

HARRIER NEWS



The Clayton Harrier Newsletter

www.claytonleemoors.org.uk December 2015



Jean Brown, Linda Lord, Katy Thompson & Wendy Dodds receive LV40 Team Bronze Medals for the British Fell Running Championships.

Barbara Savage also counted for the team.

Wendy won individual Gold (Eng O55), Silver (Eng O60)
& Bronze (British O55)

Linda won individual Bronze (Eng O65)

CONTACTS

The Clayton Website
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

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Death of a Newsletter.

It is with great sadness that I will receive the final Club Newsletter as I have looked forward to reading it from cover to cover for over 30 years. Over those years probably some of my favourite articles have been written by Tony Peacock and Mick Green, alongside cartoons by Steve Breckell. The newsletter has had a number of editors including Alistair Patten, Peter Barlow, Gwilym Williams, Steve Breckell, Peter Billington and lately Peter Booth, who writes 'Boothy's Bits' which I also enjoy reading.

I would like to record my grateful thanks to these stalwarts for all their hard work over many editions.

I know that I wanted the newsletter to continue and realise that I have not volunteered to be the new editor, but freely admit that I lack the computer skills necessary to do the job properly. Over the years I have written many articles and prior to writing this I discovered one of them in the Summer 1981 edition when I was checking up on previous editors.

El Presidente

BOOTHY'S FINAL BIT

After 7 years and about 80 editions, this is my final Harrier. Putting it together has reaffirmed that now is the right time to cease as editor. Almost all the content has already appeared on the 'News' page of the club website, excellently produced by Adrienne, or elsewhere online. At the risk of repeating myself, it does not seem worthwhile to spend several hours (12 this month) re-formatting this information so that it can be printed out. Also, the number of members sending articles/information to me has declined as the popularity of the website has increased. The main exceptions are 'Covering Old Ground', and 'Milestones' that Paul Healey has faithfully submitted every month over the period. I would like to thank the club statisticians who have supplied race results over the years: Richard Lawson (Road & Trail), Harry Manning (Cross Country), Andy Brown & Mark Nutter (Fell), not forgetting Katy Thompson who has done a sterling job compiling lists of fixtures (for me and for the website). One of the long-running features has been 'Runner of the Month'. As reported last month the future of this award is under review. (***Please note: you have until the end of the month to express your opinion. Information on p7 & p22.***)

Without Harry Manning's efforts, the award would probably have ceased many moons ago. Clearly, Harry is a man of habit (or has nothing better to do than to trawl Athletics Weekly and other results sites), because he has sent me lists of the last 2 month's notable performances. You can find Harry's 'Rapid Runners' on p23.

Christmas Social Events:

Christmas Eve: group run up Pendle from Barley

Monday, 28th December: Mick Green's annual run/walk/cycle from Great Harwood

(see p7 for details of both events).

Membership Renewal

Your annual subscription is due on **1st January**. Details of how you can renew your membership are on p4. Make sure you have your payment sorted if you wish to continue to enjoy the benefits of membership this fantastic club.

New Training Session

There is a new 'fast lads & lasses' training session from Spirit of Sport in Burnley at 6pm each Thursday. Details on the training page 24.

Club Race Equipment

A number of recent events have used club kit or equipment. Some items, notably 5 new marshals' hi-vis jackets bought for the FRA Relays in October, have not been returned. If you have any club kit, please return it to Paul Healey (p.healey@sky.com) as soon as possible.

**MERRY CHRISTMAS
&
A HAPPY, INJURY-FREE NEW YEAR
TO ALL!**



Subscription Renewals

Don't forget! Your membership subscriptions are due on 1st January

Full membership includes the England Athletics Athlete Registration fee. For new members who joined on or after 1st September 2015, the initial subscription covers membership until 31st December 2016. The rates are:

Full Membership (under 18): £4

Full Membership (under 23): £12

Full Membership (Senior): £25

Associate Membership (non-competing): £8

All members are sent a Subscription Renewal reminder in December each year.

The best way to pay your subscription is to set up a standing order for payment on 1st January each year. The details are:

Payee: Clayton-le-Moors Harriers

Sort Code: 01-00-04

Account Number: 01064592

Reference: Your name (really important so we know who has sent the money!)

Subscriptions can also be paid by cheque payable to Clayton-le-Moors Harriers. Please send your cheque to:

Membership Secretary

29 Albert Street

Padiham

BURNLEY

BB12 8HE



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Sports Therapist

10 Tennyson Street
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OFFICIALS
2015-16**

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	Vacant	
Race Promotions Coordinator		
	Mike Eddleston:	07951 424780
Elected Member	Peter Browning	01254 384347

CAPTAINS

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

Lee Mills Fell Relays 29th November

Lee Mills Fell Relays 29th November

28 brave (or, some might say crazy) runners represented Team Clayton in 7 teams at the Lee Mills Relays. 89 teams completed the gruelling event, which 7 teams did not fully complete. Conditions were awful, with at least one runner, Horwich's Tony Hesketh, suffering from hypothermia so badly that he was helped off the course by the Mountain Rescue Team. But, most Clayton members had a great time with a number having run in the British Cross Challenge at Liverpool on the day before.

Well done in particular to the Men's A team who finished in 7th place overall with Danny Collinge and Jordan McDonald running our two fastest legs. Also Anna Kelly and Wendy Dodds who were 1st V50 and 1st V60 ladies respectively

Ladies' Team Report by Kath Brady

We had two teams, ladies and lady vets running in wet and very windy conditions, which were forecast to get worse. Claire Vincent and Jean Brown set off on leg 1, Jean came back before Claire with tales of a well flagged route and deep bogs. Nat Walton and Anna Kelly ran leg two.

Flags were blowing away and bogs getting boggier! Vicky Heys and Alison Dugdale suffered the worst of the weather on leg 3. A mass start on leg 4 was planned for 2pm but due to deteriorating conditions we requested they brought this forward to 1.30 and missed Top of Leach trig. Angela Shian and Wendy Dodds set off on the last leg with slightly improving conditions.

Leg 1	Time	Leg 2	Time	Leg 3	Time	Leg 4	Time	
Men's Team A – 7th Place							Total	03:55:02
Jordan McDonald	00:55:10	Dave Motley	01:01:05	David Bagot	01:03:44	Danny Collinge	00:55:03	
Mens Team E (Vets) – 13th Place							Total	04:15:03
Neil Hardiman	01:02:40	Paul Shackleton	01:06:45	Carl Helliwell	01:00:13	Garry Wilkinson	01:05:25	
Mens Team B – 17th place							Total	04:17:20
Russell Clarke	01:06:25	George Pier	01:04:55	Matt Duckworth	01:04:19	Andy Armstrong	01:01:41	
Mans Team C – 33rd Place							Total	04:36:49
Kevin Davies	01:11:10	Chris Snell	01:06:51	Michael O'Donnell	01:10:08	Adam Shaw	01:08:40	
Mens Team D – 47th place							Total	04:48:17
Sean Clare	01:07:50	Andy Bradley	01:10:25	Paul Wale	01:17:22	Jon Cleaver	01:12:40	
Ladies Vet Team – 57th place							Total	05:01:55
Jean Brown	01:09:27	Anna Kelly	01:15:53	Alison Dugdale	01:19:01	Wendy Dodds	01:17:34	
Ladies Team A – 61st place							Total	05:10:35
Claire Vincent	01:13:47	Nat Walton	01:17:39	Vicky Heys	01:24:02	Angela Shian	01:15:07	

Runner of the Month Review;

...time is running out!

Members have until the end of the year to voice their opinions on the future (or not) of this award.

Response to date has been predictably minimal. It's worth reminding members that **one of the options on the table is to scrap the award altogether**; if you feel strongly that this shouldn't happen then you need to get in touch.

One option that isn't on the table is for the award to continue in its present form so get your thinking caps on people!

Members can get in touch through the contact form on the website; go to seniors/awards/runner of the month. You can also express your opinion (in writing please) via any committee member or use the closed Facebook group 'Team Clayton'.

[see p22 for more information about the review.]

Festive Social Runs

Christmas Eve Pendle Run

Meet on Barley Car Park at 10:45 for an 11:00am start for the traditional Christmas Eve run up Pendle Hill. Don't forget your Santa hat!

Bank Holiday Monday, 28th December

The Xmas run/walk/bike ride this year will be on the Monday 28th December. As usual it will be around 2 hours starting at 1pm from the bottom corner of the Memorial Park, Great Harwood. (Map ref: 736331)

After there will be food and drinks at The Royal Hotel, Station Road, Great Harwood. (Map ref: 738333)

If people are going to come, could they let me know, so that I can let the pub know how many to cater for. Also are they vegetarian?

I can be contacted on 07455990989 or 01254231650 or by email mickgreen906@btinternet.com

Mick Green

Covering Old Ground

30 years ago (Dec 1985)

- Amongst the up and coming fixtures were Leeds University XC (Cross Country) relay, Calderdale Way relay, Burnley XC, the club's XC handicap at Bowley (fancy dress optional), Whinberry Naze, Ribble Valley 10K, XC Champs, and Blackburn XC.
- The 1985 Karrimor was to be shown on TV.
- Harry Smith's 'Run for Fun' was to be held at Gisburn Park rather than the usual Barnoldswick Rolls Royce venue.
- The Remembrance Day Service on Pendle was attended by 56 people including 12 from our club. It was hoped this would become an annual event.
- Club member Albert Ashworth was seeking help for the Ribble Valley 10K.
- The club's 5 places for the London Marathon would be subject to a draw out of the hat for those who have sent in their rejection slips – following the Christmas XC handicap race.
- This was the year when Accrington Road Runners was set up by a section from our club – amongst the resignations were David Bickerstaff, Tony Bolton and Jack Winder.
- Richard Lawson was seeking help for the Habergham '9'.

In the Results:

North Wales Marathon: Geoff Laycock was 36th (2.56.12) out of 222 finishers

Horwich 10: First place Roger Brewster (51.02).

Half Tour of Pendle: first lady Karin Taylor (Goss) (84.54)

25 years ago (Dec 1990)

- The Club's XC Handicap was to be held on 22nd Dec – fancy dress preferred and all runners asked to bring a small gift (to be distributed as prizes) of approx. cost £2-£3.
- New members included Bob Russell, Carol Makin, and Neil Whalley.

In the Results:

Blake FR: Eileen Woodhead first lady 92.34.

Ben Nevis: Jack Holt first vet 101.55.

Winter Hill FR: Keiran Carr first V45 95.59.

Widdop FR: Vanessa Brindle (Peacock) first lady 63.07.

Pendleton FR: Roger Hargreaves first V45 36.47,

Laurence Sullivan first V50 41.11.

Jack Bloor FR: L.Hutchinson first vet 55.15.

20 years ago (Dec 1995)

- Clayton entered 5 teams in the National Vets XC Relay in Yorkshire. Mick Wrigley reported that he thought this was the first time we had entered this competition. The teams entered were V40 (2), V45, and V50 (2). All the runners made a mass start making it almost impossible to know how you were doing. The Vet 50 'A' team won Silver (2 minutes behind Bingley) with Barry Mitchell, Keiran Carr, John Nuttall, and Dave Scott.
- Mike Wallis reported on the experience of the 'A' team in the FRA relay in Llanberis. As often happens, a last minute re-shuffle was necessary resulting in a phone call to Andrew Orr at 7pm on Saturday night bringing him into the team for the early morning start next day. The Clayton team managed fourth in 4.00.04 – just over two minutes behind the Leeds City winning team. The team was Simon Thompson, Ian Greenwood, Andrew Orr and Mike Wallis.
- The Committee announced a competition to design a new shirt logo – possibly including a Harrier (bird – not jet or runner) and Pendle Hill.
- New members included Peter Dugdale, Peter Bellaries, Richard Bellaries, Chris Doney, Darren Rushton, Andrew Hartley, Jo Rutter, Olena Beal.
- Stan Bradshaw celebrated 60 years with the club in October just gone.
- The UK Trail Running Association came into being.
- The Christmas XC Handicap was to take place at Bowley on 24th Dec.
- Lionel Nash revealed some of his running diary which began in Feb 1981 when he was aged 35, overweight and a smoker. Lionel took us through his progression and some impressive achievements (many down to Colin Taylor) and on to knee injuries 14 years later, but still hanging on.

In the Results:

Tour of Pendle: Pete McWade first vet 2.29.29, Keiran Carr first V50 2.39.18, Jean Rawlinson first lady 3.03.09.

Noon Stone: Kieran Carr first V50 1.16.16.

Three Shires: Jack Holt first Vet 2.05.52.

Downham: Barry Mitchell first V50 1.02.05, Ian Robinson first V40 1.02.41, Vanessa Peacock first lady 1.06.00.

Kinder: Kieran Carr first V50 1.13.54.

Borrowdale: Kieran Carr first V50 3.34.57.

15 years ago (Dec 2000)

- Stan Bradshaw wrote to the editor to correct a misunderstanding. Stan said he had joined the club on 22nd October 1930 (and this was confirmed in the Committee minutes of the time) – it had been incorrectly reported that Stan was celebrating 65 years of service rather than 70.

- Mark Brown took the Silver medal in the Paralympics Marathon in 2.33.02.
- Mike Wallis took the FRA Bronze in the British Champs V40, the Clayton V40 team also took Bronze (Mike Wallis, Geoff Gough, Andy Firth, Keiran Carr, Jack Holt, Ross Jaques, Pete Browning). In the English, Mike took the Silver, Ross Jaques the V60 Silver, Wendy Dodds the LV40 Gold, and the Ladies' Open Team Bronze (Wendy Dodds, Linda Platt, Katy Thompson, Kath Wallis, Vanessa Peacock, Maureen Laney, Alison Smith (Dugdale)). Pete Browning told the story of the V40 team winning the Bronze in the British Champs – "...This shows that ordinary runners, not just superstars, can and do play an important part in team competition, and that team running depends on the efforts of previously unconsidered members. Plodders such as myself can provide an important contribution....".
- Neil Worswick reported on the 'B' team in the British Fell and Hill Relay at Edale. On the solo leg (leg 2) Jason Harbour had the misfortune of taking a wrong track and subsequently fell around four feet onto rocks below. Jason still managed to finish and was Air Lifted to hospital. Jason had damaged ligaments around his knee and was advised to rest for a couple of weeks.
- Ian Greenwood was the focus in the newsletter. Ian started running at school and later ran XC for Lancashire. In addition to running 6 or 7 days a week – approx 50 miles or more, Ian also did three Gym sessions per week.

In the results:-

Blackburn 10K: Mark Brown winner 34.01, A.Clarkson first Vet 35.50, Vanessa Peacock first LV45 38.41.

Ron Hill's Birthday Run: – Vanessa Peacock first LV45 26.28.

St.Anne's 5: Pete Butterworth first V45 30.49, Bob Russell first V50 33.57.

Black Lane Ends: Garry Wilkinson winner 33.29.

Habergham Half Marathon: Mark Brown winner 74.49.

10 years ago (Dec 2005)

- At the BMAF XC relay in Newport, Cardiff the ladies took silver (Anna Kelly, Donna Riley, Maureen Laney). The Men's V60 'A' team took 3rd place (Barry Mitchell, Ted Orrell, Dave Scott), the V60 'B' team were 5th (Graham Murray, Harry Manning, Richard Lawson). The Men's V50 were 9th (Andy Robinson, Steve White, Richard Bellaries, Pete Booth). The men's V40 team were 4th (Phil Hall, Andrew Hartley, Mark Brown, Garry Wilkinson, Mark Aspinall, Ian Greenwood).
- Candice Heys reported on her experience of the Everest marathon journey. A full marathon race distance of 26.2 miles but starting at 17,000 feet. Candice talked of the teams attempt to acclimatise before the race

day. They arrived in Kathmandu on 3rd November.

- Donna Riley took the run of the month for two excellent XC performances: 2nd LV40 at Wilson's and her run in the British Masters XC at Tredegar.

In the Results:-

Accrington 10K: Andrew Hartley first V40 35.21, Ted Orrell first V65 42.38.

Thro'the Villages: Ted Orrell first V65 62.04

5 years ago (Dec 2010)

- Dave Nuttall wrote about 'The Patterdale Weekend', set up in 1987 and considered to be a Christmas training and social weekend involving a run from the New Dungeon Ghyll in Langdale and finishing at the Youth Hostel in Patterdale, with a return journey the following day. (This had been inspired by Walter Wilkinson's Malham to Hawes weekend.) In 1987 twenty-seven club members, plus Pete Irwin of Rossendale, took part. Dave was injured and unable to run so he walked from Grasmere to Patterdale. Dave wrote ".....But, as they say all good things must come to an end and I feel that the Patterdale weekend has come to its natural end with numbers dwindling a little over the last couple of years. I am sure there are many like me who have great memories of these events, the exertion of hard runs in sometimes atrocious weather, but also some fabulous winter scenes, the laughing, joking and terrible singing in the Pub and most of all the feeling of being in a great Club where people get on together and have fun."
- Reporting on the 'Full Tour of Pendle', Kieran Carr wrote "...We had three sweepers, so all the marshals were well on their way back before 3pm. Still not sure about doing it again next year."
- Run of the Month Nominations were – Pete Booth for 1st V60 at Red Rose XC (Hyndburn and Barrow); Andy Brown for 13th (first Claytonner) at Langdale; Wendy Dodds for 1st Team (with Sarah Rowell) in the 'A' class at OMM; Richard Lawson for 1st V70 at Green Drive 5 in Lytham; Donna Riley for 1st FV45 at Fire Station 7, 2nd F and 1st FV45 at Blackpool 10K, also 2nd F and 1st FV45 at Accrington 10K; Katy Trickett for 4th place at Red Rose XC (Hyndburn); Marion Wilkinson for 1st FV65 at Green Drive....and the winner Donna Riley.
- Junior Run of the Month – James Haycock for two outstanding performances.

In the Results:-

Red Rose XC at Wilson's: 1st Ladies team – Katie Trickett (4th), Gayle Whittaker (11th), Jean Brown (16th). 2nd Ladies Vets – Gayle Whittaker LV35 (11th), Jean Brown LV40 (16th), Irene Roche LV50 (29th). Men's – 3rd team – Gary Shaw (10th), Paul Archer (25th), Andy McFarlane (32nd), Ian Greenwood (33rd), Alan Life (36th), Mark Brown (39th). Men's Vets – 1st team – Paul Archer V45 (25th), Andy McFarlane V40 (32nd), Ian Greenwood V45 (33rd), Alan Life V45 (36th), Mark Brown V45 (39th), Andy Armstrong V40 (51st).

Under 11's – 5th team – Chris Archer 1st Counter, Will Bellard 2nd Counter, James Haycock 3rd Counter.

Mid Lancs XC Barrow: Ladies 8th Team – Katie Trickett (10th), Gayle Whittaker (10th), Irene Roche (42nd). Ladies Vets – 7th team – Gayle Whittaker LV35 (23rd), Irene Roche LV45 (42nd), Kath Brady LV45 (72nd).

Men's – 9th team – Ian Greenwood (41st), John Roche (58th), Alex Cran (61st), Brian Horrocks (75th), Pete Booth (80th), John Singleton (109th).

Men's Vets – 3rd team - Ian Greenwood V40 (41st), John Roche V50 (58th), Brian Horrocks V50 (75th), Pete Booth First V60 (80th), John Singleton V50 (109th), Michael Toms V40 (120th).

Standish Hall Trail: 1st V65 Dave Scott (44th) 47.28.

Cowm Res 5K: 1st JM Aiden Holgate (4th) 17.46; 1st V65 Dave Scott (19th) 21.33; 1st V70 Richard Lawson (22nd) 22.08; 1st LV65 Marion Wilkinson (44th) 27.02; 1st V60 Christine Leathley (52nd) 28.40.

Lea Town 10K: 1st V70 Ted Orrell (67th) 46.54.

Blackpool 10K: 1st LV45 Donna Riley (21st) 41.07.

Accrington 10K: 1st JM Aiden Holgate (11th) 37.03;

1st V55 Steve Green (31st) 40.36; 1st LV45 Donna Riley (52nd) 41.59.

Graland Gallop 5K (USA): 1st V50 Dave Scott (10th) 22.53;

1st LV65 Jill Scott 34.00.

Fire Station 7: Under 11's – 1st Will Bellard ; 2nd Josh Bellard;

3rd James Haycock; 2nd Girl Laura Nuttall.

Paul Healey

MILESTONES			
<u>Age</u>		<u>Service</u>	
5 th	Finan Holdsworth 10 years	David Horrocks	30 years
9 th	Ella Dorrington- Levy 11 years	Angela Shian	10 years
20 th	Anita Jones 60 years		
20 th	Wendy Dodds 65 years		

RunFurther Series

The RunFurther race series is an annual championship based round 12 off-road Ultra running races in the UK. They don't organise the races, just the tournament scoring. You can join in for free (although you'll have to pay to enter the races of course). The races change from year to year, but there are usually a number of old favourites in the series, and they try to stick to lower-cost races as far as is practical.

The RunFurther AGM and presentation was held in the Pendle Inn at Barley after the Tour of Pendle. With a 4th overall and 1st Vet 50 for Martin Terry plus a 6th place for our team (Martin Terry, Andy Armstrong and Nick Olszewski) we are definitely making our presence felt in the ultra scene.

The details for the 2016 RunFurther Series are on p30.



Martin Terry with his prize for 1st M50 in the RunFurther Series.

[Photo; Adrienne Olszewska]

Tour of Pendle

Saturday, 14th November

Race Report.

The Tour is an 'A' Long fell race and one of the requirements of the FRA for A Long fell races, that appear in the calendar, is that there is a Bad Weather Course in place that can be used in case the weather on the day is judged unsafe. That course was designed by me in the comfort of my dining room, which I quickly realized on race day with only 2 hours notice before the start, was not practical. I had been watching the progress of the weather, hourly through Friday. A severe weather front was approaching from the west, forecast to arrive in our area around 15:00 on Saturday: high winds, heavy rain and low temperatures. That forecast had not changed on Saturday morning. The details from the Met Office were: heavy rain from 11:00 to 17:00, temperatures from 3 to 7degC, a yellow weather warning for the County, "Feels like temperature" -4 to +2degC, wind speed 28 gusting to 38mph, visibility Poor. This meant the slower runners and in particular the marshals would be out in that weather, so I made the decision to use a shorter course assuming everybody would be back in Barley before the bad weather arrived.

I suppose the easiest option on race day was to revert to the original course of the Half Tour, using check points 1, 2, 3, 4 & 11, then back to the finish on the Tour course; approximately 9miles and an AM category. However, if the bad weather was not arriving until 15:00 I thought there was enough time to include the climb up Mearley, so opted for a course that took in checkpoints 1, 2, 3, 4, 5, 6 (CP6 being moved approx 100m to a wall T junction). At CP6 the runners would turn south east (right) and follow the wall to a marshal, then descend to another marshal doing a number check at Ogden Brook crossing, cross the brook, pick up the path and follow it to CP11 and on to the finish. Cutting out CP's 7, 8, 9 and 10, removed the last 2 climbs and the exposure of the marshals and slower runners, to the weather front on a very exposed area of the course.

I have used the data collected by 3 runners for the distance and climb and taken an average, the course was 13.9 miles / 2700 ft (22.4km / 823m). This makes that course a B Long.

We had 422 starters and 409 finished. A field this large and weather which meant the majority of runners had cags on covering their numbers, gave problems at the finish. I just did not have enough people controlling them; it needed at least 3 more marshals at the funnel, getting them to show their numbers and hold their positions until their number had been recorded. We also had some spectators running in with competitors and crossing the finish line with them. I will have this sorted out for next year's race.

I would like to thank all the marshal who helped on the day, I make it 30 including me, thank you so much from me and all the runners. I would also like

to thank all the people who let me know they could not race. It allowed me to allocate their numbers to the 52 people I had on the waiting list. The race reached the maximum of 500 entries 2 weeks before the start.

I suppose this year's Tour will be remembered as the year the "Bad Weather Course" was used. Hopefully, for next year's race, which will take place on the 19th November 2016, we will have a clear, crisp day.

Lost property: pair of women's black gloves, a greeny-blue women's Craghopper top size UK8 and a blue towel. I washed them all and if I could run like the gloves I would be in the England squad.

All the best for Christmas and the New Year.

Kieran, 26th Nov2015

Clayton results

1	Rob Hope M40 Pudsey & Bramley	01:46:30
2	Chris Holdsworth	01:47:31
45	Andrew Orr M45	02:07:52
52	Russell Clarke	02:09:56
60	David Naughton 1st M55	02:12:21
72	Michelle Tenwick Pudsey Pacers	02:14:14
94	Carl Helliwell M40	02:17:53
100	Andrew Priory M45	02:19:10
103	Nicholas Olszewski M55	02:19:31
105	Martin Terry M55	02:19:34
128	Dominic Carr M40	02:22:12
130	Chris Funnell M45	02:22:21
151	Alex Braysford M40	02:26:12
169	Ivan Whigham M50	02:29:12
170	Jean Brown F45	02:29:14
192	Andy Bradley M50	02:33:20
276	Colin Woolford M40	02:45:00
290	Vicky Heys F45	02:47:02
302	Angela Shian F	02:48:31
307	Nigel Hodson M45	02:49:06
321	Martin Brady M50	02:51:28
365	Peter Dugdale M55	03:01:14
	409 finished inc 76 ladies	



Chris Holdsworth
In great form taking 2nd place at the
Tour of Pendle

[Photo: David Belshaw]

COMMITTEE NEWS

9th November

9 members were present. The main discussion points and decisions were:

- Membership renewal is due at the beginning of January. A note will be placed on the website and in the Newsletter.
- Juniors: Some of the more able juniors are now training with John Roche's group at Heasandford.
- Hurstwood Trail Relay: This was not on the club fixtures list. Probably an oversight, however the event was arranged late in the season and the club wasn't formally notified that it was taking place.
- Committee conduct
Chair: Agreed that in Jim's absence John Wilcock will chair the meetings.
Any other business: AoB is to be used for small items of report or information. Significant items should be scheduled for a future meeting via the Secretary. Committee members will be asked at the start of each meeting if there are any items to be raised under AoB.
Statement of collective responsibility: At the start of each committee year, committee members will be asked to adopt the collective responsibility agreement for the coming year.
- Objectives
Fell: We felt that poor participation has been a factor in not meeting the Fell objectives for 2015. An "Intro to fell running" page would be added to the senior fell page on the website to encourage newer members to try fell running.
2015/2016 Objectives
Senior ladies to gain promotion to Mid Lancs Division 1
Senior men to finish 2nd or better in Mid Lancs Division 1
- Senior competitions
Road Statistician: Richard Lawson has resigned as Road Statistician.
Senior Runner of the Month: Andy Armstrong will analyse members' feedback and bring recommendations to the January meeting. The Physiofusion complimentary treatments for October, November and December will be awarded to Barbara Savage, Christopher Holdsworth and Jonathan Pye.
Club competitions: Agreed to include a trail championship for 2016. The road and fell captains will work together to produce a proposal for the format and fixtures of the 2016 championships. This will be reviewed at the December meeting. Encouraging increased participation should be a guiding principal for the makeup of the 2016 championships.
- Race promotions
Pendle FR: Agreed not to change the date of the Pendle FR to avoid a clash with the 12 stage road relays. We will advertise for an additional organiser to work alongside Andy Bradley.

- Pendle Hill Landscape Partnership has been awarded a £2M grant to protect Pendle Hill and the surrounding area. The group intends to consult with any interested parties. Peter Browning has offered to represent the club's interests.
- **Next meeting:** December 7th 2015



**JUNIOR RUNNER OF THE MONTH
OCTOBER
JAY BOWMAN**

&
HELENA WHITE

**For hard work and good performances at XC
Well Done both runners!**

RESULTS

Red Rose XC, Leigh

10-Oct-15

U11 Boys

70 Runners

Name	Club	Fin Pos	Time	
Cian Healey	Horwich RMI	1st	7.15	
Dexta Thompson		2nd	7.35	
Jenson Bentham		6th	8.03	
Finley Stubbs		18th	8.24	
William Nicholls		23rd	8.32	
Matthew Jackson		35th	8.52	
Joshua McKay		51st	9.37	2nd Team

U11 Girls

104 Runners

Olesia Winder	Hoad Hill AC	1st	7.57	
Ella Dorrington		2nd	8.03	
Helena White		21st	8.44	
Imogen Ferguson		45th	9.26	
Kady Thompson		77th	10.28	
Millie MacCabe		99th	11.46	7th Team

U13 Boys

55 Runners

Matthew Ramsden	Blackburn Harriers	1st	8.55	
Jackson McKay		4th	9.10	
Lennon Jackson		31st	10.22	
Adam Stevenson		33rd	10.29	
Jay Bowman		34th	10.31	6th Team

U13 Girls

75 Runners

Daisy Whorthington	Bury AC	1st	9.37	
Millie Stubbs		12th	10.17	
Liberty Thompson		17th	10.47	
Natasha Olszewska		43rd	11.37	
Keira Stevenson		61st	12.50	
Bronia Olszewska		71st	15.20	7th Team

U15 Boys

43 Runners

Marcus Dey	Bury AC	1st	11.34	
Tom Bradley		16th	13.19	
Adam Quinn		28th	14.18	
Daniel Bradley		34th	15.00	5th Team

U15 Girls		39 Runners		
Name	Club	Fin Pos	Time	
Maddie Elliott	Blackburn Harriers	1st	13.06	
Eleanor Root		16th	14.42	
Lucy Stevenson		39th	19.36	
U17 Boys		20 Runners		
Sam Wardle	Leigh Harriers	1st	17.04	
Curtis Holt		11th	19.26	
Ryan Clarke		15th	20.37	
Simon Wilshaw		16th	21.10	3rd Team
U17 Girls		20 Runners		
Sophie Whittaker	Bury AC	1st	20.17	
Alice Pier		12th	22.57	

Mid Lancs XC, Burnley

24-Oct-15

U11 Girls		84 Runners		
Name	Club	Fin Pos	Time	
Olesia Winder	Hoad Hill Harriers	1st	7.17	
Ella Dorrington		6th	7.49	
Helena White		21st	8.16	
Imogen Ferguson		33rd	8.38	
Kady Thompson		58th	9.17	
Rachel Stevenson		71st	10.10	
Tillie Ferguson		72nd	10.17	
Millie MacCabe		83rd	11.11	5th Team
U11 Boys		67 Runners		
Cian Healey	Horwich RMI	1st	6.47	
Dexta Thompson		3rd	6.58	
Christopher Brown		10th	7.28	
Jenson Bentham		16th	7.41	
Finley Stubbs		23rd	7.54	
Matthew Jackson		29th	8.02	
Joshua McKay		42nd	8.44	
Charlie Birtwistle		54th	8.57	
Finan Holdsworth		63rd	9.36	1st Team
U13 Girls		52 Runners		
Skyler Bowes	Border Harriers	1st	11.26	
Millie Stubbs		7th	11.57	
Liberty Thompson		13th	12.04	
Sophie Ashworth		23rd	12.56	
Claudia Bentham		30th	13.25	
Roanna Holdsworth		34th	13.38	
Natasha Olszewska		41st	14.07	
Heidi Kewin		42nd	14.11	
Bronia Olszewska		51st	18.27	2nd Team

U13 Boys		65 Runners	
Name	Club	Fin Pos	Time
Fraser Sproul	Kendal	1st	11.04
Jackson McKay		5th	11.33
Lennon Jackson		42nd	13.20
Jay Bowman		47th	13.40
			9th Team
U15 Girls		32 Runners	
Emma Whittaker	Lancs & Morecambe	1st	12.09
Briony Holt		6th	12.41
Eleanor Root		18th	13.42
Lucy Stevenson		32nd	17.09
			5th Team
U15 Boys		26 Runners	
Morgan Webster	Pendle AC	1st	14.25
Tom Bradley		17th	16.41
Daniel Bradley		26th	18.44
U17 Women		12 Runners	
Elizabeth Greenwood	Blackburn H	1st	16.02
Alice Pier		9th	18.25
U17 Men		22 Runners	
Matthew Barnes	Pendle AC	1st	20.52
Curtis Holt		15th	24.01
Ryan Clarke		20th	25.27
Simon Wilshaw		22nd	27.55
			3rd Team

<u>Green Drive 1 Mile Junior Race</u>		18-Oct-15 76 Runners		
Name	Club	Fin Pos	Cat Pos	Time
Michael Hayes	Lytham St Annes	1st	1st M15	5.12
Dexta Thompson		6th	1st M10	5.50
Liberty Thompson		16th	2nd F12	6.14
Kady Thompson		48th	1st F8	7.41
Felix Thompson		56th	1st M6	7.59

<u>Withins Skyline Junior Fell Race</u>		11-Oct-15		
U8		42 Runners		
Name	Club	Fin Pos	Cat Pos	Time
James Sadle- Townsend	Keighley & Craven	1st	1st Boy	2.40
Phoebe Midgley	Keighley & Craven	3rd	1st Girl	2.47
Kady Thompson		20th	6th Girl	5.32
Felix Thompson		29th	16th Boy	3.59

U10, U12, U14		131 Runners		
Name	Club	Fin Pos	Cat Pos	Time
Joe Hudson	Keighley & Craven	1st	1st U14 Boy	5.58
Lilli Carr	Keighley & Craven	5th	1st U12 Girl	6.44
Dexta Thompson		10th	1st U10 Boy	7.00
Christopher Brown		11th	2nd U10 Boy	7.03
Liberty Thompson		44th	4th U14 Girl	7.58

Burnley Parkrun 5K October

Name	New PB Time
Dexta Thompson	18.54
Adam Quinn	21.17
Reece Lawrence	21.40
Ella Dorrington	22.29
Helena White	22.51
Heidi Kewin	25.42
Toby Birtwistle	28.23

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.

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!

Harry's Rapid Runners

Although the Committee has decided to suspend the Senior Runner of the Month Award pending the outcome of its review (see opposite), Harry Manning has continued to compile a list of his 'Rapid Runners'.

Here are his nominations for **October:**

DAN BELSHAW	First Place at the FIRE BRIGADE 10K on 4th
STEVE BISCOMB	First Place at the AUTUMN BREAKER 10K on 11th 1st M60 at the FIRE BRIGADE 10K on 4th 2nd M60 at the AUTUMN BREAKER 10K on 11th 1st M60 at the ACCRINGTON 10K on 25th.
PAUL BRANNON	1st M55 at the FIRE BRIGADE 10K on 4th
PETER BUTTERWORTH	1st M60 at the TANGLE HILL TRAIL RACE on 25th
AMANDA DUFFY	1st F35 at the FIRE BRIGADE 10K on 4th
PHIL HALL	1st M50 at the ACCRINGTON 10K on 25th.
JOHN HARTLEY	1st M55 at the CHESTER MARATHON on 4th
TRACY MITCHELL	1st F40 at the FIRE BRIGADE 10K on 4th
TED ORRELL	1st M75 at the ACCRINGTON 10K on 25th.
IRENE ROCHE	1st F55 at the BURNLEY MID LANCS XC on 24th.
DAVE SCOTT	1st M70 & Lancs Champion at the GREEN DRIVE 5 on 18th
MARTIN TERRY	1st M50 at the JEDBERGH 3 PEAKS ULTRA on 25th
PAUL THOMPSON	1st M40 at the MANX ULTRA RACE on 3rd
ELOUISE PEMBERTON	1st LADIES' TEAM at the VALIANTS HALF
CLARE WILSON	MARATHON on 10th
STEPH HAWKINS	

November's Notables:

STEVE BISCOMB	1st M60 at the WINDMILL 10K on 8th
WENDY DODDS	1st F60 at the DUNNERDALE FR on 14th 1st F60 at the ARNSIDE KNOTT FR on 22nd
LAURA HESKETH	1st F at the PODIUM 5K on 7th
PAUL HESKETH	3rd vet at the ILKLEY CYCLOCROSS on 8th
CHRIS HOLDSWORTH	2nd place at the TOUR OF PENDLE on 14th 1st Place at the MORUN in LIVERPOOL on 21st
DAVE NAUGHTON	1st M55 at the TOUR OF PENDLE on 14th
KEVIN O'BRIEN	1st M70 at the CHORLEY FIRE BRIGADE 5K on 22nd
TED ORRELL	1st M75 at the PRESTON 10 on 15th 1st M75 at the WESHAM 10K on 28th
IRENE ROCHE	1st F55 at the MLXC at LIVERPOOL on 28th
KATY THOMPSON	1st F60 at the SHEPHERD'S SKYLINE on 7th
GARRY WILKINSON	1st M50 at the SHEPHERD'S SKYLINE on 7th

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

NEW Fast Session – 6pm Spirit of Sport, Ormerod Road, Burnley BB10 3AA One hour's road training aiming to hit 6:00 – 6:30 minute mile pace. Further details from Captains Chris Holdsworth 07930 542896 and Dave Motley 07810 895862.

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.

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Marion & U11s at Liverpool XC

[Photo: Nicholas Olszewski]

RESULTS
CROSS COUNTRY
Red Rose XC, Leigh
10th October

Senior Ladies

1	Joanne Nelson	Darwen D	1st L40	19.04
32	Helena Leathley	32nd L		22.26
41	Irene Roche	3rd L55		23.09
52	Vicky Heys	10th L40		23.41
55	Angela Shian	9th L35		23.44
62	Joanne Bennett	9th L45		24.05
66	Helen Burnett	14th L40		24.19
71	Rachel Todd	15th L40		24.45
88	Kathryn Brady	14th L50		25.30
104	Beth Quinn	9th U20		26.38
138	Karin Goss	2nd L65		30.07
149	Christine Leathley	3rd L65		32.17
153	Susan Allen	7th L55		35.36

Teams:Ladies

Bury AC	1st	22
Clayton Le Moors H	12 th	123

Ladies (Vets)

Bury AC	1 st	36
Clayton Le Moors H	9th	97

Under 20 Women

1	Sophie Hill	Moston	20.40
9th	Beth Quinn		26.38

Senior Men

1	Karl Billington	Blackburn H	31.30
38	Andrew Armstrong	V40	36.43
73	Gareth Berry		39.26
99	Chris Snell		41.00
123	Jonathan Cleaver		42.11
128	John Wilcock	V50	42.18
154	Chris Paul		43.50
163	Andy Quinn	V40	44.35
175	Jason Pier	V40	45.31
177	Martin Brady	V50	45.48
181	James Hickie	V55	46.00
192	Peter Browning	V55	47.11
227	Douglas Munroe	V65	56.34

Teams: Senior Men

Bolton United	1st	95
Clayton Le Moors H	13th	601

Men (Vets)

Bolton United	1st	22
Clayton Le Moors H	15th	280

Mid Lancs XC, Burnley
24th October

Senior Ladies

1	Emily Japp	Blackpool W&F	22.44
6	Laura Hesketh		24.21
33	Helena Leathley		26.51
51	Irene Roche	1st L55	28.08
67	Angela Shian	21st L35	28.53
68	Elizabeth Mullan		28.54
70	Vicky Heys	21st L45	29.04
71	Julie Dawes	22nd L45	29.05
73	Joanne Bennett	23rd L45	29.13
75	Jean Knightley	2nd L55	29.22
90	Julia Rushton	26th L45	30.09
91	Helen Burnett	25th L35	30.06
97	Rachel Todd	30th L35	30.22
102	Donna Airey		30.44
103	Sarah Whittaker	32nd L35	30.45
112	Beth Quinn	5th U20	31.34
114	Katy Thompson	6th L55	31.40
115	Joanne Perry		31.41
117	Kathryn Brady	33rd L45	31.52
124	Elouise Pemberton		32.56
133	Joanne Motley		33.49
181	Christine Leathley	3rd L65	40.43
186	Susan Allen	19th L55	42.47

Teams: Ladies

Blackpool W&F	1st	15
Clayton Le Moors H	9th	87
Clayton Le Moors H 'B'	17th	193

Ladies Over 35

Accrington RR	1st	32
Clayton Le Moors H	11th	110

Ladies Over 45

Blackpool W&F	1st	38
Clayton Le Moors H	4th	53

Ladies Over 55

Clayton Le Moors H	1st	9
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Under 20 Women

1	Corinne Molyneux		
	Liverpool Pembroke	26.25	
5th	Beth Quinn	31.34	

Senior Men

1	Phil Waite	Barrow	31.37
9	Christopher Holdsworth		32.55
28	Andy Stubbs	V40	34.55
33	Breton Holdsworth	V40	35.32
37	Tom Brewster		35.45
55	George Pier	U20	36.55
57	Matt Perry		37.04
59	Lee Smith		37.10
70	Andrew Armstrong	V40	37.50
79	Dave Bagot		38.15
92	Carl Helliwell	V40	38.49
95	Dave Motley		38.57
99	Matthew Duckworth		39.10
101	Andrew Holt	V40	39.28
107	Alan Dorrington	V40	39.51
110	Alan Life	V50	40.00
119	Jonathan Pye		40.21
126	Chris Snell		40.27
133	Gareth Berry		40.49
151	Adam Shaw		41.49
160	Michael Clarke	V40	42.08
167	Jonathan Cleaver		42.25
184	John Wilcock	V50	43.04
187	Stephen Ainsworth	V50	43.23
211	Chris Paul		44.31
221	Stephen White	V60	45.06
222	Andy Quinn	V40	45.08
225	Jason Pier	V40	45.17
237	James Hickie	V50	46.15
247	Peter Browning	V50	46.51
252	§ David Scott	V70	47.10
254	Martin Brady	V50	47.42

298	Stuart Barker	V40	54.59
302	Doug Munroe	V60	58.29

Teams: Senior Men

Blackburn H	1st	120
Clayton Le Moors H	3rd	216
Clayton Le Moors H 'B'	8th	472

Vets Over 40

Preston Harriers	1st	52
Clayton Le Moors H	2nd	54

Vets Over 50

Red Rose Runners	1st	31
Clayton Le Moors H	7th	69

Senior Men Under 20

1	Chris Durney	Preston H	33.46
11	George Pier		36.55

Vet 70 Men

1	Barry Mitchell	1st V70	29.11
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PARKRUN**Burnley****14th Nov**

2	R Stevenson	M40	18.27
3	J Watson		18.33
6	C Snell		19.31
10	M Clarke		20.06
13	J Cleaver		20.30
15	Simon Wilshaw	M15-17	20.57
17	J Boulton		21.09PB
19	Helena Leathley		21.20
23	Adam Stevenson	M11-14	21.52
29	A Quinn	M40	22.11
35	Amanda Duffy	F35	22.34PB
37	Sophie Ashworth	F11-14	22.43
43	Lennon Jackson	M11-14	23.27
55	Julie Dawes	F50	24.10
56	I Hargreaves	M50	24.14
63	Katy Thompson	F60	24.39
74	G Thompson	M65	25.08
77	Elouise Pemberton		25.33
82	Beth Quinn	F15-17	26.01
89	Annabel Wilcock	F11-14	26.26
90	J Wilcock	M50	26.27

102	R Lawson	M70	27.26
106	Aaron Lundie	M11-14	27.46
111	Heidi Kewin	F11-14	28.23
140	Christine Egerton	F65	31.17
148	Christine Leathley	F65	32.09
152	Judith Carey		32.30
153	C Carey		32.31
159	Rachel Stevenson	F10	34.28
169	Valerie Lawson	F70	35.51
176	Donna Scott	F50	37.10
177	Diane Orrell		39.03
	185	ran	

FELL

Saddleworth Edges

3/10/2015; BM: 8M, 1150'

1	Brendon Taylor -	V40	1:01:27
38	Ali Keates -	LV55	1:16:00
77	Keith Butterworth	V55	1:29:56
	108 finished, including 15 ladies.		

Bronte Way

25/10/2015; BM: 7.5M, 1150'

1	Jack Smith	Wharfedale	51:17
16	Helen Glover	K & C	59:08
32	Neil Hardiman	V45	1:03:45
44	Chris Funnell	V45	1:04:54
62	Andy Bradley	V50	1:08:54
71	Sean Clare	V50	1:09:37
75	Richard Briscoe	V35	1:10:14
87	Jeffrey Pickup	3rd V60	1:11:55
93	Barbara Hardiman	2 nd LV50	1:12:46
95	Gary Balmer	V45	1:12:58
112	Stephen White	V60	1:14:53
142	Vicky Heys	LV45	1:20:23
144	Angela Shian	LV35	1:21:30
153	Linda Bostock	LV55	1:23:13
165	Katy Thompson	2 nd LV60	1:26:21
169	Kath Brady	LV50	1:27:51
176	Robert Hirst	V65	1:29:35
	210 finished, including 67 ladies.		

Withins Skyline

11/10/2015; BM: 7.5M, 980'

1	Tom Adams - Ilkley		38:49
27	Lindsey Brindle - Horwich		47:05
127	David Naughton	V50	56:29
143	Jean Brown	LV40	57:19
229	Stephen Fish	V60	65:41
235	Katy Thompson	LV60	65:57
263	Robert Hirst	V60	68:35
276	George Thompson	V60	71:09
280	Michael Frost	V60	71:53
312	John Francis	V70	99:14
	313 finished, including 93 ladies.		

Langdale Horseshoe

10/10/2015; AL: 13M, 4760'

1	Sam Tosh	Rossendale	2:11:57
24	Jasmine Paris Carnethy		2:36:37
66	Andrew Orr	V45	2:40:58
95	Dave Naughton	V55	2:49:02
125	Jon Sharples	V60	2:55:26
158	Ivan Whigham	V50	3:01:13
223	Wendy Dodds	1 st LV60	3:18:21
233	Andrew Firth	V55	3:20:37
342	Ian Connell	V50	3:47:45
374	Peter Dugdale	V55	4:03:15
	387 finished, including 51 ladies.		

Great Whernside

24/10/2015; AS: 4M, 1560'

1	Ted Mason	Wharfedale	31:11
6	Victoria Wilkinson	Bingley	33:41
44	Ian Whigham	V50	41:08
76	Mark Nutter	V50	45:37
83	Andrew Firth	V50	46:58
85	Peter Dugdale	V50	47:16
113	Andrew Walmsley	V60	52:01
	136 finished, including 21 ladies.		

Wadsworth Half Trog
8/11/2015; BM: 9.3M, 1400'

- 1 James Logue V40 CVFR 1:12:16
 - 30 Jeffrey Pickup 2nd V60 1:39:07
 - 32 Helena Croft - Stadium Runners
1:39:18
 - 44 Richard Bellaries V60 1:46:04
- 81 finished, including 13 ladies.

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Andy Bradley

Ready for bad weather at the
Lee Mills Relays

[Photo: Rachel Todd]

2016 Runfarther Ultra Championship Races

Date	Event	Location	Miles	Cat
Sat 12 March	Haworth Hobble	W Yorkshire Pennines	32	S
Sat 9 April	Calderdale Hike	W Yorkshire Pennines	37	M
Sat 16 April	The Fellsman	Yorkshire Dales	62	L
Sun 15 May	Marlborough Downs Challenge	N Wiltshire	33	S
Sun 5 June	Northants Ultra	Northamptonshire	35	S
Sat 18 June	Pennine 39	North Pennines	39	M
Sat 16 July	St Cuthbert's Way Ultra	Northumberland/Borders	62	L
Sat 6 August	Long Tour of Bradwell	Peak District	33	S
Sat 10 September	Clif Bar 10 Peaks Brecon Beacons	South Wales	55	L
Sat 17 September	High Peak 40	Peak District	40	M
Sat 15 October	Round Rotherham 50	South Yorkshire	50	L
Sat 12 November	Warrington Way Ultra	Cheshire	40	M

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
entry to show; race free

DECEMBER'S DASHINGS

- Thurs 3rd Todmorden Park Winter 5k Series 4/4 7pm from Hare & Hounds,
Todmorden £7
- Sat 5th Red Rose XC Marl Pits Juniors from 12.15 Ladies 1.35 pm Men
2.15
- Sun 6th Guys 10, Guys Thatched Hamlet, Bilsborrow, nr Garstang 10 am
Entry online at www.ukresults.co.uk £10 + £2 eod
Club Championship Race
- Sun 13th Mytholmroyd Fell Race 6m/1350' 11 am from Mytholmroyd
Community Centre £5 eod
Hurst Green Turkey Trot 5m 1pm from Village Hall £6 pre-entry
only Entry form at www.ukresults.co.uk
Longridge Christmas Pudding 7 11am Longridge Civic Hall
£10 by 10th Dec + £2 eod
Peak Raid 3 Round 4 of 4 Peak District exploreevents.co.uk
- Sat 19th Tour de Helvellyn BL 37m/6562' 7-9am from Askham, Cumbria
£35 pre-entry at sientries.co.uk
- Sun 20th 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 13th Dec
No eod
- Sat 26th Whinberry Naze FR BS 11.30am 4m/750' from Marl Pits Sports
Centre, Rawtenstall (GR 821230) £3
Boxing Day 10K 10am Worden Park, Leyland £10 by 20th Dec
- Sun 27th Ribble Valley 10K 10.30 am Edisford Bridge, Clitheroe £15
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 31st Auld Lang Syne FR BM 11.30am 6m/984' from Penistone
Hill, nr Haworth (GR 025364)
**£5 pre-entry only after 1st Nov on entry form from wooden-
tops.org.uk Limit of 400**

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JANUARY'S JAUNTS

- Fri 1st Giant's Tooth FR BS 3m/400' 12 noon from Causeway Foot Inn on A629 Halifax-Keighley Rd GR069309 £3 eod www.kcac.co.uk
Billy Knox New Years Day Awakener Multi Terrain 11.30 a.m.
5k multi-terrain from Whitworth, nr Rochdale £4 + £1 eod
Nine Standards FR BM 12 noon 8m/1800' Kirkby Stephen (GR 775088) £6 eod incl map
- Sat 9th Lancs XC Witton Park Blackburn You must enter yourself for this race. <http://www.lancsaa.co.uk/XC%20entry%20form%202016.pdf>
- Sun 10th Garstang 10K 11 am Garstang High School £10 by 4th Jan
Also Family Fun Run @ 11.05
YHA King of the Castle AS 1.6m/656' 1 pm from Langthwaite YH GR NY254143 £3 eod includes tea, coffee & cake
- Sat 16th Mid-Lancs XC Wilsons, Clayton-le-Moors Ladies 2pm Men 2.30pm
The Hebden LDWA event 22m or 16m 8 am from Mytholmroyd
http://www.alangreenwood.biz/th2016/Entry_Form%202016.pdf
- Sun 17th Stanbury Splash FR BM 7.5m/1300' 11.30am Penistone nr Haworth GR025364 £4eod Junior Quarry Runs at 10.30 £1
Inskip Half-marathon 10.30 am £16 pre-entry by 10th Jan
- Sat 23rd Ashurst Beacon FR CS 5.9m/950' 12.30 pm from Prince William Inn, Dalton, Upholland (GR 502075) £4 eod
Blake's Heaven AS 5m/1650' 12 noon from Lamplugh, W Cumbria GR089209 £4 eod
- Sun 24th East Lancs Hospice 10K 11 am Gt Harwood BB6 7UF £12 + £3 eod Also 1K Family Fun Run £3 eod <https://eastlancshospice.org.uk/east-lancashire-hospice-10k>
Hunters Tavern (formerly Welcome Tavern) 10K 11 am Hannel Lane, Preston PR5 5UL £10 + £2 eod
- Sat 30th Northern XC Blackburn
Contact XC Captain before 10th Jan to enter
Hoofstones FR BM 8m/1400' 11 am from Staff of Life, Todmorden £7 <https://fellrace.org.uk/races/hoofstones>
Rucksack Club Kinder Trial O Interval starts from 10 to 11 am from Hayfield Scout Hut GR SK035873 11.2m/2133' £6 by 23rd Jan
Map, soup and cake included www.t42.org.uk/hayfield
- Sun 31st That's Lyth LDWA event 23.5m 8 am Abbot Hall Centre, Kendal £6 <https://www.ldwa.org.uk/lgt/downloads/Lakeland/>

CLUB KIT

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

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

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