

# HARRIER NEWS



The Clayton Harrier Newsletter

[www.claytonlemoors.org.uk](http://www.claytonlemoors.org.uk) February 2015



## **OUR MARVELLOUS U13 GIRLS**

Ellie Root, Liberty Thompson, Millie Stubbs, Briony Holt

1st Team: Red Rose XC, Marl Pits

Mid Lancs XC, Towneley,

Bronze Medal: Lancashire XC Championships

## **CONTACTS**

**The Clayton Website**  
**[www.claytonleemoors.org.uk](http://www.claytonleemoors.org.uk)**

### **Race Results**

All your races will count towards the Club's 2014 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  
Telephone 01282 423808

Please send your Fell Results to Andy Brown  
2 Brennand Terrace, Grindleton, Clitheroe, BB7 4QZ  
Telephone: 01200 440880

Please send your Cross-Country Results to Harry Manning  
4 Wiswell Close, Burnley BB10 2DW  
Telephone 01282 830458

### **Forthcoming Fixtures**

Please notify the Fixtures Secretary, Katy Thompson, 16 Ainsdale Drive, Darwen. BB3 2EQ  
Telephone: 01254 772013;  
The Fixtures Secretary will forward details to the Newsletter Editor for publication

### **The Clayton Newsletter**

Editor: Peter Booth  
email: [pete.booth56@hotmail.co.uk](mailto:pete.booth56@hotmail.co.uk)  
Telephone: 01282 698268;  
Mob: 07938 809315

Publication: Blackburn College Reprographics  
Distribution: Michael Frost & Dave Mashiter  
Advertising rates are available from the editor. Advertisers' products and services are not endorsed by the committee.

**Copy deadline for the March issue:**  
**Monday, 9th February 2015**



## **CLAYTON-LE-MOORS HARRIERS**

### **ANNUAL PRESENTATION OF AWARDS FOR 2014**

**Burnley Football Club – 1882 Lounge**

**Saturday 21st March 2015**

**7.30 for 8.00pm – till 1.00am**

**Hot buffet supper & Live Entertainment by The Space  
Bats**

**Tickets : £13.00   Under 18's £5.00**

**Available NOW from Marie Greenwood 01254 237485  
or Email [mgreenwood1969@outlook.com](mailto:mgreenwood1969@outlook.com)**



## **BOOTHY'S BIT**

### **SAD NEWS**

Two long standing members: John Amos and Tom Targett passed away during January. Turn to p6 for Richard Lawson's memories of John. Tom had been a member for nearly 30 years and was taking part in Parkruns until recently. Both will be greatly missed. Our condolences go to their families and friends.

### **Annual Presentation of Awards, 21st March at Burnley FC**

I hope you have already seen the poster on p3. The highlight of the social calendar is here! Meet with your friends (and rivals) to celebrate our individual and collective achievements. You can get your tickets direct from Marie Greenwood. Chairman Jim will also be at training venues with tickets.

### **Club trophies**

With the presentation evening fast approaching, we also need to collect in any trophies that were awarded at last year's presentation. Our trophy custodian is Harry Manning (contact details below). Harry needs the trophies as soon as possible so that the names of this year's winners can be added.

**Club Championship Fell and Road Races 2015** have been decided. See p30 for details.

*[continued on p7]*

## **TROPHIES**

**Were YOU good enough to win a trophy at last  
February's Celebration Evening?**

If you were, I'm sorry it's time to hand it back.

Preparations are well advanced for this year's Celebration Evening and we need to have the trophies returned (CLEAN), so that they can be collated and inscribed in good time.

### **PLEASE**

**Return your trophy to the Trophy Custodian:  
Harry Manning, 4 Wiswell Close, Burnley BB10 2DW  
Telephone 01282 830458**

**or via a Committee member  
AS SOON AS POSSIBLE**

**THANK YOU**

## CLAYTON-LE-MOORS HARRIERS OFFICIALS 2014-15

<b>President</b>	<b>Dave Scott:</b>	01282 693867
<b>Chairman</b>	<b>James Hickie:</b>	01254 246658
<b>Secretary</b>	<b>John Wilcock</b>	01282 425699/07970 828167
<b>Treasurer</b>	<b>Mike Eddleston:</b>	01254 390757 or 07951 424780
<b>Membership Secretary</b>	<b>Adam Hamer:</b>	
		22 Thursfield Road, BURNLEY BB10 4EL.

<b>Media Manager</b>	<b>Adrienne Olszewska :</b>	07510 764394
<b>Social Secretary</b>	<b>Anne Marie Greenwood:</b>	01254 237485
<b>Junior Co-ordinators</b>	<b>Marion Wilkinson:</b>	07940 418603
	<b>Andy Armstrong:</b>	07971 001583
<b>Race Promotions Coordinator</b>		
	<b>Mike Eddleston:</b>	07951 424780
<b>Elected Member</b>	<b>Geoff Smith:</b>	07789 357013

## CAPTAINS

<b>Men's XC</b>	<b>Ian Greenwood</b>	07977 937002
<b>Ladies' XC</b>	<b>Irene Roche</b>	07919 077485
<b>Men's Road &amp; Trail</b>	<b>Tom Brewster</b>	07709 610225
<b>Ladies' Road &amp; Trail</b>	<b>Angela Shian</b>	07972 039560
<b>Men's Fell</b>	<b>Dave Motley</b>	07810 895862
<b>Ladies' Fell</b>	<b>Jean Brown</b>	07712 003064

## JOHN AMOS



Members will be sad to hear of the death of John Amos on January 18th in Pendleside Hospice. Born in Gt Baddow in Essex in 1938 John saw the light and came north, working as an administrator in DHSS offices in Lancashire and Yorkshire. John joined Clayton in 1978 in time for the Cross Country season and competed regularly to a high standard until 2007. John was a member of the M60 team competing at Tredegar House in Newport in the National Vets Relays. He came with us to the Guernsey Easter Festival in 2007 completing the four races in four days.

You couldn't get a nicer guy. John faced his illness with the utmost bravery and cheerfulness, still attending club athletic and social events. He was a valued member of the Wrinkly group and will be missed by all of us. He has had the loving support of his wife, Sonya, and children Melvyn and Joanne and their families.

Our thoughts are with them.

## BOOTHY'S BIT MORE

### UK Hill & Fell Running Relay, Barley 17th October 2015

The club has been asked to host this prestigious event; we last staged the relays as part of our 75th anniversary celebrations in 1997. Planning for the event has already started—a sub-committee has met several times. We will need support from lots of members in the run-up to the relay and on the day itself. We will give you more details as they become available.

### Volunteers needed

Our hosting the Fell Relays has underlined the need for more members to help at club events, training and races. Our Race Promotion Co-ordinator, Mike Eddleston has more information and a form on pp18 & 19. I've changed the layout of this month's newsletter so that you can detach the form (after you have filled it in!) and return it to Mike, so that he can help our race organisers to plan and stage their events.

.....And it's not just our club events that need your help. **The 3 Peaks Race** also needs your help. Clayton has a long historical connection to the 3 Peaks Race, so if you can help the organisers in any way, please contact me,

Dave Weatherhead, [dtwace@aol.com](mailto:dtwace@aol.com) or

Paul Dennison, [paul@pauldennison.wanadoo.co.uk](mailto:paul@pauldennison.wanadoo.co.uk)

### **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](mailto:pete.booth56@hotmail.co.uk)**

**or by post to**

**Peter Booth  
8 Appleby Drive, Barrowford,  
Nelson BB9 6EX  
Tel: 01282 698268  
Mob: 07938 809315**

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

### **Newsletter Advertising Rates**

Full A5 page	£100 for 12 issues
Full A5 page	£15.00 for 1 issue
Half A5 page	£60 for 12 issues
Half A5 page	£10 for 1 issue
Quarter A5 page	£40 for 12 issues
Quarter A5 page	£7 for 1 issue
Eighth A5 page	£30 for 12 issues
Eighth A5 page	£5 for 1 issue

Contact the editor if you wish to place an advertisement.

**RUNNER OF THE MONTH**  
**Sponsored by PHYSIOFUSION**  
Burnley, Padiham, Barnoldswick, Skipton & Lancaster  
**DECEMBER**



**STEVE BISCOMB** for 2nd M60 at the LONGRIDGE 7M on 14th  
for 1st M60 at the RUDOLF'S RACE at BLACKPOOL  
on 21st  
*Nominated by Harry Manning*

**KEVIN DAVIES** for 1st M50 (3rd overall) at the CENTRE VALE PARK  
5K at TODMORDEN on 4th  
*Nominated by Harry Manning*

**JOHN HARTLEY** for 1st M55 at the RIBBLE VALLEY 10K at  
CLITHEROE on 28th  
*Nominated by Harry Manning & Richard Lawson*

**BRETON HOLDSWORTH** for 1st M40 at the TURKEY TROT at HURST  
GREEN on 14th  
for 1st M40 (2nd overall) at the WARD GREEN 6M at  
BARNSELEY on 28th  
*Nominated by Harry Manning*

**TED ORRELL** for 1st M75 at the LONGRIDGE 7M on 14th  
for 2nd M75 at the RIBBLE VALLEY 10K at  
CLITHEROE on 28th  
*Nominated by Harry Manning*

**DECEMBER WINNER**

**JOHN HARTLEY**

**For his great category win at the Ribble Valley 10K.**  
**John wins a free treatment at Physiofusion**



**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  
(8 Appleby Drive, Barrowford,  
Nelson, BB9 6EX or [pete.booth56@hotmail.co.uk](mailto:pete.booth56@hotmail.co.uk)) .

**NB:** You can also make your  
**RUN of the MONTH** Nominations  
on the Club website (Seniors Awards tab) or Facebook page.

## **John Bradley Osteopaths**

**411 Whalley Road  
Clayton le Moors  
01254 381545**

**Registered Osteopaths**

**Covered by most medical  
insurance companies**

**For all types of Musculoskeletal injuries  
Practice established 1989**

## Covering Old Ground

### 25 years ago (February 1990)

- The Committee news indicated that our Club would once again be joint organisers of the Ribble Valley 10 Mile Race alongside the Local Council. Also recorded disappointment that only 18 members made it to the Barrow-in-Furness Mid-Lancs Cross Country.
- The 'FOCUS' this month was on Vanessa Brindle (Peacock). "I joined Clayton because the 'crowd' I was friendly with were all members, and that's also why I started running, as I was bored with watching....I'm basically lazy and don't like training every night as I get fed up with it all. (**Vanessa – you should try baking cakes!!**) I need some speed work but won't force myself to do it, that's why I find Wednesday night speed trials at Queen's Park so helpful, it's a pity there aren't more of these trials at other times of the year." (**Just think what an athlete she could have been if not lazy?**)

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

Accrington 10K: 1<sup>st</sup> V45 D.Bibby (59<sup>th</sup>) 38.37; 1<sup>st</sup> V55 Jack Betney (107<sup>th</sup>) 41.33.  
Ribble Valley 10K: 1<sup>st</sup> L Vanessa Brindle (Peacock) (106<sup>th</sup>) 36.41;  
1<sup>st</sup> V60 Albert Ashworth (209<sup>th</sup>) 39.30.  
Rombalds Moor: 1<sup>st</sup> L Vanessa Brindle (Peacock) (87<sup>th</sup>) 37.10.  
Bolton-by-Bowland FR: 1<sup>st</sup> Junior Jonathan Taylor (21<sup>st</sup>) 49.28;  
1<sup>st</sup> V45 Dave Scott (25<sup>th</sup>) 50.03; 1<sup>st</sup> L Linda Lord (60<sup>th</sup>) 54.54.  
Boulsworth Hill FR: 1<sup>st</sup> V50 Ross Jacques (37<sup>th</sup>) 67.39.  
West Pennine Moor FR: 1<sup>st</sup> V40 Stan Bradshaw Jr (7<sup>th</sup>) 118.41;  
1<sup>st</sup> V50 Ronnie Orr (19<sup>th</sup>) 134.24; 1<sup>st</sup> L Carol Walkington (Campbell) (25<sup>th</sup>) 145.26.

### 20 years ago (February 1995)

- Paul Brannon announced he was stepping down as Newsletter Editor.
- Michael Frost wrote about his father's passing away. Eric had been a member of our Club for many years and particularly a close friend of Stan Bradshaw (Snr). Eric had suffered problems with cancer for many years and finally passed away at 66 years of age on 7<sup>th</sup> January. Stan Bradshaw also wrote a letter about Eric – saying that Eric loved his walking and running and visited Stan's hut at Stainscombe on a weekly basis. Stan and Eric had spent many trips to Scotland with Eric.

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

Ribble Valley 10K: 1<sup>st</sup> V50 Mick Wrigley (80<sup>th</sup>) 37.15.  
Paddy's Pole FR: 1<sup>st</sup> V50 John Nuttall (29<sup>th</sup>) 33.57  
Shepherds Skyline: 1<sup>st</sup> V60 Laurence Sullivan (98<sup>th</sup>) 52.49.  
Withins Skyline: 1<sup>st</sup> V40 Pete McWade (7<sup>th</sup>) 46.11.  
Holcombe Tower: 1<sup>st</sup> L Jean Rawlinson (56<sup>th</sup>) 25.44.

### **15 years ago (February 2000)**

- Following the death of Walt Wilkinson last year we had raised £245 for Marie Curie Cancer Care – they sent a letter of thanks.
- According to a letter from Judith Hindle (Ashworth) to the Editor – Paul Healey had organised a run from Oswaldtwistle to the Strawbury Duck at Entwistle. The letter stated “A beautifully cold and clear day rewarded the efforts of 10 of us to set off at 11am over Ossy Moors towards our destination. The views and company were excellent as usual but there was a downturn in the usual standards when the two ladies present were made to get changed in the open air whilst the 'gentlemen' enjoyed the comforts of the railway shelter! Luckily the passing train was going too fast to see anything interesting – or maybe that was just the cold weather!
- This year's complimentary places (5) in the London Marathon went to Martin Ritson, Pete Hindle, Deric Roberts, Andy Stubbs, and Martin Bland.
- Paul Healey was to organise a Memorial Stone run taking in our Memorials for Walt Wilkinson and Judith Taylor/Alan Heywood in March starting from Pendleton and finishing in Oswaldtwistle.

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

Salford Women's 5M: 1<sup>st</sup> LV55 Val Lawson (40<sup>th</sup>) 43.51 (112 finished).

### **10 years ago (February 2005)**

- Run of the Month (for December) nominations – Mark Aspinall for a weekend double - 1<sup>st</sup> V40 (4<sup>th</sup> overall) at the Mid Lancs XC, Liverpool and 1<sup>st</sup> V40 (2<sup>nd</sup> overall) at Bolton-by-Bowland; Phil Hall and Mark Aspinall for fastest pair on leg1 of Calderdale Way Relay; Candice Leah (Heys) and Vanessa Peacock for fastest Ladies pair on leg 4 of Calderdale Way Relay; Phil Hall for 3<sup>rd</sup> V40 at Ribble Valley 10K and 1<sup>st</sup> V40 at Auld Lang Syne.....and the winner was Mark Aspinall.

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

Calderdale Way Relay: Vets A - 2<sup>nd</sup> overall – Phil Hall/Mark Aspinall (1<sup>st</sup>), Ian Greenwood/Garry Wilkinson (3<sup>rd</sup>), Roger Brewster/ Graham Cunliffe (11<sup>th</sup>), Colin Shuttleworth/Mike Wallis (12<sup>th</sup>), Steve Whitaker/John Roche (6<sup>th</sup>), Andy Black/ Dave Gregory (3<sup>rd</sup>).

Ribble Valley 10K: 1<sup>st</sup> V50 Peter Butterworth (47<sup>th</sup>) 35.10;

1<sup>st</sup> V65 Ted Orrell (157<sup>th</sup>) 40.30; 1<sup>st</sup> LV50 Christine Leathley (399<sup>th</sup>) 48.56;

1<sup>st</sup> LV65 Kitty Garnett (570<sup>th</sup>) 56.35.

### 5 years ago (February 2010)

- Pete Booth wrote “....The bad weather has decimated the running calendar, with most road and fell races cancelled on safety grounds, although Blackburn Harriers have done well to stage both the Lancashire and North of England Cross Country Championships.”
- It was reported that Peter Dugdale (senior) passed away on 22<sup>nd</sup> January following a long illness. Peter had been a member of our Club for many years, indeed for all his adult life, and won the Three Peaks in 1957. It was also reported another long-standing member, Bill Smith from Burnley, had also passed away.
- The Run of the Month Nominations for December were – Sue Burns for 1<sup>st</sup> LV50 at the Ribble Valley 10K; Avril Duckworth for 1<sup>st</sup> place in the Maldon Mud Race; Aiden Holgate for 2<sup>nd</sup> Junior Man at Wesham 10K (39.08); Ray Lees for 1<sup>st</sup> V55 at Ribble Valley 10K; Ted Orrell for 1<sup>st</sup> V70 at Longridge 7 Mile and Ribble Valley 10K; Candice Taylor (Heys) for 1<sup>st</sup> in the Guys 10 Miles.....and the winner – Candice.

### In the results:-

Red Rose Cross Country Bolton - 1<sup>st</sup> V45 Mark Aspinall (13<sup>th</sup>) 38.34;  
1<sup>st</sup> V70 Ted Orrell (151<sup>st</sup>) 53.49.

Lancs XC Champs Blackburn: 1<sup>st</sup> V45 Phil Hall (24<sup>th</sup>) 41.38; 1<sup>st</sup> V65 Dave Scott (78<sup>th</sup>) 53.26.

Paul Healey

MILESTONES				
February		Service		
	<u>Age</u>			
3 <sup>rd</sup>	Miles Preston	12 years	Mark Burridge	30 years
4 <sup>th</sup>	Jordan McDonald	17 years	Paul Healey	30 years
5 <sup>th</sup>	Bob Russell	65 years	John Lenehan	30 years
7 <sup>th</sup>	Paul Hesketh	50 years	Mark Nutter	30 years
14 <sup>th</sup>	Alice Pier	15 years	Marie Greenwood	20 years
17 <sup>th</sup>	Roanna Holdsworth	11 years	Mary Laycock	20 years
19 <sup>th</sup>	John Lenehan	65 years	Stewart Duxbury	15 years
19 <sup>th</sup>	Jackson McKay	11 years	Jackie Green	15 years
23 <sup>rd</sup>	Christopher Brown	10 years	Steve Fish	5 years
23 <sup>rd</sup>	Simon Wilshaw	15 years		
24 <sup>th</sup>	Briony Holt	13 years		
26 <sup>th</sup>	Kenan Eti	16 years		
28 <sup>th</sup>	Dave Hindle	60 years		
28 <sup>th</sup>	Jon Sharples	60 years		

### **Race Report: Stanbury Splash**

Race day again and my 2nd fell race since I've joined the club. Build up to this race was a little different and everyone's eyes were on the weather. Personally I'd googled the race (as every proper geek would) and was so impressed by the look of it that I was doing the race whatever the weather, once my mind is set on something I'm doing it.

The morning of the race came and it had been changed to a shorter 5 mile course. It didn't matter as I was looking forward to it, so off we go. On the way I saw a few club members making their way over and I was glad that I'm not the only one. Sanity check not needed for today.

On arrival the land is covered in snow and the views are amazing, really gave me the buzz for being there and wanting to race. Time to register and have a quick warm up before its time to get to , I'm stood with Dave Bagot and John Roche. I'm enjoying the atmosphere and also looking forward to getting going just to warm up a little.

Race starts and we are off to a 1 mile climb, fairly boggy but a steady easy climb. I was unfortunate to get stuck behind people on the climb but I kept managing to find a place to overtake as we got further up the hill.

Race continues to get even boggier and one minute you're on your legs, the next your down to your knees in mud and just about staying upright. Tough going but great fun and let's face it we all love getting muddy on a fell run. About 2 and half miles in Dave Bagot is still in sight and I feel strong, I just keep pushing through, tapping up the hills and overtaking as often as I can. Then the downhill comes. We all start flying down and people are hitting the deck left right and centre, including myself. We make it to the bottom and then a slight climb up and I manage to overtake a few more on a good section where I could pick some speed up down to the road crossing, we make it past the road but I can't just get in front of the next guy and before I know it we are at the finish line.

A fantastic race which had me smiling all day.

**John Hanson**

*[With the adverse weather conditions and the race organiser making the decision to shorten the course and announcing that the approach roads to Penistone Quarry were in a poor state, club captains Dave Motley & Jean Brown decided to cancel this race as a club championship counter. They felt the safety of members was paramount and did not want anybody to feel they had to drive in those conditions just to get a club championship counter. The captains apologise for the late notice especially to those members who had already set off to the race.]*

## COMMITTEE NEWS

January 2015

14 members were present. The main discussions and decisions were:

- **Captains/Juniors**

Marion reported an excellent turnout for the junior section at the Mid Lancs XC at Townley. Clayton had the most runners of all the local clubs.

It was agreed that the club would reimburse Andy A for the flask he purchased to serve hot drinks at XC events. The purchase of a second flask was also agreed.

Mike E confirmed that he has managed to register all but 3 juniors with UKA.

Jim confirmed that the XC captains have agreed to ensure Jason Pier is given assistance with the club tent at XC events. It was also agreed that there should be a backup plan for getting the tent to XC events in the event Jason is unavailable.

Agreed: the club would not contribute to the cost of travel to the National XC Championships in London.

Agreed: the club will pay entry fees for up to 4 teams to compete in the Calderdale Relay.

Agreed: the club would pay for teams to take part in the BMAF Road Relay Championships. Irene R will organise the ladies team(s), John Roche to be asked to organise the men's team(s).

- **Club Championships 2015**

The 2015 Club Championship fixtures for road and fell were agreed as follows:

Road

Blackburn Winter Warmer 10K – Sunday 8<sup>th</sup> February

Burnley Lions 10K – Friday 22<sup>nd</sup> May

Padiham Greenway 5K – Friday 19<sup>th</sup> June

Hendon Brook 13.5M – Sunday 26<sup>th</sup> July

Guys 10 – Sunday 6<sup>th</sup> December (Provisional)

Fell

Stanbury Splash – Sunday 18<sup>th</sup> January

Black Combe – Sunday 14<sup>th</sup> March

The Three Peaks – Saturday 25<sup>th</sup> April

Club Race Pendle – Saturday 23<sup>rd</sup> May

Thieveley Pike – Saturday 26<sup>th</sup> September (Provisional)

- **Media report and branding**

It was agreed that the club would order branded tee shirts (Black and Orange) in both senior and junior sizes.

- **Social report**

Marie confirmed the details of the annual awards presentation evening:

Date & time – Saturday 21<sup>st</sup> March 2015 19:30 until 01:00

Venue – Burnley Football Club 1882 Lounge

Entertainment – Live band (The Space Bats) plus disco

Ticket prices £13.00 Seniors £5.00 Juniors

Food to be chosen closer to the time  
To encourage attendance John W will write to all prize nominees to advise them of their nomination. Jim will promote ticket sales at club training and race events.

- **Race promotions: Towneley XC**  
Dave read out a report by Richard Lawson detailing a number issues that arose during the Mid Lancs XC event at Towneley. Agreed: Mike E would review this outside of the meeting and report back to the committee.
- Date changes: 2015 AGM date to the 24th September 2015  
September committee meeting to Monday 14th September 2015.

**Next meeting**

9<sup>th</sup> February 2015 at 19:00 – Peel Park Hotel Accrington.

**MEMBERSHIP**

**Welcome:**

**Juniors:** Sophie Ashworth  
Emily Johnson

**Seniors:** Sarah Angelone  
Diane Orrell  
Eloise Pemberton  
Andrew Taylor  
Sharon Wilson

**Resignations:** Mick Dobson  
Peter Thompson

**JUNIOR NEWS  
&  
JUNIOR RUNNER OF THE MONTH  
DECEMBER**

**JORDAN McDONALD**  
For Excellent Results at Marl Pits & Parkrun.

**CURTIS HOLT**  
For His Fine Efforts and PB at Parkrun

**RESULTS**

<u>Red Rose XC Rossendale</u>		U11 Boys	06-Dec-14	75 Runners
Name	Club		Finish Pos	Time
<b>Jackson McKay</b>	<b>Clayton H</b>		<b>1st</b>	<b>6.09</b>
Dexta Thompson			17th	6.59
Finley Stubbs			45th	7.47 <b>4th Team</b>
<b>U11 Girls</b>				85 Runners
Ella Pendlebury	Horwich RMI		<b>1st</b>	6.59
Keira Stevenson			39th	8.22
Eloise Clegg			69th	9.22
Millie MacCabe			81st	10.35
Lydia Wood			84th	10.57 <b>13th Team</b>
<b>U13 Boys</b>				41 Runners
Matthew MacKay	Rossendale Harriers		<b>1st</b>	8.55
Adam Quinn			23rd	10.24
Adam Stevenson			30th	11.11
Harry Mason			34th	11.26
Daniel Bradley			38th	12.44 <b>5th Team</b>
<b>U13 Girls</b>				42 Runners
Keely Hodgkinson	Leigh Harriers		<b>1st</b>	9.17
Briony Holt			2nd	9.22
Eleanor Root			6th	10.05
Millie Stubbs			8th	10.21 <b>1st Team</b>
<b>U15 Boys</b>				33 Runners
Josh Whitehead	Rossendale Harriers		<b>1st</b>	14.19
Curtis Holt			8th	15.25
Ryan Clarke			21st	16.53
Tom Bradley			22nd	16.58 <b>4th Team</b>
<b>U15 Girls</b>				22 Runners
Megan Clarkson	Blackburn Harriers		<b>1st</b>	16.27
Alice Pier			7th	17.44

*[continued on p 21]*



### Whose Legs?

This photo was taken before a recent Saturday afternoon run. Which sartorially challenged (tight?) member was wearing this pair of odd shoes?

*[for those viewing in black & white, the left shoe is grey/yellow; the right black/blue.]*

Answers to the Editor on the back of a fiver .



**GARRY WILKINSON** MFHT, ICHF,

**Clayton-Le-Moors Harriers**

**07581 623744**

garrywilkinson1964@btinternet.com



Member No 152361

### **SPORTS MASSAGE THERAPIST**

Muscular & Skeletal Injuries

- **Sports Massage** • **Remedial Massage**
- **Sports Injuries** • **Injury Prevention**

**UK– Register of Exercise Professionals**

**England Athletics Licensed Coach**

**Association of British Cycling Coaches**



CRB Checked



## **“Ask not what your club can do for you .....**”

Did you notice the “*Covering Old Ground*” article in the January newsletter in which the then Chairman was asking members to help out at races? More importantly did it inspire you to do something?

That was 25 years ago but the points Don Barton made are even more relevant today. Race Organisers are faced with increased safety requirements and this means more help is needed. Many of today's RO's have a small team of trusted helpers but nearly every month there is an appeal in **Harrier News** for race help and organisers spend an unacceptable amount of time begging and cajoling people to help out. I say unacceptable because this Club has over 350 Senior & Associate members but barely 17% of this number is helping at the races, training and events hosted by the Club.

Now you have the chance to change all of this. Each year Clayton organise 8 main races, junior races, a Cross Country League fixture and a Summer Series of up to 5 races. Using a very crude measure, (average 20 helpers per race), that is a requirement for well over 200 volunteers.

So this is a request for every member to volunteer their service for at least one event.

In addition this year we are hosting the British Relay Championship in October – this is a great honour and promises to be a great event but we need at least 50 volunteers to marshal.

On the facing page is a form to complete and return. This form is also available on the Club website. Completed forms can be returned by email or post or handed to any club coach or committee member. The important thing is that you complete and return it – **DO IT NOW** even before you finish reading this edition of **Harrier News**.

If we all do this then the club will have a valuable resource that will be of immense help to all our Race Organisers.

If you are unsure about what you may be getting into then please get in touch to talk it through. If you already help out, thank you and could you please still complete the form.

There are many reasons why we run and many reasons why we have all joined Clayton-le-Moors Harriers. This club respects every member who wears our famous vest and has served on the road, fell, track trail and cross country. But more than ever now it is time to **“ask not what your club can do for you - ask what you can do for your club”**

## “WHAT I CAN DO FOR MY CLUB”

NAME:	
CONTACT DETAILS : Email:	
Telephone:	Mobile:
facebook Y/N	Twitter Y/N
I am willing to help at the following events and I am happy for my contact details to be passed to the relevant Race Organiser. <i>(Please tick at least one event) (For Summer series enter race no.)</i>	
EVENT	
STAN BRADSHAW PENDLE ROUND    March 7th	<input type="checkbox"/>
RON HILL ACCRINGTON 10K March 29th	<input type="checkbox"/>
PENDLE FELL RACES April 4th	<input type="checkbox"/>
GREAT HAMELDON HILL RACE    May 3rd	<input type="checkbox"/>
MEARLEY CLOUGH May 12th	<input type="checkbox"/>
PENDLETON FELL RACE August 29th	<input type="checkbox"/>
THIEVELEY PIKE September 26th	<input type="checkbox"/>
TOWNELEY PARK XC tba	<input type="checkbox"/>
SUMMER SERIES: 1. Worsthorne (June)      2.Worston(July) 3.Tour of the Hameldons (Aug) 4. Coppice Fell Race (Sept)	
I am also willing to help at the British Relay Championship to be held at Barley	
BRITISH RELAY CHAMPIONSHIP October 17th	
Please return this completed form to Mike Eddleston. Email: <a href="mailto:mjeddeston@btinternet.com">mjeddeston@btinternet.com</a>	

**A Jolly Wrinkly Caper**  
(one of the few benefits of age)

Wrinkly Trevor, he of Crawshawbooth and the Mad Hatter's Café, had a chance meeting with Kath Birtwistle, wife of Burnley MP Gordon, in said café. As a result, nine of us ended up at Manchester Road station, Burnley, on a Sunday morning, supping Benedictine with shortbread biscuits and listening to a saxophonist as he played and sang (he had a machine!). A Northern Rail boss welcomed us to this, the first direct train from Burnley to Manchester for some 25 years.

The truth was that they'd closed the line for engineering works, but they'd managed to get a train from Newton Heath so, fifty of us set off for Manchester via Hebden Bridge, having first waved goodbye to Santa and his elf (*it was just before Christmas*). Soon Manchester Victoria loomed and we were off down Deansgate to Cloud 23 at the Hilton Hotel for morning coffee with Danish pastries and mince pies. We were on a high – literally!

At noon, Mayor Jolly came to take us to the medical field unit in south Manchester. On embarking from the mini-buses we found that beer was £1 per pint and shots the same. We had a computer presentation, a tour of the building and inspected the 1<sup>st</sup> World War armaments. We learned about the SS Royal Edward which was sunk in the Aegean on the way to Gallipoli in August 1915 with a large loss of East Lancashire lives. It transpired that our army hosts were all runners, the mayor is from Burnley, and they are coming to do a park run with us later this year.

Back on the buses and off to the Imperial War Museum (North) for a guided tour, clutching our army goody bags and certificates for good behaviour. After an hour we were put on a tram at Media City bound for the Midland Hotel, our base for the next three hours. There we had a few drinks and afternoon tea before a coach journey home.

You may wonder what finely tuned athletes like ourselves were doing on this degenerate trip: raising funds for the hospice and other charities!

Richard Lawson  
*[Someone has to do it! – Ed]*

## JUNIOR NEWS (continued)

### U17 Boys

Name	Club	Finish Pos	Time
Declan Toomey	Bolton United Harriers	1st	17.48
Jordan McDonald		3rd	18.47

### U17 Girls

Grace Handley	Blackburn Harriers	1st	19.58
Beth Quinn		11th	26.14

### **The Stoops Curly Wurly Race U10 Boys 20-Dec-14** 21 Runners

Sam Smith	Wharfedale	1st U10 Boy	7.40
Christopher Brown		6th U10 Boy	8.16

### **Burnley Parkrun 5K December** New PB time

Curtis Holt	15	20.23
Jack Skelly	7	28.08

## **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](mailto:claytonjuniors@gmail.com)

## Winter Training

Non members are welcome to attend our training sessions as guests. If you wish to train with us, either get in touch with the contact for the session that you wish to attend, or contact our coach, John Roche (01282 431959; rochejohn8@hotmail.com) to see which session would suit you best.

### MONDAY

**Experienced Runners – 6:00pm Queens Park, Burnley BB10 3AA** Meet at Omerod Road (opposite fire station) for a 5 – 6 mile run. Further details from Michael Hogan 07901 852593.

### TUESDAY

**Speed Session – 6:30pm Queens Park, Burnley BB10 3AA** Meet at Ormrod Road (opposite fire station) for a warm up jog to Widow Hill Rd & one of coach Roche's legendary lung busting winter speed sessions. Further details from John Roche 01282 431959.

**Road Training – 6:30pm Walton Arms, Altham BB5 5UL** 11 mile tempo run suitable for those able to run a half marathon in 1 hour 35 mins or better. Further details from Michael Hogan 07901 852593.

**Hill Session – 6:30pm Seedhill Athletics Centre, Surrey Road, Nelson BB6 7TY** Meet at the car park for a session on the road of around 10 miles. All abilities welcome. Head torches advisable. Further details from Neil Hardiman 07946 412655.

**Barley Badgers Fell Run – 6:30pm Pendle Inn Car Park, Barley BB12 9JX** Night run on Pendle for experienced runners. As these runs take place on exposed fells, please bring with you a head torch and a bum bag containing waterproof jacket and trousers, hat and gloves. Most runs are about 90 minutes in duration, so you may also wish to bring a drink and an energy bar. Post-run refreshments in the Pendle Inn. Further details from Mark Nutter 07899 995181.

## THURSDAY

### **Beginners' Training – 6:00pm Barden Track, Barden Lane, Burnley BB10 1JQ**

Note: There is a small charge of £1 for this session. Further details from John Roche 01282 431959.

### **Experienced Runners – 6:30pm Barden Track, Barden Lane, Burnley BB10 1JQ**

Further details from John Roche 01282 431959.

### **Off-road run – 6:30pm Memorial Park, Church Lane, Great Harwood**

**BB6 7PT** Head torch required. Meet outside the football changing rooms. Post-run refreshments at Pub Royale, Great Harwood.

Further details from Mike Eddleston 07951 424780.

### **Ladies' Training – 7:00pm** from a range of venues across East Lancashire. All ladies are welcome. Further details from Linda Bostock 01282 816269.

05/02/15	Alison Dugdale	07590279794
12/02/15	Linda Bostock	01282816269
19/02.15	Jean Brown	01200 440880
26/02/15	Yvonne Wickham	01282 774182
05/03/15	Christine Leathley	01282 694941
12/03/15	Sue Allen	07783998231

## SATURDAY

**Off-road run 1:00pm** A steady run of around two hours' duration from a variety of venues, followed by post-run refreshments at a local hostelry. Walkers and cyclists also welcome. A weekly email gives the venue for that week's run. Contact Paul Healey on 01254 384885 for further details.

## RESULTS

### CROSS COUNTRY

#### Lancashire Cross Country Champs

##### Witton Park, Blackburn

**3<sup>rd</sup> January**

##### **Senior Ladies**

1	Tessa Walker F35	Salford H	27.14
45	Vicky Heys	L40	33:56
46	Angela Shian	L35	34:16
57	Julia Rushton	L50	35:59
60	Jean Knightley	L55	36:19
67	Katy Thompson	L60	37:58
69	Sarah Helliwell	L	38:14
83	Susan Allen	L50	47:15
84	Christine Leathley	L65	48:30
	85 Ran		

##### **Teams**

1	Manx Harriers	23
2	Blackpool W& F	25
3	Lancs & M	39
9	Clayton	141

##### **Vet Teams**

1	Accrington RR	29
2	Blackpool W& F	44
3	Wesham RR	50
4	Clayton	61

##### **Senior Men**

1	S Robinson	Salford H	33.30
18	Christopher Holdsworth		36:58
39	Breton Holdsworth	V40	39:01
61	Garry Wilkinson	V50	41:20
76	Carl Helliwell	M	42:59
78	Andrew Orr	V40	43:38
89	George Pier	U20	44:56
93	Richard Briscoe	M	45:16
102	John Wilcock	V50	47:00
107	Peter Booth	V60	47:27
121	Andrew Howarth	V55	49:24
122	Andy Quinn	V40	49:26
124	Peter Browning	V55	49:34
125	David Scott	V70	49:48
137	Robin Nicolson	V45	53:23
	145 Ran		

##### **Men U20**

1	Jamaine Coleman	Preston H	36:54
11	George Pier		44.56

##### **Teams**

1	Blackburn H	109
2	Salford H	110
3	Manx H	147
6	Clayton	357

##### **Vet Teams**

1	Blackburn H	31
2	Accrington RR	66
3	Clayton	91

#### Mid Lancs Cross Country League

##### Towneley Park, Burnley

**10<sup>th</sup> January**

1	Anna Lupton F35		
	Barrow & Furness		20.13
49	Angela Shian	L35	25:10
50	Vicky Heys	L35	25:11
51	Natalie Harrison	L	25:13
54	Irene Roche	L55	25:30
70	Jean Knightley	L55	26:15
79	Dawn Terry	L45	26:34
85	Julia Rushton	L45	27:16
93	Sarah Helliwell	L	27:52
95	Tanya Ashworth	L	27:58
96	Kath Brady	L45	27:59
105	Katy Thompson	L55	28:57
110	Helen Burnett	L35	29:23
113	Michelle Butschok	L35	29:46
118	Yvonne Wickham	L45	30:05
133	Jackie Kershaw	L35	31:14
149	Nicola Kay	L	33:18
157	Susan Allen	L45	34:02
160	Christine Leathley	L65	35:24
	169 Finished		

##### **Ladies Team**

1	Lancs & M	25
2	Preston H	36
3	Barrow & F S	36
13	Clayton 'A'	144
20	Clayton 'B'	196



**F35 Team**

1	Barrow & FS	22
2	Accrington RR	24
3	Horwich RMI	39
8	Clayton 'A'	77
10	Clayton 'B'	131

**F45 Team**

1	Lytham St Annes	31
2	Accrington RR	35
3	Blackpool W&F	43
4	Clayton 'A'	49
8	Clayton 'B'	88

**F55 Team**

<b>1</b>	<b>Clayton</b>	<b>11</b>
2	Red Rose RR	33
3	Lytham St Annes	37

**Senior Men**

1	Chris Steele	N Cumbria	32:02
16	Chris Holdsworth	M	34:07
21	Jonny McKenna	M	34:27
39	Breton Holdsworth	V40	35:53
51	Lee Smith	M	35:50
62	George Pier	U20	37:41
63	Dave Motley	M	37:43
85	Ryan Belshaw	M	38:43
89	Carl Helliwell	M	38:49
92	Garry Wilkinson	V50	38:58
98	Andrew Orr	V40	39:18
99	Jon Hanson	M	39:20
112	Alex Cran	V40	39:55
117	Michael O'Donnell	V40	40:04
121	Michael Hogan	V40	40:09
122	Richard Briscoe	M	40:10
150	David Naughton	V50	41:51
160	John Wilcock	V50	42:27
175	Peter Booth	V60	43:13
198	Andy Quinn	V40	44:31
210	Stephen White	V50	45:25
211	Andrew Howarth	V50	45:31
216	Dugald McCallum	V60	45:50
229	David Scott	V70	46:41
235	Darren Rushton	V40	47:00
246	Martin Brady	V50	48:20

272 Robert Hirst V60 52:11

273 Ted Orrell V70 52:16

280 Finished

**Men U20**

**1** Jack Hindle Blackburn H 34:51

9 George Pier 37:41

**Teams**

1	Barlick FF	109
2	Horwich RMI	144
3	Blackburn H	147
5	Clayton 'A'	249
10	Clayton 'B'	513

**M40 Teams**

1 Blackburn H 40

2 Horwich RMI 73

**3 Clayton 'A' 93**

11 Clayton 'B' 195

**M50 Teams**

**1 Clayton 'A' 40**

2 Accrington RR 56

3 Red Rose RR 64

12 Clayton 'B' 122

**M60 Teams**

**1 Clayton 27**

2 Hoad Hill H 28

3 Wesham RR 30

**Cross Country Palladium Points  
Competition JANUARY Update**

**Name Category Pts Races**

**Ladies**

V Heys	F40	62	6
A Shian	F35	52	5
S Helliwell		48	8
I Roche	F55	42	5
J Rushton	F50	42	6
J Knightley	F55	31	4
H Burnett	F40	27	6
N Harrison		24	2
C Heys	F35	22	2
K Thompson	F60	20	4
D Terry	F45	19	2
T Ashworth		18	2
S Allen	F50	17	10
K Brady	F50	15	3
C Leathley	F65	10	8
F Richmond	F35	9	1
M Butschok	F35	9	2
Y Wickham	F45	8	2
S Whittaker	F35	5	1
R Robinson		5	1
A Olszewska	F45	5	2
J Kershaw	F35	4	1
N Kay		3	1
S McIntosh		1	1

**Men**

C Helliwell	S	137	9
G Pier	JM	92	7
C Holdsworth	S	91	4
B Holdsworth	M40	90	5
L Smith	S	88	4
D Motley	S	75	4
J Wilcock	M50	74	8
A Cran	M40	68	5
P Booth	M60	61	7
R Briscoe	S	57	7
A Armstrong	M45	54	4
A Orr	M40	53	3
A Quinn	M40	53	7
J Roche	M55	53	4
M O'Donnell	M40	49	3
K Davies	M50	48	3
S Clare	M40	40	3

**Name Category Pts Races**

D McCallum	M60	37	6
A Howarth	M50	36	5
M Hogan	M40	35	2
P Browning	M50	32	7
G Wilkinson	M50	31	2
S White	M50	30	5
J McKenna	S	27	1
R Stevenson	S	26	1
J Pickup	M60	26	3
C Shuttleworth	M50	23	2
M Brady	M50	22	6
R Belshaw	S	21	1
D Scott	M70	20	4
J Hickie	M50	19	3
J Hanson	S	17	1
M Aspinall	M50	16	1
M Thistlethwaite	M60	14	2
D Burnett	M40	14	3
D Naughton	M50	12	1
I Greenwood	M50	12	1
M Christie	M50	10	1
P Wale	M40	9	1
R Hirst	M60	9	2
R Wilkinson	S	7	1
S Hartley	M50	5	1
R Lawson	M70	7	3
T Orrell	M70	6	3
D Rushton	M40	4	1
A Hamer	S	3	1
R Nicholson	M40	3	3
J McGuire	M50	1	1
R Chappell	M60	1	1

**Remember: ALL XC races now  
count for the Cross Country  
Palladium Points Competition.**

**UK: Athletics Accredited  
Sports Therapist**

*Sports Injuries  
Remedial/Sports Massage*

**Affordable and dedicated  
service since 1996**



Approved  
Therapist



Home Treatments

**Mobile: 07711 609595  
Peter Catley IIST HFST**

**MULTI TERRAIN**

**Lynne and Christine's Memorial 5k**

**MT Brownhouse Dash**

**14<sup>th</sup> Dec**

1	S Clawson	Ross H	19.12
5	G Pier	1 <sup>st</sup> JM	21.22
13	J Pier	1 <sup>st</sup> M40	24.54
21	Alice Pier	1 <sup>st</sup> JF	26.21
39	Julie Toman	3 <sup>rd</sup> F45	29.22
52	J McGuire	3 <sup>rd</sup> M55	33.25
56	Christine Leathley	1 <sup>st</sup> F65	35.24
	70 ran		

**Rudolph's Red Nose Zoo 5M MT**

**21<sup>st</sup> Dec**

1	J Parker	M40 Preston H	28.24
19	Bev Wright	F50 Blackpool WF	34.29
21	S Biscoomb	1 <sup>st</sup> M60	35.23
58	Tina Lewis	2 <sup>nd</sup> F50	40.43

59	R Russell	3 <sup>rd</sup> M60	40.47
116	K O'Brien	2 <sup>nd</sup> M70	49.41
121	Nicola Kay		51.15
	155 ran		

**ROAD**

**Podium 5K Barrowford**

**20th Dec**

1	J McNally	Liverpool H	14.55
17	J McKenna		16.05
37	D Motley		18.42

**Lancaster Festive 4K**

**27th Dec**

1	J Parker M40	Preston H	12.41
24	Georgia Hannam	L&M	15.12
86	Julie Toman	F45	20.14
112	J McGuire	M55	21.45
	214 ran		

**Ribble Valley 10K**

**28th Dec**

1	J Beattie		
	Newham & Essex Beagles		30.01
54	Rebecca Robinson	Kendal AC	
			33.54
73	A Stubbs	M45	35.03
113	K Davies	M50	36.51
117	D Bagot		36.49
118	R Stevenson		37.03
119	J Watson		37.06
145	D Motley		37.33
150	J Hartley	1 <sup>st</sup> M55	37.47
169	C Helliwell		38.18
230	J Hanson		39.34
267	George Pier	JM	40.39
275	N Roscoe	M45	40.39
278	T Piggott		40.50
291	A Life	M50	41.06
297	C Funnell	M45	41.03
319	J Wilcock	M50	41.43
343	Jordan McDonald	JM	42.28
386	S Ainsworth	M55	43.19
502	A Clarkson	M55	45.21
532	Dawn Terry	F50	46.44

537	D Scott	2 <sup>nd</sup> M70	46.38
546	S White	M55	46.10
593	B Wildman	M45	47.19
595	Julia Rushton	F50	47.25
637	M Brady	M50	48.38
660	T Orrell	2 <sup>nd</sup> M75	49.16
663	Rebecca Webb		48.44
676	Susan Clark	F45	49.03
711	Kathryn Brady	F50	49.44
718	Tanya Bunkham		49.30
777	Sarah Helliwell		52.05
799	Clare Wilson	F35	51.57
924	S Barker	M45	55.25
999	Marion Wilkinson	1 <sup>st</sup> F70	58.34
1042	R Hill	3 <sup>rd</sup> M75	61.25
1054	Christine Leathley	3 <sup>rd</sup> F65	62.24
	1105 ran		

**Ward Green 6M Barnsley**  
**28th Dec**

1	D Chan	Barnsley AC	30.54
2	B Holdsworth	M40	33.29
	139 ran		

**Billy Knox NYD**  
**Awakener Whitworth**  
**1<sup>st</sup> January**

1	D Marsh	Sale H	17.50
37	Vicky Heys	1 <sup>st</sup> F40	25.20
41	Angela Shian	2 <sup>nd</sup> F35	25.46
54	Jean Knightley	2 <sup>nd</sup> F55	27.18
61	Robert Hirst	M60	28.46
70	Yvonne Wickham	3 <sup>rd</sup> F50	30.03
78	R Chappell	M65	31.34
80	J McGuire	M55	33.12
	87 ran		

**Central Lancs Half Marathon**  
**4th Jan**

1	I Livesey	Barlick FR	72.46
208	Tanya Bunkham		109.41
	449 finished		

**Garstang 10K**  
**11<sup>th</sup> Jan**

1	B Lindsay	Manhattan Project	30.49
22	Joanna Nelson	F40	38.22
33	J Hartley	2 <sup>nd</sup> M55	38.59
90	S Biscomb	M60	42.29
	472 ran		

**FELL**

**Gravy Pud**  
**BS: 5M, 1000'**  
**7<sup>th</sup> December**

1	Tom Saville	Dark Peak FR	35:59
18	Lindsay Brindle	Horwich RMI	40:29
42	Ivan Whigham	V50	44:06
146	Julie Toman	LV45	1:01:46
	155 finished, including 38 ladies.		

**Mytholmroyd**  
**BM: 6.2M, 1350'**  
**14<sup>th</sup> December**

1	Chris Miller	Harrogate	49:29
25	Alan Life	V50	1:00:24
48	Jackie Scarf	LV50 CVFR	1:04:53
54	Jon Sharples	V55	1:06:33
	99 finished, including 12 ladies.		

**Stoop**  
**BS: 5M, 820'**  
**21<sup>st</sup> December**

1	Tom Adams	Ilkley	31:44
46	David Bagot		39:17
47	Caitlin Rice	Glossopdale	39:20
56	Tim Edward	V40	39:48
165	Chris Funnell	V40	45:49
214	Richard Briscoe		48:21
256	Jon Sharples	V50	51:21
271	Colin Woolford		51:54
295	Dawn Terry	LV50	52:51
300	Linda Lord	2 <sup>nd</sup> LV60	52:59
305	Katy Thompson	LV60	53:20
326	Robert Hirst	V60	54:59
354	Stephen Fish	V60	56:56
412	Julie Toman	LV40	66:21
	427 finished, including 109 ladies.		

**Whinberry Naze****BS: 4M, 750'****26<sup>th</sup> December**

1	James Logue	V45 CVFR	24:43
12	Lee Smith		27:27
15	Anna Lupton	Black Combe	27:55
34	Alan Life	2 <sup>nd</sup> V50	29:11
35	Andrew Orr	V40	29:18
52	David Naughton	V50	30:58
63	Sean Clare	V45	31:54
65	Mark Nutter	V50	31:56
66	Chris Funnell	V45	32:01
94	Andrew Dugdale	V50	34:11
102	Andrew Howarth	V55	35:07
115	Andrew Firth	V55	36:07
118	Martin Brady	V50	36:19
125	Colin Woolford		36:38
126	Vicky Heys	LV40	37:05
141	Andrew Walmsley	V60	38:46
145	Robert Hirst	V60	39:18
149	Carol Life	LV45	39:45
152	Nichola Horsfall	LV55	39:57
184	Irene Roche	LV55	43:39
185	Sarah Helliwell	L	43:39
186	Jean Knightley	LV55	43:41
187	Julia Rushton	LV50	43:42
196	Julie Toman	LV45	44:36
203	Geoff Smith	V40	46:40

226 finished, including 70 ladies.

**Wansfell****AS: 2.1M, 1330'****28<sup>th</sup> December**

1	Rob Hope	V40 Pudsey & B	20:04
10	Annie Conway	Ambleside	22:32
105	Andrew Firth	V50	31:47
109	Mark Nutter	V50	32:00
118	Wendy Dodds	1 <sup>st</sup> LV60	32:50

151 finished, including 32 ladies.

**Auld Lang Syne****BS: 6M, 1000'****31<sup>st</sup> December**

1	Alistair Brownlee	Bingley	38:28
11	Christopher Holdsworth		41:35
31	Helen Berry	LV40 Holmfirth	44:57
44	Neil Hardiman	V40	46:06
57	Garry Wilkinson	V50	47:03
58	Lee Smith		47:04
68	Dave Motley		48:01
70	David Bagot		48:06
91	Ryan Belshaw		49:48
116	Nick Roscoe	V40	51:44
133	Richard Briscoe		53:24
152	John Wilcock	V50	54:14
201	David Black	V40	58:08
211	Vicky Heys	LV40	59:06
226	Colin Woolford		59:43
267	Angela Shian	L	62:33
275	Wendy Dodds	LV60	63:32
290	Stephen Fish	V60	64:27
322	Robert Hirst	V60	67:47
390	John Francis	V70	89:22

395 finished, including 99 ladies.

### Club Fell and Road Championships

There are separate competitions for Ladies and Men. 1st, 2nd and 3rd awards are made in each competition. Veteran (10 year categories), U20 and U23 awards are also available; the number of awards made depends on the number of members completing the competition in each age category.

Points are awarded in each race as follows:

1st Clayton Lady 50 points; 2nd Clayton Lady 49 points; etc  
1st Clayton Man 50 points; 2nd Clayton Man 49 points; etc

Except for the V70 Ladies' (V65 on the road) and V70 Men's categories, to be given a final ranking it is necessary to have completed at least three races.

The points from a member's best three races are added together to determine the final rankings for Ladies and Men.

#### Club Championships 2015

##### Road:

Blackburn Winter Warmer 10K – Sunday 8<sup>th</sup> February  
Burnley Lions 10K – Friday 22<sup>nd</sup> May  
Padiham Greenway 5K – Friday 19<sup>th</sup> June  
Hendon Brook 13.5M – Sunday 26<sup>th</sup> July  
Guys 10 – Sunday 6<sup>th</sup> December (Provisional)

##### Fell

Black Combe – Sunday 14<sup>th</sup> March  
The Three Peaks – Saturday 25<sup>th</sup> April  
Club Race Pendle – Saturday 23<sup>rd</sup> May  
Thieveley Pike – Saturday 26<sup>th</sup> September (Provisional)  
*[Replacement race for Stanbury Splash tba]*



Paul L Walsh  
Sports Therapist

10 Tennyson Street  
Briercliffe  
Burnley, BB10 2JB

**PLW Injury Rehabilitation**  
'A reliable service committed to  
effective treatment and quality care'

01282 - 424105  
07916 - 582369

## Mid Lancs Cross Country League

### Fixtures 2015

14th February

Lawson's Ground, Blackpool

7th March

Rylands Park, Lancaster

### Timetable

### Approx Distances

(12.30pm u11 girls)	~ 2K
(12.45pm u11 boys)	~ 2K
1.00pm u13 girls	2.5K
1.20pm u15 girls and u13 boys	3K
1.40pm u15 boys and u17 women	4K
2.00pm u17 men; jnr, snr & vet women	6K
2.30pm jnr, snr and vet men	9-10K

## CLUB KIT

**Race Vest £12.** 100% polyester with stitched bands. Ladies' sizes XXS, XS, S, M and L. Men's sizes S, M and L.

**New Race Vest £22.** 100% polyester with printed bands. Ladies' sizes 34", 36" and 38". Men's sizes 36", 38", 40", 42" and 44".

**Orange Hoodie £12.** 50% cotton / 50% polyester. Sizes S, M and L.

**Black and Orange Hoodie £20.** 100% cotton. Size XS and S only.

**White Long Sleeved Training Tee £15.** 100% polyester. Sizes S and M.

**Black Tee £5.** 100% cotton. Sizes S, M and L.

**Rain Jacket £25.** 100% nylon. Showerproof. Sizes XS and S only.

**Pendle Car Sticker £1.**

**Harrier Car Sticker £1.**

***All our club clothing is available from the Club Kit Manager: Val Lawson on 01282 423808. email [valric55@virginmedia.com](mailto:valric55@virginmedia.com)***

**Support your club with our exclusive branded clothing.**

## **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](mailto:katy.thompson1@btinternet.com)

### **FEBRUARY'S FROLICS**

- Sun 1<sup>st</sup> KWL (Kendal Winter League) Birkrigg Common, Ulverston Details at [www.helmhill.co.uk](http://www.helmhill.co.uk)
- Sat 7<sup>th</sup> Orienteering @ Witton Park, Blackburn [www.pfo.org.uk](http://www.pfo.org.uk)  
Wadsworth Trog BL 20m/4000' 10 am from Old Town Cricket Club, Hebden Bridge (GR 998285) £7 pre-entry by 27 Jan.  
See [www.cvfr.co.uk](http://www.cvfr.co.uk) for entry form  
Titterstone Clea AS 2.5m/750' 11.45 am from Cleeton St Mary, Shropshire GR 606788 £5 eod  
Rab MMM Peak District [www.minimountainmarathon.co.uk](http://www.minimountainmarathon.co.uk)
- Sun 8<sup>th</sup> **Winter Warmer 10K 11am Witton Park, Blackburn**  
**£10 + £2 eod Also Junior 2.5K Club Road Champs**  
KWL Fairmile, Howgill, Sedbergh Details at [www.helmhill.co.uk](http://www.helmhill.co.uk)  
Long Mynd Valleys AM 11.5m/4500' 11.30am Pavilion Cafe, Carding Mill Valley, Church Stretton SY6 6JG GR445944 £8 eod
- Sat 14<sup>th</sup> Mid-Lancs XC Lawsons Fields, Blackpool Ladies 2pm Men 2.30pm  
Windy Hill FR BM 9m/1300' 11.30 am from Littleborough Rugby Club £7.50 pre-entry/£8 eod  
Parbold Hill Race 6.75m 2pm from Bispham Durnings Endowed School, Chorley Rd, Hildale, nr Parbold £6.50 (eod +£1.50)
- Sun 15<sup>th</sup> Muddy Shoes 5m or 11m from Village Hall, Caldervale, Preston  
You get a map, directions + 3 checkpoints! £13 (+ £2 eod if not full)  
Central Lancs 5K 10.30am from Leverhulme Park, Bolton BL2 6EB £6 + £1 eod [www.boltonunitedharriers.co.uk](http://www.boltonunitedharriers.co.uk)  
KWL Barbondale Details at [www.helmhill.co.uk](http://www.helmhill.co.uk)
- Fri 20<sup>th</sup> Mr. Sparkle's Dark un 5m/700' **7.30 pm** from Royal Hotel, Tockholes, nr Darwen BB3 0PA £5 pre-entry **Limit of 75 .**
- Sat 21<sup>st</sup> National Cross Country Parliament Fields London  
Contact Captains for entry  
Bleasdale Circle AS 5m/1250' 12 noon from Bleasdale Parish Hall GR574453 £4 pre-entry or £6 eod [bowlandfellrunners.co.uk](http://bowlandfellrunners.co.uk) **Limit of 120 runners**  
Standish Hall Trail Race approx 10K 2.30pm from Britannia Wigan Hotel, Standish WN6 0SR (off J27 M6) £6 + £1 eod



Suffering with injury,  
pain or stiffness  
after running?



Come and see  
us at **Physiofusion**,  
with clinics in Padiham,  
Burnley, Barnoldswick,  
Skipton and Lancaster.

**Physiofusion**, supporting  
you and your club.

Like us and follow us on:



Tel 01282 453 110  
[www.physiofusion.co.uk](http://www.physiofusion.co.uk)



Sun 22<sup>nd</sup> Ilkley Moor FR AS 5m/1320' 11.30 am from Wells Rd., Ilkley  
GR115470 £4.50 pre-entry at [www.sportsentrysolutions.com](http://www.sportsentrysolutions.com) or  
£10 eod  
Terry Nortley 10m Trail Race 11 am from Cams Lane School,  
Bolton Rd, Radcliffe M26 3SW £6 + £1 eod  
Great North West Half Marathon 11am Hilton Hotel, North  
Promenade, Blackpool £20 + £2 eod cd 17<sup>th</sup> Feb  
KWL Sedbergh School Details at [www.helmhill.co.uk](http://www.helmhill.co.uk)  
New Chew O 9.30 am from Dovestones Sailing Club, Greenfield,  
Saddleworth GR SE013033 £10 pre-entry  
[saddleworth-runners.co.uk](http://saddleworth-runners.co.uk)  
Lostock 6m road race 10 a.m. from Barnstormers, Lostock Lane,  
Lostock, Bolton BL6 4BL £6 + £1 eod [www.lostockac.co.uk](http://www.lostockac.co.uk)  
Fri 27<sup>th</sup> High Peak Marathon from Edale Village Hall  
[highpeakmarathon.org.uk](http://highpeakmarathon.org.uk)  
Sat 28<sup>th</sup> High Cup Nick FR BM 9.3m/1509' 2 pm from Dufton Village Hall  
GR688252 £6 eod  
Midgley Moor FR BS 5m/1250' 11 am from Booth Cricket Club,  
Halifax GR040271 £4 eod  
PFO Orienteering – Nick of Pendle [www.pfo.org.uk](http://www.pfo.org.uk)  
Stanley Park Blackpool 10K 11 a.m. £12 if limit of 300 not  
reached [www.fyldecoastrunning.org](http://www.fyldecoastrunning.org)

#### **MARCH'S MEANDERINGS**

Sun 1<sup>st</sup> Stanley Park Blackpool 10K 11 a.m. £12 if limit of 300 not  
reached [www.fyldecoastrunning.org](http://www.fyldecoastrunning.org)  
**Yes, you can run it both days!**  
The Trotters Five 5M Trail Race 10 a.m from Smithills Coaching  
House, Bolton £10 by 25<sup>th</sup> Feb  
KWL Cunswick, Kendal Details at [www.helmhill.co.uk](http://www.helmhill.co.uk)  
Haweswater Half-marathon 11.30am from Bampton Village £15  
pre-entry/£17 eod Also junior race [edenrunners.co.uk](http://edenrunners.co.uk)  
Cloud Nine Hill Race BM 9m/1250' 11a.m. from Brunswick Wharf,  
Congleton GR865634 £7 pre-entry only  
Sat 7<sup>th</sup> **Flower Scar FR AM 6.5m/2300' 11 am from Todmorden  
Cricket Club GR934245 £6 pre-entry at  
[www.sportident.co.uk](http://www.sportident.co.uk)  
First race in English Fell Championship**  
Mid-Lancs XC Rylands Park, Lancaster Ladies 2pm Men 2.30pm  
Stan Bradshaw Pendle Round AM 10.4m/1936' 11am from  
Barley Village Hall £5 pre-entry  
Sun 8<sup>th</sup> 27<sup>th</sup> Roddlesworth Roller, Abbey Village 6m 11 am £7 + £2 eod  
Also Daffodil Doddle Junior race £3.50 (£6.50 on day)  
Online entry at [ukresults.co.uk](http://ukresults.co.uk)  
Trafford 10K 9.30 a.m. from Partington Leisure Centre £12  
[www.race-results.co.uk](http://www.race-results.co.uk)

- KWL Cautley Spout, Sedbergh Details at [www.helmhill.co.uk](http://www.helmhill.co.uk)
- Sat 14<sup>th</sup> **Black Combe FR AM 8m/3280' 12 noon from Silecroft Village Hall GR SD133821 £7 eod Club Champs**  
 Haworth Hobble 32m/4400' 8am from Haworth Primary School £22 per team of 2 or £13 solo Entry form and details at [www.kcac.co.uk](http://www.kcac.co.uk)
- Sun 15<sup>th</sup> Sweatshop 10m 11am from Bispham Fire Station £8 + £2 eod  
 Trimpell 20 Road Race 11am from Salt Ayre Leisure Centre,
- Sat 21<sup>st</sup> PFO Orienteering – Gisburn Forest [www.pfo.org](http://www.pfo.org).  
 Middlefell Fell Race AM 6.6m/1700' 2.30 pm from Screes Inn, Nether Wasdale £7 eod
- Sun 22<sup>nd</sup> **Club Presentation Evening, Burnley FC 7.30pm**  
 Rivock Edge FR BM 6.8m/883' 11.15 from Silsden Sports Club £5 eod  
 Edale Skyline AL 21m/4500' 10.30am from Edale Village Hall  
 Entries open Feb 1st on [www.dpfr.org.uk](http://www.dpfr.org.uk)  
 Heptonstall FR 15.4m/3170' 10.30am from Cross Inn, Heptonstall £6 eod [heptonstallfellrace.wordpress.com](http://heptonstallfellrace.wordpress.com)  
 Two Crosses 25m/18m LDWA event [www.ldwa.org.uk](http://www.ldwa.org.uk)  
 Garstang Gallop 7m 11am from Garstang Sports Club £8 + £2 eod
- Wed 25<sup>th</sup> Tony Lavin Brownhouse Res 5k 6.15pm from Oxford Pub, Whitworth £4 + £1 on day
- Sat 28<sup>th</sup> Boulsworth Bog FR BM 8.2m/1400' 1pm from Wycoller Country Park £5 eod  
 Causey Pike FR AS 4.5m/1780' 2pm Stair Village Hall £5 eod
- Sun 29<sup>th</sup> Ron Hill Accrington 10K 10.30am from Accrington Town Hall £8 + £4 eod  
 Muddy Bottoms Off-road run/walk 9m/17m 9am from Bamber Bridge Leisure Centre £14 + £2 eod  
 Lads Leap FR AS 5.9m/ 1700' 11 am from Crowden Campsite, Woodhead £5 pre-entry or eod  
 KWL Elterwater Common, Langdale Details at [www.helmhill.co.uk](http://www.helmhill.co.uk)
- Tues 31<sup>st</sup> Pete Hartley Memorial Liver Hill BS 4.3m/820' 6.45pm from Marl Pits Free entry – no prizes  
 Bunny Run 1 CS 3m/328' 7pm Registration at Old Sun Hotel, Haworth (GR026372) 5 mins walk to start. £2 eod
- APRIL'S ANTICS**
- Sat 4<sup>th</sup> Pendle FR AS 4.5m/1500' 2pm from Barley Village Hall £4 pre-entry or eod  
 Pendle Junior Races 12 noon from Barley Village Hall £1 eod  
 U8 to U18 Eng & Lancs Champs for U12 to U18
- Sat 25<sup>th</sup> **Three Peaks Race AL 23.2m/5280' 10am Horton-in-Ribblesdale Online entry from 1<sup>st</sup> Feb £25 at [three-peaksrace.org.uk](http://three-peaksrace.org.uk). Club champs**

