

HARRIER NEWS



The Clayton Harrier Newsletter
www.clayton-le-moors-harriers.co.uk February 2012



Lancashire Cross Country Championships 2012
Clayton V50 Clean Sweep!

- 1 Phil Hall
- 2 Mark Aspinall
- 3 Mike Wallis

Full Results: p28

CONTACTS

The Clayton Website www.clayton-le-moors-harriers.co.uk

Please send website contributions to Martin Brady
email: claytonlemoors@googlemail.com

Race Results

All your races will count towards the Club's 2012 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
email: valric55[at]virginmedia.com
Telephone 01282 423808

Please send your Fell Results to Andy Brown
2 Brennand Terrace, Grindleton, Clitheroe, BB7 4QZ
Telephone: 01200 440880
Email: fellrunners@gmail.com

Please send your Cross-Country Results to Harry Manning
4 Wiswell Close, Burnley BB10 2DW
Telephone 01282 830458

Cross-Country Results for those races that qualify towards the Club's 2011/12 Palladium awards will be obtained by the Cross-Country Statistician, Harry Manning.

Forthcoming Fixtures

Please notify the Fixtures Secretary, Katy Thompson, 16 Ainsdale Drive, Darwen. BB3 2EQ
Telephone: 01254 772013; email: kathy.thompson1@btinternet.com
The Fixtures Secretary will forward details to the Newsletter Editor for publication

The Clayton Newsletter

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**Copy deadline for the March issue:
Monday, 12th February**

WAKE-UP CALL from HARRY MANNING

Mid Lancs XC League

DIVISIONS (after 4 races of 6)

Senior Ladies Div 1

1	Accrington RR	27
2	Preston	19
3	Lancaster	18

Senior Ladies Div 2

1	Wesham	20
2	Wigan Phoenix	18
3	Accrington RR 'B'	15
6	Clayton	8 (DANGER OF RELEGATION)

Senior Men Div 1

1	Barrow	26
2	Southport	26
3	Horwich	17
6	Clayton	9 (DANGER OF RELEGATION)

Senior Men Div 2

1	Wigan Phoenix	25
2	Lancaster	23
3	Southport 'B'	23
5	Clayton 'B'	9 (DANGER OF RELEGATION)

YES, IT'S THAT BAD!!!

Clayton Ladies lag behind Accrington RR 'B' Team!

Clayton Men are in danger of dropping out of the top division for the first time EVER!

We used to be one of the best cross country clubs in Lancashire. Now, we aren't even the best in Hyndburn!

**PLEASE SUPPORT THE CLUB IN THE REMAINING FIXTURES at
BARROW & LEYLAND
See p24 for details**

CLAYTON HARRIERS

ANNUAL PRESENTATION OF AWARDS FOR 2011

Burnley Football Club - James Hargreaves Suite
Friday 24th February 2012

7.30 for 8.00pm til Late
Hot Buffet Supper & Disco
£12.00

There will be a free raffle held on the night, and also a chance for you to make a donation towards the charities we support and the junior section of the club.

If you want to join us in this celebration of Clayton Harriers achievements, contact Marie Greenwood:

Tel 01254 237485 email mgreen8@hallmark-uk.com

Or just send your name, number of places required and a cheque (£12.00 per person) payable to Clayton-Le-Moors Harriers to :

Marie Greenwood, 196 Bold Street, Accrington, BB5 6SS

There will be no printed tickets this year. This obviously saves quite a bit of money on postage – when you send your cheque please enclose your email address and a confirmation E-ticket will be sent to you.

Don't worry if you've no email address I can post confirmation out to you.

Marie Greenwood (Social Secretary)

Social Secretary

NB: If you won a trophy last year, please return it asap (details on p21).

**CLAYTON-LE-MOORS HARRIERS
OFFICIALS
2011-2012**

President	Dave Scott Tel: 01282 693867 Email: dscott007[at]btinternet.com
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Vice Chairman	Paul Healey Tel: 01254 384885 Email: p.healey[at]sky.com
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Elected Members	Pete Browning Tel: 01254 607646 Email: pabrowning[at]hotmail.com Richard Lawson Tel: 01282 423808 Email: valric55[at]virginmedia.com Steve Whitaker Tel: 01282 868864

Boothy's Bit

In my New Year's message last month, I appealed to you to support your club by turning out in championship races, relays etc—events where good individual and team performances promote the name of Clayton-le-Moors Harriers and maintain our reputation in the running community.

The front cover of this issue celebrates the 'clean sweep' achieved by the V50 man at the Lancs Cross Country Championship. Well done, Phil, Mark and Mike! We also shouldn't forget individual medals won by Natalya Irvine (Bronze GU11), Gayle Whittaker (Gold F35), Karin Goss (Gold F60), Christine Leathley (Silver F60), Dave Scott (Gold V65) and the men's vet team gold.

In this Mid Lancs XC League, however, it's an entirely different story. You will have seen 'Harry's Wake up Call' on p3, echoed by Dave's letter (opposite). Dave and Harry have amassed nearly 100 years of membership between them—cut them and they probably bleed white, black and orange—and both are really disappointed and upset at the club's feeble performance in the MLXC this season. This is no reflection on our cross country captains, Dave and Irene, who have led by example, as the current stats show (see p22). They, and I, appreciate that, in essence, running is an individual sport and that Clayton members are subject to a range of calls on their time—possibly more in modern times, than in former years—but YOUR club needs a much-improved turn out in the final two fixtures, if we wish to continue to be regarded as one of the leading clubs in Lancashire. To this end, we have arranged a minibus to take members to the Barrow fixture on 11th February.

If you can possibly run at Barrow (and/or Leyland), please do so.

Do not think that you are not good enough; the more Clayton members compete, the more it increases our chances of success. We cannot gain any points if we do not finish a team!

If you want a seat on the Barrow minibus, please contact Dave Edmondson or me as soon as possible.

VIRGIN LONDON MARATHON 2012

Paul Archer's name was first out of the hat for the final club place in the VLM.

Congratulations, Paul.

LETTER

So Sad!

Following Boothy's Bit in January's Clem News, it was very disappointing to have only 2 ladies, Sue and Christine, running in the League race at Clayton last Saturday (14th Jan). We did not even finish a team, when once we were among the best. Apparently we have 63 lady members, so really should have been able to support our two stalwarts and finish a team. In the same way, many of our good men did not run to support Phil Hall, who was our first male counter. I wonder if injury, shopping or DIY can really be responsible for our turnout? When Gary Shaw can run in a fell relay and Mike Wallis in a road relay, surely some more of our mainly road or fell runners could turn out for some of the 6 Mid-Lancs or 4 Red Rose League races. Brendan Foster and Steve Cram always extol the virtues of Cross Country for strength and stamina to benefit road and track runners. However, Mark Nutter does say that Cross Country is really hard—harder than many fell races—but then again we are Clayton and "well 'ard" so should be able to cope with a 10km Cross Country.

Think about it; you never know you may be converted.

EI Pres.

Boothy's Bit (continued)

Parking in Barley

At some time, most of us park up in Barley to run on Pendle. Following the 2011 Full Tour, the club received a complaint from the Pendle Inn that Clayton members had left cars on the pub car park while taking part in the race, preventing customers with lunch reservations from parking there. Generally, the Pendle Inn is very welcoming to all Clayton members, so I would ask you all not to park on the pub car park at busy times—especially when a race is taking place.

In similar vein, Barley Parish council has asked me to remind you that there is a £1 charge for use of the Barley Car Park. It is true that, as a gesture of good will, the club regularly makes a donation to the Parish Council. (Organisers of many races on Pendle also make a donation in recognition of the extra litter picking etc that may be necessary following a race.) However, this does not mean that Clayton members get free parking on Barley car park. Please pay the £1 fee for each visit.

Covering Old Ground

30 years ago (Feb 1982) – courtesy of Ronnie Orr

- Club runs for the month were from Blacko, Tockholes, Seedhill, and Barley.
- Tony Gornall and Peter Barlow had opened a new shop, 'Hit & Run', in Colne.
- Subs were £4 for seniors and Clayton vests £5.
- Alistair Patten reported entries for the Clitheroe 10M were now over 200, suggesting a field of around 500/600 starters – helpers (30 minimum) urgently needed.
- Bill Smith was seeking information on results etc for his new book – Studmarks on the Summit. In particular –“did anyone know who put the advert in July 1966 issue of The Climber – ‘Proposed National Fell Racing Association’?”
- The Club's Presentation Night was to be on 26th March at Fence Gate – tickets £6.

25 years ago (Feb 1987)

- The Pendleton club run last month attracted 25 members but only 15 made it on the Blacko run.
- Mike Farnworth was organising a Navigation Course – There were to be three Tuesday evening classes in Mount Pleasant School in Clayton-le-Moors and two Saturdays out in the field.
- Albert Ashworth was seeking helpers for the Ribble Valley 10M.
- The Pendle Grand Prix this year included – Pinhaw Moor, Colne Rotary 11M, Colne Lions 7, Boys Club 10K, Kelbrook FR, Pendle Hill Challenge, Hendon Brook, Barley FR, Trawden Celtic 7, Weets FR, Barrowford Show FR.
- Alistair Patten was made an Honorary Member for his past services to the club.

In the Results:

MLXC Blackburn – 1st Youth – Simon Thompson 16.29

In the Club XC Championship at Bowley – 87 Seniors took part and 12 juniors.

20 years ago (Feb 1992)

- We were sacked as the organisers of the Ribble Valley races – a letter from the Sports & Recreational officer on the Council was sent to our Chairman, Don Barton – “I write to thank you for your valued assistance on the day of the 10K road race. Although I am sure you will have been as disappointed as myself at the lack of fellow volunteers from your club present on the day, you will be pleased to know that generally the day was thought to be a big success. Our next race is the 10M Our advisers will be Accrington Road Runners....”
- The presentation night was to be held on 24th April at Rosegrove Unity Club.
- Keith Thompson was seeking help for the Half Tour of Pendle.

- This month's Focus was on Wendy Dodds – Wendy said she had been running for 25 years but only racing regularly since 1980 – she used to run in Winter as back-up to her swimming but then started orienteering which led to her racing activities. Wendy joined Clem as a consequence of meeting Linda Lord at races and moving to Lancashire – she thought Clem would suit her best despite not being the nearest club. In regard to her weekly mileage, Wendy had no set programme other than usually one hour x 4 or 5 days = 20 – 90 miles a week, with longer runs at weekend.
- Dave Scott reported the best ever field of 26 runners on the club's Blacko run – the route through field took about an hour but included 65 stiles (more than one per minute!!).
- Run of the Month nominations – Graham Huddleston:1st in N.Champs XC; Roger Brewster:1st in RV 10 K; Stan Bradshaw Snr: winner of Lancs Vets O/75; Craig Watson:15th in N.Champs Youths (selected for Lancs team); Clayton Vets: 7th overall in Calderdale knocking 14 mins of the record; Alison Lee (Martin): 6th in Lancs Champs XC and 6th in MLXC Blackburn. The Winner: Craig Watson.

In the Results:

Bens of Jura (reported late) – 1st Lady Kathy Gott 6.04.14

Snowdonia Marathon – 1st LV65 Monica Shone 4.51.45

Thieveley Pike – 317 finishers

Black Lane Ends FR – 1st V45 Barry Mitchell

MLXC Burnley – 1st Lady (and Vet) Maureen Laney 18.32 1st team and Vets; 1st Men's team, 1st B, 1st V40, 1st V50 (78 ladies and 299 men)

MLXC Barrow – 1st L & Vet Maureen Laney 23.48; Men's V50 1st.

Guy Fawkes 10 – 1st Roger Brewster 51.29

Preston 10 – 1st V40 D.Wilson 51.51

RV 10K – 1st Roger Brewster 30.21; (557 finished)

Whitegates 7M – 1st Graham Cunliffe 36.08; 1st V50 J.Blackall 40.43

Xmas Handicap Bowley -1 A.Dobson 2 J.Taylor 3 P.Targett (18 finished)

West Pennine Moors FR – 1st V40 Richard Wilkinson, 1st V50 Ronnie Orr, 1st L Wendy Dodds (38 finished – 10 retired)

15 years ago (Feb 1997)

- In the Club's Xmas Handicap at Bowley – 22 members took part -1. Mick Lee 2. Neil Whalley 3. Geoff Laycock
- Club presentation night 10th May – Great Harwood football club.
- Week of Athletics celebrating the club's 75th Anniversary 6th - 10th May
- In the Calderdale Way Relay we had 10 teams (120 members)

In the Results:

Airedale Pikes – 1st L Vanessa Peacock 42.44

Kentmere Horseshoe – 1st V50 Kieran Carr 99.20

Sedbergh Hills – 1st L Vanessa Peacock 2.47.34

Pilgrims Cross – 1st L Vanessa Peacock 43.43

Pendleton FR – 1st Sean Livesey 33.31; 1st V50 Barry Mitchell 37.06 (190 finished)

Hyndburn Open XC – 1st Mark Aspinall 28.34

Longridge 7 – 1st V50 John Nuttall 44.21
Scrooges Scramble – 1st V60 Jack Betney 28.21
RV 10K – 1st V55 Richard Lawson 41.30 (289 finished)
10 years ago (Feb 2002)

- The Focus in this newsletter was on Steve Whitaker. Steve said he dabbled with running at the age of 14 in a way of trying to lose weight but on discovering girls and beer that went by the wayside. At the age of 20 (when he got married) he decided to return to the sport. He joined Clayton as he knew that was where Stuart James and Dave Scott did their bit. Steve's normal training was around 40-50 miles in Winter but tended to tick over in Summer and do more cycling.

In the results:-

Lancs XC Champs Witton Park – 1st LV45 Katy Thompson 27.37

5 years ago (Feb 2007)

- Club Presentation Night – 17th March Peel Park Hotel
- The Club Championships were to be Paddy's Pole, Pilgrims Cross, Tour of Pendle, Littleboro' 5K, Burnley Lions 10K, Hendon Brook, Blackburn XC, Burnley XC, Clayton-le-Moors XC.
- Run of the Month nominations were Candice Heys – winning Bolton-by-Bowland, RRXC Rawtenstall, and Guisborough Woods FR; Ted Orrell: 1st V65 Guys 10M, Longridge 7, RV 10K; Jack Holt: 1st V50 Stoop FR, 1st V55 Whinberry Naze FR; Barry Mitchell: 1st V60 RRXC Rawtenstall; Dave Scott: 1st V60 Turkey Trot in Denver. Winner: Ted Orrell.
- RV 10 K had 923 finishers

In the results:-

RRXC Rawtenstall – 1st L Candice Heys
Lancs XC Champs Blackburn – 1st V45 Mark Aspinall
Lancaster 15M – 1st V50 Graham Cunliffe 90.45, 1st V45 Dave Lord,
1st V40 Paul Targett (20 finished)
Garstang 10K – 1st V65 Richard Lawson 44.34

Paul Healey

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Peter Booth
22, Ann St, Barrowford, Nelson,
BB9 8QH; Tel: 01282 698268
Mob: 07724 085873

Photographs are welcome too!
**Photographs can be sent by
email or send prints (returnable)
to the address above.**

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Full A5 page £100 for 12 issues
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RUN OF THE MONTH
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DECEMBER

- WENDY DODDS** for 1st F60 at the RED ROSE XC FIXTURE at RAWTENSTALL on 3rd
for 1st F60 at the TURKEY TRAIL RACE at HURST GREEN on 18th.
Nominated by Harry Manning
- PHIL HALL** for 1st M50 at the RIBBLE VALLEY 10K at CLITHEROE on 27th
Nominated by Harry Manning
- CANDICE HEYS** for 1st LADY at the GUYS 10M RR at BILSBORROW on 4th.
Nominated by Harry Manning
- HELENA LEATHLEY** for 1st JF at the LYNNE EDMONDSON COWM RES MT RACE at WHITWORTH on 18th
Nominated by Harry Manning
- TED ORRELL** for 1st M70 at the HELENA TIPPING MEMORIAL 10K at WREXHAM on 4th.
for 1st M70 at the LONGRIDGE 7M RR on 11th.
Nominated by Harry Manning
- ANDY STUBBS** for his excellent time (33.52) at the RIBBLE VALLEY 10K at CLITHEROE on 27th
Nominated by Paul Shackleton, Mick Hogan & Paul Archer

DECEMBER
RUN OF THE MONTH
ANDY STUBBS

For an outstanding performance at the Ribble Valley 10K

NOTE: Any member can make a nomination for Run of the Month.
Nominations should be sent to the Newsletter Editor by post or email (22 Ann St, Barrowford, Nelson, BB9 8QH or pete.booth56@hotmail.co.uk) .
The winner is chosen by a sub-group of the Committee.

NB: You can now make your RUN of the MONTH Nominations on the Club Website: <http://www.clayton-le-moors-harriers.co.uk/>

Just follow the links to the Message Board and the Run of the Month Section to make your nomination.

Ribble Valley 10K 2011 - Ladies

While it was good to see Candice lead the ladies home with her usual fast pace, it was also pleasing to see ladies who would normally run on the fells choosing to experience road racing. I think all who ran would agree that the Clitheroe course is both scenic and fast (with just a few inclines to keep them on their toes).

Well done to all for racing during the busy festive season and congratulations on your individual performances. Hope to see you all again at one of the many road races on offer in 2012.

Regards,
Irene

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PENNINE BRIDLEWAY RELAY

Sunday, 5th February

Clayton has entered 2 senior men's teams, 2 men's vet teams and two ladies' teams for this 5 stage relay (run in pairs). There will also be a Z team (sole objective: to 'encourage' the ladies' teams to run faster!).

If you would like to represent the club in this enjoyable event, contact Dave Motley (Senior Men), Neil Worswick (Vet Men) or Jean Brown (Ladies). The Z team captain is Andrew Walmsley (andrew.walmsley2@btinternet.com or 01254 385796)

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MEN'S NORTHERN 12-STAGE RELAY

SEFTON PARK, LIVERPOOL

Saturday, 31st March

Road captain, Gary Shaw is putting together a team for 'the Northerns'. If you would like to run, please let Gary know (contact details p 36) or respond to Gary's message on the Captains' Corner of the website message board.

ADVANCE NOTICE

**BMAF Veterans' Road Relay Championship, Sutton Park,
Birmingham, Saturday, 12th May**

This very enjoyable event takes place on a 5K course in a traffic-free environment.

If you wish to run in this prestigious National Championship,
please contact:
Mike Hogan

Women Age	Stages	Men Age	Stages
F35	4	M35	8
F45	3	M45	6
F55	3	M55	4
		M65	3
		M75	3

Fell Running Championship Races 2012

ENGLISH CHAMPIONSHIP

Ranking is calculated on scores in up to 4 races. If 4 races are used, they must include one race at each distance.

Sat 17th March	Lad's Leap S desgibbons@live.co.uk	Crowden Campsite, nr Woodhead <u>Pre-entry by 17th Feb</u>
Sat 14th April	Coledale Horseshoe M mikerobinson1969@yahoo.co.uk	Braithwaite Lodge, nr Keswick <u>Pre-entry by 2nd April</u>
Sat 16th June	Great Lakes Run L Limit 500 www.amblesideac.org.uk	Stool End Farm, Gt Langdale <u>Pre-entry. Entries open 1st March</u>
Sat 4th August	Borrowdale L Limit 500 www.borrowdale-fell-runners.org.uk	Rosthwaite, Borrowdale Valley <u>Pre-entry. Entries open 31st May</u>
Sat 18th August	Weasdale Horseshoe M www.howgillharriers.org.uk	Ravenstonedale Show Field Newbiggin on Lune <u>Pre-entry. Entries open 1st May</u>
Sat 29th Sept	Kielder Blast S www.northumberlandfellrunners.co.uk	Kielder Castle NE48 1ER <u>Pre-entry or EOD</u>

Please Note: English Championship races are very popular and fill up very quickly. Send your entries off promptly, if you wish to race.

BRITISH CHAMPIONSHIP

Ranking is calculated on scores in up to 3 races. If 3 races are used, they must include one race at each distance.

Sat 14th April	Coledale Horseshoe M	Braithwaite Lodge, nr Keswick <u>Pre-entry by 2nd April</u> mikerobinson1969@yahoo.co.uk
Sat 12th May	Slieve Bernagh S	Meelmore Lodge, nr Newcastle, N Ireland <u>Pre-entry</u> www.nimra.org.uk
Sat 7th July	Arrochar Alps L	Stronafyne Farm, Succoth, Arrochar <u>Pre-entry. Entries open 1st March</u> www.westerlandsgccc.co.uk
Sat 8th Sept	Moel Wnion S	Abergwyngregyn, nr Llanfairfechan, N Wales <u>Pre-entry or EOD</u> www.eryriharriers.org.uk

GARRY WILKINSON MFHT, ICHF,

Clayton-Le-Moors Harriers

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**JUNIOR NEWS
JUNIOR OF THE MONTH
DECEMBER RESULTS**

CHRIS ARCHER	BU13 Red Rose XC, Marl Pits—12.45*
WILLIAM BELLARD	BU13 Red Rose XC, Marl Pits—15.22
RYAN CLARKE	BU13 Red Rose XC, Marl Pits—12.55* BU13 Mid Lancs XC, Chorley—15.59*
OLIVER CREDLAND	BU11 Red Rose XC, Marl Pits—10.04
HARTLEY EDMONDSON	BU15 Mid Lancs XC, Chorley—18.30
JOSH GRAHAM	BU15 Red Rose XC, Marl Pits—25.56
JODIE GRAHAM	GU13 Red Rose XC, Marl Pits—21.23
MOLLIE HESKETH	GU11 Red Rose XC, Marl Pits—12.30
LUCY HORROCKS	GU13 Red Rose XC, Marl Pits—13.02* GU13 Mid Lancs XC, Chorley—12.27*
NATALYA IRVINE	GU11 Red Rose XC, Marl Pits—8.18* 1st PLACE GU11 Mid Lancs XC, Chorley—7.41*
HARRY MASON	BU11 Red Rose XC, Marl Pits—10.32*
ALICE PIER	GU13 Red Rose XC, Marl Pits—14.16* GU13 Mid Lancs XC, Chorley—13.03*
ELEANOR ROOT	GU11 Red Rose XC, Marl Pits—10.24
SIMON WILSHAW	BU13 Red Rose XC, Marl Pit—13.31

*Special Mention for great performance.

To be listed in the JUNIOR of the MONTH, you must have taken place in AT LEAST ONE RACE in that month.

The Winner is chosen by a panel of coaches and volunteers, who support the Junior members at training sessions and races (not Marion!)

**JUNIOR RUNNER OF THE MONTH
DECEMBER
RYAN CLARKE**

The only boy to have done ALL the cross country races to date, plus his commitment to to running and training.

WELL DONE, RYAN!

MARION'S MESSAGE

Well done to all our juniors who took part in races during 2011. We will have lots more events coming up in 2012, including a new junior Pennine Fell Grand Prix and a few road and trail races (my discipline) for you to try, which will give you a chance to see where your strengths are.

We had a few more of our younger juniors (Millie, Alayna & Shannon) taking part at the Hyndburn XC on Saturday, 14th January and they did us proud. Watch out, you older runners—they are on your tail!

Natalya had many successes in 2011. I hope it continues in a New Year and new age group. I am sure you will give your best!

Junior Cross Country Results
Lancashire Cross Country
Championships
Witton Park, Blackburn
7th January 2012

Girls U11

1	E Hutchinson (Hyndburn)	8.50
3	N Irvine	8.59
32	Finished	

Boys U13

1	J Lonsdale (Trafford)	12.26
39	R Clarke	16.49
41	Finished	

Girls U13

1	E Greenwood (Blackburn)	12.57
29	A Pier	16.52
32	Finished	

Ladies U17

1	Sue Hodgson (Lancaster)	22.54
4	H Leathley	24.43
10	Finished	

Mid Lancs Cross Country League
Wilson's Playing Fields, Hyndburn
Saturday, 14th January

GU11

1	S Atkinson (Helm Hill)	8.08
5	N Irvine	8.35
34	E Root	10.25
50	M Hesketh	12.14
51	S Graham	12.25
52	A Irvine	12.28
54	M Stansfield	12.45
56	Finished	

BU11

1	J Dickinson (York)	7.45
17	O Credland	8.59
34	H Mason	10.39
36	Finished	

GU13

1	G Handley (Blackburn)	9.07
23	A Pier	11.01
34	Jodie Graham	13.58
34	Finished	

BU13

1	D Tierny (Preston)	11.08
41	R Clarke	13.43
48	S Wilshaw	14.27

BU15

1	P Dever (Preston)	13.20
32	Josh Graham	20.29
32	Finished	

CLAYTON JUNIORS' TRAINING
Spirit of Sport Centre, Ormerod Road,
Burnley

11.30 each Saturday
PLEASE NOTE EARLIER TIME

PLUS

6.00-7.00pm each Thursday, also at
the Spirit of Sport Centre

Improve your fitness, build team spirit and have fun with team games and circuits.

We operate an email info system, with the latest race news and any last minute changes. If you are a parent and haven't already given me your email then let me know on andrew.optometrist@ntlworld.com and I'll put you on the list.

It's just for Clayton juniors, don't worry we won't be selling your details to anyone!

Junior Welcome Packs
List of sponsors to date:

Sue Bellard: £10-00
Frank Goss: £10-00
Anne Entwistle: £10-00
Paul Hesketh: £50-00
Joe Wilkinson: £10-00
Harry Manning: £10-00
Don Barton: £10-00
Andy Brown: £10-00
Robert Hirst: £10-00
Katy Thompson: £20-00
Candice & Steve Heys: £40-00
Jason Pier: £10-00
Mike Wallis: £10-00
Kieran Carr (Tour of Pendle): £100-00

Total money raised £310-00

THANK YOU!

TROPHIES

**Were YOU good enough to win a trophy at last
February's Celebration Evening?**

If you were, I'm sorry it's time to hand it back.

PLEASE

Return your trophy (cleaned!) to the Trophy Custodian:

**Harry Manning,
DO IT NOW!!!**

THANK YOU

**Harry Manning, 4 Wiswell Close, Burnley, BB10 2DW
Tel: 01282 830458**

OR

To any Committee member at a race or training night.

Cross Country appearances (after 8 races)

Ladies

Sue	Allen	8
Christine	Leathley	6
Irene	Roche	5
Katy	Thompson	4
Dawn	Richards	4

16 ladies have run so far

Men

George	Thompson	7
Dave	Edmondson	6
Michael	Toms	6
Ron	Chappell	6
Gary	Shaw	5
Stuart	Hartley	5
Andy	Howarth	5
Michael	Hogan	5
Pete	Booth	5
John	Singleton	5
Jack	McGuire	5

57 men have run so far

Cross Country Palladium Points Championship (after 8 races)

Ladies

Irene	Roche	29
Gayle	Whittaker	25
Dawn	Richards	16
Susan	Clark	16
Nic	McNamara	15
Katy	Thompson	15
Sue	Allen	14
Carol	Life	12

Men

Dave	Edmondson	122
Gary	Shaw	114
Mark	Aspinall	94
Paul	Thompson	92
Michael	Toms	90
Michael	Hogan	70
Ian	Greenwood	69
Pete	Booth	67
Paul	Archer	61

**Tired Muscles?
Injured?
Have you considered Alternative Therapies?**

Acupuncture is a traditional form of Chinese medicine and has been used worldwide for many physically restricting conditions for the last 3000 years. So, it can be said that this form of alternative therapy has stood the test of time, but how can it help the Clayton-Le-Moors Harriers' running elite?

British Acupuncture guidelines (www.acupuncture.org.uk) ensure that all registered practitioners work to a strict code of practice to ensure that your rehabilitation time is minimal. Whether you are training for your best season yet, or this is your first year of racing, Acupuncture can be used as a treatment to help you reduce your injury risk and keep your rehabilitation time to a minimum. When used alongside soft tissue massage, Acupuncture is an alternative therapy form that offers a holistic solution to help rejuvenate your mind and body.

If mainstream medicine has failed you for conditions like Plantar Fasciitis, Sciatica, tight Achilles why not consider trying Acupuncture.....

More information can be found at www.naturalhealthdirectory.co.uk.

Other Traditional Chinese Medical treatments are also available if the thought of needle treatment doesn't appeal. Fire Cupping has been used in China and India for centuries to help rid the body of waste and disease. It can be a fantastic treatment to boost the immune system during those heavy mileage marathon schedules. Basically, cupping uses suction to lightly bruise the skin and rid the body of internal waste without placing too much stress on the lymphatic system. This procedure may alleviate tight IT Bands and can also ease lower back pain. When used in conjunction with Sports Massage it will leave you feeling energised and ready to run another 10 miles.

If you would like to find out more research about Traditional Chinese Medical Acupuncture, Fire Cupping and Sports Massage, simply call/text The Acupuncture Healthcare Clinic on 07540 407847.



MILESTONES

Service

John McGonagle	35 years
Maureen Ashton	25 years
Neil Garnett	25 years
Leslie Jackson	25 years
Kevin O'Brien	25 years
Sean Clare	10 years
Jean Rawlinson	10 years

Age

3 rd	Bob Mitchell	60 years
3 rd	Henri Wilkes	11 years
7 th	Martin Brady	50 years
11 th	Jackie Green	65 years
14 th	Harrison Cannon	11 years
16 th	Brittany Rushton	13 years
16 th	Ivan Whigham	50 years
21 st	Val Lawson	70 years
26 th	Brooke Speakman	12 years
26 th	Oliver Speakman	8 years

CROSS COUNTRY FIXTURES 2011-2012

Mid Lancs Cross Country League

Sat 11th February 2012, Barrow in Furness—Thornccliffe College Grounds
LA14 5QP

MINIBUS PLACES AVAILABLE!!

Sat 3rd March 2012 Leyland—Worden Park PR25 3DH

RACE START TIMES

12.30pm:	Under 11 Girls
12.45pm:	Under 11 Boys
1.00pm:	Under 13 Girls
1.20pm:	Under 15 Girls & Under 13 Boys
1.40pm:	Under 15 Boys & U17 Women
2.00pm:	Under 17 Men, Junior, Senior & Veteran Women
2.30pm:	Junior, Senior & Veteran Men

Winter Training

Tuesday: Burnley: 6.30pm Speed session on Widow Hill Industrial Estate. Meet on Ormerod Road (opposite the Fire Station)/Queen's Park BB10 3AA. John Roche will put us through our paces.

Clayton-le-Moors: 6.40pm Speed session on pre-arranged circuits around the local area. Meet at Wilson's Playing Fields, Clayton-le-Moors BB5 5SD.
Organised by Mike Eddleston.

Barley: 6.30pm 'Barley Badgers' meet at the Pendle Inn, Barley BB12 9JX for runs and walks on the fell. Head torch essential. Led by Simon Halliday & Martin Brady.

Thursday: Burnley: 6.30pm Track session led by John Roche at Barden Lane Athletics Track, Barden Lane, Burnley BB10 1JQ.

NB: £1.00 charge for use of track.

Great Harwood: 6.30pm Speed session/fartlek on the roads around the town, led by Mike Eddleston. Also off road with headtorches. Meet at The Memorial Park, Church Lane, Gt Harwood BB6 7PT.

CLAYTON-LE-MOORS LADIES TRAINING NIGHTS 2012

02/02/12	Vicki Pratt	01282 851245
09/02/12	Jean Brown	01200 440880
16/02/12	Alison Dugdale	07590279794
23/02/12	Alison Athroll	01282 693673
01/03/12	Lorraine Slater	01282 816692
08/03/12	Kath Brady	01282 611523

Contact Linda Bostock 01282 816269 for more information. All runs start at 7 p.m. 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.

All ladies are welcome.

COMMITTEE NEWS

December 2011 & January 2012

16 members were present at both meetings. The main points of discussion and decisions were:

- Bowland FR were to place a memorial to Bill Smith on Totridge Fell
- FRA Chairman, Graham Breeze, invited CleM to host the FRA Presentation in Nov 2013. We accepted—probable date 16th Nov to coincide with Full Tour of Pendle.
- We would incorporate map reading sessions and navigation challenges into summer training sessions.
- Pendle Inn, Barley, complained about members parking in the pub car park for the FToP, taking spaces when there was a large party booked in at lunch time. Race Organisers need to request that competitors use the public car park.
- Discussion of the need to upgrade the club website. Martin and Andy Brown to discuss.
- More articles needed for the website (and Newsletter!). The website is the club's showcase and needs to give up-to-date info of club success and events. Do we need a publicity officer?
- Trawden AC and Accrington RR have accepted an invitation to join in CleM's Summer Series.
- A copy of each Newsletter was to be sent to Gary York, sports' editor of Lancs Telegraph.
- 6 teams entered for Pennine Bridleway Relay. We will need to consider carefully the number of teams for the Calderdale Way Relay, especially as it is the same weekend as the Vets' Road Relays in Sutton Park.
- 38 members competed in the RV 10K.
- Junior Vests: Currently, the youngest juniors (U11) are given a XS ladies' vest, but this is still too large, in most cases. Val stated that smaller sizes were not available from our usual supplier. We asked her to try to source some elsewhere. Other committee members would also ask junior coordinators at other clubs where they got their junior vests.
- Clubmark: Is our application going ahead? Chairman was to circulate details of requirements before Feb meeting.
- Presentation Evening: Marie was very concerned by low ticket sales. Chairman was to email all award winners, as well as sending a reminder to all members.
- Winners of 'committee' awards were confirmed. Proposals were put forward for winners of special awards.

- Confirmed Bowland Pennine MRT as our charity for 2012.
- Confirmed format of 2012 Club Championship: 3 single races (road, cross country, fell) as 2011. However, no 'closed' members-only races on Tues evening. We would use races from the calendar. Races to be decided at Feb meeting.

Date of Next Meeting 7.00pm Monday, 6th Feb at the Peel Park PH, Accrington

MEMBERSHIP

Welcome to:

Senior: Terry O'Leary, Burnley
Andrew Lowe, Burnley
John Haworth, Skipton
Dave Massey, Padiham

Junior: Shannon Graham, Burnley
Christopher Brown, Grindleton
Lucy Stansfield, Blackburn

Resignations: Alan Exton, Andrea Keedy,
Deborah Armstrong

Membership at 31.12.2011:

191 Men, 63 Ladies, 8 U23, 38 Juniors plus 96 associate

RESULTS CROSS COUNTRY

Lancashire Cross Country Championships Witton Park, Blackburn 7th January 2012

Ladies

1	Sue	Samme F45 (Lytham)		29.04
28	Gayle	Whittaker	1st F35	34.25
34	Jean	Brown	F40	35.48
35	Irene	Roche	F50	36.56
52	Karin	Goss	1st F60	45.32
53	Christine	Leathley	F60	49.20
54	Sue	Allen	F50	50.19
	55	Finished		

Teams

1	Manx	19
2	Lancaster	33
3	Blackburn	37
8	Clayton	85

Vet Teams

1	Preston	31
2	Blackpool	31
3	Wesham	37
4	Clayton	42

Men

1	S	Deakin (Leeds City)		34.50
26	A	Stubbs	M40	39.39
32	P	Hall	1st M50	40.28
33	J	Dugdale		40.38
35	M	Aspinall	2nd M50	40.47
37	Paul	Thompson	M40	40.51
47	M	Wallis	3rd M50	41.52
63	M	Wightman	M50	43.27
67	A	Orr	M40	44.19
91	D	Scott	1st M65	49.42
93	D	Bagot	JM	50.33
	119	Finished		

Teams

1	Rosendale	85
2	Blackburn	103
3	Manx	140
5	Clayton	210

Vet Teams

1	Clayton	37
2	Manx	49
3	Blackburn	55

Ladies U17

1	Sue Hodgson	(Lancaster)	22.54
4	H Leathley		24.43
	10	Finished	

Mid Lancs Cross Country League Wilson's Playing Fields, Hyndburn Saturday, 14th January

Ladies

1	S	Samme F45 (Lytham)	21.53
102	S	Allen F45	37.11
103	C	Leathley F55	37.55
	112	Finished	

Teams

1	Lancaster	38
2	Accrington RR	38
3	Preston H	51

V35 Teams

1	Accrington RR	31
2	Wigan 41	
3	Blackpool	64

V45 Teams

1	Blackpool	29
2	Lytham	47
3	Southport	52

V55 Teams


1	Southport	13
2	Red Rose	27

U17 Ladies

1	S Hodgson (Lancaster)	15.34
3	H Leathley	16.11
11	Finished	

Nutritional & Lifestyle Therapy
 "For any health, weight or fitness problems"

Gary Shaw Dip.ONT
 Contact: g.shaw437@ntlworld.com



Nutritional & Lifestyle Therapy can help with the following conditions:

- Weight Management or Loss
- Digestive Complaints
- Depression and Emotional Problems
- Food Allergies & Intolerance
- Blood Sugar Regulation
- Reduced Immunity
- High Cholesterol & Blood Pressure
- Detoxification
- Inflammatory Conditions
- PMT
- Improving General Health & Fitness

Please see our website to discover more.

www.nutritional-lifestyle-therapy.co.uk

Men

1	J Douglas (Border)	32.22
36	P Hall 2nd M50	35.59
74	D Edmondson M40	39.30
87	D Motley	40.30
96	M Wightman M50	40.58
131	D Horrocks M40	43.10
140	M Hogan M40	43.38
144	M Toms M40	43.53
146	B Horrocks M50	43.59
154	R Cunliffe M40	44.27
157	P Booth M60	44.38
176	M Dobson M40	45.51
182	A Howarth M50	46.21
190	P Browning M50	46.49
201	D Scott M60	47.26
207	M Blazucki	47.57
209	J Hickie M50	48.00
232	M Thistlethwaite M50	50.29
249	T Orrell M60	52.59
252	G Smith	53.27

255	R Hirst	M60	53.49
256	G Thompson	M60	54.12
264	R Lawson	M60	56.51
268	R Chappell	M60	58.24
280	P Thornber	M50	63.08
284	J McGuire	M50	66.59

288 Finished

Teams

1	Southport	91
2	Barrow	99
3	Border	165
12	Clayton	527
23	Clayton 'B'	901

V40 Teams

1	Southport	44
2	Horwich	52
3	Preston	76
5	Clayton	153
19	Clayton 'B'	324

V50 Teams

1	Southport	31
2	Wesham	38
3	Clayton	43
12	Clayton 'B'	122

V60 Teams

1	Southport	26
2	Clayton	31
3	Chorley AC	59
5	Clayton 'B'	68

MULTI TERRAIN

Hurst Green Turkey Trail 5

18th Dec

1	A	Jones (Salford H)		26.45
5	A	Stubbs	1st M40	29.30
14	J	Dugdale	JM	31.40
15	Mel	Hyder (Helm Hill)		31.49
19	A	Life	2nd M40	32.46
25	M	Toms	M45	33.28
26	I	Wigham	M45	33.30
31	K	Davies	M50	34.04
63	D	Scott	1st M65	38.57
76	Wendy	Dodds	1st F60	40.18
99	Carol	Life	1st F45	43.34
116	G	Wilkinson	M45	46.27
117	Isaac	Wilkinson	JM	46.27
122	Kathryn	Wilkinson	F35	46.50
128	R	Chappell	M60	47.35
135	Yvonne	Wickham	3rd F45	49.48
141	Karin	Goss	2nd F60	51.24
	157	Ran		

Lynne Edmondson 4.2M MT

Cowm Res

19th Dec

1	L	Morley	(Ilkley H)	25.22
5	Sally	Morley	F35 (Ilkley H)	29.16
7	Helena	Leathley	1st JF	31.25
15	M	Brady	M45	34.29
28	R	Hill	2nd M70	41.38
35	Christine	Leathley	2nd F60	47.32
	35	Ran		

Rudolph Red Nose 5M MT

24th Dec

1	S	Swarbrick (Bowland FR)		28.59
17	Joanna	Goornay	F40 (Wesham)	33.18
30	S	Biscomb	2nd M55	34.23
68	R	Lawson	1st M70	38.28
186	G	Kissack	M60	54.36
	197	Finished		

Joe Salt New Year 4.2M

Cowm Res

1st Jan

1	A	Buttery	M40 (Rossendale H)	24.16
8	D	Howell		26.36
10	Elizabeth	Greenwood	JF	
		(Blackburn H)		27.10
27	Helena	Leathley	2nd JF	30.29
36	S	Green	2nd M55	31.40
37	D	McMullan	M40	31.41
42	M	Dobson	M40	32.09
51	M	Brady	M45	32.55
74	R	Hirst	M60	36.59
87	R	Chappell	M60	39.29
102	Christine	Leathley	1st F60	45.28
	107	Finished		

FELL

Stoop 18/12/11

BS 5m 800ft

1	S	Tosh - Rossy		30.32
19	T	Edwards	V40	34.05
26	J	Baldwin		35.00
63	M	Nutter	V40	38.16
122	R	Briscoe		42.22
184	A	Graham		46.44
196	R	Hirst	V60	47.29
	256	Finished		
	2	DNF		

Whinberry Naze Dash 26/12/11

BS 4m 750ft

1	L	Morley - Ilkley		25.28
5	A	Mason - Wakefield	1st L	
				26.07
8	J	Dugdale		27.11
20	S	Whitaker	V40	28.48
37	M	Taylor		31.18
38	M	Nutter	V40	31.25
56	A	Dugdale	V40	33.10
64	P	Dugdale	V50	34.09
72	A	Howarth	V50	35.01
86	A	Firth	V50	35.55

105	A	Graham		37.41
109	R	Hirst	V60	38.30
126	N	Horsefall	LV50	41.10
152	T	Targett	V60	46.58
179 Finished incl 58 Ladies				

Wansfell 27/12/11

AS 2.5m 1400ft

1	R	Jebb - Bing		19.59
17	S	McCormack - M'foot	1st L	23.57
58		Peter Thompson	V50	27.16
63	M	Nutter	V40	27.40
84	I	Robinson	V50	29.23
88	M	Taylor		30.08
98	A	Dugdale	V40	30.59
102	S	Fish	V50	31.10
114	A	Firth	V50	32.33
115	D	Nield	V50	32.33
116	B	Thompson	LV40	32.41
118	W	Dodds	LV60	32.48
121	G	Eccles	V50	33.06
124	B	Nield		33.53
141	N	Horsfall	LV50	36.18
152 Finished inc 27 Ladies				
2	DNF			

Auld Lang Syne 31/12/11

BM 6m 800ft

1	A	Brownlee - Bing		40.28
35	K	Walshaw - Holmfirth	1st L	49.46
38	T	Edwards	V40	50.38
50	J	Dugdale		52.01
55	C	Balderson	V40	52.19
111	M	Nutter	V40	56.30
155	D	Black	V40	60.03
169	R	Briscoe		61.01
176	M	Taylor		61.28
196	P	Dugdale	V50	63.01
202	A	Dugdale	V40	63.17
238	J	Pickup	V50	65.42
266	A	Firth	V50	68.17

270	G	Newsham	V60	69.07
288	R	Hirst	V60	70.24
321	A	Graham		73.42
332	N	Horsfall	LV50	74.57
393 Finished incl 121 Ladies				
8	DNF			

ROAD

Hot Toddy 6

27th Dec

1	I	Grime	M40 (NEB)	29.54
28	Lauren Jeska (Todmorden H)			34.36
32	A	Cran	M40	35.06
40	K	Davies	2 nd M50	35.50
238	R	Chappell	M60	50.23
291	Finished			

Ribble Valley 10K

27th Dec

1	J	Mellor (Liverpool H)		29.10
76	A	Stubbs	M40	33.52
80	Katrina Wootton (Bedford & Co)			33.57
110	P	Hall	1 st M50	35.47
129	D	Edmondson	M40	36.23
134	I	Livesey		36.51
156	T	Brewster		37.28
158	Candice Heys			37.38
178	A	Orr	M40	38.03
181	N	Garnett	M50	38.11
193	M	Wightman	M50	38.19
202	D	Motley		38.32
209	J	Dugdale		38.45
212	P	Hesketh	M45	39.20
225	M	Toms	M45	39.20
234	A	Life	M45	39.35
255	D	Bagot	JM	40.26
256	M	Hogan	M40	40.27
296	J	Wilcock	M45	41.33
329	R	Briscoe		41.46
334	Helena Leathley JF			42.17
335	S	Biscomb	M55	42.13

346	Alison	Dugdale	F40	42.44
353	S	White	F55	43.01
359	B	Wildman	M45	43.09
392	Juliet	Horrocks	2 nd F45	44.07
403	Lorraine	Slater	F40	44.20
433	M	Brady	M45	45.15
445	M	Thistlethwaite	M55	45.33
508	Susan	Clark	F40	47.28
522	Carol	Life	F45	47.44
532	D	Scott	M65	47.57
542	Nic	McNamara		48.29
604	Debbie	Wilson	F35	49.57
628	R	Hirst	M60	49.48
660	R	Lawson	2 nd M70	50.46
702	R	Treidl	M55	52.34
752	Marion	Wilkinson	1 st F70	54.50
791	R	Hill	M70	56.40
827	Christine	Leathley	3 rd F60	59.27
894		finished		

Road Race Rankings 2011 (All Age)

Marathon

629	Gary	Shaw	2.49.14
711	Avril	Duckworth	3.26.03

Half Marathon

981	Avril	Duckworth	91.50
1230	Dominic	Howell	77.46
1278	Gary	Shaw	77.57

10 Miles

257	Laura	Hesketh	66.55
486	Andrew	Stubbs	57.49

10K

896	Andrew	Stubbs	33.52
1714	Gary	Shaw	35.11
2287	Daniel	Ashworth	35.51
260	Candice	Heys	37.38
803	Laura	Hesketh	40.13
925	Donna	Riley	40.35
1541	Helena	Leathley	42.17

5K

199	Candice	Heys	18.11
350	Laura	Hesketh	18.46

Road Race Rankings 2011 (Age Groups)

M & F40 10K

70	Andrew	Stubbs	33.52
258	Alison	Dugdale	42.44

F45 10K

59	Donna	Riley	40.35
89	Avril	Duckworth	41.36

Marathon

83	Avril	Duckworth	3.26.03
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M50 10K

54	Phil	Hall	35.47
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M55 5K

81	Roger	Brewster	18.48
----	-------	----------	-------

M & F65 5 Miles

27	Dave	Scott	34.37
----	------	-------	-------

11	Marion	Wilkinson	42.44
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10K

31	Marion	Wilkinson	52.57
----	--------	-----------	-------

M & F70 10K

8	Marion	Wilkinson	54.50
---	--------	-----------	-------

16	Ted	Orrell	45.52
----	-----	--------	-------

5K

7	Ted	Orrell	21.36
---	-----	--------	-------

5 Miles

4	Ted	Orrell	36.04
---	-----	--------	-------

10 Miles

2	Ted	Orrell	72.56
---	-----	--------	-------

Half Marathon

4	Ted	Orrell	99.24
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Rankings courtesy of RR Statistician,
Richard Lawson.

FIXTURES

If you need further details of any of these races, contact Katy Thompson
Tel 01254 772013 Mob. 07940 250888 katy.thompson1@btinternet.com
Road race details are usually on ukresults.net

FEBRUARY'S FROLICS

- Sun 5th **Pennine Bridleway Relay Teams of 10 8.30 am 47m/6300' in 5 stages. Contact Fell Captains if you want to run**
Long Mynd Valleys AM 11.5m/4500' 11.30am from Social Club, Essex Rd. Church Stretton School GR443946 £8 eod
Winter Warmer 10K 11a.m. Witton Park, Blackburn £6 + £2 eod
Also Junior 2.5K
- Sat 11th Mid-Lancs XC Thorncliffe, Barrow-in Furness Ladies 2pm Men 2.30pm
Wadsworth Trog BL 20m/4000' 10 am from Old Town Cricket Club, Hebden Bridge (GR 998285) £6 pre-entry by 30 Jan.
See www.cvfr.co.uk for details
Parbold Hill Race 6.75m 2pm from Bispham Durnings Endowed School, Chorley Rd, Hilldale, nr Parbold £5.50 (limited eod +£1.50) www.skemboundaryharriers.co.uk
- Sun 12th Winter Hill Fell Race AM 11m/2750' 10 am from Rivington Barn £6 on form from www.horwichrmiharriers.co.uk or £10 on day
- Sat 18th PFO Local Event – Whitehough & Aiken Wood www.pfo.org.uk
Standish Hall Trail Race approx 10K 2.30pm from Britannia Wigan Hotel, Standish WN6 0SR (off J27 M6) £4 + £1 eod
- Sun 19th Muddy Boots 11m from Village Hall, Caldervale, Preston
New event - you only get a map, directions and 3 checkpoints!
£12 (+ £2 eod)
Central Lancs 5K 10.30am from Leverhulme Park, Bolton BL2 6EB £5 by 17th Feb + £1 eod www.boltonunitedharriers.co.uk
- Sat 25th National XC Parliament Hill, London
Noon Stone FR **Postponed due to access difficulties**
Bleasdale Circle AS 5m/1250' 2pm from Bleasdale Parish Hall GR574453 £4 by 20th Feb or £5eod www.bowlandfellrunners.co.uk
- Sun 26th Terry Nortley 10m Trail Race 10.30am Radcliffe Cricket Club £5 + £1 eod
23rd Great North West Half Marathon 11am Hilton Hotel, North Promenade, Blackpool £20 + £2 eod cd 10th Feb
Lostock 6m road race 11a.m. from Barnstormers, Lostock Lane, Lostock, Bolton BL6 4BL £6 + £2 eod www.lostockac.co.uk
New Chew O from Dovestones Sailing Club, Saddleworth GR013033 £8 pre-entry saddleworth-runners.co.uk

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MARCH'S MEANDERINGS

- Sat 3rd Mid-Lancs XC Worden Park, Leyland Ladies 2pm Men 2.30pm
Black Combe FR AM 8m/3400' 12 noon from Silecroft village Hall GR133821 £7 entry on day
Stanley Park Blackpool 10K 11 a.m. £10 + £2 eod if limit of 300 not reached www.runblackpool.co.uk
- Sun 4th The Trotters Five 5M Trail Race 10 a.m from Smithills Coaching House, Bolton £10
Haweswater Half-marathon 11.30am from Bampton Village £12 pre-entry Also junior race edenrunners.co.uk
Cloud Nine Hill Race BM 9m/1250' 11a.m. from Brunswick Wharf, Congleton GR865634 £6 pre-entry only
- Sat 10th Stan Bradshaw Pendle Round AM 10.4m/1936' 11am from Barley Village Hall £4 pre-entry
PFO Come and Try it Event – Marl Pits www.pfo.org.uk
Haworth Hobble – Wuthering Hike 33m/4400' £20 per team of 2 or £11 individual Entry form from kcac.co.uk
- Sun 11th Roddlesworth Roller, Abbey Village 6m 11 am £6.50 + £2 on day
Blackpool Marathon/Half-marathon 11am Winter Gardens £30/£20
Trafford 10K 9.30 a.m. from Partington L.C. £11
Spring 5k Race 11 a.m. from Stanley Park, Blackpool £5 + £1 eod
- Sat 17th **Lads Leap FR AS 5.9m/ 1700' Ladies 12 noon; men 1pm from Crowden Campsite, Woodhead £5 pre-entry Eng Champs**
Fiensdale FR AM 11a.m. from Fell Foot, Chipping 6.5m/2500' £5 pre-entry only
- Sun 18th Heptonstall FR 14.9m/3280' 10.30am White Lion, Heptonstall £5 eod
St Annes 10m 11 am from St Annes Fire Station £7 (+ £2 eod)
- Sun 25th Edale Skyline AL 21m/4500' 10.30am from Edale Village Hall £7 pre-entry £10 eod
Two Crosses 25m/18m LDWA event www.ldwa.org.uk
Muddy Bottoms Off-road run/walk 9m/17m 9am from Bamber Bridge Leisure Centre £12
Rivock Edge FR BM 6.5m/837' 11.15 from Bridge Pub, Silsden £4.50 eod
Great Grizedale Trail Race 10M 1pm from Grizedale Visitors Centre £10 www.grizedale10.co.uk
- Tues 27th Liver Hill BS 5m/800' 6.45pm from Marl Pits Free entry – no prizes
- Wed 28th Vera Hirst 5K, Littleborough 6.45 pm £4 + £1 on day
- Sat 31st Causey Pike FR AS 4.5m/1780' 2pm Stair Village Hall £5 eod
Midgley Moor FR AS 5m/1250' 11 a.m. from Booth Cricket Club, Halifax GR040271 £4 eod

**CLAYTON-LE-MOORS HARRIERS
CAPTAINS
2011-2012**

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