

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

Captain	Name	Contact Number	Email
Men's Cross Country	Mark Aspinall	07982 995629	markaspy[at]hotmail.co.uk
Ladies' Cross Country	Anna Kelly	07900 998746	annakelly64[at]hotmail.com
Men's Road	Gary Shaw	01282 703088	g.shaw437[at]ntlworld.com
Ladies' Road	Tracy Mitchell	07920 789090	tracymitchell1[at]hotmail.co.uk
Men's Road – Veterans (O40)	Michael Hogan	01254 390259	Micknallie[at]aol.com
Men's Road – Veterans (O50)	Michael Wrigley	01282 602864	mickwrigley[at]aol.com
Men's Fell	Stuart Fogg	07811 619927	stuart.fogg[at]yahoo.com
Ladies' Fell	Katy Thompson	01254 772013	katy.thompson1[at]btinternet.com
Men's Fell - Veterans	Paul Shackleton	07831 786544	shackletonpaul[at]hotmail.com paul.shackleton[at]stourbridge.ac.uk

HARRIER NEWS



The Clayton Harrier Newsletter

www.clayton-le-moors-harriers.co.uk November 2009

CLUB CELEBRATION

and

PRESENTATION EVENING

Mytton Fold Hotel

Langho

Saturday, 27th February 2010

See p10 for details

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: 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, 9th November

CROSS COUNTRY FIXTURES 2009-2010 RED ROSE CROSS COUNTRY LEAGUE

<u>Date</u>	<u>Venue</u>
Saturday, 7th Nov	Bury (Chesham Park)*
Saturday, 21st Nov	Bolton (Leverhulme Park)
Sunday, 6th Dec	Rossendale (Marl Pits)

RACE START TIMES

Under 17 Boys and Girls Junior Ladies, Ladies and Veteran Ladies 1.20 pm

Junior, Senior and Veteran Men 2.00 pm

Further details can be found at:
<http://www.redrosecrosscountry.co.uk/index.htm>

MID LANCS CROSS COUNTRY LEAGUE

<u>Date</u>	<u>Venue</u>
Saturday, 28th November	UKA Sefton Park, Liverpool*
Saturday, 19th December	Towneley Park, Burnley*
Saturday, 16th January	Wigan (Phoenix)
Saturday, 13th February	Hyndburn, Woodlands
Saturday, 6th March	Barrow in Furness

For this season, a veteran runner's age will be as it is on the first fixture, for the whole of the season in this league.

Please check the Mid Lancs League website for details of race start times etc:

<http://www.midlancs.org.uk/>

* Club Championship counter

Sun 13 th	Calderdale Way Relay Teams of 12 Contact Captains if you want to run Longridge 7 11am Longridge Civic Hall £7 + £1 eod
Sat 19 th	Mid Lancs XC Towneley Park, Burnley Ladies 2pm Men 2:30pm Club Champs & Club race. If you can help out, contact Richard Lawson 01282 423808
Sun 20 th	Patterdale Weekend contact Dave Nuttall Stoop FR BS 11.30am 5m/800' from Penistone Hill, Haworth (GR 025364) £3 Children's races from 10.30am
Sat 26 th	Rudolf's Red Nose 5 11am Blackpool Fire Station £5.50 cd 18 th Dec Whinberry Naze FR BS 11.30am 4m/750' from Marl Pits Sports Centre, Rawtenstall (GR 821230) £3
Sun 27 th	Boxing Day 10K 11am Worden Park Leyland £7 by 18 th Dec + £2 eod Ribble Valley 10K 11 am Edisford Bridge, Clitheroe £9 by 18th Dec Club Champs Guisborough Woods FR BM 11am 6m/1000' from Guisborough RUFC, N Yorks (GR 616155) £6 Wansfell FR AS 2.5m/1500' 12 noon from Old Kelsick School, Ambleside GR383044 Peak 'O' Trial 10am 8m/2000' or 4m/1000' Drovers Arms, Charlestown, Glossop (GR 033929) £5 to organiser by Dec 19 th on FRA form Details Des Gibbons, 68 Charlestown Rd, Glossop SK13 8JN Tel: 01457 899569
Thurs 31 st	Auld Lang Syne FR BM 11.30am 6m/900 from Penistone Hill, nr Haworth (GR 025364) Limit 400 £4 pre-entry on form from website www.woodentops.org.uk

MESSAGE FROM CROSS COUNTRY CAPTAINS

We have again entered both the Mid Lancs and the Red Rose Cross Country Leagues this year. If you intend to compete, you will need TWO numbers: one for each League.

If you ran cross-country last season, you will automatically be issued with numbers for the coming season and we will hopefully get them to you to before the first race.

PLEASE KEEP YOUR NUMBERS FOR THE WHOLE SEASON DO NOT THROW THEM AWAY AFTER THE FIRST RACE

You will need to re-use them throughout the season.

If you didn't compete last season, or if you are completely new to cross country and intend to run, **please let us know well in advance of the first race**, so we can get you a number

Hope to see you all on the country.

Mark Aspinall: 07982 995629 markaspy@hotmail.co.uk

Anna Kelly: 07900 998746 annakelly64@hotmail.com

Boothy's Bit

Clayton Success

I write this basking in the rosy glow of Club success. When I am feeling under pressure and question why I am working so hard for CleM, the individual and collective successes of the Club are two of the things that keep me going. Recently, there has been a lot of sustenance:

- Katie Trickett & Tracy Mitchell in first & second places at the Red Rose XC fixture at Witton Park on 3rd October, leading the senior ladies' and F40 teams to first place;
- Men's V40 team claiming second place in Ian Hodgson Relay on 4th October;
- Team and individual medals in the English Fell Running Championship following the Langdale Horseshoe FR on 10th October: Wendy Dodds (Gold F50 & F55), Linda Lord (Gold F60), Sue Burns (Silver F50), Katy Thompson (Silver F55), Senior Ladies 4th, F40 Team Bronze; Jack Holt (Silver V60), Senior Men 6th, V40 Team Bronze, V50 Team Gold.
- Fastest leg times and team medals at the UKA Hill & Fell Running Relays on 18th October:
Fastest Legs: Avril Duckworth (F40; Leg 1), Anna Kelly & Sue Burns (F40 Leg 2), Mike Wallis & Jack Holt (V50, Leg 2), Wendy Dodds & Alison Dugdale (F40, Leg 3), Katy Thompson (F40 Leg 4); F40 Team Gold; V50 Team Gold.

Congratulations to all. (I hope I haven't missed anyone out). I would also like to thank captains and all the members who have worked behind the scenes, or supported 'counting' runners behind the scenes (by running, providing transport or cheerleading etc).

Club Celebration Evening and Presentation

After a busy October of national and regional competition, we are approaching the climax of the Club Championships. With five counters still to go, there is still a lot at stake in most categories - and coveted Club medals to be won. After a hectic year, there will be much to celebrate at the Club's Celebration Evening and Presentation at Mytton Fold on Saturday, 27th February, including fell runner, road runner of the year, plus cross country palladium points' competition winner for the 2008-09 season; not to mention a host of special awards. The last two Celebration Events at the Fence Gate were a resounding success and I hope as many members as possible will gather at the Mytton Fold to recall, retell (and, God forbid, exaggerate!) their exploits from this, and previous years' races and events - and do what Clayton members seem to do better than anything else - (no, not eating) having a good time! Tickets for the Club's premier social event will be in great demand. Make sure of yours by contacting Marie Greenwood as soon as possible (more details p10)

CLAYTON'S 'OSCARS'

At the Presentation Evening the Club presents five awards for Outstanding Performance over the year. You are invited to submit names of fellow-members whose outstanding performances should be considered by the Committee and Captains.

The **Outstanding Performance Awards** are:

Pebble Award: for the most outstanding female performance 2009

Stephen Brady Memorial Trophy: for the most outstanding male performance 2009

Masters' Trophy: for the outstanding V50(+) performance 2009

JH Barry Trophy: most improved runner 2009 (nominee must have been a member for at least two years)

Captains' Award: most promising newcomer

Please send your nominations, preferably in writing (email is OK), for these awards to the Secretary or Newsletter Editor by **31st December**

Juniors

With success comes a danger of complacency and we can't afford to ignore the club's dearth of younger and junior members. It's great to have a Junior Coordinator, Marion Wilkinson, who has very definite – and exciting – ideas of how to attract junior talent to the club, and develop it. However, we can't just leave it to Marion. She will need practical support from members, so please, when details of training sessions and events are published, volunteer your services. Just 10 volunteers helping out just once a month or so, will be much more effective than one member helping at 10 sessions. It's the future of the Club!

Charity Support 2010

During 2009, the Club has supported Mo Laney's Malawi Fund – to great effect – contributing about half the total, which is now approaching a magnificent £5000 (see p. 7). The Committee will soon be discussing which charity to support in 2010. If you have a project that you feel deserves a boost from CleM Harriers, please contact Mike Wallis or any Committee member and we will make sure that it appears on the Committee's agenda for discussion.

FIXTURES

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

NOVEMBER'S NAVIGATIONS

- Sun 1st Through the Villages 8.45m 10.30 am Dressers Arms, Wheelton £7 by 25 Oct + £2 eod
RAB/Dark & White Mini Mountain Marathon darkandwhite.co.uk
Alexandra Park 5k 11.30am Alexandra Park Manchester £3
tel: 07709 000436 www.openathletics.org/alexandrapark5k
- Sat 7th **Red Rose Cross Country Bury (Chesham) Club Champs Ladies 1.20 pm Men 2.00pm**
Shepherds Skyline FR BM 1pm 6m/1150' £4 Shepherds Rest Inn, Todmorden (GR945232)
FRA AGM Castle Green Hotel, Kendal
FRA Presentation Castle Green Hotel Tickets £28 from Pete Bland
- Sun 8th Lancaster Half-Marathon Salt Ayre Leisure Centre, Lancaster £10
- Sat 14th Dunnerdale FR AS 12noon 5m/1800' Blacksmiths Arms, Broughton Mills, Cumbria (GR 223905) £5 – includes food
- Sun 15th **Preston 10m 10 am from Hutton Grammar School PR4 5SN £8 + £1 eod Club Champs**
Copeland Chase FR O 9am-11am 12.5m, 9.5m & 6m courses Venue to be announced www.copelandchase.org.uk
Cowm Reservoir Race 5km 11.30 am £4 Cock & Magpie Pub, Cock Hall Lane, Whitworth
- Sat 21st **Tour of Pendle FR AL 10.30am 16.8m/4830' £5 to K. Carr (ef on Clayton website) or £10 eod Club Champs**
Red Rose Cross Country Bolton (Leverhulme Park) Ladies 1.20 pm Men 2.00pm
Harriers v Cyclists FR CM 2pm 6m/650' www.bingleyharriers.org.uk.
- Sun 22nd Rivock Edge FR AM 6.3m/835' 11.15am from Bridge Pub, Keighley Rd, Silsden GR041461 £4
Clay Bank West FR BS 10.30am 5.5m/900' Stokesley, N. Yorks £6
- Sat 28th **Mid Lancs XC Sefton Park Liverpool Club Champs Ladies 1:20pm Men 2:00pm**
Wesham 10K 11am £7 Online entry at ukresults.net cd 22Nov
Ravenstonedale Red 10K RR 1.30pm from Black Swan Hotel, Ravenstonedale £6 + £2 eod
- Sun 29th David Staff Fell Race BS 11.30am Sunnyhurst Woods, Darwen £3
City of Salford Women's 5.25m £7 swintonrunningclub.co.uk

DECEMBER'S DASHINGS

- Sun 6th Bolton by Bowland FR CM 11.30am 8m/800' **Club Race**
Bolton by Bowland nr Clitheroe £3
Red Rose Cross Country Rossendale (Marl Pits) Ladies 1.20 pm Men 2.00pm
Guys 10, Guys Thatched Hamlet, Bilsborrow, nr Preston 10.30am £7
Alexandra Park 5k 11.30am Alexandra Park Manchester £3
RAB/Dark & White Mini Mountain Marathon darkandwhite.co.uk

Good Shepherd 19/09/09**BL 15m 2000ft**

1	J	Logue – Horwich V40	1.45.32
15	A	Life V40	2.01.??
34	A	Armstrong V40	2.17.52

105 Finished

2 DNF

Three Shires 19/09/09**AL 12m/4000ft**

1	C	Steele = B'dale	1.57.42
15	T	Edward V40	2.07.02
31	C	Balderson V40	2.16.19
43	N	Hardiman V40	2.21.32
55	J	Dugdale	2.24.00
63	M	Gillie - Clwyd 1st L	2.28.59
66	M	Terry V40	2.29.21
67	M	Nutter V40	2.29.28
73	N	Worswick V40	2.30.53
131	G	Smith	2.46.??
134	P	Browning V40	2.47.08
146	W	Dodds LV50	2.48.45
189	M	Hirst V50	3.02.52
196	K	Thompson LV50	3.04.01
207	A	Walmsley V50	3.11.20
216	R	Bellarries V50	3.16.24
221	I	Whigham V40	3.18.26
244	B	Savage LV40	3.26.35
267	J	Rawlinson LV50	3.46.54

279 Finished incl 49 Ladies

RAB Mountain Marathon 26-**27/09/09****Score Event. Day 1,6hrs. Day 2,5hrs**

1	D	Duxbury - Ambleside	590 pts
88	M	Nutter / P Thompson	315 pts

233 Finished

Scafell Pike 26/09/09**AS 4.5m 3000ft**

1	N	Fish - B'dale	54.06
30	I	Robinson V50	1.12.07
43	A	Firth V50	1.17.54

73 Finished

Thieveley Pike 26/09/09**AS 4.25m 1300ft**

1	B	Mounsey - CVFR	32.26
14	J	Dugdale	36.41
15	M	Wallis V50	36.46
25	D	Walker	38.34
28	L	Jeska - Tod 1st L	40.58
30	J	Pickup V50	41.46
32	I	Whigham V40	41.52
33	M	Eddleston V50	41.53
42	S	White V50	43.28
46	L	Slater L	44.20
62	M	Salisbury V40	46.59
68	R	Moore V40	47.57
69	J	Rawlinson LV50	48.14
74	P	Dugdale V50	49.11
75	D	Munroe V60	49.39
76	L	Sullivan V70	49.44
101	K	Goss LV60	56.28

112 Finished incl 22 Ladies

CLAYTON-LE-MOORS HARRIERS**OFFICIALS****2009 –2010****President****Dave Scott** Tel: 01282 693867

Email: jilscot[at]hotmail.com

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Secretary**Mike Wallis** Tel: 01254 822874

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Mgreen8[at]hallmark-uk.com

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Email: valric2[at]tiscali.co.uk

Garry Wilkinson 01254 823228

Garrywilkinson1964[at]btinternet.com

LETTER

Pete,

Please could you put a note in the next issue of Clem News asking for marshals and entries for this years Tour on Saturday 21 Nov 09. Please note my e-mail address, (kieran.carr@yahoo.co.uk) this is the only one I am now available on as I retired on 31Aug 09. Now a full time athlete, still biking and almost back to normal training as Achilles tear is almost fully repaired, its been a long job, I did it Tuesday after Easter. Missed all championship races but doing Langdale on Sat, it will be a good bench mark for my progress. Longest I have done on Pendle to date is 1h 55mins, so should be able to push it for the extra bit.

Kieran (by email)

[Langdale Horseshoe: 2:54:24—131st place; 4th V60—'Nuff said.]

LETTER**AN EXPLANATION**

Peter,

To those club members who read the 'Hill and Dale' Column in the four local papers serving the Burnley and Pendle areas. I have been penning this item for many years, but you may have noticed that it is no longer appearing. Because of this, I have spoken to the desk staff at the Burnley Express office and they told me it is due to a change in the locality where the sub-editing is done. This has been centralised in Preston, now. On my last visit to the office, they did highlight and prioritise my copy, but the article still failed to appear in all issues, except the Burnley Express. As a result of these failures I have, sadly, come to the decision that I am no longer prepared to submit articles.

Thank you to all those members who have encouraged me over the years by commenting on how useful what you have read in the 'Hill and Dale' and 'Over the Hills' columns has been.

Yours,

Harry Manning

[I'm sure all member will join me in paying tribute to Harry for his efforts to publicise the Club's activities in the 'Hill & Dale' and 'Over the Hills' newspaper features over a period of many years. Like Harry, I deplore the passing of a source of useful local information and fail to understand why a local newspaper would wish to alienate loyal readers. Thank you, Harry.]

MALAWI FUND 2008-2009

Thank you to all of those members who have supported the Malawi Fund throughout the year, either by organising races or other events, running in races or sponsoring me in Three Peaks. Eleanor spent a month over there in the summer and has seen the results of your efforts. One classroom has been built and another is on the way. This is fantastic considering the aim was to build only one!!! I plan to visit next year and hope to name the classrooms after the club! I shall give a full report at the Presentation in February.

57 W Dodds LV50 21.04

68 I Whigham V40 22.06

100 Finished incl 16 Ladies

7 DNF

Ben Nevis 05/09/09**AM 10m 4400ft**

1 R Jebb - Bing 1.32.33

37 G Wilkinson V40 1.52.29

84 S Whitaker V40 1.59.46

88 N White - Bing 1st L 2.01.09

90 N Hardiman V40 2.01.57

96 N Worswick V40 2.02.31

105 M O'Donnell 2.04.28

114 I Greenwood V40 2.05.22

120 J Holt V60 2.05.58

145 D Motley 2.09.14

176 R Bellaries V50 2.13.30

178 J Dugdale 2.13.41

182 Pr Thompson V40 2.14.30

190 J Sharples V50 2.15.31

191 G Balmer V40 2.15.39

193 M Eddleston V50 2.15.48

212 A Firth V50 2.18.33

231 P Browning V40 2.20.48

234 A Robinson V50 2.21.49

242 A Cran 2.23.01

258 A Dugdale V40 2.26.30

270 S Bury V50 2.28.28

275 I Connell V40 2.28.58

276 D Hindle V50 2.29.04

279 M Brady V40 2.29.24

301 R Mitchell V50 2.35.10

309 A Walmsley V50 2.35.58

321 B Savage LV40 2.37.51

368 D McCallum V60 2.46.06

400 P Dugdale V50 2.52.50

403 A Howarth V40 2.53.22

464 K Goss LV60 3.44.44

464 Finished incl 64 Ladies

Grisedale Horseshoe 06/09/08**AM 10m 5000ft****1 PI Thompson 1.55.42**8 P Jackson – Keswick 1st L
2.03.01

10 T Edward V40 2.06.47

40 M Nutter V40 2.23.57

69 J Rusius V50 2.36.02

73 W Dodds LV50 2.36.27

74 R Baines 2.38.10

110 D Naylor V50 2.59.41

136 Finished incl 15 Ladies

2 DNF

Hodder Valley 12/09/09**BM - Slaidburn**1 M Chippendale – Bowl V40
48.53

6 C Balderson V40 51.47

7 D Walker 52.03

8 D Edmondson V40 52.19

11 N Worswick V40 54.08

12 A Cran 55.12

19 J Dugdale 57.44

23 R Baines 58.31

24 D Horrocks V40 58.36

25 P Toman V50 59.14

32 D Naylor V50 61.32

37 J Shaw - Darwen 1st L 63.22

50 P Dugdale V50 68.24

51 J Rawlinson LV50 68.59

52 S Clarke LV40 68.59

53 R Chappell V60 69.11

55 G Thompson V50 70.52

58 P Healey V60 73.23

64 K Goss LV60 83.49

66 Finished incl 9 Ladies

Chipping Show 22/08/09**AM 8m 2000ft**

1	M	Whyatt - Bowland	V40	1.10.47
2	J	Baldwin		1.11.43
5	S	Fogg		1.14.08
6	A	Orr		1.14.26
7	C	Balderson	V40	1.16.19
8	D	Edmondson	V40	1.16.46
9	A	Life	V40	1.17.10
10	M	Aspinall	V40	1.17.14
12	J	Dugdale		1.17.24
14	N	Hardiman	V40	1.19.08
15	B	Horrocks	V50	1.19.21
18	K	Mitchell		1.19.47
19	S	Newman - CVFR 1st L		1.19.51
22	N	Worswick	V40	1.21.06
23	P	Booth	V50	1.21.25
25	M	Nutter	V40	1.21.34
28	A	Armstrong		1.22.24
29	L	Clough		1.23.25
30	D	Horrocks	V40	1.23.28
33	Pr	Thompson	V40	1.24.09
34	T	Mitchell	L	1.24.38
38	J	Pickup	V50	1.26.20
40	R	Bellarries	V50	1.28.43
46	D	Naylor	V50	1.31.14
50	I	Whigham	V40	1.32.26
53	N	Roscoe		1.32.43
54	W	Dodds	LV50	1.33.53
59	D	Scott	V60	1.36.33
60	S	Bury	V50	1.37.39
65	G	Newsham	V50	1.40.42
69	K	Thompson	LV50	1.41.10
71	J	Rawlinson	LV50	1.41.41
72	G	Thompson	V50	1.42.10
73	L	Lord	LV60	1.42.21
75	P	Dugdale	V50	1.43.28
77	R	Chappell	V60	1.44.37
78	D	Munroe	V60	1.44.54
79	B	Savage	LV40	1.45.13
80	T	Walker	V40	1.45.34
87	P	Healey	V60	1.54.02
90	K	Goss	LV60	2.01.24

91 Finished incl 18 Ladies
2 DNF

Pendleton 29/08/09**AS 5m 1500ft**

1	A	Holt - Ross		38.16
3	S	Fogg		38.54
4	A	Payne		39.11
9	A	Orr		40.14
10	D	Walker		40.24
11	J	Dugdale		40.46
12	C	Balderson	V40	40.54
16	M	O'Donnell		41.11
17	N	Hardiman	V40	41.45
20	N	Worswick	V40	42.26
23	M	Nutter	V40	43.41
26	Pr	Thompson	V40	45.00
28	L	Clough		45.13
31	H	Page - Halifax1st L		45.32
32	J	Pickup	V50	45.34
35	I	Whigham	V40	46.30
38	D	Naylor	V50	46.45
42	N	Roscoe		47.18
47	A	Firth	V50	48.43
49	L	Slater	L	49.03
54	S	White	V50	49.30
66	A	Walmsley	V50	52.22
67	M	Salisbury	V40	52.24
69	P	Dugdale	V50	52.46
70	B	Savage	LV40	53.00
72	G	Thompson	V50	53.18
73	R	Treidl	V50	53.43
74	S	Breckell	V50	54.47
75	J	Rawlinson	LV50	55.08
76	L	Sullivan	V70	55.09
80	D	Munroe	V60	56.14
82	A	Exton	V50	57.06
89	J	Francis	V60	61.01

95 Finished incl 14 ladies

Grasmere Sports 30/08/09**AS 1.5m 900ft**

1	R	Jebb - Bingley		13.20
18	P	Jackson - Keswick 1st L		16.38
44	R	Baines		19.28
46	M	Nutter	V40	19.34
54	A	Firth	V50	20.49

The children of the village appreciate everything we have done for them and I shall continue to support them for as long as I am able. Malawi is one of the poorest countries in the world and relies heavily on the kindness and generosity of people like ourselves. A massive Thank You from all the children.

Date	Event	Amount (£)
Dec 2008	Xmas run at the Royal	60.00
Jan 2009	Clayton Presentation Evening	450.00
Feb 2009	St.Wilfred's assemblies	330.00
Feb 2009	Gym & Dance Show	360.00
Mar 2009	Half Tour Race	100.00
April 2009	XC handicap	128.00
April 2009	Three Peaks	926.00
May 2009	Gt.Hameldon - Raffle	206.00
	- Bar	50.00
	- Proceeds	200.00
May 2009	Mearley Clough	60.00
June 2009	St.Wilfred's donation	500.00
July 2009	Weekend of running	305.00
July 2009	Maureen Ashton's cake stall	200.00
July 2009	Whalley Nab race - raffle	150.00
	- proceeds	500.00
August 2009	Summer series	350.00
		Total 4875
		Clayton - 2559

[An amazing fund-raising effort by Maureen & Club members. Well done to all!]

LETTER**Fire Station 2K Run.**

Well done to Isaac Wilkinson and Paul Archer's son, Christopher, who ran yesterday. Both boys ran well. A special mention to Christopher who came 3rd overall in the boys' race.

Fire Station 7

A special mention to our new Clayton junior, 16 year old Aidan Holgate who came 16th overall in the race. He is a young man with a lot of potential, running well in a race which included some very good club runners and coming in just behind Lee Clough which is a great achievement given that Lee is a strong runner.

I am sure that all the older members will be pleased to see these young runners carrying on the Clayton tradition.

Marion Wilkinson
(Junior coordinator)

LETTER

Good morning I hope you are fit and well. Thank you for placing the End to End page in the newsletter it was really appreciated.

Now all the donations are in we finally reached a figure of £7,200.00, this has all been given to Pendleside Hospice who are very grateful for the much needed contribution. I would like to thank everyone who sponsored the team, the generosity of people has genuinely overwhelmed us all.

With regard to the ride itself everything went according to plan. The weather was perfect with only forty minutes rain whilst in the saddle, over the full trip. We had no mechanical problems to speak of, just a few punctures. The route we chose took us to parts of the country we had not visited before, especially down south and the midlands where it got quite contrived to keep us away from the A roads. We ended up misplaced a number of times but never lost !! (a true navigator's statement). The first two days in Cornwall and Devon were the most demanding from a profile point of view, whilst the route through Scotland being surprisingly easy. We managed to squeeze in some white-water rafting, attended a druid wedding (that was interesting) and struggled to get out of the pub on some evenings.

I would certainly recommend it to anyone, as it was a good experience, the only advice I would give is to choose the route carefully, as I would not like to attempt it via A roads in England and Wales.

Thanks again.

Howard Nicholson (by email)

168 P	Dugdale	V50	58.00
180 V	Brodrick	V50	60.36

199	Finished incl 36 Ladies
1	DNF

Worsthorne Moor Fell Race 16/08/09**BM 7m 900ft**

1	G Shaw		41.48
5	S Fogg		43.14
9	S Clare	V40	45.29
10	P Hesketh	V40	46.05
13	M Terry	V40	46.29
15	P Targett	V40	47.08
17	J Buckley - CVFR	1st L	47.35
20	P Brown		48.05
21	M Toms	V40	48.12
22	D Horrocks	V40	48.15
27	G Barrett	V40	48.38
28	N Worswick	V40	48.45
31	A Armstrong		49.03
40	J Pickup	V50	50.08
41	N Roscoe		50.11
46	A Foster	V40	51.25
51	I Hargreaves	V40	52.20
53	D Scott	V60	53.53
57	S White	V50	53.03
63	L Slater	L	54.06
81	G Whittaker	L	56.20
85	D Richards	LV40	57.53
86	J Rawlinson	LV50	58.08
88	P Costello	V50	58.31
89	L Hudson	LV40	58.35
90	R Treitl	V50	58.45
91	R Chappell	V60	58.52
94	V Brodrick	V50	60.07
95	M Salisbury	V40	60.19
110M	Wilkinson	LV60	70.38
112C	Leathley	LV60	72.00
115J	McGuire	V50	76.18
119B	Leathley	V70	89.37

119 Finished incl 19 Ladies

Lakeland Country Fair 16/08/09**AM 6.5m / 2350ft**

1	B Abdelnoor - Amb	54.52
25	H Robinson - Amb 1st	1.09.02
35	I Robinson	V50 1.12.12
45	A Firth	V50 1.14.10
67	L Lord	LV60 1.28.06

77 Finished incl 11 Ladies

Burnsall Classic 22/08/09**AS 1.5m 900ft**

1	I Holmes - Bing	V40	14.26
18	D Walker		17.17
31	S Whitaker	V40	18.37
32	G Gough	V50	18.42
43	S Halliday		19.35
50	D Black	V40	20.14
53	A Robinson	V50	20.28
65	A Firth	V50	21.17

146 Finished

Sedbergh Hills 23/08/09**AL 14m 6000ft**

1	R Stuart - Kendal	V40	2.21.03
2	PI Thompson		2.24.09
33	M Terry	V40	2.47.53
48	N Spinks - DkPk	1st L	3.00.47
61	J Rusius	V50	3.04.36
71	W Dodds	LV50	3.08.08
75	I Connell	V40	3.09.23
79	G Smith		3.13.07

134 Finished incl 14 Ladies

11 DNF

Turnslack 25/07/09**AM 8m 2000ft**

1	A	Wrench - Tod	V40	69.40
3	S	Fogg		71.35
7	C	Balderson	V40	75.35
11	N	Hardiman	V40	78.57
12	N	Worswick	V40	79.09
19	R	Bellarries	V50	81.18
20	J	Buckley - CVFR	1st L	81.20
29	P	Browning	V40	84.30
62	R	Hirst	V50	99.42
73	B	Savage	LV40	102.15
92	J	Francis	V60	119.51

97 Finished incl 14 ladies

Borrowdale Fell Race 01/08/09**AL 17m 6500ft**

1	R	Jebb - Bingley		2.51.54
14	PI	Thompson		3.20.38
36	D	Nuttall	V40	3.38.18
64	D	Walker		3.53.47
67	K	Mitchell		3.56.17
73	A	McFarlane	V40	4.00.05
75	M	Gillie - Clwydian	1st L	4.00.24
87	R	Bellarries	V50	4.05.16
110	M	Nutter	V40	4.10.40
119	P	Booth	V50	4.14.45
137	A	Firth	V50	4.18.37
197	P	Archer	V40	4.44.27
199	G	Smith		4.44.54
200	T	Mitchell	L	4.45.00
DNFD		Black	V40	DNF
DNFPr		Thompson	V40	DNF

301 Finished including 32 Ladies

20 Retired including 6 Ladies

Steel Fell 05/08/09**AS 3m / 1115ft**

1	C	Steele - B'dale		21.47
37	M	Nutter	V40	28.55
62		Finished		

Whittle Pike 05/08/09**AS 4.5m 1400ft**

1	G	Devine - P&B	V40	41.10
11	J	Dugdale		46.20
25	N	Worswick	V40	49.15
35	P	Booth	V50	50.28
38	S	May - Tod	1st L	50.49
40	Pr	Thompson	V40	50.57
46	M	Eddleston	V50	52.10
52	L	Clough		53.12
69	A	Howarth	V40	55.17
77	A	Firth	V50	55.56
83	A	Dugdale	V40	56.58
84	D	Rushton		57.07
116	R	Hirst	V50	1.01.22
117	R	Moore	V40	1.01.40
119	L	Lord	LV601	02.06
127	P	Dugdale	V50	1.05.12
136	V	Brodrick	V50	1.09.29
150	K	Goss	LV60	1.15.25

154 Finished incl 26 Ladies

2 DNF

Pilgrims Cross 12/08/09**BM 6m 1100ft**

1	K	Gray - CVFR		37.36
26	J	Dugdale		43.09
29	A	Life	V40	43.25
35	G	Gough	V50	44.17
37	N	Hardiman	V40	44.31
40	N	Worswick	V40	44.39
55	A	Armstrong		46.48
57	Pr	Thompson	V40	46.54
58	L	Clough - Chorley	1st L	47.02
62	M	Eddleston	V50	47.34
107	D	Rushton		51.22
115	A	Firth	V50	52.13
129	L	Slater	L	53.00
136	A	Dugdale	V40	53.50
139	R	Moore	V40	53.58
150	G	Thompson	V50	54.29
155	C	Life	LV40	55.01
158	B	Savage	LV40	55.49
163	J	Rawlinson	LV50	56.37

LETTER

Hi Pete

Please find attached a pic for next newsletter, taken at Ron Hill's 71st birthday 5k race in Littleborough, and featuring Harry Manning in his last ever race.

Thanks.

Eileen Jones (by email)



[Photo: Steve Bateson, Running Pix]

MEMBERSHIP**Welcome to:**

Julie Newton, Sarah Toms (Langho), Nicola Horsfall (Todmorden), Carl Steel (Darwen), Anne-Marie Hodgkiss (Bolton), Kathryn Forshaw, Mark Pendlebury, Paul Cheetham, Aidan Holgate, John Balmbra (all Burnley)

Resignations: Maureen Laney, Andrew Taylor

CLAYTON-LE-MOORS HARRIERS

ANNUAL PRESENTATION OF AWARDS FOR 2009

Mytton Fold Hotel – Langho

Saturday 27th February 2010
7.30pm 'til Late

Hot Buffet Supper & Disco
Entertainment
£14.00

If you want to joins us in this celebration of Clayton Harrier's achievements, contact Marie Greenwood

Tel 01254 237485
email mgreen8@hallmark-uk.com

Or just send your name, number of tickets required and a cheque (£14.00 per person) payable to Clayton-Le-Moors Harriers to:
Marie Greenwood, 196 Bold Street, Accrington, BB5 6SS

Tickets will also be available from committee members and at training sessions. A list of people attending will be posted on the website.

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

Marie Greenwood – Social Secretary

Ron Hill's Birthday 5K Littleborough 24th September

1 I Grime NEB	15 53
11 P Hall 1st M45	17 28
13 D Edmondson 1st M40	17 50
20 B Brock 2nd M40	18 27
44 P Baistow	19 37
48 P Brown	19 44
53 Megan Davies W14 Ross	19 50
60 N Roscoe M40	20 16
79 J Ireland	20 49
82 M Pendlebury	20 53
84 D Lord M45	21 01
100 Gayle Whittaker 2nd W35	21 39
133 Kathryin Forshaw	22 59
134 P Cheetham M55	22 59
157 R Lawson 3rd M65	23 56
237 R Hill 2nd M70	26 38
241 Marion Wilkinson 1st W65	26 56
250 Eileen Jones W55	27 18
298 H Manning M70	30 15
309 L Jackson M65	32 16
328 finished	

Swinton Half Marathon 27th Sept

1 L Reddy Liv H	72 57
41 M Tracet Aguera A & T RR	89 12
43 P Brown	89 24
71 M Eddlestone M50	92 57
247 finished	

Chernobyl 10K Parbold 27th Sept

1 P Boardman M45 Horwich	37 57
6 L Clough	40 28
15 Emma Perrin Horwich	42 41
48 K O'Brien 1st M65	51 08
58 finished	

Run Preston 10K 27th Sept

1 S Hallas Preston H	32 39
26 Gemma Unsworth BWF	38 08
69 N Roscoe	42 00
73 M Pendlebury	42 19

134 Gayle Whittaker 1st W35	44 57
181 P Cheetham M55	47 25
212 P Costello M50	47 55
243 V Bridrick	49 43
284 Cynthia Allen W50	51 13
394 Marion Wilkinson 1st W65	55 50
605 finished	

FELL

Cader Idris 30/05/09

AM 10.5m / 3000ft

1 L Taggart - DkPk	1.26.25
44 P Booth V50	1.52.58

246 Finished

Stoodley Pike 07/07/09

AS 3.5m 700ft

1 A Whitem - CVFR	19.38
15 B Horrocks V50	22.55
29 J Holt V60	24.07
30 K Mitchell	24.13
34 S May - Tod 1st L	24.49
38 D Horrocks V40	25.00
55 T Mitchell L	26.00
68 A Dugdale V40	26.42
69 A Howarth V40	26.50
105 R Hirst V50	30.31
133 E Jones LV50	37.45

140 Finished incl 21 ladies

Oldfield 19/07/09

CS 5.5m 550ft

1 M Crane - DkPk	32.15
38 R Hirst V50	51.03

48 Finished
1 DNF

Lancaster 5K Race 4/5

1 M Aspinall L and M	15 19
16 Louise Gardner L and M	17 32
17 P Archer M45	17 43
26 P Baistow	18 32
106 ran	

Hilton Hotel 10K Blackpool**5th Sept**

1 M Burnett Leeds City	32 49
8 Emma Raven Ch le St	36 46
22 M Hogan M40	40 04
34 I Whigham M45	41 41
235 ran	

Fleetwood Half M**13th Sept**

1 D Fulford Hoad Hill H	75 22
10 Marion Martin W50 Spectrum	86 33
23 Avril Duckworth 3rdL 1st W45	92 27
50 B Wildman M40	100 53
149 finished	

Fleetwood 10K**12th Sept**

1 J Mulvaney BWF	33 10
10 M Hogan 2nd M40	39 41
82 ran	

Lake Vyrnwy Half Marathon**13th Sept**

1 B Fish B'bn H	66 55
27 Claire Martin Telford AC	78 53
297 T Orrell 1st M70	100 11
1018 finished	

Trafford 10k**13th Sept**

1 M Warmby NEB	30 17
40 Louisa Wiid Warrington AC	35 56
100 M Eddlestone M50	39 28
308 finished	

Wyre Marathon**13th Sept**

1 P Aristotelous Valley Striders	2 38 02
4 Paul Thompson	2 47 55
19 Caroline Hainey Spectrum	3 13 06
135 finished	

Gt Langdale Half M**20th Sept**

1 P Critchlow Beaumont RC	77 48
6 D Howell	86 15
9 Sarah Ridehalgh ACCRR	87 56
373 finished	

Gt Langdale Marathon**20th Sept**

1 A Tatham Quakers	3 04 21
3 Gill Laithwaite Border H	3 12 29
23 P Brown	3 54 12
96 finished	

Boggart Chase 10K Manchester**20th Sept**

1 A Norman Alt and Dist	33 56
17 Alison Sedman Belle V W40	41 52
62 K O'Brien 3rd M65	54 01
79 finished	

Garstang Half Marathon**20th Sept**

1 S Hallas Preston H	75 32
21 Tracey Dutton W35 W Ph	89 38
26 K Davies M45	90 24
27 D Motley	90 38
33 M Hogan M40	91 25
39 M Eddlestone M50	93 11
72 Dany Robson W35	100 49
78 B Wildman M40	102 54
184 finished	

NAVIGATIONAL TALES

Tony Peacock's humorous account of "The Day I Went Orienteering" (May newsletter) brought back memories of my own sole excursion into this sport, particularly when he told about taking 2½ minutes to cover 30 yards between controls.

In February 1974, I went on a weekend navigation course at Ennerdale Scout Camp, organised by the late Joe Long of the CFRA. Joe had been impressed by the 1972/1973 Karrimor victories by the Norwegian orienteers, Stig Berge and Carl Martin Larsen, over the 1970/1971 winners, Jos Naylor and Allen Walker. He was convinced that their superiority lay in their superb navigational skill rather than in any extraordinary athletic ability.

I had come into fell racing from fell walking some five years earlier and so already knew how to navigate with map and compass, though the difference between the ability of an average fellwalker and that of a champion orienteer was emphasised to me when I did the 1973 Karrimor with Alistair Patten (Clayton/PFO), and we finished 6th in the Elite.

That weekend course included a night orienteering event on Cold Fell, where I experienced great difficulty in locating the first few controls (there were eleven in all). They were just so close together that I kept overshooting them, though presently, like Tony, "I was beginning to get the hang of things" and made better progress though I still only finished 16th out of 22 competitors.

The following morning's 10 mile fell race (actually the forerunner of the Copeland Chase) saw 18 entrants being started at one minute intervals to find seven controls on the Loweswater Fells. This suited me better and I finished 6th, five places and 9½ minutes ahead of Jos Naylor (3rd the previous evening)! I was approaching one of the later controls as Jos and three or four others were leaving it – but heading in a different direction to where the next control was (south instead of west, I seem to recall). Maybe I should have been a bit more helpful, as Stan Bradshaw had felt inclined to be approaching the finish of an early Mountain Trial from Wasdale Head and saw Des Oliver (Kendal) in front of him but veering away from the final control: "I called him back..... but not too loudly....."

Later that year, I claimed another notable scalp in the Mountain Trail (also a navigational event), namely Jeff Norman (Altrincham), the 1974 fell champion elect, a six-times Three Peaks winner and our fastest marathon runner at the Montreal Olympics two years later. Jeff finished 16th to my 12th, 6½ minutes adrift – a pity it hadn't been down to my superior fitness.

Not all my navigation has been so successful, however. The second control of the 1976 Trial was at Tarn at Leaves, near Bessyboot, with No. 3 atop Seathwaite Fell. Leaving No. 2 in clear, sunny weather, I saw those in front heading down Coomb Gill and recklessly decided to take a quicker route by descending diagonally to the left. Tearing up the valley below, it suddenly dawned on me that the peak I was headed from was Glaramara, not Seathwaite Fell. Turning to retrace my steps, I found a bunch of about half-a-dozen following me. "Sorry, lads," I apologised, "we're in the wrong valley." I eventually finished 20th out of 134. Mention of Bessyboot recalls the 1982 Borrowdale race, run in thick mist, when the first checkpoint was unmanned as the marshals, all locals, couldn't find it. Later on, halfway down the Corridor Route, one of the instructors on that year's navigation course came flying past me. He should really have been up with the leaders but had obviously gone astray earlier on.

I'll conclude with one other incident about following. The 1979 Trial from Mungrisdale was also run in thick mist but things were going well for me till I was bound for the third control, a leadmines hut in Roughton Gill, above Caldbeck. Approaching from the col between Carl Side and Skiddaw, I decided in view of the conditions to take the "safe" route back to the River Caldew, then turn up the first stream beyond Calva, Wiley Gill, and branch off up its first tributary on the right. I soon made out what appeared to be the rising bank of this latter rill looming out of the mist and so began to climb diagonally to drop into its gully, not noticing that it held no watercourse. I here paused to take a bearing and Pete Bland and John Gibbison, who must have followed me, went past. Suffice it to say that I eventually finished 113th out of around 125/130 (I can't find the results sheet), while John Gibbison came up to me afterwards and said, "That was the re-entrant. We lost half-an-hour over that!" There were some right weird tales told about this leg, incidentally, including one Lakeland runner who apparently got carried away by the close proximity of the Bob Graham Round and decided to pay a visit to the summit of Great Calva. The fourth control was set on Trusmadoor col, between Great Cockup and Meal Fell, and the name of the former summit aptly described the navigational problems of some competitors.

**CALDERDALE WAY RELAY
SUNDAY, 13th DECEMBER**

Teams entered: Senior, Senior B, Vets A, Vets B, Ladies A, Ladies B, X & Z.
Contact a Captain if you want to run. Don't wait to be asked.
Captains' details on back page.

RESULTS

CROSS COUNTRY

**Results of the October Cross
Country Races will appear in the
December Harrier.**

MULTI-TERRAIN & TRAIL

Mythomroyd 10K Trail

August 30th

1 C Miller Harrogate 34 58
131 R Hill M70 54 51
148 Eileen Jones W55 56 57
259 ran

Graham Wright Cowm Res MT 4.2M

9th Sept

1 D Brocklehurst Trafford AC 24 16
36 Emily Hughes Middleton H 30 40
80 Kath Brady W40 39 16
92 finished

Settle Loop Tough Trail

13th Sept

1 A Pickles Settle H 61 02
10 P Archer 3rd M40 67 03
13 Suz Budgett Horwich RMI 68 37
44 Charlotte Hopkinson W40 78 41
67 R Treitl M50 85 24
72 Jean Rawlinson W50 88 00
91 ran

Athlete Matters 4.5 Trail Worsley

13th Sept

1 A Jones Salford H 23 43
6 Donna Jones Sale H 29 18
60 R Hill 1st M70 39 55
94 finished

Norland Moor Trail Halifax

27th Sept

1 S Clawson Ross H 40 17
40 K Brady 1st W40 57 38
49 ran

ROAD

Granny's Bay 10M Vets

Race Lytham

1 M Whyatt Garstang RC 56 41
10 Rachel Jones W35 62 55
107 Donna Riley W40 83 53
120 L Chew 1st M75 86 47
163 K Woodward M50 107 00
173 ran

Horwich Jubilee 5

19th August

1 N Pendlebury Horwich RMI 27 02
16 Leanne Sheehy Leigh H 30 30
81 T Orrell 1st M70 38 41

Burnsall 10

Sat 22nd Aug

1 A Buckley Leeds City 52 47
7 Sarah Jarvis Bingley H 59 58
12 R Brewster 1st M50 62 10
51 D Lord M45 71 10
107 finished

Bispham 10

23rd August

1 S Littler Wesham RR 55 37
11 Amy Green K and C 64 35
123 Marion Wilkinson W65 94 16
148 finished

Littleborough Lions 5K

25th Aug

1 R Jackson M40 Horwich RMI 16 34
6 Rachel Jones W35 Preston H 18 07
37 Eileen Jones 3rd W55 26 51
55 ran

Caernarvon 10K

30th August

1 R Roberts Eryri Harriers 33 29
19 Andrea Rowlands Eryri H 40 02
72 R Lawson 3rd M65 47 19
163 finished

COMMITTEE NEWS

7th September & 5th October

7th Sept: 13 members were in attendance. Vice Chairman, Paul Healey took the chair, in the absence of P Booth.

The main points of discussion and decisions were:

- Club will pay for 6 teams to enter Calderdale Way relay.
- XC club champs races for end of season...Witton Park, Liverpool and Burnley
- £50 donation has been made to Barley Parish council.
- Members to be invited to suggest charity to support in 2010.
- Maureen Laney's resignation from the Club accepted with great reluctance, after her many years of outstanding service.
- Royal Mint medals to be awarded again at Presentation Evening. Following discussion at the AGM, 2010 recipients are to be asked what they wish to receive all or any medals individually.
- Junior Coordinator , Marion Wilkinson, to begin making arrangements for training sessions.

5th Oct: At his first meeting as Chairman, P Booth welcomed David Edmondson to the Committee, along with 10 other members.

- 6 teams entered in Calderdale Way Relay
- £100 to Club funds from Thieveley Pike Fell Race
- Mike Hogan has volunteered to be Vets' Road Captain
- Marion Wilkinson gave update on progress in setting up Junior training. Indoor venue being sought for the winter. Training to concentrate on conditioning & flexibility. Club to cover initial costs and to purchase junior size vests. CRB checks needed for Marion & any helpers.
- Safety Advice for road and fell running were discussed & amended.
- Discussion of arrangements for Presentation Evening at Mytton Fold on Sat 27th February 2010. £100 deposit paid.

Date of Next Meeting: Monday 2nd November 2009 at the Whitakers Arms, Accrington

List of New members on p 9.

Covering Old Ground

20 years ago (Nov.1989)

The Newsletter contained a member profile of an up and coming fell star – Garry Wilkinson. Garry started running 14 years previously during school days and in the 1978 Schools XC (at the age of 14) he came second to a certain Sean Livesey. (He went on to successfully complete his Bob Graham Round in June of this year at the age of 24.)

In the results:-

Cheryl Cook was first Lady at Skipton FR; Garry Wilkinson was first finisher at Cowpe and Cheryl first Lady; In the Weets FR, Roger Brewster took the honours whilst Pete McWade was first Vet; Vanessa Brindle (Peacock) was first Lady in the Kirkham 10K; in the Hodder Valley FR Pete McWade was first Vet and Vanessa first Lady (2 minutes in front of Cheryl Cook); at the Half Tour of Pendle John West achieved first Vet whilst in the Full Tour Jack Holt took the Vets honours with Ruth Pickvance first Lady.

15 years ago (Nov.1994)

Gwilym Williams wrote a piece about Simon (OZ) Thompson winning the Ossy Moors FR and the overall summer series, he wrote -Back at the Plough, which is always a good venue for a race....the competitors received their Clayton Summer Series prizes from Ian Campbell. These included a framed print, kindly donated by Preston Harriers who always support the Series. In fact, it is probably due to the enthusiastic support of Preston and Accrington Road Runners that the Series is able to continue. More Clayton support wouldn't go amiss.

There were a number of letters from members in regard to the untimely death of Alan Heywood on Mont Blanc recently.

In the results:- Clayton Ladies beat the Z team in the Ian Hodgson Relay; at Pendleton John Nuttall was first Vet 50; at Sedbergh Ian Beverley took first Vet 50; in the Tour of Pendle Jack Holt was first Vet and John Nuttall First V50; at the Whirlaw FR Barry Mitchell claimed the Vets honours.

10 years ago (Nov.1999)

Our Social Secretary, Marie Greenwood wrote.....I have often wondered why a club that has so many sociable people has so few social events. Well, I as your newly elected Social Secretary plan to change all that. However, I need a little help in order to achieve any success. It would be very helpful if members, old and young, could let me know what sort of events you enjoy.... I plan to start smallalong the lines of a quiz night. I would like to thank Garry Wilkinson for nominating me – but I'm not going to, until I see what he has let me in for first.

Some things never change!

The daughter of Walt Wilkinson wrote – Just a note to say thank you for the Commemorative stone you have erected for my Dad. My Mum apologises for not attending the placing of the stone but it would have been her 41st wedding anniversary and too upsetting...She has since been up and found it very appropriate and very Walter....also thank you to so many of my Dad's friends who turned out to place the stone in my Dad's 'Back Garden'.

I wrote...we received many donations from the cost of the stone, including £50 from Accrington Road Runners. We were able to donate £245 to the Marie Curie Cancer Fund.

Pete Booth (as the new organiser of Thieveley) wrote – For the last few years Peter Browning has organised the Thieveley FR but there have been major access problems. Eric Wrathall of Tod Harriers has suggested a new route including two steep climbs...I had such a good time; I'll be doing it again next year.

In the results – Ian Robinson was first Vet in the Darwen Gala FR whilst Vanessa Peacock took the Ladies honours and Husband Tony was First V50; at the Hodder Valley Show FR Graham Cunliffe was first Vet; at Scafell Pike Mike Wallis was first Vet; at Thieveley Vanessa Peacock took the Lady's title.

5 years ago (Nov. 2004)

Gwilym Williams wrote about The Ben Nevis FR -'On the day of the race arrive 2 hours before the event and claim the last spot available on the small car park at New Town Park. Ignore what others are doing and change into your trail shoes, long sleeved vest and tracksters. Your rivals will be donning shorts, string vest, and fell shoes. A word to the wise; it will be 9 degrees colder on top and probably windy.'

'Line up at the back of the 400 strong field since you're not going to win it you might as well enjoy it....on the way down stick to the tourist path and you will be warmly applauded all the way by ramblers and save your knees from destruction..... When you cross the line and the race official asks if you enjoyed it, just smile. Now jog back up the road and applaud the rest of the field floundering in having left their legs behind on the infamous grassy bank which you sensibly avoided.'

Results:-

Thieveley Pike saw Vaneesa Peacock take the honours in 39th overall and Dave Scott was first V60; the Ladies won the team Prize; at Pendleton Anna Kelly won the Lady's ; we had 26 finishers in the Ben.

Paul Healey

CLAYTON-LE-MOORS LADIES TRAINING NIGHTS 2009

05.11.09	Alison Athroll	01282 693673
12.11.09	Karin Goss	01282 779752
19.11.09	Christine Leathley	01282 694941
26.11.09	Debbie Wilson	07507562684

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

All ladies are welcome.

NEW Thursday Training Session

SPIRIT OF SPORT CENTRE
Ormerod Road, Burnley
6.00pm

CROSS FIT TRAINING

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

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

Led by Marion Wilkinson 01282 425385

Winter Training

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

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

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

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

Thursday: Structured training led by John Roche

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

5th Nov: Accrington - Peel Park Hotel at 6.45pm (Please park near the school and not on the Pub Car Park..thanks)

12th Nov: Barrowford - Bridge Inn - Main Car Park 6.45pm

19th Nov: Padiham—exact venue to be arranged, see website for details

26th Nov: meeting at Towneley Golf Course Gates Car Park on Todmorden Road opposite Cherry Tree Restaurant. 6.45pm

Structured training led by Geoff Laycock

The Memorial Park, Church Lane, Gt Harwood 6.30pm

Has Anyone Else Seen The Pendle Flasher?

Recently, I parked at The Nick and went for one of my arthritic shuffles over Pendle, roughly following the route of Paul Healey's Monday morning time trial. Being mid-week it was very quiet and I didn't see a soul until I crossed from the Scout Cairn towards Ogden Clough. As I dropped down towards the path I glanced up the Clough and saw a figure running towards me, but about 300 yards away. Even at that distance it was clearly a male and I thought, he's either sporting a very close-fitting, flesh-coloured outfit, or he's not wearing any clothes at all. It very quickly became clear that he was starkers, as when he spotted me he stopped and pulled on a pair of shorts.

'What if he's a Club member?', I wondered, quickly trying to think of an appropriate comment should our paths cross. Should I turn left, and if I do who will be the most embarrassed? So, I turned right towards The Nick thinking that he would probably carry on down Ogden Clough.

As I reached the high-point of the path I looked round and there he was again, apart from his shoes, naked as the day he was born. Obviously, he was someone who enjoyed his 'skinny running' and not easily put off by the presence of others on the hill, but when he saw me looking he stopped and once more put on his shorts. At this point I decided to return via Deerstones, and as a consequence saw no more of the Pendle Flasher.

As I shuffled my way back to The Nick I pondered on the obvious questions my experience provoked. Is this a new trend, or just the one-off actions of an exhibitionist? Will we see more people running 'au nature' on the hills? Will we see an increase in the number of lady Club members taking time off to go for mid-week training runs over Pendle, in the hope of seeing what I saw? The answer, of course is that we don't know, but the impending cold weather will, at least, sort the job out for six months, or so. Who knows what next summer will bring!

Tony Peacock



Mid-Lancs Cross Country League
Towneley Park, Burnley
Saturday, 19th December

Richard Lawson is again organising this fixture on the Club's behalf. He needs help to set the course in the morning, marshal the race and clear the course in the afternoon. Please help if you can. Even if you intend to run, there are jobs that you can do. **Contact Richard on 01282 423808.**

The alternative is..... Last Minute Christmas Shopping!!!!

PATTERDALE WEEKEND 2009

Christmas Training and Social

Saturday 19th / Sunday 20th December

The usual format: run, walk, shop or simply meet in the White Lion on Saturday.

Dinner, bed and breakfast in Patterdale Youth Hostel.

And on Sundayit usually depends on what you did on Saturday night!

Like to go? Please send name, email address, telephone number and cheque for £30.00 per person

to Dave Nuttall, by **14 NOVEMBER**. **Please send me your meal selection from the menu below when you send payment.**

Dave Nuttall, West View, Goosnargh Lane, Goosnargh, Preston, Lancs, PR3 2BN
Email: davenuttall@btinternet.com

Menu

Venison Sausages with Port wine and Red Onion Gravy

or

Whole Trout with Almonds

or

Mushroom, Tarragon & Wild Rice Strudel (v)

Served with Potatoes and Vegetables

Sticky Toffee Pudding

or

Fresh Fruit

THE WINNER OF THE 100 CLUB NOVEMBER DRAW

£50.00

Number 35 — Don Barton

FANCY JOINING? - IT ISN'T TOO LATE

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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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.

or: discoverscotland.net

Contact: Paul Archer 07815879610 or paul784archer@btinternet.com

CLM Summer Series 2009

<u>Income</u>	<u>ACCOUNTS</u>	<u>Expenditure</u>	<u>£</u>
<u>Races</u>		Shirts (65)	235.29
Worsthorne (43)	215	Wine (4)	13.33
Up/Downhill (31)	155	Club Levy 133 runners x 50p	66.50
Hameldon (34 -33 Paid)	165		
Ossy (26)	130	Total	315.12
Total	665	Balance for Malawi Fund	349.88

MILESTONES - NOVEMBER

Service

Andrew Howarth	30 years
Albert Ashworth	30 years
Tina Lewis	25 years
Andrew Foster	10 years
Jamie Baldwin	5 years

Age

6 th	Mary Laycock	55 years
7 th	John Rusius	55 years
8 th	Stuart Reeve	55 years
18 th	Don Barton	75 years

John Bradley Osteopaths

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CLUB CHAMPIONSHIPS 2009

Owing to constraints on space in this Newsletter, I am unable to print an update of the Club Championship table. You can check the latest positions on the club website at:

http://www.clayton-le-moors-harriers.co.uk/uploads/Club_Champs/2009/Club_Champs_2009.htm

The remaining Club Championship Counters are:

Cross Country Races

Saturday, 7th November	Chesham Park, Bury (Red Rose)
Saturday, 28th November	Sefton Park, Liverpool, (Mid Lancs)
Saturday, 19th December	Towneley Park, Burnley (Mid Lancs)

Road Races

Sunday, 15th November	Preston 10 M (Road)
Sunday, 27th December	Ribble Valley 10K (Road)

NB: Pre-entry is advised for these races.

Fell Race

Saturday, 21st November	Full Tour of Pendle (Fell)
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NB: Entry form available from Club website. If you are not running, Kieran Carr needs marshals.

2010 Championships

Although 5 fixtures of the 2009 Club Championships are still to be run, the Committee needs to consider the format and races for the 2010 Championship by the end of December. If you have any comments about the format of this year's Championships, or suggestions for races in 2010, please contact Katy Thompson or myself.

We would really appreciate your opinions and suggestions.

SUMMER SERIES RESULTS

Positions/Categories	Pts	Times	M
1. Andrew Orr	5	Sec	
2. Ian Green wood (V40)	11	1	Mike Eddleston (V50) 2 15
3. Chris Balderson (V40)	14	2	Chris Balderson (V40) 2 30
9 Richard Bellaries (V50)	24	3	Richard Bellaries (V50) 3 43
20 Doug McCallum (V60)	65	4	Neil Worswick (V40) 4 44
23 Lorna Balmer (L)	74	5	Mark Salisbury (V40) 5 14
		6	Paul Hesketh (V40) 5 20

CLUB CLOTHING CUSTODIAN

I have now taken over this responsibility from Kath Brady.
If any member needs any item could you please contact me on:
email valric2@tiscali.co.uk or by phone Burnley 01282 423808.

Available are the following:-

Ladies Vests. Crop Tops Mens Vests.
Grey sweatshirts and Black sweatshirts with club logo.(all sizes)
Rain Jackets with club logo.

Val Lawson

WANTED

DISTRIBUTOR for NEWSLETTER

This is a vital post which involves placing 300+ Newsletters into envelopes, sticking pre-prepared address labels onto the envelopes and posting them out to members.

Colin Shuttleworth has fulfilled this role for the last few years, but now wishes to relinquish the post. This Newsletter will be the last that he will distribute.

If any member has a few hours to spare, once a month, and would like to take on this role, please contact the Membership Secretary, Treasurer or Colin himself (01254 610513; email: colin.shuttleworth1@ntlworld.com), who can explain what is entailed in more detail.

2010 FLORA LONDON MARATHON

The Club usually receives up to 5 places in this event. Club members who have not been accepted for the 2010 London Marathon, but would still like to run, should send their Rejection Slip to the Hon Secretary, Mike Wallis, without delay. If the number of allocations exceeds the Club allocation, a draw will take place at the December Committee Meeting on 7th December.

NEWSLETTER

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HARRIERS WEBSITE

Difficulty in downloading the Newsletter?

Mislaid your paper copy?

All newsletters can be viewed by logging on the members section:-

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

Username:- clemmember

password:-clayton1

Martin Brady (webmaster)

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newsletter...
So contribute to it!!**

Are you training for a new chal-
lenge, getting ready to break a
record, got an idea for a new
run... then we want to know! Arti-
cles are welcome. Please send
these via email to
pete.booth@ntlworld.com

or by post to

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

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

Newsletter Advertising Rates

Full A5 page £100 for 12 issues
Full A5 page £15.00 for 1 issue

Half A5 page £60 for 12 issues
Half A5 page £10 for 1 issue

Quarter A5 page £40 for 12 issues
Quarter A5 page £7 for 1 issue

Eighth A5 page £30 for 12 issues
Eighth A5 page £5 for 1 issue

Contact the editor if you wish to place
an advertisement.

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AUGUST RUN OF THE MONTH

JAMIE BALDWIN for 2nd place CHIPPING SHOW FR on 22nd Aug
Nominated by P Booth

SUE BURNS for 1st F50 at English Championship Counter at
DENT DALE FR, DENT, on 29th August
Nominated by P Booth

WENDY DODDS for 1st F50 at the BEETHAM SPORTS RACE on 5th
August
For 1st F50 at the SEDBERGH HILLS RACE on 23rd
August
For 1st F55 at English Championship Counter at
DENT DALE FR, DENT, on 29th August
Nominated by Katy Thompson & Harry Manning

MIKE EDDLESTON for 1st V50 at the GOLF BALL FR on 19th Aug
Nominated by Harry Manning

ANNE-MARIE GRINDLEY for completing the JOSS NAYLOR
LAKELAND TRAVERSE in 17 hours 20 minutes on
12th August
*Nominated by Linda Lord, Don Barton & Wendy
Dodds*

PAUL HESKETH for completing UK IRONMAN TRIATHLON in
11:35:27 on 2nd August
Nominated by P Booth

ANNA KELLY for 2nd Lady & 1st F45 at the CROW HILL FR on 4th
August
for 2nd Lady & 1st F45 at the HARROCK HILL
RACE on 26th August
Nominated by Harry Manning

STEPHEN McNAMARA for completing UK IRONMAN TRIATHLON in
12:19:07 on 2nd August
Nominated by P Booth

TRACY MITCHELL for 12th place at English Championship Counter at
DENT DALE FR, DENT, on 29th August
*Nominated by Gary Wilkinson, Paul Shackleton &
Katy Thompson*

GARY SHAW

for 1st place at the WORSTHORNE FR on 16th Aug & winning the PENDLE & BURNLEY GRAND PRIX SERIES OVERALL

Nominated by Martin Brady, Stuart Fogg, Ian Greenwood, Kathryn Wilkinson, Andy Armstrong, Gary & Lorna Balmer, Peter & Bev Thompson, Mark Nutter, Alex Cran &Harry Manning!!!

LORRAINE SLATER

for 2nd Lady & 1st F35 at the WORSTHORNE FR on 16th Aug

Nominated by Harry Manning

PAUL THOMPSON

for 2nd place at the at the SEDBERGH HILLS RACE on 23rd August

Nominated by Harry Manning & Pete Booth

**AUGUST WINNER
GARY SHAW**

For outstanding performances throughout the Pendle & Burnley Grand Prix Series, culminating in victory in the WORSTHORNE FR & winning the GRAND PRIX OVERALL TITLE

**JACK BUSHBY
1933-2009**

It is my sad duty to inform you of the death of Jack Bushby. Jack was a talented runner, who had been a member of Clayton-le-Moors Harriers in his youth. On his return to the Burnley area, he re-joined the Club in 2007 and had taken part in many training runs and Club events during the last two years. Jack was always cheerful and took a great interest in the Club and its members. He will be greatly missed.

Our condolences go to his wife and family.

SEPTEMBER RUN OF THE MONTH

SUE BURNS

for 3rd F50 at GREAT NORTH RUN on 20th Sept
Nominated by Wendy Dodds & Harry Manning.

WENDY DODDS

for 1st F55 at the MUKER SHOW FR on 2nd Sept
Nominated by Harry Manning

JOSIE HOLDSWORTH

for 6th place (3rd Senior Lady) in YORKSHIREMAN HALF MARATHON on 12th Sept
Nominated by Gary Shaw

DOMINIC HOWELL

for 6th place in the GREAT LANGDALE HALF MARATHON on 20th September
Nominated by Kathryn Wilkinson

PAUL THOMPSON

for 1st place in the GRISEDALE HORSESHOE FR on 5th September
Nominated by Tim Edward, Peter Thompson, Simon Halliday, Gary Shaw and Harry Manning
For 4th place in FLEETWOOD MARATHON on 13th September
Nominated by Gary Shaw and Harry Manning

**SEPTEMBER WINNER
PAUL THOMPSON**

For two outstanding performances within the space of two weeks.

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

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

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

Just follow the links to the Message Board and the Run of the Month