

# HARRIER NEWS



The Clayton Harrier Newsletter  
November 2010



Clayton Junior Runners  
Thieveley Pike  
25th September

*Photo Steve Irvine  
[see Report p18]*

## **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 2010/11 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: katy.thompson1@btinternet.com  
The Fixtures Secretary will forward details to the Newsletter Editor for publication

#### **The Clayton Newsletter**

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**Copy deadline for the December issue: Monday, 8<sup>th</sup> November**

## Boothy's Bit

**Cross Country:** It was great to see so many Clem vests at the Red Rose Cross Country League fixture at Wilson's Playing Field last Saturday. 50 members ran, including 7 juniors. The new course is a vast improvement on the old, although we could have done with a little less mud. Sadly, owing to admin problems on the day, I can't bring you any results, but look forward to seeing as many members at the remaining Red Rose and Mid Lancs League Fixtures.

**PS:** We still need a Ladies' XC Captain. Any volunteers?

### Club Championships

Until last February's Presentation Evening, I hadn't realised how many members are confused about the format of the Club Championships and other club competitions. In a nutshell, the overall Club Champion at each age group is decided by the best 9 results (3 cross country, 3 fell and 3 road) out of 15 races. The individual Club Cross Country, Fell and Road Champions at each age group are also decided by these results. [Incidentally, in the past, the Club Championship has been decided by the result of a single race at each discipline.]

Where, I think, the confusion comes in is that there is also an *Overall or Palladium Points Competition* in each discipline, where points are awarded for results of all your races—cross country, fell and road—and the member with the highest total wins the Palladium Cross Country Points Competition or Fell/Road Runner of the Year Award—again at each age group.

Is this 'double' format unnecessarily complicated?

Should we 'slim down' the Club Championship format?

Should we do away with the Overall/Palladium format and just have a single competition decided by the best results out of x number of races?

Another (minor) issue is that the number of awards dictates the length of the presentation of prizes at our Presentation Evening.

The Committee is to debate the format of the Club Championship on 6th December. If you have any views about the format, please make them known to any Committee member before that date. Also, if you have any suggestions for road or fell races worthy of inclusion, please let me know.

### Club Championship Road Races

The last two road races in the 2010 Club Champs are Guy's 10M and the Ribble Valley 10K. Both are very popular races, so early pre-entry is advisable

**Presentation Evening 2011** is again at the Mytton Fold, Langho on 26th February—see p 23 for details. The Presentation Evening is the social highlight of the club's year, but a lot of organisation is involved. It will really help Marie, if you buy your tickets early, so that she knows the number attending well in advance. Thank you.

### **Joss Naylor Challenge Dinner**

Following my successful round, I attended the JNLC Dinner at the Bridge Inn, Santon Bridge, on 16th October. It was a wonderful evening attended by this year's successful candidates and many others who had completed the challenge over the years, including quite a few from CleM Harriers. On the following morning, during a walk that Joss led round the fells near his home. I spent quite a bit of time with Don Talbot. He sends greetings to all Club members.

### **Pete's Triple Challenge**

I completed the third challenge on 11th September (see p24). Thanks to all who have supported me. If you would still like to make a donation, please visit [www.justgiving.co/petestriplechallenge60](http://www.justgiving.co/petestriplechallenge60) or see me at a race. Ta.

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## **MEMBERSHIP**

### **Welcome to:**

#### **Senior Members:**

Andrea Keedy, Pleasington  
Rachel Laycock, Gt Harwood,  
Tara Stott, Clayton,

#### **Junior Members:**

Brittany Rushton, Accrington  
Tiffany Boswell, Padiham,  
Freddie Worswick, Bradford,  
Harry Mason, Accrington,  
Riaghnaich Jameson, Burnley,  
Eleanor Root, Blacko,  
Millie Stubbs, Fence,  
Joshua Graham, Burnley,

#### **Resignation:**

Olena Beal, Penrith

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**CLAYTON-LE-MOORS HARRIERS  
OFFICIALS  
2010-2011**

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## LETTER

Dear Peter,

I wrote 20 years ago (29.09.90) with concern about the low junior membership, suggesting three remedies, and the 40% veterans, confirmed later in the *Evening Telegraph* by George Kirby. The figure is now 95%.

The present ministrations of Junior Coordinators, Marion Wilkinson and Cynthia Allen, should engage each one of us; otherwise we will run the Club into extinction.

Yours sincerely,  
Peter Rapson-Woodstock

## LETTER

Dear Pete,

I have found the reason I was running slower, not just old age, as I thought. My heart wasn't pumping to full capacity due to blocked arteries, resulting in a quadruple by-pass operation, which was done on 21/09. (Surgeon said it was probably heredity.) I feel OK now and should be able to walk on the fells after a few months.

I've been looking through my old records and found my peak was at age 58 (14 years ago). Below is a list of some of my PBs as a target for up-and-coming oldies:

Half Tour of Pendle	1:17	Pendle FR	0:39
3 Peaks FR	3:42	Fairfield	1:39
Ingleborough FR	0:58	Kentmere FR	1:48
Pendleton FR	0:39	Ben Nevis	2:02
Langdale FR	2:50	Full Tour of Pendle	2:49
Bolton-by-Bowland FR	0:54		

Pendle Witch Way 4:04 (Age 65)

My best run was Wadsworth Trog 3:26 (age 59yr and 11 mths)

Keep on running

Ross Jaques

*[Ross has been a CleM member since 1983, when he was 45. It's interesting that he feels he reached his peak well into his 50s. There are some impressive times in the list, that many younger members will struggle to beat. I'm sure all readers will join me in wishing Ross a speedy and full recovery. We hope to see him on the fells again in the not-too-distant future.]*

## Covering Old Ground

### **25 years ago (Nov 1985)**

There had been recent TV coverage of Ron Hill's achievement in completing 100 Marathons. His next goal was to compete in events in 50 different countries by the time he celebrates his 50th birthday.

Roger Brewster took 17<sup>th</sup> place in the Paris 20K (27000 competitors).

New members – Keith Sturdy; Adrian Thornber; Ray Lees; Chris Blackburn; Fred Houldsworth; Graham Henderson; Jeff Goodall; Gerry Bunn; Anthony Poole; John Daley; Terry Allwood; John Blackall; John McGonagle; Graham Yates; Terry Bamford; John Stuart.

### **In the Results:**

Pendleton – Vanessa Brindle (Peacock) first lady 43.17 – 94 Clayton members took part. Hades Hill – winner Mark Aspinall of Rossendale 29.30. Chipping Show – Karin Taylor (Goss) first lady 69.54. Todmorden Half Marathon & Blackpool Half Marathon – Linda Lord first lady 90.19 & 85.12.

### **20 years ago (Nov 1990)**

Kieran Carr agreed to take over from Shaun Addison as the organiser of the Tour of Pendle from next year.

New members – Tom Robertshaw; Martin Daly; Wendy Hopwood; Jonathon Spencer; Duncan Dickens; Ian Beresford; Michael Riley; David Bailey; John Duffy; Derek Brown; Terrence Bond; Gordon Wincup; Dave Slater; Michael McCann.

### **In the Results:**

Lostock 10K – Vanessa Brindle (Peacock) first lady vet 37.46; Fire Station 7 – Roger Brewster 35.12 - D.Wilson first V40 37.30 – Barry Mitchell V45 42.02

### **15 years ago (Nov 1995)**

Alan Heaton celebrated his 67<sup>th</sup> Birthday and 40 years as a Clayton member by completing the 270 miles of the Pennine Way. Alan set off on Monday 24<sup>th</sup> July at 10am and completed the route at 8.57 pm on Sunday 30<sup>th</sup> July.

Garry Wilkinson reported on the Ben Nevis Centenary. Ten minutes before the start there was an announcement that the temperature at the summit was minus 4C. Out of the 433 starters Clayton had 34.

Mark Brown had set his sights on the Olympics (Atlanta) having taken the honours in the 5000 and 10000 in the German National Games. Mark was seeking help towards the expense of the venture and Tom Targett made a contribution from the proceeds of the 5 Cloughs Race.

Stan Bradshaw gave us a brief insight into his history and running. Stan joined Bury Athletic Club and Clayton Harriers in 1930 but Clayton only functioned during the Winter. Stan had permission to train on the Cricket field at Gawthorpe (where the Clarets now train). He measured out a 220 yard course and put a large pocket watch on a post and timed himself doing as many as 48 laps. In the Winter months Stan ran Cross Country and was second claim for Clayton but if there was a race on he travelled to Bury where he was first claim.....In the mid-1930's he heard about the only two fell races in the North of England – the Burnsall Classic and Rivington Pike and achieved “a fair amount of success” in taking part. After 4 years away during WW II and at the age of 37 Stan thought his racing days were over and resigned from Bury but helped reform Clayton Harriers with the thought he could become a coach. The thinking in those days led to Stan being given advice about the risks of running – hardening of the arteries, heart attacks and subsequent death. In truth this was the start of his running career and much enjoyment. Since finishing running at 80 Stan continued to walk 6 to 8 miles a day and longer at weekends.

*What an example to us all – a hero. [PH]*

### **In the Results:**

Ben Nevis – Keiran Carr first Supervet 1.48.56; Trawden Celtic – Mark Aspinall winner 39.28, Barry Mitchell first Vet 45 43.30, Peter Butterworth first V40, K.Drake first lady. Cliviger 6 – winner Roger Brewster 31.24, first V50 Barry Mitchell, first V60 Don Barton. The Ossy Moors race in the Clem Summer Series attracted 54 members. Sedbergh Hills – Pete McWade first Vet, Keiran Carr first Supervet, & Vaneesa Peacock first lady. Turnslack – first Supervet Barry Mitchell & Alison Martin first lady. Golf Ball – first Vet Pete McWade & Barry Mitchell first Supervet. Colne Centenary 2 mile – winner Phil Hall, V45 Roger Hargreaves, V40 D.Hargreaves, lady S.Blackburn, V50 Mick Wrigley.

### **10 years ago (Nov 2000)**

Simon Thompson was featured in the editor's focus. Simon started running in junior school. He says his ambition was really to continue to enjoy the sport. Simon based his training on quality rather than quantity in doing his weekly mileage. His greatest achievement was winning the Haworth Hobble the first time (33 miles) when there was a significant quality field.

### **In the results:-**

Clayton won the Lancashire Road Champs and took third in the NW Counties. In the FRA Relay we took the Bronze award (not achieved since 1991). 38 members took part in the Club Road Champs at Barley.

Welcome Tavern 10K – Tina Lewis V35 43.34 & Val Lawson V55.Kirkham 10K – Ted Orrell V60 41.19; Burnleyb Fire Station 7 – Kitty Garnett V60 60.21.



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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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**Peter Catley IIST HFST**

## 5 years ago (Nov 2005)

Tracy Mitchell introduced herself as Ladies Road Captain.

Run of the Month went to Maureen Laney for first place, winning Gold and retaining her LV50 World Master's Mountain Running Championship.

### In the Results:-

Red Rose XC Bury – Anna Kelly V40 & Vanessa Peacock V50, (Ladies first team & second vets). In the men Mark Aspinall First V45, Phil Hall V45, Dave Scott V60, Ted Orrell V65 (fourth team and first vets). Wilsons XC – Anna Kelly V40 (second team and first vets). Mark Aspinall First V45, Phil Hall V40, Ted Orrell V65 (fourth team and second vets).

Langdale Marathon – Kitty Garnett LV65. Rufford 10K – Ted Orrell V65. Kirkham 10K – D.Lord V40. Littleborough 10K – Richard Lawson V65. Parbold 10 K – Richard Lawson V65. Littleborough 5K – Richard Lawson V65. Garstang Half Marathon – Peter Butterworth V50. Rochdale 4.3K – Richard Lawson V65. Burnley Fire Station 7 – Christine Leathley V55.

Paul Healey

## MILESTONES

### Service

Lawrence Sullivan	30 years
Bob Russell	20 years
Carol Makin	20 years
Frank Goss	15 years
Gail Brierley	10 years
Peter Whitaker	5 years

### Age

2 <sup>nd</sup>	David Salmon	40 years
12 <sup>th</sup>	David Black	45 years
19 <sup>th</sup>	Brian Wildman	45 years
29 <sup>th</sup>	Pete Hindle	55 years

**THE WINNER OF THE 100 CLUB  
NOVEMBER DRAW**

**NUMBER 36: ANDREW AUSTIN**

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

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If any member needs any item could you please contact me on:  
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Val Lawson

## SEPTEMBER RUN OF THE MONTH

**ROGER BREWSTER** for 1st V50 at the DERWENTWATER TRAIL RACE,  
KESWICK on 5th.  
*Nominated by Harry Manning*

**PETER BUTTERWORTH** for 1st V55 at the NORLAND MOOR FELL  
RACE, HALIFAX, on 12th  
*Nominated by Harry Manning*

**KIERAN CARR** for 1st V60 at the BEN NEVIS RACE, FORT WILLIAM,  
on 4th  
*Nominated by Pete Booth*

**IAN GREENWOOD** for 1st V45 at the GOOD SHEPHERD FELL RACE,  
MYTHOLMROYD, on 11th  
*Nominated by Harry Manning*

**ANNA KELLY** for 1st FV40 at the THIEVELEY PIKE FELL RACE,  
CLIVIGER, on 25th  
*Nominated by Pete Booth*

**BARRY MITCHELL** for 1st V60 at the THIEVELEY PIKE FELL RACE,  
CLIVIGER, on 25th  
*Nominated by Pete Booth*

**JOHN ROCHE** for 1st V50 at the ACCRINGTON 5K ROAD RACE on  
12th  
*Nominated by Harry Manning*

## WINNER: SEPTEMBER RUN OF THE MONTH KIERAN CARR

**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.

## **News in Brief.....**

### **Bolton by Bowland Fell Race, 11.30am, Sunday 5th December EOD £3.00**

Unfortunately, due to an administrative oversight (by the FRA, not the organiser), this race was not included in the 2010 FRA Calendar. Roger promises a dry course (!) this year and would like as many members as possible to take part.

### **Virgin London Marathon - Club Places**

The Club will again receive an allocation (probably 5) for the VLM. If you have failed to get an entry through the ballot, please send your rejection slip to Mike Wallis or myself by the end of November. If more than five slips are received, we will conduct a draw to decide which members will get the places.

### **Andrew Brown—Get Well Soon**

Andrew fell heavily on the descent off Blisco at the end of the Langdale Fell Race, sustaining a nasty cut to his knee (he still finished 13th; 1st CleM!). Despite first aid at the finish and A&E treatment involving many stitches, Andrew developed a bad infection and spent a number of days in hospital receiving anti-biotics intravenously. Now at home he is still on oral anti-biotics. We wish him a speedy recovery and return to running.

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## **COMMITTEE NEWS**

### **Monday 20<sup>th</sup> September**

17 members were present.

The main points of discussion and decisions were:

- Keith Thompson was considering a change of route for the Half Tour, which would take in Stainscomb and lend itself to the title: The Stan Bradshaw Memorial Race.
- Venues, dates and times for Winter training were confirmed.
- Arrangements confirmed for the FRA Relays. Minibus hired and rooms booked at the Premier Inn, Glenrothes.
- Paul Shackleton's resignation from the position of Vets Fell Captain was accepted, with regret. We also accepted Neil Worswick's offer to take up the post. Thanks to Paul for his hard work as Fell Captain and to Neil for stepping forward.
- Treasurer has applied to HMRC for Community Amateur Sports Club status.
- £50 donation made to Barley Parish Council.
- Summer Series made a small loss, but Pendleton Fell Race had 177 entries, which resulted in £88 to Club funds and a £200 charitable donation.
- Maureen Laney had applied to re-join the Club. She was awaiting hardship clearance from England Athletics.
- English Fell Championships: Men's V50 1<sup>st</sup> Team; M Wallis 3<sup>rd</sup> V50; K Carr 1<sup>st</sup> V65; Ladies 2<sup>nd</sup> V40 team; W Dodds 1<sup>st</sup> FV55 & 2<sup>nd</sup> FV50; K Thompson 3<sup>rd</sup> FV55, K Wallis 3<sup>rd</sup> V50.
- Juniors: Results of the Junior races to be put onto Junior page of n/letter, and include 'Run of the Month'. Marion to judge. Due to the need for close supervision during training it was accepted that we keep to the current 4 under 6 members as a maximum number at any time. There is a potential to use Barden track after school at minimal fee for the 11-13 year olds. Teams will be entered for the XC races if there is enough interest, 3 to count.
- Mike to formally thank Club statisticians, race organisers and holders of other non-committee posts.
- Format of Club Championships to be discussed at December Meeting.
- Mike E to help source a new Club tent.
- Pendle & Burnley Grand Prix was seeking sponsorship. We asked for a formal application to be considered at the November Meeting.
- 6 teams entered for Calderdale Way Relay.
- Intershape Gym, Colne, is offering corporate membership, at discount rate, to CleM members,

**Date of Next Meeting:**

Monday 1<sup>st</sup> November 2010 at the Whitakers Arms, Accrington at 7.00pm

New members: p4

## **CLUB CHAMPIONSHIP 2010**

These are the remaining counters in the Club Championship:

### **CROSS-COUNTRY RACES**

<b>Saturday 20th November</b>	<b>Red Rose XC League</b>	<b>Marl Pits Rawtenstall</b>
<b>Saturday 27th November</b>	<b>Mid-Lancs XC League</b>	<b>Sefton Park Liverpool</b>
<b>Saturday 18th December</b>	<b>Red Rose XC League</b>	<b>Witton Park Blackburn</b>

### **ROAD RACES**

Sunday, 5th December	Guy's 10M	Preston
Monday, 27th December	Ribble Valley 10K	Clitheroe

**NB: Pre-entry advised for these 2 races.**

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

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.

***For current standings in the Club Championships (after after Red Rose XC at Wilson's) go to the Club website and click on the Club Championship tab.***

**GARRY WILKINSON** MFHT, ICHF,

**Clayton-Le-Moors Harriers**

**07581 623744**

garrywilkinson1964@btinternet.com



Member No 152361

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### **Ladies' Fell News**

#### **UKA Fell Relays**

With the relays being held in Fife, just north of Edinburgh, it was always going to be difficult to find enough runners able to go up for the weekend. Luckily, someone was thinking well ahead and accommodation and a minibus were booked, so we could offer runners a stress free weekend away. However, with family and work commitments, and holidays, it was still not easy to find the required six runners.

Having originally intended to travel as a non-running captain I ended up in the team. A week before the event we were all organised. Most of the team were travelling in the minibus or with Garry, and Jean, Andy, Christopher, George and I were driving up together.

But Langdale can ruin the best laid plans. Andy's knee wound, sustained in the last mile, became infected and landed him in hospital for the relay weekend, messing up our travel plans (and the A team's running plan!). Dave Motley spent the week frantically trying to find a navigator who could find his way to Scotland. Luckily, Jean was still determined to run, and, after visiting Andy on Saturday afternoon, she and Christopher drove up in the evening arriving about 11 pm.



The next morning dawned dry but rather misty, with a cold wind. After about a mile warm up to the start, Anna and Jean set off with 200+ other runners towards West Lomond on a long tough leg. The leg had everything – steep climbs and descents, tussocks, mist, and a fast run in. Jean and Anna arrived back running step for step together – unlike so many other teams where one runner raced in, only to have to wait for their partner before handing over.

Irene took over for the second, solo, leg. Up through the woods, then a steep climb to the summit of East Lomond. A lovely smooth, grassy descent and a fast traverse round the hill. Then the sting in the tail, another hands and knees ascent before an initially steep descent on wobbly legs then a great run down through the woods again.

With Barbara and Wendy safely on their way on the navigation leg, Irene went to download her dibber only to find that she was disqualified for missing a checkpoint. Luckily, there were witnesses that she hadn't deviated from the route; and she was reinstated before I returned from Leg 4, just in time for the presentation where we collected our medals for 3<sup>rd</sup> LV40 team. A fitting reward for the runners who made the journey. Thanks to you all.

Full results at [www.sportident.co.uk/results/2010/UKAFellRelays](http://www.sportident.co.uk/results/2010/UKAFellRelays)

### **Calderdale Way Relay 12<sup>th</sup> December**

If you haven't already contacted me about Calderdale, please let me know if you are available asap. I will post a list of available runners on the website, so if you're not on the list please contact me. As we have two teams entered, I need 24 runners - and plenty of reserves!

Katy Thompson

### **Thieveley Pike Fell Race 25<sup>th</sup> September 2010**

#### **Report**

After many requests over the years, I brought forward the start time to 11am, rather than the traditional 3.00pm. This change, coupled with Thieveley being chosen as a counter in the 2010 Inter- club Fell Grand Prix, organised by a consortium of East Manchester and Lancs clubs, increased the entry by about 40 runners, which was very pleasing.

When I first arrived at the start at about 8am, there was quite a hard grass frost, but by the new appointed hour, conditions for running were ideal, as 152 seniors and vets set off on the initial circuit of the field, before arriving at the first steep climb via the Pennine Bridleway. They were soon followed by 13 junior (Under 14) runners, who completed a couple of laps of the field in their 'mini fell run'. The enthusiasm of these kids is really infectious. One lost his shoe in the first boggy bit, but ran the rest of the race without a backward glance! A true fell runner in the making!

Tom Adams of Ilkley Harriers was the first senior to return, nearly a minute before Ben Mounsey of Calder Valley, winner for the previous two years. With Rossendale's Brendon Taylor and Phil Bolton (first MU20), then Jack Ross (Staffs Moorlands, first MU18) filling the next three places, it was great to have young runners at the head of the race. Immediately following the youngsters was the first vet, Andrew Wrench (Todmorden H), another former winner.

Lauren Jeska (Todmorden H), newly-crowned English Ladies' Fell Champion and last year's winner, led the female contingent home in an impressive twelfth place, sandwiched between a tremendous battle for the first super vet place, involving Graham Schofield (Horwich) and Rossendale trio: Phil Taylor, Richard Stott and Thornton Taylor, all of whom finished ahead of the first V40, Clayton's Andrew Stubbs.

A strong performance by Nichola Jackson (Preston H, first FU20) brought her home in second place, while Anna Kelly (CleM H) was first vet and Karen Taylor (Rossendale H) first female super vet. I must apologise to the F65 runners, for not having a prize ready for them, an error I will not repeat next year!

Many thanks to the farmers, members of CleM Harriers and others, without whose support the race could not take place. Most of all, thanks for the runners; the extra numbers meant that I was able to make donations of £100 to both the CleM Harriers Junior Fund and North West Air Ambulance.

Pete

#### **U12 Junior Race**

##### **One Lap**

1	Millie	Stubbs	5.39
2	Oliver	Speakman	5.40
3	Alayna	Irvine	6.53
4	Freddie	Worswick	6.54

##### **Two Laps**

1	William	Bellard	6.24
2	Brandon	Conner Unatt	6.26
3	Natalya	Irvine	6.50
4	Tommy	Stott	7.07
5	Brittany	Rushton	7.35
6	James	Haycock	7.50
7	Matilda	Burnie	8.03
8	Brooke	Speakman	8.15
9	Harry	Mason	8.17

**Senior Race**

<b>1</b>	<b>Tom</b>	<b>Adams</b>	<b>Ilkley H</b>	<b>31.51</b>
9	Dave	Walker	CleM H	35.33
<b>12 (F1)</b>	<b>Lauren</b>	<b>Jeska</b>	<b>Todmorden H F</b>	<b>36.16</b>
<b>16</b>	<b>Andrew</b>	<b>Stubbs</b>	<b>1<sup>st</sup> V40</b>	<b>36.41</b>
17	Ian	Greenwood	V45	36.51
25	Sean	Clare	V45	37.39
34	Dave	Naughton	V50	38.31
38	Tony	Chew	V45	39.24
49	Mark	Nutter	V40	40.18
50	Michael	Toms	V45	40.24
53	Mark	Brown	V45	40.37
55	Andrew	Robinson	V50	40.58
66	John	Singleton	V55	42.07
<b>67</b>	<b>Barry</b>	<b>Mitchell</b>	<b>1<sup>st</sup> V60</b>	<b>42.19</b>
69	Ian	Robinson	V55	42.31
71	Neil	Worswick	V40	42.47
74	Ian	Hargreaves	V50	43.20
77	Mark	Taylor		43.49
79	Stephen	Fish	V55	43.55
80	Gordon	Barrett	V45	43.56
<b>82 (F5)</b>	<b>Anna</b>	<b>Kelly</b>	<b>1<sup>st</sup> F40</b>	<b>44.37</b>
90	Peter	Dugdale	V50	45.31
100	Andrew	Dugdale	V40	46.21
101	George	Thompson	V60	46.24
102	Martin	Clark	V50	46.27
107	Andrew	Walmsley	V55	47.24
108	Mark	Salisbury	V45	47.31
111	Richard	Briscoe		47.49
<b>113 (F11)</b>	<b>Linda</b>	<b>Lord</b>	<b>F60</b>	<b>48.01</b>
118 (F13)	Dawn	Richards	F45	48.35
140	Peter	Costello	V50	54.48
146	Tom	Targett	V65	58.08

**Teams**

Men	Rossendale	Brendon Taylor, Phil Bolton, Phil Taylor, Richard Stott
Ladies	Todmorden	Lauren Jeska, Clare Duffield, Maria Prescott

## JUNIOR NEWS

In the July Newsletter, I undertook to keep members informed about the performance of our Junior members. The Junior News in subsequent Newsletters has not included all the information about our Juniors' races. Here is a round-up of results up to the end of September that have been sent to me.

### **Christopher Archer**

10 years

September	Bradley Fell Race (14th U12; 8:23)	Hodder Valley Show <b>(1st U12); 23:00</b>
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### **David**

### **Armstrong**

6 years

July	Ripon Kids' Triathlon	August	Padiham Mayor's Mile
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August	Worsthorne FR
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### **Joshua**

### **Bellard**

11 years

August	Club 1M Seedhill (3rd; 6.49)
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### **William**

### **Bellard**

9 years

August	Club 1M Seedhill <b>(1st; 6.29)</b>	Sept	Thieveley Pike FR <b>(1st; 6.24)</b>
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### **James**

### **Haycock**

10 years

July	Widdop FR	August	Padiham Triathlon
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August	Worsthorne FR	August	Club 1M Seedhill
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August	Padiham Mayor's Mile	Sept	Thieveley Pike FR
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### **Natalya**

### **Irvine**

9 years

June	Reservoir Bogs FR <b>(1st U12G; 8.26)</b>	June	Cragg Vale FR <b>(1st U12G)</b>
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July	Widdop FR <b>(1st U12G; 8.50 REC)</b>	August	Whittle Pike FR <b>(1st U12G; 10.13 REC)</b>
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August	Hellifield Gala FR <b>(1st U12G; 5.09 REC)</b>	August	Club 1M Seedhill (7.07)
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Sept	Thieveley Pike FR <b>(1st U12G; 6.50)</b>
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### **Harry**

### **Mason**

Sept	Thieveley Pike FR (9th o/a; 8.17)
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<b><u>Alayna</u></b>	<b><u>Irvine</u></b>	4 years	
June	Cragg Vale FR (2nd Girl)	July	Widdop FR (12th o/a; 6.38)
August	Whittle Pike FR (4th o/a; 9.57)	August	Club 1/2 M Seedhill (4.33)
Sept	Thieveley Pike FR (3rd o/a; 6.53)		
<b><u>Laura</u></b>	<b><u>Nuttall</u></b>		
June	Cragg Vale FR (2nd Girl)	July	Widdop FR (2nd Girl)
August	Worsthorne FR		
<b><u>Brittany</u></b>	<b><u>Rushton</u></b>		
Sept	Thieveley Pike FR (5th o/a; 7.35)		
<b><u>Oliver</u></b>	<b><u>Speakman</u></b>	7 years	
August	Club 1/2 M Seedhill (2nd; 4.25)	Sept	Thieveley Pike FR (2nd o/a; 5.40)
<b><u>Brooke</u></b>	<b><u>Speakman</u></b>	10 years	
August	Club 1 M Seedhill (6th; 7.10)	Sept	Thieveley Pike FR (8th o/a; 8.15)
<b><u>Tommy</u></b>	<b><u>Stott</u></b>		
July	Widdop FR	August	Whittle Pike FR
Sept	Thieveley Pike FR (4th o/a; 7.07)		
<b><u>Millie</u></b>	<b><u>Stubbs</u></b>		
Sept	Thieveley Pike FR (1st; 5.39)		
<b><u>Isaac</u></b>	<b><u>Wilkinson</u></b>	7 years	
August	Padiham Triathlon	August	Arncliffe Gala FR
August	Worsthorne FR (4th U12B)	August	Club 1M Seedhill (2nd; 6.39)

It's clear that we have some very talented and dedicated junior members, with more joining their ranks all the time (8 this month, see p4). I apologise if there are any omissions from the list and will rectify the situation in the next Newsletter.

At the time of writing I have some results from the Burnley Fire Brigade Race, the Red Rose Cross Country fixture at Wilson's Playing Fields and the Curly Wurly Rat Run at the Withins Skyline FR on 23rd/24th October, but these are incomplete, so Marion and I will update you in the December Newsletter.

### **Cross Country Races**

Saturday November 20th - Red Rose Marl Pits (Hard!), Rawtenstall

Saturday December 18th - Red Rose, Witton Park, Blackburn

Saturday 23rd January 2011 - Towneley Park, Burnley

Pete

## **Men's Fell News**

### **Ian Hodgson Fell Relay**

The Vet 40s performed superbly in this classic relay to finish third veteran team, in 13th place overall. Team members: Tim Edward, Andrew Orr, Ian Greenwood, Andrew McFarlane, Garry Wilkinson, Paul Shackleton, Dave Edmondson and Simon Thompson. The senior team finished 21st; Z team were 46th out of 63 teams.

### **UKA Fell Relays**

Again, the Vet 40s were the star turn, finishing third veteran team (17th overall) behind Borrowdale and Dark Peak to pick up a bronze medal. They finished just one minute ahead of fourth-placed team, Carnethy, with our new Fell Captain, Neil, playing a blinder on the last leg. Team members: Ian Greenwood, Garry Wilkinson, Andy Stubbs, Dave Edmondson, Tim Edward, Neil Worswick.

After injury caused major disruption to the senior men's team, Dave Farnworth stepped in at the last minute to do the navigation leg with Jason Harbour. Under the circumstances, the seniors: Carl Steele, Dave Motley, Dave Walker, Gary (Fell Runner) Shaw, Dave & Jason performed well to finish in 40th place. After all sorts of problems on the day, the Vet 50 team finished in 61st place.

**CLAYTON-LE-MOORS HARRIERS**  
**ANNUAL PRESENTATION OF AWARDS FOR 2010**

**Mytton Fold Hotel – Langho**

**Saturday 26<sup>th</sup> February 2011**  
**7.30pm 'til Late**

**Hot Buffet Supper & Disco**  
**Entertainment**  
**£15.00**

We have decided to hold our annual presentation evening at Mytton Fold Hotel, as last year.

We have learnt a few lessons from last year, the obvious one being the length of time the speeches and presentation took, leaving little time for merriment and dancing. This will be addressed and improved upon.

If anyone has any ideas to put forward as to choice of disco etc, please let me know.

If you want to join us in this celebration of Clayton Harriers achievements, contact Marie Greenwood Tel 01254 237485 email [mgreen8@hallmark-uk.com](mailto:mgreen8@hallmark-uk.com)

Or just send your name, number of places required and a cheque (£15.00 per person) payable to Clayton-Le-Moors Harriers to :  
Marie Greenwood, 196 Bold Street, Accrington, BB5 6SS

Your tickets will be sent to you. Bring them with you on the night, as your ticket number is your free entry to the raffle held on the evening.

Rooms are available for anyone wishing to stay overnight at Mytton Fold Hotel – details available from myself.

Marie Greenwood  
Social Secretary

## **Coniston Old Man – Jungfrau 27<sup>th</sup> August-13<sup>th</sup> September 2010**

**Friday, 27<sup>th</sup> August**

**Coniston Old Man** My companions for the whole trip, Paul Hickey and Tommy Sutton, along with their friend, Frank, plus Richard Bellaries and I ran the route of the Coniston Old Man Fell Race in about 2 hours 40 minutes. After a few pints and a meal, we settled in Coniston YH for the night, along with Stuart Chadwick (Chaddy) & Sid, who had cycled to Coniston from Warrington, plus Carl and Andy (support van).

**Saturday, 28<sup>th</sup> August  
95 miles**

**Coniston – Warrington**

Chaddy rode all the way to Folkestone and Sid rode this leg with us.

**Sunday, 29<sup>th</sup> August  
98 miles**

**Warrington – Birmingham**

**Monday, 30<sup>th</sup> August  
108 miles**

**Birmingham – London**

**Tuesday, 31<sup>st</sup> August  
94 miles**

**London – Folkestone**

**Wednesday, 1<sup>st</sup> September Folkestone – Calais  
9 miles**

Chaddy departed to meet his wife in Brighton, leaving just Paul, Tommy & I to cycle the rest of the route. We crossed the Channel by ferry, but arrived in Calais too late to carry on to Arras.

**Thursday, 2<sup>nd</sup> September Calais – Arras  
94 miles**

**Friday, 3<sup>rd</sup> September Arras – Laon  
105 miles**

**Saturday, 4<sup>th</sup> September Laon – Lac de Der  
90 miles**

**Sunday, 5<sup>th</sup> September Lac-de-Der – Langres  
83 miles**

**Monday, 6<sup>th</sup> September Langres – Orchamps Vennes  
100 miles**

**Tuesday, 7<sup>th</sup> September Orchamps Vennes-Interlaken  
120 miles**

**Total 996 miles**





Saturday, 11<sup>th</sup> September, the date of the Jungfrau Marathon, had dawned bright and clear, but cool - ideal for running, but as I stood on the start line with 4000 other runners at 8.55am, I was very unsure how I would perform. Paul and Tommy, my fellow adventurers, and I had arrived in Interlaken four days previously so, while my fitness was not in doubt, my freshness was. At the

suggestion of Paul, the architect of this madcap escapade, I stood in view of the pacemaker with the 4:30 banner. This was Paul's tenth Jungfrau and he was yet to dip under 4 ½ hours, considered by competitors as the time to beat.

As the gun fired and we shuffled forward, I looked to my right and was dazzled by the sun's rays reflecting off the glistening peak of the Jungfrau, visible through the mouth of the Lauterbrunnen Valley. The pace gradually increased as we completed a circuit of the town centre, accompanied by much clapping, cheering, ringing of cowbells and shouts of encouragement – a tremendous atmosphere that I've never before experienced at the start of a race.

The first 10K is flat and passes through the suburbs of Interlaken, before reaching Wilderswill, at the entrance of the Lauterbrunnen Valley, where our progress was marked by a group of men ringing the largest cowbells I have ever seen. Their technique caused much mirth, as with the huge bells hanging round their neck, vigorous pelvic thrusts were needed to give the bells the momentum needed. We reckoned that the band members would be very popular with the local ladies!

From this point, the route left the tarmac as we started the long, gradual climb up the valley. Although the temperature was gradually rising, we were shaded by woodland and vertical valley walls, so made good progress, encouraged by more enthusiastic supporters, as they hung out of the windows of the trains bound for the finish at Kleine Scheidegg – another unique feature of the race. At this point I felt quite comfortable, running in front of the pacer and, according to my calculations, gradually pulling away from him. However, as we approached the 20K marker, all was thrown into confusion. The pace maker suddenly surged past my group and I saw runners all around looking at their watches in bemusement. As I accelerated to keep up, I checked my Garmin and found that we were running at 6.30 min/mile – uphill, whereas the previous pace had been nearer to 8 min/mile. As we entered the town of Lauterbrunnen and the steepest section so far, I deliberately dropped off the pace, as I felt that I was only tiring myself for the testing second half of the marathon.

After more cheering crowds and cowbell ringing on the passage through the town, the course flattened and I began to pull back to the pacer. Indeed, by the time we turned back down the valley, at the Tummelbach Falls, I was ahead of him and gaining time again. A glance at my watch confirmed that I was back on a steady 7:30 min/mile pace. I struggled to understand why the pacer was running at such an uneven pace – very strange! Soon we were back in the outskirts of Lauterbrunnen, where a sharp right turn took us under the railway and onto the infamous zig-zag path up the valley wall to the ski resort of Wengen. At this point, very helpfully, the distance between the markers fell from 1K to 250m, as if to emphasise how much our progress had slowed.

I lost count of the number of zigs and zags as I maintained a strong 'climbing walk', keeping up with rivals who were 'running'. The frequent turns also allowed me to look back (down) at the pacer and I realised I was now gaining significantly on him.

At last, the gradient eased and I was able to run out of the shade into the sunlit meadows on the path to Wengen, where we were again greeted by enormous crowds. Once through the village the route continued to climb reasonable gradually – I was able to maintain a slow jog, despite my quads becoming increasingly tight and sore. As we passed along a pleasant track, back in wooded shade, after more than 30K, there was a sign to inform us that we had completed half the climb – 1000m approx. Great.

The next few kilometres are a bit of a blur as the route carried on at a relentless gradient which, for the most part, I was able to run. Emerging from above the tree line, as another series of zig-zags took us over the shoulder of the ridge, it became difficult to concentrate on my footing, as the most amazing view confronted us. To the right was the Jungfrau, its snow-capped peak sparkling in the bright sunshine. Then, there was the summit of the Monch but, most impressive of all, was the Eigerwand, towering over a steep moraine, the last climb of the race (the moraine—not the North Wall!). A stumble on a brief downhill forced me to regain concentration, especially as my quads were continuing to tighten and I was wary of cramping. Despite my discomfort, I was still running strongly and overtaking other runners. At the last feed station, with less than five miles to go, I gulped down my final cup of salty soup and a gel before we turned off the track and embarked on a narrow rocky trod - the start of the moraine.

Immediately, I felt more at home. This was more like it! As the other runners around me faltered, I powered up the initial rise. As we descended into a slight dip, I could see the line of runners snaking up the steep moraine ahead. Then a most bizarre moment, I rounded an outcrop, just as a group of alpine horns began a strange, mournful melody.



Still feeling strong on the grassy climb, I made a real nuisance of myself as I stepped out of the line, cut corners and then pushed back in, gaining more places. Finally, there was a bare, exposed slope to the top of the moraine, where a lone piper, resplendent in full highland uniform, was playing 'encouraging' Scottish tunes. As I approached him, a shout of "C'mon Clayton!" spurred me to the highest point, before I plunged down the narrow trod towards the finish. I knew that this was the only significant descent on the whole route, so despite my quads screaming at me, I really went for it, shouting to runners ahead, who were kind (or scared) enough to give way.

An unexpected short rise to a new reservoir, nearly halted me in my tracks, but I gritted my teeth, ran the climb and round the water's edge before a last corner revealed the finish gantry about 400 metres down the track. Running past the sea of spectators' faces, I charged through the finish line, completely failing to notice that it was displaying my finish time, but when I stopped my watch as I caught my breath, it read 4:19 – result.

I climbed up the banking to wait for the rest of our group, the first of whom, Richard (currently living at the Kirkstone Inn!) finished just ahead of the pacemaker in 4:29. However, when I tried to return to the finish to greet him, my quads had seized up completely and I was forced to hobble very slowly down the steps into Kleine Scheidegg. I'm sure the many spectators wondered how this doddering old chap had managed to finish the Marathon. When I located the race HQ to hand in my timing device (so small and light it had been attached to my number) and receive my medal, I was delighted to find that my official finish time was 4:17:11, which put me in the top 10% of finishers, 5<sup>th</sup> Vet 60.

Paul's time was 4:45:22 and Tommy was delighted with his time of 5:52:19, an improvement of 17 minutes on 2009. The cycling had obviously done him good!

Pete

## Winter Training

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

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

**Clayton-le-Moors:** Speed session on pre-arranged circuits around the local area. Meet at Wilson's Playing Fields at 6.40pm. Organised by Mike Eddleston.

**Barley:** 'Barley Badgers' meet 6.30pm at the Pendle Inn, Barley for runs and walks on the fell. Head torch essential. Led by Simon Halliday & Martin Brady.

### **Thursday: Structured training led by John Roche**

We are keeping last year's format. The objective is to try and encourage the members to travel and support the chosen venues and to build some team spirit by group training. There will be three venues: Burnley, Accrington and Barrowford.

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

**Venues** will rotate each week, as follows:

6.45pm Thursday, 4th November: Accrington - Peel Park Hotel (Please park near the school and not on the Pub Car Park, thanks)

6.45pm Thursday 11th November: Barrowford - Bridge Inn - Main Car Park

6.45pm Thursday, 18th November: Burnley, Towneley Golf Course Gates Car Park on Todmorden Road, opposite Cherry Tree Restaurant.

6.45pm Thursday, 25th November: Accrington - Peel Park Hotel (Please park near the school and not on the Pub Car Park, thanks)

### **Thursday: Structured training led by Geoff Laycock**

The Memorial Park, Church Lane, Gt Harwood 6.30pm

## **CLAYTON-LE-MOORS LADIES TRAINING NIGHTS 2010**

04/11/10	Maureen Laney	01254 854664/07962111223
11/11/10	Linda Bostock	01282 816269
18/11/10	Alison Dugdale	07590279794
25/11/10	Alison Martin	01254 384965
02/12/10	Sue Allen	01254 388492
09/12/10	Katy Thompson	01254 772013
16/12/10	Juliet Horrocks	01282 816686

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

**All ladies are welcome.**

### **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

**FULL TOUR OF PENDLE (AL)**  
**10.30am, Saturday 13th November**  
**£5.00 Pre-entry**  
**(£15.00 EOD!!!)**

I have a slight hunch that Kieran would prefer you to pre-enter. To download an entry form from the Club website, go to **Fixtures>Fell Fixtures Only** and scroll down to 13th November. Alternatively, you can use the 'universal' race entry form available on the FRA website or in the FRA Calendar.

If you don't fancy 17 miles and nearly 5000' of ascent, please volunteer to help Kieran on the day. He needs plenty of marshals on the hill, plus members to assist with registration, timing and compiling results.

Kieran's contact details

Address: Oakdene, Whalley Road, Billington, Clitheroe, BB7 9LG

Phone: 01254 822618

Email: kieran.carr@yahoo.co.uk

**CALDERDALE WAY RELAY**  
**8.00am Sunday 12th December**

For the uninitiated, the Calderdale Way Relay is a pairs event run over six legs round the tracks, lanes and moors of the valley of the Calder, starting and finishing in Halifax (see [www.halifaxharriers.co.uk](http://www.halifaxharriers.co.uk) for details). Apart from being a great event, it's also a superb social occasion where you get the chance to meet up (and roundly abuse) friends and rivals from other clubs. We have entered 6 teams in the Relay: Senior Men's A & B, Senior Ladies' A & B, Veteran Men's A & B and there will probably be a Z team entry. If you would like to run in the Relay please contact the appropriate Captain. Do not wait to be asked. It's much easier for Captains to work from a list of available runners, than having to work their way through a members' list.

Captains' contact details:

Senior Men: Dave Motley 01254 238144; 07810 895862; [david.motley@hotmail.com](mailto:david.motley@hotmail.com)

Veteran Men: Neil Worswick 01132 879925; 07909 538875  
[worswickfreddie@aol.com](mailto:worswickfreddie@aol.com)

Ladies: Katie Thompson 01254 772013; 07940 250888;

[katy.thompson1@btinternet.com](mailto:katy.thompson1@btinternet.com)

## RESULTS

### MULTI TERRAIN

#### Settle Loop Tough Trail

##### 12th Sept

1	T	Adams	Ilkley H	53.55
13		Carole Evans	F40 Settle H	68.20
14	K	Davies	M40	68.38
26	Pr	Thompson	M50	74.35
28	T	Walker	M40	74.58
42	Bev	Thompson	F40	79.21
		61	ran	

#### Jungfrau Marathon, Interlaken (Men)

##### 11<sup>th</sup> September

1	M	De Gasperi (Italy)	2.56.42
208	J	Kuhne (Switz)	1 <sup>st</sup> M60 4.05.42
338	P	Booth	5 <sup>th</sup> M60 4.11.17
		3051	finished

#### Cwm Reservoir 5K Trail

##### 15th Sept

1	S	Dimelov	M40 BarnsleyH	16.27
14		Abigail Howarth	JL Leigh H	19.43
30	R	Lawson	1 <sup>st</sup> M70	22.31
46	R	Hirst	M60	24.52
		70	ran	

#### Pennington Flash 5M MT

##### 26th Sept

1	M	Murray Bolton	Met Tri	28.51
18		Abigail Howarth	Leigh H	32.50
79	K	O'Brien	2 <sup>nd</sup> M65	42.56
		122	ran	

#### Piddle Dash 3.7m MT Piddlehinton

##### Dorset

##### 10th Oct

1	K	Cox		26.43
8	R	Lawson	1 <sup>st</sup> M60/70	30.25
		58	finished	

#### Claire Ryder Memorial 4.8K MT

##### Wardle

##### 16th October

1	M	Flatley Middleton	AC	16.42
14	Jenny	Lewis	Unatt	20.10
35	Linda	Bostock	2 <sup>nd</sup> F50	23.36
46	R	Hirst	3 <sup>rd</sup> M60	25.26
49	R	Hill	1 <sup>st</sup> M70	25.52
69	J	McGuire	M55	30.24
		122	finished	

### ROAD

#### Ron's 72nd Birthday 5K

##### Littleborough 23rd Sept

1	A	Norman Altrincham	AC15.34	
19	I	Greenwood	2 <sup>nd</sup> M45 18.07	
41	N	Worswick	M40 19.14	
47	Megan	Davis	F15 Rossendale H	19.24
49	D	Horrocks	M45	19.26
57	M	Hogan	M40	19.47
123	R	Lawson	1 <sup>st</sup> M70	22.06
136	T	Orrell	3 <sup>rd</sup> M70	22.38
164	I	Wilkinson	1 <sup>st</sup> JM8	23.51
165	G	Wilkinson	M45	23.52
180	R	Chappell	M60	24.12
207	D	Munroe	M60	25.09
221	R	Hill	M70	25.58
224	R	Hirst	M60	26.12
246	Karin	Goss	3rd F60	27.51
253	Eileen	Jones	F55	28.58
285	F	Heaton	1 <sup>st</sup> M80	33.14
286	L	Jackson	M65	33.41
		291	ran	

#### Gt Langdale Half Marathon

##### 25th Sept

1	A	Tatham	NYM AC	77.18
11		Sarah Ridehalgh	Acc RR	87.16
374	G	Kissack	M60	163.16
		385	finished	

### Lancaster 5K

#### 25th Sept

1	W	Smith	K & C AC	15.21
5	P	Archer	1 <sup>st</sup> M45	17.17
70 ran				

### Run Preston 10K

#### 26th Sept

1	G	Pennington	M40 Preston H	32.30
13	A	Holgate	JM	36.26
26		Kingsley Judd	Unatt	37.49
67	J	Toon		41.36
168	T	Orrell	1 <sup>st</sup> M70	47.09
425		Marion Wilkinson	1 <sup>st</sup> F65	55.58
639 finished				

### Burnley Fire Brigade 7

#### 3<sup>rd</sup> October

1	A	Buttery	M40 Rossendale H	38.52
4		Tara Kryzwicki	F35 Charnwood	42.08
5	A	Stubbs	3 <sup>rd</sup> M40	42.10
13	J	Roche	1 <sup>st</sup> M50	44.50
14	M	Brown	1 <sup>st</sup> M45	44.54
20	I	Hargreaves	2 <sup>nd</sup> M50	47.16
22	D	McMullan	M40	47.33
27	S	Green	2 <sup>nd</sup> M55	48.12
28	J	Toon		48.17
33	G	Barrett	M45	48.41
35	J	Pickup	3 <sup>rd</sup> M55	48.51
36	A	Clarkson	3 <sup>rd</sup> M50	49.00
39	R	Bristow		49.32
45	Donna	Riley	3 <sup>rd</sup> F 1 <sup>st</sup> F45	50.09
47	S	White	M55	50.16
61	B	Wildman	M40	53.00
64	Ann Marie	Hodgkiss		53.10
81	Donna	Scott	F45	54.40
88	Helena	Leathley	JF	56.16
102	R	Hirst	M60	61.01
119	Christine	Leathley	2 <sup>nd</sup> F60	68.05
130 finished				

### Southport 10K

#### 10th Oct

1	S	Robinson	BWF	32.15
24		Amanda Crook	Southport	
Waterloo				37.55
312	K	O'Brien	2 <sup>nd</sup> M65	53.57
528 finished				

### Green Drive 5 Lytham

#### 17th October

#### Lancashire Vets' Championships

1	G	Priestley	Horwich RMI	25.57
27		Susan Samme	F45 Lytham St	
Annes				29.57
44	D	McMullan	M40	31.03
53	S	Green	M55	31.26
112	D	Scott	2 <sup>nd</sup> M65	34.39
149	R	Lawson	1 <sup>st</sup> M70	36.15
174	Donna	Scott	F45	37.11
227	R	Hirst	M60	40.17
259	T	Scott	M50	42.11
285	Marion	Wilkinson	1 <sup>st</sup> F65	43.33
374	Jill	Scott	2 <sup>nd</sup> F65	51.00
394	P	Costello	M50	54.28
409 finished				

### **FELL**

#### Burnsall Classic 21/08/10

##### AS 1.5m 900ft

1	R	Hope - P&B		13.59
12	J	Dugdale		16.49
15	D	Walker		17.05
29	G	Gough	V50	18.34
38	R	Baines		19.17
79	S	Fish	V50	22.07
82	A	Firth	V50	22.10
132	T	Targett	V60	29.39
145 Finished				

#### Arnison Crag 28/08/10

##### AS 3m 1000ft

1	N	Armitage - P&B	V40	26.06
7	Pr	Thompson	V40	29.56
9	D	Wright - Wigan Phnx	1st L	31.16
19	B	Thompson	LV40	36.01
24 Finished incl 7 Ladies				



**Weasdale Horseshoe 21/08/10****AM 8m 2000ft**

1	J Stevens – CVFR	V40	1.02.53
11	N Hardiman	V40	1.09.28
14	P Booth	1 <sup>st</sup> V60	1.09.58
20	Pr Thompson	V50	1.12.48
40	K Gay - Lonsdale	1st L	1.22.41
50	B Thompson	LV40	1.26.39
52	B Savage	LV40	1.26.45
66 Finished incl 15 Ladies			
1 DNF			

**Sedbergh Hills 22/08/10****AL 14m 6000ft**

1	J Morgan - Dk Pk	V40	2.18.55
4	PI Thompson		2.22.38
23	K Davison - Dk Pk	1st L	2.43.15
34	M Terry	V50	2.50.06
46	N Worswick	V40	2.54.56
49	I Whigham	V40	2.55.13
62	J Pickup	V50	3.02.18
64	W Dodds	LV50	3.03.05
73	I Connell	V40	3.07.36
108	G Smith		3.21.59
162 Finished incl 15 Ladies			
7 DNF			

**Grasmere Sports 29/08/10****AS 1.5m 900ft**

1	R Hope - P&B		13.07
11	J Dugdale		15.28
13	P Maddams – Keswk	1st L	15.33
25	G Gough	V50	17.43
32	Pr Thompson	V40	18.06
69	A Firth	V50	20.59
86	B Thompson	LV40	22.52
107 Finished incl 16 Ladies			

**Pendleton 28/08/10****AS 5m 1500ft**

1	J Tighe - B'burn		34.48
9	M Wallis	V50	37.53
10	D Walker		38.02
14	D Nuttall	V40	39.00
18	A Orr		39.57
19	A Life	V40	40.00
20	J Dugdale		40.04
22	I Greenwood	V40	40.11
23	A McFarlane	V40	40.35

24	C Balderson	V40	40.39
25	S Whitaker	V40	40.51
28	J Holt	V60	41.06
29	N Worswick	V40	41.41
33	D Motley		42.18
43	D Horrocks	V40	43.34
44	R Baines		43.40
46	L Clough – Chorley	1st L	43.45
48	I Whigham	V40	43.50
56	J Pickup	V50	45.02
57	I Robinson	V50	45.12
69	M Nutter	V40	46.53
75	K Thompson	V50	47.28
92	R Briscoe		49.16
100	A Firth	V50	49.47
102	S Fish	V50	50.04
106	S Bury	V50	50.37
116	P Dugdale	V50	52.14
121	G Thompson	V50	52.51
127	L Lord	LV60	53.37
131	S Clark	LV40	54.11
133	D Munroe	V60	54.35
134	J Rawlinson	LV50	55.41
145	J Hindle	LV50	55.45
146	C Life	LV40	55.56
153	R Hirst	V50	58.28
154	T Orrell	V70	58.37
160	K Goss	LV60	61.39
177 Finished incl 29 ladies			

**Ben Nevis 04/09/10****AM 10m 4400ft**

1	F Wild - Lochaber		1.35.39
46	C Mora – Valetudo	1st L	1.56.01
51	D Walker		1.57.33
58	N Hardiman	V40	1.59.04
63	D Motley		1.59.23
73	I Greenwood	V40	2.01.18
90	K Carr	1 <sup>st</sup> V60	2.04.23
94	J Dugdale		2.05.31
105	S Halliday		2.06.43
125	R Bellaries	V50	2.09.53
129	N Worswick	V40	2.10.20
140	P Browning	V50	2.11.12
145	J Sharples	V50	2.11.29
153	I Whigham	V40	2.12.16
154	M Nutter	V40	2.12.22
169	A Robinson	V50	2.13.40
198	Pr Thompson	V40	2.18.31
208	I Connell	V40	2.21.14

252	A Firth	V50	2.27.11
269	S Fish	V50	2.30.34
271	A Walmsley	V50	2.30.39
273	M Eddleston	V50	2.30.53
288	S Clare	V40	2.33.30
292	D Nield	V50	2.34.31
305	D Black	V40	2.35.39
310	B Savage	LV40	2.36.10
311	S Bury	V50	2.36.17
325	A Dugdale	V40	2.38.23
373	P Dugdale	V50	2.45.15
396	D Munroe	V60	2.48.33
413	R Treitl	V50	2.52.21
442	A Graham		3.02.06
477	K Goss	LV60	3.30.41

481 Finished incl 68 Ladies

### **Blackshaw Head Fell Race 04/09/10**

#### **BS 5.5m 900ft**

1	B Crowther - Halfx		36.26
27	N Jackson – Preston 1st L		46.39
30	P Butterworth	V50	47.14
55	D Richards	LV40	53.57
61	R Hirst	V60	59.05
68	T Targett	V60	1.04.20

70 Finished incl 8 Ladies

### **Grisedale Horseshoe 04/09/10**

#### **AM 10m 5000ft**

1	C Steele - B'dale		1.56.43
5	PI Thompson		2.11.17
6	T Edward	V40	2.14.39
13	J Holt	V60	2.22.25
16	D Nuttall	V40	2.24.02
108	D Naylor	V50	3.23.35

123 Finished

### **Bradley 05/09/10**

#### **BS 3.5m 700ft**

1	T Adams - Ilkley		23.32
22	C Pearson –Skipton 1st L		31.05
24	K Thompson	V50	31.18
36	P Butterworth	V50	33.09
52	A Donlan	LV40	35.30
59	J Hindle	LV50	37.09
66	R Hirst	V50	39.07

71 finished incl 14 ladies

### **Good Shepherd 11/09/10**

#### **BL 14m 2000ft**

1	S Smithies – CVFR	V40	1.57.14
3	I Greenwood	V40	2.01.18
10	D Horrocks	V40	2.13.16
11	D Naughton	V40	2.13.58
12	A Armstrong	V40	2.14.03
14	I Whigham	V40	2.15.52
17	N Worswick	V40	2.17.01
40	G Thompson	V50	2.51.58
41	R Chappell	V60	2.52.30

48 finished

### **Hodder Valley 11/09/10**

#### **BM 7.5m 1500ft - Newton**

1	T Addison - Helm Hill		48.36
5	D Nuttall	V40	55.34
7	P Archer	V40	56.44
9	C Balderson	V40	57.30
15	R Baines		61.35
20	M Nutter	V40	62.24
30	D Atkins Chorley 1st L		65.11
51	S Fish	V50	71.11
61	D Richards	LV40	75.38
62	M Terry	V40	75.40
63	Susan Clark	LV40	75.45
69	P Dugdale	V50	78.45
72	Sarah Clarke	LV40	79.46

84 Finished incl 14 Ladies

### **Norland Moor 12/09/10**

#### **BM 6.4m 800ft**

1	B Crowther - Halifax		40.38
22	J Knouelry – Holmfth 1st L		50.27
24	P Butterworth	V50	50.57
50	J Hindle	LV50	59.48
52	R Hirst	V60	63.12

57 Finished incl 12 Ladies  
1 DNF

### **Yorkshireman (Half) 12/09/10**

#### **BL 14.8m 1850ft**

1	B Mounsey - CVFR		1.42.26
5	G Shaw		1.46.40
26	L Barry - CLC Stdrs		1.54.33
34	I Greenwood	V40	2.02.10
35	J Pickup	V50	2.02.20
77	L Slater	LV40	2.14.27
80	S White	V50	2.24.59
132	A Donlan	LV40	2.28.09

250 Finished incl 79 Ladies

**Yorkshireman 12/09/10****CL 26.2m 3000ft**

1	G	Hird - Wharfdl	3.22.54
6	M	Terry V50	3.43.59
12	A	Cran	3.51.03
97	R	Treitl V50	5.08.11
145 Finished			

**Three Shires 18/09/10****AL 12m/4000ft**

1	R	Lightfoot - Ellnbrg	1.55.49
7	PI	Thompson	2.03.23
15	T	Edward V40	2.07.54
23	J	Dugdale	2.11.39
25	D	Nuttall V40	2.12.09
29	L	Jeska - Tod1st L	2.13.21
34	C	Balderson V40	2.14.55
52	D	Motley	2.20.23
58	I	Greenwood V40	2.22.31
68	C	Steele	2.24.20
102	N	Worswick V40	2.35.09
103	M	Nutter V40	2.35.18
116	R	Baines	2.40.41
146	Pr	ThompsonV40	2.45.55
148	G	Smith	2.45.58
171	W	Dodds LV50	2.49.10
195	A	Firth V50	2.55.27
206	D	Naughton V50	3.00.16
249	B	Thompson LV40	3.12.17
256	K	Thompson LV50	3.15.02
258	P	Dugdale V50	3.16.43
267	G	Thompson V50	3.21.18
294 Finished incl 45 Ladies			

## 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)

### NOVEMBER'S NAVIGATIONS

- Sat 6<sup>th</sup> Shepherds Skyline FR BM 1pm 6m/1150' £5 eod  
Shepherds Rest Inn, Todmorden (GR945232)
- Sun 7<sup>th</sup> Through the Villages 8.45m 10.30 am Dressers Arms, Wheelton £7 by  
25 Oct + £2 eod  
Lancaster Half-Marathon 11 am from Salt Ayre Leisure Centre,  
Lancaster £10 + £1 eod  
Christine Navan Cowm Reservoir 5k 11.30 am from Cock &  
Magpie Pub, Cock Hall Lane, Whitworth £4 + £1 eod
- Sat 13<sup>th</sup> Mid Lancs XC Witton Park, Blackburn  
Ladies 2 pm Men 2:30 pm  
Tour of Pendle FR AL 10.30am 16.8m/4830' £5 to K. Carr (ef on  
Clayton website) or £15 eod  
Dunnerdale FR AS 12noon 5m/1800' Blacksmiths Arms, Broughton  
Mills, Cumbria (GR 223905) £5 – includes food  
FRA AGM Castle Green Hotel, Kendal  
FRA Presentation Castle Green Hotel Tickets £20 from Pete Bland
- Sun 14<sup>th</sup> Copeland Chase O event NW Lakes £8 pre-entry [copelandchase.org.uk](http://copelandchase.org.uk)  
Rab Dark & White Mini MM [darkandwhite.co.uk](http://darkandwhite.co.uk)
- Sat 20<sup>th</sup> **Red Rose XC Marl Pits Club Champs Ladies 1.35 pm Men 2.15 pm**  
Harriers v Cyclists FR CM 2pm 6m/650' [Bingleyharriers.co.uk](http://Bingleyharriers.co.uk)
- Sun 21<sup>st</sup> Rivock Edge FR BM 6.3m/835' 11.15am from Bridge Pub, Silsden  
GR 041461 £4.50 eod  
Preston 10 10am from Hutton Grammar School PR4 5SN £8 + £1 eod
- Sat 27<sup>th</sup> **Mid Lancs XC Sefton Park Liverpool Club Champs**  
**Ladies 1:20pm Men 2:00pm**  
Wesham 10K 11am £9.50 Online entry at [ukresults.net](http://ukresults.net) cd 22Nov
- Sun 28<sup>th</sup> David Staff Fell Race BS 5.1m/1200' 11.30am from Sunnyhurst Woods,  
Darwen £4 eod

### DECEMBER'S DASHING

- Sat 4<sup>th</sup> Red Rose XC Leverhulme Park, Bolton Ladies 1.35 pm Men 2.15
- Sun 5<sup>th</sup> Bolton by Bowland FR CM 11.30am 8m/800'  
Bolton by Bowland nr Clitheroe £3 eod  
**Guys 10, Guys Thatched Hamlet, Bilsborrow, nr Preston**  
**(Club Champs) 10.30am Entry online at [www.ukresults.co.uk](http://www.ukresults.co.uk)**  
Gravy Pud 5 FR BS 11am 5m/1000' Bulls Head, Tintwistle  
(GR 024973) £4 eod Cake competition after race
- Sat 11<sup>th</sup> Great Langdale Christmas Pudding Run 1 10k 12 noon  
£9 by Dec 1<sup>st</sup>. [www.greatlangdaleraces.org.uk](http://www.greatlangdaleraces.org.uk)
- Sun 12<sup>th</sup> **Calderdale Way Relay Teams of 12**  
**Contact Captains if you want to run**  
Longridge 7 11am Longridge Civic Hall £7 + £1 eod  
Great Langdale Christmas Pudding Run 2 10K 12 noon
- Sat 18<sup>th</sup> **Red Rose XC Witton Park, Blackburn (Club Champs)**  
**Ladies 1.35 pm Men 2.15 pm (approx)**

- Sun 19<sup>th</sup> Rudolf's Red Nose 5 11am Blackpool Fire Station £5.50 by 18<sup>th</sup> Dec  
Stoop FR BS 11.30am 5m/800' from Penistone Hill, Haworth  
(GR 025364) £3
- Sun 26<sup>th</sup> Whinberry Naze FR BS 11.30am 4m/750' from Marl Pits Sports Centre,  
Rawtenstall (GR 821230) £3  
Boxing Day 10K 11am Worden Park Leyland £7 by 18<sup>th</sup>Dec+£2 eod  
Guisborough Woods FR BM 11am 6m/1000' from Guisborough RUFC, N  
Yorks (GR 616155) £6
- Mon 27<sup>th</sup> **Ribble Valley 10K 11 am Edisford Bridge, Clitheroe £11 by 17<sup>th</sup> Dec  
(Club Champs) Entries via Blackburn Harriers website or  
[www.ukresults.co.uk](http://www.ukresults.co.uk)  
Wansfell Fell Race AS 2.5m/1500' from Stockghyll Lane,  
Ambleside GR383044 £1 eod**
- Fri 31<sup>st</sup> Auld Lang Syne FR BM 11.30am 6m/900 from Penistone Hill,  
nr Haworth (GR 025364) £4

**Entries are now open for the Ironman UK Triathlon to be held in Bolton on 31<sup>st</sup>  
July 2011 Details at <http://ironmanuk.com/2011/>**

## **CROSS COUNTRY FIXTURES 2010-2011**

### **Red Rose Cross Country League**

**Sat 20th November, Rossendale (Marl Pits postcode BB4 7SW)**

Sat 4th December, Bolton (Leverhulme Park postcode BL2 6EB)

**Sat 18th December, Blackburn (Witton Park postcode BB2 2TP)**

### **RACE START TIMES**

12.30pm: Under 11 Boys  
12.45pm: Under 11 Girls  
1.00pm: Under 13 Boys & Girls  
1.15pm: Under 15 Boys & Girls  
1.35pm: Under 17 Boys & Girls, Junior, Senior, & Veteran Ladies  
2.15pm: Junior, Senior, & Veteran Men

### **Mid Lancs Cross Country League**

Sat 13th November 2010 Blackburn (Witton Park)

**Sat 27th November 2010 Liverpool (Sefton Park L17 3AL)**

Sat 22th January 2011 Burnley (Towneley Park BB11 3EA)

Sat 12th February 2011 Blackpool (Lawsons Ground FY3 9RB)

Sat 12th March 2011 Skelmersdale (Beacon Park WN8)

**RACE START TIMES**

12.30pm: Under 11 Girls  
12.45pm: Under 11 Boys  
1.00pm: Under 13 Girls  
1.20pm: Under 15 Girls & Under 13 Boys  
1.40pm: Under 15 Boys & U17 Women  
2.00pm: Under 17 Men, Junior, Senior & Veteran Women  
2.30pm: Junior, Senior & Veteran Men

NB: Club Championship Races **in bold**.

**CLAYTON-LE-MOORS HARRIERS  
CAPTAINS  
2010-2011**

<b>Captain</b>	<b>Name</b>	<b>Contact No</b>	<b>Email</b>
Men's XC	Ian Greenwood	01254 237485	ian.greenwood[at]junisonec.com
Ladies' XC			
Men's Road	Gary Shaw	01282 703088	g.shaw437[at]ntlworld.com
Ladies' Road			
Men's Road – Vets (O40)	Michael Hogan	01254 390259	micknallie[at]aol.com
Men's Fell	Dave Motley	07810 895862	david_motley[at]hotmail.com
Ladies' Fell	Katy Thompson	01254 772013	katy.thompson1[at]btinternet.com
Men's Fell Vets	Neil Worswick	01132 879925; 07909 538875	worswickfreddie@aol.com