee cap, yet holds 3 World Records (including fastest woman to run a marathon on all continents including the North Pole). There is a documentary out soon on her. Seriously, look her up. Scott Jurek, another vegan ultra-runner, who has won numerous races and ran the 2,168 mile Appalachian Trail in 46 days. Moving away from running, the awesome singer Frank Turner would have to be there, as well as Green Day to provide the tunes.

You've run some impressive distances, and with some impressive hills, what keeps you going during a 35 mile hill run? Thank you. There's a couple of things that keep me



1st Birthday run, over 40 Harriers joined a run from the Poachers to celebrate, followed by some birthday beers.

going. Firstly, in the shorter distances I have a tendency to hoof it off the start line, and not pace myself. With ultra-distances, I tend to pace myself much better, and I can take in the scenery more, and enjoy myself. Secondly, I found that with the longer distance events to other runners are so supportive of each other and they will run with you and keep you company, even foregoing their personal times

to help you complete. It's amazing how strong a bond you get with someone who was a stranger, 30-odd miles ago.

What will you bring to the table as a chair? Lol, I see what you did there. I would bring a comfy place to sit :) In all seriousness, I think I have big boots to fill. Tom Birtles did a great job. There are currently some great ideas in the pipeline that we would like to bring to fruition. There's a couple of areas that I would like to progress. Firstly, I'd like to encourage even more local runners to join us. I quite often see runners around Bollington that aren't part of the club, and it would be good to find out why they aren't. Secondly, I'd like to get the Harriers name out there more to the wider running community. Much in the same vein as Macc Harriers, Chorlton Runners, and Marple Runners.

Who would win in a fight between a bear and a shark? I think it would be a draw. A little like Batman vs Superman (spoiler alert), they start off hating each other but ultimately realise they are on the same side. The bear would ask the shark to sign a Jaws poster, and the shark would ask the bear to sign a can of Hoffmeister.

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Parkrun

By Helen, Andrew & Sparkie Whippet



Parkrun: Kick start your weekend!

For many Harriers their weekend is kick started at 9am on a Saturday with a 5km Parkrun and locally we are spoilt for choice. Many of us rotate between those nearby depending on what we're feelin'..... Fancy a quick one? Then head to Congleton for 3 laps of the Mere. Have an urge for off-road paths? Then Macc or Wilmslow (but watch out for those slopes). And if hills are what turns you on then it has to be Lyme Park.

So far this year we have had several Harrier's Parkrun takeovers; celebrating Cheryl Evan's 50th run at Lyme, Colin Wright's 50th at the first ever Macclesfield parkrun plus in July the C25K participants finished the course with Congleton parkrun.



C25Kers finishing the course by completing the Congleton parkrun.

But where ever you go, and there are so many others relatively close (eg Marple, Bramhall, Wythenshawe) Parkrun is about much more than running. It's about community, the vibe and most of all we think it's about the coffee. After years of working out of a van (which previously couldn't open when it was windy) GG's at Congleton have now opened a more permanent structure and added more food options. At Wilmslow you can get an awesome Flat White from the tiny hatch in the Carrs car park while at Lyme the full range of National Trust cakes lie in wait to tempt you beyond a mere Cappuccino.

So explore the different routes, hang out afterwards, find your favourite and kick start your weekend. Don't forget your barcode! <https://www.parkrun.org.uk/register/>

Happy parkrunning.

Bollington 10k

The Bollington 10k race is on Sunday 26th August and is in its 5th year. This is a popular local race and you can enter online at bollingtonrun.co.uk. If you are not taking part in the race but are available to volunteer, the Race Director Tom Horsfield would be delighted to have you join the Volunteer team. Please email Tom.Horsfield@bollingtonleisure.co.uk Race events rely heavily on the support of volunteers to make race day happen. Volunteering is not only integral aspect of events; it's an excellent way to give something back to the sport you love. Plus give back to Bollington Health and Leisure who are very supportive of the Harriers.



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Couch to 5k Course

By Andy Langdon

With the newly reformed Bollington Harriers being less than a year old, I was regularly being drawn in to conversations of "getting back in to running". This moved on to talk of the Bollington Harriers running a Couch to 5k (C25K). Thankfully, my ramblings were met with the usual positive support we are regularly seeing from the Harriers.

A date was agreed to start the course as was an initial roster of leaders and supporters. In early May 2018 a group of strangers with the mutual goal of running 5k, met up at Bollington Leisure Centre. A welcome speech by Monica, a C25K veteran, roused the spirits. We were off, a 5-minute warm up, 60 seconds of running and 90 seconds of walking, repeated a few times. Everyone who turned up was now not only a Bollington Harrier but also a RUNNER.

As the course progressed new faces appeared, along with some leaving, unable to complete the course for various personal reasons. On the 7th of July at Congleton Parkrun it was graduation day! Several of those who started on day one and some who joined at various stages of the course were there to continuously run 5 Kilometres and you did it, every one of you!

I would personally like to thank everyone who came along to help guide, giving up their time to support during the C25K course. I would also like to say a MASSIVE well done to all of you who turned up on day one or joined us throughout the training.

Welcome to the Bollington Harriers and welcome to running, I hope you continue to enjoy it.

Date of AGM – Saturday 1st September 1.30pm Civic hall

It has been a year since the Harriers re-formed and the club is going from strength to strength with over 100 paid members. Over 40 turned out for the clubs anniversary run that ended at the Poachers – thanks again to Rob and Helen for their hospitality.

The first Harriers annual general meeting will be on Saturday the 1st September at Bollington Civic Hall. It would be great to see as many Harriers there as possible and to hear how you would like to see the club progressing. If you are interested in a role on the committee please email bollingtonharriers@gmail.com for further information.

Website

Our Club Website is now live! bollingtonharriers.co.uk

We hope to post more photos, event details, race results and much more. Thanks to Tristan Pemberton for creating the site. Also don't forget the [club shop](#) for all your Harriers merchandise.

**Thanks for the support of Bollington Leisure Centre, The Poachers & Peak Accountancy
Training**