

HARRIER NEWS



The Clayton Harrier Newsletter

www.claytonleemoors.org.uk August 2015



Hendon Brook Emotions

Paul Hesketh (42nd), Matthew Duckworth (40th), Jonathan Pye (39th),
Carl Helliwell (36th) & Laura Hesketh (2nd Lady/44th)
reflect on a tough race.
Report & results on p10

[Photo: David Belshaw]

CONTACTS

The Clayton Website
www.claytonlemoors.org.uk

Race Results

All your races will count towards the Club's 2015 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
Telephone 01282 423808

Please send your Fell Results to Andy Brown
2 Brennand Terrace, Grindleton, Clitheroe, BB7 4QZ
Telephone: 01200 440880

Forthcoming Fixtures

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

The Clayton Newsletter

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Copy deadline for the October issue:
Monday, 7th September 2015

NB: As in previous years, there will be no September edition of the Harrier.

Cross Country News

Cross Country will soon be here! The committee has appointed Jason Pier as Cross Country Manager and Cross Country Statistician. As Cross Country Manager, Jason will be registering our Junior and Senior members with the Red Rose and Mid Lancs Leagues before the season commences, and will be issuing numbers on race day. Thanks Jason for taking on these two important roles!

Notice of
Annual General Meeting
8pm
Thursday 24th September
Nelson Cricket Club,
Surrey Road,
Nelson
BB9 7TY.

As usual, preceding the AGM there will be a free-to-enter club-only 5K race on the Seedhill Track (Adjacent to the Cricket Club). This year the race will be split into an A and B race with start times of 19:00 and 18:30 respectively. There will also be a Junior race starting at 18:15 (Number of laps will depend on age).

At the AGM members vote for next year's committee. Any member can stand for any position on the committee subject to them being proposed and seconded. If you are interested in standing for a post and would like more information about what's involved, please contact myself or any other committee member. Currently we are in need of more help to run the club, so I would urge anyone who can spare the time to get in touch.

In accordance with the constitution, any member wishing to table a motion at the AGM should submit it in writing to me at least 14 days before the meeting.

The AGM is your opportunity to influence the running of your club as well as ask questions or raise concerns, so please come along.

John Wilcock
Secretary

The Secretary has already received a proposal to amend the Club Constitution from David Scott and Richard Lawson:

The club shall produce a monthly newsletter not less than 10 times each calendar year to be published both online and in a printed paper version. The paper version to be posted to any member who so requests at no charge. Publication of the monthly newsletter to continue until the AGM decides otherwise.

Jim Dawson
1929 - 2015

I am very sad to report the death of Jim Dawson, a charismatic and excellent athlete. He is sadly missed by his family, all who knew him professionally, in the cycling world and in our own club.

Jim was educated at Burnley Grammar School and Birmingham University before being called up for National Service in the RAF. When released he continued his professional development at Carnegie College in Leeds where, when training for a teaching career, he developed his prowess in middle distance athletics and pole vaulting. Thus he began his career as a PE and Maths teacher, latterly teaching Maths at Bolton School (boys' division).

Jim joined Clayton-le-Moors Harriers in 1969 and immediately volunteered for the Pennine Way Relay team which established the well-known record in 1970. Following this he competed regularly in the cross country league, the 3 Peaks Race and with his son, Peter, the Karrimor and the 3 County Tops. He last competed for us in the National Vets' Relays at Sutton Park, but continued with his love of cycling. He was involved in the development of 24-hour races and would cycle from his home in Horwich to Chester for the Chester-Windsor-Chester event then cycle home again. Jim had stamina and enthusiasm in abundance.

Jim was an avid letter writer and ubiquitous cyclist and even when he became more frail would help at races. We shall miss a dear friend and inspiration and our thoughts are with his family

Richard Lawson



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**CLAYTON-LE-MOORS HARRIERS
OFFICIALS
2014-15**

President	Dave Scott:	01282 693867
Chairman	James Hickie:	01254 246658
Secretary	John Wilcock	01282 425699/07970 828167
Treasurer	Mike Eddleston:	01254 397545 or 07951 424780
Membership Secretary	Adrienne Olszewska :	07510 764394
Media Manager	Adrienne Olszewska :	07510 764394
Social Secretary	Anne Marie Greenwood:	01254 237485
Junior Co-ordinators	Marion Wilkinson:	07940 418603
	Andy Armstrong:	07971 001583
Race Promotions Coordinator		
	Mike Eddleston:	07951 424780
Elected Member	Geoff Smith:	07789 357013

CAPTAINS

Men's XC	Vacant	
Ladies' XC	Irene Roche	07919 077485
Men's Road & Trail	Tom Brewster	07709 610225
Ladies' Road & Trail	Angela Shian	07972 039560
Men's Fell	Dave Motley	07810 895862
Ladies' Fell	Jean Brown	07712 003064

WANTED
Treasurer and Membership Secretary

The club is looking for a Treasurer to take responsibility for the club's finances, and advise the committee on all financial matters. The job involves paying our suppliers and members promptly, claiming Gift Aid from HMRC, and producing the annual financial statements. You'll exercise effective control on the club's expenditure, as well as recommend charges that are fair and competitive. Whilst a sound financial head and IT skills are needed for the role, advice is available, if required, on accounting matters.

The club also wants to appoint a Membership Secretary to take responsibility for the membership records of our over 400 members. The job involves receiving membership applications, collecting subscriptions, and registering our members with England Athletics. As you'll be in contact with potential members as well as with all our current members it's important that you are welcoming as well as efficient. Our membership records are currently held on a spreadsheet so IT skills are needed for the role.

The Treasurer and Membership Secretary are both members of the club's committee, and attendance at committee meetings, usually held on the second Monday of each month, is expected.

We need more help to make our club even better. If you can help by taking on either of these important roles from September, please get in touch with Jim Hickie or John Wilcock.

MEMBERSHIP

Welcome to:

Senior:	Carl Carey Stephen Hall Lisa Johnson Philip Naylor
Junior:	Jay Bowman Matthew Jackson Josh Boyle (Second claim)
Resignations:	Tanya Bunkham

BOOTHY'S BIT

My apologies that this month's Harrier News is a little slimmer than normal. Two regular correspondents are on holiday so there is no Junior Run of the Month or results; nor are there any fell results. The missing information will appear in the next edition.

The club's **Annual General Meeting** will be held at Nelson CC on 24th September. Full details, including a proposal to amend the Club Constitution to ensure that a monthly newsletter continues, are on p3. Please attend the AGM if you can. It's your main chance to have a say in the running of the club and to choose club officials and captains. On that subject, we need a new Treasurer and Membership Secretary – both posts are vital to the administration of the club. Look on p6 for information about what each post entails.

July saw the latest races in the club **Summer Series**: the Up and Down races from Worston to Pendle Trig and back. Weatherwise, it wasn't the best evening – we beat a hasty retreat from the summit as a heavy shower passed over. But, as usual it was most enjoyable. Jacob Boyle and Alan Life were the quickest ascenders and descenders. Ivan Whigham, Peter Dugdale and Alice Pier had the closest time estimates. Full results and the overall standings can be found under the 'Races' tab on the website.

LETTER

Dear Peter (Browning) and members,

A proposal to change the start time to 18:30 for summer training was brought to the committee in February this year. The rationale being that an earlier start would be preferable to our members and encourage larger attendances, similar to the popular winter training which also starts at 18:30.

The committee supported this proposal but also agreed that a survey of the members should be undertaken to confirm the decision. The fact that this survey didn't happen is disappointing, but it is also indicative of a bigger issue facing the club. We simply don't have enough help to achieve what we want to do. We already have some committee members doing more than one job, a situation which we are still struggling to resolve.

Whilst I agree that no formal consultation took place, please bear in mind that many of the current committee are active members who regularly participate in club training, therefore the decision was not totally uninformed.

Best wishes

John

RUNNER OF THE MONTH
Sponsored by PHYSIOFUSION
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JUNE



WENDY DODDS for 1st LV60 & 3rd LV50 at DURISDEER FR British Champs race on 13th
Nominated by Katy Thompson

LAURA HESKETH for FIRST PLACE at the 5K RR at LITTLEBOROUGH on 5th
for FIRST PLACE at the GREENWAY 5K at PADIHAM on 19th
for 3rd FEMALE at the PENNINE 10K at BURNLEY on 28th
Nominated by Harry Manning

CHRIS HOLDSWORTH for FIRST PLACE at the CALDERDALE WAY ULTRA on 6th
for FIRST PLACE at the PENNINE 10K at BURNLEY on 28th
Nominated by Harry Manning

ALAN LIFE for 3rd place overall and 1st M50 at AGGIES STAIRCASE FR at DARWEN on 18th
Nominated by Katy Thompson & Steve Fish

DAVE NAUGHTON for 1st M55 at the KELBROOK FR on 6th
for 1st M55 at the TWO TOWERS FR at HOLCOMBE on 10th
for 1st M55 at the WEETS FR at BARNOLDSWICK on 13th
Nominated by Harry Manning

IRENE ROCHE for 1st F55 at the KELBROOK FR on 6th
for 1st F55 at the WEETS FR at BARNOLDSWICK on 13th
for 1st F55 at the at the GREENWAY 5K at PADIHAM on 19th
Nominated by Harry Manning

ANDREW STUBBS for 1st M45 at the WEETS FR at BARNOLDSWICK on 13th
for 1st M45 (16.54) at the GREENWAY 5K at PADIHAM on 19th
Nominated by Paul Shackleton & Harry Manning

CLAIRE VINCENT for FIRST PLACE at the at the KELBROOK FR on 6th
Nominated by Harry Manning

**JUNE WINNER
LAURA HESKETH**

For three outstanding performances in June.

Laura wins a complimentary treatment from Physiofusion.

**RUN OF THE MONTH
NOMINATIONS**

REMEMBER: Any member can make a nomination for
Run of the Month.

Nominations should be sent to the Newsletter Editor by post or email
(8 Appleby Drive, Barrowford,
Nelson, BB9 6EX or pete.booth56@hotmail.co.uk).

**NB: You can also make your
RUN of the MONTH Nominations
on the Club website (Seniors Awards tab) or Facebook page.**

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Hendon Brook Half Marathon 26th July

Not every day you can say you've run the country's hardest half marathon....!!! Feeling so so sore but so so proud!!! Clare Wilson

'So proud to have completed the Hendon Brook race today, arguably the toughest road half marathon in the UK, and I will wear the t-shirt with pride. Lenches really was a bit nasty. Thanks to all the marshals, without which we wouldn't have a race, all the supporters along the way, but most of all fellow runners, who support and encourage each other up and down the hills to make it a thoroughly enjoyable event. This is what running is all about. Can't wait for next year....' Andy Quinn

'For my first Half Marathon I decided I would pick something special. And boy it was. Some serious hills. My kind of race. Went out steady. Just wanted to do the 13.5. Even the down hill beasts your legs. Big thanks to Big Mac and Dave Burnett for the support. Thank you John Roche for a great race.' Brian Searby

An amazing 61 members completed the 30th running of this so tough Half Marathon. Performance of the day came from Irene Roche, who won the F55 category, setting a new age group course record of 1:53:46. Chris Holdsworth continued his recent good form, joining the exclusive sub 1:20 club in 4th place, while Jacob Watson finished 11th, despite fracturing a metatarsal bone on the way! Close on the heels of the youngsters in 13th place was ex-winner, John Hartley who posted 1:36:48 to win the M55 category. Laura Hesketh was the second lady over the line in 44th place, with Alex Cran taking the M40 prize 4 minutes ahead of her in 23rd.



After an epic battle up the Lenches to the finish, Pete Booth edged out Preston's Alan Appleby by 6 seconds to claim the M65 prize, a couple of minutes ahead of Jeff Pickup who was first M60.

Coach John Roche and his team did an amazing job to attract a record 190 runners to the 30th edition of this gruelling race

RESULTS

1	D Rigby	Preston H	1.16.21	158	Kath Brady	F50	2.16.13
4	C Holdsworth		1.19.49	162	Julia Rushton	F50	2.17.01
11	J Watson		1.34.38	168	Stephanie Hawke	F35	2.22.58
13	J Hartley	1st M55	1.35.48	169	Clare Wilson	F35	2.23.01
15	D Bagot		1.36.12	170	S Barker	M45	2.23.18
21	Russ Clarke		1.37.25	172	Elouise Pemberton		2.25.44
23	A Cran	1st M40	1.37.41	175	Joanne Motley		2.25.45
26	M O'Donnell	2nd M40	1.38.12	180	Michelle Butschok	F40	2.29.49
31	D Collinge		1.39.21	185	Philip Naylor		2.42.31
33	P Shackleton	3rd M50	1.39.45	186	Nicola Kay		2.43.27
34	C Funnell	2nd M45	1.39.48	187	Christine Leathley	1st F65	2.46.28
36	C Helliwell		1.39.58	188	Sue Allen	F55	2.51.19
38	M Terry	M50	1.40.09				190 set off
39	J Pye		1.40.36				
40	M Duckworth		1.40.41				
42	P Hesketh	M50	1.41.15				
44	Laura Hesketh	2nd F	1.41.44				
48	N Roscoe	M45	1.44.30				
54	R Briscoe		1.45.56				
64	P Booth	1st M65	1.47.50				
66	J Wilcock	M50	1.48.40				
68	J Pickup	1st M60	1.49.46				
71	S Hall	M40	1.50.22				
75	S Clare	M50	1.51.19				
77	Fabienne Richmond	2nd F35	1.51.46				
78	S Proctor		1.51.54				
79	S White	2nd M60	1.52.36				
89	Irene Roche	1st F55	1.53.56 rec				
96	A Quinn	M40	1.56.24				
97	Rachel Robinson		1.56.25				
98	A Clarkson	M55	1.56.33				
103	M Brady	M50	1.57.45				
109	Angela Shian	F35	2.00.01				
110	D Rushton	M45	2.00.08				
111	S Ainsworth	M55	2.00.18				
118	P Wale	M45	2.02.11				
119	Dawn Terry	2nd F50	2.02.45				
120	Amanda Duffy	F35	2.02.46				
122	Elizabeth Mullan		2.03.56				
123	B Wildman	M45	2.04.03				
126	Vicky Heys	F40	2.04.59				
133	A Taylor	M55	2.07.18				
140	Leanne Cottam	F35	2.09.03				
143	Joanne Bennett	F45	2.09.49				
145	Jean Knightley	2nd F55	2.10.42				
146	Bianca Bennett		2.11.18				
149	Rachel Todd	F40	2.11.34				
153	L Moore		2.12.23				
155	Helen Burnett	F40	2.13.45				
156	Bryan Searby	M40	2.14.13				

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Covering Old Ground

30 years ago (Aug 1985)

No newsletter this month - holidays

25 years ago (Aug 1990)

- Walter Wilkinson masterminded a Z team 6 stage (12 runners) relay attempt of the 100 mile circular Centurian Way from Horton-in-Ribblesdale.
Leg 1 Horton-Dent, 16 miles, Alan Morris & John Serjeant (3h 46m)
Leg 2 Dent-Ravenstonedale, 16.5 miles, John McGonagle & Don Barton (3h 29m)
Leg 3 Ravenstonedale-Tan Hill, 15 miles, Ronnie Orr & George Brass (2h 35m)
Leg 4 Tan Hill-Aysgarth, 22 miles, Keith Makinson & Tony Peacock (3h 20m)
Leg 5 Aysgarth-Kettlewell, 15.5 miles, Walt Wilkinson & Richard Wilkinson (4h 16m)
Leg 6 Kettlewell-Horton, 15 miles, Les Billington & Mark Burridge (2h 46m)
Total Time 20h 20mins – a new record.
- Dave & Eileen Woodhead piloted a new Fell runners magazine – Up&Down.
- Road Relay trials were due in Queens Park in Burnley over 3.6 mile route.
- Andrew Walmsley had completed his Bob Graham Round on 30th June in 22.5 hours.

In the Results:

Five Cloughs: John Nuttall 1st V45

Heathcliffe & Cathy: Geoff Newsam 1st V40; Lawrence Sullivan 1st V55

Bowley Hill (part of the Clayton Summer Series): half the field went wrong and completed a somewhat shorter race – 24 in all; 22 managed the longer route. John Rutter who helped mark the course was one of the 24 who went wrong!!

20 years ago (Aug 1995)

- The newsletter reported on the placement of a memorial stone on Pendle when a large group turned up for Tuesday training from the Wellsprings Hotel. The stone commemorated the lives of Judith Taylor who had died the previous year in the Kentmere race and Alan Heywood who died a few months later as a consequence of being caught out in a snowstorm on Mont Blanc. The group carried the stone to its current spot on Mearley and held a minute's silence followed by a few words from Chairman Ian Campbell.

- The 4th annual Hawes to Kirby Stephen weekend was advertised by John Serjeant.
- The results of the 100 miles Bowland-Pendle Club relay were listed – 7 teams of 12 runners took part and the Vets were winning team in 13 hours 22 mins.
- Bill Smith wrote about the sad passing of George Brass, finishing by saying “I feel particularly indebted to George, as with typical generosity, he was among those who loaned Peter Knott and myself financial support in order to get ‘Stud Marks on the Summits’ published.”
- Parking at Barley – the club has £50 to the Parish Council as a goodwill gesture as the honesty boxes tend to contain only spiders after our training nights.

In the Results:

8th Bowley Hill Race: Andrew Orr and Vanessa Peacock took the honours (56 ran).

Manchester to Blackpool Road Relay: Clayton A were 5th ; B team 3rd B ; and the Mixed took the honours in their category – Harry Walker, Linda Platt, Sharon Urmston, Mick O’Connor, Alison Martin, Karin Goss, Bob Hirst, Tina Lewis, Mick O’Rourke, Simon Murgatroyd.

National Vets Road Championships Birmingham: the V40’s were 17th; V50’s 23rd and V60’s DNF.

Hendon Brook: Roger Hargreaves 1st V45; G.Murray 1st V50; Jack Riley 1st V70

15 years ago (Aug 2000)

- Steve Breckell was seeking a replacement editor for the newsletter.
- 14 teams took part in the Club Relay of 9 legs from Barley to Bolton-by-Bowland to Worston to Pendleton to Gt.Harwood to Oswaldtwistle to Accrington to Cliviger to Towneley Park to Seedhill to Barley (taking in all our training venues). Jim Hickie’s Southern Jessies won in 7 hours 10 mins 30 secs.

In the results:-

Great Hill: Katy Thompson 1st FV45

Aggie’s Staircase: Vanessa Peacock 1st F; George Thompson 1st V50

Tockholes: George Thompson 1st V50

Nicky Nook Challenge: Katy Thompson 1st F

10 years ago (Aug 2005)

- Run Of the month went to Peter Butterworth -1st V50 in Chorley 4 mile Road Race; 1st V50 Gisburn Trail and 1st V50 at the Roger Hargreaves Memorial.
- Eleven teams took part in the club relay (8 per team) involving a mixture of Road, Trail, XC, and Navigation. Peter Browning's 'Sir Clive's Master Plan' won in 6 hours 37 mins 56 secs.

In the Results:-

Burnley Boys Club Ladies' event: Alison Smith (Dugdale) 1st FV35; Yvonne Wickham 1st FV40; Christine Leathley 1st FV55; Kitty Garnett 1st FV65; and Val Lawson 1st FV60.

Men's: T.Walker 1st V40; Ted Orrell 1st V65; Lawrence Chew 1st 70; L.Jackson 1st V60

Hendon Brook: 1st F Tracy Mitchell; in the men D.Gregory 1st V40; Ted Orrell 1st V65

Pendle Hill Challenge: Mark Brown 1st V40; Steve White 1st V50; Tracy Mitchell 1st F; Alison Smith (Dugdale) 1st FV35; Ted Orrell 1st V65; Richard Lawson 1st V60; Kitty Garnett 1st FV65

Wray Caton & Paddy's Pole: Maureen Laney 1st F & FV50

Waughs Well & Buckden Pike: Vanessa Peacock 1st F

Roger Hargreaves Memorial Race:- Mark Aspinall winner; Peter Butterworth 1st V50; DaveScott 1st V60; Lawrence Chew 1st V70; Donna Riley 1st F & FV40; Christine Leathley 1st FV50

5 years ago (Aug 2005)

- Editor, Pete Booth, wrote "Almost a year ago, much to my surprise, I found myself elected as Chairman of the Club. In The September issue of the newsletter, I expressed doubts about my ability to manage the roles of Chairman and Newsletter Editor. In the event, although very time consuming, it has not proved as difficult as I thought it might be and is very enjoyable – most of the time.....in the same Newsletter, I commented that probably the most important decision of the 2009 AGM was to elect Marion Wilkinson as Junior Co-ordinator – and so it has proved. Marion began Junior training sessions...and thanks to her enthusiasm and prompting, ably supported by Cynthia Allen, the section is going from strength to strength...."
- Eileen Jones (Burnip) had completed the ascent of all 214 Wainwrights, listed in the AW guidebooks – Eileen said "...probably the slowest ever completion – 42 years..."

In the Results:-

Baxendale Bash: Winner Mark Aspinall and 1st V50 17.10;

1st L Anna Kelly (10th) 20.33.

Trawden MT: Winner Gary Shaw 41.35; 1st V45 Ian Greenwood (4th) 45.04;

1st JM Aidan Holgate (6th) 45.57; 1st V40 Neil Worswick (11th) 47.28;

1st V55 Steve White (37th) 51.03; 1st LV40 Lorraine Slater (57th) 54.54;

1st V70 Ted Orrell (70th) 58.59; 1st V60 Ron Chappell (71st) 59.09.

Badger 2 Trail: 1st V55 Ray Lees (12th) 39.38.

Gt.Manchester 10K: 1st LV65 Marion Wilkinson (8758th) 53.29.

Burnley Boys Club: 1st V50 John Roche (5th) 38.10;

1st MJ Aidan Holgate (8th) 38.56; 1st V60 Barry Mitchell (31st) 41.54;

1st V55 John Singleton (32nd) 41.57; 1st LV50 Irene Roche (51st) 45.32;

1st V70 Ted Orrell (61st) 47.58; 1st LV60 Karin Goss 77th) 54.18.

Hendon Brook: Winner Jason Harbour 85.45; 1st V50 Dave Naughton 93.39;

1st JM Aidan Holgate (13th) 96.36; 1st V55 Steve Green (37th) 106.22;

1st LV50 Irene Roche (50th) 114.05; 1st LV60 Christine Leathley (75th)

154.44.

Morecambe 10K: 1st LV50 Irene Roche (70th) 45.00.

Lancaster 5K: 1st V50 Roger Brewster (19th) 18.48.

Freckleton Half Marathon: 1st V55 Ray Lees (23rd) 82.42;

1st V70 Ted Orrell (167th) 104.13.

Wheelton 3M: 1st L Dawn Richards (Terry) (9th) 24.46;

1st LV35 Lorna Balmer (12th) 25.06.

Chorley Park 4.4: 1st V65/70 Ted Orrell (54th) 33.05.

St.Anne's 5K: 1st V50 Roger Brewster (10th) 18.27;

1st V65 Richard Lawson (30th) 23.33.

Paul Healey

MILESTONES

<u>Age</u>			<u>Service</u>		
1 st	Richard Lawson	75 years	16 th	Colin Woolford	40 years
1 st	George Pier	18 years	31 st	Richard Stevenson	40 years
2 nd	Alexander Townrow	15 years			
5 th	Keira Stevenson	11 years			
7 th	Donna Scott	50 years			
9 th	Joshua McKay	8 years			
13 th	Keith Windle	75 years			
14 th	Bob Hirst	65 years			
15 th	Leon Winchester	13 years			
				Edward Hill	45 years

JUNIOR TRAINING
DON'T FORGET TO KEEP CHECKING THE TRAINING CALENDAR FOR
LAST MINUTE CHANGES

Message from Andy Armstrong:

As junior training winds down for the summer I'd just like to thank all those who've made it possible for us to put on the coaching sessions and the races this year. Without your assistance there simply wouldn't be any junior section so we're very grateful. Apologies if I've missed anyone out.

Tuesday's Towneley Park session continues over the summer (contact Marion for more details about this session) but Thursday at Spirit of Sport and Tuesday on the Fell has now finished, to restart in September.

I'd also like to thank our coaches Jason Pier, Sam Root, Brad Mason & Richard Stevenson for their success in making it look like we actually plan the sessions in advance! Last, but definitely not least; Marion Wilkinson, who overcame huge opposition & apathy to develop the junior section and for dealing with the committee so that I don't have to!

COMMITTEE NEWS

13th July

11 members, plus Junior Kit Manager, Nichola Thompson, were in attendance. The main discussions and decisions were:

- All enquiries re the British Fell Relay event will be directed to Mike Eddleston, who will also supply/approve any content relating to the Fell Relays that is to be posted on the club website
- 2014/2015 Accounts: Mike Eddleston presented draft year end accounts. A budget for 2015/2016 will be produced for the next meeting. The Sport England grant return has been submitted.
- Honorary Membership: We agreed the following recommendations from the Honorary Membership subcommittee.

That Honorary Membership was a good idea and should be retained.

That Service Awards should be discontinued (although members will be formally thanked for service and recognised at the AGM).

Richard Lawson will produce a 'Roll of Honour' recording Members' International Achievements for the website.

Not to make any Honorary Membership recommendations for the 2015 AGM.

The Honorary Membership Guidance document was approved with the following amendment:

Delete line "*Normally awarded to members who are no longer competing*"

- Juniors: The committee approved the purchase of 50 branded (with new “Harrier over Pendle” logo) drinks bottles for the purpose of prizes.
- Captains: Fell Jean gave an update on the English Fell Championship Race Bradda Niarbyl. 5 members plus supporters travelled to the Isle of Man for the event. Dave stated he would be entering 3 teams for the Ian Hodgson Mountain Relay.
Road and Trail: Angela reported a big turnout from the ladies’ section at the Witton Park Trail Relays and a first place finish.
- AGM and Constitution:
Constitution changes: The updated constitution circulated prior to the meeting was approved. We agreed to give an explanation at the AGM around the changes relating to 2nd claim membership.
Club Costume: The committee decided against a proposal to change the constitution so that members are only eligible for points and/or prizes in club competitions when wearing the club costume.
It was agreed to remove “black shorts” from the description of the club costume.
Attendance Register: We agreed that the meeting attendance record of committee members would be made available at the AGM.
AGM 5K Track Race: To assist with the practicalities of race timing the 5K track event will be split over three races
18:15 – Junior race; 18:30 – B Race; 19:00 – A Race
Eric Doorbar Trophy: We agreed that Eric Doorbar would be invited to attend the AGM to present the newly commissioned XC trophy and give a short speech.
- Club roles:
Cross Country Appointments: We agreed to create the post of Senior XC Manager and accept Jason Pier’s offer to fill the role. Jason was also accepted as XC Statistician replacing Harry Manning.
We agreed to ask the following members to continue in their roles for the 2015 /2016 season: Jason Pier – Junior XC Manager; Paul Archer – XC Fixture Organiser; Paul Shackleton – BMAF XC Relays Manager (Men’s team).
- Media report and branding: We agreed to adopt the current senior styling for junior clothing. E.g. In the case of the tee shirts, the club name printed on the back in uppercase over two lines.
- Ron Hill Accrington 10K: Mike is in the process of establishing contacts within Hyndburn council.

Next meeting

10th August 2015 at 19:00 – Peel Park Hotel Accrington.

Tuesday Summer Training Venues April-September 2015

The format of our summer training sessions for this year will be similar to last year's. On Tuesday evening, throughout the summer, fell training will follow the usual format of group runs (group according to ability/inclination/level of fitness) from the following venues, at the time stated:

Date	Time	Venue
4, 11, 18, 25* August	6.30pm	Peel Park Hotel, Accrington
1,8*, 15, 22, 29 September	6.30pm	Bridge Inn, Barrowford

* Summer Series Race—see p31 for details.

All members are welcome to take part in the Tuesday Fell Runs, The usual arrangement is for 2/3 groups to run from each venue for between one and two hours, although this can vary according to numbers, weather and what members have done at the weekend.

If you are new to the Club's summer training runs/fell running, please make yourself known to a Committee member or group leader before the run and we will attempt to place you in the most appropriate group.

All members should ensure that they carry some emergency/extra clothing with them on the run: wind (water)-proof top, over trousers, hat and gloves. The weather can change very quickly on the fells. If you, or someone else in the group has an accident, you can very quickly become cold or hypothermic, even on the most pleasant of evenings. It's also a good idea to carry a drink and some emergency food (sweets, chocolate bar), in case you are out longer than you expect—it has been known for a group leader to get carried away occasionally.

Monday

Beginners' Training 6:30pm from a range of venues.

(Note: There is a small charge of £1 for this session.)

Further details from John Roche 01282 431959.

Thursday Training

- 1) Structured training led by John Roche from Towneley Park
(meet in the car park next to the Children's Playground)

Beginners meet at 6:00pm

Experienced runners meet at 6:30pm for 6:45pm start

All abilities and all runners are welcome.

- 2) Training run from The Memorial Park, Church Lane, Great Harwood. 6.30pm
Run the tracks and trails around Whalley Nab, Billington Moor, Dean Clough and Read Hall.

- 3) Ladies Training

All runs start at 7pm. Contact the host (list below) for details of the location. Or, contact Linda Bostock 01282 816269 for more information. If you want to host a run please ring Linda. If you have not been for a few weeks please ring to check as venues can change.

06/08/15	Christine Leathley	01282 694941
13/08/15	Sue Allen	07783998231
20/08/15	Jean Brown	01200 440880
27/08/15	Kath Brady	01282 611523
03/09/15	Alison Dugdale	07590279794
10/09/15	Kath Wallis	01254 822874

RESULTS MULTI TERRAIN

Wigan 10K Trail

29th June

Senior

1	A Taylor M40	Unatt	34.56
186	K O'Brien	1st M70	59.26

235 ran

Junior 2.5K

1	Jack Dee-Ingham	M14	8.35
9	Liberty Thompson	2 nd F12	9.55
17	Kady Thompson	1st F8	10.58
19	Felix Thompson	1st M6	11.03

48 ran

ROAD

Horwich 5M

17th June

1	T Carson	BUH	26.37
169	Fabienne Richmond	F35	37.54
231	T Orrell	1st M75	41.43

291 ran

Horwich Street Mile

11	Dexta Thompson	3 rd U11	5.50
24	Liberty Thompson	U13	6.24
26	Jenson Bentham	1st M9	6.30

67 ran

Catforth 10K

14 June

1	J Fletcher	Border H	33.55
21	S Biscomb	1st M60	43.04

70 ran

Padiham Greenway 5K

19th June

1	M Hartley	Barlick FR	15.58
2	D Collinge		16.05
4	Jordan MacDonald	1st JM	16.46
6	A Stubbs	1st M45	16.54
7	D Belshaw		16.59
11	J Watson		17.28
18	D Bagot		17.56
21	P Hesketh	3 rd M50	18.09
22	Curtis Holt	3 rd JM	18.13

23	M Duckworth		18.16
24	C Helliwell		18.23
29	Laura Hesketh	1st F	18.52
30	D Naughton	2 nd M55	18.59
33	J Hartley	3 rd M55	19.07
34	Ryan Clarke	JM	19.16
36	C Funnell	M45	19.24
38	S Ainsworth	M55	19.29
39	Kenan Eti	JM	19.30
43	D Thornton		19.45
46	S Clare	M50	19.48
47	C Snell		19.49
49	Claire Vincent	2 nd F	19.55
51	A Bradley	M45	20.01
65	A Quinn	M40	20.52
66	S Biscomb	2 nd M60	20.53
69	G Barrett	M50	20.57
70	J Pickup	3 rd M60	21.01
71	A Clarkson	M55	21.09
75	P Wale	M45	21.22
79	Angela Shian	F35	21.39
80	M Brady	M50	21.45
82	Joanne Bennett	2 nd F45	21.49
84	Irene Roche	1st F55	21.53
85	Amanda Duffy	F35	22.03
87	A Airey		22.18
91	J Hickie	M55	22.57
92	Helen Burnett	F40	22.58
93	Darren Rushton	M45	22.58
94	D Scott	1st M70	23.00
95	M O'Rourke	M50	23.04
97	Jean Knightley	2 nd F55	23.16
99	A Taylor	M55	23.31
101	Dawn Terry	1st F50	23.36
103	C Carey	M45	23.47
106	Kath Brady	2 nd F50	24.10
108	Leanne Cottam	F35	24.17
110	Donna Airey		24.36
113	Elouise Pemberton		25.03
116	Joanne Motley		25.10
118	S Barker	M45	25.25
119	Michelle Butschok	M40	25.36
124	R Lawson	2 nd M70	26.24

133	Deborah Greenwood	F45	27.25
134	Karin Goss	2 nd F65	27.35
135	Karen Clarkin	F40	27.36
137	Geraldine Varley	F55	27.45
139	Adrienne Olszewska	F45	28.13
140	Marion Wilkinson	1 st F70	28.34
146	Anita Jones	F55	29.56
148	Sharon Wilson	F35	30.21
149	Christine Leathley	F65	30.42
151	Judith Carey	F35	34.37

154 finished

Pilling 10K

21st June

1	R Edgar	Lancs & M	33.03
48	G Kissack	M65	67.41

51 ran

Freckleton Half M

21st June

1	B Fish	Blackburn H	69.19
281	T Orrell	1 st M75	112.17
556	Colette Conroy	F40	144.00

601 ran

SSAFA 10K

21st June

1	H Lord	Black Combe	37.13
60	K O'Brien	2 nd M70	59.28

93 ran

Vernons 5K 23rd June

32	T Pilling	M50	24.05
33	A Hughes		24.07

60 ran

Cannonball Tod Park 5K

25th June

Men

1	A Whitem	Calder V FR	16.37
3	J Watson		17.47
5	Jackson McKay	1 st JM	18.44
25	Lennon Jackson		21.44
29	M Brady	M50	22.32
30	D Rushton	M45	22.42
34	T Pilling	M50	24.07
39	R Hirst	M60	25.28
41	P Walsh	M60	25.46
48	J McGuire	M60	31.00

56 ran

Ladies

1	Lucy Collins	Stainland	19.18
5	Sophie Ashworth		23.06
10	Elouise Pemberton		25.30
15	Nicola Kay		28.17

23 ran

Burnley Pennine 10K

28th June

1	C Holdsworth		32.59
3	D Collinge		35.07
6	D Balshaw		36.22
8	J Watson		36.32
12	Jordan McDonald	JM	37.14
25	J Hartley	1 st M55	39.10
28	J Pye		39.47
33	M Duckworth		40.07
34	Laura Hesketh	3 rd F	40.26
35	Kenan Eti	JM	40.29
46	C Funnell	M45	41.21
84	Sarah Angelone		43.46
95	Ryan Clarke	JM	44.13
112	S Biscoomb	M60	44.45
125	A Clarkson	M55	45.16
156	S Breckell	M60	46.12
186	Angela Shian	F35	47.28
190	Amanda Duffy	F35	47.31
250	Elizabeth Mullan		49.20
297	Lyndsey Birtwistle	F35	50.29
323	Clare Wilson	F35	51.09
324	Donna Scott	F45	51.12
400	Bianca Bennett		52.47
428	Stephanie Hawke	F35	53.24
481	Roseanna Leathley		54.33
509	Elouise Pemberton		55.11
812	Debbie Greenwood	F45	62.13
986	Sophie McIntosh		67.05
1179	Judith Carey	F35	75.03

About 1350 finished. If anyone is not included in this result please let Richard Lawson know as many did not put their club name down.

Rochdale 10k
7th July

1	R James	Un	35.06
19	R Stevenson		38.45
306	Nicola Kay		60.43
	341 ran		

Todmorden Park 5K No 2
8th July

1	T Corrigan	Barlick FR	16.21
6	Jordan McDonald	JM	17.04
7	Jacob Boyle	JM	17.05
10	J Watson		17.13
11	D Balshaw		17.13
12	A Stubbs	1st M45	17.31
16	George Pier	JM	17.59
20	Russ Clarke		18.10
22	Keenan Eti	JM	18.33
23	M Duckworth		18.37
24	P Hesketh	2 nd M50	18.45
28	Laura Hesketh	3 rd F	19.18
32	Tom Bradley	JM	19.28
36	S Clare	3 rd M50	19.30
38	M O'Donnell	M40	19.34
39	Chris Funnell	M45	19:42,
40	Stephen Ainsworth	M55	19:44
41	Ryan Clarke	JM	19:52
47	A Bradley	M45	20.13
48	J Wilcock	M50	20.17
49	Claire Vincent		20.23
59	J Pier	M45	20.48
60	J Pickup	1 st M60	20.51
64	A Quinn	M40	20.53
67	S Proctor		21.06
69	J Roche	M55	21.07
70	Alice Pier	JF	21.11
72	Lennon Jackson	JM	21.12
76	S White	2 nd M60	21.36
78	G Balmer	M45	21.41
81	S Biscomb	3 rd M60	21.45
82	Millie Stubbs	JF	21.45
86	Sophie Ashworth	F	21.50
87	M Brady	M50	21.51

88	Irene Roche	1 st F55	21.56
91	Elizabeth Mullen	F	22.08
92	Angela Shian	F35	22.09
94	Dan Bradley	JM	22.19
95	Amanda Duffy	F35	22.24
98	Tanya Bunkham	F	23.06
105	D Scott	1 st M70	23.23
106	Helen Burnett	F40	23.27
114	C Carey	M45	23.54
115	A Taylor	M55	23.56
116	Julie Dawes	F45	23.57
117	Rachel Todd	F40	23.58
123	Donna Airey	F	24.22
127	Elouise Pemberton	F	24.42
130	Leanne Cottam	F35	24.52
133	I Hargreaves	F55	25.13
135	R Hirst	M60	25.21
138	Natasha Olszewska	JF	25.31
140	P Walsh	M65	25.43
143	Joanne Motley	F	25.58
148	Beth Quinn	JF	26.09
149	Michelle Butschok	F40	26.10
153	R Lawson	2 nd M70	26.38
156	S Barker	M45	27.13
157	R Chappell	M65	27.24
158	Debbie Greenwood	F45	27.25
161	Geraldine Varley	F55	27.54
163	Adrienne Olszewska	F45	28.21
165	Marion Wilkinson	1 st F70	28.42
169	Anita Jones	F50	29.36
170	Karen Clarkin	F40	29.51
171	Christine Leathley	1 st F65	30.34
173	Sharon Wilson	F35	30.57
178	Judith Carey	F35	34.06
	179 finished		

Lostock 5K
4th July

1	D Rigby	Preston H	15.24
22	Lennon Jackson	1st JM	22.38

Bentham Beagles 10K

5th July

1	P Webb	Settle Harriers	36.33
30	M Brady	M50	48.12
56	Kath Brady	F50	53.22
		116 ran	

Burnley 10K

11th July

1	M Hartley	Barlick FR	33.52
3	J Watson		36.22
7	Russ Clarke		38.24
9	J Hartley	1st M55	38.37
10	P Hesketh	1st M50	38.45
15	M Duckworth		39.38
21	Laura Hesketh	1st F	40.37
23	M O'Donnell	3rd M40	40.42
29	S Clare	M50	41.42
31	S Ainsworth	3rd M55	41.54
35	C Snell		42.45
36	Claire Vincent	3rd F	42.47
42	J Wilcock	M50	43.42
44	A Bradley	M45	43.51
48	Fabienne Richmond	1st F35	44.10
53	A Quinn	M40	45.04
56	S Proctor		45.10
58	G Barratt	M50	45.19
63	S White	2nd M60	45.34
66	R Briscoe		45.54
69	M Brady	M50	46.21
72	Irene Roche	1st F55	46.28
73	A Clarkson	M55	46.32
77	Amanda Duffy	F35	47.47
78	Tanya Bunkham		47.49
79	Elizabeth Mullan		47.54
81	J Hickie	M50	48.09
82	D Scott	1st M70	48.13
87	Dawn Terry	1st F50	49.00
94	Helen Burnett	1st F40	49.21
95	B Wildman	M45	49.28
98	Donna Airey		50.18
104	Julie Dawes	2nd F45	50.50
107	Rachel Todd	2nd F40	50.56
109	Bianca Bennett		51.13

111	A Taylor	M55	51.25
113	Leanne Cottam	F35	51.28
115	T Orrell	1st M75	52.26
117	Elouise Pembeeton		52.39
120	R Hirst	M60	52.52
128	I Hargreaves	M50	55.06
131	S Barker	M45	55.37
136	Michelle Butschok	F40	57.16
142	Karin Goss	2nd F65	59.27
143	Adrienne Olszewska	F45	59.30
146	Debbie Greenwood	F45	60.22
147	Marion Wilkinson	1st F70	60.36
153	Karen Clarkin	F40	64.47
154	Sharon Wilson	F35	65.21
155	Nicola Kay		65.37
156	Christine Leathley	F65	67.01
157	J McGuire	M60	72.05
		157 ran	

157th Burnley Park Run

20th June

2	D Collinge		16.54
4	J Pye		18.29
5	R Stevenson		18.59
6	M Duckworth		19.21
7	J Hanson		19.45
8	C Snell		20.01
32	M Brady	M50	22.49
54	S Green	M60	23.53
62	Donna Scott	F45	24.21
110	Kian Adam	M10	26.36
130	R Hirst	M60	27.36
222	Val Lawson	F70	33.42 PB
234	Nicola Kay		35.04
251	Judith Carey	F35	37.00
253	H Manning	M75	37.17
		280 ran	

FELL

[Apologies for the absence of fell results this month. The fell statistician is on holiday. Double next issue! - Ed]

Club Fell and Road Championships

There are separate competitions for Ladies and Men. 1st, 2nd and 3rd awards are made in each competition. Veteran (10 year categories), U20 and U23 awards are also available; the number of awards made depends on the number of members completing the competition in each age category.

Points are awarded in each race as follows:

1st Clayton Lady 50 points; 2nd Clayton Lady 49 points; etc
1st Clayton Man 50 points; 2nd Clayton Man 49 points; etc

Except for the V70 Ladies' (V65 on the road) and V70 Men's categories, to be given a final ranking it is necessary to have completed at least three races. The points from a member's best three races are added together to determine the final rankings for Ladies and Men.

Club Championships 2015

Road:

Blackburn Winter Warmer 10K – Sunday 8th February
Burnley Lions 10K – Friday 22nd May
Padiham Greenway 5K – Friday 19th June
Hendon Brook 13.5M – Sunday 26th July
Guys 10 – Sunday 6th December (Provisional)

Fell

Black Combe – Saturday 14th March
The Three Peaks – Saturday 25th April
Club Race Pendle – Saturday 23rd May
Tockholes Evening fell race - Thursday 2nd July
[Replacement race for Stanbury Splash]
Thieveley Pike – Saturday 26th September (Provisional)

English Fell Championship 2015 [remaining fixtures]

Sunday 6th September **Guisborough 3 Tops AM**

Guisborough Rugby Club (10.30)

Pre-entry & eod £7.00. www.wmrt.org.uk/

British Fell Championship 2015

Saturday 15th August **Seven Sevens AL** Newcastle N Ireland (10.00)

Pre-entry: £15.00 (£20.00 eod) by 16th July

www.nimra.org.uk/

Summer Series 2015

The Summer Series consists of six Tuesday evening races for members of Clayton Harriers and Trawden AC only. In addition to the usual prizes, in each race prizes are given for the closest pre-race predicted time to the actual time. No watches allowed during each race! A runner's best four races count for over-all series prizes.

Entry £4 per race (£4 for two races on 21st July) on the day only.

DATE	TIME	RACE	VENUE
25th August	7pm	Tour of the Hameldons Fell 5.1m/940'	Peel Park, Turkey Street, Accrington BB5 6EW
8th Sept	6:30pm	Coppice Trail (three laps) 6m/1170'	Peel Park, Turkey Street, Accrington BB5 6EW

<p>This is your newsletter... So contribute to it!!</p> <p>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.booth56@hotmail.co.uk or by post to</p> <p>Peter Booth 8 Appleby Drive, Barrowford, Nelson BB9 6EX Tel: 01282 698268 Mob: 07938 809315</p> <p>Photographs are welcome too! Photographs can be sent by email or send prints (returnable) to the address above.</p>	<p>Newsletter Advertising Rates</p> <table> <tbody> <tr> <td>Full A5 page</td> <td>£100 for 12 issues</td> </tr> <tr> <td>Full A5 page</td> <td>£15.00 for 1 issue</td> </tr> <tr> <td>Half A5 page</td> <td>£60 for 12 issues</td> </tr> <tr> <td>Half A5 page</td> <td>£10 for 1 issue</td> </tr> <tr> <td>Quarter A5 page</td> <td>£40 for 12 issues</td> </tr> <tr> <td>Quarter A5 page</td> <td>£7 for 1 issue</td> </tr> <tr> <td>Eighth A5 page</td> <td>£30 for 12 issues</td> </tr> <tr> <td>Eighth A5 page</td> <td>£5 for 1 issue</td> </tr> </tbody> </table> <p>Contact the editor if you wish to place an advertisement.</p>	Full A5 page	£100 for 12 issues	Full A5 page	£15.00 for 1 issue	Half A5 page	£60 for 12 issues	Half A5 page	£10 for 1 issue	Quarter A5 page	£40 for 12 issues	Quarter A5 page	£7 for 1 issue	Eighth A5 page	£30 for 12 issues	Eighth A5 page	£5 for 1 issue
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Quarter A5 page	£40 for 12 issues																
Quarter A5 page	£7 for 1 issue																
Eighth A5 page	£30 for 12 issues																
Eighth A5 page	£5 for 1 issue																

FIXTURES

If you need further details of any of these races, contact Katy Thompson
Tel 01254 772013 Mob. 07940250888 email katy.thompson1@btinternet.com
For road races, details are usually on ukresults.net
entry to show; race free

AUGUST'S AMBLES

- Sat 1st Borrowdale FR AL 17m/6500' 11am from Rosthwaite, Borrowdale
£6 on official form available from borrowdalefellrunners.co.uk
Hellifield Gala FR BS 3.5m/850' 3.15pm Hellifield Recreation Field
GR857567 £3 www.barlickfellrunners.org.uk Junior races
- Sun 2nd Worsthorne Moor FR BM 7m/900' 11 am from Gorpel Road,
Worsthorne (GR 878324) £5 Race 12 of the Pendle Grand
Prix Junior races (U8-U16) after start of senior race
Farleton Knott (BOFRA) 4.5m/1500' 12 noon A6070 S of Farleton nr
J36 M6 £3 www.bofra.co.uk Junior and senior races
- Tues 4th Crow Hill Reverse FR BS. 5m/1000' 7.30 p.m. from Mytholmroyd
Community Centre (GR011260) £4
- Wed 5th Whittle Pike AS 5.1m/1600' 7.30 pm from Cowpe Village Hall
GR837212 £3.50 eod www.rossendaleharriers.co.uk
Astley Park 4.4m Night Trail Series Race 4 Junior Race 7pm
Seniors 7.30pm from Baron's Rest, Astley Village £5 + £2 eod
Steel Fell 3m/1300' 7.15 pm Steel End Farm, Thirlmere Free entry
- Thurs 6th Badger 10K Trail Run Race 3. 7.30pm Wildlife Trust HQ, Berkeley
Drive, Bamber Bridge, Preston PR5 6BY £7.40
Todmorden Park 5k series Race 4 7.15 pm Hare & Hounds,
Burnley Rd. £4.50 + £1 eod
- Sat 8th Turner Landscape FR AM 10.6m/3000' 12 noon from Turner Hall
Farm, Seathwaite, Duddon Valley, Cumbria £7 eod
Arncliffe Gala 1.2m/460' 3.20 pm Arncliffe Village Green £4
Junior and senior races
- Sun 9th Boulsworth FR 7m/1400' 10.30am Trawden Rec Ground £5
Race 13 of the Pendle Grand Prix Final Race
- Wed 12th Pilgrims Cross FR BM 6m/1100' 7.15pm Sunnybank Social
Club, Helmshore BB4 4LQ £4 Over 16
www.rossendaleharriers.co.uk
- Fri 14th Haigh Hall 4m Race 3 7.30pm **Haigh School** WN2 £5 + £1 eod
Cannonball 3 day event, Littleborough www.cannonballevents.co.uk
- Sat 15th **Seven Sevens FR 19m/8800' 11 am Donard Park, Newcastle,
Co. Down, NI British champs £15 pre-entry/£20 eod
www.nimra.org.uk**
Darwen Gala FR BS 4.7m/930' 1.30 pm from Gala Field, nr Bold
Venture Park, Darwen £5 www.darwenrunning.weebly.com
Rusland 5 Fell Race 5m/1020' 12.30pm Rusland Showfield
Pay entry to show; race free

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- Sun 16th Sedbergh Hills FR AL 14m/6000' 11am People's Hall, Sedbergh
£7 eod
Lakeland Country Fair FR AM. 2.30pm 6.8m/2350' Showfield,
Torver, nr Coniston (GR 286938). No entry fee - pay to enter
Show (Adults £5). Also Junior races
- Tues 18th Shipman Knotts 3.7m/1300' 7pm Kentmere £3 www.helmhill.co.uk
- Wed 19th Horwich Jubilee Road Race 4. 5m 7.30pm from Rivington Village
Hall, Rivington, Horwich £5 Also Junior race at 7pm
Golf Ball FR BS 5.5m/800' 7pm from the Glory pub, Loveclough,
Rossendale £4 www.rossendaleharriers.co.uk
- Thurs 20th Stan Curran Birthday Race approx. 5k 7 pm from Cock & Magpie,
Whitworth £4 + £1 eod
- Sat 22nd Chipping Show FR 7.5m/1800' 2 pm from Chipping Show Field
GR622428 Free entry Pay entry to show
Weasdale Horseshoe FR BM 8.7m/2000' 2.30pm from Newbiggin
on Lune £7 eod
Pendle Three Peaks 9.6m/3333' 10.30 am from Pendle Inn, Barley
£7 pre-entry/£10 eod
Burnsall Classic FR AS. 4.30pm 1.5m/900' Burnsall, N. Yorks
£6eod
- Sun 23rd Fleetwood Half-marathon 10 am from Marine Hall, Fleetwood FY7
6HF £15 + £2 eod if limit not reached
www.fyldecoastrunning.org
- Tues 25th **Tour of Hameldons 5m/950' Summer Series Race 4 7pm**
Peel Park Hotel, Accrington
- Wed 26th Ennerdale Show 1.9m/656' 2.30pm Kirkland
www.ennerdaleshow.co.uk
Harrock Hill FR BS Race 4 5m/900' 7.30pm from Farmers Arms,
Bispham L40 3SL GR 497130 £4
- Sat 29th Pendleton FR AS. 5m/1500' 2pm Pendleton, nr Clitheroe £3.50 eod
Arnison Crag Horseshoe FR AS 3m/1000' 3 pm. from King
George Playing Fields, Patterdale (GR 391161) £5 eod
Dufton FR AS. 5m/1500' 12.30 p.m. from Dufton Show Field GR
684255 Pay entry to show, race free. Junior races from 11 am
- Sun 30th RAB MMM from 9 am Lake District £18 pre-entry/£22 eod
www.minimountainmarathon.co.uk
Grasmere Senior Guides Race AS 1.6m/900' 4pm Sports Arena,
Grasmere Free entry; pay admission to show field Junior races
from 12 noon
- Mon 31st Barrow FR AS 3.5m/1500' 2pm Braithwaite, Keswick
www.keswickshow.co.uk Entry included in show fee
- SEPTEMBER'S SAUNTERS**
- Thurs 3rd Hades Hill FR BS 5m/1200' 6.45 p.m. from Red Lion,
Whitworth (GR SD885177). £4 on day Over 16. Not FRA
- Sat 5th Capricorn O event Sedbergh see www.pfo.org.uk for details

- Blackshaw Head Fete FR BS. 5.5m/900' 2 p.m. from Blackshaw Head, nr Hebden Bridge (GR 959276) £4 eod blackshawhead-fellrace.co.uk
- Ben Nevis AM 9m/4400' 1 p.m. from Fort William (GR 166713)
Race full www.bennevisrace.co.uk
- Grisedale Horseshoe FR AM. 10m/5000' 11.30 a.m. Glenridding Village Hall, Patterdale (GR 386172). £5 on day
- Keswick Trail Races www.lakelandtrails.org
- Sun 6th **Guisborough 3 Tops FR AM 8m/2150' 10.30am Guisborough Rugby Club www.eskvalleyfellclub.org Eng. Fell Champs**
- Shelf Moor FR AS 5.7m/1500' 11 a.m. Scout Hut, Old Glossop, (GR SK042949). £4 eod glossopdale.org.uk/
- Bradley Fell Race 3.5m/900' 2pm nr Skipton Junior races bofra.co.uk
- Loweswater Show Fell Race 2.6m/1000' 2.30 pm from Lorton GR156239 Pay to enter Show; race free
- Thurs 10th Bryan Lawton Brownhouse Reservoir Race 5K from Oxford Pub, Whitworth Rd., Rochdale £4 + £1 on day Enter online at ukresults.net
- Sat 12th Hodder Valley Show FR 4m/1550' Slaidburn Pay £8 entry to show. www.bowlandfellrunners.org.uk
- North West Counties Road Relays @ Edge Hill, Ormskirk
Cross Keys Road And Fell Relay 2x3m road plus 2x2.5m fell
1pm Cross Keys Inn, Uppermill, Saddleworth (GR SE008062).
Entry on day. £10 www.saddleworth-runners.co.uk
- Great Langdale Marathon and Half Marathon 11 am from Stickle Barn, Great Langdale Pre-entry @ <http://greatlangdaleroadraces.co.uk>
- Great Westmoreland Trail Race 7m 2.30 pm from Crosby Garrett Village Hall nr Kirkby Stephen Junior 2m race 1 pm £3 howgillharriers.co.uk
- Sun 13th Lake District Mountain Trial Borrowdale see www.ldmta.org.uk for details £18.50 by 31st August
- Yorkshireman Off-Road Marathon 26m/3300' 08.00am (walkers) 10.00am (runners) Haworth Community Centre.
Also Off-Road Half Marathon (15m/2150') 10.30 am both walkers and runners £20 Pre-entry
- Burnsall (BOFRA) AS 1.5m/800' 12 noon £3 eod Junior Races
Garstang Half Marathon 11a.m from Garstang Sports & Social Club, £10 by 5th Sept +£2 on day www.garstangrc.co.uk/
- Wed 16th Roy Lee Brownhouse Wham 7pm from Oxford Pub, Whitworth £5
- Sat 19th World Mountain Running Champs Betwys-y-Coed, Wales
British & Irish Junior Mountain Running Champs & Home International

- Sat 19th Three Shires FR AL. 12.4m/4000' 11am Three Shires Inn, Little Langdale £8 eod amblesideac.org.uk
 Scafell Pike FR AS 4.5m/3000' 1 p.m from Wasdale Head Campsite, Cumbria, (GR 183075). £7 pre-entry £10 eod
 Good Shepherd Fell Race BL 14m/2000' 10.30 am from Good Shepherd Centre, Mytholmroyd £8 eod www.cvfr.co.uk
 PFO Orienteering Marl Pits www.pfo.org.uk
 Mourne Mountain Marathon mourne2day.com
- Sun 20th Burnley Leisure 10K Trail Race 11am Padiham Leisure Centre
 Utterly Butterly FR 5m/850' 2pm from Marsden Cricket Club £4
 Yarrow River 5k & 10K Trail Races 10am Yarrow Bridge, Chorley £8/£12
 Dale Head FR AS 4.5m/2215' 2pm Borrowdale Institute, Rosthwaite £5 eod
 Embsay FR (BOFRA) 2.9m/800' Junior races bofra.co.uk
- Tues 22nd Mandy Goth 5K 6.30 pm from Oxford Pub, Whitworth Rd., Rochdale £4 + £1 on day
- Fri 25th FRA Navigation Course www.fellrunner.org.uk/navigation.php
- Sat 26th Ron Hill's 77th Birthday 5k Brownhouse Reservoir Race 2pm from Oxford Pub, Whitworth £7 pre-entry Strict limit of 200. Enter online @ ukresults.net
 Thieveley Pike AS.4.3m/1300' 11 a.m. from Cliviger (GR SD875285) £5 eod Clayton Race
 PFO Orienteering Bacup www.pfo.org.uk
 Orton FR 6.2m/850' Orton School CA10 3RG £6
 Eskdale Show Fell Race 4.4m/1025' 2pm from Eskdale Showfield GR149996 £3.50 eod
- Sun 27th Littleborough 10k 10am £10 @ cannonballevents.co.uk
 Run Preston 5K and 10K from 9 am from Avenham Park, Preston Pre-entry only by 18/9 @ www.runpreston.com
 Sandstone Trail, Cheshire FR CL/CM 17m/10.6m £10/£8 pre-entry deeside-orienteeing-club.org.uk/sstrail/
 English Schools Fell Running Champs Calder HS Mytholmroyd

OCTOBER'S OUTINGS

- Sat 3rd PFO Orienteering Calf Hey www.pfo.org.uk
 Rivington Trail Half-Marathon 10 am £20 @ www.209events.com
 Coniston Trail Race FR BM 9.3m/1625' £22 lakelandtrails.org
 Isle of Man Mountain Ultra AL 31.1m/8200' 8.30 am from Ramsay loM Also Isle of Man Mountain Race BL 14.3m/2800' 1pm from St Johns Pre-entry £20/£15 @ www.isleofmanmountainultra.com
- Sun 4th Ian Hodgson Mountain Relay Contact Fell Captains if available
 Burnley Fire Station 10K 11 am £14 www.fyldecoastrunning.org
 Congleton Half-marathon 9.30 am Online entry @ ukresults.net

- Sat 10th Langdale Horseshoe FR AL 11am 13m/4760' Old Dungeon Ghyll, Langdale £8 by Oct 3rd on form from amblesideac.org.
Wasdale Show Fell Race 2.5m/2400' Junior races bofra.co.uk
- Sun 11th Withins Skyline FR BM 11.30 am 7.5m/1000' Penistone Hill, Haworth £4 Curlywurlly Rat Runs for juniors @ 10.30 £1 woodentops.org.uk
Vernons 4m 2.15pm Vernon Carus Sports Club PR1 9SN £8 pre-entry
- Sat 17th **UKA British Relay Champs from Barley organised by Clayton Contact Fell Captains if available to run or help out**
PFO Orienteering Tockholes www.pfo.org.uk
Screes Fell Race AS 2.30pm 5m/1600' Nether Wasdale £7 eod
- Sun 18th Green Drive 5 11 am £10 Lytham C.E. Primary School, Park View Rd.
- Sat 24th Great Whernside FR AS 4m/1555' 11.30 am from Kettlewell campsite GR975726 £5 eod
OMM from Southern Scotland £110 pre-entry at theomm.com
- Sun 25th Accrington 10K RR 10 am from Acc. Cricket Club £11 + £2 eod
Bronte Way BM 8m/1150' 11am from Aisled Barn, Wycoller Country Park £9 kcac.co.uk
- Sat 31st Race You to the Summit FR BS 4.3m/850' 11.30 am Summit Inn, Littleborough (GR946188) £5
Standish Hall 10K Trail Race 2.30pm from Britannia Wigan Hotel WN6 0SR £6 + £1 eod

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