

HARRIER NEWS



The Clayton Harrier Newsletter
July 2010

NOTICE

ANNUAL GENERAL MEETING

8.00pm

Thursday, 26th August 2010

Nelson Cricket Club

Seedhill Ground

Surrey Road

Nelson

BB9 7TY

Preceded by Club 5000m track race at 7.00pm.

Any motions for the AGM must be submitted to the Secretary,
in writing, by Wednesday 11th August

[see p.25 for more information]

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, 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 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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Boothy's Bit

This suggestion was posted by Jez Toon on the Club Website Message Board in May:

'I have had an idea to put forward regarding Clayton runners who are not the instantly recognisable front runners, but who are making personal improvements in their race times.

I am not aware if it has been put forward before - if it has I apologise.

My idea is to have a system where members could inform Pete Booth if they have achieved a Personal Best at a particular distance e.g. 5km, 10km, or a particular race where they have achieved their best time. There then could be PB put next to their time in the Newsletter, like they do at athletics meets.

This then enables the runner to get some personal recognition, and also shows the other members their improvement, and the effort they have been putting in to get their times down.

I feel this could be a great motivator to the runners, and also perhaps it could be a guideline for the Club Captains when looking at runners to select teams, because they could look at the people earning Personal Bests and possibly consider the person(s) for a place in the Relays for example. it would also be nice to see the improvement in other runners who work just as hard, but don't perhaps have equal talent, but are just as proud to wear the Clayton Vest.

Perhaps we could have a sticky thread for Personal Bests like we do for Run Of The Month, where we can inform Pete or perhaps another system that could be discussed. Obviously it would be up to the individual runners to inform Pete if they do make a Personal Best, so they are not having to do all the chasing, and checking results all the time.

I hope this system could be implemented in the near future.'

I think that Jez's suggestion has a lot of merit, although it might not be so useful for cross country and fell races, where variations in courses and weather conditions have a greater influence on times. I am very willing to incorporate PBs in the Newsletter. If you have any good ideas about how we might optimise the information, please let me know.

Cross Country 2010-2011

A number of members have expressed concern that by participating in two cross country leagues, we are spreading the Club's resources too thinly, which has affected our standings in both leagues. In the past, we used to enter only the Mid Lancs XC League, but more recently we have also entered the Red Rose League. In my humble opinion, MLXC has the better courses, but the RR is more local and is over by Christmas. As we approach the time of year when entries to XC Leagues have to be made, what do you think? Do we concentrate our resources on just one league, or continue to contest both? If we decide to enter only one, which one do you think we should choose?

Let me know.

Club Championship 2010 Update

(after Hyndburn XC, Burnley Lions 10K & Pendle FR)

<u>Men</u>		XC	10K	PFR	Tot	
1	Carl Steele		92	95	93	280
2	Brian Horrocks	V50	90	93	92	275
3	Mark Wightman	V40	91	88	87	266
4	Dave Horrocks	V45	89	76	88	253
5	Doug Munroe	V60	77	70	67	214
6	Ron Chappell	V60	76	66	66	208
7	Gary Shaw		100	100		200
8	Mark Aspinall	V45	99	99		198
9	Jack Dugdale		98		100	198
10	Andrew Orr			94	96	190
11	Dave Motley		94		95	189
12	Ray Lees	V50	96	87		183
13	Ivan Whigham		88		84	172
14	Barry Brock	V40	93		78	171
15	Neil Worswick	V40	86	83		169
16	Andrew Dugdale	V50	82		81	163
17	Jeff Pickup	V50		74	83	157
18	Ian Hargreaves	V50		79	76	155
19	Gary Balmer	V40		73	80	153
20	Ted Orrell	V70	79	68		147
21	Stuart Hartley	V50	78	67		145
22	Richard Briscoe			71	69	140
23	Richard Lawson	V60	75	62		137
24	Mike Wallis	V50			99	99
25	Jason Harbour			98		98
26	Garry Wilkinson	V40			98	98
27	Dave Edmondson	V40		97		97
30	Dave Nuttall	V40			97	97
31	Stuart Fogg		97			97
33	Dominic Howell			96		96
34	Chris Balderson	V40	95			95
35	Alan Life	V40			94	94
36	Aidan Holgate			92		92
37	Sean Clare			91		91
38	Geoff Gough				91	91
39	Dave Naughton	V50		90		90
40	Ian Greenwood	V40			90	90
41	Martin Terry	V50		89		89
42	Mark Nutter	V40			89	89
43	Pete Booth	V55	87			87
44	Darren Holland			86		86
45	Andy Armstrong	V50			86	86
46	Pete Baistow			85		85
47	Dave McMullen	V40			85	85 (continued on p. 8)

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

President	Dave Scott Tel: 01282 693867 Email: jilscot[at]hotmail.com
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Race Report Glaramara Fell Race 23.05.10

Why this cracking little race doesn't attract more takers is a mystery, when you consider that runners will travel from all corners of Britain to compete in the much longer Borrowdale and Anniversary Waltz. Organised by 'Scoffer' (Sunday name Andrew Schofield) of Borrowdale Fell Runners, Glaramara offers everything and more that you would want from a classic short 'A' race, an out and back course with 2,100' climb over a variety of terrain including farmland, woodland, bog, boulder strewn grass and a rocky scramble to the summit. The descent could be tricky as the ridge is not clearly defined, being an area of little hillocks and knolls, and the route shortcuts the footpath. The small field of runners quickly gets strung out, and it could be easy to go astray especially in mist. There were no such problems this year as the sun beat down from a cloudless blue sky on what turned out to be the second hottest of the year at around 24degC and at 1 pm, 62 runners streamed out of the start at the Glaramara Centre, Seatoller. The heat was oppressive, and it was a relief to emerge from the short stretch of woodland and on to the ridge where a stiff breeze cooled things down.

Despite the recent dry conditions, there was a short flattish area of bog to be negotiated, enough to soak the feet. Wisely, the race organisers sent the runners up the rocky scramble to the summit, then on an alternative grassy route down to avoid the problem of descending and ascending competitors getting in each others way. The return run is fairly fast, but concentration is needed to get the optimum route.

This year, Pudsey & Bramley star Danny Hope was first back, a good two and a half minutes comfortably ahead of his nearest rival. Clayton had only two intrepid representatives, Jean Brown and myself.

The venue is excellent, good facilities, ample parking, free tea and coffee afterwards, and plenty of shaded grass to lounge around on post race. Despite the small field, prizes of Pete Bland vouchers went down to 10 men and 6 women.

Results

1 st	Danny Hope			P&B	48.53
25 th	Judy Howells		1stL	Wharfedale	67.03
36 th	Jean Brown	3rdO40	5thL	Clayton	73.16
45 th	Linda Lord	1 st O60	6thL	Clayton	78.11

62 finished including 14 women

And....Calling all Cyclists

Leaning on a very expensive looking road bike watching the finish of the Glaramara race was a vaguely familiar figure. Looking every part the lean mean racing cyclist, and appropriately dressed in a Tour de France King of the Mountains red spotted jersey, was no other than Billy Bland, the Borrowdale farmer who dominated the fell running scene in the 80's, much as Rob Jebb does currently. Having gone the way of many of those retirees from fell running, Billy has taken to cycling, and has asked us to spread the word about a cycling challenge he is promoting in August – wait for it, the day *after* the Borrowdale Fell Race! Briefly, the challenge is for teams of 4 cyclists, and the 45 mile route (all on road) does a circuit of Borrowdale, and includes both Whinlatter and Honister passes. When details are finalised, they will be published on the Borrowdale web site: www.borrowdale-fell-runners.org.uk So there's a real challenge for all you biker/runners, what a weekend it could be! (no, you don't have to do both!)

For me these days, I don't even have to think about it. Better get the bike out and do some hilly training miles, I'll enjoy spectating at the Borrowdale Race.

Linda Lord

MEMBERSHIP

Welcome to:

James Haycock, Cliviger (Junior)
Matilda Burnie, Burnley (Junior)

Resignations:

Stuart Fogg
Barry Brock

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**

Old Ground Correction

Not being one to ever give up the opportunity for a bit of reminiscing, I feel I must write to correct some of the detail in the May version of 'Covering Old Ground', and in particular that referring to the Pennine Way relay attempt in 1985. Colin Taylor and I did not do the final leg to Kirk Yetholm, but we did run the bit from Middleton in Teesdale to Garrigill, all 38 miles of it.

We took over from Martin and Stephen Brady at twenty past midnight; it was pitch black, raining heavily and the clag was down to the chimney pots. The first few miles follow the River Tees passing High Force on the left and we could hear the roar of the waterfall, but could not see it. Further on, the darkness and the slippery rocks along Falcon Clints ensured that we spent more time in rigwelter position than we did upright. During one of these episodes Colin dropped his torch and precious time was lost carrying out a reassembly job.

The featureless moorland above Cauldron Snout required very careful route finding and, although we were using map and compass all the way, this is where things started to go a little awry. When I needed a pit stop we lost contact for a while, resulting in lots of frantic shouting in the darkness. A little further on, we made what was kindly referred to by John Reade in his report as 'a small navigational error'.

By this time even Colin, usually full of good humour and optimism, was beginning to sound a bit despondent, but the arrival of daylight, thankfully before we reached the crags of High Cup Nick, raised our spirits.

Once down in Dufton, we were fed, watered and given some TLC by our support team. This set us up well for the 20 mile slog over Cross Fell and we set about trying to catch back some of the time we had lost. Unfortunately, our adventures of the previous night had taken their toll and when we handed over to John Reade and Alan Morris in Garrigill we were still 43 minutes down on schedule. We had taken a total time of seven hours forty three minutes.

In his report John Reade described us as appearing at Garrigill looking 'slightly the worse for wear'. Yet another classic instance of British understatement, I thought!

Tony Peacock

Club Championship 2010 Update (continued)
(after Hyndburn XC, Burnley Lions 10K & Pendle FR)

Men			XC	10K	PFR	Tot
48	Barry Mitchell	V60	85			85
49	Paul Hesketh	V40		84		84
50	Ian Robinson	V50	84			84
51	Andrew Howarth	V40	83			83
52	Stephen Bury	V50			82	82
53	Gordon Barratt	V40		82		82
54	Stephen McNamara			81		81
55	Jim Hickie	V50	81			81
56	Doug McCallum	V60	80			80
57	Stephen Green	V50		80		80
58	Stephen Fish	V50			79	79
59	Mark Pendlebury			78		78
60	Keith Thompson	V50			77	77
61	John Singleton	V50		77		77
62	Stephen White	V50		75		75
63	Benjamin Nield				75	75
64	Nigel Dewhurst	V40			74	74
65	Bob Hirst	V50	74			74
66	Andrew Firth	V50			72	72
67	Jez Toon			72		72
68	Pete Dugdale	V50			70	70
69	Brian Wildman	V40		69		69
70	Richard Treidl	V50			68	68
71	Vinny Brodrick	V50		65		65
72	Mark Taylor				65	65
73	Peter Costello	V50		64		64
74	John Francis	V60			64	64
75	Mark Salisbury	V40		63		63

76	Andrew Graham			63	63
77	Jack McGuire	V50	61		61

Ladies			XC	10K	PFR	Tot
1	Susan Clark	V35	49	49	46	144
2	Karin Goss	V60	46	45	43	134
3	Jean Rawlinson	V55		48	47	95
4	Angela Donlan			47	45	92
5	Sue Allen	V45	45	44		89
6	Katie Trickett		50			50
7	Juliet Horrocks	V40			50	50
8	Irene Roche	V50		50		50
9	Lorraine Slater	V40			49	49
10	Dawn Richards	V45	48			48
11	Josie Holdsworth				48	48
12	Wendy Dodds	V55	47			47
13	Marion Wilkinson	V65		46		46
14	Carol Life	V40			44	44
15	Christine Leathley	V55		43		43
16	Nichola Horsefall	V50			42	42

Covering Old Ground

25 years ago (July 1985)

Race Report :- Well done to George Brass – first super vet in this arduous race.

Pennine Way Relay :- John Reade's team successfully completed the relay in 41 hours 29 mins. Each runner had a substantial leg to run and find their own route.

Bob Graham Round – Victor Marcinkiewicz completed the Round in poor weather but unfortunately outside the 24 hour deadline. Both Graham Walmsley and Vanessa Brindle (Peacock) completed their Rounds in good times and blessed with excellent weather.

In the Results:

Skipton 10m – won by Roger Brewster 51.29.

Kelbrook – Harry Walker won in 17.40

20 years ago (July 1990)

Clayton had a field day at the Horwich Road and Fell Relay with 15 teams from our club – A first; B 4th; C 10th; E 20th; D 25th; F 26th; Vets 30th; Z 31st; Ladies A 36th; Super Z 40th; G 41st; Ladies B 44th; Ladies Vets 47th; Ladies C 50th; Ladies D 52nd; (59 teams started – 54 completed).

The FOCUS for this month was on Maureen Laney. Maureen said "I ran my first race – a fell race part of an outward bound course – near Howtown in 1968. I got lost then as well. I began running seriously in 1981 in order to compete in the New York Marathon. I joined Clayton in 1982 after a short spell with Blackburn, I thought the men far more handsome and rugged, especially someone called John McG. And after run activities were more sociable!!!! Weekly training Sunday 15-20m, Monday 2 easy runs 6-8m, Tuesday Club night (race!) 8-10m, Wednesday 2 easy runs, Thursday 10-12m, Friday easy run, Saturday short fast run.

In the Results:

Fairfield Horseshoe – Cheryl Cook first Lady 1.29.04

The Three Peaks saw Ruth Pickavance win in 3.44.18 (two mins slower than previous year but worse conditions). Pete McWade retained his vets title placing 8th overall in 3.08.03. Wendy Dodds took the ladies Vets prize 4.07.54. Clayton Ladies took the team prize (Ruth, Wendy and Eileen Woodhead). The event had 71 from Clayton.

15 years ago (July 1995)

Roger Dewhurst (a close friend of George Brass) wrote “The sudden and untimely death of George on 29th May came as a great shock to all who knew him. George was due to retire on 31st May, the day before his 62nd birthday. I have spent many hours in the company of George, both socially and as a running colleague, over the last 25 years.” The memories....our Bob Graham Round of 21 year ago (1974)....they became members 18 and 19 of the BGR club despite having been an hour behind schedule at Dunmail and George being completely blown off his feet at one stage. Memories of George’s 55 peaks at 55 years (successful on his second attempt). A good number of club members expressed their sorrow and related stories which are now part of the club’s history.

The editor reported – Jean Rawlinson, one of Clayton’s top female fell runners, made history at this year’s Three Peaks. Jean finished in 3hr 48mins becoming the first Lady Vet ever to win the Ladies Race.

In the Results:

Caldervale country 10 – Peter Butterworth 1st Vet 59.11; Mick Wrigley 1st V50 63.04

Colne Townhouse 11 – 1st John Roche 64.37, Roger Hargreaves 1st V45 65.54, Peter Butterworth 1st V40 66.37, Mick Wrigley 1st V50 69.30

Colne Lions – 1st Mark Aspinall 32.52, Roger Hargreaves 1st V45 35.29, G.Ridings 1st U20 35.31, G.Murray 1st V50 37.39, J.Ashworth 1st L 39.08, Don Barton 1st V60, Jack Riley 1st V70 62.50, Harry Smith 1st V65 64.14

Burnley Boys – 1st Roger Brewster 33.30, Steve Breckell 1st V40 35.04, Roger Hargreaves 1st V45 35.45, G.Ridings 1st U20 36.20, G.Murray 1st V50, Jack Riley 1st V70 65.20.

10 years ago (July 2000)

Southern Jessies (Captain Jim Hickie) stormed to victory in the Millenium and Walt Wilkinson Memorial Relay in what was a pulsating Clem competition – they finished over four minutes in front of Steve Breckell’s ‘Accrington Pals’ with Ian Greenwood’s Ossie Merlins third. A third of the 400 plus membership turned out.

In the results:-

In the Manchester to Blackpool Relay the A team were 6th 4.56.31; B 21st 5.25.35; V40 45th 5.56.42; V50 63rd 6.26.50; and Ladies 82nd 7.13.52.

Mick Wrigley reported on the 13th National Open Vets Road Relay Champs at Heaton Park. “For the first time ever in these Champs Clayton managed to enter an A team in each of the five categories.”

Coniston 14 – Roger Brewster 1st V40 75.44; Ted Orrell 1st V60 95.31;

Gordon Baker 5K – Vanessa Peacock 1st Lady 18.22

G.Starkey 4.2m – Vanessa 1st lady 26.28

Colin Moore 5m – John Roche 1st V40 30.29

Southport 10K – Val Lawson 1st LV55

Cottam 10K – George Thompson 1st V50

Ron McAndrew – Steve Green 1st V45 23.36

5 years ago (July 2005)

Richard Wilkinson handed over the captaincy of the Z team to Andrew Walmsley. Run of the Month went to Kitty Garnett for an excellent performance in the Liverpool Women's 10K road race – 1st LV65.

Andy Brown reported on his Cullin Ridge adventure – only 6 or 7 miles long with a further 3 or so at each end!!!! But there is 10,000 feet of climbing and involves much scrambling and a few rock climbing pitches. (*If you would like to hear more about this and have an hour or two spare I'm sure Andy will tell you all about it!*)

Bill Smith wrote an article on the Marsden-Edale Trog (developed from a long established walk). Bill relates its history dating back over more than 100 years and as a fell race as far back as the 1930's but abandoned after Phil Altman died from exposure. The race was revived in 1973. Bill said "...the Trog was certainly one of my favourite events of the '70's.

In the Results:-

Lee Passco won the Candy Floss 4 (21.23) and Colin Robinson 4.2m (22.25). Tony Chew was 1st vet in the Colin Robinson (23.08).

Mark Aspinall was 1st V45 in the Chorley Park Race1 (16.49), Tony Chew was 1st V40 in the 4m race (21.27) and Ted Orrell 1st V65 (26.23).

In the Gin Pit 5m Val Lawson was 1st FV60 (48.13).

Geoff Doggett 5K – Mark Brown 1st V40 (16.26), Anna Kelly 1st LV40 (19.14), Irene Roche 1st LV45 (22.48), Harry Manning 1st V65 (24.38).

Burnley Lions 10K – Steve White 1st V50 (40.00), Tracy Mitchell 1st L (42.13), Alison Smith (Dugdale) 1st LV35 (42.34), Dave Scott 1st V60 (43.20), Ted Orrell 1st V65 (44.21), Irene Roche 1st LV45 (48.48), Lawrence Chew 1st V70 (50.38), Kitty Garnett 1st LV65 (59.32).

Paul Healey

MILESTONES

July Service

Lindsay Hudson 10 years

Age

1 st	Pete Booth	60 years
2 nd	Martin O'Rourke	50 years
9 th	David Taylor	65 years
10 th	Konrad Manning	45 years
13 th	Barry Mitchell	65 years
16 th	Simon Halliday	40 years
19 th	Stuart James	70 years

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**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
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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

MAY RUN OF THE MONTH

- PETE BOOTH** completing the PENDLE WAY on 22nd
Nominated by Mark Nutter, Simon Halliday, Lorna Balmer
- ANDY BROWN** for 1st place at THE MEARLEY CLOUGH FELL RACE on 11th
Nominated by Harry Manning, Dave Motley
- KIERAN CARR** for completing 21 CONISTON FELL RACES & 21 THREE PEAKS RACES
Nominated by Peter Thompson
- JACK DUGDALE** for 1st place at THE COPPICE FELL RACE on 25th
Nominated by Dave Motley
- TIM EDWARD/
DAVE NUTTALL** 3rd place in OLD COUNTIES' TOPS FELL RACE on 22nd
Nominated by Andy Brown
- ANDY ORR** 1st place (new record) at PENDLE CLOUGHS FELL RACE on 8th
Nominated by Harry Manning, Ian Greenwood & Bob Hirst
- TED ORRELL** for 1st V70 (new record) at PINHAW MOOR FELL RACE on 7th
for 1st V70 at WHOLAN NOOK MT RACE on 11th
for 3rd fastest V70 leg at BMAF ROAD RELAYS, SUTTON PARK on 15th
for 1st V70 at HORWICH 5M on 19th
for 1st V70 at COLNE 10K ROAD RACE on 28th
Nominated by Harry Manning
- GARY SHAW** for 1st place at THE HAMELDON HILL RACE on 2nd
for 2nd place at WHOLAN NOOK MT RACE on 11th
for 3rd place at COLNE 10K ROAD RACE on 28th
Nominated by Harry Manning
- CARL STEELE** for 5th place at THE COPPICE FELL RACE on 25th
Nominated by Dave Motley
- CANDICE TAYLOR** for 1st place at THE SALFORD 5K ROAD RACE on 8th
Nominated by Harry Manning

VET 50 TEAM
MARK ASPINALL
JOHN ROCHE
ROGER BREWSTER
BRIAN HORROCKS
COLIN SHUTTLEWORTH
MIKE WALLIS

for SILVER MEDAL at the BMAF ROAD RELAYS,
SUTTON PARK on 15th
*Nominated by Paul Shackleton, Mick Hogan,
Gary & Kathryn Wilkinson*

MAY RUN OF THE MONTH WINNER

TED ORRELL
FOR
5 OUTSTANDING PERFORMANCES

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.

COMMITTEE NEWS

Monday 7th June

14 members were present, including Dave Motley, who was confirmed as the new Senior Fell Captain. Also in attendance: Claire Buckle, English Athletics NW Club & Coach Support Officer

Main items for discussion and decisions:

- Stan Bradshaw 'memorial race'. Members were to discuss possibilities with race organisers.
- Approach to be made to B&P Grand Prix race organisers to include Junior races—especially Worsthorne, Cliviger. Also Thieveley Pike FR.
- Pete to arrange meeting with members leading coaching sessions to rationalise coaching sessions before winter season.
- Cost of funding for coach training to be identified as separate item in Club Development Plan and Budget. Avoid 'ad hoc' applications for support.
- Clem fliers to be sent to unattached runners at Hameldon Hill Race.
- Captains reported on silver medal for V50 team at BMAF Road Relays. Ted Orrell took individual bronze in V70 Relay. After Coniston, MV40, FV40 & MV50 teams in medal positions in English Fell Championships.
- Junior News to be a 'centrefold' feature for Newsletter. All Junior members to be presented with certificates at Club Relay. Junior members to be assigned to a team in Relay. Cynthia Allen to receive financial support for coaching course.
- Relay to start at 11.00am on 4th July. More helpers required.
- CleM Mid Lancs XC Fixture at Towneley will probably be in January.
- Any Committee member intending to resign their position before the AGM should inform Secretary or Chairman asap.
- Report from Claire Buckle: Funding available for all aspects of club's function. Needs short description of project and inclusion in Club Development Plan. Claire able to advise on Plan. *[Continued on p17]*

Coaching schemes, including 'Flying Coaches' available. Claire can view and give advice re application for Club Mark Scheme prior to submission. She left an advice pack for the Committee's perusal.

- Need to update Club Development Plan following April review.

Date of Next Meeting: 7.00pm Monday, 5th July at the Whitaker's Arms

List of New members on p.7.

CLUB CHAMPIONSHIP 2010

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

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, 24th July

Turnslack FR (M)

Littleborough

Sunday, 15th August

Worsthorne Mag 7

Worsthorne

Saturday, 28th August

Pendleton FR (S)

Pendleton

Saturday, 18th September

Good Shepherd (L)

Mytholmroyd

Pendle Way in a Day Saturday, 22nd May 2010

When I set the date my excursion round the Pendle Way in the depths of the worst winter we've endured for a long time, I didn't really consider what the weather might be like. On my recces, I experienced a wide variety of conditions: deep snow on Pendle Hill, floods around Laneshawbridge and a couple of pleasant runs in dry conditions. So, my concerns grew during the week prior to the chosen date, as the forecast temperature increased by a degree every time I went on MetCheck. Despite the early start (8.00am), it was already vest and shorts weather as the first group of supporters and I gathered on Barley car park. It was clear that hydration would be an important factor in deciding whether I completed the Way. Following the obligatory team photo, Karin was ordered to set the pace through Narrowgates and Whitehough, before she turned down the road to Roughlee, with a promise to join me

later, at Coldwell. So, Mark Nutter, Peter Thompson, Steve Bury, Doug Munroe and I continued on to Barrowford Heritage Centre to be greeted by El P and Susan with copious amounts of fluid.

Just as we were leaving on the next section to Barnoldswick, Candice arrived, towed along by Ben, her Rhodesian Ridgeback – 45kg of pure muscle. Having enjoyed the shade on the way to Water Meetings and Admergill, we crossed the road at Blacko Mile and headed up towards the Gisburn Track and Weets. The heat shimmered above the tarmac as we plodded up to the moor gate and it was a relief to be back on grass and have a whisper of breeze as we jogged up to the trig. Then it was downhill all the way, with brief pauses to assist Ben over the stiles, to Bancroft Mill, where we arrived 20 minutes ahead of schedule, just before my road support, Susan, appeared. Laughing at the spectacle of Pete and Candice heaving Ben over a wall so that he could cool down in the stream, I downed my second bowl of porridge of the day, as Anna Kelly and Jane Murphy arrived to run with us to Wycoller.

A happy band waved good-bye to Candice and Ben and walked up the road to Letcliffe Park. As we reached the exit stile, there was Mark Brown with drinks, gels, bananas and sweets. He lives nearby and had promised support, so we spent a pleasant five minutes with him, sampling the goodies, before descending the field and crossing the road to join the Leeds-Liverpool Canal at the marina. Twenty minutes of steady running brought us to the turn off (much to Steve Bury's relief) towards Ghyll Church. Having circumnavigated the church, we crossed the golf course and a couple of fields, which brought us to Thornton Church, where we mounted a slight rise before descending across more meadows towards Earby. All through this section I was feeling good and led the way, confident of the route after my recces.

Earby's streets were quiet as we jogged past the Youth Hostel to an ancient by-way that leads towards Kelbrook. Hordes of flies encouraged us to quicken our pace before we reached open fields again. As we passed a farm, my attention was grabbed by a cow a few metres to the right of the path. She had just given birth and was assiduously licking the sac off the calf, which was struggling to stand for the very first time. We stopped to watch the drama, as the new-born staggered to its feet, still glistening with the remains of its sac. Resuming the run I reached a gate at the top of a slight rise, where I turned to see an unfamiliar figure catching me up. It was Barry Mitchell, who explained that he had been at Bancroft Mill at the appointed time but, because we had left early had spent some time searching around, before following us and had taken about an hour to catch up. At this point the rest of the group joined us. Pete T took me to one side and told me off for setting too fast a pace. He pointed out that Doug was struggling to keep up and that, with only about a third of the run complete, I would fail to finish, especially given the heat. Chastened, I resolved to take my time and not run off ahead.

When we reached the lane which connects Kelbrook with the route to Black Lane Ends, Barry turned right, for home.... we turned left. He had run only about a mile with us! I felt really guilty and began the next climb, doubly resolved to stick to the schedule. As we joined the route of the long-defunct Black Lane Ends Fell Race, I recalled epic battles with Mark Nutter. Our conversation was interrupted by the call of a cuckoo from the nearby wood. It was the first I had heard this year; indeed the first I had heard locally for many a year. In rising temperatures, it was a long plod up the rising ground to the Hare and Hounds Inn where we sneaked into an outhouse to re-fill drinks bottles. On the half-mile run along Warley Wise Lane, Steve was clearly

struggling. He explained that the canal section had caused his Achilles tendons to stiffen, so running on hard surfaces was painful. Turning towards Knarrrs Hill we gained a brief respite from the heat under some trees as we walked a steep climb. When we arrived at the trig, we took in the tremendous 360 degree view, from the Dales in the East, round past Boulsworth, with Laneshawbridge and Wycoller nestling below, over Colne, all dominated by Pendle Hill, my final destination which, I thought, looked a very long way off.

Once the group had re-assembled and had time to draw breath, I led the way across dry, rutted pastures down towards my next feeding station: Laneshawbridge. Although the pace was slow, the group got quite strung out, as Pete forged ahead to alert Susan to my arrival, while Doug, Mark and Steve did their best to keep up. Arriving at the road side, we were greeted by Dave and Jill Scott and I sought the shade of a bush to tuck into a bowl of corned beef hash which, I must say, went down a treat!

With El P substituting for the injured Steve, we jogged across the fields towards Wycoller, to be met about half way by the Micks, Frost and Green, plus Paul Healey. Then, as we entered the hamlet, I was buoyed by the sight of Bill Smith and John Francis who had travelled over from Liverpool to lend their support and take some photos. Bill was a bit put out at my change of plan, which meant we had only brief stop in Wycoller. Bidding farewell to three colleagues: Doug, Pete and Mark, who had accompanied me from the start, we welcomed Martin Terry and Bev Thompson into our merry little band.

The shade provided by the trees of Wycoller Dene provided welcome relief for a short time until we emerged into the blazing sunshine to be greeted by the bizarre sight of a small flock of sheep attired in natty yellow hats. Passing the spot where only two months before I had plunged waist-deep into a flooded ditch – now completely dry, we made steady progress along the Moor Bottom Road as Dave thrust a water bottle into my hand each time we reached a hill and slowed to a walk. Cresting the last rise, the next waypoint, Coldwell Inn, came into view nestling between the reservoirs. After a brief jog along the road, we were greeted by quite a crowd of supporters and paused for photographs. At this point, the 'X' team members turned back towards Wycoller, El P sought the shade and I was joined by some new companions: Bob Hirst, Christine Egerton, Karin Goss, plus the terrible trio: Gary Shaw, Gary Balmer and Neil Worswick, who intended to accompany me right through to the finish in Barley, still 15 miles away.

For the first time, I felt a bit wobbly so Gary B, under strict instructions from Dave Scott to look after me, gave me a gel. Owing to a combination of consuming the gel and adjusting a wayward lace, we made a navigation error as we passed through the temporary construction site established to renovate the reservoir. Negotiating a much steeper descent than I wanted to attempt at this stage, we got back on track as the 'Two Garys and the Leg End' began their triple act – banter that never ceased from this point to our arrival in Barley. Having plodded up the road from Catlow Ford we continued to walk across the first field threatened by frisky horses to our left and speeding trails bikes to our right. Finally we were able to break into a jog through Southfield Hamlet and down the track to Walverden Reservoir, where a number of teenagers were jumping into the water, right next to the sign: 'Danger – No Swimming'.

Having skirted the res, we climbed a steep field, owned by the Balmer family, with Neil pointing out - as only a Leg End can - the many deficiencies in Gary's farming practice. At this point, as we headed towards the road crossing and Nelson Golf Club, I was struggling, feeling weak and sick, but Gary B and Martin made sure I kept drinking and eating sweets etc, so I managed to jog down towards a stretch I had been dreading all day – the tarmac of Reedley Road and Robinson Lane. Despite my nausea and sore knees I survived the tarmac to run down to Pendle Water, spurred on by the thought of a short rest and food at Pendle Bridge.

Revived by five minutes spent in the shade and fortified by a tin of (cold) beans, which slipped down a treat, we waved farewell to Karin, Bob and Christine, before crossing the motorway and running slowly through the fields past the sewage works. At the slightest rise, I felt sick and had to walk, so when we turned at the new bridge for the long climb up to Higham, progress became the slowest of the day. My companions looked after me brilliantly, though, plying me with water, opening gates and generally keeping my spirits up.

At last, we reached the top of Guide Lane and I was able to run downhill and along through Tyndale before we tackled the grassy slope up to Newchurch, where Susan was waiting with a flask of coffee.

Whether it was the caffeine, or the fact that I didn't eat, or restored confidence that I would complete the challenge, I know not, but on setting off up the hill, I felt much better. As we turned in Newchurch centre towards Fell Wood, we were joined by Geoff Newsam who chatted to me as we mounted the rise, jogged down through the wood and out onto the Ogden track. Suddenly, down the field appeared Jon Sharples, who thought he had missed us in Newchurch, had gone ahead, but realising we weren't yet on Pendle had returned to meet us. So, it was a group of six who tackled the final, longest climb of the day up Boar Clough to the trig. As I approached the summit, I gathered my strength and managed to run the final few yards, reaching the familiar viewpoint with much more relief and satisfaction than normal.

Only too aware of the increased risk of a fall on tired legs, there followed a slow, careful descent of the well-worn route back to Barley, where I was greeted by a crowd of supporters taking refreshment in the evening sun outside the Pendle Inn. We jogged through the park for celebratory photographs on the car park that I had left nearly ten hours previously. One down; two to go.

Sincere thanks to all the members who supported me on 22nd May. Also to those who could not accompany me, but sent their good wishes. The support I received got me round. At the time of writing I have raised £350 towards my target of £1000 for NW Air Ambulance. If you feel you can contribute to this worthy cause, I have a JustGiving page:

<http://www.justgiving.com/petes60-triple-challenge>

Or you can donate to me in person at training or races.

My 2 remaining challenges are: Joss Naylor on 31st July and the Jungfrau Marathon on 11th September.

Pete

JUNIOR NEWS

Welcome to our brand new Junior page.

Here is a list of our Juniors' achievements during the last six months. I try to encourage the Juniors to enter races, as it helps to build their confidence and train the mind, as well as their body.

Seeing more club vests on display at Junior races lets people know that Clayton-le-Moors Harriers are here to stay.

Our Juniors are doing us Proud!

Marion Wilkinson

Each month, we intend to publish a list of performances of all Junior races.

<u>Christopher</u>	<u>Archer</u>	10 years	
March	Esholt XC (6th)	May	Hameldon Hill (2nd)
<u>David</u>	<u>Armstrong</u>	6 years	
March	Burnley Fun Run	April	Pendle Fell Race
May	Hameldon Hill		
<u>Maxwell</u>	<u>Baldwin</u>	6 years	
March	Burnley Fun Run	April	Pendle Fell Race
<u>Harrison</u>	<u>Baldwin</u>	6 years	
March	Burnley Fun Run	April	Pendle Fell Race
<u>Joshua</u>	<u>Bellard</u>	11 years	
18th May	Stanhill FR (5th U12)	31st May	Austwick Amble (9th U12)
<u>William</u>	<u>Bellard</u>	9 years	
March	Burnley Fun Run (1st U11)	April	Liver Hill FR (6th U11)
April	Pendle FR (7th U12)	8th May	Belmont FR (7th U12)
18th May	Stanhill FR (1st U12)	25th May	Coppice FR (1st U12)
31st May	Austwick Amble (6th U12)		

<u>Matilda Maya Burnie</u>		9years	
6th April	Burnley Primary Schools' XC	29th April	Schools' XC Foulridge
<u>James Haycock</u>		10 years	
6th April	Burnley Primary Schools' XC	29th April	Schools' XC Foulridge
<u>Aidan Holgate</u>		17 years	
13th Feb	MLXC Hyndburn (13th)	31st March	B & C Robinson 5K (27th)
11th April	Lancaster 3 Bridges 10K (1st JM; 15th)	25th April	Pendle Triathlon (23rd)
2nd May	Hameldon Hill (2nd JM; 13th)	7th May	Pinhaw FR (2nd JM; 17th)
16th May	Manchester 10K (126th)	28th May	Burnley Lions 10K (1st JM; 15th)
3rd June	Cuerden Valley 10K Trail (1st JM; 7th)	5th June	Kelbrook FR (2nd JM; 8th)
11th June	Barley Cabin Race (2nd JM; 11th)		
<u>Natalya Irvine</u>		9 years	
6th April	Burnley Primary Schools' XC (4th)	29th April	Schools' XC Foulridge (1st U10)
April	Pendle FR (3rd U10)	2nd May	Hameldon Hill (2nd U12)
16th May	Race for Life (9th)		
<u>Laura Nuttall</u>		10years	
March	Burnley Fun Run (1st U11)	April	Pendle Fell Race
29th April	Schools' XC, Foulridge		
<u>Patrick Ralphson</u>		9 years	
April	Pendle FR (17th)	May	Hameldon Hill
31st May	Austwick Amble (7th)		
<u>Sally Ralphson</u>		11 years	
April	Pendle FR (3rd U12)	May	Hameldon Hill
31st May	Austwick Amble (3rd)		

<u>Thomas</u>	<u>Stott</u>	10 years	
6th April	Burnley Primary Schools' XC	29th April	Schools' XC Foulridge
<u>Isaac</u>	<u>Wilkinson</u>	6 years	
March	Burnley Fun Run (1st U8)	April	Pendle FR (2nd U8)
May	Hameldon Hill (1st U8)		
<u>Anya</u>	<u>Richmond</u>	9 years	
6th April	Burnley Primary Schools' XC	29th April	Schools' XC Foulridge

Austwick Amble

Clayton-le-Moors Harriers Junior Section was well represented at the Austwick Amble Race, with our four runners all doing the club proud. William Bellard (9) finished an excellent 6th in the U12's race, followed by Patrick Ralphson in 9th and Josh Bellard in 19th place. Sally Ralphson was third girl home.

Andy Bellard



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LETTER

Hi Pete,

Another great evening weather wise for the 10th Mearley Clough, brought out 140 runners of which 38 were Claytoners. I thought this was a good effort after Pendle Cloughs only three days earlier. Ask Andy Brown, he turned up with no skin on his feet after finishing second on Saturday, to beat last year's winner: 1st U18, Jack Smith.

Thanks to the marshals for making the evening possible and I hope you all enjoyed the hospitality at the Calf's Head.

Hope to see you next year.

Geoff Newsam

Clayton-le-Moors Harriers Summer Series 2010

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!)
PLUS donation to Club's charity (voluntary)

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.

AGM Information

Further to the Official AGM Notice on the title page, the holders of the following Committee positions have indicated that they will not be seeking re-election at the Meeting:

- Men's XC Captain
- Ladies' XC Captain
- Ladies' Road Captain
- Men's Road Captain (over 50).

All Committee positions are up for election at the AGM. If you would like to stand for any position, especially those listed above, please persuade another Clayton member to send a nomination to the Secretary prior to the meeting.

Nominations will be accepted from the floor on the evening of the Meeting.

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, 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

01/07/10	Linda Lord	01282 771907
08/07/10	Yvonne Whickham	01282 774182
15/07/10	Juliet Horrocks	01282 816686
22/07/10	Sue Allen	01254 388492
29/07/10	Debbie Wilson	07507562684

All runs start at 7 p.m. If you want to host a run please ring Linda Bostock 01282 816269. If you have not been for a few weeks please ring to check as venues can change.

All ladies are welcome.

THURSDAYS:

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.

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

RESULTS

MULTI TERRAIN

Ilkley Trail

30th May

1	T Adams	Ilkley H	41.34
29	Sally Morley	Ilkley H	49.04
38	A Life	M45	50.45
172	Carole Life	W45	62.51
212	K O'Brien	M65	?
	269	Ran	

Bowley Hill Trail

31st May

1	P Guinan	Blackburn H	42.49
4	A Life	1 st M45	44.06
6	J Dugdale	2 nd JM	45.37
15	M Pendlebury		50.35
17	Alison Dugdale	1 st W45	52.00
27	P Dugdale	M50	56.01
28	R Chappell	1 st M60	57.00
	43	Ran	

Chorley Harriers 4.4 Trail Race

2nd June

1	R Howarth	Horwich RMI	24.16
26	Beckie Taylor	W17 Bolton HAC	29.01
66	T Orrell	1 st M65/70	33.06
	107	Ran	

Badger Run 10K Trail

3rd June

1	G Pennington	M40 Preston	35.01
3	G Shaw		37.05
5	J Harbour	2 nd M40	37.59
7	A Holgate	1 st JM	39.16
14	C Steele		40.56
21	Tracey Dutton	Wigan Ph	42.39
26	D Motley		43.17
35	M Hogan	M40	44.40
36	G Balmer	M40	44.42
90	P Costello	M50	52.52
91	Kath Brady	3 rd W40	55.54
	172	Ran	

5th June

1	R Addey		1.34.27
7	I Greenwood	1 st M45	1.40.05
69	Josie Holdsworth		2.11.54
139	Lorna Balmer	W35	2.31.29
193	G Kissack	M60	3.39.56
	196	Ran	

ROAD

Waterloo 15K Crosby

1	J McCole	Liverpool H	50.36
443	G Kissack	M60	103.59
	459	Finished	

Horwich Jubilee 5 Race 1

19th May

1	C Livesey	Preston H	26.34
47	Charlotte Finch	W35 Wigan PH	33.56
75	T Orrell	1 st M70	37.57
85	G Thompson	3 rd M60	40.47
	101	ran	

Sale 5M

31st May

1	A Jones	Salford H	24.34
43	S Green	3 rd M55	31.15
	211	Ran	

Longridge 7M

5th June

1	J Fletcher	Border H	40.01
11	Sarah Ridehalgh	Acc RR	45.17
15	A Life	M45	47.29
74	Susan Clarke	2 nd W40	57.45
81	P Costello	M50	59.07
93	Carole Life	W45	60.17
102	K O'Brien	1 st M65	62.23
	126	Ran	

Wharfedale Half Marathon Off Road

Colne 10K

28th May

1	A Buckley	Leeds City	31.53
3	G Shaw		34.43
4	M Aspinall	1st M50	35.42
5	J Harbour	1st M40	35.58
7	D Edmondson	3rd M40	36.25
8	D Howell		37.04
10	C Steele		37.35
13	A Orr		38.31
14	B Horrocks	2nd M50	38.39
15	A Holgate	1st JM	38.45
20	Sarah Ridehalgh	Acc RR	38.55
21	S Clare	2nd M45	38.59
23	D Naughton	3rd M50	39.26
24	M Terry	M50	39.28
25	M Wightman	M50	39.29
26	R Lees	2nd M55	39.35
28	D Holland		39.44
29	P Baistow		40.04
33	P Hesketh	M45	40.22
36	N Worswick	M40	40.39
37	G Barratt	M45	40.43
40	S McNamara		40.55
43	S Green	3rd M55	41.06
47	I Hargreaves	M50	41.42
48	M Pendlebury		41.49
50	J Singleton	M55	41.54
52	D Horrocks	M45	42.15
55	S White	M55	42.39
57	J Pickup	M55	43.09
66	G Balmer	M40	43.45
69	J Toon		43.52
70	R Briscoe		43.54
87	Irene Roche	1st W50	45.58
93	B Wildman	M40	46.28
96	T Orrell	1st M70	47.07
98	S Hartley	M50	47.36
103	Susan Clark	2nd W40	48.04
108	Jean Rawlinson	1st W55	48.57
109	R Chappell	2nd M60	48.58
115	V Brodrick	M50	50.32
116	P Costello	M50	50.43
121	D Munroe	3rd M60	52.00
124	M Salisbury	M45	52.21
125	R Lawson	1st M65	52.34
127	Angela Donlan		52.51
136	M Wilkinson	1st W65	56.13
138	Karin Goss	1st W60	58.01
142	Sue Allen	3rd W50	59.14

146	Christine Leathley	2nd W60	61.55
149	J McGuire	M50	65.57
	153	Ran	

Del Passatore 100K Italy

1018 Lou Myers M80 19:16:48

FELL

Askham Fell Race 03/04/10

BM 8.5m 1800ft

1	M Donnelly	- B'dale	57.27
58	M Hirst	V50	1.25.40
79	Finished	3 DNF	

Belmont Winter Hill 08/05/10

BS 4.5m 1000ft

1	A Murray	- Horwich	35.22
45	A Dugdale	V40	44.20
53	M Taylor		45.24
72	G Newsam	V60	47.42
75	S Fish	V50	48.20
79	M Salisbury	V40	48.59
107	J Francis	V60	56.47
118	Finished		

Blackstone Edge 19/05/10

AS 3.5M

1	D Hope	- P&B	28.21
7	J Dugdale		32.38
34	D Bagot		38.57
36	A Howarth	V50	39.02
54	A Dugdale	V40	41.27
59	P Dugdale	V50	43.18
76	T Targett	V60	50.09
80	Finished		

Coniston 01/05/10**AM 9m 3500ft****English Champs**

1	I Holmes - Bing	V40	1.08.39
40	D Nuttall	V40	1.18.55
49	T Edward	V40	1.20.04
50	M Wallis	V50	1.20.12
51	G Wilkinson	V40	1.20.16
65	J Dugdale		1.21.xx
66	E Clayton – Scun	1st L	
			1.21.47
104	A McFarlane	V40	1.26.30
114	P Shackleton	V40	1.27.20
123	G Gough	V50	1.28.26
128	D Motley		1.29.01
130	N Hardiman	V40	1.29.07
137	J Holt	V60	1.29.29
161	P Booth	V50	1.31.47
167	A Robinson	V50	1.32.29
177	R Bellaries	V50	1.33.15
178	M Nutter	V40	1.33.19
180	K Carr	V60	1.33.49
191	Pr Thompson	V40	1.34.56
210	W Dodds	LV50	1.37.35
218	I Robinson	V50	1.38.15
221	J Sharples	V50	1.38.53
251	K Wallis	LV50	1.41.04
278	S Bury	V50	1.44.32
290	A Dugdale	V40	1.47.13
314	M Hirst	V50	1.49.47
335	P Dugdale	V50	1.52.15
340	B Savage	LV40	1.52.47
345	A Firth	V50	1.53.43
355	B Thompson	LV40	1.55.39
360	M Taylor		1.56.40
361	A Walmsley	V50	1.56.43
362	I Roche	LV50	1.56.59
372	K Thompson	LV50	2.00.41
386	L Lord	LV60	2.02.50
400	R Moore	V40	2.09.04
402	G Thompson	V50	2.11.32
407	N Horsfall	LV50	2.16.12
417	A Graham		2.32.00
	423 Finished incl	103 Ladies	

Coiners Fell Race 04/05/10**BM 7m 1100ft**

1	C Walker - P&B		47.41
58	M Hirst	V50	1.03.31
100	Finished	1 DNF	

Flower Scar 05/05/10**AS 4m 1100ft**

1	A Whittem - CVFR		28.54
5	J Dugdale		30.33
15	G Gough	V50	33.29
26	L Clough		35.06
47	A Howarth	V50	39.18
52	A Dugdale	V40	40.00
56	M Taylor		40.32
57	S Fish	V50	40.45
60	C Fryer –Halifax	1st L	41.02
65	R Moore	V40	41.48
66	M Salisbury	V40	41.50
68	P Dugdale	V50	42.10
81	N Horsfall	LV50	47.08
	103 Finished incl	21 Ladies	

Stanhill 18/05/10**BS 5m 800ft**

1	A Holt - Ross		30.50
7	C Steele		33.03
9	A Life	V40	33.36
11	G Gough	V50	33.52
13	D McMullen	V40	34.37
20	M Wightman	V40	35.39
27	D Gowans - Acc RR	1st L	
			36.28
40	S Green	V50	38.53
44	D McCallum	V60	39.49
45	M Taylor		40.15
46	M Pendlebury	V50	40.39
48	A Dugdale	V40	40.56
53	S Fish	V50	41.17
55	R Moore	V40	42.31
57	D Hindle	V50	42.51
59	S Clark	LV40	43.56
60	R Chappell	V60	44.02
61	C Life	LV40	44.50
	80	Finished incl	20 Ladies

Mearley Clough 11/05/10**AS 3.5m 1200ft**

1	A Brown		31.11
5	G Wilkinson	V40	32.17
8	J Dugdale		32.55
11	A Orr		33.28
12	C Steele		33.33
18	I Greenwood	V40	34.34
20	G Gough	V50	34.50
25	A Armstrong	V40	36.13
28	S May - Tod	1st L	36.23
32	M Nutter	V40	36.59
33	D Naughton	V40	37.05
35	P Booth	V50	37.21
39	P Browning	V50	37.49
41	Pr Thompson	V40	38.09
45	K Carr	V60	38.22
46	C Balderson	V40	38.25
50	J Sharples	V50	39.12
52	S Bury	V50	39.20
57	D Naylor	V50	39.55
62	K Wallis	LV50	40.31
65	A Howarth	V50	40.39
66	D Bagot		40.57
67	M Taylor		41.00
70	A Dugdale	V40	41.11
73	R Briscoe		41.19
78	S Fry	V50	42.12
79	M Hirst	V50	42.26
81	P Dugdale	V50	42.37
86	A Walmsley	V50	43.11
94	R Moore	V40	44.06
97	M Salisbury	V40	44.28
98	J Rawlinson	LV50	45.24
102	S Clark	LV40	45.48
103	L Lord	LV60	45.54
105	M Frost	V50	46.44
107	G Laycock	V50	47.41
110	N Horsfall	LV50	48.02
113	D Richards	LV50	48.49
117	R Hirst	V50	49.47
119	J Hindle	LV50	49.59
123	P Thornber	V50	50.54
	140 Finished incl 26 Ladies		

Fairfield Horseshoe 15/05/10**AM 9m 3000ft**

1	R Jebb – Bing		1.06.00
45	S Whitaker	V40	1.35.05
48	D Walker		1.35.30
50	N Hardiman	V40	1.35.48
55	J Reedy - Amb1st L		1.36.19
56	C Balderson	V40	1.36.21
69	D Naughton	V40	1.37.33
90	I Greenwood	V40	1.42.55
93	M Terry	V40	1.43.11
114	Pr Thompson	V40	1.45.28
125	N Worswick	V40	1.46.52
160	D Naylor	V50	1.50.56
163	S Bury	V50	1.51.10
177	J Pickup	V50	1.52.24
189	D Black	V40	1.53.35
211	J Brown	LV40	1.56.04
228	B Nield		1.58.25
245	D Nield	V50	2.00.39
252	B Savage	LV40	2.01.36
258	G Eccles	V50	2.02.07
275	A Dugdale	V40	2.04.12
300	J Rawlinson	LV50	2.07.02
302	G Thompson	V50	2.07.22
309	K Thompson	LV50	2.09.14
320	R Treitl	V50	2.12.51
332	L Lord	LV60	2.15.14
357	R Hirst	V50	2.25.18
365	M Frost	V50	2.28.52
368	A Graham		2.31.41
	379 Finished incl 67 Ladies		

Kildwick 19/05/10**BS 3.75m 800ft**

1	T Adams - Ilkley		25.04
17	N Worswick	V40	30.14
18	M Nutter	V40	30.29
22	H Williams – Valley 1st L		31.00
30	Pr Thompson	V40	31.27
63	B Thompson	LV40	37.08
	94 Finished incl 23 Ladies		
	1 DNF		

Hutton Roof Crags 29/05/10**BM 7m 1300ft**

1	T Addison - Helm Hill	48.50
13	G Shaw	54.34
25	D Walker	57.07
33	C Balderson V40	58.36
36	L Bestow - W Cheshire 1st L	58.52
40	M Nutter V40	59.46
50	M Wightman V40	1.01.27
65	N Worswick V40	1.02.19
71	Pr Thompson V40	1.03.00
75	D Black V40	1.03.41
95	A Howarth V50	1.06.20
100	M Taylor	1.07.02
105	G Balmer V40	1.07.27
134	S Fish V50	1.10.15
140	D Scott V60	1.10.44
154	P Dugdale V50	1.12.03
158	B Thompson LV40	1.12.37
159	A Dugdale V40	1.12.49
185	K Brady LV40	1.16.49
194	D Richards LV40	1.17.27
198	M Frost V50	1.18.23
220	G Eccles V50	1.22.04
226	J Francis V60	1.24.29
237	Finished incl 53 Ladies	

Shutlingsloe 31/05/10**AS 2m 900ft**

1	S Bailey – Staffs	15.15
28	Pr Thompson LV40	20.55
33	S Curtis – Pennine 1st L	21.30
74	B Thompson LV40	25.49
105	Finished incl 14 Ladies	

Paddys Pole Fell Race 01/06/10**AS 3.75m 1100ft**

1	R Hope - P&B	25.37
5	D Nuttall V40	30.05
7	I Greenwood V40	31.07
12	J Lee - Eryri 1st L	32.26
14	M Nutter V40	32.56
17	Pr Thompson V40	33.38
23	K Wallis LV50	35.55
26	S Fish V50	37.24
30	A Dugdale V40	38.53
34	B Thompson LV40	40.04
39	L Lord LV60	41.22
40	D Munroe V60	41.24
46	D Richards LV40	42.51
55	K Goss LV60	45.50
60	Finished incl 12 Ladies	

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, 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).

<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	

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

JULY'S JOLLIES

- Thurs 1st Badger 10K Trail Run Race 2. 7.30 pm from Wildlife Trust HQ, The Barn, Berkeley Drive, Bamber Bridge, Preston PR5 6BY
£6 per race Also 5th August
Caldervale Village Supper Run 4m 7.30pm nr Garstang £.50 + £1 eod
- Fri/Sat/Sun/ 2/3/4 July Wharfedale TTT Grand Prix Details at bingleyharriers.org.uk
- Fri 2nd Astley Park 5K Race 4 7pm £5 + 50p eod Limit 150
- Sat 3rd Chevy Chase BL 20m/4000' 10.30 am from Wooler Youth Hostel £17 pre-entry
Saunders LMM 2 day mountain marathon. Details at slmm.org.uk
Tockholes FR BS 5.8m/1100' 2.30pm from Rock Lane, Tockholes (GR662234) £4 eod
- Sun 4th Langdale Gala BS 2m/300' 3pm from Chapel Stile Pay entry to Gala field
Skiddaw FR AM 9m/2700' 12.30pm from Fitz Park, Keswick £5 eod
City of Manchester 10K £16!!!!
- Tues 6th Stoodley Pike FR BS 3.25m/700' 7.30pm from Top Brink Inn, Todmorden (GR996052) £3.50 eod

- Wed 7th Chorley Harriers 4.4m Night Trail Series Race 3 7.30pm from Baron's Rest, Astley Village £4 + £1 eod Race 4. 4th Aug
Reston Scar Scamper FR AS 3.75m/985' 7.30pm from Staveley Mill Yard (next to Wilf's Café) £3
- Thurs 8th Bull Hill FR BS 5.5m/1100' 7.15pm from Boardman's Farm, Hawkshaw Lanw, Hawkshaw (GR759166) £3.50
- Sat 10th Wasdale FR AL 21m/9000' 11am from Brackenclose, Wasdale (GR184073) £8.50 pre-entry
- Sun 11th Jane Tomlinson Pennine Lancashire 10K 9.30 am from Witton Park, Blackburn www.runforall.com
Pennine Lancashire 5K incl Northern 5K champs. 11.30 am from Witton Park, Blackburn Run on closed roads. £5 to Blackburn Harriers by 4th July. Also Junior Races from 1pm Free entry
www.blackburnharriers.co.uk
Bampton Village FR BS 5.5m/800' 2.45pm from Bampton Village Hall, nr Haweswater £3 includes entry to gala field.
- Tues 13th Waugh's Well FR AS 4m/1000' 7.15pm from Quarry Road (GR808186) £3eod Registration at Bleakholt Animal Sanctuary (GR 806183) Race 1 of Rossendale Midweek series
- Wed 14th Haigh Hall 4m road race Race 3 7.30pm from Wigan RU Club WN1 2SJ £4 + £1 eod Race 4 on 11th Aug
Widdop FR BM 7m/1200' 7.15pm from Pack Horse Inn, Widdop (GR952316) £4eod Junior Races for U8 to U18 from 7.15pm £1
- Sat 17th Ingleborough FR AM 7m/2000' 3pm from Community Centre, Ingleton (GR695731) £4 eod
- Sun 18th **Holme Moss FR AL 17m/4000' 11am from Cartworth Moor Cricket Club, nr Holmfirth (GR134067) £5 by 9th July + £1 on day.**
English Champs – so probably already full
Coniston Country Fair FR AM 6m/2400' 2pm from Coniston Hall GR303963 £5 eod
- Tues 20th Ian Terry Memorial Race 5K from Falcon Inn, Littleborough £4 + £1 eod
- Wed 21st Blisco Dash AS 5m/2000' 7pm from ODG Langdale £1 eod
Horwich Jubilee Road Race 3 5m 7.30pm from Rivington Bowling Club, Rivington, Horwich £5 + £1 eod Race 4 - 18th August
- Sat 24th Snowdon FR AM 10m/3300' 2pm from Park Padarn, Llanberis £22 pre-entry www.snowdonrace.com
Not in calendar but probably on:
Turnslack FR AM 8m/2000' 2.30pm from Calderbrook Playing Fields, Summit, Littleborough £4 Club Championships
- Sun 25th Kentmere Horseshoe FR AM 11.9m/3300' from Kentmere Village Hall £5 pre-entry by 19th July
- Wed 28th Harrock Hill off-road race 5.5m from Farmers Arms, Bispham nr Parbold GR497130 £3
- Thurs 29th Rydal Round FR AM 9m/3000' 12.05pm from Rydal Park, Ambleside Admission to sports field – race free
- Sat 31st **Dollar FR AM 9.4m/3150' 2pm from Dollar Academy GR NS959982 £5 pre-entry or eod. British Champs**
Form from www.ochillhillrunners.org.uk
Beetham Sports FR BS 5.75m/927' 3.30 pm from Beetham Sports Field, Milnethorpe GR496795

AUGUST'S ANTICS

- Sun 1st **Cliviger 6M 11.30am from Sports Pavilion, Mount Lane Sports Field, Cliviger, nr. Burnley £5 Club Champs Race 10 in Pendle Grand Prix**
Wagon & Horses 10M 11am from St Georges Quay, Lancaster £7 + £1 on day
Sale 10M 9am from The Track, Wythenshawe Park, Manchester M23 0AB £8 + £1 on day
Alexandra Park 5k Fun Run 11.30am from Alexandra Park, Moss Side, Manchester M16 7JL £3
Round Hill FR CM. 9m/1100' 11.00 a.m. from Timble village crossroads (GR 170531) £3
- Tues 3rd Crow Hill Reverse FR BS. 5m/1000' 7.30 p.m. from Mytholmroyd Community Centre (GR011260) £3.50 Reverse of original course
- Wed 4th Chorley Harriers 4.4m Night Trail Series Race 4 7.30pm from Baron's Rest, Astley Village £3 + £1 eod
Whittle Pike FR AS 4.5m/1400' 7.30 p.m. from Cowpe Village Hall, Waterfoot (GR837212). £3.
- Thurs 5th Cuerden Valley Badger 10k Trail Race Race 3 **7 pm** from The Barn, Berkeley Drive, Bamber Bridge, Preston PR5 6BY £6
- Sat 7th Borrowdale FR AL 17m/6500' 11am from Rosthwaite, Borrowdale £5 on official form only, available from website after 31st May. Entries close July 10th. No entry on day.
World Mountain Running Trials see fellrunner.org.uk
Hellifield Gala FR BS 3.5m/850' 3.15pm from Hellifield Recreation Field GR857567 £3
Broughton Mills FR AS. 3.5m/1300' 3.30 - 4.00 p.m. from Blacksmiths Arms, Broughton Mills Juniors: U12/U14/U16/U18 races. U5s race on field. No toilets. No safety pins. Part of a family fun day
Chernobyl Challenge 10k 11am from Welcome Tavern, Walton Park, Walton-le-Dale £7 + £2 on day
- Sun 8th Boulsworth FR 7m/1400' 10.30am from Trawden RecGround £5
Race 11 of the Pendle Grand Prix Club Champs
- Wed 11th Haigh Hall 4m Race 3 7.30pm from Wigan RUFC £4 + £1 eod
Pilgrims Cross FR BM 6m/1100' 7.15 pm from the White Horse, Holcombe Road, Helmshore (GR 781205). £3. Over 16. Juniors: U8(over 6)/U10/U12/U14/U16. Race 3 of Rossendale midweek series.
- Sat 14th Arncliffe Gala 4m Road Race 1.30pm from Arncliffe, nr. Skipton (GR SD933717) £4+£1 on day
Arncliffe Gala FR AS. 1.8m/443' 3 pm £3.
Y Garn FR AS 3m/1500' 1.00 p.m. from Outdoor Centre, Rhyd Ddu, near Beddgelert (GR SH569527)
- Sun 15th **Club Champs Worsthorne Moor FR BM 7m/900' 11.00 am from Gorple Road, Worsthorne (GR 878324) £5 Race 12 of the Pendle Grand Prix**
Lakeland Country Fair FR AM. 2.30 p.m. 6.5m/2350' from the showfield, Torver, nr Coniston (GR SD286938). No entry fee - pay to enter Showground (Adults £5). Junior races: U10 (over 7), U12, U14, U16, U18. Good day out for all the family.
- Tues 17th Oswaldtwistle 6m Trail Race 7pm from Heys Inn, Heys Lane £3 + £1 eod

- Wed 18th Horwich Jubilee Road Race 4. 5m 7.30pm from Rivington Parish Hall, Rivington, Horwich £5 + £1 eod
Golf Ball FR BS 5.5m/800' 7pm from the Glory pub, Crawshaw Booth, Rossendale £3 4th race in Rossendale Harriers Midweek Series
- Sat 21nd Darwen Gala FR AS 3.7m/930' 2pm from Gala Field, nr Bold Venture Park, Darwen £4 www.dashers.org.uk FRA & Lancashire
Junior Champs Fell Races from 1pm
Chipping Show FR Cancelled due to access problems
Burnsall Classic FR AS. 5.00 p.m. 1.5m/900' from Burnsall, N. Yorks. £5 pre-entry only by 10th August.
Weasdale Horseshoe FR AM 8m/2000' 2.30pm from Ravenstonedale Show Field, Newbiggin on Lune GR331891 £6
- Sun 22rd Sedbergh Hills FR AL 14m/6000' 12 noon from the People's Hall, Sedbergh £5 eod
Birchwood 10k 10.30am from Birchwood Shopping Mall, Birchwood, Warrington £10+£2 on day up to race limit of 1000
- Wed 25th Harrock Hill off-road race 5.5m from Farmers Arms, Bispham nr Parbold GR497130 £3
- Thurs 26th **AGM 5K 7.00pm Seedhill Track**
- Sat 28th **Club Champs Pendleton FR AS. 5m/1500' 2.00 p.m. from Pendleton, near Clitheroe (GR 755396). £3.50.**
Dentdale FR AS. 2.9m/1385' 2.00 p.m. from Church Bridge, Dent (GR 707871) £5 eod
Lancaster 5k Race Race 4 6.30pm from Salt Ayre Track, (near Asda), Lancaster: £3.50 + £1 on night
Arnison Crag Horseshoe FR AS 3m/1000' 1.4pm. from King George Playing Fields, Patterdale (GR 391161) £5 eod
Dufton FR AS. 5m/1500' 12.30 p.m. from Dufton Show Field (GR 684255). Pay entry to show, race free.
- Sun 29th Grasmere Guides Race AS 1.5m/900' 4pm from Sports Arena, Grasmere eod Cash Prizes
Fleetwood Marathon & Half-marathon
- Tues 31st Littleborough 5k 7pm from Peel St., Littleborough £4 + 50p eod

**CLAYTON-LE-MOORS HARRIERS
CAPTAINS
2009-2010**

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