

HARRIER NEWS



The Clayton Harrier Newsletter
May 2010

STAN BRADSHAW
26th May 1912-6th April 2010



Photo: Mike Sadula—Bob Graham Round website

CONTACTS

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

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

Race Results

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

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

Please send your Fell Results to Mark Nutter
20 Osborne, Spen Brook, Newchurch-in-Pendle, Lancs BB12 9JJ
email mark.nutter@rbs.co.uk
Home telephone 01282 618403

Please send your Cross-Country Results to Harry Manning
4 Wiswell Close, Burnley BB10 2DW
Home telephone 01282 830458
Cross-Country Results for those races that qualify towards the Club's 2009/10 Palladium awards will be obtained by the Cross-Country Statistician, Harry Manning.

Forthcoming Fixtures

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

The Clayton Newsletter

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STANLEY BRADSHAW
26th May 1912—6th April 2010

On Thursday, 15th April it was my proud, but very sad duty to represent the members of Clayton-le-Moors Harriers at a Celebration of the Life of Stan Bradshaw at Burnley Crematorium. It was a testament to the esteem in which Stan was held by so many individuals and organisations that it was standing room only as his coffin entered the Chapel to the strains of 'The Happy Wanderer', the anthem of the Rucksack Club, whose members provided his final escort.

I'm sure that the singing of the first hymn: 'Love Divine, all loves excelling', would have brought out the famous Stan Bradshaw smile as the congregation attempted to reconcile the two verses printed in the programme with the three that were played – quietly – through the speakers. In the end we all repeated the second verse, rather sheepishly.

I cannot claim to have known Stan. I've had a few short conversations with him over the years of my membership of the Harriers, so the eulogies, delivered very movingly by Stan's daughter, Carol and his 'adoptive son' Frank Milner gave me an insight into how Stan became such a legendary character. I hope members who knew him much better will forgive me if I re-tell just a few of the pioneering episodes from his amazing life:

Unable, because of injury, to follow his brothers into professional football, Stan (named after Accrington Stanley, a club his father had played for) took up running, initially as a member of Bury AC, later as a member of Clayton-le-Moors Harriers.

Once a year from 1930 until 1992, apart from the war years, Stan undertook a walk (usually solo) from his home, via the Nick O' Pendle, Waddington Fell and the Trough of Bowland, to Morecambe, a distance of 36 miles. Frank revealed that the tradition began when, as a young man, Stan wished to have night out with his beloved Ida who was on holiday in the seaside town. So Stan packed his dancing shoes into a rucksack, and off he went!

During the Second World War, Stan served in the Eighth Army, the Desert Rats, in North Africa and Italy.

During the sixties, Stan and his family enjoyed adventurous holidays travelling off the beaten track all over Europe, firstly camping, later in a VW camper, well before such activities became popular.

Stan took part in the first ever Three Peaks Race in 1954, finishing second. His family believe that he was the last surviving competitor from that inaugural event.

In 1960, Stan followed up Alan Heaton's achievement and became the second person to complete the Bob Graham Round in under 24 hours. 17 years later, at the age of 65, he became the oldest person to complete the challenge, until CleM's Brian Leathley did his BGR, aged 66.

At the age of 68, Stan completed the London Marathon in a time of 4:15!

Stan traversed the Cuillin Ridge in a single attempt for the first time- at the age of 71!

These examples barely scratch the surface of the list of Stan's achievements.

After Carol and Frank had spoken with such great affection and pride about Stan, his grand-daughter, Suzanna, recited the poem 'Old Pendle'. I can't speak for others present but hearing this, a favourite since I first enjoyed a musical version nearly forty years ago, brought a tear to my eye, picturing 'the grandest old hill in the world' and the amazing man born in its shadow. After a second hymn, 'Guide Me, O Thou Great Redeemer' the congregation filed out to the accompaniment of Louis Armstrong's 'What a Wonderful World', a fitting climax to a celebration of the life of a man who always lived life to the full.

Reflecting after the event, it struck me that, unusually in my experience, there was only a fleeting reference to Stan's working life. The reason that so many people, including such luminaries as Ron Hill and Joss Naylor had made the effort to honour his memory was Stan's character and his pioneering spirit in a wide range of athletic and outdoor activities. He was an inspirational and charismatic individual, who did much to put fell running, orienteering, Clayton-le-Moors Harriers, amongst many others, on the map.

I doubt we shall ever see his like again.

Adieu, Stan.

Pete

STAN BRADSHAW
by
Club President, Dave Scott

Stan Bradshaw had been one of my heroes since I was aged 15 when I first joined Clayton. He had called to see my mother (I was out somewhere) to ask if I would like to join Clayton as I had won some local races. Some days later found me standing on the steps of Padiham Town Hall at 2p.m. waiting for a lift from a man I'd never met!. Eventually a red Volvo pulled up and Alf Case got out to ask if I was David Scott. Stan then drove us to the club run for that day.

In later years I drove Stan's red Volvo several times as he often enjoyed riding in the passenger seat of his own car. I ran with him on my first ever 3 Peaks; and in the Dales and the Lakes. It is an honour to have done that.

A photograph that I have always treasured is of Stan shaking my hand, as I sit on the kerb by the Moot Hall in Keswick, after completing my Bob Graham run.

Treasured memories of a man, a hero and a legend - Stan Bradshaw.

Boothy's Bit

In last month's Harrier I reported on the lively exchanges on the Club website forum that had followed Gary's decision to withdraw the CleM team from the Northern 12 Stage Road Relays. At the Committee Meeting on 29th March (see p24 for Committee News) we discussed the situation. Gary was quite clear that the withdrawal was due to a combination of unfortunate circumstances—illness, injury and other commitments—rather than the Club's failure to support road running. I am painfully aware that the Club needs more younger members and also accept that many of the present membership prefer to run on the fells. However, I do not accept that we are failing to address these issues.

It was clear from our discussion that another major factor in the difficulties in selecting relay teams is the reduction in the number of local road relay events and team events early in the year, which used to give road captains a chance to build team spirit and assess form. With the Committee's support, Gary intends to encourage members to participate in suitable races and relays over the summer that will develop a nucleus of runners willing to put themselves forward for the autumn road relays.

I would appeal to all members to support the road captain by putting their names forward for these road races and relays. At the end of the day, Captains can select, encourage, persuade, cajole and twist arms, but members have to be willing to run!

[NB: These are my personal observations; not necessarily the opinion of the whole Committee—Ed.]

Pendle Fell Race April 3rd

Many thanks to all the members who marshalled and helped at the Junior or Senior races. It made my job as organiser much easier, especially with the juniors. There was the usual chocolate extravaganza for the 104 juniors with 2 clubs using it as a club Championship event. It was good to see so many Clayton juniors as well, with Isaac Wilkinson 2nd in the U8s boys' race, and Natalya Jane Irvine 3rd girl in the U10s.

With Clayton seniors using the race as a Championship event the senior race had 210 runners, not bad for an Easter weekend. New winners' names on both trophies, John Brown from Salford on the men's, and on the woman's trophy Lauren Jeska from Todmorden, in 25th place overall. 1st Clayton was Mike Wallis, also 1st V50, in 8th place, and Juliet Horrocks 1st Clayton lady and also 1st lady Vet 40.

Also thanks to Pete Dugdale and Forbes Solicitors for the sponsorship of the Junior races.

Again Thanks

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

| | |
|-----------------------------|---|
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Aidan Holgate

Aidan Holgate, our under 18 junior, has been awarded the "The Rising Star Award" which is a Burnley Community Sports Award for under 18s who are committed to sport and training.

He gets a year's free membership to all 3 leisure centres run by Burnley Borough Council to help him become an athlete of the future. He is doing his first triathlon on the 25th April, along with fellow club runner Lee Clough.

Aidan has enrolled on a Level One Coaching course, to help shadow me on Saturday morning's junior sessions. He will be a good role model for younger members.

Well done Aidan.

Marion Wilkinson

B.M.A.F. – the way forward for vets?

On 13th March this year, a small band of Clayton vets made their way to Belfast to take part in the BMAF British Cross-Country Championships. This took place against the impressive backdrop of Stormont, and as usual, the standard was very high with some of Britain's best veteran runners taking part. Not only did the Clayton contingent have a good weekend away, we also brought home a clutch of medals. Our three V50's, Ray Lees, John Roche and myself, made up the winning team in our age category, and Anna Kelly and I both won individual bronze medals.

This prestigious event is just one of many organized by the British Masters Athletics Federation. Over recent years, Clayton vets have successfully competed at the highest level in BMAF organized races on both the road and country. Successes which spring immediately to mind are the two team bronze medals won by the V40's in 2008 and 2006 at the annual road relays in Birmingham, last year's V50 victory in the team event at the cross-country championships, and the V60's team winning silver at the cross-country relays at Sunderland in 2006. The ladies' vets teams have also done well, with silver medals at both Newport (2005) and Sunderland cross-country relays, gold at the cross-country champs last year, and a V45 team bronze at the road relays in 2008. In addition, there have been numerous individual medal winners and even a few international honours.



Although we veteran runners enjoy the challenge of competing against younger runners, I think we should also look at what the masters' scene has to offer us. BMAF events are well organized, very competitive and will take you to venues throughout the British Isles. The very best veteran runners in the country take part, and it is good to gauge yourself against the elite in your age category.

There is even the slim chance that you could be selected to represent your country at the annual home international cross-country race. So if you have never considered competing in veteran-only races, take a look at the BMAF website and see what they have to offer you. The next big event is the road relays which take place in Birmingham on May 15th. Fancy it?

Mark Aspinall.

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MEMBERSHIP

Welcome to:

Laura Nuttall of Barrowford, (Junior)
James Beck of Burnley, (Junior)
Nicola McNamara of Foulridge,
Phillip Naylor of Clayton-Le-Moors

MILESTONES

May

Service

| | |
|---------------|---------|
| Tim Edward | 5 years |
| Brian Wildman | 5 years |

Age

| | | |
|------------------|-----------------|----------|
| 7 th | Andrea Brewster | 50 years |
| 26 th | Carol Life | 45 years |

Pendle Way in a Day Saturday 22nd May

As I announced in the April Harrier, I am aiming to raise £1000 for NW Air Ambulance by undertaking three challenges to celebrate surviving to my 60th year.

The first of these challenges is set for 22nd May when I will attempt to 'run' the Pendle Way in a day. Ideally, I would like as many members as possible to accompany me for part of the route. The pace will be slow. (I will not be challenging Lee Thompson's sub 6 hour time!)

Schedule

| Location | Distance | Leg Time | Time |
|-----------------------------|-----------|---------------|---------|
| Barley | | | 8.00am |
| Barrowford Heritage Centre | 3.5 | 42 | 8.42am |
| Barnoldswick Bancroft Mill | 7 | 90 | 10.12am |
| Rest 5 | | 5 | 10.17am |
| Earby Mines Museum | 5.5 | 63 | 11.20am |
| Laneshawbridge | 7 | 90 | 12.50pm |
| Wycoller | 1 | 10 | 1.00pm |
| Rest 10 | | 10 | 1.10pm |
| Coldwell Outdoor Centre | 5.5 | 66 | 2.16pm |
| Pendle Bridge | | | |
| (Barden Lane/Greenhead Lane | 5.5 | 66 | 3.22pm |
| Rest 5 | | 5 | 3.27pm |
| Newchurch | 5 | 60 | 4.27pm |
| Barley | 5 | 75 | 5.42pm |
| | 45 | 9h 42m | |

If you do intend to join in, please contact me with details of the section you intend to run. Obviously I want to spread the support so I always have someone with me.

Whether you run or not, you are welcome to try to keep me awake, as I enjoy a couple of pints in the Pendle Inn after I have finished.

To aid my fund raising I have set up a Justgiving page,

www.justgiving.com/petes60-triple-challenge

where you will find details of the challenges and my progress towards raising £1000 (nil at present!)

Let's hope for good weather and a really good day out.

Pete

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!

Covering Old Ground

25 years ago (May 1985)

The date for the Pennine Way Relay attempt had been set for June with 8 legs planned. First off from Edale was to be Stan (JS) Bradshaw at 5 am Saturday morning. It was hoped the last pair of Colin Taylor and Tony Peacock would finish at Kirk Yetholm around 8 pm on Sunday. The legs varied between 29 and 38 miles.

New members to the club included Mark Burridge, Alan Dingle of Burnley (is that where the phrase came from??), Paul Healey, John Lenehan, Mark Nutter.

In the Results:

Roger Brewster was second in the Ribble Valley 10 miles in 48 mins 39 secs. Mark Wightman was third in the Lancaster Half Marathon in 69.56. Roger Brewster was second in the Windermere-Kendal 10 in 49.27. Alistair Patten finished the Yeovil Half Marathon in 81.58.

20 years ago (May 1990)

The editor reported "This month there is yet another interesting plea from our Road Rep. Paul Brannon, asking for your support in the forthcoming Road Relay. Despite two requests in the previous newsletters, there is still a lack of response to the call for Club Teams, just the same attitude which beleaguered our Cross Country teams all winter." (*Does nothing change?*).

Road Runners of the Year were Mark Briggs and Frances Wood. Fell Runners of the Year were Garry Wilkinson, Cheryl Cook, and Andrew Orr (junior). In the Cross Country the honours went to Tom Ashworth, Judy Makinson (Hindle), Andrew Orr (junior), Jonathan Taylor (Youth), and in the vets' categories Roger Hargreaves, Ian Beverley, and Ross Jaques.

Mike Wallis was in the FOCUS for this month's newsletter. Mike's first race was Weets in 1983. Mike was asked why he became club secretary – he replied, "Because I was the one out of 550 members who asked Richard Lawson what he'd been doing for the last eight years."

In the Results:

None sent in this month.

15 years ago (May 1995)

The planned club relay covering the Pendle Way and Bowland-Pendle Challenge was set for June, teams undertaking 6 legs on each and averaging around 17 miles per running pair. There were to be staggered starts with a view to all teams finishing around 8pm in Whalley.

The Great Hameldon Hill Race was to be held on Spring Bank weekend and was advertised as 'Lancashire's Most Popular Fell Race', attracting around 500 runners and around 120 juniors.

In the London Marathon Mick Green did 2.58.25, John Rutter 3.02.34, Tom Pate 3.49.26, and Kitty Garnett 3.56.45. Kitty reported there had been unseasonable weather giving the hottest conditions ever and an energy-sapping head wind along the Embankment.

New members included Mary Plumbley (Laycock).

Congratulations were offered to Gareth Ridings and David Walker for their selection to run for Lancashire schools in the English Schools XC Championships. Their team finished fourth, but were awarded the Wigan Trophy for being the first team to finish with 8 runners. The two boys also ran for the North West Colleges in the relevant British Champs and led home the first regional team.

Katy and George Thompson wrote to thank Jon Sharples and Pete Hindle for their organisation of a run from Accrington to Hebden Bridge. They wrote "A great day out was had by all, especially those who also took in a rail excursion to Rochdale – navigation on the hills is easy; but by train it's a bit trickier!!!" (*A group of us got on a train we thought bound for Todmorden!!*)

Garry Wilky wrote about his experience of the London Marathon. He said he had done most of the 'A' long fell races and finished in the top 15 and had also done the Bob Graham, but none had given him the satisfaction he gained from his London M. His best 10 mile Road time had been 52.32 and he set out a 12 week training programme around Xmas. The 10 mile marker was reached in 58 mins; half way 1.15 and twenty miles 1.59. His longest training run had been 21 miles and considered this a safe bet he could do the last 5 without difficulty - "I could never have imagined how much pain I would have to go through." Garry eventually staggered over the line where two marshals picked him up and strapped him into a wheel chair en route to the physio tent where a "nice young lady massaged his sore groin", but a speedy recovery ensued and half an hour later Garry was in a pub, pint in hand – "Grand as Owt". Finished 335/34000 and 2.39.

In the Results:

Clitheroe 10 M – Garry Wilkinson first 52.32; Keiran Carr First V45-57.39. In the Cheadle Hulme 5 - Val Lawson first LV50.

10 years ago (May 2000)

Kath Wallis featured in this newsletter interview. Kath said she did around 20-30 miles per week training but also swam once or twice each week. How does she relax? – a hot bath by candlelight with a glass of wine but only usually manages 5 minutes before she is joined by Helen (*in the bath but not in the wine!!*.) In the summer this changes to gardening with a few beers – *sounds good to me*. Kath said, “My main concern for Clayton as a club is that we need to attract some new youngsters, as we are fast becoming a middle-aged club.”

We had thirteen teams entered for the club relay in June (130 members).

In the results:-

In the Lostock 6 – Vanessa Peacock was first LV45 and Ted Orrell first V60. In the Gordon Baker 5K Vanessa was first lady.

5 years ago (May 2005)

Run of the Month went to Candice Leah (Taylor) for winning the final MLXC and also for being a member of the Lancashire Silver Medal winning team in the Inter-Counties Champs.

Richard Wilkinson wrote to the Editor about how he took over the captaincy of the Z team from Walter Wilkinson when he became seriously ill in 1998. Richard was about to pack the job in and needed a volunteer – he said “a pity Garry is not quite ready for the Job and Isaac is far too young. All potential successors were to contact Richard.

In the Results:-

In the Burnley 10K – Donna Riley first F35; Irene Roche first FV45; Christine Leathley first FV55; Kitty Garnett first FV60/65; Graham Cunliffe V45; T.Walker V40. In the Bleasdale Circle – Maureen Laney first lady

Paul Healey

Previous newsletters on line

You can now download the latest and previous newsletters from the website.
website url:- <http://www.clayton-le-moors-harriers.co.uk/>

Click on the link called **Members Page** at the top of the front page.
Then enter the username and password:-

username:- **clemmember**
password:- **clayton1**

Covering Old Ground - Extra 40 Years Ago

This from Richard Lawson: I've had another letter from Big Jim Dawson, he of the eloquent epistles; they are always entertaining and this one relates to the summer of 1970 when we set up the Pennine Way record.

I was a new boy (actually 40) - "on the block", having joined in the previous year when Donald O'Rourke took me to the Clayton AGM, held, as they did in those days, at a WMC (Park View, bottom club). The place was certainly packed, perhaps 10 or so, and the Hon Sec then was John Haworth, who gave me a form to fill in and took my 10 bob sub. He gave a sad report on the membership saying that a number had gone AWOL (9 actually)..Harry Walker springs readily to mind. Nevertheless I felt I was "rubbing shoulders with the gods" when I went to my first outing, a cross country at Barrow, in a car seated next to Alan Heaton and driven, at high speed, by George Brass. During that winter someone suggested setting up a traverse of the Pennine Way and setting up a record time with rules dictated by the club. So, from JD's diary from 1970:-

May Sat. 23rd. 6.50am with Frank Powell (Who was he? Pauline's dad) Black and White Moss then driven to a bungalow in Burnley, owned by a newly married couple, for breakfast. The male member, whose name just slips my memory, pointed to the table and I thought he said, "Would you like your oats before breakfast?" To my astonishment his young wife seemed completely unfazed by the question, but as she placed the porridge on the table it dawned on me that I had misheard. From there a 9 o'clock start to the Heptonstall climb, getting my photo in the local paper - fame at last! A dash to accompany Harry Smith on the Tan Hill section. Rested up in a tent, but dragged out of the S B at 5.33am to accompany, and damnit I've forgotten his name again - a runner who, due to us making up time, and it still being dark, had demanded that he should have company as he didn't like the dark. So, on to Slaggyford. Not much of a rest here. I ran the Roman Wall section solo. A final time of 34h 54m and 37s - beat that!

And of course another club did.

I am annoyed I cannot remember people's names, but I certainly came across my breakfast host on many occasions, during races, particularly the 3 Peaks (obligatory for all Clayton members) at the same spot on the road as we approached the climb of Whernside. A gentle patter of feet and a polite "It's only me" as he glided past.

The question is "Will there be in the May edition 2010 of the CLEM newsletter an account entitled: "Forty Years Ago"?"

Jim Dawson

[Perhaps!—Ed]

MARCH RUN OF THE MONTH

- MARK ASPINALL** for V50 BRONZE MEDAL at the BMAF BRITISH XC CHAMPIONSHIPS, STORMONT, NI on 13th
Nominated by Paul Shackleton & Anna Kelly
- ANDREW BROWN** for 1st place at the MOEL WNION FELL RACE at BETHESDA on 13th March
For 2nd place at the FIENDSDALE FELL RACE at CHIPPING on 20th
Nominated by Harry Manning, Mark Nutter, Paul Thompson, Peter Thompson, Ian Greenwood
- WENDY DODDS** for 1st place at CAUTLEY SPOUT FELL RACE at SEDBERGH on 7th
for 1st F55 at the CAUSEY PIKE FELL RACE at KESWICK on 27th
for 1st F55 at the ARANT HAW FELL RACE on 28th
Nominated by Harry Manning
- STUART FOGG** for 6th place at THE HALF TOUR OF PENDLE FELL RACE at BARLEY on 5th
Nominated by Harry Manning, Jamie Baldwin, Michael O'Donnell, Gary Shaw, Martin Brady
- ANNA KELLY** for F45 BRONZE MEDAL at the BMAF BRITISH XC CHAMPIONSHIPS, STORMONT, NI on 13th
Nominated by Paul Shackleton
- VET 50 TEAM**
MARK ASPINALL
RAY LEES
JOHN ROCHE
for V50 GOLD MEDAL at the BMAF BRITISH XC CHAMPIONSHIPS, STORMONT, NI on 13th
Nominated by Harry Manning, Paul Shackleton
- ISAAC WILKINSON** for 1st place in the BOYS' U8 RACE at the BLESSED TRINITY JUNIOR RACES on 14th
Nominated by 'Sleepymill' and Barry Brock

How do you decide between race winners and national medallists?

This month—we don't.

JOINT WINNERS

MARK, RAY JOHN & ANNA for their splendid performances in Northern Ireland.

ANDREW BROWN & ISAAC WILKINSON

For winning their races!!

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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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.

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Are you training for a new challenge,
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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

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Lancs BB10 4SN. Tel 01282 448232, Mob:
07724 085873**

Photographs are welcome too!
Photographs can be sent by email or send
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Full A5 page £15.00 for 1 issue

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Half A5 page £10 for 1 issue

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Peter Catley IIST HFST

THE WINNER OF THE 100 CLUB MAY DRAW

NUMBER 21: KEVIN O'BRIEN

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

Club Championship Update 2010

| | | XC | Fell | |
|-------------------|-----------------|-------------|--------------|--------------|
| | | H'bn | Pndle | Total |
| <u>Men</u> | | | | |
| 1 | Jack Dugdale | 98 | 100 | 198 |
| 2 | Dave Motley | 94 | 95 | 189 |
| 3 | Carl Steele | 92 | 93 | 185 |
| 4 | Brian Horrocks | V50 | 90 | 182 |
| 5 | Mark Wightman | V40 | 91 | 178 |
| 6 | Dave Horrocks | V45 | 89 | 177 |
| 7 | Ivan Whigham | 88 | 85 | 173 |
| 8 | Barry Brock | V40 | 93 | 172 |
| 9 | Andrew Dugdale | V50 | 82 | 164 |
| 10 | Doug Munroe | V60 | 77 | 145 |
| 11 | Ron Chappell | V60 | 76 | 143 |
| 12 | Gary Shaw | 100 | | 100 |
| 13 | Mike Wallis | V50 | 99 | 99 |
| 14 | Mark Aspinall | V45 | 99 | 99 |
| 15 | Garry Wilkinson | V40 | 98 | 98 |
| 16 | Dave Nuttall | V40 | 97 | 97 |
| 17 | Stuart Fogg | 97 | | 97 |
| 18 | Ray Lees | V50 | 96 | 96 |
| 19 | Andrew Orr | | 96 | 96 |
| 20 | Chris Balderson | V40 | 95 | 95 |
| 21 | Alan Life | V40 | 94 | 94 |
| 22 | Geoff Gough | | 91 | 91 |
| 23 | Ian Greenwood | V50 | 90 | 90 |
| 24 | Mark Nutter | V40 | 89 | 89 |
| 25 | Pete Booth | V55 | 87 | 87 |
| 26 | Neil Worswick | V40 | 86 | 86 |
| 27 | Dave McMullen | V40 | 86 | 86 |
| 30 | Barry Mitchell | V60 | 85 | 85 |
| 31 | Jeff Pickup | V50 | 84 | 84 |
| 33 | Ian Robinson | V50 | 84 | 84 |
| 34 | Stephen Bury | V50 | 83 | 83 |
| 35 | Andrew Howarth | V40 | 83 | 83 |
| 36 | Jim Hickie | V50 | 81 | 81 |
| 37 | Gary Balmer | V40 | 81 | 81 |
| 38 | Doug McCallum | V60 | 80 | 80 |
| 39 | Stephen Fish | V50 | 80 | 80 |
| 40 | Ted Orrell | V70 | 79 | 79 |
| 41 | Stuart Hartley | V50 | 78 | 78 |
| 42 | Keith Thompson | V50 | 78 | 78 |
| 43 | Ian Hargreaves | V50 | 77 | 77 |
| 44 | Benjamin Nield | | 76 | 76 |
| 45 | Richard Lawson | V60 | 75 | 75 |
| 46 | Nigel Dewhurst | V40 | 75 | 75 |
| 47 | Bob Hirst | V50 | 74 | 74 |
| 48 | David Nield | V50 | 74 | 74 |

| | | | XC | Fell | Total |
|----|-----------------|-----|-------------|--------------|--------------|
| | | | H'bn | Pndle | |
| 49 | Andrew Firth | V50 | | 73 | 73 |
| 50 | Mark Salisbury | V40 | | 72 | 72 |
| 51 | Pete Dugdale | V50 | | 71 | 71 |
| 52 | Richard Briscoe | | | 70 | 70 |
| 53 | Richart Treitl | V50 | | 69 | 69 |
| 54 | Mark Taylor | | | 66 | 66 |
| 55 | John Francis | V60 | | 65 | 65 |
| 56 | Andrew Graham | | | 64 | 64 |

Ladies

| | | | | | |
|----|-------------------|-----|----|----|----|
| 1 | Susan Clark | V35 | 49 | 47 | 96 |
| 2 | Karin Goss | V60 | 46 | 44 | 90 |
| 3 | Katie Trickett | | 50 | | 50 |
| 4 | Juliet Horrocks | V40 | | 50 | 50 |
| 5 | Loraine Slater | V40 | | 49 | 49 |
| 6 | Dawn Richards | V45 | 48 | | 48 |
| 7 | Josie Holdsworth | | | 48 | 48 |
| 8 | Wendy Dodds | V55 | 47 | | 47 |
| 9 | Angela Donlan | | | 46 | 46 |
| 10 | Sue Allen | V45 | 45 | | 45 |
| 11 | Carol Life | V40 | | 45 | 45 |
| 12 | Nichola Horsefall | V50 | | 43 | 43 |

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.

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 |
|---------------------------|---------------|---|
| 4, 11, 18, 25 May | 7.00pm | Barley Car Park |
| 1, 8, 15, 22, 29 June | 7.00pm | Village Square, Worsthorne |
| 6, 13, 20, 27, July | 7.00pm | Calf's Head Hotel, Worston |
| 3, 10, 17, 24, 31, August | 7.00pm | Peel Park Hotel, Accrington |
| 7, 14, 21, 28, September | 6.30pm | Bridge Inn, Barrowford Plough Inn, Oswaldtwistle |

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

Tuesday Fell Training

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

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

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

THURSDAYS:

MAY, JUNE JULY AUGUST SEPTEMBER

6.30pm, Kiosk Car Park, Towneley Park, Burnley

Speed session around Towneley Park.

John promises focused, intense training.

All welcome.

ALSO

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

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

CLAYTON-LE-MOORS LADIES TRAINING NIGHTS 2010

| | | |
|----------|--------------------|--------------|
| 06/05/10 | Alison Athroll | 01282 693673 |
| 13/05/10 | Christine Leathley | 01282 694941 |
| 20/05/10 | Sue Allen | 01254 388492 |
| 27/05/10 | Alison Dugdale | 07590279794 |

(7 Belvedere Rd Blackburn BB1 9NS)

All runs start at 7 p.m. If you want to host a run please ring Alison Martin 01254 384965. If you have not been for a few weeks please ring to check as venues can change.

All ladies are welcome.

Thursday Training Session

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

CROSS FIT TRAINING

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

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

Led by Marion Wilkinson 01282 425385

Junior Training (Age: 6-12)

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

COMMITTEE NEWS

Monday 29th March

15 members were present.

Main points of discussion and decisions:

- Stan Bradshaw (Snr) joining date confirmed as 1936.
- 2011 Presentation Eve booked at Mytton Fold, 7.00pm, 26th Feb.
- Mike to invite Claire Buckle, the Club and Coach Support Officer at EA – North to observe Junior training and discuss ways to support Marion's efforts.
- £100 donation to be made to RNLI. Dave to identify items to be purchased.
- Pete to chase commission from Trueshopping.
- EA Affiliation Fees (£5 per member) now due.
- Juniors: New Junior members to pay subs (£4) in June for 2010-2011. Junior welcome packs needed as matter of urgency. Club to support D Armstrong & A Holgate in gaining L1 coaching qualifications. A Holgate gained Burnley BC 'Rising Star' Award. Junior events & presentation to take place alongside Club Relay on 19th June. Club to seek support from B&P Grand Prix to organise Junior races at each venue.
- Discussion of road relay & road running, Gary felt that pulling out of 12 Stage Relay was due to a number of factors, including members' unavailability & injury. Club would encourage team entries in road races in summer, in preparation for Autumn Relays.
- Participation in XC Leagues to be discussed at July Meeting.
- Captains were requested to submit monthly reports for inclusion in Newsletter.
- Mick Wrigley, Tracy, Anna & Mark gave advance notice that they were to relinquish Captains' positions at AGM.
- Article by Dave re 3 Peaks, originally published in Club Newsletter, had been reproduced in FRA 40th Anniversary Booklet without Dave or Club's permission. Dave to investigate.

Date of Next Meeting: 7.00pm Monday, 26th April 2010 at the Whitakers Arms, Accrington

List of New members on p.9.

CLUB CHAMPIONSHIP 2010

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

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

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

CROSS-COUNTRY RACES

November/December

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

ROAD RACES

Friday, 28th May

Burnley Lions 10K

Colne

Sunday, 1st August

Cliviger 6 Mile

Cliviger

Thursday, 23rd September

Ron Hill 5K

Littleborough

Sunday, 5th December*

Guy's 10M

Preston

Monday, 27th December

Ribble Valley 10K

Clitheroe

FELL RACES

Saturday, 3rd April

Pendle FR (S)

Barley

Saturday, 15th May

Fairfield Horseshoe (M)

Rydal

Saturday, 24th July

Turnslack FR (M)

Littleborough

Saturday, 28th August

Pendleton FR (S)

Pendleton

Saturday, 18th September

Good Shepherd (L)

Mytholmroyd

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

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

RESULTS

CROSS COUNTRY

Mid Lancs Cross Country League

Barrow

06.03.10

Ladies

| | | | |
|----|-------------|------------|-------|
| 1 | S Ridehalgh | Accrington | 19.35 |
| 9 | A Kelly | F45 | 21.21 |
| 18 | G Whittaker | F35 | 22.41 |
| 21 | I Roche | F45 | 23.05 |
| 61 | S Allen | F45 | 30.21 |
| 63 | Finished | | |

Teams

| | | |
|---|------------|----|
| 1 | Accrington | 28 |
| 2 | Chorley | 34 |
| 3 | Blackpool | 42 |
| 5 | Clayton | 46 |

F35 Teams

| | | |
|---|-----------|----|
| 1 | Chorley | 21 |
| 2 | Clayton | 28 |
| 3 | Blackpool | 36 |

F45 Teams

| | | |
|---|-----------|----|
| 1 | Clayton | 33 |
| 2 | Kendal | 41 |
| 3 | Southport | 42 |

F55 Teams

| | | |
|---|--------|---|
| 1 | Kendal | 9 |
|---|--------|---|

Men

| | | | |
|-----|-------------|--------|-------|
| 1 | P Huck | Barrow | 28.55 |
| 15 | G Shaw | | 31.08 |
| 18 | M Aspinall | V40 | 31.33 |
| 33 | D Edmondson | V40 | 33.45 |
| 34 | J Roche | V50 | 33.50 |
| 54 | B Horrocks | V50 | 35.33 |
| 71 | D Horrocks | V40 | 36.39 |
| 148 | R Lawson | V60 | 45.32 |
| 150 | T Orrell | V60 | 45.54 |
| 159 | Finished | | |

Teams

| | | |
|---|---------|-----|
| 1 | Barrow | 85 |
| 2 | Horwich | 182 |
| 3 | Clayton | 213 |

V40 Teams

| | | |
|---|-----------|----|
| 1 | Clayton | 55 |
| 2 | Blackpool | 56 |
| 3 | Barrow | 65 |

V50 Teams

| | | |
|---|---------|----|
| 1 | Wesham | 17 |
| 2 | Barrow | 31 |
| 3 | Lytham | 40 |
| 6 | Clayton | 60 |

V60 Teams

| | | |
|---|--------|--|
| 1 | Barrow | |
|---|--------|--|

Cross Country Season 2009-2010

Palladium Points Competition

after 12 races

Ladies

| | | |
|---|----------|----|
| K | Trickett | 39 |
| W | Dodds | 19 |
| S | Clark | 17 |
| T | Mitchell | 17 |
| J | Murphy | 14 |

Men

| | | |
|---|-----------|-----|
| M | Aspinall | 151 |
| G | Shaw | 127 |
| R | Lees | 102 |
| D | Edmondson | 86 |
| C | Balderson | 82 |

Appearances after 12 Races

Ladies

| | | |
|---|----------|---|
| K | Trickett | 8 |
| S | Allen | 8 |
| K | Goss | 6 |
| W | Dodds | 5 |

Men

| | | |
|---|-----------|----|
| J | Hickie | 11 |
| M | Aspinall | 11 |
| T | Orrell | 10 |
| R | Lees | 9 |
| G | Shaw | 9 |
| D | Edmondson | 7 |

MULTI TERRAIN

Ken Taylor Cwm Reservoir 5K

07.04.10

| | | | |
|----|--------------|--------|-------|
| 1 | I Grime | NEB | 16.03 |
| 5 | C Steele | | 17.40 |
| 11 | P Baistow | | 18.43 |
| 14 | Megan Duvus | JLRoss | 19.03 |
| 15 | D McMullen | V40 | 19.07 |
| 63 | R Lawson 3rd | V65 | 25.12 |
| 64 | V Brodrick | V50 | 25.12 |
| 81 | JillScott | F65 | 30.28 |
| | 92 | Ran | |

Muddy Bottoms MT, Bamber Bridge

28.03.10

| | | | |
|----|----------------|-------|---------|
| 1 | P Mather | Unatt | 1.53.50 |
| 3 | Debbie Kirkman | F40 | 1.59.51 |
| 24 | P Costello | V50 | 2.40.13 |
| | 92 | Ran | |

ROAD

Coniston 16.7M

27.03.10

| | | | |
|------|----------------|----------|---------|
| 1 | J Herbert | Un | 1.33.07 |
| 35 | R Brewster 2nd | V50 | 1.51.35 |
| 445 | T Orrell 1st | V70 | 2.20.11 |
| 1165 | A Brewster | F45 | 3.04.42 |
| | 1241 | Finished | |

Dentdale 14

28.03.10

| | | | |
|-----|------------------|---------|--------|
| 1 | S Littler Wesham | RR | 77.59 |
| 24 | Jo Waites 1st | LCalder | V |
| | | 94.24 | |
| 138 | G Smith | V40 | 114.14 |
| | | 355 | Ran |

Wilmslow Half Marathon

28.03.10

| | | | |
|-----|-----------------|-----|-------|
| 1 | A Jones Salford | H | 64.45 |
| 156 | P Hesketh | V45 | 84.13 |

Liverpool Half Marathon

28.03.10

| | | | |
|------|------------|-----|---------|
| 4062 | K Woodward | V50 | 2.33.35 |
|------|------------|-----|---------|

Colin & Brenda Robinson 5K

31.03.10

| | | | | |
|-----|-------------------|----------|-----|-------|
| 1 | M Proctor | Rochdale | H | 15.56 |
| 12 | S Fogg | | | 17.15 |
| 16 | C Steele | | | 17.37 |
| 17 | Carly Needham 1st | L Roch | H | |
| | | | | 17.34 |
| 18 | B Brock | 2nd | V40 | 17.43 |
| 23 | T Chew | 1st | V45 | 17.59 |
| 27 | A Holgate | JM | | 18.20 |
| 42 | T Walker | V45 | | 19.12 |
| 134 | R Lawson | 1st | V65 | 23.42 |
| 165 | R Hirst | V55 | | 26.02 |
| | 207 | Ran | | |

Salford 10K

02.04.10

| | | | | |
|-----|-------------------|-----------|---|-------|
| 1 | M Buckingham | Holmfirth | H | |
| | | | | 29.59 |
| 19 | Sonia Samuels 1st | L Sale | H | |
| | | | | 33.24 |
| 56 | D Edmondson | V40 | | 35.52 |
| 344 | S Hartley | V50 | | 47.36 |
| | 569 | Ran | | |

Southport 4M

02.04.10

Ladies

| | | | | |
|----|----------------|-----|-----|-------|
| 1 | Kirsty Langley | LPS | | 24.35 |
| 77 | Jill Scott | 1st | F65 | 39.53 |
| | 103 | Ran | | |

Men

| | | | | |
|-----|------------|-----|-----|-------|
| 1 | C Busalleh | HHH | | 20.08 |
| 108 | R Lawson | 1st | V65 | 29.44 |
| | 140 | Ran | | |

Alexander Park 5K

04.04.10

| | | | | |
|----|----------------|----------|----|-------|
| 1 | T Charles | Trafford | AC | 16.18 |
| 14 | P Baistow | | | 19.00 |
| 18 | Katie Trickett | 2nd | L | 19.22 |
| | 93 | Ran | | |

Calderdale 10M Garstang

20.04.10

| | | | | |
|----|---------------|---------|-----|-------|
| 1 | I Grime | NEB | | 54.09 |
| 18 | P Archer | 2nd | V45 | 63.15 |
| 32 | M Terry | M45 | | 65.57 |
| 37 | Amy Green 1st | L K & C | | 66.54 |
| 84 | A Clarkson | V50 | | 74.20 |
| | 217 | Ran | | |

FELL

Liver Hill 30/03/10

BS 5m 800ft

| | | |
|-----|-----------------------------|-------|
| 1 | A Holt - Ross | 34.56 |
| 4 | S Fogg | 35.32 |
| 6 | J Dugdale | 36.22 |
| 16 | C Steele | 39.04 |
| 26 | N Hardiman V40 | 40.54 |
| 30 | M Nutter V40 | 41.58 |
| 33 | D McMullen V40 | 42.14 |
| 35 | K Trickett 1st L | 42.22 |
| 58 | A Howarth V50 | 45.24 |
| 70 | A Dugdale V40 | 47.20 |
| 71 | S Fish V50 | 47.32 |
| 86 | P Dugdale V50 | 48.57 |
| 90 | B Savage LV40 | 49.21 |
| 98 | M Salisbury V40 | 51.04 |
| 115 | J Rawlinson LV50 | 55.00 |
| 117 | N Horsfall LV50 | 55.08 |
| | 139 Finished incl 33 ladies | |
| | 3 DNF | |

Moel Wnion 13/03/10

AM 6m / 2400ft

| | | |
|---|-------------|---------|
| 1 | A Brown | 1.06.15 |
| | 87 Finished | |

Noonstone 27/02/10

AM 9m 2300ft

English Champs

| | | |
|-----|---------------------|-------|
| 1 | M Speak - Dk Pk | 68.16 |
| 41 | J Dugdale | 76.26 |
| 45 | M Wallis V50 | 76.46 |
| 54 | G Wilkinson V40 | 77.40 |
| 62 | T Edward V40 | 77.57 |
| 70 | O Walwyn - Alt1st L | 78.56 |
| 88 | C Balderson V40 | 80.34 |
| 106 | I Greenwood V40 | 81.41 |
| 119 | D Motley | 82.50 |
| 139 | N Hardiman V40 | 84.14 |
| 142 | J Holt V60 | 84.35 |
| 146 | N Worswick V40 | 85.03 |
| 149 | P Hesketh V40 | 85.24 |
| 151 | B Horrocks V50 | 85.52 |
| 163 | A Robinson V50 | 87.10 |
| 172 | K Mitchell | 87.35 |
| 206 | A McFarlane V40 | 90.42 |
| 210 | P Billington V60 | 91.15 |
| 215 | K Carr V60 | 91.55 |
| 223 | D Horrocks V40 | 92.38 |
| 257 | S Burns LV50 | 96.22 |
| 262 | W Dodds LV50 | 97.06 |

| | | |
|-----|------------------------------|--------|
| 265 | S Bury V50 | 97.22 |
| 268 | A Kelly LV40 | 98.09 |
| 275 | G Smith | 98.42 |
| 288 | A Armstrong V40 | 99.43 |
| 298 | G Balmer V40 | 101.03 |
| 323 | B Savage LV40 | 104.17 |
| 363 | J Murphy LV40 | 109.54 |
| 376 | G Thompson V50 | 112.35 |
| 387 | K Thompson LV50 | 114.09 |
| 405 | A Graham | 125.08 |
| | 423 Finished incl 105 Ladies | |
| | 6 DNF | |

RAB Mini Mountain Marathon 3

07/03/10

3 Hour Score Event from Macc Forest

| | | |
|----|-------------------------|---------|
| 1 | T Hargreaves – Stockprt | 345 pts |
| 43 | P Booth/ R Bellaries | 255 pts |
| 66 | P Thompson/ B Thompson | |
| | | 215 pts |

87 Teams Finished

Bleasdale Circle 27/02/10

AS 5m 1250ft

| | | |
|----|--------------------------------|-------|
| 1 | C Smale - U/A | 41.34 |
| 8 | S Fogg | 43.06 |
| 10 | J Baldwin | 45.00 |
| 13 | C Steele | 46.49 |
| 17 | Pr Thompson V40 | 47.48 |
| 20 | M Nutter V40 | 49.32 |
| 21 | I Whigham V40 | 49.37 |
| 28 | R Browne – BowInd 1st L | 52.03 |
| 33 | A Dugdale V40 | 53.07 |
| 34 | S Fish V50 | 53.29 |
| 41 | M Taylor | 55.43 |
| 48 | A Firth V50 | 57.28 |
| 53 | A Walmsley V50 | 57.53 |
| 54 | B Thompson LV40 | 58.03 |
| 56 | S Clarke LV40 | 58.47 |
| 61 | D Munroe V60 | 59.47 |
| 68 | R Hirst V50 | 67.34 |
| 69 | K Goss LV60 | 67.58 |
| | 71 Finished including 8 Ladies | |

Causey Pike 27/03/10

AS 4.5m / 1780ft

| | | |
|-----------------------------|-------------------------|---------|
| 1 | R Jebb - Bing | 33.40 |
| 5 | A Brown | 36.34 |
| 14 | P Maddams – Keswk 1st L | 39.12 |
| 31 | J Dugdale | 41.51 |
| 40 | S Whitaker V40 | 44.21 |
| 62 | W Dodds LV50 | 46.55 |
| 65 | I Robinson V50 | 47.00 |
| 89 | A Dugdale V40 | 50.47 |
| 101 | A Firth V50 | 52.39 |
| 104 | P Dugdale V50 | 52.47 |
| 133 | N Horsefall LV50 | 1.03.41 |
| 143 Finished incl 26 Ladies | | |

Fiensdale Fell Race 20/03/10

AM 6m / 2000ft

| | | |
|---------------------------------|-----------------------|---------|
| 1 | M Johnson – BwlnD V50 | 58.59 |
| 2 | A Brown | 59.01 |
| 4 | D Nuttall V40 | 1.03.20 |
| 8 | L Jeska - Tod1st L | 1.04.11 |
| 12 | I Greenwood V40 | 1.05.52 |
| 17 | Pr Thompson V40 | 1.08.55 |
| 18 | M Nutter V40 | 1.09.06 |
| 30 | I Connell V40 | 1.15.41 |
| 35 | S Fish V50 | 1.17.17 |
| 39 | A Dugdale V40 | 1.18.15 |
| 45 | J Horrocks LV40 | 1.20.45 |
| 52 | B Thompson LV40 | 1.24.59 |
| 53 | J Rawlinson LV50 | 1.25.00 |
| 56 | J Dugdale | 1.26.30 |
| 58 | A Firth V50 | 1.26.47 |
| 60 | R Moore V40 | 1.27.55 |
| 61 | D Munroe V60 | 1.30.23 |
| 65 | A Donlan L | 1.32.32 |
| 66 | L Lord LV60 | 1.33.52 |
| 70 | R Hirst V50 | 1.42.03 |
| 70 Finished including 11 ladies | | |

Mearley Clough FR Tuesday, 11th May Calf's Head Worston

Organiser, Geoff Newsam needs volunteers to help with this race. If you can spare some time on the evening, please contact Geoff on 01200 441328.

If you help, Geoff might arrange for an extra helping of free post-race pasta!!

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)
- Sun., 18th July** **Holme Moss (L) 17M/4000' Holmfirth**
Limit 400. Pre-entry from 1st May-9th July on official form
from website: holmfirthharriers.com
- Sun., 5th Sept** **Shelf Moor (S) 5.9M/1500' Glossop**
Limit 300. Pre-entry from 1st July-31st Aug on official form
from website: glossopdale.org.uk/races

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

FIXTURES

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

MAY'S MEANDERS

- Sat 1st **Coniston FR AM 9m/3500' 12.30pm English Championship £8 pre-entry by 17th April on official entry form only available after 1st March Enclose SAE**
- Sun 2nd Great Hameldon BM 6m/1100' 12 noon from Peel Park Pub £5 eod
Clayton Race & Pendle Grand Prix
Golden Ball 5K 11am from Golden Ball Pub, Snatchems,
Morecambe LA3 3ER £4 + £1 eod
Keswick Half-marathon Keswick Rugby Club £11 + £3 for memento
Horwich Triathlon see Epicevents.org

- Mon 3rd Wray Caton Moor FR BM 6.75m/1100' 11.30 am from Wray near Lancaster (GR 602676) £3.50
- Tues 4th Bunny Run Relay CS 7.30pm £6 per team of 3 Registration at The Sun Hotel, Haworth; 5 min from start at Dimples Lane Quarry
- Wed 5th Chorley Harriers 4.4m Night Trail Series 7.30pm from Baron's Rest, Astley Village £4 + £1 eod or £12 for series
Race 2. 2nd June, Race 3. 7th July, Race 4. 4th Aug
Flower Scar FR AS 4m/1400' 7.15pm from Hare & Hounds, Burnley Rd., Todmorden Free entry – no prizes
Lothersdale FR BS 3.6m/600' 7.30pm from Village Hall
Lothersdale nr Skipton £3 eod Junior races
- Fri 7th Pinhaw Moor BS 5m/700' 7pm from Red Lion St, Earby £5
2nd race in Pendle Grand Prix
- Sat 8th Belmont Winter Hill BS 4.5m/1000' 1.15 pm from the Belmont Bull (GR673163) £4 Junior Races 12.30 pm
PFO local event. Sunnyhurst Woods Darwen GR679223 Registration 10 – 11.30 Juniors £1.50 Seniors £2.50 www.pfo.org.uk
Pendle Cloughs FR AL 14m/3900' 11 am from Downham £4 pre-entry or £5 eod Andrew Hirst, 29 Darnbrook Rd Barnoldswick BB18 5RE 01282 812701 www.wharfedaleharriers.org.uk
Buttermere Sailbeck FR AM 9.5m/4650' 1pm from Bridge Hotel, Buttermere (GR NY175169) £6 pre-entry or £8 eod
Mike Robinson, 38 Burneside Rd, Kendal LA9 4RL
Salford 5K 11.30 am from Heaton Park, Prestwich M/c £4 + £1 eod
- Sun 9th Mytholmroyd FR BS 7m/1350' 11.30 am from Mytholmroyd Community Centre (GR 011260) £3.50
Ross Walsh Brown House Wham Reservoir Race 3.2m 11.15 am from Red Lion Inn, Whitworth £4 + £1 eod
- Tues 11th Mearley Clough FR AS 3.5m/1200' 7.15pm from Calf's Head, Worston £3 (includes pasta supper)
Wholan Nook Trail Race 8.3K 7pm from The Waggoners Inn, Manchester Rd, Burnley £5 eod 3rd Race in Pendle Grand Prix
Chernobyl 5K Series Race 2 Welcome Tavern, Walton-le-Dale, Preston PR5 5UL (Also 15 June) £5 or £13 for series +£2 eod
Geoff Doggett 5K Littleborough £4 + £1 eod
- Wed 12th Haigh Hall 4m road race Race 1 7.30pm from Wigan RU Club WN1 2SJ £4 + £1 eod (£12 for series) Also on 9th June, 14th July & 11th Aug
- Sat 15th **Fairfield Horseshoe FR AM 9m/3000' 1pm from Rydal Hall, Ambleside GR365064 £5 eod Club Champs**
- Tues 18th Stanhill FR BS 5m/800' 7.15 pm from Britannia Inn, Haslingden Old Rd, Oswaldtwistle £3 pre-entry + £1 eod
- Wed 19th Blackstone Edge AS 3.5m/1200' 7.30pm from Lydgate Hamlet, Blackstone Edge Old Road, Littleborough £4
Horwich Jubilee Road Race 1. 5m 7.30pm from Rivington Bowling Club, Rivington, Horwich £5 + £1 eod £18 + £2 eod for series
Race 2. 16th June; Race 3 21st July; Race 4 18th August
- Fri 21st Astley Park 5K Race 2 7pm £5 + 50p eod Limit 150
Race 3. 25th June; Race 4. 2nd July
- Sat 22nd PFO Local Event Hameldon Woods, Hapton Registration 10 – 11.30 Juniors £1.50 Seniors £2.50 www.pfo.org.uk
Old County Tops AL 37m/10000' 8am from NDG, Langdale £14 per pair by 18th May

- Tues 25th Coppice FR BS 5m/600' 7.30pm from Peel Park Hotel £2 + £1 eod
 Fri 28th **Burnley Lions 10K 7pm from Colne Cricket Club Race 4 in Pendle Grand Prix Club Champs**
- Sat 29th Isle of Jura FR AL 16m/7500' 10.30am from Craighouse Distillery, Jura £12 pre-entry
 Hutton Roof Craggs FR BM 7m/1300' 2.30pm from Hutton Roof Village Hall GR570786 £4
 New Dungeon Ghyll FR AS 3.5m/2100' 11.30 am from NDG Car Park, Langdale £4 eod
- Sun 30th Helvellyn FR AM 11m/4500' 12 noon from Bram Crag Farm, St Johns in the Vale GR319214 £5 eod
 Ilkley Trail FR BM 6.5m/700' 11.30am from Ilkley Swimming Pool £6 + £2 eod
 Saddleworth FR AS 3m/950' 12 noon from Greenfield, Saddleworth GR002038 £4 eod Also Junior races
- Mon 31st Austwick Amble BM 8m/1200' 1pm from Austwick Village Green GR768684 £3.50 eod

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

**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 |