

HARRIER NEWS



The Clayton Harrier Newsletter
www.clayton-le-moors-harriers.co.uk May 2013



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CONTACTS

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

Race Results

All your races will count towards the Club's 2013 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: valric55[at]virginmedia.com
Telephone 01282 423808

Please send your Fell Results to Andy Brown
2 Brennand Terrace, Grindleton, Clitheroe, BB7 4QZ
Telephone: 01200 440880
Email: fellrunners@gmail.com

Please send your Cross-Country Results to Harry Manning
4 Wiswell Close, Burnley BB10 2DW
Telephone 01282 830458
Cross-Country Results for those races that qualify towards the Club's 2012/13 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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Publication: Blackburn College Reprographics
Distribution: Michael Frost
Advertising rates are available from the editor. Advertisers' products and services are not endorsed by the committee.

Copy deadline for the June issue:
Monday, 13th May

Boothy's Bit

Club clothing

On pp8 & 9 of this month's 'Harrier' there is a feature highlighting our range of club clothing. Over the past few months it has been great to see so many of our juniors at races—easily identified by their bright orange hoodies. As well as making fellow members easy to find, our club kit underlines our presence at events and helps to reinforce our club identity. Following comments that the orange hoodies are a bit on the bright side (Richard and Val strongly disagree), we have invested in a batch of black and orange hooded sweatshirts, complete with club logo and club name. These items are bound to be popular, so contact Val to place your order now—a bargain at £20.00. Val also has a stock of T shirts and sweat shirts at knock-down prices—not forgetting club vests. (Why not replace your tatty, grubby old vest?) Also, the junior organisers have sourced orange/black shower-proof jackets for the youngsters, which are now available in adult sizes. Contact Jason Pier if you would like to buy one.

Relays

Since the organisers of the Calderdale Way Relay decided to move its date from December to May, it has taken place on the same weekend as the British Masters' Road Relays in Birmingham. This has given the captains a huge dilemma, as the club has a history of success in both events, but doing both puts a great strain on resources; very few members are willing (or able) to spend two days of a weekend away from family and other commitments. Therefore, in 2013, the captains have decided to concentrate our resources on the Calderdale Way Relay and are not entering any teams in the road relays. We realise that this will be a major disappointment to some members (myself included), but felt it was the most sensible decision in the circumstances. If the events are programmed on the same weekend in the future, we will again take a decision on entries on the availability of members and how competitive our teams are likely to be.

Help at Races

Thanks to all who helped at the Stan Bradshaw Round and Pendle Fell Races. There was a great turn-out, which did the club proud (see message from David Bailey on p26. It would be great if you could give the same level of support to Geoff Newsam for Mearley Clough FR on Tuesday, 14th May (see p26 for details).

Although George Thompson does not ask for help with Aggie's Staircase on 20th June (see p7), I'm sure he would not turn down any offers—even though he's organising the race on behalf of Darwen Dashers.

Summer Series 2013

The ever-popular series returns in 2013 in the usual format with first-past-the-post and guess-your-time competition in all age categories. Fun and frolics for all. Details on p29.

Words of Wisdom

You probably didn't realise it, but the club has a resident guru; none other than El P, Dave Scott. In the run-up to his 46th attempt on the 3 Peaks, Dave has sent us the following quotations:

"If you want to win something, run 100 metres. If you want to experience something, run a marathon." Emil Zatopek

"Running is the greatest metaphor for life because you get out of it what you put into it." Oprah Winfrey

GARRY WILKINSON MFHT, ICHF,

Clayton-Le-Moors Harriers

07581 623744

garrywilkinson1964@btinternet.com



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2012-13**

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Miami to Boston on 5 Wheels (part one)

Friday 12th April, 2013. Cabin 4, Jonathan Dickinson State Park, Florida
(about half way between Miami and Daytona)

Well as we've been over in the USA for over a week now, we thought it was time we let people know how we are going on. After Dave Hindle dropped us off at Manchester Airport (thanks pal), the Delta Airlines flights were ok, but we eventually reached Miami an hour or so late at around 8.30pm local time. No problem with the transfer to the hotel and then straight to bed. Miami is a huge modern city, very clean and prosperous and it positively glints in the hot Florida sunshine. The temperatures were up in the mid 80's, quite a contrast with the Manchester we left behind at not much above freezing. We spent three days in Miami Beach, looking round the city, collecting the bikes, and paddling in the warm Atlantic Ocean which was just across the road from our hotel.

As most people will know, due to Sandi's MS, she can't ride a regular bike any longer, so she has bought a tricycle, with a handy electric motor attached to it. On a full charge, this will give us around 20 miles, plus whatever distance she can manage to pedal. The battery is recharged every night wherever we happen to be staying, so we have a further 20 miles range for the following day. Fortunately there are enough motels around (so far!) to accommodate our limited range. I have bought a traditional workhorse bike and carry all our belongings in front (thanks Pete Hindle) and rear panniers. We've been on the road five days now and covered just under 100 miles. Temperatures have been fairly constant in the 80's, with a burning sun, so perhaps it's a good thing we are not aiming to do 60 miles a day!

The route so far has, in all honesty, been a bit dull, as we have ridden out of the greater Miami area, passing row upon row of magnificent concrete and steel hotels and condo's, populated by the very well to do. We've also passed many magnificent family homes – god knows what they cost- with three cars on the drive and a massive motorboat moored on the creek opposite.

However we've now left Miami behind and are seeing a bit more of the Atlantic, which seems surprisingly blue. We've just taken our first day off from cycling to spend two nights in a "cabin" at this state park. Cabin does it no justice whatsoever, as it has all mod cons including air conditioning, but it is very peaceful away from the busy highway.

This afternoon we experienced our first Florida thunderstorm which was very spectacular indeed, with tremendous lightning, deafening claps of thunder, and heavy rain. We just got back from a canoe ride up the local river in time. Anyway, it's back on the road tomorrow for us as we've still got 2181 miles to go before we get to Boston.

Peter and Sandi Browning



Fell race date for your diaries

Thursday 20th June 2013

AGGIE'S STAIRCASE FELL RACE

4 Mile with 1150 ft Ascent
Under FRA Rules – Classification AS
Start 7:15pm. Punstock Road, Darwen (GR689221)
Registration Darwen Leisure Centre from 6pm
Entry on the day only £4.00

If you require more details please contact:
George Thompson
Tel: 01254 772013 Mobile 07960523959
E-mail: george.thompson77@mypostoffice.co.uk

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RUN OF THE MONTH
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MARCH



MARK ASPINALL for 1st M50 at the MID LANCS LEAGUE XC FIXTURE at SKELMERSDALE on 2nd
Nominated by Harry Manning

WENDY DODDS for 1st F60 at the SEDBERGH 3 PEAKS on 5th
for 1st F60 at the WUTHERING HIKE at HAWORTH on 9th
for 1st F60 at the CAUSEY PIKE FR at KESWICK on 30th
Nominated by Harry Manning

LAURA HESKETH for 2nd F at the STANLEY PARK 10K RR at BLACKPOOL on 2nd
for **1st LADY** at the VERA HIRST 5K RR at LITTLEBOROUGH on 27th
Harry Manning

BRETON HOLDSWORTH for **1st PLACE** at the DENTDALE 14M RR at DENT on 9th
for 7th place at the CARTMEL MT RACE at CARTMEL on 16th
Nominated by Harry Manning, Jason Pier, Andy Armstrong & Pete Booth

ANNA KELLY for 3rd F, 1st F40 & 1st F50 (record) at the HEPTONSTALL FR at HEPTONSTALL on 17th
Nominated by Jean Brown & Katy Thompson

MATT LALOR for 4th place (1st Clayton) at the HEPTONSTALL FR at HEPTONSTALL on 17th
Nominated by Wayne McIntosh

MARION WILKINSON for 1st F70 at the STANLEY PARK 10K RR at BLACKPOOL on 2nd
for 1st F70 at the SPRING 5K RR at BLACKPOOL on 10th
Nominated by Harry Manning

MARCH WINNER

BRETON HOLDSWORTH

For his superb performance at the Dentdale 14 Road Race

Bret wins a complimentary Physiofusion massage.

RUN OF THE MONTH NOMINATIONS

REMEMBER: Any member can make a nomination for Run of the Month. Nominations should be sent to the Newsletter Editor by post or email (22 Ann St, Barrowford, Nelson, BB9 8QH or pete.booth56@hotmail.co.uk).

NB: You can also 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.

**This is your
newsletter...**

So contribute to it!!

Are you training for a new challenge, getting ready to break a record, got an idea for a new run... then we want to know! Articles are welcome. Please send these via email to pete.booth56@hotmail.co.uk

or by post to

**Peter Booth
22, Ann St, Barrowford, Nelson,
BB9 8QH; Tel: 01282 698268
Mob: 07724 085873**

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

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Contact the editor if you wish to
place an advertisement.

CLUB CHAMPIONSHIP 2013

As previously announced, we have changed the format of the 2013 Club Championship. The 'single race' format has served us well for a few years, but we want to encourage more members to participate in more events. Therefore there will be one club championship race each month (apart from October) throughout the year. The series began in January with the cross country championship—the Lancashire XC Championship Race—the only championship decided by a single race. The fell and road club champions in the various age categories will be decided by the results of 5 races (ANY 3 to count in each discipline) over a variety of distances. Remaining races:

May 24th (Fri) Road	<u>Burnley Lions 10K</u> www.pendleandburnleygrandprix.co.uk	Colne CC, BB8 0RF
June 4th (Tues) Fell	<u>Paddy's Pole FR (AS)</u> £4.00 eod www.prestonharriers.net	Fell Foot, nr Chipping PR3 2NZ
July 28th (Sun) Road	<u>Towneley 10K</u> www.pendleandburnleygrandprix.co.uk	Towneley Park, Burnley
August 25th (Sun) Road	<u>Fleetwood Half Marathon</u> £15 pre-entry www.fyldecoastrunning.org	Leisure Centre, The Esplanade, Fleetwood, FY7 6HF
September 25th (Wed) Road	<u>Ron Hill's 75th Birthday 5K</u> £6.00 pre-entry www.ukresults.net	The Falcon Inn, The Square, Littleborough, nr. Rochdale
October	No Race—Ian Hodgson Fell Relay UK Hill & Fell Relay	
November 23rd (Sat) Fell	<u>Tour of Pendle (AL)</u> £7.00 pre-entry www.clayton-le-moors-harriers.co.uk	Barley Village Hall
December 1st (Sun) Road	<u>Guys 10M</u> £8.00 pre-entry by 26/11 Limit 400 www.garstangrc.co.uk	Guy's Thatched Village, Bilsborrow, nr. Garstang, Preston, PR3 0RS

NB: Each championship discipline is separate i.e. results will not be aggregated to decide an overall club champion.

Just when you think things can't possibly get any worse.....

Anniversary Waltz 2013

We arrived in the Lakes at tea time on Wednesday, just as a tremendous storm struck. The rain lashed down and the wind howled like a banshee for 15 hours. Gusts continuously struck the motorhome so hard that I felt like I was crossing the North Sea in a gale. We then enjoyed a couple of days walking in breezy, cool conditions, but Saturday dawned fine, clear and still.

As we arrive at Stair, it's clear that the car park (field) is wet. Very. After he's prised the £5(!) fee from my clenched fist, the helpful marshal advises me to keep going through the mud near the gate, as the rest of the field is fine. Easier said than done. Just as I think I've got through the worst bit, we come to a halt, wheels spinning furiously and uselessly, right in the centre of the entrance. Luckily, there's enough room for other, less cumbersome vehicles to pass. Never mind, here's the farmer on his sturdy quad to pull us out.

"Where's your eye bolt for me to attach the tow chain?" Good question. Cue frantic search of the van, to no avail.

"Can you borrow one?" Off I go around the field playing 'spot the eyebolt'. Success, there's one on the front of Neil Hardiman's van. Having finally worked out that it's a left-hand thread, I'm back at mine. Only, it's the wrong size! Much head scratching ensues. Helpful farmer says, "Leave it here. Run your race and we'll get you out later." Sounds like a plan. Immediate worries over, until Captain Motley's van sinks next to mine, completely blocking all access to the field. The combined muscle power of half a dozen runners gets him out. Phew!

Registered and changed, having endured the odd remark about my parking skills, we're off! Within seconds of hitting the steep lane, I'm blowing like an old grampus, legs like lead, heart beating as loud as a trip hammer. Neil W passes me. "I'm setting off easy and seeing how it goes," says he, as I flounder in his wake. After about half a mile we're running on the flat and then downhill. My legs and breathing are now a bit easier, but as soon as we hit the gentle rise past Newlands Church I'm straight back into oxygen debt, legs full of lactic. Andy Armstrong jogs past easily just before we hit the steep, grassy bank up High Snab. "Thank goodness," think I, "my sort of terrain." Wrong. I just about manage to hold position on the stroll up Robinson but, as soon as the gradient eases, my rivals – Andy A and Jean Brown, to name but two – are disappearing into the distance as my legs refuse to work.

Off Robinson, I get my legs back and descend quite well, pulling back a few places, but can make no inroads into the gap between me and Jean as we climb Hindscarth.

It's the same story off Hindscarth and up Dale Head, where I make a good decision to follow Bowland's Huw Price to the left of the path. Arriving at the tarn at the same time as Jean, I'm promptly put in my place as she flies up High Spy, leaving me in her wake. Across Maiden Moor, I again follow Hugh and very gradually begin to reel Jean in. By the col, I manage to draw level and Jean encourages me, but I know that, on today's performance, she'll beat me to the top of Cat Bells. She does. And despite my best efforts to pull her back on the descent, finishes 30 seconds before me. To rub salt in the wound, my V60 rival, Jack Holt is already at the finish, looking as though he crossed the line some time ago.

Conscious of the need to move my van, I don't hang about at the finish and walk back down the lane trying to work out how I'm going to extract my van from the mud. Once back in my wellies, things don't look good. No eyebolt; no tow; no chance. Then, half a dozen car park marshals (all local farmers – definitely not built like fell runners) appear. "We'll push you out!" After much heaving, straining, revving and rocking of the van, we're out. Round I go and head for the exit gate. Noooo! Stuck again! My new-found friends rally round again and manage to get me moving. After a short bout of wheel spinning in the gateway, the van finally shoots forward onto the tarmac lane. Pausing to take my passengers on board, I thank one of the marshals. "No problem," he says. "It makes the day much more interesting!"

As I head for Keswick, I reflect that there is a slight silver lining: I'm one of the few who got value for their £5 car park fee!

It was great to see so many 'marmalade sandwiches' out at Anni Waltz – most seeming much more comfortable than I did. Captain Dave led the troops home with a great performance, in 20th place, with the other Dave (Edmondson) running him close (22nd). Messrs Balderson & Hardiman weren't far behind with Andy Armstrong and Jack Holt (1st V60) in close attendance. Jean had a great run (6th lady; 3rd F40), as did Wendy – 1st F60. Full results and club championship update in next month's Harrier.

Pete

Covering Old Ground

25 years ago (May 1988)

- There were 526 paid up members.
- In the Three Peaks the Ladies' team took first place and the men's were second. The three Ladies' counters were Vanessa Brindle (Peacock) first, Ruth Pickvance second, Linda Lord fourth, and Judy Makinson (Ashworth) fifth. A total of 18 Ladies finished in the race of which 9 were from our club. Vanessa knocked 7 minutes off her record, finishing 68th overall.
- Amongst the new members were Barry Mitchell and John Francis.
- In the Pendle FR 125 members took part out of 500 finishers (37 Ladies).

20 years ago (May 1993)

- The Men's XC team took the honours in the Mid-Lancs Series whilst the B team also took the honours in their category. Similarly, the V40 and V50 teams took the honours. The Ladies' and Ladies' Vets' took second place.
- In the High Peak Marathon, Wendy Dodds was in the first Ladies' team, whilst the men's winning team was made up of Mike Wallis, Jack Holt, Tim Laney, and Martin Stone. Linda Lord won the Fiendsdale.

In the Results:

Ribble Valley 10M: 1st V40 D.Wilson

London Marathon: Graham Cunliffe 2.37; Mick Green 2.39;

Christine Leathley 3.37; Brian Leathley 3.43; Kitty Garnett 3.50;

Half Tour of Pendle: Winner Sean Livesey 62.57

15 years ago (May 1998)

- A new path had been installed at the summit of Pendle which is not really suitable for running down at speed so an alternative is to be sorted for the 'Downhill' to Wellsprings.
- Clayton retained the Lancs Fell Champs honours in the Half Tour of Pendle with Sean Livesey (3rd), Mark Horrocks (4th), Garry Wilkinson (7th), and Geoff Gough (16th).

In the Results:

Ted Booth 10K: Winner Roger Brewster (also V40) 32.05

10 years ago (May 2003)

- The Annual Presentation night was to be held at the Pendle Inn Barley on 6th May at 8.30 pm – Monica Shone was to present the awards and there was to be free Pie & Peas for supper.

- Alistair Patten wrote about the 'Scout Cairn' – "...to put the record straight this is really the Clayton Cairn as it was built for the inaugural Clitheroe Fell Race organised by Clayton Harriers....some years ago the Cairn was vandalised and the Scouts rebuilt it and put a claim on it." Alistair and his sons built the Cairn originally to be the turning point in the race starting at Castle Gate Clitheroe.
- Doug McCallum related the story of his first fell race (in the early 60's) when a friend asked him to go for a 'training run'. The race was Thieveley and Doug was shocked that runners could go up a hill where you needed hands as well as feet. At the finish Doug did not remember crossing the line but his friend shouted well done to which Doug responded, "...What do you mean well done....I was nearly killed – what the hell was this all about??"
- Run of the Month nominations were – Phil Thornber for making up a V50 Clayton team in the Wilsons XC and although Phil finished second to last his participation meant the V50 team took the honours for the season; Roger Brewster for 4th overall and 1st V45 in Coniston 14 (Roger had maintained a top 5 finish for the 20 year history of the race); Vanessa Peacock for 1st at Bleasdale Circle, 2nd and 1st LV50 at Windmill FR and Half Tour of Pendle; Roger Brewster/Graham Cunliffe for winning the Wuthering Hike; Maureen Laney for 1st in Burnley 10K....the winner Roger Brewster.

5 years ago (May 2008)

- Clayton were to Marshall the Three Peaks from the shooting hut to Newfield Lodge and Pete Browning was to 'sweep' from the start to Ribblehead.
- Mike Eddleston reviewed the Winter Training from Wilson's Playing Fields in Clayton-le-Moors. Mike said "...The core objective was to enable runners to improve fitness from October to April so they could be ready for the Summer racing season. A secondary objective was to provide balance within a Winter training programme using longer runs to complement other intense speed work or track sessions....an additional proposal was to hold a regular 10K Time Trial....a total of 23 runners posted effort section times on the main training routes and a similar number posted 10K Time Trial times. Additionally, a sizeable contingent ran routes without recording times....It would be useful if you could let me have your opinion and any suggestions for improvement."
- In a somewhat less than serious letter Pete Browning told a story about the speed camera on one of the Wilson's routes – in response to a question Mike Eddleston claimed he had recorded 9 miles per hour – Pete (tongue in cheek) and Alison Dugdale claimed to have recorded

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10 mph. Mike set off at great speed! Then suddenly the camera reported 32 mph....but unfortunately a car came speeding past. Pete went on to thank Mike for all his hard work and dedication in arranging the Winter training.

- Nominations for Run of the Month – Wendy Dodds for 1st in Manx Mountain Marathon, 1st LV50 at Bleasedale Circle, 1st LV55 at Black Combe, 3rd L overall and 1st LV50 at Sedbergh Three Peaks, 2nd L overall and 1st LV50 at Elterwater; Tracy Mitchell for 2nd L at Half Tour and fastest Club lady at Haigh Hall Relays; Mark Aspinall for 1st V45 at Grizedale Forest 10 M, 1st V45 at Roddlesworth Roller 6M, and fastest Clayton V40 at British Masters XC Champs; Paul Thompson for 1st overall for fourth time in a PB at Manx; Mick Wrigley for his run at Dent 14M – three years after his heart attack (two miles from the finish) in the same race; Kevin Davies for consistent effort and PB's in GNW Half Marathon 1st V45, at Trimpell 20, 2nd V45, St Anne's 10 3rd V45....the winner is Wendy!!

In the results:-

Blessed Trinity 10K: 1st V40 Phil Hall (5th) 34.34; 1st JM D.Ashworth (32nd) 40.25

Coniston 14: 1st V50 Roger Brewster (18th) 78.03

Rochdale 4M: 1st V45 Tony Chew (10th) 22.32

Manx MM: 1st L Wendy Dodds (26th) 6.02.41

Paul Healey

JUNIOR NEWS
JUNIOR OF THE MONTH
MARCH RESULTS

CHRIS ARCHER	Mid Lancs XC Skelmersdale U13B 13.59
THOMAS BRADLEY	Mid Lancs XC Skelmersdale U13B 13.24 Abbey Village D/Doddle M13 3 rd 12.41. Rivington Pike FR U14B 16.58 15 th (58 ran)
RYAN CLARKE	Rivington Pike FR U14B 18.08 25 th (58 ran)
ELLA DORINGTON	Rivington Pike FR U10G 9.33 14 th (46 ran)
ROANNA HOLDSWORTH	Mid Lancs XC Skelmersdale U11G 10.46
BRIONY HOLT	Rivington Pike FR U12G 12.26 9 th (86 ran)
CURTIS HOLT	Mid Lancs XC Skelmersdale U13B 12.39
JORDAN MC DONALD	Mid Lancs XC Skelmersdale U15B 15.53
HARRY MASON	Mid Lancs XC Skelmersdale U11B 9.22 Abbey Village D/Doddle M10 5 th 13.58
ALICE PIER	Mid Lancs XC Skelmersdale U13G 10.22 Abbey Village D/Doddle F12 5 th 13.27 Rivington Pike FR U14G 19.26 5 th (58 ran)
GEORGE PIER	Abbey Village D/Doddle M15 2 nd 12.15 Rivington Pike FR U16M 16.21 25 th (41 ran)
ELEANOR ROOT	Abbey Village D/Doddle F11 2 nd 14.00
GRACE ROOT	Abbey Village D/Doddle F7 2 nd 16.58
ADAM STEVENSON	Mid Lancs XC Skelmersdale U11B 10.19
SIMON WILSHAW	Mid Lancs XC Skelmersdale U13B 14.01 Rivington Pike FR U14B 17.48 23 rd (58 ran)
ISAAC WILKINSON	Rivington Pike FR U10B 7.41 9 th (46 ran)

JUNIOR RUNNER OF THE MONTH

JACKSON MC KAY

**For his 2nd place in the primary schools' XC finals at
Towneley
WELL DONE !!!!**

MARIONS MESSAGE

Well done to all who ran at Barley. We had a great turnout and some good results giving us second place overall - one up from last year. You were all noticed in your new Clayton jackets which could be seen for miles around.

Many of you ran at Parkrun on Saturday as part of your training. We had lots of PBs which means your hard work is paying off. Keep it up and you will get the results you deserve!!!!

CLAYTON JUNIORS' TRAINING

Thursday Training; Spirit of Sport, 6.00-7.00. This is an indoor circuit session to improve speed and agility. Cost £2

Saturday Training; 08.45 at Towneley Park for endurance running and/or Parkrun. Please bring clothing that is suitable for the weather and running conditions.

Age Limits for Training Sessions; There's no minimum age limit to be a junior member of Clayton Harriers (although the minimum age to compete in a Fell race is six years on race day) however we have decided to apply a minimum age to attend the coached training sessions. Juniors must be in school year 5 or above. This applies only to new recruits not to those already attending.

The main reason for this change is that most juniors below this age limit struggle to maintain focus during structured coaching (especially endurance work) and gain little from the session. We appreciate that there are exceptions to this however, they are fairly rare.

EMAIL ADDRESS FOR JUNIORS:

claytonjuniors@gmail.com

Rivington Pike Fell Race, Sat 30th March; Summer Series Race 4

A perfect day for fell running; crisp and cool with snow in places! Congratulations to our nine runners who made the trip to Horwich. We had runners in u10 to u16 and all worked hard on the day. Special mention has to go to Ella who got struck by "The Curse of the Loose Shoe" but well done for shoving it back on and continuing with her race. We also have to mention Simon who, having a great race, was so surprised at being cheered on his rapid descent that he nearly stopped!

Pendle Fell Race, Sat 6th April; Summer Series Race 5

Another sunny day, another great fell race (no snow this time; shame!) What a fantastic turnout; seventeen juniors ran for us yesterday and made us proud (or maybe it shows what the promise of a goodie bag can achieve!). Clayton Juniors managed to score 2nd place overall in the Lancashire Fell Championship, up from 3rd last year. This was due to a strong team turnout and some excellent individual performances in all age groups:

James Ashworth finished fourth in one of his first fell races, just six seconds behind the overall U8 winner. Gracie finished second girl in the U8 category. She stormed up the hill and was leading until the line where she was pipped by a more confident descender; well done Gracie, a very promising result.

Jackson came in 6th boy U10, closely followed by Ella (12th girl) and then Anna, Roanna and Molly.

Briony and Ellie finished 9th and 15th girl in their U12 race, followed closely by Adam Stevenson who gave a great performance despite being relatively new to fell racing. The change to the route for U12 and above gave them a tough final ascent and they coped really well.

We had 6 runners in the U14 category and the first home was Simon in 15th place, showing some excellent descending skills to gain several places up on Pendle. (He barely broke stride when I shouted encouragement to him, making progress there too!). Simon was chased back to the finish by Kenan (also new to fell racing) and followed by Ryan, Curtis, Alice and Chris Archer, all close together. Our boys U14 category is going to be a close contest this year.

Jordan was unfortunately on his own in the U16 race (George had some feeble excuse about work experience commitments!) and worked hard for his 7th place.

Well done to you all today and I'm particularly impressed at how well those new to fell running coped with the conditions. We've got four weeks to our next Summer series race; might be nearly summer by then!

Andy Armstrong

**CLAYTON JUNIORS
SUMMER SERIES 2013**

There are 10 races available in the calendar, running from Saturday 20th January until the end of July. We have several new races this year as well as some old favourites.

Medals will be awarded to all completing at least five races, but you can do as many as you want.

Your position at the end of the series is calculated from your best five results, don't worry if you have a bad day or your parents insist on dragging you away on holiday! Prizes will be awarded at the end of the series for age category winners, boys and girls.

- Sat 20th Jan **Stanbury Splash Quarry Run**, Penistone Country Park, Haworth [Woodentops](#)
- Sun 10th Feb **Winter Warmer**, Witton Park, Blackburn. [Blackburn Road Runners](#)
- Sun 10th March **25th Annual Daffodil Doodle**, Abbey Village nr Darwen [Chorley Athletic and Triathlon Club](#)
- Sat 30th March **Rivington Pike Junior Fell Race**, Rivington, [Horwich RMI Harriers](#)
- Sat 6th April **Pendle Junior Fell Race**, Village Hall, Barley, [Clayton Harriers](#)
- Sun 5th May **Great Hameldon Hill Junior Fell Race**, Peel Park Hotel, Turkey Street, Accrington. [Clayton Harriers](#)
- Sat 11th May **Cowpe Junior Fell Race**, Cowpe Village Hall, Waterfoot, [Rossendale Harriers](#)
- Wed 5th June **Astley Park Junior Trail (Race 2 of 4)**, Astley Park, Chorley [Chorley Athletic and Triathlon Club](#)
- Sat 22nd June **Reservoir Boggs Junior Fell Race**, Hare and Hounds Pub, Chiserley, Hebden Bridge [Calder Valley Fell Runners](#)
- Wed 17th July **Widdop Junior Fell Race**, Pack Horse Pub, Widdop Road, Widdop. [Calder Valley Fell Runners](#)

MILESTONES

Age

4 th	Alec Macauley	70 years
5 th	Zoe Sharpley	9 years
12 th	Ray Jones	75 years
12 th	Freddie Long	11 years
14 th	David Bate	45 years
21 st	Albert Ashworth	85 years
21 st	Edward Hoare	70 years
21 st	Tina Lewis	50 years
24 th	Steve Fish	60 years
25 th	Jack Lowe-Sisson	12 years
27 th	Finley Stubbs	7 years
31 st	Thomas Passco	12 years

Service

Steven Holden	30 years
Pete McWade	30 years
Steve Whitaker	30 years
Geoff Gough	20 years
Isaac Wilkinson	10 years
Christopher Archer	5 years
Dave Motley	5 years

MEMBERSHIP

A Special Welcome to:

Anthony Gott, Clayton's first wheelchair athlete. Anthony has received support from the Everest Marathon Fund and wished to show his gratitude by becoming a member of the club.

He recently competed in an invitation-only track event in London and is aiming to take part in next year's Commonwealth Games.

COMMITTEE NEWS

March: 11 members were present. The main points of discussion and decisions were:

- Marion modelled w/proof top bought for the junior squad from John Wilcock's donation
- The redundant / slow moving clothing stock should not prevent investment in new lines. Photos of stock to be put into n/letter.
- Website no update yet, requires agreement with Pete and Jim. Agreed access is committee members, but needs to be populated otherwise will always be out of date and dated. Frequency of n/letter debated again, hold to see what alternate web and Facebook provide members. Need to be sensitive to our advertisers re potential loss of space. Agreed no advertising on new website on initial launch, but there would be Facebook logo and twitter links on site.
- Captains Road – 12 stage relay at Blackpool 23rd March; Fell – Calderdale to enter 4 teams.
- FRA presentation evening (Nov 23rd) Agreed to have tickets on sale available from selected Clayton members and P Bland.
- B Walmsley doesn't want the Stan Bradshaw round elected as a club championship race as he is always struggling with marshals on the day.
- Summer venues for road to be decided between Towneley and Worsthorne
- Dave E is organising a summer Patterdale training weekend
- Future social events to be aired to the members.

Next Meeting

Monday 8th April 2013 at 7.00pm Whittaker Arms Accrington.

Tuesday Summer Training Venues April-September 2013

The format of our summer training sessions for this year will be similar to last year's. On Tuesday evening, throughout the summer, fell training will follow the usual format of group runs (group according to ability/inclination/level of fitness) from the following venues, at the time stated:

Date	Time	Venue
7, 14, 21, 28 May	7.00pm	Barley Car Park
4, 11, 18, 25 June	7.00pm	Village Square, Worsthorne
2, 9, 16, 23, 30 July	7.00pm	Calf's Head Hotel, Worston
6, 13, 20, 27 August	7.00pm	Peel Park Hotel, Accrington
3, 10, 17, 24 September	6.30pm	Sabden Village Car Park

As a result of concerns expressed by members about the vulnerability of cars parked, unattended, on the Black Hill car park for up to 2 hours, in April and September, we will meet at the Sabden Village Car Park, rather than at Black Hill. There is plenty of on street parking in Sabden, as well as the village car park .

As last year, there will also be summer training for members who prefer not to run on the fells.

Meet at 6.30pm in Worsthorne Village Square for runs on the local tracks and trails.

See page 29 for details of 2013 Summer Series Races.

Beginners' Training

Monday: 6.00pm at Towneley Park

(meet in the car park next to the Children's Playground).

For further details please contact John Roche 01282 431959

Thursday Training

- 1) Structured training led by John Roche from Towneley Park
(meet in the car park next to the Children's Playground)

Beginners meet at 6:00pm

Experienced runners meet at 6:30pm for 6:45pm start

All abilities and all runners are welcome.

- 2) Training run from The Memorial Park, Church Lane, Great Harwood.
6.30pm
Run the tracks and trails around Whalley Nab, Billington Moor,
Dean Clough and Read Hall.

CLAYTON-LE-MOORS LADIES TRAINING NIGHTS 2013

02/05/13	Linda Bostock	01282 816269
09/05/13	Katy Thompson	01254 772013
16/05/13	Yvonne Wickham	01282 774182
23/05/13	Kath Wallis	01254 822874
30/05/13	Christine Leathley	01282 694941
06/06/13	Sarah Clarke	07762970022
13/06/13	Alison Dugdale	07590279794
20/06/13	Debbie Wilson	07507562684

(8 Forest Bank Trawden)

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

All ladies are welcome.

Pendle Junior and Senior Fell Races 2013

Can I just thank all the members and friends who helped marshal the races on the 6th April, without your assistance the races, especially the Juniors could not take place. We were blessed with perfect weather and, although not a Junior Championship race, the junior numbers were only slightly down. The senior event again attracted a big field with top name runners such as winner Rob Hope, Ian Holmes and Victoria Wilkinson.

Again many thanks to you all.

David.

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Mearley Clough Fell Race

**Tuesday, 14th May
7.15pm**

HELP NEEDED

If you can help race organiser, Geoff Newsam with car parking, marshalling, registration or results, please contact Geoff on 01200 441328.

If you want to run, there are still jobs that you can help with.

RESULTS

MULTI TERRAIN

Roddlesworth Roller 6M MT

13th March

1	M	Flatley Middleton H	33.09
28	Briony	Curtis Hunters B T	40.07
38	Anna	Kelly 2nd F; 1st F45	41.30
115	P	Costello M50	50.23
116	Dawn	Richards F45	50.25
135	V	Brodrick M50	51.50
153	K	O'Brien 3 rd M65	53.42
206		Finished	

ROAD

Vera Hirst 5K Littleborough

27th March

1	I	McBride Royton RR	15.53
23	Laura Hesketh	1st F	19.32
86	Yvonne Wickham	1st F50	25.46
88	R	Chappell 1st M65	26.12
111		Finished	

Salford 10K

29th March

1	A	Holliday Tipton H	30.43
17	M	Lalor	33.15 PB
88	P	Hesketh M45	37.16
195	S	Biscomb M55	41.38
539		Finished	

Wilmslow Half Marathon

24th March

1	J	McDonald Cardiff AAC	64.54
87	P	Hesketh M45	81.54
		Over 3000 ran	

Caldervale 10

29th March

1	G Pennington Preston H	55.11
5	Amanda Cook Southport Waterloo	59.11
144	Yvonne Wickham F50	90.48
187	ran	

Guiseley Gallop

31st March

1	T Adams	Ilkley H	34.24
314	KO'Brien	2 nd M70	65.09
386	Ran		

Colin & Brenda Robinson 5K

Littleborough 3rd April

1	I McBride	Royton RR	15.45
7	T Brewster		17.12
18	Bev Jenkins	F40 Salford H	18.14
104	Yvonne Wickham	2 nd F50	25.17
108	RChappell	3 rd M65	25.37
132	Andrea Brewster	F50	28.53
144	Ran		

Joe Salt 80th Birthday 5K

10th April

1	I	McBride Royton RR	15.40
6	T	Brewster	17.10
19	T	Chew M50	18.12
127	S	Hartley M55	24.35
140	Yvonne Wickham	F50	25.27
148	R	Lawson M70	25.57
155	R	Hill M70	26.47
162	R	Hirst M60	27.58
177	Ran		

FELL

Black Combe 2/3/2013

AM: 8m, 3280ft

1	Ricky Lightfoot	Ellenborough	1:08:26
24	Helen Fines	CVFR	1:23:27
78	Richard Bellaries	V50	1:41:59
79	Wendy Dodds	LV60	1:42:03
99	Ian Robinson	V60	1:46:51
117	Graham Eccles	V50	1:52:32
123	Stephen Bury	V50	1:54:05
141	Peter Dugdale	V50	2:05:11
158	Michael Frost	V50	2:29:31
159	Andrew Firth	V50	2:45:00
160	Jon Sharples	V50	3:01:13

160 finished, including 25 ladies.

STAN BRADSHAW PENDLE ROUND

9 MARCH

1	HOPE Rob	Pudsey & Bramley AC	1.06.10
19	EDMONDSON David	MV40	1.17.39
21	MOTLEY Dave		1.18.58
25	WALLIS Mike	1 st MV50	1.20.17
26	HALL Phil	2 nd MV50	1.20.42
31	HESKETH Paul	MV40	1.21.45
39	BOOTH Pete	1 st MV60	1.24.14
40	HOLT Jack	MV60	1.24.17
42	PICKLES Looie	Wharfedale	1.24.32
44	HORROCKS Brian	MV50	1.24.43
48	KELLY Simon		1.25.10
49	ARCHER Paul	MV40	1.25.13
51	BROWN Jean	1 st LV40	1.25.23
67	LIFE Alan	MV40	1.30.12
69	WHIGHAM Ivan	MV50	1.30.29
70	WILCOCK John	MV50	1.30.36
72	TAYLOR Mark		1.30.48
74	DUGDALE Andrew	MV40	1.31.08
79	HODSON Nigel	MV40	1.31.36
80	ROBINSON Andrew	MV50	1.31.50
85	CONNELL Ian	MV40	1.32.32
90	BALMER Gary	MV40	1.33.09

92	HORROCKS David	MV50	1.33.31
93	BELLARIES Richard	MV50	1.33.38
100	HORROCKS Juliet	LV40	1.34.57
102	ROSCOE Nick	MV40	1.35.16
107	BRISCOE Richard		1.36.02
109	WORSWICK Neil	MV40	1.36.16
110	BROWNING Peter	MV50	1.36.22
122	NAYLOR David	MV50	1.37.38
123	MOORE Rick	MV50	1.37.43
124	HOGAN David	MV40	1.37.47
127	BURY Stephen	MV50	1.38.54
129	WALE Paul	MV40	1.39.33
131	LAW Matt	MV40	1.39.52
132	WOOLFORD Colin		1.39.59
137	SLATER Lorraine	LV40	1.41.19
144	DUGDALE Peter	MV50	1.43.05
145	FIRTH Andrew	MV50	1.43.46
148	ROCHE Irene	1 st LV50	1.45.00
150	THISTLETHWAITE Melvyn	MV60	1.45.25
159	LORD Linda	1 st LV60	1.47.52
163	THOMPSON Katy	LV50	1.49.50
166	CLARK Susan	LV40	1.50.26
174	LIFE Carol	LV40	1.51.34
177	McCALLUM Dugald	MV60	1.53.58
178	MUNROE Doug	MV60	1.54.02
181	McINTOSH Wayne		1.58.05
184	HIRST Robert	MV60	2.00.13
186	CHAPPELL Ron	MV60	2.01.16
187	NICOLSON Robin	MV40	2.02.59
191	GOSS Karin	2 nd LV60	2.10.07

199 Ran

SUMMER SERIES

The Summer Series will follow the usual format: a conventional first-past- the-post race AND the more subtle art of predicting your time. (Race run without a watch!) The results of the Up and Down Relay for the pair will be carried forward to the individual results for the series. Best 3 results will decide the series.

7.00pm	21st May	Ogden Valley Round	Barley
7.00pm	25 th June	Worsthorne Trail	Worsthorne
7.00pm	23rd July	Up & Down Relay	Worston
7.00pm	27 th Aug	Hameldon Hills	Peel Park Hotel Accrington
6.30pm	3rd Sept	Coppice Trail Race	Peel Park Hotel Accrington

£3.00 per race



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Fell Running Championships 2013

English

Sat 11th May **Fairfield Horseshoe** AM. Rydal Hall, Ambleside
Limit 500. Pre-entry by 5th May. See: www.amblesideac.org.uk/

Sat 15th June **Buckden Pike.** AS. Buckden Village Green,
BD23 5JA

No published limit Pre-entry by 8th June. See: www.wharfedaleharriers.org.uk/

Sat 13th July **Wasdale Horseshoe** AL Brackenclose, Wasdale
Limit 250. Pre-entry between April 13th and June 29th. See: www.cfra.co.uk/

Sat 27th July **Blisco Dash** AS. Old Dungeon Ghyll Hotel,
Great Langdale,
Pre-entry by 20th July. See: www.amblesideac.org.uk/

Sat 17th August **Turner Landscape** AM. Turner Hall Farm,
Seathwaite, Duddon Valley,
Pre-entry between 1st May and 3rd August. See: www.turnerlandscape.co.uk/

British

Sun 2nd June **Yetholm** AM Halterburn, nr Kirk
Yetholm, Scotland
Pre-entry. See: www.norhamrc.co.uk/

Sat 27th July **Blisco Dash** AS. Old Dungeon Ghyll Hotel,
Great Langdale,
Pre-entry by 20th July. See: www.amblesideac.org.uk/

Sat 14th Sept **Peris Horseshoe** AL. Heights Hotel, Llanberis.
Pre-entry from 1st August. See: www.eryri.org.uk/

FIXTURES

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

MAY'S MEANDERS

- Wed 1st Chorley Harriers 4.4m Night Trail Series 7.30pm from Baron's Rest, Astley Village £5 + £2 eod or £14 for series
Race 2. 5th June, Race 3. 3rd July, Race 4. 7th Aug
Lothersdale FR BS 3.6m/600' 7.30pm from Village Hall
Lothersdale nr Skipton £3 eod Junior races from age 7 6.30
- Sat 4th Coniston FR AM 9m/3500' 12.30pm £8 pre-entry or eod
Pendle Cloughs FR AL 14m/4100' 11am from Downham £5 eod
Cake Race FR BM 10m/1700' from Kiln Green Church, Diggle £4 eod
- Sun 5th Great Hameldon BM 6m/1100' 12 noon from Peel Park Hotel £5 eod Clayton Race & 1st race in Pendle Grand Prix
Keswick Half-marathon Keswick Rugby Club £13 + £3 eod
- Mon 6th Coiners FR BM 7m/1100' 11.30pm from Mytholmroyd Community Centre £4 eod
Wray Caton Moor FR BM 6.8m/1100' 11.30 am from Wray near Lancaster (GR 602676) £4 Also Junior races
- Tues 7th Geoff Doggett 5K Littleborough £4 + £1 eod
- Wed 8th Haigh Hall 4m road race 7.30pm from Wigan RU Club WN1 2SJ £6 + £1 eod The only Haigh Hall race this year
- Fri 10th Pinhaw Moor BS 5m/700' 7pm from Red Lion St, Earby £5
2nd race in Pendle Grand Prix
- Sat 11th **Fairfield Horseshoe FR AM 9m/3000' 12 noon from Rydal Hall, Ambleside GR365064 £7 pre-entry only by May 5th English Fell Champs**
Belmont Winter Hill BS 4.5m/1000' 1.15 pm from the Belmont Bull (GR673163) £4 Junior Races 12.30 pm £1
- Sun 12th Blacksticks 10K 10am Whitechapel Village Hall PR3 2EP £8+£2 eod
- Tues 14th Mearley Clough FR AS 3.5m/1200' 7.15 pm Worston £4 eod
- Wed 15th Wholan Nook Trail Race 8.3K 7pm from The Waggoners Inn, Manchester Rd, Burnley £5 eod 3rd Race in Pendle Grand Prix
Horwich Jubilee Road Race 1 5m 7.30pm from Rivington Village Hall,
Blackstone Edge AS 3.5m/1200' 7.30pm from Lydgate Hamlet, Blackstone Edge Old Road, Littleborough £4

- Thurs 16th Ian Casey Cowm Reservoir 5k 7pm from Whitworth £4 + £2 eod
- Sat 18th Old County Tops AL 37m/10000' 8am from NDG, Langdale
£20 per pair by 11th May
- Sun 19th **Calderdale Way Relay - Contact Fell Captains if you can run**
Intercounties Fell Race Settle Hills FR AM 7m/1300' 10.30 am
from North Ribblesdale RUFC, Settle GR819633 £5 eod
Worden Park 10k 10.30 am from Fox Lane Sports Club, Leyland
£8 + £2 eod
Blackpool Beach 10K 1 pm from Solaris Centre, South Promenade,
Blackpool £8 + £2.50 eod
- Wed 22nd Stanhill FR BS 5m/800' 7.15 pm from Britannia Inn, Haslingden
Old Rd, Oswaldtwistle £5 eod only
- Fri 24th **Burnley Lions 10K 7pm from Colne Cricket Club Club Champs
Race 4 in Pendle Grand Prix Club Road Championship**
- Sat 25th Isle of Jura FR AL 17.5m/7800' 10.30am from Craighouse
Distillery, Jura £15 pre-entry on form from
www.jurafellrace.org.uk
Hutton Roof Craggs FR BM 7m/1300' 2.30pm from Hutton Roof
Village Hall GR570786 £5 pre-entry/£6 eod
- Sun 26th Saddleworth FR AS 3m/950' 12.30 pm from Greenfield,
Saddleworth GR002038 £4 eod Junior Races £2
Helvellyn & the Dodds AL 15m/4400' 12 noon from Threlkeld
Cricket Club GR325255 £6 eod
- Mon 27th Bowley Hill Trail Race Approx 5.5m part of Great Harwood Show
£7.50 entry to showfield

JUNES' JAUNTS

- Sat 1st Billy Bland Challenge Relay BG Relay to be run any time in June
Kelbrook FR BS 3.4m/700' 2pm from Kelbrook Parish Church
GR903447 £5 eod Pendle Grand Prix Race 5
Duddon FR AL 18m/6000' 11 am from Newfield Inn, Seathwaite
GR227960 £6 pre-entry £7 eod duddonvalleyfellrace.org.uk
Pen-y-Ghent FR AS 5.9m/1850' 3pm from Horton-in-Ribblesdale
£4 eod
Wharfedale Off Road Marathon (25m/2600') & Half Marathon
(13m/2300') 10.30/11 am from Wharfedale RUFC Threshfield
£15.25 via Sportident by 16th May **No entry on the day**
www.wharfedalemarathonevents.com
Catforth Canter 5K Race 1 of 3 £5 + £2 eod
Staveley Trail Race www.lakelandtrails.org

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- Sun 2nd **Yetholm FR AM 8m/2500' British Fell Championships 1pm from Halterburn nr Kirk Yetholm £9 pre-entry norhamrc.co.uk**
 Longridge 7 11 am from Civic Hall, Longridge £8 + £2 eod
 Edenfield FR BM 6.4m/15665' 10.30 am from Edenfield CC £4 eod
 Run the Lanes 10m RR Preston www.weshamroadrunners.co.uk/
 Fleetwood Rotary 10k & 5k Runs www.fyldecoastrunning.org/
- Tues 4th **Paddy's Pole FR AS 3.7m/1100' 7.15 pm Fell Foot, Chipping £4 eod Club Championship**
- Wed 5th Chorley Harriers 4.4m Night Trail Series Race 2 7.30pm from Baron's Rest, Astley Village £5 + 2 eod , Race 3. 3rd July, Race 4. 7th Aug
- Thurs 6th Badger 10K Trail Run Race 1. 7.30 pm from Wildlife Trust HQ, The Barn, Berkeley Drive, Bamber Bridge, Preston PR5 6BY £7 per race Race 2: 4th July; Race 3: 1st Aug £18.50 for series
 Henderson's End Fell Race BS 6m/980' 7.30 pm from Rivington Hall Barn, Horwich £4 Junior Races 1.9m 7pm £1
 Hebden Bridge FR BS 7.15pm from Calder Holmes Park GR993270 £4 eod
- Sat 8th Full Bronte 5 mile 7.30 pm from Sun Hotel, Haworth £6 by 1st June
 Weets FR AS 5.5m/1800' 2pm from Letcliffe Park, Barnoldswick £4 eod
 Ennerdale FR AL 23m/7500' 11am from Ennerdale Scout Camp Pre-entry £10 (£12.50 eod)
 FRA Junior Uphill Only Champs
 Lowe Alpine Mountain Marathon
- Sun 9th Knowl Hill FR BM 6m/1300' 11am from Brown Cow, Norden, Rochdale GR858146 £4 eod
 Morecambe 10K 11 am from Station Pub, Morecambe £8 + £1 eod
- Wed 12th Holcombe Two Towers AS 4m/1300' 7.15pm from Hare & Hounds, Holcombe Brook GR779153 £3 eod
- Thurs 13th Walsh Two Lads BS 5.25m/900' from Bridge Inn, Horwich £4 eod
- Sat 15th **Buckden Pike AS 3.7m/1600' Eng. Fell Champs Women 1pm Men 2.30 pm from Buckden Village Green GR 942773 £4 pre-entry by 8th June/£6 eod**
 Great Hill Fell Race 5.75/1300' 3pm from Brinscall Fete Field £4 pre-entry + £2 eod
 White Bear Way 10 or 21 m 8.30 am from Adlington Scout HQ £4/£8 + £1 eod
 Great Lakes Run AL 13m/7000' 11am from Stool End Farm, Great Langdale £7 pre-entry/£8 eod

- Sun 16th Hendon Brook Half-marathon 11am from Marsden Park Golf Course Pendle Grand Prix Race 6
Bradford Millennium Way Relay 5 legs/2 runners per leg £70 per team
Freckleton Half-marathon 2pm from Bush Lane Playing Fields, Freckleton £16 at www.ukresults.net No EOD
- Wed 19th Horwich Jubilee Road Race 2 5m 7.30pm from Rivington Village Hall, Rivington, Horwich £5, Race 3 17th July; Race 4 21st Aug
Coppice FR £5 7.15 pm from Peel Park Hotel, Accrington £5 eod
- Thurs 20th Aggies Staircase Fell Race 4m/1150' 7.15pm Registration at Darwen Leisure Centre from 6pm £4 eod
- Fri 21st Wicken Hill Whizz AS 2.8m/1050' 7.30pm from Mytholmroyd Community Centre £4 eod
- Sat 22nd Reservoir Bogs FR BM 7.5m/1500' 11.30 am from Hare & Hounds, Chiserley GR005280 £4 eod Junior races 11.30 onwards
Clougha Pike FR AS 5m/1300' 3pm from Quernmore Village Crossroads, nr Lancaster GR520591 £1 + £2.50 entry to showfield
- Sun 23rd Trawden 7 Road/Trail 11 am from Trawden Recreation Ground Pendle Grand Prix Race 7 £5
Tom Tittiman FR BS 4m/700' 12 noon from Hare & Hounds, Chiserley GR005280 £4 eod
Kinder Trog BL 16m/3500' 11am from Scout Hut, Hayfield GR035873 £5 eod
Sotos 10k 11 am from Sea Cadets HQ, Fleetwood £7.50 + £2 eod
- Sat 29th Darren Holloway Memorial Buttermere Horseshoe AL 21m/9200' 11am from Loweswater Village Hall GR140211 £10 pre-entry only
- Sun 30th Lancaster Marathon £40 by 31st May

**CLAYTON-LE-MOORS HARRIERS
CAPTAINS
2012-2013**

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