

HARRIER NEWS



**The Clayton Harrier Newsletter
June 2010**



**Vet 50 Team
Silver Medal BMAF Road Relay
Sutton Park**

See pp 8-11 for report

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

Editor: Peter Booth
email: pete.booth@ntlworld.com
Telephone: 01282 448232; mobile 07724 085873
Flat A, 101 Burnley Road, Cliviger, Burnley BB10 4SN

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 July issue: Monday, 14th June

Boothy's Bit

By now, most members will be aware that our Fell Captain, Stuart Fogg, has resigned, not just as Captain, but from the Club. Despite the efforts of many members to dissuade him from a path that others have followed over the years, Foggy has joined Blackburn Harriers. He feels that he has gone as far as he can with Clayton and that membership of Blackburn will improve him further. We, of course, do not agree, but his mind was made up. Dave Motley has volunteered to step up to the Fell Captain's position. Well done, Dave. In his short time as a Clayton member and Fell captain, Foggy had certainly made an impact, for which he has our thanks. I hope all members will support Dave as he sets about building on the promising recent developments for our Senior Men's Fell team.

At its May Meeting, following requests from Captains and John Roche, the Committee decided to make changes to two Club events: removing Fairfield FR from the Club Championship because of its clashing with the BMAF Road Relays and postponing the Club Relay from 19th June to 4th July. When the Committee chose Fairfield, we were aware of the clash, but thought that it would affect too few members to impact on the Relay team. When we were advised otherwise, we readily agreed to the change, but were left with the tricky task of finding an alternative in a crowded calendar. Our choice, Worsthorne Mag 7, obviously does not bear comparison with Fairfield, but it had the virtues of being local, organised by Peter Thompson and, as part of the B & P Grand Prix, was in the diary of many members, thus avoiding another major fixture clash. As for the Club Relay, we had originally avoided the weekend of 3rd/4th July mainly because of the unavailability of some Committee members, especially on Saturday, 3rd. In earlier discussions, we had considered holding the event on a Sunday because we were keen to involve the Juniors in their events and felt that it might be more 'family friendly'. So, when we had to find a new date, Sunday 4th July seemed preferable – especially as there are no World Cup games on that date. With so many members and the number of races in the Calendar (and other events) it's almost impossible to come up with a date that suits everyone. I'm sorry if we've upset anyone who has prior commitments.

In the aftermath of all the above events, I have been disturbed by the level and the tone of some of the comment that has appeared on the Club website and on Facebook. Some members have been very quick to post opinions and comments (often in very uncomplimentary terms), which have not painted the club in a good light. The Club website is a public window into our world and it does our reputation no good, when there is bickering and in-fighting there for all to see. I do not wish to stifle free speech and we cannot do anything about what is posted by members, or others, on social networking sites, but I would ask that members reflect a little before posting comments that will inflame a situation or invite adverse comment from outside. To this end, the webmaster has reinstated the need for members to log into the 'Chat' section of the website, so that it is 'hidden' from public view and comment. Martin and I will remove posts from other sections if we feel that they harm the club's reputation. The Club website is a wonderful tool for keeping members informed about events and we are keen to maximise its potential, but we are equally anxious to avoid a situation where potential new members (or parents of junior members) are put off by inappropriate comment.

Walter Wilkinson Memorial Club Relay
11.00am Sunday, 4th July
Barley Village Hall
No charge for entry

We need as many members as possible to sign up for the Club Relay as soon as possible. Past Relays have seen up to 15 teams of 5 (or 6) enjoy friendly (!) competition over 5 legs:

Leg 1: Trail Run (Village Hall—Black Moss lane to Black Moss Rd-Salt Pie back to Black Moss Lane and on in to Barley
NB Changeover at Lane/Main Road Junction

Leg 2: Cycle as for Trail, but there will be 2 loops of the Upper Res, before returning to the road junction, where the bike is abandoned and you get to the Village Hall as quickly as possible for the changeover.

Leg 3: Road Run (4 miles) Village Hall-Happy Valley-Bay Horse Inn, Roughlee & return.

Leg 4: Navigation Leg (4 miles)

Leg 5: Fell Run (3 miles) Village Hall to Pendle Trig & return by quickest (legal) route possible.

Relay Team Captains will be Committee members and Club Captains. When you enter, you will be asked for your usual (road) 5K time, so that (fairly) balanced teams can be selected. You will be able to enter by contacting me or via the club website. Committee members will also be taking entries at training evenings at the beginning of June.

You may be wondering why a running club has a cycle leg in its relay. We have many members who, for various reasons, are not able to run at the moment, but can cycle. If we have a cycle leg, they can take part.

It's important that you enter as early as possible so that we can sort out the teams. Depending on how the numbers pan out, we may have teams of 6, where one leg is done by two runners.

The aim is that each leg should not take more than 40 minutes, so that the event will be finished by 2.30pm.

While the Relay is taking place, there will be events for our Junior Runners (exact format to be finalised). We will then hold a Joint Presentation for the Junior members and for the Relay in the Hall, hopefully at about 3.00pm.

Refreshments will be available in the Hall at a nominal charge to cover costs, but the event itself is free of charge.

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

President	Dave Scott Tel: 01282 693867 Email: jilscot[at]hotmail.com
Chairman	Pete Booth Tel: 01282 448232 or 07724 085873 Email: pete.booth[at]ntlworld.com
Vice Chairman	Paul Healey Tel: 01254 384885 Email: p.healey[at]sky.com
Secretary	Mike Wallis Tel: 01254 822874 Email: mj.wallis[at]btinternet.com
Membership Secretary	Mike Eddleston , 1 Bridge Croft, Clayton-le-Moors, Accrington, BB5 5XP Tel: 01254 390757 or 07951 424780 Email: mjedleston[at]btinternet.com
Treasurer	James Hickie Tel: 01254 246658 Email: j.hickie[at]btinternet.com
Website	Martin Brady Tel: 01282 611523 Email: claytonlemoors[at]googlemail.com
Newsletter Editor	Pete Booth
Social Secretary	Anne Marie Greenwood Tel: 01254 237485 mgreen8[at]hallmark-uk.com
Fixtures Secretary	Katy Thompson Tel: 01254 772013 katy.thompson1[at]btinternet.com
Junior Co-ordinator	Marion Wilkinson Tel: 07940 418603 cynthia57[at]hotmail.co.uk
Clothing Custodian	Val Lawson Tel: 01282 423808 Email: valric2[at]tiscali.co.uk
Elected Members	Richard Lawson Tel: 01282 423808 Email: valric2[at]tiscali.co.uk Garry Wilkinson 01254 823228 garrywilkinson1964[at]btinternet.com

In last month's Harrier, I reported on the passing of our longest-standing member, Stan Bradshaw. Bill Smith has composed the following moving tribute to our very own 'Mr Pendle'

THE PASSING OF MISTER PENDLE

Stan Bradshaw died peacefully at home after a short illness on April 6th. The funeral at Burnley Crematorium was well-attended by athletes and mountaineers, with his daughter Carol and Frank Milner delivering eulogies. Speakers at the Higher Trapp Hotel afterwards included Don Barton, John Haworth, Ron Hill, Joss Naylor, Alistair Patten, Robin Price, John Richardson (Rucksack Club) and Selwyn Wright. Fred Rogerson had hoped to come but was too ill to travel.

I first met Stan on the 1969 Todmorden Boundary Walk. About halfway round, I found myself jogging beside an old man (as he then seemed to me). After exchanging a few pleasantries, he commented: "You're a lot fitter than me, I can tell by the way you're moving." I replied, by way of explanation, that I'd been playing Sunday football all season, though privately I thought it was more likely due to the difference in our ages (my 33 to his 57). At the Roebuck Lodge checkpoint in Cliviger Gorge, I asked, out of deference to his age, if he wanted to sit down for a rest, but he shook his head in negation. We set off up the fellside towards the Long Causeway and immediately I began to feel shattered, but the Old Man was effortlessly striding ahead up the steepening gradient. Gasping for breath, I tried to hang on to him but he soon left me far behind, only slowing to allow me to catch up near the top.

"Thank God that's over," I thought with relief, but the Old Man had other ideas. "Let's have a little jog," he suggested, to which I thought, "You've got to be bloody joking." But he set off across the moor and I felt obliged to join him. It wasn't too bad at that but I was relieved when he slowed to a walk again. And so we continued around the course, walking and jogging, till we eventually arrived back at Eastwood, where I sank down for a well-earned rest, very tired but very pleased. It dawned on me afterwards that Stan must have realised that I was a novice to such events and had accordingly nursed me around the latter part of the course. I've lost count of the number of people who've since told me that Stan had guided and encouraged them around such courses as the Fellsman, Three Peaks and Ennerdale.

After that Todmorden walk, he gave me a lift up to Burnley and commented en route what a gloomy valley Cliviger was under the prevailing dark, overcast conditions. "I wouldn't want to live anywhere that didn't have a view of Pendle," he told me, and of course he had this view (though somewhat abbreviated) from his home in Slade Lane, with the Hameldons to the south. "It's a grand hill is Pendle," he once told a *Yorkshire Post* reporter who was writing an article about him. "They call me Mister Pendle round here."



At the funeral, his grand-daughter Suzanna recited the poem, "Old Pendle," in tribute to him.

Many a Clayton Harrier has, over the years, stopped by at Stan's cabin in Stainscomb Clough for a chat and a cup of tea, and maybe a snack or even bacon and eggs. He told me that he and his brother-in-law had built it in 1930 and that the wood had cost six shillings (30 pence). I think that the last time he possibly saw it was one day last summer when Francis Heaton drove the three of us up there, though Stan wasn't able to descend into the actual clough. We met the farmer and his wife (separately) that day and it was obvious that they both had great liking and respect for Stan.

He first met his future wife, Ida, when he was playing for Padiham FC at Sabden FC's ground, Ida being a local lass. Their house in Slade Lane was for years surrounded by countryside and even now faces farmland.

Shortly after Stan turned 60 in 1972, the Cumberland Fell Runners Association presented him with an inscribed silver salver after the Ennerdale Horseshoe race in recognition of his contribution to the sport, while the Lake District Mountain Trial Association made a similar award at the Mountain Trial. If my memory is correct, Ida received a bouquet of flowers on both occasion. Nine years later Clayton paid its own tribute to Stan's achievements with a well-attended "This Is Your Life"-style evening at the Mechanics Institute, MC'd by Frank Milner and Bill Hill.

Thanks, Stan, for so many treasured memories and for all you did for our club and for the sport in general. Our deepest sympathies got to Ida, daughter Carol (who lives in Derbyshire) and grand-daughter Suzanna.

Bill Smith

MEMBERSHIP

Welcome to:

Natalyia Irvine of Worsthorne (Junior)

Anya Richmond of Cliviger (Junior)

David Bagot of Wilpshire

Christine Miles of Wilmslow

LETTER

Hi Pete,

Thought you might like to see what rather old fell runners do when they're too old to run anymore.

Cheers.

Lou Myers.

The Clayton Cockney.

[AND proud British Legion Standard Bearer!]



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**

BMAF RELAYS – SUTTON COLDFIELD **VET 40'S REPORT** **“A Bostin Day In Brum”**

“Why don't you become the Vet 40 Road Captain?, it's easy!. BMAF relays in May, get a team together, get them to Birmingham,, and jobs a good un”.
Fair enough I thought; doesn't sound too bad and nothing much to do until March.....

Fast forward through a dismal winter, and March surely came around with various e-mails and phone conversations...“Relays are coming up in May and we need names to submit for 8 Vet 40's and 4 Vet 35's, it would be good to have a list of reserves as well!”.

No problem, I thought. Look at who raced last year, Check!. Look at winter performances, Check!. Who's performing at training, Check!. All I had to do was chase up a few requests and Hey Presto!! – A good V40 line-up and a plan to race a strong V35 team with a couple of V35s and the spare runners from the V40s and V50s.

Everything sorted. All I had to do now was shake off my injury, just in case of any major problems.

1 week to go and a text message from Jas Harbour – “ Just checkin' in, hope everything going well for relay”, “ No problems”, I replied..... 1 hour later and the inevitable happened, I was down to 1 V35 and only 4 V40s, mass panic!!!!!!!. and so, with a phone bill that I dread to think about, I had the semblance of a plan.

Having had some long conversations with John Roche, we decided it would be better to scrap the V35 team- Sorry Gary.

A V40 team was now intact:

LEG 1	Paul Shackleton
LEG 2	Dave Edmondson
LEG 3	Garry Wilkinson
LEG 4	Jason Harbour
LEG 5	Steve Green (V50)
LEG 6	Mark Wightman (V50)
LEG 7	Dave Horrocks
LEG 8	Michael Hogan

What can I say, the team gave their all. Shack had the unfortunate task of trying to hold on to the tail of a very in-form Aspy. Not an enviable task, but one admirably performed.

Dave Edmondson brought his own magic on Leg 2 with a lung-bursting run to overhaul the V50s.

Garry ran a strong race to fend off an attack from Roger Brewster.

Jason came home with a comfortable lead having had one of the best runs he's had in a long time. It's good to have you back Jas!!.

Up stepped Steve Green, who scrubs up very well as a V40, with a good leg to stay ahead of the V50 team. Next up Mark Wightman, who was praying his recent hamstring injury didn't return. Unfortunately, he had a certain Mr Wallis hunting him down. Mark ran a strong leg that he should be very proud of. However, as I think most will agree, Mr Wallis is a league apart from us mere mortals.

Leg 7 brought Dave Horrocks to the fore, my late entry, and what a guy. He ran his boots off, leaving myself to bring the team home.

FINAL RESULTS

LEG 1: Shack Pos 51 16.55
LEG 2: Dave E Pos 29 16.27
LEG 3: Garry Pos 26 17.09
LEG 4: Jason Pos 22 16.21
LEG 5: Steve Pos 17 18.24
LEG 6: Mark Pos 20 18.02
LEG 7: Dave H Pos 18 19.18
LEG 8: Mick Pos 19 19.08

Final Team Position 19th.

To some degree, the times are critical as we all went to race.

To me, the fact that the team I took gave me 110%, of which I cannot ask any more.

Driving the bus home I looked in the rear view mirror to see some very happy but tired athletes.

Well done Guys, You did yourselves, me and the Club proud!!

THANKS

Mick Hogan

50s, 60s, 70s and Ladies' Report

Mick Wrigley signed off after 16 years as Vets Masters Road Captain with some success at Sutton Park where our M50s team of Mark Aspinall, John Roche, Roger Brewster, Brian Horrocks, Colin Shuttleworth and Mike Wallis all ran blinders to get silver medals. John Roche had fine-tuned this team which at one point took the lead. Inspirational!

Results

- 1 Cambuslang
- 2 Clayton le Moors
- 3 South London

Mark Aspinall	16.04	2nd
John Roche	17.26	4th
Roger Brewster	17.01	1st
Brian Horrocks	17.41	3rd
Colin Shuttleworth	17.28	3rd
Mike Wallis	16.42	2nd

The M60s and M70s ran at the usual 11am start with the ladies; the M50s now running with the M35s and M40s at 1pm. The two Ronnies: Chappell and Hill, were on first leg and both had very successful runs. This was a new experience for Ron Chappell and he's keen for more. So it was goodbye from them and bring on Barry Mitchell and Ted Orrell who both cut through the field, each gaining over 20 places with Ted being presented with the bronze medal for 3rd fastest of the day. They handed over to Mike Wrigley and Harry Manning. Harry had come out of retirement for this race always wanting to have run on this difficult course. Mike had to run conservatively as he's not allowed a heart rate over 136. (He averaged 130 with a maximum of 135.) How's that for skill and commitment in a pressure cooker situation? These guys typify what makes Clayton a great club. Club captain is not an easy job and Mike has gone about it in a cool, professional manner. Thanks for your efforts Mike and what a way to finish.

The four ladies in the W35 team had excellent runs and were quiet on the minibus whilst listening to Classic FM! Many thanks to Paul Toman for the transport and to Mark Aspinall and Michael Hogan for their excellent driving, so they tell me.

Ladies W35

1 Dulwich Runners
13th Clayton le Moors

Gayle Whittaker	20.02
Saeedah Mehmood	21.47
Irene Roche	21.10
Sue Allen	26.12

20 teams ran

M60

Ron Chappell	22.03
Barry Mitchell	20.05
Mike Wrigley	25.33

32nd team out of 40

M70

Ron Hill	23.44
Ted Orrell	20.36
Harry Manning	27.33

6th Team out of 10

Richard Lawson

MILESTONES

June Service

Ian Greenwood	20 years
Keith Prosser	10 years
Jean Brown	10 years

Age

12 th	Donna Riley	45 years
13 th	Andrew Orr	40 years
17 th	Jack McGuire	55 years

Covering Old Ground

25 years ago (June 1985)

The Clitheroe Fell Race was cancelled and the Hodder Valley Show FR could suffer a similar fate because of lack of organisers.

Ted Southworth completed the 127 miles of the Leeds – Liverpool canal in 28.5 hours. He reached 100 miles in 20 hours 26 mins. Support included Harry Smith and Ian Beverley amongst others.

Saturday club runs were in danger of falling into oblivion through lack of support.

The Vets Pennine Way Relay organised by Jack Betney achieved an admirable 48 hours 26 mins.

Don Barton was Northern Counties V50 Marathon Champion; Harry Walker won his first race in a Clayton vest – the Colne 10M; Maureen Laney won the Paris Marathon in 2 hours 43 mins; and Stan Bradshaw (Jr) won the Fellsman Hike.

Allen Anderson and Bernard Lord completed the Lyke Walk in 13 hours.

In the Results:

Vanessa Brindle (Peacock) was first Lady in the Roaches race. Karin Taylor (Goss) was first lady in the short race at Edale. In the club Champs – Dave Scott, Donald Bibby, and Roger Dewhurst were the first three V40; Don Barton, Bernard Ramsden, and Harry Manning V45s; Jack Betney V50; Albert Ashworth V55; and Jack Riley V60.

20 years ago (June 1990)

Don Barton, Club Chairman at the time, featured in this month's Focus. Don reported his most satisfying run was completing the Bob Graham round in 1978 but his best performance had to be finishing second in the British Vets over 50 in a time of 2.39.14 in 1984. Don said his normal weekly mileage was 45 miles but increased to 80 when training for a race. Don took the view that the number of training sessions was more important than the number of miles.

In the Results:

Our vets came second to Altrincham in the Manchester to Blackpool Road Relay (16th overall). In the London Marathon – Graham Cunliffe 2.34.00, Mick Green 2.40.14, John O'Connor 2.43.58, Mick O'Connor 2.45.09, Linda Lord 3.08.58, Brian Leathley 3.20.00, Ray Jones 3.26.08, John Davies 3.46.00, Christine Leathley 3.48.00, Les Jackson 3.55.00, Kitty Garnett 4.11.00, E.Dowling 4.30.00, Judith Cunliffe 4.55.00.

In the Kentmere – Pete McWade was second and first vet.

15 years ago (June 1995)

The club relay planned for June led by Don Barton and assisted by Martin Brady published the detail of the legs.

- Leg 1 - Whalley to Barley 8 miles;
- Leg 2 – Barley to Barrowford 4 miles
- Leg 3 – Barrowford to Barnoldswick 7 miles;
- Leg 4 – Barnoldswick to Laneshawbridge 12 miles;
- Leg 5 – Laneshaw B to Nelson Rd golf course 10 miles
- Leg 6 – Golf course to Newchurch 8 miles;
- Leg 7 – Newchurch to Sawley 11 miles
- Leg 8 – Sawley to Slaidburn 9 miles;
- Leg 9 – Slaidburn to Trough of Bowland 10 miles;
- Leg 10 – Trough to Chipping 8 miles;
- Leg 11 – Chipping to Hurst Green 8 miles;
- Leg 12 – Hurst G to Whalley 5 miles.

The newsletter editor selected Lawrence Sullivan for run of the month for his performance in the Three Peaks.

A Memorial Stone dedicated to the two members who lost their lives in 1994 - Judith Taylor (lost her life in the Kentmere race) and Alan Heywood (died following a disaster on Mont Blanc). The stone was to be placed on Pendle during Tuesday training 4th July. Contributions to the cost welcomed but any shortfall provided from the Gt. Hameldon Hill Race funds.

The 8th Bowley Hill race was to be held on 22nd June.

The editor wished George Brass a speedy recovery following a recent Op. Clayton were hoping to get funds to help purchase a new timing machine. The Barnoldswick race organiser, Harry Smith, announced this year's race was celebrating its 25th anniversary. Linda Lord reported on a wonderful day for the Wadsworth Trog and Paul Healey told the story of the Malham to Hawes run.

10 years ago (June 2000)

Ian Campbell wrote about the progress made following the North of England AA intention to introduce a registration scheme for all club athletes – proposed as £3 to £5 per member. Thirty-three clubs objected as there had been nothing outlined as to how this money would be spent. Following the pressure the N.of E. backed off and came up with a revised proposal. From 1st May 2000 each member would get a registration number without which you could not enter a championship race and the number would get you discounts from certain retail outlets. The cost was reduced to £1.

Judith Lee reported on her involvement with some help from Clayton friends, in the 'Pendle Shadow' route changes which introduced more 'off road'.

Tina Lewis reported on the Isle of Man Easter Race Festival – three members, Tina, Bob Russell and Alison Smith (Dugdale) journeyed to take part in some of the shorter events whilst other Claytonners tackled the Manx Mountain Marathon – Pete Booth, Pete Browning, Paul Thompson, Lee Thompson.

Run of the month went to Wendy Dodds for her run in the Buttermere Sailbeck (1st Lady) & Fairfield (first F Vet and 7th overall).

In the results:-

The London Marathon results – Mark Brown 2.32; Mick Green 2.51; Mark Burridge 2.52; Martin Bland 3.07; Jason Harbour 3.09; John Rutter 3.26; Pete Hindle 3.38; Kitty Garnett 4.02; Rebecca McDevitt 4.32.

5 years ago (June 2005)

Richard Lawson reported on the Don Barton 4.2 mile multi-terrain race at Whitworth, dominated by Clayton runners being a tribute to the club President and raising funds for the Everest adventure.

Recent developments linked to insurance cover and the effect on the FRA caused some chaos for the club's Summer Series – the resulting situation meant we could no longer allow runners from other clubs to take part.

Run of the month went to Dave Scott for completion of his 38th Three Peaks (36 of which were consecutive). Dave outlined the history to this in the newsletter. He joined Clayton in 1959 and his heroes in the early years were Stan Bradshaw, George Brass, Alan Heaton, and Alistair Patten.

Pete Booth reported on the Manx. Besides himself there was Paul Thompson, Steve Whitaker, Pete Browning, Richard Bellaries, and Geoff Newsam. Despite Pete's preparation having suffered thro' injury he managed 17th in 6.13.32.

In the Results:-

London Marathon – Paul Thompson 2.30; Peter Butterworth 2.49; Jason Harbour 2.50; Graham Cunliffe 2.56; Steve White 3.03; Martin Terry 3.03; Mick Green 3.06; Alan Clarkson 3.12; Tom Pate 3.14; Tracy Mitchell 3.25; Dany Robson 3.27; Sue Allen 4.37; Kitty Garnett 4.38.

Peter Butterworth was first V50 in the Dentdale Road Race; Ted Orrell was first V65 in the Garstang Gallop.

Paul Healey

APRIL RUN OF THE MONTH

- WENDY DODDS** for 1st F55 at REALLY WILD BOAR FELL RACE at KIRKBY STEPHEN on 17th
for 1st F55 at the FRONT FIVE FELL RACE at SEDBERGH on 20th
Nominated by Harry Manning
- STUART FOGG** for 1st place at THE MOW COP FELL RACE, STAFFORDSHIRE on 18th
Nominated by Harry Manning, Carl Steele
- ANNA KELLY** for her performance (4.19.17) in the 3 PEAKS FELL RACE on 24th
Nominated by Susan Burns
- DAWN RICHARDS** for her performance (5.14.04) in the 3 PEAKS FELL RACE on 24th
Nominated by Gary Shaw, Ian Greenwood
- PAUL THOMPSON** 1st place at the MANX MOUNTAIN MARATHON (his 6th Victory in this race) on 3rd
Nominated by Kath Brady, Wendy Dodds, Stuart Fogg, Simon Halliday, Harry Manning
- KATIE TRICKETT** 2nd Lady at the ALEXANDRA PARK 5K, MANCHESTER, on 5th
1st Lady at the CHERNOBYL 5K, PRESTON, on 15th
Nominated by Harry Manning
- ISAAC WILKINSON** for 2nd place in the U8 RACE at the PENDLE FELL JUNIOR RACES on 3rd
Nominated by Andrew Graham, Paul Shackleton

WINNER

PAUL THOMPSON

**For his sixth victory in the MMM,
equalling Andy Hauser's record**

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

John Bradley Osteopaths

**411 Whalley Road
Clayton le Moors
01254 381545**

Registered Osteopaths

**Covered by most medical
insurance companies**

For all types of Musculoskeletal injuries

Practice established 1989

Pendle Way in a Day

I write this the day after a long, hot trot round the Pendle Way. Sincere thanks to all members who supported me on the way. I really enjoyed your company and would not have got round without you. I had been praying for good weather, but 25 degrees was taking the p****!

Thanks also to all who have donated to my Just Giving account raising funds for the NW Air Ambulance:

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

Full report in next month's Harrier

Pete

**PAUL WALSH
IIST. Cert Ed.
Sports Injury Treatment**



**Injury treatment
Supervised Rehabilitation
Sports Massage**

*'A reliable service committed
to effective treatment and
quality care.'*

Tel-01282 424105

Mob-07916 582369

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

Contact the editor if you wish to
place an advertisement.

***UK: Athletics Accredited
Therapist***

***Sports Injuries
Remedial/Sports Massage
Injury Avoidance***

Home Treatments

Tel: 01282 770300

Mobile: 07711 609595



Approved
Therapist



Peter Catley IIST HFST

THE WINNER OF THE 100 CLUB JUNE DRAW

NUMBER 27: RAY JONES

The numbers were selected and ordered with a random number generator

The 100 Club needs new members

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

100 Club Co-ordinator:

Peter Billington, 10 East Crescent, ACCRINGTON BB5 5BS

Tel: 01254 391423, Mob: 07709 622405

Please contact Peter Billington without delay.

CLUB CLOTHING CUSTODIAN

Available are the following:-

Ladies Vests. Crop Tops Men's Vests.
Grey sweatshirts and Black sweatshirts with club logo (all sizes).

Rain Jackets with club logo.

ONLY 10 LEFT:

XS - 5; S - 4; Med. - 1. when they're gone, they're gone!

JUST ARRIVED:

**Hooded Sweatshirts are now available in Bright Orange (with club logo)
Price £12.**

If any member needs any item could you please contact me on:
email valric2@tiscali.co.uk or by phone Burnley 01282 423808.

Val Lawson

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 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.

Worsthorne Trail Race

The first race in the 2010 Summer Series will take place on Tuesday 22nd June from Worsthorne Village Square. The course will be the same as last year's: Up Gorple Road for nearly two miles, down the permissive path to Cant Clough Res. From there the route goes over the hill to Hurstwood Res dam, where you turn left down the track to Hurstwood. Turning right at the phone box to pick up the Burnley Way, you run along the north-western edge of the woodland, before crossing a steep, rough area of pasture to reach the Gorple Road Moor Gate and return down the track the way you ran out.

The route is about 6 miles and you will be required to estimate your time when you enter (entry fee £3 to cover prizes and T shirts). Gary Shaw's winning time in 2009 was 45:00. Andrew Howarth had the best estimate, just 7 seconds under his guess. The last runner home was Ron Chappell (95:35), but he went wrong and did 2 laps (nearly), which meant he was 36 minutes over his estimate!! Sorry Ron! I know you'll get me back for this.

There are prizes for first past the post and best estimate for each individual race and for the series. It's lots of fun—and good training.

Ladies Fell News

Five Clayton Ladies ran in the Three Peaks. Anna managed to keep Wendy behind her at the finish. (No mean feat these days!) They were followed (not as closely as we would have liked) by Barbara Savage, me and Dawn Richards. Well done, Dawn, for your first Three Peaks.

Unfortunately, Anna damaged her toe in the Peaks and was unable to run at Coniston the following week. With Sue Burns still recovering from the London Marathon, we couldn't quite repeat our success at Noonstone. However, Wendy stormed round in 1.37 (her fastest ever time, I believe) and Kath Wallis was close behind. With Barbara, they were 4th V40 team. Bev, Irene, Linda Lord, Nichola Horsfall and I also ran.

We are now in 2nd position overall. I'm not sure that we will have a team at Ennerdale, but hope to do well at the first short race, Sedbergh Three Peaks, on 26th June. Hopefully plenty of you have entered Holme Moss on 18th July.

Shelf Moor, on 5th September, is the other short race. It's a really good race from Glossop in Derbyshire. It is important that all the LV40s enter this – there are so many of you running well at the moment, and everyone counts in their own way. Entry forms will be available from www.glossopdale.org.uk. You must not enter before 1st July – but make sure you get your entry in on that date if possible.

Katy Thompson

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
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.

THURSDAYS:

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.

CLAYTON-LE-MOORS LADIES TRAINING NIGHTS 2010

[Sorry, I've had no details of June's Thursday Training Runs—Ed]

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 26th April

10 members were present.

The main points of discussion and decisions were:

- Committee to consider a suitable race/event as a fundraising tribute to Stan Bradshaw.
- Claire Buckle of EA NW to be invited to next meeting to discuss our future plans and possible funding streams
- Inclusion of junior races with those of the B & P Grand Prix series, individual race organisers to be approached.
- Letter of thanks from B & P Grand Prix organiser thanking for the £300 donation to the series from the Whalley Race.
- Events organised by other clubs & organisations (eg PFO) to be advertised on the Club website, as long as they do not clash with a CleM event.
- £400 to be transferred from Half Tour of Pendle FR account to club charity account to purchase Junior vests.
- Jim to apply to register club as a Community Amateur Sports Club (CASC), so that donations can benefit from Gift Aid.
- Members encouraged to protest at BMAF decision to include V50 teams in V40 Relay at Sutton Park.
- Adam Holgate, Gary Shaw, Deborah and Andrew Armstrong to undertake Level 1 Coaching Course.
- Marion had been invited to visit a number of local primary schools.
- Owing to the clash between Fairfield and the BMAF Relays, we decided to remove Fairfield from the Club Champs, to be replaced by Worsthorne Race.
- Similarly, because the planned date of the Club Relay was the day before the Hendon Brook RR, being organised by John Roche, we decided to postpone the Relay to Sunday 4th July. Sunday was chosen because more Committee were available, it avoided a clash with World Cup Games and we felt a Sunday morning would be more 'family friendly' for the Junior races and Presentation.
- Kath Brady has taken over the organisation of the Barley FR. A new route that does not visit the trig.
- James Ireland has Level 3 Coaching Qualification and is keen to start a beginners' group.
- Do we celebrate the Club's 90th Anniversary in 2012? New committee to decide after AGM.

Date of Next Meeting: 7.00pm Monday, 7th June 2010 at the Whitakers Arms, Accrington

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

Friday, 28th May

Sunday, 1st August

Thursday, 23rd September

Sunday, 5th December

Monday, 27th December

Burnley Lions 10K

Cliviger 6 Mile

Ron Hill 5K

Guy's 10M

Ribble Valley 10K

Colne

Cliviger

Littleborough

Preston

Clitheroe

FELL RACES

Saturday, 24th July

Sunday, 15th August

Saturday, 28th August

Saturday, 18th September

Turnslack FR (M)

Worsthorne Mag 7

Pendleton FR (S)

Good Shepherd (L)

Littleborough

Worsthorne

Pendleton

Mytholmroyd

RESULTS

MULTI TERRAIN

Gin Pit 5M MT

11th April

1	M Cliff	Kent AC	26.53
2	Becky	Howarth Leigh AC	29.35
88	T Orrell	2 nd M70	39.16
	154	Ran	

Radcliffe AC 10K Trail

18th April

1	B Riddell	Salford H	33.23
25	Tess Walker	Salford H	38.01
37	L Clough		40.19
80	J Pickup	M55	43.50
	230	Ran	

Chorley Park 5K MT

21st April

1	J Kevan	Horwich RMI	16.22
23	Tracey Dutton	F35 Wigan Ph	20.11
60	G Thompson	2 nd M60	25.07
63	P Costello	M50	25.28
64	V Brodrick	M50	26.11
	70	Ran	

Healey Dash 3M MT, Whitworth

21st April

1	M Proctor	Rochdale H	16.27
6	T Chew	1 st M45	18.02
8	D McMullen	3 rd M40	18.21
10	P Baistow		18.35
28	S Hartley	M50	22.25
	68	Ran	

Bluebell 10 Trail Huddersfield

2nd May

1	D Watson	Holmfirth H	65.40
66	S White	3 rd M55	84.33
73	J Pickup	M55	84.57
	405	Ran	

Chorley H 4.4 Trail Race

5th May

1	A Ford	Sale H	22 21
31	Rachel Moore	W Ph	29 19
71	T Orrell	1st M70	33 34
87	G Thompson	3rd M60	35 57
	112	ran	

Cwm Res 5K Road and Path

Whitworth

5th May

1	N Brooks	Sale H	15.13 (rec)
11	P Hall	1 st M45	17.07
38	Lucy Moore	JL Rochdale H	21.31
	86	Ran	

Wholan Nook 8.3k MT, Clowbridge

11th May

1	M Hartley	Staffs Moorlands	27.08
2	G Shaw		28.26
4	I Livesey		30.14
5	A Holgate	JM	30.16
7	S Clare	2 nd M45	30.30
11	P Hesketh	M45	31.06
13	B Horrocks	1 st M50	31.20
15	M Wightman	2 nd M50	31.33
19	D Holland		32.08
23	N Worswick	3 rd M40	32.47
24	S McNamara		32.50
26	D Horrocks	M45	32.59
29	Molly Ralphson	Trawden	33.21
30	J Pickup	1 st M55	33.31
31	I Hargreaves	3 rd M50	33.45
33	S White	2 nd M55	33.53
34	G Balmer	M40	33.47
40	M Pendlebury		35.03
41	D Lord	M45	35.08
43	J Toon		35.23
45	J Ireland		35.46
55	B Wildman	M40	37.23
56	Josie Holdsworth		37.43
61	Barbara Savage	1 st F45	38.39
62	S Hartley	M50	38.42
64	T Orrell	1 st M70	39.24
65	R Chapell	1 st M60	39.26
72	Sarah Toms	1 st JL	40.56
73	V Brodrick	M50	41.46
76	D Munroe	2 nd M60	42.40
78	Karin Goss	1 st F60	44.16
83	Christine Leathley	2 nd F60	49.04
84	Sue Allen	1 st F50	49.16
85	J McGuire	M50	53.58
	86	Ran	

ROAD

Anne Valley 5

15th Feb Eire

1	P Flynn	26.32
18	J Roche	30.57
22	L Clough	31.40
93	Irene Roche	36.36
116	Saeedah Mehmood	37.54
	363 Ran	

Lancaster 3 Bridges 10K

11th April

1	S Littler Wesham RR	32.44
11	Louise Gardner Lancs & M	36.21
		36.43
13	D Howell	36.43
15	A Holgate JM	37.10
18	R Brewster 2 nd M50	37.22
138	P Costello M50	49.58
144	K O'Brien 3 rd M65	50.32
155	Nicola McNamara	51.16
217	Andrea Brewster F45	59.16
	242 Ran	

Steve Rothwell Memorial 4M,

Rochdale

14th April

1	I Jackson M40 Salford H	22.26
17	P Baistow	24.30
	193 Ran	

Virgin London Marathon

25th April

629	P Archer M45	2 54 04
653	A Cran	2 54 29
490	Sue Burns W50	3 29 23
4556	A Hall M45	3 35 15
4607	M Eddleston M50	3 35 35
771	Avril Duckworth W45	3 37 25
6854	B Wildman M40	3 50 23
6929	K Woodward M50	3 50 50
1740	Lisa Hudson W40	3 56 51
10906	A Clarkson M50	4 10 34
3736	Dany Robson	4 23 46
11268	Kitty Garnett W70	6 21 22

Sale H May Day 5K, Wythenshawe

1	P Richardson Un	16 09
14	B Brock 2 nd M40	17 42
15	Jenny Penaha Med & Maidstone	17 58
21	C Shuttleworth 1 st M50	18 30
24	S Green 1 st M55	18 41
27	D McMullen 3 rd M40	19 00
	2 nd team overall 1 st M40s team	
	117 ran	

Chernobyl 5K Walton Park

13th April

1	G Pennington M40 Preston H	15.59
11	C Shuttleworth 1 st M50	18.27
18	G Shaw	19.26
20	Katie Trickett 1 st Lady	19.30
	107 Ran	

Wray Scarecrow 10K

24th April

1	J Farquhar Pitreavie AC	34.49
10	Anneka Jarman JL Lancs & M	41.03
53	R Hirst M55	53.30
	85 Ran	

Garstang Gallop 10K

25th April

1	S Worthington Unatt	34.02
5	D Howell	38.17
11	Jessica Nixon Gateshead H	40.15
28	J Pickup 3 rd M55	44.01
38	J Toon	45.58
	138 Ran	

John Carr 5K Series Escott

May 5th

1	T Midgley Bingley	16.00
16	D Edmondson M40	16.46
	256 Ran	

Salford 5K Heaton Pk

8th May

1	M Crehan Sutton H &S	16.06
18	Candice Taylor 1st Lady	18.19
23	B Horrocks 3rd M50	18.44
27	S Green 1st M55	18.56
32	D McMullen M40	19.10
42	D Horrocks M45	19.49
	100 Ran	

Blacksticks Blue 10K Preston

9th May

1	P Muller M50 Horwich RMI	35.45
4	D Nuttall 1st M40	37.26
14	Joanne Goomey M40 Wesham RR	41.11
117	Nicola McNamara	51.29
139	K O'Brien 1st M65	54.02
	219 Ran	

Bolton 10K

25th April

1	A Valentine BUH	32.10
23	J Roche 2nd M50	37.54
107	Gayle Whittaker 3rd F35	44.56
111	Irene Roche 2nd F50	45.09
146	Saeedah Mehmood 3rd F40	47.13
	466 Ran Inc 141 ladies	

Chernobyl 5K

11th May

1	C Livesey Preston H	15.43
14	D McMullen M40	18.56
20	S Green 2nd M55	19.33
	114 Ran	

Geoff Doggett 5K Littleborough

11th May

1	D Lockett M40 Salford H	16.14
9	R Brewster 2nd M50	17.56
32	Jennie Ransome RCC	20.40
122	Andrea Brewster F50	29.08
	132 Ran	

Haigh Hall 4 M

12th May

1	M Clowes Staffs Moorland	19.55
47	Rachel Moore Wigan Ph	25.20
118	G Thompson 3rd M60	30.57
	154 Ran	

FELL

Half Tour of Pendle 06/03/10

AM 9m/2250ft

1	I Holmes – Bing V40	1.03.50
6	S Fogg	1.10.55
12	J Dugdale	1.12.54
13	M Wallis V50	1.13.19
20	D Nuttall V40	1.15.14
22	J Baldwin	1.16.01
24	A Stubbs V40	1.16.27
28	C Balderson V40	1.16.43
32	I Greenwood V40	1.17.01
40	D Motley	1.18.18
41	N Hardiman V40	1.18.32
42	J Waites – CVFR 1st L1	1.18.42
45	P Hesketh V40	1.19.15
46	C Steele	1.19.22
54	S Whitaker V40	1.20.25
65	Pr Thompson V40	1.21.48
69	N Worswick V40	1.22.38
71	S Clare V40	1.23.08
87	I Whigham V40	1.26.05
91	J Sharples V50	1.26.12
101	K Davies V40	1.27.04
118	J Pickup V50	1.30.33
123	S Bury V50	1.31.08
126	S McNamara	1.31.31
130	A Dugdale V40	1.32.00
131	I Connell V40	1.32.10
139	S White V50	1.32.50
144	J Horrocks LV40	1.33.01
146	L Slater LV40	1.33.19
151	S Fish V50	1.34.22
152	D Naylor V50	1.34.34
156	G Smith	1.34.52
161	B Savage LV40	1.35.38
165	A Athroll LV40	1.37.31
166	M Taylor	1.38.05
167	P Dugdale V50	1.38.14
174	A Firth V50	1.39.48
176	J Brown LV40	1.39.50
182	J Rawlinson LV50	1.40.28
185	A Walmsley V50	1.41.15
186	S Clark LV40	1.41.19
191	D Munroe V60	1.42.42
193	G Thompson V50	1.43.01
198	K Thompson LV50	1.44.28
199	R Treitl V50	1.44.39
217	G Laycock V50	1.52.12
223	K Brady LV40	1.53.48
228	R Chappell V60	1.55.32

229 K Goss LV60 1.55.59
 230 A Graham 1.57.26
 231 R Hirst V50 1.58.17
 236 P Thornber V50 2.04.25
 243 Finished incl 43 Ladies
 1 DNF

Loughrigg 07/04/10

AS 4m 1000ft

1 S Bond - Dk Pk 27.14
 14 J Dugdale 30.16
 61 M Nutter V40 34.57
 139 Finished

Highlander Mountain Marathon

10-11/04/10

Gairloch

Score Event. Day 1: 6hrs. Day 2:

5hrs

1 A Forrester / D Forrester 805 pts
 10 M Nutter / R Sharratt 486 pts
 35 Finished 2 DNF

Pendle Fell Race 03/04/10

AS 4.5m 1500ft

1 J Brown - Salford V40 33.12
 5 J Dugdale 35.43
 8 M Wallis V50 36.37
 14 D Nuttall V40 37.19
 19 A Orr 37.57
 21 D Motley 38.11
 25 L Jeska - Tod 1st L 38.40
 34 A Life V40 39.44
 35 C Steele 39.46
 36 B Horrocks V50 39.47
 42 G Gough V50 40.32
 49 I Greenwood V40 41.14
 51 M Nutter V40 41.25
 52 D Horrocks V40 41.44
 69 M Wightman V40 43.01
 75 A Armstrong V40 43.37
 88 D McMullen V40 44.30
 92 I Whigham V40 44.50
 102 J Horrocks LV40 45.50
 103 J Pickup V50 46.00
 104 S Bury V50 46.10
 110 A Dugdale V40 46.27
 111 G Balmer V40 46.32
 112 L Slater LV40 46.34
 120 S Fish V50 47.03
 125 K Thompson V50 47.37
 126 I Hargreaves V50 47.38

127 B Nield 47.40
 136 J Holdsworth L 48.35
 140 N Dewhurst V40 49.15
 141 D Neild V50 49.22
 143 A Firth V50 49.34
 148 M Salisbury V40 49.55
 150 P Dugdale V50 50.13
 151 R Briscoe 50.16
 164 S Clark LV40 52.12
 165 R Treitl V50 52.16
 169 D Munroe V60 52.54
 171 A Donlan L 53.11
 181 C Life LV40 55.17
 186 R Chappell V60 56.00
 195 M Taylor 57.54
 196 N Horsfall LV50 58.14
 197 J Francis V60 58.43
 199 A Graham 60.16
 210 Finished including 34 Ladies

Rivington Pike 03/04/10

BS 3.25m 700ft

1 T Cornthwaite - B'burn 17.31
 45 T Chew V40 22.58
 116 T Orrell V70 27.51
 134 S Hartley V50 28.56
 162 R Hill V60 32.35
 168 T Targett V60 34.13
 175 Finished

Wardle Skyline 10/04/10

BM 7.2m / 1250ft

1 A Osborne - Leeds 45.41
 12 A McFarlane V40 50.28
 36 N Hardiman V40 53.32
 45 L Clough - Chorley 1st L 54.13
 49 C Steele 54.57
 62 Pr Thompson V40 57.07
 102 A Dugdale V40 1.01.11
 139 J Rawlinson LV50 1.04.34
 141 B Thompson LV40 1.04.43
 143 P Dugdale V50 1.05.13
 147 B Savage LV40 1.05.46
 155 M Salisbury V40 1.06.31
 211 A Graham 1.18.23
 214 J Francis V60 1.19.56
 223 V Brodrick V50 1.23.47
 DNF S Fish V50
 236 Finished incl 52 Ladies 3 DNF

Coledale Horseshoe 17/04/10

AM 9m 3000ft

1	R Jebb - Bing		1.13.29
43	I Greenwood	V40	1.31.12
45	J Holt	V60	1.31.41
68	M Nutter	V40	1.35.22
69	P Booth	V50	1.35.33
76	I Whigham	V40	1.37.40
85	H Whittaker - Ilkely	1st L	1.37.04
87	Pr Thompson	V40	1.39.09
106	S Bury	V50	1.44.15
132	I Connell	V40	1.49.49
149	M Hirst	V50	1.53.21
178	G Eccles	V50	1.57.33
202	B Thompson	LV40	2.06.23
210	L Lord	LV60	2.08.20

252 Finished incl 48 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, 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, 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	

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

JUNE'S JAUNTS

- Tues 1st Paddy's Pole FR AS 4.5m/1100' 7.15 pm Fell Foot, Chipping **Limit of 100. Pre-entry on FRA form.** £3 payable to Preston Harriers to Michael McLoughlin, 21 St Margarets Close. Ingol, Preston PR2 3ZU
- Wed 2nd Chorley Harriers 4.4m Night Trail Series Race 2 7.30pm from Baron's Rest, Astley Village £4 + £1 eod Race 3. 7th July, Race 4. 4th Aug
- Thurs 3rd Henderson's End Fell Race BS 6m/800' 7.30 pm from Rivington Upper Barn, Horwich £3 Junior Race 1.9m 7pm £1
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 £16.50 for series Also 3rd July, 5th August
- Sat 5th Full Bronte 5 mile 7.30 pm from Sun Hotel, Haworth £5 by 30th May
Duddon FR AL 18m/6000' 11 am from Newfield Inn, Seathwaite GR227960 £6 + £1 eod duddonvalleyfellrace.org.uk
Pen-y-Ghent FR AS 5.9m/1650' 3pm from Horton-in-Ribblesdale £4 eod
Kelbrook FR BS 3.4m/700' 2pm from Kelbrook Parish Church GR903447 £5 eod Pendle Grand Prix Race 5
Kentmere Trail BM 10.5m/1400' 2pm from Staveley £25 pre-entry at lakelandtrails.org
Wharfedale Off Road Marathon (25m/2600') & Half Marathon (13m/2300') 10.30/11 am from Wharfedale RUFC Threshfield £14
Welsh 100m Peaks AL 22m/8000' 9.30am from Aber £14 by 25th May
Also short race 11am from Ogwen www.welsh1000m.org
- Sun 6th Longridge 7 11 am from Civic Hall, Longridge £7 + £1 eod
Edenfield Fell Race BM 7.5m/1600' 11.30am from Edenfield Cricket Club £3
- Wed 9th Haigh Hall 4m road race Race 2 7.30pm from Wigan RU Club WN1 2SJ £4 + £1 eod (£12 for series) Also on 14th July & 11th Aug
NB: Due to a clash with the Race for Life, this race will be a trail race
Holcombe Two Towers AS 4m/1300' 7.15pm from Hare & Hounds on A676 at Holcombe Brook GR779153 £3
- Fri 11th Barley Cabin Fell Race 4m/1100' New Route 7pm from Barley Car Park
Pendle Grand Prix Race 6
- Sat 12th Ennerdale FR AL 23m/7500' 11am from Ennerdale Scout Camp Pre-entry by May 31st English Championship
PFO Orienteering Staghill Woods Rossendale pfo.org.
Man v Horse 22m/4000' 11am from Llanwrtyd Wells see green-events.co.uk
- Sun 13th Bash Grueller Trail Race 5K 11am from Dog & Partridge, Accrington £3.50 Details: Lee Passco 01254 879839
Bradford Millennium Way Relay 5 legs/2 runners per leg £70 per team
Knowl Hill FR BM 6m/1300' 11am from Brown Cow, Norden, Rochdale GR858146 £4
- Sun 13th Morecambe 10K 11 am from Station Pub, Morecambe £6
Edenfield 10K 10.30 am from Edenfield Primary School BL0 0HL £6 pre-entry £9 eod
- Wed 16th Weets FR AS 5m/1800' 7.30pm from Letcliffe Park, Barnoldswick £3.50

- Burnley Boys Club 10k 7pm from Barden Track, Burnley Pendle Grand Prix Race 7
 Horwich Jubilee Road Race 2. 5m 7.30pm from Rivington Bowling Club, Rivington, Horwich £5 + £1 eod £18 + £2 eod for series
 Race 3 21st July; Race 4 18th August
- Thurs 17th Walsh Two Lads BS 5.25m/900' from Bridge Inn, Horwich £4
 Fri 18th - Sun 20th Midsummer Madness 3 Day Event see cvfr.co.uk
 Sat 19th Great Hill Fell Race 5.75/1300' 3pm from Brinscall Fete Field £3.50 + £2 eod www.chorleyac.co.uk
 Clougha Pike FR AS 5m/1250' 3pm from Quernmore Village crossroads, nr Lancaster GR520591 £1 + £2.50 entry to showfield
 Buckden Pike AS 4m/1500' 2.30 pm from Buckden Village Green £3
 Great Lakes Run AL 13m/7000' 11am from Stool End Farm, Great Langdale £5 eod
- Sun 20th Hendon Brook Half-marathon 11am from Marsden Park Golf Course
 Pendle Grand Prix Race 8
 Freckleton Half-marathon 2pm from Bush Lane Playing Fields, Freckleton £11 at www.ukresults.net No EOD
 Settle Hills FR AM 7m/1750' 1pm from North Ribblesdale RUFC, Settle GR819633 £5
- Thurs 24th Aggies Staircase Fell Race 3.8m/1150' 7.15pm from White Lion, Darwen, £4, or £10 for Darwen Dashers 3 race series
- Fri 25th Astley Park 5K Race 3 7pm £5 + 50p eod Limit 150 Race 4. 2nd July
 Sat 26th Compston's Cross CM 9m/900' 11am from Constable Lee Primary School, Rawtenstall GR813235 £5 eod
 Sedbergh Three Peaks AS 4.1m/1663' Ladies 2pm Men 3pm GR656923 £5 pre-entry English & British Championship See Feb Fellrunner for details
 PFO Orienteering Peel Park pfo.org
- Sun 27th Trawden 7 Road/Trail 11 am from Trawden Recreation Ground Pendle Grand Prix Race 9
 Loughrigg & Silverhowe Chase AM 8.5m/2530' 1pm from Ambleside Football Club GR 387044 £3 eod
 Sotos 10K 11 am from Sea Cadets HQ, Fleetwood, FY7 8PG £7.50 + £2 eod
- Wed 30th Cragg Vale FR BS 4m/800' 7.30 pm from Cragg Church GR999232 £4.50 eod

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

Sat 7th Aug Borrowdale FR AL 17m/6500' 11am from Rosthwaite, Borrowdale £5 on official form only, available from organiser or website after 31st May. Entries close on July 10th. No entry on day borrowdalefellrunners.co.uk

**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