

HARRIER NEWS



The Clayton Harrier Newsletter

www.clayton-le-moors-harriers.co.uk February 2007
NEW FEATURES EVERY MONTH ON WEBSITE!!

**PULL OUT SPECIAL INSIDE -
CLUB CHAMPS DATES 2007**

CLUB PRESENTATION EVENING

7.30pm

Saturday 17th March

Peel Park Hotel, Accrington

TROPHY APPEAL

All club trophy holders are asked to return them in clean condition to our trophy custodian Harry Manning in good time for the Presentation Evening. Contact him at 4 Wiswell Close, Lanehead, Burnley BB10 2DW , tel 01282 830458, or give your trophy to any Clayton Committee member.

CONTACTS

Clayton website: www.clayton-le-moors-harriers.co.uk

Please send website contributions to Martin Brady
email: martin@clayton-le-moors-harriers.co.uk

Race Results

All your races will count towards the Club's 2006 Fell Runner of the Year and Road Runner of the Year provided the Club Statisticians have your race results.

Please send your Road Results to Richard Lawson
55 Highfield Avenue, Burnley BB10 2PS
email: valric2@tiscali.co.uk
Home telephone 01282 423808

Please send your Fell Results to Mark Nutter
20 Osborne, Spen Brook, Newchurch-in-Pendle, Lancs BB12 9JJ
email mark.nutter@rbs.co.uk
Home telephone 01282 618403

Please send your Cross-Country Results to Harry Manning
4 Wiswell Close, Burnley BB10 2DW
Home telephone 01282 830458

Cross-Country Results for those races that qualify towards the Club's 2005/06 Palladium awards will be obtained by the Cross-Country Statistician, Harry Manning.

Forthcoming Fixtures

Please notify the Fixtures Secretary, Paul Targett
12 Wiltshire Avenue, Burnley, Lancs BB12 6AD
Tel 01282 473320 (BEFORE 6PM ONLY) / 07761 577675. email paul.targett@dwp.gsi.gov.uk
The Fixtures Secretary will forward details to the Newsletter Editor for publication

The Clayton Newsletter

Editor: Peter Billington
email: pete1718@phoncoop.coop
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10 East Crescent, Accrington, Lancs BB5 5BS

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Copy deadline for the March issue: Thursday 15 February

COMMITTEE NEWS

NEW MEMBERS

Welcome to the following new members:-

December: Paul Archer, Sabden; Geoff Wilkinson, Colne; Stephen McNamara, Foulridge. January: Paul Shackleton, Birmingham; Mark Hargreaves, Nelson.

CHANGE AND YOU!

Nothing stays the same time marches on and this applies to most things including Clayton-le-Moors Harriers. Since 1922 the club must have seen phenomenal changes. I am aware there have been reviews from time to time – Richard Lawson showed me a copy of a review undertaken in the mid-eighties and I conducted a questionnaire on behalf of the Committee in the nineties. I am sure there will have been many others. I have often gone on at great length about the changing age profile of the club, I won't do just now, but suffice to say that in 1998 74% of the male membership were over 40 years of age that has now risen to 81%; for the ladies the figures show an increase from 54% to 62%. We urgently need to address this or the club will virtually die of old age.

But this is not the only issue in need of examination and review - our training venues/times; our focus on high profile events for the club etc. etc. The Committee have many suggestions which could be progressed but this club is about its members and their needs and desires. Our Vice Chairman, John Roche, has been doing significant research into the ways other clubs tackle some of the important issues affecting athletic clubs. Using the findings from the research and talking to members on training nights John has designed a questionnaire which should hopefully set us off on the right track to undertake a full review. The questionnaire went into the January newsletter, and up to the time of writing this note a significant number have been returned with some very useful and helpful comments.

If you have not yet completed yours we need **YOU TO COMPLETE THE QUESTIONNAIRE AS SOON AS POSSIBLE PLEASE** to inform future debate. Once we have received the questionnaires we will be looking for members with special interests or skills to help us take things forward. The normal return rate for questionnaires is around 20% - please don't be apathetic, whatever your views we need to hear them. The questionnaire is reprinted in this month's newsletter.

Paul Healey, Club Chairperson

LETTERS

LETTER

The Class of '82

In May I will celebrate 25 years as a member of Clayton Harriers. The club has been such a big part of my life I want to celebrate this milestone with as many people as possible who joined in the same year. The date I've chosen is the 14th April and I'm going to organise a meal in Great Harwood and a visit to my favourite pub-which is precisely 7 minutes walk from the restaurant! Could the following people please let me know by the end of February if they can/want to come. Maybe we could bring along photos etc to bring back some memories for those of us losing theirs!

Alan Brown Wendy Dodds Geoff Fletcher Peter Geldard Bob Hirst Jack Holt Peter Hughes Eileen Irwin Maureen Laney Geoff Laycock John Rutter Keith Thompson Phil Thornber Barrie Walmsley and Mark Wightman

Judy Hindle

LADIES' FELL RUNNING

Sent in by Katy Thompson

On behalf of all the ladies, I'd like to say a big thank you to Kath Brady and Juliet for organizing the Calderdale Way and Pennine Bridleway Relays. Having different organisers for each race has worked well over the last two years, but we still really need a Ladies Fell Captain with overall responsibility, and to co-ordinate teams for English and British events. The post has been vacant for over a year; is there no-one out there willing to give it a try?

With so many up and coming lady runners in the club it's a shame that we are not making our presence felt in the Championships. Let's show them what we're made of this year. I've listed the races below so you can have a try. Further details can be found in the FRA Calendar and on the FRA website (fellrunner.org.uk).

Hope to see you there,

2007 English Championships

Sunday 18 March	Edale Skyline (Long)
Sunday 22 April	Paddy's Pole (Short)
Saturday 19 May	Fairfield Horseshoe (Medium)
Saturday 2 June	Duddon Valley (Long)
Saturday 18 August	Weasdale Horseshoe (Medium)
Saturday 6 October	Great Whernside (Short)

British Championships 2007

Saturday 31 March	Donard-Commedagh (Irish, Medium)
Sunday 6 May	Llangynhafal (Welsh, Short)
Saturday 2 June	Duddon Valley (English, Long)
Sunday 24 June	Carneddau (Welsh, Medium)
Saturday 14 July	Angus Munro (Scottish, Long)
Saturday 6 October	Great Whernside (English, Short)

CHOCOLATE MILK!

Sent in by Peter Browning

Isn't it great when something you've instinctively know to be true but have never had any scientific opinion or proof on the subject, is finally shown to have some basis in fact?

Over the years, I have often consumed a bottle of choccy milk immediately prior to a long fell race to amused and quizzical looks from my fellow Clayton members. I don't know why, but I have always felt it did me good, and I always seemed to run well off it. The following article was published in the San Diego Union Tribune on November 24th, 2006, and Sandi and I saw it during our recent trip to North America. The Union Tribune is the main newspaper for that part of southern California, and so if it's published in a newspaper, it must be true!

Associated Press

DENVER – It comes in only one flavour – no Fierce Grape or Riptide Rush available, and you certainly won't see your favourite basketball star gulping it down on the sideline during a timeout.

But a group of scientists recently discovered that one of the most effective drinks to help athletes recover after exercise is the same thing moms across America have been giving their kids for years. A simple glass of chocolate milk.

To be forthright, the study by the scientists from Indiana University, published in the International Journal of Sports Nutrition and Exercise Metabolism, was supported by the Dairy and Nutrition Council. Still, their findings are compelling.

The small group of nine fit athletes who took part in the study were asked to work out strenuously on a stationary bicycle, then drink low-fat chocolate milk, a fluid-replacement drink like Gatorade and a carbohydrate replacement drink like Endurox R4. A few hours later, they were asked to cycle again until they reached exhaustion.

The test was repeated three times – once with each kind of drink – and the data showed that the cyclists were able to go between 49 and 54 per cent longer on the second stint after drinking chocolate milk than when they drank the carbohydrate drink. The difference between the milk, and the fluid-replacement drink was not significant.

“My way of explaining it is, there's really nothing magic about the powder in a can that you mix with water”, cycling coach Scott Saifer said of the carbohydrate drink. “It's water, carbs, proteins, maybe minerals and electrolytes. What's in chocolate milk? The same thing. There's no reason it shouldn't be as good for recovery as a carb drink”.

The milk folks tout their product as a less-costly and healthier alternative to the more traditional energy drinks.

They have some data to back up the physiology of the issue. Among their points are that milk also provides much-needed calcium and might be more efficiently absorbed into the system than other drinks.

PENNINE BRIDLEWAY RELAY 2007

(If you're taking part in this year's Pennine Bridleway Relay (<http://www.penninebridlewayrelay.co.uk>), Mary Towneley Loop, you probably won't need the details below because the virtuous runners amongst you will have already carried out a recce. If you're not taking part but just fancy running round the course, read on! Ed).

Sunday 4th February 2007.

Start time 8.30am. 47 miles.
Start/finish venue : Fearn Community Sports College, Booth Road, Waterfoot Rossendale
Grid ref 8242220.

The Mary Towneley Loop is part of the new Pennine Bridleway in the South Pennines area and was opened in May 2002. The route is 47 miles in length with 6300ft of ascent, is fully waymarked with mainly off road running on paths and tracks, some of them newly created and resurfaced. The Mary Towneley Loop takes in some of the best scenery the South Pennines have to offer, traversing the hillsides and crossing the valleys between Rossendale, Burnley, Hebden Bridge, Todmorden and Rochdale and crosses at least 13 Fell Race routes.



Please note, we have a record entry for 2007 which could cause problems with parking especially at the 2nd changeover at Callis Bridge. Please try to car share as much as possible, park responsibly and avoid the changeovers as a spectator point.

Latest news on the route for 2007



Leg 3.....The official route above Callis Woods has now been changed by the Countryside Agency since last years event. After climbing the zig-zag track through the woods you turn left off the track to cross a packhorse bridge (GR 980261) over the stream and then through a gate. After going through the gate the new route now goes right on a new bridleway to join Kilnshaw Lane nearer to Mankinholes. We will however not be taking the new route but will continue using the same route as in previous years, that is through the village of Horshold (*After crossing the stone bridge do not turn right but continue along through the top of the woods until you come to the road which leads after turning right to Horsehold, go then through the small village of Horsehold*)

The Countryside Agency maps which we are sending out to teams have been updated with the new route. Please note, we will not be following the new section but *using the same route as in previous years* ! Any queries or questions about this please contact us

Route Description. (Written leg details introduced for 2007)

We now have an outline written route description for each individual leg. This is mainly to aid runners when out on a recce and is not intended to be the main source of navigation on race day !!

Congratulations to Bolland Fell Runners first time winners in 2006. Who will be the winners in 2007 ?

See below for leg records, mens and ladies

Updated with 2006 leg times included

Prize list extended for 2007 to reflect the entry list. Please note no prize this year for the first B team as we have very few B teams entered.

Prizes to.....First 3 open teams
First 3 ladies teams **(Up from 2 previously)**
First 3 vets teams **(Up from 2 previously)**
First 3 mixed teams **(Up from 2 previously)**
Fastest legs mens and ladies

Prizes are vouchers from Pete Bland Sports and Pete will be there with his van.

Note

We have dropped the age limit for runners on leg 4 to 16 yrs of age rather than 18 as this leg is only 5.5 miles and fits in with FRA rules/All the other legs remain at 18 yrs of age.

The Haveys map of the Pennine Bridleway South which includes the Mary Towneley Loop is a better option for teams to use than the OS map. It is much easier to follow and much easier to photocopy the individual legs. This map can be obtained online by visiting the links page on this site.



Leg Records. Leg times for 2004 have been disregarded for legs 3 and 4 where we had "unsafe" times recorded on those legs. The Sportident "dibber" system now used makes times more accurate and easier to collect at changeover points.

**Leg 1 Men. Mark Aspinall.
Phil Hall. 56.29 Clayton.
2005**

**Leg 2 Men. Ian Holmes.
Rob Jebb. 1.16.17 Bingley
2006**

**Leg 3 Men. Colin Rigby.
Paul Roby. 59.44 Horwich.**

2005

Leg 4 Men. Michael Cunningham. Jim Davies. 35.47 Borrowdale. 2005

Leg 5 Men. Gary Devine. John Henegan. 58.26 Pudsey and Bramley 2006

Leg 1 Ladies. Anna Kelly. Vanessa Peacock. 1.07.31. Clayton. 2006

Leg 2 Ladies. Jo Waity. Jo Smith 1.32.04. Calder Valley .2006

Leg 3 Ladies. Karen Smout. Lisa Heyes 1.15.28. Horwich. 2006

Leg 4 Ladies. Sarah Gormon. Sheila Norris. 47.10. Horwich. 2005

Leg 5 Ladies. Lynn Bland. Janet McIver. 1.17.31. Dark Peak 2005

Only 5 new leg records for 2006 !



Route
Description

For full details of leg changeover points, parking, leg cut off times and route waymarking look under leg changeovers on the relay website. The route is easy to follow on the ground and we would advise would be teams to recce their legs (a good club training exercise)The outline map of the route produced by the Countryside

Agency can be obtained free of charge at local Tourist Offices and we would recommend the Harveys Map of the Pennine Bridleway South which includes the Mary Towneley Loop as a good option for teams to obtain. This map is easier to follow than the OS map and is easier to photocopy the individual legs. This map can be obtained easily online by going to the links page on this site (<http://www.penninebridlewayrelay.co.uk>). Any queries about the route please contact us.

MILESTONES - FEBRUARY

Service

Robert Hargreaves	35 years	David Hargreaves	35 years
John McGonagle	30 years	Maureen Ashton	20 years
Leslie Jackson	20 years	Kevin O'Brien	20 years
Stuart Reeve	20 years	Dave Farnworth	10 years
Sean Clare	5 years		

Age

3 rd	Bob Mitchell	55 years
7 th	Martin Brady	45 years
11 th	Jackie Green	60 years
21 st	Val Lawson	65 years

PAUL WALSH Cert Ed.IIST.MSST

Sports Therapy



Individual treatment plan
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A reliable service committed
to effective treatment
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Discount to Clayton Members

Peter Catley

**UK: Athletics Accredited
Therapist**

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Injury Avoidance**

Home Treatments



Approved
Therapist

**Tel: 01282 770300
Mobile: 07711 609595
Peter Catley IIST HFST**

ALCOSSEBRE, SPAIN

Spacious Penthouse on a small gated complex with communal pool, available for rent throughout the year.

Three bedrooms (sleeps 6), two terraces with uninterrupted sea views. Two minutes walk to beaches, restaurants, bars & shops. Ten minutes walk to the Sierra D'Irta National Park - excellent for both running & walking. Ideal position for both Barcelona & Valencia airports.

For more information & photos go to: www.spain-holiday.com
property no: 1338 or phone Chris Wilkinson on: 0033 553 738 779.

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 pete1718@phonecoop.coop

or by post to

Peter Billington,
10 East Crescent,
Accrington, Lancs BB5 5BS, tel.
01254 391423.

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

NEWSLETTER

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Unit 96 Seedlec Road, Walton Summit, Bamber Bridge
Preston PR5 8AE

Tel. 01772-310000 Fax. 01772-310001

THE WINNER OF THE 100 CLUB FEBRUARY DRAW IS

NUMBER: 100 NAME: MARK NUTTER

FANCY JOINING? - IT ISN'T TOO LATE

The 100 Club needs new members

New member: Peter Dugdale from Clayton-le-Moors

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

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

Marie Greenwood, 196 Bold Street, Accrington BB5 6SS

For more information ring Marie on 01254 237485

CLAYTON HARRIERS - CLUB AWARDS 2007

TROPHY	QUALIFICATION	CATEGORIES AWARDED	
CLUB FELL CHAMPION	<p align="center">ALL 3 RACES TO COUNT BUT YOU DON'T HAVE DO ALL</p> <p align="center">HIGHEST POINTS WINS</p> <p align="center">SHORT - PADDY'S POLE</p> <p align="center">MEDIUM - PILGRIMS CROSS</p> <p align="center">LONG - FULL TOUR OF PENDLE</p>	<p>MEN 1st-3rd</p> <p>V40 1st - 3rd</p> <p>V50 1st - 3rd</p> <p>V60 1st - 3rd</p>	<p>WOMEN 1st-3rd</p> <p>LV 40 1st - 3rd</p> <p>LV 50 1st - 3rd</p> <p>LV 60 1st</p>
FELL AGGREGATE TROPHY	<p>CUMULATIVE POINTS ON ALL FELL RACES RESULTS FROM FRA CALENDAR - RESULTS SENT TO FELL STATISTICIAN</p>	<p>MEN 1st-3rd</p> <p>V40 1st - 3rd</p> <p>V50 1st - 3rd</p> <p>V60 1st - 3rd</p> <p>V70 1st</p>	<p>WOMEN 1st-3rd</p> <p>LV 40 1st - 3rd</p> <p>LV 50 1st - 3rd</p> <p>LV 60 1st</p> <p>LV 65 1st</p>
CLUB ROAD CHAMPION	<p align="center">ALL 3 RACES TO COUNT BUT YOU DON'T HAVE DO ALL</p> <p align="center">HIGHEST POINTS WINS</p> <p align="center">SHORT - LITTLEBOROUGH 5K</p> <p align="center">MEDIUM - LIONS 10K COLNE</p> <p align="center">LONG - HENDON BROOK 1/2 MARATHON</p>	<p>MEN 1st-3rd</p> <p>V40 1st - 3rd</p> <p>V50 1st - 3rd</p> <p>V60 1st - 3rd</p>	<p>WOMEN 1st-3rd</p> <p>LV 40 1st - 3rd</p> <p>LV 50 1st - 3rd</p> <p>LV 60 1st</p>
ROAD AGGREGATE TROPHY	<p>CUMULATIVE POINTS ON ALL ROAD RACES RESULTS SENT TO ROAD STATISTICIAN</p>	<p>MEN 1st-3rd</p> <p>V40 1st - 3rd</p> <p>V50 1st - 3rd</p> <p>V60 1st - 3rd</p> <p>V70 1st</p>	<p>WOMEN 1st-3rd</p> <p>LV 35 1st - 3rd</p> <p>LV 45 1st - 3rd</p> <p>LV 55 1st - 3rd</p> <p>LV 65 1st</p>

CLUB XC CHAMPION	ALL 3 RACES TO COUNT BUT YOU DON'T HAVE DO ALL		
	HIGHEST POINTS WINS	MEN 1st-3rd	WOMEN 1st-3rd
	OCT - DEC 07	V40 1st - 3rd	LV 40 1st - 3rd
	BLACKBURN	V50 1st - 3rd	LV 50 1st - 3rd
	WILSON'S	V60 1st - 3rd	LV 60 1st
	TOWNELEY		
OVERALL CLUB CHAMPION COMBINATION OF FELL, ROAD & XC CHAMPIONSHIPS	MAXIMUM 9 RACES TO COUNT		
	HIGHEST POINTS WINS	MEN 1st-3rd	WOMEN 1st-3rd
	FELL RACES IN FELL CHAMPIONSHIP	V40 1st - 3rd	LV 40 1st - 3rd
	ROAD RACES IN ROAD CHAMPIONSHIP	V50 1st - 3rd	LV 50 1st - 3rd
	XC RACES IN XC CHAMPIONSHIP	V60 1st - 3rd	LV 60 1st
	BUT YOU MUST HAVE AT LEAST 1 RACE FROM EACH DISCIPLINE TO COUNT IN FINAL RESULTS		
XC AGGREGATE TROPHY	CUMULATIVE POINTS ON ALL RED ROSE & MID LANCS LEAGUE XC RACES + NORTHERN & NATIONAL TO COUNT NOT COUNTY CHAMPIONSHIP		
		MEN 1st-3rd	WOMEN 1st-3rd
		V40 1st - 3rd	LV 35 1st - 3rd
		V50 1st - 3rd	LV 45 1st - 3rd
		V60 1st - 3rd	LV 55 1st
		V70 1st	LV 65 1st
JOHN NORTH TROPHY	ALL CATEGORY 'A' LONG RACES IN THE FRA CALENDAR		
		1st OVERALL	
PENDLE AGGREGATE TROPHY	ALL RACES IN FRA CALENDAR WHICH TAKE PLACE ON PENDLE (1/2 TOUR, PENDLE, MEARLEY CLOUGH, PENDLETON, FULL TOUR)		
		1st OVERALL	

STEPHEN BRADY MEMORIAL TROPHY	OUTSTANDING MALE PERFORMANCE IN A GIVEN YEAR	MALE OVERALL DECIDED BY COMMITTEE
PEBBLE AWARD	OUTSTANDING FEMALE PERFORMANCE IN A GIVEN YEAR	FEMALE OVERALL DECIDED BY COMMITTEE
MASTERS TROPHY	OUTSTANDING MALE V50 PERFORMANCE IN A GIVEN YEAR	MALE V50 OVERALL DECIDED BY COMMITTEE
CAPTAINS AWARD	MOST PROMISING NEWCOMER	1st OVERALL DECIDED BY CAPTAINS
JH BARRY TROPHY	MOST IMPROVED RUNNER (must have been a member for at least 2 years)	1st OVERALL DECIDED BY COMMITTEE

**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, photographs, etc., are welcome. Please send these via email to pete1718@phonecoop.coop, or by post to Peter Billington, 10 East Crescent, Accrington, Lancs BB5 5BS, tel. 01254 391423.

Back In Balance

Michelle West MIGHT PACT VTCT Dips.

Providing remedial massage beneficial to anyone who suffers from muscular or joint problems. Including full assessment, treatment plan, manipulative techniques along with massage to help reduce pain, increase joint mobility and assist the healing process. A stretching and strengthening programme is included to ensure the best outcome.

For full details of treatments www.backinbalance-uk.com

The Pendle, Bracken Hey, Highmoor Park, Clitheroe
Tel: 01200 458134 Mob: 07946 527581

DECEMBER RUN OF THE MONTH

CANDICE LEAH

for winning the Bolton-by-Bowland fell race on 3 December. For winning the Red Rose cross-country race at Rawtenstall on 16 December. For winning the Guisborough Woods fell race on 27 December.

Nominated by Harry Manning and Ted Orell

TED ORRELL

for 1st V65 at the Guys 10 mile road race at Garstang on 3 December. For 1st V65 at the Longridge 7 mile road race on 17 December. For 1st V65 at the Ribble Valley 10k road race at Clitheroe on 31 December.

Nominated by Harry Manning

JACK HOLT

for 1st V50 at the Stoop fell race at Keighley on 17 December. For 1st V55 at the Whinberry Naze fell race at Rawtenstall on 26 December.

Nominated by Harry Manning

BARRY MITCHELL

for 1st V60 at the Red Rose cross-country race at Rawtenstall on 16 December.

Nominated by Harry Manning

DAVE SCOTT

for 1st V60 at the Thanksgiving Day Turkey Trot in Denver on 23 November.

Nominated by Katy Thompson

Some really great performances as always making the decision for run of the month very difficult - however on this occasion I think **TED ORRELL'S** consistency in picking up the winning V65 prize earns him the title. Well done to all the nominees.

NOTE: Any member can make a nomination for Run of the Month. Nominations should be sent to the Newsletter Editor by post or email (10 East Crescent, Accrington, Lancs BB5 5BS, email: pete1718@phonecoop.coop).

The winner is chosen by the Club Chairperson.

LOOK YOUR BEST IN A CLAYTON VEST!

Mens Vests	£11	Womens Vests	£11	Rainjackets	£25
Cropped Tops	£15	Car Stickers £1.50			

Selected sizes only in:-

Cycling Shorts	£5	¾ Tights	£5	Mens Black Shorts	£5
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Give me a ring, text or email, I can either post out to you or you can collect from me at training or races

Kath Brady

Tel 01282 611523,

Mobile 07899 722922

Email kabrady64@hotmail.com

‘HARRIER NEWS’ GOES ONLINE

The newsletter is now available online. Members who have provided me with an email address will receive a monthly email from the newsletter editor, Peter Billington, giving a link to the online version of the newsletter.

If you did not receive this month's newsletter email and would like to receive future newsletter emails, or if you no longer wish to receive the paper copy of the newsletter, please email me with your request.

Thank you.

Jim Hickie - Membership Secretary - j.hickie@btinternet.com

CLAYTON-LE-MOORS LADIES TRAINING NIGHTS 2007

Date	Name	Address	Telephone
1.2.07	Debbie Wilson		
8.2.07	Alison Martin	11 Durham Drive, Oswaldtwistle	01254 384965
15.2.07	Juliet Horrocks	43 Priory Way, Barnoldswick	01282 816686
22.2.07	Angela Shian		
1.3.07	Christine Leathley	42 Borrowdale Drive, Burnley	01282 694941
8.3.07	Alison Athroll	9 Kendall Ave., Barrowford	01282 693673
15.3.07	Linda Bostock	Oaklea, Moss Side, Barnoldswick	01282 816269
22.3.07	Sue Allen	90 Westwood Street, Accrington	01254 388492

All runs start at 7 p.m. If you want to host a run please ring Alison Martin 01254 384965. If you have not been for a few weeks please ring to check as venues can change. All ladies are welcome.

LONDON MARATHON 2007

Travel and accommodation for runners and/or spectators of this year's London Marathon

£84.00 per person

Price includes:

- Travel by coach on Sat 21 April from East Lancashire to London
- Accommodation on Saturday night
- Travel to registration on Saturday afternoon
- Breakfast on Sunday
- Coach to the start on Sunday
- Return to East Lancashire on Sunday evening

Further details from: John Barcroft on 01254 884793
or Harry Haseley on 01254 885611

Clayton Harriers Club Championship - Fell - Short Counter

PADDY'S POLE

Sunday April 22

Ladies' start 12 noon

Men's start 1 pm

Fell Foot, near Chipping (GR602442)

£4.00 pre-entry by 17 April

Cheques made payable to Preston Harriers

PADDY'S POLE 2007 REGISTRATION FORM

4.5 miles/1100 ft

Minimum age to enter: 16 years

Organised by Preston Harriers

Full Name _____ Age _____
Address _____ Phone No _____
_____ Car Reg. No. _____
_____ Club _____

Category (circle below accordingly)

Male MV40 MV45 MV50 MV 55 MV60 MV65 MV70
Female LV40 LV45 LV50 LV55 LV60 LV65

Emergency contact: _____ Phone _____

I understand that this race is held in accordance with the rules and safety requirements of the FRA. I confirm that I am aware of the organiser's information and requirements in connection with this race. I accept the hazards involved in fell running and acknowledge that I am entering and running this race at my own risk. Other than the organiser's liability for causing death or personal injury by negligence, I confirm that I accept that the organisers accepts no liability to me for any loss or damage of any nature to me or my property arising out of my participation in this race.

Signed _____ Date _____
(Competitor parent or guardian for U18 runners)

Please send your entry form asap to Race Organiser:-

Michael McLaughlin, 21 St Margaret's Close, Ingol, Preston PR2 3ZU

RED ROSE CROSS-COUNTRY LEAGUE: OVERALL RESULTS SEASON 2006

Sent in by Harry Manning (Cross-Country Statistician)

LADIES

- 1 K Ingram (Horwich)
- 2 S Burns L45

LADY VETS

- 1 J Rashleigh (Horwich)
- 2 S Burns

LADY TEAMS

- 1 Horwich
- 2 Clayton
- 3 Rochdale

MEN

- 1 J Kevan (Horwich)
- 2 P Hall V45
- 3 M Aspinall V45

MENS VETS 45

- 1 P Hall V45
- 2 M Aspinall V45

V50

- 3 S White

V65

- 1 T Orrell
- 2 H Manning

UNDER 15 GIRLS

- 1 L Riches (Leigh)
- 7 M Brolly

LADY VETS TEAMS

- 1 Rochdale
- 2 Rossendale
- 3 Chorley H

MENS TEAMS

- 1 Horwich
- 2 Rossendale
- 3 Clayton

MENS VETS TEAMS

- 1 Clayton
- 2 Horwich
- 3 Chorley H

V60

- 1 D Scott

	Did you attend/run?	If no - why not?	What was good about the event or what would you like to change or improve?
Clayton Presentation Evening			
Clayton AGM Night			
Grand Prix Presentation			
FRA Presentation			
Walt Wilkinson Memorial Relay			
Week of Athletics			
Summer Training			
Red Rock			
Barley -May			

Worsthorne			
Worston			
Peel Park			
Barley - Sept			
Thursday -Towneley			
Thursday -Ladies night			
Winter Training			
Tuesday - Wilsons			
Tuesday - Queens P			
Thurs - Seedhill			
Thurs - Memorial P			
Fell Relays			
Calderdale			
Mary Towneley			
Ian Hodgson			
FRA			
Road Relays			
Northern			
National			
Vets -Birmingham			
Cross Country			
Red Rose League			
Mid Lancs League			

RESULTS

CROSS-COUNTRY RESULTS

RED ROSE CC LEAGUE, RAWTENSTALL 16/12/06

Under 15 Girls Race

1 L Riches (Leigh)	14.01
8 M Brolly	15.50

28 finished

Under 13 Girls Race

1 S Johnson (Leigh)	12.08
14 H Leathley	14.47

29 finished

Ladies Race

1 C Leah (Clayton)	22.05
9 S Burns LV45	25.02
11 T Mitchell	25.19

53 finished

Teams

1 Horwich	11 pts
2 Clayton	17 pts
3 Rossendale	25 pts

Vets Teams

1 Rossendale	22 pts
2 Rochdale	36 pts
3 Darwen	37 pts

Mens Race

1 A Jones (Salford)	29.22
22 G Shaw	34.48
41 C Balderson V40	36.54
46 M Terry V45	37.30
51 N Worswick	37.58
53 A Cran	38.09
56 B Mitchell 1V60	38.27
59 P Hesketh V40	38.59
62 K Mitchell	39.23
68 M Brady V40	39.37
71 S White V50	39.48
73 J Pickup V55	40.26
76 I Connell V40	41.10

82 D Bate	42.01
83 P Toman	42.07
88 D Scott V60	42.50
109 D Salmon	45.15
133 V Brodrick V45	49.57
137 R Hirst V55	52.27
142 H Manning 1V65	54.32

143 finished

Teams

1 Horwich	80 pts
2 Blackburn	156 pts
3 Rossendale	164 pts
4 Clayton	230 pts

Vets Teams

1 Clayton	42 pts
2 Horwich	43 pts
3 Rossendale	74 pts

LANCASHIRE COUNTY CC CHAMPIONSHIPS, WITTON PARK, BLACKBURN 06/01/07

Under 15 Girls Race

1 G Astin (Manx)	15.06
13 M Brolly	16.56

31 finished

Under 13 Girls Race

1 S Astin (Manx)	12.52
27 H Leathley	16.19

36 finished

Ladies Race

1 P Powell (Blackburn)	22.41
10 S Burns 2LV45	27.20
21 J Murphy V35	29.06
25 A Wainscott	29.45
29 I Roche V45	30.45
37 A Shian	33.55
44 C Leathley 2V55	36.55

50 finished

Teams

1 Lancaster/Morecambe	36 pts
2 Preston	41 pts

3 Manx 54 pts

Mens Race

1 B Fish (Blackburn) 38.25
13 M Aspinall 1V45 42.39
18 G Wilkinson V40 44.20
28 P Butterworth 2V50 45.59
39 J Roche V45 47.31
48 B Mitchell 2V60 48.44
59 N Worswick 50.07
61 P Booth 2V55 50.31
75 D Scott V60 53.36
91 D Salmon 57.19

110 finished

Teams

1 Blackburn 69 pts
2 Manx 107 pts
3 Wesham 199 pts

ROAD AND TRACK RESULTS

Ribble Valley 10K Clitheroe
31/12/06

1 S Stokes Sale H 30.13
328 A Dugdale 43.27

923 finished

Vienna New Year Fun Run
undated

1 Martin Steinhauer 15.31
1207 Gwilym Williams 46V55 28.12

2647 finishers
+ 58 dogs

Arnold Bibby 15M Lancaster 01/01/07

1 P Singleton Ambleside AC 1.27.00
3 G Cunliffe 1stM50 1.30.45
4 D Lord 1st M45 1.35.24
5 P Targett 1st M40 1.39.59
19 Carole Wilkinson L&M 2.18.46

20 finished

Garstang 10K
14/01/07

1 A Thake L&M 31.55

16 P Butterworth 2nd M50 37.09
25 D Lord 2nd M45 37.43
124 R Lawson 1st M65 44.34
414 Val Lawson W60 63.22

442 finished

FELL RESULTS

Wansfell 27/12/06
AS 2.5m 1400ft

1A Dunn - Helm Hill 20.34
37 J Holt V50 25.46
48 M Brady V40 27.01
51 I Robinson V50 27.17
73 Peter Thompson V40 28.51
94 S Clarke V40 30.44
113 G Eccles V40 33.57
119 R Hirst V50 35.38
130 R Lee V50 41.46
131 J Francis V60 42.25

132 finished

Coley Canter 30/12/06
CM 7m

1 B Mounsey - CVFR 45.33
6 M Terry V40 50.09
16 J Pickup V50 53.45

84 finished

Auld Lang Syne 31/12/06
BM 6.5m 1000ft

1 S Bailey - Mercia 40.55
31 I Greenwood V40 47.41
56 A Orr 49.49
59 C Balderson V40 50.00
101 K Carr V60 53.08
160 G Newsham V50 56.28
168 M Tomlinson 56.53
274 A Firth V40 62.44
352 A Graham 67.28
354 R Hirst V50 67.30
388 J McGuire V50 71.21
390 V Brodrick V40 71.36

450 finished
3 retired

FEBRUARY FIXTURES

SUN 4TH

PENNINE BRIDLEWAY
BLACKBURN 10K.11AM, WITTON PARK
FAIRMILE FELL RACE. HOWGILL GR 629980. 12.30 ISH. 2.5M/1400'

SAT 10TH

MID LANCS X-C, ASTLEY PARK, CHORLEY.LADIES 2PM,GENTS 2.30PM
WADSWORTH FULL & 1/2 TROGS.NO EOD

SUN 11TH

WINTER HILL FELL RACE. 11M/2750'. 10AM. RIVINGTON HIGH BARN
BARBONDALE FELL RACE.12.30 ISH. 2.3M/1200'. GR663836

SAT 17TH

PARBOLD HILL RACE. 2PM. 6.75M. HILLDALE,NR PARBOLD

SUN 18TH

HELM HILL FR. 4M/1200'. OXENHOLME, NR KENDAL. GR 535900
RADCLIFFE 12M TRAIL RACE. 10.30AM.MASONS ARMS,SION ST,RADCLIFFE.
CATFORTH CANTER 5K.10.30AM. CATFORTH PRIMARY SCHOOL,NR PRESTON

SAT 24TH

BLEASDALE CIRCLE FR. 11AM. 5M/1250'. PARISH HALL.GR 574453
STANDISH HALL TRAIL RACE.10K. 2.30PM. HESKETH ARMS,NR J27,M6
PFO NIGHT EVENT.TOWNELEY PARK,BURNLEY.STARTS 6PM-7PM.

SUN 25TH

ILKLEY MOOR FR. 11.30AM. 5M/1260'..WELLS RD,ILKLEY.GR 115470
LOSTOCK 6M RR. 11AM. BARNSTORMERS,LOSTOCK LANE.
CAUTLEY SPOUT FR, SEDBERGH. GR698969.
PFO EVENT, TOWNELEY PARK. STARTS 10.30-12.00.
HUDDERSFIELD 10K. RUFC. 11AM

SAT 3RD MARCH

NOON STONE FR.NOON. 9M/2300'.TOP BRINK INN,LUMBUTTS GR 956236
MID LANCS X-C, WITTON PARK,BLACKBURN. LADIES 2PM,GENTS 2.30PM

SUN 4TH MARCH

ST ANNES 10M RR. 11.30AM.FIRE STN.
HAWESWATER 1/2 MARATHON.11.30AM.. BAMPTON.OUT & BACK COURSE.

CLAYTON CLUB CHAMPIONSHIPS 2007

FELL

SHORT

PADDYS POLE 4.5 MILES/1100'
SUN 22ND APRIL – CHIPPING 12PM
MEN 1PM – WOMEN 12PM

PRE-ENTRY – ALSO ENGLISH CHAMPIONSHIP COUNTER

MEDIUM

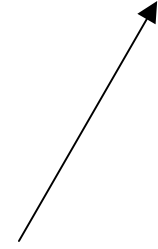
PILGRIMS CROSS 6 MILES/1100'
WED 15TH AUGUST – 7.15PM
CECCO'S ITALIAN RESTAURANT, HELMSHORE

LONG

FULL TOUR PENDLE 17 MILES/4800'
SAT 17TH NOV – BARLEY 10.30AM

CLUB FELL CHAMPION/
FELL
RUNNER OF THE YEAR

ALL 3 TO COUNT



ROAD

SHORT

LITTLEBOROUGH 5K
WED 28TH MARCH – FALCON INN 6.45PM

MEDIUM

BURNLEY LIONS 10 K – 2 LAP COURSE
FRI 25TH MAY – COLNE CRICKET CLUB 7.30PM

LONG

HENDON BROOK HALF MARATHON
SUN 17TH JUNE – MARSDEN PARK GOLF
CLUB – 11AM

CLUB ROAD CHAMPION/
ROAD
RUNNER OF THE
YEAR

ALL 3 TO COUNT



OVERALL CLUB
CHAMPION

ALL 9 TO COUNT

X-COUNTRY

Dates to be confirmed Oct/Nov '07

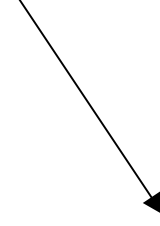
BLACKBURN

TOWNELEY

WILSONS

CLUB X-C CHAMPION/
X-C
RUNNER OF THE YEAR

ALL 3 TO COUNT



PRIZES TO FIRST 3 IN EACH AGE CATEGORY AT A PRESENTATION EVENING AT THE END OF THE YEAR.
POINTS SYSTEM – 1ST CLAYTON FINISHER 1 POINT/2ND CLAYTON FINISHER 2 POINTS AND SO ON, LOWEST POINTS WINS.

BRITISH CHAMPIONSHIPS

Organised by UK Athletics Competition Management Group
Sponsored by Pete bland Sports and Norman Walsh Footwear

Eligibility qualifications are laid down by the appropriate
Governing Body. English athletes must be registered with a
Regional AA of UK Athletics OR be a member of the FRA.
English Clubs must be affiliated to a Regional AA.

The six races are as follows:-

Short:
Llangynhafal Loop (Sun 6 May)
Great Whernside (Sat 6 Oct)

Medium:
Donard-Commedagh (Sat 31 Mar)
Carneddau (Sun 24 Jun)

Long:
Duddon Valley (Sat 2 Jun)
Angus Munro (Sat 14 July)

One race from each category to count, plus another one (4 to count).

Note: some of these races may be pre-entry; check race details.

ENGLISH CHAMPIONSHIPS

Organised by the Fell Runners Association
U23 Category sponsored by Ultimate Outdoors

Eligibility qualifications for the English Championships are as follows:-

1. First claim members of an English club and registered with a Regional AA of UK Athletics.
2. Member of a club outside England but born in England or resident in England for a minimum of twelve months prior to the date of the first Championship Race.
3. Unattached runners with qualifications as in 2. above. Unattached athletes must be members of the FRA.
4. Clubs must be affiliated to a Regional AA of UK Athletics.
5. A runner who is eligible and wishes to compete in the English individual Championship must not also compete in any other National Championship as an individual.

Runners qualifying under 2 or 3 above should notify the FRA
Statistician in writing prior to the first Championship race.

The six races are as follows:-

Short:
Paddy's Pole (Sun 22 April)
Great Whernside (Sat 6 Oct)

Medium:
Fairfield Horseshoe (Sat 19 May)
Weasdale Horseshoe (Sat 18 Aug)

Long:
Edale Skyline (Sun 18 March)
Duddon Valley (Sat 2 June)

Note: some of these races may be pre-entry; check race details.