



PRESTON HARRIERS



THE HARRIER

Autumn
2018



clubmark

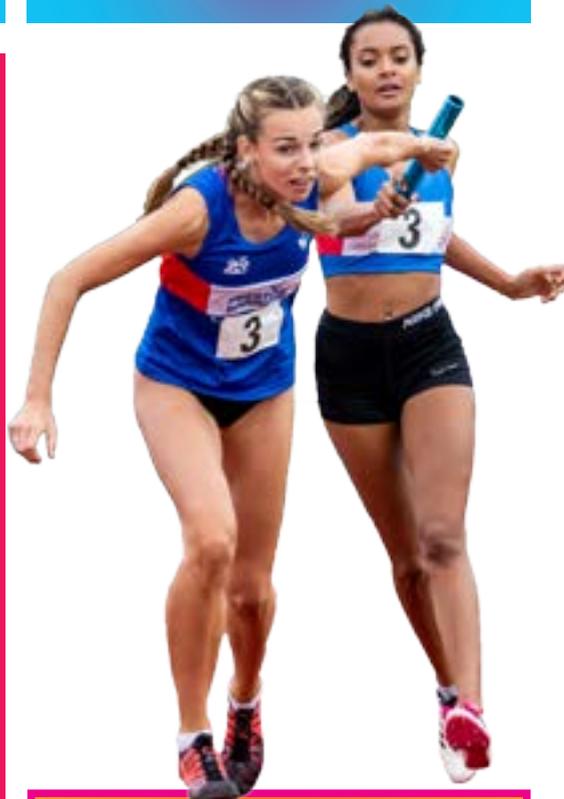
Articles for the Evening Post should be sent to Marian Hesketh, our press liaison officer, at: harriernewsdesk@gmail.com

Articles for publication on Saturday must be submitted no later than 8pm on Wednesday

Ideas, articles, pics or race reports for THE HARRIER e-mail to: theharriermagazine@gmail.com
Next Copy deadline: 12th November 2018

PRESTON HARRIERS welcome the following New Members

Anna Vavoso	Harry Higgins
Ava Jones	Jack Dee-Ingham
Carl Hogarth	James Clark
Carol Holt	Joanne Allen
Charles Platt	Joseph Monk
Charlie Higgins	Lacey Hobson
Charlotte Hill	Keelan Goodwin
Christine Cullen	Louie Smith
Craig McDougall	Luke Thompson
Daniel Valentine	Matthew Suffolk
Eddie Chandler	Michael Burnham
Eleanor Gaughan	Nikki Eastham
Eleanor Norris-Jones	Sam Smalley
Eleanor Parker	Stephen Young
Eleanor Rusling	Toby Coar
Elena MacDonald	Tom Dickinson
Ellie Jules	William Walmsley
Frank Chiarella	Willson Parnell



CLUB VESTS

If you want a vest contact Ann Middleton either at the track
Monday night 6-8 & Wednesday 6-8.30.
or e-mail to: phclubkit@gmail.com

Cover: George Reed in the 4x100 Relay for Senior League at Preston
Photo courtesy of Miles Peacock

CONTENTS

Chairman's Remarks	4	Lower YDL Champions	20
Austwick Amble	6	English Schools	21
Northern Sen League	7	Wesham Inter Club	22
Paddy's Pole	8	Turner Landscape	23
Lancashire Schools	9	Northern League 4	24-25
Preston Inter Club	10-11	Mid-Lancs Barrow	26
Lower YDL Match 3	12-13	Wesham 10	27
Upper YDL Match 3	14-15	Osterfelder Berglauf	28-31
Solstice Run	16	Chorley Inter Club	32
Tockholes Evening	18	NoEAA u17 Champs	33
Northern Sen League	19	Events Diary	35

Management Committee

Chairman	Roy Swinbank	roy97greenhill@icloud.com
Vice Chairman	Jennifer Sumner	jennifer.sumner16@gmail.com
Secretary	Bob Welfare	athleticcoach@bwelfare.plus.com
Membership Secretary	Barbara Gillies	barbara.gillies@yahoo.co.uk
Treasurer	Barbara Gillies	barbara.gillies@yahoo.co.uk
Endurance Chair	Philippa Walsh	philippaw61@gmail.com
Track & Field Chair	Pete Hancock	petehancock@uwclub.net
Coaching Chair	Bob Welfare	athleticcoach@bwelfare.plus.com
Schools Rep	Alan Appleby	bigalapps@hotmail.co.uk
Welfare Rep	Akin Adewale	akinadewale@yahoo.co.uk
Welfare Rep	Sarah Suffolk	sarahnmatt@yahoo.co.uk
Youth Rep	Sophie Warden	wardensoph12@gmail.com
Social Rep	Jennifer Sumner	jennifer.sumner16@gmail.com
Member	Gary Tunstall	garytunstall@btinternet.com
Member	Roy Parkinson	rwpark57@hotmail.co.uk

CHAIRMAN'S REMARKS

As we begin to see signs of autumn weather and approach the end of the summer season, we can all reflect on the successes of our teams and congratulate athletes, coaches, team management and technical officials for making it all possible. With one team in the national final, another promoted, and the seniors in the promotion match, we couldn't ask for much more on the track. Meanwhile our road and fell runners have also been doing us proud, though perhaps not enjoying the heat quite so much. As a club with such a large membership we can expect our share of success but inevitably we create a few problems for ourselves along the way and hope you can all show patience while your officers and committees do their best to solve them. We would all prefer to be doing other things but are happy to put the interests of the Club first.

I am sad to report that two of our older members have died during this summer. Ken Mackay only joined and started running at the age of 35 and was a member for 60 years. He was a big mileage man long before it was fashionable to be. Although he took part in track and country events, he was primarily a road runner who did all the regular races and went on to do marathons and longer distance epics such as London to Brighton, before moving on to 24 hours races. His mileage added up to more than 80,000 in 32 seasons, his best year exceeding 4000 miles. Ken was Club

President in the 1980s and until 2015 you will have read his memoirs in every edition of this magazine for 14 years.

Maurice Dean joined the Club some years earlier than Ken, having started his athletic exploits with Leyland Motors Sports Club when employed as an apprentice there. He had early success in cross country and was a member of the winning team in the first two Lake District Mountain Trials. He took part in race walking, including Manchester to Blackpool, but most of all was a reliable member of this Club who would offer advice and encouragement to anyone who had time to listen. A few of us have joked that he talked us into doing events we weren't really up to, but we were all the better for those experiences. He was a major influence in fell running and found yet another lease of life when Orienteering was introduced in this country. When he retired 21 years ago, he set about the task of recording the Club's history, and in the process discovered that it was founded in 1881 (not 1905, when there must have been something of a revival). His extensive work on athletes and club activities of the past has formed the foundation of a history which others will now work on and publish in his honour. A lengthy tribute can also be found on the South Ribble O.C. website.

*Roy Swinbank
August 2018*



The Endurance sub committee would like to thank and congratulate Gordon Thompson in his first year as Race Director of Paddy's Pole Fell Race and Sean Sweeney who took on the role of Race director of the Preston Inter Club for the first time, and also to thank all those who volunteered so enthusiastically as helpers for these events.

PRESTON HARRIERS CLUB CHAMPIONSHIPS 15TH & 16TH SEPTEMBER

COME AND JOIN US FOR A FAMILY
FUN WEEKEND OF EVENTS.
PLUS GAMES AND A BBQ ON
SATURDAY AFTERNOON AND EVENING
(OPEN TO ALL MEMBERS, YOUNG AND OLD)



YOU PROVIDE THE FOOD
WE PROVIDE THE BARBEQUE, SAUCES AND
CONDIMENTS

CELEBRATE PRESTON HARRIERS' SEASON
BY GIVING ALL EVENTS A TRY
AND JOIN US AT

PRESENTATION NIGHT

7TH DECEMBER

FOR AWARDS FOR YOUR ACHIEVEMENTS!!

28 May 2018

A scorching hot day greeted the record field of 183 for this Bank Holiday fell race in the pretty Dales village of Austwick. The village street was closed to accommodate the villagers' stalls and street entertainment. While the runners toiled in the heat, families and friends could tuck in to the numerous cakes and ice creams on offer. The race, of 8 miles and 1200 feet climb on mainly runnable tracks, goes from the village via Long Scar and Sulber to return via Crummack Farm. In the intense heat and no water available on route until Crummack at 6 miles, it was a day to take care with pace judgement. Many runners elected to take their own water and found they were glad of it.

Preston Harriers continued to dominate in this, the second of 4 inter club fell races, finishing first in all categories – Overall, Women, Vet 40, Vet 50 and Vet 60. Richard Smith (5th), Simon Collins (9th), Andy Whaley (13th), Andy Harrison (17th) and John Rainford (32nd) were our 5 runners to count for the overall team win. For the Vet 40 team win along with Andy Whaley and John Rainford were John Griffiths (39th) and Roger Taylor (55th). The two Johns and Roger also made up the winning Vet 50 team. Alan Appleby (88th) and Steve Taylor (115th) ensured a Vet 60 team success to round off the men winning all the categories.

The ever-improving ladies team completed the whitewash with Jenny Wren (64th) leading the team home with Robyn Anderson (106th) and Vicki Sherrington (134th). There were individual wins for Richard Smith (Men), Andy Whaley (Vet 40), John Rainford (Vet 50) and Jenny Wren (Ladies).

19 Senior Harriers started the race, which was also a counter for the Preston Harriers fell championship. Other finishers were Billy Johnstone (76th), Mike Burnham (84th), Jim Doherty (118th), Mick McLoughlin (126th), Peter Carter (133rd), Olga Wiggins (155th) and newcomer Jenny MacDonald (179th).

Four hardy Preston Harrier juniors also made the short trip over the border to Yorkshire for the annual Bank Holiday Austwick Amble Fell Race. This was the 3rd race in the Junior Fell Championship and was probably the hottest weather conditions, but the most scenic to date. The first runner off the mark was Hayden Ridgley in the under 11 race, he had a storming run, finishing 6th overall in 8:26min, only 39 seconds behind the winner. This is was his first fell race and definitely one to look out for in the future.

Next up was Grace Horne in the under 13 age category, she had another great race, finishing in 12:32min and 6th girl over the line, which also extends her lead in the Harriers Fell Championship. The run of the day was by the impressive Vladimir Wiggins, who just missed out on a podium finish in 4th place, with a tremendous run in 15:15min in the under 15 race.

The last junior race was the under 17/19 category with Emily Wiggins winning the under 19 race in 29:44min to add to her earlier in the season Lancashire Championship bronze success.

Well done to all the juniors who competed on a very hot day, against a quality field of many local club fell runners.

Roy Parkinson



Sunday 3rd June 2018 Wakefield

Preston Harriers' senior team had many of their key athletes unavailable for their match at Wakefield. The athletes who were available competed in unfamiliar events for team points but it still left some events unfilled. Team managers David Rigby and Caroline Warden led by example. David warmed up with an 800 metres race just half an hour before winning the 3000 metres steeplechase; he followed that with third in the 1500 metres and then won the 5000 metres in 15.40.6. and scored a massive 27 points. Caroline, a veteran athlete who will be travelling to compete in the World Masters Championships in Malaga next month, showed her value to the team by being placed third in the 100 metres hurdles, then throwing the hammer and finally long jumping 4.44metres.

Tom Booth cleared 4.60 metres to win the pole vault in his first outdoor meeting of the season and then recorded 8.01 metres in the shot. Multi-talented Charlotte Daley jumped a lifetime best of 10.96 to win the triple jump, cleared 1.50metres in the high jump, then put the shot 8.38 metres and launched the javelin 23.57 metres. Lee Foley made an excellent debut by finishing 3rd in the 'B' steeplechase, after which he won the 'B' 5000 metres in 17.43.1. Fifteen-year-old hammer thrower Abbey Codarin had a brilliant first senior outing hurling an implement a kilogramme heavier than usual to finish 4th with a personal best throw of 30.45 metres.



David Rigby



Rachel Lever

PADDY'S POLE FELL RACE

Tuesday 5th June 2018

The annual Paddy's Pole Fell Race from Fell Foot, Chipping, organised by Preston Harriers, took place in ideal running conditions on a warm, sunny evening. This made a welcome change for the runners and marshals, who last year had endured high winds and cold on the summits. The 94 runners, an increased entry of 20 from 2017, were led home by Chris Holdsworth (Clayton le Moors H) with Jessica Richardson (Lonsdale FR) finishing 31st to win the women's race.

While most of the club's regular fell runners were acting as race officials and marshals a few also ran. Oliver Heaton finished 5th in 29:27

over the 3.75 miles course with 1100ft of climbing. Next home was Jon Green (10th, 30:34) followed by Niall Malone (12th, 30:56), who took the prize for 1st under 23.

They were followed by Dave Parkington (19th, 33:00), Will Davies (40th, 36:57), Jenny Wren (49th, 37:46), Peter Carter (68th, 41:40) and Billy Johnstone (70th, 42:11). After many years in the post as Paddy's Pole race organiser, Mick McLoughlin was finally able to do the race himself, finishing in 80th, (44:36). Vicki Sherrington (85th, 47:29) and Olga Wiggins (89th, 48:50) completed the Preston Harriers team.



BLACKSTICKS BLUE 10K

Sunday 13th May 2018

Amazing scenery and crystal-clear skies greeted four Preston Harriers to the 9th annual Blacksticks 10k which encompassed a challenging course around Beacon Fell. Previous winner Rob Affleck made a return and was pushed hard over the opening 3 miles in a three-way battle with local athletes Ross Campbell of Barrow and Gareth Booth of Horwich, but then put his marathon strength to good use to attain victory in 34.53. Niall Malone put in a solid performance for 4th overall, over a minute clear of his nearest rival, in 37.17.

Proud Harrier Neil Mc Donald put in a creditable effort to be rewarded with 9th overall and 1st MV50 and he was followed in by Dean Kirby in 61.21 to complete the Harriers team entry.



Rob Affleck & Neil McDonald

LANCASHIRE SCHOOLS T&F

BLACKPOOL SATURDAY 9th JUNE 2018

For many athletes these championships are a stepping stone to qualify for the English Schools Track & Field Championships which take place next month in Birmingham. Preston Harriers athletes run in unfamiliar kit for their district schools' teams. Ten Harriers set qualifying performances and so will represent Lancashire County Schools at the national final.

Reigning English Schools champion Jasmine Jolly ran a championship best performance beating her own best from last year by 1.4 seconds to post 42.4 in the intermediate girls' 300 metres hurdles and book her place on the Lancashire team to try and retain her title. Darcey Lonsdale ran a qualifying time of 2.14.3 in winning the intermediate girls 800m. Senior boy Nathan Dunn won the 3000 metres in 8.34.1 which was a qualifying time.

Training partners Taylor Jacob and Harry Burrow had a battle royal in the junior boys 80 metres Hurdles. Taylor took the lead from the start with Harry a metre behind at the first hurdle. Taylor extended his lead by another half a metre by the sixth hurdle. Harry then started to reduce the gap but was still behind by half a metre at the last hurdle but the finishing line came too quick for Harry. Taylor won in a championship best performance of 11.7 (a record that had stood for 14 years) with Harry just 0.1 second behind and also equalling the old record (both qualifying times). The rivalry will continue at the Nationals.

Junior Thomas Barnes won his 1500 metre race in 4.20.3 to qualify. Also qualifying were senior boys Leon Stubbs 400 metres (49.0 secs.) and Joshua Leatherd 200 metres (22.2 secs). Harvey Noble, a combined events athlete was delighted with his lifetime best of 6.40 metres (qualifying distance) in the intermediate boys' long jump. A brilliant throwing sequence saw James Lupton qualify, throwing in his first competition this year in the junior boys' discus (38.12m). The most unexpected qualification was junior boy Will Walmsley who only joined the club 5 weeks ago and jumped over a metre further than his previous best in the long jump with 5.94 metres.

Lancashire Schools will select 40 athletes, so other Harriers athletes who were close to qualification may be selected for the team.



Harvey Noble

PRESTON INTER CLUB

Wednesday 13th June 2018

Leading up to this event, there had been a lot of careful planning to ensure everything went as smoothly as possible on the night. Huge thanks go to Sean Sweeney for taking on the role of race director. Sean has been typically unassuming about his role, but he led the planning with foresight and care, and he was very well supported by Philippa Walsh, Kari Edwards, Joe Howard, Steve Taylor and Sue Wickham.

The start and finish area had been changed from last year's event to try and ensure there was more room to allow runners to congregate before the start and to have a wider finish area – which was up on the top walk of Avenham Park near the Lord Derby statue. The start was on the bridge over the river. Race HQ and, all the important venue buffet location, had switched to Preston Cricket Club.

The Thursday before the race, had seen a briefing at the cricket club followed by a walk round the course from a large marshal contingent with careful instructions given from Philippa Walsh as to where the runners would be coming from and where to place signs on the night itself.

There is always that worry, that if the signs go out too early, some considerate person will take them down just for fun. It's happened before.

The wider finish area worked well, with a long funnel and plenty of people to help, in terms of taking times, ensuring people kept moving, taking numbers and giving out water at the end. We were able to have two teams of number recorders, which proved it's worth as there were periods where it did get rather frenetic. Sadly, this vital function wasn't helped by a couple of runners (including one of ours) having their numbers obscured by wearing them on their waists. One runner (not one of ours) also had his number obscured as it had rucked up, and he didn't hear the request to stop as he was wearing headphones, which shouldn't be worn at all.

This was the third race of the popular Summer road inter club series and although the forecast was for rain later, fortunately, the wet stuff only started after the majority of the 329 runners had completed the race. The race distance was a shade over four miles, in and around Avenham Park. Most courses these days avoid the roads because of the numbers taking part, although Wesham's in July is an exception. That particular race is a one loop



course on quieter roads around Salwick, although of course two years ago, a lot of runners went off course across fields after a sign was removed. But the route hasn't changed for years...

Harriers had five runners in the top ten, with David Rigby being a clear winner in 21.34. Rob Affleck was 2nd in 22.22 and Niall Malone 5th in 22.53. Richard Smith and Karl Hodgson were 8th and 9th respectively and Nathan Hilditch was 11th. Simon Robinson (17th), Dave Watson (19th), Simon Collins (20th) and Andy Whaley (22nd) were the open team counters, seeing Harriers to a team win, making it three wins from three so far.

Jenny Wren was 4th lady overall, and first to cross the line for Harriers. Laura Conn, Jade Bebbington, Kate Lakeland and Kelly Grainger were the remaining ladies counters for a team placing of 3rd. There was a huge turn-out of helpers and marshals on the night and, all marshals were in pairs to deal with any issues. The number of helpers was obviously going to affect some of the team categories, so incomplete teams were posted in both the men's vet 60 and ladies vet 40 categories.

The rain forced the buffet indoors after the initial laying out was done on trestle tables outside but the quality and quantity of food from all the volunteers was simply fantastic. Well done everybody.

Steve Jackson



Laura Conn

YDL LOWER MATCH 3

Ellesmere Port, Sun 17th June 2018
Harriers Youngsters Show Their Class

An outstanding performance from the young Preston Harriers team earned them their third consecutive League win, which almost secures the Northern title. It will be their first in a 137 year history. A convincing 66 points winning margin over 2nd placed Sale was dominant. With one more match next month at Bebington when a third place finish will be good enough the celebrations are on hold. The team has already qualified for the National Final at Bedford in September.

Forty five lifetime best performance is testament that Harriers Athletic Development Programme is working. This is down to the hard work of the 51 coaches of the coaching team. Cricketer James Lupton had lifetime best by 5 metres in both the under 15 boys Hammer and Discus winning both with 34.64 and 38.85 metres respectively. Kianna Proctor (under 15) did the same in the 200m (25.9 sec.) & 300m (42.4 secs), as did 14 year old Isabel Caven 75 m Hurdles (12.2 secs) & High Jump (1.45m). Under 13 Sebastian Chiarella had personal bests in the 100m (13.9 secs) and 200m (29.1sec) then won the high jump with 1.25m.

Twelve year old Evie Noblet had three lifetime bests, improving her High Jump by 6cm to clear 1.41m, followed by putting the shot 10.02m and finally knocking a tenth of a second from her 150m, recording 20.1 secs.



Will Walmsley

In the under 15 boys 1500m both Thomas Durney and Ethan Warren set Personal bests in winning the 'A' & 'B' races in 4:28.2 and 4.40.9. Will Whiteside (under 15) showed his talent with, a hat trick of wins in Long jump 5.49m (pb), High jump 1.65m (pb) and Shot 8.95m. Two personal best for Luke Suffolk (under 15) in the Pole Vault and Javelin recording 1.90m and 23.74m respectively.



Harry Booth

Harry Burrow won both the Under 15 boys 80m Hurdles (11.8 secs) and the Pole Vault (3.00m) then equalled his pb 1.70m in the High Jump. In the under 15 Boys further lifetime best were set by Isaac Mabaya (100m 11.8 secs), Archie Dowds (200m 24.6secs), Ben Withers (800m 2.16.5), Hayden Middleton (80m Hurdles 13.6 secs), Thomas Barnes (300m 41.5 secs) and George Lowe (Javelin 29.40m).

In the under 15 Girls age group, lifetime bests were recorded by Alesha Azonubi (100m 13.0), Amani Valli-Carter (200m 26.5secs), Heather Taylor-Harling (Long Jump 4.46m), Macy Noblett (High Jump 1.45m), Tamalyn Dickinson (Hammer 27.92m) and Emma Harrison (Hammer 23.60m).

Personal best were achieved by Cory Middleton (100m 15,5 secs & Javelin 17.88m), James Ince (200m 26.5secs) and Harrison Kiley (Shot 9.57m) in the under 13 Boys. The lifetime bests in the Girls under 13 age group were set by Cerys Allen (150m 19.9 secs), Megan Ind (800m 2.56.9), Romilly Taylor (1200m 4.29.7), Emma Tunstall (70m Hurdles 12.6 secs and Javelin 21.28m) and Isabelle Buraimo (Javelin 22.25m).



Ellie Sumner



UPPER Y.D.L. DIV 1 WEST

Leigh Sunday 1st July 2018

Preston Harriers Under 20 & Under 17 team are Champions and win promotion to Premier 2 Harriers secured their return to the Premier league which they lost 12 months ago. A weakened team finished second to Wirral in the match by a narrow 2-point margin, 625 to 623 points but this was enough to secure the championship. The athletes who were available to compete set 23 individual life time best performances.

Will Lancaster (under 17) had a brilliant day, setting 3 lifetime bests by winning the shot and placing second in the discus and third in the javelin, with 12.08m, 36.72m and 35.51m respectively. A one second improvement in the under 17 girls 200m race by hurdles specialist Jasmine Jolly gave her new figures of 25.7 seconds. Fast improving Hollie Suffolk ran 27.4 sec to post a new personal best for the 200m knocking 0.6 second off her previous best.

Abbie Codarin threw 2 new lifetime bests in the shot (7.50m) and hammer (38.47m). In the 800m Matias Grixti, Ben Preddy and Eleanor

Ward set new bests of 2:03.5, 2.05.5 & 2.26.1 respectively. Times of 4.05.1 & 4.32.8 gave new personal bests for Byron Sowerby and Jack Campy. Chris Brown broke the 50-metre barrier only 2 weeks ago at the Lancashire Schools' Championship and added 47 cm to throw 50.71, a lifetime best in the javelin.

Alex Bernstein moved up the British rankings to 8th with a new best performance, throwing 56.45m in the under 17 boys' hammer. In the field events further lifetime bests were recorded by Eleanor Cross and Evie Parkinson in the long jump, Ethan Tibbs (triple jump), Ethan Hallas (shot) and Hollie Suffolk (shot).

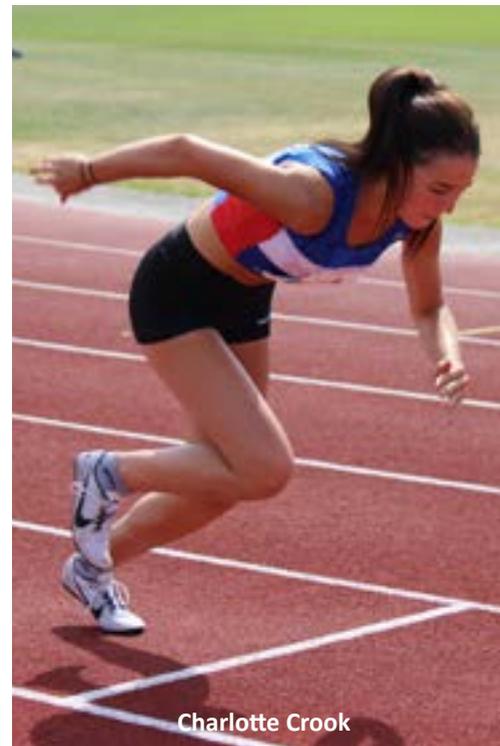
On the track new marks were set by Harry Everett (100m & 400m), Hannah Mulholland (200m) and Emily Wiggins in the 110m hurdles. The following athletes won their events: Joshua Leatherd (100m & 200m), Declan Taylor (200m), Matt Fazackerley (1500m), Ed Coles 110m hurdles. The relays finished the day with wins for the under 20 men 4 x 100m and the under 20 men 4 x 400m teams.



Will Lancaster

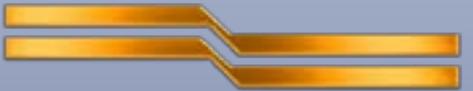


Holly Suffolk



Charlotte Crook

Conlon



'The Harrier' is
sponsored by
Conlon Construction Ltd

Local Building Contractor &
Property Developer
Investing in the
Local Community

www.conlon-construction.co.uk

Tel; 01772 335268

Fax: 0870 241 9357



SOLSTICE RUN

Great photo this. A traditional run done in the same week as the summer solstice. (I like to call it "midsummer madness")

No Stonehenge, but our very own Langden Castle which is where the photo is taken, deep

in the Langden Brook valley.

Just look at all those smiling happy faces - That's the fells for you !

Beer and pie was the reward afterwards.

Jim Doherty.



ELEVEN HECTIC DAYS IN THE HEAT OF JULY.

This tough little sequence began with the year's final staging of the Rivington Pike Jubilee 5 mile road race on Wednesday 18 July.

Organised by Horwich RMI Harriers, this is a 2 lap undulating course with scenic reservoir views (and they were looking pretty empty). Dave Watson was the first Harrier home in 14th position and a time of 30.03. I managed 73rd and 43.03.

On to the Wesham Interclub the following Monday (results documented elsewhere)

where we had a fine turnout and the usual crop of good performances.

Wednesday 25th I headed for Parbold and the Harrock Hill Fell Race - 5.2 miles and 902 feet of climb, completing in 56.20 for 170th position.

Finally, on to Beetham Sports on Saturday 28th to meet up with George Arnold and tackle the 5.8 mile and 928 feet of climb. I finished 82nd in 64.10 with George placed 89th in 88.29.

As usual, George led me astray on the dirty brown frothy stuff in The Wheatsheaf afterwards!

Phil Lakeland

DISPLAY YOUR MEDALS

Black steel medal hangers for celebrating running & all medal achievements



Harriers Price:
Standard
£17.85
Large
£25.50

UNIQUE paired hanging bars designs— Hang more medals so they don't overlap by looping the ribbons & adjusting the height each medal is displayed at

**USE HARRIERS OFFER CODE: HAR18 FOR 15% DISCOUNT
EMAIL IF YOU WANT TO BUY AT THE TRACK ON A WEDNESDAY EVENING**

www.hangyourgong.co.uk



Barbara Gillies narrowly missed setting a new Track Record!

TOCKHOLES EVENING FELL RACE

Don Ashton Memorial Thursday 5th July 2018

This short fell race, is named after and dedicated to Don Ashton. He was the vet 50 English fell running champion in 1989 and 1992 and British vet 50 champion in 1990 and 1992.

It was run this year on a very warm evening and the race attracted a record entry of 142 runners and raised over £1,000 for the East Lancs Hospice. It was incredibly dry and very dusty up on Darwen Moor, with not much "give" in the ground, although the race is run mostly on tracks and fell paths. There are some fast sweeping descents and a good section of path across the top of the Moor, as runners come across with Darwen Tower dominating on their right.

The race, over 9.4k and 310 metres of climbing is organised by Darwen Dashers and starts



Olga Wiggins

from the Rock pub on Tockholes Road. It goes past Earnsdale Reservoir, and Sunnyside Hey Reservoir, then drops to the outskirts of Darwen, before climbing onto the Moor, then looping back past the reservoirs again.

Richard Smith finished in an excellent 3rd place in 37.35, and Jon Green had a great run for 6th in 39.58. Simon Collins was the next Preston counter in 10th, with a time of 40.28. With this the last race, in the local inter-club fell running series, those placings were repeated in the final individual standings of the championship, with Richard taking inter club wins in all the three races he ran. The rule being the best three of the four to count.

Andrew Harrison finished in 21st place on the night, and Andy Whalley was only four seconds behind in 42.29. Andy finished 4th in the overall interclub standings. John Rainford was second vet 55 in 46.00, whilst Colin Shuttleworth, also a vet 55, crossed the line only three places later. There was a good turnout of Harriers, with runs also from Steve Bamber (49th), Roger Taylor (51st), Will Davies (53rd), Andy Acklam (55th), Alan Appleby (69th), Pete Carter (91st), Michael McLoughlin (97th)

Olga Wiggins was our only ladies runner on the night, yet she made certain of a second place overall in the women's individual interclub standings by keeping well ahead of Alison Mercer of Red Rose. Vicki Sherrington, already having got her three races in, won the women's interclub championship. Preston Harriers won the men's team award with four wins from four, and the women finished 2nd to Red Rose.

The winner on the night, was Josh Boyle, a GB u23 international from Ribble Valley Harriers, in a new record time of 35.42. The old record was 36.21. The ladies' winner was Katie Walshaw, another GB runner and also of Ribble Valley, finished in 8th overall. Her time was 40.20, breaking the ladies record by a large margin of 4.59.

Steve Taylor has done an excellent job of collating all of the interclub fell results this season and has produced an accessible breakdown of results after each race and a final analysis.

Steve Jackson

NORTHERN LEAGUE DIVISION 1

York Sunday 8th July 2018

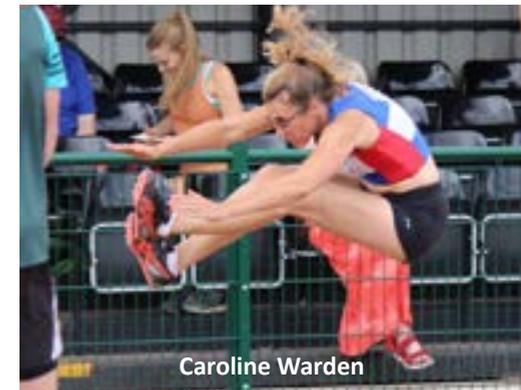
Preston Harriers' senior team find themselves in a similar position to last season, fighting to stay in the top division, after their latest match at York. Harriers finished 5th of 6 teams in the match and now are in 5th position in the league with a final match at UCLAN Sports Arena to come next month.

The bottom 2 teams in the league have a chance of keeping their status by finishing in the top 2 in a promotion match in Doncaster in late August. Harriers did that last year to preserve their top-flight status.

Harriers' plight was due to a lack of available athletes. When athletes were available as in the first match at Wigan, Harriers finished second. At York, team spirit prevailed with athletes covering many events that were not their first or second choice to score points for the team. Harriers (327.5pts) were only 6.5 points behind 4th placed Wigan (334pts) and 17.5 points behind 3rd placed West Cheshire (355pts).

Eighteen-year-old Byron Sowerby had a brilliant day setting a massive new lifetime best of 10.22.7 in winning the 3000 metres steeplechase, a 51.8secs improvement, with his closest rival nearly 30 seconds behind. He ran the 1500 metres and then for the first time competitively cleared 1.40 metres in the high jump. Caroline (ladies' team manager) and daughter Sophie Warden again led by example. Sophie competed in 5 individual events winning the 400m hurdles (70.1 seconds) and finishing 2nd in the long jump (5.26m), 3rd in the 200m (26.9sec) and 400m (62.2 sec), then 5th in the shot (7.61m). Caroline was 2nd in the long jump (4.58), 3rd in the 100 metres hurdles (19.6sec), and 5th in the hammer (14.15metres). Emily Wiggins set new personal bests of 18.2secs and 7.05.9 to finish 2nd and 4th respectively in the 100m hurdles and the 1500m. Hollie Suffolk equalled her personal best in both the 100m (13.3sec) and 200m (27.4sec). 400 metre specialist Sharon Wilkinson gave up her place in the 400m to run the 1500m and 3000m.

Alex Marsden had a sprints double winning the 'A' races at 100m (11.2 sec) and 200m (22.7 sec). English schools qualifier Josh Leatherd ran 22.3secs in the 'B' 200m race. Josh Ingham set a new lifetime best of 11.3 in the 100m 'B' race, then followed that by running 51.1secs in 400m,



Caroline Warden

and finally he threw the hammer and compete in the long jump. Stalwart Steve Hallas had a busy afternoon running the 800m, 1500m and the 3000m. Harriers' leading senior thrower Tom Crowe equalled his lifetime best discus throw of 34.29m and followed that by recording 29.36m and 10.92m in the hammer and shot. Pole vaulter Tom Booth, ranked 19th in Britain, has returned to compete after a year away from the sport and cleared 4.60 metres to win the event. A lifetime best of 12.91metres, an improvement of 69cm, in the triple jump by Ethan Tibbs moved him up to 24th ranked under 17 in the country. He also jumped 6.18m and 1.75m in the long jump and high jump respectively.

Harriers need to finish 4 places higher than Wigan in the last match at Preston to secure their First Division Status or be in the top 2 in the promotion match.



Tom Booth

LOWER YDL CHAMPIONS



CHAMPIONS OF THE NORTH

Preston Harriers were crowned champions of the Northern Premier Lower Youth Development League for the first time in their history at Bebington. They broke Sale's 10-year reign as Northern champions. Sale were national champions last year and also qualify for this year's national final as runners up. Harriers are preparing for the national final to be held at Bedford in September with a real chance of finishing higher than last year's 6th position.

The match finished on a high note with the under 13 girls 4 x 100m team of Ellie Sumner, Cerys Allen, Evie Noblett and Emily Rankin setting a new league record of 52.0 seconds, beating the old record, which had stood since 2015, by 0.2 seconds. Previously Cerys had set a new club long jump record of 4.79 metres in the under 13 girls age group. Emily Rankin set lifetime bests in the 75 metres hurdles and the flat 75 metres of 11.3 and 10.1 respectively. Emma Tunstall ran 12.5 secs. to post a personal best in the 75 metres hurdles. Also in the under 13 girls, Isabella Buraimo set new marks in the javelin and shot, while Ellie Sumner (75m) & Megan Reynolds (800m) ran new personal bests.

Recently joined sprint star James Clark ran 13.1 secs to finish 2nd in the under 13 boys' 100m race. Sebastian Chiarella equalled his personal best over the same distance. Further lifetime bests in the under 13 boys age group were recorded by Jack

Winstanley (800m, 2.48.5), and Jenson Warren and William Moorhouse in the 1500m (5.07.0 and 5.38.9 respectively). Twelve-year-old throws specialist Harrison Kiley is showing his versatility with wins in the high jump and shot and a second in the javelin.

In the under 15 girls age group the following recorded personal bests: Alesha Azonubi (100m), Amani Valli-Carter (300m), Lois Carroll (75 m hurdles), Heather Taylor-Harling (long jump), Tamalyn Dickinson (hammer) and Molly Parkinson (javelin).

Fourteen-year-old throws duo Theo Bishop and James Lupton had an outstanding day when both set lifetime bests in 2 events, Theo in the Hammer (31.24m) and the shot (12.44m), and James in the hammer (34.94m) and javelin (32.91m). Isaac Delaney hurled the discus to a new mark of 29.52m in the boys under 15 age group. In the same age group sprinter Archie Dowds set personal bests in both the 100m (11.9 secs) and the 200m (24.3 secs). Harry Booth equalled his lifetime best in the 100m of 12.4 secs. and Joshua Best ran a new lifetime best of 41.9 secs in the 300m. Ben Withers, running the 300m for the first time, posted a time of 42.8secs. Josef Wilson set another personal best of 2.10.2 in the 800m, his third improvement in 4 races. Harriers finished 28.5 points ahead of Sale, 588 to 559.5 points in the match.

This was Harriers' 4th successive win over Sale.

ENGLISH SCHOOLS T&F CHAMPS

BIRMINGHAM 13th & 14th JULY 2018 GOLD FOR JASMINE, BRONZE FOR NATHAN

The English Schools Track & Field Championship is the largest athletics competition of its kind in the world with over 1800 athletes competing in 101 events. Athletes qualify by obtaining the entry standard at their Schools County championship which took place last month. Lancashire's was at Blackpool when 19 Preston Harriers athletes qualified, to make up nearly half of the 40 strong Lancashire Schools team.

Preston Harriers' emerging hurdles star Jasmine Jolly was the clear winner in the under 17 girls 300 metres hurdles, equalling her lifetime best time of 42.0 seconds to claim gold. Jasmine had recently returned from a brilliant 5th place representing GB in the 400m hurdles at the European under 18 athletics championships in Győr Hungary, recording a personal best of 59.79 and this at only 16 years old. Nathan Dunn battled hard in the 3000m under 20 boys event. At the bell with 400m to go he was third. He made an effort down the back straight and moved into 2nd with 3rd placed Joshua Cowperthwaite of Cleveland fighting hard. Entering the final 100m metres both athletes battled for the silver medal to the line with Nathan beaten by 0.2 seconds, 8.28.46 to 8.28.65, and collecting the bronze medal.

Will Walmsley, a new jumping talent with only 6 weeks at the club and 4 competitions behind him, acquitted himself well to jump a lifetime best of 5.96m and finish 8th in the under

15 boys long jump final. Multi-talented Harry Burrow set a personal best of 11.54s in the heats of the 80m hurdles (under 15 boys) to progress to the final, where he ran 11.58s to finish 8th. Fellow hurdler Taylor Jacob just failed to make the final in the same event but set a time of 11.62s finishing 3rd in his semi-final. Ed Coles has made great strides this year and ran a lifetime best of 15.19s in the under 20 boys 110m hurdles, finishing 4th in his semi-final.

In the under 20 age group, Charlotte Crook and Leon Stubbs both finished 8th in their finals in the 1500m (4.35.75) and 400m (49.96s.) respectively. In the field the following athletes made the finals: Macy Noblett (under 15 girls' shot, 9th with 10.18m), Alex Bernstein (under 15 boys' hammer, 10th with 53.99m), James Lupton (under 15 boys' discus, 12th with 36.67m) and Harvey Noble (under 17 boys' long jump, 14th with 6.07m). In the highly competitive under 20 boys' 200m, Josh Leatherd made the semi-final running 22.84 for 8th. Alesha Azonubi ran 13.25 in the heats of the under 15 girls' 100m.

In the 800m events, under 17 boy Liam Blackwell ran 1.58.93, under 17 girls Annie Duffy and Darcey Lonsdale recorded times of 2.16.3 and 2.21.51 respectively, and under 15 girl Abigail Earnshaw finished in 2.17.6. Kian Davis ran 3.56.27 in the under 20 boys' 1500m.

Alexander Stadium will be the venue for the Commonwealth Games in 2022 and next year's English Schools' championship in July will be the last match before the stadium is refurbished.



Jasmine Jolly

In the Schools International Jasmine had another 300m H gold medal run at Grangemouth, Scotland, recording 42.21 seconds.

WESHAM INTER-CLUB

Monday 23rd July 2018

The Wesham road inter club race has seen some varied weather conditions, over the years, although it's usually quite warm and it was very humid this year. It's also been horrendously wet in recent memory and two years ago, it turned into a cross country race as the lead bike, first group and most others went across muddy fields for an interesting short cut.



Alan Littler

The route has seen few changes over the years, unlike some of the others because of busier roads. It's a classic one lap course, which is a shade over 4½ miles from Salwick with the advantage of all left turns from one road junction to the next.

It isn't a flat route either and it has a few hills for the unwary, notably from Salwick Bridge and the Hand and Dagger pub. Here, the route rises above the Lancaster Canal under a high, and dense tree canopy which in muggy conditions, becomes a biting ground with insects that lurk in the gloom, eagerly seeking out passing runners.

Another hill, soon after, this time in the open, takes everyone, above the railway line then

past "the works" (top secret establishment) to turn into Deepdale Lane with another short rise as the finish beckons just around the corner off Lea Lane.

Rob Affleck was top Harrier and he finished 2nd in 24.15 behind a dominant and free flowing Rob Danson of Wesham who won in 22.52. Richard Smith was 4th, in 24.41 then Karl Hodgson was home in 8th in 25.27. Three runners then came in together, Simon Robinson 11th, Simon Collins 12th and Dave Watson 13th, both recording 26.04.

Jon Green, taking a break from running on the fells, was an excellent 20th. Still consistently strong, Lee Foley was 24th. With Andy Whalley (29th) and the effervescent Neil McDonald (31st) completing the team counting positions, Preston Harriers recorded another open team victory on the night, making it four wins from the first five fixtures.

The first lady for Harriers was Jenny Wren, who was 5th lady overall in 31.08. Victoria Cowling, home for summer, was 10th lady in 32.29 and the other team counters were Jade Bebbington, Vicki Sherrington and Julie Tyrer.

It is encouraging to see people turning out at these fixtures, especially from the Tuesday and Wednesday Running Fitness Groups. Whether faster or slower, it doesn't matter. It is all about running in a friendly, but competitive club spirit environment with other local clubs, enjoying it and, wearing one's colours with pride. It's also free with a buffet afterwards!

Runners have to be a minimum of 15 years of age though and there's no upper limit, of course. Mike Walsh of Thornton is a vet 85 and there are numerous vet 70s and 75s running too. Next year, then, if you've not run this year? *Steve Jackson*



Jade Bebbington & Nik Eastham

TURNER LANDSCAPE FELL RACE

Saturday 11th August 2018

This was the fifth race of the six English fell championship race series, and was held in the quiet and isolated Duddon Valley; well, maybe not so quiet with over 350 runners descending with friends, family and dogs.

Many had camped the previous night at Turner Hall farm, and some were planning on staying Saturday night too, although it did rain heavily on Saturday night, early Sunday morning.

The race, categorised as a medium one, climbs Grey Friar from Seathwaite Tarn, and turns back along the main Coniston fells ridge. The crowds of walkers atop the Old Man, gave plenty of support and encouragement and the total distance is 10½ miles and with 2,997 feet of climbing (or 17km and 913m)

Usually, we are represented at the championship events by Michael McLoughlin and John Rainford, but not this time! Jon Green, who is a committed fell runner took part, and so did Vicky Cowling who was running her first major fell race. Vicky had decided to have to have a go with a friend and thoroughly enjoyed it.

Conditions were good with excellent visibility and after keeping one of the road gates open so that the two marshals could go to their checkpoint on the hill, I followed them up the Walna Scar track, after everyone had passed through.

The marshals could then be seen cutting across to where the runners were to come down the steep descent to the finish, and at checkpoint 6, which was the final checkpoint, there were no marshals.... I later found out that they had misread where they should have gone!

The runners were to descend from White Pike before turning to follow the flagged route along the intake wall, and then the steep descent. So, with no marshal present, and despite no bib and no ability to record numbers, I could at least make sure they turned correctly for the finish and didn't descend through the gate, which I did. Despite the tape, the closed gate and being present, some runners still thought they should go through the gate – nothing like being in the zone...

Jon Green finished 109th overall in 1:46.21. Vicky was 319th overall in 2:39.28 and commented afterwards that it was the descents that she found



Vicky Cowling

hardest and was unsure about her foot placement and just running down freely. It comes with practice as Nichola explained afterwards and the old adage of... brain off brakes off.

There was an incredibly tight finish at the front end, with Carl Bell (Keswick) edging out Chris Holdsworth (Ribble Valley) by just two seconds, after a fall from Chris as they reached the final slopes into the finish. The old record was smashed and now stands at 1:24.12.

The ladies race was won by Hannah Horsburgh of Keswick in 1:37.04, also breaking the old record. 2nd was Kelli Roberts 1:39.37 (Helm Hill) and 3rd Nichola Jackson 1:41.27 (Ribble Valley) and once of Preston.

The prizes were given out by the renowned past fell runner and Wasdale farmer, Joss Naylor. He gave an excellent short speech praising the quality of the tight finish, the high level of competition and all of the runners, the organisers and helpers. He was very eloquent and passionate about the effects of Alzheimers and how the race raises money for the Alzheimers Society and to assist in research.

Steve Jackson

NORTHERN LEAGUE MATCH 4

Preston Harriers faced a tough day on Saturday at the last Northern Premier League Senior Track and Field match. Following a mixed season for the team, the final match was the crunch. The club had started the season well in April finishing second, but the matches in May and July had been disappointing due to lack of support in some disciplines, leaving a win this weekend their only hope to avoid having to compete in a relegation match. The weekend was made easier by it being a home match.

The men and women fielded an almost complete team, only having gaps in the pole vault and male sprint hurdles. The athletes fought hard throughout the day.

The ladies' team were pleased to have Amy Lupton and Sophie Warden out competing for them in this crucial match, both athletes willing to tackle multiple events, from long jump to javelin and hurdles to shot. Both were content with their performances, although as athletes they always want those personal bests, but team managers were happy on this occasion with their valuable points. Sharon Wilkinson showed her continued loyalty to the team running the 400m and the 4 x 400m relay despite being ill the night before. U20 athlete Charlotte Dayley followed their lead and once again covered a number of events. Katie

Littlefair ran a season's best in the 100m of 12.9 secs, Emma Hargreaves ran a personal best in the 3000m and Jenny Wren took to the track in the 3000m for the first time. Sophie Warden dominated the 400m hurdles with a win by over 40 meters, U17 athlete Lela Bendris accepted the invitation to step up from her normal distance of 300 hurdles to the 400m hurdles and did so in style. The girls in the middle distant events, Annie Duffy, Emma Fulton, Darcey Lonsdale and Caitlyn Preddy, showed great determination earning valuable points in their events. As points were so tight, team manager Caroline Warden ran the B string 100m hurdles and finished a creditable 2nd.

U17 sprinter Hollie Suffolk showed great team spirit with performances in the 100m, 200m, discus and relay. Lauren Tunstall was delighted with a personal best in the high jump of 1m 50 and teammate Evie Parkinson was tantalizingly close to hers, just 1 cm short.

Both ladies relay teams fought hard for their final positions and points, the 4 x 100m finishing 2nd and the 4 x 400m finishing 3rd.

The men fought a hard battle too with many great performances. Josh Leatherd took the win in his 100m race and Alex Marsden, Sy Woan and George Reed all ran strong races to finish 2nd in their respective events and gain those all-



George Reed, Alex Marsden, Symon Woan, Josh Leatherd



Katie Littlefair, Hollie Suffolk, Sophie Warden, Evie Parkinson

important points. In the 400m Josh Ingham and Leon Stubbs finished 1st and 2nd respectively. In the distance races, Tiaman Crorken, Matt Lloyd, Chris Durney, Dan Neal, Joe Monk, Simon Robinson and Ben Read all finished in the top 2 places. Byron Sowerby literally ran away with the 3000m steeplechase, leaving his fellow competitors almost a minute behind him, a dominant display of running.

In the field, Tom Crowe showed his dedication by competing in the discus and the hammer before finally taking part in the shot put prior to running off to change in time for a friend's wedding. It was good to see some new faces in the team in Tom O'Brien and Brian Campbell in the shot and hammer respectively. Lewis Ormerod and Chris Brow delivered the points with their solid performances in the javelin. As always Ethan Tibbs was on hand to compete in the jumping events and as usual added to the points tally. Sprinter Declan Taylor showed his team spirit by high jumping for the team minutes before he ran in the guest 100m along with Andy Grundy.

The men's 4x100m dominated the relay with an impressive win, so it all came down to the final few events; as we waited patiently on tenterhooks whilst the final results were added we knew it would come down to the final events and it did. Wakefield currently held the lead by 1 or 2 points, so it was all down to the 4x400m relays. The women did all they could and ran close to the

immensely strong Wakefield ladies and brought us home in second place. Finally, it was the men's turn – a hard decision had to be made; run a team that could possibly win the race, but was not guaranteed, or run a team of fresh legs knowing if we did have to go to the relegation match, we would need these athletes. We went for the fresh legged team of Kian Davis, Matt Fazackerley, Matias Grixti and Ben Preddy. They ran a hard race, but it wasn't to be and finished in 5th place.

As the final results came it was gutting to hear we had finished second by 2 ½ points. A great result but not good enough to avoid the relegation match in two weeks' time. When all the points from the four matches were added together Preston finished fifth in the league.

Team managers David Rigby and Caroline Warden were immensely proud of the performances by everyone on Saturday and over the season and said 'we couldn't have asked any more of the athletes this weekend, they all gave it their best shot, it was so close and second in this match is great, but it's tinged with disappointment that we will have to compete once more to avoid relegation, a task that is made harder when we know a number of key athletes are unavailable for the match due to other competitions and holidays.'

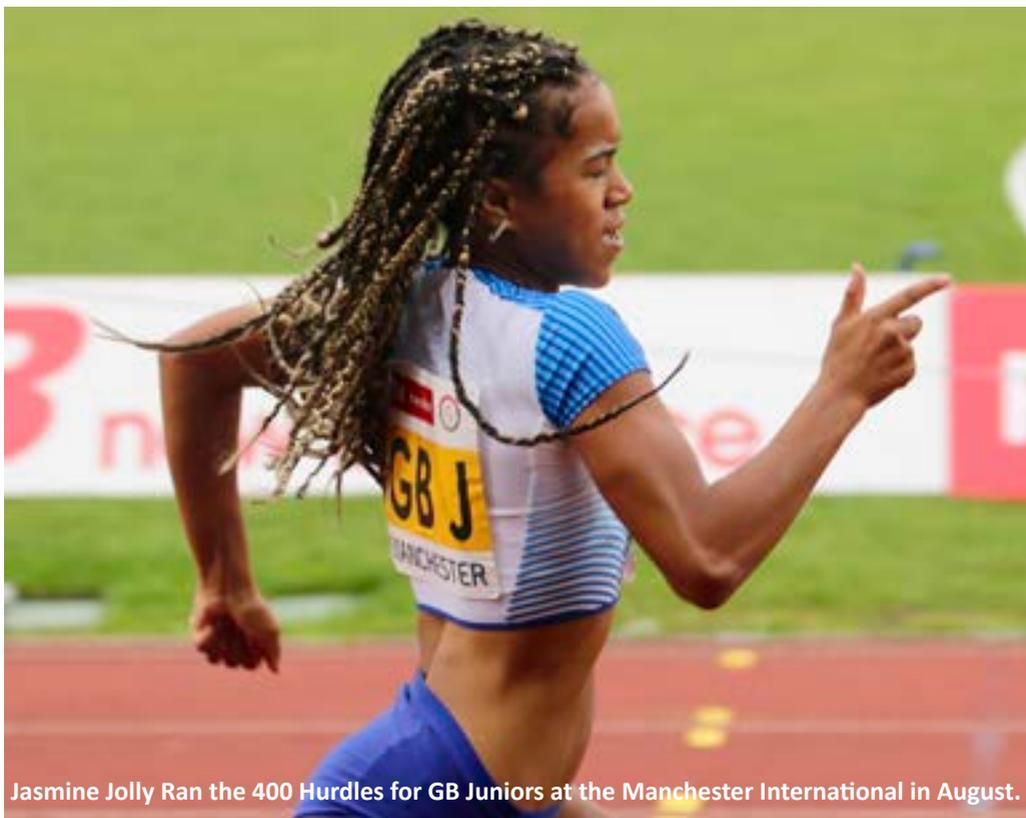
A special thank you goes to Sarah Suffolk and her team of officials and volunteers who worked tirelessly all day to ensure the match ran smoothly.

MID LANCS TRACK AND FIELD

Saturday 28th July 2018
Barrow in Furness

The Atrocious weather couldn't dampen Harriers Joy, High winds and driving rain greeted Preston Harriers for the last Mid Lancs fixture at Barrow in Furness. The weather was a contributory factor in reducing the number of athletes competing. Harriers secured the Male and Female Championships to retain the trophies they won last year. The awards are given for the best points aggregate scored from the team's best 4 matches from 5. Harriers scored 724.5 points against second placed Blackburn's 698.5 points in the Men's Championship while Harriers women scored 770.5 point against runners up Liverpool Pembroke's 724.5 points. This is Harriers' fourth trophy this season.

Harrier athletes set 13 lifetime bests despite the weather. The under 15 boys javelin trio of George Lowe (winner), Harvey Jolliffe and Hayden Middleton all recorded new marks of 31.62m, 26.16m and 23.24m respectively. 15-year-old hammer thrower Alex Bernstein improved his personal best to 56.67m. 27.6 secs was Isaac Delaney's new mark in the under 15 boys' 200m. Corey Middleton set 2 new personal bests in the under 13 boys' long jump and the 200m. William Moorhouse ran a lifetime best of 2.46.4 in the under 13 boys 800m. Kianna Proctor improved her 100m time by 0.2 secs, stopping the clock at 13.2secs. Ellie Sumner and Isabelle Buraimo both equalled their best time in the under 13 girls' 100m running 13.7s and 15.1sec. Emma Harrison continues to make pleasing progress to set a new lifetime best of 29.15 metres, an improvement of more than 2 metres on her previous best mark in the under 15 girls hammer.



Jasmine Jolly Ran the 400 Hurdles for GB Juniors at the Manchester International in August.

EUROPEAN QUALIFICATION

Preston Harriers' Jamaine Coleman has been selected to compete for Great Britain in the 3000 metres steeplechase at the European Track and Field Championships in Germany later this month.

He achieved the qualifying standard of 8:32.00 by just nine hundredths of a second, in a race at Liège in Belgium on the 18th July when

Page 27
he finished 8th just behind British champion Zak Seddon. Coleman was disappointed with his 3rd place at the British championships which included the European trials where he ran a time of 8:38.17 back in June, not a qualifying time, so he had to run a qualifying time by 21st July to be considered for selection.

At the Championship in Berlin Jamaine was unlucky, finishing a single place away from qualifying for the final

PRIMARY SCHOOL ATHLETICS

Eighteen local primary schools took part in these annual games down at the Sports Arena on a lovely sunny afternoon. Dean Brandwood was the organiser on behalf of the School Sports Committee. There were four track events - 100, 400, 800 and 100m relay and four field events - long jump, speed bounce, triple jump and ball throw.

While virtually all the field events were filled, in the running events there were lots of empty places and 3 schools had no runners at all, 6 schools had no boys and 5 schools had no girls. It was noticeable that the schools that amassed most points were those with the most runners.

Do youngsters not like to run any more or is there more to it than that?

Watching the competing youngsters was Helen Clitheroe who was cheering on her nephew and she kindly offered to present the awards to the championship winning schools, hopefully inspiring some of them to have a go at running!

The youngsters seemed impressed at competing in a proper athletics arena and most enjoyed taking part although one or two let nerves get the better of them and refrained from having a go. It must be quite daunting for some.



Broughton Primary

After all the scores were totalled the winning Aschools points were tied with 152 for both Broughton and St Andrews but Broughton took the trophy, next were Our Lady and St Edwards on 140. In the boys St Andrews had 78 points, Broughton 77, Queens Drive 74, Our Lady and St Edwards 68 and St Anthony's 53. In the girls Broughton had 75, St Andrews 74, St Anthony's and Our Lady and St Edwards both 72 and Queens Drive 63 so very tight between these teams.

WESHAM SUMMER 10KM

A bumper crowd of Harriers ventured to the local race at Salwick on Wednesday night, for the inaugural Wesham summer 10km. With many top local athletes too making the trip, it was looking sharp at the top end.

Ben Fish took the victory on a hot and humid night in 31.23.

First Harriers home was the ever consistent Rob Affleck for 3rd place in 33.03, next in was Lee Foley in a new pb time of 36.32. We then had a tight tussle between Simon Robinson and Andy

Whaley in 22nd and 23rd with Robinson closely getting the better finishing in 37.51 against Andy's 37.53! Next through was another tussle between the harriers as Paul Holmes led through Jack Keighly to a first sub 40 in 39.27. Our first lady was Vicki Sherrington in 109th and 50.15.

Completing the finishers for Preston were Neil McDonald in 66th and 42.59, Steve Boardman in 75th and 43.51, Stephen Needham 43.51/75th, Craig McDougal 46.13/89th, Steve Mort 46.41/90... with good runs from Andy Lea, Kenny Gawne sr, and Phil Lakeland completing the team for the night..

Lee Foley

OSTERFELDER BERGLAUF 2018

Roger had sent out an e-mail in March asking if anyone was interested in several trips this year and this was one I quite fancied being an 'uphill only' race, something new.

Six of us left Preston on Friday the 22nd June, Mick, Gordon, Roger, Steve and Elaine Bamber and me. We were meeting Robyn and Mark and Cath in Grainau, southern Germany. Robyn was driving from Munich and Mark and Cath were coming from their holiday in Salzberg, Austria.

We arrived in Grainau where Roger had organised a large self catering apartment for our accomodation, it was central to the village for restaurants, shops and walks and had been newly refurbished to, a nice place. Its setting to was very picturesque with mountains all round and surrounded by alpine meadows, the cow bells were noticable early in the morning!

On the Saturday morning Mick, Roger, Robyn, and Steve went on an early morning run to make sure of the way to the start and see how far away it was – on the day we went in cars!

After arriving back, apart from Steve and Elaine, we all went on a walk to Eibsee Lake situated at the bottom of the Zugspitze, Germany's highest peak at 2962m from the top of which can be seen 400 alpine peaks in four different countries, Germany, Austria, Italy and Switzerland.



As we set off on a well marked path up through the mountain pastures there was a farm which must have belonged to the local woodcarver. There were birds, deer, bears, drinking troughs and people statues all carved in wood from small to huge sizes, very arresting! On we went through forested areas, everywhere were neat piles of stacked logs, drying ready for winter. Lots of mountain bikers came past us and there were a few walkers to, it got steeper and steeper on the paths as we neared Eibsee, then we were there, a large lake with clear bluish water surrounded by pine forest and mountains, gorgeous views.

The Zugspitze cable car station was close to the lake and hasn't been open long. It has the longest unsupported span in the world of 3213m and has the biggest total height difference in one section of 1945m and there are three glaciers at the top. A cog wheel train also goes into the mountain and spirals to about three-quarters of the way up with another cable car to the top. Very impressive!

From Eibsee we caught the bus back to Grainau using the travel pass you got after entering the race, it covered local bus and train use and free use of the swimming baths which Robyn, Mark and Steve took advantage of later that day, the others

got their feet up and rested. Robyn was trying to get Mark to do the 'butterfly' stroke instead of his 'flapping moth'!

Sunday morning saw a flurry of activity as six of us prepared ourselves for the race. We had to collect our numbers between 8 to 9am at the Alpspitzbahn cable car station, at 9.30 the Nordic polers started, then at 10am we were off. All our baggage was taken up to the finish by cablecar and we would come down the same manner. In this race there are trophies for the first three in each 5 year age category for men and women and lots of spot prizes against your race number, the last to be drawn is the 'top' prize of a brand new mountain bike!

Ten o'clock and we were off, 12km to go whilst climbing 1300m with the finish at the top of the Osterfelder mountain 2050m above sea level. Very quickly the ascent started on a wide track into

forest and up and up you went. A couple of times there was a bit of flat as you came out of the trees to a wide track, along this a short while then back into the woods and up again. Steve and Roger were up ahead, Mick, Robyn and Gordon somewhere behind while I was with two elderly looking chaps who may have been in my age category.

After a good while we came out of the trees onto rocky tracks across upland meadows which then merged into rocky mountainside. When we had gone just beyond a ski cablecar station on quite a steep section one of the chaps I'd been with had pulled away from me and the other chap who suddenly started making grunting noises then a shout in german, as we plodded on his outbursts got louder and longer, aimed at himself I think but I'd had enough and managed to pull

away from him.



Not long afterwards I saw Mark taking photos from the side of the path, so not far to go now thank goodness. He urged me on as I was passing a chap and heading towards a gorge between high rocks and thinking this must be the finish. As I got to the gorge the path dropped down slightly and I was looking for other runners, there they were going down but others beyond them were going up a tortuous zigzag path to the cablecar station which was the finish. What a sting in the tail that was! I was absolutely knackered with a capital K. I was having a drink when Mick came in looking like I felt.

After we had recovered somewhat the lads went onto the viewing platforms which went out into thin air over a drop which must have been a thousand feet at least. I was very gingerly going out about halfway but when they started bouncing on the structure that ensured I didn't go further, just the height made me feel queasy.

Next came the presentation, blow me down I'd come third M70 and Mick third M65, as last year. Our group didn't have any luck with the spot prizes this time.

While in the restaurant watching the football and getting nourished Robyn was talking to



the organiser, quite an elderly chap, who had been putting the race on for the previous 38 years, he wanted to finish this year but had been persuaded to do two more – if you fancy this run – it's a good one, have a word with Roger.

Once back in Grainau we rested before going out in the evening to watch the Midsomer celebrations. The locals go up onto the mountain ridges and on clearings high up the mountainsides setting sacks of wood chips soaked in oil. As dusk sets in they begin lighting them until by the time it is dark the ridges are lit like fairy lights and above each village is a huge cross. We watched the spectacle while having our meal and a few drinks



inside a restaurant with huge panoramic windows which gave views down the whole valley.

As we were walking home suddenly a siren began wailing very close, the next minute cars, quad bikes, motorbikes and men running were rushing towards us down the main street, as we turned to see where they were going we could see flames coming up over the trees, someones house on fire, the men were local firemen.

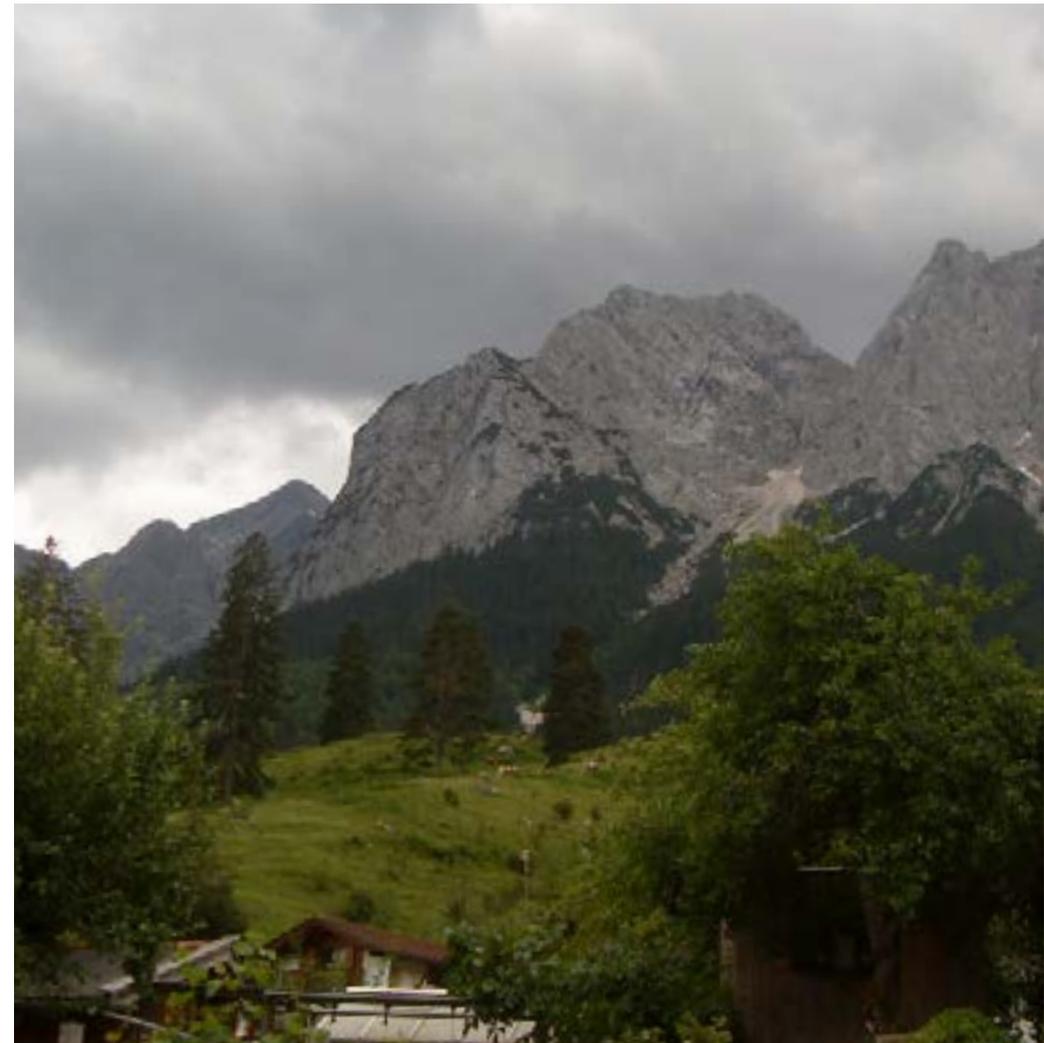
We popped into a local bar to have a farewell drink with Mark and Cath who were leaving early monday morning, also Robyn was heading back to Munich a little later and the rest of us were to vacate the apartment before noon then drive back to Munich for our return flight.

On the monday we were driving through Garmisch-Partenkirchen so we stopped off at the winter sports stadium where Eddie the Eagle did his training on the ski jumps before he took part in the Winter Olympics of 1994 . Roger and me went up as far as you could go on the main jump and boy is it high and that is where they land after coming down the ski bit which you couldn't access.

We had a look around the town and had lunch in a little cafe before heading off to Munich and from there caught our flight home at 21.45.

Another great trip, the uphill running doesn't hammer the legs like our fell running and two of us came back with trophies and it's hoped to go back next year. Thanks Roger.

Alan A



CHORLEY INTER CLUB

Wednesday 8th August 2018

There was another very warm evening for the Chorley inter club race, which takes place in and around Astley Park. The course has a first lap that comes back into the park, then two laps involving a long incline up Southport Road before re-entering the park at the Queens Road car park, opposite the war memorial.

Near the war memorial is a small memorial garden, with a statue of a WW1 soldier, eyes down in contemplation in memory of the Chorley pals, who were a locally raised troop and part of the 11th (service) Battalion East Lancashire Regiment. The Battalion was predominantly raised from the towns of Accrington, Blackburn, Burnley and Chorley, and became more readily known as the Accrington Pals Battalion and suffered appalling losses at the Battle of the Somme in July 1916.

At the race, Rob Affleck took 2nd place once again, behind a supremely dominant Rob Danson of Wesham, who won by 2 minutes 11 over the approx. 4.8 mile course. Richard Smith continued his fine form, coming home in 3rd place in 27.02. Karl Hodgson, with another strong run was 9th in 28.12, whilst Simon Collins finished in 12th place.

With Dave Watson 16th, Jon Green 17th, Andy Whalley 27th, and Neil McDonald 30th, there was the good packing-in that is needed to register a good team competitive team placing, or a win, for the open title. Adding Mark Lee in 33rd and Ben Read 43rd, a team win was registered ahead of a Lytham team who did actually get all their ten counters home, in the first 42 places and have put together a good series. At the time of writing, with one fixture left, Preston had recorded wins in six fixtures and a third at the Thornton race, amassing 40 pts to Wesham's 34 and Lytham's 32.

In the series, everybody can contribute as there are various categories and it's about running for the whole team. Just outside the open team places, were Dougie Potter, Andy Acklam, Billy Johnstone, and vet 60, Carl Hogarth.

The ladies were more competitive in this race, with both Emma Hargreaves and Jenny Wren finishing 7th and 8th respectively in the ladies' field and, both had run together in the Northern senior league the previous weekend, on the 4th August,

over 5k on the track at Preston. Victoria Cowling (13th), Kate Lakeland (18th), and Vicky Sherrington (33rd) were the other team counters. Pushing them hard, was Sonya Gandhi, Dolly Parkes, and Olga Wiggins but everybody had a fine run, and the warm conditions had an effect on that second uphill stretch!

The vet 60s were much more competitive too, recording their first win of the season, with Carl Hogarth finishing 3rd vet 60 in 33.50, and Ken Beazley was not far behind as 4th vet 60. Alan Appleby was the third team counter finishing 8th vet 60.

The Summer has rushed by, and just one fixture left...



Mark Lee

NORTHERN U13-U17 CHAMPS

August 11th & 12th 2018. Wavertree



Alex Bernstein

Preston Harriers won 9 medals at the North of England under 13, under 15 & under 17 Track and Field Championships on the newly laid track at Wavertree, Liverpool.

James Lupton increased his lifetime best by 3 metres and recorded 41.72m to win the gold medal in the under 15 boys discus.

Under 15 boys hurdling duo of Taylor Jacob and Harry Burrow continued their rivalry with Taylor winning the gold medal in the 80 metres event in 11.81 and Harry, just 0.18 seconds behind, collecting silver.

James Ince stuck gold in the under 13 boys long jump leaping 5.03 metres. Will Lancaster won a silver in the under 17 boys discus in a personal best of 39.42m and then picked up bronze in the shot with a put of 12.16m.

Hammer thrower Alex Bernstein continues to set new personal bests, this time an increase of 3 metres saw him closing in on 60 metres with a mark of 59.63 metres to take silver in the under 17 boys' event.

George Lowe (under 15) is making great progress with the javelin and threw a lifetime best of 35.66m to win a silver medal. George also set a personal best in the high jump, clearing 1.50m to finish sixth.



Harvey Noble



Ethan Tibbs

Taylor Jacob jumped 5.98m, a personal best in the under 15 boys long jump to finish 4th.

The following athletes also finished fourth to just miss a medal: Darcey Lonsdale (under 17 girls 800m, 2.18.95), Ethan Tibbs (under 17 triple jump, 12.67m), and the most unlucky was Harvey Noble who finished 4th twice (under 17 shot, 10.40m, and javelin, 45.68m), although he made up for that with a Silver medal in the Long Jump, with a jump of 6.60m, which was a windy pb!!.



Highfield Priory Independent School & Nursery

6 months – 11 years



Outstanding
Inspection
Report for
Early Years



National Winner –
Best Junior and
Prep. School for
Academic Excellence
& Innovation



Top Independent
Prep. School
for Academic
Results



Three Gold Stars
for Gifted
and Talented
Provision

Visit us today!

01772 709624 | www.highfieldpriory.co.uk | Junction 31a, M6

EVENTS DIARY 2018-2019

	Date	Event
Sat/Sun	8th - 9th September	UK YDL Lower & Upper National Finals, Bedford
Sun	9th September	Blackpool Wyre & Fylde AC Medal Meeting, Stanley Park, Blackpool
Sat/Sun	15 & 16th September	Preston Harriers T&F Championships, UCLan Arena, Preston
Sat/Sun	15 & 16th September	ESAA English Schools Combined Events Champs, Bedford
Sun	23rd September	Northern Road Relays, SportCity Manchester
Sat	13th October	Mid Lancs XC - venue tbc
Sat	13th October	British Athletics Cross Challenge - Llandaff Fields, Cardiff
Sat	20th October	Northern XC Relays Sheffield
Sat	3rd November	English National XC Relays - Berry Hill Park, Mansfield
Sun	4th November	Lancashire County Sportshall League, Stanley Park Leisure Centre
Sat	10th November	Mid Lancs XC - venue tbc
Sat	10th November	British Athletics Cross Challenge - Tear Drops Lake, Milton Keynes
Sat	17th November	Indoor Open Meeting, Indoor Arena, Sheffield
Sat	24th Nov 2018	British Athletics Cross Challenge, inc Mid Lancs XC - Sefton Park, Liverpool
Sat	1st December	Indoor Open Meeting, Indoor Arena, Sheffield
Sun	2nd December	Lancashire County Sportshall League, Stanley Park Leisure Centre
Sun	2nd December	Sale Harriers Indoor T&F Meeting (1 of 6) SportCity Indoor Arena
Sun	16th December	Sale Harriers Indoor T&F Meeting (2 of 6) SportCity Indoor Arena
	2019	
Sat	5th January	Lancashire XC Championships - Witton Park, Blackburn (tbc)
Sun	6th January	Sale Harriers Indoor T&F Meeting (3 of 6) SportCity Indoor Arena
Sat	12th January	Mid Lancs XC - venue tbc
Sat/Sun	12th/13th January	Northern Sen, U20, U17 championships, Sheffield Arena
Sun	13th January	Lancashire County Sportshall League, Stanley Park Leisure Centre
Sat	19th January	British Athletics Cross Challenge - Dundonald, Belfast
Sat	26th January	Northern XC Championships - Pontefract Park, Pontefract
Sun	3rd February	Northern U15/U13 Indoor Championships, Sheffield Arena
Sat	9th February	Mid Lancs XC - venue tbc
Sun	10th February	Sale Harriers Indoor T&F Meeting (4 of 6) SportCity Indoor Arena
Sun	17th February	Sale Harriers Indoor T&F Meeting (5 of 6) SportCity Indoor Arena
Sat	23rd February	National XC Championships - Harewood House, Leeds
Sat	2nd March	Mid Lancs XC - venue tbc
Sat	9th March	Inter Counties XC Championships - Prestwold Hall, Loughborough
Sat	9th March	British Athletics Cross Challenge - Prestwold Hall, Loughborough
Sun	10th March	Sale Harriers Indoor T&F Meeting (6 of 6) SportCity Indoor Arena

Red = T&F, Black= Road, Blue = Indoor, Green =XC, Purple=Fell, Orange = Sportshall

EDITORS REMARKS

This edition has not scaled the dizzy heights of the last, but I still feel there has been a good contribution from a variety of people, producing what I hope is a pleasantly varied magazine.

I would still appreciate more contributions from athletes or parents about their experiences,

where was it, how you got there, accommodation, weather, food, camaraderie, overall impressions and feelings about the event/your performance/ the performances of others or the Team etc.

Pete H

Plumbs

**Specialists in reupholstery,
fitted covers and curtains**



are proud to support
the famous Preston Harriers

For more information about Plumbs call now on

01772 83 83 33

Lines open 7 days a week **Quoting Dept. M257 LAB**

or visit our Showroom at Brookhouse Mill, Old Lancaster Lane, Preston PR1 7PZ

www.plumbs.co.uk