

HARRIER NEWS



The Clayton Harrier Newsletter
October 2010



Kieran Carr

Winner: V60 Trophy Ben Nevis Race 2010
V65 Gold Medal English Fell Championships

Photo: Mark Nutter

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 2010/11 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

2010 AGM: Turn to p5 for an updated list of Officials who were elected at the Meeting. You will see that you're stuck with me as Chairman for another year, I'm afraid. Many of the positions are as they were last year, but I'm pleased to welcome (back) to the Committee, Peter Browning and Steve Whitaker. Captains Katy Thompson (Ladies' Fell), Gary Shaw (Men's Road), Michael Hogan (Men's Vet Road), Dave Motley (Men's Fell) and Paul Shackleton (Men's Vet Fell) are to continue and Ian Greenwood was elected as Men's Cross Country Captain (see p39). However, we still have vacancies for two Ladies' Captains: Road and Cross Country. These positions are crucial to the Club if we are to maintain a significant presence in cross country and road competitions. We have entered both the Red Rose and Mid Lancs XC Leagues in which, to do well, we need a good turn-out at each fixture. The Ladies' Captain's main job is to encourage as many female members (especially the newer ones) to run in the League fixtures and Championship races in the New Year. With the XC season starting on 23rd October (see Fixtures on p34) we urgently need a volunteer to take on this role. Similarly, without a Road Captain, our female members will miss out on taking part in Road Championships and Road Relays in 2011. So, come on ladies, if you would like to support your fellow members and the Club by taking on one of these roles, contact me or Mike Wallis as soon as possible. Committee members and ex-captains will be more than willing to give support and advice to anyone who does step forward.

Since the AGM, Neil Worswick has taken over from Paul Shackleton as Vets' Fell Captain. Paul was re-elected as Fell Captain at the AGM, but has since had second thoughts. Being based in the West Midlands, Paul is finding it difficult to monitor performances and contact members. Our thanks to Neil for stepping forward to fill the breach at short notice and to Paul for his work as Captain.

Pete's Triple Challenge On p10 you will find an account of my Joss Naylor Lakeland Challenge, on 31st July. On 27th August I embarked on the final challenge: running the Coniston Old Man race route, prior to cycling through England and northern France to Switzerland to take part in the Jungfrau Marathon on 11th September. Having cycled 996 miles and run 26 miles (with 8000' of ascent), I have now completed the triple challenge and am close to my target of raising £1000 for North West Air Ambulance. (Report on the Jungfrau trip will be in a later Newsletter.) Thanks to all who have helped in any way and have made a donation. If you would still like to donate, you can do so via my JustGiving page:

www.justgiving.com/petes60-triple-challenge,
or when you see me at training or races.

CleM News in Brief...

CONGRATULATIONS to Kathryn and Garry Wilkinson on the birth of their son, on Tuesday, September 14th. Weighing in at 7lb 5oz, Charlie will be a welcome play mate for Isaac.

Simon Clarke: I have an exhibition in Colne at present; thought some members may be interested to know of this via the newsletter. The exhibition runs until the end of October at the Northern Life Gallery Colne. This is based at the old British in India museum on Sun Street, near the police station. The exhibition is a collection of mainly batiks with prints and ceramics. Many images are of local landscape so familiar to us who run, walk, or enjoy mountain biking. These include representations of the Leeds and Liverpool Canal; the moors above Hebden Bridge; Stoodley Pike; and more urban scenes of old mills, Nelson etc.

The gallery is open 9.00am - 5.00pm Monday to Friday but closed at weekends unfortunately.

It would be nice if any of my many friends in Clayton could pop along to see my work!

Eileen Jones: Could you put a note in next newsletter, alerting members to buy the November issue of Cumbria magazine which will feature some club stalwarts.

Gerry King: From 11th-23rd September CleM member Gerry King walked the Coast to Coast from West to East in aid of MacMillan Support in memory of his two sisters, Marie Dixon and Barbara Donohue, who both died from cancer.

If you would like to help boost Gerry's fund-raising please visit

<http://www.justgiving.com/gerrykingc2cwalk>

**CLAYTON-LE-MOORS HARRIERS
OFFICIALS
2010-2011**

President	Dave Scott Tel: 01282 693867 Email: jilscot[at]hotmail.com
Chairman	Pete Booth Tel: 01282 448232 or 07724 085873 Email: pete.booth[at]ntlworld.com
Vice Chairman	Paul Healey Tel: 01254 384885 Email: p.healey[at]sky.com
Secretary	Mike Wallis Tel: 01254 822874 Email: mj.wallis[at]btinternet.com
Membership Secretary	Mike Eddleston , 1 Bridge Croft, Clayton-le-Moors, Accrington, BB5 5XP Tel: 01254 390757 or 07951 424780 Email: mjedleston[at]btinternet.com
Treasurer	James Hickie Tel: 01254 246658 Email: j.hickie[at]btinternet.com
Website	Martin Brady Tel: 01282 611523 Email: claytonlemoors[at]googlemail.com
Newsletter Editor	Pete Booth
Social Secretary	Anne Marie Greenwood Tel: 01254 237485 mgreen8[at]hallmark-uk.com
Fixtures Secretary	Katy Thompson Tel: 01254 772013 katy.thompson1[at]btinternet.com
Junior Co-ordinator	Marion Wilkinson Tel: 07940 418603 j.wilkinson742@btinternet.com
Clothing Custodian	Val Lawson Tel: 01282 423808 Email: valric2[at]tiscali.co.uk
Elected Members	Pete Browning Tel: 01254 607646 Email: pabrowning[at]hotmail.com Dave Edmondson Tel: 01282 851122 Email: davidjedmondson[at]hotmail.com Richard Lawson Tel: 01282 423808 Email: valric2[at]tiscali.co.uk Steve Whitaker Tel: 01282 868864

The Way of the Rose **George and Katy's Coast to Coast Bike Ride**

I have always fancied a coast to coast cycle ride, so when I saw an article in the travel section of one of the national newspapers detailing a new Sustrans route called Way of The Roses, to be opened in September, the seeds were sown for this summer's bike tour. To remove the need for bike transport and external help we decided to extend the trip to and from home, hence D2C2C2D. The trip took us 7 days with an average daily mileage of around 50 miles, and a total distance of 353 miles. We stayed in guest houses and hotels to add a touch of luxury. This also meant we only needed to carry spare clothing and washing stuff, keeping the bike weight down.

As the weather forecast for the week was mixed, I decided to buy and fit mudguards to both our bikes only the day before we set off ... this turned out to be money and time well spent. More detail and some photos of our trip are in our trip diary below.



Our Trip Diary 3rd to 9th August 2010.

Day 1. 55 miles Darwen(home) to Morecambe, then C2C route to Caton

We set off from home in a light rain, taking the direct route through the centre of Blackburn, carried our loaded bikes over large trenches in a "closed road" in Wilpshire (those signs are not for cyclists), and on to Ribchester. We then followed the NCN route 6 to Lancaster. The NCN6 route is very zig-zaggy crossing the M6 motorway on small roads no fewer than 5 times.

The cycle route from Lancaster to Morecambe is traffic free and follows the river (fast and flat). We started the C2C route proper at the end of the Stone Jetty (pictured) beyond the refurbished art deco Midland Hotel. Back along the river to Lancaster and out on the main road to our first hotel stop at Caton.

Day 2. 50 miles Caton to Pateley Bridge

Heavy rain overnight gave way to light rain as we set off on the second day. Travelling through Wray (not a scarecrow in sight), and on over the hills via Bentham to Settle. After a coffee, and now in sunshine, we struggled up the very, very, very steep White Cross Rd out of Settle towards Airton, 2.5mph in the easiest gear for quite a long way. Then on to Grassington which was planned to be our overnight stop. We arrived in Grassington much too early, so decided to press on over more big hills to Pateley Bridge, and a more than welcome meal, and guest house bed. Both very saddle sore!

[continued on p20]

Covering Old Ground

25 years ago (Sep/Oct 1985)

Len Farnsworth, Brian Wilkinson and Doug Brown (editor) completed the recently opened 42 mile Ribble Way at "a leisurely pace" in 8 hours 39 mins.

The Cross Country Season is almost upon us – all mud, filth, and blood and guts. At the Burnley event last year we almost managed 100 from our club.

Winter training on Tuesdays from Wilsons playing fields. For those who choose to venture to the pub – the landlord of the Royal Oak, having heard a whisper his trade was to disappear to another pub (the Gamecock) he has offered to put on free food (but similarly so has the Gamecock).

Newsletter co-ordinators (those who were responsible for delivery of the issues by hand) were applauded for their endeavours when on the summit of Apronfull Hill, mid-race in the Pendleton Fell Race, Stan Bradshaw handed Geoff Smith his copy.

Subs for this year were £5 for over-17s and £1 for juniors.

Eileen Street married Rossendale's Pete Irwin.

New Members – Robert Storey, DJ Hughes, Chris Ward, Garry Wernham, Peter Billington, John Bostock, Stuart Pound, Doug Aspden, Geoff Newsam, William Wilson, John Kelly.

In the Results:

Freckleton Half Marathon & Burnley Half – winner Roger Brewster 66.54 & 68.50.

Pendle Leisure Services Fell Race, Wray Caton Moor FR, Ravenstones FR – first lady Karin Taylor (Goss) 38.11, 55.30, and 87.43.

Saddleworth 3 day event – Wendy Dodds first lady 201.14 also first lady at the Scouthead race 64.06.

OS Mountain Trial – George Brass won the over 50 Chris Brasher Pinnacle Trophy.

Brockhall Fun Day 14 – first lady Tina Lewis 98.41.

20 years ago (Sep/Oct 1990)

No September edition.

The AGM went on until 11.29 pm. There were no nominations for Road Captain.

Winter Training Tuesday nights – Wilsons and Lucas Sports Club.

In the FOCUS was Tony Chew – initially trained 1980-84 to keep fit for swimming and Water Polo. From 1984 trained 6/7 days per week. Preferred under 10 miles and favourite race the Weets. Average mileage around 40-45 per week.

Pete and Sandi Browning thanked everyone for their wedding presents (July).

15 years ago (Sep/Oct 1995)

Peter Barlow reported on the funeral of David Cox who had been a member of Clem since 1978. David had passed away at the age of 50 following a lengthy fight against cancer.

Harry Smith reported on the 25th Anniversary of the Barnoldswick Weets race which he organised. A large field of 427 finishers picked up a souvenir commemorative plate. Eighteen past winners took part (including Roger Brewster and Mark Aspinall).

Celebrity Chef Vanessa Peacock sent in her recipe for Carrot Cake – *made my mouth water reading it.*

Run of the Month went to Lee Thompson (7th in the Borrowdale FR). Don Barton was elected our new President following the death of George Brass. A report of Don's Jos Naylor Traverse in August 1995 was included. Monica Shone waved off the first leg team at 3.30 am from Hartsop Cottage. They started from Pooley Bridge at 4am. Don finished 14 hours 49 mins later at the age of 60 years. Don said "What would we do without the support we can all call upon when we decide to make one of these excursions? What could we do? The answer in my case is very little. My heartfelt thanks to all of you."

Membership fees remained at £10. A new system for non-competing members was introduced – Associate membership.

New members – Lee Passco; Mick Procter.

Resignations – Paul & Kevin Rogan

Alan Heywood's mum and Janet Thomas (girlfriend) donated a trophy for the club's Summer Series; Preston Harriers donated a framed print for an award.

Run of the Month – Mark Brown having won two gold medals in Berlin.

Ian Campbell and Pete Browning attended a meeting of Barley Parish Council recently to discuss car parking and other matters.

10 years ago (Sep/Oct 2000)

Run of the month – Kitty Garnett for her V60 title in the Tour of Tameside Seven members made the trip to Slieve Donard in July (6m x 2800 ft) for the British Champs. The club subsidised the travel leaving members a cost of £55 each covering minibus, fuel, ferry, and 2 nights B&B. The team managed 3rd place behind Bingley and Pudsey. Those who travelled included Don Barton, Garry Wilkinson, Mike Wallis, Jason Harbour, Geoff Gough, Pete Browning, Mick Targett. Wendy Dodds became ladies' fell running champ following her success at Dale Head, three month's short of 50 years of age.

5 years ago (Sep/Oct 2005)

In the Sept issue Run of the Month went to Keiran Carr for V60 at Wasdale (British Champs) and clinching the English Champs. In the Oct issue the honours went to Ted Orrell for V65 at Cliviger, V65 at Trawden, V65 at Chorley Series and similar at Worsthorne.

In the Summer Series Downhill 43 finished with Tim Edward taking the honours and Judy Hindle being the lone lady. In the Tour of Hameldons 28 finished led by Mark Brown, Sue Allen being the lone lady. In the Ossy Moors 32 finished with Paul Thompson taking first place and four ladies finished with Vanessa taking the honours.

Sir Clive's Masterplan team (Captain Pete Browning) won the Walter Wilkinson Memorial Relay and was presented with the trophy by Walt's son, Neil.

Paul Healey

MILESTONES

Service

Ida Bradshaw	75 years
Alistair Patten	55 years
Gerald Rawlinson	30 years
Terry Allwood	25 years
David Bailey	20 years
Mark Aspinall	10 years
Michael Toms	10 years
Gordon Barrett	5 years

Age

6 th	Tim Edward	45 years
7 th	Kirsten Graham	40 years

Joss Naylor Lakeland Challenge Saturday, 31st July 2010

The grey curtain parted momentarily to reveal a valley head, painted in vivid green. 'Wasdale', went up the cry. 'We need to go right.'

'Compass says left', stated Andy.

Off we went to the right, only to halt, perplexed. There was rising ground where it should have been downhill!

Another brief glimpse of the valley. Trees in the distance. Lots of them. 'Oh bugger, it's Ennerdale.'

Surprise, surprise; the compass was correct! As we sheepishly re-traced our steps, a tent emerged from the gloom. A head popped out. 'You doing the Ten Peaks Challenge?'

'No..... Is this Beck Head?'

'Yes.' Head disappeared back into the warm.

We had slithered and stumbled off Great Gable in rain, mist and high wind, without finding a proper trod, convinced we were too far left, hence our error; but now we were back on track.

It had all started so well, just over ten hours previously. A bleary-eyed Pete and Sandi Browning and Susan waved Andy Armstrong, Mick Hogan and I on our way from Pooley Bridge. We trotted along the lane and through a crowded, but eerily silent camp site, then up on to the open moor. Conditions were cool, but pleasant for running, with a westerly breeze piling up banks of cloud on the highest peaks, as we made steady progress over the first eight summits, to arrive on High Street nine minutes ahead of schedule. More steady running, interrupted by a slippery descent into Threshwaite Mouth, followed by the steep climb out, saw us arrive at Kirkstone Pass with thirteen minutes in hand.

Thanking Mick and Andy for their sacrifice of precious sleep and their support on Leg 1, I devoured my second bowl of porridge of the day to follow 'El P', Geoff and Richard up the steep face of Red Screes. Conditions were still pretty good as we jogged across Scandale Pass and plodded up towards Dove Crag, which we skirted to the left, before arriving on Hart Crag. The summit of Fairfield was also clear and as we slomed down the loose stuff towards Grisedale Hause, we could make out a figure: Andy Hirst who had come out from Dunmail to meet us. Remarking on how long it always seems to climb Seat Sandal, compared to traversing it the other way on a BG, we finally reached the summit and followed Andy along the faint trod to the drop-off to Dunmail. Up to this point my brand new Sportiva shoes had been great, but as I was forced to slow on the steep descent to the waiting van I was persuaded to change to my Innovates (new, grey 330s – still not the best in wet conditions). My companions had kept me to the schedule brilliantly and I was still 14 minutes up as I simultaneously ate a bacon butty and changed my footwear. Who says men can't multi-task?

This being the final road crossing on the Joss, I bade farewell to the support team and followed my new companions up through the bracken that cloaks Steel Fell. Led by my only female support runner Bev Thompson, the two Petes (Browning and Thompson), Ivan Wigham, Mark Nutter and I crested the rise slightly ahead of schedule, despite the fact that for the first time, I was feeling under par. As we followed the soggy line to the east of Calf Crag, reccied in the dry some two months previously, I reflected that we should have stuck to the path, especially as I was feeling increasingly uncomfortable, with a rumbling gut. Just as on my Pendle Way Run, I was having trouble with my digestion while on the move.

Emerging onto the easy angles of High Raise's upper slopes, I wanted to run, but the discomfort made it impossible. So I arrived at the summit at a walk to encounter the first walkers we had seen since leaving Pooley Bridge. We picked up the path descending to Stake Pass but I was still most uncomfortable, so I let the others get ahead, found a secluded spot, where I could do the necessary. Feeling much better, I caught up and we proceeded round the head of the pass and onto Rossett Pike without further hold ups. Bowfell glowered in the mist above us as we inched our way up Hanging Knotts. Much to my delight, we emerged in precisely the right spot, but were greeted by a strong head wind and thick drizzle, which prompted donning of waterproofs. Having negotiated the slippery summit rocks, Mark found the grassy trod down to Ore Gap and we passed over Esk Pike without problems. However, descending to Esk Hause, I was perturbed that we had not dropped out of the clag – indeed, it was thicker, if anything – and the wind was gaining strength.

Pete T led the way up Great End, where we had a quick discussion on the best way off. I was prepared to go the long way round, back via Esk Hause, but Pete was confident he could find the gully down to The Band – and immediately proceeded to do so! Prior to the event I had worried about Red Gully off Kirk Fell. This was far worse: very steep, unstable and slippery, but we took our time and slowly picked out the intermittent path down The Band to Sty Head, where a very cold, wet group was waiting to take over. I am full of admiration and gratitude for the team, especially Bev, who had never experienced such difficult terrain in testing conditions, for keeping me going and delivering me to Sty Head still on schedule.

No lingering goodbyes – a quick bite and drink and seven were on our way: Pete Browning and Ivan, who were continuing, plus Steve Bury, Rich, Andrew Firth and Andrew Hirst, newly arrived from Wasdale Head; the latter four only too pleased to be moving and getting some warmth back. No hanging about on Great Gable summit, either. It was wet, windy and cold. Hence the navigation error on the descent.

Once we had established that we were at Beck Head, we got the correct line up Kirk Fell, but were off line again on the descent, necessitating an adjustment and more lost time locating the head of Red Gully. Once across the Black Sail col we made decent progress up Pillar to arrive in conditions every bit as bad as on Gable. Taking great care with the bearing, we got down to Wind Gap without too much difficulty and located the cut off round Little Scoat Fell, from where we scrambled to the wall that marks the top of Great Scoat Fell. Leaving the others to follow the wall, the two Andrews and I did the 'out and back' to Steeple as quickly as we could in the conditions, catching up just before the ascent of Haycock.

For the first time since High Raise I began to struggle physically; my adductors really tightened on the climb, slowing progress and were no better on the steep descent, accurately located by Andrew H. Once the terrain eased, however, I was able to jog quite well until brought to an abrupt halt by the ever steepening bulk of Seatallan. But, this was the penultimate climb, so I was able to grit my teeth and slog it out. Off Seatallan on a bearing because of the persistent thick clag, I struggled at the back on the steep descent to the col, but picked up again on the last climb: Middle Fell. Andrew F encouraged me by stating, 'Only the last descent now, Pete.' To which my reply was, 'I'll need to really concentrate. I don't want to fall at this stage.'

No sooner were the words out of my mouth than I caught my studs on the solitary rock on the path, executing a graceful swallow dive into the mud! With only my pride damaged, we soon reached the summit of Middle Fell, pausing briefly to don my club vest for a photo, before embarking on the last descent. Some ten minutes later, I could clearly see Wast Water and Greendale Farm, as Rich, Andy, Ivan and Pete led the way down the green track below me through the bracken to the Bridge, where Joss, Sandi and Susan were waiting to greet me.

14 hours and 17 minutes after leaving Pooley Bridge I had completed the Joss Naylor Lakeland Challenge. In common, I'm sure, with others who have completed this, or similar runs, my initial feeling was one of relief, which was quickly overtaken by euphoria and gratitude for a true team effort.

Sincere thanks to all who have given me moral and practical support over the last few months, including all the generous souls who have sponsored my fund raising for North West Air Ambulance, but most of all those who were there on the day:

Road Support & Catering: Sandi Browning, Susan Farnworth

Leg 1: Andy Armstrong, Mick Hogan

Leg 2: Richard Bellaries, Geoff Newsam and Dave Scott

Leg 3: Pete Browning, Mark Nutter, Pete and Bev Thompson, Ivan Wigham

Leg 4: Richard Bellaries, Pete Browning, Steve Bury, Andrew Firth, Andrew Hirst, Ivan Wigham.

Pete

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newsletter...
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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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Peter Catley IIST HFST

JULY RUN OF THE MONTH

PETE BOOTH completing JOSS NAYLOR LAKELAND CHALLENGE
in 14 hrs 17 mins on 31st
Nominated by Andrew Firth

ROGER BREWSTER for 1st V50 at the IAN TERRY MEMORIAL 5K RR at
Littleborough on 20th
Nominated by Harry Manning

ANDY BROWN for 4th position at the WASDALE FR on 10th
Nominated by Paul Thompson

WENDY DODDS for 1st Lady Vet (4th overall) at the WASDALE FR
on 10th
Nominated by Jean Brown, Paul Thompson
For 1st FV55 at the HOLME MOSS FR on 18th
Nominated by Harry Manning

DAVE NAUGHTON for 35th place (2nd V50;1st CleM) at the HOLME
MOSS FR on 18th
*Nominated by Paul Thompson, Peter Thompson,
Ian Greenwood, Paul Shackleton, Steve Whitaker,
Dave Edmondson*

CANDICE TAYLOR for 1st Lady at the MANCHESTER 5K at Wythenshaw on
1st
Nominated by Harry Manning

PAUL THOMPSON for 3rd position at the WASDALE FR on 10th
Nominated by Jean Brown

**JULY WINNER:
DAVE NAUGHTON
FOR HIS SUPERB RUN AT
HOLME MOSS**

AUGUST RUN OF THE MONTH

- JEAN BROWN** for 2nd FV40 at the BORROWDALE FR on 7th
Nominated by Wendy Dodds
- ROGER BREWSTER** for 1st V50 at the BURNSALL 10 MILE RR on 21st
Nominated by Harry Manning
- SUE BURNS** for 1st place at the PADIHAM TRIATHLON on 1st
Nominated by Harry Manning
- AIDEN HOLGATE** for 1st U20 (5th overall) in the BURNLEY & PENDLE GRAND PRIX
Nominated by Lisa Johnson, Marion Wilkinson, Cynthia Allen & Nick Roscoe
- RICHARD LAWSON** for breaking the V70 record at the CLIVIGER 6 RR on 1st (his 70th birthday!)
For 1st V70 at the BADGER TRAIL 10K TRAIL RACE on 5th
for 2nd V70 at the ARNCLIFFE 4M RR on 14th
Nominated by Harry Manning
- BARRY MITCHELL** for breaking the V65 record at the CLIVIGER 6 RR on 1st
Nominated by Harry Manning
- GARY SHAW** for 1st place at the BOULSWORTH FR on 8th
For 1st place at the WORSTHORNE FR on 15th
for 1st place in the BURNLEY & PENDLE GP
Nominated by Harry Manning & Pete Booth

AUGUST WINNER: GARY SHAW FOR ANOTHER OUTSTANDING GRAND PRIX SEASON

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

NB: You can now make your RUN of the MONTH Nominations on the Club website:

<http://www.clayton-le-moors-harriers.co.uk/>

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

COMMITTEE NEWS

Monday 2nd August

11 members were in attendance.

The main points of discussion and decisions were:

- Discussions were continuing with race organisers of Pendle races re a memorial race for Stan Bradshaw.
- Dates, times & venues of sessions were to be agreed with training leaders & coaches prior to the Winter Training Sessions.
- Pete B still working on Club Development Plan, following Club Mark guidelines.
- Northern Athletics events to be online only in future.
- Membership: no applications; 1 resignation, P Baistow, who has enjoyed being a CleM member, but wishes to join family members in Trawden AC.
Subscription renewal notice, sent out with August Newsletter, would include a Standing Order Form to ease collection of subs, although other methods of payment still remain available.
- Teams agreed for Ian Hodgson & FRA Relays. Club to provide a minibus to FRA Relays in Scotland. Dave investigating hotels.
- One men's team to be entered in Northern Road Relays.
- Michael Wrigley, standing down from Committee after 25 years' service, thanked everyone for their support.
- Juniors: We agreed a Juniors' Race at the AGM 5K track event. Junior races confirmed at Worsthorne FR and Thieveley Pike FR. Use of track agreed for training sessions at Spirit of Sport. Junior welcome letters and schools' notices now available. 4 junior members took part in Padiham Triathlon.
- AGM arrangements confirmed.
- Club Championship: Confusion about different age groups in road & XC (35/45/55) and fell (40/50/60). New Committee to review format of Club Championship (again!).
- Dave had been given a large shield, first presented to the club by Burnley Fire Brigade to mark Rossendale Way Relay in 1985. Pete was to attempt to discover its present use.

The next meeting would be after the AGM and Pete B (Chairman) thanked all Committee members for their support, and those retiring members for their service.

CLUB CHAMPIONSHIP 2010

Following publication of the Red Rose and Mid Lancs League Fixtures, we have chosen four cross country races to complete the Club Championship counters.

CROSS-COUNTRY RACES

Saturday 23rd October	Red Rose XC League	Wilsons Fields Clayton Le Moors
Saturday 20th November	Red Rose XC League	Marl Pits Rawtenstall
Saturday 27th November	Mid-Lancs XC League	Sefton Park Liverpool
Saturday 18th December	Red Rose XC League	Witton Park Blackburn

ROAD RACES

Sunday, 5th December	Guy's 10M	Preston
Monday, 27th December	Ribble Valley 10K	Clitheroe

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

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.

For current standings in the Club Championships (after Good Shepherd FR) go to the Club website and click on the Club Championship tab.

GARRY WILKINSON MFHT, ICHF,

Clayton-Le-Moors Harriers

07581 623744

garrywilkinson1964@btinternet.com



Member No 152361

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Ladies' Fell News

Shelf Moor was the last race of the 2010 English Fell Championship, and there were still a lot of medals to be decided. As usual with the short races, the men and women ran separately. The wind, which made it hard to stay on your feet climbing up to Higher Shelf Stones, had dried the ground, making for fast running. Both the men's and women's championships were decided in sprint finishes. Lauren Jeska (Todmorden) and Rob Hope (P & B) secured Gold medals by winning their respective races, both just outside the long standing race records.

There were 8 Clayton lady runners (to match the 8 Clayton men!). In the Lady Vets competition we just needed to keep Calder Valley behind us to stay in Silver medal position. Jean Brown, who is going from strength to strength, led our ladies home, followed by Kath Wallis just 17 seconds later. Juliet was a minute behind. Loraine and Wendy followed, both working hard to keep Clare Kenny of Calder Valley behind them. Well done to Loraine and Juliet in their first championship race. We finished second vets team to Dark Peak, who had maximum points with four first places.

In the individual vets, Wendy was already sure of Gold in the V55s but had to settle for Silver in the V50s. Kath Wallis secured Bronze in the V50s and I hung on to Bronze V55. Unfortunately, the re-emergence of Alison Brentnall of Pennine, back on form after her recent bout of Lyme Disease, meant that Linda Lord dropped down to 4th V60, just 2 points outside the medals.

Well done to all of those who have run in championship races this year, and helped us to improve on the Bronze medals we won last year.

The relay season starts in a few weeks with the Ian Hodgson, followed two weeks later by the UKA Fell Relays in Fife, Scotland. We will enter two ladies' teams in the Calderdale Way Relay on 12th December. If I haven't already contacted you, please let me know if you are available and want to run. It saves the captains a lot of time if runners contact them rather than them having to ring round.

Katy Thompson

Well done to the Ladies!

In the Men's competition, our star individual performance came from Kieran Carr who is the V65 Gold medallist, while Mike Wallis picked up the Bronze medal in the V50 category. For the second successive year, the V50 team has won the gold medal, while the V40 team narrowly missed out on a medal, finishing fourth.

Pete

John Bradley Osteopaths

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JUNIOR NEWS

People are beginning to notice our young Clayton runners in races, especially the Bellard brothers; Will and Josh and also Chris Archer (see Results pp 25 & 26)

Also Natalya Irvine has broken junior girl records at Widdop Junior FR and Hellifield Gala FR. Well done Natalya!

We had a great turn out at Seeedhill prior to the AGM - Results as follows

2 Laps

			Age	
1	Katy	Haycock	7	4.13
2	Oliver	Speakman	7	4.25
3	David	Armstrong	6	4.36
4	Alayna	Irvine	4	4.43

4 Laps

			Age	
1	William	Bellard	10	6.29
2	Isaac	Wilkinson	7	6.39
3	Josh	Bellard	11	6.49
4	Natalya	Irvine	9	7.07
5	James	Haycock	10	7.08
6	Brook	Speakman	10	7.10

The Saturday sessions at Spirit of Sport are going from strength to strength with between 18-22 attendees and an ever growing membership. Cynthia, Deborah and Aidan are doing a great job along with the parents who help out.

Here are a few cross country races you may want to enter:

Saturday October 23rd - Red Rose League Wilsons Field, Hyndburn

Saturday November 20th - Red Rose Marl Pits (Hard!), Rawtenstall

Saturday December 18th - Red Rose, Witton Park, Blackburn

Saturday 23rd January 2011 - Towneley Park, Burnley

Marion

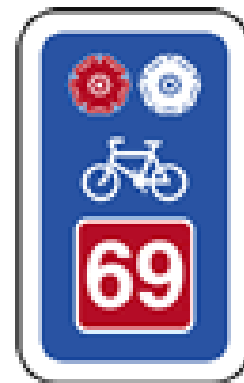
The Way of the Roses [continued]

Day 3. 57 miles Pateley Bridge to Pocklington

Good breakfast and off at 9:30 uphill out of Pateley Bridge in fine weather, stopping for a bit of sightseeing at Fountains Abbey. Then to Ripon, passing the Abbey, and race course, crossing the A1 motorway. We joined the NCN route 65 at Shipton and into the centre of York. Leaving the quiet riverside cycleway in York, we passed the Minster and cycled out of the city on very busy rush hour roads (route signs here would have been a big help). At last we reached quieter roads and headed to our overnight stop The Feathers at Pocklington. Nice big room and good food, after our longest day.

Over the whole C2C route we did not see a single sign for the route due to open in September with full signage ... someone is going to be busy!

This is what they will look like once they are in place.



Day 4. 49 miles Pocklington to Bridlington, and on to Flamborough Head

Sunshine saw us head off on the last leg of the C2C over the Yorkshire Wolds, the route giving us panoramic views of the Vale of York and out towards the coast. At this point my urge to reach the end of the ride had us head out onto the A614 which was too busy for Katy, and a mutiny ensued.

After about 8 miles (of the road to hell) we reached Driffield, and headed back onto smaller roads. In my rush to end the mutiny I had also not stopped for a break so we urgently needed lunch. The only pub in Kilham was not doing food as the cook had "gone off" so it was a shop bought picnic on a bench outside the church ... it rained! Refreshed and back on speaking terms, we headed on a high level road to Bridlington, the official end of our coast to coast ride. Bridlington is a bustling sea side town. After ice cream, we headed for our unofficial end point of Flamborough Head. 5 star hotel and meal at the local golf club.

Day 5. 49 miles Flamborough to Haxby

After a good breakfast we headed off towards York on a much nicer quiet road more to the north. We had a short coffee stop in the sun outside the Blue Bell, Weaverthorpe, a very pretty village at 17 miles. Then a pub stop for real ale and a sandwich at the Jolly Farmers, Leavering, at 30 miles. Refreshed, we carried on to Flaxton. We considered staying at The Blacksmiths Arms which looked very nice, but as it was early pressed on to Haxby a small town just north of York. Here the weather deteriorated and the sunshine gave way to torrential rain. After some sheltering, and a bit of soaking, we headed for the only available accommodation in the area, the Jacobean Lodge, quite run down, and we were the only guests ... not a good sign. However the room was large and comfortable, and the evening meal excellent, if a bit pricy.

Day 6. 46 miles Haxby to Ilkley

In the morning at breakfast time there was no sign of life, and we only had access to the entrance hall. We eventually roused the very hung-over landlord by ringing the doorbell, and with some prompting - Is there cereal? Is there toast? Do we get coffee? - we managed to get our breakfast. The sun was shining as we rode off in the direction of Wetherby on roads so complex that after 3 miles we were back at the first junction of the day. More map reading and we were back on track. In Wetherby we stopped for lunch on the banks of the River Wharfe. We then followed hilly back roads round Otley to Ilkley. Ilkley should be abroad: hot sunshine, a large outdoor lido, street food festival in full swing! A good B&B was soon found, and we had a very nice meal in a "fusion restaurant". Yorkshire?

Day 7. 47 miles Ilkley to Darwen

The last day started with a very steep pull over Rombalds Moor to Silsden, then via Steeton and Eastburn round Keighley. Then via Black Lane Ends to Colne in very inclement weather, cold, wet, and windy. A short detour was made via Barrowford to visit Vanessa and Tony Peacock in Fence, knowing that flap-jack and coffee would be on offer ... very good it was too! Raining again, off we go down the Padiham bypass through Altham, Clayton, then onto the canal at Rishton. Riding along the canal to Blackburn it was raining so hard I reckon we would have been dryer riding in the canal. From Blackburn just a short sprint up the A666 ... Home! Glad I bought the mudguards A great holiday

George Thompson

THE WINNER OF THE 100 CLUB OCTOBER DRAW

NUMBER 33: KARIN GOSS

The numbers were selected and ordered with a random number generator

The 100 Club needs new members

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

100 Club Co-ordinator:

Peter Billington, 10 East Crescent, ACCRINGTON BB5 5BS

Tel: 01254 391423, Mob: 07709 622405

Please contact Peter Billington without delay.

CLUB CLOTHING CUSTODIAN

Available are the following:-

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

Rain Jackets with club logo.

ONLY 10 LEFT:

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

JUST ARRIVED:

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

Price £12.

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

Val Lawson

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 6.40pm.

Organised by Mike Eddleston.

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

Thursday: **Structured training led by John Roche**

We are keeping last year's format. 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:

6.45pm Thursday, 7th October: Burnley, Towneley Golf Course Gates Car Park on Todmorden Road, opposite Cherry Tree Restaurant.

6.45pm Thursday, 14th October: Accrington - Peel Park Hotel (Please park near the school and not on the Pub Car Park..thanks)

6.45pm Thursday 21st October: Barrowford - Bridge Inn - Main Car Park

6.45pm Thursday, 28th October: Burnley, Towneley Golf Course Gates Car Park on Todmorden Road, opposite Cherry Tree Restaurant.

Thursday: Structured training led by Geoff Laycock

The Memorial Park, Church Lane, Gt Harwood 6.30pm

CLAYTON-LE-MOORS LADIES TRAINING NIGHTS 2010

30/09/10	Sue Allen	01254 388492
07/10/10	Katy Thompson	01254 772013
14/10/10	Christine Leathley	01282 694941
21/10/10	Alison Athroll	01282 693673
28/10/10	Vicki Pratt	01282 851245
04/11/10	Maureen Laney	01254854664/ 07962111223
11/11/10	Linda Bostock	01282 816269

All runs start at 7 p.m. If you want to host a run please ring Linda Bostock 01282 816269. If you have not been for a few weeks please ring to check as venues can change.

All ladies are welcome.

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

FULL TOUR OF PENDLE (AL)
10.30am, Saturday 13th November
£5.00 Pre-entry
(£15.00 EOD!!!)

I have a slight hunch that Kieran would prefer you to pre-enter. To download an entry form from the Club website, go to **Fixtures>Fell Fixtures Only** and scroll down to 13th November. Alternatively, you can use the 'universal' race entry form available on the FRA website or in the FRA Calendar.

If you don't fancy 17 miles and nearly 5000' of ascent, please volunteer to help Kieran on the day. He needs plenty of marshals on the hill, plus members to assist with registration, timing and compiling results.

Kieran's contact details

Address: Oakdene, Whalley Road, Billington, Clitheroe, BB7 9LG

Phone: 01254 822618

Email: kieran.carr@yahoo.co.uk

CALDERDALE WAY RELAY
8.00am Sunday 12th December

For the uninitiated, the Calderdale Way Relay is a pairs event run over six legs round the tracks, lanes and moors of the valley of the Calder, starting and finishing in Halifax (see www.halifaxharriers.co.uk for details). Apart from being a great event, it's also a superb social occasion where you get the chance to meet up (and roundly abuse) friends and rivals from other clubs. We have entered 6 teams in the Relay: Senior Men's A & B, Senior Ladies' A & B, Veteran Men's A & B and there will probably be a Z team entry. If you would like to run in the Relay please contact the appropriate Captain. Do not wait to be asked. It's much easier for Captains to work from a list of available runners, than having to work their way through a members' list.

Captains' contact details:

Senior Men: Dave Motley 01254 238144; 07810 895862; david.motley@hotmail.com

Veteran Men: Neil Worswick 01132 879925; 07909 538875
worswickfreddie@aol.com

Ladies: Katie Thompson 01254 772013; 07940 250888;
katy.thompson1@btinternet.com

RESULTS

MULTI TERRAIN

Emily Hughes Reservoir Dash

28th July

1	K Jowett	East Cheshire H	16.38
4	R Brewster	1st M50	18.13
45 ran			

Idle Trail Race

1st August

1	C Walker	P & B	36.04
15	Karen Pickles	PudseyPacers	39.34
174	K O'Brien	2nd M65	56.09
183	R Hill	2nd M70	56.28
278 ran			

Chorley H 4.4 Trail

4th August

1	P Bradshaw	Bolton H	24.33
21	Maria Lowe	A & T	27.43
135	T Orrell	2nd M70	39.03
157 ran			

Badger Trail 10K

5th August

1	G Pennington	M40 Preston H	35.41
2	G Shaw		36.05
3	J Harbour	2nd M40	37.15
9	C Steele		39.16
15	Sarah Ridehalgh	Acc RR	40.43
35	M Hogan	M40	43.43
38	G Balmer	M40	44.05
61	D Scott	2nd M65	46.25
105	R Chappell	2nd M60	50.44
117	R Lawson	1st M70	51.39
181	G Kissack	M60	67.20
189 ran			

CleM 1st Men's Team

Blackhead 5M MT Walkden

29th August

1	M Russell	Bolton Tri	27.24
12	Isalina Hughes	Burnden RR	32.43
33	K O'Brien	3rd M60	39.37
37	R Hill	M70	40.48
48 ran			

Stanhill 5K Trail Race

2nd Sept

1	A Norman	Alt/cham & Dist	16.19
12	A Life	3rd M45	19.36
18	R Briscoe		20.49
20	Sarah Sherratt	F35 Wesham RR	21.31
25	William Bellard	JM (10)	22.05
29	Susan Clarke	1st F40	23.22
30	Carol Life	1st F45	23.56
31	R Chappell	3rd M60	24.18
33	Joshua Bellard	JM (11)	24.23
44	G Kissack	3rd M60	28.54
45 ran			

ROAD

Blackburn Pennine 10K (Jane Tomlinson)

11th July

1	L Cook		35.46
28	T Brewster		42.21
79	Vikki McCoy		45.21
87	Debbie Wilson	3rd F	45.51
128	Barbara Savage	2nd F40	47.29
310	R Hill	M70	52.48
340	Sarah Toms		53.20
343	M Toms	M45	53.22
588	Christine Leathley	2nd F60	58.50
831	Saeedah Mehmood	F40	65.40
1140 ran			

Endmoor 10K Kendal

14th July

1	D Parkinson	Kendal AC	33.34
14	P Baistow		41.28
86 ran			

Burtonwood 5

17th July

1	J Ashcroft	St Helens Sutton AC	26.52
27	Emma Parry	Wrexham AC	31.24
115	G Kissack	M60	49.33
117 ran			

Gravy 6 Hadfield Derbys

18th July

1	B Riddell	Salford H	30.16
11	Donna Jones	Sale H	34.16
26	P Butterworth	2 nd M55	37.57
155	R Hill	1 st M70	50.42
200 ran			

Moonraker 10K

25th July

1	I Grimes	NEB	32.28
22	Sarah Ridehalgh	Acc RR	38.33
29	S Green	1 st M55	39.43
54	M Hogan	M40	41.43
57	J Toon		42.06
152	K O'Brien	M65	52.53
210 ran			

Riversway Festival

5K

1	S Smith	M50 Preston H	16.20
5	P Archer	2 nd M45	17.14
14	Tracey Dutton	Wigan Ph	18.47
41	R Lawson	1 st M60/65	22.32
132 ran			

Riversway Festival

1.25 miles

1	D Carruthers	Unatt	8.29
2	C Archer	JM	8.30
3	P Archer	M45	8.37
8	J McGuire	M50	11.07
31 ran			

Sale Sizzler 3

29th July

1	M Barnes	Alt/ham	14.42
23	Tess Walker	Sale H	17.04
37	Candice Taylor	2 nd F	17.47

Lancaster 5K Race 3

31st July

1	J Hiley	S/hamton AC	15.34
6	P Archer	1 st M45	17.22
10	Liz Whitfield	Spectrum Striders	17.49
23	T Walker	M45	18.44
83 ran			

Chernobyl 10K

8th August

1	S Littler	Wesham RR	33.35
8	D Howell		37.14
21	K Davies	M45	40.06
24	T Walker	M45	40.27
50	Joanna Robbins	F35 Sale H	43.31
171	K O'Brien	2 nd M65	52.47
288 ran			

Cliviger 6

1st Aug

1	P Killingley	Winchester & D	32.38
2	G Shaw		33.40
5	J Harbour	3 rd M40	34.12
11	A Orr	M40	36.29
12	I Greenwood	1 st M45	36.33
15	C Steele		37.05
18	D Naughton	3 rd M50	37.31
20	B Horrocks	M50	37.47
22	M Wightman	M50	38.12
23	P Hesketh	3 rd M45	38.29
26	A Holgate	1 st JM	38.55
28	Tracey Dutton	Wigan Ph	39.05
29	S Green	1 st M55	39.06
32	D Horrocks	M45	39.20
34	D McMullan	M40	39.28
37	K Davies	M45	39.39
41	D Holland		40.01
42	I Hargreaves	M50	40.04
48	N Roscoe	M40	40.29
49	N Worswick	M40	40.35
50	B Mitchell	1 st M65 (rec)	40.40
53	G Barrett	M45	40.46
55	J Singleton	2 nd M55	40.52
56	M Pendlebury		40.54
57	G Balmer	M40	41.11
66	R Briscoe		42.43
98	Susan Clarke	2 nd F40	46.46
101	R Lawson	1 st M70 (rec)	47.16
102	R Chappell	3 rd M60	47.37
105	Jean Rawlinson	1 st F55	48.00
116	D Munroe	M60	49.50
120	Frances Wood	1 st F60	50.45
132	R Hirst	M55	55.41
136	Karin Goss	2 nd F60	56.38
140	Christine Leathley	3 rd F60	59.00
143	Sue Allen	3 rd F50	61.52
148	Kitty Garnett	2 nd F70	65.36
149 ran			

Debdale 7K Denton**Aug.8th**

1	M Crehan	St Helens Sutton	23.52
26	Emma Jones	Belle View Racers	28.16
40	D Scott	1st M65	30.23
109	Jill Scott	1st F65	44.54
	122	ran	

Saddleworth 6**11th August**

1	B Fish	B/burn H	29.26
18	Tess Walker	F35 Salford H	34.48
210	R Hill	1st M70	50.30
	274	ran	

Arncliffe 4**14th August**

1	A Buckley	Leeds City	20.29
15	Sarah Jarvis	Bingley H	23.40
16	R Brewster	1st M50	23.48
43	P Butterworth	3 rd M55	27.02
68	R Lawson	2 nd M70	30.29
107	Andrea Brewster	F50	38.16
	118	ran	

Lancaster 5k (4th race)**28th August**

1	R Maddams	Keswick AC	15.34
9	Rebecca Robinson	Kendal AC	17.05
32	M Taylor		18.42
	71	ran	

Fleetwood Marathon**29th August**

1	I McBride	Royton RR	2.55.19
17	Joasia Zakreski	Dumfries	3.21.40
23	I Livesey		3.27.33
	206	ran	

Hilton Hotel 10K Blackpool**4th Sept**

1	D Mulvee	Herne Hill H	32.35
5	P Archer	1st M45	36.29
28	Jane Taylor	F45 Wigan Ph	40.01
35	M Hogan	3 rd M40	41.18
37	Katie Trickett		41.32
269	G Kissack	M60	61.30
	340	ran	

Gt Eccleston Scouts Fast 4 Miler**5th Sept**

1	S	Little Wesham RR	20.42
20	Emma Weall	Wigan Ph	27.54
27	R Lawson	1st M70	29.18
	67	ran	

Lake Vrnwy Half M**12th Sept**

1	J McCole	Liverpool H	68.52
37	Jenny Clague	F35	80.53
263	T Orrell	1st M70	100.41
	1207	ran	

Altham 5K**12th Sept**

1	M Hartley	Staffs Moorlands	15.52
2	Rebecca Robinson	Kendal AC	16.43 (rec)
12	J Roche	1st M50	18.08
18	J Toon		19.35
37	R Lawson	2 nd M70	22.06
	53	ran	

FELL**Austwick Amble 31/05/10****BM 8m 1200ft**

1	C Bell	- Howgill	50.00
4	G Shaw		52.37
11	P Archer	V40	55.59
14	A Cran		56.58
17	N Worswick	V40	58.11
21	M Wightman	V50	58.53
29	J Pickup	V50	1.01.25
44	G Balmer	V40	1.04.38
100		Finished	

Loughrigg Silver Howe 27/06/10**AM 8.5m 2530ft**

1	G Jones	- NFR	1.20.02
11	A Life	V40	1.35.05
30	M Hirst	V50	1.54.47
	48	Finished	

Wasdale 10/07/10**AL 21m 9000ft**

1	B	Abdelnoor - Amb	4.33.05
3	Pl	Thompson	4.34.39
4	A	Brown	4.37.31
18	T	Edward V40	5.03.48
19	J	Reedy - Amb 1st L	5.11.56
44	N	Hardiman V40	5.41.55
63	M	Terry V40	6.02.33
68	W	Dodds LV50	6.03.46
103	G	Smith	6.40.53
116	R	Bellarries V50	7.19.01

121 Finished incl 8 Ladies

Waughs Well 13/07/10**AS 4m 1000ft**

1	A	Holt - Rossdle	31.36
12	I	Greenwood V40	36.30
13	C	Steele	36.31
20	B	Horrocks V50	37.52
25	N	Jackson - Preston 1st L	39.05
27	I	Whigham V40	39.12
29	Pr	Thompson V40	40.14
33	P	Booth V50	40.44
36	M	Taylor	41.05
58	A	Howarth V50	43.38
70	I	Hargreaves V50	45.04
75	A	Dugdale V40	45.34
77	S	Fish V50	45.56
93	M	Salisbury V40	47.04
100	B	Thompson LV40	47.33
102	R	Moore V40	48.27
119	K	Brady LV40	52.13
131	K	Goss LV60	56.56
138	T	Targett V60	1.03.20

149 Finished incl 26 Ladies

Blisco Dash 21/07/10**AS 5m 2000ft**

1	R	Findley-Rbtsn DkPk	41.12
8	J	Dugdale	45.13
45	A	Dugdale V40	56.55
47	D	Bagot	59.17
54	M	Taylor	60.44
57	S	Fish V50	63.24

65 Finished

Ingleborough 17/07/10**AM 7m 2000ft**

1	C	Steele - B'dale	47.43
15	M	Aspinall V40	54.08
16	V	Wilkinson - Bing 1st L	54.16
44	I	Greenwood V40	58.01
69	I	Whigham V40	62.01
82	I	Robinson V50	63.45
94	M	Nutter V40	64.41
102	K	Thompson V50	65.50
105	M	Taylor	66.12
121	A	Dugdale V40	67.29
133	S	Fish V50	68.30
136	D	Bate V40	69.14
151	B	Thompson LV40	71.12
159	M	Salisbury V40	71.59
160	R	Treitl V50	72.33
171	L	Lord LV60	74.55
180	D	Munroe V60	75.49
195	A	Graham	77.53
206	M	Frost V50	82.31
211	K	Goss LV60	84.40
217	P	Thornber V50	87.33
219	P	Dugdale V50	89.06

222 Finished incl 44 Ladies

Kentmere Horseshoe 25/07/10**AM 11.9m 3300ft**

1	M	Roberts - B'dale V40	1.32.56
5	A	Brown	1.38.49
14	J	Dugdale	1.44.07
42	A	Raw - Bingley 1st L	1.55.24
45	M	Terry V40	1.56.14
52	Pr	Thompson V40	1.58.37
63	I	Whigham V40	2.00.45
75	J	Pickup V50	2.02.30
93	D	Black V40	2.07.05
94	M	Nutter V40	2.07.22
163	B	Thompson LV40	2.21.28
176	G	Newsam V60	2.27.59

214 Finished incl 40 Ladies

Whittle Pike 04/08/10**AS 4.5m 1400ft**

1	S	Tosh - Rossy		41.33
19	N	Worswick	V40	48.14
29	M	Nutter	V40	49.44
31	N	Jackson - Prstn 1st L		50.02
33	Pr	Thompson	V40	50.34
41	K	Thompson	V50	53.09
43	A	Howarth	V50	53.18
49	M	Taylor		53.57
53	A	Dugdale	V40	54.38
59	S	Fish	V50	55.29
66	R	Briscoe		57.20
83	M	Salisbury	V40	60.21
84	B	Thompson	LV40	60.26
94	A	Firth	V50	63.20
106	N	Horsfall	LV50	67.55
119	P	Thornber	V50	78.06
		124	Finished incl 25 Ladies	
		1	DNF	

Borrowdale Fell Race 07/08/10**AL 17m 6500ft**

1	S	Booth - B'dale	V40	2.52.42
9	Pl	Thompson		3.14.35
15	A	Brown		3.16.56
18	P	Maddams - Keswk 1st L		3.19.42
73	C	Balderson	V40	3.56.14
129	J	Brown	LV40	4.20.01
135	N	Worswick	V40	4.21.19
156	R	Bellarries	V50	4.27.59
187	M	Nutter	V40	4.37.24
200	Pr	Thompson	V40	4.40.15
211	I	Connell	V40	4.43.25
212	W	Dodds	LV50	4.43.46
237	G	Smith		4.52.41
268	A	Firth	V50	5.00.54
311	M	Hirst	V50	5.23.16
346		Finished inc 37 Ladies 41 Retired		

Boulsworth 08/08/10 - Ladies**BM 7m 1400ft**

1	M	Ralphson - Trwdn		62.19
12	B	Savage	LV40	73.26
14	J	Rawlinson	LV50	74.59
16	A	Donlan	L	78.06
18	K	Goss	LV60	84.21
20	C	Leathley	LV60	96.41
21	S	Allen	LV40	100.24
21		Finished		

Boulsworth 08/08/10 - Men**BM 7m 1400ft**

1	G	Shaw		53.06
8	D	Naughton	V50	57.28
9	P	Hesketh	V40	57.33
11	N	Hardiman	V40	57.52
15	C	Steele		59.15
18	M	Wightman	V40	59.44
19	S	Clare	V40	60.03
21	D	Holland		60.32
25	N	Worswick	V40	61.01
29	L	Clough		61.19
36	J	Pickup	V50	63.32
38	G	Balmer	V40	65.05
44	I	Hargreaves	V50	67.07
48	R	Briscoe		68.47
59	R	Treitl	V50	73.19
61	R	Chappell	V60	74.06
64	D	Munroe	V60	74.41
71	M	Frost	V50	81.31
73	R	Hirst	V50	85.59
75		Finished		

Arncliffe 14/08/10**AS 1.8m 443ft**

1	T	Mason - Whrfdle		11.29
6	T	Edward	V40	12.19
9	G	Wilkinson	V40	12.34
23	S	Whitaker	V40	13.37
27	M	Hyder - Helm Hill 1st L		14.09
30	Pr	Thompson	V40	14.19
34	J	Roche	V50	14.35
48	D	Richards	LV40	17.09
67		Finished incl 15 Ladies		

Lakeland Country Fair 15/08/10**AM 6.5m / 2350ft**

1	C	Bell - Howgill		56.04
8	J	Dugdale		1.05.00
35	I	Robinson	V50	1.14.35
52	A	Firth	V50	1.21.13
87	P	Dugdale	V50	1.39.54
97		Finished		

Pilgrims Cross 11/08/10**BM 6m 1100ft**

1	S	Carey - Tod		39.16
5	J	Harbour	V40	40.41
10	A	Orr		43.03
15	G	Gough	V50	43.34
22	N	Worswick	V40	44.57
24	C	Steele		45.51

25	A	Armstrong	V40	45.54
31	P	Booth	1st V60	46.29
34	E	Flanaghan – Rossy	1st L	47.00
38	Pr	Thompson	V40	47.32
48	K	Thompson	V50	49.05
54	M	Taylor		50.15
74	L	Slater	LV40	51.57
85	R	Briscoe		53.18
90	D	Scott	V60	53.42
97	S	Fish	V50	55.06
109	A	Firth	V50	56.35
110	B	Thompson	LV40	57.09
125	J	Rawlinson	LV50	1.00.14
126	R	Chappell	V60	1.00.24
130	J	Hindle	LV50	1.01.07
149		Finished incl	23 Ladies	

Golf Ball 18/08/10

BS 5.5m 800ft

1	N	Leigh - P&B		37.23
7	M	Wallis	V50	39.21
9	S	Thompson	V40	39.25
11	A	Orr		40.36
13	I	Greenwood	V40	41.11
17	D	Motley		42.12
23	N	Hardiman	V40	42.44
30	N	Worswick	V40	43.37
33	E	Flanaghan – Rossy	1st L	44.24
35	Pr	Thompson	V40	45.05
37	P	Booth	1st V60	45.27
44	M	Taylor		46.09
56	I	Hargreaves	V50	47.42
74	K	Wallis	LV50	49.38
83	L	Slater	LV40	50.30
92	R	Briscoe		51.19
99	D	Scott	V60	51.42
110	S	Fish	V50	53.11
122	P	Dugdale	V50	54.30
124	B	Savage	LV40	54.34
126	B	Thompson	LV40	54.55
137	A	Firth	V50	56.24
151	J	Rawlinson	LV50	59.57
152	J	Hindle	LV50	1.00.18
156	R	Chappell	V60	1.00.56
180		Finished incl	37 Ladies	
2		DNF		

Worsthorne Moor Fell Race

15/08/10 - Ladies BM 7m 900ft

1	M	Ralphson - Trwdn		50.13
10	J	Holdsworth	L	58.02
11	S	Clark	LV40	58.16

14	J	Rawlinson	LV50	60.09
16	A	Donlan	L	61.01
18	L	Lord	LV60	61.54
21	C	Life	LV40	64.40
25	K	Goss	LV60	69.16
26	S	Allen	LV40	83.01
26		Finished		

Worsthorne Moor Fell Race

15/08/10 - Men BM 7m 900ft

1	G	Shaw		42.02
3	J	Harbour	V40	43.02
7	A	Orr		45.03
9	C	Steele		45.39
10	I	Greenwood	V40	45.52
14	A	Life	V40	46.36
16	N	Worswick	V40	47.00
17	A	Holgate		47.13
18	P	Hesketh	V40	47.17
24	M	Whiteman	V50	48.09
26	D	Motley		48.34
27	D	Holland		48.35
28	A	Armstrong	V40	48.36
34	I	Whigham	V40	49.10
36	D	Horrocks	V40	49.21
45	J	Pickup	V50	50.22
46	M	Toms	V40	50.28
49	I	Hargreaves	V50	50.44
53	S	Clare	V40	51.28
55	M	Pendlebury	V50	51.39
57	B	Mitchell	V60	52.03
60	G	Barrett	V40	52.37
66	D	Scott	V60	54.23
73	B	Nield		56.11
76	R	Briscoe		56.54
86	D	Nield	V50	58.18
91	R	Chappell	V60	59.46
97	G	Thompson	V50	60.57
99	D	Munroe	V60	61.13
100	T	Orrell	V70	61.20
101	M	Salisbury	V40	61.22
104	P	Costello	V50	63.32
109	R	Lawson	V60	67.22
112	R	Hirst	V50	68.45
114	V	Brodrick	V50	69.06
124	J	McGuire	V50	86.57
124		Finished	1	DNF

Summer Series – Final Results

NAME	CAT	W'thorne		Uphill		D'hill		Hams		Ossy		DIFF		events
		Min	Sec	Min	Sec	Min	Sec	Min	Sec	Min	Sec	Min	Sec	
1 Richard Bellaries	V50	0	22	0	8	0	41					1	11	5
2 Andy Brown				0	30	0	5			0	41	1	16	4
3 Dave Naylor	V50			1	10	0	38			0	6	1	54	3
4 Peter Browning	V50	0	56	0	32	0	29					1	57	5
5 Ian Greenwood	V40	1	9	0	30	0	33					2	12	3
6 Dawn Richards	LV40	1	32	0	30	0	36					2	38	4
7 Gary Balmer	V40	3	17	0	5	2	0					5	22	3
8 Ivan Wigham	V40	0	36			0	6			5	46	6	28	4
9 Geoff Laycock	V50	1	50			0	42	4	7			6	39	5
10 Chris Balderson	V40			2	12			2	51	1	55	6	58	4
11 Andrew Howarth	V50	1	59	1	27					3	53	7	19	5
12 Neil Worswick	V40	2	17					3	7	1	58	7	22	3
13 Jon Sharples	V50			2	40	1	38			3	15	7	33	3
14 Phil Thornber	V50			3	5	1	18	3	18			7	41	5
15 Dave Naughton	V50	2	48					4	38	1	56	9	22	3
16 Karin Goss	LV60	4	24	2	24	4	26					11	14	3
17 Keith Thompson	V50					3	5	3	17	5	36	11	58	4
18 Ron Chappell	V60	1	35					8	8	5	52	15	35	3

Thanks to Paul Healey for the results and all his hard work in staging this year's Summer Series.

AGM
5000m Track Race
26th August

1	Garry	Shaw		16.40
2	Jason	Harbour	V40	17.15
3	Paul	Archer	V40	17.44
4	Aiden	Holgate	JM	18.01
5	Rory	Cunliffe	V40	18.16
6	Tony	Walker	V40	18.40
7	Neil	Worswick	V40	18.57
8	Sean	Clare	V40	19.03
9	Kevin	Davies	V40	19.26
10	Jez	Toon		19.41
11	Jim	Hickie	V50	21.29
12	Dave	Scott	V60	21.43
13	Karin	Goss	FV60	26.49
14	Graham	Kissack	V60	27.36
15	Francis	Heaton	V80	29.55

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

OCTOBER'S OUTINGS

Sat 2nd Coniston Trail Race FR BM 9.3m/1625' 2pm lakelandtrails.org
 Sun 3rd **Ian Hodgson Mountain Relay see Clayton website or contact Fell Captains**
 Sandstone Trail, Cheshire FR CL/CM 17m/10.6m
deeside-orienteering-club.org.uk/ssstrail/
 Loch Ness Marathon
 Sat 9th Langdale Horseshoe FR AL 11am 14m/4000' Old Dungeon Ghyll,
 Langdale £6.50 by Oct 3rd ambleside.co.uk
 Wasdale Head Show fell race 2pm
 Sun 10th Congleton Half-marathon 9.30 am £12 + £1 eod

- Sun 17th **UKA British Relay Champs Lomond Hills, Scotland**
See Clayton website or contact Fell Captains
 Green Drive 5 11 am £7 incl Lancs AA 5m champs Lytham C.E.
 Primary School, Park View Rd. Online entry at ukresults.net
- Sat 23th **Red Rose Cross Country Wilsons Playing Fields Club Champs**
Ladies 1.35 pm Men 2.15 pm
 Race You to the Summit FR BS 11.30 am 4m/800' Summit Inn,
 Littleborough (GR946188) £5
 Screes Fell Race AS 2.30pm 5.3m/1600' Nether Wasdale £6
- Sun 24th Withins Skyline FR BM 11am 7m/100' Penistone Hill, Haworth £3
 including Curlywurlly Rat Runs for juniors woodentops.org.uk
- Sat 30th Mid Lancs XC Barrow Ladies 2 pm Men 2:30 pm
 Great Whernside FR AS 4m/1555' 11.30 am from Kettlewell
 campsite GR975726 £4.50 eod
- Sun 31st Standish Hall Trail Race 10k 2.30pm Online entry at ukresults.net
 Bronte Way BM 8m/1150' 11am from Aisled Barn, Wycoller Country
 Park £7 kcac.co.uk
 Accrington 10K RR 10am from Accrington Cricket Club £7 (+£1 online
 entry or £1.50 eod)

NOVEMBER'S NAVIGATIONS

- Sat 6th Shepherds Skyline FR BM 1pm 6m/1150' £5 eod
 Shepherds Rest Inn, Todmorden (GR945232)
- Sun 7th Through the Villages 8.45m 10.30 am Dressers Arms, Wheelton £7 by
 25 Oct + £2 eod
 Lancaster Half-Marathon 11 am from Salt Ayre Leisure Centre,
 Lancaster £10 + £1 eod
 Christine Navan Cowm Reservoir 5k 11.30 am from Cock &
 Magpie Pub, Cock Hall Lane, Whitworth £4 + £1 eod
- Sat 13th Mid Lancs XC Witton Park, Blackburn
 Ladies 2 pm Men 2:30 pm
 Tour of Pendle FR AL 10.30am 16.8m/4830' £5 to K. Carr (ef on
 Clayton website) or £15 eod
 Dunnerdale FR AS 12noon 5m/1800' Blacksmiths Arms, Broughton
 Mills, Cumbria (GR 223905) £5 – includes food
 FRA AGM Castle Green Hotel, Kendal
 FRA Presentation Castle Green Hotel Tickets £20 from Pete Bland
- Sun 14th Copeland Chase O event NW Lakes £8 pre-entry copelandchase.org.uk
 Rab Dark & White Mini MM darkandwhite.co.uk
- Sat 20th **Red Rose XC Marl Pits Club Champs Ladies 1.35 pm Men 2.15 pm**
 Harriers v Cyclists FR CM 2pm 6m/650' Bingleyharriers.co.uk
- Sun 21st Rivock Edge FR BM 6.3m/835' 11.15am from Bridge Pub, Silsden
 GR 041461 £4.50 eod
 Preston 10 10am from Hutton Grammar School PR4 5SN £8 + £1 eod
- Sat 27th **Mid Lancs XC Sefton Park Liverpool Club Champs**
Ladies 1:20pm Men 2:00pm
 Wesham 10K 11am £9.50 Online entry at ukresults.net cd 22Nov
- Sun 28th David Staff Fell Race BS 5.1m/1200' 11.30am from Sunnyhurst Woods,
 Darwen £4 eod

DECEMBER'S DASHES

Sat Dec 4th Red Rose XC Leverhulme Park, Bolton Ladies 1.35 pm Men 2.15

Sun Dec 5th **Guys 10 Club Champs**

Sat Dec 18th **Red Rose Cross Country** Witton Park, Blackburn **Club Champs**
Ladies 1.35 pm Men 2.15

CROSS COUNTRY FIXTURES 2010-2011

Red Rose Cross Country League

Sat 23rd October, Hyndburn (Wilson's Fields)

Sat 20th November, Rossendale (Marl Pits postcode BB4 7SW)

Sat 4th December, Bolton (Leverhulme Park postcode BL2 6EB)

Sat 18th December, Blackburn (Witton Park postcode BB2 2TP)

RACE START TIMES

12.30pm: Under 11 Boys

12.45pm: Under 11 Girls

1.00pm: Under 13 Boys & Girls

1.15pm: Under 15 Boys & Girls

1.35pm: Under 17 Boys & Girls, Junior, Senior, & Veteran Ladies

2.15pm: Junior, Senior, & Veteran Men

Mid Lancs Cross Country League

Sat 30th October 2010 Barrow (College Grounds LA14 5QP)

Sat 13th November 2010 Blackburn (Witton Park)

Sat 27th November 2010 Liverpool (Sefton Park L17 3AL)

Sat 22nd January 2011 Burnley (Towneley Park BB11 3EA)

Sat 12th February 2011 Blackpool (Lawsons Ground FY3 9RB)

Sat 12th March 2011 Skelmersdale (Beacon Park WN8)

RACE START TIMES

12.30pm: Under 11 Girls

12.45pm: Under 11 Boys

1.00pm: Under 13 Girls

1.20pm: Under 15 Girls & Under 13 Boys

1.40pm: Under 15 Boys & U17 Women

2.00pm: Under 17 Men, Junior, Senior & Veteran Women

2.30pm: Junior, Senior & Veteran Men

NB: Club Championship Races **in bold**.

**CLAYTON-LE-MOORS HARRIERS
CAPTAINS
2010-2011**

Captain	Name	Contact No	Email
Men's XC	Ian Greenwood	01254 237485	ian.greenwood[at]unisonec.com
Ladies' XC			
Men's Road	Gary Shaw	01282 703088	g.shaw437[at]ntlworld.com
Ladies' Road			
Men's Road – Vets (O40)	Michael Hogan	01254 390259	micknallie[at]aol.com
Men's Fell	Dave Motley	07810 895862	david_motley[at]hotmail.com
Ladies' Fell	Katy Thompson	01254 772013	katy.thompson1[at]btinternet.com
Men's Fell Vets	Neil Worswick	01132 879925; 07909 538875	worswickfreddie@aol.com