

HARRIER NEWS



The Clayton Harrier Newsletter

www.claytonlemoors.org.uk June 2014



Jon Sharples

With his award for
21
completions of

**The Three Peaks
Race**

[Photo: Pete Hartley]

CONTACTS

The Clayton Website
www.claytonlemoors.org.uk

Race Results

All your races will count towards the Club's 2014 Fell Runner of the Year and Road Runner of the Year provided the Club Statisticians have your race results.

Please send your Road Results to Richard Lawson
55 Highfield Avenue, Burnley BB10 2PS
email: valric55[at]virginmedia.com
Telephone 01282 423808

Please send your Fell Results to Andy Brown
2 Brennand Terrace, Grindleton, Clitheroe, BB7 4QZ
Telephone: 01200 440880
Email: fellrunners@gmail.com

Please send your Cross-Country Results to Harry Manning
4 Wiswell Close, Burnley BB10 2DW
Telephone 01282 830458
Cross-Country Results for those races that qualify towards the Club's 2013/14 Palladium awards will be obtained by the Cross-Country Statistician, Harry Manning.

Forthcoming Fixtures

Please notify the Fixtures Secretary, Katy Thompson, 16 Ainsdale Drive, Darwen. BB3 2EQ
Telephone: 01254 772013; email: katy.thompson1@btinternet.com
The Fixtures Secretary will forward details to the Newsletter Editor for publication

The Clayton Newsletter

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BOOTHY'S BIT

This month's edition demonstrates the wide range of achievements and activities undertaken by club members. From PBs at Parkrun by juniors to ultra distance fell races, individual challenges and a team relay to name just a few. Speaking of personal challenges, I am finishing this edition of the Harrier just a few days before I start my own: the 5 Peaks Challenge in aid of Pendleside Hospice. Thanks to all members who have sponsored me to date. It's not too late to add your name to the list at www.justgiving.com/Peter-Booth6, or catch me at training when I get back.

Cover Star is Jon Sharples who completed his 22nd consecutive 3 Peaks Race this year and received his plaque for 21 races at the finish. Jon informs me that his PB for the race is 3:43; PW 4:24 and his average finishing time is 4:08 (not that he keeps detailed records of these things!).

Walter Wilkinson: In last month's Covering Old Ground there were memories of Walt Wilkinson who died 15 years ago. There are more anecdotes about this amazing character in this month's edition. Walt's memorial plaque was removed from Ossie Moors during the construction of the wind turbines, but there is a plan to replace it in a better location on 5th July. Please contact Paul Healey for details if you want to be involved.

Apologies to Paul Hesketh. After a number of attempts, Paul finally achieved his ambition of breaking the elusive 3 hour barrier for the marathon, stopping the watch at 2:56:15 at the recent Manchester Marathon. Unfortunately some gremlins got into the works and last month's results showed Paul's time as 3:12:06, exactly the same as Alex Cran's in the London Marathon. I'm really sorry for the mistake. I'm not so sure I would have taken it with the good grace that Paul displayed. Well done Paul!

Geoff Grant, member in the 1990s, says 'hello' to anyone who remembers him. Geoff is currently installing a fireplace Chez Boothy.

BARLEY CAR PARK

A plea from Barley Parish Council: **Please Pay £1 Car Park charge on each visit.** As Pendle Council has withdrawn funding for the toilets at Barley Car Park, they will only remain open if Barley Parish Council receives sufficient revenue from the car park users.

LETTERS

Pete,

A quick email regards the receiving the special achievement trophy. It is really very much appreciated. Always glad and proud to represent Clayton. It has a great history and is a very well respected club with great runners from the fastest to the slowest; the youngest to the oldest. Apologies to not meeting with the training runs, simply due to now working away during the week in West Cumbria and having to live in a place called Gosforth. So having an unfortunate task to be running/walking now around Wasdale after work. Also the arrival of our daughter, Emielia and finally a hip injury that keeps me away from fast workouts and races at present.

Just completed yet again a trot around the Lake District last weekend with Stan in the Old Counties Tops, as always representing Clayton for the third year in a row. Had a great run, the hip stayed in one piece and by all accounts came in first for Clayton this year (due to the fact Jean & Martin weren't running).

Many thanks and see you all soon

Kind regards
Phil Hanson

Pete,

Just browsing through the FRA Race Rules for competition—as you do—and noted the following:

Page 8, Section 8.2 Competitor: "Must wear their number and place it on the chest in a clearly visible way etc".

I am aware members run in road races and cross country and not sure whether the wearing of numbers in those competitions is controlled. I have always worn my number high on my chest as these waterproof numbers give extra insulation, a bit like the Daily Mirror stuffed up the front by cyclists before the good gear arrived. It also allows me to show the bottom 25mm or so of my club hoops. I have stayed clear of the new vest debates until now but notice somewhere in the sale's pitch for the new vest that it says the hoops have been raised to make them more visible. For fell runners bound by competition rules they are not more visible, they are hidden more. The race number from the last English Championship Fell Race, Coniston Fell Race, is 220mm deep. I suggest the top of the hoops on the next order of vests be positioned a minimum of 220mm below the vest neck line on the front of the vest. Raise the neck if preferred but maintain the 220mm.

Regards,
Kieran Carr

[Over to you, Committee!! - Ed]

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OFFICIALS
2013-14**

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Captains' contact details are on the back page of the Newsletter.

Fellsman 2014 (aka: "Are we nearly there yet?....")

The Fellsman is a long established hike over the Yorkshire Dales, over 60 miles in length, climbing over 11,000 feet. The figures are necessarily vague; this checkpoint event is largely unmarked and has very few mandatory sections. Underfoot is a relentless procession of bog, tussock, bog, stony path, bog and more bog.

All this was starting to prey on my mind as I drove up to the start. My only previous attempt on the course in 2012 had been successful; on a weekend when appalling weather conditions forced the event to be abandoned early Sunday morning. I'd managed to get round in a respectable 15h 11m to finish around midnight on Saturday. This should have given me confidence but then doubts start to creep in. "Maybe I just got lucky"; "What if I get an injury?"; "Have I done enough training?". These are all classic symptoms of ultra race nerves (along with, "Should I have eaten that sausage pasty?" - but we'll get to that later).

Back to the race.

Clayton had two other entrants; Martin Terry and Jamie Baldwin. Martin is a very experienced ultra distance runner but this was Jamie's first race over 40 miles. We'd been training together for several months; training which consisted mostly of me telling him to slow down and to eat more! After a few 'tune up' races, including the Haworth Hobble and the 38 mile Calderdale Hike we were ready.

Casual observers tend to be unduly impressed by the statistics of events like the Fellsman, whereas the truth is that the physical side is fairly straightforward to train for; just go out and run, very slowly, as often as possible, for longer and longer time. There's no intervals, no 'fartlek', it doesn't require charts and graphs and you don't need to constantly be posting your weekly mileage on Facebook. The mental side is a different matter; this is where the hard work is. Unlike shorter events, even minor mistakes can have serious consequences after 10-15 hours on the move; runners have to constantly be examining their condition; "When did I eat/drink last? How do my legs feel? Are my feet ok? Do I really know where I am, etc?"

With this in mind we set off from Ingleton on Saturday morning for the first of several climbs. Three Peaks runners will be familiar with some of the route; it ascends Ingleborough from Ingleton, thence to Whernside via Hill Inn.

At this point it continues west onto Gragareth, then describes a large clockwise crescent round to Grassington, taking in (amongst others) Dent, Great Knoutberry, Dodd Fell, Buckden Pike and Great Whernside.

After a damp, misty start the day improved significantly and stayed largely clear, albeit fairly windy. Entrants are well fed on the Fellsman, as roadside checkpoints tempt you to linger; they provide drinks and a variety of food from biscuits and flapjack to soup, pasties, hot dogs, pasta, rice pudding and fruit salad!

The day actually proceeded fairly uneventfully. As night falls, entrants are grouped for safety and a minor navigational error on my part contributed to us hitting the grouping cut off at Cray, just before the Buckden Pike climb. We were teamed up with Greg Crowley from the Peak District and made good time over Buckden Pike and onto Great Whernside. At this point another small error cost us time, but Greg's excellent route choice off the hill more than made up for it.

However; my normally reliable stomach eventually let me down. An ill-advised handful of cocktail sausages (that had probably been out all day!) were starting to give me stomach cramps and in the last 2-3 miles I was reduced to a walk/run. We eventually arrived in just under sixteen hours; showers and food at the finish were very welcome.

Congratulations to all the finishers but a special 'well done' to Jamie for his debut race at this distance. I was getting a bit worried at one point; he was starting to repeatedly ask what the next CP was called, but he kept it together admirably!

I've looked back at my report from the 2012 event; it mentions leaving long distance running alone for a while, not sure what happened there as next on the ultra agenda is the Lakeland 100!

I also recommended this event to everyone and I stand by that. If you've got the time to train for it and have a positive mental outlook then a finish is easily within your grasp. They say that all goals are achieved one step at a time and this is very true of the Fellsman.

A cast iron stomach would help too!

Andrew Armstrong

RUN OF THE MONTH
Sponsored by PHYSIOFUSION
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APRIL



STEVE BISCOMB for 1st M60 at the THREE BRIDGES 10K at LANCASTER on 6th
for 1st M60 at the GARSTANG 10K on 13th
for 1st M60 at the HOLLINGWORTH LAKE 5K at LITTLEBOROUGH on 21st
for 2nd M60 at the RADCLIFFE 10K on 27th
Nominated by Richard Lawson & Harry Manning

TOM BREWSTER for 2nd place at the LITTLEBOROUGH 5K at ROCHDALE on 2nd
for **FIRST PLACE** at the SCARECROW 10K at WRAY on 26th
Nominated by Harry Manning

WENDY DODDS for 1st F60 at the ANNIVERSARY WALTZ FR at NEWLANDS on 19th
for 2nd F60 on her 31st completion of the 3 PEAKS FR on 26th (at age of 63 years)
Nominated by Harry Manning

AVRIL DUCKWORTH for 1st F50 at the 3 PEAKS FR on 26th
Nominated by Katy Thompson, Mick Dobson & Harry Manning

JONNY McKENNA for clocking 2:42:20 at the VIRGIN MONEY LONDON MARATHON on 13th
Nominated by Harry Manning

DAVE SCOTT for 1st M70 on his 47th completion of the 3 PEAKS FR on 26th (at age of 70 years)

APRIL WINNER:
AVRIL DUCKWORTH
For a great category win in her debut 3 Peaks Race

Avril wins a complimentary treatment 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) .

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

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Gone Triggin'

To my grammar school educated ears, nouns used as verbs have always grated – 'medalled' (ie at Olympics and 'summitted' (mountains) are particular pet hates – American imports? Wouldn't be surprised. Then to my horror, I realised I too was using one – 'triggin' i.e. collecting trig points, or 'trig pointing' if you're posh and as the trig point list makers would have it.

From February 2012 I was in my 65th year and was in need of a goal with which to celebrate my 65th birthday that year. Since retiring over 6 years ago, I'd set some physical goal at the beginning of each year, either running or cycling, so having done various long distance cycle routes, picked out a set of fell races not run for many years, the English Champs races or LDWA events, January 2013 dawned, and I was puzzling over what challenge I could set myself.

This had to be something achievable, and most importantly enjoyable, and so I reluctantly rejected long events such as the tempting Over the Hill long distance challenges, which I decided my ageing frame would possibly not stand up to. The notion of attempting to run 65 races in a year was also off the radar, I was mindful of the fate of fellow sexagenarian Chorley fell runner Jan Atkins who, after doing just that in her 65th year developed serious knee problems and as a result had to stop running altogether. A couple of years ago, friend and fellow Clayton Harrier George Thompson hit on the idea of visiting 100 Lancashire trig points in a year from his home in Darwen, and reaching them under his own steam, ie by bike and/or foot. George enthusiastically set off on his quest and managed to reach 62 (his age at the time) trigs before his goal became too arduous, the distances too great. Still a worthy achievement, but one I decided not to emulate.

A northerner by birth, more importantly a Yorkshire woman, and ardent lover of the Yorkshire Dales, where I walked for many years as a girl before I ever became a fell runner, I hit on the idea of visiting 65 Yorkshire trig points. This plan ticked all the boxes – most within a day's journey from home, many never or rarely visited, several could be linked together to make a good few hours running, a few others easily walked to with husband Pete.

A search of internet sites came up with a list of 56 trig points within the Dales National Park, and to this I added several on the periphery, plus a few old favourite haunts of my early walking days, Ilkley, Baildon, Withins and Stanbury moors to make a total of 65.

My 64th birthday came and went in February 2012, and with the Trollers Trot LDWA event behind me in early March, the first Yorkshire trig was **Ingleborough**, on a run from Clapham to Ribbleshead, a fine breezy day. As statistics go, this is my most visited trig point over the years (although Pendle must come a close second), and since March 1963 I've clocked up 77 known

visits to this summit, it being included in events such as 3 Peaks Race, Fellsman Hike, my favourite hill of all time and place of solace in times of sadness or stress.

Over the ensuing months visits were made to all trig points on my list, many alone except for the dog, some with Pete, occasionally a few friends, here are a few stats and highlights:

Highest: Whernside 736m, met fellow Clayton Harrier Andy Dugdale on the summit, bagging one of his 50 trigs at 50.

Lowest: Calton (nr Airton) 274m

Most in one outing & longest run: Whernside, Blea Moor, Gt Knoutberry (end to end run from Kingsdale to Dent 19k)

Shortest distance: Embsay moor (Halton height) 1k round trip.

Failed attempts: Meugher – check this one out on the map, but don't bother visiting. Meugher is about 5K SE of Gt Whernside as the crow flies and although this peaty featureless lump of 575m has nothing whatsoever to recommend it, I was keen to revisit it. I first went there in 1966 with some caving friends in thick mist, convinced we were being stalked by some supernatural presence which ultimately turned out to be a sheep with an uncannily human sounding cough, and the intervening years had done nothing to dispel its gloomy brooding atmosphere. Running in bright June sunshine from Conistone, I met Dave & Eileen Woodhead out photographing the Wharfedale off road marathon. Then the weather deteriorated to low mist & cold drizzle, the GPS failed, and conscious of my inadequate runner's clothing I beat a hasty retreat about 1K short of the summit. At a later date I found a much better route to it from Yarnbury, nr Grassington along mine tracks. Didn't meet a soul all day, the top was clear, the day sunny, but I didn't hang about there for long, old memories lingering.

Buckden Pike: Ran the race in June 2012 expecting to bag a race and trig together. Horror of horrors, the race route didn't visit the trig point, but turned at the wall a few hundred metres short of the summit! An awful cold wet day too, a real shame for the rain-lashed gala. I revisited it on 11th November, headed down to Kettlewell and left a poppy on the Polish air crash memorial.

Wettest: On August Bank hol Monday (wouldn't you know!) Hoove Faggeggill, yes it really is called that. From above Arkengarthdale, Swaledale. A short but very boggy walk, to a slight incline on an otherwise black peaty rolling moor, the driving rain starting shortly after we left the car. Pete fell in a bog up to his waist after deciding he knew the quickest way back. The B&B proprietor obligingly dried out our gear, whereupon we got another soaking in the evening watching an outdoor production of Macbeth at Castle Bolton.

Anniversary: Left our great niece's Christening party early on 15th July to bag **Hunter Bark**, just outside Settle, celebrating our ruby wedding anniversary.

Worst underfoot: A pleasant start from Halton Gill over **Horsehead Moor** (trig) down to Yockenthwaite, Upper Wharfedale. Climbed to **Yockenthwaite Moor** trig, and followed the Fellsman route, over Cray Moss, an apt description.

Happy memories of the ultra event, but surely it was never this wet years ago? The rainy summer had guaranteed knee deep soggy peat and boggy stagnant pools, the going compounded by new fencing and necessitating numerous diversions to reach the road at Cray. My feet were stained brown for weeks.

Memorable days: Many contenders here, too numerous to list. Any day out in the Dales on a bright clear day would count. A couple that stand out:

Knoutberry Haw in a run from Sedbergh to Mallerstang, just me and the dog on a sunny May day. Skylarks, golden plover, meadow pipits, hares in the meadow, views to die for, and not a human in sight for hours. A cream tea in Hawes rounded off a perfect day. What more could a Yorkshire girl want?

The Calf, Howgills, yes it is just in the Dales National Park! Meeting old friends Stan & Shirley Bradshaw and having a catch up on the summit. I left the Calf in mist and met fell runners Ali Raw and Ali Welsh building a cairn on Arant Haw, their dog as daft as mine competing to catch the frisbee.

Disaster Trig An icy cold day in December, and shortish walk up to **Skipton Moor** trig from the edge of the town. After carefully negotiating the icy path, Pete fell whilst descending through the wood and broke his collar bone.

Last Trig 65th Birthday weekend away at a B&B near Leyburn. A short pleasant walk up **Witton Fell**, the trig point almost hidden in a new growth of forest.

Summit, trig point, Munro bagging, or whatever, sometimes frowned upon as a nerdy and obsessive pastime has the big advantage of taking you to places which you probably wouldn't otherwise visit. I found several trig points in places less than an hour's drive from home, attractive little summits easily accessed, often off the beaten track and never before visited by me.

Unlike Wainwright's Lake District tops, I didn't have the proviso that there had to be a good view from each trig, and a few unattractive places I will certainly never visit again, but on the whole I can say that I thoroughly enjoyed my year of Yorkshire Dales triggin'.

Thanks to Pete for companionship on the walks, and transport allowing me to do end to end excursions, also to Bracken who accompanied me to most trigs.

Next objective? I started on the 176 English Marilyn's last year (Marilyn definition: a hill with at least 150ms clear descent all round, regardless of absolute height). This is an open-ended project as regards time, particularly as it means venturing into the deep south of England; the southern-most Marilyn is on the Isle of Wight!

Then there's my 77 Ingleboroughs – I should make the effort to get to 100. How many different ways can you come up with of getting up one mountain?

Ahh...so much to do, so little time.....!

Linda Lord

Covering Old Ground

25 years ago (June 1989)

- The Downhill Challenge was publicised (part of the Summer Series) – starting from the Trig Point on Pendle and finishing opposite the Wellsprings at the Nick Road. Choose your own route and guess your time.
- Congratulations due to Denis Beresford for regaining his Dales Way record in May – 12 hours 44mins for the 81 miles. Also to Vanessa Brindle (Peacock) and Roger Brewster – both for their first places in the Skipton 10M. And to Robin Price, Andrew Howarth, and Graham Eccles for first team in the Fellsman Hike.
- In the Juniors – Darren Mason Meath was second out of 96 runners in the Moleside Race (the Junior event of the Great Hameldon Race). Helen Rapson finished 73rd overall and third in her age group.
- Linda and Peter Lord announced they were to step down as Newsletter Editors.
- Graham Cunliffe as Captain reported on the Manchester Blackpool Relay. Leg 1 Heaton Park to Clifton – Tony Chew (4th) 23.37; Leg 2 Clifton to Burnden Park – Keith Sturdy (19th) 25.15; Leg 3 Burnden to Horwich – Paul Brannon (10th) 30.28; Leg 4 Horwich to Chorley – John Blackall (23rd) 28.55; Leg 5 Chorley to Leyland – Brian McKenna (20th) 33.20; Leg 6 Leyland to Much Hoole – Ian Wright (19th) 35.41; Leg 7 Much Hoole to Preston – Dave Hargreaves (23rd) 33.59; Leg 8 Preston Docks to Warton – Mark Briggs (20th) 37.39; Leg 9 Warton to St.Anne's – Graham Cunliffe (13th) 38.14; Leg 10 St.Anne's to Blackpool – Alan Schofield (7th) 33.28. Our team finished 16th in 5hours 20min 36secs.

In the results:-

Chris Vose 10K: 1st V50 Ron Hill (70th) 34.30

C&A Lostock: 1st L Vanessa Brindle (Peacock) (45th) 129.57

Trailblazer 7: 1st V40 Roger Hargreaves (6th) 40.59;

1st LV35 Wendy Dodds (125th) 51.53; 1st V65 Jack Riley (210th) 66.46 (Clayton 1st Team)

Manx Mountain Marathon: 5th Pete Browning 5.09.11; 7th Dave Nuttall 5.14.50; 8th Martin Clark 5.23.27; 23rd Andrew Howarth 5.57.53; 37th Geoff Fletcher 6.28.32.

20 years ago (June 1994)

- Peter Jackson wrote “....When I joined in 1951, activities centred around Cross Country and Fell Running. All runners from boys to Seniors – there were no Ladies then – went to all races in a coach, which generated a bond of friendship, resulting in runners supporting their colleagues in their respective races. Now membership is very high, we have girls and ladies in the ranks and we have a road running section. But a combination of these factors has, I believe caused splits in the club. We now have different sections and the widespread membership has meant loss of the family atmosphere....Perhaps a night at a hostelry, for the interested in the continuing development of what was, and undoubtedly still is, a fine club to come together again under one umbrella. After all that is one of the reasons why I rejoined some four or five years ago after seventeen years of inactivity.”

- Andy Dugdale wrote "Turning up for my first Three Peaks, I was expecting a long, hard, lonely run, however, I had no need to worry, from the start all the way to the finish I could hear constant cries of 'Come on Clayton', and on each climb 'Dig in Clayton' from many spectators around the course. I would like to thank all those supporters, family and friends for their encouragement, especially two fellow club runners, Andy Firth and Mark Nutter, but for their constant supply of bananas, Staminade, mint cake, and whatever else I had....a respectable time (for me) 4 hours 9mins."
- Manchester to Blackpool Relay: A Team: Leg 1 - Mark Aspinall (3rd) 23.57; Leg 2 - John Roche (5th) 23.58; Leg 3 - Tony Chew (18th) 31.20; Leg 4 - Phil Hall (3rd) 26.15; Leg 5 - Simon Thompson (8th) 32.27; Leg 6 - Ian Greenwood (7th) 33.42; Leg 7 - Paul Shackleton (12th) 34.28; Leg 8 - Graham Huddleston (4th) time??; Leg 9 - Paul Dugdale (2nd) time??; Leg 10 - Shaun Livesey (4th) 26.21. Team place 6th.
B team - Mick O'Connor (23rd) 26.30; John O'Connor (37th) 28.17; Peter Butterworth (24th) 32.18; Alan Exton (42nd) 31.07; Pete Booth (6th) 35.47; Mark Brown (12th) 34.17; Jonathon Howe (21st) 36.33; Mike Wallis (19th) 35.59; Simon Murgatroyd (8th) 26.40; Steve Whitaker (28th) 29.21.
Mixed team - Mick O'Rourke (25th) first mixed team 26.52; Kath Whalley (Brady) (66th) 7th lady 35.04; Bob Hirst (56th) 6th Mixed 37.41; Gail Brierley (60th) 34.45 5th lady; Bob Russell (36th) 2nd mixed 37.10; Katy Thompson (63rd) 6th Lady 44.51; Les Ridings (56th) 44.26; Linda Platt (69th) 37.56; Peter Brady (50th) 32.21.
President George Brass wrote about the Relay "....it shows what we can do when we get it together....team spirit comes to the fore...I want to thank everyone who made it possible, especially the team organisers".
- The Ladies won the team prize at the Three Peaks - Jean Rawlinson, Wendy Dodds, Katy Thompson.

In the results:-

Kirby Lonsdale 12: 1st V50 Mick Wrigley (29th) 75.19
Black Combe FR: 1st V50 John Nuttall (68th) 83.52
Simons Seat: 1st V55 J.Smith (89th) 53.37
Pendle FR: 1st V40 Barry Mitchell (29th) 36.47
Ras Moel Fammau: 1st V50 John Nuttall (49th) 46.22

15 years ago (June 1999)

- Andrew Howarth reminisced on Walt Wilkinson "...Walt's wicked sense of fun was famed, and I can remember a particular Sunday morning run on 'Mother's Day' from the Gamecock when a few of us requested a maximum two hours' run so that we could take our mothers out for lunch. Walt seemed to agree, but two and a half hours later we were still on our way out. Looking for a way to cross the Ribble on the West side of Whalley! Walt, of course, did so much more to form strong friendships within the club, such as forming the 'Z' team for the relays and organising countless social weekends away, such as the trips to Scotland, the Patterdale, Hawes and Kirby Stephen weekends always had a group of runners lead by Walt, and he was always at the fore of a group on Tuesday Night Training and Thursday Speed Training. Its only when you start to put pen to paper, that

you realise how much Walt did for the Club, how much he will be missed, and more significantly the number of people who will miss him. Different people will have different memories of Walt, but for me, it will always be the Sunday Morning Runs.

- In the Anniversary Waltz – the first in the British Champs – Clayton ladies were 5th team.
- Neil Whalley responded to Paul Healey's article in last month's newsletter about the training run for the Three Peaks. Neil wrote "....As Julius Caesar said, as his best friend plunged the knife in, 'Et tu Brute', or in this case 'By Eck Paul'. As for the three charges in question I must plead 'Not (quite) guilty'. Firstly, when we returned after dark it must be noted that it was mid-winter and therefore dark by 5pm. Secondly, I couldn't find an alternative to the 4K on the road from Stonyhurst to Calderstone's. And thirdly, on reflection I may have made a slight miscalculation in distance and time from Ribbleshead to Wharfedale and back.....Paul cannot be blameless in cock-ups. Two infamous tales spring to mind. He apparently led a Tuesday night Training run from Barley that didn't arrive back in the pub until 9.45 pm and another Worsthorpe Training run started half an hour early in order to watch an England Football match on the telly – when they just managed to catch the second half.....desperately seeking sympathy I showed Paul's article to my dear wife and daughter. This could have had painful consequences for him. I had to restrain them from going round to see him. They wanted to buy his ale all night.
- Bill Smith wrote an interesting article about the history of the Musbury Tor Mile Race which used to take place in Helmshore. Bill thought the earliest event was in 1911. The race was revived in 1958 and 13 runners took part. The following year our Stan Bradshaw (Jr – even though he is now 73) and a local resident at that time, set a new record. Stan at the time was a local footballer for Helmshore United. Stan achieved 8mins 24secs. And went on to achieve a hat trick of victories in consecutive years.
- Harry Smith was the featured interview this month. Harry joined the club in 1969, persuaded by George Brass. His favourite race was the Three Peaks. After going through various aspects of his running Harry eventually finished with "I would like to give members a thought for today – when I was at school you were made to run around the playground as a punishment and a bar of chocolate was considered a treat. Surely that is the wrong way round – the run should be the treat and the chocolate the punishment!!
- Harry Manning wrote in reply to a letter last month by Harry Smith.....I too came into athletics from amateur football.... I had been a solid (5 foot 7 inches and 12.5 stone) defender...occasionally finding myself playing against Harry Smith....at the age of 30 years I became a couch potato....a few years later in 1972 I met Harry....We exchanged pleasantries as he informed me that he organised the Weets race each year...he suggested I try and mentioned practice runs on Mondays....I took Harry's advice and attended a couple and then made my debut in the Weets race ... subsequently joining Clayton....I continued to do 20 Weets....having only missed four....Yes I am indebted to Harry, not only for introducing me to Clayton, but for reducing my weight to 11 stone.

In the results:-

Coniston 14M: 1st V40 Roger Brewster (5th) 76.38

Christian Aid 10K: 1st V40 Alan Clarkson (2nd) 36.10;

1st V45 Ray Lees (9th) 38.23; 1st V50 D.Thornton (20th) 41.46;

1st LV35 Tina Lewis (36th) 45.51; 1st LV50 Christine Leathley (75th) 55.46.

10 years ago (June 2004)

- Marie Greenwood had decide to step down as Newsletter Editor.
- Paul Healey wrote of a memorial stone run from Pendleton to Ossy Moors via Great Hameldon Hill. Eleven members set off to remember club friends of the past. Four other members joined in for the climb up Pendle. On reaching the Alan and Judith stone they were met by President Don Barton who was on favourite grandad duty and required to attend a match at Ewood Park....on to Sabden and then Read before starting the long climb through Hapton Woods to Great Hameldon – we paid our respects to former member Donald O'Rourke....onward to Ossy Moors to visit the Walt Wilkinson stone which having previously been smashed to pieces had been replaced by a cast iron 'stone' made by Keith Prosser. (*This memorial was removed when the Windmills were installed – we have provisionally agreed to replace it, in a better location on Saturday 5th July if anyone wishes to join us on a walk/run/cycle ride.*)
- Run of the Month nominations – Dave Gregory for winning the Oldham Half Marathon; Paul Thompson for winning the Manx Mountain Marathon and also for first Lancashire Club member in Three Peaks; Richard Lawson for first V60 in Guernsey Easter runs 10K and XC, also 2nd V60 individual time in 4x2 XC relay, 1st V60 in Half Marathon; Phil Atherton first Clayton in London Marathon; Candice Heys 1st Clayton Lady in London; Dave Scott for his 37th Three Peaks (one short of Alan Heaton's record of 38); Richard Wilkinson for his 21st Three Peaks in his 60th year.....a tough decision.... Paul Thompson.

In the results:-

Lothersdale: 1st L Vanessa Peacock (28th) 28.18

5 years ago (June 2009)

- Maureen Laney wrote "I would like to say a massive 'Thank you' to Paul Healey, Marie Greenwood, Garry Wilkinson and Paul Toman for the organisation of the Great Hameldon Hill Race and everyone else who helped on the day. Medic Malawi gained an extra £450 from the day - £200 from race proceeds, £200 from the raffle, and £50 from the Pub. Fantastic! Proceeds from the event will go towards building a new classroom for children in Malawi.
- Run of the Month nominations – Jamie Baldwin for 16th in Three Peaks (3.26.16); Alex Cran for 2.58.37 in London M; Kitty Garnett for 1st L70 in London; Maureen Laney for 1st LV50 in Three Peaks; Tracy Mitchell fro 3.08.25 in London; Dave Scott for his 42nd Three Peaks; Candice Heys for 1st in Hawkshead 15K; Paul Thompson for 1st In Manx MM; Mike Wallis for 2nd V50 at Slieve Bearnagh – Brits Champs; Isaac Wilkinson for 2nd MU8 at Pendle Jr FR....and the winner is Jamie Baldwin.

In the results:-

Hawkshead Trail: 1st V50 Roger Brewster (16th) 70.31; 1st L Candice Heys (19th) 71.17

Littleborough 5M: 1st LV50 Irene Roche (34th) 37.54

Park 5K Chorley: 1st V45 Mark Aspinall (6th) 18.32; 1st LV45 Anna Kelly (31st) 21.00

Chorley 4: 1st V70 Ted Orrell (72nd) 34.59

Garstang Gallop 10K: 1st V50 Steve White (18th) 42.45; 1st V55 Jeff Pickup (20th) 43.09

Wray Scarecrow 10K: 1st V65 Richard Lawson (59th) 46.54

John Metcalfe 3M: 1st V45 Tony Chew (4th) 16.50; 1st V50 John Roche (8th) 17.47;
1st LV50 Irene Roche (34th) 21.39

Kirbymoorside 10K: 1st V60 Barry Mitchell (36th) 41.09

Salford 5K: 1st V50 Roger Brewster (20th) 18.07; 1st V70 Ron Hill (103rd) 24.43

Paul Healey

MILESTONES			
Age			Service
7 th	Zac Jordan	13 years	Martin Clark 30 years
14 th	Peter Butterworth	60 years	Alex Cran 10 years
15 th	Bethany Quinn	16 years	Susan Farnworth 10 years
16 th	Holly Reynolds	14 years	Keiron Mitchell 10 years
26 th	Phil Chippendale	65 years	Tracy Mitchell 10 years
30 th	Matilda Burnie	13 years	Irene Roche 10 years
			Ralph Baines 5 years



Paul L Walsh
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LOOKERS RIBBLE VALLEY 10K
31st DECEMBER 1989

A GOOD TURNOUT FOR THE LAST RACE OF THE DECADE, A SUPER RUN BY TONY TO FINISH SECOND AND A GOOD WIN BY VANESSA IN THE LADIES, CHERYL A BRILLIANT THIRD ONLY EIGHT SECONDS BEHIND VANESSA AND ONLY LOSING OUT TO KATHY DRAKE ON THE LINE.

1	A. GEDDES (LOUGH)	30.38
2	T. CHEM	30.47
12	D. WILSON (V)	32.17
16	C. CUNLIFFE	32.36
19	M. WIGHTMAN	32.39
20	T. WATKINS	32.41
21	M. HARGREAVES (V)	32.45
22	R. LEES	32.49
25	M. BRIGGS	32.59
37	P. LAMBERT	33.54
43	J. O'CONNOR	34.06
45	K. LEWIS	34.25
56	J. TAYLOR	35.02
57	C. NEWMAN (V)	35.04
60	A. SPEAK (V)	35.11
61	D. HARGREAVES	35.16
62	M. O'CONNOR	35.24
66	M. BRADY	35.30
68	M. GREEN	35.31
69	M. WRIGHT (V)	35.32
70	J. BLACKHALL (V)	35.35
73	F. DELBOND	35.40
74	I. WRIGHT	35.40
75	D. SCOTT (V)	35.41
76	K. HAYES	35.42
82	I. CAMPBELL	35.48
90	I. BEVERLEY (V)	36.02
91	J. NOLAN (V)	36.03
95	R. MITCHELL	36.13
96	T. KUBITSCHUK (V)	36.15

RIBBLE VALLEY 10K CONT

99	P. HOPKINGTON	36.19
100	A. WALMSLEY	36.19
106	V. BRIDGALE 1stL	36.31
107	R. TRETTL	36.32
108	A. GILDEA	36.34
110	A. HEMWOOD	36.37
113	C. COOK 3rdL	36.39
114	P. COOK	36.39
123	P. BRENNAN	37.03
124	D. O'BRIEN (V)	37.06
125	F. SADDINGTON	37.08
129	C. TAYLOR (V)	37.23
131	P. BUTTSMORTH	37.25
134	K. COCKSON	37.31
135	A. EYTON	37.32
136	D. BAMBER	37.34
138	R. HIRST	37.37
140	E. HIPPWISTLE (V)	37.48
142	R. MARTIN	37.54
145	R. DEHURST (V)	38.01
150	J. BLACKBURN L	38.07
153	L. SULLIVAN (V)	38.09
154	D. COO (V)	38.10
157	M. RAINE (V)	38.16
160	M. JES	38.18
162	T. TARGETT (V)	38.20
163	R. HILL (V)	38.22
164	G. THOMPSON	38.24
165	L. NASH (V)	38.25
167	R. JACQUES (V)	38.28
168	A. WHITMAN (V)	38.29
176	S. HOLDEN	38.39
178	B. BROWN (V)	38.42
179	A. FONEY	38.42
183	A. RILEY (V)	38.47
185	M. MUTTER	38.51
190	J. RAMSEY	38.54
192	R. FORREST	38.58
193	J. GREENWOOD (V)	38.59
198	W. BELL (V)	39.12
202	P. GROGNA (V)	39.18
207	J. McGUIRE	39.25
209	A. ASHWORTH 1stV60	39.30
210	D. BLACK (V)	39.30
212	M. PENSON (V)	39.30
213	P. HEALY (V)	39.40
216	J. BETNEY (V)	39.44
221	A. DAY	39.51
225	T. PATE (V)	40.02
226	E. GRIMSHAW	40.06
229	F. MALLETT (V)	40.20
230	E. HOARE (V)	40.24
232	BOB. HARGREAVES (V)	40.29
235	A. MITCHELL	40.35
249	P. WOOD L	41.01
255	H. WANNING (V)	41.17
256	M. HYATT (V)	41.17
257	C. CAMPBELL L	41.23

RIBBLE VALLEY 10K 1989
Last month's photo from this race clearly didn't show all the Clayton runners. The results from the newsletter reveal that 129 members ran—many are running still; albeit a little more slowly. See how many you can spot.

RIBBLE VALLEY 10K CONT

259	G. LAYCOCK	41.21
261	K. THOMPSON L	41.32
269	V. BILLINGTON	41.50
272	A. LEE L	41.53
273	J. DAVIES	41.54
291	P. HINDLE	42.41
295	D. BROWN (V)	42.45
296	D. CLOUGH	42.50
299	B. LEANLEY (V)	42.58
301	T. HEATON (V)	43.02
303	G. LEYLAND	43.06
304	K. ROGAN	43.07
307	L. WRIGHT L	43.17
309	G. WILLIAMS	43.21
310	F. FARRELL (V)	43.23
318	R. LAWSON (V)	43.40
320	D. ASPDEN	43.42
322	L. JACKSON (V)	43.44
324	J. JACKSON L	43.47
329	D. NICHOLS	43.54
333	A. MACAULEY (V)	44.06
337	S. TURNER	44.19
340	E. WOODHEAD L	44.31
344	K. WALLEY L	44.38
349	C. LENTHLEY L	44.55
362	F. WALSH (V)	45.35
364	P. CHIPPENDALE (V)	45.53
365	V. RAMSEY L	45.56
369	K. TAYLOR L	46.03
378	F. FENWICK	47.09
379	A. ANDERSON (V)	47.12
380	B. SINGLETON (V)	47.16
383	J. TAYLOR L	47.29
397	R. NORMINGTON L	48.18
428	B. ROBINSON L	52.00
435	C. WALMSLEY L	52.39
440	J. BAILEY L	53.42
441	J. CUNLIFFE L	54.02
447	M. HILL (V)	55.51
451	B. LORD	57.11
454	H. SMITH (V)	63.30

457 FINISHED

Calderdale Way Relay 2014 Christopher Holdsworth

As Leg 1's cars pulled into The Ram Inn car park, each occupant's gaze was met with the same knowing look. What were we doing at 6am in the morning outside a sodding pub – It could only mean one thing... It's relay time!

With the members of Leg 1 all cursing the captain for choosing us to take the fall for the 8am start, in reality, we were all excited by the race ahead. Arriving at the venue brought us the news that Russell had chosen not to bring his Clayton-le-Moors Harriers top, instead he rummaged through Lee's, modelling his latest range in baseball gloves and helmets. Once bum bags were fixed, supplements supped, we were out on the start line ready to begin.

The sound of a whistle brought the race to a start, signalling a mass sprint up the embankment. The noise in the air ceased, deafness dropped and the only sound to be heard was the rustle of race numbers complementing the passing flow of the river. Once we ushered ourselves around the early bend, the pairs from each club began to filter into the bottleneck through the woods. Only being able to achieve the same speed as the runner ahead, gave the 10 mile leg a nice and steady introduction, from which we were able to build on. Reaching the field at the top of the trail was where Spencer and I began to deploy our game plan. Take it easy, reel 'em in, move on to the next. The pairs began to fall behind with only a few remaining ahead, with one in particular becoming the source for our own particular personal battle.

Having only recce'd the leg once, we were still a little unsure as to which route was correct. Not wanting to rely on the runners behind, Spencer made it our objective to stay with the runners from Tring. Eventually we caught up with them on our descent through Ripponden where the back and forth battle begun. Having just been fed a glucose sweet or two, I was on a sugar-induced high. I'm not quite sure if I sprinted the next few hills or teleported. Once we'd passed Ripponden, Spencer and I hit our stride up the continuous road to the moorland. Steadily, we began to gain a comfortable lead on the boys from Tring.

Again, navigation issues arose which allowed our competition to retake the lead. We were around 7 miles in and my energy was now spent. My only goal was to keep up with Spencer, a goal which was becoming a little unattainable towards the ruins overlooked by Stoodley Pike. He announced 'I'm 'avin one of these lads, the rest is up to you'. Not wanting to be the disappointment that would take Spencer's trademark smile, I pushed on through the hip pains and kept my place just in front of the other lagging Tring member.

All of a sudden it hit me, we had only half a mile to go and we were neck and neck. Adrenaline, the like I had never felt before, kicked in and I stormed past all three runners, tackling one of the most treacherous and slippy pathways I'd ever experienced. The danger didn't matter, broken ankles didn't matter – after this 7 mile solitary battle, we simply had to prevail. At one point I even managed to cuff my hand on barbed wire, taking my glove clean off. That glove was good and gone, I was in the zone and I wasn't stopping for anything.

[continued on p 26]

**JUNIOR NEWS
&
JUNIOR RUNNER OF THE MONTH
APRIL
FINLEY STUBBS**

**For a brilliant 2nd place finish at Pendle.
Finley has been a junior member for over three years now
and attends our Thursday training sessions. He performs
particularly well on the fells which saw him finish 2nd U8
boy at Pendle.
WELL DONE!**

RESULTS

Pendle Junior Fell Race

U8 33 Runners		06-Apr-14		
Name	Club	Pos	Cat Pos	Time
Billy Smith	Rosendale H	1st Boy	1st M8	2.45
Finley Stubbs		2nd Boy	1st M7	3.00
Joshua McKay		12th Boy	2nd M6	3.36
U10 81 Runners				
James Bowen	Ambleside AC	1st Boy	1st M9	4.45
Jackson McKay		6th Boy	5th M9	5.12
Christopher Brown		9th Boy	7th M9	5.15
Oleisa Winder	Hoad Hill H	1st Girl	1st F8	5.24
Ella Dorrington		12th Girl	7th F9	6.15
Amelia Dugdale		19th Girl	13th F9	6.36
Grace Root		25th Girl	8th F8	6.46
Eloise Clegg		26th Girl	16th F9	6.47
Lydia Wood		39th Girl	23rd F9	9.34
U12 75 Runners				
Samuel E Almond	Eden Runners	1st Boy	1st M11	13.35
Briony Holt		3rd Girl	2nd F11	16.25
Millie Stubbs		15th Girl	7th F11	18.39
Harry Mason		32nd Boy	12th M11	19.14
Adam Quinn		37th Boy	14th M11	19.35
Daniel Bradley		43rd Boy	18th M11	22.54
U14 70 Runners				
Nathan Smith	City of York	1st Boy	1st M13	18.20
Tom Bradley		20th Boy	14th M13	22.04
Poppy Cooke	Leeds City AC	1st Girl	1st F12	21.48
Alice Pier		19th Girl	5th F13	25.14
Eleanor Root		22nd Girl	16th F12	25.38

U16 52 Runners					
C J Richards	Helm Hill	1st Boy	1st M15	21.02	
Jordan McDonald		11th Boy	8th M15	24.19	
Curtis Holt		20th Boy	9th M14	28.10	
Elizabeth Greenwood	Blackburn H	1st Girl	1st F15	23.15	
Beth Quinn		30th Girl	10th F15	36.42	
U18 24 Runners					
Jack Wills	Middlesbro	1st Boy	1st M16	27.15	
Jacob Boyle		6th Boy	3rd M17	30.07	
George Pier		17th Boy	12th M16	40.39	

Rivington Pike Junior Fell Race 19-Apr-14

U8 31 Runners					
Tom White	Unatt	1st	1st Boy	4.16	
Clara Samson	Helm Hill	4th	1st Girl	4.31	
Rachel Stevenson		24th	11th Girl	5.30	
U10 65 Runners					
Cian Healy	Horwich RMI	1st Girl	1st Boy	6.23	
Jackson McKay		5th	5th Boy	6.48	
Oleisa Winder	Hoad Hill H	11th	1st Girl	7.05	
Keira Stevenson		48th	21st Girl	8.44	
Amelia Dugdale		50th	23rd Girl	8.53	
U12 79 Runners					
Sam Almond	Eden Runners	1st	1st Boy	9.16	
Chloe Rylance	Ambleside	7th	1st Girl	10.16	
Briony Holt		11th	2nd Girl	10.24	
Adam Stevenson		34th	27th Boy	11.21	
Adam Quinn		37th	29th Boy	11.26	
Millie Stubbs		49th	16th Girl	12.09	
Daniel Bradley		66th	40th Boy	12.47	
U14 76 Runners					
Joshua Boyle	Hyndburn	1st	1st Boy	13.01	
Tom Bradley		23rd	23rd Boy	15.07	
Esme Davies	Eden Harriers	25th	1st Girl	15.13	
Simon Wilshaw		45th	26th Boy	16.39	
Ryan Clarke		51st	38th Boy	17.26	
Alice Pier		73rd	30th Girl	20.26	
U16 55 Runners					
Chris Richards	Helm Hill	1st	1st Boy	12.54	
Elizabeth Greenwood	Blackburn H	17th	1st Girl	14.37	
Curtis Holt		34th	24th Boy	16.10	
Beth Quinn		54th	25th Girl	20.26	

Hollingworth Lake 5K		134 Runners	21-Apr-14		
Ian McBride	Salford		1st	1st M	15.51
Bev Simons	Salford		18th	1st F	19.12
Kenan Eti			47th	43rd M	21.17
Beth Quinn			75th	13th F	23.29
Alice Pier			79th	15th F	23.59

Hollingworth Lake Golden Mile		46 Runners	21-Apr-14		
Eddie Martin	Halifax		1st	1st M	6.20
Isaac Wilkinson			3rd	3rd MJ	7.16
Adam Stevenson			4th	4th MJ	7.23
Jenna Cartwright	Bury AC		6th	1st FJ	7.29
Keira Stevenson			13th	4th FJ	8.18
Lucy Stevenson			19th	6th FJ	8.48
Rachel Stevenson			27th	10th FJ	10.16

Burnley Parkrun 5K		Age	PBs
Leon Passxo		15	17.50
Alexander Townrow		13	21.10
Millie Stubbs		11	23.26

CLAYTON JUNIORS' TRAINING

Thursday Training; Spirit of Sport, 6.00-7.00. This is an indoor circuit session to improve speed and agility. Cost £2

Saturday Training; 08.45 at Towneley Park for endurance running and/or Parkrun. Please bring clothing that is suitable for the weather and running conditions.

Age Limits for Training Sessions; There's no minimum age limit to be a junior member of Clayton Harriers (although the minimum age to compete in a Fell race is six years on race day) however we have decided to apply a minimum age to attend the coached training sessions. Juniors must be in school year 5 or above. This applies only to new recruits not to those already attending.

The main reason for this change is that most juniors below this age limit struggle to maintain focus during structured coaching (especially endurance work) and gain little from the session. We appreciate that there are exceptions to this however, they are fairly rare.

EMAIL ADDRESS FOR JUNIORS:

claytonjuniors@gmail.com

Mearley Clough 2014

The last time it rained at Mearley Clough was 13 years ago, although this year was a close call. After a heavy hailstone storm at 1 o'clock, fortunately just before we were about to flag the course, and after several days of heavy rain the route was the wettest it has ever been. After inspection of the fell wall stile it was deemed unsafe, so yet again a new course had to be found, but, in true fell running style I made it tougher. I got called a few names that can't be printed but I took them as compliments. So thanks.

Amazingly 139 runners turned up. This created a slight problem with parking, the field being too wet to use. The pub helped out with some of their space and the rest went up the old road. Unhappily the verges were very soft up there and an upset resident who looks after them called me about it. So I've just spent the morning getting rid of the ruts and scraping the road clear of mud.

Jack Smith took the honours by 18 seconds from three-times winner Darren Kay, who had led all the way round until the last three fields, setting the target for next year at 30.29.

Victoria Wilkinson took first place for the ladies in 34.33. Last year's winner, Under 16 Ellie Lambert, came second. Victoria's time was inside Blue Haywod's 2006 record, which was over a slightly shorter course and about 100' less climb, so won a night for 2 at the Calf's Head.

The Calf's Head has looked after us for 15 years and again provide us all with a complimentary pasta supper. Feeding 139 runners plus marshals is support that is greatly appreciated. So a big thank you to them and all the marshals who helped on the day. As ever, no race would happen without them.

Hope to see you next year at a sunny Mearley Clough

Geoff Newsam

[Results in July Harrier]

Tuesday Summer Training Venues April-September 2014

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

Date	Time	Venue
3, 10*, 17, 24 June	7.00pm	Village Square, Worsthorne
1, 8*, 15, 22, 29 July	7.00pm	Calf's Head Hotel, Worston
5, 12, 19, 26* August	7.00pm	Peel Park Hotel, Accrington
2, 9*, 16, 23, 30 September	6.30pm	Sabden Village Car Park

* Summer Series Race

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

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

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

As in previous years, there will also be summer training with Mr Roche from Worsthorne (June & July only).

Meet at 6.30pm in Worsthorne Village Square for runs on the local tracks and trails.

See page 39 for details of 2014 Summer Series Races.

Beginners Training

Monday: 6.00pm at Towneley Park

(meet in the car park next to the Children's Playground).

For further details please contact John Roche 01282 431959

Thursday Training

- 1) Structured training led by John Roche from Towneley Park
(meet in the car park next to the Children's Playground)

Beginners meet at 6:00pm

Experienced runners meet at 6:30pm for 6:45pm start

All abilities and all runners are welcome.

- 2) Training run from The Memorial Park, Church Lane, Great Harwood. 6.30pm
Run the tracks and trails around Whalley Nab, Billington Moor, Dean Clough and Read Hall.

- 3) Ladies Training

All runs start at 7pm. Contact the host (list below) for details of the location. Or, contact Linda Bostock 01282 816269 for more information. If you want to host a run please ring Linda. If you have not been for a few weeks please ring to check as venues can change.

05/06/14	Sue Allen	07783998231
12/06/14	Jean Brown	01200 440880
19/06/14	Christine Leathley	01282 694941
26/06/14	Linda Bostock	01282 816269

All Ladies are welcome.

Calderdale Way Relay Report (continued)

Thankfully, Spencer retrieved my glove straight away, reminding me after that I might have needed it for an end of race kit check. My legs now not working properly meant I could no longer turn around bends. This made it very difficult when there was s-bend after s-bend. However, Spencer's 'gentle' roar for me to go in the right direction made me do exactly that. In the end, we managed to finish our leg in 01:18:17, less than a minute and a half behind 3rd placed Barlick.

We were greeted well by the Clayton-le-Moors welcome party. The air was warm yet the monsoon-esque weather set in. Here, we sent Dave Motley and Andrew Stubbs on their way...

'9am and Me & Mr Stubbs are waiting for the A team to finish their leg, would they be in 1st, 2nd, 3rd? had they got lost? The suspense is all too much. Warm ups continue in the lashing rain and the Leg 1 boys come through in 4th. We set off hard up the hill to the reservoir hoping to chase down or make some time up on 3rd place, but that soon went out of the window when we took a wrong turn and ended up just off course probably losing 1min or so. Next we had a strong climb up and over Stoodley Pike with me taking advantage of the descent knowing full well that Mr Stubbs flat speed would allow him to catch up. Twists & turns through the farms, into Todmorden centre, over the train tracks and back up the hill before the long descent into the sports centre. Overall the leg went well; however I ran 4mins slower than last year with the combination of wrong turns (ensure recce next time), slight injury problems and poor boggy condition under foot possibly to blame. We came back in 4th but lost a few minutes on 3rd' – Dave Motley

Losing ground on 3rd meant Clayton-le-Moors Harriers would have to focus their efforts on consolidating 4th place. It was over to Garry Wilkinson and Jacob Boyle on the 3rd leg...

'Jacob and I set off in fourth place with a chasing gap of seven and a half minutes to third. Although the young pretender Jacob (32 years my junior) forced the early pace my experience showed as we ran quicker than the 2nd and 3rd team and gained 7th fastest leg of the day. I think this was my swan song with the seniors ... but what a way to finish. Cheers Jacob' – Garry Wilkinson

With Jacob and Garry making good pace, it was a swift hand over to Tom Brewster and Ryan Belshaw for the 4th leg...

'We set off on leg 4 in high spirits having handed off from Garry and Jacob in 4th place. After a mile or so the mood sobered as we came to terms with the task ahead of us; 10miles of boggy moor and heavy rain showers to contend with, while attempting to chase down 3rd place Barlick Fell Runners and keeping 5th place Todmorden far enough behind so as not to worry us! The relentless climbing strength of the ex-marine Ryan coupled with the flat-terrain speed of Road Captain Tom proved to be a good mix as we matched each other along the entire route, maintaining 4th place after the gruelling hilly leg. Elation at the end of the leg momentarily turned to concern as blood was discovered on Tom's vest. However, this swiftly turned to amusement when it was revealed to be caused by improper lubrication of certain areas of the chest' – Tom Brewster

Things were getting quite tense now. Lungs burning, nipples raw; we were on for a pivotal battle with Todmorden. Paul Shackleton and David Walker took the reins in Leg 5...

'It was cold, wet and bleak at Wainstalls and we didn't want to get out of the car. One of the lads said: "You wouldn't want to live up here would you? ". "No." Barlick Fell

Runners came and went and about ten minutes later we were off in 4th place with me still wearing my jacket. (You feel the cold more at my age.) With about ninety seconds lead on Todmorden Harriers and Calder Valley's B team, we set off steadily; we didn't have much choice as we slopped through the first couple of miles. Tod and CV closed in but I don't like being passed in a relay and neither does David. We dug in and on the climbs pulled away, only to be caught again on the better ground. With a mile to go Calder Valley dropped back and at a busy road crossing with half a mile to go Tod' got away. We didn't exactly do 'Stop, Look and Listen' but we didn't want to get run over either and the Tod' lads got a few yards advantage which they kept to the finish. We handed over in 5th place. 60.22, 8th fastest on the leg. Somewhere in first few miles, my car key fell out of my bum bag, which almost spoiled a great day, but not quite' – Paul Shackleton

Hearts were now in mouths. With Todmorden now leading the way, it was up to our speedy duo Breton Holdsworth and Jonny McKenna to save the day in Leg 6. The race was on...

'After what seemed like forever stood there dithering in my vest, we were off chasing down Todmorden Harriers A team who had a very slight lead. We soon caught them in the woods and overtook them, then Jonny took a nice sliding dive on a right hander over a bridge. Exactly the same place that Matt Lalor slipped on the same leg with me last year. (I'm becoming a bit of an omen.) We were still in front and opening up a comfortable lead, then we came to a road crossing where we lost some ground waiting for an opening in the traffic. Not to worry, we shot off again still in the lead, upon where we came out onto the road in Bailiff Bridge. Out of nowhere Todmorden appeared on our shoulders, which then spurred us on again up the hill onto Birkhouse Lane as we followed it round (as per CWR instructions). The Tod duo then appeared right on our shoulders again, via an unmade track? As most people know I'm not bitter about shortcuts, not that I'm accusing anyone of course. We were still keeping the lead by this point and after we turned into the field past the bungalow we didn't see them again until, Boom! they were right behind us on the canal path going through Brighthouse.

It was then neck and neck all the way through the next couple of miles of climbing, which to be fair if I could've matched Jonny we would have been able to open up another comfortable lead. They started to pull away once we hit the tarmac, though I was pretty confident we would be able to drag some distance back. For people that aren't accustomed to this leg, we had just spent the last couple of miles gaining just over 500ft of elevation, which then means the next mile and a half was nearly 500ft of descent down tarmac and cobbles which fairly trashed my quads, resulting in jelly legs for the final flat. We still had them in our sights going along the canal and then back onto the final stretch along the road to the finish line. We put in another couple of pushes but ran out of ground (if only we had a few more miles) So we started the leg in 5th overall and finished in 5th overall just gutted we couldn't secure 4th' – Breton Holdsworth

And so, 4th place wasn't to be. Unfortunately the underdog story goes to Todmorden for their plucky effort to turn around a 15 minute deficit. Nevertheless, the effort shown from all runners across the 6 legs was monumental.

Just as it was for team 2 and the ladies. Clayton-le-Moors B finished brilliantly with an improved position on last year. Coming 26th overall, the day started with the duo of Lee Smith and Russell Clarke. Although they managed a half time extra lap, they finished their leg with a respectable time of 01:37:03.

[continued over...]

Calderdale Way Relay Report (continued)

Next up were Michael O'Donnell and Paul Wale for Leg 2. Quick off the blocks, they also had a fine run with a time of 01:22:00. They passed the baton to promising young superstars Jordan McDonald and George Pier. They achieved an excellent time of 45:44. Well done boys! On the 4th leg was the top pairing of David Bagot and Neil Hardiman. Their run lasted for only 01:22:54 before they passed on to John Wilcock and Adam Shaw in the 5th leg. They managed a storming 18th position for their leg, handing over to 6th in a time of 01:06:15. The last leg consisted of the battlers Dominic Carr and Richard Briscoe, bringing us home in 26th posting a time of 01:21:32, rounding off an excellent day for Clayton-le-Moors B.

But we didn't stop there...

Our ladies were out in force too, and boy did they deliver! They managed a 61st placed finish overall. They started the day with Captain Jean Brown and Barbara Savage, who got us off to a solid start with a time of 01:52:39. They transferred the racing duties to Vicky Heys and Angela Shian, who managed a brilliant time of 01:30:24. A superb effort for this notoriously hilly leg. On the 3rd leg was Julia Rushton and Linda Lord, keeping us steady recording a time of 56:40. The baton was passed on to Alison Dugdale and Anna Kelly for the 4th leg. Racing home in 01:33:02, they handed over to Lisa Richardson and Rebecca Rawcliffe for the penultimate leg. Their leg ended in 01:24:45 where they handed over to Lorraine Slater and Nic McNamara for the final leg. The ladies wrapped up the day in 09:00:51 with the final duo posting a time of 01:43:21. Brilliant stuff!

Christopher Holdsworth

CLUB CHAMPIONSHIP 2014

Cross Country (best 2 races from 3)

4 January – Lancs County Championship

Two Mid-Lancs fixtures in Autumn (to be decided when Mid-Lancs dates known)

Fell (best 3 races from 5)

Thu 19 June 19.15 Aggies Staircase 4M/1150' (AS) Punstock Road, Darwen
£4.00 eod www.dashers.org.uk/

Sun 10 Aug 10.30 Boulsworth Fell 7.5M/1300' (BM) Trawden Rec
£5.00 eod www.trawdenac.co.uk/ also P&B Grand Prix

Final race in Autumn to be decided when Mid-Lancs XC dates known (may well be Tour of Pendle (AL))

Road (best 3 races from 5)

Sat 27 July 11.00 Towneley 10K Towneley Park, Burnley
£5.00 pre-entry & eod P&B Grand Prix

Thu 25 Sept 18.45 Ron Hill 5K Cock & Magpie, Cock Hall Lane, Whitworth, OL12 8BJ
£7 +£2 on night if places www.ukresults.net/14sep.html#ronhill

Final race in Autumn to be decided when Mid-Lancs XC dates known (may well be Guys 10)

RESULTS

MULTI TERRAIN

Joe Salt Memorial 5K Cwm Res

9th April

1	I Grimes	Newham & EB	16.27
28	Emma Wood	Howgill H	20.42
42	M Brady	M50	22.22
86	R Chappell	M65	26.43
105 ran			

Guiseley Gallop MT 10K

20th April

1	T Adams	Ilkley H	33.59
174	M Brady	M50	51.33
462 finished			

ROAD

Garstang Gallop 10K

13th April

1	A Bowness	Ellenborough	34.15
13	S Biscoomb	1st M60	43.06
15	Sharon Dixon	GHHH	43.25
26	B Wildman	M45	47.03
30	M Brady	M50	47.48
70	R Chappell	M65	56.47
96 ran			

Cannonball 5K Littleborough

2nd April

1	A Whitham	CVFR	17.01
2	T Brewster		17.26
5	N Gaskell	2nd M40	18.29
33	A Clarkson	M55	22.57
71	Nicola Kay		33.33
71 ran			

Bolton 10K

13th April

443	K O'Brien	M70	60.21
627 ran			

Calder Vale 4M

18th April

1	G Holme	Baildon Runners	23.05
17	J McGuire	M55	36.46
59 ran			

Calder Vale 10M

18th April

1	P Brannigan	M45 Tod H	59.56 !!!
4	Angela Leck	Wellington Scottish	62.35
48	B Wildman	M45	77.09
155	R Hirst	M60	114.36
159 ran			

Salford 10K

18th April

1	M Aspinall	Tipton H	30.03
44	Jess Coulson	Stockport AC	34.10
179	S Biscoomb	3rd M60	40.26
574 ran			

96th Burnley Park Run

19th April

1	M Hartley	Staffs Moorlands	16.20
3	Leon Passco	JM 15-17	18.17
5	P Brannon	M55	19.08 PB
12	S Clare	n dog	20.04
20	Alex Townrow	JM 11-14	21.10 PB
58	Tina Lewis	F50	23.51
82	Donna Scott	F45	25.38
84	R Lawson	M70	25.50
96	Jackie Kershaw	F40	26.33
113	Annabel Wilcock	JF 11-14	28.02
114	J Wilcock	M50	28.03
121	R Hirst	M60	28.30
129	Christine Egerton	F60	29.41
139	Christine Leathley	W65	30.18
159	Lucy Stevenson	JF 11-14	31.20
163	Nicola Kay		31.44
192 ran			

Valiant's Half Marathon

19th April

1	J Mee	Heanor RC	1.07.58
137	G Kissack	M60	2.43.06
138 finished			

Hollingworth Lake 1 Mile**21st April**

1	E Martin	Halifax H	6.20
4	Adam Srevenson		7.23
13	Keira Stevenson		8.18
19	Lucy Stevenson		8.48
27	Rachel Stevenson		10.16
	46 ran		

Hollingworth Lake 5K**21st April**

1.	I McBride	Royton RR	15.51
18	Bev Simons	W40 Salford H	19.12
31	S Biscomb	1st M60	20.18
47	Kenan Eti	JM	21.17
61	A Clarkson	M55	22.03
75	Beth Quinn	JF	23.29
79	Alice Pier	JF	23.59
94	Jackie Kershaw	F40	25.53
108	Marion Wilkinson	1 st F70	27.37
	134 ran		

St George's Day 10K Gt Langdale

1	J Fletcher	Border H	33.21
5	B Holdsworth		35.48
	197 ran		

FELL**Liver Hill 1/4/2014****BS: 4.3m, 820ft**

1	Liam Burthem	Warrington AC	34:25
19	Caitlin Rice	Glossopdale	39:55
35	Richard Briscoe		42:00
44	Mick Dobson	V40	42:51
57	Mark Nutter	V50	44:01
63	Mark Taylor		44:57
74	Mark Dugdale	V50	46:36
76	Andrew Howarth	V50	46:44
104	Martin Griffin	V50	52:25
106	Stephen Fish	V60	52:54
118	Nichola Horsfall	LV55	53:56
	154 finished, including 40 ladies.		

Pendle 5/4/2014**AS: 4.5m, 1500ft****Ladies**

1	Victoria Wilkinson	Bingley	38:54
34	Jean Brown	LV45	46:03
69	Wendy Dodds	2nd LV60	50:25
85	Alison Dugdale	LV40	53:21
105	Linda Lord	1st LV65	55:54
113	Katy Thompson	LV60	58:56
118	Nichola Horsfall	LV55	59:52
133	Karin Goss	LV65	1:03:48
	139 finished.		

Men

1	Tom Addison	Helm Hill	32:55
50	Spencer Riley		38:00
68	Chris. Holdsworth		38:53
72	Matt Perry		39:09
115	Andrew Stubbs	V40	41:35
131	David Bagot		42:15
136	Paul Shackleton	V50	42:26
160	Geoff Gough	V50	43:22
164	Brian Horrocks	V50	43:29
184	Jack Holt	V60	44:53
194	Dominic Carr	V40	45:18
198	Richard Briscoe		45:22
200	Mick Dobson	V40	45:40
235	Mark Nutter	V50	47:47
243	Peter Browning	V50	48:34
244	Kieran Carr	V60	48:38
247	Mark Taylor		49:34
273	Dugald Mccallum	V60	51:00
276	Andrew Dugdale	V50	51:14
286	Ian Connell	V40	52:21
303	Peter Dugdale	V50	53:49
309	Andrew Firth	V50	54:39
326	Stephen Fish	V60	58:10
	341 finished		

Coledale Horseshoe 12/4/2014**AM: 8.5m, 3000ft**

1	Rob Jebb	Bingley H	1:12:20
28	Pippa Maddams	Keswick Ac	1:25:43
34	Garry Wilkinson	V40	1:28:03
38	David Bagot		1:29:10
76	Neil Hardiman	V40	1:35:02
94	Brian Horrocks	V50	1:37:49
111	Jean Brown	3rd LV40	1:39:56
121	Mick Dobson	V40	1:40:34
130	Sean Clare	V40	1:42:12
134	Andy Bradley	V40	1:43:05
139	Mark Nutter	V50	1:43:28
147	Richard Briscoe		1:45:08
159	Peter Browning	V50	1:48:01
161	Wendy Dodds	1 st LV60	1:48:11
201	Ian Connell	V50	1:55:42
211	Alison Dugdale	LV40	1:56:24
213	Barbara Savage	LV50	1:56:46
219	David Horrocks	V50	1:57:41
221	Graham Eccles	V50	1:58:22
224	Andy Firth	V50	2:1:42
238	Marion Dixon	LV40	2:03:39
241	Vicky Heys	LV40	2:03:58
252	Katie Thompson	LV60	2:06:47
262	Angela Shian	L	2:13:05

274 finished, including 50 ladies.

Boulsworth Bog 13/4/2014**BM: 8.2m, 1400ft**

1	Nick Charlesworth	V45	
			Wharfedale 52:30
20	Alan Life	V45	1:01:36
35	Jeffrey Pickup	1 st V60	1:06:22
40	Karen Forster	CVFR	1:08:29
45	Gary Balmer	V45	1:09:38

76 finished, including 12 ladies.

Loughrigg 16/4/2014**AS: 4m, 1100ft**

1	Tom Addison	Helm Hill	26:10
32	Fiona Bunn	Abingdon Ac	32:44
195	Eileen Jones	LV60	59:07

195 finished, including 47 ladies.

Orchan Rocks 29/4/2014**AS: 3.4m, 920ft**

1	Shaun Godsman	V40 Calder Valley	
			21:59
33	Rebecca Patrick	Tod Harriers	
			29:27
39	Andrew Dugdale	V50	30:56
43	Rick Moore	V50	31:33
48	Peter Dugdale	V50	34:24
50	Stephen Fish	V60	36:14
53	Robert Hirst	V60	41:49

53 finished, including 4 ladies

ENGLISH FELL RUNNING CHAMPIONSHIPS 2014

Sat 7th June 11.00	Ennerdale Horseshoe AL 23M/7500' Ennerdale Scout Camp £11.00 pre-entry www.cfra.co.uk/
Sun 20th July 13.00	Kentmere Horseshoe AM 12.3M/3300' Kentmere Village Hall £10.00 pre-entry www.peteblandsports.co.uk/
Sun 17th August 11.00	Sedbergh Hills AL 14M/6000' People's Hall, Howgill Lane, Sedbergh. £6.00 pre-entry www.kendalac.co.uk/
Sat 13th Sept 12.30 Ladies 13.30 Men	Hodder Valley Show AS 4M/1500' The Showfield, Dunsop Bridge, Nr Clitheroe. BB7 3BG Pay £8 entry to Show, race included. www.bowlandfellrunners.org.uk/

BRITISH FELL RUNNING CHAMPIONSHIPS 2014

Sat 7th June 11.00	Ennerdale Horseshoe AL 23M/7500' Ennerdale Scout Camp £11.00 pre-entry www.cfra.co.uk/
Sat 28th June 14.00	Dollar Hill Race AM 9.3M/3400' Dollar Academy Cricket Pavilion, FK14 7DU. £5.00 pre-entry & eod www.ochillrunners.org.uk/
Sat 30th August 13.00	Maesgwm Muddle AM 8.7M/2800' Heights Hotel, Llanberis N Wales £5.00 pre-entry www.eryriharriers.org.uk/

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Pendle & Burnley Grand Prix 2014

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1	HAMELDON HILL FELL RACE Accrington Start:- BB5 6EW	Sunday 4th May 2014 6 mile 1100ft Fell Peel Park Pub, Turkey St, Accrington	Tel: 01254 237485 12.00pm
2	PINHAW TRAIL RACE Earby Cricket Club Start:- BB18 6NN	Friday 9th May 2014 5 mile 700 Multi Terrain Red Lion St	Tel: 07896210388 7.00pm
3	WHOLAN NOOK TRAIL RACE Burnley Start:- BB11 5AS	Wednesday 14th May 2014 5 miles Trail Waggoner's Inn, Manchester Rd, Burnley	Tel: 431959 7.00pm
4	BURNLEY LIONS 10k ROAD Colne Start:- BB8 0RF	Friday 23rd May 2014 2 Lap Road Colne Cricket Club	Tel: 702348 7.00pm
5	KELBROOK FELL RACE Nr Colne Start:- BB18 6UD	Saturday 31 st May 2014 3.4 mile 700 Fell St. Marys Church, Kelbrook	Tel: 07896210388 2.00pm
6	WEETS FELL RACE Barnoldswick Start:- BB185HE	Saturday 7th June 2014 Fell Race 1800ft Letcliffe Park	Tel: 07896210388 2.00pm
7	HENDON BROOK 13.5 MILES RACE Nelson Start:- BB9 8DG	Sunday 15th June 2014 Road/Hilly Very Tough 2100ft ascent Marsden Park Golf Course	Tel: 431959 11.00am
8	BURNLEY BOYS CLUB 5K ROAD RACE Burnley - Start:- BB10 1JQ	Sunday 29th June 2014 5K Road / Flat & Fast Barden Athletics Track, Burnley	Tel: 430251 11.00am
9	TODMORDEN 5K ROAD RACE Todmorden Park Start:- OL14 8EA	Thursday 10th July 2014 5K Road (5 laps on paths inside park) Hare & Hounds Pub	Tel: 01706 818820 7.15 pm
10	TRAWDEN 7 TRAIL RACE Trawden, Colne Start:- BB8 8RR	Sunday 13th July 2014 7 Miles Trail & Road Trawden Recreation Ground	Tel: 07743333647 11.00am
11	TOWNELEY PARK 10k ROAD RACE Burnley Start:- BB11 3RQ	Sunday 27 th July 2014 6 mile Road Stables Café Towneley Park Burnley	Tel: 431959 11.00am
12	WORSTHORNE MOOR TRAIL RACE Nr Burnley Start:- BB10 3NH	Sunday 3rd August 2014 7 mile 900 Multi Terrain Gorple Road, Worsthorne (Church)	Tel: 787570 11.00am
13	BOULSWORTH FELL RACE Trawden, Nr Colne Start:- BB8 8RR	Sunday 10th August 2014 7.5 mile Path/Bridleway/Fell Trawden Recreation Ground	Tel: 07743333647 10.30am



Event based on best 9 from 13 races with V60 & over age groups based on best 6 races

Presentation Evening will be held on 15th August start 7.00pm held at Burnley Football Club 1882 Lounge

FIXTURES

If you need further details of any of these races, contact Katy Thompson
Tel 01254 772013 Mob. 07940 250888 email
katy.thompson1@btinternet.com

JUNES' JAUNTS

- Sun 1st Edenfield FR BM 6.4m/1565' 10.30 am from Edenfield CC £4 eod
- Tues 3rd Paddy's Pole FR AS 3.7m/1100' 7.15pm Fell Foot, Chipping £5eod
- Wed 4th Littleborough 5K Race 3. 7pm from Wheatsheaf Pub,
Littleborough £5.50 + £1 eod www.cannonballevents.co.uk
- Thurs 5th Badger 10K Trail Run Race 1. 7.30 pm from Wildlife Trust HQ,
The Barn, Berkeley Drive, Bamber Bridge, Preston PR5 6BY
Also: 3rd July; 7th August £7.40 per race £18.30 for series
Henderson's End Fell Race BS 6m/980' 7.30 pm from Rivington
Hall Barn, Horwich £4 eod
Hebden Bridge FR BS 6m/150' 7.15pm from Calder Holmes Park
GR993270 £4 eod
Full Bronte 5 mile 7.30 pm Sun Hotel, Haworth £6 by 1st June
- Sat 7th Weets FR AS 5.5m/1800' 2pm from Letcliffe Park, Barnoldswick
£5 eod Race 6 in Pendle Grand Prix
**Ennerdale FR AL 23m/7500' 11am from Ennerdale Scout
Camp Pre-entry £11 British & English Champs**
Turner Uphill Junior Champs 1pm from Turner Hall Farm, Duddon
Valley broughtonrunners.org.uk
Wharfedale Off Road Half Marathon (13m/2300') 11 am from
Wharfedale RUFC Threshfield BD23 5BS £17.20 via Sportident
by 16/05 **No entry on the day**
www.wharfedalemarathonevents.com
NB Off Road Marathon cancelled
Pen-y-Ghent FR AS 5.9m/1850' 3pm from Horton-in-Ribblesdale
£4 eod
Lowe Alpine Mountain Marathon
- Sun 8th Morecambe 10K 11am Station Pub, Morecambe £10+£1 eod
- Tues 10th **Worsthorne Trail Race 5m/1000' 7pm from Village Green,
Worsthorne £4 eod Race 1 in Clayton Summer Series**
- Wed 11th Holcombe Two Towers AS 4m/1300' 7.15pm from Hare &
Hounds, Holcombe Brook GR779153 £3 eod
- Thurs 12th Walsh Two Lads BS 5.25m/900' from Bridge Inn, Horwich £5 eod
- Sun 15th Knowl Hill FR BM 6m/1300' 11am from Brown Cow, Norden,
Rochdale GR858146 £4 eod
Hendon Brook Half-marathon 11am from Hendon Brook School,
Nelson Pendle Grand Prix Race 7 £10
www.cannonballevents.co.uk/

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Tues 7th Bridestone FR AS 4.7m/1230' 7pm from Harley Wood Playing Field, Todmorden OL14 8EP £4 eod Reg'n ' Hare & Hounds

Wed 18th Horwich Jubilee Road Race 2 5m 7.30pm from Rivington Village Hall, Rivington, Horwich £5 Race 3 16th July; Race 4 20th August Online entry www.race-results.co.uk/
Coppice FR 5m/600' 7.15pm from Peel Park Hotel, Accrington £5 eod

Thurs 19th **Aggies Staircase Fell Race 4m/1150' 7.15pm Registration at Darwen Leisure Centre from 6pm £4 eod Club Fell Champs**

Fri 20th Wicken Hill Whizz AS 2.8m/1050' 7.30pm from Mytholmroyd Community Centre £4 eod

Sat 21st Reservoir Bogs FR BM 7.5m/1500' 11.30 am from Hare & Hounds, Chiserley GR005280 £4 eod Junior races U8 to U18 from 11.30
Clougha Pike FR AS 5m/1300' 3pm from Quernmore Village Crossroads, nr Lancaster GR520591 £1 + £2.50 entry to showfield
Buckden Pike AS 3.7m/1600' 2.30pm from Buckden Village Green GR 942773 £4 eod
Great Hill Fell Race 5.8/1575' 3pm from Brinscall Fete Field £4 pre-entry + £2 eod
Brown Wardle FR AS 1.9m/856' 2pm from Whitworth Scut, Longacres Lane, Whitworth OL12 8JS £3 eod
White Bear Way 10 or 21m 8.30 am from Adlington Scout HQ £4/£8 + £1 eod

Sun 22nd Tom Tittiman FR BS 4m/700' 12 noon from Hare & Hounds, Chiserley GR005280 £4 eod
Kinder Trog BL 16m/3500' 11am from Scout Hut, Hayfield GR035873 £5 eod www.cs.man.ac.uk/~temples/hc/#races
Freckleton Half-marathon 2pm from Bush Lane Playing Fields, Freckleton £17 at www.ukresults.net No EOD
Sotos 10k 11 am from Sea Cadets HQ, Fleetwood £7.50+£2 eod

Tues 24th Welcome Tavern 5K series Race 3 7 pm Walton-le-Dale, Preston PR5 5UL (Also 29 July) £6 + 2 eod

Wed 25th Harrock Hill (2) FR 5.2m/900' 7.30 pm from Farmers Arms, Bispham GR497130 £3.50

Thurs 26th Witton Park Trail Relay 3 x 3.65k 7pm £10 per team + £2 eod
Todmorden Park 5k Race 1 7.15pm Hare & Hounds, Burnley Rd, Todmorden £4.50/£15 for series Also 10/7, 24/7, 7/8

Sat 28th Darren Holloway Memorial Buttermere Horseshoe AL 22m/8251' 11am from Loweswater Village Hall GR140211 £10 pre-entry

Sun 29th Settle Hills FR BM 10.30am from North Ribblesdale RUFC, Settle BD24 9QH £5 eod
Burnley Boys Club 5k 11 am from Barden Track Burnley £5 eod
Race 8 in Pendle Grand Prix

JULY'S JOLLIES

- Wed 2nd Cragg Vale FR BS 4m/800' 7.30 pm from Cragg Church
GR999232 £5 eod
Chorley Harriers 4.4m Night Trail Series Race 2 Junior Race 7 pm
Seniors 7.30pm from Baron's Rest, Astley Village £4+£1 eod
Race 3. 6th Aug
Reston Scar Scamper FR AS 3.75m/985' 7.30 pm from Staveley
Mill Yard (next to Wilf's Café) £4
- Thurs 3rd Tockholes FR BS 5.8m/1100' 7.15 pm from Rock Inn,
Tockholes (GR662234) £4 eod only
Badger 10K Trail Run Race 2. 7.30 pm from Wildlife Trust HQ,
Berkeley Drive, Bamber Bridge, Preston PR5 6BY £7.40
Race 3. 7th Aug
- Sat 5th Tour de France Day 1 in Yorkshire
Heptonstall Festival FR AS 6m/1600' 11am from The Cross Inn,
Heptonstall £5 eod
- Sun 6th Tour de France Day 2 in Yorkshire
Skiddaw FR AM 9m/2700' 12.30pm Fitz Park, Keswick £6 eod
Langdale Gala FR 2m/300' 3.30 pm from Chapel Stile £1 eod
- Tues 8th **Uphill & Downhill Races 7pm from Calf's Head, Worston £4**
Races 2 & 3 in Clayton Summer Series
Stoodley Pike FR BS 3.25m/700' 7.30pm from Top Brink Inn,
Todmorden (GR996052) £4 eod
- Wed 9th Moleside Fell Race 4m/1000' 7.15pm from Peel Park Hotel,
Accrington £5 eod
- Thurs 10th Todmorden Park 5k series Race 2 7 pm from Hare & Hounds,
Burnley Rd. £4.50 + £1 eod Race 9 in Pendle Grand Prix
Bull Hill FR BS 5.5m/1100' 7.30 pm from Waggon & Horses,
Hawkshaw £4 Race 1 of Radcliffe 3-day Challenge
- Fri 11th Radcliffe Summer XC 5m 7pm from Giant Seat Scout Camp
M26 1EW £5 + £1 eod Race 2 of Radcliffe 3-day Challenge
Sedbergh Sports 3.5m/1300' 7 pm from Sedbergh Sports Field
GR672924 £4 eod howgillharriers.org.uk
Wharfedale TTT 3 day series on Tarmac, Trail & Tussock
Fri: 2.5m uphill road Sat: AM Fell Race Sun: AS Fell Race
See bingleyharriers.org.uk for details Junior races on Sunday
- Sat 12th Saunders LMM 2 day mountain marathon. slmm.org.uk
Radcliffe 5m Trail Race 1pm from Radcliffe Cricket Club £4
Race 3 of Radcliffe 3-day Challenge
Wasdale FR AL 21m/9000' 11am from Brackenclose, Wasdale
(GR184073) £10 pre-entry
- Sun 13th Trawden 7m Trail 11 am Trawden Recreation Ground £5
Race 10in Pendle grand Prix
Wharfedale TTT Junior Races 10.30 am
www.bingleyharriers.org.uk

- Wed 16th Ian Terry 5K 7 pm Cock & Magpie, Whitworth £4 + £1 eod
 Horwich Jubilee Road Race 3 5m 7.30pm from Rivington Village Hall, Rivington, Horwich £5 Race 4 20th August
 Widdop FR BM 7m/1200' 7.15pm from Pack Horse Inn, Widdop (GR952316) £4 Junior Races for U8 to U18 from 7.15pm
 Blisco Dash FR AS 5m/2133' 7 pm from ODG Langdale £1 eod
- Sat 19th Ingleborough FR AM 7m/2000' 3pm Community Centre, Ingleton (GR695731) £4
 RAB Dark & White MMM Lake District www.darkandwhite.co.uk
 Snowdon 10m/3300' 2pm Park Padarn, Llanberis pre-entry £30
- Sun 20th **Kentmere Horseshoe FR AM 12.3m/3300' 1pm from Kentmere Village Hall £10 pre-entry English Fell Champs**
 Holme Moss FR AL 16m/4200' 11am from Cartworth Moor Cricket Club, nr Holmfirth (GR134067) £6.50 pre-entry or £7 on day.
- Wed 23rd Harrock Hill (3) FR 5.2m/900' 7.30 pm from Farmers Arms, Bispham GR497130 £3.50
- Thurs 24th Todmorden Park 5k series Race 3 7pm Hare & Hounds, Burnley Rd. £4.50 + £1 eod
- Sat 26th Turnslack FR AM 8m/2000' 2.30pm Calderbrook Playing Fields, Summit, Littleborough £4
 Beetham Sports 5.8m/928' 3.30 pm from Beetham Sports Field, Milnthorpe GR496795 £2 eod
- Sun 27th Towneley Park 10K RR 10.30 am Grand Prix Race 11 £5
- Tues 29th Welcome Tavern 5K series Race 3 7 pm Walton-le-Dale, Preston PR5 5UL (Also 29 July) £6 + 2 eod
- Thurs 31st Rydal Round FR AM 9m/3000' 12 noon from Rydal Park, Ambleside Admission to sports field – race free

AUGUST'S AMBLES

- Sat 2nd Borrowdale FR AL 17m/6500' 11am from Rosthwaite, Borrowdale £6 on official form available after 31st May from borrowdalefellrunners.co.uk
- Sun 3rd Worsthorne Moor FR BM 7m/900' 11 am from Gorple Road, Worsthorne (GR 878324) £5 Race 12 of Pendle Grand Prix Junior races after start of senior race
- Wed 6th Whittle Pike AS 5.1m/1400' 7.30 pm from Cowpe Village Hall GR837212 £3.50 eod
 Chorley Harriers 4.4m Night Trail Series Race 4 Junior Race 7pm Seniors 7.30pm from Baron's Rest, Astley Village £4 + £1 eod
- Thurs 6th Badger 10K Trail Run Race 3. 7.30 pm from Wildlife Trust HQ, Berkeley Drive, Bamber Bridge, Preston PR5 6BY £7.40
- Sun 10th Boulsworth FR 7m/1400' 10.30 am from Trawden Rec Ground £5 Race 13 of Pendle Grand Prix Final Race

SUMMER SERIES

The Summer Series will follow the usual format: a conventional first-past-the-post race AND the more subtle art of predicting your time. (Race run without a watch!) Best 3 results will decide the series.

£4.00 per race (£4 for two races on 8th July) . EOD only.

7.00pm	10 th June	Worsthorne Trail 5M/1000'	Village Green, Worsthorne BB10 3NH
7.00pm	8th July	<u>Race 1:</u> Uphill Fell 1.9m/1280' <u>Race 2:</u> Downhill Fell 2.0m/1355'	Calf's Head, Worston BB7 1QA
7.00pm	26th Aug	Tour of the Hameldons Fell 5.1m/940'	Peel Park, Turkey Street, Accrington BB5 6EW
<u>6.30pm</u>	9th Sept	Coppice Trail (three laps) 6m/1170'	Peel Park, Turkey Street, Accrington BB5 6EW

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CAPTAINS
2013-2014**

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