

# HARRIER NEWS



The Clayton Harrier Newsletter

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



**British Athletics Fell & Hill Running Relay  
Barley, 17th October  
The Start/Finish Field, Barley Hill**

*[Photo: Norman Berry, Holmfirth Harriers]*

## **CONTACTS**

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

### **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  
Advertising rates are available from the editor. Advertisers' products and services are not endorsed by the committee.

**Copy deadline for the December issue:**  
**Monday, 16th November 2015**

#### **BOOTHY'S BIT**

Saturday, 17<sup>th</sup> October had long been a red-letter day in my diary. For 18 months I had been a member of the committee tasked with organising the British Athletics Hill & Fell Running Relay on that date. Under the chairmanship of Mike Wallis, Kath Brady, Jean Brown, Peter Browning, Mike Eddleston, Marie Greenwood, Paul Healey and I had, amidst a myriad other tasks, wrestled with spreadsheets, set a budget, reccied routes and discussed timings, argued about exactly how many toilet rolls 900 runners would use on the day, taken difficult decisions about runners' categories and the number of teams, liaised with landowners and Barley Parish Council, sorted catering for the runners and helpers on the day.

Thanks to the tremendous support we received from club members before, during and after the event, I think we can judge it a successful day. There was very keen competition on all four legs, which took the competitors to parts of Pendle Hill that they didn't know existed, and in all four categories – and, amazingly for Pendle at this time of the year, the weather was kind.

If you helped at all in any capacity,

**THANK YOU**  
**We couldn't have done it without you!**

I have written a report of my experience of the day on pp13-15, with team reports and results on pp16 &17.

**Senior Runner of the Month**

This month's award will be the last for a while. The committee feels that more members need to participate if the award is to mean anything to the membership. (If Harry Manning didn't diligently scour the pages of AW and other results, very few members would ever get nominated.) To that end, the committee has launched a consultation about the future of the award – details on p4. Please pass on your comments to the committee so that any decision that is made fully reflects the opinion of the membership.

**Virgin London Marathon 2016**

We have received confirmation that the club has been allocated 3 places for next year's VLM. If you've been rejected in the public ballot and wish to apply for one of the places, please forward your rejection letter/email to Club Secretary, John Wilcock before Friday, 13<sup>th</sup> November. If he receives more than 3 applications, John will hold a draw for the places on 14th November.

**Road Relays**

The club had a number of teams at the Northern 4 & 6 Stage road relays at Stanley Park, Blackpool in September. Both the ladies' and men's teams qualified for the National Relays at Sutton Park, Birmingham on 3<sup>rd</sup> October. Reports and results are on pp8 & 9.

**Don't Forget .....** December's Harrier will be the last that I shall edit. To date, the number of members volunteering to take over is ..... zero.  
If you feel that the Newsletter should continue and would like to take responsibility for its production, please get in touch with me or Chairman Jim ..... soon!

## Runner of the Month

The current Runner of the Month award is being re-designed in an attempt to improve participation by the membership and we'd like to hear from as many of you as possible.

Every aspect of the award is up for debate and to get you started here are few things to think about;

### What's the aim of the award and what are the criteria?

- Are we trying to encourage participation in races, do we want to acknowledge and reward our finest athletes?
- Are we recognising outright performance such as winning a race or age group, do we want to acknowledge personal improvement as well?
- Should we consider triumph over adversity such as the ultra long events or even a personal battle to get back to running from illness or injury?

### How to nominate someone?

- How do you want to be able to suggest someone; do you want to use emails, facebook, twitter etc. Perhaps all three?
- Do you want it to go to a specific person or just to one of the committee?

### Who decides?

- Should it be a sub-committee (as at present) or should the whole committee make the choice? Maybe just the captains?
- Perhaps you don't want the committee to choose, maybe the members should be voting as well as nominating?
- Which members? - everyone or just the longer serving members. Perhaps just the newer members (e.g; less than five years) to ensure a fresh view?

### What's the award?

- What would you like to give, do you want just one winner or could we have more than one each month?
- Perhaps we could award two/three different prizes each month, for different achievements?

The award will be re-launched in January and we'll be taking all your suggestions into account.

**You can voice your opinion via any committee member (preferably in writing/email) or use the closed facebook group; Team Clayton.**

**Tell us what you think; it's your club!**

**CLAYTON-LE-MOORS HARRIERS  
OFFICIALS  
2015-16**

<b>President</b>	<b>Dave Scott:</b>	01282 693867
<b>Chairman</b>	<b>James Hickie:</b>	01254 246658/07773 161110
<b>Secretary</b>	<b>John Wilcock</b>	01282 425699/07970 828167
<b>Treasurer</b>	<b>Mike Eddleston:</b>	01254 397545/07951 424780
<b>Membership Secretary</b>	<b>Adrienne Olszewska :</b>	07510 764394
<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>Vacant</b>	
<b>Race Promotions Coordinator</b>		
	<b>Mike Eddleston:</b>	07951 424780
<b>Elected Member</b>	<b>Peter Browning</b>	01254 384347

**CAPTAINS**

<b>Men's XC</b>	<b>Christopher Holdsworth</b>	07930 542896
<b>Ladies' XC</b>	<b>Irene Roche</b>	07919 077485
<b>Men's Road &amp;</b>	<b>Christopher Holdsworth</b>	07930 542896
<b>Ladies' Road &amp;</b>	<b>Angela Shian</b>	07972 039560
<b>Men's Fell</b>	<b>Dave Motley</b>	07810 895862
<b>Ladies' Fell</b>	<b>Kath Brady</b>	07899 722922

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



**RALPH BAINES** for FIRST PLACE (with Barry Awan) at the OMM LITE NORTH YORKSHIRE at SWALEDALE on 19th & 20th  
*Nominated by Jean Brown*

**DAN BALSRAW** for FIRST PLACE at the CASTLE 10K RR at LANCASTER on 20th  
*Nominated by Harry Manning*

**STEPHEN BISCOOMB** for 1st M60 at the PILLING 10K RR at LANCASTER on 12th  
for 1st M60 at the BURNLEY LEISURE 10K RR at PADIHAM on 20th  
for 1st M60 at the LITTLEBOROUGH 10K RR on 27th  
*Nominated by Harry Manning*

**ALAN LIFE** for 1st M50 at the ROMBALDS ROMP FR at ILKLEY on 13th  
for 2nd M50 at the THIEVELEY PIKE FR at CLIVIGER on 26th  
*Nominated by Harry Manning*

**JON SHARPLES** for his 21st COMPLETION of the BEN NEVIS RACE at FORT WILLIAM on 5th  
*Nominated by Harry Manning*

**RICHARD STEVENSON** for FIRST PLACE at the CASTLE HALF MARATHON RR at LANCASTER on 20th  
*Nominated by Harry Manning*

**SEPTEMBER WINNER**

**RICHARD STEVENSON**  
For his win in the Castle Half Marathon  
Richard wins a complimentary therapy from 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.**

**NB: This will be the last Runner of the Month award for a while. To try  
to improve participation, the Committee has decided to consult  
members about how best to do this.**

**See announcement on p4.**

**LETTER**

Dear Pete

I was interested to read of Jon's series of '21s' and he is to be congratulated, particularly for 21 'Bens' as that is probably the hardest on account of the challenge of getting an entry (and one that I could not achieve and I consider that it is not a very female friendly race, though delighted that Mandy Goth reached her 21st this year).

I counted 21 Borrowdales this year so last night counted my 'Langdales' and found that Saturday was my 21st also, so I am sure there must be other Clayton-Le-Moors Harriers with this pair of 21s?

Best wishes

Wendy Dodds

*[I know Peter Browning has a unique pair of 21 completions: Manx Mountain Marathon, Jura Fell Race. Are there any more members of the double '21 Club' out there?]*

**Northern Road Relays**  
**Stanley Park, Blackpool**  
**Saturday, 19th September**

**Ladies' 4-Stage Races**

Report from Ladies' Captain, Angela Shian

Clayton had 12 lady runners compete at a sunny Stanley Park. It was so hot we even had to take off our renowned orange hoodies...! We had a few nerves in the 3 teams, as most of our runners had not competed in relays of this kind before! A special well done to Leg 1 ladies: Laura, Amanda & Elouise, as this is by far the most nerve-racking stage.

We did have a marshal trip up one of our competitors – Bianca Bennett (I won't repeat her language at the end!!!). Unbelievably, we were also told off for the noise volume of "cheering" our ladies in (Rachel Todd).

There were 62 teams competing in total. Our first Team came 23rd which now qualifies us for the National Road Relays Championships at Birmingham! Team 2 came 44th position, and Team 3 came 57th position. All in all cracking day and effort by the ladies, roll on next year!

<b>Leg</b>	<b>Name &amp; Pos</b>	<b>Time</b>
------------	-----------------------	-------------

**Team A**

1	Laura Hesketh (22)	19:20
2	Claire Vincent (26)	21:24
3	Angela Shian (25)	22:51
4	Helena Leathley (23)	22:10

**Team B**

1	Amanda Duffy (56)	23:23
2	Rachel Robinson (51)	23:56
3	Joanne Bennett (47)	23:58
4	Helen Burnett (45)	24:28

**Team C**

1	Elouise Pemberton (67)	26:39
2	Michelle Butschok (64)	28:29
3	Rachel Todd (58)	25:08
4	Bianca Bennett (58)	24:54

**Men's 6-Stage Races**

Report From Chris Holdsworth

The improvements made between 2014 and 2015 6-Stage Road Relays has been excellent. Having raced at both, it was great to be able to see our teams compete for places throughout the day. I had a poor personal performance having been too eager to get us off to a good start, but the rest of the lads were able to keep our position with some solid performances throughout.

With an improvement of over 50 places from 2014, we also qualified for the Nationals in October.

<b>Leg</b>	<b>Name &amp; Pos</b>	<b>Time</b>
<b>Team A</b>		
1	Chris Holdsworth (30)	21:20
2	Jordan McDonald (43)	23:15
3	Danny Collinge (41)	22:32
4	Daniel Balshaw (35)	22:49
5	Breton Holdsworth (33)	22:49
6	Jonny McKenna (31)	22:29
<b>Team B</b>		
1	George Pier (77)	23:59
2	Lee Smith (66)	23:24
3	Richard Stevenson (65)	23:59
4	Richard Briscoe (73)	25:53
5	Jonathan Pye (67)	24:14
6	David Motley (66)	25:56

**ERRA National Road Relays**  
**Sutton Park, Birmingham**  
**Saturday, 3rd October**

**Ladies' 4-Stage Relay**

Angela Shian reports: Our Ladies' team placed 47<sup>th</sup> with an overall time of 1:10:44 in a field of 67 complete teams. We were Birmingham bound, taking the long route to the start – it pays to recce the route first to find the start. Laura Hesketh had an amazing start on Leg 1, getting us to 36<sup>th</sup> position. Claire Vincent on Leg 2 ran well for us. Leg 3 was myself; I pushed as hard as I could, out of my comfort zone! Then handed the last leg to my little sister, Helena to pull back any places I lost! Clayton ladies came 47<sup>th</sup>, very respectable place in the nationals, really looking forward to qualifying again for next year

<b>Leg</b>	<b>Name</b>	<b>Pos</b>	<b>Time</b>
1	Laura Hesketh	39	16:04
2	Claire Vincent	50	17:48
3	Angela Shian	55	19:15
4	Helena Leathley	47	17:37

**Men's 6 Stage Relay**

Men's team placed 53 with an overall time of 2:01:21 in a field of 68 complete teams

<b>Leg</b>	<b>Name</b>	<b>Pos</b>	<b>Time</b>
1	Chris Holdsworth	40	18:37
2	Breton Holdsworth	58	19:49
3	David Bagot	57	20:38
4	Jordan McDonald	59	20:52
5	Danny Collinge	57	20:51
6	Jacob Boyle	54	20:25

## **Covering Old Ground**

### **30 years ago (Nov 1985)**

- There had been recent TV coverage of Ron Hill's achievement in completing 100 Marathons. His next goal was to compete in events in 50 different countries by the time he celebrates his 50th birthday.
- Roger Brewster took 17<sup>th</sup> place in the Paris 20K (27000 competitors).
- New members – Keith Sturdy; Adrian Thornber; Ray Lees; Chris Blackburn; Fred Houldsworth; Graham Henderson; Jeff Goodall; Gerry Bunn; Anthony Poole; John Daley; Terry Allwood; John Blackall; John McGonagle; Graham Yates; Terry Bamford; John Stuart.

#### **In the Results:**

Pendleton: Vanessa Brindle (Peacock) first lady 43.17 – 94 Clayton members took part.

Hades Hill: winner Mark Aspinall of Rossendale 29.30.

Chipping Show: Karin Taylor (Goss) first lady 69.54.

Todmorden Half Marathon & Blackpool Half Marathon: Linda Lord first lady 90.19 & 85.12.

### **25 years ago (Nov 1990)**

- Kieran Carr agreed to take over from Shaun Addison as the organiser of the Tour of Pendle from next year.
- New members – Tom Robertshaw; Martin Daly; Wendy Hopwood; Jonathon Spencer; Duncan Dickens; Ian Beresford; Michael Riley; David Bailey; John Duffy; Derek Brown; Terrence Bond; Gordon Wincup; Dave Slater; Michael McCann.

#### **In the Results:**

Lostock 10K: Vanessa Brindle (Peacock) first lady vet 37.46;

Fire Station 7: Roger Brewster 35.12; D.Wilson first V40 37.30;

Barry Mitchell V45 42.02

### **20 years ago (Nov 1995)**

- Alan Heaton celebrated his 67<sup>th</sup> Birthday and 40 years as a Clayton member by completing the 270 miles of the Pennine Way. Alan set off on Monday 24<sup>th</sup> July at 10am and completed the route at 8.57 pm on Sunday 30<sup>th</sup> July.
- Gary Wilkinson reported on the Ben Nevis Centenary. Ten minutes before the start there was an announcement that the temperature at the summit was minus 4C. Out of the 433 starters Clayton had 34.
- Mark Brown had set his sights on the Olympics (Atlanta) having taken the

honours in the 5000 and 10000 in the German National Games. Mark was seeking help towards the expense of the venture and Tom Targett made a contribution from the proceeds of the 5 Cloughs Race.

- Stan Bradshaw gave us a brief insight into his history and running. Stan joined Bury Athletic Club and Clayton Harriers in 1930 but Clayton only functioned during the winter. Stan had permission to train on the cricket field at Gawthorpe (where the Clarets now train). He measured out a 220 yard course and put a large pocket watch on a post and timed himself doing as many as 48 laps. In the winter months Stan ran cross country and was second claim for Clayton, but if there was a race on he travelled to Bury where he was first claim.....In the mid-1930's he heard about the only two fell races in the North of England – the Burnsall Classic and Rivington Pike and achieved “a fair amount of success” in taking part. After 4 years away during WW II and at the age of 37, Stan thought his racing days were over and resigned from Bury but helped reform Clayton Harriers with the thought he could become a coach. The thinking in those days led to Stan being given advice about the risks of running – hardening of the arteries, heart attacks and subsequent death. In truth this was the start of his running career and much enjoyment. Since finishing running at 80 Stan continued to walk 6 to 8 miles a day and longer at weekends. *What an example to us all – a hero.*

#### **In the Results:**

Ben Nevis: Keiran Carr first Supervet 1.48.56;

Trawden Celtic: Mark Aspinall winner 39.28, Barry Mitchell first Vet 45 43.30, Peter Butterworth first V40, K. Drake first lady.

Cliviger 6M: winner Roger Brewster 31.24, first V50 Barry Mitchell, V60 Don Barton.

The Ossy Moors Race in the Clem Summer Series attracted 54 members.

Sedbergh Hills: Pete McWade first Vet, Keiran Carr first Supervet, & Vanessa Peacock first lady.

Turnslack FR: first Supervet Barry Mitchell; Alison Martin first lady.

Golf Ball FR: first Vet Pete McWade; Barry Mitchell first Supervet.

Colne Centenary 2 mile: winner Phil Hall, V45 Roger Hargreaves, V40 D.Hargreaves, lady S.Blackburn, V50 Mick Wrigley.

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

- Simon Thompson was featured in the editor's focus. Simon started running in junior school. He says his ambition was really to continue to enjoy the sport. Simon based his training on quality rather than quantity in doing his weekly mileage. His greatest achievement was winning the Haworth Hobble (33 miles) the first time, when there was a significant quality field.

**In the results:-**

Clayton won the Lancashire Road Champs and took third in the NW Counties. In the FRA Relay we took the Bronze award (not achieved since 1991). 38 members took part in the Club Road Champs at Barley.  
Welcome Tavern 10K:V35Tina Lewis 43.34; V55Val Lawson  
Kirkham 10K: V60 Ted Orrell 41.19;  
Burnley Fire Station 7: LV60 Kitty Garnett 60.21.

**10 years ago (Nov 2005)**

- Tracy Mitchell introduced herself as Ladies Road Captain.
- Run of the Month went to Maureen Laney for first place, winning Gold and retaining her LV50 World Master’s Mountain Running Championship.

**In the Results:-**

Red Rose XC Bury: Anna Kelly V40 & Vanessa Peacock V50, (Ladies first team & second vets). In the men Mark Aspinall First V45, Phil Hall V45, Dave Scott V60, Ted Orrell V65 (fourth team and first vets).

Wilson’s XC: Anna Kelly V40 (second team and first vets). Mark Aspinall First V45, Phil Hall V40, Ted Orrell V65 (fourth team and second vets).

Langdale Marathon: Kitty GarnettLV65.

Rufford 10K: Ted Orrell V65.

Kirkham 10K: D.Lord V40.

Littleborough 5K &10K: Richard Lawson V65.

Parbold 10K: Richard Lawson V65.

Garstang Half Marathon: Peter Butterworth V50.

Rochdale 4.3K: Richard Lawson V65.

Burnley Fire Station 7: Christine Leathley V55.

Paul Healey

<b>MILESTONES</b>				
<u>Age</u>			<u>Service</u>	
3 <sup>rd</sup>	Eleanor Root	14 years	Carol Makin	25 years
7 <sup>th</sup>	Liberty Thompson	13 years	Bob Russell	25 years
7 <sup>th</sup>	Eve Waters	10 years	Frank Goss	20 years
12 <sup>th</sup>	David Black	50 years	Steve Biscomb	5 years
16 <sup>th</sup>	Jessica Bradley	8 years	Nigel (Stan) Hodson	5 years
19 <sup>th</sup>	Brian Wildman	50 years	Richard John	5 years
28 <sup>th</sup>	Eloise Clegg	11 years	Finley Stubbs	5 years
29 <sup>th</sup>	Pete Hindle	60 years	Paul Wale	5 years

**BRITISH ATHLETICS HILL & FELL RUNNING RELAYS**  
**BARLEY, 17th OCTOBER**  
**A Grand Day Out**

On the morning of Sunday, 18<sup>th</sup> October, as I collected the last Leg 4 marker in thick clag at the top of a cold, windy Big End, I reflected on all the work done by so many people in the preceding days, weeks and months (18 for the organising committee) that had culminated in a wonderful relay the day before when the weather had, thankfully, been much kinder.

Arriving at Barley Hill just after midday on Friday, 16<sup>th</sup> October I witnessed a hive of activity. Organising committee chair Mike Wallis and Mike Eddleston, race organiser, were deciding where the recently-arrived hired tables were needed. Neil Hardiman & team had just erected the FRA marquee and were moving on to erect a second marquee, to be used as a food tent, on the village green by the car park. Peter Browning and Co were setting up fencing and tape to demarcate the start finish area, while Martin from SportIdent was installing cable that would provide a 'live feed' from the last 'dibber' to the finish. Contractors were delivering the portable loos that were to be positioned on the field. (They'd already off-loaded some loos on the car park, managing to demolish a wall in the process!)

Martin Brady & I departed the busy scene, laden with Richard Lawson's small orange flags that were to mark Leg 4. Martin took us to the Ogden top res by car before we struggled up to Buttock, cursing the weight of the stakes, to begin 'flagging'. By the time we returned, job done, a couple of hours later, the route out over the fields had been marked, the start/finish field on Barley Hill was ready and more tents had appeared on the village green. In the village hall Marie, Kath Brady and others were placing 'dibbers' in the team envelopes ready for registration, before setting out the envelopes in order for collection the following day. At the same time, our caterers, Paula & Toni from The Cabin, struggled back and forth with enormous cauldrons of chilli. As soon as Peter Browning and team had returned from flagging Leg 1, the organising team retired to the Pendle Inn to complete last-minute tasks and enjoy a well-deserved pint.

At 7.15am (!) on a cool, cloudy event day, I arrived at a village hall that was even busier than it had been the previous afternoon. Marie and Kath had registration open – amazingly there were no teams to register at that time. My first task was to set up signage round the immediate area; 'Registration', 'No Parking', 'Toilets' etc, before driving up the Downham Road to place 'Caution Runners' signs on the approach to the road crossing under the shadow of the 'Big End'.

On my return, what a transformation! Hundreds of cars had arrived. Paul Healey, Jean Brown and their car parking team were at full stretch. Registration was in full swing and a colourful array of club tents had appeared on the green. I was just in time to catch the marshals' briefing at 8.30am. Mike Eddleston briefed around 30 members and supporters and distributed maps, after which the marshals dispersed to their posts on the hill. Following the meeting I had

time for a cup of coffee and a stroll round the club tents, meeting many old friends on the way. The atmosphere was electric with the usual pre-race banter and bravado signalling the runners' anticipation of a major event.

As the Leg 1 runners were being called to their start at the end of the Black Moss Lane, it was time for me to head up through the field to the Buttock gate where I had marshalling duties alongside Martin. With the gates open and ready, I contoured round the hill to a vantage point where I could see the start. Through my binoculars I watched the colourful procession race up the lane and across the fields towards the road crossing. I caught a brief glimpse of the runners just before they arrived at the Big End climb before, amazingly soon, I could see runners at the top of the Cart Track – my signal to return to the marshal's post.

Pudsey & Bramley's Rob Hope was first through the gate followed by what seemed like an endless tide of runners, many of them proving that their brains were switched off on the descent by failing to understand that when I shouted, "Through the gate behind me!"

They were supposed to pass behind me, not attempt to go through the stile or carry straight on down the field!

As I had hoped, Buttock proved to be a superb vantage point. In the gaps between Leg 1 runners, we could look down and see the leading runners on Leg 2 setting off towards Fell Wood and then across the valley as they breasted the skyline on their way to Spence Moor. Once the Leg 1 'sweep' Kieran Carr had gone through the checkpoint, I walked up to the Pendle Trig to watch the Leg 2 runners making their way up the 'stone path' from Ogden. By this time, Calder Valley had taken over the lead and I turned to follow them back to my post at Buttock, all the while being passed by pairs of runners flying down the track.

Back at my post I found that Martin had removed another gate from its hinges to improve 'traffic flow'. It was a good job he had because, to my surprise, all the leading runners started the navigation leg by climbing up to us. (I had helped set the nav course and expected at least half of the runners to follow the valley round to the first checkpoint at the bottom of Boar Clough.) So, we now had pairs of runners racing down to the finish of Leg 2 meeting, and crossing the path of, the pairs on Leg 3. It's a tribute to the sportsmanship and the good nature of most runners that there was no falling out.

There was still a steady trickle of Leg 2 runners descending towards us, when the Leg 3 leaders started to come through towards the finish of their leg. Most took the valley route from the last check, at Bill Smith's plaque, to the finish, but many enjoyed the view from Buttock so much that they came back that way, despite the extra 50m of climb! Five or six pairs were so keen to see us that they ran down the valley to the base of the top reservoir dam, before turning left through the gate and up the steep green field to Buttock! (Great navigation!)

By now, we had Leg 3 runners starting and finishing their leg intermingled with the leading runners on the final leg. It was a tremendous race at the front of Leg 4, with Pudsey & Bramley, Dark Peak, Keswick, Horwich and Calder Valley's Open Men's teams all in with a chance to take the title. As Leg 3 & 4 runners came and went we kept scanning the skyline for the return of the leading Leg 4

runners.

Suddenly, Karl Gray (4<sup>th</sup> on the way out) flew through the checkpoint with a seemingly unassailable lead over P&B's John Heneghan. And so it proved. We watched as the runners sped through the fields and could hear the excited spectators' cheers as Karl crossed the line in first place. It had been a tremendous battle with only 50 seconds separating CVFR in first, P&B (2<sup>nd</sup>) and Dark Peak in third, with Keswick less than a minute adrift of them.

Not too long after, Lee Smith anchored Clayton's Men's Open team into 25<sup>th</sup> place, shortly followed by Bret Holdsworth whose storming run on Leg 4 took the Vets' team to 34<sup>th</sup> place overall; 8<sup>th</sup> vets' team. Annie Conway of Ambleside led the first Open Ladies' team home in 48<sup>th</sup> place overall, enjoying a 15 minute cushion on the second ladies team, Calder Valley. After that I lost track with runners coming thick and fast, with the added complication of a staggered 'mass start' on Leg 4.

It wasn't too long before Dominic Carr. Leg 4 'sweep' arrived and we could put all the gates back in place and return to base. As we did so, a pair of female Keighley & Craven runners came by. They were the final finishers on Leg 3. When asked about their experience, they said that the navigation leg had been great, but that they were 'not good runners'. They took 2 hours 48 minutes on a leg that was won in 58 minutes by Ochil Hill Runners' Men's Open Team. Nevertheless, they summed up the reaction of most of the runners, marshals, helpers and spectators that it had been 'A Grand Day Out'.

Pete Booth



### Ladies' Team Report

We entered our only ladies' team in the LV40 Championship to support the first year of this new championship category. We finished 5<sup>th</sup> out of 11 teams in a time of 5.25.43. 4<sup>th</sup> team were just 12 seconds in front of us and 6<sup>th</sup> team were just 4 seconds behind us, so every second counted.

Irene Roche, a very last minute call up late on Thursday, led us off up past Black Moss Res and up the BIG end of Pendle (7K approx with 450m of ascent) coming home in 8<sup>th</sup> in a time of 55.54. Alison Dugdale & Vicky Heyes ran 2<sup>nd</sup> leg (15K approx with 630m of ascent), pulling back one place to finish 7<sup>th</sup> in 1.41.10. On Leg 3, top navigators Jean Brown & Wendy Dodds picked up their maps half a mile after the start and had a storming run with the 3<sup>rd</sup> fastest time in 1.42.53. Both enjoyed the challenge of navigating the optimal route. Our last leg runner Barbara Savage, set off in the 'staggered' mass start finishing in 1.05.46 - 9<sup>th</sup> fastest on the leg.

There was great club and team spirit throughout the day, Jean was on car parking at 7am, Barbara had been on the start/finish field all day and at 9.45 was digging a trench to lay electric cables! Irene, Alison, Vicky & Wendy were around encouraging all our teams.

We can build on this result at Loch Lomond in 2016, so keep a weekend free for a recce trip to Scotland!

Kath Brady

### Leg 1 Report

On arrival at Barley, ready for leg 1, I found there was a great buzz about the place. After collecting a map, dinner voucher, dibber and complimentary head buff from Captain Kath Brady, I was ready for Kit check and dibber activator. Off we then all set for the big hill in view! A brilliant atmosphere amongst fellow runners was followed by the lung busting, energy sapping race up the "big end" of Pendle.

The descent by the steps followed by the immediate climb back up the cart track gave no rest to any of us. I must say my favourite part of the course was running down the steady descent towards Buttock Farm and finally the finish. I loved every minute of it. An excellent team effort from all the Clayton Lady runners in an extremely prestigious event!

Irene Roche

Irene on the cart track.

[Photo: Woodentops]



### Men's Team Report

A lot of people seemed eager to see Clayton fail in their efforts to host this year's British Relay Championships, so it goes to show just how well the members involved managed to pull it off with all the praise and compliments they have received.

The senior men, although having a few dropouts through injury, fielded a very strong and young team. We started our day with Jordan McDonald eager to induce stress in us all by forgetting his dibber (literally 5 minutes after I gave it him). Jordan had a storming run bringing us back in 30th position in a very strong opening leg.

Jonny and I managed to improve our position by 12 places, coming in 18th. Dave Bagot and Paul Thompson took over and put in a solid navigational effort, taking some big scalps along the way. Lee Smith rounded off the day with a good performance, finishing 25th overall.

The vets, who posed a threat throughout the day, finished not far behind in 34th – showing just how even our two teams were at times.

Chris Holdsworth



Jordan McDonald & Andy Stubbs enjoy a close battle on Leg 1

*[Photo: Woodentops]*

### Clayton Results

Pos	Time	Team	Competitors
25th	03:57:06	MOpen	J McDonald; J McKenna/C Holdsworth; P Thompson/D Bagot; LSmith
34th	04:02:36	MV40	A Stubbs; G Wilkinson/C Helliwell; M Wallis/N Hardiman; B Holdsworth
120th	05:25:43	FV40	I Roche; V Heyes/A Dugdale; J Brown/WDodds; B Savage

**JUNIOR RUNNER OF THE MONTH**  
**SEPTEMBER**  
**FELIX THOMPSON**

Felix is one of our youngest competitors, only 6yrs old, but races whenever the age limit allows.

He always gives of his best and is a super young runner.

WELL DONE FELIX

**RESULTS**

<b><u>Bradley Show Junior Fell Race</u></b>		<b>U12</b>	<b>06-Sep-15</b>	40 Runners	
<b>Name</b>	<b>Club</b>		<b>Pos</b>	<b>Cat Pos</b>	<b>Time</b>
Sam Smith	Wharfedale Harriers		<b>1st</b>	<b>1st Boy</b>	6.02
Lilli Carr	Keighley & Craven		3rd	<b>1st Girl</b>	6.24
Lennon Jackson			16th	13th Boy	7.19
Matthew Jackson			21st	18th Boy	7.39

<b><u>Burnsall Junior Fell Race</u></b>		<b>U9</b>	<b>13-Sep-15</b>	34 Runners	
Alex Graham	Broughton Runners		<b>1st</b>	<b>1st Boy</b>	2.58
Bethan Saunders	Hoad Hill Harriers		5th	1st Girl	3.07
Kady Thompson			24th	10th Girl	3.37
Felix Thompson			28th	16th Boy	3.49

<b><u>U12</u></b>				51 Runners	
Fraser Sproul	Kendal		<b>1st</b>	<b>1st Boy</b>	5.23
Jackson McKay			3rd	<b>3rd Boy</b>	5.41
Dexta Thompson			5th	5th Boy	5.55
Lennon Jackson			23rd	16th Boy	7.02
Matthew Jackson			32nd	22nd Boy	7.19

<b><u>U14</u></b>				22 Runners	
Joe Hudson	Keighley & Craven		<b>1st</b>	<b>1st Boy</b>	7.16
<b>Briony Holt</b>			<b>10th</b>	<b>1st Girl</b>	<b>8.23</b>

<b><u>Embsay Junior Fell Race</u></b>		<b>U9</b>	<b>20-Sep-15</b>	56 Runners	
<b>Jenson Bentham</b>	<b>Clayton Le Moors H</b>		<b>1st</b>	<b>1st Boy</b>	<b>4.33</b>
Bethan Saunders	Hoad Hill Harriers		5th	<b>1st Girl</b>	4.43
Joshua McKay			14th	10th Boy	5.12
Kady Thompson			29th	11th Girl	5.33
Felix Thompson			32nd	20th Boy	5.42

<b><u>U12</u></b>				47 Runners	
Alexander Thompson	Wharfedale Harriers		<b>1st</b>	<b>1st Boy</b>	8.38
Jackson McKay			2nd	2nd Boy	9.01
Dexta Thompson			4th	4th Boy	9.11

<b>Name</b>	<b>Club</b>	<b>Pos</b>	<b>Cat Pos</b>	<b>Time</b>
<b>U14</b>				
		20-Sep-15	21 Runners	
Joe Hudson	Keighley & Craven	<b>1st</b>	<b>1st Boy</b>	12.32
Lauryn Gregg	Rossendale Harriers	10th	<b>1st Girl</b>	15.02
Liberty Thompson		17th	4th Girl	17.38

<b><u>AGM Track Race 2K</u></b>		<b>24-Sep-15</b>	20 Runners	
<b>Name</b>	<b>Pos</b>		<b>Time</b>	
Dexta Thompson	1st	M9	7.16	
Liberty Thompson	2nd	F12	7.54	
Nathan Kewin	3rd	M10	8.39	
Aleander Thompson	4th	M10	8.48	
Joshua McKay	5th	M8	8.51	
Heidi Kewin	6th	F12	9.13	
Honey Tattersall	7th	F8	9.19	
Eve Waters	8th	F9	9.32	
Imogen Ferguson	9th	F10	9.33	
Kady Thompson	10th	F8	9.47	
Hannah Layfield	11th	F9	9.47	
Felix Thompson	12th	M6	9.52	
Toby Birtwistle	13th	M6	9.52	
Rachel Stevenson	14th	F9	10.50	
Bronia Olszewska	15th	F11	10.50	
Millie MacCabe	16th	F8	11.32	
Redvers Theaker	17th	M7	12.00	
Tillie Ferguson	18th	F8	12.23	
Holly Applegate	19th	F7	12.46	
Emily Johnson	20th	F5	13.30	

<b><u>Mid Lancs XC, Chorley U11 Girls</u></b>		<b>26-Sep-15</b>	65 Runners	
<b>Name</b>	<b>Club</b>	<b>Pos</b>	<b>Time</b>	
Isabella Merritt	Bolton United	<b>1st</b>	6.13	
Imogen Ferguson		18th	7.07	
Kady Thompson		53rd	8.32	
Rachel Stevenson		61st	9.05	
Millie MacCabe		63rd	9.34	<b>9th Team</b>
<b>U11 Boys</b>				
			54 Runners	
<b>Dexta Thompson</b>	<b>Clayton Le Moors H</b>	<b>1st</b>	<b>5.54</b>	
Jenson Bentham		7th	6.33	
Finley Stubbs		10th	6.38	
Matthew Jackson		33rd	7.17	
Joshua McKay		41st	7.35	
Finan Holdsworth		51st	8.33	<b>1st Team</b>

<b>U13 Girls</b>			45 Runners
Amy Davies	Blackburn Harriers	<b>1st</b>	10.22
Millie Stubbs		4th	10.56
Liberty Thompson		7th	11.10
Sophie Ashworth		17th	11.42
Natasha Olszewska		20th	12.02
Roanna Holdsworth		26th	12.25
Keira Stevenson		35th	13.38
Heidi Kewin		36th	13.39
Bronia Olszewska		40th	15.37 <b>1st Team</b>
<b>U13 Boys</b>			52 Runners
Matthew Ramsden	Blackburn Harriers	<b>1st</b>	12.33
Jackson McKay		3rd	12.42
Lennon Jackson		27th	14.22
Jay Bowman		30th	14.35 <b>5th Team</b>
<b>U15 Girls</b>			32 Runners
Samantha Bland	Kendal-Helm Composite	<b>1st</b>	13.11
Lucy Stevenson		31st	17.12
<b>U15 Boys</b>			29 Runners
Ben Preedy	Blackpool Wyre & Fylde AC	<b>1st</b>	14.58
Dan Bradley		27th	19.01
<b>U17 Women</b>			9 Runners
Elizabeth Greenwood	Blackburn Harriers	<b>1st</b>	15.46
Alice Pier		7th	19.21
<b>U17 Men</b>			10 Runners
Matthew Barnes	Pendle AC	<b>1st</b>	21.58
Curtis Holt		8th	25.46
Ryan Clarke		9th	26.41
Simon Wilshaw		10th	30.10 <b>1st Team</b>
<b><u>English Schools Fell Race Year 7</u></b>			<b>27-Sep-05</b> 102 Runners
Fraser Sproul	Casterton School	<b>1st</b>	13.10
Jackson McKay	Unity College	3rd	13.32
<b><u>Burnley Parkrun 5K</u></b>			
<b>Name</b>	<b>New PB Time</b>		
Jordan McDonald	17.19		
Dexta Thompson	19.43		
Lennon Jackson	20.51		
Matthew Jackson	21.29		
Helena White	22.55		
Ella Dorrington	23.22		
Liberty Thompson	23.39		
Imogen Ferguson	25.02		
Aaron Lundie	26.50		

## **JUNIOR TRAINING**

### **Age Limits for Training Sessions;**

There's no minimum age limit to be a junior member of Clayton-le-Moors 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 a reasonable 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.

### ***UK: Athletics Accredited Sports Therapist***

*Sports Injuries  
Remedial/Sports Massage*

***Affordable and dedicated  
service since 1996***

Home Treatments



Approved  
Therapist



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

## **OMM Lite Long Score Event, Reeth, Swaledale 20<sup>th</sup> September**

Having done a few Orienteering score events this year and really enjoyed them I was asked by my brother-in-law Barry to partner him on this. It was a two-day score event: 7 hours on Saturday north of the river and 5 hours Sunday south, but without the usual OMM overnight camp and carrying your tent/food etc.

It was beautiful weather and a good selection of people doing both the mountain biking and orienteering. We spent a good 5 minutes marking the scores on the map and deciding which route to set off on. This turned out to be time well spent since through the weekend we managed to get lots of the high value check-points. After about 5 hours I was, as usual, starting to get really tired and the cramp kicked in, but plenty of determination and encouragement from Barry got us to the finish where I could have a sit down and be served tea and cake in the sunshine—and be unable to get out of the chair for 20 minutes!

The pain was eased by the fact we were winning, if only by 10 points. I texted my wife Naomi to tell her the good news but with the caveat that there wasn't a hope in Christmas of us holding the place for the following day.

Day 2 and a large bacon sandwich, to replace some lost salt, and lots of tea just before being first to set off worked a treat. I didn't feel too bad after we had done the climb up to Grinton Lodge YHA and got onto the beautiful grouse moors up there. Lots more points came and the time seemed to pass much quicker, albeit I did feel slower still.

Anyway we got 22 miles in, which I was more than impressed with and we had to sit and wait for an hour to see who beat us. Nobody did. We were second on the day and extended our lead so got to go and receive the prizes: one for overall winners and one for the vets.

So, after 25 years running it has taken until now for my first win. Thanks to Barry for encouraging me round.



Ralph Baines

## Hodgson Brothers Mountain Relay 4th October

The relay is in memory of Ian Hodgson, who at the aged 25 was tragically killed in a road accident whilst cycling the day after winning the score class at the Karrimor Mountain Marathon in 1985. Prior to the presentation Jon Broxap, from the organising team announced that Ian's brother, Michael (57) had suffered a cardiac arrest whilst out cycling in August and never regained consciousness. The family and organising team had decided to rename the relay The Hodgson Brothers Relay.

### Ladies' Fell Captain Kath Brady reports

We finished 8th out of 10 extremely competitive ladies' teams, in a time of 5 hours 27 minutes, 19 minutes quicker than 2014

Thanks must go to Jean Brown who did all the hard work in pulling the team together. I just collected and handed out numbers on the day. Thanks to all 8 ladies for racing hard. Special note must go to Claire Vincent running strong on the last leg with Jean in her first ever race in the lakes.

### Men's Fell Captain Dave Motley reports

Alarms were off early for the drive to the Lakes, registration and at 9:15am its GO GO GO!. The lads had a really good start with Jordan McDonald and Jonny McKenna bringing the team home in 7th. Next up Danny & Dave Bagot who completed the leg with no navigational issues but they did finish one buff down (I'll let Danny tell that story). Me & Lee Smith next and we had a solid run to pass the baton onto Chris & Jacob who brought the team home in 18th place. The vets finished in 38th (8th Vets) which was fantastic performance with the problems I had sorting the team.

Looking at the results I am reliably informed that the A team posted the quickest Clayton time for 10 years, which is a massive positive and the majority of the team were under 25! This really shows the progression of the club in the last couple of years.

I'd like to say a massive Thanks to all the lads, but special Thanks goes to Sean Clare & Geoff Gough who were called up at 48 hours notice due to injuries in the vets team. Cheers boys and here's to an even quicker time in 2016!!!

### Results:

**1 Borrowdale:** Bill Stewart/Mike Fanning 00:36:46(3); Morgan Donnelly/Martin Mikkelsen-Barron 01:02:55(2); Ben Bardsley/Kim Collison 00:48:28 (3); Jim Davies/Phil Davies 01:06:44 (3)

**Total 03:34:53**

**18 Clayton-le-Moors A:** Jonny McKenna/Jordan McDonald 00:38:25 (8); Dave Bagot/ Danny Collinge 01:14:10 (23); Dave Motley/Lee Smith 01:04:05 (31); Jacob Boyle/Chris Holdsworth 01:17:32 (19);

**Total: 04:14:12**

**25 Ambleside Ladies:** Michelle Foxwell/Steph Jones 00:48:45 (44); Sarah McCormack/Annie Conway 01:16:04 (28); Lou Roberts/Astrid Gibbs 00:59:04 (19); Jane Reddy/Hazel Robinson 01:22:35 (26);

**Total: 04:26:28**

**38 Clayton-le-Moors Vets:** Dominic Carr/Geoff Gough 00:46:35 (35); Paul Shackleton/Carl Helliwell 01:24:04 (40); Garry Wilkinson/Phil Hall 01:02:43 (27); Alan Life/Sean Clare 01:34:11 (53);

**Total: 04:47:33**

**55 Clayton Z Team Vets:** Andrew Howarth/Keith Thompson 00:52:24(51); Mark Nutter/Chris Funnell 01:37:12 (60); Andrew Firth/Richard Bellaries 01:10:36 (44); Ivan Whigham/Ralph Baines 01:33:23 (50);

**Total: 05:13:35**

**62 Clayton-le-Moors Ladies:** Linda Lord/Katy Thompson 00:56:05 (63); Wendy Dodds/Avril Duckworth 01:36:56 (58); Alison Dugdale/Anna Kelly 01:15:47 (56); Jean Brown/Claire Vincent 01:38:45 (60);

**Total: 05:27:33**

## **Senior Winter Training from Tuesday 6th October**

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.

### **TUESDAY**

**Speed Session – 6:30pm Queens Park, Burnley BB10 3AA** Meet at Ormerod 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.

**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**

**Experienced Runners – 6:30pm Queens Park, Burnley BB10 3AA** Meet at Ormerod Road (opposite fire station) for around one hour's road training. 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.

### **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.

# **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**

## **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.

### **Remaining Races : Club Championships 2015**

#### Road:

Guys 10 – Sunday 6<sup>th</sup> December

#### Fell

Shepherd's Skyline—Saturday 7<sup>th</sup> November 1 pm

## RESULTS

### CROSS COUNTRY

#### Mid Lancs XC League, Chorley

#### 26th Sept

#### Senior Ladies

1	Emily Japp		
	Blackpool Wyre & Fylde AC	24.28	
27	Helena Leathley 27th L	29.19	
37	Angela Shian 20th L35	29.55	
40	Irene Roche 2nd L55	30.14	
50	Vicky Heys 9th L45	31.48	
58	Helen Burnett 27th L35	32.21	
75	Julia Rushton 18th L45	34.35	
82	Dawn Terry 21st L45	34.47	
95	Elouise Pemberton 95th L	36.20	
117	Karin Goss 2nd L65	38.58	
135	Christine Leathley 3rd L65	43.56	
136	Susan Allen 17th L55	44.10	
	144 ran		

#### Team Pts

##### Ladies

Blackpool Wyre & Fylde AC	1st	16
Clayton Le Moors Harriers	7th	95
Clayton Le Moors Harriers 'B'	16th	169

##### Ladies Over 35

Astley & Tyldsley	1st	31
Clayton Le Moors Harriers	6th	87
Clayton Le Moors Harriers 'B'	14th	147

##### Ladies Over 45

Clayton Le Moors Harriers	1st	41
Clayton Le Moors Harriers 'B'	11th	122

##### Ladies Over 55

Red Rose Runners	1st	32
Clayton Le Moors Harriers	2nd	33

#### Senior Men

1	James Douglas Border Harriers		34.00
9	Christopher Holdsworth 9th S	35.52	
22	Jordan McDonald 3rd U20	37.56	
29	Breton Holdsworth 3rd V40	38.32	
46	Dave Bagot 46th S	40.08	
57	Andrew Armstrong 13th V40	41.13	

58	Andrew McFarlane 14th V40	41.19	
79	Andrew Holt 17th V40	42.46	
94	Carl Helliwell 25th V40	43.37	
107	Mark Aspinall 10th V50	44.50	
109	Richard Briscoe 109th S	44.52	
110	Chris Snell 110th S	45.02	
130	Alan Life 20th V50	46.09	
133	Adam Shaw 133rd S	46.17	
147	Mark Wightman 23rd V50	47.20	
151	John Wilcock 25th V50	47.49	
153	George Pier 13th U20	47.55	
155	Michael Clarke 47th V40	48.13	
165	Stephen White 6th V60	48.59	
180	Chris Paul 180th S	50.08	
187	Peter Browning 36th V50	50.55	
193	James Hickie 39th V50	51.48	
208	Martin Brady 47th V50	53.39	
209	David Scott 1st V70	53.43	
243	Doug Munroe 18th V60	63.36	
	249 ran		

#### Senior Men

Barlick FR	1st	89
Clayton Le Moors Harriers	3rd	212
Clayton Le Moors Harriers 'B'	17th	593

#### Men Over 40

Horwich RMI	1st	35
Clayton Le Moors Harriers	2nd	56
Clayton Le Moors Harriers 'B'	11th	196

#### Men Over 50

Southport Waterloo AC	1st	27
Clayton Le Moors Harriers	4th	57
Clayton Le Moors Harriers 'B'	10th	101

#### Men Over 60

Lytham St Annes RRC	1st	13
---------------------	-----	----

#### Senior Men Under 20

1	Ross Campbell Barrow & Furness Striders AC	36.20
3	Jordan McDonald	37.56
13	George Pier	47.55

**Vet 70 Men**

1	Barry Mitchell	30.13
3	Richard Lawson	36.28

**TRACK****AGM Track Race****24th Sept****Race A**

Pos	Name	Time
1	Danny Collinge	16:53
2	Jordan McDonald	17:09
3	George Pier	17:34
4	Jonathan Pye	17:46
5	Terry O'Leary	18:19
6	Matthew Duckworth	18:23
7	Laura Hesketh	18:29
8	Jackson McKay	18:32
9	Dave Motley	18:55
10	Chris Snell	19:08
11	Gareth Berry	19:19
12	Sean Clare	19:08
13	Thomas Bradley	19:36
14	Kevin Davies	19:46
15	John Wilcock	20:23

**Race B**

Pos	Name	Time
1	Ryan Clarke	19:44
2	Simon Wilshaw	19:49
3	Lennon Jackson	19:59
4	Eleanor Root	20:51
5	Jenson Bentham	20:59
6	Ella Dorrington	21:21
7	Claudia Bentham	21:22
8	Angela Shian	21:31
9	Alison Dugdale	21:33
10	Andy Quinn	21:50
11	Sophie Ashworth	21:58
12	Matthew Jackson	22:02
13	Jim Hickie	22:15
14	Alice Pier	22:20
15	Helana White	22:39
16	Martin Brady	22:45
17	Daniel Bradley	23:03

18	Natasha Olszewska	23:30
19	Richard Lawson	23:39
20	Tony Pilling	23:56
21	Bethany Quinn	24:40
22	Keira Stevenson	24:47
23	Elouise Pemberton	25:02
24	Harry Mason	25:45
25	Adam Stevenson	27:29
26	Jack Maguire	28:48
27	Lucy Stevenson	30:03

**MULTI TERRAIN****Mandy Goth 5k****22<sup>nd</sup> Sept**

1	P. Brannigan	MV50	Todmorden H	17.23
34	Stephen Fish	MV60		24.21
39	Robert Hirst	MV65		25.36
52	Ron Chappell	MV65		27.39
58	Jack. McGuire	MV60		29.13
			65 ran	

**ROAD****Burnley Leisure 10K****20<sup>th</sup> Sept**

1	Gary Shaw	M40	Barlick FR	35:20
7	Jonathan Pye	M		39:36
9	Stephen Hall	M40		40:41
16	Keiron Mitchell	M40		42:26
21	Andrew Webster	M45		43:51
24	Stephen Biscomb	M60		45:43
26	Ryan Clark	M		46:39
35	Amanda Duffy	F35		48:40
43	Julie Dawes	F45		51:01
53	Ian Hargreaves	M50		53:19
58	Clare Wilson	F35		54:16
66	Philip Naylor	M		55:44
67	Ron Chappell	M60		56:00
72	Elouise Pemberton	F		57:06
74	Stuart Barker	M45		57:24
			96 ran	

**Littleborough 10K****27<sup>th</sup> Sept**

1	Adam Slodowicz	Salford H	35:01
3	Dan Balshaw	M	35:16
36	Stephen Biscomb	M60	43:67
80	Ian Hargreaves	M60	52:00
100	Elouise Pemberton	F	54:09
	164	ran	

**PARKRUN****Burnley Parkrun****17th Oct**

3	G Pier	U20	17.40PB
4	J Pye		17.51
6	R Stevenson	M40	17.57PB
7	M Duckworth		18.25PB
9	Curtis Holt	M15-17	18.51
10	Dexta Thompson	M10	18.54PB
14	C Snell		19.32
16	G Berry		19.43
18	N Roscoe	M45	19.59
28	J Cleaver		20.36
31	Simon Wilshaw	M15-17	21.08
33	Adam Quinn	M15-17	21.17PB
34	Donna Riley	F50	21.18
43	Lennon Jackson	M11-14	21.49
44	A Quinn	M40	21.51
57	D Rushton	M45	22.24
59	Ella Dorrington-Levy	JF10	22.29PB
60	Sophie Ashworth	JF11-14	22.30
63	Julie Dawes	F50	22.38PB
65	Helena White	JF10	22.51PB
68	Elizabeth Mullan		22.57PB
75	Jean Knightley	F55	23.22PB
79	Liberty Thompson	JF11-14	23.42
84	Dawn Terry	F50	23.56
87	I Hargreaves	M50	24.08PB
100	Elouise Pemberton		25.03
102	Matt Jackson	M10	25.05
103	Donna Scott	F50	25.07
105	Beth Quinn	JF15-17	25.08
121	Imogen Ferguson	JF10	25.55
124	S Barker	M45	25.58
125	Donna Airey		26.00
129	P Naylor		26.10PB

131 Annabel Wilcock JF11-14

26.11

149 Adam Stevenson JM11-14

27.11

157 Julie Toman F45 27.43

178 Toby Birtwistle M10 28.23PB

179 J Birtwistle M40 28.30 PB

183 Luke Guest M10 28.41

188 Aaron Lundie JM11-14 28.53

200 Kady Thompson JF10 29.32

210 Marion Wilkinson F70 30.01

222 Christine Leathley F65 30.47

229 Christine Egerton F65 31.16

282 Valerie Lawson F70 35.27

292 Millie McCabe JF10 36.32

312 ran

**FELL****Chipping Show****22/8/2015; BM: 7.5M, 1800'**

1 Mark Burton V40 Pennine 1:03:13

14 Andrew Orr V40 1:15:42

16 Nichola Jackson Preston 1:16:37

55 finished, including 8 ladies.

**Kilnsey Crag****1/9/2015; AS: 1.2M, 400'**

1 Simon Bailey Mercia 8:01

25 Caroline Lambert Wetherby H  
10:48

47 Richard Briscoe 12:25

76 Stephen Fish V60 15:52

86 finished, including 20 ladies.

**Ilkley Incline****2/9/2015; CS: 1M, 560'**

1 Tom Adams Ilkley H 7:03

2 Emma Clayton Leeds City AC  
7:5146 Alan Life 3<sup>rd</sup> V50 10:33

75 Julie Toman LV40 14:50

80 finished, including 22 ladies.

### Guisborough 3 Tops

**6/9/2015; AM: 8M, 2150'**

1	Pete Vale V40	Mercia FR.	1:11:39
26	Victoria Wilkinson	Bingley H	1:16:06
160	Peter Browning	V55	1:39:33
166	Wendy Dodds	2 <sup>nd</sup> LV60	1:41:11
169	Keiran Carr	<b>1st V70</b>	1:41:25
205	Angela Shian		1:50:12
206	Linda Lord	2 <sup>nd</sup> LV65	1:50:24
217	Katy Thompson	LV60	1:52:44

245 finished, including 78 ladies.

### Bradley

**6/9/2015; BS: 3.7M, 755'**

1	Craig Shearer	Keighley & C	24:25
9	Helen Glover	Keighley & C	27:48
39	Rick Moore	V50	34:42
56	Michael Frost	V60	40:54
58	Robert Hirst	V60	41:30

66 finished, including 16 ladies.

### Shelf Moor

**6/9/2015; AS: 5.7M, 1500'**

1	Stuart Bond	Dark Peak	42:58
16	Olivia Walwyn	Macc H	51:20
30	Ivan Whigham	3 <sup>rd</sup> V50	57:24
81	Stephen Fish	V60	1:09:40

97 finished, including 24 ladies.

### Hodder Valley Show

**12/9/2015; BM: 7M, 1100'**

1	Paul Webb	Settle	51:33
11	Andrew Priory	V40	58:08
13	Andrew Orr	V40	59:44
17	David Naughton	3rd V50	62:06
19	Joanna Gourney	LV40 Lytham	62:12
20	Geoff Gough	V50	62:23
34	Peter Dugdale	V50	74:08
36	Linda Lord	<b>1<sup>st</sup> LV60</b>	77:38
40	Karin Goss	2 <sup>nd</sup> LV60	86:52

41 finished, including 5 ladies.

### Yorkshireman Off Road

**Half Marathon**

**13/9/2015; BL: 15M, 2130'**

1	Joe Baxter	Pudsey & B	1:37:22
7	Tanya Seager	LV40 Stainland Lions	1:48:40
121	Vicky Heys	LV40	2:33:59
124	Angela Shian		2:35:30

249 finished, including 106 ladies.

### Yorkshireman Off Road Marathon

**13/9/2015; CL: 26.1M, 3280'**

1	Kevin Doyle	V40	
	Kimberworth Striders		3:30:28
13	Martin Terry	2 <sup>nd</sup> V50	4:05:30
25	Rachel Hill	LV40 Settle H	4:23:26
28	Alex Cran	V40	4:26:54

134 finished, including 34 ladies.

### Lake District Mountain Trial

**(Medium)**

**13/9/2015; MM**

1	Matt Driver	SELOC	4:04:44
2	Kirsty Bryan-Jones	LV40 DPFR	4:11:17
10	Wendy Dodds	<b>1<sup>st</sup> LV60</b>	4:43:35
37	Katy Thompson	2 <sup>nd</sup> LV60	5:51:49

48 finished, including 20 ladies.

### Three Shires

**19/9/2015; AL: 12.4M, 4000'**

1	Ricky Lightfoot	Ellenborough	1:56:44
23	Tim Edward	V40	2:13:59
42	JUDITH JEPSON	LV40 DPFR	2:23:39
81	David Naughton	V50	2:39:33
100	Ivan Whigham	V50	2:44:44
114	JEAN BROWN	LV40	2:47:12
118	Alex Braysford	V40	2:47:51
148	Mark Nutter	V50	2:58:14
166	Andrew Firth	V50	3:01:40
238	Dave Nield	V50	3:33:55

270 finished, including 36 ladies.

### Scafell Pike

**19/9/2015; AS: 4.5M, 3000'**

1	Danny Hope	Horwich	1:07:06
16	Caitlin Rice	Glossopdale	1:17:20
37	Geoff Gough	3 <sup>rd</sup> V55	1:36:51

59 finished, including 8 ladies.

### Dale Head

**20/9/2015; AS: 4.5M, 2215'**

1	Carl Bell	Keswick AC	48:50
16	Carl Helliwell	V40	59:35
20	Jane Reedy	Ambleside AC	1:00:52

51 finished, including 12 ladies.

### Utterley Butterley

**20/9/2015; BS: 5M, 850'**

1	Mike Fanning	V40 Borrowdale	32:00
7	Caitlin Rice	Glossopdale	35:15
68	Julie Toman	LV40	53:05

85 finished, including 30 ladies.

### Thieveley Pike

**26/9/2015; AS: 4.7M, 1300'**

1	Ian Conroy	Horwich RMI	33:42
10	Alan Life	2 <sup>nd</sup> V50	37:33
15	GAYLE SUGDEN	LV40 CVFR	38:11
16	Mike Wallis	1 <sup>st</sup> V55	38:32
38	Andy Bradley	V45	42:04
44	Sean Clare	V50	43:03
65	Andrew Howarth	V55	45:49
79	ALISON DUGDALE	LV45	47:38
82	Peter Dugdale	V55	48:00
86	Stephen Fish	V60	49:57
89	Andrew Firth	V55	50:36
99	KATH BRADY	LV50	53:28
100	RACHEL TODD	LV40	53:35
104	SARAH WHITTAKER		54:59
113	MICHELLE BUTSCHOK	LV40	1:01:23

119 finished, including 21 ladies.

### **Thieveley Pike Fell Race 26th September**

Yet again the sun shone on the Burnley Riviera for the latest running of the Thieveley Pike Fell Race. Because of a local cross country league fixture and the Ron Hill Birthday Race on the same date I feared a low turnout. In the event, no worries. 120 senior and 21 juniors were present to enjoy the sunshine. A week before the race I was concerned about the number of marshals and helpers, but an appeal to club members brought out more than enough support.

I've never known the race winner cross the line with a skip and a "Whoop", but that exactly describes Horwich's Ian Conroy's demeanour as he claimed victory after a hard-fought battle with Harrogate Harrier's Chris Miller. Following Phil Marsden in third and winning U23, Martin Howard in fourth, there was also close competition for the male vet categories: Glen Goodwin (Accrington RR) edging out Clayton's Alan Life for M50; Mark Messenger pipping Mick Dobson for M45; and long-time rivals (decades?) Mike Wallis (Clayton) and Graham Schofield (Horwich) equally competitive in the M55 group.

In contrast, vet Gayle Sugden (CVFR) enjoyed a comfortable victory over Accrington RR's Deborah Gowans (first F50) with first 'youngster', Lindsey Oldfield in third place.

Thanks go to Calder Valley Fell Runners who swept the board in both team races and provided more than half the junior runners. Thanks also to the landowners and the merry band of Clayton stalwarts who gave up their time to help.

Pete Booth

## FIXTURES

If you need further details of any of these races, contact Katy Thompson  
Tel 01254 772013 Mob. 07940250888 email [katy.thompson1@btinternet.com](mailto:katy.thompson1@btinternet.com)

For road races, details are usually on [ukresults.net](http://ukresults.net)  
entry to show; race free

### NOVEMBER'S NAVIGATIONS

- Sun 1<sup>st</sup> Through the Villages 8.4m 10.30 am from Dressers Arms,  
Wheulton £10.50 pre-entry  
Lancaster Half-Marathon 11am Salt Ayre Leisure Centre, Lancas-  
ter
- Sat 7<sup>th</sup> Peak Raid 3 Round 2 of 4 9am Peak District  
Red Rose XC Hyndburn Juniors from 12.15 Ladies 1.35 Men  
2.15  
**Shepherds Skyline FR BM 1pm 6m/1150' £6 eod**  
**Shepherds Rest Inn, Todmorden (GR945232)**  
**todharriers.co.uk Club Championships**
- Sun 8<sup>th</sup> Wadsworth Half Trog BM 9m/1400' 11.30 am from Hare &  
Hounds, Old Town GR005280 £4 eod [www.cvfr.co.uk](http://www.cvfr.co.uk)  
Copeland Chase O event Lake District £9 pre-entry preferred  
[www.copelandchase.org.uk](http://www.copelandchase.org.uk)
- Thurs 12<sup>th</sup> Todmorden Park Winter 5k Series 1/4 7pm Hare & Hounds,  
Todmorden £7 £20 for series
- Sat 14<sup>th</sup> Tour of Pendle FR AL 10.30am 16.8m/4830' £9 to K. Carr (on  
FRA form) or £20 eod  
Dunnerdale FR AS 12 noon 5m/1800' Blacksmiths Arms,  
Broughton Mills, Cumbria (GR 223905) £6
- Sun 15<sup>th</sup> Preston 10 10am Hutton Grammar School PR4 5SN £14.70
- Thurs 19<sup>th</sup> Todmorden Park Winter 5k Series 2/4 7pm Hare & Hounds,  
Todmorden £7 £20 for series
- Sat 21<sup>st</sup> Red Rose XC Leverhulme Pk, Bolton  
Juniors 12.15 Ladies 1.35 Men 2.15  
Badger Bar Blast 6.8m/2300' 12 noon from Badger Bar,  
nr Ambleside £5 [www.amblesideac.org.uk](http://www.amblesideac.org.uk)  
FRA Presentation Grasmere £25 [www.amblesideac.org.uk](http://www.amblesideac.org.uk)  
Penmaenmawr FR BM 10m/2000' 10.30 am from Capelulo Village  
Hall £10 pre-entry [eryriharriers.org.uk](http://eryriharriers.org.uk)
- Sun 22<sup>nd</sup> Lynne Edmondson & Christine Navan Brownhouse Wham  
Reservoir Race approx. 5km 11am from Red Lion, Whitworth  
£4 + £1 eod  
Peak Raid 3 Round 3 of 4 9am Peak District [www.explore  
events.co.uk](http://www.explore<br/>events.co.uk)
- Thurs 26<sup>th</sup> Todmorden Park Winter 5k Series 3/4 7pm Hare & Hounds,  
Todmorden £7

Suffering with injury,  
pain or stiffness  
after running?



Come and see us at  
one of our clinics in  
Burnley, Padiham, Skipton,  
Barnoldswick, Lancaster  
and now Bolton.

**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)



- Sat 28<sup>th</sup> **Mid Lancs XC Sefton Park Liverpool**  
**Ladies 1:20pm Men 2:00pm Club XC Champs**  
 Wesham 10K 11am £10 Online entry at [ukresults.net](http://ukresults.net)  
 Kirkby Moor Fell Race BM 6.5m/1600' 11 am from Beckside  
 Village Hall, Kirkby in Furness GR235823 £4.50
- Sun 29<sup>th</sup> David Staff Fell Race BS 5.1m/1200' 11.30am from Sunnyhurst  
 Woods, Darwen £4 eod [dashers.org.uk](http://dashers.org.uk)  
 Lee Mill Relays 4 x 6.2m/1115' 10 am from SD866211  
[www.rossendaleharriers.co.uk](http://www.rossendaleharriers.co.uk) £22 per team  
 RAB MMM Round 4 Orienteering 3 hr Score event in Peak District  
 £22 pre-entry/£18 eod [www.minimountainmarathon.co.uk](http://www.minimountainmarathon.co.uk)

### **DECEMBER'S DASHINGS**

- Thurs 3<sup>rd</sup> Todmorden Park Winter 5k Series 4/4 7pm Hare & Hounds,  
 Todmorden £7
- Sat 5<sup>th</sup> Red Rose XC Marl Pits  
 Juniors from 12.15 Ladies 1.35 pm Men 2.15
- Sun 6<sup>th</sup> **Guys 10, Guys Thatched Hamlet, Bilsborrow, nr Garstang 10 am**  
**Entry online at [www.ukresults.co.uk](http://www.ukresults.co.uk) £10 + £2 eod**  
**Club Championships**
- Sun 13<sup>th</sup> Mytholmroyd Fell Race 6m/1350'  
 11am Mytholmroyd Community Centre £5 eod  
 Peak Raid 3 Round 4 of 4 9am Peak District [www.exploreevents.co.uk](http://www.exploreevents.co.uk)  
 Hurst Green Turkey Trot 5m 1pm from Village Hall £6 pre-entry  
 only Entry form at [www.ukresults.co.uk](http://www.ukresults.co.uk)  
 Longridge Christmas Pudding 7 11am Longridge Civic Hall  
 £10 by 10<sup>th</sup> Dec + £2 eod  
 Peak Raid 3 Round 4 of 4 [exploreevents.co.uk](http://exploreevents.co.uk)
- Sat 19<sup>th</sup> Tour de Helvellyn BL 37m/6562' 7-9am from Askham, Cumbria  
 £35 pre-entry at [sientires.co.uk](http://sientires.co.uk)
- Sun 20<sup>th</sup> Stoop FR BS 11.30am 5m/820' from Penistone Hill, Haworth  
 (GR 025364) £4 Also Curly Wurly Junior Quarry Runs  
 Rudolf's Red Nose 5 11am Blackpool Fire Station £9 by 13<sup>th</sup> Dec
- Sat 26<sup>th</sup> Whinberry Naze FR BS 11.30am 4m/750' Marl Pits Sports Centre,  
 Rawtenstall (GR 821230) £3  
 Boxing Day 10K 10am Worden Park, Leyland £10 by 20<sup>th</sup> Dec
- Sun 27<sup>th</sup> Ribble Valley 10K 10.30 am Edisford Bridge, Clitheroe £15  
[www.ribbonvalley10k.com](http://www.ribbonvalley10k.com)  
 Wansfell 2.1m/1330' 12 noon from Ambleside Rugby Club £5  
 Hot Toddy Road Race 5.8m 11 am from Todmorden Cricket Club  
 Burnley Rd. OL14 7BS £4 + £1 eod **To be confirmed**
- Thurs 31<sup>st</sup> Auld Lang Syne FR BM 11.30am 6m/984' from Penistone Hill,  
 nr Haworth (GR 025364) **£5 pre-entry only after 1<sup>st</sup> Nov on**  
**entry form from [woodentops.org.uk](http://woodentops.org.uk) Limit of 400**

## 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 S, M and L. Men's sizes Small only left

**Orange Tee £10.** 100% polyester. Sizes S, M and L.

**Black Tee £10.** 100% polyester. Sizes S, M and L.

**Orange Training Vest £10.** 100% polyester. Men's sizes S, M and L.

**Black Training Vest £10.** 100% polyester. Men's sizes S, M and L.

**Orange hooded Sweatshirts. S.M.L. @ £12**

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

**All our club clothing is available from the Club Kit Manager: Val Lawson on 01282 423808. email val-ric55@virginmedia.com**

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



**DON'T FORGET**

**NEW HOODIES ARE NOW AVAILABLE!**

**NORTH LAKES DISTRICT  
CARAVAN HOLIDAYS  
(COMMUNITY)  
2 – 3 BEDROOM LETS  
IN  
COCKERMOUTH**

Ideal access to the Western Fells and the Newlands Valley

**SEE US ON FACEBOOK**

**PHONE: 07950762569**

**EMAIL: [jack.windle@virginmedia.com](mailto:jack.windle@virginmedia.com)**

**FOR SALE**

**2 pairs of Walsh Fell Shoes  
Size 10 ½**

**FREE to a good home.**

**CONTACT: Colin Taylor 01200 441259**

