

HARRIER NEWS



The Clayton Harrier Newsletter
March 2010



Aspy at 50. Still showing the youngsters the way home!
(Milestones p.20)

Photo: Dave MacMullen

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, Spenn 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

The Barley Badgers had a wonderful surprise when we returned from a training run on 16th February - the fourth consecutive cold, clear Tuesday evening. On entering the Pendle Inn there, nonchalantly drinking a cup of tea, sat our webmaster, Martin Brady. We were amazed, but pleased, because Martin had undergone open heart surgery to replace a faulty valve and repair a major artery only a week earlier. Given Martin's performances in a wide range of races, and the prodigious distances he routinely used to swim, it may surprise you to learn that he has had a long-standing (at least 20 years!) heart problem, which has recently reached a stage where a corrective operation became necessary. I'm sure you will join with me in wishing Martin a speedy recovery and hoping that we will see him competing again in the not-too-distant future.

Summer Series

In spring 2009, I wrote questioning the future of the Club Summer Series and find myself returning to the subject again. Last year's Series went ahead and comprised 5 races: Worsthorne Trail (June), Uphill Only & Downhill Only (both from Worston on the same July evening), Tour of Hameldon (August) and Ossie Moors September). As in previous years, the number of participants was relatively small; the largest field was at Worsthorne, but most of those who did run enjoyed themselves and qualified for the Series prize (3 races from 5). Also as before, prizes were split between fastest times and 'best guesses' of times. We raised the entry fee and contributed £350.00 to Maureen's Malawi Appeal.

The Committee will consider the format of the Series at its April Meeting and would like feedback from members about:

- the number of the races;
- the format of races – is the balance between fastest times & 'best guesses' about right? Would a handicap system be worth a try?
- the location of races – are they best combined with Tuesday night training?
- entry fees to enable us to give prizes and/or a charity donation (remember this year's primary fund raising is for our Junior section)
- token entry fee (£2 max): minimal prizes; charity donation, only if there is a surplus;
- no entry fees: no prizes; no donations.

CleM members are rarely reluctant to express their opinions, unless I ask for them via this Newsletter, so please inform Paul Healey, or me, of your preferences whenever you see us, by email or by phone – we don't care how you do it, we'd just like more members to support the series.

The Tortoise and the Hare Wadsworth Trog 2010

The banter flew thick and fast around the Old Town Cricket Club, as about 20 CleM members made their preparations for this year's Trog & Half Trog, with Ian (Stanley Accrington) Greenwood receiving more than his fair share, owing to his 'wimping out' of doing the Full version. Always a tough examination of early season stamina and navigation, the Trog always seems to attract a good entry from CleM members – possibly because we have a high proportion of masochists.

As we made our way out of the Club towards the start the Half Trog was just getting underway. (Don't worry, Barbara, we didn't notice you sneak into the pack, having missed the start). With 5 minutes to go to our start, Heskey confided his cunning(?) plan: 'Boothy.....me and Andy Armstrong are going to follow you.'

Off we went, down the fastest part of the course (the road towards Hebden Br), before toiling back up the hill to pass the start at the cricket club some 15 minutes later. Being short of miles, I was determined to go steadily, especially as the going was heavy on the long slog up to the first CP in the thick mist at High Brown Knoll. Over the rough descent to CP2, through the thick gunge by the res and up the first steep climb brought us back on to the moor. Conditions underfoot across the moor are rough, even by the Trog's standards – an awkward mixture of heather and tussocks, liberally interspersed by peaty groughs, infant streams and icy pools. Feeling a bit tired, I deliberately slowed, at which point Andy and Paul lost patience and overtook. I followed, as they became shadowy figures in the clag. Cock Hill, Haworth Old Road and Top O'Stair came and went before we tackled the next major obstacle: crossing the Stoop towards Top Withins. Fortunately, this section was less difficult than normal, with the frozen peaty surface affording more grip, although the odd icy patch gave rise to much slithering and cursing. Having got into a (slow) rhythm, I started to feel more comfortable, although the passage down to Top Withins, back up, and over to Walshaw Reservoirs was made more exciting by my brand-new Innovate 330s, whose hard compound soles provide about as much grip on greasy slabs, as skis on the Cresta Run.

Having got away from some companions on the descent, I tackled the next climb more strongly and charged down the track to Walshaw Dean, before chugging up the long, green approach to Shackleton Knoll. Head down, managing to maintain a jog, I caught a group at the knoll and led the way down to Crimsworth Dean and back to the Old Road with a youngster from Warrington, who was running strongly without a clue as to his whereabouts. As we battled our way through the bogs on the return to Cock Hill, I caught a brief glimpse of two familiar figures: Andy Armstrong and Neil, the Leg End, both moving even more slowly than me!

[continued on p.19]

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2009 –2010**

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LETTER

Great Hameldon Hill Race Plaques

Dear Pete,
Firstly, apologies for the delay in writing to you regarding this!

We would like to thank you for the gesture of presenting us with the Great Hameldon Hill Race 30th Anniversary Plaques. We appreciated the thought behind them of marking the event which, for us, was quite a prestigious one, to say the least.

We also wish to thank Kieran Horrigan for the work and creativity put in to the design and the finished plaque. We felt very proud and honoured on two counts: firstly that we had completed in the 30th year's race and secondly that you felt that in itself was worthy of recognition!

Please print this in the newsletter—proof that we should all carry on running for as long as we possibly can!!

Yours in sport,

Harry Manning and Sue Allen

[My apologies for the delay in publishing this letter. The delay in sending it to me wasn't so great.]

LETTER

Hello Pete,
This is a massive thank you for all the good wishes, cards, gifts etc for my 50th Birthday. The number I received was staggering, if not overwhelming!! This is for all my friends; my Thursday ladies and X-men and wrinklies, as well as individual presents from all of you. Thank you to the ladies for organising the buffet and bringing a birthday cake and candles!! I had a wonderful night on the 28th at my house (we didn't have a run but a jacob's join instead!) and a good day at work on the actual day the 29th.

I'm really touched (yes,i know!)
Sue Allen.

LETTER

Dear Pete

I would like to say a big thank you for giving me the Runner of the Month award for December 09, I really enjoyed the race but even at the time I was struggling with a problem in my right leg, I was hoping with treatment and maintenance I could stop the problem turning into a full blown injury but unfortunately this wasn't to be. So following a summer with a fractured foot and now Autumn and half of Winter with this problem, I was feeling like my last good run was ages ago. I am remaining positive and have been focusing on cross training exercises to keep me fit, but seeing this award in the news letter really really made a difference to my day. Happiness, OPTIMISM and HOPE. It was nice and meant a lot, so a big thank you to the people who nominated me and a big thank you to this club and all its wonderful members who make such things possible.

I would also like to say if anyone else reading this is getting despondent or down about injuries, try not to be; try to enjoy the things you hold back from when you are running and embrace a new routine for a while, a change CAN be as good as a rest . The best thing I have learnt this time is don't put a time on your recovery, so that you are not constantly getting let down when the week goes by and you are still injured. Just remember you WILL get better and there is always another race and another opportunity waiting round the corner.
Hope you all have a successful winter .

Candice

Also please can I nominate ALEX CRAN for runner of the month for his WIN at the Hebden race - where he improved his position from last year from (I think)4th.

MEMBERSHIP

Welcome to: Zoe Clough—Burnley (Junior Member)
Steve Fish—Accrington

Resignations: Peter Whittaker

Lancashire Cross Country Championships Remembered

Francis Heaton (V80+) ran the first lap of the MLXC at Wilsons on Saturday, 13th February and also gave me a copy of the East Lancs XC Champs held at Woodlands in 1952. I thought it would be interesting to include details:

30th Annual East Lancs Cross Country Association Championships at Woodlands PF Clayton-le-Moors, February 9th, 1952

by kind permission of Clayton-le-Moors Harriers

Notes from the programme

(NB East Lancs extended down as far as Macclesfield.)

No attendant shall accompany a Competitor on to the Scratch, nor shall a competitor be allowed to receive assistance or refreshment from anyone during the progress of the Race.

When Competitors have passed the finishing post they must at once proceed to the Dressing Rooms and not loiter on the Course.

Junior Competitors will dress in St. Mary's Schoolroom; all other Competitors will dress in the pavilion situated in Woodlands P.F.

It will be necessary for all Competitors to have an admission ticket.

Senior Race, 9 miles to include one lap of Woodlands and four laps of surrounding tracks and farmland, 7 fences per lap, spikes advised.

Competitors must see that their numbers are securely SEWN (NOT PINNED) on the front of their Jersey.

Each race will be started by a pistol report.

Arrangements have been made for a supply of water to be available; please use with consideration.

Admission: 1/-, children 6d., programmes 6d.

R.Lawson/F Heaton

*[How times have changed! 9 miles? Fences? Numbers to be sewn on?
Now organisers have to paint tree roots orange, in case we trip over them!]*

CLUB CHAMPIONSHIP 2010

Thanks to the members who submitted feedback about the 2009 Club Championship and suggestions for races we could include in the 2010 Championship. We have again chosen fifteen races for the Championship—five cross-country, five fell and five road races.

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

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

CROSS-COUNTRY RACES

Saturday, 13th February	Mid-Lancs League	Hyndburn
November/December	Mid-Lancs/Red Rose League Races to be confirmed after publication of the League fixtures.	

ROAD RACES

Friday, 28th May	Burnley Lions 10K	Colne
Sunday, 1st August	Cliviger 6 Mile	Cliviger
Thursday, 23rd September	Ron Hill 5K	Littleborough
Sunday, 5th December*	Guy's 10M	Preston
Monday, 27th December	Ribble Valley 10K	Clitheroe

FELL RACES

Saturday, 3rd April	Pendle FR (S)	Barley
Saturday, 15th May	Fairfield Horseshoe (M)	Rydal
Saturday, 24th July	Turnslack FR (M)	Littleborough
Saturday, 28th August	Pendleton FR (S)	Pendleton
Saturday, 18th September	Good Shepherd (L)	Mytholmroyd

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

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

Pennine Bridleway Relay 31st January 2010 Senior Men's 'A' Team Triumph

In the January Newsletter, I finished the Calderdale Way Relay Report withwatch this space, in reference to the fact that members of the Senior 'A' Team had run the Vets 'A' so close, only to be overtaken on the last leg.

Well, after another very close battle, the Seniors got their revenge on the Pennine Bridleway Relay. The Vets drew first blood with Mark Aspinall and Phil Hall establishing a two minute cushion over Jason Harbour and Gary Shaw. However, a storming run from in-form Any Orr and Jamie Baldwin (standing in for the injured Captain Foggy) turned the deficit into a similar advantage at the Callis Bridge change-over, moving the Seniors into 6th place overall. As the see-saw contest continued, Mike Wallis & Paul Shackleton reeled in Michael O'Donnell and Alex Cran to give John Roche & Ian Greenwood a slender advantage going into Leg 4. A titanic effort from Dave Motley and Jack Dugdale saw them claim just 4 seconds back from their 'experienced' rivals, to finish the leg virtually together. So, it was all to play for on the fifth and final leg. However, relay newcomer Dominic Howell, and partner Andy Brown proved too strong for the Vets' pairing of Ray Lees and late call-up, Mark Nutter, The Seniors held on to 6th place overall, while the Vets slipped to ninth, first Vets' Team. Well done, Senior 'A' Team.

Vets' Report by Paul Shackleton

Aspy and Phil Hall gave us a great start on Leg 1, coming in 4th with a 2 minute cushion on the next vets' team (Bowland) and just under 2 minutes lead on Jason Harbour and Shawy for Clayton seniors. Vets B had Sean Clare and Paul Hesketh coming home in 14th and leading B team. At the front Horwich led from Calder Valley and Rossendale.

Leg 2 and Tim Edward and Dave Nuttall safely held onto the lead in the vets' race and Neils Worswick and Hardiman, this time without the palpitations and rigged sheep, ran well, bringing the vets' B team home in 18th. Seniors Andy Orr and Jamie Baldwin (looking thinner than usual ?) stormed round, moving the seniors into 6th and almost 2 minutes clear of Clayton vets. Horwich held onto the lead, just about, from flying Salford pair of Andi Jones and Jon Brown and Calder Valley slipped to 3rd.

Leg 3 Mike Wallis and Paul Shackleton closed down and passed our seniors at the finish, coming in 7th and taking 5 minutes out of nearest vets team, (Bowland). Pete Booth and Andy Armstrong had a good run for vets B in 18th position. Salford took the lead from Horwich with Calder in 3rd.

Leg 4 and John Roche with Ian Greenwood just held off the young seniors Jack Dugdale and Dave Motley to come in 7th, with our seniors in 8th. Martin Terry and Steve White for vets' B pulled back 3 places for 15th. Horwich regained the lead from Salford with Calder Valley holding onto 3rd.

So it was all set up for a last leg show down with our seniors and vets setting off together. Dominic Howell and Andy Brown had a good run in 67minutes to pull the seniors through to 6th. Last minute call up Mark Nutter bravely ran the lonely (very lonely!) last leg over Rooley Moor road with Ray Lees trying to hang onto our seniors.

They just held off a late surge from Bowland vets to win the vets' race by 20 seconds, coming in 9th overall. Pete Thompson and late call-up Mick Toms ran well to bring the vets B team home 4th vets and 1st B team. Horwich won from Salford with Calder Valley 3rd.

Clayton Ladies 'A' Team Report by Anna Kelly

A big thank you and very well done to all the ladies in the Clayton 'A' team who were runners-up at the Pennine Bridleway Relay. Thanks especially for being so reliable as, in the absence of Captain Katy, I was living in fear of having to sort any last minute drop-outs. Luckily, we had Lindsay waiting in the wings just in case, so a very big thank you to you, Lindsay, for agreeing to be on standby.

Katie (Trickett) and I did plenty of slipping and sliding on a very cold and icy first leg, but we managed to hand over in 28th position and first ladies. Avril and Sue had a solid run on the long Leg 2, followed by an absolute stormer from Juliet (Horrocks) and Alison Dugdale who were the fastest ladies on Leg 3. Dany and Alison Athroll continued this great form on the fourth leg, bringing our team up to 38th overall. Like Dany and Alison, Josie and Lorraine were third fastest ladies on their leg, the final Leg 5. They maintained 38th position (out of 87) and brought us home second ladies' team behind Calder Valley and just in front of Todmorden- a great result!

The final thank you goes to Katy for doing such a good job in organising both our team and the ladies B team.

Clayton Ladies 'B' Team Report by Irene Roche

Well done to all the B Team ladies. Debbie (Wilson) and Bev (Thompson) gave the team a super start with a good run in 1.18.17, having battled the notorious sting in the tail up from the Ram's Head. (Bev's deep cut to the knee showed no hindrance whatsoever... a true fell runner!).

Barbara (Savage) and Jane (Murphy) completed the longest leg, 2, in very good time, 1.55.53, followed by Jean (Rawlinson) and Lisa (Johnson) on Leg 3, pulling back 4 places.

Next up were Dawn (Richards) and Susan (Clarke) on leg 4, flying round on "the speed merchants leg", where another place was gained. The final leg was taken by Gayle Whittaker and myself, who managed to gain 2 more places for the team, resulting in a respectable 60th overall, out of 87. Good to see how relative new-comers to the relay have shown excellent results.

Excellent team performance, with a good blend of new ladies and the more experienced.

Looking forward to next year,

Irene

Covering Old Ground

25 years ago (Mar 1985)

The Club Cross Country Championships were to be held at Bowley Scout Camp in Great Harwood on 16th March. Club events for March were to be Read Constitutional Club, Rolls Royce Sports Club Barnoldswick, and Whalley.

The Newsletter Editor reported that there had been several near misses on the roads recently – “Don’t be the first Clayton runner to be knocked down – wear something bright.”

Alistair Patten (the Ribble Valley 10 Mile RR organiser of the time) reported the Mayor was delighted with the efforts of our club in raising around £1750 for Medical Research from the race.

Club mesh vests (from Len Farnsworth) cost £4.

The Mid-Lancs Cross Country season saw Clayton take first in the Ladies, Vets, and B teams. Roger Brewster was the individual men’s Champ whilst a young Simon Thompson took the Boys’ title.

The Club was to have a go at the Pennine Way in form of a relay – the team included D.Scott, P.Ashworth, JS Bradshaw, S.James, K.Windle, R.Allum, R.Lawson, H.Manning, A.Aspin, D.Cox, P.Barlow, G.King, J.Betney, D.Bibby, A.Heaton, G.Rawlinson, B.Ramsden, R.Dewhurst, D.Barton, G.Brass, S.Moyle, R.Orr, W.Wilkinson, D.Talbot, (Reserves: E.Hill, L.Farnsworth, R.Price, I.Beverly).

In the Results:

Christmas Handicaps: 1. Lawrence Sullivan; 2. C.Byrne; 3. P. Pierce – fastest times of the day 1. John Calvert, 2. Brian McKenna, 3. Ian Robinson, first lady 15.Karin Taylor (Goss) - (56 finished).

1984 Fell Runner Champs Final Positions – 1. Mick Targett (735); 2. Doug McCallum (645); 3. Colin Taylor (603).

20 years ago (Mar 1990)

The Presentation Evening was to be held at Burnley Mechanics - £5 each.

The Focus this month was on Pete McWade. Pete reported he had started running in 1978 at the age of 32 and was “bullied into joining Clayton after the Pendle Fell Race by John Reade. *(Pete did win the first local unattached prize three years in succession when the Great Hameldon Race was inaugurated in 1979, despite a national rule which said you could only run for twelve months unattached – so there were many demanding he should join our club – I think it might have been more about being an asset rather than the breaking of the rule!!)*. His best performance – Ribble Valley 10M in 50 mins 51 secs.

In the Results:

National XC News – The men were 68th team overall – Ray Lees 380; Konrad Manning 437; Mark Wightman 518; Roger Hargreaves 595; Graham Cunliffe 695; Phil Hall 780; Mike Addison 800; Sean Addison 826; John Roche 1263.

Rossendale Way: Men 2nd; Vets 4th ; B team 10th; Residents 17th; C team 21st; Z team 25th; Ladies 30th; X team 35th; Ladies B 39th.

In the Club Fell Runner of the Year – Ladies 1.Cheryl Cook; 2. Vanessa Brindle (Peacock); 3.Katy Thompson. Men 1. Garry Wilkinson; 2. Kieran Carr; 3. Rob Januswski.

15 years ago (Mar 1995)

Gwilym Williams was to take over as Newsletter Editor next month.

In the Results:

At the Calderdale Way Relay – Our A team came third ; Vets A 10th; B team 24th; Vets B 42nd; Ladies 62nd; Z team 71st; Mixed team 77th; and X team 79th (out of 96 teams).

The Fell Runner final Positions first three were Mark Nutter, Steve Whitaker, and Lee Thompson; in the vets 1.V40 Keiran Carr; 1.V50 John Nuttall; Ladies 1.Jean Rawlinson, 2.Linda Lord, 3.Wendy Dodds (the three were also first in the vets category).

In the Road Champs – Peter Butterworth was first, Mick Wrigley second, and John Roche third. The ladies were 1.Tina Lewis, 2. Jean Rawlinson, 3.Linda Bostock.

In the Three Shires John Nuttall was first V50; At Auld Lang Syne Keiran Carr was first V50.

In the MLXC at Burnley Dave Scott achieved first V50. Keiran Carr was 1st V50 in the Habergham Road Race, Jean Rawlinson was first lady and vet, Don Barton was 1st V60, Kitty Garnett first lady vet, and Jack Riley first V70 . At Boulsworth Keiran Carr was 1stV50.

10 years ago (Mar 2000)

The club XC was to be held at Wilsons in March (same course for Men & Ladies).

Ross Jaques was awarded 'Runner of the Month' for January - he had victories in the Colne 11M, Ovenden Tor, Boulsworth, and Stanbury Splash.

In the results:-

In the Ribble Valley 10K there had been 352 finishers. Roger Brewster was first vet. Val Lawson was first V50 in the Garstang 10K.

5 years ago (Mar 2005)

Run of the Month went to Mark Aspinall for his outstanding performances in the Northern XC and Red Rose.

In the Results:-

Mark Aspinall and Anna Kelly reported that our men were Lancashire XC Champs and our Ladies were silver position. The men's team were Mark Aspinall, Paul Thompson, Ian Greenwood, Phil Hall, Neil Worswick, and Chris Balderson, whilst the ladies team were Candice Leah (Taylor), Anna Kelly, and Tracy Mitchell. Individual awards went to Barry Mitchell 1stV55, Ted Orrell 2nd V60, Mark Aspinall 3rd V40, Christine Leathley 2nd FV55, Anna Kelly 2nd FV40, and Alison Smith (Dugdale) 2nd FV35.

In the Red Rose XC the men were 2nd, vets first, ladies 2nd, and ladies' vets 2nd. Individual awards went to Candice - third senior, Anna 5th senior and joint second vet, and Alison 6th vet. In the men's awards, Mark was first senior and 1st vet, Ian joint 3rd senior and joint 2nd vet, Dave Scott 1st V60 and Harry Manning 1st V65.

In the MLXC at Kendal Maureen Laney was first vet and Mark Aspinall also first vet. On the road Graham Cunliffe was 1st V45 at the Langdale 10K; in the Chernobyl 10K Lawrence Chew was 1st V70; in the Blackburn Winter Warmer 10K Graham Cunliffe was 1st V45 and Lawrence again 1st V70.

Paul Healey

**Half Tour of Pendle
6th March 2010**

Final Appeal for help: registration & marshalling.

If you can spare an hour or two to help out, please contact:
Keith 07739 842058 or Barrie: 07534 896146

**PENDLE FELL RACE
3rd April 2010**

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

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

Many thanks David Bailey

Contact details: tel 01282 618554 after 8.00 during the week
email david.bailey80@ntlworld.com

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£113 per person

Price includes:

- Travel by coach from East Lancashire to London on Saturday, 24th April;
- Accommodation on Saturday night;
- Travel to registration on Saturday afternoon;
- Breakfast on Sunday;
- Coach to the start on Sunday;
- Return to East Lancashire on Sunday evening.

Further details from:

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

BMAF Vets Road Relays

Sutton Park: 15th May 2010

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

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

JANUARY RUN OF THE MONTH

- ALEX CRAN** for 1st place in the HEBDEN 22M LDWA EVENT on 23rd (3 hours 22 mins)
Nominated by Paul Archer, Dave Motley, Neil Worswick, Michael O'Donnell
- WENDY DODDS** for 1st F50 at the NINE STANDARDS RIGG FR on 1st.
Nominated by Harry Manning
- PHIL HALL** for 1st V45 at the LANCASHIRE XC CHAMPION SHIPS at BLACKBURN on 9th
Nominated by Harry Manning
- IRENE ROCHE** for 1st F50 at the JOE SALT MT RACE, Whitworth on 1st
Nominated by Harry Manning
- MEN'S SENIOR A TEAM (Gary Shaw, Jason Harbour, Jamie Baldwin, Andy Orr, Michael O'Donnell, Alex Cran, Jack Dugdale, Dave Motley, Dominic Howell, Andy Brown & Captain Stuart Fogg)**
for 6th place (beating the Vets 'A') at the PENNINE BRIDLEWAY RELAY on 31st
Nominated by Dave Motley & many others!
- DAVE SCOTT** for 1st V65 at the LANCASHIRE XC CHAMPIONSHIPS at BLACKBURN on 9th
Nominated by Harry Manning
- GAYLE WHITTAKER** for 1st F35 at the JOE SALT MT RACE, Whitworth on 1st
Nominated by Harry Manning
- GARRY WILKINSON** for 1st V45 at the JOE SALT MT RACE, Whitworth on 1st
Nominated by Harry Manning

JANUARY WINNER ALEX CRAN FOR AN OUTSTANDING RACE WIN

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

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

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

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

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Peter Catley IIST HFST

Tortoise and the Hare (continued)

I caught them as we hit yet more rough terrain on the start of the crux of the Trog – finding your way across the almost featureless moor to High Brown Knoll, which today was, as ever, shrouded in thick mist. Taking a bearing, adjusted following a recce with Andy 3 weeks before, I plodded uphill finding it increasingly difficult to pick up my knees high enough to avoid the Turk's heads. Aiming at a very watery sun, just visible through the mist, I kept going until, to my relief, I recognised the re-entrant and spring which mark the start of a clear path to the checkpoint.

Gritting my teeth, I kept going past the assembled marshals and on towards the air shafts and Sheepstones. Although confident of the route, I could not relax because it's still easy to go wrong and the terrain's no easier. Sneaking a look behind, I couldn't see any companions and selfishly reasoned that they might find the route difficult to follow in the murk.

My steady plod took me down to the airshaft, along Sheepstones Edge to the Trig, after which, the long downhill section to the last CP at Nutclough Bridge remained obstinately rough: heather, tussocks and a couple of fields churned into a morass by the resident horses. Having walked up the steep bank from the checkpoint, I just had the energy to run across the field, up the road and along the lane to 'enjoy' the lap of the cricket field. At least, no-one was on my tail, so I could go at my own snail's pace.

I was just enjoying my first of many cups of coffee, when Paul Hesketh appeared. 'Tell me you've dropped out. You haven't finished, have you?' When I confirmed I had, he was incredulous. 'How did you get past me? I didn't see you! I knew I shouldn't have passed you!'

Tortoise 1; Hare(s) 0.

The Leg End finally arrived some 40 minutes later. He'd decided not to follow me after I caught him up. His route to High Brown Knoll took 20 minutes longer than mine. Andy Armstrong and the young Warringtonian got so fed up of stumbling around in the mist that they went direct to the finish. Many other competitors finished with similar tales of woe; but not all. Paul Thompson had a really strong run to finish second, just losing out to Tom Brunt in the last mile. Former Trog winner, Andy Orr continued his good recent form to come fifth and Chris Balderson (11th) completed the winning Clayton team. On a good day for the Thompson family, Katy was first F50. 'Road Runner' Gary Shaw was 17th, just behind Tim Edward and Robbo, who picked up the prize for first V50.

The Wadsworth Trog (and Half) have a special atmosphere, attested by the fact that so many runners return for more trogging torture year after year. I'm already looking forward to 2011!!

Pete

MILESTONES

March

Service

Phil Taylor	30 years
Terry Moore	30 years

Age

2 nd	Mark Aspinall	50 years
9 th	Paul Hindmarch	45 years
22 nd	Sean Clare	45 years
24 th	Peter Thompson	50 years
25 th	George Thompson	60 years
27 th	Jim Whalley	65 years

Tuesday Summer Training Venues 2010

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

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

The format of the Summer Series has yet to be finalised - see Boothy's Bit.

Winter Training

This year's winter training runs will follow a similar pattern to last year's:

Tuesday: Burnley: Speed session on Widow Hill Industrial Estate. Meet on Ormerod Road (opposite the Fire Station) Queen's Park, at 6.30pm. John Roche will put us through our paces.

Clayton-le-Moors: Speed session on pre-arranged circuits around the local area. Meet at Wilson's Playing Fields at 6.45pm. Organised by Mike Eddleston.

Barley: 'Barley Badgers' meet at the Pendle Inn, Barley for runs on the fell. Head torch essential. Led by Simon Halliday & Martin Brady.

Thursday: Structured training led by John Roche

This year there will be a change of format and a move away from one location and track training. The objective is to try and encourage the members to travel and support the chosen venues and to build some team spirit by group training. There will be three venues: Burnley, Accrington and Barrowford.

Each session will be around 7.5 to 8 miles and be of fartlek type training with lots of hills where possible, depending on the venue. The sessions set off as one group but as the pace increases it will split and form two groups, possibly three. The front group will be running at average pace 6/7 min miles and the 2/3 groups averaging 7/8 min miles. The session is very tough and the recoveries are very short. The route at each venue will be out and back (point to point) running and the plan is for you to find your level and also to try and keep the groups together.

Venues will rotate each week, as follows:

4th March: Burnley—meeting at Towneley Golf Course Gates Car Park on Todmorden Road opposite Cherry Tree Restaurant. 6.45pm

11th March: Accrington - Peel Park Hotel at 6.45pm (Please park near the school and not on the Pub Car Park..thanks)

18th March: Barrowford - Bridge Inn - Main Car Park 6.45pm

25th March: Burnley—meeting at Towneley Golf Course Gates Car Park on Todmorden Road opposite Cherry Tree Restaurant. 6.45pm

Thursday: Structured training led by Geoff Laycock
The Memorial Park, Church Lane, Gt Harwood 6.30pm

CLAYTON-LE-MOORS LADIES TRAINING NIGHTS 2010

04/03/10	Juliet Horrocks	01282 816686
11/03/10	Alison Martin	01254 384965
18/03/10	Angela Donlan	07534944202
25/03/10	Kath Brady	01282 611523

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.

NEW Thursday Training Session

**SPIRIT OF SPORT CENTRE
Ormerod Road, Burnley
6.00pm**

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Builds power, Endurance, Pace & Core

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

Led by Marion Wilkinson 01282 425385

Junior Training (Age: 6-12)

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

COMMITTEE NEWS

Monday 1st February

11 members were present.

The main discussions and decisions were:

- Green slate trophies for the presentation evening have been ordered. Following discussions, (with the exception of the club overall championship senior competition for which medals will be awarded) a member qualifying for more than one award will receive one slate trophy per competition. This will be engraved with all the achievements of the member in that competition.
- Membership Secretary circulated up-to-date membership lists. 31 members have allowed membership to lapse & will no longer receive the Newsletter. (see Membership p.7)
- Minibus(es) will be organised for BMAF Road Relays on 15th May.
- Parents of all junior members must complete consent/medical forms to be held on Club file.
- Junior Welcome Pack to be developed for new junior members.
- Aiden Holgate proposed for Burnley 'Rising Star' Award.
- Marion has distributed info leaflets about the Junior Section Burnley to Primary Schools.
- Marion given the go-ahead to purchase equipment for Junior training sessions.
- Pete & Ann Bland confirmed as Guests of Honour for Presentation.
- Engraving of trophies & awards in hand (Jim & Harry M).
- Mo Laney to attend presentation & give update of Malawi Appeal. Info re 2010 charities to be displayed.
- Secretary would contact award winners who had not purchased tickets to date.
- Brief report of Club Development Plan Sub Committee. Up-dated plan to be circulated to Committee prior to March Meeting.
- Proposed date for Club Relay: 19th June.
- Club XC Handicap to be held in May.
- Continued participation in both Red Rose & Mid Lancs XC to be discussed at later meeting.

Date of Next Meeting: Monday, 1st March 2010 at the Whitakers Arms,
Accrington

British Fell Running Championships 2010

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

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

English Fell Running Championships 2010

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

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

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

Fell Racing Results 2009—Men

<u>Pos</u>	<u>Name</u>	<u>Cat</u>	<u>Races</u>	<u>Points</u>	<u>Pos</u>	<u>Name</u>	<u>Cat</u>	<u>Races</u>	<u>Points</u>
1	J Dugdale		40	2172	45	P Shackleton	V40	4	256
2	N Worswick	V40	30	1568	46	M O'Donnell		4	249
3	N Hardiman	V40	27	1463	47	A Firth	V50	35	247
4	M Nutter	V40	36	1427	48	M Brady	V40	8	246
5	Pr Thompson	V40	39	1321	49	P Brown		7	237
6	S Fogg		16	1093	50	D Naughton	V40	5	234
7	C Balderson	V40	17	1051	51	P Archer	V40	8	230
8	P Booth	V50	22	1003	52	S White	V50	10	213
9	A Life	V40	16	984	53	G Smith		17	196
10	T Edward	V40	14	965	54	M Wallis	V50	3	183
11	S Whitaker	V40	16	866	55	M Aspinall	V40	2	161
12	Pl Thompson		14	858	56	M Hogan	V40	5	155
13	A Orr		10	788	57	L Clough		4	150
14	D Walker		12	775	58	N Roscoe		5	147
15	M Terry	V40	16	696	59	A Howarth	V40	10	146
16	D Motley		15	681	60	I Connell	V40	9	144
17	B Horrocks	V50	9	655	61	G Balmer	V40	9	142
18	A Dugdale	V40	40	617	62	M Taylor		17	140
19	P Hesketh	V40	12	609	63	J Roche	V50	2	138
20	D Horrocks	V40	12	589	64	J Sharples	V50	4	126
21	J Baldwin		7	589	65	P Toman	V50	5	123
22	S Clare	V40	8	578	66	A Robinson	V50	4	123
23	R Bellaries	V50	17	546	67	R Baines		5	116
24	A McFarlane	V40	8	523	68	D Howell		2	116
25	D Nuttall	V40	8	498	69	P Dugdale	V50	28	109
26	K Mitchell		8	419	70	D Scott	V60	7	106
27	J Pickup	V50	13	412	71	A Cran		3	104
28	D Edmondson	V40	6	412	72	G Barrett	V40	3	102
29	A Armstrong		10	409	73	D Holland		3	101
30	J Holt	V60	9	406	74	I Robinson	V50	5	98
31	M Toms	V40	7	384	75	M Riley	V40	2	97
32	G Shaw		5	349	76	M Wightman	V40	2	96
33	D Black	V40	11	330	77	I Hargreaves	V40	5	92
34	S Bury	V50	16	329	78	G Gough	V50	2	90
35	G Wilkinson	V40	4	328	79	C Shuttleworth	V50	1	87
36	I Whigham	V40	15	321	80	A Payne		1	79
37	A Brown		4	312	81	R Hirst	V50	31	76
38	M Eddleston	V50	11	300	82	M Tomlinson	V40	7	73
39	I Greenwood	V40	5	296	83	G Thompson	V50	10	71
40	K Carr	V60	7	293	84	B Mitchell	V60	2	70
41	P Browning	V40	12	288	85	D McMullen	V40	3	69
42	D Naylor	V50	23	273	86	R Moore	V40	13	66
43	S Halliday		7	266	87	P Targett	V40	1	66
44	T Chew	V40	4	259	88	M Hirst	V50	12	65

Pos	Name	Cat	Races	Points
89	T Laney	V40	2	60
90	D Munroe	V60	12	58
91	R Brewster	V50	1	55
92	R Treitl	V50	9	51
93	T Walker	V40	5	50
94	J Singleton	V50	1	49
95	C Shaw	V40	1	47
96	A Foster	V40	3	45
97	M Salisbury	V40	8	42
98	G Newsham	V50	6	42
99	B Brock	V40	1	41
100	R Chappell	V60	8	40
101	D Bate	V40	4	40
102	A Walmsley	V50	5	30
103	K Butterworth	V50	4	28
104	A Graham		9	26
105	J Rusius	V50	2	26
106	P Costello	V50	2	22
107	S Hartley	V50	1	21
108	L Sullivan	V70	7	19
109	D Rushton		3	19
110	J Nuttall	V60	1	19
111	A Exton	V50	2	18
112	V Brodrick	V50	9	17
113	G Laycock	V50	3	17
114	T Orrell	V70	3	17
115	G Clifton		1	16
116	N Dewhurst	V40	1	15
117	D Barrowclough	V40	1	11
118	J Francis	V60	9	9
119	P Healey	V60	4	8
120	D Hindle	V50	2	8
121	A Scott	V50	1	8
122	P Billington	V60	2	6
123	R Mitchell	V50	1	6
124	S Breckell	V50	1	5
125	H Manning	V70	1	4
126	A Carter	V50	2	3
127	D McCallum	V60	1	3
128	J McGuire	V50	5	2
129	P Thornber	V50	2	2
130	D Neild	V50	1	2
131	R Hill	V60	3	1
132	G Williams	V60	2	1
133	J McNab	V50	1	1
134	B Leathley	V70	4	0
135	K O'Brien	V60	1	0
136	M Clark	V50	1	0
137	P Martin	V60	1	0
138	T Targett	V60	1	0

Fell Racing Results 2009—Ladies

Pos	Name	Cat	Races	Points
1	W Dodds	LV50	19	467
2	T Mitchell	L	9	466
3	D Richards	LV40	20	364
4	L Slater	L	8	326
5	B Savage	LV40	21	270
6	M Laney	LV50	5	262
7	J Rawlinson	LV50	22	209
8	A Kelly	LV40	5	207
9	C Taylor	L	3	198
10	C Life	LV40	13	187
11	A Athroll	LV40	5	168
12	S Clark	LV40	8	155
13	L Bostock	LV50	9	118
14	I Roche	LV50	4	116
15	B Thompson	LV40	9	106
16	S Burns	LV50	3	103
17	K Thompson	LV50	11	102
18	J Holdsworth	L	2	98
19	C Hopkinson	LV40	3	79
20	J Murphy	LV40	5	69
21	L Balmer	L	10	66
22	K Wallis	LV50	1	50
23	L Lord	LV60	6	47
24	V Pratt	L	2	47
25	A Wainscott	L	1	39
26	A Dugdale	LV40	1	38
27	L Hudson	L	3	28
28	G Whittaker	L	2	28
29	N Horsfall	LV50	6	18
30	K Goss	LV60	13	10
31	C Leathley	LV50	6	9
32	A Martin	LV40	1	8
33	M Wilkinson	LV65	2	3
34	K Wilkinson	L	2	3
35	A Shaw	L	1	3
36	J Hindle	LV40	1	2
37	S Allen	LV40	1	1
38	D Armstrong	L	1	0
39	J Frechette	LV50	1	0
40	E Jones	LV50	1	0

John North Trophy: A Long Races

<u>Pos</u>	<u>Name</u>	<u>Cat</u>	<u>Races</u>	<u>Points</u>
1	T Edward	V40	5	371
2	PI Thompson		6	319
3	M Terry	V40	6	296
4	N Hardiman	V40	5	272
5	C Balderson	V40	4	271
6	R Bellaries	V50	9	257
7	P Booth	V50	6	243
8	A McFarlane	V40	5	241
9	M Nutter	V40	6	206
10	W Dodds	LV50	8	200
11	S Halliday		5	186
12	S Whitaker	V40	4	182
13	A Orr		2	177
14	A Brown		2	160
15	D Motley		2	159
16	B Horrocks	V50	2	157
17	N Worswick	V40	3	150
18	G Wilkinson	V40	2	146
19	K Mitchell		3	143
20	D Horrocks	V40	3	138
21	P Hesketh	V40	2	125
22	D Nuttall	V40	2	117
23	A Life	V40	2	115
24	M Brady	V40	3	113
25	A Armstrong		2	112
26	T Mitchell	L	3	108
27	J Dugdale		3	104
28	K Carr	V60	2	99
29	P Browning	V40	4	98
30	J Sharples	V50	3	98
31	A Robinson	V50	2	89
32	S Fogg		1	83
33	J Baldwin		1	81
34	J Holt	V60	2	80
35	Ptr Thompson	V40	3	73
36	I Connell	V40	5	68
37	S Bury	V50	5	63
38	G Smith		10	62
39	S Clare	V40	1	62
40	A Kelly	LV40	2	61
41	M Riley	V40	1	61
42	I Greenwood	V40	1	52
43	D Walker		1	51
44	M Toms	V40	1	48
45	D Black	V40	2	45
46	M Laney	LV50	1	43
47	P Shackleton	V40	1	41
48	A Dugdale	LV40	1	38

Pos Name Cat Races Points

49	I Whigham	V40	5	36
50	P Toman	V50	2	33
51	A Firth	V50	4	31
52	M Eddleston	V50	1	31
53	L Slater	L	1	25
54	M Wallis	V50	1	25
55	K Thompson	LV50	4	24
56	D Naylor	V50	6	22
57	M Hirst	V50	3	21
58	C Life	LV40	2	18
59	G Clifton		1	16
60	J Rusius	V50	1	13
61	P Archer	V40	2	12
62	A Dugdale	V40	1	10
63	D Richards	LV40	1	8
64	P Brown		1	8
65	J Rawlinson	LV50	2	7
66	S Burns	LV50	1	6
67	D Bate	V40	1	6
68	G Balmer	V40	1	5
69	J Murphy	LV40	2	5
70	B Savage	LV40	4	5
71	R Treitl	V50	1	4
72	A Walmsley	V50	1	4
73	D Munroe	V60	1	3
74	D Scott	V60	1	3
75	G Laycock	V50	1	2
76	G Williams	V60	2	1
77	M Tomlinson	V40	1	1
78	K Goss	LV60	1	1
79	D Hindle	V50	1	0
80	R Hirst	V50	1	0

Pendle Aggregate Trophy 2009**(Half Tour, Pendle, Mearley Clough, Pendleton, Full Tour)**

<u>Pos</u>	<u>Name</u>	<u>Points</u>
1	S Fogg	195
2	N Worswick	178
3	M Nutter	148
4	I Wigham	106
5	D Naylor	90
6	D Munroe	22

RESULTS

CROSS COUNTRY

Northern Cross Country

Championships

Witton Park, Blackburn

23.01.10

Ladies

1	H Dean Hallam	30.31
60	K Trickett	37.06
67	A Kelly	37.59
152	W Dodds	43.21
214	S Allen	53.25
222	Finished	

Teams

1	Hallamshire	74
2	Sale	106
3	Leeds City	112
15	Clayton	489

Men

1	S Vernon (Stockport)	39.04
102	G Shaw	46.36
126	M Aspinall	47.45
220	D Motley	51.19
231	C Balderson	51.43
239	C Shuttleworth	51.54
265	P Archer	52.51
348	D Horrocks	55.54
408	J Hickie	58.08
468	D Scott	61.06
527	T Orrell	65.03
600	Finished	

Teams

1	Leeds City	122
2	Salford	229
3	Altrincham	333
18	Clayton	1183

Cross Country Season 2009-2010

Palladium Points Competition

after 7 races

Ladies

K	Trickett	27
T	Mitchell	17
J	Murphy	14
W	Dodds	14
S	Clark	12

Men

M	Aspinall	91
D	Edmodson	69
R	Lees	64
G	Shaw	62
C	Balderson	45

Appearances after 7 Races

Ladies

K	Trickett	5
K	Goss	5
T	Mitchell	3
W	Dodds	3
S	Allen	3
K	Thompson	3
J	Murphy	3

Men

J	Hickie	7
M	Aspinall	6
R	Lees	6
T	Orrell	6
D	Edmondson	5

ROAD

Garstang 10K

31st Jan

1	S Littler	Wesham RR	32 53
28	Sarah Ridgway	Eryri H	38 15
39	P Hindmarch	M40	39 42
115	B Wildman	M40	44 58
			321 finished

Alexander Park 5K

7th Feb

1	T Charles	Trafford AC	16 03
20	P Baistow		19 19
37	Kirsty Power	MFR	22 26
			125 ran

Blackburn Winter Warmer 10K

14th Feb

1	B Fish		31 23
17	Leanne Sheahy	Leigh H	39 04
115	M Taylor		47 48
181	K O'Brien	M65	53 02
			264 finished

What's In a Lifestyle?

This story has nothing whatsoever to do with running, or any other outdoor activity, but it may raise the odd eyebrow and possibly make most of us thankful for the lifestyle we lead. It is absolutely true and recounts an encounter I had on a recent visit to the doctor's surgery.

As I turned away from the reception desk it was obvious that there was only one other person in the waiting area; a man in his sixties, probably good looking once upon a time but showing signs of a hard life. I also noticed that his right eye opened then clamped tightly shut with almost mechanical regularity. There was a white stick propped up against the bench seat.

I nodded to the man and sat down, not too close, but not so far away as to appear unsociable. It only took a few minutes before he rolled back the sleeves of his coat to reveal two very red and swollen hands and forearms.

'This is why I'm here', he said. 'It's psoriasis you know. Had it before. It's caused by wearing jewellery'.

'Looks very painful', I said, trying to look concerned.

'I've always liked a lot of jewellery', he continued. 'I used to have solid gold bracelets on both wrists and a ring on every finger, but I sold them for £5,000 and bought some silver ones. The silver caused the problem. I can't even wear a watch now'.

Trying to be helpful, I said 'What about a pocket watch'? Obviously this was not the right answer as he replied, 'My Uncle George left me a solid gold pocket watch in his will, but I didn't like it, so I sold it to a mate for £200'.

Clearly the guy was having a tough time so, trying to appear sympathetic, I commented that it must be difficult with the eye problem as well as the hands. This caused the floodgates to open considerably further, and he set about expanding on his problems.

'The nerves are damaged behind both eyes, you know. My eyes close without warning – lasts for about five minutes. Been knocked down twice, but I got £10,000 damages, so it wasn't too bad. I suppose I'll go blind eventually'.

He then told me that he had always lived in the area, but had moved to Blackpool a few years ago in order to get away from one of his wives. He continued, 'I had a flat behind the Pleasure Beach, but there were a lot of burglaries in Blackpool then. The flat above mine was raided twice, so I moved to Burnley and got a flat near Duke Bar – I thought it would be better there. But, it was when the riots were on and I woke up one night when someone was trying to knock down the door of the flat below, so I packed my bags and moved to Colne'.

By this time he was in full flow, so I just listened and said nothing. He then moved on to wives and family.

'I've had three wives', he continued. 'Lived up the top of Barrowford with the last one, just before I moved to Blackpool. I've six children altogether, but I don't have anything to do with any of them anymore. One son is a BT engineer.....the other two are villains; always fighting and getting into trouble. They wrecked my flat twice, in fact my grandchildren wrecked my flat as well, so I moved house so they couldn't find me. Two of my daughters are nightclub singers; one sings in a club in Stockport and goes by the name of White Lightning'.

I really thought there couldn't be anymore, but he now moved on to his current situation and drinking, especially drinking!

'Life's a bit boring now', he said, a bit dolefully. 'I used to do the nightclubs myself, you know. I used to like going to the pub, but the smoking ban has spoiled all that. I'm a heavy smoker. I liked nothing better than going to the pub with my girlfriend and smoking and drinking all night. I like a drink. I used to drink a bottle of Scotch a night, but I was spending £100 a week on booze. In fact I drank a bottle of Scotch a day for ten years – not sure what condition my liver is in now. Anyway, I decided it wasn't doing me any good, so I now buy two packs of lager a day and drink four pints in the afternoon followed by four in the evening, but I don't really like lager and beer'.

At that point the man's name was announced over the loudspeaker and, after saying cheerio, he set off in the direction of the consulting rooms, bumping into the reception desk on the way.

A few minutes earlier another man had come into the waiting area and sat down opposite me.

'That was a sorry tale of woe', he said.

'Yes, it was', I replied. 'I'm definitely not going to feel guilty about my two pints a night any more'.

'I've stopped', he quickly countered. 'I used to drink a lot, you know. It was from the stress of the job I was doing. I've no job now, so no stress, so I don't drink at all now'. Just as I thought another story was about to unfold, my name was announced and I reluctantly headed off past the reception desk.

Later, I pondered on how to finish off what is quite a sad story. The lessons and morals are all too obvious, but perhaps we all, especially us men, should go easy on the jewellery!

Tony Peacock

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

MARCH'S MEANDERINGS

- Sat 6th **Half Tour of Pendle AM 9m/2250' from Barley Village Hall (GR 822402) £2.50 by 1st March . Form on Clayton website**
If you are not running please help with marshalling or parking
- Sat 6th Mid Lancs XC, Barrow Ladies 2pm Men 2.30pm
PFO Come and Try it Event – Towneley Park Register anytime from 10am to 12 noon. Short courses for beginners plus micro-orienteeing for more experienced orienteers. Beginners free. £1.00 for the micro-orienteeing (dibber hire £1.00 on micro course). www.pfo.org.uk
- Sun 7th Chew Valley Skyline BL 13m/2000' 11a.m. from Dovestones Sailing Club, Saddleworth GR013033 £7 by Feb 27th 250 Limit
Stanley Park 10K, Blackpool 11 am £10 www.runblackpool.co.uk
Haweswater Half-marathon 11.30am from Bampton Village £12 edenrunners.co.uk
Cloud Nine Hill Race BM 9m/1250' 11a.m. from Brunswick Wharf, Congleton GR865634 £5 pre-entry + £1 eod
- Sat 13th Haworth Hobble – Wuthering Hike 33m/4400' £20 per team of 2 or £11 individual Entry form from kcac.co.uk
- Sun 14th Roddlesworth Roller, Abbey Village 6m 11 am £6.50 + £2 on day
Burnley 10K 11am from Spirit of Sport £7 + £1 eod
- Sat 20th Fiendsdale FR AM 11a.m. from Fell Foot, Chipping 7.5m/2500' £5 by 12th March
PFO Come and Try it Event – Wycoller Register anytime from 10am to 12 noon. Short courses for beginners plus micro-orienteeing for more experienced orienteers. Beginners free. £1.00 for the micro-orienteeing (dibber hire £1.00 on micro course).
Sticky Toffee Pudding 10K Trail Race, Cartmel 11am Also 18K Cartmel Challenge & Cartmel Trail Race www.ultimatetrails.org
- Sun 21st St Annes 10m 11 am from St Annes Fire Station £7
Edale Skyline – Race full
Two Crosses LDWA event postponed from 17th Jan.
- Wed 24th Vera Hirst 5K, Littleborough 6.30 pm £4 + £1 on day
- Sat 27th Causey Pike FR AS 4.5m/1780' 2pm from Stair Village Hall £3
- Sun 28th Gibson Sports 5K 11am from Walton Arms, Altham £4 eod only
Muddy Bottoms Off-road run 9m/17m 9am from Bamber Bridge Leisure Centre £10
Wilmslow Half-marathon Race full
- Tues 30th Liver Hill BS 5m/800' 6.45pm from Marl Pits Free entry – no prizes
- Wed 31st Brenda & Colin Robinson 5K Rd Race Falcon Inn, Littleborough £5 + £1 on day 7pm

APRIL'S ANTICS

- Fri 2nd Caldervale 10m 1pm £7 + £2 eod
Salford 10K 10am from Salford Sports Village £8 + £1 eod
Good Friday Races 4m Ladies 10.30 am Mens 11am from Victoria Park, Southport £7
- Sat 3rd Pendle FR AS 4.5m/1500' 2pm from Barley Village Hall £3 eod
Junior Races from 12.30p.m.
Rivington Pike BS 3.25m/700' 3pm from Crown Hotel, Horwich £5
Junior Races 1pm from Rivington & Blackrod High School
Manx Mountain Marathon AL 31.5m/8000' 9.15am from Market Square, Ramsay loM £22 pre-entry by March 27th
Manx Half Mountain Marathon BL 13m/2600' 12.30pm from St Johns Crossroads £9 pre-entry by March 27th
- Sun 4th Guiseley Gallop Multi Terrain 10K 10.30 am £7 + £2 eod from West Side Retail Park, Guiseley, Leeds, LS20 9NE
Alexandra Park 5K, Manchester 11.30am £3
- Tues 6th Bunny Run 1 CS 3m/300' 7pm £2 eod Registration at Old Sun Hotel, Haworth (GR026372) 5 mins from start at Dimples Lane Quarry
- Wed 7th Ken Taylor Cowm Reservoir 5k Road & trail 7pm from Cock & Magpie, Whitworth
- Sat 10th Loughrigg FR AS 4m/1000' 7pm from Millans Park, Ambleside £3
Silent Valley AM 9.5m/4900' British Fell Champs 12 noon from Silent Valley Mountain Park GR306209 N. Ireland £7 by April 3rd or eod for additional fee www.nimra.org.uk
Wardle Skyline BM 7m/1250' 2pm from Wardle Square nr Rochdale GR912171 £4 eod
PFO Orienteering Rossendale
- Sun 11th Blackpool Marathon & Half-marathon from Hilton Hotel Marathon £22/Half-marathon £20 Both £30 on day
Gin Pit 5 Trail Race 5m 11am from Gin Pit Village, Tyldesley, Gtr Manchester £6 + £1 eod Online entry at www.ukresults.net
Oldham Half-marathon 11am £7 + £1 eod
- Tues 13th Bunny Run 2 7.15 pm Other details as Bunny Run 1
Chernobyl 5K Series Race 1 Welcome Tavern, Walton-le-Dale, Preston PR5 5UL (Also 11 May & 15 June £5 or £13 for series (+£2 eod)
- Wed 14th Steve Rothwell Memorial Road Race 4m 7pm from Turf Tavern, Edenfield Rd, Rochdale £4 + £1 eod www.ukresults.net
- Sat 17th Coledale Horseshoe AM 9m/3000' 12 noon from Scotgate Caravan Park, Braithwaite nr Keswick £6 pre-entry to Mike Robinson, 38 Burneside Rd, Kendal LA9 4RL £8 eod
St George's Day 10K 12 noon Stickle Barn. Gt Langdale £2.50 eod
- Sun 18th Radcliffe 10k 10.30am £5 + 50p eod from Radcliffe High School
- Tues 20th Bunny Run 3 7.30 pm Other details as Bunny Run 1
- Wed 21st Grisedale Grind AS 2.5m/1560' 7pm Whinlatter Visitor Centre £3
- Sat 24th Three Peaks Race AL 24m/4500' 10am Horton-in-Ribblesdale
Online entry at threepeaksrace.org.uk
Anniversary Waltz AM 11.5m/1100' 11.30 am £7 on-line entry at anniversarywaltz.co.uk by 15th April
Hawkshead Trail Race BM 9.3m/1460' 2pm from Hawkshead, Cumbria
Pre-entry only See www.lakelandtrails.org
- Sun 25th London Marathon Entries full

Bolton 10K 9am £7 + £3 eod from Leverhulme Park, Bolton Garstang
Gallop 10k 11am from Garstang Social Club £6 + £1 eod
Kinder Downfall AM 10m/2500' 11.30am from Hayfield Village
(GR037870) £4 payable to Kinder Downfall Fell Race by 17th April to
David Soles, Cote Lane, Hayfield, High Peak SK22 2HL
Tues 27th Bunny Run 4 7.30 pm Other details as Bunny Run 1
Wed 28th Ashurst Beacon FR 5.9m/950' 7pm from Prince William Inn, Dalton
GR502075 £3 eod
Lords Seat FR AS 5m/1400' 7pm from Whinlatter Visitor Centre £3

MAY'S MEANDERS

Sat 1st **Coniston FR AM 9m/3500' 12.30pm English Championship £8 pre-
entry by 17th April only on official entry form available after 1st
March Enclose SAE**
Sun 2nd Great Hameldon BM 6m/1100' 12 noon from Peel Park Pub £5 eod
Clayton Race & Pendle Grand Prix

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

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

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

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

Thanks, John Dickinson

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

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