

HARRIER NEWS



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



**PHIL HANSON
MARATHON DES SABLES**

JUST DONE IT!

[See report p6]

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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Monday, 10th June

Boothy's Bit

The range of challenges and adventures that club members take on never ceases to amaze me. In this month's Harrier you can enjoy members' accounts of their activities on three different continents. Phil Hanson travelled to the Sahara to tackle the infamous Marathon des Sables (p6). Ali Dugdale and several others enjoyed cycling (and other less strenuous pastimes) on Mallorca (p14). *[Ali told me that she enjoyed herself so much that, for the first time ever, she felt moved to write something for the Newsletter—in verse, too! If you have done something amazing, please get in touch so that we can tell the rest of the club.]* Finally, there are the latest instalments of Pete and Sandi Browning's epic cycle trip up the east coast of the USA (p15).

Club Championship 2013

At the time of writing, I am 'looking forward' to the first road championship counter—the Burnley Lions Colne 10K on 24th May. We have had a good turn out for the fell counters in the last three months and hop for similar numbers at the June race: Paddy's Pole—a brilliant 'A' Short fell race, suitable for members of all abilities and experience. The championship returns to the road for July, August & September. (Details on p13.)

Summer Series

Tuesday, 21st May saw the first race in our summer series—the Ogden Round from Barley. 37 runners (20 Clayton; 17 Trawden AC) enjoyed the course through the fields to Buttock Farm, up to the Cart (Miners') Track, before the ascent of the tourist steps and the long round down Ogden Valley. Mike Wallis and Dave Motley led the field home, but there was great fun at the presentation as Trawden members won their share of prizes—on positions and predicted times. Despite our best efforts, 'Legend' Worswick managed to take home a prize: for 6th closest predicted time, although only 27 seconds out. Winner Richard Bellaries was just 7 seconds under his predicted time!

The next race in the series is the Worsthorne Trail on 28th June—details on p33.

Calderdale Way Relay

We enjoyed great success at the 2013 CWR on 19th May, with the Men's A team achieving a great second place, the men's vets' team winning their category and the ladies' team in third place. Well done all who took part and special thanks to captains Jean Brown, Dave Motley and Neil Worswick for their hard work putting teams together. *[More details on p31.]*

LETTER

Many thanks to all CLEM Harriers who were supporting runners at this year's 3Ps. At one point a man on my shoulder said that he was beginning to think that his name was 'Wendy'! Others accused me of hiring 'rent-a-crowd'. It was marvellous to have the support, particularly the drinks and jelly babies on the final stages of the Ingleborough ascent. It certainly helped my ageing legs to overcome the ageing brain'

Yours in sport
Wendy



Words of Wisdom By resident guru Dave Scott

'It's wrong to think that every race has only one winner. Running is about improving yourself, and if you ran faster or finished higher than last time, then you're a winner, no matter how many others finished in front of you'

Brendan Foster - after winning the National. March 1977

'Winners are people who had the courage to stand at the start and dream'.

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2012-13**

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RUNNING IN THE FURNACE FOR 'HOPE'

Phil Hanson and his Marathon des Sables 2013

I have been in the Sahara for 2 days now and its 8:30 am and about 33 degrees on a Sunday morning in the desert. I'm looking at a mass of runners (1029 starters), a few inflatable teapots and listening to an excitable French man standing on the roof of a land rover. Moments later from speakers the AC/DC song "Highway to Hell" starts blaring out and Patrick Bauer starts the count-down. This is it; 16 months of training all aimed for this moment, the start of the 28th Marathon des Sables and I am representing the charity HOPE (Helping Orphaned Poor & Exploited children). We spill out from the starting gate and spread out over a 100 metre wide column surging up the desert. The helicopter with camera crew flies over the column so low from behind you feel like ducking, then spins around and flies sideways along the length of the surging runners. I am now running slowly along the flat desert with my 8.9kg OMM Adventure light 20L rucksack which includes 1.5 litres of water, 14992 calories, solid fuel/cooker/pot, OMM sleeping bag & liner, first aid kit and basic living kit and an issued flare. You have to be completely self-sufficient for 6 days excluding the rationed water.

Stage1 is a 23.2 mile run and starts with a terrain of hard packed sand and stony surface, which continuously batters your feet. I pick my pace and stick to it. Many have raced off and I'm sitting in the middle of the pack. After several miles I'm over a small Jebel (description for a mountain) through an Oued (dry river/gully) then over the small dune fields to the first check point (CP). Collecting my 3.0 litres water ration, get my water ration card punched I'm through. The plan is always to keep moving as much as possible, thus gaining easy places at CP's. The temperature continuing to rise to mid 40's, it is like running in a furnace. The race has settled down and generally runners around me matching my pace. Reaching CP2 and ticking off the miles I collect the 1.5 litres of water, straight through again. Over more sandy hilly trods climbing another Jebel and at the summit I see in the distance the camp. Descending the Jebel, following the Oued bed over dozens of dunettes (small 6 foot sand dunes) I reach the finish line in 5h18m19s and in 302nd place with 7 failing to complete.

That was really tough. The continuous blazing hot sun beating down on you, no cooling wind, sharp stones and rocks, bushes with inch long thorns and my feet are aching like never before from the consistent battering. But physically undamaged I retreat to the tent after collecting another 4.5 litres of water. I have taken my full 12.5 litres for the day, drank the full 8 litres on route and never relieved myself once.



[continued on p8]



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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RUNNING IN THE FURNACE FOR 'HOPE' [continued]

One notices your sweat out here just evaporates instantly and leaves a salt trace on your clothes and skin.

Camp life is simple, get to the tent, have a recovery drink, my UK plan was to heat up some water, but I didn't bother— dumped the fuel and drank with the always lukewarm water left over from the day's racing. Sort the tent out, shoes off and clean feet, get changed into night clothes, a pair of skins shorts, long socks and t-shirt, boil water. Eat my Mountain House food during which my



other tent mates arrive over the coming hours; we are all discovering this is not an easy race and all are asleep by 8:00pm.

Stage 2, same routine, up at 6:00ish and 8:30 start, temperature mid to high 30's at the start and getting hotter by the minute, Highway to Hell playing and we are off, 19.1 miles. Running over the rough terrain for about 5 miles then through a field of dunettes to the first set of Jebels, I climb the 1200 feet of rocky and sandy steep gradient slope.

Then along a dramatic ridge with views of the huge expanse of the Sahara. I eventually descend down the other side via a chute like path to CP1 and a dried out salt lake and a trot across for 3 miles to CP2 with the second 1400 foot Jebel looming. The temperatures are now hitting mid 40's and as I pass through there a many runners shading in the tents at the CP. I started the 800 foot slog up the steep gradient sand slope (1 step forward, 2 back it seems on this huge sand slope) to the rocky scramble, with the final section having a fixed rope. Then walk along the ridge down another chute and seeing the base camp in the distance start trotting and picking up many places on the descent. I reach the final set of sand dunes and into camp in 5h13m19s and in 281st position for the day.

As my tent companions return they all told tales of seeing 3 competitors at different stages on the second Jebel on IV drips. 15 failed to complete today, including one from our tent mates, who actually successfully completed the previous year's event. This is getting to be a really tough year for MdS competitors: a lot of climbing involved which helps to raise your core temperature to cooking level and then before you know it, overheating and collapse.

Stage 3 a 23.6 mile section and really getting into the swing of things, recovering well, water management is perfect, no blisters, no blood coloured urine and confidence growing. This section is a trail run through a gorge to CP1, when suddenly start getting a sharp twinge in the right knee. CP1 is a hundred yards away so walk in. Collect water and off running, which lasts for a couple of yards.

I remember the words of wisdom from John Sharples, "Get a problem; stop and sort it out straight away". I stop and apply bio-freeze and realising running is now out for the day. I start to speed walk so not to aggravate it and cross the salt flats with temperatures now getting close to 50C. Losing positions, but maintaining a good pace through CP 2 over a set of Jebels



descending dramatically down a sand slide to the valley. Over a never-ending sandy valley where every foot sinks 6 inches into the sand for 6 miles or so, through CP3 and a couple of miles to base camp. I reach the finish line in 5h59m02s and in 419th position for the day (a little disappointing) and still just in the top 400 overall.

Stage 4 is the 47.1 mile section and I decide to team up with a tent mate Aaron, who is running strong and only about a hundred places behind me. The elite runners (top 50) set off 3 hours after the rest. We trot the first 7 miles to CP1 then ascend up over the pass between 2



Jebels giving a dramatic panoramic view of the valley below and descend to a dune field (rather large ones) leading to a track. We are churning through the miles, keeping a fast walking pace with Aaron through CP2. The midday sun is now beating down and now breaking the 50C point. THE FURNACE IS GETTING HOTTER and my x-bionic running clothes are caked in 4 days of sweaty out salt, sand and other unpleasant dried fluids. Through an Oued the first elite runner passes, Mohamad Ahansal (the eventual winner) running like he is on a training day in Leyland at a steady 8 mile/hr, skirting over the sand without a sound, just fantastic to watch. Crossing the Oued on hard packed sand ground with many dried out river beds whilst zigzagging through thick camel grass, shrubs and trees heading to CP3



Through CP3 quickly and with confidence high we are moving well. Over more dunes we arrive at the next Jebel. Up and over the Jebel via a stony rocky path with a little scrambling and down the other side to the flats and run to CP4, 28 miles in the bag and we are now under the mid afternoon sun and the temperature is ridiculous, now hitting 53C, exposed skin it feels like it is

inside an oven, that dry heat that just burns.

Moving out from CP4 Meghan Hicks (USA) passes (the eventual winner of the women's and 17th overall) as we enter the 5.2 mile stretch of enormous sand dunes. More elite runners are passing now including British runners Danny Kendall, Jo Meek & Zoe Salt. The dunes are 4 metres or more, then dropping the same at a very steep angle, almost surfing down them. At CP5 we are issued with glow sticks for the rucksacks and putting on the head torches we push on down a track, darkness descending and the Sahara night sky lit up to an amazing tapestry of stars. It is even difficult to make out Orion, as he disappears in to a cluster of hundred of stars around him, which you never see in the light-polluted towns in England. Eventually after about 8 miles passing through CP6 and another further 6 miles of fast walking, trotting through brush and camel grass we arrived at the finish line in 14h 48m 47s and in 404th place at about 11:45pm on the day. Feeling happy and injury free, racing the final stage was a serious option!

[continued on p12]

RUN OF THE MONTH
Sponsored by PHYSIOFUSION
Burnley, Padiham, Barnoldswick, Skipton & Lancaster
APRIL



TOM BREWSTER for 1st **PLACE** at the DAFFODIL 10K RR at GREAT LANGDALE on 13th
for 4th place at the GARSTANG GALLOP10K RR at GARSTANG on 21st
for 3rd place at the WRAY VILLAGE 10KRR on 27th
Nominated by Roger Brewster & Harry Manning

WENDY DODDS for 1st F60 at the LOUGHRIGG FR at AMBLESIDE on 10th
for 1st F60 at the SILENT VALLEY FR in NI on 13th
for 1st F60 at the ANNIVERSARY WALTZ FR at NEWLANDS on 20th
for 1st F60 in her 30th completion of the 3 PEAKS RACE at HORTON on 27th
Nominated by Harry Manning

JACK HOLT for 1st M60 at the PENDLE FR at BARLEY on 6th
for 1st M60 at the ANNIVERSARY WALTZ FR at NEWLANDS on 20th
Nominated by Harry Manning

KEVIN O'BRIEN for 1st M70 at the DAFFODIL 10K RR at GREAT LANGDALE on 13th
for 1st M70 at the BELLE VUE 10K RR at ORMSKIRK on 28th
Nominated by Harry Manning

JEFF PICKUP for 1st M60 at the BOULSWORTH HILL RACE at WYCOLLER on 14th
for 1st M60 at the FLEETWOOD 10M RR on 28th
Nominated by Harry Manning

**APRIL
WINNER
TOM BREWSTER**

**For his first race win and two other impressive
Performances.**

Tom 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)
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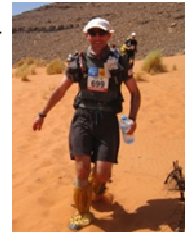
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place an advertisement.

RUNNING IN THE FURNACE FOR 'HOPE' [continued]

During the following day, I walk around the camp and watch competitors filtering through the finish line. Some had decided to have meals or even sleep under the desert sky; the last one in 32h54m08s after the start. The medical tent queue is horrendous sight, like a scene from a war movie, people hobbling in and out, feet all bandaged. One poor lady was reported to have spent 3 hours under the scalpel of a doctor repairing her feet. So far I'm blister free, the virtues of fell running is paying off nicely with tough feet and right footwear selection. (Used the Inov8 235 F-LITE trail lightweight barefoot shoe).



Stage 5: I was racing the 26.2 mile last stage, over the stony plateau and Oued's that required a little bit of scrambling, across a dried up lake. I passed through CP1 and the first 6.9 miles in the bag. Moving faster than at any other time I was well in the top third of the field. Running with people I didn't recognize, and I'm sure didn't recognize me. Pushing on hard I ran across the stony plateaus and chest-high camel grass, through gorges into CP2 with a further 7.8 miles in the bag. I briefly notice one runner on the floor looking in a bad way and a photographer snapping away whilst he suffers. Only ever thinking about the next CP, I pushed hard. Across a plateau of dunettes then some seriously large dunes, started to dig deep and not really losing any positions, only picking off others through an Oued into CP3 and another 6.2 miles bagged. Thinking to myself only about 5 miles more, maybe 90mins and it's over, it's finished. Suddenly feeling a little emotional about it on leaving CP3, 16 months of planning now coming down to maybe 90 minutes of running. Treating myself to my last pepparami and buzz bar I am now out of food with just a litre of water, I'm off at a run. Summiting on a small hill, for the first time in the distance is the finish line. Through a deserted mud/stone village, running on willpower and still picking off places, I'm on the stony flats. Last couple of miles now running faster than I ever have done in the ultra (well it felt like fast), I selected the point where I would sprint to the finish. Battling it out with a Frenchman to the line and pipping him to the post, I finished the day in 199th position in 5h36m22s and an unofficial overall place for 5 stages is 318th from 970 finishers, not bad.

Would I do it again? Absolutely. I would fly out tomorrow if I could; a fantastic race. Giving me an experience of a lifetime and meeting some wonderful people and most importantly raising over £7500 for HOPE. Now I need to plan my next one, maybe the Atacama Ultra.

Phil Hanson



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:

June 4th (Tues)	<u>Paddy's Pole FR (AS)</u> Fell £4.00 eod www.prestonharriers.net	Fell Foot, nr Chipping PR3 2NZ
July 28th (Sun)	<u>Towneley 10K</u> Road www.pendleandburnleygrandprix.co.uk	Towneley Park, Burnley
August 25th (Sun)	<u>Fleetwood Half Marathon</u> Road £15 pre-entry www.fyldecoastrunning.org	Leisure Centre, The Esplanade, Fleetwood, FY7 6HF
September 25th (Wed)	<u>Ron Hill's 75th Birthday 5K</u> Road £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)	<u>Tour of Pendle (AL)</u> Fell £7.00 pre-entry www.clayton-le-moors-harriers.co.uk	Barley Village Hall
December 1st (Sun)	<u>Guys 10M</u> Road £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.

Hilarious Riding Totty (Mallorca)

So we needed a trip, locost, no fuss.
Who'll be the strongest; who'll be the wuss?
Straight blonde, curly blonde – that's Anne Clark.
Drinks like a fish; up like a lark.
Steady away goes Kath with bumbag and buff,
She's a body for the mountains, not Magaluf.
Big hair, loud laugh, her name is Heather.
Will someone tell Addi, she's come off her tether?
Bit of Cala Mi fudge and cheesy Wotsits,
We've done the whole island, but not via Costitz.
Like nails and a hammer, that's Hinge and Bracket.
Oooh, like the bag, the shoes, matching jacket.
Then there's our Sarah; now where's she gone?
She's out with the 'A' team on the big one.
On the road it's little Lucy, who catches their eye,
But all that we want is sun and blue sky.
Day 3's for the Irish – we adopted quiet Martin.
He's left burnt out and his bottom was smartin'.
Look at the lemons, the olives and the vine
And Juliet shouts, "Is that my wine?"
Wild flowers and windmills, the colours in the sea.
Why do we spend so long having a wee?
She may be the smallest, our tiny Vanessa,
She gets on that bike – no chitchat, no messer.
Lisa's impressed, especially with Soller.
Stay there a week, it'll cost you some dollar.
And me?...Mallorca, my ears will never be the same.
Thank the Lord that he held off the rain.
It's over so quickly. What more can I say?
It's been epic. Same again next May!?!



Seven Clayton ladies and three 'extras' went for alternative training to Majorca – and what a great time was had! Shopping, cycling, sunbathing, drinking. I think the fact that, given the 48 year age range of ladies, sticking together for a week (less one day) shows what a wonderful time we had. If you need more details to tempt you to join us next year, we *may* tell you!

Thank you, ladies for a very memorable holiday.

Ali Dugdale

Miami to Boston on 5 wheels

Part 2

Hi everyone,
We've made it to northern Florida, doing our 20 or so miles a day. The sun continues to shine and the temperatures are around the low eighties, though when the wind is against us, it certainly limits the range of Sandi's battery on the bike. Nevertheless we should be in Georgia in a few days time.

We have stayed in a variety of motels with quite a range of prices, from around \$50 to tonight's which is costing us an astronomic \$130. It's not that special; it's just the only one in this particular area, so when there's no competition they can charge what they want. It overlooks the Atlantic Ocean, and in the summer the turtles crawl up the beach in the middle of the night to lay their eggs. Unfortunately we are a bit too early at present for that. There is plenty of birdlife around, and Ospreys are particularly common: I've never seen one in the UK. Today we saw Dolphins in the harbour at Vilano Beach where we are staying, feeding on mullet we were told, whilst the Pelicans waited around hopefully.

The roads are generally very good and the motorists give us a wide berth, though the locals we meet are always most concerned about our safety whilst cycling, and one bloke told me that Florida was one of the worst places in the USA for people getting knocked off their bike! People in general are very friendly, and quite rightly are full of admiration when they hear the journey Sandi is undertaking with her condition. The highest point in Florida is some 385 feet above sea level, so fell running has never quite caught on here, though we do see a lot of joggers and cyclists as we go along the road.



We also see a large number of grossly overweight people too, so not everyone has got the health bug by any means. The other day we were down at Cape Canaveral, and I was able to fulfil a lifelong ambition by visiting the Kennedy Space Center (American spelling). I clearly remember the moon shots and moon landings, watching them in black and white on the tv at home over 40 years ago.

There is a lot to see there and well worth a visit.

We had a technology problem the other day in that our old laptop notebook picked up a nasty virus purporting to be from the FBI, and demanding we send thousands of dollars to get it cleared. Quite a common situation, the man at the computer repair shop said, but not one that he could rectify immediately, so we binned it and have bought a Kindle Fire so we can send and receive emails and check out the internet for motels etc.

Anyway that's it for now. Hope you receive and enjoy the photos.

Part 3 May 12thMay 12th, Savannah, Georgia.

How y'all doing,

Well we are in Georgia and that's the customary greeting you get from everyone. The sun continues to shine with temperatures in the 80s, mostly blue skies, and we're still doing our average 20 miles a day. Our top distance achieved was over 29 miles, but we had a good following wind and Sandi was completely done in with the extra pedalling that had to be done. Don't think that it's completely unbroken good weather though. Our second day in Georgia saw us marooned in the same place for four consecutive nights, in the same motel, by constant pouring rain which barely relented for 96 hours. Sandi's trike, being battery operated, should not be used in the rain so we were well and truly stuck. This weather was part of the same freak weather pattern that saw parts of the mid-west covered by 18" of snow in May, produced early tornadoes in Oklahoma and Texas, and flooded large parts of Minnesota and Illinois. Fortunately the motel was one of the cheapest we have stayed in, but the town of Woodbine was little more than a cross roads on the road to somewhere else, and we had nothing but garage food to eat. It was great to get back on the road once the rain stopped.

We have now crossed rural Georgia which is a far poorer place than Florida was. 'For Sale' signs proliferate, and many properties are boarded up or abandoned altogether, and life looks pretty hard for some of the locals. Everyone is friendly though and people do take an interest in our trip. One notable feature though which will bring a knowing smile to many, is we have noticed how almost all of Georgia's gas stations, motels and convenience stores are being run by Indians. That is people from Asia, not American Indians, reflecting very much our part of Lancashire. I guess without them, many of the small motels would have closed down and we would have nowhere to stay the night. Last night we were in downtown Savannah, the former capital of Georgia, founded by the British in the 1700's. There's lots of history in the area and plenty of old classy southern houses and buildings still to be seen, as for some unexplained reason, we (the British) failed to burn Savannah to the ground

during the War of Independence. Sandi and I thought about it, but figured it was probably too late now for us to make good this oversight.

I have to confess now that the bad weather we encountered earlier, and the fact that the route through South Carolina ahead takes us nowhere the ocean, means we are going to cheat a little. OK... cheat quite a lot, but we have fallen behind our schedule and need to get a move on. Tomorrow morning we are picking up a hire car from Savannah airport and driving it just over 300 miles to Wilmington airport in North Carolina, with the bikes safely loaded in the back. This will put us back where we need to be, and in addition, our route continues up the coast from there. It does get a bit dull just looking at trees and swamps all the time as you cycle along. We've ridden just under 580 miles to get here, and there's still a long way to go.

We hope everyone is well, and thanks to everyone who has contacted us.



Love, Peter and Sandi

MEMBERSHIP

Welcome to: Martin Griffin, Burnley

Covering Old Ground

25 years ago (June 1988)

- The Editors reported that member Geoff Smith had passed away aged 64 having suffered from Leukaemia – Geoff enjoyed long distance events and had been a member of the Rucksack Club.
- Steve Whitaker had taken on the role of Club Vest custodian.
- The 'Flying Scotsman', Gifford Kerr had steamed round the Fellsman Hike in a new record time of 10 hours 20 mins, in joint first place with Paul Mitchell of Bingley. Stan Bradshaw Jr. and Mick Targett took third place, securing the team prize for our club. If you did the London Marathon and wondered why a 'Bobby' was enthusiastically shouting at the 24 mile mark, it was the eldest son of Kieran Carr.
- In the juniors we were the only club to have managed a team in each of the counters to date (*I think Andrew Orr is the only remaining member of those teams*).
- Judy Makinson (Ashworth) completed a successful Bob Graham Round on her second attempt. In the Great Hameldon Hill Race the ladies took the team honours – Linda Lord (2nd), Tina Lewis (4th) and Eileen Woodhead (7th). Vanessa Brindle (Peacock) took the honours at Darwen Moors, Skipton 10, Burnley Half Marathon, Belmont Winter Hill and Clougha Pike.
Congratulations were given to John Bostock and Linda Shaw on their recent wedding – it was suggested it might have something to do with the leap year!!

In the Results:

Burnley Half Marathon: 1st V40 Pete McWade (4th) 71.52;

1st L Vanessa Brindle (Peacock) (52nd) 83.52

Colne Rotary 11 mile: 1st Andy Schofield 62.33; 1st V40 Roger Hargreaves (4th) 65.41;

1st L Maureen Laney (15th) 69.00

20 years ago (June 1993)

- Alan Heaton, aged 64 years (*celebrates his 85th this month*) achieved a milestone of 36 completions of the Three Peaks, having run his first in 1954.
- In the Manchester to Blackpool Relay our Vets took the honours – Leon Hutchinson, Roger Hargreaves, Barry Mitchell, Dave Farnworth, Steve Breckell, Ken Lewis, Tony Brierley, Dave Hargreaves, Pete McWade, with a gap of 1 minute 12 seconds. The team was 11th overall in 5hours 3mins15secs.

In the Results:

Colne 11: Winner Mark Aspinall 61.43; 1st V45 Roger Hargreaves (7th) 65.36;

1st V40 Ken Lewis (10th) 67.15; 1st L Tina Lewis (40th) 76.38; 1st V55 R.Dearden (58th)

83.41; 1st V60 Brian Leathley (71st) 88.55

Boulsworth: 1st V40 Jack Holt (25th) 52.48

Haworth Hobble: Winners Simon Thompson/John Wieczorek 3.59.00

Pendle FR: 1st V40 Steve Breckell (11th) 32.38; 1st V70 Jack Riley (298th) 62.40; (300 finished incl.29 ladies).

15 years ago (June 1998)

- Steve Breckell took over as Newsletter Editor- he said our current membership was around 438 people "...We are without doubt the strongest locally, although we could do with a big influx of young blood to keep us in this position for the future....". (*Its happening Steve thanks to some great people!*).

- We held a 'Week of Athletics' in May and Garry Wilkinson reported "...out of the 400 plus members only 74 actually took part....WHERE WERE YOU!!"
- Wendy Dodds completed her 16th Three Peaks finishing in 8th place (Dave Scott reached the land mark of 32 completions).
- Eileen Burnip wrote about her return to running...for the London Marathon. Katy Thompson and Kath Wallis received thanks for reminding Eileen what Pendle Hill looks like. Eileen achieved 4.32 and said "...never again...some kind chap remarked that it's like child birth, you forget the pain and want to do it again." Eileen replied "Listen mate, I've done childbirth and this was much more painful."

10 years ago (June 2003)

- Bev Whitfield (McWade) was first lady in the Three Peaks and the youngest lady runner. Wendy Dodds and Katy Thompson made up the club's team coming second to Ilkley.
- The V50's were Mid Lancs Champions – over the 5 meetings the teams were made up of Bob Russell, Ted Orrell, Harry Manning, Pete Booth, Jeff Pickup, Dave Scott, Bob Hirst, and Phil Thornber. In the final race at Wilsons we had only three runners and fortunately Phil Thornber arrived, having chosen to do the event rather than a Saturday run on the fells. Phil finished 116th out of 117 but it meant we took the honours.

[continued on p23]

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**JUNIOR NEWS
JUNIOR OF THE MONTH
APRIL RESULTS**

CHRIS ARCHER	Pendle FR Barley U14B 22.27.
ANNA MAY ASHWORTH	Pendle FR U10G 6.20 Final Schools XC Towneley 2nd Girl*
JAMES ASHWORTH	Pendle FR U8B 1.58.
RYAN CLARKE	Pendle FR U14B 21.47*
ELLA DORINGTON	Pendle FR U10G 6.09
KENAN ETI	Pendle FR U14B 21.10
MOLLY HESKETH	Pendle FR U10G 7.09.
ROANNA HOLDSWORTH	Pendle FR U10G 6.30.
BRIONY HOLT	Pendle FR U12G 16.23.
CURTIS HOLT	Pendle FR U14B 22.05.
JORDAN MC DONALD	Pendle FR U16B 25.53.
JACKSON MC KAY	Pendle FR U10B 5.11.
ALICE PIER	Pendle FR U14G 22.07.
ELEANOR ROOT	Pendle FR U8G 2.13.
GRACE ROOT	Pendle FR U10G 2.13.
ADAM STEVENSON	Pendle FR U12B 18.21*
SIMON WILSHAW	Pendle FR U14B 20.55*

**JUNIOR RUNNERS OF THE MONTH
ANNA MAY ASHWORTH.
RYAN CLARKE.
ADAM STEVENSON.
SIMON WILSHAW.**

**FOR YOUR GREAT RUNS AT PENDLE.
WELL DONE TO YOU ALL!!!**

**ALSO
WELL DONE
TO
SIMON WILSHAW**

Simon completed the Pendle Witch Way(12miles) in a time of 2hours 20mins (2secs over course record) on the 27th of April. This is a race or walk organised by Pendle Forest Scouts on the last Saturday in April every year and Simon has taken up this challenge for a third time (his own personal goal, not one set by Clayton juniors). He had a responsible adult with him and did extremely well. Maybe next year Simon, it might be you who holds the course record.

MARIONS MESSAGE

We are well into our summer series races (without a glint of sunshine). Last week's Cowpe Fell Race came with a weather warning: hail, strong winds and waterproofs.

12 juniors all completed the race and deserved the mars bars they received at training on Thursday evening.

George Pier did his first Grand Prix event on Wednesday in a time of 32-35, only 13secs behind first junior.

WELL DONE GEORGE! I hope it's the first of many.

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.

Remaining Fixtures:

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](#)

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

Covering Old Ground [continued...]

Run of the Month nominations were – Kitty Garnett for 33rd LV65 in London Marathon; Vanessa Peacock for breaking the LV50 record at the Bunny Run; Jean Rawlinson for breaking the LV50 record at the Anniversary Waltz, for 1st LV50 at Wardle and Pendle; Bev Whitfield (McWade) for 1st L in Three Peaks; Martin Podmore for 1st Newcomer and believed to be the youngest runner in the event; Dave Walker for winning Three Peaks (first member of our club to win since 1963)....and the winner Dave Walker.

In the results:-

Wray Scarecrow 10K: 1st V40 John Roche (3rd) 36.02; 1st LV40 Anna Kelly (40th) 42.45

Mayday 5K Withinshaw: 1st LV60 Val Lawson (83rd) 27.40

Chorley H Night Series: 1st LV60 Val Lawson (202nd) 35.45

Southport Good Friday: 1st 45 Roger Brewster (10th) 21.36;

1st LV60 Val Lawson (77th) 24.32

Three Bridges 10K: 1st LV60 Val Lawson (213th) 56.26

Hare & Hounds Lothersdale: 1st LV50 Jean Rawlinson (46th) 31.38

5 years ago (June 2008)

- Tracy Mitchell reported on the British Masters Road Relays –the V55 team won bronze – Gail Brierley, Karin Goss, and Marion Wilkinson. The V35 team performed well – Anna Kelly, Lisa Johnson, Lorna Blamer and Tracy Mitchell.

Run of the Month nominations were - Wendy Dodds for 1st LV50 at Mourne Peaks and her 25th Three Peaks; the Ladies' team for their performance at the Hawkshead Trail Race – Candice coming 3rd, Sue Burns 1st LV50 and Eileen Burnip 3rd counter; Irene Roche for her run in the Three Peaks; Paul Hesketh for his South African Marathon in a time of 3.57.38 following a 3.8K swim in open sea followed by a 180K cycle ride (The South African Ironman); Tracy Mitchell for her London Marathon time of 3.14.16; Kitty Garnett for her 21st London Marathon and coming third in the V70's in a time of 4.42.08; Mike Holden for taking part in the Northern Road Relays at very short notice; Sue Burns for 1st LV50 at Pendle and Hawkshead Trail; Dave Scott for his 41st Three Peaks.....and the winner was Paul Hesketh.

In the results:-

4.2 Cowm Res: 1stV45 Tony Chew (6th) 24.46

Astley Park 5K: 1st V45 Phil Hall (9th) 17.48

Rosemere 5K: 1st V50 Graham Cunliffe (8th) 17.49

Lancaster 5K: 1st V45 Tony Chew (10th) 17.09

Littleborough 5K: 1st V65 Dave Scott (71st) 21.15; 1st LV60 Jill Scott (186th) 29.49

Really Wild Boar: 1st L Wendy Dodds (32nd) 54.40

Paul Healey

COMMITTEE NEWS

Monday, 8th April

15 members were in attendance. The main points of discussion and decisions were:

- EA consultation meeting – PB to attend
- Club listings – it was agreed to do if free, but not otherwise.
- Great British relay – PB to put in newsletter
- FRA relays in 2015 – PB to ask MW to write a letter setting out that the club is interested in principle and asking when a definite decision is needed.
- EA / Barlick FR correspondence – MW to provide an update to the next meeting. PB to raise at the EA consultation meeting to gain clarity on what the EA member registration fee is for.
- Claim for £126 to be sent to the HMRC for 2011/12 gift aid
- £134 donations collected at the presentation evening all to go to the juniors this year. Need to decide on charity prior to next presentation evening.
- £458.53 from fund raising/race organisers to be split between Bowland Pennine MRT (£200), Juniors (£208.53) and Barley PC (£50)
- JH to pursue moving club bank account from Nat West to Barclays so more people can have view access to the account.
- Note needed in newsletter re subs renewal date changing – JH to provide wording
- Agreed to pay expense claim for travel to national cross-country
- 17 juniors ran the Pendle junior races, coming 2nd team
- Marion requested more frequent/greater access to junior funds. It was agreed that JH would discuss with Marion and let her know the balance in the junior account on a monthly basis.
- Junior jackets going well – if any adults would like one Jason will organise for £20.
- Captains: Road – Blackpool 12 stage cancelled. No teams to be entered into the BMAF relays this year.
Fell – Edale cancelled. Teams being finalised for Calderdale Way relay.
XC – First race of 2013 season to be on October 26th at Towneley Park.
- Website: Twitter going well with 205 followers. Feed needed on front page of web-site. PB/JH have moved a significant amount of information from the old to new . It was agreed that a message board is no longer needed – the news section of the web-site or Facebook / Twitter to take its place. It was agreed that phone numbers can be available on the web-site. Rather than e-mail addresses being available on the web-site any contact will be organised via the use of a form.

JH to arrange for Andy Brown to e-mail captains with information on how to edit the new site. A picture to be looked into in place of the orange banner. Committee to look at new site and e-mail any comments to PB/JH.

- Nav weekend 23 August. Beds booked at Patterdale YH. It was agreed to pay for food for the helpers.
- FRA Do: Tickets being designed. JH to sort out an e-mail address to be used for the sale of tickets. Band to be the Picasso Brothers. 7pm for 7:30pm.
- Dave S / Richard L to think about what could be on 'new' Club Card – to be discussed at a future meeting.
- Burnley AC 'Come and Try it' event – John R to pick a date that suits him.

Date of Next Meetings

Monday, 13th May 2013 & Monday, 10th June at 7.00pm Whittaker Arms Accrington.

GARRY WILKINSON MFHT, ICHF,

Clayton-Le-Moors Harriers

07581 623744

garrywilkinson1964@btinternet.com



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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
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 33 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

06/06/13	Sarah Clarke	07762970022
13/06/13	Alison Dugdale	07590279794
20/06/13	Debbie Wilson (8 Forest Bank Trawden)	07507562684
27/06/13	Juliet Horrocks	01282 816686
04/07/13	Jean Brown	01200 440880
11/07/13	Lorraine Slater	01282 816692
18/07/13	Katy Thompson	01254 772013

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.

RESULTS

MULTI TERRAIN

Bisamberg Hill Trail Race

9K

1	P	Schwartzl	URC	34.54
8	G	Williams	M65	48.48

Davina Raidy 5K MT Brownhouse

Wham Dash

30th April

1	A	Buttery Blackburn HAC	15.56
18	Anna	Bloomfield F50 Rochdale H	20.59
55	J	McGuire M55	31.25
	57	Ran	

Hawkshead Lakeland Trail 17K

27th April

1	A	Peers	ASICS	62.25
7	B	Holdsworth		70.27
12	Jo	Gascoigne-Owens Alnwick H		73.46
15	Candice	Heys 2 nd F		76.22
	56	Ran		

Bluebell 10M Trail Halifax

May 5th

1	A	Jones Stockport H		59.17
35	Penny	Ditchfield Meltham AC		77.44
86	G	Balmer M40		86.04
100	J	Pickup 2 nd M60		87.45
177	Dawn	Richards F45		97.38
218	Lorna	Balmer F40		102.03
	390	Ran		

ROAD

DA Celebral Palsy Catforth 7

14th April

1	A	Newton	Unatt	42.07
61	Yvonne	Wickham 2 nd F50		59.24
	88	Ran		

Hilary Croft 5K Rochdale

23rd April

1	A	Sadler Middleton H		18.08
20	Yvonne	Wickham F50; 2 nd F		25.35
22	R	Chappell 2 nd M65		26.10
	30	Ran		

Blue Light 5M Bispham

28th April

1	T	Blaney Blackburn H		30.26
13	Bev	Wright Blackpool W & F		34.32
15	S	Biscomb 3 rd M55		35.12
24	Donna	Riley 1 st F45		36.40
62	Jackie	Kershaw F40		45.59
73	Marion	Wilkinson 1 st F70		50.29
	90	Ran		

Belle Vue House 10K Ormskirk

28th April

1	I	Roberts Liverpool Pembroke		34.33
2	Amanda	Crook Southport W/loo		35.09
231	K O'Brien	1 st M70		58.14
	307	Ran		

Fleetwood 10

28th April

1	D	Turnbull Holmfirth H		54.54
14	Rachel	Davies Unatt		69.32
33	J	Pickup 1 st M60		73.07
98	Yvonne	Wickham F50		88.24
	158	Ran		

Wray Scarecrow 10K

27th April

1	T	Carson Bolton UH	34.30
3	T	Brewster	36.24
7	Mandy	Vernon Trentham RC	38.35
72	R	Hirst M60	55.33
91		Ran	

Alan Seddon 10K B'pool

5th May

1	M	Cryer W'ford, Greenham & Essex Ladies	33.06
9	Bev	Jenkins F40	37.12
14	M	Aspinall 3 rd M50	38.14
62	B	Wildman M50	45.09
125	Jackie	Kershaw F40	54.51
132	Marion	Wilkinson 1 st F70	59.54
146		Ran	

Geoff Doggett 5K Littleborough

7th May

1	R Hughes	Salford H	16.41
15	Amy	Green Keighley & C	19.20
30	Donna	Riley 2 nd F; 1 st F45	21.32
58	R Lawson	1 st M70	25.35
60	Yvonne	Wickham 1 st F50	25.40
67	Jackie	Kershaw F40	26.52
78		Ran	

Blacksticks Blue 10K Whitechapel

12th May

1	R Danson	Wesham RR	36.16
8	Pauline	Powell F35 Blackburn HAC	38.59
20	R Briscoe		41.53
27	S Biscomb	M55	43.38
46	B Wildman	M45	46.36
155	K O'Brien	2 nd M70	58.29
173	R Lawson	3 rd M70	70.27
178		Ran (or walked!)	

FELL

Bunny Run 1 2/4/2013

CS: 3m, 330ft

1	Tom Adams	Ilkley	15:45
10	Annable Mason	Wakefield	17:47
106	Andrew Robinson	1 st V60	22:00
264	Jack McGuire	V50	36:51
268 finished, including 91 ladies.			

Bunny Run 2 9/4/2013

CS: 3m, 330ft

1	James Hall	Wharfedale	15:52
12	Annabel Mason	Wakefield	17:05
116	Andrew Robinson	1 st V60	21:33
281	Jack McGuire	V50	35:09
296 finished, inc 102 ladies.			

Silent Valley 13/4/2013

AM: 9.5m, 4900ft

1	Gavin Bland	Borrowdale V40	1:43:00
42	Helen Fines	CVFR	2:01:14
84	Jean Brown	LV40	2:17:12
139	Wendy Dodds	1 st LV60	2:45:44
157	Katy Thompson	LV50	3:05:20
173 finished, including 42 ladies.			

Bouldsworth Hill 14/4/2013

BM: 8.2m, 1400ft

1	Mark Addison	Helm Hill	00:57:02
17	Neil Hardiman	V40	1:07:12
34	Mick Dobson	V40	1:14:35
36	Jeffrey Pickup	1 st V60	1:15:07
40	Barbara Lonsdale	CVFR	1:17:28
44	Richard Briscoe		1:19:07
54	Colin Woolford		1:22:38
59	Barbara Savage	LV45	1:25:19
72 finished, including 11 ladies.			

Bunny Run 3 16/4/2013**CS: 3m, 330ft**

1	Tom Adams	Ilkley	15:38
20	Katie Walshaw	Holmfirth	17:37
148	Andy Robinson	2nd V60	21:43
247	Steven Fish	V50	25:18
299	Robert Hirst	V60	29:55

315 finished, including 100 ladies.

Anniversary Waltz 20/4/2013**AM: 11.5m, 3600ft**

1	Carl Bell	Keswick AC	1:34:43
9	Olivia Walwyn	Altringham	1:49:14
17	Dave Motley		1:54:03
22	David Edmondson	V40	1:55:52
32	Chris Balderson	V40	1:58:18
35	Neil Hardiman	V40	1:59:11
53	Andy Armstrong	V40	2:05:25
57	Jack Holt	1st V60	2:06:08
68	Jean Brown	LV40	2:07:53
69	Pete Booth	2nd V60	2:08:26
91	Neil Worswick	V40	2:12:12
98	Andrew Robinson	V60	2:12:52
135	Richard Bellaries	V50	2:21:01
144	Jeffrey Pickup	V60	2:22:41
145	Wendy Dodds	1st LV60	2:22:50
163	Dave Naylor	V50	2:28:34
169	Graham Eccles	V50	2:29:59
176	Lisa Richardson	LV40	2:32:30
188	Stephen Bury	V50	2:34:47
202	Barbara Savage	LV40	2:37:47
220	Andrew Foster	V40	2:43:49
236	Linda Lord	2nd LV60	2:51:10
262	Wayne McIntosh		3:13:42

270 finished, including 50 ladies.

Teenager With Altitude 20/4/2013**AL: 15.4m, 7600ft**

1	Rhys Findlay-Robinson	Dark Peak	2:49:25
15	Judith Jepson	Dark Peak	3:22:06
23	Dave Nuttall	V40	3:26:24

102 finished, including 13 ladies.

Three Peaks 27/4/2013**AL: 23.2m, 5280ft**

1	Joe Symonds	Salomon International	2:54:39
26	Dave Motley		3:28:12
37	Matthew Lalor		3:31:08
42	Jasmin Paris	Carnethy Hill RC	3:33:04
61	Mike Wallis	2nd V50	3:40:38
73	Simon Halliday	V40	3:44:37
75	David Naughton	3rd V50	3:45:22
90	Andrew McFarlane	V40	3:48:13
100	Martin Terry	V50	3:50:29
107	Brian Horrocks	V50	3:51:12
124	Christopher Balderson	V40	3:53:28
127	Neil Hardiman	V40	3:54:01
133	Andrew Orr	V40	3:54:49
134	Jean Brown	LV40	3:55:04
142	Andrew Armstrong	V40	3:56:28
186	Pete Booth	2nd V60	4:04:23
203	Ivan Whigham	V50	4:06:32
210	Matt Perry		4:08:03
226	Stephen Whitaker	V50	4:09:48
234	David Horrocks	V50	4:11:40
255	Jon Sharples	V50	4:15:41
342	Alex Braysford	V40	4:29:48
356	Nigel Hodson	V40	4:31:25
385	Wendy Dodds	1st LV60	4:34:42
406	Neil Worswick	V40	4:37:33
410	John Wilcock	V50	4:37:57
412	Gary Balmer	V40	4:38:09
428	Simon Stansfield		4:41:01
465	Dominic Carr	V40	4:46:56
524	Ian Connell	V40	4:54:22
535	Martin Brady	V50	4:55:45
562	David Naylor	V50	5:01:04
563	David Scott	V60	5:01:09
575	Katy Thompson	LV50	5:02:47
578	David Hogan	V40	5:03:09
581	Geoff Smith		5:03:29
658	Matthew Law		5:29:09

673 finished, including 103 ladies.

Calderdale Way Relay 19th May 2013

This year's Calderdale Way Relay saw great performances from all 4 from Clayton-le-Moors Harriers teams. Stars of the show were the men's 'A' team who finished in 2nd place overall, 12 minutes behind a dominant Sale AC team and with a minute in hand over a Todmorden team that had been chasing them hard throughout. The vets' A team finished in 10th place overall, first vets' team, over half an hour ahead of the next veteran team. The Clayton Ladies' team were third ladies' team (38th overall) – 7 places and 20 minutes behind the victorious Wharfedale Ladies, while the men's 'B' team, a mix of newcomers and more experienced runners did well to finish in 28th place out of over 80 teams who took part.

1 Sale	Steve McCarron	Carl Barker	Mike Hatch	Paul Green	Nigel Martin	Callum Rowlinson
Harriers	Rob Flannery	Pete Crawford	John Mossley	Chris Donnelly	Ritchie Edwards	James Wignall
	1:20:11	(5) 1:01:14	(2) 0:37:38	(1) 1:07:39	(1) 0:58:32	(2) 1:10:32
	1:20:11	(5) 2:21:25	(2) 2:59:03	(1) 4:06:42	(1) 5:05:14	(1) 6:15:46
2 Clayton	Phil Hall	Dave Motley	Paul Shackleton	David Nuttal	Dave Walker	Matthew Lalor
Le Moors	Andrew McFarlane	David Edmondson	Simon Thompson	Paul Thompson	Tom Brewster	Breton Holdsworth
A	1:20:30	(6) 1:01:56	(3) 0:40:39	(2) 1:14:59	(7) 1:00:11	(5) 1:09:48
	1:20:30	(6) 2:22:26	(3) 3:03:05	(3) 4:18:04	(2) 5:18:15	(2) 6:28:03
10Clayton	Andy Orr	Pete Booth	Garry Wilkinson	Brian Horrocks	John Roche	Kevin Davies
Le Moors	Paul Hesketh	Ralph Baines	Sean Clare	Alan Life	Alex Cran	Andy Armstrong
Vets	1:26:13	(15)1:10:12	(15)0:42:23	(5) 1:18:01	(11)1:03:14	(10)1:18:18
	1:26:13	(15)2:36:25	(15)3:18:48	(9) 4:36:49	(9) 5:40:03	(9) 6:58:21
28Clayton	Lee Smith	Richard Brisco	Paul Vale	Dominic Carr	Nick Roscoe	Neil Worswick
Le Moors	Simon Stansfield	Gary Balmer	David Hogan	David Horrocks	John Willcock	Jeff Pickup
B	1:36:10	(37)1:15:44	(26)0:50:16	(29)1:24:53	(27)1:05:51	(15)1:26:57
	1:36:10	(37)2:51:54	(30)3:42:10	(31)5:07:03	(29)6:12:54	(28)7:39:51
38Clayton	Avril Duckworth	Anna Kelly	Katy Thompson	Alison Dugdale	Irene Roche	Susan Burns
Le Moors	Juliet Horrocks	Kath Wallis	Lorna Balmer	Lisa Richardson	Vicky Heyes	Laura Hesketh
Ladies	1:40:18	(44)1:17:53	(34)0:57:06	(54)1:33:37	(48)1:15:48	(40)1:27:44
	1:40:18	(44)2:58:11	(40)3:55:17	(41)5:28:54	(40)6:44:42	(39)8:12:26

Full report (including why Paul Shackleton 'lost it' at the end of Leg 3, who went wrong and which anti-road runner was bashing the tarmac) in next month's Harrier. *[Full results on Halifax Harriers website: <http://www.halifaxharriers.co.uk/results/calderdale/relay-2013F.J>]*

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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	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

MILESTONES

Age

4 th	Graham Eccles	55 years
8 th	John Francis	70 years
9 th	John Amos	75 years
13 th	Lucy Horrocks	13 years
13 th	Geoff Laycock	60 years
15 th	Bethany Quinn	15 years
16 th	Holly Reynolds	13 years
27 th	Alan Heaton	85 years
29 th	Steve Biscomb	60 years
30 th	Matilda Burnie	12 years

Service

Keith Butterworth	5 years
Ian Hargreaves	5 years
Ivan Whigham	5 years

Fell Running Championships 2013

English

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

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
- 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 £4eod
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
£7per 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
Full Bronte 5 mile 7.30 pm from Sun Hotel, Haworth.£6 by 1st June

Sat 8 th	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 9 th	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 12 th	Holcombe Two Towers AS 4m/1300' 7.15pm from Hare & Hounds, Holcombe Brook GR779153 £3 eod
Thurs 13 th	Walsh Two Lads BS 5.25m/900' from Bridge Inn, Horwich £4 eod
Sat 15 th	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 16 th	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 19 th	Horwich Jubilee Road Race 2 5m 7.30pm from Rivington Village Hall, Rivington, Horwich £5, Race 3 17 th July; Race 4 21 st August Coppice FR £5 7.15 pm from Peel Park Hotel, Accrington £5 eod
Thurs 20 th	Aggies Staircase Fell Race 4m/1150' 7.15pm Registration at Darwen Leisure Centre from 6pm £4 eod
Fri 21 st	Wicken Hill Whizz AS 2.8m/1050' 7.30pm from Mytholmroyd Community Centre £4 eod
Sat 22 nd	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 23 rd	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

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- 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

JULY'S JOLLIES

- Tues 2nd Stoodley Pike FR BS 3.25m/700' 7.30pm from Top Brink Inn,
Todmorden (GR996052) £4 eod
- Wed 3rd Cragg Vale FR BS 4m/800' 7.30 pm from Cragg Church
GR999232 £4.50 eod
- Chorley Harriers 4.4m Night Trail Series Race 3 7.30pm from
Baron's Rest, Astley Village £4 + £1 eod Race 4. 7th Aug
- Reston Scar Scamper FR AS 3.75m/985' 7.30pm from Staveley
Mill Yard (next to Wilf's Café) £4
- Thurs 4th Badger 10K Trail Run Race 2. 7.30 pm from Wildlife Trust HQ,
Berkeley Drive, Bamber Bridge, Preston PR5 6BY £6 Race 3:
1st Aug
- Fri 5th Sedbergh Sports 3.5m/1300' 7.30 pm from Sedbergh Sports
Field GR672924 £4 eod
- Wharfedale TTT 3 day series on Tarmac, Trail & Tussock
Fri: 2.5m uphill road Sat: AM Fell Race Sun: AS Fell Race
See bingleyharriers.org.uk for details
- Sat 6th Tockholes FR BS 5.8m/1100' 2.30pm from Rock Lane,
Tockholes (GR662234) £4 eod only
- Saunders LMM 2 day mountain marathon Details at slmm.org.uk
- Heptonstall Festival FR AS 6m/1600' 11am from White Lion Pub
£4
- Sun 7th Skiddaw FR AM 9m/2700' 12.30pm from Fitz Park, Keswick £6
eod
- Lakeland Trails Marathon & Half Marathon www.lakelandtrails.org
- Bampton Village FR BS 5.5m/800' 3 pm from Bampton Village
Hall, nr Haweswater £3.50 includes entry to gala field.
- Langdale Gala FR 2m/300' 3.30 pm from Chapel Stile £1 eod
- Wed 10th Moleside Fell Race 4m/1000' 7.30pm from Peel Park Hotel,
Accrington £5 eod
- Thurs 11th Bull Hill FR BS 5.5m/1100' 7.30 pm from Waggon & Horses,
Hawkshaw £3.50 Race 1 of Radcliffe 3-day Challenge
- Fri 12th Radcliffe Summer XC 5m 7pm from Giant Seat Scout Camp
M26 1EW £5 + £1 eod Race 2 of Radcliffe 3-day Challenge

- Sat 13th Radcliffe 5m Trail Race 1pm from Radcliffe Cricket Club £4 Race
3 of Radcliffe 3-day Challenge
**Wasdale FR AL 21m/9000' 11am from Brackenclose,
Wasdale (GR184073) £9 pre-entry Eng Fell Champs**
- Sun 14th Jeffrey Hill 10k from Civic Hall, Longridge 10.30 am £8 + £2 eod
Holme Moss FR AL 17m/4000' 11am from Cartworth Moor
Cricket Club, nr Holmfirth (GR134067) £5 pre-entry by 5th July
on official form from www.holmfirthharriers.co.uk or £6.50 eod
- Tues 16th Ian Terry 5K 7pm Falcon Inn, Littleborough £4 + £1 eod
- Wed 17th Horwich Jubilee Road Race 3 5m 7.30pm from Rivington Village
Hall, Rivington, Horwich £5 Race 4 21st August
Widdop FR BM 7m/1200' 7.15pm from Pack Horse Inn, Widdop
(GR952316) £4 Junior Races for U8 to U18 from 7.15pm £1
Todmorden Park 5k series Race 1 7 pm from Hare & Hounds,
Burnley Rd. £3.50 + £1 eod
- Sat 20th Ingleborough FR AM 7m/2000' 3pm from Community Centre,
Ingleton (GR695731) £4
Snowdon 10m/3300' 2pm from Park Padarn, Llanberis pre-entry
- Sun 21st Kentmere Horseshoe FR AM 12.3m/3300' from Kentmere Village
Hall £7 eod
Blackpool Summer 10k from Hilton Hotel Blackpool £10 + £2 eod
- Wed 24th Todmorden Park 5k series Race 2 7pm from Hare & Hounds,
Burnley Rd. £3.50 + £1 eod
- Thurs 25th Rydal Round FR AM 9m/3000' 12 noon from Rydal Park,
Ambleside Admission to sports field – race free
- Sat 27th Turnslack FR AM 8m/2000' 2.30pm from Calderbrook Playing
Fields, Summit, Littleborough £4
Beetham Sports 5.8m/928' 3.30 pm from Beetham Sports Field,
Milnthorpe GR496795 £2 eod
- Sun 28th Towneley Park 5K RR 10.30 am Grand Prix Race 8 £5
- Wed 31st Todmorden Park 5k series Race 3 7 pm from Hare & Hounds,
Burnley Rd. £3.50 + £1 eod

AUGUST'S AMBLES

- Thurs 1st Badger 10K Trail Run Race 3. 7.30 pm from Wildlife Trust HQ,
Berkeley Drive, Bamber Bridge, Preston PR5 6BY £6
- Sat 3rd Borrowdale FR AL 17m/6500' 11am from Rosthwaite,
Borrowdale £6 on official form only, available from organiser or
website after 31st May. Limit 500 borrowdalefellrunners.co.uk
- Sun 4th Worsthorne Moor FR BM 7m/900' 11 am from Gorple Road,
Worsthorne (GR 878324) £5 Race 9 of the Pendle Grand
Prix
- Wed 7th Whittle Pike AS 5.1m/1400' 7.30 pm from Cowpe Village Hall
GR837212 £3.50 eod
Chorley Harriers 4.4m Night Trail Series Race 4 7.30pm from
Baron's Rest, Astley Village £4 + £1 eod

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

Captain	Name	Contact No	Email
Men's XC	Paul Archer	07952 461778	paularcher09[at]hotmail.co.uk
Ladies' XC	Irene Roche	07919 077485	rocheirene[at]hotmail.co.uk
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Ladies' Road			
Men's Road—Vets	Michael Hogan	01254 390259	micheal.hogan20515@btinternet.com
Men's Fell	Dave Motley	07810 895862	david_motley[at]hotmail.com
Ladies' Fell	Jean Brown	07712 003064	jeanmbrown[at]onetel.com
Men's Fell—Vets	Neil Worswick	07909 538875	worswickfreddie[at]aol.com
Junior Cross Country Manager	Jason Pier		jasonpier[at]rocketmail.com