

# HARRIER NEWS



The Clayton Harrier Newsletter  
January 2010

# Happy New Year

## 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**

**PS: GET YOUR TICKETS FROM MARIE**

**SEE Page 6 for details**

## **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**

Editor: Peter Booth  
email: pete.booth@ntlworld.com  
Telephone: 01282 448232; mobile 07724 085873  
Flat A, 101 Burnley Road, Cliviger, Burnley BB10 4SN

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## Boothy's Bit

As yet another decade slips away, it's perhaps appropriate to spend a little more time, as a club and as an individual, in reflecting on past events and plans for the future. This month's 'Covering Old Ground' (p13) makes interesting reading. Twenty years ago, CleM had 600 members, had entered 12 teams in the Calderdale Way Relay, with the Senior 'A' Team finishing fourth, the Vets 'A' first vets and the Ladies' Team setting records galore in winning their category. This year, with a membership a little over half of those heady days, we are still able to enter 8 teams and compete with the best clubs. I don't think that we should be too downhearted. CleM still holds two records and would like to think that the number of female fell runners and the success of ladies' teams from other clubs is due, at least in part, to the pioneering work of the Clayton ladies many years ago.

A decade ago, Chairman Ian Campbell expressed his reservations about the direction that athletics was taking and its impact on clubs like Clayton-le-Moors Harriers. To a large extent, Ian's fears have been realised, but there are signs that the focus on youth and 'bias' towards track and field is lessening and more support (and funding) is available for clubs that promote more general participation for adults. That is not to say we can ignore younger runners. One of the striking aspects of the 'Covering Old Ground' feature is the number of names from yesteryear, who still make an important contribution to our teams. Without new blood, while the age profile of the club rises, the relative level of performance will decline.

In my view, the best news in this month's issue is on p7, where you will find details of no less than nine new junior members. Also, at its last meeting, the Committee decided to make the Junior Section the focus of charity fund raising in 2010 to 'kickstart' the initiative and ensure it continues until we can secure external funding for training sessions and equipment. Hopefully, this will be just the start of an influx of new members that will ensure the future of the Club at the highest level. I also take great encouragement from the performance of the Senior 'A' Team in the Calderdale Way Relay, where a (relatively) young team pushed a very good vets' team all the way.

On a personal note, I take great pride in holding the post of Chairman as CleM enters another decade and am 'looking forward (?)' to reaching the next milestone birthday. I find that I perform best when I set myself new challenges that take me out of my comfort zone. Accordingly, I am setting out my stall to attempt a Joss Naylor Challenge, which will definitely stretch me, but I know I can rely on CleM members for support. (By waiting until July I will have up to 18 hours to complete the run—I might need every minute!) I also have plans for some 'warm up' events, plus a party, so watch out for details. My chosen charity is NW Air Ambulance, on the basis that this essential emergency service could potentially benefit most members of my family, and CleM, from East Lancashire to the Peak District and the Lake District. The Committee kindly agreed to support my fund raising, once any commitments to the Juniors were met.

So, as we begin the second decade of the 21st century, I would like to take this opportunity to wish all members of Clayton-le-Moors Harriers a

**HAPPY, PROSPEROUS and INJURY-FREE NEW YEAR.**

Whatever our concerns about the competitive standing of the Club in relays and national championships (we should not forget that we have won individual and team medals in the 2009 English & British Championships), just running with a group of like-minded friends is also an essential part of any club. I enjoyed two superb 'pack' runs over the festive season: from Barley, in the snow on Christmas Eve and from Great Harwood on 29th December, both followed by food, drink and convivial banter. I hope that photos from both events will recall memories for those who were there and encourage more to join in whenever they can. Don't forget El Presidente's 'Style' Run on 30th January, details on p15.



Photo: Pete Thompson



Photo: Pete Hindle

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

<b>President</b>	<b>Dave Scott</b> Tel: 01282 693867 Email: jilscot[at]hotmail.com
<b>Chairman</b>	<b>Pete Booth</b> Tel: 01282 448232 or 07724 085873 Email: pete.booth[at]ntlworld.com
<b>Vice Chairman</b>	<b>Paul Healey</b> Tel: 01254 384885 Email: p.healey[at]sky.com
<b>Secretary</b>	<b>Mike Wallis</b> Tel: 01254 822874 Email: mj.wallis[at]btinternet.com
<b>Membership Secretary</b>	<b>Mike Eddleston</b> , 1 Bridge Croft, Clayton-le-Moors, Accrington, BB5 5XP Tel: 01254 390757 or 07951 424780 Email: mjedleston[at]btinternet.com
<b>Treasurer</b>	<b>James Hickie</b> Tel: 01254 246658 Email: j.hickie[at]btinternet.com
<b>Website</b>	<b>Martin Brady</b> Tel: 01282 611523 Email: claytonlemoors[at]googlemail.com
<b>Newsletter Editor</b>	<b>Pete Booth</b>
<b>Social Secretary</b>	<b>Anne Marie Greenwood</b> Tel: 01254 237485 mgreen8[at]hallmark-uk.com
<b>Fixtures Secretary</b>	<b>Katy Thompson</b> Tel: 01254 772013 katy.thompson1[at]btinternet.com
<b>Junior Co-ordinator</b>	<b>Marion Wilkinson</b> Tel: 07940 418603 cynthia57[at]hotmail.co.uk
<b>Clothing Custodian</b>	<b>Val Lawson</b> Tel: 01282 423808 Email: valric2[at]tiscali.co.uk
<b>Elected Members</b>	<b>Richard Lawson</b> Tel: 01282 423808 Email: valric2[at]tiscali.co.uk  <b>Garry Wilkinson</b> 01254 823228 garrywilkinson1964[at]btinternet.com

**CLAYTON HARRIERS**

**ANNUAL PRESENTATION  
OF AWARDS FOR 2009**

**Mytton Fold Hotel – Langho**

**Saturday 27<sup>th</sup> 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**

**Tel 01254 237485**

**email [mgreen8@hallmark-uk.com](mailto: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**

**TROPHIES**

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

**OR  
To any Committee member at a race or training night.**

## MEMBERSHIP

### **Welcome to:**

Joshua Bellard and William Bellard of Rishton (Junior Members)  
Maxwell Baldwin and Harrison Baldwin of Burnley (Junior Members)  
Patrick Ralphson and Sally Ralphson of Burnley (Junior Members)  
David Armstrong of Burnley (Junior Member)  
Jack Thompson of Colne (Junior Member)  
Molly Hogan of Accrington (Junior Member)  
Richard Briscoe of Barrowford

**Resignations:** Michael Procter, Carole Campbell, Andrew Taylor

## **LETTER**

### **Concert in the Park (Mid Lancs XC League 19th Dec)**

Orchestration was from 8.30.am @ -8 degrees C. Val was in the box office, Sue, i/c flagging, was flagging courtesy of the Oaks Hotel. Pete B and Gary Shaw leading the Skaters' Waltz (car parking). The Brass Monkeys were by the Hall: Jill, Jack Betney and Harry Manning. Bob Hirst, deputy conductor, appeared by kind permission of Gisburn Park and the Thanet Lee Woodwind section was Bill H, Tina Lewis and Bob Russell.

Many thanks to you all and to Pendle AC members.

That wraps it up and wrapping up was the order of the day.

It was surprisingly good under foot.

Richard

## LETTER

Hello Boothy,

As I write this on a lovely sunny Friday lunchtime in central Vietnam, I can picture you hard at work, with heavy rain falling outside under leaden skies - or rather as you soon will be, cos you're 7 hours behind us. It should be Calderdale on Sunday, so I hope you have selected an easy partner and a good leg to run. Shame I can't be there to fulfil the role (only joking!). Hopefully this will get to you in time for the January Newsletter, if it's not already full.

### HAPPY NEW YEAR TO EVERYONE AT CLEM FROM THE FAR EAST

By the time you read this, Christmas will be behind us, and so too will the New Year's celebrations. I hope no-one woke up with too bad a hangover, and you all did that 1st of January run that you know you wanted to.

Sandi and I are currently in the Unesco World Heritage Historic City of Hoi An (google it), on the coast of central Vietnam. The sun is shining, its warm, and there's a lovely breeze blowing. It's just after 12 noon, and we've already finished cycling for the day. It gets too hot for much cycling after around 11.00am, and so we tend to get up around 5.30am, and get on the road as the sun comes up at 6.15am. 45km done today, with an overall total of about 750km.

So far our journey has taken us from Bangkok, through to the north east of Thailand, across into Laos, down the Mekong valley, and then into Vietnam. We caught a train north to Hanoi which has more small motorbikes than you can even imagine, and went for a few days in Halong Bay (google it). We are now heading south down the Vietnamese coast so it's starting to get warm once again (we cycled in over 40 degrees in Thailand - far too hot!!). We should be in Ho Chi Minh City (Saigon) for Christmas, and somewhere down in the Mekong delta for New Year. Yes, they do celebrate Christmas here, even though it is a communist country, and nominally Buddhist. An excuse for a party methinks, but we've seen plenty of tinsel and Christmas trees en route. From there, we plan to cross into Cambodia, mainly to see the ruins at Angkor (google it), and then head back to Bangkok for our flight home at the end of January.

The bikes have been working well - thanks to Pete Hindle who did a great job for us in setting them up. Only one puncture so far Pete - Sandi got one in the first 5km, but it turned out to be a faulty inner tube, and nothing to do with the puncture resistant tyres you fitted for us. One minor problem with Sandi's gear changing, but we fixed it. Otherwise, touch wood, everything's been fine.

Accommodation has all been in hotels and guesthouses, and is really cheap. The food has been excellent too, really cheap, with enough veggie options to keep Sandi happy!

Anyway the point of all this is to say Merry Christmas and a Happy New Year to everyone at Clayton. Sorry if you didn't know we were away and sent us a Christmas card - now you know why you didn't get one from us! It will be a shame to miss the Patterdale weekend, for the first time I think, but not such a shame to miss the Cross Country season.



I will be at Wilsons on Tuesday 2nd February, fervently hoping that we will not be doing the 10km time trial that night.

Finally for Messrs Roche, Balmer, Shaw, Motley, Frost, Prosser and anyone else living east of Huncoat, I note that the Premier League is now starting to look something like it ought to. (I could regret saying that!)

Regards to you all and see you at the "Do".

Peter and Sandi Browning

## **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@freenet.co.uk

## **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**

## Calderdale Way Relay 13th December

Waiting with my Vets B team partner, Mark Nutter, amongst the expectant crowd at Crag Vale I was delighted to see Gary Shaw and 'A' Team Captain, Foggy fly down the hill to hand over to Jason Harbour and Jack Dugdale in eighth place—brilliant start, with a four minute cushion over Paul Shackleton and Andy McFarlane for the Vets A. Mark & I readied ourselves, fully expecting to be the next CleM team off up the hill to Stoodley Pike. But no, in came Lee Clough and Darren Holland from the Mixed, closely followed by Candice and Tracy (Ladies 'A'), then an ecstatic Gary (we leathered Worswick) Balmer and Mick Hogan (X Team). Finally, after no fewer than 78 teams had passed by, came the leg end that is Neil Worswick with his long-suffering partner, Neil Hardiman. And we were off.

(I found out later that Neil W had felt really ill for most of the leg. According to him, any lesser mortal would have packed in but he, of course, is made of sterner stuff! Further mitigation (excuse) was that, on the way, he had noticed a lamb in distress and sent Neil H to get it back onto its feet, as Mr W had been too weak to climb the fence into the field!)

Mark and I made steady progress, pulling back only 24 teams before handing over to Sean Clare and Paul Hesketh, who had the Vets B 'run of the day', recording the tenth fastest time for Leg 3 and gaining another 13 places. Ray Lees dragged Brian Horrocks through the tough Leg 4, passing 5 more teams, while Steve White and Martin Terry also gained places before Nick Roscoe and Andy Armstrong brought us home in 36th place (5th Vets team)— a creditable result.

On completing my Leg, I travelled to the end of Leg 4 at Wainstalls to be met by a worried Vets' captain, because the Senior 'A' Team still held a 3-minute lead over the Vets A. Despite the valiant efforts of Coach Roche and Aspy on Leg 5, Garry and Phil Hall still had two and a half minutes to make up on Kieron Mitchell and Dave Motley on the last leg.

Arriving at Clay House (finish), I was more nervous than I had been before my own Leg. Could the Senior 'A' Team hang on for a famous and (these days) rare victory over the vets? I got the answer after a short wait, as Garry and Phil raced to the line relieved to be ahead of their younger rivals—but not by much (3 minutes). Their relief and joy was tempered by the fact that they had been pipped for the first vet team prize by Dark Peak Vets, by only 12 seconds! They had raced neck-and-neck for the last four miles, only losing out in the last few hundred yards. Dave and Kieron were gutted to have lost out so narrowly after the Senior 'A' Team had led the way for so long and swore revenge at the Pennine Bridleway Relay.

.....Watch this space!

Pete

## **Ladies' Teams Report**

Well done to all the ladies who ran at Calderdale. Thanks for being so reliable. The teams were picked at the beginning of November and there were no changes or dropouts. The reserves were recruited for the B Team, so everyone who wanted to run, did.

117 teams, including 19 ladies teams, set off into the dawn from West Vale. As the sun rose it turned into a beautiful day, much firmer underfoot than of late. At Cragg Vale, Candice and Tracy came in 3<sup>rd</sup> ladies behind Bingley and Dark Peak. Juliet and Debbie were 10<sup>th</sup>. On Leg 2, over Stoodley Pike, Alison Dugdale and Wendy slipped to 5<sup>th</sup>, while Dawn and Jean maintained 10<sup>th</sup>.

Josie & Lorraine had a cracking run on Leg 3 to pull the A team back into 3<sup>rd</sup>. They were 3<sup>rd</sup> fastest ladies, 46<sup>th</sup> overall. Katie & Sue lost a few places on leg 4, just missing the cut off at Wainstalls. So Dany & Lindsay set off in the Leg 5 mass start and maintained 7<sup>th</sup> position.

The only ladies to get away on leg 6 before the mass start were Bingley. It really was a mass start from Shelf, with 86 teams racing down the track for the stile. Anna & Avril had a great run as 4<sup>th</sup> fastest ladies, 43<sup>rd</sup> overall, to finish 7<sup>th</sup> ladies.

Meanwhile, the B team maintained 10<sup>th</sup> place throughout, with Dawn Richards & Jean Rawlinson on Leg 2, Barbara Savage & Carol Life on Leg 3, and Alison Athroll & Jane Murphy on Leg 4. Irene Roche and newcomer to relays, Gayle Whittaker, braved the mud on Leg 5, and Lisa Richardson dragged me over Leg 6.

Thanks again to all who ran and for your enthusiasm. Keep it up for the Pennine Bridleway.

Katy

## **'X' Team Report**

A blend of new blood and old hands helped the X team to 69th place - identical to 2008 but this time a full 15 minutes quicker.

Regular early starters, Michael Hogan & Gary Balmer, got us off to a fine start and gave us the first of two leg victories over the Vets B team. Steve Bury and Ian Connell backed this up with their usual sound Leg 2 run, pulling back 3 places. Doug Munroe had a storming Leg 3 partnered by Geoff Smith and it was good to see relay newcomer Mark Salisbury, alongside Jon Sharples, tackle the tough Leg 4 in good time. Dave Horrocks and Ivan Whigham pulled back 3 places with a solid run on Leg 5. This left Leg 6 to Calderdale newcomer Carl Steele and myself.

A mature & well-paced run from Carl helped us overhaul the Vets B pairing and pull back six places.

So a great team performance which saw us placed as 5th Clayton team. On behalf of Paul Healey & myself a big thank you to all team runners and supporters.

Mike Eddleston

## A Christmas Day Epic

Christmas Day dawned misty and cold, but there was a hint of sun and this, plus a desire to get in some exercise before the excesses of later in the day, prompted an early start.

'Where shall we go for this 'ere walk', I asked Vanessa. 'Up Pendle', she replied. As we drove up the hill out of Newchurch we emerged out of the cloud and the view of a very white Pendle against a clear blue sky was quite stunning.

We walked up the 'route normale' to Pendle House, then left up the cart track. The soft snow of the previous day was frozen rock hard on the beaten trail, but away from the path there were very deep drifts of powder. There were cornices on the big end, as well as evidence of a mini avalanche, and snowboarders had left their zigzag trails down the steep slopes.

The views from the summit were wonderful, but it was very cold and we needed to press on quickly, so we decided to descend to Ogden Clough via the slabs.

'Will we have enough time and will you be able to find the slabs?' Vanessa enquired. 'No problem' I replied, with great confidence.

Finding the start of the slabs was in fact 'no problem' and we followed the beaten trail for some distance until it became obvious that we had turned through ninety degrees and were heading for the badlands between Ogden and Boar Cloughs. It then dawned on me that the trail was probably a relic of the Christmas Eve Club Run, and we didn't want to go where they went!

But, today there was no whiteout, in fact it was startlingly clear, so we turned right in an attempt to regain the slabs. We can't have been more than 150 yards from the path, but the knee deep snow made progress difficult. A couple of very deep groughs proved a problem and combined tactics (a helping shoulder from your mate for those not familiar with climbing jargon) were required in order to ensure Vanessa wasn't left there until the Spring. The snow was so deep it was impossible to tell whether or not we made it to the slabs, but eventually we arrived at the stile.

Our relief was only short-lived as there was no beaten trail down the clough, only one or two footprints through the snowdrifts. I suggested to Vanessa that she should go in front and break trail (for safety reasons, you will understand!). She did a sterling job and we made slow, but steady progress. We passed a couple heading up the clough and their prints provided some relief, but as we approached the point where the paths diverge, it was obvious that they had started from the Nick. Our route, continuing down Ogden Clough was completely untrodden and we weren't to see another footprint until we reached Boar Clough.

What had previously been hard work now had the potential to turn into an epic, as we had already taken a considerable time to get this far. There was no way of determining the snow depth which varied between one and three feet. I took over the trail breaking from Vanessa, who had already disappeared under the snow on a couple of occasions, and we continued to battle our way down the clough. Progress was painfully slow and it did occur to me that there was a serious risk of the turkey receiving a temporary reprieve.

Eventually we arrived at Boar Clough and a flattened trail; then legged it back to Barley as quickly as we could go. Once back at the car it was a race home in order to ensure that a late Christmas lunch didn't become an early dinner. On the way Vanessa declared that she was tired – so I guess I had achieved something!  
Tony Peacock

### Covering Old Ground

#### **20 years ago (the Xmas/Jan 1990 edition)**

Chairman Don Barton gave his seasonal greetings but commented on the lack of help at races from a club with 600 members. The Newsletter Editor, Ian Campbell, similarly delivered seasonal best wishes and made special mention of the Newsletter co-ordinators who delivered the monthly publication promptly to individual members addresses or on training nights. Ian said "the Clem News is the focal point of the Club noticeboards and it is important to publish and distribute on a regular basis.

Clothing Custodian, Steve Whitaker advertised the latest items available, including vests at £6 each.

#### **In the Results:**

The Calderdale Way Relay was the big news – 12 teams = 144 runners taking part under the Clayton banner. The 'A' team managed fourth in 5.44.02. Captain Mike Wallis suffered many sleepless nights after three people dropped out for various reasons. The Ladies dominated and finished in all the glory, not only being first team in their category but setting four leg records. They set an overall new record time of 7.02.41 – 27 minutes inside the Clayton record time set in 1987. Carol Walkington (Campbell) & Wendy Dodds set the record for leg 2 – 1.12.15; Kathy Gott (Wallis) & Tina Lewis broke the leg 3 time – 45.55; Vanessa Brindle (Peacock) & Cheryl Cook knocked fourteen minutes off the record for leg 4 – 1.13.17; Judy Makinson (Hindle) & Linda Lord set the record for leg 5 – 59.51. In addition, Maureen Laney & Ruth Pickvance completed leg 1 in 1.25.04; and Katy Thompson & Frances Wood finished leg 6 in 1.26.19. Clayton Vets for first in their category in 6.08.15. Other teams were 'B' – 6.06.55; the 'C' team – 6.27.21; the 'D' team – 6.54.05; the Vets 'E' team – 9.17.16 (including handicaps); Ladies 'B' – 8.14.51; the 'X' team – 7.33.09; the 'Z' team – 6.56.26.

In the Winter Hill – John Nuttall was first V45 in 93.10; Ruth Pickvance first lady in 104.46.

#### **15 years ago Jan 1995 – no newsletter owing to Xmas break.**

#### **10 years ago Jan 2000**

The Editor, Steve Breckell, wrote "A new Millennium has dawned and with it, for some, fresh aspirations, ambitions and hopes for personal improvement in competition. For others to keep running will be enough.... Team Captains have an extremely difficult task in selecting and organising relay squads. Make it easier, communicate with them. Let them know of your availability and fitness."

Our Chairman of the time, Ian Campbell, attended the North of England AA AGM and this is some of what he reported in the newsletter. The N of E AA voted at the AGM to introduce a Registration Scheme for all club athletes. Three reasons for the scheme – to raise funds for the development of athletics; to determine the level of

participating athletes in competition; to ensure effective planning for the future of athletics. The question on many minds was what would this do for me/for Clem particularly as N of E AA already has a substantial bank balance. Yet, despite the latter, the N of England only has one Development Officer! And, how could that individual service the needs of every club, college, and school in the North? The meeting heard that the priority was to recruit three more people to service the development needs. "The future of our sport rests undoubtedly in a youth policy, and although Clem is predominately veteran and seniors, young talent does join us and should be encouraged to do so in the future". *(Here we are 10 years later and thanks to Marion Wilkinson and her colleagues we seem to making a start at last in this area.)*

"The Sports Council, whom through the lottery Grants, fund a great part of UK Athletics, are requesting more information relating to numbers of participants before they will give grants. Hence the reason why cycling, orienteering, and many other sports already have a national registration scheme and are obtaining grants...."

In the results:-

Keiran Carr reported on the Tour of Pendle race thanking his luck on always achieving appropriate help from volunteers. Rob Jebb broke the course record with 2.11.52. Mike Wallis was first vet in 5<sup>th</sup> place – 2.25.50; John Nuttall was first V55 – 2.50.38; Katy Thompson first LV45 – 3.09.14.

### **5 years ago (Jan 2005)**

In the Results:-

Keiran Carr reported all checkpoints were marshalled except No. 3 – but this did not cause any problems.

In the Red Rose XC at Rawtenstall Mark Aspinall took the honours (first and first vet) in 32.15.

In the Kelbrook FR Vanessa Peacock was first L and First LV in 29.05.

Paul Healey

### **El Presidente's 'Style' Run**

Famous for his fashion sense and superb style, Mr David Scott requests the pleasure of your company at his **Style Run** at **2.00pm** on **Saturday, 30th January** from **Blacko Chapel**. Be prepared to enjoy an excursion of approximately 90 minutes, with copious amounts of mud and a bewildering array of wooden and stone obstacles included,  
**FREE!**

## **LONDON MARATHON 2010**

The draw for the 5 Club places in the 2010 London Marathon was held at the Committee Meeting on 7th December. The first five names out of the hat were: Mike Hogan, Jackie Green, Barry Brock, Brain Wildman and Ray Lees. Congratulations—and get training!

## **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

## **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.

## NOVEMBER RUN OF THE MONTH

- MARK ASPINALL** for 1st V45 at the RED ROSE XC LEAGUE RACE in BOLTON on 21st  
*Nominated by Harry Manning.*
- RICHARD BELLARIES** for 4th place in the BOULSWORTH FELL RACE on 15th.  
*Nominated by Andy Armstrong & Gary Clifton*
- JACK DUGDALE** for 1st JUNIOR MAN at the DAVID STAFF MEMORIAL FELL RACE in DARWEN on 29th.  
*Nominated by Harry Manning*
- ANDY ORR** for 5th place in the FULL TOUR OF PENDLE on 21st  
*Nominated by Stuart Fogg*
- TED ORRELL** for 1st V70 at the PRESTON 10 MILE RR on 15th  
For 1st V70 at the RED ROSE XC LEAGUE RACE in BOLTON on 21st  
*Nominated by Harry Manning.*
- ANDY ROBINSON** for 1st V55 in the FULL TOUR OF PENDLE on 21st  
*Nominated by Harry Manning & Peter Thompson*
- BILL SMITH** FOR HIS DEDICATION IN MARSHALLING CP4/11 in the FULL TOUR OF PENDLE on 21st  
*Nominated by Katy Thompson*
- KATY THOMPSON** for 1st F55 at the PRESTON 10 MILE RR on 15th  
*Nominated by Wendy Dodds.*

### NOVEMBER WINNER

#### ANDY ORR

**For his superb performance in the Full Tour of Pendle**

**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](mailto: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.



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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](mailto: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.

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Approved  
Therapist



**Peter Catley IIST HFST**

## **THE WINNER OF THE 100 CLUB JANUARY DRAW**

**Number 46: Peter Booth (Woooohooo!!)**

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

### **IMPORTANT MESSAGE**

As well as giving members a chance for some fun and to win cash prizes, the idea of the 100 Club is to be a source of extra revenue for the Club. At present, we have a **77 Club**. Can we find 23 new members to make it a genuine 100 Club and benefit our Junior members?

**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.

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

Val Lawson

# MILESTONES

## January Service

Tony Riley	25 years
Harry Walker	25 years
Dave Hindle	20 years
Mick Lee (Roughlee)	20 years
Mike Owen	20 years
Val Lawson	15 years
John Hartley	10 years
Mike Eddleston	5 years
Tim Edward	5 years

## Age

4 <sup>th</sup>	Mark Wightman	50 years
11 <sup>th</sup>	Michael Frost	55 years
18 <sup>th</sup>	Eileen Irwin	60 years
26 <sup>th</sup>	Nick Stafford	55 years
29 <sup>th</sup>	Sue Allen	50 years
31 <sup>st</sup>	Paul Archer	45 years

## Full Tour of Pendle—26th Race

**21 Nov 2009**

The two diversions around parts of the course suffering from erosion caused by previous races, that's us, probably increased times by approximately 5 mins. On a clear day the new site for CP1 can be seen from the old one but unfortunately the cloud cover was particularly dense and ruled that advantage out. Big response for entries on the day, the £10.00 entry fee was introduced as a deterrent but still gives people a last minute chance to take part but at a cost. It does not seem to bother many so perhaps I will increase it by another £5.00 for next year and hope it encourages more pre entries. See the FRA Calendar.

I have also been reviewing and taking numerous comments and advice into consideration concerning the 12:30pm cut off at CP4. Next year it will be reduced to 12:15pm assuming the race starts on time. In other words 1 hour 45 mins to get there. I estimate this will result in a 4 hour 30/40 min completion time. The toughest part of the race begins at CP5 and if we have bad weather on the day the moor after CP8 always seems to get it bad and there's still another climb to come. My concern is for the runners but also the Marshalls. The temperature and wind speed were reasonable but it was raining and when you are standing about in it for hours it gets through. Some of them did not get back to registration until after dark; the finish Marshalls were still outside as well. No complaints, only "See you next year" but we cannot just keep pushing their generosity. This race relies heavily on Marshalls and I have to consider them as well. So next year the new cut-off time will be rigidly enforced.

The commemorative race plaque was won by Andrew Robinson of CleM.

Lost property: Well I've got loads; 2 jackets, 4 or 5 hats, 2 pairs of gloves and 2 or 3 odd ones, a compass, a drink bottle, a blue bath towel and, I kid you not, a 265MB memory stick from a digital camera; that must be a first. Please give me a ring if you think any of this is yours.

All the best for Christmas and the New Year.

Kieran & Doreen.

### **Comments on 2009 FTOP, received by Kieran:**

*'Thanks for organising a fantastic race again. The fact that 350 people can turn out on a claggy day in late November is testament to how well you do it.'* Jon Morgan  
Dark Peak

*'It was good to see you on Saturday - that was a great event and I'm very impressed you organised it and managed to run it as well! I ignored your advice before-hand and went way too quick up the first couple of climbs, which I'm guessing is a standard rookie error. Anyway I was regretting it by the end - I was practically crawling on the last climb up to the top! Also I lost count of the number of times I slipped over on those steep grassy descents, but I must be a masochist, because in spite of the cold, rain and bruises, I'll definitely be trying another fell race, though I think I'll get myself a pair of shoes with studs before then.'* Dougie Robinson

*'I did thank one of the chaps doing the numbers/results before I left but I must make sure you are warmly congratulated on a truly great race. That, in every sense, was a proper fell race...the terrain, the weather, the challenge, the friendliness, the dedication of the marshalls, the food afterwards and, perhaps most of all, the overall sense that one is taking part in an historic race which has been run in the same community spirit for many years.'*

*I have been a runner, cyclist and triathlete for over thirty years and have taken part in hundreds of events in many countries (and I note that a team from Copenhagen was welcomed and looked after by your team on Saturday). Your race will go down as a favourite.....*

*I know fellmen are a modest type not wont to get emotional, but please accept my sincere thanks for putting on a fantastic event.'*

Neil Eccles  
Wharfedale Harriers.

## 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:

**7th Jan:** Barrowford - Bridge Inn - Main Car Park 6.45pm

**14th Jan:** Burnley—meeting at Towneley Golf Course Gates Car Park on Todmorden Road opposite Cherry Tree Restaurant. 6.45pm

**21st Jan:** Accrington - Peel Park Hotel at 6.45pm (Please park near the school and not on the Pub Car Park..thanks)

**28th Jan:** Barrowford - Bridge Inn - Main Car Park 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**

07/01/10	Juliet Horrocks	01282 816686
14/01/10	tba	
21/01/10	Linda Bostock	01282 816269
28/01/10	Sue Allen	01254 388492

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 7<sup>TH</sup> December

14 members were in attendance.

The main points of discussion and decisions were:

- Presentation Evening tickets were now available.
- London Marathon Draw: M Hogan, Jackie Green, B Brock, B Wildman and R Lees.
- Letters of thanks were to go to Bob Russell/Rosefox for all the years of support & also to Colin Shuttleworth for all his work on distribution.
- Michael Frost has now taken over Newsletter distribution.
- Access changes to the website seem to be having the desired effect.
- 50+ members were still to pay 2009-2010 subscription, despite reminder letters. Any member still in arrears by the end of December would not receive the January Newsletter.
- Owing to the astonishing increase in the price of medals from the Royal Mint (£8 to £76!), we would have to seek a new source of medals, or present different mementoes.
- Junior training sessions commenced 22nd November. Marion & Pete had attended 2 meetings re funding. There seem to some promising sources, but Clubmark accreditation would help with applications. We need to address the progress of the Club Development Plan. Marie G, Marion W, Pete B, to form a sub-committee to look at the Plan. Peter Thompson to be invited to join the group.
- Charity support 2010. At the suggestion of Dave Scott, we agreed to purchase specific items for the RNLI. The main focus of fund raising was to be the Club's Junior section, with any surplus going to the Chairman's chosen charity: NW Air Ambulance.
- Discussion of Club Awards held over to January Meeting.
- Val & Richard modelled hooded CleM tops and would investigate prices etc, with a view to making them available to members.
- Club Championship Sub-Committee: Katy, Pete & Richard to meet before next meeting.

Date of Next Meeting: Monday 4th January 2010 at the Whitakers Arms, Accrington

List of New members on p 7.

## RESULTS

### CROSS COUNTRY

#### Red Rose Cross Country League

#### Marl Pits, Rawtenstall

#### 5th December

##### Ladies

1	L Brindle (Horwich RMI)	22.09
4	K Trickett	24.30
5	T Mitchell <b>1st F35</b>	24.31

46 Finished

##### Teams

1	Rossendale	23
2	Blackburn	39
3	Chorley	44

##### Vet Teams

1	Blackburn	24
2	Rossendale	27
3	Rochdale	45

##### U13 Boys

1	J Crabtree (E Cheshire)	10.50
24	H Edmondson-Beckett	14.08

35 Finished

##### Men

1	K Billington (Blackburn)	30.48
10	M Aspinall <b>1st V45</b>	33.48
13	P Hall V45	34.27
15	S Fogg	34.51
24	R Lees V55	36.11
76	J Hickie V50	43.22
101	G Thompson V55	49.38

109 Finished

##### Teams

1	Blackburn	40
2	Rossendale	67
3	Rochdale	212
4	Clayton	225

### Overall Placings after 4 Races

#### Individuals

##### Ladies

##### Senior

2	K Trickett
3	T Mitchell

##### F35

1	T Mitchell
---	------------

##### Men

##### Senior

2	M Aspinall
---	------------

##### V40

3	D Edmondson
---	-------------

##### V45

1	M Aspinall
---	------------

##### V55

2	R Lees
---	--------

##### V70

1	T Orrell
---	----------

##### Teams

##### Senior Ladies

1	Rossendale
2	Chorley
3	Blackburn

##### Vets

1	Blackburn
2	Rochdale
3	Darwen

##### Senior Men

1	Rossendale
2	Blackburn
3	Clayton

##### Vets

1	Blackburn
2	Clayton
3	Rossendale

### Mid Lancs Cross Country League

#### Sefton Park, Liverpool

#### 28th November

##### Ladies

1	R Robinson (Kendal)	27.49
10	K Trickett	32.23
41	W Dodds F55	39.29
57	K Thompson F55	42.16
70	K Goss F55	46.06
73	S Allen F45	48.39

74 Finished



**Teams**

1	Horwich RMI	22
2	Liverpool	39
3	Accrington RR	41
9	Clayton	105

**F35 Teams**

1	Preston	43
2	Lytham	49
3	Red Rose	60

**F45 Teams**

1	Red Rose	44
2	Clayton	44
3	Lytham	51

**F55 Teams**

1	Clayton	15
---	---------	----

**Men**

1	C Livesey (Preston)	31.03
21	G Shaw	33.42
23	M Aspinall V40	33.52
50	D Edmondson V40	35.53
51	R Lees V50	35.54
71	C Balderson V40	36.47
72	P Archer V40	37.05
82	D Motley	37.44
87	C Shuttleworth V50	37.52
89	N Worswick V40	37.56
128	P Booth V50	40.18
143	B Mitchell V60	41.28
149	J Hickie V50	42.03
162	D Scott V60	42.56
173	G Balmer V40	44.09
184	T Orrell V60	46.39
185	G Thompson V50	47.06
190	S Hartley V50	47.34
199	D Munroe V60	50.30
204	R Lawson V60	54.56

206 Finished

**Teams**

1	Southport	128
2	Barrow	134
3	Preston	192
5	Clayton	271

**Vet 40 Teams**

1	Southport	66
2	Clayton	71
3	Wigan Phoenix	83

**Vet 50 Teams**

1	Clayton	26
2	Barrow	34
3	Preston	38

**Vet 60 Teams**

1	Barrow	13
2	Clayton	17
3	Chorley	33

**Mid Lancs Cross Country League****Towneley Park****19th December****U11 Girls**

1	E Greenwood (Blackburn)	7.36
31	S Ralphson	11.15
34	Finished	

**U11 Boys**

1	J Lonsdale (Blackpool)	7.31
26	W Bellard	9.59
27	P Ralphson	10.04
32	I Wilkinson	10.11
37	J Bellard	11.11
38	Finished	

**Ladies**

1	H Bateson (Lancaster)	23.40
25	L Slater F35	28.00
60	W Dodds F55	30.56
66	K Thompson F55	31.36
79	K Goss F55	35.37
83	S Allen F45	37.33
84	C Leathley F55	39.43

86 Finished

**Teams**

1	Lancaster	34
2	Accrington RR	44
3	Wesham RR	57
14	Clayton	148

**F35 Teams**

1	Wesham RR	24
2	Preston	48
3	Blackpool	50
7	Clayton	85

**F45 Teams**

1	Blackpool	37
2	Preston	38
3	Southport	40
5	Clayton	64

### F55 Teams

1 Clayton 26

### U17 Men

1 J Scarr (Blackpool) 21.34  
16 A Holgate 24.19  
22 Finished

### Men

1 M Green (Blackburn) 32.55  
25 M Aspinall V40 36.52  
31 P Hall V40 37.32  
34 R Lees V50 37.56  
48 P Hesketh V40 39.33  
50 S Clare V40 39.45  
62 N Worswick V40 40.33  
104 M Hogan V40 42.41  
117 B Mitchell V60 43.36  
118 S White V50 43.38  
122 J Hickie V50 43.45  
125 P Toman V50 44.02  
147 D Scott V60 46.11  
172 B Wildman V40 48.56  
175 T Orrell V60 49.42  
182 S Hartley V50 50.41  
183 R Chappell V60 50.48  
187 G Thompson V50 51.35  
191 R Lawson V60 53.01  
192 D Munroe V60 53.30  
202 J McGuire V50 62.08  
203 Finished

### Teams

1 Southport 155  
2 Preston 159  
3 Blackpool 181  
5 Clayton 244

### Vet 40 Teams

1 Clayton 50  
2 Blackpool 76  
3 Southport 78

### Vet 50 Teams

1 Barrow 37  
2 Blackpool 43  
3 Clayton 52

### Vet 60 Teams

1 Barrow 15  
2 Clayton 19  
3 Chorley 33

## **MULTI-TERRAIN & TRAIL**

### Mrs Navan Cwm Res 5K

#### 15th Nov

1 A Buttery Ross 16 15  
16 P Baistow 18 56  
24 Rebecca Flanagan Ross JL 21 22  
40 R Lawson 2nd M65 23 43  
66 R Hirst M55 27 30  
100 finished

### Eaves Wood Silverdale Trail 5

#### 22nd Nov

1 S Littler Wesham RR 32 59  
29 Katie May Howgill H 45 39  
38 Wendy Dodds 3rd L 46 07  
113 ran

### Gill Pimblott Mem MT 5K

#### 15th Nov

1 G Heyes Horwich 17 13  
R Hill 1st M70 25 44

## **ROAD**

### Lancaster Half Marathon

#### 8th Nov

1 N Leigh Alt and Dist 72 19  
43 Sarah Cumber Halifax H 83 22  
83 P Hindmarch M40 89 13  
99 Avril Duckworth 1st W40/45 90 42  
177 B Wildman M40 96 38  
178 Dany Robson W35 96 40  
342 Lorna Balmer W35 106 42  
432 L Chew 1st M70/75 114 02  
666 finished

### Preston 10

#### 15th Nov

1 C Livesey PH 52 59  
16 D Edmondson M40 58 42  
26 Gemma Unsworth BWF 60 44  
35 K Davies M45 61 56  
48 A Life M40 63 17  
53 M Hogan M40 63 41  
60 S Green M50 64 15  
65 N Worswick M40 64 42  
72 P Hindmarch M40 65 15  
76 P Booth M55 65 42  
78 D Thompson 66 09

96 P Toman	M50	68 16
131 G Balmer	M40	70 50
136 A Taylor	M50	71 07
158 M Pendlebury		73 14
175 Katy Thompson	<b>1st W55</b>	75 01
181 Susan Clark	M40	75 35
200 T Orrell	<b>1st M65/70</b>	76 59
202 Wendy Dodds	3rd W55	77 07
225 Carole Life	W40	78 44
312 D Scott	M65	89 37
335 Karin Goss	<b>1st W60</b>	94 00
365 ran		

### Wesham 10K

#### 28th Nov

1 S Robinson	BWF	32 18
25 R Brewster	2nd M50	37 01
33 Gemma Unsworth	BWF	37 42
55 Aidan Holgate	2nd M20	39 08
90 N Roscoe	M40	41 03
100 M Pendlebury		41 43
101 M Eddlestone	M50	41 44
154 Ann Marie Hodgkiss		44 55
155 P Cheetham	M55	44 57
274 P Costello	M50	50 02
325 V Brodrick	M50	52 22
397 Andrea Brewster	W45	57 59
466 finished		

### Ladies Swinton 5.2

#### 29th Nov

1 Leanne Sheahy	Leigh H	33 05
132 Jill Scott	W65	54 34
196 finished		

### Guy's 10

#### 6th December

1 A Ford	Sale H	48 52
19 Candice Taylor	<b>1st Lady</b>	59 19
23 D Howell		60 30
28 A Cran		60 42
30 P Archer	M40	60 59
37 K Davies	M45	62 03
55 P Hindmarch	M40	64 51
66 M Hogan	M40	66 33
84 Sue Burns	2ndW50	68 14
87 A Taylor	M50	68 32
98 M Eddlestone	M50	69 32
368 ran		

### Gt Langdale Pud Race 10K

#### 12th December

1 L Cook	Tri Clan	33 05
11 Helen Waugh	Tyne Tri	36 30
14 R Brewster	1st M50	36 57
217 R Hill	<b>1st M70</b>	50 38
361 Andrea Brewster	W45	59 17

### Longridge Pud Race 7M

#### 13th Dec

1 G Butler	Preston H	33 54
37 P Hindmarch	M40	46 42
39 M-A Tracey-Aguera	Ast & Tyld	47 23
99 T Orrell	<b>1st M70</b>	53 14
203 K O'Brien	M65	62 13
269 ran		

### Ribble Valley 10K & Northern

#### Champs

#### 27th Dec

1 T Lancashire Bolton	UH	29 21(rec)
54 Helen Clitheroe	PH	32 53
81 A Stubbs	M40	34 59
102 D Edmondson	M40	36 15
103 R Lees	<b>1st M55</b>	36 18
108 D Howell		36 31
118 J Dugdale		37 01
123 A Cran		37 13
139 C Balderstone	M45	37 40
146 R Brewster	M50	37 53
147 K Davies	M45	38 00
151 P Hesketh	M40	38 08
159 D Motley		38 19
165 A Life	M45	38 32
168 A Holgate	JM	38 34
194 A Arnstron	M40	39 23
208 P Brown		39 40
209 S Burns	<b>1st W50</b>	39 41
215 B Horrocks	M50	39 49
226 I Whigham	M45	39 59
231 S Green	M55	40 05
259 M Toms	M45	40 52
272 R Briscoe		41 25
281 S White	M50	41 38
315 M Eddleston	M50	42 44
329 N Worswick	M40	43 07
343 D Horrocks	M45	43 30
352 D Scott	3rd M65	43 42
360 B Wildman	M40	43 47
390 T Orrell	<b>1st M70</b>	44 35
418 G Whittaker	W35	45 12

420 Irene Roche	3rd W50	45 15
438 Susan Clark	W40	45 50
460 KatyThompson	3rd W 55	46 29
268 P Dugdale	M50	46 50
469 R Lawson	M65	46 54
492 Carole Life	M40	47 40
499 G Thompson	M55	48 03
526 M Thistlethwaite	M55	48 45
564 Kathryn Wilkinson		49 49
572 R Treitl	M55	50 04
583 D Munroe	M60	50 23
594 Cynthia Allen	W50	50 38
602 R Chappell	M60	50 50
652 R Hill	3rd M70	52 03
813 Christine Leathley	2nd W60	
		59 03
860 Jill Scott	2nd W65	62 55
861 Karin Goss	W60	63 15
906 finished		

## FELL RESULTS

### Dunnerdale Fell Race 14/11/09

#### AS 5m 1800ft

1 T Addison - H.Hill		39.36
25 J Dugdale		46.44
35 J Reedy – Amb 1st L		48.12
68 M Nutter	V40	52.58
72 Pr Thompson	V40	53.42
78 R Bellaries	V50	54.35
94 I Robinson	V50	55.42
116 D Naylor	V50	57.12
149 A Dugdale	V40	59.54
154 A Firth	V50	60.10
155 W Dodds	LV50	60.40
169 M Hirst	V50	61.25
206 P Dugdale	V50	65.17
258 R Hirst	V50	77.35

273 Finished inc 55 Ladies

3 DNF

### David Staff Memorial Fell Race

29/11/09

#### BS 5m 900ft

1 B Fish – Blackburn		31.45
6 Pl Thompson		36.13
17 S Fogg		37.36
20 J Dugdale		38.02
25 D Naughton	V40	39.51
37 B Taylor - Blackburn	1st L	
		41.59
43 M Nutter	V40	42.34

46 Pr Thompson	V40	42.58
79 A Dugdale	V40	47.58
88 A Firth	V50	48.51
93 M Taylor		49.59
94 P Dugdale	V50	50.06
100 D Richards	LV40	50.50
125 N Horsefall	LV50	55.04
145 J McGuire	V50	1.08.28
147 Finished incl 30 Ladies		

### Tour of Pendle 21/11/09

#### AL 17m 4200ft

1 D Raby - Chorley		2.38.30
5 A Orr		2.39.18
8 T Edward	V40	2.41.42
10 A Brown		2.42.07
18 K Davison DkPk 1stL		2.48.31
23 C Balderson	V40	2.50.05
24 D Motley		2.50.59
33 S Fogg		2.54.39
38 A McFarlane	V40	2.59.26
39 P Hesketh	V40	2.59.35
41 A Robinson	V50	2.59.53
42 B Horrocks	V50	3.00.17
44 N Worswick	V40	3.00.47
48 M Terry	V40	3.01.28
50 S Whitaker	V40	3.02.03
56 P Booth	V50	3.03.48
57 A Armstrong		3.03.52
62 K Mitchell		3.04.22
70 K Carr	V60	3.07.47
74 S Halliday		3.09.16
78 D Horrocks	V40	3.10.04
92 M Nutter	V40	3.13.30
94 M Toms	V40	3.13.53
96 R Bellaries	V50	3.14.10
109 Pr Thompson	V40	3.17.57
115 T Mitchell	L	3.18.38
127 A Kelly	LV40	3.21.36
129 J Sharples	V50	3.22.04
130 P Toman	V50	3.23.10
146 M Eddleston	V50	3.29.39
147 I Connell	V40	3.30.05
149 I Whigham	V40	3.30.10
152 A Dugdale	LV40	3.31.05
157 G Smith		3.32.35
169 G Clifton		3.35.02
171 L Slater	LV40	3.35.09
179 S Bury	V50	3.36.41
194 M Hirst	V50	3.41.28

197	W Dodds	LV50	3.42.04
199	D Naylor	V50	3.43.03
203	A Dugdale	V40	3.45.27
231	K Thompson	LV50	3.53.53
236	D Richards	LV40	3.54.49
242	J Rawlinson	LV50	3.56.49
246	C Life	LV40	4.01.17
261	G Balmer	V40	4.09.51
262	R Treitl	V50	4.10.46
269	D Munroe	V60	4.18.11
284	G Laycock	V50	4.33.49
292	K Goss	LV60	4.47.15
296	G Williams	V60	5.00.19

301 Finished inc 40 Ladies  
19? DNF

### **Bolton By Bowland 06/12/09**

#### **CM 8m 800ft**

1	I Holmes - Bing	V40	47.30
5	V Wilkinson -Bing	1st L	53.07
13	A Orr		55.23
14	C Balderson	V40	55.29
15	J Dugdale		55.40
27	N Worswick	V40	57.45
28	A Life	V40	58.00
29	N Hardiman	V40	58.02
59	I Whigham	V40	64.52
68	S White	V50	65.38
88	A Dugdale	V40	69.08
91	K Butterworth	V50	70.52
101	D Scott	V60	71.46
106	B Savage	LV40	72.44
112	S Clark	LV40	73.44
115	M Taylor		74.41
116	P Dugdale	V50	74.49
118	R Treitl	V50	74.50
119	D Richards	LV40	75.00
125	L Bostock	LV50	76.05
132	D Munroe	V60	77.42
138	L Balmer	L	79.28
140	N Horsfall	LV50	80.23
143	P Healey	V60	83.01
149	J Francis	V60	88.54
153	R Hirst	V50	92.00
164	Finished inc 30 Ladies		

### **20th Stoop Race 20/12/09**

#### **BS 5m 800ft**

1	R Hope - P & B		30.50
21	J Dugdale		36.07
45	H Glover - K&C	1st L	38.07
88	A Dugdale	V40	43.04
90	L Slater	LV40	43.11
129	P Dugdale	V50	46.00
132	A Firth	V50	46.21
150	N Horsfall	LV50	50.24
183	Finished inc 41 Ladies		
3	DNF		

### **Whinberry Naze Dash 26/12/09**

#### **BS 4m 750ft**

1	S Carey - Tod		27.55
8	S Fogg		29.02
11	J Dugdale		29.46
31	M Nutter	V40	33.22
34	Pr Thompson	V40	33.30
35	M Terry	V40	33.49
41	A Dugdale	V40	34.22
43	D Gowans -Acc	RR1st L	34.26
59	A Firth	V50	37.59
60	P Dugdale	V50	38.03
63	G Smith		38.15
72	M Taylor		38.51
75	R Moore	V40	39.11
85	D Richards	LV40	41.03
117	T Targett	V60	49.25
140	Finished incl 29 Ladies		

### **Wansfell 27/12/09**

#### **AS 2.5m 1400ft**

1	R Jebb - Bing		22.07
23	J Reedy - Amb	1st L	26.40
35	J Holt	V60	28.44
38	Pr Thompson	V40	29.04
44	M Nutter	V40	29.48
64	A Dugdale	V40	31.27
78	A Firth	V50	33.42
85	D Neild	V50	34.34
94	B Thompson	LV40	36.28
99	N Horsfall	LV50	38.56

107 Finished inc 13 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](mailto:katy.thompson1@btinternet.com)  
Road race details are usually on [ukresults.net](http://ukresults.net)

### JANUARY'S JAUNTS

- Fri 1<sup>st</sup> Joe Salt Multi Terrain 11.15 a.m. 4.2 m from Whitworth, nr Rochdale £4 + £1 eod  
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 eod  
[www.ogdenwater.freeserve.co.uk](http://www.ogdenwater.freeserve.co.uk)
- Sat 2<sup>nd</sup> Ovenden FR BM 8m/1200' 11.30 am from Ogden Reservoir £5 eod  
Dave Clarke 5 m 11am from Salt Ayre Leisure Centre, Lancaster  
Enter online at [www.shoestringresults.com](http://www.shoestringresults.com) £5 (+£2 eod)
- Sun 3<sup>rd</sup> Central Lancs New Year Half-marathon 10 am from Catforth, nr Preston £15 by 12<sup>th</sup> Dec.  
Delamere Dash Trail Race 6m [www.EpicEvents.org](http://www.EpicEvents.org)  
Pennine 10K 9.30 am St Chad's School, Hove Edge, Brighouse, W. Yorks £7 by 23<sup>rd</sup> Dec
- Sat 9<sup>th</sup> **Lancs XC Witton Park Blackburn You must enter yourself for this race. Entry forms at [www.lancsaa.co.uk](http://www.lancsaa.co.uk)**
- Sun 10<sup>th</sup> Garstang 10K 11 am Garstang High School £8
- Sat 16<sup>th</sup> **Mid-Lancs XC Lawson's Ground, Blackpool Ladies 2pm Men 2.30pm**  
Ashurst Beacon FR CS 5.9m/950' £3 eod from Prince William Inn, Dalton, Upholland (GR 502075)
- Sat 23<sup>rd</sup> **Northern XC Witton Park, Blackburn.**
- Sun 24<sup>th</sup> Stanbury Splash FR BM 11.30 am from Penistone nr Haworth GR0225364 £3.50 eod  
Chernobyl 10K 11 am Welcome Tavern, Lostock Hall PR5 5UL £8 (£10 eod) [www.mcrv.co.uk](http://www.mcrv.co.uk)
- Sat 30<sup>th</sup> PFO Orienteering Whitaker Park, Rawtenstall 10.30 am - 12 noon  
Registration from 10 am. Juniors £1.50 Seniors £2.50  
Blake Fell AS 4.5m/1700' 12 noon from Lamplugh, W Cumbria £4
- Sun 31<sup>st</sup> **Pennine Bridleway Relay Teams of 10 8.30 am 47m/6300' in 5 stages. Contact Fell Captains if you want to run**

## **FEBRUARY'S FROLICS**

- Sat 6<sup>th</sup> 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](http://www.cvfr.co.uk) for details
- Sun 7<sup>th</sup> 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 13<sup>th</sup> **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](http://www.skemboundaryharriers.co.uk)
- Sun 14<sup>th</sup> Winter Hill Fell Race AM 11m/2750' 10 am from Rivington Barn, nr Horwich £5 on form from [www.horwichrmiharriers.co.uk](http://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 eod +£1
- Sun 21<sup>st</sup> Great North West Half Marathon 11am Hilton Hotel, North Promenade, Blackpool £19 + £3 eod cd 7<sup>th</sup> Feb  
Trafford 10k 9.30 am from Partington Leisure Centre M31 4ES £11 cd 16<sup>th</sup> Feb (NB This race fills up quickly)
- Sat 27<sup>th</sup> **Noon Stone FR AM 9m/2300' 12 noon from Top Brink Inn, Lumbutts (GR 956236) £4 [www.todharriers.co.uk](http://www.todharriers.co.uk)**  
**English Fell Champs Entry on official form after 1<sup>st</sup> Jan**  
Standish Hall Trail Race approx 10K 2.30pm from Wigan Hotel, Standish WN6 0SR (off J27 M6) £4 + £2 eod
- Sun 28<sup>th</sup> Preston Docklands 5m Carrefour Gym, Ashton, Preston PR2 2YQ £5 + £1 eod

## **MARCH'S MEANDERINGS**

- Sat 6<sup>th</sup> Half Tour of Pendle AM 9m/2250' from Barley Village Hall (GR 822402) £4 by 1<sup>st</sup> March to Keith Thompson, Elmfield, Ribchester Rd, Clayton-le-Dale BB1 9EE 01254 248406  
Mid Lancs XC, Barrow Ladies 2pm Men 2.30pm

## MID LANCS CROSS COUNTRY LEAGUE

<u>Date</u>	<u>Venue</u>
Saturday, 16th January	Blackpool
<b>Saturday, 13th February</b>	<b>Hyndburn, Woodlands</b>
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**

<b>Captain</b>	<b>Name</b>	<b>Vice Captain &amp; Selector</b>	<b>Contact No</b>	<b>Email</b>
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