

HARRIER NEWS



The Clayton Harrier Newsletter
www.claytonlemoors.org.uk July 2015



**Colourful Clayton Parkrunners
at the
3rd Anniversary of the Burnley Parkrun
6th June**

[Photo: David Belshaw]

CONTACTS

The Clayton Website
www.claytonlemoors.org.uk

Race Results

All your races will count towards the Club's 2015 Fell Runner of the Year and Road Runner of the Year provided the Club Statisticians have your race results.

Please send your Road Results to Richard Lawson
55 Highfield Avenue, Burnley BB10 2PS
Telephone 01282 423808

Please send your Fell Results to Andy Brown
2 Brennand Terrace, Grindleton, Clitheroe, BB7 4QZ
Telephone: 01200 440880

Forthcoming Fixtures

Please notify the Fixtures Secretary, Katy Thompson, 16 Ainsdale Drive, Darwen. BB3 2EQ
Telephone: 01254 772013;
The Fixtures Secretary will forward details to the Newsletter Editor for publication

The Clayton Newsletter

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Publication: Blackburn College Reprographics
Distribution: Michael Frost & Dave Mashiter
Advertising rates are available from the editor. Advertisers' products and services are not endorsed by the committee.

Copy deadline for the August issue:
Monday, 13th July 2015

BOOTHY'S BIT

Race Organisation Long-standing race organisers, Geoff Newsam and David Bailey with Ken Richardson have decided to end their time in charge of Mearley Clough Fell Race and Pendle Fell Race, respectively. Both races have thrived under Geoff and David's stewardship. Mearley Clough is a testing short evening race that is always popular, not least because of the great free supper that's included in the entry fee. Another, equally testing short race, the Pendle FR has a longer history, but David has enhanced its reputation – and increased the number of participants – not least with the introduction of the increasingly popular junior races. Both club members deserve a huge 'thank you' for their efforts on our behalf over many years. Race organisation has its challenges, but also brings rewards and enjoyment, not least from giving back something to the sport that we all love. So, I hope that members will step forward to take on these races. It may seem a daunting proposition, but there are plenty of people in the club who will be willing to give advice and support; not least Geoff and David themselves.

Dave & Eileen Woodhead have been great supporters of Geoff Newsam and the Mearley Clough Fell Race. As well as organising their own races and Bunny Runs from Penistone Hill, the Woodentops often literally 'pop up' at many fell races to take hundreds of photos, which are then available to runners, free of charge, on their website. In recognition of their services to sport Dave and Eileen have been awarded the British Empire Medal in the Queen's Birthday Honours List. Congratulations, Dave & Eileen – well deserved.

The **Summer Series** races are in full swing. To date, two rounds have been held: the Ogden Round in May and the Worsthorne Trail Race in June. At present, V50s Paul Hesketh, Andrew Howarth and Ivan Whigham are leading the pack on points and on time estimates. However, with 4 races still to go, there are still plenty of chances for others to overtake. So far, very few female runners have taken part. Come on ladies. Don't be shy! The next race is a double header: Up & Down Pendle from Worston on Tuesday, 21st July. Full results and standings are on the website: www.claytonlemoors.org.uk/open-races/summer-series-2015/ with more details of the remaining races on p31 of this edition.

Pendle Boar Clough FR, a members-only race, and latest counter in the club fell championship, was held from Barley on 23rd May. Star road runner, Jonny McKenna showed the fell boys and girls a clean pair of heels, with junior, Jordan McDonald and vet Michael O'Donnell taking the next two places. First female runner was Barbara Savage, with junior, Alice Pier in second place. Full senior results are on the club website: www.claytonlemoors.org.uk/open-races/pendle-boar-clough-fell-race/. Junior results are on p20.

A sponsored walk to raise funds for **MacMillan Cancer Support** will take place from the Peel Park Hotel, Accrington on 18th July. See p31 for more details

THE HARRIER NEWSLETTER

The club's website is now well established as a very effective method of communication with our members. In addition to the weekly website news roundup, information is also disseminated more immediately via Facebook and Twitter. In consequence, the committee has decided to replace the monthly 'Harrier News' with a bi-annual magazine. The final 'Harrier News' will be the October 2015 issue, with the first magazine being published in April 2016.

The monthly newsletter has served the club well for a long time, and I know that many members will be sorry to see it go. However, I share the committee's view that a bi-annual full colour magazine available in printed form to all members will be a better way of providing a permanent record of our achievements. I will be very happy to receive any suggestions for ensuring that the website provides information in the most effective way when the newsletter ceases publication.

Of course, for the magazine to happen we need an Editor. It's envisaged that the magazine will contain running related articles written by members as well as reports and results from important races. The Editor will need to be significantly involved with the club's activities, will therefore be well placed to spot topics that will interest members, and will encourage potential authors to write articles. An interesting magazine will set our club apart from all the other local clubs, further reinforcing that we are the best. So if you think you could be Magazine Editor, please get in touch with myself or any committee member without delay!

Jim Hickie
Chair

[An incomplete version of this message appeared in the June Harrier. In transferring the original email into the newsletter, the first paragraph disappeared into the ether! My apologies to Jim and all members for my error—Ed.]

**CLAYTON-LE-MOORS HARRIERS
OFFICIALS
2014-15**

President	Dave Scott:	01282 693867
Chairman	James Hickie:	01254 246658
Secretary	John Wilcock	01282 425699/07970 828167
Treasurer	Mike Eddleston:	01254 397545 or 07951 424780
Membership Secretary	Adrienne Olszewska :	07510 764394
Media Manager	Adrienne Olszewska :	07510 764394
Social Secretary	Anne Marie Greenwood:	01254 237485
Junior Co-ordinators	Marion Wilkinson:	07940 418603
	Andy Armstrong:	07971 001583
Race Promotions Coordinator		
	Mike Eddleston:	07951 424780
Elected Member	Geoff Smith:	07789 357013

CAPTAINS

Men's XC	Vacant	
Ladies' XC	Irene Roche	07919 077485
Men's Road & Trail	Tom Brewster	07709 610225
Ladies' Road & Trail	Angela Shian	07972 039560
Men's Fell	Dave Motley	07810 895862
Ladies' Fell	Jean Brown	07712 003064

LETTER

To all those who enjoy reading the monthly Harrier News.
There is a proposal to stop producing the monthly Club Newsletter and replace it with a twice yearly magazine. I am strongly opposed to this as each month I read the newsletter from cover to cover and therefore keep in touch with the varied activities of our members. Boothy's Bit is often thought provoking, plus Paul Healey's 'Covering Old Ground', although I must admit the latter may not be so interesting to newer members.

Over the years there have been many priceless articles by Tony Peacock and others, Poems by Mick Green and Don Barton and recently Dominic Carr on his Haworth Hobble. I believe that the newsletter is an important method of keeping members informed and old copies contain the history of the club. Where can you now find articles on 'Death of a President', articles by Bill Smith or information about stalwarts of the club such as Stan Bradshaw, Alan Heaton or George Brass, as well as many others?

If you want to retain the monthly newsletter then you need to attend the A.G.M. in September when a proposal to continue producing it for our members will be made. At the moment, the idea seems to be that the monthly newsletter will cease to exist around October and this was backed by the majority of the committee.

I firmly believe that this is so important that it needs to be put to membership as a whole, so if you agree with me and would like to retain the newsletter, then come to the A.G.M. and vote.

David Scott.
President.

MEMBERSHIP

Welcome to:

Senior:	Justin Birtwistle Andrew Payne
Junior:	Tillie Ferguson Millie Hesketh Erin Hesketh Eve Waters

LETTER

The Harrier Newsletter

I would like to thank David for raising his concerns around this matter. I would also like to re-assure him, and all of our members that this decision wasn't taken lightly. The number of our members that opt to receive a printed copy of the newsletter has declined steadily over the past few years, and we are getting close to the point where only a third of our members are receiving it. The cost of producing the letter is significant (approximately £2000 per year) so it is hard to justify this expense when only a minority of our members benefit from it.

I don't see any reason why stopping the newsletter would mean we don't continue to publish the excellent articles David refers to in his letter, these would be valuable contributions to both our website and the new magazine.

I am aware that some members have indicated that they would be willing to pay a subscription to continue receiving the newsletter in its current form. I believe this may be a viable option but further research is needed to assess the likely demand. I would be willing to assist any member who wishes to champion this cause and would ask they contact me in the first instance if they would be willing to take on the task.

Finally, I would encourage all members to attend the AGM on the 24th September regardless of their stance on the newsletter. This is your club and the AGM is your opportunity to influence the direction it takes.

Best wishes
John Wilcock
Secretary

RUNNER OF THE MONTH
Sponsored by PHYSIOFUSION
Burnley, Padiham, Barnoldswick, Skipton & Lancaster
MAY



JEAN BROWN

with Nicky Spinks (Dark Peak) for FIRST LADY PAIR and LADIES' RECORD at the OLD COUNTIES TOPS FR at CONISTON on 16th
Nominated by Katy Thompson

PAUL HESKETH

for FIRST PLACE at the PENDLE PARK RUN at COLNE on 9th
for 1st M50 at the AUSTWICK AMBLE FR at SETTLE on 25th
Nominated by Harry Manning

JORDAN McDONALD

for 1st JM at the GREAT HAMELDON FR at ACCRINGTON on 3rd
for 1st JM at the PINHAW MOOR FR at EARBY on 8th
for 1st JM at the WHOLAN NOOK MT RACE at BURNLEY on 13th
for 1st JM at the BURNLEY LIONS 10K at COLNE on 22nd
Nominated by Harry Manning

IRENE ROCHE

for 1st F55 at the GREAT HAMELDON FR at ACCRINGTON on 3rd
for 1st F55 at the PINHAW MOOR FR at EARBY on 8th
for 1st F55 at the WHOLAN NOOK MT RACE at BURNLEY on 13th
for 1st F55 at the BURNLEY LIONS 10K at COLNE on 22nd
Nominated by Harry Manning

DAVE SCOTT

for 1st M70 at the PINHAW MOOR FR at EARBY on 8th
for 1st M70 at the WHOLAN NOOK MT RACE at BURNLEY on 13th
for 1st M70 at the BURNLEY LIONS 10K at COLNE on 22nd
Nominated by Harry Manning

ANDREW STUBBS

for 1st M45 at the GREAT HAMELDON FR at ACCRINGTON on 3rd
for 1st M45 at the PINHAW MOOR FR at EARBY on 8th
for 1st M45 at the WHOLAN NOOK MT RACE at BURNLEY on 13th
for 1st M45 at the BURNLEY LIONS 10K at COLNE on 22nd
Nominated by Harry Manning

**MAY WINNER
JEAN BROWN**

**For her outstanding performance at The Old Counties Tops
Jean wins a complimentary treatment from Physiofusion**

**RUN OF THE MONTH
NOMINATIONS**

REMEMBER: Any member can make a nomination for
Run of the Month.

Nominations should be sent to the Newsletter Editor by post or email
(8 Appleby Drive, Barrowford,
Nelson, BB9 6EX or pete.booth56@hotmail.co.uk).

**NB: You can also make your
RUN of the MONTH Nominations
on the Club website (Seniors Awards tab) or Facebook page.**

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MEARLEY CLOUGH FR

12th May

Flagging the top end of the course with Karen from the Scouts Cairn into gale force winds and horizontal rain my famous words were "There won't be any records broken tonight". Oh boy was I going to eat those later on.

The only time it has ever rained in seventeen years was back in 2000 when Gary Wilkinson won it for the second time in atrocious weather and dense clag down to the fell wall. But, as tradition has it, by registration the day had improved and the sun was trying to come out. We knew we were in for something special when English International Sam Tosh and Junior Champion Josh Boyle turned up along with 3 times winner Darren Kay and last year's winner Jack Smith.

From the start Josh took the lead and set a fast pace up the fields, through the farm and woodland, but didn't manage to lose the group behind. By the Cairn Sam had taken first spot. It's a long hard run round the back of the Clough and down to finish, but Sam came home first and broke Jack Smith's record set last year, but probably the run of the of the evening was Josh Boyle who at fourteen was only 14 seconds behind and still inside the old record. (Brilliant)

The ladies' race was won by Molly Ralphson also first LV40, beating Fiona Hall by 16 seconds.

After 18 years this was my last year as organiser of Mearley Clough but don't worry it will be back next year. As an organiser the race has had its ups and downs (no pun intended). I've changed the course several times and lost a lot of hair when it was an English Champs race back in 2011, but seeing all your happy smiling faces in the pub afterwards always made it worthwhile. The Calf's Head has put on a free pasta supper (inc seconds & thirds) for up to 160 runners and allowed us the use of the room for the last 15 years and their support has been paramount in making the evening so special, so a big thank you to Pam & Chris from all the runners. The marshalls also need a mention and a big thanks. Don't forget NO MARSHALS NO RACE.

A special thanks to Dave & Eileen for their support at the start, finish & results, plus the hundreds of photos which you can find on their website. They have only missed one race and that was when it rained. I took a frantic message of the phone at 5.30pm from Eileen saying that Dave had been knocked off his bike by a car and was in hospital with several bits broken. (I was tempted to make a comment about excuses, but decided not to.)

If I'm around next year I'll be marshalling so I'll see you all out on the course.

Geoff Newsam

PENDLE FELL RACE

I have decided to stand down as organiser of the Pendle Fell Races. With my co organiser Ken we have been connected with the race for over 15 years, in which the event has been more successful each year. The Junior Races grew from very small numbers in the early years to entrant numbers that nearly surpassed the Senior numbers. This is the part of organising the event that has given me both the most pleasure and buzz. To be asked to run the Junior races as Championship races on 4 occasions and see the vast numbers of boys and girls in the starting field with their parents and relatives will be a memory I will always treasure.

However there are a number of reasons for this decision and I have taken time to consider them. I would like to thank all the members of the committee and all members of the club for their help over the years.

I would hope a member of the club would wish to take over the race, and I would be happy to help and support with any information concerning the planning of the race, and running the races on the day.

With thanks for all the support

David Bailey

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Covering Old Ground

30 years ago (July 1985)

- Race Report :- Well done to George Brass – first super vet in this arduous race (Ennerdale).
- Pennine Way Relay :- John Reade's team successfully completed the relay in 41 hours 29 mins. Each runner had a substantial leg to run and find their own route.
- Bob Graham Round – Victor Marcinkiewicz completed the Round in poor weather but unfortunately outside the 24 hour deadline. Both Graham Walmsley and Vanessa Brindle (Peacock) completed their Rounds in good times and blessed with excellent weather.
- Bill Smith produced a Mammoth book on fell running containing 920 pages and 220 photos and he was now looking for a publisher.

In the Results:

Skipton 10m: won by Roger Brewster 51.29.

Kelbrook: Harry Walker won in 17.40

25 years ago (July 1990)

- Clayton had a field day at the Horwich Road and Fell Relay with 15 teams from our club – A first; B 4th; C 10th; E 20th; D 25th; F 26th; Vets 30th; Z 31st; Ladies A 36th; Super Z 40th; G 41st; Ladies B 44th; Ladies Vets 47th; Ladies C 50th; Ladies D 52nd; (59 teams started – 54 completed).
- The FOCUS for this month was on Maureen Laney. Maureen said “I ran my first race – a fell race, part of an outward bound course – near Howtown in 1968. I got lost then as well. I began running seriously in 1981 in order to compete in the New York Marathon. I joined Clayton in 1982 after a short spell with Blackburn, I thought the men far more handsome and rugged, especially someone called John McG. And after run activities were more sociable!!!! Weekly training Sunday 15-20m, Monday 2 easy runs 6-8m, Tuesday Club night (race!) 8-10m, Wednesday 2 easy runs, Thursday 10-12m, Friday easy run, Saturday short fast run.

In the Results:

Fairfield Horseshoe: Cheryl Cook first Lady 1.29.04

The Three Peaks saw Ruth Pickavance win in 3.44.18 (two mins slower than previous year but worse conditions). Pete McWade retained his vets title placing 8th overall in 3.08.03. Wendy Dodds took the ladies' Vets prize 4.07.54. Clayton Ladies took the team prize (Ruth, Wendy and Eileen Woodhead). The event had 71 from Clayton.

20 years ago (July 1995)

- Roger Dewhurst (a close friend of George Brass) wrote “The sudden and untimely death of George on 29th May came as a great shock to all who knew him. George was due to retire on 31st May, the day before his 62nd birthday. I have spent many hours in the company of George, both socially and as a running colleague, over the last 25 years.” The memories....our Bob Graham Round of 21 year ago (1974)they became members 18 and 19 of the BGR club despite having been an hour

behind schedule at Dunmail and George being completely blown off his feet at one stage. Memories of George's 55 peaks at 55 years (successful on his second attempt). A good number of club members expressed their sorrow and related stories which are now part of the club's history.

- The editor reported – Jean Rawlinson, one of Clayton's top female fell runners, made history at this year's Three Peaks. Jean finished in 3hr 48mins becoming the first Lady Vet ever to win the Ladies' Race.

In the Results:

Caldervale Country 10: Peter Butterworth 1st Vet 59.11; Mick Wrigley 1st V50 63.04

Colne Townhouse 11: 1st John Roche 64.37, Roger Hargreaves 1st V45 65.54,

Peter Butterworth 1st V40 66.37, Mick Wrigley 1st V50 69.30

Colne Lions: 1st Mark Aspinall 32.52, Roger Hargreaves 1st V45 35.29,

G.Ridings 1st U20 35.31, G.Murray 1st V50 37.39, J.Ashworth 1st L 39.08,

Don Barton 1st V60, Jack Riley 1st V70 62.50, Harry Smith 1st V65 64.14

Burnley Boys: 1st Roger Brewster 33.30, Steve Breckell 1st V40 35.04,

Roger Hargreaves 1st V45 35.45, G.Ridings 1st U20 36.20, G.Murray 1st V50,

Jack Riley 1st V70 65.20.

15 years ago (July 2000)

- Southern Jessies (Captain Jim Hickie) stormed to victory in the Millenium and Walt Wilkinson Memorial Relay in what was a pulsating Clayton competition – they finished over four minutes in front of Steve Breckell's 'Accrington Pals' with Ian Greenwood's Ossie Merlins third. A third of the 400 plus membership turned out.

In the results:-

Manchester to Blackpool Relay: the A team were 6th 4.56.31; B 21st 5.25.35;

V40 45th 5.56.42; V50 63rd 6.26.50; and Ladies 82nd 7.13.52.

Mick Wrigley reported on the 13th National Open Vets Road Relay Champs at Heaton Park. "For the first time ever in these Champs Clayton managed to enter an A team in each of the five categories.

Coniston 14: Roger Brewster 1st V40 75.44; Ted Orrell 1st V60 95.31;

Gordon Baker 5K: Vanessa Peacock 1st Lady 18.22

G.Starkey 4.2m: Vanessa 1st lady 26.28

Colin Moore 5m: John Roche 1st V40 30.29

Southport 10K: Val Lawson 1st LV55

Cottam 10K: George Thompson 1st V50

Ron McAndrew: Steve Green 1st V45 23.36

10 years ago (July 2005)

- Richard Wilkinson handed over the captaincy of the Z team to Andrew Walmsley.
- Run of the month went to Kitty Garnett for an excellent performance in the Liverpool Women's 10K road race – 1st LV65.
- Andy Brown reported on his Cuillin Ridge adventure – only 6 or 7 miles long with a further 3 or so at each end!!!! But there is 10,000 feet of climbing and involves much scrambling and a few rock climbing pitches. *(If you would like to hear more about this and have an hour or two spare I'm sure Andy will tell you all about it!).*
- Bill Smith wrote an article on the Marsden-Edale Trog (developed from a long

established walk). Bill related its history dating back over more than 100 years and as a fell race as far back as the 1930's but abandoned after Phil Altman died from exposure. The race was revived in 1973. Bill said "....the Trog was certainly one of my favourite events of the '70's.

In the Results:-

Lee Passco won the Candy Floss 4 (21.23) and Colin Robinson 4.2m (22.25). Tony Chew was 1st Vet in the Colin Robinson (23.08).

Mark Aspinall was 1st V45 in the Chorley Park Race1 (16.49), Tony Chew was 1st V40 in the 4m race (21.27) and Ted Orrell 1st V65 (26.23).

Gin Pit 5m: Val Lawson was 1st FV60 (48.13).

Geoff Doggett 5K: Mark Brown 1st V40 (16.26), Anna Kelly 1st LV40 (19.14),

Irene Roche 1st LV45 (22.48), Harry Manning 1st V65 (24.38).

Burnley Lions 10K: Steve White 1st V50 (40.00), Tracy Mitchell 1st L (42.13),

Alison Smith (Dugdale) 1st LV35 (42.34), Dave Scott 1st V60 (43.20),

Ted Orrell 1st V65 (44.21), Irene Roche 1st LV45 (48.48),

Lawrence Chew 1st V70 (50.38), Kitty Garnett 1st LV65 (59.32).

5 years ago (July 2010)

- Tony Peacock wrote to correct 'Covering Old Ground' (*sorry Tony*) in regard to his leg in the Pennine Way Relay attempt – Colin Taylor and Tony did the final leg to Kirk Yetholm.
- Run of the Month Nominations were Pete Booth for his 'Pendle Way in a day'; Andy Brown for winning Mearley Clough; Kieran Carr for his 21st Coniston FR and 21 Three Peaks; Jack Dugdale for Winning the Coppice FR; Tim Edward/Dave Nuttall for 3rd place in the Old Counties Tops; Andrew Orr for winning Pendle Cloughs; Ted Orrell for 1st V70 at Pinhaw Moor, Wholan Nook, Horwich 5M, and Colne 10K, plus 3rd fastest V70 at BMAF Road Relays; Gary Shaw for winning Great Hameldon, 2nd at Wholan Nook and 3rd at Colne 10K; Carl Steele for 5th in Coppice FR; Candice Taylor (Heys) for winning Salford 5K; the V50 team (Mark Aspinall, John Roche, Roger Brewster, Brian Horrocks, Colin Shuttleworth, Mike Wallis) for Silver medal at BMAF Road Relays.....and the winner Ted Orrell.

In the Results:-

Bowley Hill Trail: 1st V45 Alan Life (44.06); 1st LV40 Alison Dugdale (52.00);

1st V60 Ron Chappell (57.00).

Badger 10K trail: 1st JM Aidan Holgate (39.16).

Chorley 4.4 trail: 1st V65/70 Ted Orrell (33.06).

Wharfedale Half Marathon: 1st V45 Ian Greenwood (100.05).

Horwich Jubilee 5: 1st V70 Ted Orrell (37.57)

Longridge 7: 1st V65 Kevin O'Brien (62.23).

Colne 10 K: 1st V50 Mark Aspinall (35.42); 1st V40 Jason Harbour (35.58);

1st JM Aidan Holgate (38.45); 1st LV50 Irene Roche (45.58);

1st V70 Ted Orrell (47.07); 1st LV55 Jean Rawlinson (48.57);

1st V65 Richard Lawson (52.34); 1st LV60 Karin Goss (58.01).

Paul Healey

COMMITTEE NEWS

8th June

11 members were present. The main discussions and decisions were:

- Appointment of honorary members: Paul Healey and Richard Lawson have agreed to sit on the newly formed subcommittee along with Dave S and Jim H.
- Summer Series and “club only” races
Concerns have been expressed that Josh Boyle of Blackburn Harriers was allowed to compete in the recent “club only” and Summer Series events when it would appear he is not eligible. They have asked for clarification on this. We agreed that only members of eligible clubs should compete in these events. John has already spoken to Josh and invited him to join Clayton as “second claim” so that he can continue to compete in the Summer Series.
- Treasurer’s report: As previously agreed, a new computer has been purchased. The annual Gift Aid return is currently being prepared. Members English Athletics registrations are ongoing. Draft accounts for 2014/2015 will be available at the next meeting.
- Juniors
Project Reconciliation forms for the Sport England grant need completing and submitting. Marion reported that the joint track sessions with Burnley AC are starting to show results and that there have been some good performances across the board in recent events.
- Men’s Road: Tom is in the process of getting teams together for the “summer” Witton Park trail relays.
- Committee 2015/2016: The composition of the committee for 2015/2016 was discussed. The following changes were proposed and those carried will be recommended for approval at the AGM.
Proposal 1: Replace the current six captains with a Ladies’ Captain, Ladies’ Vice-Captain, Men’s Captain and Men’s Vice-Captain (All will be committee posts). **Carried**
Proposal 2: As proposal 1 but only Captains will attend committee meetings with vice captains deputising in the absence of the Captain. **Defeated**
Proposal 3: Reduce the Junior Coordinator posts from two to one. **Carried**
Proposal 4: Remove Social Secretary as a committee post. **Defeated**
Proposal 5: Remove the Member without portfolio as a committee post. **Carried**
Proposal 6: Remove Media Manager as a committee post. **Carried**
- Senior competitions
Weekend of running - Feedback: The consensus is that the weekend of running was a success, however the following issues were reported concerning the “club only” race on the Saturday.
There was no MV70 prize despite there being a MV70 in the race.

The owner of the Cabin in Barley was not told about the event and struggled to cope with the extra customers.

A farmer was annoyed that he was not asked if we could use his land for the race.

The social side felt a little bit low key.

Barley Village: Mike E made the committee aware that some of the residents in Barley are becoming less tolerant of running activities in the area and that the club needs to be mindful if this.

- Race promotions

Worsthorne Trail Race (Summer Series): The proceeds from this race will be donated to the Run4Nepal appeal. Prizes will be donated by members.

Ron Hill Accrington 10K

Mike advised the committee that Clayton Harriers will be taking over the organisation of the race in 2016. Jim thanked Mike for his efforts in bringing this high profile race to the club.

Pendle Fell Races

David Bailey and Ken Richardson do not wish to continue as Race Organisers.

UKA British Fell Relays: Negotiation with the landowners is ongoing.

Sportident has visited the site to finalise layouts etc. Pete Booth is now looking after the website.

Next meeting

13th July 2015 at 19:00 – Peel Park Hotel Accrington.



**JUNIOR RUNNER OF THE MONTH
MAY**

JENSON BENTHAM

**For his 1st U9 place at Astley Park and The Jubilee Junior
Street Races**

Well Done.

RESULTS

Great Hameldon Junior Fell Race 03-May-15

U8	15 Runners		
Name	Pos	Cat Pos	Time
Isaac Smith	1st	1st Boy	1.30
Joshua McKay	3rd	3rd Boy	1.34
Maisie Howarth	8th	3rd Girl	1.46
Jessica Bradley	12th	5th Girl	1.58
U10	22 Runners		
Dexta Thompson	1st	1st Boy	2.53
Nathan Kewin	3rd	3rd Boy	3.07
Joe Czapowski	5th	5th Boy	3.11
Finley Stubbs	6th	6th Boy	3.12
Jenson Bentham	11th	10th Boy	3.18
Imogen Ferguson	13th	2nd Girl	3.24
Alexander Thompson	15th	12th Boy	3.31
Matthew Armstong	18th	14th Boy	3.50
Rachel Stevenson	19th	5th Girl	4.05
Milly MacCabe	22nd	7th Girl	4.30
U16	26 Runners		
Jackson McKay	1st	1st Boy	11.23
Ella Dorrington	8th	1st Girl	13.09
Millie Stubbs	9th	2nd Girl	13.13
William Nichols	10th	8th Boy	13.13
Adam Stevenson	11th	9th Boy	13.17
Lennon Jackson	12th	10th Boy	13.24
Liberty Thompson	17th	5th Girl	14.07
Sophie Ashworth	18th	6th Girl	14.08
Harry Mason	19th	13th Boy	14.53
Natasha Olszewska	20th	7th Girl	15.50
Keira Stevenson	21st	8th Girl	16.23
Heidi Kewin	22nd	9th Girl	16.42
Bronia Olszewska	25th	10th Girl	20.06

Coiners Junior Fell Race**U8**

Name	Club
James Sadler-Townsend	Keighley & C
Joshua McKay	

04-May-15

47 Runners

Pos	Cat Pos	Time
1st	1st Boy	5.09
14th	9th Boy	5.40

U12

Fraser Sproul	Kendal AC
Jackson McKay	
Chloe Rylance	Ambleside
Sophie Ashworth	

76 Runners

1st	1st Boy	11.22
7th	7th Boy	11.54
18th	1st Girl	12.50
42nd	12th Girl	15.31

U14

Joshua Dickinson	City of York
Briony Holt	
Liberty Thompson	

65 Runners

1st	1st Boy	17.35
12th	1st Girl	20.14
60th	23rd Girl	27.19

Astley Park Junior Trail Race**Name**

Curtis Holt
Briony Holt
Jackson McKay
Dexta Thompson
Lennon Jackson
Jenson Bentham
Liberty Thompson
Sophie Ashworth
Heidi Kewin
Kady Thompson
Felix Thompson
Millie MacCabe

06-May-15 131 Runners**Pos****Cat Pos****Time**

1st	1st U17 Boy	5.15
10th	1st U15 Girl	5.43
11th	3rd U13 Boy	5.45
23rd	3rd U11 Boy	6.04
44th	16th U13 Boy	6.36
45th	1st U9 Boy	6.37
47th	5th U13 Girl	6.39
58th	7th U13 Girl	6.57
75th	11th U13 Girl	7.47
110th	7th U9 Girl	8.51
111th	3rd U7 Boy	8.53
124th	9th U9 Girl	9.21

FRA Inter-Counties Championships**U16/U18 JW**

Name	Club
Heidi Davies	Brecon
Alice Pier	Lancashire

16-May-15

28 Runners

Pos	Cat Pos	Time
1st	1st U18JW	20.48
19th	12th U16JW	26.05

U16/U18 JM

Ciaran Lewis	South Wales
Jordan McDonald	Lancashire
Curtis Holt	Lancashire
Ryan Clarke	Lancashire

40 Runners

1st	1st U18JM	18.23
13th	6th U18JM	19.57
29th	15th U16JM	21.38
34th	19th U16JM	23.05

<u>Worden Park Junior Race</u>		17-May-15	66 Runners	
Name	Club	Pos	Cat Pos	Time
Matthew Flatters	Horwich RMI	1st	1st Boy	4.55
Dexta Thompson		2nd	2nd Boy	5.13
Isabella Merritt	Bolton United	3rd	1st Girl	5.29
Liberty Thompson		4th	2nd Girl	5.37
Sophie Ashworth		5th	3rd Girl	5.38
Kady Thompson		16th	8th Girl	7.02
Felix Thompson		18th	9th Boy	7.16

<u>The Junior Street Race</u>		20-May-15	83 Runners	
Nathan Townsend	Trafford AC	1st	1st U17 Boy	4.52
Dexta Thompson		23rd	4th U11 Boy	5.13
Liberty Thompson		29th	5th U13 Girl	6.26
Jenson Bentham		32nd	1st U9 Boy	6.29
Sophie Ashworth		36th	6th U13 Girl	6.37
Kady Thompson		69th	7th U7 Girl	8.13

<u>Weekend of Running Junior Club Fell Race</u>		23-May-15	11 Runners	
U10				
Eve Waters		1st	1st Girl	6.19
Jenson Bentham		2nd	1st Boy	6.21
Alexander Thompson		3rd	2nd Boy	6.29
Hannah Layfield		4th	2nd Girl	6.30
Thomas Ashworth		5th	3rd Boy	6.37
Kady Thompson		6th	3rd Girl	6.50
Felix Thompson		7th	4th Boy	6.51
Millie Hesketh		8th	4th Girl	7.20
Millie MacCabe		9th	5th Girl	7.27
Erin Hesketh		10th	6th Girl	7.42
Emily Johnson		11th	7th Girl	7.55
U14				
Dexta Thompson		1st	1st Boy	9.18
Millie Stubbs		2nd	1st Girl	9.36
Ella Dorrington		3rd	2nd Girl	9.58
Dan Bradley		4th	2nd Boy	9.58
Lennon Jackson		5th	3rd Boy	9.59
Liberty Thompson		6th	3rd Girl	10.31
Sophie Ashworth		7th	4th Girl	10.42
Natasha Olszewska		8th	5th Girl	11.47
Bronia Olszewska		9th	6th Girl	15.23

Burnley Parkrun 5K May

Name	New PB Time
Jackson McKay	19.01
Simon Wilshaw	20.03
Dexta Thompson	20.13
Millie Stubbs	21.26
Sophie Ashworth	21.40
Adam Stevenson	21.54
Jenson Bentham	23.21
Nathan Kewin	23.32
Liberty Thompson	24.39
Kian Adams	25.15
Imogen Ferguson	27.24
Lucy Stevenson	27.46
Kady Thompson	29.38
Rachel Stevenson	29.49
Milly MacCabe	31.25
Bronia Olszewska	32.00

JUNIOR TRAINING

DON'T FORGET TO KEEP CHECKING THE TRAINING CALENDAR FOR LAST MINUTE CHANGES

Age Limits for Training Sessions:

There's no minimum age limit to be a junior member of Clayton-le-Moors Harriers (although the minimum age to compete in a fell race is six years on race day). However, we have decided to apply a minimum age to attend the coached training sessions. **Juniors must be in school year 5 or above.** This applies only to new recruits not to those already attending.

The main reason for this change is that most juniors below this age limit struggle to maintain a reasonable focus during structured coaching (especially endurance work) and gain little from the session. We appreciate that there are exceptions to this however, they are fairly rare.

The sessions

THURSDAY: 6.00pm from Spirit of Sport, Ormerod Rd, Burnley, **BB10**

3AA. This is a speed and agility class; run indoors in bad weather during winter, moving outdoors in spring and summer. Younger runners will be involved in structured sessions in the sports hall or the nearby parks, older runners will always be outdoors, either on the fields of the nearby parks or on the pavement of the surrounding roads. It's an excellent session for improving race speed and stamina and is recommended for all. Cost £2, this includes access to the sports hall and to the sports centre facilities.

TUESDAY: A more advanced Fell based session which is operated by 'invitation only' during the spring/summer for more capable runners, from a rolling venue in the Burnley/Pendle area. The aim is to build endurance and technique on tougher terrain.

Tuesday Summer Training Venues April-September 2015

The format of our summer training sessions for this year will be similar to last year's. On Tuesday evening, throughout the summer, fell training will follow the usual format of group runs (group according to ability/inclination/level of fitness) from the following venues, at the time stated:

Date	Time	Venue
7, 14, 21*, 28 July	6.30pm	Calf's Head Hotel, Worston
4, 11, 18, 25* August	6.30pm	Peel Park Hotel, Accrington
1,8*, 15, 22, 29 September	6.30pm	Bridge Inn, Barrowford

* Summer Series Race—see p31 for details.

All members are welcome to take part in the Tuesday Fell Runs, The usual arrangement is for 2/3 groups to run from each venue for between one and two hours, although this can vary according to numbers, weather and what members have done at the weekend.

If you are new to the Club's summer training runs/fell running, please make yourself known to a Committee member or group leader before the run and we will attempt to place you in the most appropriate group.

All members should ensure that they carry some emergency/extra clothing with them on the run: wind (water)-proof top, over trousers, hat and gloves. The weather can change very quickly on the fells. If you, or someone else in the group has an accident, you can very quickly become cold or hypothermic, even on the most pleasant of evenings. It's also a good idea to carry a drink and some emergency food (sweets, chocolate bar), in case you are out longer than you expect—it has been known for a group leader to get carried away occasionally.

Monday

Beginners' Training 6:30pm from a range of venues.

(Note: There is a small charge of £1 for this session.)

Further details from John Roche 01282 431959.

Thursday Training

- 1) Structured training led by John Roche from Towneley Park
(meet in the car park next to the Children's Playground)

Beginners meet at 6:00pm

Experienced runners meet at 6:30pm for 6:45pm start

All abilities and all runners are welcome.

- 2) Training run from The Memorial Park, Church Lane, Great Harwood. 6.30pm
Run the tracks and trails around Whalley Nab, Billington Moor, Dean Clough and Read Hall.

- 3) Ladies Training

All runs start at 7pm. Contact the host (list below) for details of the location. Or, contact Linda Bostock 01282 816269 for more information. If you want to host a run please ring Linda. If you have not been for a few weeks please ring to check as venues can change.

02/07/15	Tockholes FR	Club Champs
09/07/15	Kath Brady	01282 611523
16/07/15	Yvonne Wickham	01282 774182
23/07/15	Alison Dugdale	07590279794
30/07/15	Linda Bostock	01282 816269
06/08/15	Christine Leathley	01282 694941

RESULTS

MULTI TERRAIN

Wholan Nook 5.3M MT

13th May

1	T Corrigan	Barlick	31.39
2	D Collinge		32.02
4	Jordan McDonald	1st JM	32.43
7	A Stubbs	1st M45	33.28
11	Russ Clarke		34.03
14	R Stevenson		34.15
15	J Pye		34.36
18	George Pier	2 nd JM	34.47
19	K Davies	1st M55	34.49
22	P Hesketh	3 rd M50	35.10
23	C Helliwell		35.13
24	M Duckworth		35.42
26	M O'Donnell	M40	35.55
29	R Briscoe		36.42
32	N Roscoe	M45	37.26
34	C Funnell	M45	37.39
38	C Snell		37.52
40	S Ainsworth	3 rd M55	38.03
43	J Hanson		38.24
48	A Bradley	M45	38.46
49	J Wilcock	M50	38.51
51	Claire Vincent		38.55
52	J Pickup	2 nd M60	39.08
53	G Balmer	M40	39.20
63	S Biscomb	3 rd M60	40.03
65	A Webster	M45	40.19
68	Ryan Clarke	3 rd JM	40.39
72	S White	M60	40.51
74	A Quinn	M40	41.06
75	Alice Pier	1st JL	41.17
76	S Clare	M50	41.24
82	Irene Roche	1st F55	41.55
85	J Pier	M45	42.32
90	A Haworth	M55	43.07
91	S Proctor		43.09
93	M Griffin	M50	43.32
97	D Scott	1st M70	43.50
99	R John		44.00

100	P Wale	M45	44.33
101	Lyndsey Birtwistle	F35	44.37
103	Elizabeth Mullan		44.46
104	Jean Knightley	2 nd F55	44.52
106	Joanne Bennett	F45	44.59
107	Dawn Terry	F50	45.02
108	A Taylor	M55	45.38
110	Sarah Angelone		45.55
118	Bianca Bennett		46.56
119	Rachel Todd	F40	47.15
120	Martin O'Rourke	M50	47.19
124	T Orrell	1st M75	47.59
128	S Fish	M60	48.26
131	Leanne Cottam	F35	48.44
132	R Hirst	M60	48.50
135	Joanne Motley		50.02
139	R Chappell	M65	51.01
140	S Barker	M45	51.16
143	Michelle Butschok	F40	52.08
146	Karin Goss	1st F65	54.54

Fishwick 5M Trail

25th May

1	G Butler	M45	Preston H	28.38
32	Tanya Bunkham			43.03
			57 ran	

Bowley Hill Trail

25th May

1	P Muller	M55	Horwich	44.03
4	Ryan Wikinson			44.27
7	D Motley			45.50
19	A Shaw			51.00
30	S Breckell	1st M60		53.17
53	B Searby	M40		58.57
60	Amanda Duffy	F35		62.51
61	Kathryn Wilkinson			63.08
63	R Chappell	1st M65		63.38

Astley Pk Trail No 2

3rd June

1	M Thompson		Preston H	24.23
10	J Pye			27.31
			105 ran	

Badger Trail 10K No 1**4th June**

1	G Pennington	M45 Preston H	35.23
29	N Roscoe		43.43
47	J Wilcock	M50	45.59
73	M Brady	M50	49.14
135	R Chappell	1st M65	56.28
167	Julie Toman	F45	61.24

202 ran

J Butterworth Mem. Trail 5K**Rochdale 26th May**

1	J Crossfield	Halifax H	15.53
24	Yvonne Wickham	2 nd F50	26.30

34 ran

ROAD**John Carr 5K****13th May**

1	M Fenwick	Tyne Bridge	15.41
8	J McKenna		16.07
85	Laura Hesketh		19.06

376 ran

Chester Half Marathon**17th May**

1841	Clare Wilson	F35	1.50.07
2241	Stephanie Hawke	F35	1.53.15

Worden Pk 10K**17th May**

1	R Danson (remember Paula)	Wesham	32.49
50	S Biscomb	1st M60	43.22
83	A Clarkson	M55	45.46
100	B Wildman	M45	47.10
126	Amanda Duffy	F35	49.18
245	K O'Brien	3 rd M70	60.04

323 ran

Horwich Jubilee Races 5M

102	T Orrell	1st M75	41.16
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119 ran

Junior races 1M

23	Dexta Thompson	M11	6.08
29	Liberty Thompson	F13	6.26
32	Jenson Bentham	1st M9	6.29
36	Sophie Ashworth	F13	6.37
69	Kady Thompson	F9	8.13

83 ran

Colne 10K**22nd May**

1	M Hartley	Barlick FR	34.45
3	J McKenna		35.30
5	Jordan MacDonald	1st JM	36.53
6	A Stubbs	1st M45	36.59
9	J Watson		38.00
11	Russ Clarke		38.21
13	K Davies	1st M50	38.38
14	J Pye		38.42
15	R Stevenson		38.50
16	M Duckworth		38.55
23	P Hesketh	2 nd M50	39.44
26	C Helliwell		40.04
30	J Hartley	1st M55	40.27
32	M O'Donnell	2 nd M40	40.46
33	R Briscoe		40.56
37	J Roche	2 nd M55	41.30
38	C Funnell	2 nd M45	41.49
41	C Snell		42.16
44	N Roscoe	3 rd M45	42.33
45	S Ainsworth	3 rd M55	42.40
47	N Garnett	M50	42.46
53	J Wilcock	M50	43.15
54	A Payne		43.25
56	G Balmer	M50	43.32
58	S Clare	M50	43.37
62	Claire Vincent		43.51
66	A Bradley	M45	44.02
70	S Biscomb	2 nd M60	44.27
77	J Pickup	3 rd M60	45.15
90	A Quinn	M40	46.19
91	S White	M60	46.20
94	S Proctor		46.58
98	Irene Roche	1st F55	47.20
104	M Brady	M50	48.26

107	M Griffin	M50	48.53
109	D Scott	1st M70	49.06
11	B Mitchell	1st M65	49.24
115	Sarah Angelone		49.59
116	Joanne Bennett	2 nd F45	50.00
123	Tanya Bunkham		50.10
130	Jean Knightley	2 nd F55	50.46
131	Donna Airey		50.48
133	A Taylor	M55	50.54
141	Rachel Todd	F40	52.14
142	Martin O'Rourke	M50	52.15
144	T Orrell	1st M75	52.52
145	A Webster	M45	52.54
148	Bianca Bennett		53.09
155	Kath Brady	F50	53.46
158	R Lawson	2 nd M70	54.01
160	Elouise Penberton		54.10
163	Leanne Cottam	F35	54.31
170	I Hargreaves	M50	55.49
171	R Chappell	2 nd M65	55.50
175	Joanne Motley		56.23
178	Natalia Suchomska		56.35
179	S Barker	M45	56.38
188	Karin Goss	F65	58.50
206	J McGuire	M55	64.36
	210 ran		

Gt Eccleston Fast 4

24th May

1	S Danson	Wesham RR	20.51
41	L Moore		31.15
65	K O'Brien	2 nd M70	36.40
	78 ran		

Vernon's 5K

26th May

1	G Pennington	M45 Preston H	16.15
43	T Pilling	M50	23.58
47	R Lawson	1st M70	24.12
48	A Hughes		24.23
	73 finished		

Catforth Canter 5K

30th May

1	R Danson (Paula's Friend)		
	Wesham RR		15.34
67	Amanda Duffy	F35	23.21
	112 ran		

Crazy Cow 10K

31st May

1	C Davies	Blackburn HAC	36.10
9	M Duckworth		39.39
39	Ryan Clarke		45.34
57	B Searby	M40	47.37
60	Sarah Angelone		47.47
102	Leanne Cottam	F35	51.25
106	Bianca Bennett		51.37
442	C Holdsworth		76.43
	499 ran		

Blackpool Prom 10K

30th May

1	M Rushbrook	Northern Vets	
39	S Biscomb	M60	72.54
77	Donna Airey		81.28
	240 ran		

155th Burnley Park Run

3rd Birthday 6th June

4	J Watson		18.10
5	J Pye		18.47
10	J Hanson		20.22
27	A Clarkson	M55	22.20
29	Simon Wilshaw	M15-17	22.40
31	M Brady	M50	22.52
37	Sophie Ashworth	JF11-14	23.04
49	Dan Bradley	JM 11-14	23.34
50	A Bradley	M45	23.34
53	Natasha Olszewska	JF11-14	23.37PB
54	Lennon Jackson	JM11-14	23.39
72	Adam Stevenson	JM11-14	24.37
80	D Scott	M70	24.55
87	L Moore		25.15
91	Liberty Thompson	JF11-14	25.32
97	I Hargreaves	M50	25.39

100	Annabel Wilcock	JF11-14	25.43
101	J Wilcock	M50	25.45
102	Elouise Pemberton		25.49
107	A Webster	M45	26.12
119	Keira Stevenson	JF10	26.40
130	Kian Adams	JM10	27.06
136	Imogen Ferguson	JF10	27.25
138	Heidi Kewin	JF11-14	27.37
152	N Roscoe	M45	28.30
187	Lucy Steveson	JF11-14	29.57
211	Nicola Kay		30.56
213	Bronia Olszewska	JF10	31.06PB
220	Rachel Stevenson	JF10	31.24
221	R Stevenson		31.25
247	Christine Leathley	F65	33.05
272	Valerie Lawson	F70	35.12PB
285	Judith Carey	F35	36.10
290	S Bury	M55	37.13
	317 Ran		

FELL

Coniston

2/5/2015; AM: 8.7M, 3500'

1	Tom Addison	Helm Hill	1:12:32
37	Caitlin Rice	Glossopdale	1:29:44
52	Tim Edward	V40	1:34:40
112	Peter Browning	V50	1:46:55
139	Andrew Firth	V50	1:55:16
164	Mark Taylor		1:58:44
216	Peter Dugdale	V50	2:19:59
	230 finished, including 38 ladies.		

Pendle Cloughs

2/5/2015; AL: 14M, 4100'

1	Tom Brunt	V40	Dark Peak	2:11:41
10	Pete Booth		1 st V60	2:40:30
11	Andrew PRIORITY	V40		2:40:50
12	Ralph Baines	V40		2:42:42
22	Helen Buchan			3:26:38
27	David Naylor	V50		3:34:11
	32 finished, including 1 ladies.			

Lothersdale

6/5/2015; BS: 3.6M, 600'

1	Jack Smith	U23 Wharfedale	24:10
13	Richard Briscoe		29:35
27	Molly Ralphson	LV40 Trawden	32:25
35	Nigel Weaver	V50	33:49
39	Stephen Bury	V55	36:10
53	Robert Hirst	V60	41:22
	64 finished, including 15 ladies.		

Pinhaw Moor

8/5/2015; BS: 5M, 700'

1	Jimmy Craig	Barlick FR	32:37
3	Jordan Mcdonald	1 st MU18	33:34
12	Andrew Stubbs	1 st V45	35:25
14	Russ Clarke		36:14
17	Paul Hesketh	2 nd V50	36:52
18	Carl Helliwell		36:55
22	Jonathan Pye		37:31
25	Richard Briscoe		38:06
27	John Roche	2 nd V55	38:17
31	Chris Funnell	V45	38:43
33	Michael O'Donnell	V40	38:59
35	Jon Hanson		39:27
36	David Naughton	3 rd V55	39:33
38	Alex Braysford	V40	39:41
43	Deborah Gowans	LV50 Accrington RR	40:20
47	Sean Clare	V50	40:42
49	Stephen Ainsworth	V55	40:45
54	Jeffrey Pickup	2 nd V60	41:41
60	Gary Balmer	V45	42:08
64	Neil Garnett	V50	42:43
72	Andy Quinn	V40	43:43
73	Darren Rushton	V45	43:56
80	Stephen White	3 rd V60	45:02
87	David Burnett	V50	46:43
89	Irene Roche	1 st LV55	46:48
90	Martin Griffin	V50	46:56
94	Helen Burnett	LV40	47:46
102	Jean Knightley	2 nd LV55	49:15
106	Andrew Taylor	V55	50:02
110	Joanne Bennett	LV45	50:19
112	David Ian Scott	1 st V70	50:36

117 Rachel Todd	LV40	51:25
118 Julia Anne Rushton	LV50	51:38
122 Sarah Angelone		52:26
127 Leanne Cottam	LV35	53:50
130 Ron Chappell	2 nd V65	54:41
132 Joanne Motley		55:33
135 Michelle Butschok	LV40	56:53
136 Karin Goss	2 nd LV65	58:04
138 Stuart Barker	V45	59:10

143 finished, including 47 ladies.

Stretton Six Summits

9/5/2015; AM: 6.3M, 3250'

1 Tom Addison	Helm Hill	59:01
72 Mel Price	LV40 Mercia FR	1:12:09
81 Alan Life	V50	1:14:44
92 Garry Wilkinson	V50	1:15:45
98 Ryan Wilkinson		1:16:31
138 David Bagot		1:20:02
180 Kieran Carr	1 st V70	1:26:02
185 Paul Shackleton	V50	1:26:47
187 Jean Brown	LV45	1:27:07
207 Peter Browning	V55	1:31:02
214 Wendy Dodds	2 nd LV60	1:32:06
240 Vicky Heys	LV40	1:36:17
280 Andrew Firth	V55	1:42:38
282 Katy Thompson	LV60	1:43:46
286 Angela Shian		1:44:19
298 Stephen Fish	V60	1:48:02

310 finished, including 50 ladies.

Old Counties Tops

16/5/2015; AL: 37M, 10000'

1 Martin Mikkelson-Barron/Adam Perry -		
Borrowdale/Helm Hill		6:48:22
22 Jean Brown / Nicky Spinks	LV90	
Clayton/Dark Peak		8:28:06

84 pairs finished, including 13 mixed pairs and 7 ladies pairs.

Fairfield Horseshoe

16/5/2015; AM: 9M, 3000'

1 Rob Jebb	V40 Bingley H	1:20:26
32 Sharon Taylor	Helm Hill	1:39:53
55 Andrew Orr	V40	1:46:02

208 finished, including 39 ladies.

Charlesworth Chase

16/5/2015; BS: 5.2M, 1200'

1 Ted Mason	Wharfedale H	36:34
28 Carol Morgan	LV40 Nidd V	50:19
77 Robert Hirst	2 nd V60	1:08:49

79 finished, including 17 ladies.

Blackstone Edge

20/5/2015; AS: 3.5M, 1200'

1 Danny Hope	Horwich H	30:24
27 Gayle Sugden	LV40 CVFR	36:27
45 Alex Braysford	V40	39:30
70 Keith Thompson	1 st V60	41:53
109 Linda Lord	1 st LV65	47:06

135 finished, including 29 ladies.

Kildwick

20/5/2015; BS: 3.7M, 800'

1 Matt Lockyer	Pudsey & B	26:05
26 Lorraine Slater	LV45 Barlick FR32:08	
31 Chris Whiteoak		32:54
32 Nigel Weaver	1 st V55	33:02

86 finished, including 22 ladies.

Helvellyn And The Dodds

24/5/2015; AL: 15M, 4390'

1 Simon BOOTH	V40 Borrowdale	2:18:37
10 Hannah HORSBURGH	eswick	2:32:23
98 Wendy DODDS	1 st LV60	3:15:46

168 finished, including 39 ladies.

Austwick Amble

25/5/2015; BM: 8M, 1200'

1 Nick Charlesworth	V40 Wharfedale	50:03
19 Holly Page		56:03
21 Paul Hesketh	1 st V50	56:22
50 Chris Whiteoak		1:01:49
57 Richard Briscoe		1:02:48
59 Sean Clare	V50	1:03:31
64 John Wilcock	V50	1:04:22
66 Jeffrey Pickup	1 st V60	1:04:39
70 Gary Balmer	V40	1:05:53
76 Nigel Weaver	V50	1:06:55
93 Andrew Howarth	V50	1:09:52
110 Colin Woolford		1:11:48
125 Stephen Bury	V50	1:14:33

167 finished, including 41 ladies.

Harrock Hill 1

27/5/2015; BS: 5.2M, 900'

1	Daniel Miller	Endurance Store	34:04
13	Lindsey Brindle	Horwich	36:45
69	Nigel Weaver	V50	42:44
225	John Francis	1st V70	1:06:29

233 finished, including 70 ladies.

Malham Kirkby Fell

30/5/2015; BS: 4M, 900'

1	Nick Treitl	Barlick FR	25:06
21	Chris Whiteoak		29:46
24	Claire Cooper	Keighley & CAC	30:21
53	Linda Lord	1st LV65	36:32

73 finished, including 20 ladies.

Edenfield

31/5/2015; BM: 6.5M, 1570'

1	John Raho	Holcombe	46:49
14	David Naughton	1st V55	53:57
16	Andrew Orr	V40	54:14
17	Lynne Clough	LV45 Chorley	54:19
25	Alex Braysford	V40	57:33
67	Linda Bostock	1st LV55	1:10:26
87	Ron Chappell	V65	1:27:46

89 finished, including 19 ladies.

English Fell Championship 2015 [remaining fixtures]

Saturday 11th July **Bradda Niarbyl AL** Port Erin Isle of Man (13.00)
Limit 300; Pre-entry: £5.00 by 30th June.
www.manxfellrunners.org/

Saturday 25th July **Lingmell Dash AS**
Wasdale Head (13.00 women; 14.30 men)
Limit 350. Pre-entry: £10.00 by 1st July.
www.wmrt.org.uk/

Sunday 6th September **Guisborough 3 Tops AM**
Guisborough Rugby Club (10.30)
Pre-entry & eod £7.00. www.wmrt.org.uk/

British Fell Championship 2015

Saturday 25th July **Lingmell Dash AS**
Wasdale Head (13.00 women; 14.30 men)
Limit 350. Pre-entry: £10.00 by 1st July.
www.wmrt.org.uk/

Saturday 15th August **Seven Sevens AL** Newcastle N Ireland (10.00)
Pre-entry: £15.00 (£20.00 eod) by 16th July
www.nimra.org.uk/

Club Fell and Road Championships

There are separate competitions for Ladies and Men. 1st, 2nd and 3rd awards are made in each competition. Veteran (10 year categories), U20 and U23 awards are also available; the number of awards made depends on the number of members completing the competition in each age category.

Points are awarded in each race as follows:

1st Clayton Lady 50 points; 2nd Clayton Lady 49 points; etc
1st Clayton Man 50 points; 2nd Clayton Man 49 points; etc

Except for the V70 Ladies' (V65 on the road) and V70 Men's categories, to be given a final ranking it is necessary to have completed at least three races.

The points from a member's best three races are added together to determine the final rankings for Ladies and Men.

Club Championships 2015

Road:

Blackburn Winter Warmer 10K – Sunday 8th February
Burnley Lions 10K – Friday 22nd May
Padiham Greenway 5K – Friday 19th June
Hendon Brook 13.5M – Sunday 26th July
Guys 10 – Sunday 6th December (Provisional)

Fell

Black Combe – Saturday 14th March
The Three Peaks – Saturday 25th April
Club Race Pendle – Saturday 23rd May
Tockholes Evening fell race - Thursday 2nd July
[Replacement race for Stanbury Splash]
Thieveley Pike – Saturday 26th September (Provisional)

Summer Series 2015

The Summer Series consists of six Tuesday evening races for members of Clayton Harriers and Trawden AC only. In addition to the usual prizes, in each race prizes are given for the closest pre-race predicted time to the actual time. No watches allowed during each race! A runner's best four races count for over-all series prizes.

Entry £4 per race (£4 for two races on 21st July) on the day only.

DATE	TIME	RACE	VENUE
21st July	7pm	Race 1: Uphill Fell 1.8m/1280' Race 2: Downhill Fell 2.9m/1355'	Calf's Head, Worston BB7 1QA
25th August	7pm	Tour of the Hameldons Fell 5.1m/940'	Peel Park, Turkey Street, Accrington BB5 6EW
8th Sept	6:30pm	Coppice Trail (three laps) 6m/1170'	Peel Park, Turkey Street, Accrington BB5 6EW

MACMILLAN CANCER SUPPORT WALK

Saturday, 18th July

Susan Johnson, Landlady of the Peel Park Hotel in Accrington, is part of the Hyndburn Committee of MacMillan Cancer Support based in East Lancashire, and also involved in the whole Region's volunteer network.

We are looking for a minimum donation of £5 for each adult. Children free and dogs on leads welcome. There will be free potato pie for everyone in the Pub after the walks. For the more experienced walkers (led by George McAvoy) there will be a route taking between two and three hours. The walk will start from the Peel Park Hotel Car Park in Accrington at 10 am. Registration for the event, or donations can be made on the day from 9.30 am or posted to Susan Johnson at the Peel Park Hotel, Turkey Street, Accrington BB5 6QT. The other walk will be around two hours at a leisurely pace (led by Paul Healey) and will start at 11 am from the same venue. Again Registration can be made on the day or details posted to Susan.

Cancer regularly affects not just the patient but family also. MacMillan Nurses are aware of this and seek to give those family members the support they also need. Approximately 98 per cent of funding comes from the public, which is fantastic, but in reality more Nurses are needed. Please help if you can.

For more details contact Susan Johnson at the Peel Park Hotel
or Paul Healey on 01254 384885.

FIXTURES

If you need further details of any of these races, contact Katy Thompson
Tel 01254 772013 Mob. 07940250888 email katy.thompson1@btinternet.com
For road races, details are usually on ukresults.net

JULY'S JOLLIES

- Wed 1st Cragg Vale FR BS 4m/800' 7.30 pm Cragg Church £5 eod
Astley Park 4.4m Night Trail Series Race 2 Junior Race at 7 pm
Seniors 7.30pm from Baron's Rest, Astley Village £5 + £2 eod
Race 3. 5/8
Royton Trail Race 10k Tandle Hill Tavern, Middleton M24 2SD £5
Tebay FR AM 8.1m/3000' 7pm from Tebay Recreation Ground £5
- Thurs 2nd **Tockholes Evening FR BS 6m/1000' 7.15 pm from Rock Inn**
Tockholes GR 662234 £4 eod Club Fell Champs
www.dashers.org.uk
Badger 10K Trail Run Race 2. 7.30 pm from Wildlife Trust HQ,
Berkeley Drive, Bamber Bridge, Preston PR5 6BY £7.40
Race 3. 7th Aug
- Sat 4th Heptonstall Festival FR AS 6m/1600' 10.30 am from The Cross Inn,
Heptonstall £5 eod
www.heptonstallfestivalrace.wordpress.com
Saunders LMM 2 day mountain marathon Details at slmm.org.uk
Lostock Hall Carnival 5k £5 + £2 eod www.prestonharriers.net
Kirkby Gala FR 4.3m/1300' 2 pm Kirkby-in-Furness, Cumbria
www.bofra.co.uk Junior and senior races
- Sun 5th Trawden 7m Trail 11 am from Trawden Recreation Ground £5
Race 8 in Pendle Grand Prix
Skiddaw FR AM 9m/2700' 12.30pm Fitz Park, Keswick £7 eod
Langdale Gala FR 1.2m/584' 3.30 pm from Chapel Stile £1 eod
- Wed 8th Reston Scar Scamper FR AS 3.75m/985' 7.30 pm from Staveley
Mill Yard (next to Wilf's Café) £4
- Thurs 9th Todmorden Park 5k series Race 2 7 pm from Hare & Hounds,
Burnley Rd. £4.50 + £1 eod Race 9 in Pendle Grand Prix
Bull Hill FR BS 5.5m/1100' 7.30 pm from Waggon & Horses,
Hawkshaw £4 Race 1 of Radcliffe 3-day Challenge
- Fri 10th Radcliffe Summer XC 5m 7pm from Giant Seat Scout Camp
M26 1EW £5 + £1 eod Race 2 of Radcliffe 3-day Challenge
Sedbergh Sports 3.5m/1300' 7 pm from Sedbergh Sports Field
GR672924 £5 eod howgillharriers.org.uk
- Sat 11th Radcliffe 5m Trail Race 1pm from Radcliffe Cricket Club £4
Race 3 of Radcliffe 3-day Challenge
Wasdale FR AL 21m/9000' 11am from Brackenclose, Wasdale
(GR184073) £10 pre-entry at www.cfra.co.uk
- Sun 12th Towneley Park 10K RR 10.30 am Race 10 in Pendle Grand Prix
£5

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- Tues 14th Stodley Pike FR BS 3.1m/700' 7.30pm Top Brink Inn, Todmorden (GR996052) £4 eod
- Wed 15th Ian Terry 5K 7pm Oxford Pub, Whitworth OL12 0SW £4+£1 eod
 Horwich Jubilee Road Race 3 5m 7.30pm from Rivington Village Hall, Rivington, Horwich £5 Race 4 19th August
 Widdop FR BM 7m/1200' 7.15pm from Pack Horse Inn, Widdop (GR952316) £4 Junior Races for U8 to U18 from 7.15pm
 Blisco Dash FR AS 5m/2133' 7 pm from ODG Langdale £1 eod
- Sat 18th Ingleborough FR AM 7m/2000' 3pm Community Centre, Ingleton (GR695731) £4
 Snowdon 10m/3300' 2pm from Park Padarn, Llanberis £30 pre-entry at www.snowdonrace.co.uk
 Warton Crag FR CS 5.8m/600' 2pm from Archbishop Hutton School £4 + £1 eod www.wartonfellrace.blogspot.com
 Hoofstones FR BM 8m/1400' 11 am Staff of Life, Todmorden £7
- Sun 19th Kentmere Horseshoe FR AM 12.3m/3300' 1pm from Kentmere Village Hall £10 pre-entry at www.sientries.co.uk
 Coniston Country Fair FR AS 6m/2400' from Coniston Hall Farm
 Holme Moss FR AL 16m/4200' 11am from Cartworth Moor CC, nr Holmfirth (GR134067) £6 pre-entry or £7 on day.
 Cracoe Fell Races 2.6m/900' 12 noon www.bofra.co.uk Junior and senior races
- Sat 18th / Sun 19th Pendle Family Running Festival Whitehough OEC, Barley Half-marathon, 10K & Fun Run on Sat; Trail Race, Orienteering and Fun Run on Sun. www.pfrf.co.uk
- Tues 21st **Uphill & Downhill Races 7pm Calf's Head, Worsthorne £4 Races 3 & 4 in Clayton Summer Series**
- Wed 22nd Harrock Hill (3) FR 5.2m/900' 7.30 pm Farmers Arms, Bispham GR497130 £4
- Thurs 23rd Todmorden Park 5k series Race 3 7pm Hare & Hounds, Burnley Rd. £4.50 + £1 eod
- Sat 25th **Lingmell Dash FR AS 4.5m/2500' Women 1pm Men 2.30pm from Wasdale Head £10 pre-entry at www.wmrt.org.uk by 1st July English & British Fell Champs**
 Turnsack FR AM 8m/2000' 2.30pm from Calderbrook Playing Fields, Summit, Littleborough £4
 Beetham Sports 5.8m/928' 3.30 pm from Beetham Sports Field, Milnthorpe GR496795 £2 eod
- Sun 26th **Hendon Brook Half-marathon 11am from Marsden Park Golf Club Race 11 in Pendle Grand Prix £10 Club Road Champs**
- Tues 28th Vernons Welcome Tavern 5K series Race 4 7 pm from Vernon Carus Sports Club, Penwortham, Preston PR1 9SN £6 + 2 eod
- Wed 29th Lee Mill FR BM 6.2m/1100' 7pm Lee Mill Quarry, Bacup £3.50

Thurs 30th Rydal Round FR AM 9m/3000' 12 noon Rydal Park, Ambleside
Admission to sports field – race free Also BOFRA race 2m/800'
Cock Hill Wood FR AS 3.4m/1112' 7.15 pm from Roebuck Inn,
Todmorden £6 + £1 eod www.cannonballevents.co.uk

AUGUST'S AMBLES

Sat 1st Borrowdale FR AL 17m/6500' 11am from Rosthwaite, Borrowdale
£6 on official form available after 31st May from borrowdalefellrun-
ners.co.uk

Hellifield Gala FR BS 3.5m/850' 3.15pm Hellifield Recreation Field
GR857567 £3 www.barlickfellrunners.org.uk

Sun 2nd Worsthorne Moor FR BM 7m/900' 11am Gorpole Road, Worsthorne
(GR 878324) £5 Race 12 of the Pendle Grand Prix
Junior races (U8-U16) after start of senior race

Farleton Knott (BOFRA) 4.5m/1500' 12 noon from A6070 S of
Farleton nr J36 M6 £3 www.bofra.co.uk Junior and senior races

Tues 4th Crow Hill Reverse FR BS. 5m/1000' 7.30 p.m. from Mytholmroyd
Community Centre (GR011260) £4

Wed 5th Whittle Pike AS 5.1m/1600' 7.30 pm from Cowpe Village Hall
GR837212 £3.50 eod www.rossendaleharriers.co.uk

Astley Park 4.4m Night Trail Series Race 4 Junior Race 7pm Seniors
7.30pm from Baron's Rest, Astley Village £5 + £2 eod

Steel Fell 3m/1300' 7.15pm Steel End Farm, Thirlmere Free entry

Thurs 6th Badger 10K Trail Run Race 3. 7.30 pm from Wildlife Trust HQ,
Berkeley Drive, Bamber Bridge, Preston PR5 6BY £7.40
Todmorden Park 5k series Race 4 7.15 pm from Hare & Hounds,
Burnley Rd. £4.50 + £1 eod

Sat 8th Turner Landscape FR AM 10.6m/3000' 12 noon from Turner Hall
Farm, Seathwaite, Duddon Valley, Cumbria £7 eod

Arncliffe Gala 1.2m/460' 3.20pm Arncliffe Village Green £4 Junior
and senior races

Sun 9th Boulsworth FR 7m/1400' 10.30 am Trawden Rec Ground £5
Race 13 of the Pendle Grand Prix Final Race

Wed 12th Pilgrims Cross FR BM 6m/1100' 7.15 pm Sunnybank Social
Club, Helmshore BB4 4LQ £4 Over 16

www.rossendaleharriers.co.uk

Haigh Hall 4m Race 3 7.30pm from **Haigh School** WN2 £5 + £1 eod

Fri 14th Cannonball 3 day event, Littleborough www.cannonballevents.co.uk

Sat 15th Seven Sevens FR 19m/8800' 11 am from Donard park, Newcastle,
Co. Down, NI British champs £15 pre-entry/£20 eod

www.nimra.org.uk

Darwen Gala FR BS 4.7m/930' 1.30 pm from Gala Field, nr Bold
Venture Park, Darwen £5 www.darwenrunning.weebly.com

Rusland 5 Fell Race 5m/1020' 12.30pm Rusland Showfield Pay
entry to show; race free

- Sun 16th Sedbergh Hills FR AL 14m/6000' 11am People's Hall, Sedbergh
£7 eod
Lakeland Country Fair FR AM. 2.30 p.m. 6.8m/2350' from Showfield,
Torver, nr Coniston (GR 286938). No entry fee - pay to enter
Show (Adults £5). Also Junior races
- Tues 18th Shipman Knotts 3.7m/1300' 7pm Kentmere £3 www.helmhill.co.uk
- Wed 19th Horwich Jubilee Road Race 4. 5m 7.30pm from Rivington Village
Hall, Rivington, Horwich £5 Also Junior race at 7pm
Golf Ball FR BS 5.5m/800' 7pm from the Glory pub, Loveclough,
Rossendale £4 www.rossendaleharriers.co.uk
- Thurs 20th Stan Curran Birthday Race approx. 5k 7 pm from Cock & Magpie,
Whitworth £4 + £1 eod
- Sat 22nd Chipping Show FR 7.5m/1800' 2pm from Chipping Show Field
GR622428 Free entry Pay entry to show
Weasdale Horseshoe FR BM 8.7m/2000' 2.30pm from Newbiggin
on Lune £7 eod
Pendle Three Peaks 9.6m/3333' 10.30 am from Pendle Inn, Barley
£7 pre-entry/£10 eod
Burnsall Classic FR AS. 4.30pm 1.5m/900' Burnsall, N. Yorks £6eod
BA Mountain Running Champs & World Trial Wales
www.britishathletics.org.uk/competitions/mountain-running-challenge/
- Sun 23rd Fleetwood Half-marathon 10am Marine Hall, Fleetwood FY7 6HF
£15 + £2 eod if limit not reached www.fyldecoastrunning.org
- Tues 25th **Hameldon Hills 5m/950' Summer Series Race 4 7pm from Peel
Park Hotel, Accrington**
- Wed 26th Ennerdale Show 1.9m/656' 2.30pm Kirkland
www.ennerdaleshow.co.uk
Harrock Hill FR BS Race 4 5m/900' 7.30pm from Farmers Arms,
Bispham L40 3SL GR 497130 £4
- Sat 29th Pendleton FR AS. 5m/1500' 2 pm Pendleton, near Clitheroe
(GR 755396) £3.50 eod
Arnison Crag Horseshoe FR AS 3m/1000' 3 pm. from King
George Playing Fields, Patterdale (GR 391161) £5 eod
Dufton FR AS. 5m/1500' 12.30 p.m. from Dufton Show Field GR
684255 Pay entry to show, race free.
- Sun 30th RAB MMM from 9 am Lake District £18 pre-entry/£22 eod
www.minimountainmarathon.co.uk
Grasmere Senior Guides Race AS 1.6m/900' 4pm Sports Arena,
Grasmere free entry; pay admission to show field
- Mon 31st Barrow FR AS 3.5m/1500' 2pm Braithwaite, Keswick
www.keswickshow.co.uk Entry included in show fee