

HARRIER NEWS



The Clayton Harrier Newsletter
April 2010



The Future's Bright; The Future's Orange!

CONTACTS

The Clayton Website www.clayton-le-moors-harriers.co.uk

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

Race Results

All your races will count towards the Club's 2010 Fell Runner of the Year and Road Runner of the Year provided the Club Statisticians have your race results.

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

Please send your Fell Results to Mark Nutter
20 Osborne, Spennings 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 2009/10 Palladium awards will be obtained by the Cross-Country Statistician, Harry Manning.

Forthcoming Fixtures

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

The Clayton Newsletter

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Publication: Blackburn College Reprographics
Distribution: Michael Frost
Advertising rates are available from the editor. Advertisers' products and services are not endorsed by the committee.

Copy deadline for the May issue: Monday 12th April

Boothy's Bit

Website Messages

In December, after a period when all the message forums had been 'hidden', because light-hearted banter on the thread turned to personal comments and derogatory remarks about the Club, the Committee decided to make most of the Message Forum threads visible on the front page of the website. We took this action because we felt that it would be very useful for Captains and members to 'flag up' important communications regarding Races, Training and Run of the Month. The exception to this was the 'Chat' thread. Club members still had access to the 'Chat' thread, but it wasn't so obvious. As Martin pointed out at the time, the website is the Club's 'shop window' and anyone – runners looking to join CleM, members of other running clubs, for example– can see posts, so you need to consider your posts and responses, which doesn't always happen with such an 'instant' medium.

Over the weekend of 20-21 March, the webmaster removed a thread regarding the senior men's team's non-attendance at the Northern 12-Stage Relays at Wythenshaw Park on Sunday, 21st. We had entered a team, but despite Gary Shaw's strenuous attempts to fill 12 places, not enough members were able to turn out on the day so, with great reluctance, Gary withdrew the team from the event. Clearly, this raises a number of issues for the Club, which the Committee will debate at its next meeting. Despite a request to submit his comments to the Newsletter (not open to outsiders), a CleM member persisted in posting comments on the 'Chat' thread. (And later on the unofficial Clayton Facebook site) The webmaster deemed the posts damaging to the Club's reputation and removed the thread, phoning the poster to inform him of his decision. We do not wish to stifle debate. Indeed, we welcome constructive criticism and suggestions about how we can move the Club forward, but we cannot afford to have slanging matches in a public forum. So, if you feel strongly about a Club issue, submit a letter or article for publication in the Newsletter. That way, your opinions, and the responses of other members, who may have an opposing view point, are likely to be more considered.

Much better all round.

Sermon over.

Club Development

I had hoped that this issue of the Newsletter would be all positives. The photos of our youngest, newest members enjoying their sessions under Marion' expert guidance fill me with hope for the future. However, if we are to build on this start, we need more volunteers to share the coaching burden with Marion, Cynthia and John. Ideally, we need a core of members who are willing to commit themselves to gaining Level 1 and 2 (and maybe 3) Coaching Qualifications. If this is something that appeals to you, there has never been a better opportunity. On the back of the UK's successful Olympic Bid, and the government's commitment to improving health and reducing obesity, there are lots of local coach development courses. If you are interested, log onto Lancashire Athletics, or any of the local authority websites, or you can contact me for more information.

Personal Challenges

In the January Newsletter, I outlined my plans to celebrate my 60th anniversary year. I have committed myself to three challenges:

Saturday, 22nd May: Pendle Way in a Day

Saturday, 31st July: Joss Naylor Challenge

Saturday, 7th September: Jungfrau Marathon

I aim to raise £1,000 pounds for NW Air Ambulance and have set up a JustGiving page: <http://www.justgiving.com/petes60-triple-challenge>

On 22nd May, I would like to invite as many members as possible to join me on my slow (!) progress clockwise round the Pendle Way. I plan to start at Barley at 8.00am and hope to finish some nine and a half hours later. I've chosen the Pendle Way as it has lots of road crossings and lends itself to members running with me for as short or long distance as they feel able. I will publish a detailed itinerary on the website, or you can contact me and I'll get one to you. Hopefully, I won't be too tired to enjoy a few drinks with as many as want to join me in the Pendle Inn, after I've completed the run.

I hope to start recces for the 'Joss' in April and, again, will publish details on the website.

PLUS, as an extra, I would like to invite as all members to join me on a 'Birthday Bash' in Barley Village Hall after the Club Relay on 19th June. The Club is hiring the Hall for the Relays (details next month) and the party will begin straight after. You'll have to bring your own drink, but I'll provide some food and some music.

**CLAYTON-LE-MOORS HARRIERS
OFFICIALS
2009 –2010**

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LETTER

Hello Peter,

It's the first time I've noticed a slot covering standard club activities 25 years ago. Please continue, as I had pretty much dropped out of the Clayton scene by 20 years ago, but still an interested reader of the newsletter.

By the way a note to old friends and acquaintances who do remember me, I am back running again after an arthroscopy on my left knee in November. Had a similar problem in the right knee 7 years ago now. The only difference is, this time, it was fixed within 9 months while the first one took 2 years.

I used to hear of good runners giving up due to knee problems as they got older, but can now say from personal experience that it's well worth getting them seen to as it can often be fixed.

Thanks
(Dr) Gifford Kerr



JUNIOR NEWS

Clayton Juniors are enjoying their Saturday morning sessions.

We start with wobble board practice. The star of the show is 3 year old Matthew, who comes along to watch his big brother. He has his name down ready to join in as soon as he is six. Every morning he stands on a wobble board to clean his teeth. This is a young man who will have no problems with his core stability.

Clayton vets take note!



Last Tuesday was just a normal day, except the sun was shining, then out of the blue came a phone call from Keith Thompson offering substantial funds for Clayton Juniors and promising to organise a Junior Half Tour Race for next year.

We chatted about training, Juniors and running in general and how it was important to tell people they were doing a good job whatever their challenge was in life.

Thanks to Keith for that call, the sun shone a little brighter that day.

Marion Wilkinson
(Junior Coordinator)

Noonstone Fell Race 27th February

Men

430 runners, including about 30 CleM members, set off on the Noonstone Fell Race, the first round of the 2010 English Fell Championship. First home was Matthew Speake (Dark Peak), closely followed by club mate, Lloyd Taggart, first V40, while Olivia Walwyn (Altrincham) led the ladies home in 70th place overall.

First CleM counter was Jack Dugdale, in 41st place, 2nd MU23, probably his best performance to date. Jack was closely followed by Mike Wallis (45th) who, after winning a close duel with last year's V50 champion, Steve Oldfield, was surprised and disappointed to learn that Mike Johnson (Bowland), who finished just 30 seconds ahead, had recently turned 50!

Garry Wilkinson (54th), Tim Edward (62nd) and Chris Balderson (88th) joined Mike to take 3rd V40 team behind Dark Peak and Calder Valley. Mike, supported by Jack Holt (142nd, first V60) and Brian Horrocks (151st), also led the V50 team to first place. Kieran Carr (215th) finished first V65 and Andrew Robinson (163rd) 3rd V55.

Ladies' Fell News

Well done to all the ladies who ran at Noonstone. Sue (257th), Wendy (262nd) & Anna (268th) were first LV40 team and 6th Ladies team overall. Sue was 2nd LV50, Wendy 3rd LV50 & 1st LV55, and Anna 10th LV45. Barbara Savage, Jane Murphy and I also ran among the 80 lady finishers.

Hopefully we can build on this result at Coniston on 1st May – I hope you all got your entries in early as the race filled up within a week. You should by now have also entered Sedbergh Three Peaks and Ennerdale.

I'm hoping to recce Coniston on the weekend of 17th April – everyone welcome. Keep an eye on the website message board for details. We'll be taking it easy as it's the week before the Three Peaks and the London Marathon.

Katy Thompson

CLUB CHAMPIONSHIP 2010

We have again chosen fifteen races for the 2010 Club Championship: five cross-country, five fell and five road races.

Points will be awarded on the same basis as last year. (Men: 100pts for 1st Clayton; Ladies: 50 points for 1st Clayton, reducing by 1 point per place.)

Each category will be decided by the results of any 3 races (max) out of 5. Overall Club Championship will be decided by the results of 9 races (min 1; max 3 results from each category). The more races that you do, the better your chances, but with such a crowded calendar, we recognise that it is difficult for everyone to do all the races. We hope that the '3 from 5' format gives members a chance to target races and will encourage more members to compete in the Championship.

CROSS-COUNTRY RACES

November/December

Mid-Lancs/Red Rose League Races to be confirmed after publication of the League fixtures.

ROAD RACES

Friday, 28th May

Burnley Lions 10K

Colne

Sunday, 1st August

Cliviger 6 Mile

Cliviger

Thursday, 23rd September

Ron Hill 5K

Littleborough

Sunday, 5th December*

Guy's 10M

Preston

Monday, 27th December

Ribble Valley 10K

Clitheroe

FELL RACES

Saturday, 3rd April

Pendle FR (S)

Barley

Saturday, 15th May

Fairfield Horseshoe (M)

Rydal

Saturday, 24th July

Turnslack FR (M)

Littleborough

Saturday, 28th August

Pendleton FR (S)

Pendleton

Saturday, 18th September

Good Shepherd (L)

Mytholmroyd

***Please note: Guy's 10M replaces Ultrafit St Annes 10M**

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

PRESENTATION EVENING

Around 170 members enjoyed themselves (some more enthusiastically than others!) at Mytton Fold Hotel on 27th February. Thanks to the hard work of Marie Greenwood and her band of helpers, the event made a small profit. The raffle was a great success, raising £399.72 for the RNLI, our Junior Section and the NW Air Ambulance. We are very grateful to Pete Bland, Paul Hesketh, Steve Heys, Candice Taylor, PhysioRoom.com, and Michael Toms for their generous donation of prizes—and to members present for digging so deep in their pockets.

Great Hameldon Hill Race Sunday, 2nd May

Helpers are needed for this race. Please support your club and put something back into your sport by volunteering to flag the course, direct competitors to the car park, marshal or record results.

You can help out and still take part in the race.

Marie Greenwood is eagerly anticipating your call. Don't let her down!

Phone: 01254 237485

MEMBERSHIP

Welcome to: Lewis Clare, Burnley, (Junior)
Graham Kissack, Clayton Le Moors,
Ben Neild, Worsthorne,

Dark and White RAB Mini Mountain Marathon Series 2009-2010

The series consists of three 'mini mountain marathons', navigation score events, where runners 'dib in' electronically at up to 20 check points in any order. Each check point has a value, depending on the distance from the start and the difficulty in finding it. There are big points' penalties if competitors exceed the three-hour time limit. Having been introduced to this series by Mark Nutter early in 2009, and seen the potential for practising (improving?) our navigation while doing a three-hour training run, Richard Bellaries & I entered the 2009-10 Series.

On a filthy November Sunday, we travelled down to Edale with Andy Armstrong and Dave Motley, who were also entered as a pair, as were Pete & Bev Thompson. As the rain hammered against the windscreen and the mist glowered over Kinder, the omens were not good. Once in our full waterproofs, with maps in hand, it was agreed that Andy & Dave would tackle the course in an anti-clockwise direction, while Rich & I would go clockwise. Finding CPs on the way out towards Jacob's Ladder was straight forward, but they seemed very spread out. Once we climbed on to the plateau, conditions were very different, extremely wet and windy. We had the good fortune to team up, for a while, with John Ashton (Maureen's husband), a very experienced and able orienteer, although the combined expertise of the three of us struggled to find a CP hidden in the rocks at the foot of a 5m escarpment. Luckily, as we progressed, the weather improved and we made short work of finding the next few CPs, before a horrendous blunder (mine!) lost us lots of time and meant we had to hammer it down the track and through Edale Village back to the Hall. This was to be the recurring theme of the series.

At the Village Hall, there was no sign of Andy & Dave. They eventually turned up more than half an hour over time, having had a torrid time in the mist on Kinder, before turning the wrong way at the top of Jacob's Ladder and running for ten minutes in the wrong direction, before realising their error. They were awarded 'nul points'. I'm not pointing any fingers, but Dave decided to find a new partner for the December event!

On 6th December Andy, Rich & I travelled down to Hayfield for the second round. Pete & Bev were there again, as was Dave with new partner. Andy was flying solo. Again, Richard & I decided to steer clear of Kinder and pick up points from the CPs to the south, gradually working our way round towards the steeper ground. We were pleased with our strategy, although it meant covering a lot more ground than the other option. Again, we had one major glitch, misreading the map. Our problem is that our aged eyes cannot decipher the fine detail on the 1:25000 OS map and taking specs on and off all day is a real bind. Deciding to be greedy we went for a far-flung CP on the edge of the Kinder Plateau, then realised we had left ourselves a lot to do in the final 45 minutes. Picking up a CP on Kinder Low, we had to descend straight off the edge, towards the next CP near Hayfield Res, at which point Rich, of course, left me standing. Once I had finally caught him up, we set off on the two-mile run back to Hayfield, so I put my map away to concentrate on keeping up. Just as at Edale, we turned into a pair of road runners, hanging on for the last two miles, to arrive just over time, but with enough points to win our age group. We later realised that, in our haste, we had run past a check (worth 15 points), just 10m off the path! Headless chickens come to mind.

In complete contrast to the first round, the twice-postponed final event was held on a beautifully sunny, crisp day in Macclesfield Forest on 7th March. The navigational difficulties began on the journey as I transported Rich, Pete & Bev in my new bus to an unfamiliar location. We ended up driving down a steep 10 feet wide lane in a 9 feet wide motor home – making few friends. Once registered, Rich & I decided to get the biggest climb, up Tegg's Nose, out of the way first. After a minor blip finding the first CP, we shouldered our way through the hordes of ramblers (inconsiderately walking in the opposite direction), making good progress to the first half dozen controls. Just after we had warned each other that we should take extra care not to make an error, naturally we made a huge one. Arriving at a gate, the features appeared to fit the map so, on we went. It was only after we had continued for another half mile or so, that alarm bells began to ring. We stopped and realised we hadn't a clue where we were! There was nothing for it but to retrace our footsteps to a known point. Once we arrived back at the gate, we realised our mistake. We had (again) failed to read the fine map detail and had continued down a forest track, passing the correct turn off.

Cursing, we took the track on to the open moor. Still in a bit of a lather, we then went wrong again, passing a bemused, lurching rambler no less than three times before getting back on track. With our confidence shaken, we proceeded a little more cautiously to the next 2 CPs, arriving (again!) at the furthest point away from the finish, with only an hour to go. By now the temperature had risen (in more ways than one), as we sweated up a steep road. We picked up two more CPs without alarm and Richard wound up the pace still more across the fields and then along a road, back toward the finish.

Almost within sight of the car park, Rich suddenly dived over a stile, leaving me little choice but to follow. Oooops!! The path took us in the wrong direction, leaving us with an uphill slog back past the reservoir. Richard was kind enough to wait as I staggered to the finish—fortunately less than five minutes over time—to record our best score of the series which, unfortunately, was only enough to secure us third place on the day. Comparing our times with our old friend and rival, John Ashton, we reckoned that our double error had cost us at least 20 minutes – and a series win?

After about a week the series results finally appeared on the Dark & White website. We had held on to win our age group (V55 – or pairs 111 - 120 years!!). Result. All who have taken part in these low-key events have thoroughly enjoyed them, as they provide a nice balance between navigation and running; more of the latter and less demanding control positions than orienteering, in superb locations. I think they are great for training and navigation practice and would be ideal for members who lack confidence or expertise in navigation - especially if they paired with someone with more experience. As Pete & Bev have found, the events also allow pairs who would not normally compete together, to take part and enjoy running together in a competitive situation.

The first event of the 2010-11 Series has already been planned for next November. See: www.darkandwhite.co.uk/

Covering Old Ground

25 years ago (Apr 1985)

No newsletter – insufficient material according to the editor.

20 years ago (Apr 1990)

Graham Cunliffe (Club Captain) was profiled. He is quoted as saying “....I am quite happy to see and hear the usual bickering and infighting between....road and fell runners etc. because this shows to me that the club is alive and well.”

Winner in the Half Tour was Sean Livesey (*Rosendale at the time, although now Accrington RR*) in 61.59, closely followed by Graham Huddleston 2nd 62.40 and Garry Wilkinson 4th in 63.51. *The course was the reverse of the usual and the following wind helped set a record still in place today.*

In the Results:

Habergham – D.Wilson first V40; Ribble Valley - 10M Cheryl Cook first lady, Katy Thompson first lady vet; Whinberry Naze - Vanessa Brindle (Peacock) first lady; Fiendsdale - John Nuttall first vet, Ruth Pickvance first lady; Half Tour – Pete McWade first vet, Laurence Sullivan first V50 (266 finishers).

Haworth Hobble – Winners Mike Wallis and Tim Laney, Mixed Winners Vanessa Brindle (Peacock) and Martin Stone, V45 Winners Stan Bradshaw and Denis Beresford.

15 years ago (Apr 1995)

Speedwork sessions were advertised by John Roche – taking place at Towneley Park on Thursdays. Jon Sharples (assisted by Pete Hindle & others) was to lead a Saturday run from Accrington Railway station to Hebden Bridge on 8th April – all welcome for this 22 mile outing (and return by train). Presentation night was planned for Platt's club in Accrington on 21st April.

A club relay was in the planning for June, led by Don Barton and assisted by Martin Brady. The plan was to link the Pendle Way and Bowland/Pendle Challenge, a distance of 100 miles, starting and finishing in Whalley. Teams of 12 runners doing one leg on each of the two routes (no leg longer than 12 miles). Team starts were to be based on handicaps with a view to all finishing around a similar time.

In the Results:

The Men were MLXC champs.

10 years ago (Apr 2000)

Clayton A team were MLXC champions. Monica and Colin Shone had moved back to Wales and welcomed any Clayton visitors.

In the results:-

In the Ashurst Beacon, Hyndburn 10K and Lostock 6M Vanessa Peacock was first lady. Ted Orrell took the V60 prize in the Lostock 6.

5 years ago (Mar 2005)

Four members of the Clayton team planning to do the Everest Marathon in November, tackled the Wadsworth Trog as part of their preparations. A tough 20 mile route at the best of times but on this occasion aggravated by a chill factor of minus 15 degrees leaving some runners close to hypothermia. Garry Wilkinson (first V40) finished third overall in 3.12.22 followed by a great run from Neil Worswick in twelfth, 3.27.44. Mark Brown managed 32nd and John Roche 37th. Amongst the others from Clayton was previous winner, Andrew Orr, sixth in 3.18.07, Steve Whitaker in 29th.

Run of the Month went to Lawrence Chew for his first V70 in the Blackburn 10K.

In the Results:-

In the GNW Half Marathon, Peter Butterworth was first V50 in 78.13. At the St.Anne's Fire Brigade 10, Ted Orrell was first V65 in 66.50; Christine Leathley was first FV55 in 83.26; and Kitty Garnett was first FV 65 in 93.31. The Half Tour attracted 179 including 26 ladies. *(Holmesy did 66.08 – almost three minutes slower than this year.)*

Paul Healey

Previous newsletters on line

You can now download the latest and previous newsletters from the website.

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

Click on the link called **Members Page** at the top of the front page.

Then enter the username and password:-

username:- **clemmember**

password:- **clayton1**

PENDLE FELL RACE

3rd April 2010

Help wanted for both the Junior and Senior Pendle Fell races on Saturday 3rd April 2010, Yes it is Easter Saturday. The Junior races start at 12.30pm and the Senior race at 2.00pm. Any help with either race would be gratefully appreciated. Even if you intend to run in the Senior race, 30-40 mins help with the junior races would be really helpful.

I'm hoping to beat the 100 junior runners mark again.

Many thanks David Bailey

Contact details: tel 01282 618554 after 8.00 during the week

email david.bailey80@ntlworld.com

LONDON MARATHON 2010

Travel and accommodation for runners and/or spectators at the 2010 London Marathon.

£113 per person

Price includes:

- Travel by coach from East Lancashire to London on Saturday, 24th April;
- 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:

Harry Haseley	01254 885611
John Barcroft	01254 884793
Eddie Murphy	07969 061233

BMAF Vets Road Relays

Sutton Park: 15th May 2010

The Club has enjoyed great success in these Relays in the last few years. There are Relays for M35, M40, M50, M60 M70 and F35, F45, F55, F65 Teams—a good day out for all. Transport provided, if needed.

If you would like to take part in this event, contact Mick Wrigley.

FEBRUARY RUN OF THE MONTH

- SUE BURNS** for 1st F50 at Gt NW HALF MARATHON, BLACKPOOL with PB of 1:28:54 on 21st
Nominated by Lorna Balmer
- ALEX CRAN** for 15th place in 1:19:15 Gt NW HALF MARATHON, BLACKPOOL on 21st
Nominated by Jamie Baldwin
- WENDY DODDS** for 1st F55 at NOONSTONE, ENGLISH FELL CHAMPIONSHIP RACE on 27th
for 1st Lady at the BARBONDALE FELL RACE on 21st
Nominated by Harry Manning
- JACK DUGDALE** for 1st CleM, 2nd U23M (41st pos) at NOONSTONE, ENGLISH FELL CHAMPIONSHIP RACE on 27th
Nominated by Stuart Fogg, Kathryn & Garry Wilkinson, Gary Shaw, & Paul Thompson
for 6th place at ILKLEY MOOR FELL RACE on 21st
Nominated by Harry Manning
- RAY LEES** for 1st V55 at the NATIONAL XC CHAMPIONSHIPS at ROUNDHAY PARK, LEEDS on 27th
Nominated by Richard Lawson
- TED ORRELL** for 1st V70 (44:34) in LOSTOCK 10K on 28th
Nominated by Dave McMullen
- KATY THOMPSON** for 1st F50 at the WADSWORTH TROG FR on 6th
Nominated by Wendy Dodds
- PAUL THOMPSON** for 2nd place at the WADSWORTH TROG FR on 6th
Nominated by Katy Thompson and Harry Manning
- FRANCIS WOOD** for 1st F60 at the TORREIJO (SPAIN) HALF MARATHON in 1:51:15 on 28th
Nominated by Harry Manning

FEBRUARY'S WINNER

JACK DUGDALE
FOR HIS GREAT PERFORMANCE AT NOONSTONE

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

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

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

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

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Discount to Clayton Members

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

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

or by post to

**Peter Booth
101A, Burnley Road, Cliviger, Burnley,
Lancs BB10 4SN. Tel 01282 448232, Mob:
07724 085873**

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

**Newsletter
Advertising Rates**

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

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Peter Catley IIST HFST

Clayton-le-Moors Harriers Summer Series 2010

After the deafening silence following last month's appeal for opinions about the Summer Series, it's back!

Usual format: first past the post and the far more important, skilled and subtle art of predicting your time—no watches allowed!

Entry: £3 per race (Uphill & Downhill Races a bargain at £3 for both!)

7.00pm 22nd June	Worsthorne Trail Race,	Worsthorne Village Square
7.00pm 20th July	Uphill & Downhill Fell Races,	Calf's Head, Worston
7.00pm 31st Aug	Tour of Hameldons,	Peel Park Hotel, Accrington
6.30pm 7th Sept	Ossy Moors,	Plough Hotel, Oswaldtwistle.

NB: Clayton members only races.

Let's be 'avin' as many entries as possible.

HALF TOUR of PENDLE **6th March**

For the second year in succession, Ian Holmes led the field home, amazingly, faster than his times in 2009, when the race was an English Championship counter, and 2004. He's getting faster as he gets older! In excellent conditions for running, first Clayton home was Fell Captain, Stuart Fogg, in sixth place, two minutes ahead of Noonstone star, Jack Dugdale (12th) and Mike Wallis (13th, first V50). Winner of the ladies' race was Jo Waites (Calder Valley) in 42nd place, while Karin Goss was first LV60 in 229th place, out of 244 runners.

As well as over fifty competitors, there were plenty of Clayton members out on the hill, acting as marshals and supporting the runners. I had the pleasure of seeing the race from a new perspective—as 'sweeper' - a role which gave me the chance to catch up with members I hadn't seen for a while on my progress round the course.

Pete

MILESTONES

April

Service

David Barrowclough	10 years
John Rusius	10 years
Tony Brierley	10 years

Age

8 th	Darren Rushton	40 years
9 th	Chris Egerton	60 years
11 th	Martin Terry	50 years
14 th	Harry Thompson	70 years
16 th	Tom Targett	65 years
17 th	Steve White	55 years
18 th	Bev Thompson	45 years
22 nd	David Bailey	55 years
25 th	Janet Ryan	65 years
30 th	Michelle Lord	45 years

SUMMER TRAINING

Tuesday, 6th, 13th, 20th 27th APRIL ONLY

6.30pm SEEDHILL TRACK, NELSON

John Roche will lead a track session on each of these dates in order to support members in their preparation for London Marathon, summer road races and relays.

THURSDAYS:

APRIL, MAY, JUNE JULY AUGUST SEPTEMBER

6.30pm, Kiosk Car Park, Towneley Park, Burnley

Speed session around Towneley Park.

John promises focused, intense training.

All welcome.

ALSO

**6:30 pm - Training from The Memorial Park, Church Lane,
Great Harwood.**

Take the opportunity to enjoy the stunning scenery and run the tracks, trails and pathways over and around Whalley Nab, Billington Moor, Dean Clough and Read Hall.

Tuesday Summer Training Venues 2010

Summer training will follow the usual format of group runs from the following venues, at the time stated:

Date	Time	Venue	
6, 13, 20, 27 April	6.30pm	Black Hill Car Park, Sabden (Post run drinks in the White Hart , Sabden)	Royal Hotel, Tockholes
4, 11, 18, 25 May	7.00pm	Barley Car Park	
1, 8, 15, 22, 29 June	7.00pm	Village Square, Worsthorne	
6, 13, 20, 27, July	7.00pm	Calf's Head Hotel, Worston	
3, 10, 17, 24, 31, August	7.00pm	Peel Park Hotel, Accrington	
7, 14, 21, 28, September	6.30pm	Bridge Inn, Barrowford	Plough Inn, Oswaldtwistle

The venues are chosen so that members can train off or on the road, according to their preference.

Tuesday Fell Training

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

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

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

CLAYTON-LE-MOORS LADIES TRAINING NIGHTS 2010

01/04/10	Easter Break	
08/04/10	Linda Bostock	01282 816269
15/04/10	Katy Thompson	01254 772013
22/04/10	Lisa Richardson	07754034965
29/04/10	Jean Brown	01200 440880
06/05/10	Alison Athroll	01282 693673
13/05/10	Christine Leathley	01282 694941
20/05/10	Sue Allen	01254 388492
27/05/10	Alison Dugdale	07590279794

(7 Belvedere Rd Blackburn BB1 9NS)

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.

Thursday Training Session

SPIRIT OF SPORT CENTRE
Ormerod Road, Burnley
6.00pm

CROSS FIT TRAINING

Suitable for all disciplines: Road, Fell & Cross Country.
Builds power, Endurance, Pace & Core

For Seniors and Juniors (**over 16**) with a good level of fitness—not suitable for beginners.

Led by Marion Wilkinson 01282 425385

Junior Training (Age: 6-12)

Saturday 12.30-1.30pm
Spirit of Sport, Ormerod road, Burnley
Outside on Tennis Courts
Appropriate Footwear and clothing
Please arrive 10 mins early to complete Parent's consent form and Medical Questionnaire

COMMITTEE NEWS

Monday 1st March

9 members were present.

The main discussions and decisions were:

- Association of Running Clubs flier received, outlining alternative service to UKA: insurance, events etc at lower fee. Mike to investigate further.
- Good team & individual performances at Noonstone, first English Fell Champs Race (see p 8 for details)
- Members present agreed with Martin that Captains could make greater use of Captains' Pages on website to communicate with members.
- Marion reported that £140 had been spent on equipment for Juniors.
- Venue at Burnley Tennis Club has been offered for training and meetings if required.
- Presentation Evening was judged a great success, overall. Positives included: venue, food, coach from Burnley. Negatives: length of presentation (Number of awards?), no draught beer, choice of music, start time.
Review of awards needed for next year. Provisional booking to be made for Mytton Fold in 2011.
- Club Development Plan - Pete presented a review of progress. New objectives agreed for 2010-11. Pete to write up & circulate.
- Club Relay: Date confirmed—19th June at Barley. Pete to enquire re hire of Village Hall. Junior events and presentation to be included. Pete, Martin & Dave to plan in more detail.
- Mike to make arrangements for 'Billy Bland BG Challenge Relay' on date to be decided in May.
- Summer Series: to follow similar format as 2009. Lower entry fees, with charity box available for contributions. Paul & Pete to agree arrangements & put in Newsletter.

Date of Next Meeting: Monday, 29th March 2010 at the Whitakers Arms,
Accrington

List of New members on p.10.

Mid Lancs Cross Country League 2009-2010 Season

Dawn Lock, Secretary of the Mid Lancs XC League has supplied the season's results. CleM medal winners are as follows:

Individual:

Men

V50	BRONZE	Raymond Lees
V60	BRONZE	Barry Mitchell

Team:

Ladies

F45	SILVER
-----	--------

Men

Senior (Div 1)	BRONZE
V40 (Div 1)	GOLD
V50	SILVER
V60	SILVER

Well done to all who have won individual awards or contributed to team success. Also, thanks to Cross Country Captains: Anna Kelly & Mark Aspinall for all their work behind the scenes.

STOP PRESS British Masters Cross Country Championship Stormont, Northern Ireland Saturday, March 13th

Mark Aspinall, Ray Lees, John Roche
Clayton-le-Moors Harriers British V50 Team Champions
Retaining the title won in N Wales last year.

Anna Kelly F45 Individual Bronze Medal
Mark Aspinall V50 Individual Bronze Medal

CONGRATULATIONS!

RESULTS

CROSS COUNTRY

Mid Lancs Cross Country League

Wilson's Hyndburn

13.02.10

Boys U11

1	J	Lonsdale B'pool	7.48
23	W	Bellard	9.23
25	C	Archer	9.26
44 Finished			

Boys U13

1	M	Dutton Pendle	9.30
30	H	Edmondson	11.44
34 Finished			

Men U17

1	T	Loveridge L'pool P	19.05
13	A	Holgate	22.02
17 Finished			

Senior Ladies

1	A	Jarman Lancaster	21.38
10	K	Trickett	23.42
39	S	Clark F35	27.28
56	D	Richards F45	28.48
59	W	Dodds F55	29.29
80	K	Goss F55	32.40
83	S	Allen F45	34.31
86 Finished			

Teams

1	Liverpool Pembroke	29
2	Accrington	35
3	Wigan Phoenix	35
11	Clayton	105
20	Clayton B	222

F35 Teams

1	Blackpool	35
2	Wesham	54
3	Blackpool B	62
6	Clayton	76

F45 Teams

1	Blackpool	28
2	Southport	29
3	Red Rose	49
5	Clayton	58

F55 Teams

None

Senior Men

1	R	Lightfoot Ellenbro'	31.03
17	G	Shaw	33.26
20	M	Aspinall V40	33.41
27	J	Dugdale JM	34.04
39	S	Fogg	35.26
55	R	Lees V55	36.44
56	C	Balderson V40	36.46
59	D	Motley	37.01
67	B	Brock V40	37.47
77	C	Steele	38.17
84	M	Wightman V40	38.46
97	B	Horrocks V50	39.34
98	D	Horrocks V40	39.37
104	I	Wigham V40	40.11
112	P	Booth V50	40.52
121	N	Worswick V40	41.27
122	B	Mitchell V60	41.33
125	I	Robinson V50	41.45
135	A	Howarth V50	42.37
136	A	Dugdale V40	42.42
140	J	Hickie V50	43.11
161	D	McCallum V60	46.37
165	T	Orrell V60	47.27
171	S	Hartley V50	48.38
177	D	Munroe V60	49.13
178	R	Chappell V60	49.16
182	R	Lawson V60	51.12
186	R	Hirst V50	53.23
194 Finished			

Teams

1	Southport	104
2	Barrow	113
3	Wigan Phoenix	188
4	Clayton	198
11	Clayton B	454

V40 Teams

1	Wigan Phoenix	36
2	Clayton	63
3	Blackpool	67
9	Clayton B	172

V50 Teams

1	Wesham	28
2	Clayton	31
3	Lytham	41
8	Clayton B	68

V60 Teams

1	Barrow	12
2	Clayton	20
3	Chorley	32
4	Clayton B	39

English National Cross Country Championships

Leeds

27.02.10

Ladies

1	S Twell	Aldershot	27.52
169	K Trickett		35.09
533	S Allen		51.41
543 Finished			

Teams

1	Charnwood	73
2	Aldershot	99
3	Bristol	134

Men

1	A Vernon	(Aldershot)	38.01
263	G Shaw		45.31
369	M Aspinall		47.13
417	R Lees		47.49
638	P Archer		50.51
1139	J Hickie		58.56
1428 Finished			

Teams

1	Aldershot	182
2	Leeds City	208
3	Bedford	291

Cross Country Season 2009-2010

Palladium Points Competition

after 11 races

Ladies

K Trickett	38
T Mitchell	17
W Dodds	17
S Clark	17
J Murphy	14

Men

M Aspinall	144
G Shaw	119
R Lees	102
C Balderson	82
D Edmondson	80

Appearances after 11 Races

Ladies

K Trickett	8
S Allen	7
K Goss	6
W Dodds	4

Men

J Hickie	11
M Aspinall	10
R Lees	9
T Orrell	9
G Shaw	8

MULTI TERRAIN

Joe Salt New Yr's Day MT

4.2 miles

1	B Riddell	Salf H	24 25
5	G Wilkinson	1st M40/45	26 55
8	P Shackleton	3rd M	27 36
19	J Roche	3rd M50	29 25
39	Carole Fryer	W45 Halifax	33 31
46	Gayle Whittaker	3rd L 1stW35	34 24
54	Irene Roche	1st W50	35 59
55	Dawn Richards	2nd W45	36 01
72	A Graham		39 35
94 finished			

Radcliffe 10M Trail

1	B Riddell	Salf H	56 57
26	M Terry	M45	67 52
41	Alison Sedman	BVR	70 24
137	Dawn Richards	W45	84 02
148	Lorna Balmer	W35	85 51
247 finished			

Parbold Hill Race

13th Feb

1	N Leigh	Altr & Dist	40 58
188	S Fish	M55	59 28
253	M Salisbury	M45	63 34
354	J Francis	M65	70 11
390	R Hill	3rd M70	73 32
439 finished			

Hit the Trail 5M Reddish

31st Jan

1	D Hamilton	M40 S/W	28 23
11	Ros Dunnington	W55 ECH	34 50
49	K O'Brien	1st M65	40 29
86 finished			

ROAD

Arnold Bibby Mile Lancaster

2nd Jan

1 B Smith L&M	5 05
5 J McGuire M50	7 52
7 finished	

Chernobyl 10K Walton

24th Jan

1 A Valentine BUH	32 26
32 Lisa Finley Dumfries	38 33
35 K Mitchell	38 46
42 L Clough	39 35
51 Tracy Mitchell 1st W35	39 59
265 R Treitl M55	49 59

Central Lancs Half M Catforth

7th Feb

1 A Tatham Un	73 40
6 R Lees 1st M50/55	80 46
14 Jo Zakrewski Dunfries RC	
235 ran	

Liversedge Half M

14th Feb

1 E Mitchell Un	73 16
16 D Howell	83 57
417 finished	

Gt NW Half Marathon, Blackpool

21st Feb,

1 S Robinson BWF	69 36
15 A Cran	79 15
21 P Archer M40	80 31
25 K Davies M45	81 37
27 Gemma Unsworth BWF	82 22
38 D Motley	84 22
49 K Mitchell	85 28
84 Susan Burns 1st W50	88 54
89 A Hall M45	89 13
94 Avril Duckworth 1st W45	89 22
95 N Roscoe M40	89 23
134 Tracy Mitchell W35	92 34
192 B Wildman M40	95 39
403 J Balmbra M45	106 00
446 Lisa Hudson W40	108 36

Lostock 6

28th Feb

1 A Valentine BUH	30 48
35 S Green 1st M55	37 46
61 Jayne Taylor Wigan PH W4539	40
64 D McMullen M40	39 57
148 T Orrell 1st M70	44 34
161 S Hartley M50	45 05
277 R Hill 3rd M70	55 28

Docklands' 5 Preston

28th Feb

1 G Pennington M40	25 59
70 Lauren Cooper L&M	32 07
123 K O'Brien 2nd M65	40 22
294 finished	

Millie's Mile Preston

28th Feb

1 A Witherington	7 05
6 J McGuire M50	7 42
153 ran	

Torrevieja Half Marathon Spain

28th Feb

1 D Kilel Kenya	65 59
11 Joyce Chepkumui	72 44
Frances Wood 1st W60	111.15
1373 finished	

Stanley Park 10K

7th March

1 J Fletcher Border H	31 29
21 Erika Robinson Buckley RC	37 34
29 P Baistow	39 01
190 Marion Wilkinson	
1st F55, 60 & 65	53 31
310 finished	

Trafford 10K

7th March

1 C Thompson AFD	28 02!
65 Gemma Connolly St Helens	37 03
328 R Hill 1st M70	53 23
434 ran	

FELL

Soreen Stanbury Splash 24/01/10

BM 7m 1200ft

1	I	Holmes - Bing	V40	43.17
12	J	Dugdale		49.04
43	I	Greenwood	V40	52.49
44	H	Glover - K&C 1st	L	52.58
49	P	Hesketh	V40	53.31
77	M	Terry	V40	56.00
149	A	Dugdale	V40	62.53
209	P	Dugdale	V50	68.00
215	A	Donlan	L	68.28
235	J	Rawlinson	LV50	70.33
285	R	Hirst	V50	82.33
289	J	Francis	V60	83.59
298 Finished incl 55 Ladies				
1				DNF

Carnethy 5 13/02/10

AS 6m 2500ft

1	R	Jebb - Bing		48.41
68	J	Holt	V60	1.02.51
133	M	Nutter	V40	1.07.22
202	Pr	Thompson	V40	1.11.45
336	A	Firth	V50	1.22.15
484 Finished				
3 DNF				

Wadsworth Half Trog 06/02/10

BL 9m 1500ft

1	L	Athersmith - Bing		1.26.13
5	I	Greenwood	V40	1.30.44
17	N	Hardiman	V40	1.41.04
45	R	Hirst	V50	2.34.27
DNF	B	Savage	LV40	
DNF	J	Murphy	LV40	
46		Finished		
9 DNF				

Wadsworth Trog 06/02/10

BL 20m 4000ft

1	T	Brunt - Holmfirth		3.00.24
2	Pl	Thompson		3.01.48
5	A	Orr		3.18.48
11	C	Balderson	V40	3.22.36
15	A	Robinson	V50	3.33.55
16	T	Edward	V40	3.37.05
17	G	Shaw		3.38.09
21	P	Booth	V50	3.42.14
23	P	Hesketh	V40	3.43.19
25	H	Jackson - Bing	1st	3.43.46
36	M	Terry	V40	3.57.22
47	N	Worswick	V40	4.10.50
49	S	Bury	V50	4.11.46
59	R	Bellarries	V50	4.24.30
67	J	Pickup	V50	4.26.03
71	K	Thompson	LV50	4.27.32
101	W	Dodds	LV50	4.44.33
104	G	Balmer	V40	4.46.46
DNF A Armstrong V40				
118 Finished inc 19 Ladies				
8 DNF				

British Fell Running Championships 2010

Four races make up the 2010 British Championships. Team and individual rankings will be decided by the results of three races (one at each distance).

Sat, 10th April	Silent Valley (M) 9.4M/4900'	Mourne Mountains, NI
	Pre-entry by 3rd April via form on website. New route— details on website. Website: nimra.org.uk	
Sat, 26th June	Sedbergh Three Peaks (S) 4.1M/1663'	Sedbergh
	500 limit. Entries taken from 26th March-26th May. Website: sedberghschool.org	
Sat, 31st July	Dollar (M) 9.4M/3150'	Dollar, Scotland
	Entry forms from website: ochilhillrunners.org.uk	
Sat, 25th Sept	Black Mountains (L)	Llanbedr, S Wales
	Pre-entry—forms on website in July. Website: mynydd-du.org.uk	

English Fell Running Championships 2010

Six races make up the 2010 British Championships. Team and individual rankings will be decided by the results of four races (at least one at each distance).

Sat, 1st May	Coniston (M) 9M/3500'	Coniston
	400 limit. Pre-entry from 1st March on official form from website: conistonfellrace.org.uk	
Sat, 12th June	Ennerdale Horseshoe (L) 23M/7500'	Ennerdale
	Limit 450. Pre-entry from 31st March-31st May on FRA form.	
Sat, 26th June	Sedbergh Three Peaks (S) 4.1M/1663'	Sedbergh
	(see above)	
<u>Sun.</u>, 18th July	Holme Moss (L) 17M/4000'	Holmfirth
	Limit 400. Pre-entry from 1st May-9th July on official form from website: holmfirthharriers.com	
<u>Sun.</u>, 5th Sept	Shelf Moor (S) 5.9M/1500'	Glossop
	Limit 300. Pre-entry from 1st July-31st Aug on official form from website: glossopdale.org.uk/races	

NB: Championship Races have become very popular. All this year's Races are pre-entry. Keep an eye on the websites listed. Entry dates are known to be 'flexible'.

FIXTURES

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

APRIL'S ANTICS

- Fri 2nd Caldervale 10m 1pm £7 + £2 eod
Salford 10K 10am from Salford Sports Village £8 + £1 eod
Good Friday Races 4m Ladies 10.30 am Mens 11am from Victoria Park, Southport £7
- Sat 3rd **Pendle FR AS 4.5m/1500' 2pm from Barley Village Hall £3 eod**
Junior Races from 12.30p.m. Club Champs
Rivington Pike BS 3.25m/700' 3pm from Crown Hotel, Horwich £5
Junior Races 1pm from Rivington & Blackrod High School
Manx Mountain Marathon AL 31.5m/8000' 9.15am from Market Square, Ramsay loM £22 pre-entry by March 27th
Manx Half Mountain Marathon BL 13m/2600' 12.30pm from St Johns Crossroads £9 pre-entry by March 27th
- Sun 4th Guiseley Gallop Multi Terrain 10K 10.30 am £7 + £2 eod from West Side Retail Park, Guiseley, Leeds, LS20 9NE
Alexandra Park 5K, Manchester 11.30am £3
- Tues 6th Bunny Run 1 CS 3m/300' 7pm £2 eod Registration at Old Sun Hotel, Haworth (GR026372) 5 mins from start at Dimples Lane Quarry
- Wed 7th Ken Taylor Cowm Reservoir 5k Road & trail 7pm from Cock & Magpie, Whitworth
- Sat 10th Loughrigg FR AS 4m/1000' 7pm from Millans Park, Ambleside £3
Silent Valley AM 9.5m/4900' British Fell Champs 12 noon from Silent Valley Mountain Park GR306209 N. Ireland £7 by April 3rd or eod for additional fee www.nimra.org.uk
Wardle Skyline BM 7m/1250' 2pm from Wardle Square nr Rochdale GR912171 £4 eod
PFO Town and Country Event Rossendale (a combination of street and moorland path orienteering). Registration: Bacup Leisure Hall, Burnley Road (A671), Bacup Grid Ref:SD867234
- Sun 11th Blackpool Marathon & Half-marathon from Hilton Hotel Marathon £22/Half-marathon £20 Both £30 on day
Gin Pit 5 Trail Race 5m 11am from Gin Pit Village, Tyldesley, Gtr Manchester £6 + £1 eod Online entry at www.ukresults.net
Oldham Half-marathon 11am £7 + £1 eod
- Tues 13th Bunny Run 2 7.15 pm Other details as Bunny Run 1
Chernobyl 5K Series Race 1 Welcome Tavern, Walton-le-Dale, Preston PR5 5UL £5 or £13 for series (+£2 eod) (Also 11 May & 15 June)
- Wed 14th Steve Rothwell Memorial Road Race 4m 7pm from Turf Tavern, Edenfield Rd, Rochdale £4 + £1 eod www.ukresults.net

- Sat 17th Coledale Horseshoe AM 9m/3000' 12 noon from Scotgate Caravan Park, Braithwaite nr Keswick £6 pre-entry to Mike Robinson, 38 Burneside Rd, Kendal LA9 4RL £8 eod
St George's Day 10K 12 noon Stickle Barn. Gt Langdale £2.50 eod
- Sun 18th Radcliffe 10k 10.30am £5 + 50p eod from Radcliffe High School
- Tues 20th Bunny Run 3 7.30 pm Other details as Bunny Run 1
- Wed 21st Grisedale Grind AS 2.5m/1560' 7pm Whinlatter Visitor Centre £3
- Fri 23rd Astley Park 5K Race 1; 7pm £5 + 50p eod £14 for series Limit 150
Race 2 21st May; Race 3. 25th June; Race 4. 2nd July
- Sat 24th Three Peaks Race AL 24m/4500' 10am Horton-in-Ribblesdale
Online entry at threepeaksrace.org.uk
Anniversary Waltz AM 11.5m/1100' 11.30 am £7 on-line entry at anniversarywaltz.co.uk by 15th April
Hawkshead Trail Race BM 9.3m/1460' 2pm from Hawkshead, Cumbria
Pre-entry only See www.lakelandtrails.org
- Sun 25th London Marathon Entries full
Bolton 10K 9am £7 + £3 eod from Leverhulme Park, Bolton
Garstang Gallop 10k 11am from Garstang Social Club £6 + £1 eod
Kinder Downfall AM 10m/2500' 11.30am from Hayfield Village (GR037870) £4 payable to Kinder Downfall Fell Race by 17th April to David Soles, Cote Lane, Hayfield, High Peak SK22 2HL
- Tues 27th Bunny Run 4 7.30 pm Other details as Bunny Run 1

MAY'S MEANDERS

- Sat 1st **Coniston FR AM 9m/3500' 12.30pm English Championship £8 pre-entry by 17th April on official entry form only available after 1st March Enclose SAE**
- Sun 2nd Great Hameldon BM 6m/1100' 12 noon from Peel Park Pub £5 eod
Clayton Race & Pendle Grand Prix
Golden Ball 5K 11am from Golden Ball Pub, Snatchems, Morecambe LA3 3ER £4 + £1 eod
Keswick Half-marathon Keswick Rugby Club £11 + £3 for memento
Horwich Triathlon see Epicevents.org
- Mon 3rd Wray Caton Moor FR BM 6.75m/1100' 11.30 am from Wray near Lancaster (GR 602676) £3.50
- Tues 4th Bunny Run Relay CS 7.30pm £6 per team of 3 Registration at The Sun Hotel, Haworth; 5 min from start at Dimples Lane Quarry
- Wed 5th Chorley Harriers 4.4m Night Trail Series 7.30pm from Baron's Rest, Astley Village £4 + £1 eod or £12 for series
Race 2. 2nd June, Race 3. 7th July, Race 4. 4th Aug
Flower Scar FR AS 4m/1400' 7.15pm from Hare & Hounds, Burnley Rd., Todmorden Free entry – no prizes
Lothersdale FR BS 3.6m/600' 7.30pm from Village Hall
Lothersdale nr Skipton £3 eod Junior races
- Fri 7th Pinhaw Moor BS 5m/700' 7pm from Red Lion St, Earby £5
2nd race in Pendle Grand Prix
- Sat 8th Belmont Winter Hill BS 4.5m/1000' 1.15 pm from the Belmont Bull (GR673163) £4 Junior Races 12.30 pm
PFO local event. Sunnyhurst Woods Darwen GR679223 Registration 10 – 11.30 Juniors £1.50 Seniors £2.50 www.pfo.org.uk
Pendle Cloughs FR AL 14m/3900' 11 am from Downham £4 pre-entry or £5 eod Andrew Hirst, 29 Darnbrook Rd Barnoldswick BB18 5RE

01282 812701 www.wharfedaleharriers.org.uk

- Buttermere Sailbeck FR AM 9.5m/4650' 1pm from Bridge Hotel, Buttermere (GR NY175169) £6 pre-entry or £8 eod
Mike Robinson, 38 Burneside Rd, Kendal LA9 4RL
Salford 5K 11.30 am from Heaton Park, Prestwich M/c £4 + £1 eod
- Sun 9th Mytholmroyd FR BS 7m/1350' 11.30 am from Mytholmroyd Community Centre (GR 011260) £3.50
Ross Walsh Brown House Wham Reservoir Race 3.2m 11.15 am from Red Lion Inn, Whitworth £4 + £1 eod
- Tues 11th Mearley Clough FR AS 3.5m/1200' 7.15pm from Calf's Head, Worston £3 (includes pasta supper)
Wholan Nook Trail Race 8.3K 7pm from The Waggoners Inn, Manchester Rd, Burnley £5 eod 3rd Race in Pendle Grand Prix
Chernobyl 5K Series Race 2 Welcome Tavern, Walton-le-Dale, Preston PR5 5UL (Also 15 June) £5 or £13 for series +£2 eod
Geoff Doggett 5K Littleborough £4 + £1 eod
- Wed 12th Haigh Hall 4m road race Race 1 7.30pm from Wigan RU Club WN1 2SJ £4 + £1 eod (£12 for series) Also on 9th June, 14th July & 11th Aug
- Sat 15th **Fairfield Horseshoe FR AM 9m/3000' 1pm from Rydal Hall, Ambleside GR365064 £5 eod Club Champs**
- Tues 18th Stanhill FR BS 5m/800' 7.15 pm from Britannia Inn, Haslingden Old Rd, Oswaldtwistle £3 pre-entry + £1 eod
- Wed 19th Blackstone Edge AS 3.5m/1200' 7.30pm from Lydgate Hamlet, Blackstone Edge Old Road, Littleborough £4
Horwich Jubilee Road Race 1. 5m 7.30pm from Rivington Bowling Club, Rivington, Horwich £5 + £1 eod £18 + £2 eod for series
Race 2. 16th June; Race 3 21st July; Race 4 18th August
- Fri 21st Astley Park 5K Race 2 7pm £5 + 50p eod Limit 150
Race 3. 25th June; Race 4. 2nd July
- Sat 22nd PFO Local Event Hameldon Woods, Hapton Registration 10 – 11.30 Juniors £1.50 Seniors £2.50 www.pfo.org.uk
Old County Tops AL 37m/10000' 8am from NDG, Langdale £14 per pair by 18th May
- Tues 25th Coppice FR BS 5m/600' 7.30pm from Peel Park Hotel £2 + £1 eod
- Fri 28th **Burnley Lions 10K 7pm from Colne Cricket Club Race 4 in Pendle Grand Prix Club Champs**
- Sat 29th Isle of Jura FR AL 16m/7500' 10.30am from Craighouse Distillery, Jura £12 pre-entry
Hutton Roof Crags FR BM 7m/1300' 2.30pm from Hutton Roof Village Hall GR570786 £4
New Dungeon Ghyll FR AS 3.5m/2100' 11.30 am from NDG Car Park, Langdale £4 eod
- Sun 30th Helvellyn FR AM 11m/4500' 12 noon form Bram Crag Farm, St Johns in the Vale GR319214 £5 eod
Ilkley Trail FR BM 6.5m/700' 11.30am from Ilkley Swimming Pool £6 + £2 eod
Saddleworth FR AS 3m/950' 12 noon form Greenfield, Saddleworth GR002038 £4 eod Also Junior races
- Mon 31st Austwick Amble BM 8m/1200' 1pm from Austwick Village Green GR768684 £3.50 eod

ADVANCE NOTICE
25th HUTTON ROOF CRAGS RACE (BM)
 SAT. MAY 29th. 2.30 p.m.

7m/1300' from Hutton Roof Village Hall, near Kirkby Lonsdale (GR SD 570786). £4 on day only. Teams (4) free. ER/LK/PM. Over 18. Records: 43.38 M.Croasdale 1991; f. 50.56S.Rowell1994. Also junior races to start at 1.45 p.m. with U12's. No safety pins.

Details: John Dickinson, The Homestead, Hutton Roof Carnforth Lancashire. LA6 2PG TEL: 015242 71929 Email: john@dickinsons.bbfree.co.uk

Suitable for 'novice' and 'expert' fell runners alike.
 Flagged route so no major navigation problems other than finding the start!

Thanks, John Dickinson

CLAYTON-LE-MOORS HARRIERS
CAPTAINS
2009-2010

Captain	Name	Vice Captain & Selector	Contact No	Email
Men's XC	Mark Aspinall	TBA	07982 995629	markaspy[at]hotmail.co.uk
Ladies' XC	Anna Kelly	T Mitchell & A N Other	07900 998746	annakelly64[at]hotmail.com
Men's Road	Gary Shaw	M Hogan & J Roche	01282 703088	g.shaw437[at]ntlworld.com
Ladies' Road	Tracy Mitchell	A Kelly & I Roche	07920 789090	tracymitchell1[at]hotmail.co.uk
Men's Road Vets (O40)	Michael Hogan	G Shaw & J Roche	01254 390259	micknallie[at]aol.com
Men's Road Vets (O50)	Michael Wrigley	D Scott & R Lawson	01282 602864	mickwrigley[at]aol.com
Men's Fell	Stuart Fogg	K Mitchell & N Worswick	07811 619927	stuart.fogg[at]yahoo.com
Ladies' Fell	Katy Thompson	A Kelly & S Burns	01254 772013	katy.thompson1[at]btinternet.com
Men's Fell - Vets	Paul Shackleton	G Wilkinson & P Booth	07831 786544	shackletonpaul[at]hotmail.com paul.shackleton[at]stourbridge.ac.uk

