

# HARRIER NEWS



The Clayton Harrier Newsletter  
May 2009



Member's Profile—Linda Lord (p9)

Linda (left) with Monica Shone, Wendy Dodds & Eileen Burnip at the 2008 Club Presentation

Photo: John Roche

## **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 2008 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 2008/09 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

## Summer Series

For members who are unfamiliar with the Summer Series, it is a series of (usually four) off-road races (max distance about 7 miles), open to Clayton members only, held on Tuesday training nights, at one of the usual training venues. As we have done in previous years the Committee has had quite intense discussions about the format, timing and, indeed, the existence of the 2009 Summer Series. The dilemma we have is that the individual races aren't always that well supported (between 30-41 members at the 2008 races) and the number completing the counting races even lower (22 in 2008), but the members who do take part find it thoroughly enjoyable. We try to make the races a bit different by awarding prizes according to how well individual members can estimate their time for the course (you're not allowed to wear a watch!), as well as 'first past the post'. This gives members who wish to run more slowly, or those who have no choice, a chance of winning a prize. (There is a suspicion that certain members, [no names, Andy Orr] practise over the courses, such is their accuracy in guessing their time. Paul Healey alters the courses slightly to try to counteract this unsporting practice!) We also try to add interest by including an unusual format – a downhill race for the last few years. You can thank Steve Bury for this year's novelty – the uphill/downhill race. Nothing novel in that, I hear you say, all fell races are uphill/downhill. BUT it will actually be two races. The first half of this race will be a traditional first-past-the-post run from (just outside) Worston to the Pendle Trig. On arrival at the Trig, you will be allowed a rest before the downhill race – a time trial (setting off at 15 second intervals) back to your starting point. The evening's activities will count as two separate races and both will have results based on estimated times, as well as fastest time. Paul assures me that he'll be able to get results out on the night, but we may have to request an extension in hours at the Calf's Head. The other races are at the same venues as in 2008.

### Summer Series 2009

23 <sup>rd</sup> June	Worsthorne Trail Race, Worsthorne Village Square
21 <sup>st</sup> July	Uphill/Downhill Fell Race, Calf's Head, Worston
25 <sup>th</sup> August	Tour of Hameldons, Peel Park Hotel, Accrington
1 <sup>st</sup> September	Ossy Moors, Plough Hotel, Oswaldtwistle.

Results for the Series will be based on best performances in 3 out of the 5 races. So, come on, if you've never taken part before, even if you do not usually run off road (Barry), give the Summer Series a try. You are under no pressure to race. Set a slow target time and have a jog round. The races are all on a Tuesday night – you'd be training anyway!

As an extra incentive for members to participate in the Summer Series, we will donate any profits to Mo Laney's Malawi Charity Fund.

## **Burnley & Pendle Grand Prix**

About 20 years ago, I cut my competitive running teeth in the Burnley & Pendle Grand Prix. As the new dad of twin boys, it was difficult to travel to races, so having a series of mainly short races on my doorstep was a boon. To begin with, I wasn't very good (some things never change), but the regular racing and friendly (but fierce) competition soon brought me on. Indeed, in 1991, I won my first ever prize—first V40 in the Grand Prix Series. Given that the opposition included runners of real talent like Mick Wrigley, Roger Hargreaves and Barry Mitchell, there must have been a lot of illness and injury about at that time.

Seriously, then as now, one of the great things about a Grand Prix series is that you get to know your rivals in the races. You are ecstatic when you beat him (or her—I still remember clearly the first time I beat Tina Lewis in a race); devastated when you finish further down the field than you expected. The whole of that 1991 Series, I rarely finished more than one place in front of, or behind Andy Green (father of Amy, who has had great success in the B&P herself). I have rarely been so nervous as I was going into the last race, Blacko Tower, I think, as either of us could win the V40 Championship. Luckily, I was slightly better than Andy off road and managed to prevail. Despite this, Andy and I became, and remain, good friends.

The point is: the B&P Grand Prix encapsulates the essence of running—personal targets, competition, lasting friendship and enjoyment. Whether you are new to running, or an 'old hand', I commend it to you.

The complete list of races was published in the December and January, Newsletters, and can be found on the club website. There are four B&P races in May. The series kicks off with the Hameldon Hill Race (Fell, 6 miles) from The Peel Park Hotel on Sunday 3rd May. This was my first fell race many years ago and involves quite a lot of good running along tracks, interrupted by a very boggy interlude on Hameldon Hill itself. Officially, Pinhaw on 8th May is a fell race, but in reality it is multi-terrain and will not give road runners the vapours on even the wettest day. Two weeks later comes the Burnley Lions 10K, contrarily run from Colne Cricket Club on a two-lap undulating course out towards Laneshawbridge, past the Alma Inn and Colne Golf Club to finish at Park High School. May's final race, on Sunday 31st, is the notorious Hendon Brook Half Marathon from Marsden Park Golf course, Nelson. The Hendon Brook is probably one of the toughest half marathons in the country, with a series of climbs and descents (and a ford) to negotiate along the back roads to the east of Nelson and Colne. This year is the 25th anniversary of the race and the last time its founder and organiser, Gerry McCabe will be in charge. We have chosen it as a Club Championship counter and it would be great if Clayton could help to make it a record entry to salute Gerry—the inspiration behind not only the Hendon Brook Race, but the whole Grand Prix.

# CLAYTON-LE-MOORS HARRIERS

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## LETTER

Dear Pete,

Please include this info in the May Newsletter.

At the end of a very successful run at the weekend, BMAF XC Ruthin, one of the V70 competitors engaged me in conversation. He started off by saying he'd thought Clayton had won and that Sheffield and Tipton didn't have the positions that we had. I thought who is this that shows such an interest in Clayton?

He introduced himself as David Spencer of Barrow & Furness and that he ran the fells a number of years ago, and won the Pendle race several times, and talked of racing the Three Peaks with Stan in 1958 when Stan had just become a veteran.

He asked me to let the older members of Clayton know that he still is running, (7<sup>th</sup> at the weekend), and wishes Stan and the other club members that know him the very best.

On looking through 'Stud Marks on the Summit' he features a lot of times throughout the 50's and 60's and was in his day one of the best.

Regards,  
Mike Wallis

## LETTER

Hello Pete,

If there is room in the next newsletter can you please drop a bit in - a new arrival for what I expect to be a future CLEM member- she has her dad's feet and no doubt will develop her mum's shopping habit. Stella-Marie Smith was born on 30th March 2009 at 8lbs and 6ozs. Her mum Laura is fine but to be honest I am absolutely knackered and it makes an A Long feel short. Head wetting in the Royal on 1st April (oops - too late!) plus most training nights that Geoff Laycock drives me too :-)

Cheers,

Geoff



## LETTER

Dear Pete

For those that don't know....

On the 21st April 2009 both myself and Jo (my better half) are moving out to Perth in Western Australia where Jo has acquired a new job!

The intention, initially, is to go out there for between 12 to 18 months (but with an open mind that if we like it then we may stay longer) and we are looking to rent our house out here in Whalley.

This has all happened rather quickly (to say the very least) so apologies to those I have not been able to tell face to face. However, basically Jo was approached by a recruitment agency in Manchester, who also have an office in Sydney, and lo and behold, after a couple of telephone interviews we find ourselves now making the necessary arrangements for her to start her new job on the 4th May. To give you some idea, the visas which were sponsored by the company were pushed through in less than 5 weeks !!!

Our trip out to Perth takes us via Dubai (for 3 nights) and then onto Sydney (again for 3 nights) prior to finally flying onto Perth and arriving on Wednesday 29th April 2009.

The third member of the family (but the most sensible) – Elmo the Cat, is also making the trip with us (of course !) However, she is flying with BA to Heathrow then onto Perth via Singapore flying with Qantas. I'm hoping she isn't going to terminal 5 at Heathrow because I don't think she will like deepest Peru.

Considering the cost to get her there (more than it has cost us!) I am beginning to think I have paid for her to go Business Class, although it's not all a puss jet-setting lifestyle for her though, as when she gets there she then unfortunately has to spend 30 days in prison (or quarantine as it is better known).

I'll let people know our permanent address when we get there. However, initially we are spending the first four weeks in temporary accommodation local to where Jo is working (for transport ease) before we then need to look at getting a place of our own to rent longer term once we get used to the different suburbs / areas etc.

It's a big move although in the scheme of things 12 / 18 months isn't a particularly long time and we 'may' then find ourselves making arrangements to return to the UK – we will see! (That's the bad news for you).

The invite is of course open for anybody who wants to visit Perth or Western Australia during our time over there and we will do our very best to make you most welcome and show you the sights – Please just make contact and let us know.

For contact purposes the following home email address is current and will not change even when we move to Oz....[spthompson@tiscali.co.uk](mailto:spthompson@tiscali.co.uk)

It's now only 3 weeks to go (which is absolutely frightening) however we have to look at it as an opportunity not to be missed and an adventure to enjoy and let's face it if we are back in 12 / 18 months then at least we've done it.

Please keep in touch and Best Regards

Simon and Jo Thompson

[By the time you read this, Simon & Jo will have arrived in Oz. We wish them all the best in their new venture.]

## **LETTER**

Dear Pete.

### Pendle Fell Races Saturday 4th April

Just a note to say thanks to all the members who gave their time and provided help with both the Junior and Senior races. It was a great help to have so many marshals for the junior races as there were over 120 runners (I only just had enough goody bags). There were some notable runs in the juniors, with girls winning the U8s and U12s races outright. Also new winners of the senior race Tom Addison (Helm Hill) for the men and Lizzie Adams (Dark Peak) for the ladies.

Again many thanks

David Bailey

## **CLOTHING CUSTODIAN**

Kath Brady has decided that she would like to relinquish the post of Clothing Custodian, with immediate effect. The Clothing Custodian's main job to order, distribute and account for Club vests for new and current members. The Club also purchases and sells other items to its members; crop tops, T shirts, waterproof tops etc and the Clothing Custodian also looks after these. If any member would like to take on this important Committee role, please contact John (Chairman), Mike (Secretary), or Kath herself, who will be only too willing to explain in more detail what the role involves.



## **Member's Profile**

### **Linda Lord**

#### **When did you join Clayton le Moors?**

I joined Clayton in November 1977, after having done one or two fell races and inspired by Anne Marie Grindley who had joined about a year before, and was the only lady member, although I believe there had been lady members years before in the 30s. Apparently, the wisdom of accepting women into the club was questioned by certain committee members when Anne Marie's application came before them!! It's hard to believe these days but obviously equality of the sexes was a bit late in reaching East Lancashire.

#### **Why did you join Clem?**

My first race ever (apart from the school sports 400 yards in 1963) was the Pendle Fell Race, which I was coerced into doing by our good friend Mike Raine, who had been a Clayton member for a couple of years, so naturally it was the club to join. I began training with Anne Marie and will always be grateful to her for giving me advice and confidence. These were pre London Marathon/jogging boom days, and it was unusual to see people out running, particularly women, who had in any case only just begun to compete in fell races a couple of years before. Anne Marie and Carol Campbell (then Walkington) were amongst the first of these pioneering fell running women.

#### **What's the best thing about being a Clem Member?**

All institutions change and evolve over the years, and I could say lots about how our Club has, but one enduring factor is the unstinting and loyal comradeship that abounds. In 1983, I was overwhelmed with offers of support for my Bob Graham round, and again last year, 25 years on, had no problem in recruiting pacers for the Joss Naylor traverse. It means a lot when members are prepared to give time, effort and expense to help others succeed. It's all about give and take, bonds of comradeship with which our Club is particularly endowed and which hasn't changed over the years.

The ladies' Thursday night training sessions which I helped to start years ago have also endured and are going strong, the same bonds of friendship and camaraderie apply there too.

I think the club has gained momentum in the last couple of years; members are motivated to join in new club events, and the last two dinner dance/presentation evenings have made a welcome revival, thanks to the efforts of the social secretary and committee members. Long may it continue.

#### **How different was fell racing for women in the early days?**

Under AAA's rules in the late 70's, women weren't allowed to compete against men, so race organisers got round this simply by having a separate race, (as they do now in Championships) or in longer races, setting the women off 10 or 15 minutes before the men.

As the faster men caught up and went past, this had the advantage of pulling you along in their wake. It was also deemed by the powers that be that the 'weaker sex' would not have the stamina to run courses such as Borrowdale, Ennerdale and Wasdale, and much shorter alternatives were organised (e.g. up and down Dale Head for Borrowdale). It was about the early eighties when this was scrapped, and the pundits proved wrong!

### **Best Performances?**

Completing the Bob Graham in 1983 in 22hrs35, and last year the Joss Naylor Traverse in 16.5hours. I was honestly quite apprehensive about the Joss, not having done many endurance events in the intervening years (and being that much older!). I held the Lyke Wake Walk race record of 5hrs 55m for several years (42 miles of undulating moorland), and have happy memories of the Old County Tops, Fellsman Hike and Dales Traverse wins with Vanessa Peacock. One record I still hold with Judy Hindle (then Makinson) is leg 5 of the Calderdale Way relay in 1989, when we ran out of our shoes to do 59m 40s. I've run many road races and 7 marathons in the (distant) past, my best marathon time being 3h 05 mins.

### **Most Disappointing Performance?**

In 1982 I led the women's race in the 3 Peaks, only to be overtaken and beaten into second place coming off Ingleborough about 2 miles from the finish. I was more disappointed for my supporters, particularly my mum who was watching. She died later that year, and I never performed as well in the race after that.

### **Motivation, Injuries, Diet?**

I've always been self motivated and good at making myself train, even alone and in bad weather. Having Pendle for a back garden helps a lot. I came to running from a background of fell and mountain walking, particularly in the Lake District where I went to college and the Yorkshire Dales and Scotland, so I'm happiest of all in the hills and mountains. The feeling of exhilaration and freedom that comes from running in the hills, just me and the dog, or with a group of friends is second to none.

I think my Achilles tendonitis is legendary in the club, I've had it for so long!! (over 20 years).

It's the only chronic and persistent injury I've had, plus the odd calf strain now and again, and it's curbed my running ambitions big time. I have overcome it recently somewhat, thanks to a regime of eccentric stretching exercises shown to me by Wendy Dodds and Denise Park, but I still get flare ups, more recently for example when, frustratingly I had to miss the Half Tour (1<sup>st</sup> English Champs counter). I have a pretty healthy diet, enjoy an odd glass of wine occasionally, could be a chocoholic if I didn't have self discipline, and the only supplement I take is glucosamine with chondroitin and fish oil capsule.

**What is a typical weeks training ?**

These days, only 3 or 4 days a week max, otherwise I get injured. I haven't counted training miles for years (too soul destroying!), rather time out. Long gone are the times of training 5 or 6 days a week, often with a race at the weekend! Now it's a couple of 1 hour runs and the others maybe 2 or 3 hours. I don't train with any discipline or plan, but sometimes think I ought to include speed training or hill reps. Since retiring, I don't run any more than I used to when working, but take more time to stretch, and go to the gym for Bodybalance (yoga/pilates) and Bodypump classes.

**Do you do any cross training?**

I cycle too, so may cut down the running if injured, or I've had a tough ride. I've had a bike for about the same length of time I've been running, and just cycle more when injured – I honestly think I'd have gone round the bend without the cycling. I can do a hilly route round Pendle from home that takes about 1hr 40 mins, and get just as good an aerobic workout as the same time fell running.

Cycling is also a hobby in itself, and Pete and I have done quite a bit of touring in the past, both in Britain and abroad. It's a great way to see the countryside I enjoy the Clayton ladies' weekly ride too, with Vanessa, Juliet Horrocks and others joining us sometimes.

**Have you got a favourite race ?**

Not particularly, but I prefer a good ridge route eg Kentmere, Fairfield Horseshoe or Coniston, rather than just up and down a mountain and I don't think you can beat some of the Lakes classics like Langdale or Ennerdale.

I don't like fell races that include any fast flat running as that tends to aggravate my tendonitis and for that reason I haven't run on the road or cross country for years.

**Most memorable moment?**

On finishing my first Langdale race in 1978, and having successfully negotiated my way round the route in thick mist using my new found navigational skills, I was called by Stan Bradshaw, and congratulated on completing my first long fell race. To think that this inspirational great man had taken the time and trouble to do this meant a lot.

**Who are your running heroes?**

Maureen Laney and Vanessa Peacock have such a lot of natural talent, can beat many women half their age, yet both are self effacing, modest to a degree, don't seek the limelight and are great personalities.

### **Looking to the future?**

When I look back to those early days of fell running, none or very few of those pioneering women are still competing, and many others have come and gone since. I can't visualise ever getting bored or fed up with running. The only thing that would stop me would be injury or illness. Reluctantly I've had to face the fact that too much racing equals injury so the ideal scenario would be to average about one favourite race a month, and other than that just enjoy going out on the fells and mountains as I do now, join in club runs and the ladies' Thursday night sessions. I still enjoy fell walking, and Pete and I are well on our way to completing the Wainwright tops, a much gentler way to get the mountain 'fix'!

In the short term, I'm glad to have finally got the 'Joss' under my belt, it's been an ambition ever since I turned 50, and this year I've planned to have another go at the English LV60 Championships, injuries permitting.

If ever an Achilles tendonitis transplant becomes available, I'll be first in the queue!

(I would like to thank Linda for an excellent, informative member profile. She has obviously given a lot of thought and effort to answering the questions. Now we know more about her achievements, I suspect that Linda will become a running hero for many in the Club—Ed)

### **ENGLAND ATHLETICS REGISTRATION**

By now competing members should have received their England Athletics Competition Licence (posh term for a plastic card), or a volunteer member's card, informing them of their EA Registration Number. The Committee would like you to log on to the EA website to check their personal details, especially as we know that, despite Mike Eddleston's best efforts, EA has made a number of basic errors.

Also, don't forget that your 'licence' came with a discount offer for Sweatshop.

## The Day I Went Orienteering

One Saturday morning in early March Vanessa rang Katy Thompson for a chat. George answered the 'phone and announced that Katy was on her way to Wycoller to do one of the orienteering events organised by PFO.

'I could do that' I said confidently.

'You could' responded Vanessa, hopeful that I would get out from under her feet for a while.

So, off I went to Wycoller armed with compass etc. and, purely by chance, arrived at the car park at the same time as Katy. As we walked down to registration Katy, being a regular, described the various courses available, and went into some detail about the symbols and colours used on the maps, but I'm afraid that very little of it went in. I paid my £2.50 entry plus 50p for the Sportident dibber, and noted the £30 fine for non-return of the electronic gadget.

Katy suggested the lime green course, the same as she was doing and I mused that it was probably a very apt colour for my first attempt at orienteering.

'It's only 2.8 km', I commented, somewhat disappointed at the short distance.

'It'll seem much further than that,' said the very knowledgeable Mrs T, as we moved on to the start area.

I opted to go first and Katy said she would allow enough time before starting herself, in order to avoid 'following'. I received my map from Mr Starter (Mike Wallis), but must have looked particularly helpless since he pointed out the location of the start on the map and orientated it in the direction of checkpoint (CP)1.

I set off at high speed, keen to create a good impression, and found CP1 without difficulty. However, after that early success things very quickly fell apart. The distance to CP2 must have been all of 30 yards (sorry, metres!), but I had no idea what I was looking for. How I wish I had listened to Mrs T earlier. Equally, I was confused by the colour coding used to denote the various areas of vegetation. Woodland is white and open country yellow; evidently this has something to do with the sport's origins in Sweden where forest is the norm and clearings are as rare as hens' teeth.

The upshot of all of this was that I took 2.5 minutes to cover the 30 yards; Katy took 5 seconds! She overtook me with undisguised glee, passing some scathing comment about my map reading as she sped off to the next check point. By CP5 I was beginning to get the hang of things and with a superhuman effort, plus a bit of luck, pulled in front. Finding a few checkpoints myself gave me a bit more confidence, but whenever I looked over my shoulder Katy was still there and I couldn't shake her off. We had a sprint finish, but Katy had beaten me comprehensively and, yet again she was right, it did seem a lot further than 2.8 km.

Am I now hooked on orienteering? Perhaps - it is a little early to say, but I will certainly have a go at the next one and hopefully even the score with Mrs T.

Tony Peacock

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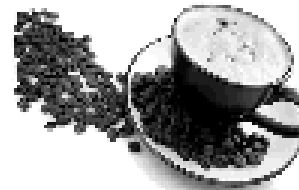
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All you have to do is send your name, address and CLM number (or state you are an associate member) and a cheque for £12.00 made payable to Clayton-le-Moors Harriers to:

Marie Greenwood 196 Bold Street, Accrington BB5 6SS  
**For more information ring Marie on 01254 237485**

**THANKS**

**to the following members who have joined the 100 Club since  
the last Newsletter:**

**Tina Lewis—Number 2  
Andrew Graham—Number 22  
Stephen Whitaker—Number 23**

## COMMITTEE NEWS

30<sup>th</sup> March 2009

19 members present.

Main discussion and decisions:

- A letter of thanks was received from organiser of Blessed Trinity Burnley 10K Race, thanking the club for its support & enclosing a donation of £50.
- £384 received from organiser of Half Tour of Pendle, Keith Thompson.
- £243 received from Trueshopping Ltd for commission on sales over last 2 years.
- England Athletics gave notice that annual members' affiliation fee, £5 per head, was due on 1<sup>st</sup> April. Mike Eddleston reported that the new members' database identified members who required a 'competition licence' to take part in road and cross-country races, plus those who will receive an EA card, but are not required to pay a fee: i.e. officials and volunteers.
- Mike also reported that 27 members had failed to respond to subscription reminders and were now officially 'lapsed'.
- Captains reported on individual and team success at the BMAF XC Relays in N Wales, the English Fell Championship counter at Half Tour of Pendle and Haigh Hall Relays.
- Date & venue agreed for Weekend of Athletics: 3<sup>rd</sup>/4<sup>th</sup>/5<sup>th</sup> July based at Clowbridge
- Summer Series Races agreed (see Boothy's Bit)
- Kath Brady wishes to stand down as Clothing Custodian, with immediate effect.
- There may be a limit on numbers for Chipping Show FR, a club championship counter. Pete B to contact the organiser.
- Run of the Month nominations to be invited via the website. Sub-Committee will still choose the winner.

Date of Next Meeting: Monday 27<sup>th</sup> April, 2009 at the Whitaker's Arms, Accrington

### **New members:**

Welcome to: Dominic Howell, Hapton

Resignation: Robert Hargreaves, Barnoldswick



In aid of



# *Pendleside Hospice*

*Hospice Care for Burnley & Pendle*

All Proceeds to Hospice Care for Burnley & Pendle Charity No. 200953



**Avg 80  
Miles  
per Day**

**Please support**

**Graham Munro**

**David Brown**

**Adam Blakeley**

**Howard Nicholson**

**Richard Denny**

**& Support Driver Andrew Pickard**

**1,100 Miles**

**Lands End to John O'Groats**

**Charity Bike Ride**

**in aid of Pendleside Hospice**

**Saturday 20th June over 2 Weeks**

**To Sponsor the cyclists & support driver  
please contact Graham on 0776 997 5357  
or visit [www.justgiving.com/grahammunro](http://www.justgiving.com/grahammunro)**

Pendleside Hospice, Colne Road, Reedley, Burnley BB10 2LW  
[www.pendleside.org.uk](http://www.pendleside.org.uk) e-mail [fundraising@pendleside.org.uk](mailto:fundraising@pendleside.org.uk) Tel: 01282 440100

Please support this worthwhile charity. Howard Nicholson is a long-standing (25 years) CleM member, who has been forced to stop running owing to injury. Obviously he's decided to do something much easier!

## Tuesday Summer Training Venues

Date	Time	Venue	
5, 12, 19, 26 May	7.00pm	Barley Car Park	
2, 9, 16, 23, 30 June	7.00pm	Village Square, Worsthorne	
7, 14, 21, 28 July	7.00pm	Calf's Head Hotel, Worston	
4, 11, 18, 25 August	7.00pm	Peel Park Hotel, Accrington	
1, 8, 15, 22, 29 September	<b>6.30pm</b>	Bridge Inn, Barrowford	Plough Inn, Oswaldtwistle

All members are welcome to take part in the Tuesday Summer Runs, which are on the fells. 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. (It invariably snows on Pendle in April!) If you, or someone else in the group has an accident, you can very quickly become cold or hyperthermic, 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.

## Thursday Summer Training Venue

**May—August**      **6.00pm** Novice Runner/Beginners' session at Riverside Car Park, Towneley Park., Burnley

**6.45pm** Interval/speed/ hill session for experienced runners

For more details contact John Roche: [rochejohn8@hotmail.com](mailto:rochejohn8@hotmail.com)

**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 2009

Date	Name	Telephone
07.05.09	Alison Athroll	01282 693673
14.05.09	Juliet Horrocks	01282 816686
21.05.09	Debbie Wilson	01282 841221
28.05.09	Linda Bostock	01282 816269
04.06.09	Katy Thompson	01254 772013

**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.**

## MARCH RUN OF THE MONTH

### **MARTIN BRADY**

for completing all 11 SCORING CROSS COUNTRY RACES in the 2008-2009 season,. (He also completed the non-scoring RED ROSE fixture at Witton Park.  
*Nominated by Harry Manning*

### **JACK HOLT**

for 1st M60 at the SEDBERGH SCHOOL RACE on 1st March  
for 1st M60 at THE HALF TOUR OF PENDLE FELL RACE on 7th March  
for 1st M60 at THE ELTERWATER COMMON RACE at LANGDALE on 15th March  
*Nominated by Harry Manning & Dave Scott*

### **MAUREEN LANEY**

for 1st F55 & 3rd overall at THE MID-LANCS CROSS COUNTRY RACE at Witton Park, Blackburn on 14th March.  
For winning the F55 GOLD MEDAL at the BRITISH MASTERS CROSS COUNTRY CHAMPIONSHIPS at RUTHIN on 21st March.  
*Nominated by Harry Manning.*

### **TED ORRELL**

for 1st M70 (breaking the record) at the ST ANNES 10 MILE ROAD RACE on 15th March.  
For 1st M70 at the BURNLEY 10K ROAD RACE on 22nd March.  
For 1st M70 at the CONISTON 14 MILE ROAD RACE on 28th March.  
*Nominated by Harry Manning.*

**GARY SHAW**

for 2nd place in the BURNLEY 10K ROAD RACE on 22nd March.

For 1st Clayton (10th place) at the VERA HIRST 5K ROAD RACE in Littleborough on 25th March.

*Nominated by Barry Brock*

**VET 50 TEAM**

**Team** Gold Medal in BRITISH MASTERS CROSS COUNTRY CHAMPIONSHIPS at RUTHIN on 21st March.

*Nominated by Dave Scott.*

**WINNER: MAUREEN LANEY for two superb  
victories in March**

**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](mailto: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.

Come on—you must know someone who deserves a nomination.

**John Bradley Osteopaths**

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Mob-07957 296588**

**Discount to Clayton Members**

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

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

or by post to

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

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

### **Newsletter Advertising Rates**

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Half A5 page      £10 for 1 issue

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Contact the editor if you wish to  
place an advertisement.

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## **HARRIERS WEBSITE**

The Guest user has now been withdrawn. Anyone who wants to post on the message board needs to register.

To register just email me with :-

- 1) Your required username eg Fred
- 2) Your required password

my email is claytonlemoors[at][googlemail.com](mailto:claytonlemoors@googlemail.com) (Note replace [at] with @)

The only reason for registering this way is to stop unwanted members being generated by automated software (spam) and then posting spam on the message board.

**Martin Brady (webmaster)**

## **MILESTONES - MARCH**

### **Service**

Mick Green	25 years
Simon Thompson	25 years
Andrew Orr	25 years
Katy Thompson	25 years

### **Age**

9 <sup>th</sup>	Jim Dawson	80 years
18 <sup>th</sup>	David Ferguson	55 years
23 <sup>rd</sup>	Dave Farnworth	55 years
28 <sup>th</sup>	Bernard Hill	75 years

### **ADVERTISEMENT**

#### **3 Bed cottage for rent,Dumfries and Galloway**

1 double,1 bunk bed,1 single plus sofa bed. Quiet but centrally located  
In coastal village of Gatehouse of Fleet.

Lots of local activities for children and adults. Good for walking, running and in particular mountain biking.

Sandy beaches - 10mins drive.

Available for weekend breaks or longer.

For more info. on area visit: [www.gatehouseoffleet.co.uk](http://www.gatehouseoffleet.co.uk).

Contact:Paul Archer 07815879610  
or [paul784archer@btinternet.com](mailto:paul784archer@btinternet.com)

## Clayton Cross Country Handicap Race Thursday 3<sup>rd</sup> April

Pos	Name	Start - mins	Finish	Race time	Speed
<b>Order</b>					
1	Stuart Fogg	+23*	55.01	32.01	1
2	Peter Costello	+10	55.15	45.15	26
3	Mark Taylor	+17	56.03	39.03	14
4	Mike Eddleston	+19	57.11	38.11	11
5	Ian Connell	+20*	57.13	37.13	9
6	Keith Prosser	+3*	57.16	54.16	28
7	Michael Hogan	+22	57.21	35.21	4
8	Geoff Laycock	+13*	57.45	44.45	24
9	Ivan Wigham	+21	57.51	36.51	6
10	Steve Bury	+20	58.09	38.09	10
11	Andy Dugdale	+20	58.13	38.13	12
12	Richard Bellaries	+19*	58.15	39.15	16
13	Gary Balmer	+22*	58.22	36.22	5
14	Jack Dugdale	+25	58.25	33.25	2
15	Phil Thornber	+3	58.44	55.44	29
16	Harry Manning	+6	58.48	52.48	27
17	Barry Mitchell	+22	59.08	37.08	7
18	Josephine Houldsworth	+20*	59.12	39.12	15
19	Brian Horrocks	+25	59.28	34.28	3
20	Ron Chappell	+15	59.48	44.48	25
21	Judy Hindle	+16*	59.53	43.53	20
22	Dave Horrocks	+23	60.09	37.09	8
23	Bob Hirst	+16	60.21	44.21	22
24	Peter Dugdale	+17	60.46	43.46	19
25	Sue Burns	+22	60.51	38.46	13
26	Andrew Walmsley	+17*	61.09	44.09	21
27	Lorna Balmer	+18*	61.33	43.33	18
28	Jane Murphy	+22	61.49	39.49	17
29	Natalia Suchomska	+20*	64.30	44.30	23

The race was three laps – a total of 5 miles. The winner Stuart Fogg received the Croasdale Heap Trophy (dating back to 1897).

Income 29 x £5 = £81 less awards £20 and club levy (50p per runner) of £14.50.

The balance of £113.50 has been donated to Maureen's Malawi fund. Thanks to all the helpers and competitors and also to Gerry King for allowing us to use his barn – I hope everyone had an enjoyable evening.

Next year I will take a look at the system of handicapping which involves using recent XC results based on distances run for men and ladies – they seem to be working against the ladies' results.

Paul Healey



## CLUB CHAMPIONSHIPS 2009

### Positions to date:

			XC1	XC2	RR1	RR2	Total
1	Tracy Mitchell	F35	50		50	50	150
2	Sue Burns	F50	49	48	49		146
3	Susan Clark	F35	45	46		48	139
4	Irene Roche	F50	46	47	45		138
5	Carol Life	F40	44	44		47	135
6	Karin Goss	F60	41	42		41	124
7	Christine Leathley	F55	40	41		40	121
8	Jane Murphy	F40	48		47		95
9	Dawn Richards	F45	43	45			88
10	Katy Thompson	F55		43		45	88
11	Marion Wilkinson	F65			39	43	82
12	Sue Allen	F45	39	40			79
13	Susan Farnworth	F40			37	42	79
14	Maureen Laney	F55		50			50
15	Anna Kelly	F45		49			49
16	Josie Holdsworth					49	49
17	Avril Duckworth	F45			48		48
18	Kath Wallis	F50	47				47
19	Dany Robson	F35			46		46
20	Linda Bostock	F50				46	46
21	Donna Scott	F40			44		44
22	Gayle Whittaker	F35				44	44
23	Lisa Hudson	F40			43		43
24	Saeedah Mehmood	F40			42		42
25	Kath Brady	F40	42				42
26	Mary Aspinall	F40			41		41
27	Donna Riley	F40			40		40
28	Jill Scott	F55				39	39
29	Angela Shaw				38		38
30	Kitty Garnett	F70	38				38

XC 1: Miid-Lancs League, Hyndburn, 14th February 2009

XC 2: Mid-Lancs League, Blackburn, 14th March 2009

RR1: Great NW Half Marathon, Blackpool, 22nd February 2009

RR2: Brenda Robinson 5K, Littleborough, 1st April 2009

<b>Men</b>			<b>XC1</b>	<b>XC2</b>	<b>RR1</b>	<b>RR2</b>	<b>Total</b>
1	Brian Horrocks	M50	90	95	98	95	378
2	Alan Life	M40	94	94	91	91	370
3	Michael O'Donnell		88	92	92	90	362
4	Neil Worswick	M40	82	90	90	93	355
5	Dave Horrocks	M45	85	89	88	80	342
6	Mick Hogan	M40	80	87	85	89	341
7	Pete Booth	M55	79	86	87	86	338
8	Gary Shaw		99	100		100	299
9	Phil Hall	M45	98	98	100		296
10	Ron Chappell	M60	63	74	78	72	287
11	Barry Brock	M40	89		97	99	285
12	Dave Edmondson	M40		93	94	96	283
13	Kieron Mitchell		87		95	92	274
14	John Roche	M50	93	97	81		271
15	Barry Mitchell	M60	78	84		85	247
16	Richard Lawson	M60	64	73		75	212
17	Doug Munroe	M60	61	72		71	204
18	Mark Aspinall	M45	100	99			199
19	Harry Manning	M70	59	70		68	197
20	Colin Shuttleworth	M50	92	96			188
21	Tony Walker	M45			93	94	187
22	Jason Harbour		91	91			182
23	Kevin Davies	M45	83		96		179
24	Mark Wightman	M40	84	88			172
25	Alan Clarkson	M50			89	83	172
26	Martin Brady	M40	81	85			166
27	Nick Roscoe				82	79	161
30	Paul Toman	M50	76			81	157
31	Andrew Howarth	M40	74	82			156
33	Dave Scott	M65		78		78	156
34	Stephen Bury	M50	72	79			151
35	George Thompson	M55		75		74	149
36	Peter Costello	M50		71	77		148
37	Stuart Hartley	M50	68			76	144
38	Mervyn Thistlethwaite	M50	66	76			142
39	Ted Orrell	M65	65			77	142
40	Bob Hirst	M50	67			73	140
41	Phil Thornber	M50	58	69			127
42	Andy Stubbs	M40			99		99
43	Tony Chew	M45				98	98
44	Garry Wilkinson	M40	97				97
45	Stuart Fogg					97	97
46	Andy McFarlane		96				96
47	Jack Dugdale		95				95
48	Alex Cran					88	88

			<b>XC1</b>	<b>XC2</b>	<b>RR1</b>	<b>RR2</b>	<b>Total</b>
49	Stephen Green	M50				87	87
50	Alun Hall	M45			86		86
51	Paul Hesketh	M40	86				86
52	Stephen McNamara				84		84
53	Gary Balmer	M40				84	84
54	Brian Wildman	M40			83		83
55	Gordon Barrett	M45		83			83
56	Dave Motley					82	82
57	Jim Hickie	M40		81			81
58	Lawrence Chew	M70			80		80
59	Andrew Dugdale	M45		80			80
60	Anthony Scott	M50			79		79
61	Mark Taylor			77			77
62	Lee Clough		77				77
63	Jeff Pickup	M50	75				75
64	Stephen White	M50	73				73
65	Ivan Whigham		71				71
66	Mike Eddleston	M50	70				70
67	Andrew Carter	M50				70	70
68	Pete Dugdale	M50	69				69
69	Leslie Jackson	M65				69	69
70	Francis Heaton	M80				67	67
71	Jack Betney	M75				66	66
72	Richart Treitl	M50	62				62
73	Paul Healey	M60	60				60

XC 1: Miid-Lancs League, Hyndburn, 14th February 2009

XC 2: Mid-Lancs League, Blackburn, 14th March 2009

RR1: Great NW Half Marathon, Blackpool, 22nd February 2009

RR2: Brenda Robinson 5K, Littleborough, 1st April 2009

**RESULTS**  
**CROSS COUNTRY**  
Cross Country Palladium Points  
Final Positions

Ladies

Sen	1	S Burns	54
	2	M Laney	47
	3	J Murphy	38
W35	1	S Burns	54
	2	M Laney	47
	3	J Murphy	38
W45	1	S Burns	54
	2	M Laney	47
	3	I Roche	31
W55	1	M Laney	47
	2	K Goss	19
	3	C Leathley	7

Men

Sen	1	G Shaw	189
	2	B Horrocks	164
	3	M Aspinall	140
M40	1	B Horrocks	164
	2	M Aspinall	140
	3=	M Brady	126
		A Life	126
M50	1	B Horrocks	164
	2	C Shuttleworth	121
	3	J Roche	89
M60	1	B Mitchell	48
	2	D Scott	39
	3	R Lawson	28

Cross-Country Season 2008-09  
Appearances after 11 Races

	Women	Men
11		M Brady
10		H Manning
9		B Horrocks J Hickie
8	S Burns	G Shaw
7	K Goss S Allen J Murphy	D Horrocks C Shuttleworth
6	M Laney C Life	
5	T Mitchell I Roche	

Guernsey 4 x 2 mile XC Relay

1, AFD Bradley Hunter Conway Connor,	41 03
17 Allsorts P Jones, Avon Valley,	13 51
R Humpherson, RSC,	13 53
R Lawson,	14 42
R Mills, Sparkhill H ,	13 24
	55 50

37 teams completed

Falla Memorial 4.75m XC

10th April

1	W Chinhañhu	Poole
	Runners	24 35
6	Steff Twell	AFD 26 18
73	R Lawson 2nd M65	35 54
120	finished	

## MT RESULTS

### Baldon Boundary Way 12

#### 5th April

1	I Nixon	P & B	79 04
18	Karen Pickles	Pudsey P	98 02
29	M Terry	M40	92 03
140	D Scott	M60	112.00
359 finished			

### Guisseley Gallop MT Easter

1	S Neal	Pud	35 36
16	Sarah Tunstall	Kendal AC	39 07
243	K O'Brien	M65	55 13
428 ran			

## ROAD RESULTS

### Burnley 10K

#### 22nd March

1	JReed	Un	33 16
2	GShaw		34 49
3	P Hall	<b>1st M45</b>	35 19
7	B Brock	<b>1st M40</b>	36 41
12	S Fogg		37 51
13	P Hindmarch	3rd M40	38 23
16	M O'Donnell		38 39
17	S Clare	M40	38 48
22	P Baistow		39 13
29	S Green	2nd M50	39 58
33	A Clarkson	3rd M50	40 32
35	G Balmer		40 43
39	G Barrett		41 03
41	S White	M50	41 38
44	P Brown		41 52
50	J Ireland		42 18
66	Josephine Holdsworth	(4th)	44 18
75	J Pickup	M55	44 49
83	T Orrell	<b>1st M70</b>	45 27
84	S Hartley	M50	45 30
93	R Hirst	M55	46 03
101	R Lawson	<b>1st M65</b>	46 26
123	Gayle Whittaker	W35	48 46
134	A Graham		49 37
139	K O'Brien	2nd M65	50 12
151	Cynthia Allen	<b>1st W50</b>	51 32
159	Marion Wilkinson	<b>1st W65</b>	52 24
174	A Carter		53 58
200	Deborah Armstrong	W40	58 29
209	L Jackson	M65	61 57
210	Kitty Garnett	3rd W70	61 59
222 finished			

### Coniston 14

#### 28th March

1	N Leigh Altrincham AC	75 57
35	Polyanne Veazay- French	89 37
36	R Brewster	M50 89 47
83	D Black	M40 94 35
228	D Lord	M45 103 10
334	T Orrell	<b>1st M70</b> 108 57
1300+ ran		

### Vera Hurst 5K Littleborough

#### 25th March

1,	M Proctor,	Rochdale H,	15 43
10,	G Shaw,		16 40
12,	P Hall,	<b>1st M 45,</b>	16 56
17,	T Chew,	2nd M45,	17 12
19,	B Brock	M40,	17 27
28,	S Fogg,		18 12
30,	J Roche,	2nd M50,	18 17
48,	Sue Beconsall,	W45,	18 51
69,	A Clarkson,	M50,	19 45
72,	G Balmer,	M40,	19 49
73,	B Mitchell,	3rd M60,	19 50
113,	S Hartley,	M50,	21 36
132,	R Lawson,	<b>1st M65 ,</b>	22 25
136,	Lorna Balmer		22 34
141,	R Hirst,	M55,	22 50
159,	Linda Bostock ,	2nd W50	23 29
173,	P Costello,	M50 ,	24 21
197,	R Hill,	<b>1st M70,</b>	25 53
224 ,	L Jackson,	M65,	29 13
228,	Jill Scott,	<b>1st W65 ,</b>	29 34
230,	Sue Allen,	W45,	29 55
241 finished			

### Arkendale 10K

#### 29th March

1	R Barrett	M40	Skipton AC	35 57
12	P Baistow			39 07
21	Natasha Heys		Easingwood RC	40 47
355 finished				

### Wilmslow Half Marathon

#### 29th March

1	M Mules	Belgrave H	64 10
43	Michelle Ross-Cope	Stoke	72 34
98	Candice Taylor		79 24
234	B Brock	M40	87 08
1068	P Farrell		103 50
3905 finished			

## Silkstone Shuffle

### 4.5 miles MT 28th March

1 N Swift !! Sheffield RC 25 57  
26 Debbie Richards 29 52  
124 R Hill **1st M70** 39 29  
157 finished

### Connemara Half Marathon

1 Lezan Kimutai 68 09  
22 Ellis Connery 85 37  
733 R Hill **1st M70** 116 12  
c 2500 finished

### Brenda Robinson 5K Littleborough

#### 1st April

1 B Ellis Trafford AC16 11  
6 G Shaw 16 28  
13 B Brock 3rd M40 17 15  
15 T Chew 2nd M45 17 21  
22 S Fogg 17 49  
26 D Edmondson M40 18 00  
32 B Horrocks 3rd M50 18 10  
36 T Walker M45 18 20  
40 K Mitchell 18 25  
41 Sarah Ridehalgh AccRR 18 28  
42 A Life M40 18 33  
44 M O'Donnell 18 44  
49 M Hogan M40 18 53  
51 A Cran 19 01  
55 S Green M50 19 05  
58 Tracy Mitchell 2nd W35 19 11  
59 P Booth **1st M55** 19 16  
64 B Mitchell **1st M60** 19 36  
67 G Balmer M40 19 39  
72 A Clarkson M50 19 46  
77 D Motley 19.52  
83 P Toman M50 20 01  
85 D Horrocks M45 20 05  
95 N Roscoe 20 30  
101 Josephine Holdsworth 20 37  
126 D Scott 2nd M65 21 30  
134 T Orrell **1st M70** 21 53  
135 S Hartley M50 21 55  
143 R Lawson 3rd M65 22 16  
146 Susan Clark W40 22 30  
159 Carole Life W40 22 51  
160 G Thompson M55 22 55  
165 R Hirst M55 23 11  
178 Linda Bostock 2nd W50 23 24  
180 Katy Thompson **1st W55** 23 29

186 Gayle Whittaker W35 23 39  
196 R Chappell M60 23 58  
222 D Munroe M60 25 30  
230 Marion Wilkinson **1st W 65** 26 00  
237 A Carter M50 26 28  
244 Susan Farnworth W50 26 54  
245 Karin Goss 2nd W60 26 58  
261 Christine Leathley W60 28 12  
262 L Jackson M65 28 16  
267 H Manning 3rd M70 29 02  
269 Jill Scott 2nd W65 30 05  
283 F Heaton **1st M80** 35 13  
288 J Betney M75 39 27  
288 finished

### Gin Pit 5 MT

#### 5th April

1 P Manion A & T RR 28 08  
3 Olivia Walwyn Alt & Dist AC 28 34  
79 K O'Brien M65 39 42  
136 finished

### Oldham Mayor's Half Marathon

#### 5th April

1 M Proctor Rochdale H 75 41  
28 Mel Woodhouse Ronertown RR 93 35  
30 G Balmer M40 95 07  
80 Lorna Balmer W35 109 36  
164 finished

### Blackpool Marathon

#### 5th April

1 M Keedy St Theresa's 2 38 36  
15 Susan Svoboda Abbey R 2 56 19  
337 L Chew **1st M55** 4 03 14  
634 finished

### Blackpool Half Marathon

1 R Barker Halifax H 75 50  
35 Marie Geeson Northallerton RR 88 50  
38 A Hall M50 89 22  
994 finished

**Guernsey 10K****Good Friday**

1	W Chinhañhu	Poole Runners	31 46
5	Steff Twell	AFD	32 35 (rec)
94	R Lawson	2nd M65	44 39
	188 ran		

**Guernsey Half Marathon****Easter Mon**

1	W Chinhañhu	Poole R	1 06 38
12	Emma Pallant	AFD	1 16 31
76	R Lawson	2nd M65	1 40 08
	166 ran		

**Southport Good Friday 4**

1	Amanda Crook	Un	23 40
73	Jill Scott	1st W65	36 47
	112 finished		

**Salford Good Friday 10K**

1	I Grime	N.E.B	31 13
23	G Shaw		33 31
41	Pauline Powell	W35	34 57
43	B Brock	M40	35 09
52	P Archer	M40	35 47
62	Candice Taylor	5th Lady	36 22
109	S Green	3rd M50	38 54
181	J Ireland		41 49
321	R Hirst	M55	46 30
332	Lorna Balmer	W35	47 16
	544 ran		

**FELL RESULTS****Ovenden Fell Race 03/01/09****BM 8m 1200ft**

1	K Gray	CVFR	53.42
13	J Dugdale		62.11
18	N Hardiman	V40	63.16
19	L Lacon	Holmfirth 1st L	63.26
30	M Nutter	V40	66.04
39	M Laney	LV50	68.04
59	A Dugdale	V40	72.07
71	D Naylor	V50	74.39
102	B Savage	LV40	78.48
110	L Balmer	L	81.22
113	R Hirst	V50	82.06
	136 Finished		
	1 DNF		

**Soreen Stanbury Splash 25/01/09****BM 7M 1200ft**

1	I Holmes	Bing V40	44.04
7	T Edward	V40	49.38
15	D Walker		51.22
20	J Dugdale		52.12
34	N Hardiman	V40	54.26
39	S Whitaker	V40	55.01
47	S Hauswirth	Ilk 1st L	55.38
64	M Nutter	V40	58.14
80	P Archer	V40	59.14
102	A Dugdale	V40	61.00
135	M Tomlinson	V40	64.18
163	J Horrocks	LV40	66.36
170	B Savage	LV40	66.57
216	R Moore	V40	71.17
219	R Hirst	V50	71.23
221	J Rawlinson	LV50	71.37
227	L Lord	LV60	72.15
237	L Balmer	L	73.28
239	M Huggon	V40	73.42
252	L Sullivan	V70	74.27
283	J Francis	V60	81.22
286	J Frechette	LV50	82.29
	303 finished inc 55 ladies		
	2 DNF		

**Winter Hill 08/02/09****AM 11m 2750ft**

1	S Bailey - Mercia	1.29.53
22	A Life V40	1.49.31
23	A Lupton - Radcl1st L	1.49.32
29	J Dugdale	1.52.28
48	K Carr V60	2.00.15
73	G Smith	2.06.47
87	A Howarth V40	2.08.49
95	D Black V40	2.12.00
96	C Hopkinson LV40	2.12.12
122	A Dugdale V40	2.20.34
138	K ThompsonLV50	2.26.51
139	J RawlinsonLV50	2.27.37
142	K ButterworthV50	2.31.04

170 Finished incl 29 Ladies

**Wadsworth Trog 07/02/09****BL 20m 4000ft**

1	R Jebb - Bing	3.13.39
3	PaulThompson	3.25.10
12	C Balderson V40	3.35.57
16	B Horrocks V50	3.43.48
24	D Horrocks V40	3.51.54
25	P Booth V50	3.52.12
28	MBrady V40	3.53.49
29	MTerry V40	3.54.21
46	P Hesketh V40	4.06.40
53	N Worswick V40	4.11.28
56	S Bury V50	4.13.13
65	P Browning V40	4.17.55
71	I Connell V40	4.22.29
83	MTomlinson V40	4.29.32
102	D Naylor V50	4.56.02
DNF	J Pickup V50	DNF

102 Finished 11 DNF

**Carnethy 5 14/02/09****AS 6m 2500ft**

1	R Jebb - Bing	53.02
57	J Holt V60	1.04.48
171	M Nutter V40	1.12.07
310	A Firth V50	1.21.58
499 Finished		

**Ilkley Moor 22/02/09****AS 5m 1260ft**

1	I Holmes - Bing V40	36.33
26	J Dugdale	43.17
46	J Waite - CVFR1st L	45.07
50	N Hardiman V40	45.51
99	P Hesketh V40	49.19
110	P Archer V40	49.41
159	A Dugdale V40	52.59
174	P Browning V40	53.53
248	M Taylor	58.38
264	I Hargreaves V40	59.25
281	D Richards LV40	60.47
291	R Moore V40	61.10
304	R Hirst V50	61.52
338	L Balmer L	65.18

390 Finished incl 70 Ladies

**Noonstone 28/02/09****AM 9m 2300ft**

1	S Godsman - CVFR	1.11.15
11	T Edward V40	1.17.39
23	S Fogg	1.22.20
24	N Hardiman V40	1.22.22
30	M O'Donnell	1.23.24
53	N Worswick V40	1.26.38
55	Z Wray - Sheff1st L	1.26.58
93	S Bury V50	1.32.02
115	MTomlinson V40	1.35.05
132	GSmith	1.37.26
163	P Brown	1.43.28
201	K Thompson LV50	1.51.25
211	G Thompson V50	1.55.07
220	R Hirst V50	1.59.35

248 Finished incl 31 Ladies

3 DNF



**Bleasdale Circle 28/02/09AS 5m**  
**1250ft**

1	D	Hope - P & B	38.13
7	D	Nuttall V40	40.46
12	J	Dugdale	42.46
18	A	Life V40	44.25
19	K	Bailey - Merydd1st L	44.29
26	P	Booth V50	46.04
27	M	Nutter V40	46.14
33	K	Carr V60	46.39
39	A	Dugdale V40	47.36
40	I	Connell V40	47.45
41		Peter Thompson V40	48.20
55	M	Taylor	51.41
65	D	Motley	53.03
74	P	Dugdale V50	54.13
78	A	Firth V50	54.35
83	C	Life LV40	56.51
84	R	Moore V40	57.14
86	B	Thompson LV40	57.39
87	L	Lord LV60	57.45

100 Finished including 17 Ladies

**CLAYTON-LE-MOORS**  
**HARRIERS**  
**WEEKEND OF ATHLETICS**

**Fri/Sat/Sun**  
**3rd/4th/5th JULY**

Based at Clowbridge  
Reservoir  
(between Burnley and Rawtenstall)

Road, Fell & Trail Race

**WATCH OUT FOR DETAILS IN**  
**JUNE NEWSLETTER**

## **FIXTURES**

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

### **MAY'S MEANDERS**

- Sat 2<sup>nd</sup> Coniston FR AM 9m/3500' 12.30pm £5 pre-entry £6 eod limit 400  
Sam Clarke, 22 Yewdale Rd. Coniston LA21 8DX
- Sun 3<sup>rd</sup> Great Hameldon BM 6m/1100' 12 noon £5  
**Clayton Race 1st race in Pendle Grand Prix**
- Mon 4<sup>th</sup> Rosemere Cancer Run, Moor Park Preston 5K £5 + £1 eod Min Age  
12 years Women 11.15 am Men 12 noon [www.rosemere.org.uk](http://www.rosemere.org.uk)  
Rothwell 10K, Oulton, nr. Leeds 10 am £8 + £1.50 eod Online entry at  
[www.ukresults.net](http://www.ukresults.net)  
Wray Caton Moor FR BM 6.75m/1100' 11.30 am from Wray near  
Lancaster (GR 602676) £3.50
- Tues 5<sup>th</sup> 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 6<sup>th</sup> Chorley Harriers 4.4m Night Trail Series 7.30pm from Baron's Rest,  
Astley Village £3 + £1 eod or £10 for series  
Race 2. 3<sup>rd</sup> June, Race 3. 1<sup>st</sup> July, Race 4. 5<sup>th</sup> Aug  
Flower Scar FR AS 4m/1400' 7.15pm from Hare & Hounds, Todmorden  
Entry free - no prizes  
Lothersdale FR BS 3.6m/600' 7.30pm from Village Hall, Lothersdale nr  
Skipton £3 Junior races
- Fri 8<sup>th</sup> Pinhaw Moor BS 5m/700' 7pm from Red Lion St, Earby £5  
2nd race in Pendle Grand Prix
- Sat 9<sup>th</sup> Belmont Winter Hill BS 4.5m/1000' 1.15 pm from the Belmont Bull  
(GR673163) £4 Junior Races 12.30 pm  
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](http://www.wharfedaleharriers.org.uk)  
PFO Orienteering Sunnyside Woods, Darwen White, Yellow, Orange,  
Tech Registration 10 – 11.30 Details: Bill Griffiths 0845 009 6984  
Salford 5K 11.30 am from Heaton Park, Prestwich M/c £4 + £1 eod
- Sun 10<sup>th</sup> Buttermere Sailbeck FR AM 9.5m/4650' 1pm from Bridge Hotel,  
Buttermere (GR NY175169) £6 pre-entry or £7 eod  
Mike Robinson, 38 Burneside Rd, Kendal LA9 4RL  
Mytholmroyd FR BS 7m/1350' 11.30 am from Mytholmroyd Community  
Centre (GR 011260) £3.50  
Golden Ball 5K 11am from Golden Ball Pub, Snatchems £4
- Tues 12<sup>th</sup> **Mearley Clough FR AS 3.5m/1200' 7.15pm from Calf's Head,**  
**Worston £3(includes pasta supper) Club Champs**  
Geoff Doggett 5K Littleborough £4 + £1 eod

## FIXTURES

- Wed 13<sup>th</sup> Haigh Hall 4m Race 1 7.30pm from Wigan RUFC £4 + £1 eod  
Blackstone Edge AS 3.5m/1200' 7.30pm from Lydgate Hamlet,  
Blackstone Edge Old Road, Littleborough £4
- Thurs 14<sup>th</sup> Badger 10K Trail Run Race 1. 7.30 pm from Wildlife Trust HQ, The  
Barn, Berkeley Drive, Bamber Bridge, Preston PR5 6BY £5 per race  
£18 for series Also, 18<sup>th</sup> June, 16<sup>th</sup> July, 13<sup>th</sup> August
- Fri 15<sup>th</sup> Astley Park 5K Race 2 7pm £5 + 50p eod Limit 150  
Junior Race 1 mile 6.30 pm Race 3. 26<sup>th</sup> June; Race 4. 3<sup>rd</sup> July
- Sat 16<sup>th</sup> Fairfield Horseshoe AM 9m/3000' 1pm from Rydal Hall, Ambleside £5  
Old County Tops AL 37m/10,000' 8am from New Dungeon Ghyll, Great  
Langdale £14 per team of 2 by May 9<sup>th</sup>
- Tues 19<sup>th</sup> Stanhill FR BS 5m/800' 7.15pm from Britannia Inn, Haslingden Old  
Rd, Oswaldtwistle £2.50 pre-entry /£4 eod Junior Races from 6.30pm  
Cheques to Stanhill Fell Race to L. Passco, 143 Stanley St, Accrington
- Wed 20<sup>th</sup> Horwich Jubilee Road Race 1. 5m 7.30pm from Rivington Bowling  
Club, Rivington, Horwich £5 + £1 eod £18 + £2 eod for series  
Race 2. 17<sup>th</sup> June, Race 2. 15<sup>th</sup> July, Race 3. 19<sup>th</sup> August
- Fri 22<sup>nd</sup> Burnley Lions 10K 7pm from Colne Cricket Club £5  
3rd race in Pendle Grand Prix
- Sat 23<sup>rd</sup> Isle of Jura FR AL 16m/7500' 10.30am from Craighouse Distillery £12  
pre-entry on official form available from March 1<sup>st</sup> Limit 180  
[www.jurafellrace.org.uk](http://www.jurafellrace.org.uk)  
Hutton Roof Crags BM Inter Counties Champs 7m/1300' 2.30pm from  
Hutton Roof Village Hall, nr Kirkby Lonsdale (GR570786) £4
- Sun 24<sup>th</sup> Helvellyn AM 11m/4500' 12 noon from Bram Crag Farm, St. Johns in  
the Vale, Keswick (GR319214) £5 includes food
- Mon 25<sup>th</sup> Bowley Hill Trail Race 5.5m 1pm from Great Harwood Showground  
(opp. Nightingales garage) Entry free - £5 entry to show  
Austwick Amble BM 8m/1200' 1 pm from Austwick (GR768684) £3.50  
Junior races at 12 noon [www.austwick.org](http://www.austwick.org)
- Wed 27<sup>th</sup> Harrock Hill BS 5.2m/900' 7.30pm from Farmers Arms, Bispham  
Green, nr Parbold (GR497130) £3 eod or £9 for series of 4 races
- Sat 30<sup>th</sup> Duddon Valley FR AL 18m/6000' 11am from Newfield Inn, Seathwaite,  
Duddon Valley (GR227960) £6 pre-entry on official form  
Short course 9m/3000' 11.15am £6 eod [duddonvalleyfellrace.org.uk](http://duddonvalleyfellrace.org.uk)
- Sun 31<sup>st</sup> **Hendon Brook 13.5m Club Champs & Pendle Grand Prix 11 am**  
**from Marsden Golf Course, Nelson BB9 8DG Club Champs**  
Saddleworth FR AS 3m/950' 12 noon from Tanners Waterside Mill,  
Greenfield, Saddleworth (GR002038) £4

## **JUNE'S JAUNTS**

- Tues 2<sup>nd</sup> 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 3<sup>rd</sup> Chorley Harriers 4.4m Night Trail Series Race 2 7.30pm from Baron's Rest, Astley Village £3 + £1 eod Race 3. 1<sup>st</sup> July, Race 4. 5<sup>th</sup> Aug
- Thurs 4<sup>th</sup> Henderson's End Fell Race BS 6m/800' 7.30 pm from Rivington Upper Barn, Horwich £3 Junior Race 7pm £1  
Full Bronte 5 mile 7.30 pm from Sun Hotel, Haworth £5 by 30<sup>th</sup> May
- Fri 5<sup>th</sup> Multi-Terrain Race 4 miles 7.30pm from Witton Park, Blackburn £4 + £1 eod
- Sat 6<sup>th</sup> Stretton Hills Fell Race AS 5.75m/2500' 1pm Ladies/2pm Men from Church Stretton GR 443946 £5 to Pauline Richards, 23 St. Annes Rd., Collegefields, Shrewsbury SY3 6AU **English Champs**  
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 £12 by 26<sup>th</sup> May  
Also short race 11am from Ogwen. [gorphwysfa.co.uk](http://gorphwysfa.co.uk)  
Ennerdale FR AL 23m/7500'
- Sun 7<sup>th</sup> Bash Grueller Trail Race 5K 11am from Bay Horse, Accrington £3.50  
Longridge 7 11 am from Civic Hall, Longridge £7 + £1 eod  
Smithills Serpent 5 mile Trail Race 10.30am from Smithills Sports Centre, Bolton £5 + £1 eod  
Edenfield Fell Race BM 7.5m/1600' 11.30am from Edenfield Cricket Club £3 Return of race after 9 years
- Wed 10<sup>th</sup> Haigh Hall 4m Race 2 7.30pm from Wigan RUFC £4 + £1 eod  
Holcombe Two Towers AS 4m/1300' 7.15pm from Hare & Hounds on A676 at Holcombe Brook GR779153 £3
- Sat 13<sup>th</sup> PFO Orienteering Hambledon Woods, Hapton White, Yellow, Orange, Tech. Registration 10 – 11.30 Details: Bill Griffiths 0845 009 6984
- Sun 14<sup>th</sup> Bradford Millennium Way Relay 5 legs/2 runners per leg £70 per team  
Morecambe 10K 11am from Station Pub, Morecambe £6
- Tues 16<sup>th</sup> to Sun 21<sup>st</sup> Tour of Horwich & Rivington [www.horwichrmiharriers.co.uk](http://www.horwichrmiharriers.co.uk)
- Wed 17<sup>th</sup> Horwich Jubilee Road Race2. 5m 7.30pm from Rivington Bowling Club, Rivington, Horwich £5 + £1 eod £18 + £2 eod for series Race 3. 15<sup>th</sup> July, Race 4. 19<sup>th</sup> August
- Thurs 18<sup>th</sup> Badger 10K Trail Run Race 2. 7.30 pm from Wildlife Trust HQ, The Barn, Berkeley Drive, Bamber Bridge, Preston PR5 6BY  
£5 per race £18 for series 16<sup>th</sup> July, 13<sup>th</sup> August  
Walsh Two Lads BS 5.25m/900' from Bridge Inn, Horwich £4
- Sun 14<sup>th</sup> Harry Aspinall Stacksteads Fair Race BS 3.5m/800' 1pm from Stacksteads Recreation Ground GR855216 £2  
Hebden Bridge FR BS 5.9m/1150' 11am from Calder Holmes Park GR993270 £3.50

## **JUNE'S JAUNTS (cont)**

Fri , Sat, Sun Midsummer Madness 3 Day Event see cvfr.co.uk for details  
Sat 20<sup>th</sup> Tebay Fell Race—see details on opposite page  
Great Hill Fell Race 5.75/1300' 3pm from Brinscall Fete Field £3.50 + £2  
eod [www.chorleyac.co.uk](http://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  
Sun 21<sup>st</sup> Freckleton Half-marathon 2pm from Bush Lane Playing Fields, Freckleton  
£11 at [www.ukresults.net](http://www.ukresults.net) No EOD  
Settle Hills FR AM 7m/1750' 1pm from North Ribblesdale RUFC, Settle  
GR819633 £5  
BMAF 5k Road Race Championships 11.15am from Crown Hotel, Chorley  
New Road, Horwich £7  
Horwich Carnival Town Centre 5k 3pm from Crown Hotel, Chorley New  
Road, Horwich £7 +£1 eod  
Thurs 25<sup>th</sup> Aggies Staircase Fell Race 3.8m/1150' 7.15pm from White Lion,  
Darwen, £3.50, or £10 for Darwen Dashers 3 race series  
Fri 26<sup>th</sup> Astley Park 5K Race 3 7pm £5 + 50p eod Limit 150 Race 4. 3<sup>rd</sup> July  
Junior Race 1 mile 6.30 pm  
Sat 27<sup>th</sup> Safaricom Marathon, Lewa Wildlife Conservancy, Isiolo, Kenya  
Also Half Marathon for teams of 5 to 10 only. Join Bruce Tulloh, Paul  
Tergat and Catherine Ndereba in this spectacular and unique event, set  
inside a wildlife sanctuary in the heart of Kenya. For details see entry  
forms on the Tusk or Lewa web sites.

## **Great Harwood Show**

presents

### **Bowley Hill Trail Race**

Approx. 5.5miles

1pm Monday 25<sup>th</sup> May 2009

**from Great Harwood Showground**

(opposite Nightingale's Garage)

**£50 prize for 1<sup>st</sup> Man & 1<sup>st</sup> Lady**

Entry to race is free to all paying £5 admission to showground

Organised by Harry Haseley

Tel: 01254 885611

## **FELL CHAMPIONSHIP RACES 2009**

### **English Championship**

Sat 6th June	Stretton Hills (Short) £5 pre-entry or EOD. Limit 400
Sat 20th June	Tebay (Medium) £5 pre entry after 01/04 by 13/06 400 limit.
Sat 11th July	Wasdale (Long) £8.50 pre-entry by 27/06. Limit 250. Already filling up!
Sat 29th Aug	Dentdale (Short) £5 pre-entry by 31/07. No published limit.
Sat 10th Oct	Langdale (Long) £6.50 pre entry by 04/10. 500 limit. Already filling up!

### **British Championship**

Sat 2nd May	Stuc O'Chroin (Long) £6 EOD
Sat 20th June See above	Tebay (Medium)
Sat 1st Aug	Y Garn (Short) £4.00 pre entry by 30/06. No published limit.

**Over the last few years, all the championship races (especially English) have been extremely popular. If you wish to take part in the series, the advice is to enter all the races—NOW!**

