

HARRIER NEWS



The Clayton Harrier Newsletter
www.claytonlemoors.org.uk April 2015



Mr Tangerine Man at Awards Night
Breton Holdsworth receives a trophy from El Presidente
Full list of awards on pp14 & 15

[Photo: David Belshaw]

CONTACTS

The Clayton Website
www.claytonlemoors.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

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

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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 May issue:
Monday, 13th April 2015

BOOTHY'S BIT

Cross Country Round Up

The 2014-15 cross country season saw greater participation from members than has been the case for quite a few years, with some notable individual and team successes to report. Before Christmas, there were four Red Rose League fixtures, which were a particular focus for the junior section. At the Red Rose presentation evening on 27th February it was great to see Jackson McKay, Briony Holt, Curtis Holt, Alice Pier, George Pier and Jordan McDonald pick up awards for their efforts. The Mid Lancs League was the main target for the seniors, with the Senior Men and Ladies aiming to gain promotion to the first division. At the business end of the season, we realised that the Blackpool fixture on February would be crucial as the final fixture, at Lancaster, clashed with the English championship fell race at Flower Scar and the Stan Bradshaw Pendle Round. There was a great response to the 'call to arms', but the ladies narrowly failed to gain the points they needed – either at Blackpool or at Lancaster – and missed promotion by only a single point. On the plus side, the F45 team were third in their league. (The F55 team were in pole position for their league but only gained a result in 3 fixtures – they needed four!) Happily, the men fared a little better: the team finished second to Blackburn in Division 2 and will be in the first division again next season. The M60 team won four races to take gold with maximum points in their league and the M50 team, led by Kev Davies (individual silver medal), won silver. Other medal winners were: Briony Holt (GU13 gold), Jordan McDonald (BU17 silver), George Pier (MU20 bronze), Irene Roche (F55 silver), Pete Booth (M60 bronze), Dave Scott (M70 silver) and Richard Lawson (M70 bronze). There is a list of all the team and individual positions on pp16 & 17.

Special mention must go to Sue Allen and Christine Leathley who were Clayton's only representatives at the National Cross Country Championships in London on 21st February. Sue completed the maximum 13 cross country fixtures during the season, while Christine managed 11 – more than any of the men!! Well done ladies!

29 ladies and 54 men took part in at least one cross country race during the season, with 8 ladies and 13 men completing at least 6 races to qualify for the Club Cross Country Palladium Points Competition, which was won by Vicky Heys and Carl Helliwell. Turn to p17 for the list of members who qualified.

I am indebted to cross country statistician, Harry Manning for the detailed analysis that you will find on pp16 & 17 as well as the results on pp24 & 25. Each month during the season I receive an envelope containing handwritten cross country results along with, of course, his nominations for the Runner of the Month. After many years as cross country statistician, Harry has decided resign from the post. The club is most grateful to Harry for his dedicated and diligent work over this long period.

THANK YOU, HARRY!

[continued overleaf]

BOOTHY'S BIT MORE...

Annual Presentation of Awards

130 members squeezed into the 1882 Lounge of Burnley FC on Saturday, 21st March for our annual awards evening. After a welcome from Chairman Jim, there was a brief talk from representatives of Rossendale & Pendle Mountain Rescue Team – our 2015 charity. This was followed by a brilliant video compiled by Coach Roche and a great supper before the prizes were presented by El Presidente, Dave Scott, ably assisted by Tom Brewster, Irene Roche, Andy Armstrong, Jason Pier and Marion Wilkinson. We were then entertained by the fantastic Space Bats until the early hours of Sunday. Well done to Marie Greenwood for organising another most enjoyable evening. Turn to pp14 & 15 for the list of award winners. If your name is on the list, but you were unable to attend, please contact Jim to arrange collection.

Weekend of Running

We are staging a weekend of running on 22nd – 23rd May. Details below. Make sure you don't miss out on the fun and frolics.

HELP NEEDED

Three races organised by club members take place soon: Pendle Fell Races (senior & junior) on 4th April, the Great Hameldon Hill Race (4th May) and Mearley Clough Fell Race (12th May). If you can help with any of these events, contact the race organiser – details on p6 & 7.



Weekend of Running 22-23 May

Friday 7pm Colne - Burnley Lions 10k Club

Road Championship Race

Saturday 1pm Barley - Junior Club Fell Races

2pm Barley - Senior Club Pendle Race

Club Fell Championship Race (short)

3pm. Barley - Social at the Pendle Inn

CLAYTON-LE-MOORS HARRIERS OFFICIALS 2014-15

President	Dave Scott:	01282 693867
Chairman	James Hickie:	01254 246658
Secretary	John Wilcock	01282 425699/07970 828167
Treasurer	Mike Eddleston:	01254 390757 or 07951 424780
Membership Secretary	Adam Hamer:	
		22 Thursfield Road, BURNLEY BB10 4EL. 07983 280618
Media Manager	Adrienne Olszewska :	07510 764394
Social Secretary	Anne Marie Greenwood:	01254 237485
Junior Co-ordinators	Marion Wilkinson:	07940 418603
	Andy Armstrong:	07971 001583
Race Promotions Coordinator		
	Mike Eddleston:	07951 424780
Elected Member	Geoff Smith:	07789 357013

CAPTAINS

Men's XC	Vacant	
Ladies' XC	Irene Roche	07919 077485
Men's Road & Trail	Tom Brewster	07709 610225
Ladies' Road & Trail	Angela Shian	07972 039560
Men's Fell	Dave Motley	07810 895862
Ladies' Fell	Jean Brown	07712 003064



Pendle Fell Races 2015

Saturday 4th April 2015 Juniors start 12.00 am, Seniors 2.00 pm

Both Senior and Junior races are Lancashire Championship races, with the juniors also being English Junior Championship races. We would be grateful of any help club members, friends and relatives can give with either registration or as a marshal, even if only for the Juniors.

Contact details David Bailey tel 01282 618554 after 8.00 pm weekdays
Email david.bailey80@ntlworld.com
Ken Richardson tel 01282 61711
Email ken0rich@sky.com

Thanks David.



MEMBERSHIP

Welcome:

- Seniors:** Karen Clarkin
Anita Jones
Natasha Newell
Tony Pilling
Chris Whiteoak
- Juniors:** Lennon Jackson
Alexander Thompson
- Resignations:** Ryan Belshaw
Anthony Gotts
Tim Pigott
Jade Hartley
Stuart Hartley

The Great Hameldon Hill Race
Sunday 3rd May

Helpers are needed for this race – the first in the Pendle and Burnley Grand Prix. Numerous tasks – car parking, officials, marshals, finish field and junior races' helpers. The Juniors involve three events starting from 11 am; senior race 12 noon.

If you can help in any way please contact Paul Healey on 01254 384885, p.healey@sky.com or Marie Greenwood 01254 237485.

MEARLEY CLOUGH FELL RACE
Tuesday, 12th May

1994 saw the start of the Walloper Well Whizz, 7 and a half miles, 1200' ascent from the Three Rivers caravan site West Bradford. A hard runnable course over Grindleton Fells. I put this race on to give something back to the sport that I loved and had given me many hours of agonising pleasure. Due to the fact that I needed at least 8-9 marshals which was always a struggle, I finally gave up and looked for somewhere else requiring less help. So the same year I came up with the Mearley Clough Race from the Calfs' Head, Worston, still 1200' ascent, but only half the distance, fewer marshals and a pub at the start and finish.

Due to recent circumstances I feel after 17 years it's time to pass it on to someone else who wants to give something back to the sport. This race has Championship status and it would be a great shame to lose it as we have several others over the years.

In last months mag. Mike asked you to fill in a form to help at races, so if you haven't done it yet, DO IT. Don't forget NO MARSHALS, NO RACES, NO CHAMPIONSHIPS, NO FRA.

So if you're interested in taking over the race, or if you can help at my final outing on 12th May, ring me 01200 441328.

Geoff Newsam

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



SUE ALLEN & CHRISTINE LEATHLEY for being Clayton's sole representatives at the NATIONAL CROSS COUNTRY CHAMPIONSHIPS in LONDON on 21st.
Nominated by Harry Manning

STEVE BISCOB for 1st M60 at the TERRY NORTLEY 10M at RADCLIFFE on 22nd.
Nominated by Harry Manning

BRETON HOLDSWORTH for FIRST PLACE at the RAUCEBY RIPPER MT RACE in LINCOLNSHIRE on 7th.
Nominated by Harry Manning

GEORGE PIER for FIRST JUNIOR MAN at the MUDDY SHOES 11 at CALDER VALE on 15th.
Nominated by Harry Manning
AND for his performances in the MID LANCS XC LEAGUE throughout the season
Nominated by Jacob Watson

DAVE SCOTT for 1st M70 at the WINTER WARMER 10K at BLACK BURN on 8th.
for 1st M70 at the MID LANCS XC FIXTURE at BLACKPOOL on 14th.
Nominated by Harry Manning

PAUL WALE for running in shorts & T shirt whilst EL Pres. wore 3 layers, a hat, gloves and Tracksters! On 24th (Tangerine Training Night)
Nominated by Dave Scott

FEBRUARY WINNER
GEORGE PIER

For his great performance at Muddy Shoes & on the cross country course
George 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) .

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

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Covering Old Ground

25 years ago (April 1990)

- Newsletter Editor, Ian Campbell, reported the tragic death of our member, Peter Duerden. Peter had been a member for many years in all disciplines but loved the fells. Pete was only 36 years of age when killed in a road accident.
- Clayton were 68th team out of 250 teams in the National Cross-Country - Ray Lees (380th), Konrad Manning (437th), Mark Wightman (518th), Roger Hargreaves (595th), Graham Cunliffe (695th), Phil Hall (780th), Mick Addison (800th), Sean Addison (826th), and John Roche (1263rd).
- The FOCUS this month was on Club Captain, Graham Cunliffe. Asked about his running background, Graham said "I have been running since the first Burnley Half Marathon in 1983 which I completed in a painful 2 hours 4 mins....I joined Clayton because I wanted to belong to a club which could give me the competition and training to improve my performances."

In the results:-

Burnley Mid-Lancs Cross Country: we had 76 men in the 311 finishers and 13 Ladies out of the 76 finishers. The men's teams achieved 2nd in the Seniors, and first in 'B', V40, and V50. The Ladies were 3rd and first in Vets.

Habergham 9 Road Race: (8.3 miles) we had 78 finishers out of 310 in total.-
D.Wilson was 1st V40 in 45.36

Ribble Valley 10M: 1st L Cheryl Cook (161st) 60.31;

1st LV Katy Thompson (330th) 67.26.

Whinberry Naze: 1st L Vanessa Brindle (Peacock) (60th) 30.12.

Fiensdale FR: 1st V40 John Nuttall (45th) 84.39;

1st L Ruth Pickvance (45th) 94.47.

Half Tour of Pendle: 1stV40 Pete McWade (14th) 67.23;

1st V50 Lawrence Sullivan (114th) 79.31.

Haworth Hobble: Winners Mike Wallis/Tim Laney; first mixed Vanessa Brindle (Peacock)/Martin Stone; V45's winners Stan Bradshaw (Jr)/Dennis Beresford

20 years ago (April 1995)

- Gwilym Williams wrote "Welcome to my first Newsletter....I hope you enjoy reading it and find much useful information...".
- This year sees the tenth running of the Five Cloughs FR so it would be quite an occasion...in the main event can anyone beat Shaun Livesey's race record of 64.43 set in 1989? (*The race was organised by Tom Targett who recently passed away.*)
- On Saturday 8th April Jon Sharples is leading a 'training run' from Accrington Railway Station to Hebden Bridge. You'll be glad to know you are not expected to run back but return by train. It's 22 miles off-road.

- Don Barton wrote "Readers may recall an article in December 1993 which proposed a long distance challenge; combining the Pendle Way and the Bowland/Pendle Challenge.....it is proposed that a Club Relay be held over the above routes....the date of the event will be 24th June 1995. The distance 100 miles. The start and finish in Whalley...each team twelve runners (6 pairs each running two legs - one on the Pendle Way and one on the Bowland/Pendle... no leg longer than 12 miles. The start will be based on a handicap system with the intention of all teams finishing at the same time.
- Our XC Captains, Mike Wallis and Kath Whalley (Brady) reported.... Our Cross-Country men's team won the Mid-Lancs XC title with a close battle with Preston in the last race at Barrow. We won the B team title; the V40's were runner-up and the V50's took first and third positions. Our Ladies lost out to Kendal by one point as did the Ladies Vets.

15 years ago (April 2000)

- XC Captain Ian Greenwood reported on the success of the Men's team taking the Championships and the B team were third.

In the results:-

Ashurst Beacon: 1st L Vanessa Peacock (27th) 43.40.
Lostock 6M RR: 1st LV45 Vanesa Peacock (55th) 37.13;
 1st V60 Ted Orrell (85th) 39.38.
Hyndburn 10K: 1st V40 Roger Brewster (4th) 33.23;
 1st L Vanessa Peacock (29th) 40.01.

10 years ago (April 2005)

- Nominations for February's Run of the Month were – Graham Cunliffe for 1st V45 at Blackburn 10K; Lawrence Chew for 1st V70 at Blackburn 10K; Garry Wilkinson for 1st V40 (3rd Overall) at Wadsworth Trog FR; Anna Pichtrova for 2nd L at Dewsbury 10K, 1st L at Parbold Hill FR and Snake Lane 10M ; Maureen Laney for 1st L at the Bleasdale Circle FR.....and the winner was Lawrence Chew.
- Half Tour of Pendle FR – 41 members took part (6 Ladies) out of 179 finishers (26 Ladies).

In the results:-

Blackpool Half Marathon: 1st V50 Peter Butterworth (20th) 78.13.
St.Anne's Fire Brigade 10: 1st V65 Ted Orrell (82nd) 66.50;
 1st LV55 Christine Leathley (185th) 83.26; 1st LV65 Kitty Garnett (238th) 93.31.

5 years ago (April 2010)

- Pete Booth wrote about his 60th celebration year with plans to take on 'the Pendle Way in a Day' in May; 'the Joss Naylor Challenge' in July and the 'Jungfrau Marathon' in September.
- Gifford Kerr wrote of his knee problems and, whilst enjoying reading the newsletter, his lack of involvement in the 'running scene'. After two Arthroscopy Operations (one 7 years ago and one 6 months ago) he is back doing some running. The first Op took two years to improve but the latter has gone well... "I used to hear of good runners (*and some not so good*) giving up due to knee problems as they got older, but can now say from personal experience that it's well worth getting them seen to as it can often be fixed."
- Run of the Month Nominations for February were....Sue Burns for 1st LV50 at Blackpool Half Marathon (88.54); Alex Cran for 15th place in Blackpool Half Marathon (79.15); Wendy Dodds for 1st LV55 at Noonstone FR (English Fell Champs) and 1st L at Barbondale FR; Jack Dugdale for 1st Club member and 2nd U23 at Noonstone and for 6th place in the Ilkley Moor FR; Ray Lees for 1st V55 at National XC Champs in Leeds; Ted Orrell for 1st V70 in Lostock 10K; Katy Thompson for 1st LV50 at Wadsworth Trog; Paul Thompson for 2nd place at Wadsworth Trog; Frances Wood for 1st LV60 at Torreijo Half Marathon in Spain.....and the winner Jack Dugdale.
- In the Half Tour of Pendle there were 244 finishers – Stuart Fogg first club member in 6th place, two minutes in front of Jack Dugdale (12th) and Mike Wallis (13th) and 1st V50. Karin Goss was 1st LV60 in 229th place. We had 50 members taking part.

In the results:-

MLXC Wilson's: 27 men, 6 Ladies and 4 Juniors took part. The Ladies team were 11th, B team—20th, F35's 6th place. The Men's were 4th, B team 11th, V40 2nd, V40 B team 9th, V50 2nd, V50 B team 8th, V60 2nd, and V60 B team 4th.

Joe Salt 4.2 M: 1st V40/45 Garry Wilkinson (5th) 26.55;

1st LV35 Gayle Whittaker (39th) 34.24; 1st LV50 Irene Roche (54th) 35.59.

Hit The Trail 5M Reddish: 1st V65 Kevin O'Brien (49th) 40.29.

Chernobyl 10K: 1st LV35 Tracy Mitchell (51st) 39.59.

Catforth Half Marathon: 1st V50/55 Ray Lees (6th) 80.46.

Blackpool Half Marathon: 1st LV50 Sue Burns (84th) 88.54;

1st LV45 Avril Duckworth (94th) 89.22.

Lostock 6: 1st V55 Steve Green (35th) 37.46; 1st V70 Ted Orrell (148th) 44.34.

Torrevieja Half Marathon: 1st LV60 Frances Wood (11th) 111.15.

Stanley Park 10K: 1st LV55/60/65 Marion Wilkinson (190th) 53.31.

Trafford 10K: 1st V70 Ron Hill (328th) 53.23.

Paul Healey

DAVE HINDLE'S 60TH BIRTHDAY

Upwards of 200 people turned up at the Forts Arms in Clayton le Moors on February 28th, to celebrate the 60th birthday of long standing Clayton member, Dave Hindle.



Friends from many walks, including Clayton Harriers and members of other running clubs, work colleagues, former squash players, ex-footballers and old school friends were in attendance to enjoy an excellent range of Real Ales and supper with live music.

Dave was a bit overwhelmed by the numbers of people who came along to the birthday party, but nonetheless had a great evening (as far as he can remember!) He would like to thank everyone who came, especially those who brought along presents. All the planning and preparation really paid off, and the evening was a great success, though earlier reports of a free bar proved to be unfounded.

Afterwards, Dave was heard to be mumbling something about "you've all made a happy man feel very old". Here's to the next 60 years.

Peter Browning

GARRY WILKINSON MFHT, ICHF,
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garrywilkinson1964@btinternet.com


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Awards for Presentation 2015

Road Championship

Road Champion	Jonny McKenna
Ladies' Road Champion, 1st F35 & 1st F55	Irene Roche
2nd Senior	Richard Stevenson
2nd Senior Lady	Jackie Kershaw
1st M40 & 3rd Senior	Paul Hesketh
3rd Senior Lady	Sarah Helliwell
1st M50 & M60	Stephen Biscoomb
1st F65	Marion Wilkinson
1st M70	Dave Scott
2nd M70	Ted Orrell

Fell Championship

Champion	Matt Perry
Ladies' Champion & 1st F40	Jean Brown
2nd Senior	Dave Motley
2nd Senior Lady & F40 (Joint)	Alison Dugdale & Vicky Heys
3rd Senior	Dave Bagot
1st M40	Neil Hardiman
1st M50	Ivan Whigham
1st M60	Bob Hirst
1st M70	Dave Scott

Cross Country Championship 2014

Cross Country Champion	Christopher Holdsworth
Ladies' Cross Country Champion & 1st F35	Vicky Heys
2nd Senior	Lee Smith
2nd Senior Lady	Angela Shian
3rd Senior Lady	Sarah Helliwell
3rd Senior	Carl Helliwell
1st MU20	George Pier
1st M40	Breton Holdsworth
2nd M40	Alex Cran
1st F45 & 1st F55	Christine Leathley
1st M50	John Wilcock
2nd M50 (Joint)	Peter Browning & Andrew Howarth
1st M60	Pete Booth
1st M70	Dave Scott

Palladium Awards

(Decided over the year – minimum of 6 races to count)

Road Runner of the Year

Road Running Champion, 1st M40, 1st M50 & 1st M60	Stephen Biscoomb
Ladies' Road Running Champion, 1st F35	Jackie Kershaw
2nd Senior	Christopher Holdsworth
2nd Senior Lady, 1st F45 & 1st F55	Irene Roche
3rd Senior	Jonny McKenna
3rd Senior Lady & 1st F65	Marion Wilkinson
1st MU20	Jordan McDonald
1st FU20	Alice Pier
2nd M40 & 2nd M50	Alan Clarkson
3rd M40	Paul Hesketh
3rd M50	Kevin Davies
1st M70	Dave Scott
2nd M70	Ted Orrell

Cross Country Palladium

(2013-2014 Season)

Senior Men's Champion	Breton Holdsworth
Ladies' Champion & 1st F35, 1st F45 & 1st F55	Irene Roche
2nd Senior	Spencer Riley
2nd Senior Lady	Rebecca Rawcliffe
3rd Senior	Christopher Holdsworth
3rd Senior Lady	Vicky Heys
1st M40 & 1st M50	Mark Wightman
1st M60	Ted Orrell

Cross Country Palladium

(2014-2015 Season)

Senior Men's Champion	Carl Helliwell
Ladies' Champion & 1st F35	Vicky Heys
1st MU20 & 2nd Senior	George Pier
2nd Senior Lady	Julia Rushton
1st M40 & 3rd Senior	Breton Holdsworth
3rd Senior Lady	Sarah Helliwell
1st FU20	Beth Quinn
1st M50 & 2nd M40	John Wilcock
2nd M50	Kevin Davies
1st M60 & 3rd M50	Pete Booth
1st M70	Dave Scott

Fell Runner of the Year

Senior Champion Christopher Holdsworth
Senior Ladies' & F40 Champion Jean Brown
1st MU23 & 2nd Senior Dave Bagot
2nd Senior Lady, 1st F50 & 1st F60 Wendy Dodds
3rd Senior Dave Motley
3rd Senior Lady Vicky Heys
1st MU20 Jacob Boyle
1st M40 & 1st M50 Ivan Whigham
2nd M50 Brian Horrocks
2nd F50 & 2nd F60 Linda Lord
3rd M50 Dave Naughton
1st M60 Jack Holt
2nd M60 Jeff Pickup
3rd M60 Kieran Carr
1st M70 Dave Scott

John North Trophy ('A' Long Races)
Spencer Riley

Pendle Aggregate Trophy

Jean Brown
Christopher Holdsworth

Pebble Award (Best Female Performance)

Barbara Savage
Nominees: Wendy Dodds
 Avril Duckworth

Masters V50 Trophy

Kevin Davies
Nominees: Steve Biscomb
 Jack Holt
 John Rusius
 Dave Scott
 Martin Terry

Stephen Brady Trophy
(Best Male Performance)

Christopher Holdsworth
Nominees: Jonny McKenna

J H Barry Trophy (Most Improved Runner)

George Pier
Nominees: Dave Bagot
 Vicky Heys
 Christopher Holdsworth
 Jordan McDonald
 Barbara Savage

Captain's Award
(Most Promising Newcomer)

Jonathan Pye
Nominees: Natalie Harrison
 Carl Helliwell
 Sarah Helliwell
 Claire Vincent
 Jacob Watson

Special Achievement Awards 2014

Andy Firth 21 Ben Nevis Race completions
 Martin Terry 1st overall in Coast to Coast Challenge
 Katy Thompson Joss Naylor Challenge

Outstanding Service Awards 2014

Keith Thompson & Half Tour of Pendle
 Barrie Walmsley & Stan Bradshaw
 Pendle Round Organisers for 25 years

Junior Awards 2014**Outstanding Achievement**

Briony Holt Joint Champion
 FRA GU12 2014
 Joint Champion
 BOFRA GU14 2014
 3rd GU13 Red Rose
 XC League 2014
 Joint Champion
 GU13 Mid Lancs XC
 League 2014
 Jackson McKay Champion BU11
 Red Rose XC
 League 2014

Outstanding Progress

Curtis Holt
 Keira Stevenson
 Dexta Thompson

Team Performance

GU13 Cross Country Team:
 Briony Holt
 Natasha Olszewska
 Eleanor Root
 Millie Stubbs
 Liberty Thompson

Mid Lancs Cross Country League

Final Positions – Individual

GU11

27 R Holdsworth
34 K Thompson
36 M McCabe

BU11

10 D Thompson
21 F Stubbs
29 F Holdsworth

GU13

1 B Holt
6 E Root
11 M Stubbs
17 L Thompson

GU15

5 A Pier

BU15

6 C Holt
10 T Bradley

GU17

4 B Quinn

BU17

2 J McDonald

MU20

3 G Pier

Senior Ladies

32 I Roche
44 J Knightley
47 J Rushton
55 S Helliwell
57 D Terry
60 H Burnett
80 C Leathley
83 S Allen

F35 Ladies

14 I Roche
22 J Knightley
25 J Rushton
33 D Terry
36 H Burnett
54 C Leathley
58 S Allen

F45 Ladies

6 I Roche
10 J Knightley
13 J Rushton
17 D Terry
36 C Leathley
37 S Allen

F55 Ladies

2 I Roche
4 J Knightley
15 C Leathley

F65 Ladies

4 C Leathley

Senior Men

28 K Davies
33 B Holdsworth
34 C Helliwell
53 M Hogan
59 A Cran
78 J Wilcock
86 A Quinn
88 P Booth
98 D Scott
99 D McCallum
109 A Howarth
122 M Brady
124 R Lawson
126 T Orrell

M40 Men

9 K Davies
27 A Cran
29 M Hogan
41 J Wilcock
48 P Booth
53 A Quinn
62 D Scott
63 D McCallum
67 A Howarth
77 M Brady
85 R Lawson
87 T Orrell

M50 Men

2 K Davies
16 J Wilcock
21 P Booth
28 D Scott
29 D McCallum
31 A Howarth
40 M Brady
46 R Lawson
49 T Orrell

M60 Men

3 P Booth
7 D McCallum
8 D Scott
15 T Orrell
16 R Lawson

M70 Men

2	D Scott	
3	R Lawson	
4	T Orrell	

Mid Lancs Cross Country League**Final Positions – Teams****GU13**

1	Preston	38
2	Lancaster	37
3	Clayton	36

Senior Ladies Division 2

1	Barrow	28 (P)
2	Lytham	21 (P)
3	Clayton	20

Senior Ladies Division 3

1	Preston 'B'	37 (P)
2	Barrow 'B'	33 (P)
3	Barlick FR	32
8	Clayton 'B'	11

Senior Ladies V35

1	Barrow	39
2	Wesham	31
3	Wigan	31
5	Clayton	27

Senior Ladies V45

1	Lytham	37
2	Blackpool	36
3	Clayton	33

Senior Ladies V55

1	Red Rose	38
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Senior Men Division 2

1	Blackburn	27 (P)
2	Clayton	25 (P)
3	Glaxo Hoad Hill	20

Senior Men Division 4

1	Kendal	38 (P)
2	Lancaster Uni35	(P)
3	Clayton 'B'	33

Senior Men V40 Division 1

1	Southport	26
2	Wigan	24
3	Horwich RMI	23
5	Clayton	19

Senior Men V50

1	Red Rose	37
2	Clayton	33
3	Wesham	31

Senior Men V60

1	Clayton	40
2	Wesham	37
3	Glaxo Hoad Hill	33

Cross Country Palladium Points**Competition****FINAL – Minimum of 6 races to count.****Qualifiers ONLY**

Name	Cat	Pts	Races
Ladies			
V Heys	F35	62	6
J Rushton	F45	55	7
S Helliwell		54	9
J Knightley	F55	51	6
I Roche	F55	49	6
H Burnett	F35	38	8
S Allen	F45	21	13
C Leathley	F65	15	11

Men

C Helliwell	S	150	10
G Pier	JM	120	9
B Holdsworth	M40	109	6
J Wilcock	M50	92	10
A Cran	M40	79	6
P Booth	M60	76	9
A Quinn	M40	66	9
R Briscoe	S	57	7
D McCallum	M60	42	8
A Howarth	M50	39	6
P Browning	M50	37	8
D Scott	M70	28	6
M Brady	M50	22	6

NB: for reasons of space I have omitted the records of members who did not complete 6 qualifying races. The full list is available on the club website, [Ed]

**JUNIOR RUNNER OF THE MONTH
FEBRUARY**

RYAN CLARKE

For a brilliant run at Winter Warmer 10K.

Well done.

RESULTS

Kendal Winter League, Birkrigg Common BU12 01-Feb-15 55 Runners

Name	Club	Pos	Time
Charlie Harding	Dallam	1st	4.42
Christopher Brown		16th	5.41

GU14 18 Runners

Esme Davies	Eden Runners	1st	10.02
Briony Holt		2nd	10.06

BU17 Boys 17 Runners

Jacob Steele	Dallam	1st	12.54
Curtis Holt		8th	14.35

Winter Warmer Junior 2K Race 08-Feb-15 239 Runners

Name	Club	Pos	Cat Pos	Time
Tom Grundy	Unattached	1st Boy	1st M14	7.12
Jackson McKay		8th Boy	2nd M10	7.36
Amy Davies	Unattached	1st Girl	1st F11	7.44
Alice Pier		3rd Girl	2nd F14	8.06
Dexta Thompson		12th Boy	2nd M9	8.15
Sophie Ashworth		6th Girl	2nd F11	8.33
Adam Stevenson		14th Boy	3rd M12	8.34
Liberty Thompson		12th Girl	1st F12	9.09
Natasha Olszewska		14th Girl	2nd F12	9.31
Joshua McKay		30th Boy	1st M7	10.07
Keira Stevenson		19th Girl	4th F10	10.18
Lucy Stevenson		21st Girl	3rd F13	10.45
Rachel Stevenson		41st Girl	7th F8	11.52
Kady Thompson		62nd Girl	13th F8	13.05
Millie MacCabe		72nd Girl	15th F8	13.35
Emily Johnson		118th Girl	7th F5	16.01

Mid Lancs XC, Blackpool GU11 Girls 14-Feb-15 52 Runners

Name	Club	Pos	Time
Olesia Winder	Glaxo Hoad Hill Harriers	1st	8.15
Sophie Ashworth		10th	8.46
Roanna Holdsworth		23rd	9.23
Kady Thompson		47th	11.30
Millie MacCabe		50th	12.46

Name	Club	Pos	Time
BU11		49 Runners	
Fraser Cooke	Southport Waterloo AC	1st	7.18
Dexta Thompson		14th	8.17
Christopher Brown		19th	8.46
Finley Stubbs		27th	8.59
Finan Holdsworth		47th	10.47
GU13		37 Runners	
Briony Holt	Clayton Le Moors Harriers	1st	9.29
Eleanor Root		11th	10.16
Millie Stubbs		17th	10.37
Liberty Thompson		24th	11.09 3rd Team
GU15		14 Runners	
Ella Moulding	Lytham St Annes RR Club	1st	11.04
Alice Pier		5th	12.12
BU15		21 Runners	
Nathan Dunn	Preston Harriers	1st	13.26
Curtis Holt		8th	15.02
Tom Bradley		14th	16.01
Simon Wilshaw		18th	16.52 3rd Team
GU17		4 Runners	
Georgia Hannam	Lancaster & Morecambe AC	1st	15.52
Beth Quinn		4th	20.21
BU17		16 Runners	
Nathan Townsend	Horwich RMI	1st	21.29
Jordan McDonald		4th	22.23
Ilkley Moor Junior Fell Race BU10		22-Feb-15	29 Runners
Evan Mills	Keighley & Craven	1st	8.21
Christopher Brown		4th	8.52
Kendal Winter League, Sedburgh GU14		22-Feb-15	12 Runners
Briony Holt	Clayton Le Moors Harriers	1st	No Time Recorded
Mid Lancs XC, Lancaster GU11		07-Mar-15	46 Runners
Name	Club	Pos	Time
Olivia Leigh	Chorley AC	1st	7.04
Keira Stevenson		38th	8.54
Kady Thompson		40th	9.55
Millie MacCabe		46th	11.34
BU11		48 Runners	
Rhys Ashton	Lancaster & Morecambe AC	1st	6.28
Jackson McKay		2nd	6.31
Dexta Thompson		9th	7.03
Finley Stubbs		18th	7.33

Name	Club	Pos	Time
GU13		26 Runners	
Finty Royle	Red Rose Road Runners	1st	8.25
Eleanor Root		6th	8.47
Millie Stubbs		10th	9.00
Liberty Thompson		15th	9.24
Natasha Olszewska		17th	9.40 2nd Team
U15		7 Runners	
Samantha Bland	Kendal-Helm Composite	1st	11.51
Alice Pier		2nd	12.05
Lucy Stevenson		7th	16.41
BU15		18 Runners	
Joshua Whitehead	Rosendale Harriers	1st	12.23
Tom Bradley		12th	14.04
GU17		4 Runners	
Daisy Purcell	Kendal Amateur AC	1st	14.05
Beth Quinn		3rd	17.21
BU17		15 Runners	
Thomas Marchant	Pendle AC	1st	19.12
Jordan McDonald		2nd	19.14

Burnley Parkrun 5K

Name	Age	New PB Time
Jackson McKay	11	20.00
Adam Stevenson	12	22.14
Sophie Ashworth	11	23.29
Lennon Jackson	11	24.00
Annabel Wilcock	14	26.30
Liberty Thompson	12	26.40
Joshua McKay	7	27.34
Rachel Stevenson	8	30.21

MILESTONES

<u>Age</u>			<u>Service</u>		
6th	James Baldwin	40 years	23rd	Anne Clark	55 years
6th	Conna Smith	13 years	25th	Janet Ryan	70 years
8th	Nellie Burnie	11 years	26th	Lucy Stevenson	14 years
9th	Christine Egerton	65 years	27th	Dave Naughton	55 years
11th	Grace Root	10 years	30th	Mollie Hesketh	12 years
11th	Martin Terry	55 years			
14th	Alice Pier	15 years			
14th	Harry Thompson	75 years			
16th	Kacey Reynolds	13 years			
17th	Steve White	60 years			
22nd	David Bailey	60 years			

Junior Tuesday Training starting 31st March.

INVITATION ONLY!

George, Jordan, Tom, Curtis, Ryan, Alex, Briony, Ellie, Beth, Millie, Alice, Simon, Jackson, Adam S, Adam Q, Harry, Dylan S, Dexta, Lucy, Liberty, Natasha, Ella, Finlay, Nathan K, Heidi K, Jack S, Zac J, Ben H, Lennon J, Eloise C, Roanna H, Keira, Grace, Imogen F, Sophie A,

We'll be running three groups this year so we can cater for a wider range of ability.

Please could you let me know if you intend to come along, it's useful to know who to expect.

Tuesday training always starts after the clocks change & the venue rotates each calendar month so that we're not running along the same routes every week. The session is aimed at building endurance, there are no hill reps, relay races etc, it's just the simple fun of running along the footpaths (and up and down some hills if we find any!). I hope that as many of you as possible can make it, it should be great fun.

For insurance reasons there's a separate **consent form** required, please bring it along to the first session.

There's a fee of £1 for these sessions, but we're offering 'Child Goes Free' places to parents who would like to help; if you actively assist in one of the three groups you get a free child place!

First venue, until the end of April, is Sabden. **We'll meet at the village car park, please be there ready for a 6:30 start.**

Clothing & Footwear

All the usual kit is needed; a layering of short/long-sleeved t-shirts to suit the conditions, buff/hat, gloves & windproof jacket. Please **NO COTTON HOODIES**.

This kit list is very important, we can't just nip into a shop or petrol station if there are problems. If anyone turns up without a windproof jacket, **they will be turned away.**

Footwear is very important too, **normal road running shoes just won't be suitable** as they greatly increase the risk of injury. Trail running shoes are good as they can also be used on Thursday (especially as we start using the parks a lot more now). Fell shoes are ideal if you're planning on entering any fell races this year, they can be handed down to spread the cost.

Tuesday Summer Training Venues April-September 2015

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

Date	Time	Venue
7, 14, 21, 28 April	6.30pm	Sabden Village Car Park
5, 12, 19*, 26 May	6.30pm	Barley Car Park
2, 9*, 16, 23, 30 June	6.30pm	Village Square, Worsthorne
7, 14, 21*, 28 July	6.30pm	Calf's Head Hotel, Worston
4, 11, 18, 25* August	6.30pm	Peel Park Hotel, Accrington
1,8*, 15, 22, 29 September	6.30pm	Bridge Inn, Barrowford

* Summer Series Race—see p31 for details.

All members are welcome to take part in the Tuesday Fell Runs, The usual arrangement is for 2/3 groups to run from each venue for between one and two hours, although this can vary according to numbers, weather and what members have done at the weekend.

If you are new to the Club's summer training runs/fell running, please make yourself known to a Committee member or group leader before the run and we will attempt to place you in the most appropriate group.

All members should ensure that they carry some emergency/extra clothing with them on the run: wind (water)-proof top, over trousers, hat and gloves. The weather can change very quickly on the fells. If you, or someone else in the group has an accident, you can very quickly become cold or hypothermic, even on the most pleasant of evenings. It's also a good idea to carry a drink and some emergency food (sweets, chocolate bar), in case you are out longer than you expect—it has been known for a group leader to get carried away occasionally.

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.

- 3) Ladies Training

All runs start at 7pm. Contact the host (list below) for details of the location. Or, contact Linda Bostock 01282 816269 for more information. 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.

02/04/15	Alison Dugdale	07590279794
09/04/15	Kath Brady	01282 611523
16/04/15	Yvonne Wickham	01282 774182
23/04/15	Lisa Richardson	07754034965
30/04/15	Jean Brown	01200 440880

RESULTS

CROSS COUNTRY

Mid Lancs Cross Country League

Blackpool, 14th February

Senior Ladies

1	A Lupton	(Barrow)	22.58
47	J Brown	F45	28.33
59	J Knightley	F55	29.35
60	J Rushton	F45	29.36
61	J Bennett	F45	29.40
63	E Mullan		29.45
65	S Angelone		29.54
73	D Terry	F45	30.23
80	S Whittaker	F35	30.51
89	H Burnett	F35	31.49
100	S Helliwell		32.55
106	R Todd	F35	34.05
108	M Butschok	F35	34.18
118	N Kay		36.21
133	C Leathley	F65	40.40
134	S Allen	F45	41.23
	141	Finished	

Teams

1	Barrow	25
2	Blackpool	45
3	Preston	46
18	Clayton	166
19	Clayton 'B'	189

V35 Teams

1	Barrow	35
2	Blackpool	40
3	Accrington RR	42
8	Clayton	90
12	Clayton 'B'	122

V45 Teams

1	Wigan	28
2	Blackpool	29
3	Clayton	41
9	Clayton 'B'	90

V55 Teams

1	Red Rose	30
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Senior Men

1	J Douglas (Border)		32.30
23	T Brewster		36.23
25	B Holdsworth	M40	36.27
44	J Watson		38.13
45	K Davies	M50	38.16
48	G Pier	MU20	38.30
58	D Motley		39.07
68	R Stevenson		39.49
73	C Helliwell		40.16
82	J Pye		40.58
91	A Cran	M40	41.32
96	M Hogan	M40	41.50
129	J Wilcock	M50	43.50
138	P Booth	M60	45.09
142	A Quinn	M40	45.13
145	J Pickup	M60	45.18
159	P Browning	M50	47.07
162	D Scott	1st M70	47.31
170	D McCallum	M60	48.42
190	T Orrell	M70	54.09
195	R Hirst	M60	57.00
	198	Finished	

Teams

1	Preston	143
2	Barlick	145
3	Barrow	199
5	Clayton	243
14	Clayton 'B'	531

V40 Teams

1	Horwich	67
2	Barrow	72
3	Preston	78
4	Clayton	86
15	Clayton 'B'	254

V50 Teams

1	Red Rose	36
2	Wesham	42
3	Clayton	52
8	Clayton 'B'	107

V60 Teams

1	Clayton	13
2	Wesham	15
3	Clayton 'B'	36

Mid Lancs Cross Country League Lancaster, 7th March

Senior Ladies

1	L Chapman	(Preston)	21.13
44	I Roche	F45	25.28
55	J Knightley	F55	26.47
60	D Terry	F45	26.58
71	H Burnett	F35	28.06
83	Y Wickham	F45	29.45
111	C Leathley	F65	36.16
112	S Allen	F45	36.31
118 Finished			

Teams

1	Preston	14
2	Lancaster	30
3	Barrow	31
14	Clayton	159
23	Clayton 'B'	265

V35 Teams

1	Wesham	19
2	Barrow	35
3	Wigan	38
6	Clayton	77
14	Clayton 'B'	163

V45 Teams

1	Wesham	11
2	Clayton	35
3	Kendal	46
8	Clayton 'B'	110

V55 Teams

1	Clayton	17
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Senior Men

1	P Waite	(Barrow)	30.03
27	K Davies	1 st M50	33.05
32	G Pier	MU20	33.39
44	R Stevenson		34.11
64	J Roche	M50	35.22
69	M Hogan	M40	35.48
105	J Wilcock	M50	37.39

110	J Pickup	M60	37.59
116	P Booth	M60	38.21
131	A Quinn	M40	39.35
140	J Pier	M40	40.42
143	D Scott	M70	41.10
146	A Howarth	M50	42.02
149	D McCallum	M60	42.25
169	R Lawson	M70	46.28
179 Finished			

Teams

1	Southport	136
2	Wigan	169
3	Preston	186
9	Clayton	331
17	Clayton 'B'	762

V40 Teams

1	Southport	39
2	Glaxo Hoad Hill	98
3	Wigan	100
5	Clayton	120
14	Clayton 'B'	276

V50 Teams

1	Southport	14
2	Red Rose	28
3	Clayton	36
9	Clayton 'B'	105

V60 Teams

1	Clayton	22
2	Wesham	22
3	Blackpool	49

English National Cross Country Championships

London, 21st February

Senior Ladies

1	L Partridge	(Aldershot)	30.07
842	S Allen		60.48
857	C Leathley		65.19
865 Finished			

MULTI TERRAIN**Roddlesworth Roller MT****8th Mar**

1	M Cayton	Horwich RMI	31.55
34	P Butterworth	2 nd M60	40.45
66	A Wensley		44.04
104	Sarah Angelone		48.53
107	Joanne Bennett	2 nd F45	49.09
137	Julie Toman	F45	55.15
140	Debbie Greenwood	F45	56.27
168	Nicola Kay		63.45
	177 ran		

ROAD**Stanley Park 10K Day 1****28th Feb**

1	P Eccleston	Burden RR	34.52
6	Jordan McDonald	JM	37.39
10	George Pier	JM	38.49
11	J Hanson		38.59
54	J Pier	M45	44.34
79	Sarah Angelone		46.50
269	Adam Hamer		64.11
	314 ran		

Stanley Park 10K Day 2**1st March**

1	G Callum	Liverpool H	34.18
19	M Duckworth		40.06
31	S Biscomb	1 st M60	42.10
37	A Clarkson	1 st M55	43.09
	295 ran		

Trafford 10K**8th March**

1	J Davies		
378	S Biscomb	M60	42.20
	841 finished		

Dentdale 14+**14th March**

1	S Deakin	Leeds City AC	78.34
6	B Holdsworth	2 nd M40	84.35
	447 ran		

Podium 5K Barrowford B Race**14th March**

9	P Brannon	M50	18.31
23	R Briscoe		20.42
	26 ran		

Spenn 20**15th March**

1	J Hobbs	V Striders	1.59.30
56	P Hesketh	M50	2.20.45
	233 ran		

Eric Morecambe 3K**15th March**

1	L Parrington	Lancs & M	9.24
34	J McGuire	M55	15.11
	145 ran		

Sweatshop Bispham 10**15th March**

1	D Rigby	Preston H	52.50
11	J Watson		59.28
42	J Pye		65.26
74	S Biscomb	3 rd M60	70.35
85	Fabienne Richmond	2 nd F35	71.59
138	M Griffin	M50	79.59
177	T Orrell	1 st M75	85.39
	274 finished		

Burnley Parkrun No 143**14th March**

3	Jordan McDonald	M15-17	18.00
4	J Pye		18.09
8	M Duckworth		19.40
18	A Clarkson	M55	21.13
24	S Ainsworth	M55	22.01
58	R Lawson	M70	24.24
66	Donna Scott	F45	25.11
73	Yvonne Wickham	F50	25.41
86	Annabelle Wilcock	F11-14	26.11PB
87	J Wilcock	M50	26.11
94	R Chappell	M65	26.40
101	Eloise Pemberton		26.53
111	S Barker	M45	27.18
198	Val Lawson	F70	36.50PB
	216 finished		

Colne Parkrun
14th March

3	Jackson McKay	M11	21.04
4	J Hartley	M55	21.07
8	Tom Bradley	M11-14	22.04
17	Dexta Thompson	M10	23.05
21	A Quinn	M40	23.27
26	Adam Stevenson	M11-14	24.14 PB
28	Simon Wilshaw	M15-17	24.27
30	Harry Mason	M11-14	25.06
31	Millie Stubbs	F11-14	25.15
33	Sophie Ashworth	F11-14	25.32
34	Lennon Jackson	M11-14	25.32
36	Finley Stubbs	M10	25.52 PB
40	Natasha Olszewska	F11-14	27.20 PB
41	Daniel Bradley	M11-14	27.25 PB
51	Beth Quinn	F15-17	28.25
52	Joshua McKay	M10	28.42
58	R Hirst	M60	29.11
61	Adrienne Olszewska	F45	30.30
64	Imogen Ferguson	F10	31.05
68	Lucy Stevenson	F11-14	32.32
72	Kady Thompson	F10	33.16
76	Christine Leathley	F65	34.38
80	Millie McCabe	F10	35.20

85 ran

FELL

Wadsworth Trog

7/2/2015; BL: 20M, 4000'

1	Karl Gray	V40 CVFR	2:27:24
21	Paul Hesketh	2 nd V50	3:03:10
25	Andrew Armstrong	V40	3:05:19
32	Emma Bain	LV40	
	Northumberland FR		3:09:15
34	Martin Terry	V50	3:09:32
63	Nicholas Olszewski	V50	3:30:21
88	Nigel Hodson	V40	3:42:49
89	John Wilcock	V50	3:43:17
90	Nicholas Roscoe	V40	3:43:18
118	Vicky Heys	LV40	4:07:32

153 finished, including 33 ladies.

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Windy Hill

14/2/2015; BM: 9M, 1280'

1	Ben Mounsey	CVFR	54:22
4	Christopher Holdsworth		59:06
17	Heidi Dent	Howgill H	1:05:47
18	Neil Hardiman	V45	1:06:04
29	Ryan Wilkinson		1:08:02
48	Michael O'Donnell	V40	1:11:19
181	Barbara Savage	LV50	1:31:06

215 finished, including 44 ladies.

Carnethy 5

14/2/2015; AS: 6.2M, 2500'

1	Andrew Douglas	Inverclyde	49:23
27	Charlotte Morgan	Carnethy	56:46
182	Jack Holt	2 nd V60	1:11:10

515 finished, including 126 ladies.

Mr Sparkle's Dark 'un**20/2/2015; BS: 5M, 700'**

1	Mark Russell	V40 Swinton	34:34
7	Lindsey Brindle	Horwich	37:44
53	Colin Woolford		51:15
63	Julia Rushton	3 rd LV50	56:55

72 finished, including 18 ladies.

Bleasdale Circle**21/2/2015; BS: 5M, 1250'**

1	Rob Hope	V40 Pudsey & B	36:39
36	Lynn Clough	LV40Chorley	48:15
41	Pete Booth	1 st V60	48:42
60	Kieran Carr	1 st V70	51:26
72	Richard Moore	V50	54:02
75	Andrew Dugdale	V50	54:09
76	Vicky Heys	3 rd LV40	54:17
94	Peter Dugdale	V50	59:02
96	Irene Roche	3 rd LV50	59:23
97	Stephen Fish	V60	59:35
99	Mark Taylor		59:46
101	Linda Lord	1 st LV60	59:53
113	George Thompson	V60	1:02:45
119	Robert Hirst	V60	1:05:10
120	Doug Munroe	V60	1:06:16

136 finished, including 26 ladies.

Loughrigg - Silver Howe**22/2/2015; AM: 8.5M, 2550'**

1	Rhys Findlay-Robinson	Dark Peak	1:18:00
15	Sharon Taylor	Helm Hill	1:31:56
36	Jack Holt	2 nd V60	1:47:49
51	Andrew Firth	V50	2:02:01

60 finished, including 11 ladies.

Ilkley Moor**22/2/2015; AS: 5M, 1300'**

1	Simon Bailey	Mercia	36:52
30	Caitlin Rice	Glossopdale	46:24
38	Tim Edwards	V40	47:14
96	Chris Funnell	V40	54:56
123	Richard Briscoe		56:45
136	Jean Brown	LV40	58:34
178	Colin Woolford		64:34

238 finished, including 45 ladies.

Midgley Moor**28/2/2015; BS: 5M, 1250'**

1	Shaun Godsman	V40 CVFR	39:33
20	Helen Berry	LV40 Holmfirth H	46:15
113	Vicky Heys	LV40	58:18
124	Natalie Harrison		59:02
137	Irene Roche	LV50	1:00:48
147	Linda Lord	1 st LV60	1:02:35
148	Angela Shian		1:02:38
167	Robert Hirst	V60	1:07:53

191 finished, including 52 ladies.

Kendal Winter League**Birkrigg Common****1/2/2015; CS: 3M, 560'**

1	Gary Greenhow	Ambleside	20:05
6	Sarah McCormack	Ambleside	21:34
84	Jean Brown	LV40	28:37
118	Wendy Dodds	1 st LV60	31:17

150 finished, including 49 ladies.

KWL: Fairmile**8/2/2015; AS: 2M, 1400'**

1	Jack Smith	Wharfedale	25:52
13	Heidi Dent	Howgill	28:39
17	Alan Life	1 st V50	30:27
40	Jack Holt	1 st V60	33:59
67	Wendy Dodds	1 st LV60	37:09
93	Carol Life	LV40	44:45

108 finished, including 33 ladies.

KWL: Barbondale**15/2/2015; AS: 2M, 1175'**

1	Rob Jebb	Bingley	19:43
19	Alan Life	1 st V50	??:??
60	Jean Brown	LV40	??:??
64	Wendy Dodds	1 st LV60	??:??
94	Carol Life	LV40	??:??

106 finished, including 38 ladies.

KWL: Sedbergh School**22/2/2015; CS: 4M, 460'**

1	Jack Smith	Wharfedale	27:30
10	Alan Life	2 nd V50	31:49
17	Heidi Dent		33:06

81 finished, including 26 ladies.

English Fell Championship 2015

- Saturday 9th May **Stretton 6 Summits AM**; Church Stretton (13.30)
Limit 550; Pre-entry: £8.00 by 6th May.
www.merciafellrunners.org.uk/
- Saturday 30th May **Duddon Valley AL** Seathwaite, Duddon Valley (11.00)
Limit 500. Pre-entry: £7.00 from 1st March-23rd May.
www.duddonvalleyfellrace.org.uk/
- Saturday 11th July **Bradda Niarbyl AL** Port Erin Isle of Man (13.00)
Limit 300; Pre-entry: £5.00 by 30th June.
www.manxfellrunners.org/
- Saturday 25th July **Lingmell Dash AS**
Wasdale Head (13.00 women; 14.30 men)
Limit 350. Pre-entry: £10.00 by 1st July.
www.wmrt.org.uk/
- Sunday 6th September **Guisborough 3 Tops AM**
Guisborough Rugby Club (10.30)
Pre-entry & eod £7.00. www.wmrt.org.uk/

British Fell Championship 2015

- Saturday 18th April **Y Moelwyn AM** Blaenau Ffestiniog (14.00)
Pre-entry & eod £6.50. www.anturstiniog.com/
- Saturday 13th June **Durisdeer AM** Durisdeer Dumfries (Start time TBC)
Pre-entry £9.00 from 1st March www.shr.uk.com/
- Saturday 25th July **Lingmell Dash AS**
Wasdale Head (13.00 women; 14.30 men)
Limit 350. Pre-entry: £10.00 by 1st July.
www.wmrt.org.uk/
- Saturday 15th August **Seven Sevens AL** Newcastle N Ireland (10.00)
Pre-entry: £15.00 (£20.00 eod) by 16th July
www.nimra.org.uk/

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

Fell

Black Combe – Saturday 14th March
The Three Peaks – Saturday 25th April
Club Race Pendle – Saturday 23rd May
Tockholes Evening fell race - Thursday 2nd July
[Replacement race for Stanbury Splash]
Thieveley Pike – Saturday 26th September (Provisional)



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Summer Series 2015

The Summer Series consists of six Tuesday evening races for members of Clayton Harriers and Trawden AC only. In addition to the usual prizes, in each race prizes are given for the closest pre-race predicted time to the actual time. No watches allowed during each race! A runner's best four races count for over-all series prizes.

Entry £4 per race (£4 for two races on 21st July) on the day only.

DATE	TIME	RACE	VENUE
19th May	7pm	Ogden Valley Round Fell 6.2m/1500'	Public Car Park, Barley BB12 9JX
9th June	7pm	Worsthorne Trail 5m/1000'	Village Green, Worsthorne BB10 3NH
21st July	7pm	Race 1: Uphill Fell 1.8m/1280' Race 2: Downhill Fell 2.9m/1355'	Calf's Head, Worston BB7 1QA
25th August	7pm	Tour of the Hameldons Fell 5.1m/940'	Peel Park, Turkey Street, Accrington BB5 6EW
8th Sept	6:30pm	Coppice Trail (three laps) 6m/1170'	Peel Park, Turkey Street, Accrington BB5 6EW

CLUB KIT

New Style Club Race Vests @ £22 Sizes Ladies 34" to 40" Mens 36" to 44"

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

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

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

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. 07940250888 email katy.thompson1@btinternet.com
For road races, details are usually on ukresults.net

APRIL'S ANTICS

- Wed 1st Brenda & Colin Robinson 5K Cowm race 7pm Cock & Magpie,
Whitworth £4 + £1 eod
Littleborough 5K road series 7pm from Conservative Club,
Littleborough £5.50 + £1 eod www.cannonballevents.co.uk
- Fri 3rd Salford 10K 10am from Salford Sports Village M7 3NQ
£12 pre-entry
Caldervale Country 10M RR 1pm from Caldervale Village Hall nr
Garstang Online entry at UK Results £10 or + £2 eod
- Sat 4th 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 Lancs Champs for U12 to U18
Rivington Pike FR BS 3.2m/700' 3pm from Lever Park Ave,
Horwich Registration at Crown Hotel £5 eod
New Dungeon Ghyll FR AS 3.5m/1200' 11am from NDG Car park
Langdale £4 eod
- Mon 6th Hollingworth Lake 5K 10.45 am from the Wine Press, Littleborough
OL15 0AZ £6 + £1 eod www.cannonballevents.co.uk
- Tues 7th Bunny Run 2 7.15 pm Other details as Bunny Run 1
- Wed 8th Joe Salt Cowm Reservoir Race 5Km approx. 7pm Cock &
Magpie, Whitworth £5 + £1 eod www.ukresults.net
Loughrigg FR AS 4m/1080' 7pm Rothay Park, Ambleside £3 eod
- Sat 11th Coledale Horseshoe AM 8.5m/3000' 11am from Braithwaite Lodge
GR232231 Pre-entry preferred £6 by 1st April £10 eod
Wardle Skyline BM 7m/1250' 2pm Wardle Square nr Rochdale
GR912171 £5 eod
- Sun 12th Radcliffe 10k Multi-terrain 11 am from Cams Lane School M26
3SW £6 + £1 eod
Fleetwood 10k 10 a.m £12 pre-entry @ fyldecoastrunning.org
Lancaster Three Bridges 10k Salt Ayre, Lancaster £10 + £2 eod
- Tues 14th Bunny Run 3 7.30 pm Other details as Bunny Run 1
- Wed 15th Mike McGee Cowm Reservoir 5K 7pm Cock & Magpie, Whitworth
£4 + £1 eod www.ukresults.net
Grisedale Grind AS 2.5m/1575' 7pm Whinlatter Visitor Centre £5
- Sat 18th **Y Moelwyn AM 10.5m/2800' 2pm from Blaenau Festiniog**
Pre-entry @ www.fabian4.co.uk by 11th April British
Champs
Anniversary Waltz AM 11.5m/3600' 11.30 am from Stair
GR233212 & Teenager with Altitude AL 15.4m/7600' 10.30 am
£9/£10 on-line entry at anniversarywaltz.co.uk

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- Sat 18th West Nab AS 6m/1640' 3pm from Meltham School HD9 4DA
£5 eod Junior Races Over6 to U 20 from 12.30pm
- Sun 19th Manchester Marathon 9am www.greatermanchestermarathon.com
Rab MMM 2 www.minimountainmarathon.co.uk
- Tues 21st Bunny Run Relay 4 7.30 pm £6 per team of 3
- Wed 22nd Young Athletes Trail 5k Oxford Pub, Rochdale OL12 0SW £4 +
£1 eod Open to all ages!
- Sat 25th **Three Peaks Race AL 23.2m/5280' 10.30 am Horton-in-
Ribblesdale Online entry from 1st Feb £25 at three-
peaksrace.org.uk Club Fell Champs**
- Sun 26th London Marathon Entries closed
Blackpool Marathon/Half-marathon/10k 10am Winter Gardens
£28 www.fyldecoastrunning.org
Bolton 10K 10 am from Leverhulme Park, Bolton £10 pre-entry
Kinder Downfall FR BM 9.6m/2000' 11.30am Hayfield Village
GR 0037870 £5 pre-entry by April 6th
- Tues 28th Dale Head Dash AS 2.5m/1312' 1pm from Honister YH £4 eod
Orchan Rocks FR AS 3.4m/919' 7pm from Staff of Life, Burnley
Rd, Todmorden £5 eod
Welcome Tavern 5K series 7pm Walton Park, Preston PR5 5UL
(Also 26 May, 30 June, 28 July) £6 or £18 for series (+£2 eod)
- Wed 29th Vera Hirst Cowm Reservoir approx. 5km 7 pm Cock & Magpie,
Whitworth £4 + £1 eod
- MAY'S MEANDERS**
- Sat 2nd Pendle Cloughs FR AL 14m/4100' 11am from Downham
GR 785440 £5 eod
Coniston FR AM 8.7m/3500' 12.30 pm from Coniston Institute
£10 eod
Cake Race FR BM 10m/1700' 11 am from Kiln Green Church,
Diggle £4 eod
- Sun 3rd Great Hameldon BM 6m/1100' 12 noon from Peel Park Hotel
£5 eod Clayton Race & 1st race in Pendle Grand Prix
Bluebell Trail Run 10k 10am Yarrow Bridge, Chorley £12 + £1 eod
Keswick Half-marathon Keswick Rugby Club £15 + £3 eod
keswickhalfmarathon.co.uk
- Mon 4th Coiners FR BM 7.6m/1330' 1.30pm from Mytholmroyd
Community Centre £4 eod Junior races from 10.30 am
Wray Caton Moor FR BM 6.8m/1100' 11.30 am from Wray near
Lancaster (GR 603675) £4 Also Junior races wrayvillage.co.uk
Avenham Park 5K 11am from Avenham Park, Preston £8 + £2 eod
- Tues 5th Geoff Doggett 5K Cock & Magpie, Whitworth £4 + £1 eod
- Wed 6th Fo Edge FR BS 4.1m/984' 7.30pm from Cowpe Village Hall
GR837212 £3.50 eod
Astley Park Trail Series 1/4 7.30pm Astley Village, Chorley £5 or
£15 for series Also 3rd June, 1st July & 5th Aug Junior 1m races

Littleborough 5K Race 2. 7pm Conservative Club, Littleborough
£5.50 + £1 eod www.cannonballevents.co.uk

Fri 8th Lothersdale FR BS 3.6m/600' 7.30pm from Village Hall Lothersdale
nr Skipton £3 eod Junior races from age 7 6.30 pm
Pinhaw Moor BS 5m/700' 7pm from Red Lion St, Earby £5 eod
2nd race in Pendle Grand Prix barlickfellrunners.org.uk

Sat 9th **Stretton Six Summits FR AM 6.3m/3250' 1.30pm from Church
Stretton School GR SO454944 £8 pre-entry only by 6th May
Eng Champs**
Buttermere Sailbeck FR AM 9.3m/4314' 12 noon from Buttermere
Village GR NY174170 £7 pre-entry by 30/04 £10 eod Limit 150

Sun 10th Blacksticks 10K 10am Whitechapel Village Hall PR3 2EP £9+£2 eod

Tues 12th Mearley Clough FR AS 3.5m/1200' 7.15 pm from Worston £4 eod

Wed 13th Wholan Nook Trail Race 5m 7pm from The Waggoners Inn,
Manchester Rd, Burnley £5 eod 3rd Race in Pendle Grand Prix
Haigh Hall 4m RR 7.30pm from **Haigh School** WN2 £4+£1 eod
Latrigg FR AS 3m/950' 7.30 pm from Fitz Park, Keswick £5 eod

Thurs 14th Ian Casey Cowm Res 5k 7pm Cock & Magpie, Whitworth £4+£1 eod

Sat 16th **Vets Relay, Birmingham Contact road captains if you can run
Intercounties Fell Race North Wales**
Fairfield Horseshoe FR AM 9m/3000' 12 noon from Rydal Hall,
Ambleside GR365064 £7 eod
Old County Tops AL 37m/10000' 8am from NDG, Langdale £25
per pair by 10th May

Sun 17th **Calderdale Way Relay - Contact Fell Captains if you can run**
Worden Park 10k 11am from Worden Park, Leyland £8 + £2 eod

Tues 19th **Ogden Valley Round 6.2m/1500' 7pm from Barley Car Park 1st
race in Clayton Summer Series**

Wed 20th Blackstone Edge AS 3.5m/1200' 7.30pm from Lydgate Hamlet,
Blackstone Edge Old Road, Littleborough £4 eod
Cautley Horseshoe AS 4.7m/2640' 7pm from Cross Keys Inn,
Cautley GR SD698970 £6 eod

Fri 22nd **Clayton Weekend of Running**
Burnley Lions 10K 7pm from Colne Cricket Club
Race 4 in Pendle Grand Prix Club Road Championship

Sat 23rd **Club only fell races 1pm Juniors/2pm Seniors Club Fell
Champs**
3pm Social Event
Isle of Jura FR AL 17.5m/7800' 10.30am from Craighouse Distillery,
Jura Pre-entry on form from www.jurafellrace.org.uk
Hutton Roof Craggs FR BM 7m/1300' 2.30pm from Hutton Roof
Village Hall GR570786 £6 eod

Sun 24th Helvellyn & the Dodds AL 15m/4400' 12 noon Threlkeld CC
GR325255 £7 eod

[continued overleaf]

Mon 25 th	Austwick Amble FR BM 8m/1200' 1pm Austwick Village Green GR767685 £5 eod Bowley Hill Trail Race Approx 5.5m part of Great Harwood Show £7.50 entry to showfield
Tues 26 th	Welcome Tavern 5K series Race 2 7 pm Walton-le-Dale, Preston PR5 5UL (Also 24 June, 29 July) £6 + 2 eod
Wed 27 th	Harrock Hill (1) FR 5.2m/900' 7.30 pm from Farmers Arms, Bispham GR497130 £4/£12 for series of 4
Sat 30 th	Duddon FR AL 18m/6000' 11 am from Newfield Inn, Seathwaite GR227960 £7 pre-entry at duddonvalleyfell- race.org.uk Eng Champs Short Duddon FR 8.5m/2950' 11.15am £6 eod
Sun 31 st	Edenfield FR BM 6.5m/1570' 10.30 am from Edenfield Cricket Club £4 eod Saddleworth FR AS 3m/950' 12.30 pm from Greenfield, Saddleworth GR002038 £4 eod Junior Races at 11 am £2