

HARRIER NEWS



The Clayton Harrier Newsletter
January 2009

HAPPY
NEW
YEAR
to all our
readers



Member Profile: Dr Ron Hill MBE – p 10

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 2008 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 2008/09 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 Bricks

In the December Newsletter I asked members to submit nominations for awards in a number of categories. Thanks to those of you who have sent in suggestions for the Committee's consideration.

I know that you can hardly contain your excitement until the big day (14th February—tickets are going fast, so contact Andrew Graham without delay!), so I have come up with some of my own categories and nominations based on some purely personal high(?)lights during 2008.

'Wheels came off – big style' Cup

Wadsworth Trog: Boothy lost 12 minutes on V50 winner, John Rusius, in last five miles.

Three Peaks: Colin Shuttleworth took 48 minutes from Inglebugger Summit to finish.

Pendle Cloughs: Sean Clare managed only the first 3 miles—it was hot!

Pendle Cloughs, Three Peaks, Full Tour etc, etc: Neil Worswick 'nuf said.

'Talks a better race than he runs' Class

Novice: Stuart Fogg – too many injuries to make true judgement, but could be in Master class. A lot to learn.

Needs more practice: Barry Brock—Performance unfortunately matches extravagant prior claims – occasionally.

Master: Neil Worswick – years of practice. Will be a long time before anyone 'leathers' him in this category!

Navigation/Rendezvous Award

Three Shires: Paul Healey – managed to arrive at the finish from completely the wrong direction. (Only to find that all the officials had packed the tents and gone home – leaving Paul's bag in splendid isolation in the middle of the field! They hadn't even realised Paul was missing. Good job he did manage to find his way back!)

Borrowdale: Boothy – having worked hard to catch Mark Nutter & Richard Bellaries on the climb up Great Gable, he decided not to follow them off and took his own 'improved' line, thus finishing seven minutes behind them. Good move!

Mourne Peaks: Paul Shackleton – proudly informed Garry that he had arranged a flight to Northern Ireland that arrived at the same time as ours. Bang on time, he came on the mobile to inform us that he was at Belfast City (George Best) Airport. We'd just landed.....at Belfast International. Only a 50 mile detour!

Doting Dads' Shield

Joint Winners: Tim Edward, Paul Shackleton, Garry Wilkinson.

On the way from George Best (see above) to Newcastle, Boothy had to remind them that endless anecdotes about their gorgeous infants were not an essential part of a lads' weekend away. The Three Mouseketeers then compounded their sins by *leaving the pub & going to bed early **AFTER** the race!*

Jacques Cousteau 'Golden Flipper'

Richard Bellaries: For several unsuccessful dives to retrieve his (expensive) head torch ripped away by the current during a dangerous crossing of the swollen River Caldeu on Leg 4 of Dave Nuttall's BG. (They had time to use the bridge!) He was lucky, mind you, the group comprised Richard, Dave, Pete Browning (all 6 feet-ish) and..... ..Martin Brady (who isn't). Good job Martin's a good swimmer.

'Hard as Nails' Gold Medal

Wendy Dodds: Came to Blackstone Edge Championship Race with a broken collar bone and badly bruised and battered face, having taken a nasty tumble off her mountain bike, stating: "If Geraldine and Lynn don't come, I'll trot round and get some points!"
Don't mess with Wendy.

'Good to See You Back' Smiley Face

Jane Murphy, Geoff Smith, Tim Edward & Pete Browning, who all have returned to competition following periods of time in plaster, after carelessly managing to cause themselves serious damage.

Glorious Cock-Up Trophy

Mike Eddleston & Geoff Smith for supporting Jon Sharples on Leg 1 of his Joss, but failing to keep up with him, going off route, while still carrying his backpack!

Paul Hesketh arriving at the end of a recce of Leg 2 of the Calderdale Way, only to confess he'd left his car keys at Cragg Vale. (Good job I was in a good mood and knew the short way back!)

Garry Wilkinson for injuring himself in the kids' kickabout following the Club Relay.

I hope the members 'named and shamed' above will take the 'nominations' in the spirit in which they were made—harmless fun! If anyone else has any more equally embarrassing incidents that can be shared, please don't hesitate to let me know.



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LETTER

Dear Peter,

I laughed when I reached the end of Tony Peacock's article on the Langdale Horseshoe and phoned him immediately to tell him that having read about the slippery rocks, bogs and steep descents, the answer was an emphatic NO! However, I did say that if he was contemplating a recce on a sunny summer day that I would like to go along and have a chance to look at the scenery rather than looking at the ground all the time when trying to race.

Tony and Vanessa had taken me round the Three Shires course prior to the race so that I would have some idea of what I was letting myself in for, as I needed to run a fell race counter, having missed the previous ones. Looking at the results I was possibly the only person who did not normally run the race, and if the Langdale was to be a counter next year, then I don't think there'd be many new takers.

El Presidente

LETTER

Pete,

In the next available news letter please include a big thank you to all Marshalls and Officials at this years Tour of Pendle.

I have received quite a few e-mails and letters from runners thanking them and congratulating us all on the organisation of the race on the day.

I have been over most of the course since the race and can report there is no litter that I could identify as having been left by the race. So a big plus for everybody.

Next year's race is on Saturday, 21 Nov 09.

Merry Christmas and all the best for the New Year to everyone.

Kieran Carr,
Organiser, Tour of Pendle.

FLORA LONDON MARATHON 2009

Travel and accommodation for runners and/or spectators for the
Flora London Marathon 2009

ONLY £110 per person

Price Includes:

- Travel by coach from East Lancashire to London on Saturday, 25th April
- Accommodation on Saturday night
- Transport to Registration on Saturday afternoon
- Breakfast on Sunday morning
- Return to East Lancashire on Sunday evening

Further details from:

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



**CLAYTON LE MOORS HARRIERS -
CELEBRATION OF THE 2008 YEAR**

SATURDAY 14TH FEBRUARY 2009

STUCK FOR SOMEWHERE TO GO ON
VALENTINES DAY?..... WHY HAVE A
ROMANTIC MEAL FOR TWO?, WHEN YOU
COULD HAVE ONE WITH TWO HUNDRED!!!!
IT'S COMING AROUND AGAIN "THE CLAYTON
LE MOORS HARRIERS - CELEBRATION OF
THE 2008 YEAR" CROMDALE ROOM

FENCE GATE

WHEATLEY LANE, FENCE

7:00PM FOR 7:30PM SEATED

DRESS CODE: SMART

HOT BUFFET - PRESENTATION -

ENTERTAINMENT (TILL 1:00AM)

TICKETS £14 AVAILABLE FROM

ANDREW GRAHAM - SOCIAL SECRETARY

01282 691988

ANDREW@AJGRAHAM.FSNET.CO.UK

TROPHIES

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



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

We are starting to make preparations for next year's new, improved Celebration Evening (details on p 9) 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, 4 Wiswell Close, Burnley, BB10 2DW
Tel: 01282 830458

OR

To any Committee member at a race or training night.

DO IT NOW!!!

THANK YOU

Member Profile

Doctor Ron Hill MBE

The subject of this month's profile is probably the most famous CleM member - ever, and is certainly the member with the fastest marathon time. He has maintained a running log since 3rd September 1956 and has recorded over 150,000 miles of running since then. He has run every day since 20th December 1964 and on 10th October this year completed 16,000 consecutive days of running. Ron had recently achieved another ambition: competing in 100 different countries, when I approached him about being the subject of a profile at his 70th Birthday Run at Littleborough on 25th September. This occasion provided an indication of the esteem in which Ron is held by the general running community, not just Clayton-le Moors Harriers, with 467 runners turning out to honour him. The start of the run even went out live on BBC North West Tonight! It is typical of the man that, when I spoke to him during this prestigious occasion, in a very busy, noisy pub, he immediately agreed to take part.

He has asked me to thank everyone from CleM who came to his 70th Birthday 5K and those responsible for the excellent framed cutting presented to him on the evening.

Why did you join CleM?

I joined CleM originally because I wanted to be a runner. My mother had a friend whose son, Arthur Henderson, was already a member, and I joined too.

Why did you leave CleM?

I went to Bolton United Harriers in 1960 because I wanted a chance to run in the big time. My resignation letter read, "I'm fed up of being in a club of bloody mountain goats." I never thought the club would forgive me for that, but I am now a life member, so they have. Bolton had teams in the big relays: Manchester - Blackpool and London - Brighton, and had teams in major road races and cross-country championships with chances of winning. I left Bolton in 1976 and rejoined CleM because I wanted to get back to my roots. I regretted not being the first CleM runner to get an Olympic vest, when I finished a close 4th in the Marathon trial and they picked the first three.

Is there anything that the club should do to improve things for its members?

From my point of view the club is doing everything it can to cater for its members' needs. Maybe there is scope for nurturing very young runners into developing their cross-country and long-distance talents, but I realise this is very hard to do without a club HQ. Geographically, I am on the fringe of things but I am always proud to wear the CleM vest.

**Edinburgh 1970 - Commonwealth Games - Gold - World Record-
2:09:28**



Given that your time of 2:09:28, set in winning the Commonwealth Games Marathon in July 1970 is still tenth on the all-time list of British Marathon times and that only nine of the current top 100 times have been set since 2000, what is your opinion of the state of British long-distance running?

I am proud to still be in the top ten all-time British marathon times. The current situation in British long-distance running is pathetic. The funny thing is that there is now so much science, coaching, magazine information and, for a few, there was funding and still we have gone downhill. My personal view is that we have no runners with motivation and there is no status attached to being a long-distance runner. How come a past Commonwealth Games Marathon Champion and record holder was not even invited to the stadium when the Games were held in his own backyard in 2002? Road race results no longer appear in newspapers as they used to.

Why bother, except for health and personal satisfaction? But this alone will not produce Olympic runners. Our bodies have not changed in the last two or three decades; our attitudes have.

What do you consider your best performance?

There are 5. Winning the English Cross - Country Championship in 1966 and 1968, The European Marathon in 1969, the Boston Marathon with a big new course record in 1970 and finally the Commonwealth Games Marathon with my PB 2:09:28 in 1970.

Have you got a favourite race? What makes it so special?

My favourite race has to be the Rivington Pike Fell Race, probably because I have run it 34 times, winning in 1961, '65 and '66. It has got harder for me as time has gone on, but it is interesting to see the decline in results.

What has been your most enjoyable running experience to date?

Possibly running early one morning down the empty narrow paved gorge into the lost city of Petra in Jordan, emerging in front of the deep orange "Treasury" building carved in the solid rock. But there are many, many more.

What's the most unusual place that you have run/raced?

In August 2007 I ran in the Chimborazo Volcano 1/2 Marathon in Ecuador. The race started at 4,800 m (15,750ft) and finished at 3,200 m (10,500ft). The first part was dirt trails and it was snowing. When we finally hit tarmac it was hail-stoning and the roads were covered in slush. Although downhill it was hard work with a headwind and I was not sure if I would make it to the finish. I did, in 1:59, a PW, and I could not stop shivering for 2 1/2 hours. On a warmer front, in December 2004, I ran a 10K in Cambodia. The race started at dawn in front of the main temple in Angkor Wat. Magical.

In the Faroe Islands it felt painful to finish in my 100th Country of competition. I fell down. And on to the arm I had broken in Santorini in June. (see my blog:

<http://www.hillyclothing.co.uk/Ron-Hill-Blog/>

where there is a video clip.)

What is a typical week's training?

I am running 25 mpw now. Typically it would be, starting Saturday: 4 miles, 5 1/2, 2 1/2, 3, 4 1/2, 2 1/2, 2 1/2.

You are famous for having run every day since 1964. Has there ever been a time when you nearly didn't make it?

The closest was the head on car crash. I thought I was going to die. It was tricky running with a snapped sternum.

Do you have a favourite training run?

My 5 1/2 run is on roads at first then farm tracks and paths. Seemingly far away from it all. Occasionally I will see a heron and I used to see an albino pheasant.

Is there any training session that you hate, but do because of the benefits it brings?

In my heyday I used to run 4 miles on the way home from work aiming for 20 minutes. I dreaded and hated it. So I stopped doing it! The hardest training session of the week was the race.

What shoes do you prefer – road? - off road?

I wear ASICS all the time, road or off-road depending on conditions. But I have a pair of studs for the Rivington Pike.

**Have you got a favourite piece of clothing or kit e.g. HRM? Garmin?
Compression clothing?**

How does it aid your performance?

I have custom-made soft orthotics. Since a bunion operation they allow me to run pain free.

How do you keep yourself motivated?

Running gives me a lot of health benefits. I like to challenge myself. I do not want any blank spaces in my training log.

What are your running ambitions?

I want to reach 250,000 kilometres. I would like to run in some more foreign countries.

Have you had any serious injuries?

Knees (arthroscopy op.) - occasional achilles tenderness, torn both hamstrings at their origins, bunion op., very bad back problem once, and other bits and pieces.

How did you overcome them?

Running slowly and less far.

How do you prevent injuries?

Listening to my body. For my knees, if the temperature goes below 10 deg C I wear legwear, below zero - double legwear. I also take Glucosamine - 1000mg am, 350mg lunchtime, 350mg evening, also MSM - 1000mg am.

Are you careful about what you eat?

Very - varied diet, eggs, spinach, nuts and dried fruit in muesli, salads, yoghurts, meat, fish, bread, rice, potatoes, vegetables especially greens. I eat only 1/3rd of what I would eat when running 120 miles per week.

Do you have a special diet before certain races?

I used to do the carbo-loading diet which I pioneered for marathon running. I don't do marathons any more.

What do you eat before/during long races?

Usually porridge with sugar. I do not eat or drink in races.

Have you any good running tips to pass on to members?

Keep a training log. Know when to rest. Have a plan.

Who is your running hero? What makes him/her special?

It was Alf Tupper. He never got any older. He would win when everything was against him.

Who is/was your great rival? Tell us about any battles you had. Were you friends afterwards?

Internationally: Gaston Roelants and Mohamed Gammoudi. At Bolton, Mike Freary. Nationally, Mel Batty, Jim Alder, Bill Adcocks, Basil Heatley, Jim Hogan, Brian Kilby and many others.

All are still friends, as always.

Do you have any other hobbies or interests outside running?

Gardening, when I have the time, and travel.

My sincere thanks to Ron for sparing the time and trouble to answer so fully a long list of questions. If you are interested in learning more about Ron - details of his times, achievements and current activities - he has an excellent blog on the Hilly website:

<http://www.hillyclothing.co.uk/Ron-Hill-Blog/>

I've had a few suggestions for future profiles, but if you have a notion of who would make a good future subject, please contact me.

Pete

Message Board Etiquette

The message board is for the use of Clayton members and friends. It has recently experienced a few problems with messages left which could be interpreted the wrong way. The message board is read by the whole world, not just Clayton members. Having arguments, finger pointing etc reflect badly on the image of the club. If possible, use the newsletter for internal club matters.

After consultation with the committee and other members we have produced a set of guidelines for its use.

If you are posting on the Message Board, you should keep in mind the following:-

Communicate Clearly. Write clearly when you compose a message.

Review your message carefully before clicking Send. Typos can be confusing. Remember, if your message can be misunderstood, it will be.

Refrain from using ALL CAPS.

Typing in all capital letters is frowned upon; it's the equivalent of screaming. It's considered an aggressive way to post and it doesn't come off as being very friendly. It also makes your message more difficult to read.

Utilize Formatting Codes and Smilies.

Since tone can be difficult to convey simply using only the written word, using these options can help clarify what you are saying. Italicizing a word may help the reader understand what you are stressing. Putting a winking smiley in your message will help show you are just kidding or teasing and help avoid a person taking a comment personally.

Correction and Retraction.

If you realize that you made a mistake in a previous message, please add a new message acknowledging the mistake and correcting it promptly. You will find most people are understanding of mistakes if they are dealt with immediately.

Be Respectful, Kind and Honest.

Don't issue personal attacks, use profanity, or post threatening, abusive, harassing, or otherwise offensive language or images. Keep your messages appropriate and courteous at all times. Please disagree with other opinions respectfully. If you are unsure if something is inappropriate, ask yourself these questions: Would you say it to the person if she were standing right in front of you? Would you say it to your best friend or loved one? Are you calling someone names? How would you feel and react if faced with the same message from someone else? If it would anger or upset you, you might consider re-framing your thoughts in a less objectionable tone.

Personal Communication.

Personal messages, and especially critical comments, are more appropriate when sent directly and privately. Many message board have a private messaging feature that can be utilized for this purpose. If not, an e-mail to the individual is also an acceptable option.

Problems with Another Poster.

If you find yourself having a problem with another poster, it is poor form to voice your concerns on the message board. It is much better to contact the moderator or webmaster privately through email or private-message.

Be Careful When Posting Personal Information.

Be careful about including private information about yourself, such as phone numbers and street addresses. It's not only a personal risk to you, but can also make other members of a community feel uncomfortable or wary. If you must share information of that nature, it should be sent by e-mail or private message.

Respecting the Message Board.

The Message Board is provided as a service to the club. As a result, posting on the forum should be viewed as a privilege, not a right. You would not consider acting in a hostile way or inappropriately in a restaurant or other "public" location, and therefore you should not expect the right to do so on a forum.

Remember that the message board is read by the whole world not just Clayton members. If in doubt use the newsletter.

Respecting the Moderators and Owners.

Just as the world needs law enforcement to help keep the peace, Message Boards often employ moderators to help enforce the rules and keep things running smoothly. Most do so on a voluntary basis. While you may not agree with them, moderators are there for the general better of the club, and should be afforded respect and courtesy.

Remember the Golden Rule. It is very easy to misinterpret a person's word when you cannot see them and/or hear their tone, so please keep in mind the Golden Rule of Message Board Etiquette: Its not just what you say, its how you say it.

Martin Brady
Webmaster

THE WINNER OF THE 100 CLUB

JANUARY DRAW

Number 45: Kitty Garnett

£50.00

FANCY JOINING? - IT ISN'T TOO LATE

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.**

All you have to do is send your name, address and CLM number (or state you are an associate member) and a cheque for £12.00 made payable to Clayton-le-Moors Harriers to:

Marie Greenwood 196 Bold Street, Accrington BB5 6SS
For more information ring Marie on 01254 237485

COMMITTEE NEWS

1st December 2008

16 committee members were present at the meeting at the Whitakers Arms, Accrington. In the absence, through illness, of John Roche, Paul Healey chaired the Meeting.

The main points of discussion were:

- Half Tour of Pendle—erosion. Linda Lord had written to express her concern about the Race adding to erosion problems. Mike to reply reporting on our discussions with Keith and the FRA.
- England Athletics Coaching Courses: The club would support (financially) any members interested in undertaking coaching courses.
- Captains were yet to submit their list of 'agreed' races that the club would support with travel expenses or a minibus. Where a minibus was provided for an event, places would be provided free for competing members; non-competitors welcome if there were spaces. Expenses would be paid to car owners, only if the minibus was full.
- Mike Eddleston reported that , with 14 days to the deadline, approximately half the members had renewed their membership. A reminder would be sent in January Newsletter, which would be the last Newsletter to be sent to members in arrears.
- We again discussed the website Message Board. Martin was to remind members that the Message Board could be seen by the general public and publish a forum etiquette code, which would also be published in the Newsletter.
- Peter Thompson took us through the latest draft of the Club Development Plan. Concern was expressed about the implications of having written risk assessments for training sessions.
- Members were asked to examine the structure of medal awards for the January meeting.
- Katy, Kath, Garry(?) and Peter B were to form a Club Championship Sub Committee to decide the 2009 Club Championship Races.

Date of Next Meeting: Monday, 2nd February, Whitaker's Arms, Accrington.

New members:

Welcome to : Katie Trickett (Accrington), Paul Brown and Peter Farrell (both Colne)

Resignations:

Andrea Barrowclough, Michael Burnip, Phil Watson, John & Dominic Rutter

**Club Captains and Vice-Captains/Selectors
2008-2009**

	Captain	Vice-Captain
<u>Fell</u>		
Senior Men	Kieron Mitchell	M O'Donnell, N Worswick
Veteran Men	Garry Wilkinson	P Shackleton, P Booth
Ladies	Candice Taylor	N Worswick
<u>Cross-Country</u>		
Men	Mark Aspinall	I Greenwood
Ladies	Anna Kelly	T Mitchell, M Laney
<u>Road</u>		
Men	Alex Cran	B Brock
Veteran Men	Mark Brown	J Roche, M Wrigley
Ladies	Tracy Mitchell	A Kelly, I Roche

Annual Subscriptions

Annual Subscriptions are now due.

Rates:

Senior: £20

18-22: £10

Under 18 (Junior): £3

Associate: £6

Please complete your renewal form and return it to the Membership Secretary, Mike Eddleston, along with the appropriate subscription as soon as possible.

The Club Constitution states that any member in arrears with his/her subscription is not eligible to take part in club championship events, to receive the Newsletter or to represent the Club in relays.

Winter Training

Winter Training sessions are upon us—26 weeks of running in the dark. What a cheerful thought. (Down to 12 now!)

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: **Nelson:** Speed session at Seedhill Track, at Junction 13 M65.
6.00pm Beginners & less experienced runners.
6.45pm More experienced runners. Led by John Roche.
(**NB:** There is a charge for the use of the track, which all runners must pay.)
Clayton-le-Moors: Speed session on pre-arranged circuits around the local area. Meet at The Memorial Park, Great Harwood. Organised by Geoff Laycock.

Other groups meet on an 'ad hoc' basis for runs during the day in winter. Other also events take place on winter evenings. Look out for notices on the website and in the Newsletter for these.

Club Championship

The final race of the 2008 champs is:

Mid-Lancs XC, Worden Park, Leyland

Saturday 17th January 2009

Ladies 2pm Men 2.30pm

2009 Champs

The committee will soon be deciding on all the races for the 2009 Club Champs, but it has already been decided to use the remaining Mid-Lancs Cross Country races:

Mid-Lancs XC, Wilsons Playing Fields, Clayton-le-Moors

Saturday 14th February 2009

Ladies 2pm Men 2.30pm

Mid-Lancs XC, Witton Park, Blackburn

Saturday 14th March 2009

Ladies 2pm Men 2.30pm

Please contact me on
katy.thompson1@btinternet.com
or via the Website Message Board
or on 01254 772013

CLAYTON CLOTHING

NEW ITEMS NOW AVAILABLE

BLACK T-SHIRTS WITH ORANGE LOGO S,M, L ONLY £5

CAR STICKERS - NEW DESIGN BARGAIN AT £1

T-Shirts - Dark Grey with Orange logo £5 Sizes - S, M, & L

Sweatshirts - Light Grey with Black logo £10 Sizes - ExS, S, M & L

Men's Vests £11

Women's Vests £11

Rainjackets £25

Cropped Tops £15

Car Stickers £1.50

Now available from Kath Brady

Give me a ring or email, I can either post out to you or you can collect from me at training or races

01282 611523, 07899 722922, kabrady64@hotmail.com

John Bradley Osteopaths

411 Whalley Road

Clayton le Moors

01254 381545

Registered Osteopaths

**Covered by most medical
insurance companies**

For all types of Musculoskeletal injuries

Practice established 1989

**PAUL WALSH IIST. Cert Ed.
Injury Rehab**



Individual treatment plan
Supervised Rehabilitation
Sports Massage
Manipulation
Mobilisation

**‘A reliable service committed to
effective treatment and quality care.’**

**Tel-01282 424105
Mob-07957 296588**

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
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HARRIERS WEBSITE

The Guest user has now been withdrawn. Anyone who wants to post on the message board needs to register.

To register just email me with :-

- 1) Your required username eg Fred
- 2) Your required password

my email is claytonlemoors[at][googlemail.com](mailto:claytonlemoors@googlemail.com) (Note replace [at] with @)

The only reason for registering this way is to stop unwanted members being generated by automated software (spam) and then posting spam on the message board.

Martin Brady (webmaster)

MILESTONES - JANUARY

Service

Ian Mitchell	20 years
Alan Turner	15 years
David Bate	5 years
Simon Halliday	5 years

Age

9 th Pete Browning	50 years
30 th Danny Ashworth	18 years

CLAYTON-LE-MOORS LADIES TRAINING NIGHTS 2008

Date	Name	Telephone
08.01.09	Debbie Wilson	01282 841221
15.01.09	Alison Martin	01254 384965
22.01.09	Angela	01282 698042
29.01.09	Linda Bostock	01282 816269
05.02.09	Sue Allen	01254 388492
12.02.09	Karin Goss	01282 779752

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 and do change.

Calling all Lady Vets

Following a request from the Clayton Committee, there is to be a Lady Vet 40 Team category in the English Fell Championship

You only need to look at the individual Lady Vet results for the 2008 championship to see how competitive this could be.

We have great strength and depth in our lady vets.
Let's really push to make our mark on this competition.

The six races are as follows:-

Short: Stretton Hills (Sat. 6th June)
Dentdale (Sat. 29th Aug.)

Medium: Half Tour of Pendle (Sat. 7th March)
Tebay (Sat. 20th June)

Long: Wasdale (Sat. 11th July)
Langdale (Sat. 10th Oct.)

NB: some of these races are pre-entry; check race details.

Ranking in all categories is calculated on scores in up to three races. If three race scores are used they must include one race at each distance. Of course, the best strategy is to do all the races, with as many runners out as possible. Even if you don't count for the team, you can still affect the result by beating runners from other teams.

NOVEMBER RUN OF THE MONTH

KIERAN CARR for 1st V60 at the SHEPHERD'S SKYLINE FELL RACE on 8th November
for 2nd V60 at the TOUR OF PENDLE on 15th November
Nominated by Harry Manning

JACK HOLT for 1st V60 at KIRKBY MOOR FELL RACE at Kirkby-in-Furness on 22nd November
Nominated by Harry Manning

MAUREEN LANEY For 3rd overall (**first FV50**) at the HELVELLYN 15K TRAIL RACE on 1st November
for 1st FV55 at the MID-LANCS CROSS COUNTRY RACE at Burnley on 8th November
for 1st FV55 at the MID-LANCS CROSS COUNTRY RACE at Sefton Park, Liverpool on 29th November
Nominated by Harry Manning

HARRY MANNING for 1st V70 at the RED ROSE CROSS COUNTRY RACE at Bolton on 15th November (Harry was also 1st V70 at the Red Rose Fixtures in October)
Nominated by Pete Booth

PAUL THOMPSON for joint first at the TOUR OF PENDLE on 15th November
Nominated by Harry Manning

WINNER: HARRY MANNING for his excellent Cross-Country Run
--

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.

The Z Team Patterdale Run 2008

I hope I am not being presumptuous in using the name of that most revered team for our party, especially as we were a mixed group, but since all three male members, including the current 'Whipper-In' (Andrew Walmsley) are current or past members, I thought it would be OK.

This year's run was fairly uneventful; there was no hair-raising descent of a snowy Swirral Edge, and the most exciting thing that happened was Katy Thompson's unplanned, but spectacular ten yard bum slide down the last field before reaching the road in Grisedale.

Our chosen route was to set off up Deepdale, cross over to Grisedale Tarn, then continue along the Helvellyn ridge until a consensus was reached as to where we should do a right turn back to Patterdale. Most of the snow had gone, but that slight feeling of uncertainty you get before setting off on a long run in The Lakes in winter provides that most important ingredient – a little bit of adventure.

I was reminded of the unexpected that can happen as we ran up Deepdale and carefully crossed the flagstone bridge where Andrew Howarth took an involuntary dip on the same weekend two years ago. One minute he was running along beside me, then, an instant later, was on his back in the water three feet below. Before you ask, no, I didn't push him! Fortunately, he was not hurt and it is testament to the effectiveness of Helly Hansen tights (those fashion accessories of yesteryear), that he was able to continue on the run without suffering anything more than hurt pride.

A re-grouping of the team (Katy, Vanessa, Andrew, and Richard Bellaries), was required at Grisedale Tarn as Richard proved that his current disability does not extend to running down hill!

The temperature dropped considerably as we climbed the ridge up to Helvellyn and the last two hundred feet or so were in the cloud. So, our quick lunch stop at the shelter was a bit chilly, but we were entertained by a young couple from The Midlands. I warmed to them immediately as one of them asked 'Are you from Yorkshire?' Clearly shocked, the rest of the team recovered quickly and, almost in unison, pointed a finger at me and shouted 'He is!'

They told us they had planned to camp for the weekend, but found all the sites closed or under water. Having spent the night at Coniston YHA, they were now using up their camping food to provide a summit feast. We looked on with undisguised envy at the delicacies spread out on the ice in front of us, but time was pressing, so we quickly said our goodbyes and continued on our way. Two men pushing bikes through the rocks up to the top of Lower Man provided an opportunity for some seasonal banter.

After Whiteside we agreed that there was probably enough daylight left for us to carry on over Raise and descend eastwards from Sticks Pass. As we passed Glenridding YHA I stopped and commented that the collection of buildings looked a bit drab and merged into the hillside behind. Vanessa, with her usual directness, added that it was probably due to the fact that it was nearly dark and perhaps we should get a move on!

We pressed on round the end of Birk House Moor, passed Lanty's Tarn, and arrived back at our starting point about 4.00 pm, all in good humour and ready for a quick visit to the pub. Of course, the 'A' Team were already well established in the bar following an early finish.

We were not able to stay overnight this year, but I believe a good time was had by all who did and I would like to thank Dave Nuttall for his hard work in continuing to organise the weekend.

We had had a good day out, but there were only five of us in the team this year and we could do with a few more, so what about it next year? All are welcome, as long as you can stand the pace!

Tony Peacock

CLUB CHAMPIONSHIP 2008

We have published the results of the Fell and Road Championships in previous editions of the Newsletter. With one race to go (the Mid-Lancs fixture at Worden Park, Leyland on 17th January, see p 22), the position at the top of most of the cross-country championship age categories is tight and could still change, as could the overall championship in the various age categories.

If you would like to assess the current situation, go to the Championship page of the Clayton-le-Moors Harriers website:

<http://www.clayton-le-moors-harriers.co.uk/index.php?pageref=ch2008r>.

CLUB CHAMPIONSHIP 2009

Thanks to the members who submitted suggestions to the Committee about the format of this year's Club Championship and for races we could include. We have 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, 14th February	Mid-Lancs League	Hyndburn
Saturday, 14th March	Mid-Lancs League	Blackburn
November/December	Mid-Lancs/Red Rose League Races to be confirmed after publication of the League fixtures.	

ROAD RACES

Sunday, 22nd March	Great NW Half Marathon	Blackpool
Wednesday, 1st April	Brenda Robinson's 5K	Littleborough
Sunday, 31st May	Hendon Brook Half Marathon	Nelson
Sunday 15th November	Preston 10 mile	Preston
Sunday, 27th December	Ribble Valley 10K	Clitheroe

FELL RACES

Tuesday, 12th May	Mearley Clough	Worston
Saturday, 18th July	Ingleborough	Ingleton
Saturday, 22nd August	Chipping Show	Chipping
Saturday, 12th September	Hodder Valley Show	Slaidburn
Saturday, 21st November	Full Tour of Pendle	Barley

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

Pennine Bridleway Relay

Sunday, 1st February 2009

We have entered 6 teams: 2 Senior Men, 2 Veteran Men and 2 Ladies.

Those of you who enjoyed last month's Calderdale Way Relay, will need no prompting to sign up for this event. For those who haven't yet taken part in a relay, what are you waiting for? The Pennine Bridleway Relay comprises five legs, run in pairs, and the terrain is much 'gentler' than the Calderdale's; it's all track, trail or tarmac. Even confirmed road runners can take part with no fear!

Log onto Graham White's excellent event website for route descriptions, pictures and masses more information:

<http://www.penninebridlewayrelay.co.uk/index.htm>

We have done 'relay' (sorry) well in various categories in the past and if we are going to triumph again, we need as many runners as possible to volunteer to run, as it's inevitable that the original teams will undergo enforced changes, due to illness, injury etc.

If you want to run in this most enjoyable event, **contact the relevant Fell Captain without delay**. February seems a long way off, but Captains need time to select teams, decide pairings and arrange recces.

DO IT NOW. DON'T WAIT TO BE ASKED.

NB: Subject to acceptance etc. we quite often have 2 (or more) additional vets' teams (X & Z) in the Pennine Bridleway Relay. Contact Paul Healey or Andrew Walmsley if you want to run.

Northern 12 Stage & 6 Stage Road Relays

Sunday, 5th April 2009

In
Stockport

The Road Captains intend to enter teams for these prestigious relays.

Please keep this date free and contact Alex or Tracy if you would like to run.

The National Finals are on 19th April for teams that qualify.



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Same day despatch

FIXTURES EXTRA

Andems Runners Race Series 2009

Vera Hirst 5K Road Race 6.45pm, Wednesday 25th March 2009
Falcon Inn, Littleborough.

Brenda Robinson 5K Road Race 7pm, Wednesday 1st April 2009
Falcon Inn, Littleborough. Club Champs

Rochdale Observer 4 Mile Fun Run 7pm Wednesday 8th April 2009
Fairview Pub, Broad Lane, Rochdale.

Steve Rothwell Memorial 4 Mile Road Race
7pm Wednesday 15th April 2009
Turf Tavern, Edenfield Rd, Rochdale.

Colin Robinson 5 Mile Road & Trail Race 7pm Wednesday 22nd April 2009
Falcon Inn, Littleborough.

John Metcalfe Memorial 5K Reservoir Trail race (Off Road)
7pm Wednesday 29th April 2009
Albion Pub, Whitworth Rd, Rochdale.

Geoff Doggett Memorial 5K Road Race 7.15pm Tuesday 12th May 2009
Falcon Inn, Littleborough.

Graham Wright Cowm Reservoir 4.2 Miler 6.45pm Wednesday 9th September
Red Lion, The Square, Whitworth.

Ron Hills 71st Birthday 5K Road Race 6.45pm Thursday 24th September 2009
Falcon Inn, Littleborough.
Commemorative Tee Shirt to all finishers.

These events are on www.ukresults.net

Andy O'Sullivan MBE Race Organiser (01706) 750620

RESULTS

CROSS-COUNTRY RESULTS

Mid Lanncs League, Sefton Park, Liverpool 29th November

U17 Ladies

1 L Park (Ellenborough)	14.59
10 M Brolly	18.44

17 Finished

Senior Ladies

1 G Miles (Kendal)	27.35
7 M Laney 1st FV55	32.43
8 K Trickett	32.50
16 S Burns FV45	34.47
20 J Murphy FV35	36.12
36 C Life FV35	38.48
60 K Goss FV55	47.44
63 S Allen FV45	54.53

64 Finished

Teams

1 Blackpool	25
2 Kendal	34
3 Clayton	41

LV35 Teams

1 Blackpool	11
2 Clayton	22
3 Blackpool 'B'45	

LV45 Teams

1 Blackpool	20
2 Clayton	29
3 Wesham	45

LV55 Teams

1 Blackpool	22
-------------	----

Senior Men

1 T Ford (Blackpool)		30.10
11 G Shaw		34.15
22 A Stubbs	V40	34.50
38 I Greenwood	V40	36.28
46 P Archer	V40	37.25
49 C Shuttleworth	V50	37.53
56 B Horrocks	V50	38.15
60 A Life	V40	38.19
61 D Edmondson	V40	38.25
64 M Terry	V40	38.47
66 S Fogg		38.50
76 C Balderson	V40	39.40
96 M Brady	V40	41.16
101 N Worswick	V40	41.32
105 P Booth	V50	41.36
118 J Hickie	V40	43.19
122 D Scott	V60	43.31
127 P Toman	V50	44.26
149 R Lawson	V60	47.57
153 R Chappell	V60	48.46
166 H Manning	V60	55.54

168 Finished

Teams

1 Blackpool	104
2 Barrow	221
3 Southport	224
4 Clayton	236

V40 Teams

1 Clayton	56
2 Southport	57
3 Barrow	69

V50 Teams

1 Wesham	22
2 Clayton	28
3 Lytham	39

V60 Teams

1 Clayton	19
2 Chorley AC42	

Mid-Lancs League,
Blackpool
13th December

Senior Ladies

1	A Crook (Southport)	22.08
2	C Taylor	22.41
9	M Laney 1st FV55	24.18
69	K Goss FV55	34.11
74	S Allen FV45	38.19
76	K Garnett FV55	39.53

78 Finished

Teams

1	Blackpool	24
2	Preston	41
3	Southport	43
8	Clayton	79

FV35 Teams

1	Blackpool	15
2	Wesham	29
3	Lytham	33
4	Clayton	90

FV45 Teams

1	Wesham	27
2	Blackpool	34
3	Kendal	39
4	Clayton	51

FV55 Teams

1	Kendal	14
2	Clayton	17
3	Blackpool	223

Senior Men

1	B Fish (Blackburn)	32.06
14	G Shaw	36.10
37	P Archer V40	38.34
44	C Shuttleworth V50	39.27
62	J Singleton V50	41.09
65	M Brady V40	41.28
74	P Booth V50	41.51
86	P Toman V50	43.01
99	J Hickie V40	43.42
100	D Scott V60	43.44
134	R Hirst V50	48.24
149	S Hartley V50	52.01
157	H Manning V60	60.42
158	J McGuire V50	62.55

159 Finished

Teams

1	Southport	128
2	Blackpool	139
3	Blackburn	144
5	Clayton	296

V40 Vets Teams

1	Southport	44
2	Hoad Hill	53
3	Wesham	74
4	Clayton	105

V50 Vets Teams

1	Wesham	7
2	Clayton	29
3	Blackpool	31

V60 Vets Teams

1	Preston	29
2	Blackpool	30

Red Rose League
Rossendale
20th December

Senior Ladies

1 P Powell (Blackburn)	22.04
6 S Burns 1st FV50	25.14
12 J Murphy FV40	26.39
33 I Roche FV50	29.53
41 K Goss FV60	34.50

46 Finished

Teams

1 Blackburn	10
2 Rossendale	28
3 Radcliffe	35
4 Clayton	47

FV40 Teams

1 Blackburn	7
2 Rossendale	21
3 Clayton	28

Senior Men

1 M Barnes (Altrincham)	30.48
9 P Hall V45	33.35
27 I Greenwood V45	35.58
34 B Horrocks V50	37.51
45 D Edmondson V40	39.00
48 D Horrocks V45	39.13
56 M Brady V45	39.42
59 P Hesketh V40	40.06
72 N Worswick V40	41.24
75 P Toman V50	41.36
83 J Pickup V55	41.53
95 J Hickie V45	43.01
110 G Wilkinson V40	44.57
112 D Naylor V50	45.16
128 T Orrell 1st V65	48.36
132 R Hirst V55	49.56
133 R Chappell V60	50.41

139 Finished

Teams

1 Rossendale	83
2 Horwich	89
3 Clayton	166

Vets Teams

1 Rossendale	20
2 Clayton	36
3 Horwich	61

Red Rose League

Overall Standings after 4 Races

Lady Vets:	1 T Mitchell	5pts
Lady Vet50:	1 S Burns	18pts
Men V45:	2 I Greenwood	91pts
Men V50:	2 B Horrocks	116pts
Men V65:	1 T Orrell	432pts
Men V70	1 H Manning	503pts

Men's Vets' Teams

1 Horwich	132
2 Rossendale	148
3 Clayton	240

Appearances after 6 Races:

Ladies:

6 None
5 S Burns, J Murphy
4 M Laney, K Goss
3 C Life, S Allen

Men

6 M Brady
5 H Manning, J Hickie, B Horrocks
4 G Shaw, P Archer, D Horrocks, J Singleton, P Toman, I Greenwood.

TRAIL RESULTS

Eaves Wood 5+ 30th November

1 M Reedy AmblesideAC	34 09
8 Natalie White Bingley H	36 19
58 Wendy Dodds 1st W50	46 01
63 Lorna Balmer	46 41

Rudolf Red Nose 5 MT 21st December

1 M Manning O + R	27 50
14 Debbie Wright Wgan Ph	32 36
27 P Hogan 1st M45	35 15
71 K O'Brien 2nd M65	40 25
110 R Lawson M65	45 06

152 finished

Salford ladies 5+ miles 30th November

1 Claire Andrew Spectrum Str	31 38
139 Jill Scott 3rd W65	50 04

218 finished

Guy's 10 mile 7th December

1 S Mills Sale H	52 24
17 T Walker M40	60 22
25 R Hesketh	61 20
29 C Betmead W35 BWF	61 38
31 K Davies M45	61 53
36 A Clarkson M50	64 26
91 A Taylor M50	70 49
119 T Orrell 1st M65	75 06
173 P Costello M50	82 36

242 finished

ROAD RESULTS

Wesham 10K 29th November

1 M Livingstone PH	33 28
19 R Brewster M50	36 51
27 R Hesketh	37 06
38 Gemma Unsworth BWF	37 38
72 A Clarkson M50	39 47
95 D Lord M45	41 06
192 R Hirst M55	46 06
204 Lorna Balmer W35	46 42
285 Marion Wilkinson 1st W65	50 35

444 finished

Longridge 7 14th December

1 S Monk B'bn H	40 54
40 J Gourney W35 Wes RR	49 07
48 A Taylor M50	49 57
90 T Orrell 3rd M65	53 51
111 R Hirst M55	56 17
128 P Costello M50	58 07
199 Karin Goss 2nd W60	66 47

FELL RESULTS

David Staff Memorial Fell Race

30/11/08

BS 5m 900ft

1	B Fish - Blackburn	31.29
19	A Lupton - Radcliffe1st L	38.58
28	J Dugdale	40.28
32	M Nutter V40	41.02
36	Peter ThompsonV40	41.34
47	G Balmer	42.59
62	A Dugdale V40	45.11
66	A Howarth V40	45.29
106	R Hirst V50	50.07
107	L Balmer L	50.46
108	K Thompson LV50	50.46

148 Finished incl 25 Ladies

Tour of Pendle 15/11/08

AL 17m 4200ft

1	Paul Thompson /G Pearce	2.25.43
9	A Orr	2.39.59
12	M Wallis V50	2.45.24
15	AMcFarlane V40	2.49.30
16	CBalderson V40	2.49.36
18	J Baldwin	2.49.52
19	S Fogg	2.50.18
27	PHesketh V40	2.54.16
30	SClare V40	2.55.20
31	M Terry V40	2.56.13
33	DMotley	2.57.37
44	M Nutter V40	3.01.37
45	ACran	3.01.39
46	AJohnson - CVFR1st L	3.01.54
47	KCarr V60	3.02.33
51	PBooth V50	3.04.04
53	NHardiman V40	3.04.20
58	J Sharples V50	3.05.45
59	M Toms V40	3.06.56
73	AHall V40	3.12.48
77	SBury V50	3.14.09
78	G Smith	3.14.44
84	J Dugdale	3.16.12
89	Peter ThompsonV40	3.18.34
115	N Worswick V40	3.31.20
129	M Taylor	3.37.52
135	D Scott V60	3.40.36
139	BSavage LV40	3.41.40
144	G Clifton	3.44.10
145	L Bostock LV50	3.44.13
152	J Rawlinson LV50	3.49.37
158	IHargreavesV40	3.51.59
172	PDugdale V50	4.08.59
174	RHirst V50	4.10.46
181	G LenevesonV40	4.15.32
186	DMunroe V60	4.27.35

191 Finished including 25 Ladies

10 DNF

Rivock Edge 23/11/08**BM 10m 1500ft**

1	O Beilby – Wharfdl	50.20
23	KPickles - Pudsey1st L	57.36
31	NHardiman V40	59.19
56	SWhite V50	1.05.08
77	BSavage LV40	1.10.03
90	RHirst V50	1.11.45
92	J Rawlinson LV50	1.12.55
93	VBrodrick V40	1.13.07
103	PCostello V40	1.18.57

114 Finished incl 20 ladies

2 DNF

RAB Mini Mountain Marathon**07/12/08****3 Hour Score Event from Bakewell**

1	T Brunt	305 Points
14	M Nutter	265 Points
36	P Booth / R Bellaries	235
38	A Armstrong / J Baldwin	229

127 Teams Finished

Bolton By Bowland**07/12/08****CM 8m 800ft**

1	T Cornthwaite B'burn	45.51
6	G Shaw	50.05
9	APayne	52.54
12	I Greenwood V40	53.25
13	ALife V40	54.14
15	CBalderson V40	54.33
25	M Terry V40	56.04
28	J Dugdale	56.41
45	S Budgett 1st L	59.09
49	G Balmer	59.46
51	J Pickup V50	60.55
55	S White V50	61.14
60	ADugdale V40	63.00
62	D Scott V60	63.22
69	J Horrocks LV40	64.46
73	VPratt L	65.14
89	RHirst V50	68.35
93	J Rawlinson LV50	69.19
96	L Balmer L	69.53
101	D Munroe V60	73.12
106	M Taylor	75.57
111	J Francis V60	83.36
115	K Goss LV60	84.57

116 Finished incl 19 Ladies

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

JANUARY'S JAUNTS

- Thurs 1st Joe Salt Multi Terrain 11.15 a.m. 4.2 m from Whitworth, nr Rochdale £4
Nine Standards FR BM 12 noon 8.4m/1800' Kirkby Stephen (GR
775088) £4 incl food & map
Giant's Tooth FR CS 12 noon 3m/400' Ogden Reservoir, off A629
Halifax-Keighley road (GR 064306) £3 www.ogdenwater.freereserve.co.uk
- Sat 3rd New Years Relays, Knavesmire, York XC Teams of 3 (1x 1.5m, 2 x 3m)
Eod 30p per runner www.athleticsyork.org.uk
- Sun 4th Delamere Dash Trail Race 10 am 6m www.EpicEvents.org
Pennine 10K 9.30 am St Chad's School, Brighouse, W. Yorks £7
- Sun 11th Garstang 10K 11 am Garstang High School £7
- Sat 17th **Mid-Lancs XC Club Champs Worden Park, Leyland**
Ladies 2pm Men 2.30pm
Ashurst Beacon FR CS 5.9m/950' £3 from Prince William Inn, Dalton,
Upholland (GR 502075)
- Sun 25th Chernobyl 10K 11 am Welcome Tavern, Lostock Hall PR5 5UL £8 (£10
eod) www.mcrv.co.uk
Meltham 10K 9.30 am Meltham Spots Centre HD9 5QT £7 pre-entry or
on day www.melthamac.com

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 1st **Pennine Bridleway Relay Teams of 10 8.30 am 47m/6300' in 5 stages. Contact Fell Captains if you want to run**
Dewsbury 10K 9am Dewsbury Town Centre CD 17th Jan **No eod**
- Sat 7th 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 8th Wadsworth Half Trog BM 9m/1500' 10am Other details as above
Winter Hill Fell Race AM 11m/2750' 10 am from Rivington Barn, nr Horwich £5 pre-entry on form from www.horwichrmiharriers or £10 on day
- Sat 14th Blackburn Winter Warmer 10K 11 am, Witton Park £6 eod +£2
Mid Lancs XC, Club Champs, Wilsons Playing Fields, C-le-M Ladies 2pm, Men 2.30pm
Sat 14th Parbold Hill Race 6.75m £5.50 limited eod +£1.50
2pm from Bispham Durnings Endowed School, Chorley Rd, Hilldale, nr Parbold Details: W.D.Dalton Tel 01257 462066
- Sun 15th Radcliffe Multi-Terrain 12m 10.30am from Nellie Halstead Track, Cams Lane, Radcliffe £5 eod +£1 www.ukresults.co.uk
Fighting Cancer 5K 11am Anderton Arms, Fulwood, Preston £5 eod +£1 www.rosemere.org.uk
- Sun 22nd **Great North West Half Marathon 11am Hilton Hotel, North Promenade, Blackpool £15 cd 15th Feb Club Champs**
- Sat 28th Noon Stone FR AM 9m/2300' 12 noon from Top Brink Inn, Lumbutts (GR 956236) £4 www.todharriers.co.uk
Standish Hall Trail Race approx 10K 2.30pm from Hesketh Arms, Shevington Moor WN6 0SE (nr M6 J27) £4 cd 23 Feb

MARCH'S MEANDERINGS

- Sat 7th Half Tour of Pendle **Eng Fell Champs** AM 9m/2250' from Barley Village Hall (GR 822402) £4 by 1st March to Keith Thompson, Elmfield, Ribchester Rd, Clayton-le-Dale BB1 9EE 01254 248406
If you are not running please help with marshalling, car parking etc
- Sat 14th **Mid Lancs XC, Club Champs, Witton Park, Blackburn Ladies 2pm Men 2.30pm**



PENDLE & BURNLEY



GRAND PRIX 2009

SPONSORS EAST LANCASHIRE NEWSPAPERS LTD
 BOROUGH OF PENDLE - PINHAW FELL RACE
 SWEATSHOP - ETA SPORTS – PENDLE LEISURE TRUST

1	HAMELDON HILL Accrington <i>Start:- BB5 6EW</i>	Sunday 3rd May 2009 6 mile 1100' Fell Race <i>Turkey Street, School, Accrington</i> <i>(Peel Park Pub)</i>	Tel: 01254 237485 12.00pm
2	PINHAW FELL RACE Earby <i>Start:- BB18 6NN</i>	Friday 8th May 2009 5 mile 700' Multi Terrain Red Lion St	Tel: 866995 7.00pm
3	BURNLEY LIONS 10k <i>Colne</i> <i>Start:- BB8 0RF</i>	Friday 22nd May 2009 2 Lap Road Colne Cricket Club	Tel: 702348 7.00pm
4	HENDON BROOK 13.5 miles <i>Nelson</i> <i>Start:- BB9 8DG</i>	Sunday 31st May 2009 Road/Hilly Very Tough <i>Marsden Park Golf Course</i>	Tel: 866995 11.00am
5	KELBROOK FELL <i>Nr Colne</i> <i>Start:- BB18 6UD</i>	Saturday 6th June 2009 3 mile 700' Fell Race <i>St. Mary's Church, Kelbrook</i>	Tel: 843867 2.00pm
6	BARLEY FELL RACE <i>Pendle Hill</i> <i>Start:- BB12 9JX</i>	Friday 12th June 2009 5 mile 900' Road & Fell Barley Village Car Park	Tel: 661591 7.00pm
7	BURNLEY BOYS CLUB 10K <i>Burnley</i> <i>Start:- BB10 1JQ</i>	Sunday 21st June 2009 3 Lap Canal Path/Roads <i>Barden Track, Burnley</i>	Tel: 422398 11.00am

8	TRAWDEN 7 Trawden, Nr Colne <i>Start:- BB8 8RR</i>	Sunday 28th June 2009 Road/Trail <i>Trawden Recreation Ground</i>	Tel 866995 <i>11.00am</i>
9	RED ROSE WHALLEY NAB <i>Whalley</i> <i>Start:- BB7 9SP</i>	Tuesday 28th July 2009 6.5 mile Road/Trail <i>Dog Inn, Whalley</i>	Tel: 412585 <i>7.00pm</i>
10	CLIVIGER 6 <i>Cliviger</i> <i>Start:- BB10 4TW</i>	Sunday 9th August 2009 6 mile Road Race <i>Mount Lane Sports Ground Cliviger, Nr Bly</i>	Tel: 459136 <i>11.30am</i>
11	WORSTHORNE MOOR FELL <i>Nr Burnley</i> <i>Start:- BB10 3NH</i>	Sunday 16th August 2009 7 mile 900' Multi Terrain <i>Gorple Road, Worsthorne (Church)</i>	Tel: 776915 <i>11.00am</i>

RUNNERS WHO COMPLETE ALL 11 RACES WILL RECEIVE A 'MEMENTO'.

RUNNERS NOTE: 11 RACES – 9 TO COUNT

CO-ORDINATOR: JACK BOTTOMLEY 13 BENTHAM AVE, BURNLEY 01282 422398

ENTRY ON THE DAY - £5 Attached Runners £7 Unattached Runners