

HARRIER NEWS



**The Clayton Harrier Newsletter
February 2010**



Running in a Winter Wonderland

X Team overlooking Sabden Brook on 9th January 2010

Photo: Pete Hindle

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 2010 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: valric2@tiscali.co.uk
Home telephone 01282 423808

Please send your Fell Results to Mark Nutter
20 Osborne, Spenn Brook, Newchurch-in-Pendle, Lancs BB12 9JJ
email mark.nutter@rbs.co.uk
Home telephone 01282 618403

Please send your Cross-Country Results to Harry Manning
4 Wiswell Close, Burnley BB10 2DW
Home telephone 01282 830458
Cross-Country Results for those races that qualify towards the Club's 2009/10 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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Boothy's Bit

At the time of writing, the snow and ice have disappeared from the roads and towns, while there are remnants of drifts and ice patches on the higher ground. At its height, the recent winter weather provided very challenging, but enjoyable, 'running'. I recall one particular Tuesday night 'Badger' run when the deep drifts and strong, freezing wind combined to slow our progress to four miles in little over an hour. On that evening, the wind was so fierce that we had to anchor Bev Thompson in case she was lifted up and deposited in the Irish Sea, somewhere off Blackpool!

The bad weather has decimated the running calendar, with most road and fell races cancelled on safety grounds, although Blackburn Harriers have done very well to stage both the Lancashire and North of England Cross Country Championships. The consequence is that this Newsletter contains far fewer results than usual. Let's hope normal service has been resumed by the next edition.

The winter weather has prompted Pete Thompson to submit a very pertinent article (p.10) about hypothermia. As you may remember, I suffered from this potentially life-threatening condition during a short 'A' Race last June, so in the present extreme conditions, it is vital that members carry the correct equipment on winter runs and can recognise the signs and symptoms of hypothermia in themselves and fellow runners.

Presentation Evening

It is now less than a month until the Club's Presentation Evening. Marie reports that ticket sales are going pretty well, with over 100 members having bought tickets already. If you have any tickets that you have not paid for, please send the money to Marie as soon as possible, or return the tickets to her so that they can be issued to members who wish to attend.

With the Presentation Evening in mind, I have published the 'Rules for Awards' on p.8. The committee drew up these rules in the run-up to last year's celebrations, to try and ensure that the decisions about awards were made fairly and consistently for all the competitions, across all age groups. If you read through the 'Rules', they may give you a better idea of why some categories have gold, silver and bronze awards, while others have only gold, or none at all.

2010 Club Championships

Also in this edition, you will find details of the 2010 Club Championship Races. We have continued with the '3 from 5' format for each discipline, because we feel it gives the greatest opportunity to the maximum number of members to complete the Championships, given the competing demands of work, family, holidays and other competitions, while providing a variety of distances. Remember, you do not have to do all the races. Once you have done three races in one discipline, it's rare that you gain many more points in races 4 and 5, unless you have put in a poor performance in one of the early races. On the fells, there are two short (both on Pendle) and two medium races (one local; one in the Lakes). The long fell race is the Good Shepherd (BL) from Mytholmroyd which, while fairly local, will be a new challenge for most members. On the road, the longest race is the Ultrafit St Annes 10 mile, which is combined with three 10K/6 mile races and one short race.

We feel that we have a good range of races, spread more evenly through the year than in 2009, with no month having more than two races. October, November and December are largely clear of races, so that we can accommodate 4 cross country counters with only one, at Wilson's, in the present season.

British and English Fell Championship Counters

I have published a list of this year's counters on p.26. All the races are pre-entry and fill up quickly, so I recommend you send in your entries as soon as possible. Indeed, the first English Counter, Noon Stone on 27th February, is already full.

There has been some confusion about the medals for the Men's V40 and V50 teams in last year's Championships. The FRA Calendar publishes the number of team medals available for each age group. In the past, if the number of Clayton counters over a six race series has exceeded the stated number, we have been able to purchase extra medals. Last year the FRA Championship Committee decided that the number of medals issued would be limited to the members who had scored points in the 4 'counting' races. (An example may clarify this. The 2009 Men's V50 Gold medal team counted the races at the Half Tour, Stretton Skyline, Dentdale and Langdale Horseshoe towards their winning total, discarding the results at Wasdale and Tebay. Therefore, any individual who counted for the team only at Wasdale or Tebay was not eligible for a medal.) We feel that this is unfair, as we feel we should recognise every member's contribution to the overall team result. We made representations to the FRA, but these were rejected. Therefore, at the Presentation, members in this position will receive a certificate from the Club to recognise their contribution.

Club Relay 2010

We intend to organise a club relay again this year. Do we hold it at Barley on a similar date to previous years, or are there better alternatives? If you have any strong opinions or suggestions for a date or alternative venue, please inform myself or Mike Wallis as soon as possible. The Committee will need to decide the arrangements in the near future.

**CLAYTON-LE-MOORS HARRIERS
OFFICIALS
2009 –2010**

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**CLAYTON HARRIERS
ANNUAL PRESENTATION
OF AWARDS FOR 2009**

Mytton Fold Hotel – Langho

**Saturday 27th February 2010
7.30pm 'til Late**

**Hot Buffet Supper & Disco
Entertainment
£14.00**

If you want to joins us in this celebration of Clayton Harrier's achievements, contact Marie Greenwood. If you have unsold tickets, please return them to Marie , so that they are available for those who want them.

Tel 01254 237485

email mgreen8@hallmark-uk.com

**Or just send your name, number of tickets required and a cheque (£14.00 per person) payable to Clayton-Le-Moors Harriers to:
Marie Greenwood, 196 Bold Street, Accrington, BB5 6SS**

Rooms are available for anyone wishing to stay overnight at Mytton Fold – details available from myself.

Marie Greenwood – Social Secretary

**Presentation Evening Guests of Honour
Pete & Anne Bland**

I am pleased and proud to announce that our Guests of Honour for the 2010 Presentation Evening are familiar faces to all in the fell running fraternity - Pete and Ann Bland. Pete Bland Sports' bright red and green van is often to be found at many fell (and some trail and road) races, while the company sponsors both the British and English Fell and Hill Running Championships and the Lakeland Classics series, as well as supporting a host of races where their vouchers are used as prizes.

Pete was a prominent lakeland fell runner throughout the 1960's and early 70's. Competing as a professional, Pete won several fell races throughout Cumbria, Lancashire and Yorkshire and in a number of Scottish Highland Games, before transferring to run as an amateur in longer races in 1973.

One of his most notable performances was finishing second with John Richardson in the Elite Class of the 1973 Karrimor Mountain Marathon in North Wales, the class being won by Joss Naylor and Alan Walker. Pete continued running the fells until the early 1990's when he had to retire due to injury.

Anne started running in her mid-30's. As a fell runner, her most notable performance was winning the Elite Mixed Team Class, with Pete, in the 1978 Karrimor Mountain Marathon held that year in Peebles. She was also the first woman to complete the Elite class in the Karrimor.

Anne then moved into running road marathons and became very successful, running 13 sub-3 hour marathons, the best being her 2:50 1981 London Marathon. All these marathons were completed when Anne was in her 40's. She also competed in the World Masters Marathon in San Diego, California in 1984.

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.

Preparations are well advanced for this year's Celebration Evening and we need to have the trophies returned (CLEAN), so that they can be collated and inscribed in good time.

PLEASE

**Return your trophy 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.

Clayton le Moors Harriers

Rules for Awards

Introduction

The club has two types of competition: Championships (to determine the best runners in the club) and Palladium (to reward members for competing in many races).

There are a total of seven competitions: Fell Championship; Road Championship; Cross Country Championship; Overall Championship; Fell Palladium; Road Palladium; Cross Country Palladium. Each competition has a separate Men's and Ladies' section.

This document records the rules for club awards in each competition.

Qualification

1. To be considered for an award a member must have completed the competition concerned.
2. A minimum of 3 races is required to complete each Championship competition.
3. A minimum of 6 races is required to complete each Palladium competition.

Senior Competition

1. The Senior Competition is open to all members irrespective of age.
2. 3 awards are available to be won.

Veteran Competitions

3. Ten year veteran age categories are available, starting at age 40 (excepting the Ladies' Road and Cross Country which start at age 35).
4. The number of awards available to be won is determined by the number of members completing the competition in each age category. Each member can count only once and that is in the member's (oldest) age category. Then for the age category concerned: 1, 2 or 3 members completing will allow 1 award to be won; 4 or 5 members completing will allow 2 awards to be won; and 6 or more members completing will allow 3 awards to be won.
5. A member is eligible to win awards in their own age category and all younger age categories.

Agreed at committee
2nd February 2009

CLUB CHAMPIONSHIP 2010

Thanks to the members who submitted feedback about the 2009 Club Championship and suggestions for races we could include in the 2010 Championship. We have again chosen fifteen races for the Championship—five cross-country, five fell and five road races.

Points will be awarded on the same basis as last year. (Men: 100pts for 1st Clayton; Ladies: 50 points for 1st Clayton, reducing by 1 point per place.)

Each category will be decided by the results of any 3 races (max) out of 5. Overall Club Championship will be decided by the results of 9 races (min 1; max 3 results from each category). The more races that you do, the better your chances but, with such a crowded calendar, we recognise that it is difficult for everyone to do all the races. We hope that the '3 from 5' format gives members a chance to target races and will encourage more members to compete in the Championship.

CROSS-COUNTRY RACES

Saturday, 13th February	Mid-Lancs League	Hyndburn
November/December	Mid-Lancs/Red Rose League Races to be confirmed after publication of the League fixtures.	

ROAD RACES

Sunday, 21st March	Ultrafit St Annes 10 Mile	St Annes
Friday, 28th May	Burnley Lions 10K	Colne
Sunday, 1st August	Cliviger 6 Mile	Cliviger
Thursday, 23rd September	Ron Hill 5K	Littleborough
Monday, 27th December*	Ribble Valley 10K	Clitheroe

FELL RACES

Saturday, 3rd April	Pendle FR (S)	Barley
Saturday, 15th May	Fairfield Horseshoe (M)	Rydal
Saturday, 24th July*	Turnslack FR (M)	Littleborough
Saturday, 28th August	Pendleton FR (S)	Pendleton
Saturday, 18th September	Good Shepherd (L)	Mytholmroyd

*Provisional Date—subject to confirmation

Keep an eye out for details of the races on the website and in the Newsletter.

Hypothermia

The purpose of this story is to convey to runners and other users of the “great outdoors” that hypothermia can happen to anyone, even those who may consider themselves to be “experienced” and it is therefore useful to understand its symptoms treatment and prevention.

Man is a Homeotherm, that is to say he endeavours to maintain a constant body temperature irrespective of the surrounding temperature. In colder climates that is achieved by heat production and heat conservation. The human body consists of an inner hot core surrounded by a cooler outer shell. The core consists of the brain and other vital organs, heart, lungs, kidneys, liver etc. This core is maintained at a constant 37 degrees C. The outer shell is what is left, the skin, fat, muscle and limbs and is normally 3-5 degrees C cooler than the core.

In a cold environment therefore, the shell may be regarded as a buffer zone between the inner core and the outside world, protecting the body’s vital organs necessary for survival from any catastrophic fall in temperature. Hypothermia is the name given to the condition which arises when there is a progressive fall in core temperature which if not checked leads to unconsciousness, respiratory and cardiac failure and ultimately death!

37 degrees C Normal core temperature.

35 degrees C Symptoms of Hypothermia, shivering etc.

33 degrees C skin temperature

31 degrees C Unconsciousness, although response to stimulation.

30 degrees C Coma

28 degrees C Death.

It is most important to remember that it is a combination of exhaustion, cold, anxiety and mental stress which is especially dangerous, all of which might well be experienced whilst competing in a fell race or even simply out training.

Causes of hypothermia should be considered in two categories, those factors which relate to the environment (weather etc) and those which relate to the individual. As individuals we have little control over the weather, although before venturing out onto the hills weather conditions should be assessed carefully before deciding your route or activity or what should be worn or carried. Important factors which should be considered are the effects of wind, causing windchill and lowering the temperature considerably and a combination of wind and wet, the deadly duo. Most cases of exposure on British hills and mountains occur in wet and windy conditions.

Choice of clothing is therefore an important consideration. Modern clothing is usually lightweight and well designed to combat conditions such as windchill. It is a fact that lots of heat is lost through the head and also through the thighs. The very barest minimum to be worn or carried whilst out training on our hills in winter would be full body windproof/waterproof cover and a hat and gloves, also consider carrying energy food. Exhaustion is another factor relating to the onset of hypothermia and is usually caused by attempting too much, not being fit enough for the task or by not having eaten enough to replace the energy used up. This is a dangerous condition as it implies that the body is unable to mobilise and maintain normal core temperature. Some form of energy food should be carried to combat the effects of exhaustion.

Purpose-made energy food bars or gels can now be purchased and Kendal Mint Cake can be recommended as a quick fix for the dreaded “bonk” whilst bananas are a natural source of energy. Mars or other chocolate bars might well also be considered.

Recognition and the treatment of hypothermia are important, the symptoms being ordinary at first and becoming more pronounced or easier to recognise as the condition becomes more severe. At first, it is a matter of becoming cold and tired, numbness of hands and feet, and shivering. This would be followed by unexpected irrational behaviour, physical or mental lethargy and failure to respond to or understand questions, slurring of speech, violent outbursts of unexpected energy with physical resistance to restraint, lack of muscle co-ordination and falling down. Failure of, or abnormal vision in focusing should be treated with extreme seriousness. All of the above symptoms may not be noticed, other symptoms include muscle cramps and light-headedness.

Young people are particularly vulnerable, as their physical and mental reserves are less than those of adults. Once the early symptoms have been recognised shelter should be sought and every effort made to prevent further heat loss. Changing out of wet clothing or adding additional clothing is advisable whilst a hot drink and food are essential, the aim being to prevent the body’s core temperature from falling even more. Once the patient is sufficiently recovered every effort should be made to return them to safety.

The purpose of this article is to perhaps make runners more aware of the potential dangers involved and take precautions to prevent it happening to you. Know your route or have the necessary skills to navigate to safety if you become lost or disorientated, wear or carry the clothing appropriate for the weather conditions or the forecasted weather conditions, understand the symptoms, treatment and prevention of hypothermia, carry energy food and a whistle, and ensure that you are fit and well enough to take on your planned task.

Ref:. Mountaincraft and Leadership.

By Eric Langmuir. Published by The Scottish Sports Council.

Submitted by Pete Thompson

Maldon Mud Race

Like me, you may be wondering what the Maldon Mud Race, won by Clayton-le-Moors Harriers' very own Avril Duckworth, is. By taking part in the event, Avril raised several hundred pounds for Hearing Dogs for Deaf People and other charities. The following account is taken from 'The Guardian':



Passersby are advised to avoid the pungent sludge of the Blackwater estuary in Essex. "Warning - deep mud," reads the sign. But yesterday more people than ever ignored the notice and common sense, by slopping through the ooze in the annual Maldon Mud Race.

"It's a laugh and it draws a line under Christmas," said Andy Layley, about to take part in his fourth race, in a blond wig. The first mud run started in Maldon in 1973 after a convoluted pub dare. More people joined when the landlord promised a free pint to anyone who could cross the estuary and back. There are no longer free drinks, but the race has become a key fixture in the calendar of eccentric English events and it raises tens of thousands of pounds for charity.

By popular demand this year the number of competitors was raised by 70 to a record 250. "We had to turn away almost as many," said Michael Ballard, secretary of the race, though even he struggled to explain its popularity.

James Bamber, co-author of *Wacky Nation*, a guide to quirky British events, was one of the 6,000 who turned up to watch the messy spectacle: "The experience is unique. Football matches and theme parks are nothing compared to something like this. It's totally raw and unforgettable."

Many competitors race in fancy dress, soon caked in mud. There were lots of pirates and Santas, and a Zorro and Dennis the Menace.

"I do cold water swimming, worm-charming. Anything that gets me cold and muddy and I'll be there," said Joel Hicks, a trainee barrister from Leicester dressed as a pink panther.

To try to understand the attraction the Guardian entered the race. The instructions were ominous: get a tetanus jab and tape your shoes to your feet.

The 400-metre course can take up to an hour. Cruelly, the circuit is hardest for the stragglers, as churned-up mud is so much tougher to get through.

"If you spend more than 10 minutes out there the mud really starts to suck the heat out of your body," Layley said.

The starting hooter prompted a flurry of flailing arms and legs as runners skidded down the bank. There were low groans of pain as the field plunged into the perishingly cold water. It was chest-high in places and the current alarmingly strong even at low tide. You have to sink your arms deep into the mud to clamber out the other side. Then there's a punishing crawl across the quagmire of the back strait.

It's impossible to stay on your feet. You have to grovel on all fours with your nose just above the stench. It smells like a drain blocked with fish and oil. Then it is back into the Blackwater and a lurch up the bank to the finish line. The mud is everywhere: up your nose, in your ears and in your mouth. The cold showers aren't much help: the whole event seems geared to hypothermia. The winner, Stuart Tutt, a 36-year-old IT manager, was still shaking with cold 10 minutes after finishing. "Never again," was all he could manage to say.

There are plans to increase the number of entrants again next year. Your correspondent will not be one of them. He managed a respectable eighth place, but it was agony.

Wow!! - Well done Avril.

Half Tour of Pendle 6th March 2010

Keith Thompson and Barrie Walmsley are again organising the Half Tour Race. They are appealing for members to volunteer to help with car parking, registration and marshalling the course. We had a magnificent turn out of helpers and runners for last year's English Championship Race and a similar level of assistance is needed this year.

If you can spare an hour or two to help out, please contact:
Keith 07739 842058 or Barrie: 07534 896146

Entry forms are available on the CleM website, to be returned by 1st March to:
Barrie Walmsley, Twynham, 19 Whinney Lane, Langho,
Blackburn, BB6 8DQ

PETER DUGDALE (SENIOR)

It is with great sadness that I report that, after a long illness, Peter Dugdale (Senior) died on 22nd January. Peter was associated with CleM for all his adult life. Within the last year, the Three Peaks Association has amended its records to confirm that Peter was the winner of the Three Peaks Race 1957 (see June 2009 Newsletter).

BILL SMITH (BURNLEY)

At its last meeting, the Committee was informed of the passing of (Burnley) Bill Smith, another long-standing member.

I would like to take this opportunity to express members' condolences to Peter and Bill's families and friends at this sad time.

ALF CASE

Alf Case's death was briefly noted in the Spring 2009 Fellrunner (The Fell Runners Association - FRA Magazine).

A former member of Clayton, he was born in Padiham in 1930 and competed in the first Three Peaks Race in 1954, finishing third out of six starters. He had only found out about the event the day before when Stan Bradshaw came up to him and said, "I've entered you for a race tomorrow".

Other events in which he competed included Pendle, Thieveley, Burnsall, Rivington, Pendleton, and the Mountain Trial.

Alf was the first FRA Chairman, 1970 – 1972, and also served as a Clayton Committee member. He helped to organise the early Pendle races and to revive both Pendleton and Thieveley Pike, the latter at the request of the noted Sheepdog Trials personality, Eric Halsall, who lived nearby. He was Secretary of the Three Peaks Race Association for 21 years, and after standing down, devoted much of his spare time to helping handicapped children, which he found very rewarding. I last saw him at the 50th Anniversary Three Peaks Race in 2004 (no race held in 2001 due to the Foot & Mouth outbreak).

The contribution of Alf Case to the pioneering days of amateur fell racing will not be forgotten.

Bill Smith

LONDON MARATHON 2010

Travel and accommodation for runners and/or spectators at the 2010
London Marathon.

£113 per person

Price includes:

- Travel by coach from East Lancashire to London on Saturday, 24th April;
- Accommodation on Saturday night;
- Travel to registration on Saturday afternoon;
- Breakfast on Sunday;
- Coach to the start on Sunday;
- Return to East Lancashire on Sunday evening.

Further details from:

Harry Haseley	01254 885611
John Barcroft	01254 884793
Eddie Murphy	07969 061233

John Bradley Osteopaths

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Clayton le Moors
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DECEMBER RUN OF THE MONTH

- SUE BURNS** for 1st F50 at the RIBBLE VALLEY 10K on 27th
Nominated by Richard Lawson, Wendy Dodds, Tracy Mitchell & Harry Manning.
- AVRIL DUCKWORTH** for 1st place in the MALDON MUD RACE on 27th
Nominated by Tracy Mitchell & Harry Manning
(see p. 12)
- AIDEN HOLGATE** for 2nd JUNIOR MAN (39.08) at the WESHAM 10K
Nominated by Marion Wilkinson & Stuart Fogg
- RAY LEES** for 1st V55 at the RIBBLE VALLEY 10K on 27th
Nominated by Richard Lawson & Harry Manning
- TED ORRELL** for 1st V70 at the LONGRIDGE 7M RR on 13th
for 1st V70 at the RIBBLE VALLEY 10K on 27th
Nominated by Harry Manning & Richard Lawson
- CANDICE TAYLOR** for 1st place in the 'GUYS' 10M RR on 6th
Nominated by Alex Cran & Harry Manning

WINNER OF DECEMBER RUN OF THE MONTH CANDICE TAYLOR

For her super performance in the Guys 10M Road Race.

NOTE: Any member can make a nomination for Run of the Month. Nominations should be sent to the Newsletter Editor by post or email (Flat A, 101 Burnley Road, Cliviger, Burnley BB10 4SN or pete.booth@ntlworld.com). 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.

BMAF Vets Road Relays

Sutton Park: 15th May 2010

The Club has enjoyed great success in these Relays in the last few years. There are Relays for M35, M40, M50, M60, M70 and F35, F45, F55, F65 Teams—a good day out for all. Transport provided, if needed.

If you would like to take part in next year's event, contact Mick Wrigley.

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Discount to Clayton Members

**This is your
newsletter...
So contribute to it!!**

Are you training for a new challenge,
getting ready to break a record, got an idea
for a new run... then we want to know!
Articles are welcome. Please send these
via email to pete.booth@ntlworld.com

or by post to

Peter Booth
101A, Burnley Road, Cliviger, Burnley,
Lancs BB10 4SN. Tel 01282 448232, Mob:
07724 085873

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

Newsletter
Advertising Rates

Full A5 page £100 for 12 issues
Full A5 page £15.00 for 1 issue

Half A5 page £60 for 12 issues
Half A5 page £10 for 1 issue

Quarter A5 page £40 for 12 issues
Quarter A5 page £7 for 1 issue

Eighth A5 page £30 for 12 issues
Eighth A5 page £5 for 1 issue

Contact the editor if you wish to
place an advertisement.

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Peter Catley IIST HFST

THE WINNER OF THE 100 CLUB FEBRUARY DRAW

NUMBER 57: PAUL TOMAN

The numbers were selected and ordered with a random number generator

The 100 Club needs new members

In order for us to continue running we need more of you to take part. For an annual subscription of £12.00 you have 12 chances of winning £50.00, **plus extra chances in our Christmas big draw.**

100 Club Co-ordinator:

Peter Billington, 10 East Crescent, ACCRINGTON BB5 5BS

Tel: 01254 391423, Mob: 07709 622405

Please contact Peter Billington without delay.

CLUB CLOTHING CUSTODIAN

Available are the following:-

Ladies Vests. Crop Tops
Men's Vests.
Grey sweatshirts and Black sweatshirts with club logo (all sizes).

Rain Jackets with club logo.

ONLY 10 LEFT:

XS - 5; S - 4; Med. - 1. when they're gone, they're gone!

JUST ARRIVED:

Hooded Sweatshirts are now available in Bright Orange (with club logo)

Price £12.

If any member needs any item could you please contact me on:
email valric2@tiscali.co.uk or by phone Burnley 01282 423808.

Val Lawson

JUNIOR NEWS

Happy New Year to you all, hope you have been enjoying the snow, a great way to stay fit. We are back to training after the Christmas break. If we are not able to use the tennis courts on Saturdays because of safety issues, we can use Aerobic studio for circuits. For older juniors, 9 upwards, we will also be out in the park after our circuit.

Well done to the 6 juniors running for Clayton at the Mid Lancs xc at Townley Park on Dec 19th. Great to see a good turn out. Issac Wilkinson, William Bellard, Joshua Bellard, Sally Ralphson, Patrick Ralphson and Aidan Holgate.

If your children want to train with us come along on Saturdays at Spirit of Sport Ormerod Road, Burnley at 12.30pm. Or for 14 year old upwards Thursday at 6pm. You will need a good level of fitness for Thursdays training, as we are looking at improving your times and endurance.

Marion & Cynthia

MEMBERSHIP

Welcome to:

Lloyd Whittaker, Cliviger (Junior Member)
Angela Donlan, Barnoldswick.

Resignations:

Paul Targett, Lawrence Chew

MILESTONES

February

Service

Mark Burrige	25 years
Paul Healey	25 years
John Lenehan	25 years
Mark Nutter	25 years

Age

5 th	Bob Russell	60 years
7 th	Paul Hesketh	45 years
14 th	Jim Whalley	65 years
19 th	John Lenehan	60 years
28 th	Dave Hindle	55 years
28 th	Jon Sharples	55 years

Covering Old Ground

20 years ago (Feb 1990)

Fourteen names went into the draw for the club's 5 places for London Marathon rejects.

This month's Member Profile was on Vanessa Brindle (Peacock). Vanessa said she ran 6 times per week, five of which were training and covered around 20-25 miles plus a race at weekend or a long run. She said "I'm basically lazy..."??

The club presentation night was to be held in April at Burnley Mechanics and tickets were £5 including buffet.

In the Results:

Vanessa Brindle was first lady at Rombalds Moor (37.10); Ross Jaques was first V50 at Boulsworth (67.39); in the Accrington 10K Donald Bibby was first V45 (38.37), J.Blackburn first lady (39.23), and Jack Betney first V55 (41.33); in the Ribble Valley 10K, Vanessa was first lady (36.31) and Albert Ashworth was first V60 (39.30); in the West Pennine Moors race (a navigational skills event) John Rutter won (108.30), (young) Stan Bradshaw was first V40 (118.41), Ronnie Orr first V50 (134.24), and Carol Walkington (Campbell) first lady (145.25).

In the Club Fell Championship only one lady completed all three and won the series – Katy Thompson. In the men, fourteen completed all and the top ten included Jack Holt (1), Garry Wilkinson (2), Mick Targett (3), Keiran Carr (4), junior member Andrew Orr (5), Mark Nutter (9), Bob Mitchell (10).

In the Christmas handicap cross country 40 seniors and four juniors took part. The fancy dress was won by Batman (Andrew Howarth) followed by Red Devil (Vanessa Brindle), and Nurse Doug Munroe.

15 years ago (Feb 1995)

Paul Brannon announced his resignation as newsletter editor.

Both Michael Frost and Stan Bradshaw wrote to the Newsletter in regard to the passing away of Eric Frost on the 7th Jan at the age of 66 years. Eric had battled with cancer for a number of years but never let it stop him enjoying the hills and was regularly seen marshalling.

The club presentation night was to be held in April at Platts Social Club in Accrington – tickets £6.

In the Results:

In the Ribble Valley 10K 460 finished including 62 ladies. Mick Wrigley was first V50 (37.15). At Paddy's Pole – 239 finished (20 ladies) – John Nuttall was first V50 (33.57); in the Golf Ball J.Smith was first V50 (47.25); in the British Fell Champs Clayton were second mens team and in the English Champs the men were first; at Shepherds Skyline Lawrence Sullivan took the V60 honours (248 finishers/23 ladies); at Withins Skyline Pete McWade was first vet (46.11) (135/13); Holcombe Tower saw Jean Rawlinson take first place in the ladies (25.44).

Ross Jaques reported, in the Christmas Handicaps only 17 people took part (*because of a clash with another club event which had recently been invented*) and suggested perhaps a better date could be found.

In the club champs only two men and two ladies completed the four XC races; only three ladies completed the four fell races (no men); and only three men and one lady completed the four road races.

10 years ago (Feb 2000)

The club was to hold a Folk Night with Roger Westbrook at the Pendle Inn in Barley.

A letter of thanks and commiseration was received from Marie Curie Cancer Care following the clubs donation of £245 raised in memory of Walter Wilkinson.

Following a social run from Oswaldtwistle to the Strawbury (*yes it is spelt like that*) Duck in Entwistle – Judy Hindle complained that the eight men hogged the station shelter whilst the two ladies present had to change clothing in the open – much to the shock of the passengers on a passing train!

Eight members submitted rejection slips for the London Marathon.

In the results:-

In the British Millennium Marathon on 2nd Jan – 14 Claytonners took part – with Kitty Garnett taking the over 60's honours (4.09.40) whilst in the Half Marathon Mark Brown was third (1.11.35) and Christine Leathley first LV50 (1.43.37).

5 years ago (Feb 2005)

Harry Smith sent in details of the 1957 Three Peaks (1954 was the first) – 19 people started (9 of our members) but two runners retired. Our members were – Peter Dugdale (senior – father of Pete and Andy) who won in 3.33.50; Alan Heaton, Stan

Bradshaw (senior), Will Charnley, Ken Heaton, Bernard Lister, Harry himself who was then not a club member but a local footballer, Neil Lindsay, and Albert Walker (Uncle and Great Uncle to Harry and Dave).

In the Results:-

Calderdale way relay – our Vets A were second and Seniors eleventh. Clayton ladies were third.

In the Red Rose XC Mark Aspinall was first V40(35.55), Dave Scott V60 (47.02) and Ted Orrell V65 (48.27); in the Lancs XC Champs Clayton Ladies were second, Barry Mitchell First V55 (47.38) and Ted Orrell first V65 (52.38). Clayton men took the honours in the team results. In the Hog's Back Val Lawson was first V60; the Red Rose Boxing Day 8K – Peter Butterworth V50; in the Ribble Valley 10K 671 finished with Clayton taking both men's and ladies' teams in the vets category and also five individual wards – Peter Butterworth V50 (35.10), Ted Orrell V65 (40.30), Kitty Garnett LV65 (56.35).

Paul Healey

FOR SALE

Reluctantly, I'm having to sell a pair of
La Sportiva Crosslite Fell Shoes, size 5.5
Worn only twice and in mint condition.

Unfortunately I chose too snug a fit and
now have black toenails.
Superb shoes for racing/training in the muddiest conditions.
Absolute bargain £20

Contact Linda Lord
01282771907
linlord@hotmail.co.uk

Winter Training

This year's winter training runs will follow a similar pattern to last year's:

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

Clayton-le-Moors: Speed session on pre-arranged circuits around the local area. Meet at Wilson's Playing Fields at 6.45pm. Organised by Mike Eddleston.

Barley: 'Barley Badgers' meet at the Pendle Inn, Barley for runs on the fell. Head torch essential. Led by Simon Halliday & Martin Brady.

Thursday: Structured training led by John Roche

This year there will be a change of format and a move away from one location and track training. The objective is to try and encourage the members to travel and support the chosen venues and to build some team spirit by group training. There will be three venues: Burnley, Accrington and Barrowford.

Each session will be around 7.5 to 8 miles and be of fartlek type training with lots of hills where possible, depending on the venue. The sessions set off as one group but as the pace increases it will split and form two groups, possibly three. The front group will be running at average pace 6/7 min miles and the 2/3 groups averaging 7/8 min miles. The session is very tough and the recoveries are very short. The route at each venue will be out and back (point to point) running and the plan is for you to find your level and also to try and keep the groups together.

Venues will rotate each week, as follows:

4th Feb: Burnley—meeting at Towneley Golf Course Gates Car Park on Todmorden Road opposite Cherry Tree Restaurant. 6.45pm

11th Feb: Accrington - Peel Park Hotel at 6.45pm (Please park near the school and not on the Pub Car Park..thanks)

18th Feb: Barrowford - Bridge Inn - Main Car Park 6.45pm

25th Feb: Burnley—meeting at Towneley Golf Course Gates Car Park on Todmorden Road opposite Cherry Tree Restaurant. 6.45pm

Thursday: Structured training led by Geoff Laycock
The Memorial Park, Church Lane, Gt Harwood 6.30pm

CLAYTON-LE-MOORS LADIES TRAINING NIGHTS 2010

04/02/10	Debbie Wilson	07507562684
11/02/10	Karin Goss	01282 779752
18/02/10	Alison Athroll	01282693673
25/02/10	TBA	
04/03/10	Juliet Horrocks	01282 816686
11/03/10	Alison Martin	01254 384965
18/03/10	Angela Donlan	07534944202
25/03/10	Kath Brady	01282 611523

All runs start at 7 p.m. If you want to host a run please ring Alison Martin 01254 384965. If you have not been for a few weeks please ring to check as venues can change.

All ladies are welcome.

NEW Thursday Training Session

**SPIRIT OF SPORT CENTRE
Ormerod Road, Burnley
6.00pm**

CROSS FIT TRAINING

Suitable for all disciplines: Road, Fell & Cross Country.
Builds power, Endurance, Pace & Core

For Seniors and Juniors (**over 16**) with a good level of fitness—not suitable for beginners.

Led by Marion Wilkinson 01282 425385

Junior Training (Age: 6-12)

Saturday 12.30-1.30pm
Spirit of Sport, Ormerod road, Burnley
Outside on Tennis Courts
Appropriate Footwear and clothing
Please arrive 10 mins early to complete Parent's consent form and
Medical Questionnaire

COMMITTEE NEWS

Monday 4th January

12 members were in attendance.

Main Decisions and Points of Discussion:

- Agreed that members who counted for the V40 & V50 Teams in 'non-counting' English Championship Races would receive a certificate. (Paul Shackleton)
- G Wright warned of potential parking problems at changeovers for PBR.
- Charity Funds to be paid to Treasurer, who would distribute to chosen charities. Funds raised for Juniors would pay for vests and T shirts issued.
- Subs income to date: £6800 (£6300 at same stage last year)
- 35 members remain unpaid after reminders. Membership will lapse.
- Committee Awards for Presentation Evening were decided.
- Richard reported the death of (Burnley) Bill Smith & Ken Moss.
- Honorary /Life members to be proposed for AGM.
- Rules for Awards to be published in the Newsletter.
- Sub Committee reported races selected for 2010 Club Championship.
- Relay: item for next Meeting.

Date of Next Meeting: Monday 1st February 2010 at the Whitakers Arms,
Accrington

List of New members on p 19.

British Fell Running Championships 2010

Four races make up the 2010 British Championships. Team and individual rankings will be decided by the results of three races (one at each distance).

Sat, 10th April	Silent Valley (M) 9.4M/4900' Pre-entry by 3rd April via form on website. New route— details on website. Website: nimra.org.uk	Mourne Mountains, NI
Sat, 26th June	Sedbergh Three Peaks (S) 4.1M/1663' 500 limit. Entries taken from 26th March-26th May. Website: sedberghschool.org	Sedbergh
Sat, 31st July	Dollar (M) 9.4M/3150' Entry forms from website: ochilhillrunners.org.uk	Dollar, Scotland
Sat, 25th Sept	Black Mountains (L) Pre-entry—forms on website in July. Website: mynydd-du.org.uk	Llanbedr, S Wales

English Fell Running Championships 2010

Six races make up the 2010 British Championships. Team and individual rankings will be decided by the results of four races (at least one at each distance).

Sat, 27th Feb	Noon Stone (M) 9M/2300' 500 limit. Pre-entry (may already be full!) Website: todharriers.co.uk	Mankinholes (Nr Tod)
Sat, 1st May	Coniston (M) 9M/3500' 400 limit. Pre-entry from 1st March on official form from website: conistonfellrace.org.uk	Coniston
Sat, 12th June	Ennerdale Horseshoe (L) 23M/7500' Limit 450. Pre-entry from 31st March-31st May on FRA form.	Ennerdale
Sat, 26th June	Sedbergh Three Peaks (S) 4.1M/1663' (see above)	Sedbergh
<u>Sun</u>, 18th July	Holme Moss (L) 17M/4000' Limit 400. Pre-entry from 1st May-9th July on official form from website: holmfirthharriers.com	Holmfirth
<u>Sun</u>, 5th Sept	Shelf Moor (S) 5.9M/1500' Limit 300. Pre-entry from 1st July-31st Aug on official form from website: glossopdale.org.uk/races	Glossop

NB: Championship Races have become very popular. All this year's Races are pre-entry. Keep an eye on the websites listed. Entry dates are known to be 'flexible'.

HALF TOUR OF PENDLE 2010

Keith Thompson and Barrie Walmsley have contacted me to request members' help for this race on 6th March. Last year, the race was an English Championship counter and we had a magnificent turn out of members, both to marshal and help, as well as to run. Just as many marshals will be needed out on the course for this year's race so, if you can spare an hour or two on Saturday 6th March, please get in touch with Keith or Barrie as soon as possible. The organisers have also pointed out that the race details published in last month's Newsletter Fixtures were incorrect. (In fairness, Katy was working off the 2009 FRA Calendar, as the 2010 Calendar had not been published.) The details are as follows:

Half Tour of Pendle AM 9m/2250' from Barley Village Hall (GR 822402) £2.50 by 1st March to Barrie Walmsley, Twynham, 19 Whinney Lane, Langho, Blackburn, BB6 8DQ

Mid Lancs Cross Country League 2009-2010

The cross country Captains have asked me to publish an appeal for members to run in this season's remaining fixtures:

Saturday, 13th February
Saturday, 6th March

Hyndburn, Woodlands
Barrow in Furness

The appeal is aimed particularly at Senior Ladies and V50 & V60 Men. The ladies' turn out has been low in the Mid Lancs League this year and the ladies' senior team is in grave danger of relegation to the Second Division. CleM needs to finish two competitive teams in the final two fixtures to avoid this humiliation.

The V50 & V60 teams had good results in the first two fixtures but, with a strong Barrow team winning the V60 category at Blackpool and the V50 team failing to register a team score, we need all available members to run, in order to maintain our position in the League.

The Hyndburn fixture is the first of the 2010 Club Championship Races, so this will hopefully encourage a good turnout.

Unfortunately, the Barrow fixture clashes with the Half Tour of Pendle FR (see above), but I think we have enough members to attend both. Please prove me right!!

Pete

UK Rankings Road Races 2009

The difficult thing is to get on the lists as qualifying standards are high:
sub 36 for men's 10K, for example.
Apologies if I've missed anybody out .
Let me know.

Richard

Ladies

W65	10K	Marion Wilkinson	15th
W55	10K	Katy Thompson	61st
	10M	Katy Thompson	16th
		Wendy Dodds	24th
W50	10K	Sue Burns	7th
	10M	Sue Burns	11th
	HM	Sue Burns	11th
W45	HM	Avril Duckworth	75th
	20M	Avril Duckworth	21st
	M	Avril Duckworth	76th
W35	5K	Tracy Mitchell	68th
	20M	Tracy Mitchell	15th
	M	Tracy Mitchell	40th

Gentlemen

M70	5K	Ted Orrell	5th
	5M	Ted Orrell	9th
	10K	Ted Orrell	5th
	HM	Ted Orrell	2nd
M55	10K	Ray Lees	16th
M50	5M	Colin Shuttleworth	31st
	10K	Roger Brewster	133rd
	10K	John Roche	185th
	HM	Brian Horrocks	75th
M45	5K	Phil Hall	66th
	5K	Tony Chew	99th
	10K	Phil Hall	128th
	HM	Phil Hall	41st
M40	5K	Barry Brock	100th
	10K	Andrew Stubbs	194th
	10K	Barry Brock	222nd
		Dave Edmondson	104th
		Andrew Stubbs	220th

RESULTS

There is a remarkable lack of results in this edition. Since the January Newsletter was published, there has been only one XC Race—Lancashire Championship (see below). Many Road and Fell Races have fallen foul of the bad weather. Hopefully, normal service will be resumed in the March edition.

CROSS COUNTRY

Apologies. I omitted the results of this race from the January Newsletter

Red Rose Cross Country League Leverhulme Park, Bolton

21.11.2009

Ladies

1	A Lupton (Radcliffe)	19.29
3	K Trickett	20.09
31	J Murphy F40	23.42
72 Finished		

Teams

1	Horwich	21
2	Blackburn	47
3	Rossendale	48

Vet Teams

1	Blackburn	19
2	Darwen	36
3	Rochdale	41

U13 Boys

1	F Tallon (Chorley)	10.33
27	H Edmondson	13.28
33 Finished		

Men

1	N Leigh (Altrincham)	36.25
13	M Aspinall	1st V45 38.34
17	G Shaw	39.00
21	D Edmondson V40	40.01
27	R Lees V55	40.45
56	P Archer V40	43.25
61	A Life V40	44.04
78	B Mitchell V60	45.39
109	J Hickie V50	48.19
151	T Orrell	1st V70 53.49
166	J McGuire V50	69.36
167 Finished		

Teams

1	Rossendale	92
2	Clayton	148
3	Rochdale	190

Vet Teams

1	Clayton	43
2	Blackburn	56
3	Rossendale	67

Lancashire Cross Country Championships

Witton Park, Blackburn

9th January 2010

Ladies

1	S Ridehalgh	Acc RR	33.51
5	K Trickett		35.38
31	K Thompson	F55	43.53
37	C Leathley	F60	52.35
37 Finished			

Teams

1	Blackpool	17
2	Wesham	43
3	Manx	51
7	Clayton	73

U11 Boys

1	J Lonsdale (Blackpool)	7.28
30	W Bellard	10.40
33	J Bellard	11.25
33 Finished		

Junior Men

1	K Billington(B/burn)	38.02
4	J Dugdale	44.13
10 Finished		

Men

1	B Fish (Blackburn)	36.40
17	G Shaw	40.30
24	P Hall	1st V45 41.38
33	A Orr	43.38
36	R Lees	V55 44.03
41	C Balderson	V45 45.15
58	N Worswick	V40 47.57
78	D Scott	1st V65 53.26
94 Finished		

Teams

1	Blackburn	59
2	Manx	165
3	Blackpool	181
5	Clayton	203

Vet Teams

1	Rossendale	29
2	Blackburn	30
3	Clayton	67

Mid Lancs Cross Country League**Lawson's Ground, Blackpool****16th January****Ladies' Race**

1	A Jarman (Lancaster)	23.13
15	A Kelly	F45 26.20
46	C Life	F35 29.15
80	S Allen	F45 37.07
	84	Finished

Teams

1	Wigan Phoenix	28
2	Chorley	46
3	Rossendale	55
14	Clayton	137

V35 Teams

1	Wesham	30
2	Chorley	42
3	Blackpool	49
8	Clayton	83

V45 Teams

1	Southport	34
2	Lytham	61
3	Red Rose	62

U13 Boys

1	T Blanchard (Skipton)	10.51
18	H Edmondson	12.57
	29	Finished

Men's Race

1	J Douglas	Border	30.23
11	G Shaw		32.16
19	M Aspinall	V40	32.46
31	P Hall	V40	33.47
33	R Lees	V50	33.59
41	D Edmondson	V40	34.41
44	S Fogg		35.04
60	D Motley		36.22
61	C Balderson	V40	36.23
78	A Life	V40	37.12
96	N Worswick	V40	38.16
125	B Mitchell	V60	40.29
137	J Hickie	V50	41.20
138	D Scott	V60	41.29
177	T Orrell	V60	45.05
193	D Munroe	V60	48.52
	207	Finished	

Teams

1	Southport	125
2	Clayton	177
3	Barrow	183
12	Clayton 'B'	550

V40 Teams

1	Clayton	40
2	Barrow	86
3	Preston	104

V50 Teams

1	Preston	27
2	Barrow	29
3	Horwich	43

V60 Teams

1	Barrow	17
2	Clayton	20
3	Chorley	38

FELL RESULTS

Auld Lang Syne 31/12/09

BM 6m 800ft

1	A Brownlee - Bing	39.35	263	D Richards	LV40	61.29
23	J Dugdale	45.12	277	B Thompson	LV40	62.50
34	C Balderson	V40 46.52	278	M Salisbury	V40	62.51
43	O Walwyn – Altrhm	1st L 47.34	295	N Horsfall	LV50	64.19
76	N Hardiman	V40 49.31	372	J Francis	V60	75.44
99	Pr Thompson	V40 51.44	374	J McGuire	V50	78.24
185	A Dugdale	V40 56.07				
206	G Newsam	V50 58.04				
233	B Savage	LV40 60.01	379	Finished incl	98 Ladies	
261	P Dugdale	V50 61.25				

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

- Sat 6th Wadsworth Trog BL 20m/4000' 10.10 am from Old Town Cricket Club, Hebden Bridge (GR 998285) £6 pre-entry by 31 Jan.
See www.cvfr.co.uk for details
- Sun 7th Wadsworth Half Trog BM 9m/1500' 10am Other details as above
Radcliffe AC 10m Trail Race 10.30am from Radcliffe Cricket Club £5 + 50p eod New Course
- Sat 13th **Mid Lancs XC Club Champs Wilsons Playing Fields, C-le-M**
Ladies 2pm Men 2.30pm
Parbold Hill Race 6.75m £5.50 limited eod +£1.50
2pm from Bispham Durnings Endowed School, Chorley Rd, Hilldale, nr Parbold www.skemboundaryharriers.co.uk
- Sun 14th Winter Hill Fell Race AM 11m/2750' 10 am from Rivington Barn, nr Horwich £5 on form from www.horwichrmiharriers.co.uk or £10 on day
Blackburn Winter Warmer 10K 11 am, Witton Park £6 eod +£2
Valentines Day 5K 11am Anderton Arms, Fulwood, Preston £5
- Sun 21st Great North West Half Marathon 11am Hilton Hotel, North Promenade, Blackpool £19+ £3 eod cd 7th Feb
Trafford 10k 9.30 am from Partington Leisure Centre M31 4ES £11 cd 16th Feb (NB This race fills up quickly)
- Sat 27th **Noon Stone FR AM 9m/2300' 12 noon from Top Brink Inn, Lumbutts (GR 956236) £4 www.todharriers.co.uk**
English Fell Champs Race full.
Standish Hall Trail Race approx 10K 2.30pm from Wigan Hotel, Standish WN6 0SR (off J27 M6) £4 + £2 eod
- Sun 28th Preston Docklands 5m Carrefour Gym, Ashton, Preston PR2 2YQ £5 + £1 eod

MARCH'S MEANDERINGS

- Sat 6th **Half Tour of Pendle AM 9m/2250' from Barley Village Hall (GR 822402) £2.50 by 1st March to Barrie Walmsley, Twynham, 19 Whinney Lane, Langho, Blackburn, BB6 8DQ**
If you are not running please help with marshalling or parking
- Sat 6th Mid Lancs XC, Barrow Ladies 2pm Men 2.30pm
PFO Come and Try it Event – Towneley Park Register anytime from 10am to 12 noon. Short courses for beginners plus micro-orienteeing for more experienced orienteers. Beginners free. £1.00 for the micro-orienteeing (dibber hire £1.00 on micro course). www.pfo.org.uk
- Sun 7th Chew Valley Skyline BL 13m/2000' 11a.m. from Dovestones Sailing Club, Saddleworth GR013033 £7 by Feb 27th 250 Limit
Stanley Park 10K, Blackpool 11 am £10 www.runblackpool.co.uk
Haweswater Half-marathon 11.30am from Bampton Village £12 edenrunners.co.uk
Cloud Nine Hill Race BM 9m/1250' 11a.m. from Brunswick Wharf, Congleton GR865634 £5 pre-entry + £1 eod
- Sat 13th Haworth Hobble – Wuthering Hike 33m/4400' £20 per team of 2 or £11 individual Entry form from kcac.co.uk
- Sun 14th Roddlesworth Roller, Abbey Village 6m 11 am £6.50 + £2 on day
Burnley 10K 11am from Spirit of Sport £7 + £1 eod
- Sat 20th Fiendsdale FR AM 11a.m. from Fell Foot, Chipping 7.5m/2500' £5 by 12th March
PFO Come and Try it Event – Wycoller Register anytime from 10am to 12 noon. Short courses for beginners plus micro-orienteeing for more experienced orienteers. Beginners free. £1.00 for the micro-orienteeing (dibber hire £1.00 on micro course). www.pfo.org.uk
Sticky Toffee Pudding 10K Trail Race, Cartmel 11am Also 18K Cartmel Challenge & Cartmel Trail Race www.ultimatetrails.org
- Sun 21st **St Annes 10m Club Champs 11am from St Annes Fire Station £7**
Edale Skyline – Race full
Two Crosses LDWA event postponed from 17th Jan.
- Wed 24th Vera Hirst 5K, Littleborough 6.30 pm £4 + £1 on day
- Sat 27th Causey Pike FR AS 4.5m/1780' 2pm from Stair Village Hall £3
- Sun 28th Gibson Sports 5K 11am from Walton Arms, Altham £4 eod only
Muddy Bottoms Off-road run 9m/17m 9am from Bamber Bridge Leisure Centre £10
Wilmslow Half-marathon Race full
- Tues 30th Liver Hill BS 5m/800' 6.45pm from Marl Pits Free entry – no prizes
- Wed 31st Brenda & Colin Robinson 5K Rd Race Falcon Inn, Littleborough £5 + £1 on day 7pm

MID LANCS CROSS COUNTRY LEAGUE

<u>Date</u>	<u>Venue</u>
Saturday, 13th February	Hyndburn, Woodlands
Saturday, 6th March	Barrow in Furness

For this season, a veteran runner's age will be as it is on the first fixture, for the whole of the season in this league.

Please check the Mid Lancs League website for details of race start times etc:

<http://www.midlancs.org.uk/>

* **Club Championship counter**

MESSAGE FROM CROSS COUNTRY CAPTAINS

We have again entered both the Mid Lancs and the Red Rose Cross Country Leagues this year. If you intend to compete, you will need TWO numbers: one for each League.

If you ran cross-country last season, you will automatically be issued with numbers for the coming season and we will hopefully get them to you to before the first race.

**PLEASE KEEP YOUR NUMBERS FOR THE WHOLE SEASON
DO NOT THROW THEM AWAY AFTER THE FIRST RACE**

You will need to re-use them throughout the season.

If you didn't compete last season, or if you are completely new to cross country and intend to run, **please let us know well in advance of the next race**, so we can get you a number

Hope to see you all on the country.

Mark Aspinall: 07982 995629 markaspy@hotmail.co.uk

Anna Kelly: 07900 998746 annakelly64@hotmail.com

**CLAYTON-LE-MOORS HARRIERS
CAPTAINS
2009-2010**

Captain	Name	Vice Captain & Selector	Contact No	Email
Men's XC	Mark Aspinall	TBA	07982 995629	markaspy[at]hotmail.co.uk
Ladies' XC	Anna Kelly	T Mitchell & A N Other	07900 998746	annakelly64[at]hotmail.com
Men's Road	Gary Shaw	M Hogan & J Roche	01282 703088	g.shaw437[at]ntlworld.com
Ladies' Road	Tracy Mitchell	A Kelly & I Roche	07920 789090	tracymitchell1[at]hotmail.co.uk
Men's Road – Vets (O40)	Michael Hogan	G Shaw & J Roche	01254 390259	micknallie[at]aol.com
Men's Road – Vets (O50)	Michael Wrigley	D Scott & R Lawson	01282 602864	mickwrigley[at]aol.com
Men's Fell	Stuart Fogg	K Mitchell & N Worswick	07811 619927	stuart.fogg[at]yahoo.com
Ladies' Fell	Katy Thompson	A Kelly & S Burns	01254 772013	katy.thompson1[at]btinternet.com
Men's Fell - Vets	Paul Shackleton	G Wilkinson & P Booth	07831 786544	shackletonpaul[at]hotmail.com paul.shackleton[at]stourbridge.ac.uk