

HARRIER NEWS



The Clayton Harrier Newsletter

www.clayton-le-moors-harriers.co.uk May 2008



**Scout Cairn at the top of Mearley Clough.
Mearley Clough Fell Race, AS 3.5m/1200', Worston village, 7.15 pm Tuesday 13 May.
See page 16 for report of 2007 race.
Photo: Peter Standing, <http://www.geograph.org.uk/photo/268992>**

CONTACTS

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

Please send website contributions to Martin Brady
email: claytonlemoors@googlemail.com

Race Results

All your races will count towards the Club's 2008 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 2008/09 Palladium awards will be obtained by the Cross-Country Statistician, Harry Manning.

Forthcoming Fixtures

Please notify the Fixtures Secretary, Sue Allen
90 Westwood Street, ACCRINGTON, Lancs BB5 4BL
Tel 01254 388492
The Fixtures Secretary will forward details to the Newsletter Editor for publication

The Clayton Newsletter

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COMMITTEE NEWS

COMMITTEE MEETING 7 APRIL 2008

17 members were present at the meeting at the Whitakers Arms, Accrington. Mike Eddleston attended as an observer.

The main points of our discussions were:

- **Club Relay:** Date confirmed – Saturday, 12th July.
- **Summer Series Dates:**

6 th May	Barley – downhill
10 th June	Worsthorne
26 th August	Tour of Hameldon
2 nd September	Walter Wilkinson Ossie Moors

- **3 Peaks Race:** CleM is to flag & marshal from the Shooting hut to Newfield Lodge. Peter Browning has volunteered to 'sweep' from the start to Ribbleshead.
- **Veterans' Road Relay, Sutton Park, 17th May:** The coach will cost £10 per head. The more members who travel together on the coach; the better the day out. Let Mick Wrigley know if you intend to travel with the team.
- **Captains reported success on the Road:** Haigh Hall Relays: Ladies' Team were 1st Vet team (2nd overall); Men's 2nd Vet team (8th overall). Northern Relays: Ladies (6 stage) performed really well to finish in 14th place. Men's (12 stage) were 32nd, but could have finished higher, but for a mistake on the last leg. Barry thanked members (Simon Thompson & Mike Holden in particular) for stepping in to run at the last minute. 29 members ran in the first Club Championship Road Race – St Anne's 10 mile. We finished first men's team.
- **Fell:** A reduced CleM entry at the first English Championship Race at Black Combe resulted in Vets finishing in 7th place; V50 team were 5th. 6 members travelled to the British counter in the Mourne Mts in N Ireland. We finished 9th team overall; 4th vets' team. Wendy Dodds continued her fine run of form (1st lady at both the Manx MM & Arant Haw) by finishing 1st V50 lady.
- **Cross-Country:** 4 members travelled to Oxford for the Vets' XC Championship and came back with the bronze medal for the team. Unfortunately, a mistake had been made on the day and they had actually finished fourth, so the medals have to be returned. Nevertheless, this was an outstanding result against some of the top track/road clubs in the country.
- We expressed our thanks to Paul for reviving the most enjoyable XC Handicap Race. Ron Chappell was the winner.
- **Winter Training – Wilson's:** Mike Eddleston presented a report on the new format for winter training at this venue, which he felt had been a success that could be built upon next year. We thanked Mike for his work in arranging the training and for his report.
- **Beer Festival, Royal Hotel, Great Harwood:** We agreed to take out an advert in the brochure.
- **Run of the Month Nominations:** In response to a request from Barry, we agreed that members could make 'Run of the Month' Nominations on the web forum.
- **Pendleton Fell Race:** Mike Eddleston has volunteered to take over the organisation of the Race from Roger Dewhurst after this year's race. He will work alongside Roger this year.

Date of next meeting: 7.00pm Monday, 12th May 2008 at the Whitaker's Arms, Accrington.

Pete Booth, Secretary. Contact details: 101A, Burnley Road, Cliviger, Burnley, BB10 4SN.
Email: pete.booth@ntlworld.com. Phone 01282 448232.

NEW MEMBERS

April: **Alun Hall, Baxenden; Beverley Thompson, Read.
Anthony Scott, Cliviger, Burnley**

RESIGNATIONS

**William Titley, Martin Podmore, Andrew Hartley,
David Gregory**

LETTERS

LETTER

Having read Linda Lord's homely letter on the trials and tribulations of becoming a sexagenarian (April 2008 Harrier News) I would like to offer her my sincere condolences.

By a quirk of fate turning 60 means that injuries may begin to outnumber runs. A little cycling, walking and swimming thrown in helps give the illusion that all is not lost.

Latest V60 result from Austria: 4th from 7. What the other 132 runners did is now an irrelevance. What's that Clayton motto again - something about unhealthy minds and knackered bodies? A chance to pause and admire the scenery anyway...

Best wishes to all,
Gwilym Williams

LETTER

Many thanks to all the members who helped with both the Junior and Senior Pendle Fell Races, again everything went well with over 77 juniors who demolished all the chocolate goodies I bought. In the senior race we had 197 runners with nearly a new female course record, Victoria Wilkinson only 13 seconds off Carol Haigh's record of 34.25 in 1993.

Thanks also to Pete Dugdale from Forbes Solicitors for the sponsorship of the Junior races. The proceeds from the Senior Race (£274.78) were donated this year to Rossendale and Pendle Mountain Rescue who have attended our junior races over the previous years.

Many Thanks
David Bailey

LETTER

Anyone who has driven along the road from Portfield Bar towards Accrington, will know that at the top of the hill above the Hyndburn Bridge pub, just before Wilsons playing fields in Clayton, there is one of those speed cameras that tells you how fast you are going, and either thanks you for your moderate speed or tells you to slow down. One Tuesday evening a few weeks ago, I was jogging back towards Wilsons with Mike Eddleston and Alison Smith, the three of us having completed another of Mike's excellent Tuesday night sessions. As we approached the speed camera, I asked Mike what his PB on it was. He replied that he had once had it up to 9 mph, to which Alison and I immediately responded that we had managed 10 mph (not entirely truthful in my case at least!). You could see Mike pondering this as we jogged on, obviously thinking that he should not be beaten on the road by a couple of fell runners. About 400 yards short of the camera, he set off at full pace, soon leaving us both in his wake. Faster and faster he went, head down, arms and legs going at full throttle, closing in on the speed machine. We both commented that he was really moving and his time was going to be good. Nearer and nearer he got, eyeballs right out, every muscle and sinew straining and the sweat pouring off him, and we eagerly looked to see what his time was going to be. Closer and closer he got, until he was almost under it, when suddenly the camera gave its verdict... 32 mph, just as a car went speeding past! We caught the disappointed speedster as we jogged down the hill: "well, that was a complete waste of effort" was his response, and I couldn't have summed up his effort any better myself.

Seriously though, I'd like to thank Mike for all the work he put in over the course of the winter, for designing the routes, keeping the records and providing the prizes for the most improved weekly runners. It made the long dark Tuesday nights on the road pass quicker than normal, and even got the likes of me fitter, lighter and faster.

Peter Browning

LETTER

I would like to nominate Paul Thompson for Run of the Month for winning the Manx Mountain marathon for the fourth time, in a PB (a close call with Peter Booth being first MV50, improving on his PB, and CLEM being winning team).

If we could nominate support teams then those who were in the IoM, but not running, did a marvellous job. They were at every road crossing and Sandi B 'watered' me throughout (any rumours that I overtook Pete Br in the final stages because I had used up all his energy drink are completely unfounded). Even 'young' Mo managed to walk the final bit of the course and support us on the cliff top, with a 'young' Richard B, keeping us on course from the final checkpoint at Bradda tower

A big thank you to them all. It was a good day out on the hills and more like a club outing than a race!

Yours in sport
Wendy Dodds

LETTER

Thought you might like details of the 7th Bradford Millennium Way relay to be held on Sunday 15th June.

The race is over 48 miles split into 5 legs with 2 runners on each leg (similar format to the Calderdale Way relay).

For more details of the race and route descriptions etc. please go to <http://stbedesac1.pwp.blueyonder.co.uk/index.html>

Yours in running
Jack Verity, Club Captain - St. Bede's A.C.

LETTER

I'd like to nominate Wendy Dodds for run of the month.

Wendy was first lady (not just first Vet or LV50 or LV55 for that matter) - first lady overall - at Manx Mountain Marathon and Arant Haw a week later. Awesome!

Cheers
Pete Booth

WILSONS WINTER TRAINING – REVIEW

Sent in by Mike Eddleston

The structure for the 2007/2008 Wilson's winter training sessions evolved from discussions held after summer training sessions. The core objective was to enable runners to improve their fitness from October to April so they could be ready for the summer season racing. A secondary objective was to provide balance within a winter training programme using longer runs to complement other intense speed work or track sessions. The basic route map was already in place- successfully developed over many years. The proposal was to build in a structure whereby members could measure their performance throughout the winter.

Six routes were selected and within each two effort sections were identified. Notwithstanding the natural competitive element, the principle throughout was that any runner would have the opportunity of running each route three times and so be able to measure their improvement. An additional proposal was to hold a regular 10K Time Trial so that runners could measure

sustained effort in “race conditions”.

So what happened?

Well, overall support was very good; a total of twenty three runners posted effort section times on the main training routes and a similar number posted 10K Time Trial times. Additionally a sizeable contingent ran the routes without recording times. A further group chose to run truncated routes which they knew more adequately suited their requirements. On average seventeen runners posted times for each route with route 4 proving most popular [68 posted times], and route 5 least popular [41 posted times]. All the other routes had between 51 and 54 posted times.

On the monthly time trials one member – Geoff Laycock – ran all five. Six people ran four out of five and a similar number three from five. Four ran the route twice and six runners tried it only once!!!!!! It wasn't that bad was it? Several of you ran but did not provide times. Simon Thompson set the course record with a time of 36:51.

Where the objectives met? I strongly believe this training provided a balance to any track or speed work sessions. However whether it improved fitness is rather more difficult to assess. The recorded data does not effectively show prevailing weather or the effects of illness and injury so it can be very much a subjective opinion from those who took part.

As an example however, a look at my own times shows a continued progression on the 10 K's and overall improvement on the timed route sections (*see tables below*). Many other members showed similar improvement but equally some had mixed results.

There were some memorable evenings – the route from New Inns – York – Whalley Nab was run in a blast of hail stones and impressive thunder and lightning. A wild and windy 10K in February also stood out.

It would be useful if you could let me have your opinion and any suggestions for improvement - route choice, distance, structure – whatever! I think I failed to adequately provide for those who don't run at sub 7:30 pace and in this respect the routes were too long and perhaps alternatives need to be provided.

Please contact me by email (mjeddlestone@btinternet.com), or when you see me over the summer, to express your views. It only remains for me to thank all those who ran from Wilsons. I hope you took something positive from the sessions.

On a personal note I enjoyed organising it all and the focus certainly helped in my own training. Thank you to those members who helped when I wasn't there and also to the Hyndburn AC members who facilitated the changing room facilities- your donations provided flowers/chocs/wine as a thank you for their help.

Have a great summer and check out the website for details of new training routes from Great Harwood every Thursday at 6.30pm. More details in the next newsletter.

Wilson's Training

Route/TimedSection	R1/T1 2.05m			R1/T2 1.4m			R2/T1 1.4m			R2/T2 1.9m			R3/T1 1m			R3/T2 2.05m		
Section distance	2/10/07	4/12/07	5/2/08	2/10/07	4/12/07	5/2/08	9/10/07	11/12/07	12/2/08	9/10/07	11/12/07	12/2/08	16/10/07	18/12/07	19/2/08	16/10/07	18/12/07	19/2/08
Date Run	2/10/07	4/12/07	5/2/08	2/10/07	4/12/07	5/2/08	9/10/07	11/12/07	12/2/08	9/10/07	11/12/07	12/2/08	16/10/07	18/12/07	19/2/08	16/10/07	18/12/07	19/2/08
Andrew Howarth	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00
Andy Brown	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00
Andy Orr	00:00	11:28	11:28	00:00	08:11	08:05	00:00	00:00	08:32	00:00	00:00	14:04	00:00	05:38	00:00	00:00	13:43	00:00
Andy McWade	00:00	00:00	11:22	00:00	00:00	09:01	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	05:12	00:00	00:00	13:21
Barry Brock	11:11	10:45	00:00	07:45	08:15	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00
Bob Mitchell	00:00	00:00	00:00	09:22	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	06:25	00:00	00:00	00:00
Carl Steele	00:00	00:00	00:00	08:05	00:00	00:00	00:00	08:30	00:00	00:00	14:25	00:00	00:00	00:00	00:00	00:00	00:00	00:00
Dave MacMullan	00:00	00:00	00:00	09:50	00:00	00:00	00:00	08:56	00:00	00:00	14:10	00:00	00:00	00:00	05:40	00:00	00:00	00:00
Geoff Laycock	00:00	15:14	14:46	00:00	11:18	10:38	10:50	10:26	10:15	18:50	17:40	17:55	00:00	00:00	00:00	00:00	00:00	00:00
Geoff Smith	00:00	00:00	13:44	00:00	00:00	10:38	00:00	10:00	09:05	00:00	15:21	14:51	00:00	06:48	00:00	00:00	17:41	00:00
Ian Greenwood	10:56	10:53	00:00	07:42	07:37	00:00	00:00	00:00	07:20	00:00	00:00	11:51	05:28	05:13	00:00	12:42	12:23	00:00
Jim Hickie	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	09:16	00:00	16:30	15:22	00:00	00:00	00:00	00:00	15:36	15:09
Mark Aspinall	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00
Mark Nutter	00:00	00:00	00:00	00:00	00:00	00:00	08:03	00:00	00:00	13:47	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00
Matt Baldwin	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00
Michael Hogan	00:00	15:14	12:45	00:00	10:28	09:44	00:00	00:00	08:43	00:00	00:00	14:54	00:00	00:00	06:03	00:00	00:00	15:18
Mick Green	00:00	12:02	11:58	00:00	09:04	08:38	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	05:47	00:00	00:00	14:45
Mike Eddleston	13:14	12:35	12:27	09:22	09:24	08:58	09:10	08:57	08:43	14:40	14:55	14:37	06:29	00:00	06:00	14:45	00:00	15:04
Mike Holden	00:00	00:00	00:00	00:00	00:00	00:00	00:00	09:30	09:05	00:00	15:40	15:15	00:00	00:00	06:34	00:00	00:00	15:53
Mike Wallis	00:00	00:00	00:00	00:00	00:00	08:05	00:00	00:00	00:00	00:00	12:25	12:21	00:00	00:00	05:36	00:00	00:00	12:50
Paul Thompson	11:45	10:42	00:00	08:05	07:59	00:00	07:37	08:10	00:00	00:00	12:10	00:00	05:34	05:16	04:59	13:26	12:46	12:20
Peter Browning	13:42	00:00	13:21	09:50	00:00	09:30	00:00	10:26	09:18	00:00	16:31	15:22	06:56	07:01	06:17	16:41	15:39	15:05
Simon Thompson	10:34	10:08	10:36	07:31	07:20	07:30	00:00	00:00	07:20	00:00	00:00	11:51	05:12	05:32	04:58	12:26	13:52	12:03
Steve Green	11:52	00:00	00:00	08:38	00:00	00:00	08:25	08:56	00:00	14:15	14:10	00:00	00:00	00:00	05:40	14:26	00:00	14:11
Steve Whitaker	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	05:46	05:37	00:00	13:59	13:45

Route/TimedSection	R4/T1 2.2m			R4/T2 1.5m			R5/T1 1m			R5/T2 1.7m			R6/T1 2.4m			R6/T2 1.4m		
Section distance	30/10/07	8/1/08	4/3/08	30/10/07	8/1/08	4/3/08	13/11/07	15/1/08	11/3/08	13/11/07	15/1/08	11/3/08	20/11/07	22/1/08	18/3/08	20/11/07	22/1/08	18/3/08
Andrew Howarth	00:00	00:00	00:00	00:00	00:00	00:00	06:06	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00
Andy Brown	00:00	00:00	00:00	00:00	00:00	00:00	05:48	00:00	00:00	12:24	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00
Andy Orr	00:00	15:42	14:30	00:00	09:25	08:33	00:00	00:00	00:00	00:00	00:00	00:00	15:48	15:41	00:00	08:07	08:25	00:00
Barry Brock	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00
Bob Mitchell	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	21:03	00:00	09:35	12:09	00:00
Carl Steele	15:00	00:00	14:27	09:50	00:00	08:30	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00
Dave MacMullan	14:57	00:00	14:37	09:20	00:00	08:40	05:40	00:00	00:00	00:00	00:00	00:00	16:08	00:00	00:00	08:48	00:00	00:00
Geoff Laycock	19:15	20:45	18:25	12:00	12:28	11:16	00:00	07:27	07:16	00:00	18:35	00:00	00:00	21:03	00:00	00:00	11:52	00:00
Geoff Smith	00:00	00:00	00:00	00:00	00:00	00:00	00:00	06:35	06:22	00:00	14:41	15:41	00:00	18:09	17:26	00:00	11:02	09:49
Ian Greenwood	13:15	13:57	12:34	08:16	08:24	08:13	05:15	00:00	06:17	11:51	00:00	00:00	14:30	13:48	00:00	08:06	07:45	00:00
Jim Hickie	00:00	00:00	00:00	00:00	00:00	00:00	06:34	00:00	00:00	14:37	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00
Mark Aspinall	13:06	00:00	00:00	08:30	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00
Mark Nutter	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00
Matt Baldwin	15:00	00:00	00:00	09:55	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00
Michael Hogan	19:15	00:00	15:17	12:00	00:00	09:44	00:00	06:17	00:00	00:00	14:41	00:00	00:00	16:51	16:29	00:00	09:37	09:00
Mick Green	15:38	15:45	00:00	09:46	09:49	00:00	06:04	05:58	00:00	13:50	13:02	00:00	16:41	00:00	15:24	09:17	00:00	09:09
Mike Eddleston	17:53	16:55	15:03	11:02	10:03	09:31	06:02	06:28	06:02	13:46	14:33	00:00	17:24	16:45	15:36	09:48	09:27	08:41
Mike Holden	17:53	17:46	16:30	11:02	11:03	10:35	06:26	00:00	00:00	15:24	00:00	00:00	17:47	00:00	00:00	10:47	00:00	00:00
Mike Wallis	13:24	00:00	00:00	09:22	00:00	00:00	05:25	00:00	00:00	11:53	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00
Paul Thompson	00:00	13:48	12:34	00:00	08:24	08:14	00:00	05:11	05:28	00:00	11:50	00:00	14:26	13:53	17:50	08:10	07:45	09:53
Peter Browning	17:21	17:32	15:58	10:45	10:24	10:15	06:47	06:49	06:37	14:26	14:35	00:00	18:20	17:57	17:49	09:38	09:45	09:39
Simon Thompson	12:51	00:00	00:00	08:16	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	14:14	00:00	00:00	07:42	00:00	00:00
Steve Green	14:57	16:00	14:42	09:20	09:55	09:16	05:55	00:00	00:00	13:32	00:00	00:00	16:03	00:00	15:09	08:34	00:00	08:21

10K TIME TRIAL

Name	1	2	3	4	5
	23/10/07	27/11/07	29/1/08	26/2/08	25/3/08
Alison Smith	0:44:02	0:00:00	0:00:00	0:00:00	0:44:58
Andrew Howarth	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Andy Brown	0:00:00	0:40:55	0:00:00	0:00:00	0:00:00
Andy Orr	0:00:00	0:40:55	0:41:16	0:45:09	0:00:00
Barry Brock	0:00:00	0:39:00	0:00:00	0:00:00	0:00:00
Bob Mitchell	0:46:03	0:47:04	0:00:00	0:00:00	0:00:00
Carl Steele	0:43:00	0:00:00	0:00:00	0:00:00	0:00:00
Dave McMullan	0:43:00	0:42:25	0:00:00	0:44:00	0:00:00
Geoff Laycock	0:51:07	0:51:54	0:52:03	0:51:34	0:51:59
Geoff Smith	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Ian Greenwood	0:37:55	0:37:15	0:37:12	0:00:00	0:00:00
Jim Hickie	0:47:13	0:00:00	0:00:00	0:51:11	0:00:00
Kris Barker	0:43:00	0:00:00	0:00:00	0:00:00	0:00:00
Mark Aspinall	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Mark Nutter	0:41:09	0:00:00	0:00:00	0:00:00	0:41:01
Matt Baldwin	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Michael Hogan	0:48:04	0:46:41	0:45:33	0:44:22	0:00:00
Mick Green	0:43:38	0:42:56	0:43:00	0:00:00	0:00:00
Mike Eddleston	0:45:07	0:00:00	0:44:17	0:43:39	0:42:44
Mike Holden	0:00:00	0:00:00	0:00:00	0:47:45	0:47:07
Mike Wallis	0:00:00	0:00:00	0:38:39	0:00:00	0:00:00
Paul Healey	0:53:26	0:00:00	0:00:00	0:00:00	0:00:00
Paul Thompson	0:38:05	0:38:59	0:36:55	0:39:32	0:00:00
Paul Toman	0:42:55	0:42:35	0:00:00	0:00:00	0:00:00
Peter Browning	0:47:16	0:47:51	0:46:35	0:00:00	0:47:09
Phil Thornber	0:00:00	0:00:00	1:02:53	1:00:08	1:00:21
Simon Thompson	0:37:07	0:37:00	0:38:30	0:36:51	0:00:00
Steve Green	0:42:56	0:41:43	0:00:00	0:44:00	0:42:15

WORLD CROSS COUNTRY CHAMPIONSHIPS, EDINBURGH

Sent in by Richard Lawson

The Annandale Services near Beattock were far worse than the Tebay ones. Tebay had battery powered Ewbanks. The Scots didn't and so were knee deep in discarded food. Otherwise the Mannings and Lawsons had an excellent weekend with B & B in Holyrood, just thirty seconds from the course which was accommodating the Home Internationals when we arrived.

Next morning, the big day began with an open 5K round Arthur's seat, quite a tough one this, with strong winds and icy rain. Nevertheless over nine hundred paid £15 for the privilege, the race being preceded by one of those warm-ups where the participants march on the spot and wave their arms to "music". Bit sad really when they're there to run.

All four races were exciting with lots of brown bodies forming a phalanx which was only broken on Haggis Knowe (the hill about one hundred metres long, steep at the top). The rocky outcrops on Haggis were carpeted to accommodate spikes though some Africans ran in bare feet through the mud and stony bits. They weren't the winners.

There were twenty thousand spectators and proceedings began with a flag and country parade, consisting of two primary school children per country with flag and board, dressed in kilts, and who were kept hanging around for an hour beforehand in the wind and icy rain. Not good, this.

Val and I were also cold and wet so nipped back to the house for a change of clothes. On emerging dry and warm, sky divers descended almost on us in the middle of the course bearing the IAAF flag which Ian Stewart and Liz McColgan conveyed to the grandstand to be raised and saluted. Then the races began and it stopped raining.

Those who had lived high up or had been at altitude camps did well. The little girls from Africa dominated. The men's races were very fast. Craig Mottram gradually lost contact and the English National winner finished in the sixties. The Yellings and Benta Johnson got somewhere near and the Americans, Aussies and Japs all did well. The overall organisation was good with plenty of loos and friendly security. The announcer greeted each race with the word "showtime" !!*

Compared to our previous Worlds in Bellahouston Park and Durham, non-Africans were absent from the front of races, Kenyans appeared in different guises running for other countries and Bekela was phenomenal.

And so to Holyrood Palace tea rooms to meet up with Harry and Anne for coffee and cake and promises to train every day on the summit of Pendle.

MANX MOUNTAIN MARATHON 22ND MARCH 2008

Sent in by Pete Booth

Paul Thompson led a field of 119 competitors home in impressive style to record his fourth victory in the race, clocking a personal best time of 4:42:17. As he has done on previous occasions, Paul set out his stall from the start and had a clear lead over his rivals at the summit of Snaefell, a lead which he gradually increased to nearly six minutes at the finish in Port Erin. Aided by a very strong, cold, northerly wind, a record number of seven runners completed the race in under five hours. These included Jon Wright (Todmorden), competing in his first MMM and Dave Naughton (Darwen Dashers), who had achieved an excellent third place in the previous weekend's Wuthering Hike (Haworth Hobble). Clayton legend, Wendy Dodds, was the convincing winner of the ladies' race (26th place overall). Her time of 6:02:41 brought her home nearly 30 minutes in front of the second lady, Pip Fitzpatrick (Manchester

YMCA), with Claire Kenny (Calder Valley) a further seven minutes behind. Along with Paul, Steve Whitaker (13th in 5:30:15 – also a PB) and Martin Brady (14th – 5:31:40) claimed the team prize for CleM. After a wind-assisted run, during which I was ten minutes up on my previous best at half way, I just managed a PB (5:44:19) that gained me 19th place. Peter Browning completed his 21st (!!!!!) MMM in 31st place (6:13:37), despite suffering a tight calf for three quarters of the run.

All the CleM runners are indebted to the supporters – too numerous to name, but suffice to say they outnumbered the runners – who made the marathon so much easier with their practical help and vocal encouragement on a cold, windy day, much more conducive to sitting in front of a warm fire in the pub. Thanks to all!

We spent the remainder of the weekend drinking, eating, celebrating, walking, drinking, running (very slowly), drinking – you get the picture! The highpoint was sweeping the board (again!) at Sunday's Cherry Orchard quiz night, with CleM teams finishing 1-2-3, despite the best efforts of the incomprehensible, chain-smoking quiz mistress. "Look in the book!" was her cry when we challenged a dodgy question/answer.

Quote of the weekend: Andy Hauser (running the Half MMM), as he passed yours truly: "You're ten minutes further on than usual. Are you worried Wendy's going to catch you?" I didn't look round – honest!

CLAYTON CROSS COUNTRY HANDICAP RACE THURSDAY 3RD APRIL

Sent in by Paul Healey

The race was four laps – a total of 6.8 miles. The winner Ron Chappell received the Croasdale Heap Trophy (dating back to 1897).

Income 27 x £3 = £81 less awards £43.91 and club levy (50p per runner) of £13.50. The balance of £23.59 has been donated to MacMillan Nurses. Thanks to all the helpers and competitors – I hope everyone had an enjoyable evening. Perhaps next year we may reduce the course to three laps.

Pos	Name	Start - mins	Finish	Racetime	Order
1	Ron Chappell	+08	68.42	60.42	18
2	Graham Cunliffe	+24	70.2	46.2	3
3	Mike Eddleston	+22	70.55	48.55	5
4	Peter Costello	+13	71.05	58.05	13
5	Dan Isherwood	+26	71.09	45.09	2
6	Gordon Barrett	+21	71.11	50.11	6
7	Doug Munroe	+10	71.13	61.13	19
8	Judy Hindle	+11	71.35	60.35	16
9	Geoff Laycock	+11	72.31	61.31	20
10	Phil Thornber	+01	72.48	71.48	24

11	Jeff Pickup	+22	72.52	50.52	9
12	Harry Manning	00	73.05	73.05	25
13	Martin Terry	+26	73.07	47.07	4
14	Paul Thompson	+30	73.39	43.39	1
15	Michael Hogan	+21	73.47	52.47	8
16	Steve White	+23	73.57	50.57	10
17	Martin Brady	+24	74.29	50.29	7
18	Jim Hickie	+19	75.55	56.55	12
19	Doug McCallum	+17	76.06	59.06	15
20	Sue Burns	+23	76.21	53.21	11
21	Karin Goss	+08	76.31	68.31	23
22	Peter Dugdale	+17	77.36	60.36	17
23	Sue Allen	+01	78.3	77.3	26
24	John Rutter	+20	78.45	58.45	14
25	Vinny Brodrick	+17	80.31	63.31	21
26	Katy Thompson	+17	81.52	64.52	22
27	Mick Green	+24	DNF		

**MOURNE PEAKS, 5TH APRIL 2008.
BRITISH CHAMPIONSHIP LONG RACE, 12.5 MILES, 6200 FOOT CLIMB**

Sent in by Paul Shackleton

'What about running the Mourne Mountains British Championship race Shack?'

Having decided to have a go I booked my flight to Belfast City airport and bought an ordnance survey map of the area. It was clear that I would have to brush up on my navigation and route choice skills as the rest of the Clayton team flew to Belfast International.

Arriving in Newcastle, County Down early on the Friday evening I was unsure what all the fuss was about as we couldn't see any mountains. The mist cleared sufficiently later in the evening for us to get a feeling of what we were in for as Slieve Donard and its neighbours look massive, especially as they rise straight up from sea level. Newcastle itself is a strange town. It seems like it hasn't realised that it's by the sea, with hardly anything to suggest a seaside based tourist trade. Perhaps this is because from anywhere in the town one can't help but look upwards towards the mountain peaks which dominate the skyline.

The highlight of our pre race breakfast and a good illustration of the Northern Irish laid back approach was when the waitress forgot to bring an egg for one of the lads breakfast, I had two eggs and rather than go back to the kitchen for one she asked 'can he have one of yours'? No problem.

Travelling over to the race from the hotel I was a bit concerned that my bumbag seemed to be very heavy, laden with isotonic gels, jelly babies, dried apricots and my much studied map as

well as the usual kit. The route, which was designed specifically for the British championship event, was described as having 'parts of good underfoot conditions suitable for fast running'. In reality the only really good underfoot conditions were on the half mile track between the registration area and the start/finish. Before the race we debated and reccied the best route down from the last checkpoint (Lukes Mountain) to the finish. We all agreed that instead of running a straight line to the finish we would dog leg down and along the Mourne Wall to miss out the boggy ground, rocks, heather and gorse which were feature of the course. I kept quiet about the fact that I was more concerned about not being rescued off the course than by the intricacies of route choice for the final half mile.



View to Slieve Lamagan. Photo: Colin Park
<http://www.geograph.org.uk/photo/103275>

Old habits die hard and a few seconds before the start I'm leaning forward like the start of a road race 'don't go for it Shack, remember its three hours'. I have asked Garry Wilkinson, our vets fell captain, a number of fell running related questions recently which some of you might find amusing e.g. what does AL, AS, AM, etc refer to? 'What's full body cover'? and 'The contours on the map are close together, does this mean it's steep? (The last one was tongue in cheek, honest!) It's just another great thing about Clayton Le Moors Harriers, the level of support and encouragement from our fellow members and the team spirit within the club is fantastic.

Up the first climb (Meelmore) the runners seemed to split all over the place looking for the best route through the rocks and tussocks. Heading off the top I was looking forward to running alongside the Mourne Wall through the next few checkpoints, even if it was misty I couldn't get lost on this section. Thankfully the weather was clear so this wasn't an issue. A few people remarked later that they were surprised at the severity of the next two climbs and at the roughness (heather, gorse and bogs) of the section between Carn and Doan(CP 4/5). Coming off the rocky summit of Doan I thought I had gone wrong as I ended up having to slide down a very steep section of rock. I was following the flags from the summit (the only ones I saw on the course) so maybe the checkpoint marshal was having a laugh. I found out from the locals later that there was a little trod down from the summit but hardly anyone found it.

We got to the Ben Crom dam wall (approx halfway) and I was on familiar territory, 150 metres of road! It didn't last long and straight after was the hardest part of the race for me, Slieve Lamagan. I kept trying to run small sections but mostly I had to walk, hands on knees, scramble over rocks and tussocks of heather and try to avoid the gorse. And I was knackered. I got down a gel, a few jelly babies and some dried apricots. If I had been offered one of the dodgy looking breakfast sausages at that moment I would have scoffed that as well. The next section was a bit tricky as there was supposed to be a path, worryingly called 'The Devils Coach Road'. Most runners steered clear of that one and picked their way straight across the heather, heading for Commedagh which from that point looked like a vertical climb. I was down to my last dried apricot.

Climbing the stile at the Commedagh Tower checkpoint a lad watching the race was handing out bottles of water. What can one say about that kind of gesture, this guy had carried water up a seriously tough climb just to hand out to the runners. Grunting 'thanks mate' didn't seem anywhere near enough. It was mostly downhill from here even though it was boggy underfoot in parts. It was quite funny watching the runners in front throwing their arms in the air for balance and occasionally disappearing on the tricky ground. After all the rough ground we had covered I was feeling quite pleased that I had fallen only once.

200 metres from the finish I tried to leap across a stream and on tired legs, failed pathetically, landed in the water and needed a hand out as I couldn't get a grip on the slippery, wet rocks. I think everyone was pleased to see the finish line.

At the sharp end, with 200 metres to go Scottish champion Jethro Lennox was just ahead of British Champion Rob Hope and as it was Grand National day after all, did a 'Devon Lock' and fell just before the finish, allowing Hope to nip past to win. First woman home was Angela Mudge in 21st position.

A good performance from the Clayton lads to finish 4th vets team (Garry Wilkinson 37th, Tim Edwards 52nd, Paul Shackleton 85th, Colin Shuttleworth 93rd and Pete Booth 95th/9thV50) behind Borrowdale, Dark Peak (who had 17 runners in the race) and local club Mourne Runners. Wendy Dodds was 1st V50. Respect must go to our neighbours Calder Valley who had 21 runners in the race.

The banter at the presentation evening at O'Hares restaurant/bar in the town was great with the runners who had made the trip across the water being made to feel very welcome by the Northern Irish hospitality. Our responsibilities to work and our families sometimes make it difficult to get to these events but the efforts made by our hosts in planning a great race and social event made the trip worthwhile. I'm in no position to suggest that our members should do more of these championship events, I'm new to this and some of you have been doing them for years. However, I can guarantee two things about these far flung championship races, one is that you'll have a great trip with loads of craic in great company and the other is that you'll encounter some very tough competition in the race.

MEARLY CLOUGH FELL RACE 2007 (AKA 2012 OLYMPIC TRIAL)

(This report by Jon Carberry of the 2007 race is taken from the Preston Harriers website: http://www.prestonharriers.com/mearley_clough_2007.htm. Ed.)

Having twice previously attempted to get to this race and failed, I was not overly optimistic that I would succeed this year especially as it would be my 3rd race in 4 days. Leaving work early (5:50pm) I passed Jim & Helen coming in through the top gate of the site; they just done 8 miles up and over Mellor hill in preparation for Helen's run in the Windermere marathon.

Arriving in Worston I had expected to park near the Calf's Head pub but was directed around the back of the village into a field, where I pulled up next to Matt, whose major concern seemed to be would he get out of the corner he was parked in because of the long grass. We wander over to register, and saw Pete arrive with Mick Mc & Gordon. The car park filled up quite quickly and before long people were being parked in the village, so I had no idea how

big the field would be.

Matt did a quick reccie of the first field and declared it rough ... I guess it had been a cow field over winter. Wandering around to the start (warming-up), bumped into Jim, this time he was stood at the front door of the Calf's Head with a pint in his hand. He said he was providing

moral support, and debating if he need a second pint !

According the race organiser, the race was going to be started by last year winner, but he look very young, he can't have been more than 10 years old ... then he recognised his mistake and added "son of". That's better ...



With the sound of the air horn still ringing in our ears everyone dashed back towards the car park (first few hundred metres was on the road – must remember this, save my last effort for the road section at the end). The pace seemed quite quick, but I told myself it was the effect of having two races already in my legs. A track was appearing in the long grass and everyone seemed to want to run in it, so some runners were cutting up others as they dived off and on the track – always good sport in the

Looking up Mearley Clough. Photo: Andrew Hirst
<http://www.geograph.org.uk/photo/268992>

middle of the pack. At least in the long grass you couldn't see where you were putting your feet.

A short section of road, followed by a lane through a farm, where I think we passed Gordon who had come to watch and provide vocal support, and we entered a wood just below the fell wall. As we emerged from the wood the leading runners could be seen. The thin line already stretched half way up the climb, and the leaders were still running.

Then the reason for the mad pace across the fields became obvious (Matt, Mick, & maybe Pete won't have experienced this) a stone stile in the fell wall had to be crossed, and it was backing everyone up (here's where the Olympic trial really started, we were showing why team GB are potential Olympic gold medallists at in 2012, the queue was straight, it followed the path, no one jumped any places, everyone was quite just waiting for their turn to hop over the wall), over the race back on.

It was now just a slog, straight up the fell side. Hands on knees, don't look up, place your feet carefully, don't slip, and above all try not to lose any places as 5 yards on the climb will become 50 yards when everyone gets running again. The climb ends and everyone tries to start running again, but it is a struggle.

Scout cairn is set slightly back from the edge, though standing at it you think the edge is very close. Around it, where I think someone noted your number, and follow the flags.

Leg speed increases ... I fly past someone from Darwen Dashers (he running in flat soled shoes, so watching him descend Mearley Clough would be interesting).

There are 3 or 4 people ahead, with a good descent and I could pass most of them, but would my thighs be shot to pieces, and would I fade in the last few hundred metres on the road !

I go for it and by the bottom all of them are passed, and my legs don't hurt, yet.

Back over the stone stile, no queue this time; a good line along by the stone wall and two more runners get passed. Though the wood and into the farm yard where Gordon is still standing, down the lane, sharp right, clear the cattle grid with a nifty bit of foot work (judge the stride, aim to put right foot mid way across on the concrete edge – critical otherwise broken ankle here I come).

Catching the person ahead who is from Horwich, I think hold back a bit, time the surge right.

Into the last field, still can't see where this rough bit is – wonder if Matt reccied the right route, then bang ... nearly run into the back of the guy from Horwich, he has stopped. Just as I pass him he starts running again, gentle down hill, legs speed increases, but he just keeps ahead; I know I am not yet flat out, and waiting for the road ... too late that was the finish we ran though; ohhh, mistimed that finish then. I am sure it wasn't there when we started ... never mind.

Do a bit more queuing - squash this time, not as orderly, lines not straight, but you do get a



Looking down Mearley Clough. Photo: Andrew Hirst
<http://www.geograph.org.uk/photo/726885>

very nice plastic cup with a handle to drink from.

CROSS-COUNTRY PALLADIUM POINTS CHAMPIONSHIP SEASON 2007 - 2008

Sent in by Harry Manning (Cross-Country Statistician)

Under 17 Ladies

M Brolly 6

Ladies

A Kelly 55

S Burns 52

A Wainscott 47

LV35

A Kelly 55

S Burns 52

I Roche 42

LV45

A Kelly 55

S Burns 52

I Roche 42

LV55 Insufficient runs to qualify

Men

G Shaw 229

M Aspinall 226

I Greenwood 208

M40

M Aspinall 226

I Greenwood 208

P Hall 147

M50

J Singleton 104

B Mitchell 98

D Scott 63

M60

B Mitchell 98

D Scott 63

T Orrell 32

MARCH RUN OF THE MONTH

WENDY DODDS for 1st lady overall at the Manx Mountain Marathon on the Isle of Man on 22 March; for 1st W50 at the Bleasdale Circle Fell Race at Garstang on 1 March; for 1st W55 at the Black Combe Fell Race at Millom on 9 March; for 3rd and 1st W50 at the Sedbergh Three Peaks Race on 4 March; for 2nd (1st W50) at the Elterwater Race on 16 March.
Nominated by Harry Manning, Pete Booth

TRACY MITCHELL for 2nd lady at the Half Tour of Pendle Fell Race at Barley on 8 March; for fastest Clayton lady at the Haigh Hall Relays at Wigan on 15 March.
Nominated by Harry Manning

MARK ASPINALL for 1st V45 at the Grizedale Forest 10 mile race on 16 March; for 1st V45 at the Roddlesworth Roller 6 mile race at Chorley on 9 March; for fastest Clayton V40 at the British Masters Cross-Country Championships at Banbury.
Nominated by Harry Manning

PAUL THOMPSON for 1st overall for the fourth time, in a PB, at the Manx Mountain Marathon on the Isle of Man on 22 March.
Nominated by Harry Manning, Wendy Dodds

MICK WRIGLEY for his run at the Dent 14 miles on 8 March – 3 years after his heart attack (2 miles from the finish) in the same race.
Nominated by Janet Ryan

KEVIN DAVIES for consistent effort and PBs through the month at the following races: GNW Half Marathon 1st V45, Timprell 20 2nd V45, St. Annes 10 3rd V45. Not bad for an old un!
Nominated by Paul Archer

This month's winner is **WENDY DODDS** for an outstanding series of runs during March. **Well done, WENDY**

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 a sub-group of the Committee.

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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.

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THE WINNER OF THE 100 CLUB MAY DRAW

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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

Summer Training Venues	
May (7.00pm)	Pendle Inn, Barley
June (7.00pm)	Bay Horse, Worsthorne
July (7.00pm)	Calf's Head, Worston
August (7.00pm)	Peel Park PH Accrington
September (6.30pm)	Bridge Inn, Barrowford Plough, Oswaldtwistle

HELP NEEDED!!

**MEARLEY CLOUGH FELL RACE
7.15 pm TUESDAY 13 MAY**

**Race starts from the Calf's Head
Hotel, Worston, Clitheroe. Please
contact Geoff Newsam,
3 Greenfield Avenue,
Chatburn, Clitheroe
Tel 01200 441328**

MILESTONES - MAY

Service

Steve Whitaker	25 years
Peter McWade	25 years
Steven Holden	25 years
Isaac Wilkinson	5 years

Age

12 th	Ray Jones	70 years
14 th	David Bate	40 years
15 th	Christopher Shaw	45 years
21 st	Albert Ashworth	80 years
21 st	Edward Hoare	65 years
21 st	Tina Lewis	45 years
25 th	Robert Hargreaves	60 years

CLAYTON-LE-MOORS LADIES TRAINING NIGHTS 2008

Date	Name	Address	Telephone
01.05.08	Katy Thompson	16 Ainsdale Drive Darwen	01254 772013
08.05.08	Alison Martin	11 Durham Drive Oswaldtwistle	01254 384965
15.05.08	Juliet Horrocks	43 Priory Way Barnoldswick	01282 816686
22.05.08	Sue Allen	90 Westwood Street Accrington	01254 388492
29.05.08	Karin Goss	135 Whalley Road Sabden	01282 779752

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 and do change.

All ladies are welcome

CLAYTON CLOTHING

NEW ITEMS NOW AVAILABLE

**BLACK T-SHIRTS WITH ORANGE LOGO S,M, L ONLY £5
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L**

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ExS, S, M & L**

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Womens Vests £11

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**Give me a ring or email, I can either post out to you or you
can collect from me at training or races**

01282 611523, 07899 722922, kabrady64@hotmail.com

NEWSLETTER EDITOR WANTED!!

**As from August 2008, a new editor will
be needed for the newsletter.**

**If you are interested in doing this job,
please contact the Club Secretary, Pete**

Booth, tel 01282 448232, mob 07724

085873, email

pete.booth@ntlworld.com, or write to

him at 101A Burnley Road, Cliviger,

BURNLEY BB10 4SN.

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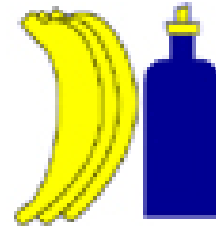
FUEL ON THE RUN

By Catherine Lee

(This survey of readers' views on energy foods before, during and after long runs, was published on the Runners' World website: <http://www.runnersworld.co.uk>. Ed)

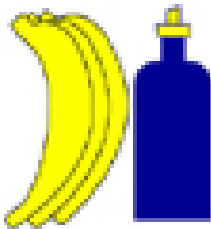
What's the best way to top up your energy reserves during a long run? Here's what you thought

Increasing your mileage in preparation of a marathon not only brings with it heavier training demands - you'll need to pay much more attention to your refuelling strategies too. Sugar-coated sweets have been the snack of choice for this reader so far, but what should she be eating to tackle the big one?



"Hello all! Life has suddenly got a bit more serious for me as I've changed my race distances from half-marathon to marathon. With half-marathons I've managed on Rowntrees Fruit Pastilles, water and Lucozade pouches if they were included as part of the water stations. However, I've decided to up my game and enter a marathon. The thing is, I just don't understand nutrition. What stuff should I be eating on the run? Talk to me like a seven-year-old, this is all new territory for me. Thank you!" – Mouse.

Your best answers

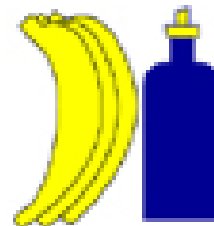


Stock up on carbs beforehand Before an endurance run I always build my glycogen stores by packing in the carbs for two days before - brown pasta, brown rice, potatoes, whole cereals, porridge etc. On the morning of the race I add a large slice of Malt Loaf with a load of chocolate spread to my breakfast plate, then take Kendal Mint Cake with me on the run. The problem with too much sugar before a run is that you may then experience a sudden drop in blood sugar (caused by an insulin rush) which will leave you knackered and affect your performance. – Nimble Turnkey

For an immediate boost, reach for something sugary I take a lump of fondant icing with me on long runs - I prefer this to more popular sweets like Jelly Babies as it is a bit softer. I carry it in my shorts pocket in a little plastic freezer bag, and just break a little lump off when needed. I guess it's just pure sugar really. – Heth

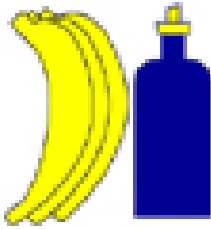
There are a variety of special energy products on the market I manage about 300-500ml sports drink in a marathon and maybe a few sweets. Some energy gels have to be taken with water, others can be tolerated without. In theory you also need to eat within 20 minutes of a long run - if you can't, then a recovery drink (basically a carbs-protein mix) may be helpful. – Eva Midsole

Or everyday carbohydrate-rich snacks can work just as well Jam sandwiches can be good during a run, so can malt loaf and Jaffa Cakes. I used to take mini Mars bars out on long runs with me to have while I was running. – Kazzaaaah!



It all boils down to personal taste Everyone is different in what works for them and you may even find that what works in training somehow doesn't work for the marathon. I developed a pathological hatred of Jelly Babies during the FLM, despite them having been my life saviour during my training runs. I can't stomach Lucozade Sport of any flavour, nor any of the normal sports drinks, but I use Taut Endurance whenever it's hot and I'm covering more than 10 miles. It's got loads more salt (and less sugar) than the other drinks. Chocolate milk is a good recovery drink and possibly a bag of crisps or something salty if it was hot, followed by a meal within an hour. All trial and error

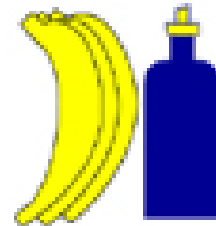
though, so start experimenting now! – Treacle Tart



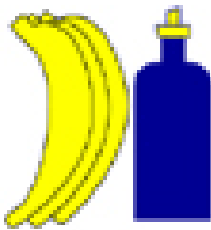
The sooner you start taking on fuel the better About 60-90 minutes before a long training run I down a milky filter coffee and a couple of bananas. If I've fuelled well the day before, I find a bottle of vanilla For Goodness Shakes does me. This provides carbs in the form of lactose, fructose and sucrose, some protein and nearly zilch fat for quick absorption. Of course, if you're not good on dairy, forget it. If it's a hot day, I also take two tetrapaks of Vita Coco (coconut water containing natural potassium and sodium). All this stuff is very natural so suits me fine. It will get me through a run of 20-24 miles, about 30-60 seconds off

my minute-mile race pace. However, on marathon day, I gloop down around seven energy gels as my heart rate is faster and I'm doing the extra distance. I love the SIS gels as they're isotonic, so you don't have to worry about getting the right proportion of water with them. I take my first one just before the starting gun, then one every 20 minutes or so. I think you need to give your body time to absorb them so you don't hit the wall. I've done three marathons on this strategy and have been chuffed with my times and never hit the wall. The same principles apply on a training run, I think. Start as you're going out the door then as soon as it's comfortable, and you feel your stomach emptying, get some more down you. – Little Lizard

Long-distance runs can deplete your sodium levels too • I tend to fade horribly towards the end of marathons and have suffered with cramp on the last two (due to a lack of salt). It might be worth having something savoury to hand for later in the race - I'm always sick of sugary things after 20-odd miles. – SoVeryTired



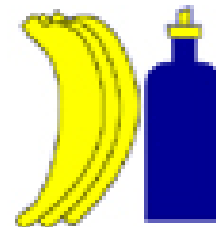
Don't try anything new on race day Find out which energy drink is being offered at the marathon and practise with that drink so you know whether to take it on the day. I'm a Jelly Babies fan as gels are just a bit too sickly sweet for me. You do feel a bit silly in races, because clutching a little bag of Jelly Babies doesn't look as professional as carrying some hi-tech gels, but they are a lot cheaper. Try eating two or three Jelly Babies every 20-30 minutes, washed down with water. If you don't take on water at the same time as a gel or sweets you are likely to get vile stomach cramps. – Jools B



Make time to rehydrate and refuel properly Some people like dried apricots but I find that they turn to a gooey mess in my mouth and then I end up drinking so much water I get cramps. I also like flat Diet Coke afterwards - it doesn't have any nutritional value but it really picks me up after a long run. I guess it's OK as long as you also have something nourishing! It can be a bit tricky refuelling after a race because it's hectic getting your bag back, getting your breath back, and trying to keep upright... – Shimmy shimmy

Go for something easy-on-the-stomach After a long run some fruit (like raspberries, blackberries, nectarines) in yoghurt with honey or golden syrup is a nice gentle way to recover. It doesn't feel too heavy and means you can get your recovery fuel in quicker than usual. – Pingu1903

Relax with a glass of the white stuff Research suggests that milk is your best bet as a post-run drink for all sorts of reasons, not least that it hydrates more effectively than water (the body keeps hold of it for longer) and it also contains protein, some carbs and electrolytes... One thing I learnt on a long run - Jelly Babies and sweat don't mix. Or rather, they do, to make sweet gunge. You should've seen the waterproof Jelly Baby carrier I fashioned from a running belt, a trimmed sandwich bag and four paper clips for the FLM this year. Work of art, it was! – PhilPub



CAN YOU GUESS WHO IT IS YET?

Unfortunately, no prizes on offer if you can identify the runner in this picture, just the pleasure of solving a puzzle. All the clues are below - warning, I have tried to make it Google-proof (but I don't think I've succeeded!). Ed.

He was an amateur runner, but he is better known as an outstanding mathematician whose work has had major consequences for everyday life today.

He had a connection with Manchester, where a road is named after him.

The photo was taken in 1946 and he wrote to his mother saying, "My running was quite successful in August. I won the 1 mile and 1/2 mile at the NPL sports, also the 3 miles club championship and a 3-mile handicap at Motspur Park."

His biography says that "he would run the ten miles across west London to Dollis Hill in connection with the development of the ACE delay lines"

His entry in Who's Who for 1951 gives his recreations as "gardening, chess and long-distance running."

He died in sad circumstances in 1954 and was cremated at Woking Crematorium.

An honourable mention to the first person to send me the name of this runner. You can send answers by email to pete1718@phonecoop.coop, by text to 07709 622 405, or write to 10 East Crescent, ACCRINGTON BB5 5BS.





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Same day despatch

PENDLE & BURNLEY GRAND PRIX 2008			
1	HAMELDON HILL Accrington – BB5 6EW <i>Start:-</i>	Sunday 4th May 2008 6 miles 1100 feet Fell Race <i>Turkey Street, School, Accrington (Peel Park Pub)</i>	£4.50 / £6.50 Tel: 01254 237485 <i>12.00pm</i>
2	PINHAW FELL RACE EARBY – BB18 6NN <i>Start:-</i>	Friday 9th May 2008 5 mile <i>Red Lion St</i>	£4.50 / £6.50 Tel: 866995 <i>7.00pm</i>
3	HENDON BROOK 13.5 miles Nelson - BB9 8DG <i>Start:-</i>	Sunday 18th May 2008 Road/Very Tough Marsden Park Golf Course	£4.50 / £6.50 Tel: 866995 <i>11.00am</i>
4	BURNLEY LIONS 10k Colne - BB8 0RF <i>Start:-</i>	Friday 23th May 2008 2 Lap Road <i>Colne Cricket Club</i>	£4.50 / £6.50 Tel: 702348 <i>7.00pm</i>
5	TRAWDEN 7 Nr Colne – BB8 8RR <i>Start:-</i>	Sunday 1st June 2008 Road/Cross Country Trawden Recreation Ground	£4.50 / £6.50 Tel: 866995 <i>11.00am</i>
6	KELBROOK FELL Nr Colne – BB18 6UD <i>Start:-</i>	Saturday 7th June 2008 3 mile <i>St. Mary's Church, Kelbrook</i>	£4.50 / £6.50 Tel: 843867 <i>2.00pm</i>
7	BARLEY FELL RACE Pendle Hill - BB12 9JX <i>Start:-</i>	Friday 13th June 2008 6 mile road & fell <i>Barley Village Car Park</i>	£4.50 / £6.50 Tel: 661591 <i>7.00pm</i>
8	BURNLEY BOYS CLUB 10K Burnley - BB10 1JQ <i>Start:-</i>	Sunday 22nd June 2008 3 Lap Canal Path/Roads <i>Barden Track, Burnley</i>	£4.50 / £6.50 Tel: 422398 <i>11.00am</i>
9	RED ROSE WHALLEY NAB Whalley - BB7 9SP <i>Start:-</i>	Tuesday 29th July 2008 6.5 mile road/trail Dog Inn, Whalley	£4.50 / £6.50 Tel: 412585 <i>7.00pm</i>
10	CLIVIGER 6 Cliviger - BB10 4TW <i>Start:-</i>	Sunday 3rd August 2008 Road Race <i>Mount Lane Sports Ground Cliviger, Nr Burnley</i>	£4.50 / £6.50 Tel: 459136 <i>11.30am</i>
11	WORSTHORNE MOOR FELL Nr Burnley - BB10 3NH <i>Start:-</i>	Sunday 17th August 2008 7 mile Gorple Road, Worsthorne	£4.50 / £6.50 Tel: 776915 <i>11.00am</i>

RESULTS

CROSS-COUNTRY RESULTS

None

ROAD AND TRACK RESULTS

Muddy March Hare 6K MT Bolton

undated

1 L Passco B'bn H	21.08
3 P Targett M40	23.24

49 ran

Lakeside 10K MT

undated

1 B Abdelnoor Un	42.45
2 P Targett M40	46.40

77 finished

Southport Good Friday 4

21/03/08

1 Rachel Jones Salford	23.15
71 Jill Scott 3rd W60	37.48

106 finished

Southport Good Friday 4

21/03/08

1 P Leybourne M40 BWF	21.03
33 R Brewster 2nd M50	24.04
101 R Lawson 2nd M65	29.37

162 finished

Salford 10k Good Friday

21/03/08

1 G Raven Sale H	31.07
31 P Hall 2nd M45	34.47
37 Pauline Powell BHAC	35.33
83 Candice Leah	37.56
93 K Mitchell	38.18
188 Tracy Mitchell 2nd W35	42.00

542 finished

Calder Vale 10 Good Friday

21/03/08

1 S Littler Wesham	55.06
23 M Terry 3rd M45	65.14
45 Jacqui Dews W35 Holmfirth	69.03
106 P Costello M45	78.40
170 Lorna Balmer W35	79.15

219 finished

Vera Hirst 5k Littleborough

26/03/08

1 W Smith K&C	15.41
18 I Greenwood 2nd M45	17.07
31 T Chew M45	17.40
46 G Cunliffe 3rd M50	18.16
49 R Brewster M50	18.29
51 Louisa Tanner Warr AC	18.31
78 D McMullen M40	19.57
112 M Holden M40	21.25
127 P Costello M45	22.20
155 Linda Bostock 3rd W50	24.22
166 R Hirst M55	25.18
192 Sue Allen W45	29.50

206 ran

Wilmslow Half Marathon

30/03/08

1 G Raven Sale H	66.29
189 D Lord M45	88.14
257 A Clarkson M50	90.26
1869 Frances Wood W55	117.31

3449 finished

Blessed Trinity Burnley 10K

30/03/08

1 M Livingstone Preston H	33.43
5 P Hall 1st M40	34.34
7 A Stubbs 2nd M40	34.53
8 G Shaw	35.10
12 B Brock 3rd M40	36.25
19 T Walker m40	38.49
20 S Clare M40	38.51
30 D Holland	40.01
32 D Ashworth 1st JM	40.25
36 A Foster M40	41.32
43 J Pickup 3rd m55	42.13
37 Jackie Howard Ross H W35	41.36
68 J Toon	44.46
81 G Thompson M55	45.46
83 M Holden M40	45.52
90 A Grahah	46.51
91 Victoria Pratt	46.52
100 Josephine Holdsworth	47.54
104 P Walsh M50	48.14
111 Sonya Walmersley	49.51
113 J Tinker 1st M65	50.08
121 K Woodward M40	51.11
123 Lorna Balmer 3rd W35	51.22
136 R Hirst M55	54.13
152 Christine leathley 3rd W55	55.53
159 Emma Ryan	59.48
160 L Jackson M65	59.55

165 finished

Brenda Robinson 5k Littleborough**02/04/08**

1 W Smith K & C	15.20
15 I Greenwood M45	16.53
21 T Chew W40	17.27
33 Sue Beconsall Bingley W45	18.18
52 D McMillan M40	19.33

189 ran

Coniston 14**05/04/08**

1 A Duffield Loftus & Whitby	74.15
18 R Brewster 1st 50	78.03
27 Kate Nelson W40	
Knavesmire	89.27
70 D Lord M45	94.31
73 D Black M40	94.53
123 D Ashworth	97.51
291 D Bate	107.03

1303 finished

Oldham Mayor's Half Marathon**06/04/08**

1 R Ashworth Southport & Water.	
	79.48
11 M Brady M40	88.52
13 Melanie Woodhouse	
Roberttown	89.83

138 finished

Lancashire 3 Bridges 19K**06/04/08**

1 S Littler Wesham RR	30.27
24 Phillippa Jackson	
Keswick AC	37.47
65 P Costello M45	43.03
124 K O'Brien M65	48.24

181 ran

Baildon Boundary Way MT**06/04/08**

1 R Pattinson P & B	81.12
19 M Terry M45	92.59
131 D Scott 3rd M60	112.20

364 finished

Bolton 10K**13/04/08**

1 D Nicholls Wilmslow RC	32.44
31 Leanne Sheehy	
Salford Met AC	38.41
278 K O'Brien 3rd M65	50.22

547 finished

Rochdale 4 mile**17/04/08**

1 D Brocklehurst Trafford AC	20.29
10 T Chew 1st M45	22.32
26 M Brady M40	25.09
37 Jacqui Dews Holmfirth H	25.51

199 finished

Gt Langdale 10K**19/04/08**

1 J Douglas Border H	31.56
31 Maggie Jordan	
Stainland Lions	40.33
75 M Holden M40	44.06
107 Josephine Holdsworth	
3rd L	46.36

393 finished

Salford H 5K Heaton Pk**19/04/08**

1 J Ward Alt AC	15.00
18 Katie Ingram Horwich RMI	16.58
33 S Green 2nd M50	18.49

150 ran

Garstang Gallop 10K**20/04/08**

1 S Robinson BWF	34.25
9 Anna Pichrtova	36.16
61 T Orrell 2nd M65/70	46.18
71 R Lawson 3rd M65/70	47.03
85 P Walsh M50	48.27

150 ran

FELL RESULTS**Bleasdale Circle 01/03/08****AS 5m 1250ft**

1 D Kay - Horwich	37.38
10 D Nuttall V40	42.03
17 J Dugdale	44.24
25 K Carr V60	45.59
27 A Raw - Bingley	
1st L	46.02
28 P Booth V50	46.19
32 I Connell V40	48.08
33 M Tomlinson V40	48.30
39 A Dugdale V40	49.11
46 D Naylor V50	50.50
48 W Dodds LV50	52.02
52 M Taylor	53.34
55 R Moore V40	55.12
58 P Dugdale V50	55.27
64 L Lord LV50	58.16

70 Finished including 11 Ladies

Half Tour of Pendle 08/03/08**AM 9m/2250ft**

1	T Cornthwaite - Bbn		1.07.31
3	Paul Thompson		1.10.48
4	I Greenwood	V40	1.13.12
9	D Walker		1.16.33
12	C Balderson	V40	1.18.01
14	D Edmondson	V40	1.18.31
22	P Hesketh	V40	1.19.48
23	K Mitchell		1.20.02
26	MO'Donnell		1.20.37
28	S Clare	V40	1.21.01
33	J Dugdale		1.21.54
44	MNutter	V40	1.24.00
46	C Shaw	V40	1.24.21
55	L Squires - Horwich		
		1st L	1.25.57
70	Peter Thompson	V40	1.29.03
77	T Mitchell	L	1.29.43
78	J Sharples	V50	1.29.54
83	D Black	V40	1.30.37
87	A Dugdale	V40	1.31.16
88	MHogan	V40	1.31.46
91	S Burns	LV40	1.31.59
99	G Newsham	V50	1.32.43
100	D Holland		1.32.44
101	D Naylor	V50	1.32.50
123	M Taylor		1.37.29
129	G Thompson	V50	1.39.04
130	J Commons	LV40	1.39.15
137	A Athrol	LV40	1.40.29
140	R Moore	V40	1.41.30
141	K Brady	LV40	1.41.56
151	D Taylor	V60	1.43.08
156	M Holden	V40	1.44.30
159	P Dugdale	V50	1.45.20
165	G Leneveson	V40	1.47.12
166	D Munroe	V60	1.47.33
171	G Laycock	V50	1.48.57
172	P Healey	V60	1.49.42
174	Martin O'Rourke	V40	1.50.16
175	V Brodrick	V40	1.51.55
178	C Life	LV40	1.53.33
186	K Wilkinson	L	1.59.38
187	S Mehmood	L	1.59.39
188	I Roche	LV40	1.59.40
189	K Goss	LV50	1.59.44
195	P Thornber	V50	2.12.10
197	B Leathley	V70	2.14.16

197 Finished incl 26 Ladies

Black Combe 08/03/08**AM 8m 3400ft****English Championship counter**

1	R Jebb - Bing		1.07.54
49	N White - Bing	1st L	1.22.00
55	A McFarlane		1.22.51
91	C Shuttleworth	V40	1.26.45
113	P Booth	V50	1.29.41

130	M Wallis	V50	1.31.31
132	K Carr	V60	1.32.32
133	A Robinson	V50	1.32.40
138	J Rusius	V50	1.33.23
159	M Tomlinson	V40	1.37.36
170	W Dodds	LV50	1.38.28
227	M Eddleston	V50	1.49.07
258	K Thompson	LV50	1.58.01
264	M Frost	V50	2.00.50
277	R Hirst	V50	2.04.58

294 Finished incl 73 Ladies

15 Disq

9 DNF

Wuthering Hike 15/03/08**BL 31m 4400ft**

1	M Giles - Stourbridge		4.06.43
9	A Orr		4.37.36
14	A McFarlane		4.50.00
31	M Terry	V40	5.04.25
31	S Halliday		5.04.25
50	C Shaw	V40	5.19.15
57	J Rusius	V50	5.24.48
60	N Hardiman	V40	5.26.23
61	B Horrocks	V40	5.26.46
61	D Horrocks	V40	5.26.46
163	R Price	V60	6.35.20

259 Teams finished

Fiensdale Fell Race 22/03/08**AM 7.5m/2500ft**

1	D Hope - P & B		1.06.52
6	S Thompson		1.12.04
10	G Wilkinson	V40	1.13.27
16	C Shuttleworth	V40	1.17.08
17	C Balderson	V40	1.17.09
20	MO'Donnell		1.18.09
23	A McWade		1.18.47
26	D Nuttall	V40	1.19.02
28	P Shackleton	V40	1.17.17
29	K Mitchell		1.19.20
31	B Horrocks	V40	1.19.38
33	J Waites - CVFR		
		1st L	1.20.00
44	M Nutter	V40	1.22.37
45	N Worswick		1.23.08
52	J Rusius	V50	1.24.23
60	Peter Thompson	V40	1.25.59
62	M Tomlinson	V40	1.27.07
63	I Connell	V40	1.27.47
69	A Dugdale	V40	1.28.39
73	S Bury	V50	1.29.38
74	P Toman	V40	1.29.40
76	D Horrocks	V40	1.30.21
78	J Nuttall	V60	1.32.04
81	D Naylor	V50	1.32.27
86	T Mitchell	L	1.34.14
90	M Mogan	V40	1.35.34

93	S Burns	LV40	1.36.19
95	A Firth	V40	1.36.31
106	G Thompson	V50	1.42.26
110	M Targett	V50	1.44.28
111	I Roche	LV40	1.45.01
113	D Munroe	V60	1.45.31
114	K Thompson	LV50	1.46.21
116	L Bostock	LV50	1.48.30
118	P Dugdale	V50	1.53.04
121	P Healey	V60	1.55.20
123	R Hirst	V50	2.00.21
124	K Goss	LV50	2.00.28
126	M Frost	V50	2.02.33
127	R Chappell	V60	2.02.58

129 Finished including 16 ladies

Manx Mountain Marathon 22/03/08

AL 31.5m 8000ft

1	Paul Thompson		4.42.17
13	S Whitaker	V40	5.30.15
14	M Brady	V40	5.31.40
19	P Booth	V50	5.44.19
26	W Dodds	1st L	6.02.41
31	P Browning	V40	6.13.37

119 Finished incl 19 Ladies

Manx Mountain Marathon - Half

22/03/08

BL 13m 2600ft

1	L Taggart - Dk Pk		1.39.43
12	C Urmston	V40	2.09.23

46 Finished

Midgley Moor 29/03/08

AS 5m 1250ft

1	S Dodsman - CVFR		38.38
9	A McWade		45.04
10	A Life	V40	46.19
19	N Hardiman	V40	47.54
38	E Clayton - Scunthp		
		1st L	50.20
74	B Savage	LV40	58.23

93	R Hirst	V50	1.07.30
----	---------	-----	---------

104 finished incl 23 Ladies

1 DNF

Liver Hill 01/04/08

BS 5m 800ft

1	D Kay - Horwich		34.24
7	A McWade		36.12
23	J Dugdale		39.21
36	A Lupton - Radcliffe		
		1st L	41.04
37	M Nutter	V40	41.10
73	M Taylor		45.12
82	A Dugdale	V40	45.53
94	A Firth	V40	48.01
99	P Dugdale	V50	48.36
102	G Thompson	V50	48.51
108	R Moore	V40	49.10
128	J Rawlinson	LV50	51.29
131	V Brodrick	V40	52.17
145	M Ashton	LV50	1.02.40

159 Finished incl 33 ladies

Bunny Run 1 01/04/08

CS 3m 300ft

1	A Jones - Salford		16.05
8	Paul Thompson		17.35
24	S Taylor - Bing		
		1st L	19.05
48	C Urmston	V40	20.51
54	M Brolly	L	20.58
104	A Athroll	LV40	22.54
157	L Bostock	LV40	25.08
177	H Leathley	L	26.02
181	V Pratt	L	26.31
197	R Hirst	V50	27.25
227	C Leathley	LV50	31.17
236	B Leathley	V70	32.31

246 Finished incl 89 Ladies

5 DNF

FIXTURES

MAY'S MAYHEM

- Fri 2nd Dalton Charter 10K RR 7.15pm £7 Dalton in Furness Cricket ground
- Sat 3rd Stuc A'Chroin FR AL 14m/5000' 1pm £6 Strathyre
Coniston FR AM 9m/3500' 12.30pm £5 or £6 eod if 400 limit not reached.
Ravenstones Brow FR BM 10m/1250' 2pm £3 Greenfield Oldham
- Sun 4th Great Hameldon Hill FR BM 6m/1100' 12 noon £ 4.50
Greggs North West Children's Cancer Run 11am £8 Heaton Park
Keswick Half Marathon 11.30am £11 Rugby Club Keswick
Alexander Park 5K 11.30am £4 Alexander Park Manchester
Bluebell Trail 10 10am £10 Heath Rugby Club Halifax
- Mon 5th Coiners FR BM 7m/1100' 12 noon £3.50 Community Centre + Junior Races 10.30am onwards
Wray Caton FR BM 6.75m/1100' 11.30am £3.50 Wray nr Lancaster
- Weds 7th Flower Scar FR AS 4m/1400' 7pm free entry Hare& Hounds Todmorden
Lothersdale FR BS 3.6m/600' 7.30pm £3 + Junior Races
Pinhaw Moor FR BS 5m/700' 7pm £ 4.50
- Fri 9th Belmont Winter Hill FR BS 4.5m/1000' 1.15pm £3 + Junior Races
- Sat 10th Races
- Sun 11th Buttermere Sailbeck Horseshoe FR AM 9.5m/4650' 1pm £5 by 3.5.08 Bridgewater Hotel Buttermere
Liverpool Women's 10K& 5K £14/£10 Sefton Park
Beaverbrooks Blackpool 10K 11am £9.50 Promenade
Mytholmroyd FR BM 7m/1350' 11.30pm £3 Community Centre
- Tues 13th Mearley Clough FR AS 3.5m/1200' £3 7.15pm Worston
Geoff Doggett Memorial 5K RR 7.15pm Falcon Inn Littleborough
- Weds 14th Haigh Hall 4M RR series 7.30pm £6 Wigan RUFC
- Thurs 15th Ripley School Supper Run 4M 7.30pm £3+£1 eod
- Fri 16th Astley Park 4M Road Series 7pm as 25.4.08 + 27.6.08 & 4.7.08
- Sat 17th Fairfield Horseshoe FR AM 9m/3000' 1pm £5
Sedbergh Gala Winder FR 1.20pm £2.50
White Peak Marathon & Half Marathon 11am £17 tel 01629-823214
- Sun 18th Hendon Brook 13.5m RR
The Simonstone 10K RR 11am £8 Simonstone Hotel
BUPA Great Manchester Run
Shell Chester half Marathon 9.30am £15 Chester Race Course
Windermere Marathon www.brathay.org.uk

Tues 20th Stanhill FR BS 5m/800' 7.15pm £4 + Junior Races
 B6232 Britannia Pub Haslingden Old Road

Weds 21st Kildwick FR BS 3.75m/800' 7.30pm £3 + Junior Races
 Sweatshop/Mizuno Jubilee 5 RR 7.30pm £6 Rivington

Fri 23rd Burnley Lions 10K RR

Sat 24th Hutton Roof FR BM 7m/1300' 2.30pm £4 Hutton Roof
 Fighting Cancer 5K 11am £5+£1 eod Stanley Park Blackpool

Sun 25th Helvellyn FR AM 11m/4500' 12 noon £5 St John's in the Vale
 Edinburgh Marathon 9am

Sun 25th Sweatshop 10M RR £5 Worden Park Leyland

Mon 26th Austwick Amble FR BM 8m/1200' 1pm £3.50

Sat 31st Duddon Valley FR AL 18m/6000' 11am £6 or £7 eod
 wwwduddonvalley.co.uk
 Puma Garburn 23K 11.30am £20 graham@lakelandtrails.org

JUNE'S JAUNTS

Sun 1st Rosemere Cancer Foundation Duathlon c/d 18.5.08 sa/dets
 Saddleworth FR AS 3m/950' 12 noon £3 Tanners Waterside
 Mill, Greenfield
 Trawden 7 MT 11am £4.50 Trawden Recreation Ground

Tues 3rd Paddy's Pole FR AS 4m/1100' 7.15pm £3 Fell Foot Chipping

Weds 4th Blencathra FR AM 8m/2700' 7pm £1 Fell Gate Mungrisdale
 No safety pins, no toilets.

Thurs 5th Hendersons End FR BS 5.8m/800' 7.30pm + Junior Races
 Rivington Hall Barn No safety pins

Sat 7th Kelbrook FR BS 3.4m/700' 2pm £4.50 Parish Hall
 Lowe Alpine Marathon www.lamm.co.uk
 Pen-Y-Ghent FR AS 5.9m/1650' 3pm £4 Horton in
 Ribblesdale
 Wharfedale Off Road Marathon CL 26m/2600' 10.30am
 limit 150
 Wharfedale Off Road Half Marathon BL 13m/2300' 11am
 limit 200

Sun 8th Harry Aspinall Stacksteads Fair FR BS 3.5m/850' 1pm £2
 + English Junior Championship Counter
 + Lancashire Junior Fell Championships
 No safety pins, no toilets.

Weds 11th Holcombe Two Towers FR AS 4m/1300' £3 New Route. No
 pins. Hare & Hounds

Fri 13th Barley FR 6M 7pm £4.50

Sat 14th Ennerdale FR AL 23m/7500' 11am £8.50 by 9.6.08

Sun 15th Longridge Lions 7m RR 11am sa/dets
 Knowl Hill FR BM 6m/1300' 11am £4 Brown Cow Edenfield
 Road, Norden

Weds 18th Weets Hill FR AS 5.5m/1800' 7.30pm £3 Letcliffe Park
 Barnoldswick No toilets

Thurs 19th Two Lads FR BS 5.25m/900' 7.30pm £4 Bridge Inn Church
 Street, Horwich

Sat 21st Alfred Hulme Great Hill FR BS 5.75m/1300' 3pm £5.50

+ Junior Races Brinscall & Withnell Rugby Club

Buckden Pike FR AS 4m/1500' 2.30pm £3 Buckden
 Darren Jones Clougha Pike FR AS 5m/1250' 3pm
 Quernmore Village, £1.50 + £2.50 entry to
 sportsfield

Sun 22nd Burnley Boys Club 10K RR 11am £4.50 Barden Lane Track
 Freckleton Half Marathon 2pm no eod
 Settle Hills FR AM 7m/1750' 1pm £3.50 North Ribblesdale
 RUFC, Settle

Thurs 26th Aggie's Staircase FR AS 3.8m/1150' 7.15pm £3.50 White
 Lion, Punstock Road, Darwen

Fri 27th Astley Park 4M series 7pm £4.50 Main gates. Also 4.7.08

Sat 28th Blackstone Edge FR AS 3.5m/1200' £4 by 22.6.08
 Ladies 1pm, Men 2pm, Lydgate Hamlet