

HARRIER NEWS



The Clayton Harrier Newsletter
www.claytonlemoors.org.uk August 2013



**JUNIORS
at
RESERVOIR BOGS**

[See Junior News p18 & 19 for results]

[Photo: Woodentops]

CONTACTS

The Clayton Website
www.claytonlemoors.org.uk

Race Results

All your races will count towards the Club's 2013 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: valric55[at]virginmedia.com
Telephone 01282 423808

Please send your Fell Results to Andy Brown
2 Brennand Terrace, Grindleton, Clitheroe, BB7 4QZ
Telephone: 01200 440880
Email: fellrunners@gmail.com

Please send your Cross-Country Results to Harry Manning
4 Wiswell Close, Burnley BB10 2DW
Telephone 01282 830458
Cross-Country Results for those races that qualify towards the Club's 2012/13 Palladium awards will be obtained by the Cross-Country Statistician, Harry Manning.

Forthcoming Fixtures

Please notify the Fixtures Secretary, Katy Thompson, 16 Ainsdale Drive, Darwen. BB3 2EQ
Telephone: 01254 772013; email: kathy.thompson1@btinternet.com
The Fixtures Secretary will forward details to the Newsletter Editor for publication

The Clayton Newsletter

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NB: No September Edition.
Copy deadline for the October issue:
Monday, 9th September

Boothy's Bit

SORRY

First, two apologies: in July's 'Harrier' I managed to publish the wrong date for the 2013 AGM in the official notice. The correct details, 8.00pm, Thursday, 29th August, are in the notice below; second, for the lateness of this month's Newsletter and lack of website updates – I recently moved house! 'Nuff said! My new contact details can be found on pp2 & 4.

Juniors

Our junior runners continue to improve and make their presence felt at many events: Chorley Park Series, Jubilee Street Race, Reservoir Bogs FR, English Junior Fell Championships, Witton Park Trail Relay, St Anne's 5K and Burnley Parkrun, to name but a few. Well done to all who have taken part and the adults who have trained and supported them. The Junior Summer Series has just finished and a presentation of medals is being planned. Although the date hasn't been finalised, it will be on a Thursday evening (6.00pm) at Spirit of Sport Centre in Burnley. It would be great if as many senior members as possible could attend and support this event – and perhaps train with the juniors afterwards. Look out for details on the club website and Facebook site.

Welcome Back....

To Peter and Sandi Browning after their epic trip up the east coast of the USA. The last instalment can be found on p8.

[More Boothy's Bit on p9.]

NOTICE

ANNUAL GENERAL MEETING

8.00pm

Thursday, 29th August 2013

Nelson CC, Seedhill Ground, Surrey Road, Nelson, BB97TY

Preceded by

Club 5000m track race at 7.00pm

Any motions for the AGM must be submitted to the Secretary,
in writing by Wednesday, 7th August.

SUBSCRIPTIONS 2014

Members' current subscriptions will last an additional four months until 31st December 2013, and the committee has agreed that subscriptions will remain unchanged for 2014. Members who currently pay by standing order are asked to change the payment date to 1st January 2014 and annually thereafter.

If you do not currently pay your subscription by standing order, please consider doing so. The club's bank account is held at NatWest Accrington (01-00-04) Account Number 01064592. Please give your name as the Reference.

Subscriptions will become due on 1st January 2014 and are as follows:

Full Membership (Senior)	£25
Full Membership (Under 23)	£12
Full Membership (Under 18 - Junior)	£4
Associate Membership (Non-competing)	£8

Full Membership subscriptions include the £10 England Athletics 2014-15 Registration Fee for Members aged 11 or over.

Jim Hickie
Treasurer

Words of Wisdom By resident guru Dave Scott

Two quotations in Latin this month - perhaps a little challenge for those who did Latin at school!!! For the rest of us translations will be given next month.

" Curro ergo sum"

" Quantum in me fuit"

**CLAYTON-LE-MOORS HARRIERS
OFFICIALS
2012-13**

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Ladies Fell News

Apologies for the lack of news over the last few newsletters - where have the months gone? Anyway, we are now half way through the year and even with the bad weather earlier in the year leading to the cancellation of the first championship race, we now have a number of national championship races completed:

In the British championships we have had two of the four races - Silent Valley and Yetholm. This year a Lady Vet 40 team category has been added for the first time and any three of the four races can be used to count. The hardy trio of Wendy, Katy and myself travelled to both races which, although both mediums, were incredibly different in character. The Northern Irish race took in a shortened version of the previous Silent Valley race due to the amount of snow left on what should have been the final hills. I was told the terrain was like the Peak District on steroids, and that is such an excellent description! On the day there was still a fair amount of snow on the course we did, and some of the time was spent in a cloud. We all finished in one piece and I for one really enjoyed the technical nature of the course. Yetholm was, in comparison, a road runners' course! Ninety per cent of it was run on cropped grass over the rolling hills of the borders. A truly beautiful area. Following the two races we are in second place in the LV40 team championships, but with two very strong teams behind us who currently only have one race counting against our two races. So we need to have an excellent showing at the next two races - Blisco Dash on 27 July and the Peris Horseshoe on 14 September, to be in with a chance of a medal. In the individual standings I am currently 5th LV40 and Wendy is 7th in the LV50s (no LV60 category, yet!) - however again there are a number of ladies who have only counted in one race so far.

In the English Championships we are also half way through, with Fairfield, Buckden Pike and Wasdale all now under our belts. It was great to see seven Clayton ladies out at Fairfield, with six at Buckden Pike. After these two races we were fourth in the increasingly competitive LV40 team championships. Unfortunately, but understandably, not so many were keen to tackle Wasdale and the extreme heat led to us not finishing a team - we therefore need a strong turnout for Edale Skyline which has been rearranged for 29 September (entries open end of July). The other two races left in the English Championships are Blisco Dash, 27 July, and Turner Landscape on 10 August. After the first two races Wendy lies 2nd in the LV55 category and 1st in the LV60s, with Linda Lord 3rd in the LV60s and in a very strong lead in the LV65s (not that we believe she is old enough!). The final results for Wasdale are not yet available due to some technical difficulties.

In other news, the team had a great run at the Calderdale Way Relay coming in as third ladies' team. This was an especially good result considering the various injuries and other aches and pains that had been challenging the pairings in the weeks and days running up to the event - the problem with holding a relay that needs a large team in the height of the road and fell calendar. A number of folk have been out racing at the various local and not so local races - isn't it wonderful now we have some real summer weather!

Jean

PS: As I'm sure Jean has mentioned in her Ladies' report, I was timed out at Wasdale which meant we didn't have a team to count. We really need to have more than three runners at all the races - not just the short and medium. So make sure you get your entry in for Edale. I will be away and, anyway, I should not be counting in these races - there are a lot of younger, faster ladies. Let's show the other clubs what we can really do.

Katy Thompson

John Bradley Osteopaths

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Boston, 30.6.13

Greetings from Boston, Massachusetts.

Yes we got here and in fact we will be leaving the USA in about 36 hours time. The last message I put out reported that we were about to pick up a rental car down in Virginia Beach, having sold the bikes. That's what we did and we have completed the trip in a silver Ford Focus, clocking up over 2500 miles in the process, but that's no real bother when fuel is around a third of the cost it is in the UK. The car means we can cover much greater distances in much less time; we can drive on any road, though we have tried to follow the cycling route as much as possible; and we can book into any motel we like. Don't know why we didn't think of it earlier really!

The car has meant we could visit places like Washington DC, New York City and Niagara Falls which the cycle route completely misses altogether, but having seen the traffic in big American cities, I can understand why. I'm really glad we got the chance though, as all three were really memorable. The stand-out for me by a long chalk though was the Niagara Falls: you know when you go somewhere and you expect it to be good? Well it was a hundred or more times better than I expected. Just the sheer power and volume of water going over the edge of the three separate falls was breathtaking, and to be on the Maid of the Mist at the foot of the falls, getting absolutely soaked from the spray and the engine of the boat going flat out just to stay still was something I'll never forget. There's nothing in Britain anything like it.

New York City was great too, where we did all the touristy things including of course, going to the top of the Empire State Building. The views from the top are incredible, and it really is a long way off the ground. We also took a ride on the Staten Island Ferry (it's free!) for a closer look at the Statue of Liberty, which has been recently refurbished and isn't fully open to tourists until July 4th, so we didn't actually get that close. In all these cities we tend to take a guided bus tour, as it's the easiest way for Sandi to get around and see things without actually walking. Even so, in New York City, Sandi did quite a lot of walking and by evening was very tired. We take our time and stop if a rest is needed, but we get there in the end.

Travelling up to Niagara, across New Jersey, Pennsylvania and New York State was nice, as we saw some actual hills after all the flat lands of the south east coast. None were particularly high, but they do support ski areas in the winter so they must get a fair amount of snow. In fact there was a ski resort less than 50 miles from the centre of New York City. The hillsides are usually universally tree covered, so routes are cut through to make the ski runs. In the car you are definitely not as close to the countryside as when you are on a bike, and you don't hear and smell it like you do when pedalling along.

So the trip is almost over, and we will take some fabulous memories home with us.

Love to you all and see you soon.
Peter and Sandi.

BOOTHY'S BIT MORE.....

AGM and Committee Posts

The Committee has reviewed the number of committee posts and will be making the following recommendations to the AGM:

Captains: One men's and one ladies' captain for each of the 3 disciplines of road, fell and XC, (Trail section would be included in the road) i.e. a total of 6 captains (down from 9, at present).

Vice Chairman: Remove this position.

Kit Manager: Expand the present role of Clothing Custodian to that of managing all the club equipment, including race equipment etc. This does not mean store/refurbish, but to establish and maintain an inventory of club kit.

Publicity Officer: Combine the roles of Webmaster and Newsletter Editor, also with responsibility for social media.

Elected Members: Reduce to 2 (from 4).

The committee feels that implementing these changes will bring benefits to club members and improve communication within the club and with the wider community. All committee posts are up for election at the AGM. If you are interested in taking up any position on the Committee, please contact Mike Wallis or myself for an outline of what is involved.

Congratulations to Coach Roche

Club Coach, John Roche was recently nominated for a 'Lifetime Achievement Award' at the Burnley Community Sports Awards, held on 4th July. Although John didn't win the Award, his nomination is recognition of the tremendous job that he has done in leading training and coaching for our club and, more recently the wider community in Burnley, for over 20 years. Well done, John and thank you!

Alternative Club Vest/Singlet

For quite a while members – especially new and younger ones – have been asking for a more modern, better-fitting club vest. The difficulty has been that the current, hooped vest is made in sections and won't adapt to modern styling. On the other hand, modern singlets are printed and it is difficult to find a supplier who will print the hoops. At the July Committee Meeting it was agreed that we would commission an alternative 'second' vest – mainly white, with tangerine and black bands around the neck line, extending into panels down the side. We are definitely not dropping the traditional vest. Val Lawson, our clothing custodian has lots in stock, in a range of sizes (see p21 for details of how to get one). However, we feel, in common with a number of other clubs – Todmorden Harriers are just the latest - that we should make a more modern vest available to members who want it. (Under UKA regulations, clubs are allowed 2 vests, with the caveat that at relay events all team members should wear the same version.) John Roche has been in discussion with Terry Lornegan of Complete Runner about the exact design of the singlet and how it will be supplied to members. We hope that, after an initial minimum order, members will be able to order the singlet direct from Complete Runner, which will do away with the need for the club to carry stock. If you are interested in buying an alternative vest or want more details, please contact John on rochejohn8@hotmail.com or 01282 431959.

RUN OF THE MONTH
Sponsored by PHYSIOFUSION
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JUNE



MARK ASPINALL for 1st M50 at the EDENFIELD FR on 2nd
Nominated Harry Manning

WENDY DODDS for 1st F60 at the YETHOLM FESTIVAL (British
Championship) FR on 2nd
for 1st F60 at the CAUTLEY HORSESHOE FR on 12th
Nominated by Harry Manning

JOHN HARTLEY for 1st M55 at the HENDON BROOK HALF
MARATHON RR at NELSON on 16th
Nominated by Richard Lawson

LAURA HESKETH for **1st PLACE** at the PENNINE 10K RR at BURNLEY
on 2nd.
Nominated by Harry Manning

DAVE MOTLEY for 2nd place at the HOLCOMBE 2 TOWERS FR at
HOLCOMBE on 12th
Nominated by Harry Manning

ANDY ROBINSON for 1st M60 at the DUDDON VALLEY FR at
SEATHWAITE on 1st.
Nominated by Pete Booth

MARTIN TERRY for 1st M50 at the WHARFEDALE MARATHON FR on
1st.
Nominated by Harry Manning

JUNE
WINNER
LAURA HESKETH

FOR HER GREAT PERFORMANCE AT THE PENNINE 10K.
Laura wins a complimentary Physiofusion massage.

**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 (22 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 Facebook page.



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

Are you training for a new challenge, getting ready to break a record, got an idea for a new run... then we want to know! Articles are welcome. Please send these via email to pete.booth56@hotmail.co.uk

or by post to

**Peter Booth
8 Appleby Drive, Barrowford,
Nelson BB9 6EX
Tel: 01282 698268
Mob: 07938 809315**

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

**Newsletter
Advertising Rates**

Full A5 page	£100 for 12 issues
Full A5 page	£15.00 for 1 issue
Half A5 page	£60 for 12 issues
Half A5 page	£10 for 1 issue
Quarter A5 page	£40 for 12 issues
Quarter A5 page	£7 for 1 issue
Eighth A5 page	£30 for 12 issues
Eighth A5 page	£5 for 1 issue

Contact the editor if you wish to place an advertisement.

MILESTONES

August

Age

1 st	George Pier	16 years
2 nd	Alexander Townrow	13 years
8 th	William Bellard	13 years
8 th	Paul Toman	55 years
9 th	Ronnie Orr	75 years
9 th	Devon Preston	14 years
12 th	Vicki Pratt	40 years
22 nd	Lynda Reid	60 years
24 th	Christopher Archer	13 years
30 th	John Roche	55 years

Service

Simon Clarke 20 years

September

Age

1 st	Jean Brown	45 years
2 nd	Mark Burridge	55 years

5 th	Colin Shuttleworth	55 years
18 th	Dave Mashiter	70 years
21 st	Brian Horrocks	55 years
22 nd	Brian Holden	80 years
25 th	Ron Hill	75 years
29 th	Harry Manning	75 years

Service

John Amos	35 years
Roger Brewster	35 years
Martin Brady	30 years
Pete Browning	30 years
Tony Chew	30 years
John Henderson	30 years
Ross Jaques	30 years
Peter Rapson-Woodstock	25 years
Ian Campbell	25 years
Garry Wilkinson	25 years
Avril Duckworth	10 years

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CLUB CHAMPIONSHIP 2013

As previously announced, we have changed the format of the 2013 Club Championship. The 'single race' format has served us well for a few years, but we want to encourage more members to participate in more events. Therefore there will be one club championship race each month (apart from October) throughout the year. The series began in January with the cross country championship—the Lancashire XC Championship Race—the only championship decided by a single race. The fell and road club champions in the various age categories will be decided by the results of 5 races (ANY 3 to count in each discipline) over a variety of distances.
Remaining races:

August 25th (Sun)	<u>Fleetwood Half Marathon</u> Road	£15 pre-entry www.fyldecoastrunning.org	Leisure Centre, The Esplanade, Fleetwood, FY7 6HF
September 25th (Wed)	<u>Ron Hill's 75th Birthday 5K</u> Road	£6.00 pre-entry www.ukresults.net	The Falcon Inn, The Square, Littleborough, nr. Rochdale
October	No Race—Ian Hodgson Fell Relay UK Hill & Fell Relay		
November 23rd (Sat)	<u>Tour of Pendle (AL)</u> Fell	£7.00 pre-entry www.clayton-le-moors-harriers.co.uk	Barley Village Hall
December 1st (Sun)	<u>Guys 10M</u> Road	£8.00 pre-entry by 26/11 Limit 400 www.garstangrc.co.uk	Guy's Thatched Village, Bilsborrow, nr. Garstang, Preston, PR3 0RS

NB: Each championship discipline is separate i.e. results will not be aggregated to decide an overall club champion.

Covering Old Ground

25 years ago (August/Sept 1988)

- Editors, Linda & Peter Lord commented "...we leapt from Spring to Autumn at the beginning of July..." (*so no change there in recent years!*).
- Changes in Committee saw Dave Scott stand down as Treasurer and Judy Makinson (Ashworth) take over.
- Congratulations were due to the juniors for completion of their Coast to Coast Relay – "...rumours had it many of the escorting seniors had a job keeping up!" They set off at midnight, ages between 14 and 17 years to complete the 130 miles in a record time over the 8 separate legs, finishing in 17 hours two minutes (from Arnside to Saltburn on Sea). The first junior team to do this and Walter Wilkinson's idea. The order was Darren Nathan-Meath, Lee Drake, John Kennedy, Neil Wilkinson, Peter Targett, David Coleman, Andrew Orr, Jonathon Taylor, Steve Devlin and the escorts were Michael Meath, D.Beresford, Don Barton, Walt Wilkinson, Ian Beverley, Mick Raine, Ronnie Orr, Phil Taylor, and John Sergeant. In September we had teams, Seniors, Veterans, Ladies, and Juniors taking on the 50 miles Pendle Way.
- In the Ladies' news Ruth Pickvance won the Buttermere Horseshoe; Vanessa Brindle (Peacock) won the Sedbergh Hills; Tina Lewis won the Pendle Grand Prix; and Maureen Laney won the Guernsey Marathon. Our teams won the Lancs XC Champs; Ian Hodgson Relay; Calderdale Way Relay; Coniston 14; and The Great Hameldon Hill. Karin Taylor (Goss) was considered the most prolific racer amongst the Ladies, generally racing each weekend. Linda Commented "...particularly when I think back to those early days, eleven years ago, when I first joined raising the total number of female members to two..." Congratulations were due to Karin and Judith Taylor on reaching that magic age (40) when life is supposed to begin.

In the results:-

Trawden Celtic 7: Winner – Roger Brewster 37.57

20 years ago (August/September 1993)

- Colin Taylor was 'bullied' into re-introducing the Downham Fell Race – a new course 6.5 miles x 2,400 feet of climbing. Colin commented "...this is not a course for wimps, posers, or the faint of heart."

In the results:-

Ennerdale Horseshoe: 1st V50 John Nuttall (47th) 4.19.41

Airedale Pikes: 1st V40 Barry Mitchell (11th) 38.49

Five Cloughs FR: 1st V40 Jack Holt (8th) 1.15.18;

1st V50 Harry Thompson (53rd) 1.31.57; 1st L Jean Rawlinson (73rd) 1.34.36

Royal Dockray: Short course – 1st V 40 Pete McWade (2nd) 1.15.52

Colne Gibfield 8: 1st V40 Kevin Lewis (12th) 48.56; 1st V45 Mick Wrigley (27th)

50.12; 1st V60 Brian Leathley (106th) 62.18; 1st LV55 Kitty Garnett (122nd) 72.07

Hendon Brook: 1st V55 Ross Jaques (74th) 103.48;
 1st LV55 Kitty Garnett (142nd) 135.38
Pendle Hill Challenge 8: 1st V45 Roger Hargreaves (12th) 49.02;
 1st LV35 Linda Bostock (118th) 62.48
Colne Lions 10 K: 1st V40 D.Wilson (4th) 33.20;
 1st V45 Roger Hargreaves (11th) 35.02;
 1st L & LV40 Jean Rawlinson (84th) 42.12; 1st V60 Brian Leathley (138th) 47.50.
Boys Club 10 K: 1st V45 Roger Hargreaves (10th) 35.37;
 1st V55 Jack Betney (86th) 47.24

15 years ago (August/September 1998)

- In the XC Handicap race at Bowley, 55 members finished although 13 of them went the wrong way.
- Captain Katy Thompson reported "In the English Champs the Ladies were holding onto second place behind Keswick with just the Sedbergh to come. Keighley & Craven were in third, just two points behind, so a good turn out is needed for the last race."
- Phil Chippendale continued with his televised 'West African Odyssey' and whilst no alcohol was allowed, there were limited water supplies, no wash facilities, no electricity, no accommodation, no toilets, Phil said "...I still find running the Three Peaks harder".
- Kitty Garnett reported the finishers in the London Marathon, including Alan Clarkson 2.45.08; Dave Horrocks 2.47.59; Mick Green 2.52.13; Mick O'Rourke 3.03.29; Pete Hindle 3.26.45; and Kitty Garnett 3.58.55.
- Kath and Martin Brady moved to the South for job reasons and mentioned their sadness at the loss of the local countryside.
- Walter Wilkinson wrote a letter of thanks for cards etc on his 60th birthday. (*Walt was to die a few months later.*) He presented a song which began ... I love to go wandering off the mountain track and as I go I love to take the Z team there and back....No-one knows where I'm going to roam, I choose my path with glee. Up and down the screes we go and the Z team follow me...
- Karin Goss (Sabden Sweetie) was the interview in this newsletter. Karin talked of her introduction to running "...I went to watch the 'Wrekin' with a group from Clayton. As I watched the women finishers towards the back, Shaun Livesey's Mum said 'Karin you could do that'. So I did....doing the first Downham." Karin had recently turned 50.
- Brian Leathley took the 'Run of the Month' award for July having completed the Bob Graham Round on his fourth attempt (23 hours 38 mins) just two weeks before his 67th birthday making him the oldest person to have succeeded, taking the honour from Stan Bradshaw who did 23 hours 59 mins at 65.
- In the Ladies' news Vanessa Peacock, Bev McWade, and Kath Wallis were first team in the final event of the English Champs at Sedbergh although overall we finished in Bronze position.

In the results:-

Children of Chernobyl 5M: 1st V40 Alan Clarkson (9th) 29.26

Leyland 10: 1st V40 Alan Clarkson (15th) 58.13

Dave Lewis 3.25M: 1st V40 Peter Butterworth (4th) 17.46;

1st V65 Jack Betney (45th) 23.42

10 years ago (August/September 2003)

- Geoff Newsam reported on his Mearley Clough Race “....Simon Thompson took the honours...but the the best run of the night goes to Vanessa for breaking the record and leaving three-quarters of the field behind in her wake.
- Run of the Month nominations for July were – Ian Greenwood for winning the Barley FR; Dave Gregory for winning Hendon Brook; Candice Leah (Taylor) for winning Hendon Brook; Roger Brewster for winning the Freckleton Half Marathon; Phil Hall for becoming British Masters at 1500 metres....the winner Roger Brewster.
- The nominations for August were – Colin Urmston for outstanding performance at Skiddaw; Lyndsay Hudson for 1st at Rochdale 10K; Kitty Garnett for 1st LV65 at Tour of Thameside; Wendy Dodds for 1st LV50 at Wasdale, Skiddaw, Holme Moss and her selection in the England LV50 team for the World Masters; Maureen Laney for 4th L at Skiddaw which led to her selection for the England team at Snowdon (2 months short of her 50th birthday) and also selection for the England team for the Masters.....the winner Maureen.
- Geoff Laycock reported on his 50 @ 50....*no not peaks – real ales!!!*

In the results:-

Freckleton Half M: 1st Roger Brewster 1.17.09

London Marathon: Jason Harbour 2.42.45; Peter Butterworth 2.46.34;

Graham Cunliffe 2.48.53; Andy Stubbs 2.49.49; Mick Green 3.03.33; David

Lord 3.13.50; John Rutter 3.19.45; Ian Burrows 3.23.40; Jon Sharples 3.48.42;

Tom Pate 4.22.43; Kitty Garnett 4.29.03; Judith Cunliffe 4.54.00;

Les Jackson 5.00.33.

Wardle Skyline: 1st LV50 Jean Rawlinson (87th) 58.45

Pen-y-Ghent: 1st LV50 Vanessa Peacock

Belmont Winter Hill: 1st V60 Ross Jaques (78th) 44.40

Mearley Clough: 1st V50 Pete Booth (14th) 35.03; 1st LV50 and new record

Vanessa Peacock (23rd) 36.43

5 years ago (August/September 2008)

- Dave Nuttall sent an account of his successful Bob Graham Round, setting off from Moot Hall at 7am. At the top of Robinson Dave was 11 minutes up on schedule. By the time he had reached Wasdale he was one hour twenty-three mins up. Dave returned to Moot Hall in 21.50.
- Linda Lord reported on her Joss Naylor Lakeland Challenge 25 years and one week after her successful Bob Graham Round. The forecast

was not brill. The usual group of helpers were lined up. Linda's time allowance was 18 hours and she had worked out a schedule for 17 and a half hours. Success – 16 and a half hours despite the worry of poor conditions.

- Tony Peacock told his story of a Seagull attack – far more physical than his previous experience with a Buzzard which had given him a hard time. On this occasion Tony was on a Rail Station in Scotland – yes true! The bird attacked him with its beak leaving an inch long cut doctored by Vanessa. The passengers on the Station thought it hilarious – at least the expletives voiced by Tony. He then realised he had ventured too close to the new born family.
- Run of the Month nominations were Tracy Mitchell 1st LV35 and 2nd Lady at Trawden Trail, 1st LV35 and 3rd Lady at Kelbrook, 1st Lady at Barley, 1st LV35 and 3rd Lady at Burnley Boys Club; Sue Burns for 1st LV50 and 3rd overall at Trawden, 1st LV50 and 4th overall at Kelbrook, 1st LV50 and 3rd overall at Barley and 1st LV50 and 2nd overall at Burnley Boys club; Andy Stubbs for 1st V40 and 2nd overall at Trawden, Kelbrook and Barley; Tom Martyn for 1st U20 and 5th overall at Burnley Boys; Mike Wallis for 1st V50 at Blackstone Edge (Brit Champs); Jon Sharples for his Joss Naylor Challenge - the first Clayton member to do a sub 12 hour V50 time; The Jon Sharples team - Pete Booth, Mike Eddleston, Geoff Smith, Richard Bellaries, Bob Mitchell, Michael Hogan, Simon Halliday, Steve Bury, Paul Toman, Mick Tomlinson, Andrew Walmsley, Andy Firth....the winner Jon Sharples.

In the results:-

Whitworth 3M: 1st V70 Jack Betney

James Herriot 14K: 1st V45 Mark Aspinall (3rd) 57.10;

1st LV45 Anna Kelly (49th) 72.00.

Lancaster 5K: 1st V40 Paul Archer (6th) 17.00

Chorley 4: 1st V65 Ted Orrell (80th) 28.00

Chorley 5K: 1st V45 Mark Aspinall (5th) 17.40; 1st V40 Paul Archer (11th) 18.30;

1st LV45 Anna Kelly (36th) 21.20

Haigh Hall: 1st V65 Ted Orrell (61st) 28.50

Blackburn 5K: 1st V45 Phil Hall (21st) ??; Open Race 1st V40 Barry Brock (6th) ??; 1st V45 Paul Archer (9th) ??

Horwich Jubilee: 1st V65 Ted Orrell ??

Pinhaw Moor Ladies: 1st L & V40 Sue Burns ??.

Kelbrook: 1st V40 Andy Stubbs (2nd) 22.26

Paul Healey

JUNIOR NEWS
JUNIOR OF THE MONTH
JUNE RESULTS

- TOM BRADLEY** Chorley Park Series 1 MILE BU15 5.47
Jubilee Street Race 1 MILE BU13 5.50.
Reservoir Bogs FR BU14 14.15.
Witton Park Trail Relay Leg 3 18.40.
- RYAN CLARKE** Chorley Park Series 1 MILE BU15 6.02.
Reservoir Bogs FR BU14 15.06.
Witton Park Trail Relay Leg 1 19.43.
- ELLA DORINGTON** Reservoir Bogs FR GU10 9.23.
- KENAN ETI** Chorley Park Series 1 MILE BU15 1ST 5.33.
Reservoir Bogs FR BU16 3rd 30.42.
Witton Park Trail Relay LEG 2 18.25.
- ROANNA HOLDSWORTH** Reservoir Bogs FR GU10 10.20.
- BRIONY HOLT** Chorley Park Series 1 MILE GU13 **1st place** 5.55.
English Fell Championships Sedbergh GU12 4th
11.15.
Reservoir Bogs FR GU12 **1st place** 14.32.
- CURTIS HOLT** Chorley Park Series 1 MILE BU15 3rd 5.44.
English Fell Championships Sedbergh BU14 16.29.
- JORDAN MC DONALD** Witton Park Trail Relay LEG 3 16.54**
- HARRY MASON** Reservoir Bogs FR BU12 16.32.
- JACKSON MCKAY** Reservoir Bogs FR BU10 **1st place** 7.47.
- LEON PASSCO** Coppice FR Accrington **1st M Junior** 38.46.
- ALICE PIER** Chorley Park Series 1 MILE GU15 **1st place** 6.00.
Jubilee Street Race 1 MILE GU15 **1st place** 6-00.
Reservoir Bogs FR GU14 2nd 14.59.
Witton Park Trail Relay LEG 3 19.59.
St Annes 5K GU15 **1st F Junior** 22.40.
- GEORGE PIER** Chorley Park Series 1 MILE BU17 **1st place** 5.15.
Reservoir Bogs FR BU16 2nd 30.41.
Witton Park Trail Relay LEG 1 18.20.
St Annes 5K BU17 3rd 20.05.

BETH QUINN Chorley Park Series 1 MILE GU15 3rd 6.02.
 Jubilee Street Race 1 MILE GU17 3rd. 6.14.
 Reservoir Bogs FR GU16 3rd 35.01.
 Witton Park Trail Relay LEG 2 22.00.

ELEANOR ROOT Chorley Park Series 1 MILE GU13 2nd 6.18.
 Reservoir Bogs FR GU12 3rd 15.07.

GRACE ROOT Chorley Park Series 1 MILE GU9 6.18.
 Reservoir Bogs FR GU8 **1st place** 2.45.

ADAM STEVENSON Chorley Park Series 1 MILE BU11 7.11.

KEIRA STEVENSON Chorley Park Series 1 MILE GU9 7.49.

LUCY STEVENSON Chorley Park Series 1 MILE GU13 8.04.

FINLEY STUBBS Chorley Park Series 1 MILE BU9 7.20.

MILLIE STUBBS Chorley Park Series 1 MILE GU11 6.32.
 Reservoir Bogs FR GU12 16.56.

SIMON WILSHAW Chorley Park Series 1 MILE BU15 6.12.

**WE HAVE 2 NEW RECORDS AT RESERVOIR BOGS.
 GRACE ROOT AND BRIONY HOLT (WELL DONE GIRLS!!!).**

RUNNER OF THE MONTH

JORDON MCDONALD

FOR HIS PB TIME AT PARK RUN 18-53

and HIS BRILLIANT LEG AT WITTON PARK 16-54.

YOUR TIMES ARE JUST GETTING BETTER - WELL DONE!!!

MARIONS MESSAGE

We have just had our last summer series race and all the points are being checked ready for our presentation after the summer holiday. John Wilcock has again given us a generous donation of £200.00 towards our awards which he will be presenting to our winners (date yet to be decided). Thank you John for your continued support.

NEW PBs AT PARK RUN.

ANDY ARMSTRONG(COACH) 18-11.
 GEORGE PIER 19-58.
 KENAN ETI 20-24.
 JACKSON MCKAY 21-20.
 ALICE PIER 22-06.
 BETH QUINN 23-21.
 DANIEL BRADLEY 24-58.
 ANNABEL WILCOCK 28-14.

**AGM JUNIOR TRACK RACES
 Thurs 29th August**

There will be junior races before
 the AGM at Seedhill Track.

RESULTS

Chorley Park Junior Series Race 3		1 Mile	03-Jul-13	81 Runners	
Nathan Townsend	Horwich RMI		1st	1st U17 Boy	5.02
George Pier	3rd		3rd U17 Boy		5.24
Tom Bradley	9th		3rd U13 Boy		5.49
Alice Pier	18th (2nd Girl)		1st U15 Girl		6.03
Kirkby Gala Fell Race		U12	06-Jul-13	37 Runners	
Fraser Sproul	Kendal	1st	1st Boy		8.53
Briony Holt	11th		1st Girl		10.00
Kirkby Gala Fell Race		U14	06-Jul-13	15 Runners	
James Lund	Keighley & Craven	1st	1st Boy		15.25
Curtis Holt	6th		6th Boy		17.44
St Anne's Carnival Road Race		5k	07-Jul-13	157 Runners	
Eric Crowther	Salford Harriers	1st	1st Male		16.25
George Pier	34th		3rd Male U17		20.05
Alice Pier	66th (8th Female)		1st Female U15		22.40

CLAYTON JUNIORS' TRAINING

Thursday Training; Spirit of Sport, 6.00-7.00. This is an indoor circuit session to improve speed and agility. Cost £2

Saturday Training; 08.45 at Towneley Park for endurance running and/or Parkrun. Please bring clothing that is suitable for the weather and running conditions.

Age Limits for Training Sessions; There's no minimum age limit to be a junior member of Clayton Harriers (although the minimum age to compete in a Fell race is six years on race day) however we have decided to apply a minimum age to attend the coached training sessions. Juniors must be in school year 5 or above. This applies only to new recruits not to those already attending.

The main reason for this change is that most juniors below this age limit struggle to maintain focus during structured coaching (especially endurance work) and gain little from the session. We appreciate that there are exceptions to this however, they are fairly rare.

EMAIL ADDRESS FOR JUNIORS:

claytonjuniors@gmail.com

DON'T FORGET

NEW CLUB HOODIES

£20.00

Order our new stylish hoodie in black and orange.
Contact Val Lawson to order yours: valric2@tiscali.co.uk or 01282 423808

Also available:

- **Club Vests £12**
- Long-sleeved white t shirts with club logo (in same material as vests) £15
- Orange hooded sweatshirts @ £12
- Black and Charcoal short sleeved t shirts @£5
- Grey sweatshirts now £8
- Rainjackets @ £25

NEWLANDS CAMPERS

present their latest conversion for sale

Volkswagen T4 2.5 I

Longnose swb Campervan.

Consisting of fully insulated hightop with cupboards, roofvent and downlights. Waeco 12volt fridge, smev hob and sink. rock and roll double bed with seat-belts, 240v hook up, leisure battery, gas locker (complete with gas safe certification). onboard water and waste tanks. Portaloo supplied, swivel passenger seat, silverscreen and curtains all around,
Only 68,000miles with new timing belts fitted .

£13,495,

Contact 07968255972 ask for Rod, or Richard on 07790187169.

Also: www.newlandsleisure.wordpress.com

COMMITTEE NEWS

10th June & 8th July

12 members were present in June; 14 in July The main discussion points and decisions were:

- 2015.FRA Relays. As part of the package for the event dibbers are usually supplied by Martin Stone, all enquiries direct to Martin. FRA expects this to be self-financing although will help with interest free loans for equipment hire etc.
- Gift aid scheme claim sent to HMRC
- EA registration fee at £10 per competing athlete is £2760 (includes £50 for the club). Debate on allowing members to consider if want to pay £15 subs with extra £10 if want to compete on the road. Rejected as one-off.
- It will be recommended at the AGM that subs remain at same level.
- FRA presentation: Advert to be placed in Summer edition of the FRA magazine. Design agreed for printing, tickets at £25 each.

- **Juniors**

Juniors still competing in numbers at the local races, e.g. 15 at Reservoir Bogs with 3 Gold, 2 Silver and 3 bronze placing. Summer series awards kind donation from John Wilcock again for prizes of sports bags with logo

Juniors will enter both Red Rose and MLXC season. Need greater support from the senior members especially at presentation evening.

- **Committee Posts**

There are 24 committee positions, item on agenda to discuss revision to allow a recommendation to be presented to the AGM.

Captains. Debate on the number of captains, currently 9. It was felt by the committee that a reduction to 1 for each men and ladies was too few to look after the interests of all members. It was agreed to recommend men's and ladies' captains for the 3 disciplines of road, fell and XC, and that the trail section would be included in the road.

Vice Chairman. To be removed

Clothing Custodian. Change title to 'Kit manager' and include in the role that of managing the club equipment, this does not mean store/refurbish but to control the extent and location of it. Agreed that it remains a committee post.

Web Editor. To be integrated with n/letter as a Publicity Officer.

The elected additional members to be reduced to 2.

- Club vest. John R aired the proposed design and style of a modern club vest as an alternate to the traditional competition singlet, retaining the club colours. The proposal to have 2 vests available for members was passed. The proposed supplier would operate on a 'print to order' facility that would save on clothing stock, although minimum order quantities were still required initially.
- Due to pressure to remove large cairns Alan and Judith's to be cleaned

and resited as a plaque set in the wall corner. Thanks to G Newsam for contacting owners and agreements.

- 2013 MLXC will probably be Richard's last year of organising the Burnley fixture. He has himself been a fixture for the club in the organisation of this event for many years.

MEMBERSHIP

Welcome to:

Senior: Johnny McKenna, Leeds,
Andrew Bradley, Burnley,
Junior: Daniel Bradley, Burnley,
Resignations: Ian Livesey, Oliver Credland

GARRY WILKINSON MFHT, ICHF,

Clayton-Le-Moors Harriers

07581 623744

garrywilkinson1964@btinternet.com



Member No 152361

SPORTS MASSAGE THERAPIST

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UK- Register of Exercise Professionals

England Athletics Licensed Coach

Association of British Cycling Coaches



CRB Checked



Tuesday Summer Training Venues April-September 2013

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
6, 13, 20, 27 August	7.00pm	Peel Park Hotel, Accrington
3, 10, 17, 24 September	6.30pm	Sabden Village Car Park

As a result of concerns expressed by members about the vulnerability of cars parked, unattended, on the Black Hill car park for up to 2 hours, in April and September, we will meet at the Sabden Village Car Park, rather than at Black Hill. There is plenty of on street parking in Sabden, as well as the village car park .

As last year, there will also be summer training for members who prefer not to run on the fells.

Meet at 6.30pm in Worsthorne Village Square for runs on the local tracks and trails.

SUMMER SERIES

The Summer Series will follow the usual format: a conventional first-past- the-post race AND the more subtle art of predicting your time. (Race run without a watch!) The results of the Up and Down Relay for the pair will be carried forward to the individual results for the series. Best 3 results will decide the series.

7.00pm	27 th Aug	Hameldon Hills	Peel Park Hotel Accrington
6.30pm	3rd Sept	Coppice Trail Race	Peel Park Hotel Accrington

£3.00 per race

Beginners' Training

Monday: 6.00pm at Towneley Park
(meet in the car park next to the Children's Playground).
For further details please contact 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.

CLAYTON-LE-MOORS LADIES TRAINING NIGHTS 2013

01/08/13	Alison Dugdale	07590 279794
08/08/13	Vicki Pratt	01282 851245
15/08/13	Alison Athroll	01282 693673
22/08/13	Linda Bostock	01282 816269
29/08/13	Kath Brady	01282 611523
05/09/13	Anne Clark	01282 696553 07973 820044

Contact Linda Bostock 01282 816269 for more information. All runs start at 7 p.m. 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.

All ladies are welcome.

RESULTS

MULTI TERRAIN

Castle Howard 10K Trail 16th June

1	M	Jefferies	Unatt	36.28
6	B	Holdsworth		38.14
406		Finished		

Trawden 7 MT

23rd June

1	C	Fell	Rosendale	38.21
4	T	Brewster		42.56
5	D	Motley		43.05
7	K	Davies	2 nd M50	43.21
14	Amy	Green	Keighley & C	44.33
16	L	Smith		44.44
23	A	Orr	M40	45.27
26	J	Roche	M50	45.56
30	A	Cran	M40	46.51
32	R	Briscoe		47.19
35	J	Wilcock	M50	48.39
40	S	Biscomb	2 nd M55	48.56
41	J	Rusius	3 rd M55	49.00
42	A	Shaw		49.06
56	N	Roscoe	M40	50.51
73	J	Pickup	3 rd M60	52.00
75	S	Clare	M45	52.40
82	S	White	M55	53.45
86	A	Graham	M40	54.01
87	S	Proctor		54.02
91	Irene	Roche	1 st F55	54.25
92	Georgina	Slater		54.40
110	Rebecca	Rawcliffe		60.29
113	R	Chappell	2 nd M65	60.53
116	R	Hirst	M60	62.17
120	Yvonne	Wickham	F50	64.15
122	Karin	Goss	1 st F60	68.17
123		Ran		

Mozart Trail Race (Austria)

22nd June

1	P	Wangari	Kenya	1.25.20
47	G	Williams	M65	2.30.47
81		Finished		

ROAD

Horwich 5M RR No 2

19th June

1	T	Debele	Bradford Airedale	24.57
75	T	Orrell	1 st M70	39.16
102		Ran		

Catforth 10K

7th July

1	A	Whitman	Army Ac	33.48
22	M	Hogan	M45	41.16
31	S	Biscomb	1 st M60	42.48
136	K	O'Brien	M70	58.27
176		Ran		

Lytham Carnival 5K

7th July

1	E	Crowther	Salford H	16.25
34	G	Pier	2 nd M17	20.05
46	J	Pier	M40	21.28
66	Alice	Pier	1 st F15	22.40
157		Ran		

Ian Terry Memorial 5K Littleborough

16th July

1	J	Lloyd	Tod H	17.15
5	Sarah	Cumber F40	Halifax H	19.08
17	S	Biscomb	1 st M60	21.05
46	W	McIntosh		25.37
50	R	Chappell	1 st M65	25.59
54	Yvonne	Wickham	1 st F50	26.13
55	R	Lawson	2 nd M70	26.53
118		Ran		

Todmorden Park 5K 1/4

17th July

1	C	Smale	Bingley H	17.15
2	T	Brewster		17.27
10	Sarah	Ridehalgh	Acc RR	19.00
12	J	Roche	2 nd M50	19.07
33	W	McIntosh		24.41
35	Kathryn	Wilkinson		25.14
47		Ran		

FELL

Harry Aspinall Liver Hill

2/4/2013

BS: 5m, 820ft

1	Grant Cunliffe Rossendale	32:35	81	Pete Booth	V60	41:49
12	David Motley	36:51	89	John Wilcock	V50	42:36
14	Andrew McFarlane 2nd V45	37:06	99	Mark Nutter	V50	42:32
39	David Naughton 3rd V50	40:43	106	Simon Kelly		44:18
40	Brian Horrocks V50	40:49	113	Mark Taylor		44:57
42	Ivan Whigham V50	41:17	123	Andrew Dugdale V50		45:35
47	David Bagot	42:07	128	David Horrocks V50		45:49
51	Sarah Toms Rossendale	42:46	129	Richard Briscoe		45:57
52	Nigel Weaver V50	43:16	131	David Naylor V50		46:03
53	Richard Briscoe	43:23	154	Jeffrey Pickup V60		47:42
54	Mark Nutter V50	43:28	163	Rick Moore V50		48:28
60	Mark Taylor	43:53	167	Stephen Bury V50		48:53
61	David Horrocks V50	43:55	169	Dugald McCallum V60		49:01
69	Andrew Dugdale V50	44:43	184	Lisa Richardson LV40		49:50
73	Rick Moore V50	45:07	196	Lorraine Slater LV40		50:59
105	Andrew Howarth V50	49:32	206	Barbara Savage LV40		51:26
107	Jack Dugdale	50:07	210	Melvyn Thistlethwaite V60		51:39
109	Peter Dugdale V55	50:22	211	Irene Roche LV50		51:48
117	George Thompson V60	52:07	214	Andrew Firth V50		51:49
118	Nichola Horsfall 2nd LV50	52:17	215	Vicky Heys LV40		52:05
135	Jean Rawlinson 1 st LV60	55:28	225	Stephen Fish V50		52:37
140	Wayne McIntosh	59:06	227	Peter Dugdale V50		52:45
	148 finished, including 30 ladies.		233	Colin Woolford		53:14

Pendle 6/4/2013

AS: 4.5m, 1500ft

1	Rob Hope Pudsey & Bramley	32:13	237	Linda Lord 1 st LV60		53:33
14	Victoria Wilkinson Bingley	35:19	262	Katy Thompson LV50		55:37
22	Andrew Mcfarlane V40	36:32	264	Andrew Walmsley V60		55:46
26	Paul Thompson V40	37:09	271	George Thompson V60		56:10
32	Dave Nuttall V40	37:33	278	Gwilym Williams V60		56:56
37	Breton Holdsworth	37:52	282	Susan Clark LV40		57:16
54	Dave Motley	39:57	291	Jean Rawlinson 3rd LV60		57:55
60	Neil Hardiman V40	40:18	294	Nichola Horsfall LV50		58:42
65	Brian Horrocks V50	40:45	297	Doug Munroe V60		59:16
71	Jack Holt V60	41:17	303	Robin Nicholson V40		59:48
77	Paul Archer V40	41:32	304	John Francis V60		59:52
			309	Wayne McIntosh		1:00:47
			311	Robert Hirst V60		1:01:28
			318	Karin Goss LV60		1:03:13
			327	Ron Chappell V60		1:04:38
				340 finished, including 80 ladies.		

Y Moelwyn 20/4/2013

AM: 10.5m, 2800ft

1	Russell Bentley	Kent	1:19:14
30	Kate Spinney	Eryri	1:43:30
39	Ivan Whigham	V50	1:46:24
45	Mark Nutter	V50	1:48:54
51	Mark Taylor		1:51:33
52	Andrew Dugdale	V50	1:51:39
72	Andrew Firth	V50	2:03:34
74	Peter Dugdale	V50	2:04:27
91	Nichola Horsfall	2nd LV50	2:14:56
103 finished, including 13 ladies			

Coniston 4/5/2013

AM: 8.7m, 3500ft

1	Darren Kay Pudsey & Bramley		1:11:32
27	Dave Nuttall	V45	1:24:29
43	Jackie Lee	Eryri	1:29:52
107	Andrew Dugdale	V50	1:44:05
109	Mark Nutter	V50	1:44:17
116	Ian Robinson	2nd V60	1:46:28
129	Wendy Dodds	1 st LV60	1:48:05
136	Graham Eccles	V50	1:48:53
145	Andrew Firth	V55	1:50:27
172	Mark Taylor		1:55:54
196	Peter Dugdale	V55	2:01:59
212	Nichola Horsfall	LV50	2:07:54
247 finished, including 50 ladies.			

Mearley Clough 14/5/2013

AS: 3.5m, 1200ft

1	Darren Kay Pudsey & Bramley	V40	31:45
5	Andy Brown		33:09
19	Ellie Lambert	Wharfedale	38:54
23	Geoff Gough	V50	39:08
24	Ivan Whigham	V50	39:14
27	Chris Balderson	V40	39:43
31	Pete Booth	1 st V60	40:10
34	Richard Briscoe		40:26
38	Sean Clare	V40	40:48
40	Neil Worswick	V40	40:56

42	Mark Nutter	V50	41:40
44	Mark Taylor		42:01
45	Simon Stansfield		42:09
47	Gary Balmer	V40	42:14
48	Dominic Carr	V40	42:22
51	Andrew Dugdale	V50	43:17
52	Kieran Carr	V60	43:26
57	Dugald McCallum	V60	44:05
60	Stephen Bury	V50	44:58
67	Andrew Firth	V50	46:25
69	Stephen Fish	V50	46:40
75	Peter Dugdale	V50	47:42
76	Robin Nicholson	V40	47:49
84	Linda Lord	1 st LV60	49:07
90	Susan Clark	LV40	51:32
101	Wayne McIntosh		55:48
103	Robert Hirst	V60	56:53
105	Karin Goss	2nd LV60	1:00:44
105 finished, including 13 ladies.			

Old Counties Tops 18/5/2013

AL: 36.7m, 10000ft

1	Ben Abdelnoor and Paul Tierney		
	Ambleside		7:10:14
14	Jean Brown and Martin Terry		
	1 st First mixed (V90)		8:48:36
49	Phil Hanson and Nigel Hodson		
	V80		10:20:57
78 pairs finished, including 16 ladies.			

Pen Y Ghent 1/6/2013

AS: 5.9m, 1850ft

1	Mark Addison Helm Hill		47:25
43	Lynne Clough Chorley AC		59:16
56	Mark Nutter	V50	1:01:16
72	Mark Taylor		1:04:21
82	Andrew Dugdale	V50	1:05:36
96	Rick Moore	V50	1:08:07
106	Robin Nicholson	V40	1:11:10
109	Peter Dugdale	V50	1:11:47
125	Nichola Horsfall	LV50	1:16:59
143 finished, including 25 ladies.			

Duddon 1/6/2013

AL: 18m, 6000ft

1	Simon Booth	Borrowdale FR V40	2:55:32
20	Jasmin Paris	Carnethy	3:25:51
25	Mike Wallis	2nd V50	3:27:59
33	David Naughton	V50	3:38:49
37	Andrew Orr	V40	3:39:38
38	Andrew Robinson	1st V60	3:39:57
41	Pete Booth	2nd V60	3:42:43
76	Richard Bellaries	V50	4:02:13

130 finished, including 15 ladies.

Edenfield 2/6/2013

BM: 6.4m, 1565ft

1	Joe Mercer	Trafford	43:39
8	Mark Aspinall	1st V50	50:32
20	Jayne Joy	Helsby	53:11
37	Neil Worswick	V45	56:15
49	Gary Balmer	V40	58:18
70	Andrew Dugdale	V50	1:03:28
79	Stephen Fish	3rd V60	1:05:18
90	Linda Bostock	1st LV55	1:08:11
93	Jean Rawlinson	1st LV60	1:09:36

105 finished, including 17 ladies.

Paddy's Pole 4/6/2013

AS: 3.7m, 1100ft

1	Danny Hope	Pudsey & Bramley	28:40
7	Mike Wallis	2nd V50	30:27
8	Dave Nuttall	V40	30:53
13	Matt Perry		31:37
20	Dave Motley		32:41
23	Paul Hesketh	V40	33:02
27	Chris Balderson	V40	33:23
30	Sarah Sarginson	Bowland	34:01
31	Ivan Whigham	V50	34:02
32	Peter Booth	1st V60	34:04
33	Richard Briscoe		34:06
41	Nigel Weaver	V50	35:47
43	Neil Worswick	V40	35:59
45	Mark Nutter	V50	36:14

49	David Naylor	V50	36:41
54	Gary Balmer	V40	36:53
55	Jean Brown	3rd LV40	37:00
59	Dugald McCallum	2nd V60	37:16
61	Andrew Dugdale	V50	37:50
64	Jeff Pickup	V60	38:26
67	Richard Bellaries	V50	39:23
69	Robin Nicholson	V40	40:22
71	Andrew Howarth	V50	40:40
73	Peter Dugdale	V50	40:58
77	Linda Lord	1st LV60	41:18
84	Jean Rawlinson	2nd LV60	45:03

90 finished, including 12 ladies.

Calver Peak 5/6/2013

BS: 5m, 900ft

1	Stephen Pyke	DPFR V40	31:04
32	Sally Fawcett	Smiley Paces	36:07
139	Andrew Firth	V50	44:40

211 finished, including 50 ladies.

Blencathra 5/6/2013

AM: 8m, 2700ft

1	Carl Bell	Keswick	1:03:00
29	Rebecca Sheffield	Ambleside	1:15:52
103	Graham Eccles	V55	1:36:23

150 finished, including 24 ladies.

Abbey Anniversary 6/6/2013

AS: 5m, 1800ft

1	Adam Peers	Liverpool H	36:34
24	Andrew Dugdale	V50	50:01
28	Angela Donlan	Wharfedale H	53:24
35	Mark Taylor		56:59
36	Peter Dugdale	V55	57:38

46 finished, including 4 ladies.

Weets 8/6/2013**AS: 5.5m, 1800ft**

1	Tom Cornthwaite	Northumberland	37:14
9	Dave Walker		41:34
13	David Naughton	2nd V50	44:39
16	Amy Green	Keighley & C	45:21
17	Chris Balderson	V40	45:50
22	Ivan Whigham	V50	47:25
28	Mark Nutter	V50	48:34
29	Neil Worswick	V40	48:36
31	Richard Briscoe		49:50
33	Gary Balmer	V40	50:01
41	David Naylor	V50	51:43
47	Mick Dobson	V40	53:44
55	Melvin Thistlethwaite	1 st V60	56:49
57	Andrew Graham		58:24
60	Jean Rawlinson	1 st LV60	59:17
63	Peter Dugdale	V50	1:00:07
67	Ron Chappell	1 st V65	1:07:36
68	Robert Hirst	V60	1:09:34

70 finished, including 9 ladies.

Ennerdale Horseshoe 8/6/2013**AL: 23m, 7500ft**

1	Oli Johnson	Dark Peak	3:46:39
22	Jasmin Paris	Carnethy	4:32:28
44	Jean Brown	LV40	5:00:29

130 finished, including 21 ladies.

Knowl Hill 9/6/2013**BS: 6m, 1300ft**

1	Ian McBride	Royton RR	43:37
69	Jan Needham	Rochdale H	58:26
123	Katy Thompson	2nd LV55	1:07:10

169 finished, including 35 ladies.

Great Hill Race 15/6/2013**AS: 5.8m, 1575ft**

1	Dominic Raby	Chorley V40	37:23
21	Adam Shaw		46:30
30	Anne Ferguson	Burnden RR	48:05

65 finished, including 6 ladies.

Buckden Pike (Men's) 15/6/2013**AS: 3.7m, 1600ft**

1	Simon Bailey	Mercia FR	31:07
64	Mike Wallis	2nd V55	37:12
84	Dave Motley		38:24
105	Chris Balderson	V45	40:01
144	Neil Worswick	V45	42:18
148	David Naughton	V50	42:37
152	Pete Booth	V60	42:53
163	Geoffrey Gough	V55	43:48
172	Mark Nutter	V50	44:08
183	Richard Briscoe		45:14
188	Kieran Carr	3rd V65	45:23
195	Mark Taylor		45:59
197	Jeffrey Pickup	V60	46:05
208	Nick Roscoe	V40	46:37
211	Andrew Dugdale	V50	46:51
218	David Naylor	V55	47:19
220	Alex Braysford	V40	47:45
224	Gary Balmer	V40	48:02
229	Stephen Bury	V55	48:14
231	Sean Clare	V45	48:23
235	Rick Moore	V50	49:33
243	Andrew Firth	V55	50:07
257	Peter Dugdale	V55	52:56

283 finished

Buckden Pike (Women) 15/6/2013**AS: 3.7m, 1600ft**

1	Victoria Wilkinson	Bingley	37:25
27	Jean Brown	LV40	44:57
49	Wendy Dodds	1 st LV60	48:52
56	Alison Dugdale	LV40	50:46
64	Linda Lord	1 st LV65	52:28
77	Katy Thompson	LV55	55:27
85	Nichola Horsfall	LV50	1:01:15

88 finished

Great Lakes Run 15/6/2013

AL: 13m, 7000ft

1	Jamie Luxmoore	Ambleside AC	2:55:48
36	Lisa Gamble	Hunters BT	4:10:15
37	Richard Bellaries	V50	4:11:42
48	Mick Dobson	V40	4:57:17

51 finished, including 4 ladies.

Aggie's Staircase 20/6/2013

AS: 4m, 1150ft

1	Danny Hope	Pudsey & B	27:49
5	Paul Thompson	1 st V40	30:30
9	Matt Perry		31:19
10	Dave Nuttall	V40	31:45
19	Elizabeth Greenwood	Blackburn H	33:36
20	Neil Hardiman	V40	33:41
21	David Bagot		33:41
22	Richard Briscoe		34:00
25	Neil Worswick	V40	34:05
44	Mark Nutter	V50	36:02
53	Sean Clare	V40	37:08
62	Dugald McCallum	3rd V60	37:54
64	Mark Taylor		37:59
78	Adam Shaw		39:19
86	Andrew Graham	V40	40:25
106	Peter Dugdale	V50	42:42
123	Michael Frost	V50	46:47
126	Martin O'Rourke	V40	47:14
128	Ron Chappell	V60	47:33

136 finished, including 18 ladies.

Wicken Hill Whizz 21/6/2013

AS: 2.8m, 1050ft

1	Max Wharton	CVFR	19:50
31	Gayle Sugden	CVFR	26:50
50	Geoff Smith		31:06
84	Wayne McIntosh		34:42

99 finished, including 19 ladies.

Reservoir Bogs 22/6/2013

BM: 7.5m, 1480ft

1	Joseph Crossfield	Halifax H	1:12:35
22	Gayle Sugden	CVFR	1:25:33
62	Geoff Smith		1:39:37

92 finished, including 20 ladies.

Timothy Taylors Tom Tittiman

23/6/2013

BS: 4m, 700ft

1	Joseph Crossfield	Halifax H	27:21
25	Gayle Sugden	CVFR	33:48
81	Geoff Smith		42:06
91	Geoff Laycock	V60	45:49

114 finished, including 34 ladies.

Harrock Hill 2 26/6/2013

BS: 5.2m, 900ft

1	Jon Green	Preston H	33:06
46	Joanna Goorney	Wesham	38:36
214	John Francis	V70	56:41

230 finished, including 63 ladies.

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FIXTURES

If you need further details of any of these races, contact Katy Thompson
Tel 01254 772013 Mob. 07940 250888 email
katy.thompson1@btinternet.com
For road races, details are usually on ukresults.net

AUGUST'S AMBLES

- Thurs 1st Badger 10K Trail Run Race 3. 7.30 pm from Wildlife Trust HQ, Berkeley Drive, Bamber Bridge, Preston PR5 6BY £6
- Sat 3rd Borrowdale FR AL 17m/6500' 11am from Rosthwaite, Borrowdale £6 on official form only, available from organiser or website after 31st May
Limit 500 borrowdalefellrunners.co.uk
Hellifield Gala FR BS 3.5m/850' 3.15pm from Hellifield Recreation Field GR857567 £3
- Sun 4th Worsthorne Moor FR BM 7m/900' 11 am from Gorple Road, Worsthorne (GR 878324) £5 Race 9 of the Pendle Grand Prix
- Tues 6th Crow Hill Reverse FR BS. 5m/1000' 7.30 p.m. from Mytholmroyd Community Centre (GR011260) £3.50
- Wed 7th Whittle Pike AS 5.1m/1600' 7.30 pm from Cowpe Village Hall GR837212 £3.50 eod Race 2 in Rossendale Harriers Midweek Series
Chorley Harriers 4.4m Night Trail Series Race 4 7.30pm from Baron's Rest, Astley Village £5 + £2 eod
- Sat 10th **Turner Landscape FR AM 10.6m/3000' 12 noon from Turner Hall Farm, Seathwaite, Duddon Valley, Cumbria Pre-entry £7 by Aug 3rd English Champs**
Arncliffe Gala FR AS. 1.9m/460' 3.20 pm £4
- Sun 11th Boulsworth FR 7m/1400' 10.30 am from Trawden Rec Ground £5
Race 10 of the Pendle Grand Prix
Dark & White Mini-Marathon darkandwhite.co.uk
- Wed 14th Pilgrims Cross FR BM 6m/1100' 7.15 pm from Sunnybank Social Club, Road, Helmshore BB4 4LQ . £3. Over 16.
Race 3 in Rossendale Harriers Midweek Series
- Sat 17th Darwen Gala FR BS 3.7m/930' 2.30 pm from Gala Field, nr Bold Venture Park, Darwen £4 www.dashers.org.uk
Rusland 5 Fell Race 12.30pm Rusland Showfield
Pay entry to show; race free
- Sun 18th Sedbergh Hills FR AL 14m/6000' 11 am from People's Hall, Sedbergh £6 eod
Lakeland Country Fair FR AM. 2.30 p.m. 6.8m/2350' from Showfield, Torver, nr Coniston (GR 286938). No entry fee - pay to enter Show (Adults £5). Also Junior races
Birchwood 10k 10.30am from Birchwood Shopping Mall, Birchwood, Warrington £11 pre-entry only
- Wed 21st Horwich Jubilee Road Race 4. 5m 7.30pm from Rivington Village Hall, Rivington, Horwich £5
Golf Ball FR BS 5.5m/800' 7pm from the Glory pub, Loveclough, Rossendale £4 Race 4 in Rossendale Harriers Midweek Series

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- Harrock Hill off-road race 5.5m 7.30 pm from Farmers Arms, Bispham nr Parbold GR497130 £3 Race 4 of 4
- Thurs 22nd Stan Curran Birthday Race approx. 5k 7.15 pm from Cock & Magpie, Whitworth £4
- Sat 24th Pendleton FR AS. 5m/1500' 2 p.m. from Pendleton, near Clitheroe (GR 755396) £3.50 eod
 Chipping Show FR 7.5m/1800' 2 pm from Chipping Show Field GR622428
 Weasdale Horseshoe FR BM 8.7m/2000' 2.30pm from Newbiggin on Lune £7 eod
 Arnison Crag Horseshoe FR AS 3m/1000' 3 pm. from King George Playing Fields, Patterdale (GR 391161) £5 eod
 Burnsall Classic FR AS. 4.30 pm 1.5m/900' from Burnsall, N. Yorks £5.50 eod
- Sun 25th **Fleetwood Half-marathon 10 am from Marine Hall, Fleetwood FY7 6HF £15 + £2 eod if limit not reached Club Champs**
 Grasmere Senior Guides Race AS 1.6m/900' 4pm from Sports Arena, Grasmere free entry
 Tour of Norland Moor FR BM 6.3m/890' 10.30 am from Copley Village, Halifax HX3 0UG £4.50 on day only
- Tues 27th **Hameldon Hills Summer Series from Peel Park Hotel, Accrington**
- Wed 28th Harrock Hill FR BS Race 4 5m/900' 7.30pm from Farmers Arms, Bispham L40 3SL GR 108/497130
 RAB Mini-MM Series darkandwhite.co.uk
- Thurs 29th **AGM 5000m 7pm at Seedhill Track AGM @ 8pm at Cricket Club**
- Sat 31st Capricorn O event on Holcombe Moor see www.pfo.org.uk for details
 Blackshaw Head Fete FR BS. 5.5m/900' 2 p.m. from Blackshaw Head, Hebden Bridge (GR 959276) £3 eod blackshawheadfellrace.co.uk
 Dufton FR AS. 5m/1500' 12.30 p.m. from Dufton Show Field (GR 684255). Pay entry to show, race free.

SEPTEMBER'S SAUNTERS

- Sun 1st Shelf Moor FR AS 5.7m/1500' 11 a.m. from Scout Hut, Old Glossop, (GR SK042949). £4 eod glossopdale.org.uk/
 Loweswater Show Fell Race 2.6m/1000' 2.30 pm from Lorton GR156239
 Andy O'Sullivan 30 years of promotions race 5K from Cock & Magpie, Whitworth £4 + £1 eod
 Blackpool Hilton Half Marathon 10 a.m. from Hilton Hotel, North Shore, Blackpool £16 pre-entry
- Thurs 5th Hades Hill FR BS 5m/1200' 6.45 p.m. from Taylor Street, Whitworth (GR SD885177). £3 on day Over 16.
- Sat 7th Hodder Valley Show FR BM 6.2m/1150' 1.30 pm from Newton in Bowland Pay £8 entry to show. bowlandfellrunners.org
 Ben Nevis AM. 10m/4400' 1 p.m. from Fort William (GR 166713). £22 pre-entry only bennevisrace.co.uk
 Grisedale Horseshoe FR AM. 10m/5000' 11.30 a.m. from Glenridding Village Hall, Patterdale (GR 386172). £5 on day
 Lakeland Trail Races Keswick www.lakelandtrails.org
- Sun 8th Yorkshireman Off-Road Marathon 10.00am (runners) from Haworth Community Centre. Also Off-Road Half Marathon 10.30 am £18 individual

Wed 11 th	both events, £28? team of two (marathon only) pre-entry Dawn Taylor Brownhouse Wham Race 5K from Oxford Pub, Whitworth Rd., Rochdale £4 + £1 on day Enter online at ukresults.net
Sat 14 th	Peris Horseshoe FR AL 17.5m/8500' 11 am from Heights Hotel. Llanberis £6 pre-entry/£7 eod British Championship www.eryrharriers.org.uk/peris-horseshoe-2013/ Rombalds Romp BM 7m/1100' 10 am from Wells Rd, Ilkley GR117472 £6 pre-entry/£7 eod Turbine Tangle O c14m/1800' from Cowpe Village, Waterfoot GR 837212 £9 pre-entry via Sportident Whernside FR BM 12.1m/2972' 11am from Church Bridge, Dent (GR 707871). £5 eod Great Westmoreland Trail Race 7m 2.30 pm from Crosby Garrett Village Hall near Kirkby Stephen £8 pre-entry by 4/9 £12 eod PFO Mini-score event Marl Pits www.pfo.org.uk Sabden 6 Mile Trail Race 10am from St. Nicholas Church, Sabden £8
Sun 15 th	Dalehead FR AS 4.5m/2210' 2p.m. from Borrowdale Institute, Rosthwaite. Pay entry to Showfield Garstang Half Marathon 11a.m from Garstang Sports & Social Club, £10 by 9 th Sept +£2 on day www.garstangrc.co.uk/ Lake District Mountain Trial see www.ldmta.org.uk for details £17.50 by 31 st August
Sat 21 st	Three Shires FR AL. 12.4m/4000' 11am from Three Shires Inn, Little Langdale £8 eod amblesideac.org.uk Scafell Pike FR AS 4.5m/3000' 1 pm from Wasdale Head Campsite, Cumbria, (GR 183075). £6 pre-entry £9 eod Good Shepherd Fell Race BL 14m/2000' 10.30 am from Good Shepherd Centre, Mytholmroyd £7 eod Great Langdale Marathon and Half Marathon 12 noon from Stickle Barn, Great Langdale Total race limit of 600 Marathon - £16; Half Marathon - £13 pre-entry http://greatlangdaleroadaces.co.uk PFO Orienteering Calf Hey Reservoir www.pfo.org.uk Mourne Mountain Marathon mourne2day.com
Sun 22 nd	Accrington 5K 12 noon from Altham Primary School £6 eod
Wed 25 th	Ron Hill's 75th Birthday 5k Road Race 6.45pm The Falcon Inn, Littleborough. £6 pre-entry only Strict limit of 400. andems.runners@btinternet.com Club Champs
Sat 28 th	Thieveley Pike (R). AS.. 4.3m/1300' 11 a.m. from Cliviger (GR SD875285) £5 eod Clayton Race. Isle of Man Mountain Ultra AL 31.1m/8200' 8.30 am from Market Square, Ramsay IoM May also be completed as a 2 man relay manxfellrunners.org Also Isle of Man Mountain Race 17.4m/5700' both races £20 pre-entry @ www.isleofmanmountainultra.com RAB Mountain Marathon darkandwhite.co.uk Eskdale Show Fell Race 4.4m/1025' 2pm from Eskdale Showfield GR149996 £3.50 eod
Sun 29 th	Edale Skyline AL 21m/4500' 10.30am from Edale Village Hall Entries open on 31st July www.dpfr.org.uk English Champs Run Preston 10K and supporting races from 9.30am from Guild Hall, Preston £10 pre-entry only

**CLAYTON-LE-MOORS HARRIERS
CAPTAINS
2012-2013**

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